

LAKEWINDS
FOOD CO-OP

ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

Hearty AUTUMN EATS

Seasonal
Squash Goals
PAGE 6-7

Dal for All
PAGE 8

Delish Sheet
Pan Dinner
PAGE 9

Meet Abby,
Wellness department
category manager

FALL 2023

Hello everyone,

Like all of you, Lakewinds' transition through the year is marked by the food traditions and celebrations of each unique season. This exciting rotation gives each of us the opportunity to embrace change together with the steadying comfort that food provides. In Minnesota, each season's local offerings prepare us for what's next. With summer now wrapping up, Lakewinds is ready to celebrate fall with you!

But before we get into the excitement of apple season, cold-weather comfort food, and the upcoming holidays, I'd like to take a brief look back and share our gratitude for the difference we're making together as a co-op.

We are proud to report that we've realized our best year ever. What's behind this success? Many factors: from our continual investment in bringing people local, healthy foods to our exceptional shopping experience to how we support our communities to the unparalleled contributions of our staff.

This success allows our co-op to reach far beyond providing the highest quality products and services. With your continued support, we are making meaningful strides in our goals to improve access to fresh produce at local food shelves, provide financial assistance to farms through the Lakewinds Organic Field Fund, and engage in educational outreach through community gardens and school tours.

With the solid foundation that we've achieved together, we look forward to more amazing things in Lakewinds' future. If you are interested in learning more about Lakewinds' mission-related impacts, your co-op's successes, and more, I invite you to join us at our Annual Meeting on September 17 at beautiful Gale Woods Farm.

I look forward to seeing you there and at the co-op!



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Lakewinds General Manager

GENERAL MANAGER

Greg Dick

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RICHFIELD

6420 Lyndale Ave. S
Richfield, MN 55423
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SEPTEMBER 1-17

Board Election

Your voice matters in the Lakewinds board election. Owners, don't forget to cast a ballot for your top three candidates. Vote in stores or online at Lakewinds.coop/Election through September 16 or in person until 1:10 at at the Annual Owner Meeting on September 17.

SEPTEMBER 17



Annual Owner Meeting

We hope you'll join us from 1 to 4 pm at Gale Woods Farm in Minnetrista for the Annual Owner Meeting. Hear from our general manager and board president as we review the past fiscal year, learn the results of this year's board election, and celebrate our co-op community. Then move on to some fun at the farm – wagon rides, kids' crafts, interacting with farm animals, and much more.

No tickets are required to attend the business meeting and farm activities, but be sure to order your \$5 lunch ticket by Sunday, September 10 if you'd like a boxed lunch from Peoples Organic. Find out more and reserve your lunch at Lakewinds.coop/AnnualMeeting.

LATE SEPTEMBER

Patronage Refund

In profitable years, we return a portion of profits to our owners as an annual patronage refund. And this is again one of those years! We'll be mailing you information about your patronage refund soon, with funds available at the register beginning September 24.



Local Ferndale Market has been raising free-range turkeys for 30 years.



Labor Day Hours

In observation of Labor Day, our stores will close at 6 pm.

OCTOBER

Owner Appreciation Month + Owner Drive

October is Owner Appreciation Month! Watch for special owner deals throughout the store – and don't forget to use your once-monthly 10% discount on the day of your choosing (in place of the regular 5% monthly discount).

Do you know someone who frequently shops at the co-op, but isn't an owner yet? Let them know that October is the best time to join. Perks for owners who sign up that month include a free limited-edition canvas tote bag, a chance to win a \$100 co-op gift card, and access to member benefits on the day they sign up. See cashier for details.

OCTOBER 1-28

Fall Meat Sale

Our Spring Meat Sale was such a big hit, we're doing it again – this time focusing on meat and seafood that are perfect for roasting and holiday hosting! Stock up and save on select sustainably raised meats, with different items featured each week to fit almost any gathering you have planned. Sale is in stores only, while supplies last. Find details in stores or at Lakewinds.coop/MeatSale beginning in September.

NOVEMBER

Thanksgiving

Swing by the deli counter or go online to reserve your scratch-made Thanksgiving meals and sides. Turkey reservations can be made online. More info at Lakewinds.coop/Thanksgiving starting Nov. 1. **Our stores will be closed on Thursday, November 23, reopening at 8 am on Friday, November 24.**

THE GOOD YOU HELP GROW

You collectively own Lakewinds with thousands of other folks in your community. How cool is that? Ownership in cooperative businesses, such as Lakewinds, impacts the communities we call home in myriad ways.

