

LAKEWINDS
FOOD CO-OP

ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

**Add Crunch to
Your Brunch**

**FRESH & FAST
SPRING SALAD**

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Sandwiches**

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Salmon**

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SPRING 2023



Silver Shade Ranch, 2023 LOFF recipient

HAPPY SPRING, EVERYONE!

This is a season of excitement and new opportunity. While there are always big things happening at Lakewinds, springtime is a highlight because we select the Lakewinds Organic Field Fund (LOFF) recipients. To me, it's one of the best examples of how the co-op supports our shared values.

Our no-strings-attached grant program, LOFF provides funding to local farmers, ranchers, and producers who want to make improvements to their farms. LOFF funds help them acquire new equipment and infrastructure, grow their operations, transition to organic, and complete other valuable projects. The applications are carefully vetted and recipients are selected by a committee of owners, employees, and board members.

This marks Lakewinds' twelfth successful year providing funds to farmers. Since the first grants were awarded back in 2011, more than 90 recipients have benefited from over \$800,000. That's a huge impact on our local food system.

To see how your co-op's profits have directly impacted individual farmers over the years, I invite you to view past LOFF recipients' videos at Lakewinds.coop/LOFFvideos. You may want to keep a tissue on hand – the stories are moving!

Giving back to local partners through this wonderful program simply wouldn't be possible without loyal members and shoppers like you. Thanks for being part of our co-op.



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Lakewinds General Manager

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Greg Dick

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952-697-3366

RICHFIELD

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Richfield, MN 55423

612-814-8000



StrongHeart Farms, 2022 LOFF recipients

2023 LAKEWINDS ORGANIC FIELD FUND

The co-op's grant program, Lakewinds Organic Field Fund (LOFF), provides financial support for local, sustainable, and organic farmers. The funds help them achieve specific goals and projects on their farm. This year, over \$100,000 was awarded to 15 farms to help them ramp

up their operations in ways that help their business, the land, and the wider food system.

Find the full list of 2023 LOFF recipients and learn about their planned projects beginning in mid-March at Lakewinds.coop/LOFF.

Upcoming Events

Earth Week

April 16 – 22

Earth Day is Saturday, April 22. Watch for featured products and special tie-ins and tips in April to help you live every day like it's Earth Day. You can even sign up for a free tree sapling! See page 4 for details.

Spring Meat Sale

April 30 – May 27

Do you miss the One Day Meat Sale? Here's your chance to stock up and save on sustainably raised meats at the co-op – just in time for backyard barbeque season. With different items featured each week, you'll find deep discounts on all your favorites. Sale is in stores only, while supplies last. Watch for details in store and online. Happy grilling!

Plant Sale

Mid-May

Come to our Minnetonka store in May to save on locally grown organic plant starts. Pick up veggies, herbs, and soil to get your garden off to a great start. Watch social media and your inbox for more details. *The plant sale is at the Minnetonka store only, while supplies last.*

**MEMORIAL DAY
STORE HOURS**

MAY 29

Our stores will be closing early at 6 pm in observance of Memorial Day. We'll reopen at 8 am on Tuesday, May 30.

MINNESOTA FOODSHARE MONTH

Minnesota FoodShare is an annual campaign that brings together organizations, businesses, faith communities, and individuals to help keep more than 300 food shelves statewide stocked throughout the year.



When you round up your grocery bill in March or purchase food shelf donation cards in \$5, \$10, or \$20 amounts, you help support local food shelves in the communities we call home.

Round up at Minnetonka for ICA, Chanhasen for PROP, and at Richfield for VEAP food shelves. Unlock matched donation funds of up to \$5,000 per store when you help us reach our goals throughout the month. See cashier for details.



a gmcc program

A Greener Tomorrow

PARTNERING WITH NEIGHBORHOOD FOREST

Planting trees is an investment in the future – a gift to the next generation, and the next and the next. Trees continue to give back long after those who plant them are gone. That's why Lakewinds is proud to be a longtime sponsor of Neighborhood Forest, a local nonprofit that gets trees into the hands of children so they can learn, plant, and care for something that will thrive for years to come.

