



ReFresh

Fresh Flavors

MEET ECO-CONSCIOUS EATING

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Meet Ray
Marketing Data Assistant

SPRING 2022

Hello, Everyone!

We are kicking off the 11th year of Lakewinds Organic Field Fund (LOFF), our unique, no-strings-attached program that gives grants to local, organic, sustainable farms in Minnesota and western Wisconsin. LOFF helps local farms improve their infrastructure to gain efficiency and scale, which translates to long-term profitability for those farms. We've provided over \$600,000 to more than 70 farms since 2011. Check out Lakewinds.coop/community to see what we've accomplished thanks to your support and patronage.

The work we do at Lakewinds is woven into the fabric of the local agricultural economy. We continue to deepen our commitment to building resiliency into the local food system through:

- LOFF, which provides money directly to food producers in our area.
- Community Giving Round Up, which supports nonprofit organizations that work on issues related to local food, agriculture, and hunger.
- Purchasing food directly from local farms, fisheries, and other producers – almost \$16,000,000 worth during our last fiscal year!
- Serving on boards of directors and providing funds and volunteer hours to organizations including: Sustainable Farming Association of Minnesota; Minnesota Institute for Sustainable Agriculture (U of M); Sharing Our Roots in Northfield; and Mill City Farmers Market.

I'm also happy to report positive financial results for the current fiscal year to date (we're nine months into our fiscal year). We were saving our cash to fund the now-shelved Eden Prairie project. We will now use our cash reserves to pay off our mortgages in Richfield and Chanhassen as quickly as possible.

With your support, we will continue to focus on building Lakewinds' culture, supporting local agriculture and food production, and providing a high level of service to our loyal and committed owners. Thank you for supporting Lakewinds Food Co-op!



Dale Woodbeck
Dale Woodbeck
Lakewinds General Manager

GENERAL MANAGER

Dale Woodbeck

EDITORS

Jena Olson
Sr Communications Manager

Renee Whisnant
Marketing Manager

Jennifer Dean
Community & Events

Baylee Meichels
Social Media & Design

Eric Young
Marketing Assistant

Ray Norris
Marketing Assistant

DESIGN

JB Design

PHOTOGRAPHY

Leigh Loftus

RECIPES

SheCooks.Design

FOOD STYLING

Michele Philips
BaconFatte.com



MINNETONKA

17501 Minnetonka Blvd.
Minnetonka, MN 55345
952-473-0292

CHANHASSEN

435 Pond Promenade
Chanhassen, MN 55317
952-697-3366

RICHFIELD

6420 Lyndale Ave. S
Richfield, MN 55423
612-814-8000

Calendar

FoodShare Month

March 1 - 31

The Minnesota FoodShare campaign unites organizations, businesses, faith communities, and individuals to help stock more than 300 food shelves statewide throughout the year. All month, round up at the register or purchase food shelf donation cards in \$5, \$10, or \$20 amounts to help support our amazing local food shelves.

[Learn more on page 10.](#)

Earth Week

April 17 - 23

Earth Day is Friday, April 22. Watch for extra eco-friendly tie-ins, tips, and featured products to help you live every day like it's Earth Day.

Memorial Day

May 30

Our stores will close early at 6 pm in observance of Memorial Day. We will reopen at 8 am on Tuesday, May 31.

Plant Sale

Early May

MINNETONKA STORE ONLY

Pick up locally grown organic plant starts at our Minnetonka store in May. Find veggies, herbs, and native perennials to get your garden off to a great start, while supplies last.

Sale begins on Mother's Day weekend, weather permitting.



Body Care Sale

May 19 - 22

Enjoy 25% off all body care products in our wellness section – clean skin care, hair care, personal hygiene products, and more.

Lakewinds owners can choose to use their once-monthly 5% discount in conjunction with the sale for even bigger savings.



PRANAROM

Headquartered in Golden Valley, Prananom partners with organic growers worldwide to create their amazing essential oils, hydrosols, and more.

WELLNESS | \$4.49 - \$67.99 ♥ LOCAL



AURA CACIA

Part of local Frontier Co-op, a portion of every Aura Cacia sale goes to support women through the Positive Change Project.

WELLNESS | \$3.29 - \$35.99 ♥ LOCAL



NORTH NATURALS

These vegan, all-natural skin care products, including body butters and creams, are made by hand in small batches.

