

**LAKEWINDS**  
FOOD CO-OP

# ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

**Perfect  
Summer  
Steaks**

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Tomato  
Galette**

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Picnics  
to Savor**

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SUMMER 2023

# HELLO EVERYONE!

One of the simplest ways we can create change as Lakewinds owners is also quite enjoyable: buying fresh, organic local produce. With summer here, Lakewinds is bursting with the greatest produce around – all we have to do is enjoy it. By incorporating high-quality, local vegetables into our summer traditions, we provide direct financial support to local farmers. Last summer, our collective produce purchasing power pumped over one million dollars back into the local food economy!

We have our amazing growers to thank for all this bounty. One highlight of my summer is the annual first-of-the-season grilled asparagus finished with shaved pecorino, black pepper, and lemon. As local produce offerings swell in July, slaws made with organic cucumbers, peppers, and radishes are a centerpiece of my table. You know summer is in full bloom when you can lunch on a BLT made with thick slabs of lightly salted heirloom tomatoes and finish the day with a simple supper of sweet corn, butter, salt, and pepper.

Like all Minnesotans, summer for me is about enjoying time with friends, family, and the food that brings us together. Whether you're heading to the beach for a picnic, firing up the grill for dinner on the patio, or heading north for a cabin stay, produce sourced from Lakewinds will enhance it all with delicious memories.

Join me in creating positive change, one fantastic meal at a time. Thank you for your support – and Happy Summertime!



*Greg Dick*

**Greg Dick**  
Lakewinds General Manager

## GENERAL MANAGER

Greg Dick

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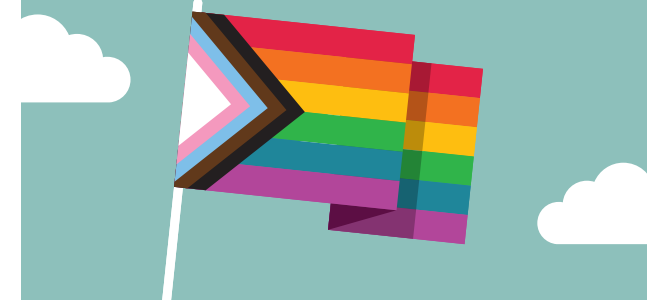
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Richfield, MN 55423  
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## UPCOMING EVENTS

JUNE

### Pride Month

Join us all month long (and every day!) to recognize and celebrate the LGBTQ+ community. For local festivities, check out the Twin Cities Pride Festival and Parade happening June 23 - 25. More info at [tcpride.org/festival](http://tcpride.org/festival).



JUNE 1-20

### Call for Board Candidates

Are you passionate about our co-op community and the local food system? Get more involved by running for a seat on the Lakewinds board of directors. Find out more and apply online at [Lakewinds.coop/BoardApplication](http://Lakewinds.coop/BoardApplication) from June 1 to 20. You must be a Lakewinds owner in good standing to be eligible.



### Independence Day Hours

Our stores will close at 4 pm on July 4 so employees can celebrate the holiday.

JULY 15

### Lakewinds Farm Day

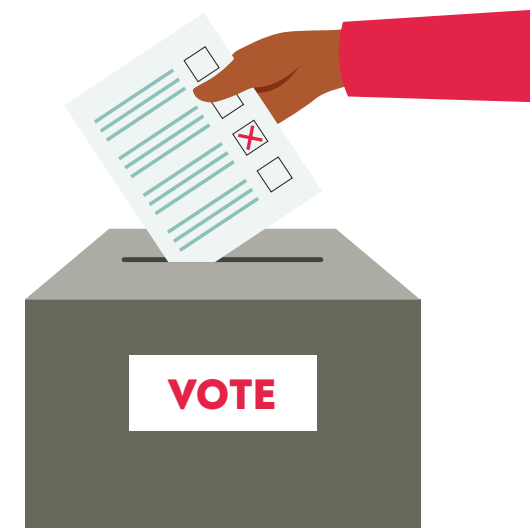
Join us for a family-friendly day at the farm! Meet local growers, learn about farming practices, and get a close-up look at our food system in action. This year's participating farms include Green Earth Growers, Fox & Fawn Farm, and Ames honey. It's a free, self-guided event, so no need to sign up. For more information visit [Lakewinds.com/farmday](http://Lakewinds.com/farmday) or grab a handout at the customer service desk starting in mid-June.