From addressing community needs to fueling the local economy to supporting local farmers and makers, Lakewinds owners are actively making their communities better places to live and work. See how your support is making a measurable impact – and thank you!

THE CO-OP ADVANTAGE

Co-op businesses are positioned to make a difference in ways conventional grocery stores don't. That's because co-ops are structured to benefit the community and the collective of owners.

COMMUNITY GIVING

Concern for community is a cornerstone of the cooperative business model. In the past fiscal year, your co-op ownership and patronage has resulted in more than \$170,000 in community giving.

LOCAL ECONOMY

Your support of the co-op directly feeds our local economy while helping to ensure local organic and sustainable farmers and makers can compete and thrive in the local food system.



MAKE THE MOST OF BEING AN OWNER

Take advantage of all the perks you have coming your way:



Once-monthly **5% DISCOUNT** on most items on the day of your choosing. Kick that up to **10% IN OCTOBER** during Owner Appreciation Month.



A **10% DISCOUNT** on cases when you preorder at the customer service desk (some exclusions apply).



PATRONAGE REFUND in years that the co-op is profitable. Look for details in the mail in late September.



SPECIAL OWNERS-ONLY DISCOUNTS on certain sale items – look for “owners pay” on signs and mention your owner number at the register to get these deeper discounts.



RECIPROCITY AGREEMENTS mean you enjoy sale prices at other co-ops around the Twin Cities. Mention you're a Lakewinds member at checkout to find out if the co-op you visit has reciprocity with Lakewinds.



Make your voice heard by **VOTING** in the Lakewinds annual board of directors election. Head to Lakewinds.coop/Election for more details.

Oh My Squash!

When you eat locally grown food, your menu naturally adapts with the season. With summer's end, fresh salads and grilling get swapped out for decadent baking, warm soups, tender roasts, and (of course) locally grown squash.



KERNZA® PASTA WITH SQUASH-SAGE SAUCE

- 4 Tablespoons olive oil, *divided*
- 5-6 slices prosciutto
- 1 small onion, *diced*
- 2 cloves garlic, *minced*
- 1 Tablespoon (about 8 large leaves) fresh sage, *finely chopped*
- 2 teaspoons Dijon mustard
- Pinch of red pepper flakes
- 1 2-lb. kabocha or butternut squash (about 3 cups), *seeded, peeled, and cut into 1-inch cubes*
- 1 cup chicken stock
- 1 cup half-and-half
- 4 oz. Gruyere cheese, *grated, plus more for serving*
- 14 oz. Patagonia Provisions Kernza fusilli, (reserve 1 cup pasta cooking water)
- Kosher salt and freshly cracked black pepper to taste
- Parmesan cheese, *grated, if desired*

Heat 1 Tablespoon oil in a 14-inch skillet over medium-high heat. Add prosciutto slices and cook, flipping occasionally, until crisp. Set aside on a plate. Add another 3 Tablespoons olive oil to the same skillet, then the onion and a good pinch of salt and pepper and sauté for 5 minutes, stirring occasionally. Add garlic, sage, mustard, and pepper flakes, and cook another 30 seconds. Add the squash and chicken stock. Bring to a simmer and cook until squash is soft and liquid is reduced by half, 15-20 minutes. Mash with a fork or potato masher, then season with salt and pepper. Turn off the heat, add the half-and-half, and slowly add the cheese, stirring as you add. Reserve in the skillet. Cook pasta in a large pot of boiling salted water, stirring occasionally, for 3 minutes less than package directions. Drain, reserving 1 cup pasta water.

Combine pasta, squash mixture, and 1/2 cup of the reserved cooking water in the skillet and cook over medium heat, tossing and adding more of the water as needed, until well combined. Season with salt and pepper if needed. Serve pasta topped with chopped prosciutto, extra grated Gruyere or Parmesan cheese, and more pepper to taste.



PATAGONIA PROVISIONS ORGANIC KERNZA FUSILLI

This fusilli has a delicious nutty flavor that complements your favorite sauce. It's made from Kernza, a perennial grain that captures carbon, prevents soil erosion, and naturally filters water.

GROCERY | \$7.49
See coupon on back.