WELLNESS | \$7.99 - \$19.99 ♥ LOCAL

HAPPY SCALP TREATMENT

BY LINDSEY BRISCOE
OF NORTH NATURALS

You may not think often about your scalp. But if you've struggled with thinning hair, dandruff, or other challenges, you know that sometimes your scalp needs extra attention and care.

This moisturizing, antifungal scalp treatment is simple to make, can be used once or twice per week, and is shelf stable for about one year.



INGREDIENTS

- 2 oz (1/4 cup) castor oil
- 12 drops of cedarwood essential oil
- 12 drops of lavender essential oil
- 10 drops of rosemary essential oil
- 10 drops of tea tree essential oil
- Shower cap, *optional*

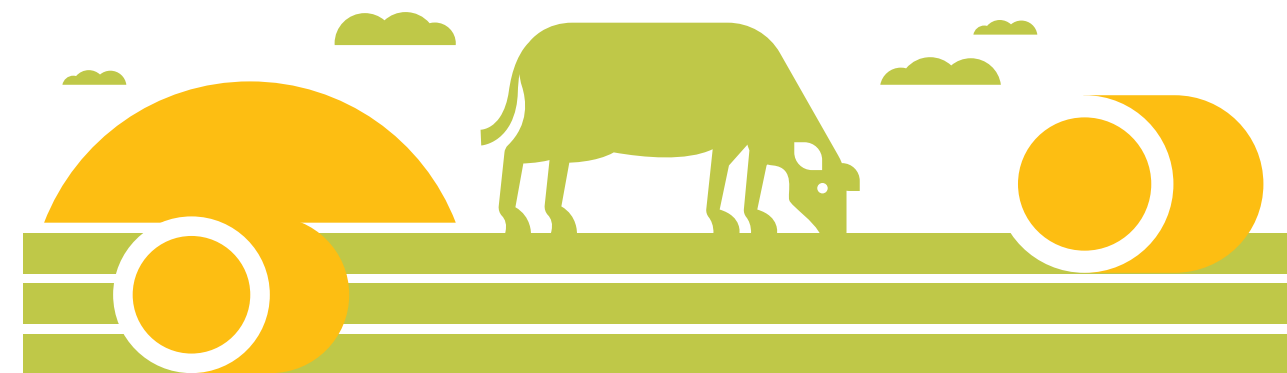
Combine all ingredients in a sterile jar or glass dropper bottle and mix well. Castor oil is very thick, so it takes extra effort to fully mix in the essential oils.

To use, massage into scalp in a circular motion, then leave on for 10-30 minutes. If you have one, put on a shower cap to increase the heat on the surface of your skin, which helps the treatment to absorb. Shampoo and rinse, repeating if necessary, and condition hair.

FEATURED PRODUCTS ►

Regenerate the Planet

At the co-op, we make every decision with an eye toward what's good for the planet. That includes providing you with the most eco-friendly foods available, and partnering with producers committed to nourishing people while protecting the land and living things. Find out how you can support regenerative growers when you shop the co-op.



REGENERATIVE AGRICULTURE

The sustainable food world is abuzz about regenerative agriculture. This holistic, outcome-driven approach to farming focuses on soil health. It includes certified-organic practices, like strictly limiting the use of pesticides, and other methods that go beyond that standard, such as zero tillage and cover cropping. Although regenerative agriculture is not strictly defined in the same way that organic is, there are still ways to find food grown using regenerative methods. The first is to know your grower. At Lakewinds, our buyers visit the farms that supply our produce, eggs, meat, and poultry and prioritize working with growers who embrace regenerative principles. The second is to look for food that's been verified by third-party organizations. Here are two to know.



Real Organic Project

While the USDA Organic standards are valuable, they have not kept pace with the science regarding regenerative agriculture. Enter Real Organic Project, a grassroots, farmer-led movement with an organization that certifies farms across the country dedicated to a deeper level of soil stewardship and animal well-being. In the words of Ariel Pressman, ROP's Director of Certification and Lakewinds board member, "Our purpose is to provide an add-on certification for farmers that raise their animals on healthy, living pasture and grow their crops in healthy, living soil."

Look for ROP-certified produce from Twin Organics, Seeds Farm, Harmony Valley, and Featherstone Farm.