SEPT 1-16

### Annual Election

Make your voice heard during our annual board election. Cast your ballot in store or online to elect three members to the Lakewinds board. Watch your mailbox for our election mailer or go to [Lakewinds.coop/election](http://Lakewinds.coop/election) in late August to meet the candidates.



AUG 25

### Tickets for Annual Meeting

Get your tickets for the annual meeting at [Lakewinds.coop/annualmeeting](http://Lakewinds.coop/annualmeeting) from Aug. 25 to Sept. 10. Boxed lunches available for \$5, free for kids 10 and under.

SEPT 17

### Annual Meeting

Join us at Gale Woods Farm in Minnetrista for our co-op's Annual Owner Meeting on Sunday, September 17. It's a great opportunity to reflect on the year, hear about upcoming plans, and celebrate the community we're building together. Come to the business meeting at 1 and stay for a free day of fun at the farm. Look for more details in July at [Lakewinds.coop/annualmeeting](http://Lakewinds.coop/annualmeeting).

# Funding Success from the Ground Up

## LOFF: LOCAL FARMER GRANTS SUPPORTED BY YOU

The 2023 Lakewinds Organic Field Fund (LOFF) grants have been awarded, and the recipients are a dynamic and diverse bunch. This year 15 local organic and sustainable farmers were awarded more than \$100,000, funds they're using to support environmental sustainability, safety, and efficiency, and to grow their businesses.

You support the LOFF program every time you shop at Lakewinds, helping us award over \$800,000 to more than 90 local farms to date. It's one of the ways the co-op supports the local farming community and helps build a more resilient, sustainable food system. Thanks for supporting your co-op community!

Learn more about LOFF and see past recipients' projects at [Lakewinds.com/LOFF](http://Lakewinds.com/LOFF).

**Abdi-Mayfield Farm**  
Lindstrom, Minnesota  
\$8,000 to finish construction inside a packing-storage shed.

**Agua Gorda Cooperativa**  
Long Prairie, Minnesota  
\$8,000 for pack shed improvements.

**Birds N Things Farm**  
Ashland, Wisconsin  
\$8,000 to purchase a refrigerated box truck to convert into mobile poultry processing.



**Foxtail Farm**  
Osceola, Wisconsin  
\$3,705 for greenhouse upgrades.

**Hidden Stream Farm**  
Elgin, Minnesota  
\$8,000 for a refrigeration system at their new food hub location.

**K & M Fischer Farm**  
Hanska, Minnesota  
\$1,464 to build 3 mobile chicken coops (a.k.a. "chicken tractors").

**Kalliroe Orchard**  
Montevideo, Minnesota  
\$8,000 for pack shed improvements.



**Silver Shade Ranch**  
Eagle Bend, Minnesota  
\$8,000 for rotationally grazed beef cattle facilities.



**Cala Farm Origenes**  
Turtle Lake, Wisconsin  
\$8,000 to build a new pack shed.

**Callejas Farm**  
Madelia, Minnesota  
\$8,000 to purchase implements, including a seeder and water wheel transplanter.

**Derrydale Farm**  
Belle Plaine, Minnesota  
\$4,106 to rebuild a perimeter fence and restore 5+ acres of pasture for grass-fed, organic dairy cows.

**Easy Yoke Farm**  
Zumbro Falls, Minnesota  
\$8,000 to construct a passive solar greenhouse.



**Rising Phoenix Farm**  
Barnum, Minnesota  
\$3,000 to install an irrigation system.

**Prairie Greens Farm**  
Valley Springs, South Dakota  
\$8,000 to enclose an existing pack shed lean-to.

**Santa Rosa Farm**  
Pepin, Wisconsin  
\$8,000 to reconstruct a plant nursery that was destroyed by snow.



# Grill Thrills

Grilling a mouth-watering, top-shelf cut of beef is easier than you think! Get a perfect char and tender, juicy meat by following these four steps.



Whip up this zesty salad while you wait for your steaks to come to room temp. The slightly sweet mustard-lemon dressing combines with crunchy vegetables like peppery radishes and juicy bell peppers – a tasty complement to savory grilled meats.

