

LAKEWINDS
FOOD CO-OP

ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

SPRING INTO
**FRESH
FLAVORS**

Meet Niko,
Richfield Front End
Supervisor

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EARTH DAY

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SPRING 2024

GENERAL MANAGER LETTER

HELLO EVERYONE! Our co-op is guided by a deep commitment to values that go beyond being a successful business. We're dedicated to the entirety of our mission – changing the food system through community engagement, sourcing the highest quality products locally, reducing our impact on our environment, and being an excellent place to work and shop. Your continued loyalty to Lakewinds helps us continually make strides in our mission.

Thankfully, our co-op makes it easy for us to align around these important principles. All we have to do is celebrate the amazing food!

My family and I like to take full advantage of the wonderful seasonal and local fruits and vegetables available. Celebrating the spring season with local vegetables can be tough, however, as the transition from winter to summer in Minnesota can often take place in a week! Much like the weather, spring vegetables can be fleeting. But there's no better local food to welcome the change of season than the amazing asparagus grown by Harmony Valley Farm. This tender, little green spear is so powerful it can grow through the snow, forecasting for us the coming of spring. My favorite way to honor Harmony's exquisite asparagus simply involves a grill, salt, pepper, olive oil, and a squeeze of lemon. This preparation is so good, just thinking about it will help get you through winter.

I'd love to hear about your favorite recipes and your experiences at Lakewinds. Just look for me in the stores. Happy Spring!



Greg Dick

Greg Dick
Lakewinds General Manager

Our co-op is guided by a deep commitment to values that go beyond being a successful business.

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SPRING CALENDAR



MARCH

Minnesota FoodShare Month

March 1 - 31

All month long, you can help support local food shelves by rounding up your grocery bill – or by purchasing food shelf donation cards at checkout in \$5, \$10, or \$20 amounts. When you do, you help unlock Lakewinds match donation funds up to \$5,000 per store as we reach our goals throughout the month. See cashier for details.

Lakewinds Organic Field Fund (LOFF) Grants Awarded

Mid-March

Springtime is LOFF time! Our wildly successful grant program is back, again providing financial support to local sustainable and organic farmers. Funds help them achieve specific goals and projects on their farms. This year, over \$103,000 was awarded to 14 local farms to help build caterpillar tunnels, install irrigation, implement livestock watering systems, and more.

See the full list of 2024 LOFF recipients and learn about their planned projects beginning in mid-March at Lakewinds.coop/LOFF.

APRIL

Earth Week

April 21 - 27

Celebrate Earth Day at Lakewinds with a full week of planet-friendly specials to make life more sustainable and enjoyable. Don't forget your reusable bags in April, when credits are doubled to 10¢ per bag. Take that bag savings off your grocery total or donate it to April's Round Up nonprofit recipient, The Good Acre food hub.

MAY

Organic Plant Sale

Early May

Pick up veggies, herbs, and soil to get your garden off to a great start, while supplies last. Stay tuned in early May for more details on social media and in emails. Minnetonka & Chanhasen stores only, exact dates to be announced.

Memorial Day Store Hours

May 27

Our stores will close early at 6 pm in observance of Memorial Day.

SPRING
MEAT
SALE

May 5 - June 1

Come save a bundle on meat and seafood you can feel great about, from farm or sea to plate. See you at the sale!

Make space in your freezer for Lakewinds' Spring Meat Sale! Enjoy deep discounts on sustainably raised meats, just in time for summer grilling, picnics, and backyard barbecues. See the schedule at Lakewinds.coop/MeatSale starting in April.

When it comes to meat, standards matter. When you shop for meat and seafood at the co-op, you can be confident that you're getting the highest quality offerings that follow our strict standards. The farmers we partner with share our dedication to soil health, sustainability, and animal welfare. All our meat is free from additives, synthetic preservatives, added nitrates/nitrites, antibiotics, steroids, and added growth hormones. The same is true for our seafood, which aligns with recommendations from the Monterey Bay Aquarium Seafood Watch and other third-party sources. They rate seafood choices according to harvest method, species abundance, endangered or threatened status, and worker welfare. As environmental conditions and fishing practices change, we adjust our purchasing accordingly, so you can shop with peace of mind.

Sale is in store only, while supplies last. Lakewinds owners can use their 5% monthly discount for even bigger savings, just let the cashier know at checkout.

EASY BEING GREEN

Low-Impact Shopping at Lakewinds

Earth Day is the right time to consider how our everyday habits affect the planet and make changes to minimize our impact. Whether it's composting, driving less, conserving water, or using less plastic, our small efforts can add up to big reductions in waste and emissions. Here are eco-friendly swaps for you to consider.

1 SUPPORT ECO-FRIENDLY BRANDS.



While all of the items at the co-op meet our high product standards, some go above and beyond. One example is **Kernza® perennial grain** (used in the recipe on page 7). Its long roots help sequester carbon, boost soil health, and improve water quality. One study found that in 3 years, Kernza planted around conventionally grown corn and soybean fields reduced nitrate contamination in well water by up to 96 percent.