Learn more about the Real Organic Project at RealOrganicProject.org.



Savory Institute's Ecological Outcome Verification (EOV)

Improper livestock management can be extremely harmful to prairie ecosystems. But when properly managed, raising cattle has the power to restore depleted grasslands and soil. The Savory Institute and its EOV certification are providing farmers with a framework to do just that. Qualifying ranches are monitored closely to ensure that practices improve soil health, biodiversity, and water infiltration, with certifications renewed every five years to ensure long-term positive impact.

Look for EOV-certified beef from Thousand Hills.

Here are a few of our favorite products made following regenerative practices.



PERENNIAL PANTRY

KERNZA® PANCAKE AND WAFFLE MIX

Kernza perennial grain grows deep roots that deter erosion and restore soil nutrients. Kernza flour is dense and nutty, perfect for making hearty pancakes and waffles!

GROCERY | \$6.99 ♥ LOCAL
See coupon on back



HARMONY VALLEY FARM PRODUCE

This farm in Viroqua, WI, goes beyond organic, experimenting with cover crops and organic composting blends to build healthy soil.

PRODUCE ♥ LOCAL



DR. BRONNER'S COCONUT OIL

For nearly a century, Dr. Bronner's has led the way in eco-friendly hygiene and health items. Their coconut oil was the very first of its kind to be certified regenerative.

GROCERY | \$10.49 (14 OZ)

BATCH
COOKING

The Art of Batch Cooking

One Base, Unlimited Options

Batch cooking is a wonderful way to save time and money on meal planning without sacrificing flavor. Start by cooking a tasty and nourishing base recipe that keeps for days in your fridge (and weeks in your freezer). Then see how many delicious ways you can spin it.

BASE RECIPE



Aromatic chickpeas and hearty farro make perfect bases for enticing dishes featuring local, seasonal ingredients.

CHICKPEAS

2 cups dry chickpeas (*garbanzo beans*)
2 bay leaves
2 cloves garlic, *smashed but left whole*
½ onion
1 teaspoon kosher salt

In a large pot, cover chickpeas with two inches of water and soak overnight. Drain, remove any hulls, and cover with two inches of fresh water. Add bay leaves, garlic, onion, and salt. Bring to a boil, reduce heat, and simmer gently for about an hour or until tender. Drain if needed. Remove bay leaf, garlic, and onion, then cool and store in refrigerator for 3-5 days or freeze for up to 3 months. Yields about 6 cups of cooked chickpeas.

FARRO

4 cups water
2 cups farro, *rinsed and drained*
2 teaspoons kosher salt
1 bay leaf

Fill a medium pot half full of water and bring to a boil. Add the farro, salt, and bay leaf, reduce heat, and simmer until the farro is tender and chewy, about 15-30 minutes for whole farro. Drain if needed and remove the bay leaf. Cool and store in refrigerator for 5 days or freeze for up to 3 months. Yields about 4 cups of cooked farro.

RECIPE 1

SPRINGTIME SWEET POTATO ENCHILADA *with Cilantro Farro*

SERVES 6

4 cloves garlic, *with skin*
1 small onion, *with skin, quartered*
1 lb. sweet potato, *with skin*
2 cups cooked chickpeas (*see Base recipe*)
2 Tbsp. Frontier Mexican Fiesta seasoning
½ teaspoon kosher salt
1 Tbsp. apple cider vinegar
8 oz. Laack's pepper jack cheese, *shredded, divided*
¾ cup loosely packed cilantro, *roughly chopped, divided*
2 cups Siete red and/or green enchilada sauce, *divided, plus extra for garnish*
12 Nixta tortillas
4 Tbsp. sour cream + 1-2 Tbsp. water
6 radishes, *sliced*
2 cups cooked farro (*see Base recipe*), *warm*
2 Tbsp. lime juice (*from about 2 limes*)
1 Tbsp. olive oil
1 teaspoon kosher salt
Optional: hot sauce

Preheat oven to 400°. Wrap the garlic and onion in foil, place with sweet potato on a rimmed baking sheet, and roast one hour until sweet potato is soft. Discard skins and mash together in a large bowl, then add the chickpeas, seasoning mix, salt, ⅓ of the cheese, and ½ cup of the cilantro. Stir in the vinegar and mix well.

