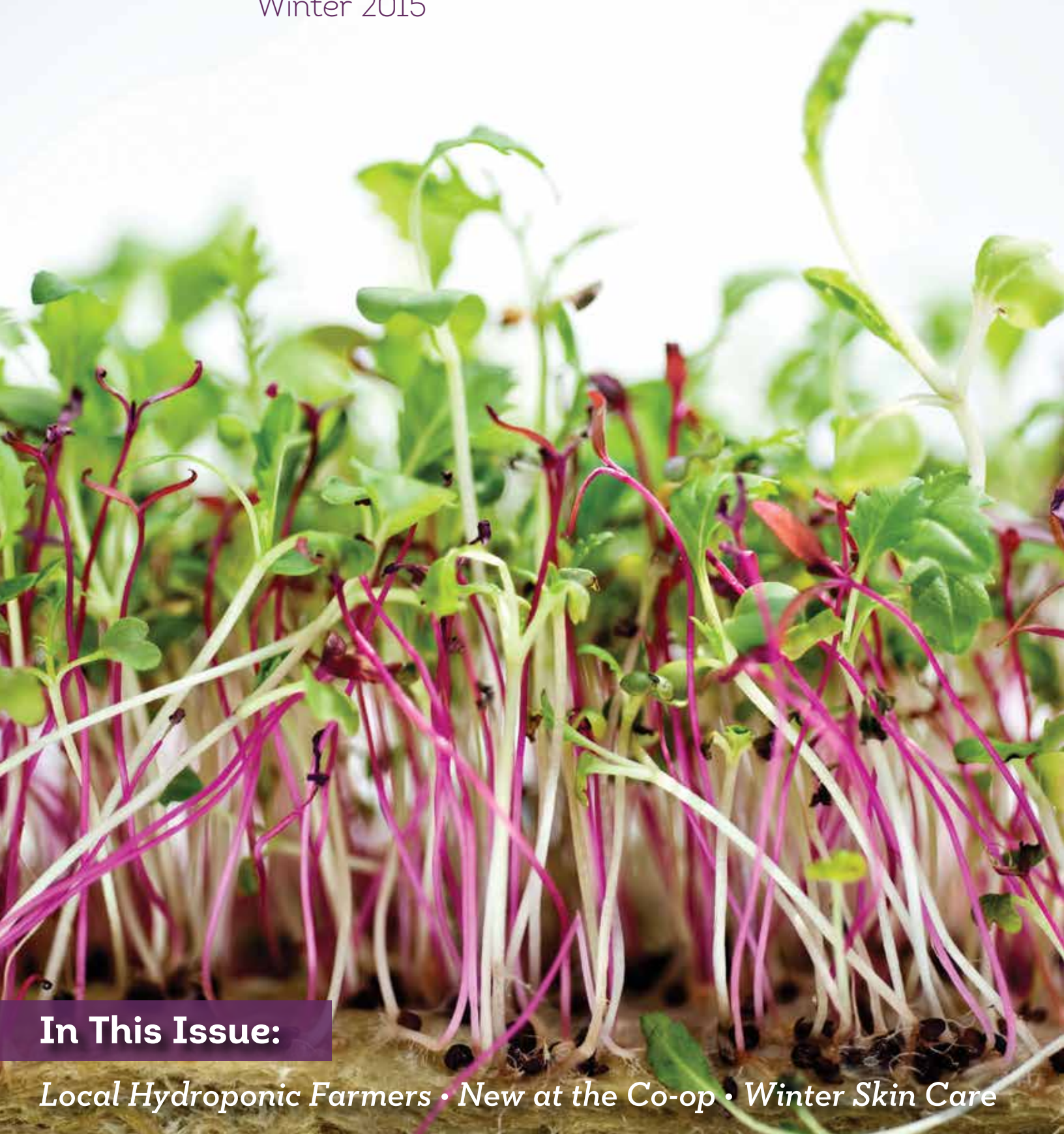




REFRESH

from
Winter 2015



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LETTER FROM THE GENERAL MANAGER: Sustainable Farming's Future

January and February are conference months for farmers and their organizations. One such organization, the Sustainable Farming Association of Minnesota (SFA), has its annual conference in early February. Lakewinds shoppers would recognize many of the members of SFA as suppliers to the co-op. SFA was founded 25 years ago to provide information exchange from farmer to farmer. This February, SFA's conference will take on one of the biggest challenges to local food in Minnesota - Winter!

I was talking to a friend who owns and operates an organic crop farm near Madison, MN. He was recounting stories of a time in the mid-1900s when much of the food consumed in our region was grown in our region. More people had root cellars, more people canned, more people preserved food with a variety of methods to keep eating nutritious food through the dark and cold days of wintertime.