## 4 easy steps to grilling steak

1

Season liberally with sea salt and pepper ... and that's it. You don't need additional flavors when you're cooking a premium steak.

2

Bring your steaks to room temp before cooking. This reduces cooking time and prevents them from drying out.

3

Keep one side of your grill piping hot for charring. After your steaks are browned, move to the cooler side to gently cook until they reach the desired temp.

4

Let steaks sit for 8-10 minutes after they're done. This allows the fat to congeal a bit, so juices don't run out as soon as you cut in.

*Ready to grill like a pro?  
Grab premium cuts at the Lakewinds  
meat counter and fire up the grill!*

## CUCUMBER SALAD WITH LEMON DRESSING

- 1 large English cucumber, *spiralized or thinly sliced*
- ½ small red onion, *thinly sliced*
- 1 large carrot, *julienned*
- 1 red bell pepper, *julienned*
- 1 jalapeño pepper, *minced*
- 1 purple daikon radish, *thinly sliced*

### DRESSING

- ½ teaspoon Dijon mustard
- ½ teaspoon fresh garlic, *minced*
- 3 Tablespoons lemon juice
- 1 Tablespoon honey or agave
- ¼ cup extra virgin olive oil
- Kosher salt and freshly cracked black pepper

Add all the dressing ingredients to a medium lidded jar. Cover tightly and shake until the dressing is emulsified. Taste and adjust the seasoning. Place the prepared vegetables in a salad bowl. Drizzle with about two tablespoons of the dressing. Sprinkle with a little extra salt and pepper, and gently toss. Add more dressing if needed. Serve immediately, reserving any extra dressing for another salad.

## WHY GO FOR BONE-IN?

Grilling over an open flame gives beef a wonderful char and smoky flavor, but it can also dry out your steaks if you're not careful. Because bones heat up slower, the meat next to them stays juicy while the rest of the steak cooks. **Look for bone-in porterhouse, T-bones, and rib-eyes!**

### PETERSON CRAFTSMAN MEATS

This family farm in Osceola, WI, pasture-raises Limousin and Limousin-cross beef cattle. The beef is grain-finished and dry-aged for mouth-watering flavor.

MEAT | \$22.99 - \$26.99/LB

♥ LOCAL

See coupon on back.



**TWIN ORGANICS & SEEDS FARM TOMATOES**

These neighboring organic farms in Northfield, MN, grow bell peppers, cucumbers, kale, and more. You won't want to miss their heirloom, Roma, and cherry tomatoes as they arrive throughout the summer.

PRODUCE | PRICES VARY ♥ LOCAL

**GARDEN-FRESH RUSTIC GALETTE**

Locally grown, flavorful cherry tomatoes are the heroes of this delightful galette, made with an easy, gluten-free puff pastry crust, herbs, and local goat cheese, then topped with an infused salt. What a way to savor the season's bounty!

- 1 sheet Schär gluten-free puff pastry
- 4 oz. goat cheese
- 12 oz. colorful cherry tomatoes, *some halved, some whole*
- 1 large shallot, *thinly sliced*
- ½ teaspoon kosher salt
- 1 Tablespoon extra virgin olive oil
- 1 garlic clove, *grated*
- ½ teaspoon lemon zest
- 1 large egg
- 1 Tablespoon water
- Jacobsen Salt Co. infused black garlic salt, *to taste*
- Zest of half a lemon
- 1 Tablespoon fresh basil, *chopped (for garnish)*

Preheat oven to 400°. Follow the package directions for preparing the puff pastry (if it breaks, use wet fingers to pinch the pastry back together). Gently place the pastry on a rimmed baking sheet lined with parchment paper. Soften the goat cheese in a microwave for about 20-30 seconds and spread over the pastry, leaving an inch border. In a medium bowl, add the tomatoes, shallots, olive oil, and garlic. Top the goat cheese with the tomato mixture. Whisk together the egg and water. Fold the pastry edges in about two inches over the tomatoes, leaving the galette open in the center. Brush the pastry edges with the egg wash and sprinkle with the black garlic salt.