Lower oven temp to 375°. Spray a 9-by-13-inch baking pan with cooking spray and spread ¾ cup enchilada sauce on the bottom of the pan. To soften the tortillas, brush water on both sides, then add to a medium-high heated pan for about 15 seconds per side. Keep warm in a towel.

Working with one tortilla at a time, spread about ⅓ cup of sweet potato/chickpea filling down the center of each tortilla, roll both sides over the filling, and place in the baking dish seam down. Repeat for all of the tortillas. Top with the remaining enchilada sauce and cheese. Bake for 30-40 minutes until sauce is bubbling and the cheese is lightly golden.

Let the enchiladas cool for about 5 minutes. Whisk the sour cream and water together, drizzle it over the enchiladas, then top with sliced radishes and garnish with cilantro. Give it a kick with your favorite hot sauce if desired.

In a separate bowl, combine the farro, ¼ cup cilantro, lime juice, olive oil, and salt. Add additional salt if needed and serve with enchiladas.

RECIPE 2

FALAFEL CHICKPEA SANDWICHES

SERVES 4

1 cup Doubting Thomas rolled oats
2 cloves garlic
2 cups cooked chickpeas (*see Base recipe*)
1 cup cooked farro (*see Base recipe*)
½ cup green onion (white and green parts), *cut in 1-inch pieces*
½ cup lightly packed fresh cilantro leaves
½ cup lightly packed fresh flat-leaf parsley leaves
2 Tbsp. olive oil
2 Tbsp. tahini
2 teaspoons ground cumin
1 teaspoon kosher salt
Pinch red pepper flakes
Freshly ground black pepper, to taste
1 egg*

For Serving

4 Baba's pita pockets
Cucumber, *thinly sliced*
Tomatoes, *sliced*
Baba's hummus
Feta cheese

**Egg alternative: Mix 1 Tbsp. flaxseed with 2-3 Tbsp. water and let sit for a few minutes before adding to mixture.*

Combine oats and garlic in a food processor and pulse until oats look like fine meal. Add the chickpeas and farro, pulse about 8 times, then add green onion, herbs, and remaining ingredients plus the egg. Pulse until mixture holds together and can form into a patty. Cover and refrigerate for about 1 hour. Scoop out about ¼ cup and firmly shape into a 2-inch patty. Repeat to make 8.

Heat 2 Tbsp. oil in a large skillet over medium heat. Place patties in the pan, cover, and cook until golden brown (about 4 minutes), then flip and cook another 4-5 minutes until cooked through. Tip: For softer pitas, steam them on top of the falafel patties during the last minute of cooking. Place two cooked patties into each pita pocket and top with hummus, cucumbers, tomato, and crumbled feta cheese.

RECIPE 3

FEATURED  PRODUCTS



NIXTA TORTILLAS

For Mexican-inspired dishes that transport your taste buds, grab local artisan tortillas made with heirloom corn and traditional techniques.

REFRIGERATED GROCERY | \$7.99 ❤️ LOCAL
See coupon on back



BABA'S HUMMUS & PITAS

Look for Baba's velvety smooth hummus in the deli and pillowy pitas in the bread aisle, both made from family recipes by two local Palestinian-American siblings.

BREAD AISLE & DELI
\$4.29-6.99 ❤️ LOCAL



DOUBTING THOMAS FARMS ROLLED OATS

This organic farm in Moorhead is on a mission to produce local, wholesome, nutrient-packed grains, like these delicious rolled oats. Women-owned, Doubting Thomas partners with local Indigenous communities to grow culturally relevant seeds. One of the first Certified Organic farms in the region, they're on track to become a zero-waste operation.

BULK | \$2.29/LB ❤️ LOCAL

More Bright Spring Flavors

Try this hearty grain bowl full of fresh seasonal veggies and topped with a zingy lemon-herb dressing. Get the recipe at [Lakewinds.coop/recipes](https://lakewinds.coop/recipes).

SPRING
GRILLING

SPRING GRILLING

The joy of grilling pizza is twofold: Open flames create a delightfully crispy crust, while you get to enjoy some fresh spring air! This pie is inspired by Japanese BBQ, with umami-rich flavors like tomato, soy sauce, and mirin blended with snappy ginger, crunchy green onions, and toasty sesame seeds.