SPAGHETTI SQUASH TEMPEH BOWLS

- 2 small spaghetti squash, *sliced in half vertically and seeded*
- 4 Tablespoons olive or coconut oil, *divided, plus extra if needed*
- Kosher salt and pepper
- 1 8-ounce block of tempeh
- 1/2 large onion, *thinly sliced*
- 1 small bunch Lacinato kale, *thinly sliced*
- 2 cloves garlic, *finely minced*
- Fresh cilantro or pepitas for garnish

FOR THE SAUCE

- 2 teaspoons garam masala
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon kosher salt
- Freshly cracked black pepper
- 2 Tablespoons tamari or soy sauce
- 1 teaspoon Dijon mustard
- 2 Tablespoons apple cider vinegar
- 1 large Fuji apple, *peeled and grated on a box grater*

Preheat oven to 400°. Line a rimmed baking sheet with parchment paper. Drizzle squash with 2 Tablespoons olive or coconut oil and sprinkle liberally with kosher salt and pepper. Place on a baking sheet cut side down and bake in the oven for 45 minutes until tender. Remove from oven, and when cool enough to handle, use a fork to scrape out the squash "spaghetti." Meanwhile, in a large skillet add tempeh and water to cover. Simmer for 10 minutes. Drain the tempeh and pat it dry. Allow the block to cool, then crumble it into small pieces. Heat the remaining oil in the same large skillet over medium heat. Sauté the tempeh for about 5 to 7 minutes, stirring often until it's lightly browned. Add the onion and the kale and sauté until both are tender and lightly browned.

To make the sauce, add all the ingredients to a small bowl and whisk until combined. Add the garam masala sauce and the garlic to the sautéed tempeh crumbles and cook for 2 minutes. Add spaghetti squash to the mixture and combine. Divide the mixture among the leftover spaghetti squash shells (using them as bowls if desired) or into bowls. Garnish with cilantro or pepitas.



FEATHERSTONE FARM SQUASH

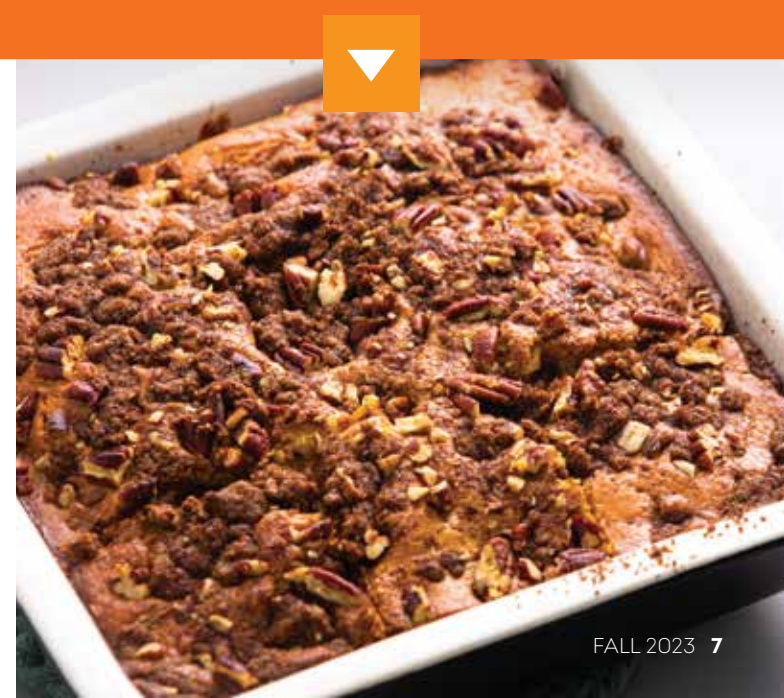
This certified organic produce farm in Rushford, MN, provides top-quality vegetables with a focus on soil health, the environment, and employee well-being.

PRODUCE | PRICES VARY ♥ LOCAL



BUTTERNUT SQUASH COFFEE CAKE WITH PECAN STREUSEL

Think squash is just for dinner? This coffee cake will change your mind. Roasted, pureed squash gives it a moist, rich texture, while citrus adds a touch of brightness. Find the recipe at Lakewinds.coop/Recipes



WEEKNIGHT COMFORT FOOD

This warm and nourishing lentil dish is perfect for chilly nights. And it's eco-friendly, too – ingredients for this recipe can be bought in bulk, using cloth bags for bulk vegetables, containers from home for the bulk aisle, and a few cans you can recycle.



