

LAKEWINDS  
FOOD CO-OP

# ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

SAY YES TO  
**GNOCCHI**

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IDEAS TO  
COUNTER  
**CABIN  
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SLOW  
COOKER  
**COMFORT  
FOOD**

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The  
Best of the  
Season

WINTER 2023-24





2023 LOFF Recipient:  
Foxtail Farm

**H**ELLO EVERYONE! Lakewinds is such a special place. More than a physical space, it's an embodiment of our shared values: bringing amazing people together around fantastic food and caring for our planet, our communities, and each other.

By aligning these ideals, we've built a strong and successful business – the foundation from which to make a meaningful impact and, ultimately, change the world. One of our greatest expressions of this impact is the Lakewinds Organic Field Fund (LOFF).

*Every year, LOFF gives grants of up to \$8,000 to small, local farms to help them fund critical projects, purchase important equipment, or expand their operations.*

Since LOFF's inception in 2011, Lakewinds has granted over \$775,000 to 90 recipients. In 2023, thanks to our loyal shoppers and hard-working staff, Lakewinds was able to give over \$100,000 in LOFF grants. We're thrilled to help our communities, one farm project at a time.

We share this great news as we prepare for the next round of LOFF in 2024. The application process opens to new prospective projects in January. All applications are carefully considered by a committee of Lakewinds staff and board members who volunteer their time to the program. Selected projects will be awarded funds in March, just in time to have an impact on the next growing season. As an owner, you contribute directly to this important program and its outcomes. That's a reason to feel proud.

Thank you for choosing to shop at Lakewinds. And happy holidays!



**Greg Dick**  
Lakewinds General Manager

GENERAL MANAGER

Greg Dick

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*

Cari Sorensen  
*Marketing Assistant*

DESIGN

Meghan Palmer  
Nichole Robison

PHOTOGRAPHY

Leigh Loftus

RECIPES & FOOD  
STYLING

SheCooks.Design



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



Small change.  
**BIG  
IMPACT.**

“WOULD YOU LIKE TO  
ROUND UP?”

That little question makes  
a huge difference in our  
community.

Over the years, Round Up donations from Lakewinds shoppers have contributed over \$1.4 million to 50+ local nonprofit organizations.

Our last Round Up organization for 2023 is the Greater Minneapolis Crisis Nursery (GMCN). Their mission is to end child abuse and neglect and create strong, healthy families. GMCN cares for children during difficult times,

provides support to meet basic needs, and helps families overcome challenges like homelessness, mental health concerns, and domestic violence.

And you can help! With your Round Up donations, GMCN can provide more nutritious, homemade meals to children staying at the nursery and meal boxes for families.

Watch for a list of 2024 Round Up organizations to be announced early in the year. Thanks for rounding up! Learn more about Lakewinds' Community Giving program at [Lakewinds.coop/Community](#).



December 2023 Recipient:  
Greater Minneapolis  
Crisis Nursery

WINTER CALENDAR

Holiday Store Hours

DECEMBER

**December 24**  
Stores close early at 4 pm.

**December 25**  
Stores are closed and will reopen at 8 am on December 26.

**December 31**  
Stores close early at 6 pm.

JANUARY

**January 1**  
Stores are closed and will reopen at 8 am on January 2.

Lakewinds Organic Field Fund (LOFF)



2023 LOFF Recipient:  
K & M Fischer Farm

**January 1 - 31**  
Applications for the 2024 Lakewinds Organic Field Fund (LOFF) grant program open in January. Local sustainable and organic farmers can request grant funds to help with projects that improve farm efficiency or safety, boost environmental stewardship, help them reach new markets, or complete other projects that benefit the farm.

Learn more about LOFF and see past recipients and projects at [Lakewinds.coop/LOFF](#).





# The making of an EVERYTHING SAUCE

K-Mama's unique take on the classic Korean gochujang chili paste isn't just a sauce — it's a journey. The first thing you'll notice is its wonderful sweetness, followed by the rich, buttery middle, and finishing with a fiery kick. More complex than a hot sauce and more versatile than most condiments, K-Mama is the kind of sauce you'll grab for just about everything.

