



REFRESH

Spring 2015



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2015 Grant Recipients • Every Day is Earth Day*



LETTER FROM THE GENERAL MANAGER: Making Progress Inside Our Co-op and Out

I am happy to report that we continue to enjoy success at Lakewinds in Richfield. Our most recent suburban co-op store is performing at or above plan in its first seven months of existence. More than 2,000 families have joined the co-op since we opened last June.

To everyone that has made an equity investment in Lakewinds, thank you. We continue to be grateful to our owners that made the new location possible with their loans to the co-op. Lakewinds benefits from the shopping dollars that each of you spends at the co-op.

One of the distinctive features of the co-op is what we do with our money. We can afford to take the long view with our investments to improve and expand our local and organic food system. You'll read in this newsletter about Lakewinds Organic Field Fund (LOFF). LOFF is our investment in farmers and producers that are making a difference in our system of suppliers throughout Minnesota and Wisconsin. Check out the list of LOFF recipients and feel good about the good we're doing together.

Lakewinds expansion has given a number of co-op staff members new opportunities to contribute. We've promoted a number of staff members to new positions, and we've expanded our training programs to provide skills for supervisory personnel. These programs not only allow us to build our people capacity for future growth at Lakewinds, they help us become more efficient with our work.

All these efforts emphasize customer service as one of the primary features of our business. Everyone at Lakewinds is intentionally and systematically building a culture that supports our co-op community. That includes the owners whose shopping makes everything possible, and the staff that helps those owners feel good about spending their money with us. It's a team effort. And it's working.

Dale Woodbeck
General Manager

New at the Co-op:

SHAWNA ANDERSON
SR. PURCHASING MANAGER



1. MacaBoost from Gaia

Amp up your smoothie with the energy you need to power through your day – with no added sugar or flavoring. Includes organic Peruvian Maca root concentrated for potency and digestibility, with an added boost of Holy Basil to help you focus and de-stress.
from \$1.99-\$24.99

2. Swiss Valley Grass-Fed Baby Swiss

Produced by one of our co-op member farms in the southwest of the state, this splendid grass-fed cheese comes from 100% pastured cows.
\$9.99/lb

3. Mama Chia Energy Beverage

These delicious organic chia drinks are packed with clean energy and nutrition from fair-trade Guayusa Tea. Each drink delivers 2500mg of Omega-3s, 90mg natural caffeine, and twice the antioxidants of green tea.
\$3.29/ea

4. O'Coconut Snacks

O'Coconut Snacks are perfect for lunch boxes, to take on a hike, or to satisfy a craving for a sweet snack. They are organic, Fair-Trade and Soy-Free.
\$.79/ea

5. Four Nuts Soap Nuts

Wisconsin-made laundry soap that's fragrance-free, anti-bacterial, non-toxic, hypoallergenic and compostable.
from \$2.29 - \$16.99

6. Wally's Natural Flea & Tick Shampoo

Wally's Flea & Tick Shampoo is pet-safe and made with 80% organic ingredients, including organic peppermint, cedar and clove oils.
\$7.99/ea

community connections

JILL HOLTER
EVENTS & COMMUNITY

Congratulations 2015 Lakewinds Organic Field Fund Grant Recipients!

For 40 years, Lakewinds has partnered with small, local, organic farms to offer our customers the very freshest foods, from seasonal and sustainable produce to meat and dairy. We took that commitment further in 2011 with the launch of the Lakewinds Organic Field Fund (LOFF). This unique grant program provides funding for farmers who are working on the development and sustainability of organics through research and development, organic certification, transitioning farms from conventional to organic, creating new farms and land trusts for organic farms.

Congratulations to our latest crop of organic innovators. In the coming year, we'll share how some of these farmers are putting their grant to work advancing organic agriculture in our region.

Our LOFF selection committee is made up of a diverse group of 20 members of the Lakewinds community: Three Board members, two Owners-At-Large, and a variety of Lakewinds employees from all corners of the store. Each one brings valuable knowledge in different areas, creating a cooperative atmosphere of idea-sharing and experience.

1



Fox & Fawn Farm

New Germany, MN

Will continue New Crops Project, year two. Further product diversity project to introduce new or uncommon crops to region, by purchasing nursery trees and shrubs.

Amount Funded: \$1,500

3



Prairie Point

Browns Valley, MN

Will purchase a tractor-driven feed mill for processing transitional and organic grain. Feed will be used for animals at this farm, and other area farms.

Amount Funded: \$8,000

2



Sin Fronteras

Minneapolis, MN

Will transition farm to organic, achieve organic certification, and fund the farm land trust. Will help develop sustainable future for organic farming in the Indigenous & Latino community.