Since it was founded in 2010, Neighborhood Forest has distributed over 6,000 trees to local kids through Lakewinds' partnership, and over 90,000 trees in total across North America. "Lakewinds was our largest sponsor for many years and remains one of our largest to date," says Neighborhood Forest founder Vikas Narula. "[Lakewinds'] early adoption and support of our program was critical to our growth trajectory. We would not have made it this far without your generous support and partnership." This year, we're on track to help provide another 1,500 - 2,000 trees to local children and families. It's just one of the community giving initiatives you support by shopping at the co-op. Thanks for helping us green our communities one tree at a time.

Learn more about Neighborhood Forest (and hear how they recently went viral) at Lakewinds.coop/blog/neighborhood-forest.



Plant One, Give One

This spring, Lakewinds is again partnering with Neighborhood Forest to get more free, native trees to folks in our communities. We've purchased 500 saplings to give away for free to Lakewinds shoppers, with an extra 500 trees being donated to local children, schools, and libraries.

How to get your free tree:

- Make sure you have a sunny open space on private property where you can plant and care for your tree sapling. Saplings require mulch and protection from deer until they become established.
- Talk to a representative of Neighborhood Forest during our Earth Week celebration April 16 - 22.
- Pick up your tree at the store location of your choice on May 5 - 7. Planting and care instructions will be provided.
- Tree reservations are first come, first served while supplies last. Find out more at Lakewinds.coop/trees.



2017



2022

Wake Up Call

Bright citrus meets sweet berries in our recipe for orange raspberry muffins. Infused with tea, these hearty muffins have depth of flavor not often found in breakfast baked goods.

RASPBERRY ORANGE MUFFINS

- 1 cup Kernza® flour
- 1 cup all-purpose flour
- ½ cup coconut sugar
- 2 teaspoons baking powder
- ½ teaspoon kosher salt (or ¼ teaspoon table salt)
- ¼ teaspoon baking soda
- ¾ cup buttermilk
- ⅓ cup Enchanted Garden honey
- ¼ cup unsalted butter, *melted*
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon loose tea leaves of your choice
- Zest of 1 orange
- 16-oz. container fresh raspberries, *tossed with 1 teaspoon Kernza flour*

Preheat oven to 400°. Line a 12-cup standard muffin tin with paper liners and set aside. In a large bowl, combine flours, sugar, baking powder, salt, and baking soda. In another bowl, whisk together the buttermilk, honey, butter, eggs, vanilla, tea, and orange zest. Pour over dry ingredients and stir using a rubber spatula until just combined. Add the fresh raspberries and gently mix. Place ¼ cup scoops of the batter evenly into each muffin cup. Bake for 20-25 minutes, until a tester inserted in the center comes out clean. Remove from oven and cool completely on a wire rack.

TOPPING

- 2 Tablespoons honey
- 1 Tablespoon orange juice
- ⅓ cup freeze-dried raspberries, *crushed*

Combine the honey and juice in a small bowl. Dip the cooled muffin in honey and then sprinkle with dried raspberries.