2 LOOK FOR LOCAL.

Why does buying local matter? Reducing the miles food travels to our plate helps reduce our carbon footprint – and, of course, local farmers get a boost, too! Lakewinds is your source for **locally grown mushrooms**, local rotationally grazed meat, local grains and sauces, and so much more.



3 CHOOSE PLASTIC-FREE ALTERNATIVES.

Seeking out eco-friendly packaging on personal care products helps keep plastic out of our landfills and waterways. Look for compostable cardboard packages on products like **Booda Butter** lip balm and some **Humble** deodorants. Locally made **SunLeaf** and **HiBar** shampoo and conditioner bars are plastic-free. And check out **Tru Earth** laundry strips and dishwasher tablets for household cleaning products that dramatically reduce plastic waste.



4 BRING CONTAINERS TO THE BULK AISLE.



Buying your staples in bulk not only saves packaging waste, it can also save you money! **Keep a variety of clean containers** in your car and grab the sizes you need for your bulk aisle shopping. Bring a large jar for your Doubting Thomas oats, a medium one for local wheatberries, and a small one for herbs.

5 OPT FOR REUSABLE OVER SINGLE USE.

With more and more reusable options popping up, there's less need for single-use baggies, wraps, and towels. For example: **Swedish** dish towels can be used in lieu of paper towels for cleaning; **Shor** beeswax wrappers cover food, omitting the need for plastic wrap; bags from **Stasher** can replace plastic baggies.

6 FIND ITEMS MADE FROM RECYCLED PLASTIC.



Recycling plastic is valuable – as long as there's a market for that plastic to be reused. That's where these items, which are made from recycled plastic, come in. Look for **Preserve Razors** made from recycled plastic yogurt cups and **Blue Q** shopping totes that are made from 95% post-consumer recycled materials.



We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly." – Anne Marie Bonneau, chef and author



See more ideas at Lakewinds.coop/Ecofriendly

Good Morning! VEGAN QUICHE

When you're planning a fresh spring brunch, quiche is a natural choice. This vegan option is overflowing with herbs, veggies, and lots of flavor. Made with AcreMade plant-based "eggs," this recipe will please everyone at your table, including vegans and those with egg allergies.

FOR CRUST

- 1 16-oz. bag shredded potatoes, **completely thawed**
- 2 Tablespoons olive oil
- 1 teaspoon onion powder
- ½ teaspoon kosher salt
- ¼ teaspoon fresh cracked black pepper

FOR FILLING

- 2 Tablespoons vegan butter or olive oil
- 4 cups (about 3 medium) leeks, **washed, trimmed, and minced**
- 1 teaspoon kosher salt
- ½ teaspoon fresh cracked black pepper
- 4 cloves garlic, **minced**
- ½ cup (about 12) cherry tomatoes, **halved**
- 2 cups fresh baby arugula

FOR EGG MIXTURE

- 4 Tablespoons AcreMade egg replacer
- 1 cup water
- 2 Tablespoons nutritional yeast
- ¼ teaspoon fresh cracked black pepper
- 3 Tablespoons fresh chives, **minced**
- 2 Tablespoons fresh basil, **roughly chopped**
- 1 Tablespoon fresh thyme, **minced, plus more for garnish**
- 2 Tablespoons vegan cream cheese

Preheat oven to 425° and spray a 9-inch quiche pan or pie dish with non-stick spray. Line the pan with a moistened, crumpled-up, then flattened piece of parchment paper.

Lay potatoes on a clean towel and firmly squeeze out excess moisture. Add them to a medium-sized bowl and mix in the oil, onion powder, salt, and pepper. Press the potato mixture into the pan and evenly up the sides and bake for 30-40 minutes until golden brown. Set aside and lower oven heat to 375°.

Melt vegan butter in a large skillet over medium-high heat; add the leeks and sprinkle with salt and pepper. Sauté 8-10 minutes, add the garlic and tomatoes, sauté for another 2 minutes. Turn off the heat and toss in the arugula; the residual heat will wilt it. Set aside to cool slightly.

Add the AcreMade, water, nutritional yeast, and pepper to the empty bowl. Mix well until smooth, add to the cooked vegetables, mix in the fresh herbs, and pour into the baked crust. Top with teaspoon-sized dollops of cream cheese. Bake for 30-40 minutes or until the top is golden brown and firm. Let cool briefly and garnish with minced thyme. **Serves 4-6**



ACREMADE

Locally made using eco-friendly peas, this plant-based egg substitute is packed with protein, easy to use, and versatile enough to use in most recipes that call for eggs.

GROCERY | \$6.99 ❤️ **LOCAL** See coupon on back.

DELI SALAD BAR

Mix and match your favorite salad bases and toppings to make the salad you're craving for lunch or dinner! The deli teams chop, dice, and prep the salad bar daily.

DELI | \$9.99/LB

WHILE MOST OF US are enjoying the longer days and the warmer temps of spring, farmers are already busy gearing up for the upcoming growing season. Between repairing equipment and planting seeds, there's plenty of work to be done to ensure a successful harvest. We caught up with Richard de Wilde of Harmony Valley Farm to get a glimpse of what life on a farm is like in early spring.