Amount Funded: \$4,000

4



Steady Hand

Amery, WI

Will purchase in-floor, water-based heating system to efficiently operate greenhouse for high quality, early-to-field vegetable starts.

Amount Funded: \$3,797

5



York Farm

Hutchinson, MN

Will complete organic table grape vineyard, increasing from 10 to 24 rows, for a total of 1.25 acres of vineyard.

Amount Funded: \$5,875

7



Bakers' Acres

Avon, MN

Will expand wash and pack area, and purchase equipment to maximize produce quality, increasing handling and storage capacity. Will achieve food safety compliance and extend growing season.

Amount Funded: \$4,225

9



The Farm of Minnesota

Hutchinson, MN

Will bring current packing shed to food safety standards, and achieve compliance for G.A.P. certification.

Amount Funded: \$4,225

6



MOSES

Spring Valley, WI

Will support the Farmer-to-Farmer Mentoring Project, which pairs 30-35 new farmers with successful and experienced organic farmers.

Amount Funded: \$7,500

8



Blue Ox Organics

Wheeler, WI

Will complete root cellar for winter vegetable storage, creating the ability to provide local, organic produce in winter months.

Amount Funded: \$4,225

10



Sweet Beet Farm

Montrose, MN

Will construct packing shed and washing station in existing building. This will create an efficient and food-safe post-harvest handling environment.

Amount Funded: \$4,225



10 FARMS RECEIVED A TOTAL OF \$47,572 IN GRANT FUNDS

No Gluten, All Good: Gluten-Free Pizza to Savor

AMY HAGGERTY
MARKETING SPECIALIST

If you have celiac disease or another type of gluten sensitivity, you may think some of life's tastiest foods are off limits. But with a little creativity, there are plenty of delicious options. Here is one of our favorite ways to cut the gluten but keep the flavor you love.

Gluten-Free Breakfast Pizza with Basil Hollandaise

What you need: Pizza

3/4 cup sliced mushrooms

2 tablespoons olive oil

1 garlic clove, minced

1 cups fresh spinach leaves

1/2 cup sliced scallions

1 cups shredded mozzarella

3 eggs

Prepared 10" gluten free pizza crust (we use Pamela's Pizza Crust Mix), par-baked

Basil Hollandaise Sauce

2 egg yolks

1 tablespoon lemon juice

1/2 teaspoon salt

6-8 large fresh basil leaves

1 cup melted butter

Instructions

Pizza: In a large skillet, sauté mushrooms in olive oil for 2 minutes, add garlic and cook for one more minute. Remove skillet from heat and toss spinach leaves into mushroom mixture. Spread mixture evenly over par-baked pizza crust, top with scallions, mozzarella, and 3 cracked eggs. Bake in 400° oven for 12-15 minutes or until eggs are set and cheese has melted. Serve with Basil Hollandaise sauce.

Basil Hollandaise Sauce: Place first 4 ingredients in blender, pulse a few times to combine. Slowly add butter to egg mixture with blender running on low. Sauce should be smooth and pourable. Add warm water to thin the sauce if need.



★ 8th Annual ★ GLUTEN-FREE ROUND-UP

April 18th

Save the date: Our 8th Annual Gluten-Free Roundup is **April 18th** from 11-3pm. Join us for samples, giveaways and wonderful gluten-free meal ideas for you and your family.

Meet Who Makes It: Minnesota Honey

AMY HAGGERTY
MARKETING SPECIALIST

For years now we've heard about the declining bee population. While many disagree on what's causing the problem, there's one group we can count on to keep our bee population healthy: local beekeepers. Lakewinds is proud to carry products from several beekeepers in our area. These devoted caretakers not only produce quality honey, they provide invaluable education on nature's most important pollinator.



Minnetonka Gold
Minnetonka, MN

It started as a hobby for owner Jeff Dankey. Now Minnetonka Gold includes 130 hives that help local growers pollinate the West Metro and sustain suburban agriculture, while producing lightly filtered raw honey for us.



Ames Farm
Delano, MN

After buying an orchard with a few hives, Brian Fredrickson became obsessed with beekeeping. He now has over 500 hives that produce over a dozen varieties of single-source honey, bee pollen and more.



Beez Kneez
Minneapolis, MN

In 2013 Kristy Allen and Erin Rupp formed "Healthy Bees, Healthy Lives." With their help, two bills were passed that protect bees. Kristy and team continue to run their own hives and deliver honey to retailers by bicycle – in any kind of weather.