Like many culinary dreams, the inspiration for K-Mama began in the home. The sweet and spicy condiment is based on the "everything" sauce that creator K.C. Kye's mother used in her Korean cooking. As an adult, K.C. struggled to find flavors that lived up to his childhood. Despite the growing popularity of Korean food and culture in the U.S., it wasn't easy to replicate his mother's home cooking. "I didn't know that growing up with a mom who was a good cook was a fortunate thing. I just assumed that everyone's mom was a good cook. But when I moved to the Midwest, where it was more difficult to find Korean food, I really missed my mom's cooking."

With his favorite flavors missing from local supermarkets, K.C. set out to create his own. He experimented with over 100 variations before landing on K-Mama's unique blend of sweet, buttery, and spicy notes — and it was an instant hit. K-Mama even made a splash at the most Minnesotan of all food events: the State Fair. "I loved seeing supporters like my barber, my postal service person, my neighbors showing up to visit us. I enjoyed giving out samples — thousands of them — to fairgoers and visitors from all over the country."

Having a positive impact on the community is important to K.C. In fact, his initial goal for K-Mama was to raise money for his church. Today K-Mama donates 30% of its profits to local and national organizations, supporting causes from affordable housing to higher education to food access.

The heart and soul of K-Mama is experimentation, a legacy that traces back to K.C.'s childhood. "I grew up as a latchkey kid with both parents working. After school, we were usually very hungry, so my sister and I had to fend for ourselves. I came up with creative ways to use leftovers in the fridge."

Experiment for yourself! K-Mama's Korean-mom-tested flavor is perfect for stir-frying, marinating, and dipping, but it's also amazing on tacos with kimchi and BBQ beef or tofu, or in an egg scramble with sautéed peppers and fresh scallions. K.C. even recommends drizzling it over fruit like watermelon and apples. When he says "everything sauce," he means it!

## K-MAMA SAUCE

GROCERY | \$5.99 ♥ LOCAL  
See coupon on back.



The best comfort foods are ones you can set and forget, like these braised short ribs.

## KOREAN-STYLE SHORT RIBS

When cooked slow and low, the flavors of this dish marry and the ribs become fall-off-the-bone tender, with mouthwatering flavors of sweet pear, zingy ginger, and sweet-spicy K-Mama. There's no wrong way to eat them: on a lettuce leaf with kimchi, with a bowl of rice, or with steamed veggies. Dinner is done!

### INGREDIENTS

One bottle K-Mama sauce  
4 cloves garlic, *sliced*  
2-inch piece of fresh ginger, *sliced in 1/2-inch discs*  
One bunch of scallions, *white/light green parts cut in 2-inch pieces, dark green parts sliced on bias (set aside)*  
1 small pear, *peeled, cored, and chopped in 1/4-inch pieces*  
2 Tablespoons toasted sesame seeds, *divided*  
3 lbs. Peterson Craftsman Meats boneless beef short ribs or beef chuck roast  
Kosher salt and cracked black pepper *for the meat, to taste*  
Bib lettuce leaves  
Kimchi

To a slow cooker, add the entire bottle of K-Mama sauce. Fill the bottle 3/4 of the way full with water, shake well, and add. Next add garlic, ginger, white and light green sliced scallions, pear, and one Tablespoon of sesame seeds and mix well. Season short ribs with salt and pepper and add to the slow cooker. (If using chuck roast, cut into 1-inch strips.) Using tongs, toss the meat to coat. Cover and cook until the meat is tender and falling apart, 8 to 9 hours on low or 5 to 6 hours on high.

Transfer the short ribs to a plate and tent loosely with aluminum foil for 5 minutes. Using a spoon, skim and remove any fat from the surface of the sauce. Discard the ginger. Spoon sauce over short ribs and sprinkle with scallion greens and remaining sesame seeds. Serve shredded on a lettuce leaf with kimchi, over rice, or with steamed bok choy.



### PETERSON CRAFTSMAN MEATS DRY-AGED BONELESS SHORT RIBS

This family-owned ranch in Osceola, Wisconsin, sells dry-aged beef from cows rotationally pastured to build soil health.

MEAT | \$13.99/LB ♥ LOCAL  
See coupon on back.