It turns out that there is activity in Minnesota that is centered on actively producing food through the winter. Season extension work has been going on for many years, largely through the refinement of high tunnels or hoop houses. We can extend the season by a month or two in spring and fall with these innovations.

There are now producers that have taken season extension to year-round production of greens in Minnesota. SFA's conference will include a presentation titled "Better than California: How to Grow Fabulous Greens During Deep Winter in Minnesota". SFA also has a Deep Winter Producers Networking Group.

This is incredibly important work for the future of food production in our region. There are economic benefits when we can keep more of our money in the region, as well as benefits to the land and the environment when we find production methods that encourage less mono-cropping and more variety (and organic!) on prime agricultural land. There are also benefits to farmers when they can produce and profitably sell more goods during a larger portion of the year.

It all adds up to encouraging a food system where local communities and regions can produce more of the food that is consumed in those regions. Lakewinds is an active participant in this work. When you shop at the co-op, you're voting for your food dollars to be part of the solution.

A handwritten signature in white ink that reads "Dale Woodbeck".

Dale Woodbeck
General Manager

community connections

Care for the environment is one of Lakewind's founding principles and continues to be one of our top priorities.

Every single day, steps are taken in our co-ops to reduce waste and ensure our business has a minimal negative impact on the environment. Buying meat, produce and other products from local farms and producers is the most viable way we lessen the impact on roads, air and water resources. We recycle paper, cardboard, plastic, glass and metals multiple times, every day. Food waste is kept to a minimum, as Lakewinds AND our shoppers and owners compost containers, utensils, cups and food. In two of our locations, a farmer picks up kitchen waste (trimmings, scraps and surplus) and feeds this natural and organic matter to his pigs. Lakewinds also has a

thriving food rescue program with three local food shelves (ICA, PROP and VEAP) that collect bread, produce, dairy and grocery products each day which are then made available to people in our communities struggling with food insecurity.

One of the more visible ways we encourage our customers to participate with Lakewinds is through the Patch the Planet program. By bringing in reusable shopping bags, you save money AND the environment.

For every reusable bag used, each customer receives a Green Patch. The value of each patch is 5 cents, which can be redeemed on the next trip to the co-op, or deposited into a box at the register. Every three months, the patches are collected and tallied (five cents per patch!),

and a donation is made to a carefully selected environmental organization that shares Lakewinds' vision for preserving our air, water and land. Approximately 24,000 reusable bags are rewarded every quarter, which translates to \$1,200 in donations! Some organizations that have benefitted from this program in the past include:

Fresh Energy

Do It Green! Minnesota

Great River Greening

Alliance for Sustainability

Wood Lake Nature Center

**Friends of the
Mississippi River**

Land Stewardship Project

**The Recycling Association
of Minnesota**

JILL HOLTER
EVENTS & COMMUNITY
COORDINATOR



SMART & EASY TIPS:

- Keep your bags in your car!
- Write "Bags" on your co-op shopping list, or with your co-op coupons or flyer
- Include a "bag" reminder on your smart phone calendar on shopping day
- When you empty your bags at home, hang them on the doorknob heading out.
"Put Away" bags are forgotten bags.

Meet Who Makes It: Local Hydroponic Farmers

AMY CAMPBELL
SR. MARKETING MANAGER

When cold winter hits its peak, we almost forget what it's like to bite into a perfectly sweet, ripe tomato with fresh basil straight out of the garden. Even while your garden is covered in snow and farmers markets are a happy but distant memory, you can still pick up fresh and local produce. Lakewinds is proud to support and carry produce from several local hydroponic growers year round, who employ sustainable farming methods in a movement that is picking up speed in the Twin Cities. Here are a few of our featured growers:



Living Water Garden - Wells, MN
Tomatoes

Steven and Miriam Klingbeil have been growing hydroponic tomatoes and herbs for over 25 years. Their three types of tomatoes are red and yellow vine-ons, Beef Steak and dried tomatoes. Trust us that this is as close to a perfect August tomato you'll find in January!



Future Farm - Baldwin, WI
Butterhead Lettuce

This 27,000 square foot greenhouse is a self-sustainable facility powered by waste vegetable oil that has the capacity to produce 50,000 heads of lettuce and 30,000 pounds of tilapia without pesticides or chemicals.



Localize - Edina, MN
Basil

Ryan Sweeny operates an urban hydroponic facility to produce and harvest local, high-quality, fresh basil year round.



Morning Sun Farms - Luck, WI
MicroGreens

Janet and Everett Marsh farm organic and non-GMO microgreens using a sustainable aquaponics operation that recently expanded to tilapia.

HYDROPONIC BASICS

- The growing process happens without soil! Growth happens with seed planted in perlite or similar substance.
- Farmers can grow more crops in less space; have a longer growing season, and are less susceptible to traditional diseases that can wipe out crops.
- Scientists say hydroponic tomatoes are now just as flavorful as the ones grown outdoors in perfect summer conditions.