LENTIL DAL TOPPED WITH ROASTED VEGETABLES

FOR THE TOPPING

- 4 carrots, *peeled and cut into 3- or 4-inch sections, quartered*
- 1 red onion, *cut into wedges*
- 2 parsnips, *peeled and cut into 3- or 4-inch sections, then cut into strips, optional*

FOR THE DAL

- 5 Tablespoons olive oil, *divided*
- 4 cloves garlic, *minced or pressed*
- 2 Tablespoons ginger, *minced or grated*
- 1-2 white onions (enough for 1 cup), *diced*
- 1 Tablespoon tomato paste
- ½ cup unsweetened shredded coconut
- ¼ cup white rice flour
- 2 Tablespoons curry powder
- 1 Tablespoon ground cumin
- ¼ teaspoon ground cayenne pepper, *optional*
- 6 cups vegetable broth
- 1-2 carrots (enough for ½ cup), *diced*
- 1-2 celery stalks (enough for ½ cup), *diced*
- 1 yellow potato (enough for ½ cup), *diced*
- 1 cup dried red lentils
- Salt and pepper to taste
- Fresh cilantro garnish, *optional*
- Full-fat plain yogurt, *optional*
- Cooked rice or naan

Preheat oven to 400°. Add carrots, red onion, and parsnips to a bowl, toss with 2 Tablespoons olive oil, and season with salt and pepper. Pour onto a rimmed baking sheet and roast for about 30 minutes until tender and a bit charred. Heat the remaining olive oil in a heavy-bottomed pot over medium heat until shimmering, then add the garlic, ginger, and onion. Sauté until onions are translucent and the garlic and ginger are fragrant, about 5-8 minutes. Add the tomato paste, coconut, rice flour, curry, cumin, and cayenne (if desired). Stir continuously until spices are fragrant and the tomato paste has been fully incorporated, about 3-5 minutes. Slowly add the broth, whisking to break up any lumps. Add the carrots, celery, and potato, then cover and increase the heat to medium-high. Cook until vegetables are soft, about 15-20 minutes. Puree with immersion blender or in batches in a blender. Add the lentils, cover, and cook over medium-high heat until lentils are soft, another 15-20 minutes. Top with roasted carrots, red onions, and parsnips, or top with minced fresh cilantro and plain yogurt. Serve over rice, with naan, or both.



SHEET PAN VEGGIES WITH GINGER-HOISIN PORK



PORK TENDERLOIN

Like all meats you find at the co-op, our pork tenderloins are free from added hormones and antibiotics and are minimally processed.

MEAT | \$10.99/LB ♥ LOCAL

See coupon on back.

There's a reason that sheet pan meals are a hit: They are relatively quick to prep and, with only one pan, a breeze to clean. This tenderloin sheet pan comes together with simple veggies and a honey glaze that needs minimal effort – so you get all the flavor, with less time in the kitchen.

FOR THE MARINADE

- 1 teaspoon kosher salt and fresh cracked black pepper
- 2 Tablespoons hoisin sauce
- 2-3 garlic cloves, *minced*
- 2 teaspoons ginger, *grated or minced*
- 1 lb. pork tenderloin, *trimmed and well-dried*

FOR THE HONEY GLAZE

- 2 Tablespoons honey
- 1 Tablespoon apple cider vinegar
- ¼ teaspoon red pepper flakes, *optional*
- 1 teaspoon fresh garlic, *minced*
- 1 teaspoon fresh ginger, *minced*

FOR THE VEGETABLES

- 2 Tablespoons olive oil
- 1 lb. carrots, *cut into ½-by-2-inch pieces*
- 1 lb. Napa cabbage, *core intact, cut into quarters lengthwise*
- 1 teaspoon kosher salt

Combine the marinade ingredients in a large bowl and add the pork. Cover and refrigerate for 1 to 4 hours. Thirty minutes before cooking, remove from the fridge and preheat the oven to 400°. Remove the tenderloin from the marinade, shaking off excess. Whisk the glaze ingredients together in a small bowl, then set aside. Place the carrots on one side of the baking sheet and the cabbage on the other side, leaving a gap between. Drizzle each side with 1 Tablespoon olive oil and the kosher salt and gently toss to combine, keeping the vegetables separate. Place the tenderloin between the vegetables, put pan in the oven, and roast for 15 minutes. Remove from the oven, turn the pork over, and toss the carrots and cabbage with the honey glaze. Return to the oven for another 10-15 minutes. Remove the pork from the pan when the internal temp reaches 140°. Allow the pork to rest for 10 minutes while the vegetables finish roasting. They should be tender and a bit charred.