ENCHANTED GARDEN HONEY

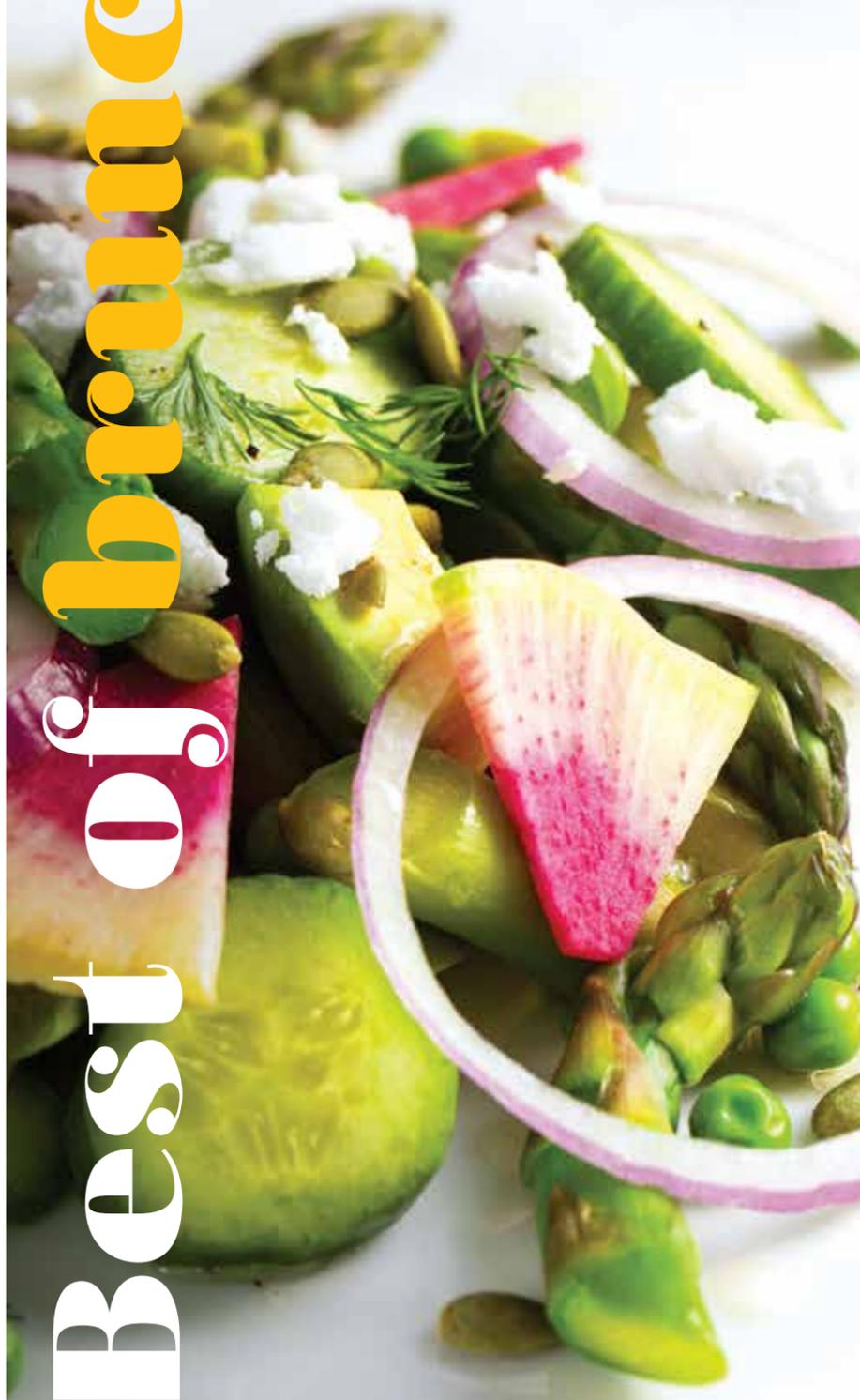
Produced by a woman-owned business just five miles from our Minnetonka store, this honey rebuilds soil health and supports pollinators through natural habitat restoration, no-till gardening, and by providing food sources for birds and insects.

GROCERY | \$6.99 ♥ LOCAL See coupon on back.



Best of Brunch

There's nothing like a good brunch to bring people together. And with flavorful recipes featuring vegan and vegetarian options, everyone can feel welcome at the table.