Bare Honey
St. Paul, MN

Family-owned Bare Honey uses transparent and sustainable methods to produce a line of artisan honey spreads as well as pure, raw and fortified honeys. Want a hands-on experience with beekeeping and honey? The group's Adopt-A-Hive program gives you updates on hive status and the chance to extract 3 lbs of honey yourself.



PLANT A POLLINATOR-FRIENDLY YARD!

Did you know you can nourish bees by putting nectar-producing plants such as wild flowers and flowering fruits and vegetables in your yard? Here are a few varieties bees love best:

Sunflowers | Echinacea | Bee Balm | Mints | Salvia | Strawberries | Tomatoes

Every Day is Earth Day: Join Our Efforts to Reduce Waste



Did You Know?

Rotisserie chickens not purchased within four hours of roasting go back to our deli kitchens where the meat is used in soups, the salad bar, and in hot-bar entrees. The bones go into our large stock pots, transforming them into delicious bone broth.

“Concern for Community” is one of the Seven Cooperative Principles on which Lakewinds was founded. Caring for people and the environment around us is at the heart of what we do every day in our stores. Earth Day falls on April 22, but here at Lakewinds, we believe EVERY day is Earth Day.

We care for the Earth in all kinds of ways.

Here are just a few:



Local & Organic



In one of our most important efforts, Lakewinds buys from **LOCAL** and **ORGANIC** producers. Organic produce grown without chemical fertilizers and pesticides doesn’t harm the land, air and water around us. Local means **FEWER FOOD MILES** are traveled. That means less fuel used and a much smaller impact on our roads.

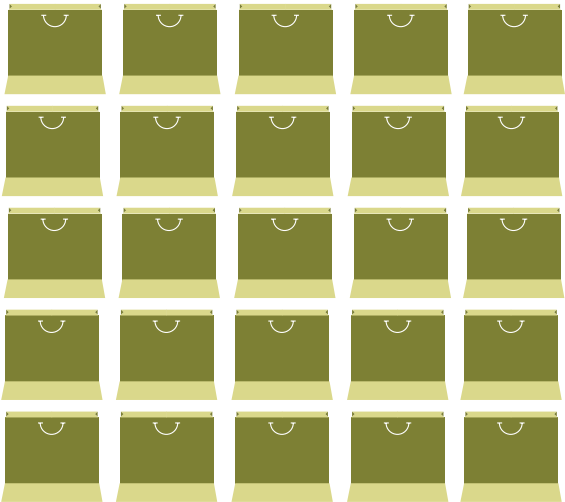


Donated Food

We give away **THOUSANDS OF POUNDS** of bakery, deli, dairy, grocery and produce items every month to our local food shelf partners.

Reusing Bags

Over **25,000 REUSABLE BAGS** bring groceries home from our stores every quarter. This not only reduces bag waste, but through the donation of Green Patches, we are able to help fund valuable environmental groups in and around our communities.



THOUSAND

Minimizing Waste



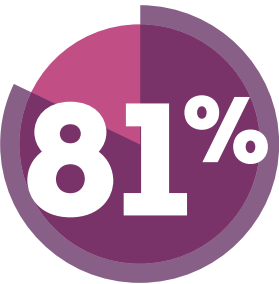
Barthold Recycling from St. Francis picks up nearly 1,500 gallons of kitchen and produce waste each week to turn into feed for pigs.



Fruit and vegetable waste, along with our compostable deli containers and utensils, become rich soil. In December alone, 10,500 lbs from our co-ops were composted.



ATHC, a company in Hutchinson that employs and serves seniors and challenged adults, picks up nearly 10,000 lbs of plastic bag and wrap recycling from Lakewinds.



The company Waste Management reports that from just one of our stores, our plastic, glass and metal recyclables divert 81% of our total waste from the landfill. These recycling efforts conserved some of the following resources:



104,213 kW
Hours of Electricity
Enough to power 9 homes for 1 year



277
Mature Trees
Enough to produce 3,430,693 sheets of newspaper



145,153
Gallons of Water
Enough to meet the fresh water needs of 7,741 people/year



498
Gallons of Gasoline
Enough gasoline to drive 13,935 miles

Lakewinds People:

Selma Lucarevic, Deli Manager, Richfield

Tell us a little bit about yourself.

I was born and raised in Bosnia and Herzegovina (the former Yugoslavia). 15 years ago, I married my best friend, eventually following him to the U.S.A. on July 28, 2005. On July 7, 2006 we became the proud parents of a baby girl, Naya.

Why did you start working at Lakewinds?