Place in the oven and bake for 35-40 minutes until the pastry is golden brown and tomatoes are bubbling. Remove from the oven and sprinkle with lemon zest and basil. Let the galette rest for 5-10 minutes and serve.

**SCHÄR GLUTEN-FREE PUFF PASTRY**

Made from non-GMO soy flour and corn starch, Schär's puff pastry is gluten-free – ideal for inclusive, special-diet-friendly baking.

FROZEN | \$7.99

**LACLARE CREAMERY GOAT CHEESE**

For the perfect touch of creamy tartness, just add goat cheese! LaClare sources its goat milk from farms located within 15 miles of their Wisconsin creamery.

SPECIALTY CHEESES | \$4.49 ♥ LOCAL



**A SUMMER SPREAD**  
*(to Savor Anywhere)*

These are the days we dream of all winter: the sun is shining, the weather is balmy, the outdoors is calling. When you're out soaking up summer at the park, beach, or lake, the Lakewinds deli makes dining outdoors as easy as (spinach) pie.

Each person in your party can pick their own meal: from curried apple quinoa salad to cranberry chicken

wraps to turkey-cheddar sandwiches to raspberry parfaits. For sides, add veggies and roasted red pepper hummus, local truffle gouda cheese and crackers – and don't forget cookies or ginger scones for dessert! Enjoy every morsel knowing all ingredients follow our ultra-high product standards, the same ones you trust throughout our stores.

See deli coupon on back!



**ASIAN NOODLE SALAD**

Thin rice noodles and delicate veggies are tossed with a flavorful ginger-tamari dressing in this vegan salad, which is also made without gluten.

DELI | \$11.99/LB



**RAW KALE WITH CHEESE**

This salad is a longtime favorite at the co-op! Kale is marinated in a light dressing then tossed with Parmesan and toasted almonds for crunch.

DELI | \$12.99/LB

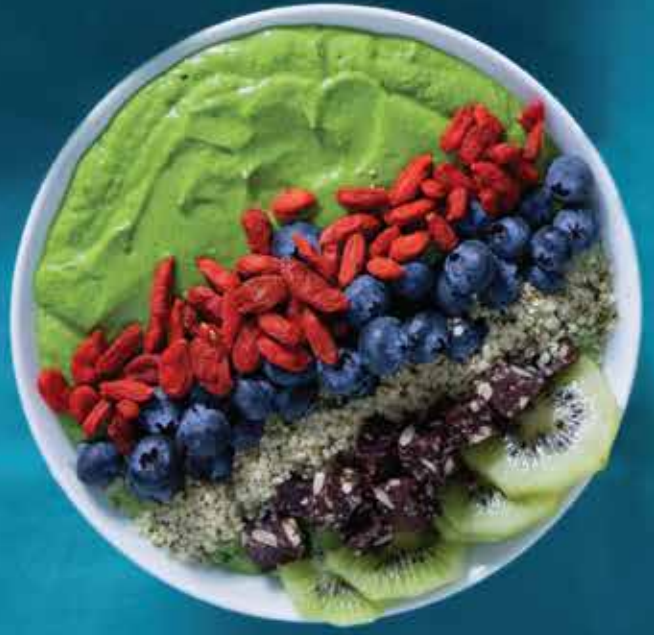


**MEDITERRANEAN WRAP**

This vegan wrap has deli-made Mediterranean hummus, kalamatas, and crisp, organic veggies for a fresh, nutrient-dense, easy meal on the go.

DELI | \$9.99/LB

# FRUIT-FULL BOWLS



LOCAL  
FAIR ANITA  
JEWELRY

**Looking for a healthy, refreshing (and super-easy) summer meal?** Smoothie bowls are your new go-to. These nutrient-packed recipes combine all your favorites – yogurt, fruit, nuts, granola, and endless toppings – with minimal prep time and no hot oven to mind. It's the no-fuss option that's as bright and festive as the season.