SPRING SALAD

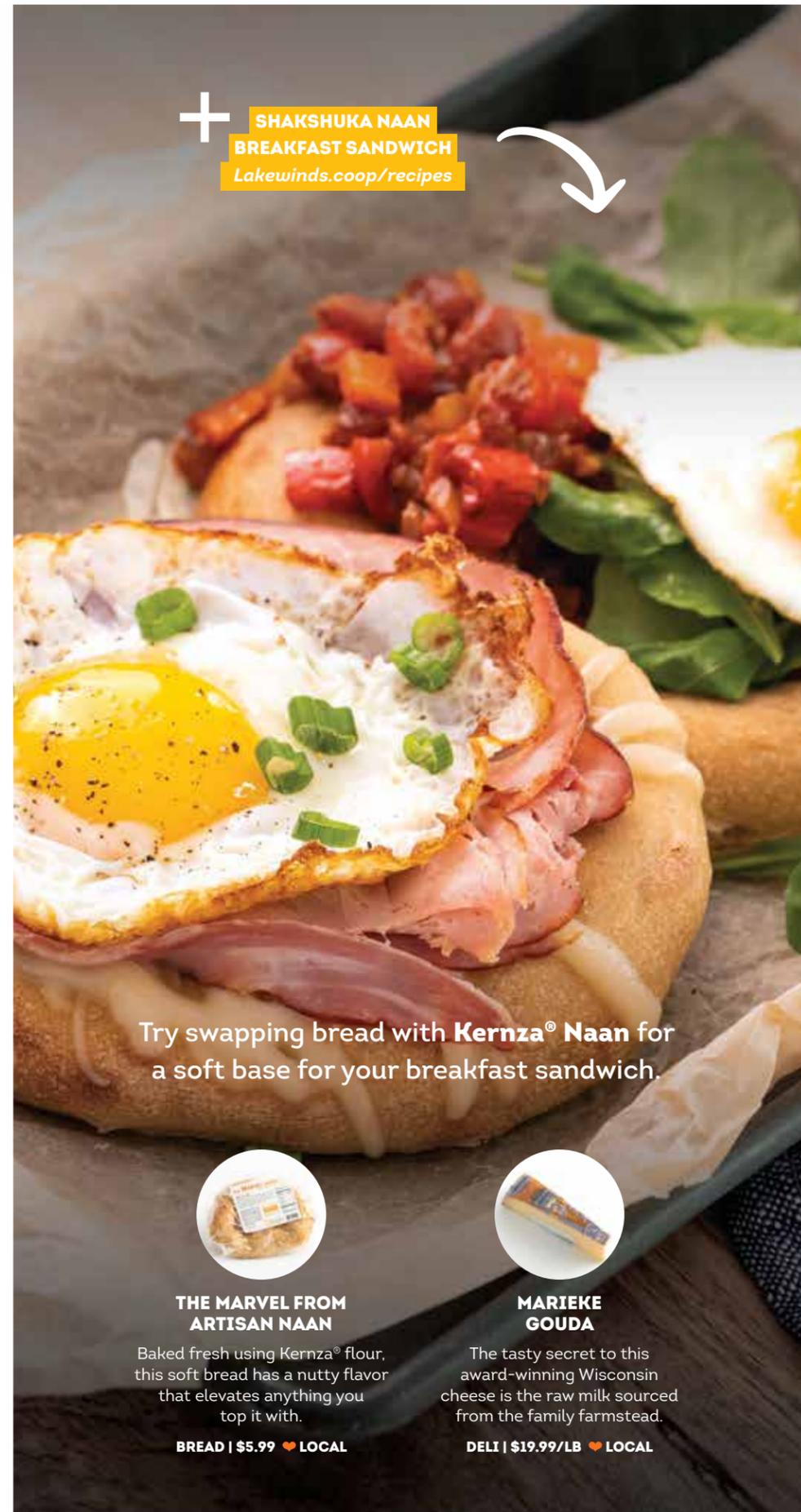
- 1 bunch asparagus, tender parts, *chopped into 1-inch pieces*
- 2 teaspoons kosher salt
- 1/2 cup frozen peas, *thawed*
- 1/2 English cucumber, *cut in half-inch chunks*
- 2 watermelon radishes, *thinly sliced*
- 1/2 cup crumbled vegan feta cheese
- 1/2 avocado, *pitted and diced*
- 1/2 small red onion, *thinly sliced*
- 1/4 cup toasted pepitas, *chopped*
- Fresh herbs, for garnish (mint, dill and/or chives)
- Kosher salt and freshly cracked black pepper

DRESSING

- 1 Tablespoon Stanley's Sugarbush maple syrup
- 1/2 small garlic clove, *finely minced*
- 1 Tablespoon white wine vinegar
- 2 Tablespoons hazelnut oil
- 1/4 teaspoon kosher salt

Bring a pan of water to a boil and add 2 teaspoons of salt. Have a bowl of ice water nearby. Blanch the asparagus about 1 minute, until just tender and bright green. Transfer to the ice water for 1 minute, then drain. Dry the asparagus on a clean tea towel and transfer to a bowl with the peas.