My husband found a job for me at Lakewinds back in 2008. Back at home, we grew up eating healthy food and Lakewinds was the perfect grocery store for us. Not only did we find good, healthy food, we enjoyed the atmosphere of the store and its friendly and helpful employees.

Tell us something we don't know about you.

I have a phobia of spiders. Even spider toys I cannot stand.

What's the best thing about your job?

The people that I work with. It is great to work with people that care about their company and doing a good job. I love the work that Lakewinds does as company, and everything else starts from there.

What food at Lakewinds could you eat for the rest of your life?

Oh boy, that's a hard question. If I had to pick one food for rest of my life, I would go with chicken dumpling soup and spinach pie.

Selma's recipe for meat pies (Burek)

This is a delicious recipe that my mom used to make, a Bosnian treat that encases savory ground beef in crispy phyllo pastry. It serves four and takes about an hour.

What you need

1 lb lean ground beef
1 tablespoon ground allspice
1 tablespoon paprika
1 russet potato, finely diced, small cubes
1 yellow onion, finely chopped
1 (16oz) package phyllo dough
cup melted butter
Safflower oil or olive oil
Salt and freshly grounded pepper to taste

Instructions

- 1.Preheat an oven to 400°F
- 2.Brown ground beef in large nonstick skillet over medium heat for 5-7 min. Drain fat, stir in allspice, paprika, salt and pepper. Transfer beef to a large bowl and stir in chopped potato and onion.
- 3.Unroll phyllo dough and stack up 2 sheets on a work surface. Sprinkle dough with oil, spoon one eighth of the ground beef mixture down one long edge of the phyllo dough. Roll phyllo into a tube to encase the beef. Roll the tube into a coil (snail shape).
- 4.Place the roll on an ungreased baking sheet and brush with melted butter. Repeat, placing finished rolls up against one another to keep them from unrolling.
- 5.Bake Burek in preheated oven until golden brown, 20 to 30 min.
- 6.Enjoy!

AMY HAGGERTY
MARKETING SPECIALIST



The Board View: Our Cooperative Culture

The children's book *The Beastly Feast*, by Bruce Goldstone and Blair Lent, is one of my family's favorites. It colorfully celebrates a cooperative culture where bears bring pears, parrots bring carrots, antelope bring cantaloupe, and so on. Chaos ensues when the flies drop their pies, but the group carries on, and the story ends with clapping and napping.

Like the animals in the book, our Lakewinds community has much to celebrate in 2015, though in my short time on the Board, I haven't witnessed any napping. On the contrary, the entire Lakewinds team is actively engaged in the pursuit of local, healthy food and exceptional service to all who enter our stores. Two examples:

Commitment to sustainability: This issue highlights several examples of Lakewinds products and practices that support a healthy environment and local organic food system. That includes local honey suppliers, in-store composting, and the growth of the Lakewinds

Organic Field Fund (LOFF). Thanks to unprecedented growth in membership and sales, we are able to support more farmers who share our values than ever before.

Continuous education: In January, six Lakewinds leaders attended a daylong educational session on cooperative principles, governance and financing strategies to prepare for the months and years ahead. New board members Katie Bloomstrom, Karyn Penn, Ryan Sweeney and I attended a board orientation, while General Manager Dale Woodbeck and board officer Steph Matz attended a leadership training.

I am grateful for the opportunity to serve this incredible community and I look forward to new opportunities to serve our member-owners in the future. Thank you for your patronage, and Happy Spring!

SARAH CARROLL
LAKEWINDS DIRECTOR



Look for the spinach
pie coupon on the
back page!



LAKEWINDS
FOOD CO-OP

6321 Bury Drive, Suite 21
Eden Prairie, MN 55346
lakewinds.coop



A big **THANK YOU**
to Lakewinds

2013

co-op owners!

\$1 OFF

A JAR OF LOCAL HONEY (AMES,
BARE, MTKA GOLD, BEEZ KNEEZ)

Valid: March 11 - May 31, 2015

Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted. For owners only. Valid at all Lakewinds locations. Excludes bulk honey.

PLU 20106



\$1 OFF

FOUR NUTS BY NATURE
ORGANIC SOAP NUTS

Valid: March 11 - May 31, 2015

Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted. For owners only. Valid at all Lakewinds locations. 87 wash or 175 wash package only.

PLU 20108



\$1 OFF/LB

SPINACH PIE FROM DELI

Valid: March 11 - May 31, 2015

Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted. For owners only. Valid at all Lakewinds locations.

PLU 20110



**Employee
Pick!**



LAKEWINDS.COOP | MINNETONKA | CHANHASSEN | RICHFIELD