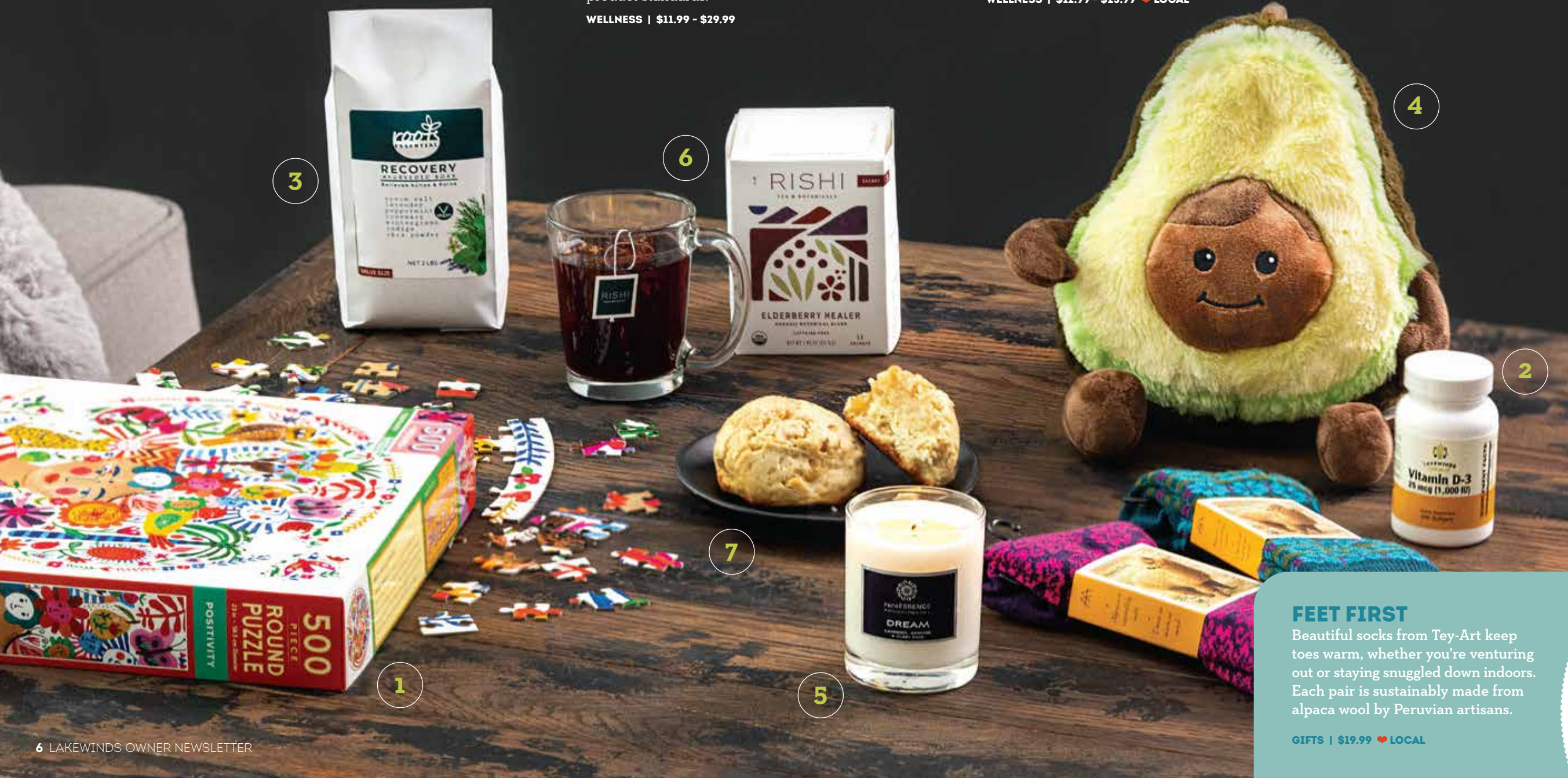
### YOU BETCHA FERMENTCHA

Locally crafted kimchi is made from veggies sourced from small, local, organic family farms.

REFRIGERATED | \$11.99 ♥ LOCAL



# Say goodbye to CABIN FEVER



By late January, even the biggest winter-lovers can experience cabin fever. Here are items and ideas from the co-op that can help you thrive throughout winter.