Whisk together the syrup, garlic, vinegar, hazelnut oil, and salt. Add half of the dressing to the bowl with the asparagus and toss to coat. Season to taste with salt and pepper. Arrange asparagus and pea mixture on a platter and top with cucumber, radishes, feta, avocado, red onion, pepitas, and herbs. Drizzle with remaining dressing.



+ SHAKSHUKA NAAN
BREAKFAST SANDWICH
Lakewinds.coop/recipes

Try swapping bread with **Kernza® Naan** for a soft base for your breakfast sandwich.



THE MARVEL FROM ARTISAN NAAN

Baked fresh using Kernza® flour, this soft bread has a nutty flavor that elevates anything you top it with.

BREAD | \$5.99 ♥ LOCAL



MARIEKE GOUDA

The tasty secret to this award-winning Wisconsin cheese is the raw milk sourced from the family farmstead.

DELI | \$19.99/LB ♥ LOCAL

HAM AND CHEESE NAAN BREAKFAST SANDWICHES

- One package of The Marvel from Artisan Naan
- 1 1/2 cups Marieke gouda, *shredded*
- 6 slices of Beeler's ham, 1/4-inch thick
- 3 eggs, *fried*
- Salt and pepper to taste
- 1-2 green onions tops, *chopped*

Preheat oven to 375°. Arrange naan on a rack over a baking sheet. Sprinkle 1/2 cup of cheese over each piece of naan, then layer 2 slices of ham on top. Try to position the ham so that it leaves a divot in the center of the naan. Bake for 4 to 6 minutes until cheese is melted and ham begins to brown. Remove from oven and allow to cool for 2-3 minutes.

Place a fried egg on top of each naan, sprinkle with green onions, and serve.



+ SIMPLE VEGAN SCRAMBLE
Lakewinds.coop/recipes

Get a simple, vegan "egg" scramble recipe using local AcreMade for an inclusive brunch menu at Lakewinds.coop/recipes.



ACREMADE EGG SUBSTITUTE

Local AcreMade is made from yellow field peas, a nutritious protein that helps build a more sustainable local food system.

GROCERY | \$6.99 ♥ LOCAL

SALMON SPINACH SCRAMBLE

Delicious and full of protein, the time-honored egg scramble is a simple and satisfying way to kick off a weekend. It comes together quickly, so you can sleep in and still get your brunch on.

INGREDIENTS

2 cups fresh spinach
1 Tablespoon water
8 eggs
2 Tablespoons butter, *divided*
2 Tablespoons crème fraiche, *plus more for serving*
Salt and pepper to taste
2 Tablespoons fresh dill
4 oz. smoked salmon, *shredded into bite-size pieces*

Heat a skillet over medium-low heat. Add fresh spinach and 1 Tablespoon of water, cover, and gently cook until the spinach wilts. Set aside. In a medium bowl, whisk 8 eggs. Add 1 Tablespoon of butter to the skillet. Once it melts, add the eggs. Occasionally, lightly stir the eggs with a plastic spatula, scraping the bottom of the pan as they cook. When the eggs are almost done to your liking, add the other Tablespoon of butter and mix in as it melts. Add in the crème fraiche and salt and pepper to taste. Then add the spinach, fresh dill, and salmon, stir gently until combined, and remove from heat. Serve with a dollop of crème fraiche.

SPENCE & CO. SMOKED SALMON

Our wild-caught Atlantic salmon is sustainably harvested and cold-smoked in the Scottish fashion.