SEVEN SONGS ORGANIC FARM BABY GINGER

When in season, baby ginger is perfect for recipes like this. It doesn't need to be peeled, so it's simple to chop, mince, or grate. Find baby ginger, along with turmeric, garlic, and more, from local Seven Songs Organic Farm.

PRODUCE | PRICES VARY ♥ LOCAL

Fall into a new Routine

Even if fall is your favorite time of year, it can take time to adjust to the new season. Ease into the change with co-op tips and products that can help you build new fall routines – and enjoy everything the season has to offer.

CHAGA MIDWEST

This mushroom extract is harvested from Minnesota birch trees.

WELLNESS | \$39.99 ♥ LOCAL
See coupon on back.

BEESPA HAND AND FOOT CREAM

Locally made moisturizer powered by beeswax and shea butter heals even the driest hands and feet.

WELLNESS | \$12.99 - \$29.99 ♥ LOCAL

DARN TOUGH SOCKS

Nothing feels better for your feet on crisp days than warm, cozy merino wool.

WELLNESS | \$20 - \$22
Selection varies by store.



BOOST MIND AND BODY

- Show your immune system some love by eating leafy greens, citrus fruit, and berries.
- Good sleep is essential. If you're having trouble falling or staying asleep, consider trying chamomile tea or melatonin supplements at bedtime.
- Give your coffee or tea a functional boost with chaga or lion's mane mushroom extract.



SIMPLIFY THE MENU

- Take some of the pressure off back-to-school meal planning with premade options from Lakewinds. Assemble perfect lunches with grab-and-go deli wraps, sides, and salads, including gluten-free, dairy-free, and vegan choices. Pack lunches in a stylish tote from Fluf, handmade from organic and recycled materials. Remember tasty snacks!



EMBRACE THE OUTDOORS

- When you're outside, chilly, dry air can be tough on hands and feet. Keep toes toasty with wool socks, and protect your hands with nourishing hand creams and balms.

FLUF LUNCH BAGS

These totes are as eco-friendly as they are eye-catching.

WELLNESS | \$31.99
Selection varies by store.

GOOD MADE GREAT ELDERBERRY

Keep these handy to give your water bottle an immune-supporting boost.

WELLNESS | \$1.79 ♥ LOCAL



Six Years Stronger

I joined the Lakewinds board back in 2017 to connect with a store I love. I didn't know exactly what serving would entail, but I was ready to embrace the challenge. I've served as a general board member, vice president, and most recently as president. As my board service comes to a close after six years, some insights ring true throughout my tenure.

The mission and vision of Lakewinds drive what we accomplish – and the team accomplishes a lot. The talented leaders source some of the very best products, many with strong local ties. The co-op provides much-needed support to the community through programs like the Lakewinds Organic Field Fund and monthly Community Giving Round Up donations. We also work hard to offer a best-in-class workplace. Average wages have increased by over 30%, we promote our internal talent, and the employee retention rate is best in class.

I am often struck by how the Lakewinds culture brings people together, and I feel fortunate to have met and connected with people who prove our belief that "Everyone is Welcome." From in-store interactions to the gathering of friends at our annual meetings each September, serving on the board has allowed me to see what Lakewinds means to many people.

Further, I am grateful that the Lakewinds team is just as devoted as its members. The staff has maintained the highest level of service throughout the most challenging times in recent history. I had the privilege to serve with many passionate board members and two very talented general managers. The dedication and passion I've seen ensures Lakewinds' continued success, while remaining the store we know and love.

 **Ryan Reichenbach**
Lakewinds Board of Directors President



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Lakewinds.coop

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PERMIT NO. 27734



SOUP'S ON

Who doesn't love soup on a cold fall day? If you're short on time to cook, not to worry: The Lakewinds deli team makes warming, nourishing soups from scratch daily. You get all the flavor without the mess or time commitment.

DELI | \$5.99 - \$10.99

See coupon below

SPECIAL OWNER-ONLY COUPONS

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

\$2 OFF

PLU 22309

one package of Patagonia Provisions Kernza® Fusilli

Valid September 1 to November 30, 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 22311

per pound of pork tenderloin

Valid September 1 to November 30, 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.



\$5 OFF

PLU 22313

when you buy \$20 or more of supplements

Valid September 1 to November 30, 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.



25% OFF

PLU 22315

one container of scratch-made deli soup

Valid September 1 to November 30, 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.