New at the Co-op:

AMY CAMPBELL
SR. MARKETING MANAGER



1. Food for Life Organic Sprouted Gluten-Free Bread

Sprouted for Life Bread is the first available Gluten Free Breads made from Sprouted Grains such as Quinoa, Millet and Chia.

\$8.99-\$9.99/ea

2. Rush Hour Dinners

Available in our deli is an expanded line of house-made entrees ready for you to pick up and heat up! Expect delicious favorites, all made from scratch!

price varies

3. Blood Oranges

High in antioxidants and vitamin C, the tart-sweet and slightly berry like blood oranges are in stores now.

price varies



4. Tempeh Tantrum

Made in Minneapolis, Tempeh Tantrum can be used as a meat substitute or can be cooked up with other meats to enrich any meal.

\$4.29/ea



5. Steam Gourmet

Steam Gourmet is an innovative steam-in-parchment kit that provides a clean, simple way for cooks to prepare delicately flavored and tender entrees.

\$5.29/ea

6. Kevita Cleansing Tonic

Made with Apple Cider Vinegar, KeVita TONICS are certified organic and non-GMO, low calorie, vegan, and dairy, lactose, and gluten free.

\$3.19/ea

7. Inesscents

Small family business striving to maintain therapeutic integrity of their products.

price varies



Winter Skin Care:

Natural Tips from the Co-op

AMY HAGGERTY
MARKETING SPECIALIST

Our skin is the body's largest organ—it acts as a water resistant, insulating shield, protecting the body against extreme temperatures, damaging sunlight, and harmful chemicals. But the dry air and chilly temperatures of winter can really test the limits of this protection, leaving us itchy and chapped. Since it protects US, it makes sense that WE do what we can to protect it. What can be tough is sorting out what's good and what's not when it comes to body care. So let Lakewinds come to the rescue—we've done the homework so you don't have to. Our high body care department standards as well as these 7 tips will keep your skin clean, healthy and nourished this winter:

1. Cut your shower time.

A 20 minute long hot shower might feel good on a cold day, but it will strip your skin of moisture. Keep showers to 10

minutes or less with warm or lukewarm water and/or bath every other day.

2. Use gentle soap. Harsh deodorant or antibacterial soaps have a drying effect on our skin. Soaps that are olive or veggie-oil based are both moisturizing and cleansing.

3. Exfoliate. Gentle exfoliation will soften stubborn dry patches and help moisturizer penetrate better.

4. Layer your moisturizer. Start with a rich bath oil (olive, grape seed or jojoba work well too) in your bath or apply a thin layer after showering. Follow with an oil-based lotion after you toweled off. Oil based moisturizers help seal water in and keep it more moisturized than water-based lotions.

5. Consume healthy fats. Nourish your skin from the

inside! Eating flax, fish, nuts, avocados or taking an omega-3 supplement will help your skin retain moisture.

6. Get your vitamin C.

Making sure you get enough vitamin C, by eating citrus, leafy greens or taking supplements, boosts the body's production of collagen, which maintains your skin and other connective tissue.

7. Stay hydrated. Drink more water than you expect to really need. This will help replenish the water you're losing.

Join us!

Natural Beauty

& Skin Event:

Non-toxic beauty and body care samples, demos, ideas and more

Jan 24th

11 am - 3 pm
all locations



DIY LIP SCRUB:

Prevent dry, cracked lips with this gentle exfoliating recipe!

- 1 tsp honey
- 1 tsp olive oil, sweet almond or sunflower oil
- 2 tsp sugar

Combine honey and oil in a small bowl. Add sugar and stir until you get a paste. Using your finger, apply scrub to lips, using a circular motion. Wipe scrub off with damp cloth or cotton ball.

For more DIY skincare recipes visit
lakewinds.com/whats-store/wellness/diy-skincare/







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lakewinds.coop



LAKEWINDS
ORGANIC
FIELD FUND

LAKEWINDS ORGANIC FIELD FUND APPLICATIONS

NOW AVAILABLE ONLINE
AT LAKEWINDS.COM

Application Deadline February 6, 2015

Grants awarded in mid-March

Lakewinds supports local, organic
and sustainable agriculture!

20% OFF

INESSENTS COLD PRESSED
OILS AND BUTTERS

Valid: Jan 1 - Feb 28, 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 20095

\$1 OFF

A BETTER LIFE CLEANING PRODUCT

Valid: Jan 1 - Feb 28, 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 20097

\$1 OFF

A SALAD BAR PURCHASE,
(MUST PURCHASE AT LEAST 1 LB)

Valid: Jan 1 - Feb 28, 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 20099