SEAFOOD | \$12.99

BACON CHEDDAR SCONE

These savory scones are the perfect blend of buttery, sweet, and salty. Made from scratch in the Lakewinds bakehouse using nitrate- and nitrite-free Beeler's bacon and local cream, cheese, and butter, find them fresh in the deli's bakery case.

DELI | \$3.49 ♥ LOCAL

SUNDRIED TOMATO AND SMOKED GOUDA SCONES
Lakewinds.coop/recipes

LONG LIVE SUSTAINABLE SALMON

Sustainability is a top priority at Lakewinds. For wild-caught seafood, that means careful management of fisheries.

For nearly 20 years, Dave Rogotzke of Simple Gifts has brought you wild-caught salmon caught with care. Every year, Dave travels from Duluth, MN to fish Alaska's mighty Bristol Bay, the largest supplier of sockeye salmon in the world.

What Makes Alaskan Salmon Sustainable?

It's well-managed. "Nobody fishes without the permission of the local biologist," Dave says. The Alaska Department of Fish and Game carefully monitors and responds to changes in the environment to ensure the health of the fishery. Each year, they look closely at the data and assess how much salmon can be fished without negatively impacting the ecosystem.

It's renewable. Salmon eat krill, tiny crustaceans that are at the bottom of the food chain. That means that salmon can be harvested in greater numbers than other large fish without causing ripple effects in the ecosystem. Krill are resilient and abundant. This reliable source of food means that properly managed salmon populations are often more stable than other types of fish.

It's abundant (but not invincible). This point comes with the caveat that no natural resource is guaranteed. Salmon are prolific and Alaska is brimming with the rivers and bays they need to thrive. However, without thorough observation and adaptive management, they would be overfished. Warming ocean temperatures



can also negatively affect salmon and their main source of food, krill.

How sustainable is Bristol Bay's salmon? In a world of rapidly depleting fisheries, Bristol is smashing records. An average year will see 30 to 40 million salmon come to spawn in the bay's many rivers. But last year, 80 million salmon were recorded. According to Dave, "They have records that go back to 1894 and there's no number that comes close to what happened in the summer of 2022."

Practices Worth Supporting

Not only is Alaskan salmon delicious, it's packed with healthy omega-3 fatty acids and protein, low in mercury, and when fished properly, it's infinitely renewable. Supporting sustainable fishers like Dave helps to guarantee that this valuable natural resource remains abundant for future generations.



LOCALLY LAID EGGS

Eggs from pasture-raised chickens just taste better. Locally Laid's varieties come from small family farms where hens are allowed to exercise and roam outdoors, weather permitting.

GROCERY | \$5.99 ♥ LOCAL



HOPE BUTTER

For more than a century, Hope Creamery has churned butter in small batches using cream (with no growth hormones) from local dairy farmers.

GROCERY | \$8.49 ♥ LOCAL

SIMPLE GIFTS WILD-CAUGHT SOCKEYE SALMON

SEAFOOD | \$17.99 - \$20.99/LB
See coupon on back.



1

START EARLY

Each morning, try to wake up at the same time and get some sunlight exposure. Moderate morning exercise is ideal; even 30 minutes can help you sleep better. Don't forget to wear sunscreen (like clean options from Badger) to protect your skin while you're out.

WELLNESS | \$15.99



2

TRY BLUE LIGHT GLASSES

Shutting down electronics at least a half hour before bedtime can aid your sleep. But if you must be on your computer or phone, blue light glasses, like those from Peepers, help filter out stimulating blue light so your brain eases into sleep faster.

WELLNESS | \$28.99 See coupon on back.



3

SKIP PM CAFFEINE

That late afternoon latté can impede your sleep at bedtime. When you need a pick-me-up, try stretching, a brisk walk, or a non-caffeinated drink. We love local Sacred Blossom Tiger tea, Rishi blueberry hibiscus tea, and Hobby Farmer switchel.

GROCERY | \$3.49 - \$14.99 ♡ LOCAL



Meet Baylee, Lakewinds' social media and design coordinator

rest easy

OUR HECTIC DAILY LIVES MAKE IT EASY FOR OUR SLEEP TO GET OUT OF WHACK. WITH A FEW SIMPLE CHANGES AND HELPFUL PRODUCTS, YOU'RE WELL ON YOUR WAY TO RESTORING YOUR RESTFUL ROUTINE.