**1 Work on an Eeboo puzzle** with friends and family. A woman-owned company, Eeboo uses minimal packaging, recycled materials, vegetable-based inks, and is certified Climate Neutral. *Selection varies by store.*

**GIFTS | \$5.49 - \$23.99**

**2 Up your vitamin D** intake as daylight hours dwindle. Lakewinds supplements are a cost-effective option, made according to our strict product standards.

**WELLNESS | \$11.99 - \$29.99**

**3 Soak in an Epsom bath** with new Roots Essential bath soaks, including the Immunity or Recovery blends.

**WELLNESS | \$9.99 ♥ LOCAL**

*See coupon on back.*

**4 Cuddle up with Warmies.** Not just for kids, Warmies slippers, neck warmers, and adorable stuffed animals can be heated in the microwave to release calming scents and provide warm, therapeutic snuggles. *Selection varies by store.*

**GIFTS | \$13.99 - \$34.99**

**5 Light a candle** to set a chill mood. We love the Dream scent by RareEssence.

**WELLNESS | \$12.99 - \$23.99 ♥ LOCAL**

**6 Make a calming cup of tea,** such as locally made Elderberry Healer from Rishi or Breathe from Sacred Blossom.

**GROCERY | \$8.99 - \$9.99 ♥ LOCAL**

**7 Make up a batch of cookies or scones.** Grab yours in the deli or find them ready-to-bake in the frozen aisle. Delicious treats without the messy kitchen – a win-win.

**FROZEN | \$10.49 - \$15.99**



See more ideas at  
[Lakewinds.coop/CabinFever](https://Lakewinds.coop/CabinFever)



## The Great Outdoors

Make winter more enjoyable by heading outside! Don your warmest layers and gather with your community at winter festivals, great reasons to head out and join the fun.

**JAN 17-21**

Hit the World Snow Sculpting events in Stillwater.



**JAN 25-FEB 3**

Celebrate in the capital at the St. Paul Winter Carnival.



**JAN 28-30**

Cheer on the mushers at the John Beargrease Sled Dog Marathon in Duluth.



**FEB 1-11**

Head further north for the Ely Winter Festival.



**FEB 3**

Enjoy an evening candlelit walk at the Luminary Loppet in Minneapolis. (Requires a ticket and pre-registration.)

*Check event websites for details and possible schedule changes before heading out!*

## FEET FIRST

Beautiful socks from Tey-Art keep toes warm, whether you're venturing out or staying snuggled down indoors. Each pair is sustainably made from alpaca wool by Peruvian artisans.

**GIFTS | \$19.99 ♥ LOCAL**





# Bites that Delight

## ROAST BEEF & GORGONZOLA PINWHEELS

### INGREDIENTS

1 14-oz. package Dufour Puff Pastry, *thawed*  
 1 Tablespoon Dijon mustard  
 4 oz. roast beef, *thinly sliced*  
 Fresh cracked black pepper  
 3 Tablespoons Quince & Apple shallot confit, *liquid strained*  
 2 oz. Gorgonzola cheese, *finely crumbled*  
 1 Tablespoon fresh (or ½ teaspoon dried) thyme  
 1 egg, *beaten with 1 Tablespoon water for egg wash*

Unfold the pastry onto a lightly floured surface. Roll out to a 10 x 14-inch rectangle. Leaving one long side of the puff pastry bare, spread Dijon mustard on the rest of the pastry. Shingle with a layer of roast beef (use all of it) and add a few cracks of black pepper. Dollop and spread the shallot confit over the beef. Sprinkle with gorgonzola and thyme. Spread egg wash on the bare side of the pastry.

Roll up the pastry, beginning on the long side and toward the egg-washed side, to form a log. Pinch the egg wash end to the pastry. Using a serrated knife, cut the log into 1-inch-thick pieces. Arrange sections cut-side down on a rimmed baking sheet lined with parchment paper. Preheat the oven to 375°. Chill in fridge for 15-30 minutes while oven preheats (to get a better rise).

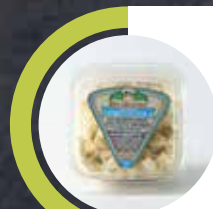
Bake in the preheated oven for 15-20 minutes until golden brown.