JAPANESE-STYLE GRILLED PIZZA

SERVES 2-4

INGREDIENTS

1 container Lakewinds deli pizza dough
Flour to sprinkle on board
1 Tbsp. olive oil
¾ lb. Thousand Hills sirloin steak
¼ cup + 2 Tbsp. Bachan's Japanese BBQ Sauce, *divided*
2 Tbsp. mayonnaise
2 Tbsp. GRLK sauce
½ tub arugula (*about 2 oz*)
4 eggs, *fried (optional)*
¼ teaspoon each black and white sesame seeds, *lightly toasted*
2 green onions, *thinly sliced*

INSTRUCTIONS

Marinate the sirloin in ¼ cup barbeque sauce for an hour at room temp. Remove dough from refrigerator and bring to room temperature. Preheat the grill to high. Roll or stretch the dough into two 10-11" circles, dusting with flour if sticky. If the dough springs back when rolling it, cover and let rest for 5-10 minutes, then roll again. Lightly brush the dough with olive oil. Scoop one circle of dough onto a pizza peel or flat cookie sheet and head to the grill.

Quickly flip the dough onto the grill, one at a time, oiled side on the grate. Close the grill and cook until the dough is lightly browned and bubbling, about 1-2 minutes. Use tongs to flip and cook another 1-2 minutes. Set aside and repeat with the other dough portion.

Grill the sirloin for 11-14 minutes, flipping halfway. Let meat rest for 20 minutes and then slice thin against the grain.

Combine mayonnaise and 2 Tbsp. barbeque sauce.

To assemble, spread 1 Tbsp. Grlk sauce over each crust. Top with arugula and layer on the sirloin. Drizzle the mayo mixture over the top and add two fried eggs (if desired). Sprinkle with sesame seeds and green onions and serve.



Looking for a salad to pair with your pizza? Everything in our deli is made from scratch with the same high quality standards found throughout the store.

Like our Sumi Salad, with crispy cabbage and toasted sesame seeds – the perfect complement to this Japanese-inspired pizza.

DELI | \$11.99/LB



THOUSAND HILLS SIRLOIN STEAK

Locally raised, lifetime-grazed, grass-fed cows contribute to a regenerative agriculture cycle that is restoring native grasslands in central Minnesota.

MEAT | \$16.99/LB ♥ LOCAL



THOUSAND HILLS FREE-RANGE EGGS

Free-range chickens play an essential role at Thousand Hills. Once a pasture has been grazed by cattle, chickens help prep the soil for the next season (and the eggs are delicious).

REFRIGERATED GROCERY | \$5.29 ♥ LOCAL



GRLK SAUCE

This creamy condiment is based on a Lebanese family recipe. The lemony tang is equally great as a veggie dip, grilling marinade, or sandwich spread.

REFRIGERATED GROCERY | \$6.49 ♥ LOCAL
See coupon on back

PRODUCT HIGHLIGHTS

GROWING FOOD ACCESS CLOSE TO HOME

For many in the communities we call home, getting enough high-quality, nutritious food is a challenge. That's why we put our dollars and food donations where they can do the most good. Lakewinds cultivates partnerships with community food shelves, from sponsorships and fundraising events to donations of food and hygiene products. When you shop with us, every dollar you spend or donate is helping to ease hunger in a big way.

Lakewinds is proud to be part of the Minnesota FoodShare campaign. Each March, we raise thousands of dollars for our partners through our Community Giving Round Up program and food shelf donation cards at checkout. In 2021 alone, our shoppers donated \$24,987 and unlocked another \$13,000 in Lakewinds matching funds for ICA, VEAP, and PROP food shelves. Thank you!

This year we're also raising funds for additional food shelves located near our stores. Lakewinds will match donations of up to \$5,000 per store for these new partners: Bountiful Basket Food Shelf (Chanhassen); Tubman's Chrysalis Center Food Pantry (Richfield); and WeCAN (Minnetonka). Match funds will be unlocked incrementally: \$3,000 in shopper donations will unlock \$1,500 in matched funds, \$5,000 in shopper donations will unlock another \$1,500, and \$7,000 in shopper donations will unlock \$2,000.

What's it all add up to?

**Meaningful food relief for families
across our communities.**

Find out more about the impact of your donations to these food access organizations at Lakewinds.coop/blog.

MINNETONKA AREA FOOD SHELVES



ICA

ICA has served the Minnetonka area for decades. At their main food shelf, clients choose the food they want for their families, creating a dignified experience that ensures higher usability of groceries.