4

MAKE A BEDTIME ROUTINE

At least a half hour before you want to sleep, start your regimen: Wash your face, brush your teeth, put on pajamas, start to unwind. You can add calming products to your routine, like soothing Badger Sleep Balm with lavender, bergamot, and balsam fir.



5

WRITE OUT YOUR WORRIES

If you're feeling anxious or have a daunting to-do list, grab your notebook and pen. Get your worries down on paper and (hopefully) off your mind. Beautiful notebooks by Denik make it a pleasure.

GIFTS | \$10.99 - \$16.99

Selection varies by store.



6

USE CALMING OILS

Essential oils like lavender, ylang ylang, clary sage, bergamot, and jasmine are all known to help calm mind and body. Oil blends from Pranarom make it easy. A few drops in an air diffuser or on your sleep mask and you're off.

WELLNESS | \$8.49 - \$39.99 ♡ LOCAL



7

TRY SLEEPY SUPPLEMENTS

Support better sleep with supplements such as melatonin, CBD, and valerian root. You can also take Charlotte's Web CBD* gummies to help end your day with calm.

WELLNESS | \$29.99 - \$44.99



*Must be 21 to buy CBD.

+ READ MORE SLEEP HYGIENE TIPS
Lakewinds.coop/blog/sleephygiene

THE BOARD VIEW



RESTED AND READY FOR SPRING

Spring is finally upon us! The snow is leaving, the ice is melting, and the days are getting longer. After a winter indoors, my family looks forward to spring's warm days for getting outside and socializing. We love to walk our dogs, dust off our bikes, and explore the quaint downtowns of Excelsior and Wayzata.

Spring also brings the switch to Daylight Savings (March 12 this year) and many of us will experience sleep challenges as we adjust. Fortunately, there are many tips and resources that help. Some of my favorite sleep hacks include: Sticking to a regular sleep and wake time, moving and exercising daily, and including supplements in your daily routine. The Lakewinds wellness department has a great selection of high-quality supplements, as well as friendly, knowledgeable staff to help you find what's right for you. My favorite supplements that support sleep are vitamin D, magnesium, reishi, and chamomile tea.

What better way to follow a good night's sleep than with a homemade brunch on a spring weekend? One of my favorite brunch meals is an easy egg, sausage, and veggie bake served with fresh fruit and coffee. Lakewinds has everything we need, including Vital Farms pasture-raised eggs, housemade turkey sausage, fresh and local produce, and locally roasted coffees found in the bulk aisle.

My family is grateful to have the Minnetonka Lakewinds and their wonderful and friendly staff close by to help us make the most of spring. I hope you enjoy the longer, warmer spring days, get good rest, and embrace family gatherings sharing healthy foods this season!

 **Bob Musman**
Lakewinds Board Member



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Eden Prairie, MN 55346
Lakewinds.coop

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DELICIOUS, SELF-SERVE MEALS TO GO

Don't miss our hot bar and salad bar for scratch-made mains, salads, and side dishes. **The hot bar is open by 8:30 am for breakfast, with lunch around 11 am, closing at 7 pm.** Find delicious food made with ingredients that follow the high standards found throughout the store. Pick up what you're craving – no fuss, no mess!

SPECIAL OWNER-ONLY COUPONS

Take a photo and show the coupon on your phone at checkout – no clipping needed.

\$3 OFF

PLU 22263

per pound Simple Gifts wild-caught salmon

Valid March 1 to May 31, 2023

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.



\$2 OFF

PLU 22265

per pound hot bar or salad bar

Valid March 1 to May 31, 2023

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. Excludes soup.



\$4 OFF

PLU 22259

One pair Peepers blue light glasses

Valid March 1 to May 31, 2023

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.



\$2 OFF

PLU 22261

One jar of Enchanted Gardens honey

Valid March 1 to May 31, 2023

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.