Everyone loves olives

Add crowd-pleasing salty goodness to your holiday hors d'oeuvres spread. The Lakewinds deli has a wide variety of olives and olive mixes, from bright green Castelvetrano olives to Mediterranean Olive Feta mix.

Add festive flavor to your holiday gatherings with appetizers that bring everyone together. We've gathered options fit for vegan and gluten-free eaters and those with no dietary restrictions – so everyone's invited!



### BELGIOTOSO GORGONZOLA CRUMBLES

These Wisconsin cheesemakers are located fewer than 30 miles from their dairy farm suppliers. That ultra-fresh milk is the secret to ultra-tasty cheese – typically made the same day the cows were milked!

DELI | \$10.99/LB ♥ LOCAL



### QUINCE & APPLE

Hand-made in small batches, these preserves have well-balanced flavor that's perfect for pairing. Add them to a charcuterie board, spread on your favorite sandwich, or mix into your favorite marinade.

GROCERY | \$7.99 ♥ LOCAL



### INKAKAW HAZELNUT CHOCOLATE SPREAD

This delectable spread is made with Hacienda San Jose chocolate and local American Hazelnut Company hazelnuts, which are prized for their sustainability.

GROCERY | \$13.99 ♥ LOCAL  
 See coupon on back.

## CHOCOLATE & RASPBERRY SUNSHINE BRAID

### INGREDIENTS

1 sheet Dufour Plant-based Puff Pastry, *thawed*  
 3 Tablespoons Inkakaw hazelnut spread  
 2 Tablespoons Bonne Maman raspberry preserves  
 1 egg, *beaten with 1 Tablespoon water for egg wash (omit for vegan)*  
 1 Tablespoon turbinado sugar *for sprinkling (optional)*

Microwave the spread and jam for 15-20 seconds to loosen, then let cool. Preheat oven to 375° and line a rimmed baking sheet with parchment paper.

On a lightly floured surface, roll the puff pastry sheet to about 10 x 14 inches. Divide the puff pastry into thirds lengthwise, keeping the center section slightly larger than the two side sections. Spread the chocolate spread down the middle section and then drizzle with jam. Cut the side sections of bare puff pastry into 1-inch strips, then alternating with each side, fold the strips over to create a braid over the center.

Place it in the fridge for 10 minutes to firm up. Brush the top with egg wash over the pastry only. Sprinkle with turbinado sugar and bake for 20-25 minutes, until golden brown. Remove from oven, cool slightly, and serve.



### Lentil and Potato Puff Pastry Cups with Harissa Yogurt Sauce

These vegetarian cups are easy to make vegan, so you can have something for everyone on your party spread! Recipe at [Lakewinds.coop/Recipes](https://lakewinds.coop/Recipes).



Say Yes to

## SKILLET GNOCCHI WITH MUSHROOMS

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Take your pasta night beyond the same old routine with this super easy, super tasty recipe. Featuring fluffy potato dumplings topped with leafy chard and earthy brown butter mushrooms, this savory, gluten-free, one-skillet meal will become a staple of your weekly meal rotation.

### INGREDIENTS

4 Tablespoons Hope Creamery unsalted butter, *divided*  
8 oz. package mixed mushrooms, *sliced*  
1 Tablespoon olive oil  
1 large shallot, *thinly sliced*  
½ teaspoon kosher salt  
3 cloves garlic, *thinly sliced*  
½ bunch Swiss chard, *stems removed and sliced and leaves chopped*  
1 12-oz. pkg. Cappello's almond flour gnocchi  
BelGioioso Grana Padano cheese, *grated and to taste*

Remove the gnocchi from the freezer while you prepare the ingredients. In a large 10 or 12-inch nonstick skillet set over medium-high heat, melt 2 Tablespoons butter, add the mushrooms, and sauté until golden brown, about 7-8 minutes. Add a pinch of kosher salt, remove from the pan to a plate, and set aside.

To the same pan, add olive oil, shallots, and chard stems. Sprinkle with kosher salt. Sauté until softened and starting to brown. Add the chard leaves and garlic and cook another 2-3 minutes until the leaves have wilted. Set aside on the plate with the mushrooms.