**FIELD THEORY HEMP HEARTS**  
Local, organic hemp hearts add vitamins, minerals, and omega-3s to smoothie bowls, salads, and more.  
**GROCERY | \$12.99 ♥ LOCAL**

## TROPICAL SMOOTHIE BOWL

- ½ cup frozen passion fruit
- 1 packet frozen dragon fruit
- 1 packet frozen acai (optional)
- 1 frozen banana, sliced
- 1 Tablespoon honey
- 1 cup Siggi's vanilla yogurt

**TOPPING SUGGESTIONS**  
Fresh kiwi, fresh sliced mango, sliced banana, cantaloupe, fresh blueberries, fresh raspberries, Lakewinds Bakehouse granola, and Field Theory hemp hearts.

Place the smoothie ingredients into a blender. Combine until smooth, scraping down the sides of container as needed. Pour into bowls and top with desired fruit and granola. Makes two bowls.

## GREEN VEGAN SMOOTHIE BOWL

- 2 ripe kiwi, peeled and cut in chunks
- 1 ripe avocado, sliced
- 1 large handful fresh spinach or kale
- 1 large handful Superior Fresh Organic Citrus Splash greens
- 1 ½ - 2 cups Cocojune vanilla yogurt
- 1 Tablespoon maple syrup (optional)

**TOPPING SUGGESTIONS**  
Fresh blueberries, fresh kiwi, diced Chunks of Energy (cacao goji), goji berries, and Field Theory hemp hearts.

Add smoothie ingredients to a blender and turn to high. Blend until smooth and creamy, scraping down the side of the bowl as needed. Add extra maple syrup to taste. Pour into bowls and top with desired fruit and hemp hearts. Makes two bowls.



**LAKEWINDS HOUSEMADE GRANOLA**  
Our classic granola is made fresh using organic oats, sunflower seeds, and coconut, and sweetened with local maple syrup.  
**BULK | \$11.99/LB ♥ LOCAL**  
See coupon on back.



**COCOJUNE NON-DAIRY YOGURT**  
Packed with probiotic cultures and delicious flavors, this plant-based yogurt is available in pure coconut and vanilla chamomile flavors.  
**REFRIGERATED | \$2.79-\$7.99**

## THE BOARD VIEW



### SEEDS OF SUMMER

Can you believe summer is finally here? Winter took an awfully long time to leave this year. I wasn't sure those snow hills would ever melt! During the last long months of winter, when the days stretched longer and the temperatures began to climb, my mind moved to summer food – from local farms to our family table.

This spring I had the pleasure of reviewing the Lakewinds Organic Field Fund (LOFF) submissions. My sneak peek of farmers' projects planned for this summer added fuel to my passion for local food. Thank you to the Lakewinds community for the opportunity to be a part of this in a new and exciting way. That experience inspired me to plant my garden a little earlier this year. I crave early spring radishes, mid-summer sweet corn, and late summer tomatoes that are so plentiful I give them away to neighbors. The neighborhood squirrels and rabbits get some summer harvest too – whether I like it or not!

Of course, not all summer foods are a fit for my garden (anyone grow watermelon around here?). Lakewinds is the perfect partner to help complete your backyard BBQ menu. The meat department is full of classic items, like brats and burgers, seafood to grill, and plant-based options for your meatless Mondays – or any day of the week. To round out the BBQ experience, don't forget deli-prepared sides, local, seasonal produce, and a cheese plate for dessert. If someone else is hosting the party, fresh, locally grown flowers are always welcome at the table. Happy summer. See you out there!

 **Karin Broecker Smith**  
Lakewinds Board Member



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TWIN CITIES, MN  
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### CLEAN SUN PROTECTION

Soak up summer safely with clean sunscreen from the co-op. Get the broad-spectrum coverage you want, as well as facial tints, lip balms, and more products with SPF protection. Our team has done the research, so only items containing clean ingredients touch your radiant summer skin. **And don't forget to take 15% off the wellness department on the second Wednesday of every month during Wellness Wednesday.**

### SPECIAL OWNER-ONLY COUPONS

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

**\$2 OFF**

PLU 22301

One produce purchase of \$10 or more

Valid June 1 to August 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 22303

Per pound of bulk aisle Lakewinds housemade granola

Valid June 1 to August 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 22305

One deli purchase of \$10 or more

Valid June 1 to August 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.



**\$3 OFF**

PLU 22307

Per pound of Peterson bone-in steaks (T-bones, bone-in ribeyes, porterhouse)

Valid June 1 to August 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.