WeCAN Mobile Market

Serving areas west of the Minnetonka store, WeCAN's mobile food shelf meets the specialized needs of individuals and families who may not be able to access traditional food shelves.

CHANHASSEN AREA FOOD SHELVES



PROP

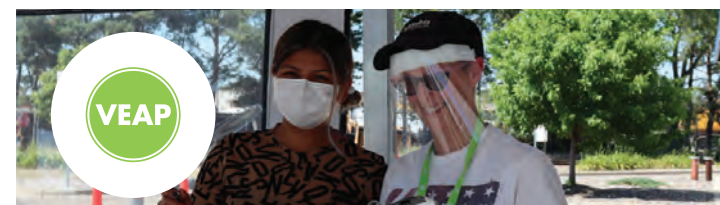
People Reaching out to Other People (PROP) was founded in 1971 on the principle of neighbors helping neighbors. Services include a food shelf and short-term financial help, with a focus on supporting low-income families with children and teens, seniors, and individuals with disabilities.



Bountiful Basket Food Shelf

Bountiful distributes over 400,000 lbs. of food a year to communities in eastern Carver County. To expand the impact of hunger relief efforts, they make food available to several partner sites in addition to their main food shelf location in Chaska.

RICHFIELD AREA FOOD SHELVES



VEAP

Founded in 1973, VEAP's programs include access to healthy foods, social services, housing stability, and supportive services. Their mobile food pantry and home delivery service remove potential transportation barriers for people facing food insecurity.



Tubman Food Pantry

Located inside Tubman's Chrysalis Center, this food pantry serves people who are experiencing violence and exploitation and have turned to Tubman for crisis and support services. Clients can visit the food pantry and sign up to receive pre-packed food bags, and staff members bring food to clients when they do home visits.



The Board View

My Hope-for-the-Future Place

Growing up on a farm in southwest Minnesota, I was accustomed to gathering ingredients for meals right from our orchard and gardens during the summer and from the cellar during the colder months. When I left the farm, I thought I was saying goodbye to that fresh, local and organic food. I did say goodbye for many years when I didn't have access to a co-op or a place to garden.

After moving to Eden Prairie and discovering Lakewinds, I was hooked from my first visit! It brought back the tastes that I originally missed. What's more, I've grown very passionate about the immense value of local and organic food production. From building soil health to reducing greenhouse gas emissions to supporting local farm families and ethical labor practices, the benefits the co-op provides are both local and global.

Lakewinds has made it easy for me to be environmentally conscious in so many ways. I made a game out of seeing how little packaging I could put in my cart, especially plastic. Using my own small cloth bags and glass jars, I can get my food staples (pasta, beans, rice, herbs/spices, flour, sugar, coffee) and snacks (nuts, candy, rice crackers) from the bulk aisle and deli. Even some personal care items like Sappo Hill Soap and HiBAR shampoo and conditioner bars can be purchased plastic-free.

Lakewinds has become my feel-good, hope-for-the-future place. My sincere hope is that it's a little bit of that for you and your family, too.

► **Gretchen Enninga**
Lakewinds Board Member



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

PRSR STD
U.S. POSTAGE
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PERMIT NO. 27734

NORTH CIRCLE SEEDS

Grown specifically for our short growing season, these local, organic seeds are naturally disease-resistant and yield a bounty of flavorful produce.

North Circle supports an ecologically diverse and equitable food system by focusing on providing seeds for our region's most culturally important foods.

PRODUCE | \$3.99 ♥ LOCAL

SPECIAL OWNER-ONLY COUPONS

\$2 OFF

One package of Nixta tortillas

Valid March 1 to May 31, 2022

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations, while supplies last.

PLU 22159



\$2 OFF

One package of Perennial Pantry waffle and pancake mix

Valid March 1 to May 31, 2022

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations, while supplies last.

PLU 22161



\$2 OFF

One Deli purchase of \$10 or more

Valid March 1 to May 31, 2022

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations, while supplies last.

PLU 22163



\$2 OFF

One Grlk sauce

Valid March 1 to May 31, 2022

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations, while supplies last.

PLU 22165



LAKEWINDS.COOP | MINNETONKA | CHANHASSEN | RICHFIELD