Melt the last 2 Tablespoons butter in the pan and add the gnocchi in an even layer. Don't move the pan for 3-4 minutes until the gnocchi is browned on one side; then, when they no longer stick to the pan, turn and brown the other side for 2-3 minutes.

Return the vegetables to the pan and turn off the heat. Grate or shave with fresh Grana Padano cheese and serve.

Meet Julio,  
Chanhassen grocery  
department manager



### HOPE CREAMERY BUTTER

Hope has used the same small-batch methods since their founding in the 1920s. Their coveted butter is made from cream sourced from the Plainview Creamery Co-op.

REFRIGERATED | \$8.99 ❤️ LOCAL



### R&R CULTIVATION MUSHROOMS

Founded in 2018, this urban mushroom farm grows organic, gourmet mushrooms at an indoor facility in New Hope. So we can enjoy fresh fungi year-round!

PRODUCE | \$4.99- \$10.99 ❤️ LOCAL

## THE BOARD VIEW

### People, Products, and Farmers

What's your favorite winter recipe that you like to make all season? For me, it's winter squash, split in half and stuffed with flavors I love – maple syrup, apples, onions, sage, and dried cranberries. That hearty dinner pops to mind as I shop the produce aisles at Lakewinds.

Seeing beautiful, locally grown carrots reminds me to make roasted carrot soup. It's like putting on my favorite sweater – it's that good!

I don't always have a plan when I shop at the co-op. But I find myself inspired by the fresh produce, the variety of meat and seafood, and conversations with the staff and fellow owners.

I recently asked an employee at the seafood counter, "If I were thinking about making a baked salmon with a cherry balsamic glaze, what part of the fillet would you recommend?" He suggested a center-cut piece with more fat. And he was so right: It was rich, buttery, and melt-in-your mouth delicious. I love having a conversation with a fellow owner about how to interpret a recipe calling for a shallot. Does that mean the entire shallot or a clove? (We decided to follow our instincts and add as much or as little as you like.)

Another thing we agreed on is that shopping at Lakewinds benefits small local farmers. Farmers like Javier Garcia from Agua Gorda LLC, a LOFF recipient whose primary goal is to provide his community with healthy, chemical-free produce, including butternut squash, zucchini, watermelon, and so much more. Because of our support, Javier can achieve that goal and continue to dream about what's next.

I'm passionate about discovering new recipes that are full of seasonal flavors and do not require loads of time or know-how. The next time you see me in the store, let's talk about food, share inspiration, and encourage each other to try something new!



 **Pam Werley**  
Lakewinds board of  
directors member



### CITRUS POSSET

Winter is the perfect time for citrus desserts, like this lovely posset. Three simple ingredients yield a delectably creamy, pudding-like dish that's quick and easy to make.

[Lakewinds.coop/Recipes](https://Lakewinds.coop/Recipes)







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Eden Prairie, MN 55346  
Lakewinds.coop

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PERMIT NO. 27734

*Instant Party!*

## SCRATCH-MADE DIPS & SPREADS

The deli team is busy dicing, blending, and scooping your favorite scratch-made dips and spreads for your gatherings. Find hummus, creamy feta dill Neufchâtel, pesto, and more in the deli. The pesto goes great on crostini with vegetables while the dips pair beautifully with cucumbers, bell peppers, carrots, and crackers. It's a party-ready spread in one easy stop!

**DELI | \$6.99 - \$15.99/LB**

Pesto

Feta dill  
Neufchâtel

Roasted red bell  
pepper hummus

## SPECIAL OWNER-ONLY COUPONS

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

**\$2 OFF**

PLU 20564

**One bottle of K-Mama sauce**

*Valid Dec. 1, 2023 to Feb. 29, 2024*

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 22329

**One purchase of Peterson Craftsman Meats short ribs or chuck roast**

*Valid Dec. 1, 2023 to Feb. 29, 2024*

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 22331

**One body care item**

**(Includes skin care, hair care, topicals, etc.)**

*Valid Dec. 1, 2023 to Feb. 29, 2024*

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 22333

**One jar of Inkakaw spread**

*Valid Dec. 1, 2023 to Feb. 29, 2024*

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.