Located near Viroqua, in Wisconsin's fertile Driftless Area, Harmony Valley provides some of the first local produce of the spring to the co-op. If you've purchased radishes or asparagus in May, chances are good you've enjoyed Harmony Valley's delicious produce. They also provide wild ramps sustainably harvested from the woods on their farm.

Richard orders seeds for the season in December, including all the varieties of cilantro, shallots, and spinach their customers love, but also a few new varieties to test. "We try new varieties as they come on the market because sometimes old favorites disappear and it's time to make a replacement," he explains. If they thrive in Harmony Valley's climate and soil, they'll go out to 1,500 CSA customers. If a new variety proves to be a hit, it might be added to the mix the following year.

Once the crop for the year is decided, seeds are planted into small pots in the nursery greenhouse using a vacuum seeder that can seed 120 trays of pots per hour. The trays are placed on warming tables that keep each pot at the

ideal temperature for germination. That climate-controlled environment has benefits for Richard as well: "It's a pleasant time working in a heated greenhouse when it's winter outside!"

Before they face the outdoors, the seedlings must be hardened by moving them to the cold-frame greenhouse. "It's closer to what those seedlings are going to face when they get to the fields. You want a nice, hard, tough plant rather than a soft, spoiled plant."

Some of Harmony Valley's earliest spring harvest is actually planted the prior season. Cold-resistant crops like cabbage, sunchoke, and onions can be cut back in fall and left in the ground in a process called overwintering, which allows the team to harvest very early the next season.

Equipment is repaired and supplies must be ordered in the spring as well. "When the weather's ready to get out there and plant, that's not the time for tinkering or discovering a bad wheel bearing. We're big on being ready, you know?" Richard also likes to invent new tools or adapt existing ones. "We have a project to build a new lifter that goes behind the tractor to lift deep roots of daikon [radish] and burdock, a new design that I think will work better than something we could buy."

If everything goes (mostly) according to plan, most of the seeds planted will grow into healthy, fruitful crops. Look for produce from Harmony Valley's harvest at the co-op all season long!



Richard de Wilde & Andrea Yoder, Owners, Harmony Valley Farm



KERNZA PILAF WITH ASPARAGUS

INGREDIENTS

- 3 Tablespoons butter
- 1 large shallot or small red onion, *minced*
- 6 oz. assorted mushrooms, *finely chopped*
- 1 teaspoon dried oregano
- 1 Tablespoon olive oil
- 1 cup whole grain Kernza, *rinsed and well drained*
- 2 cloves garlic, *minced*
- 1 teaspoon kosher salt, *divided*
- ½ teaspoon fresh cracked black pepper
- 2 cups water or chicken stock
- ½ pound asparagus, *cut in 1-inch pieces*
- Zest and juice of one lemon
- ¼ cup fresh tarragon, *finely chopped*
- 1 cup toasted hazelnuts, *roughly chopped*

Preheat oven to 350°. Place a medium oven-proof Dutch oven over medium-high heat and melt the butter. Add the shallots and half a teaspoon salt and sauté until the shallots start to soften and turn golden, about 6 minutes. Add the mushrooms and oregano and sauté until mushrooms are browned on the edges, about 5 minutes.

To the pan, add the olive oil, Kernza, garlic, remaining half teaspoon salt, and black pepper. Toast the grains, stirring occasionally, until the Kernza smells nutty, about 3 minutes. Add the water, cover, and bring to a boil. Place in the oven for 35 minutes, then remove the pan and stir in the asparagus. Return to the oven for an additional 5-7 minutes until both Kernza and asparagus are tender (total time should be about 40-50 minutes). Toss in the lemon juice and zest and fresh herbs. Top with chopped nuts and serve. Serves 4-6

HARMONY VALLEY ASPARAGUS

Organically grown in Viroqua, WI, this crisp, delicious asparagus is one of the first local veggies available in the spring, weather permitting.

PRODUCE | \$6.99/LB ♥ LOCAL



Show your love for local! In this dish, early spring asparagus is paired with nutty Kernza whole grain (both locally grown) for a light, delicious pilaf that's hearty enough to be a main dish.

PERENNIAL PANTRY KERNZA

Soil-restoring Kernza perennial wheatgrass yields grains that are dense and flavorful. Perennial Pantry sources all their Kernza from small Minnesota farms.

GROCERY | \$9.99 ♥ LOCAL See coupon on back.



Crunch Time

TOSTADAS TWO WAYS

SIETE BOTANA SAUCE

These versatile sauces come in jalapeño, habanero, and chamoy flavors and can be used on everything from burgers to grilled veggies to enchiladas.

GROCERY | \$6.49

NIXTA CORN TORTILLAS

Named for the process of soaking grain to loosen the outer hull, nixtamalization, these authentic artisan tortillas are made by a local tortilleria using heirloom corn and traditional techniques. With close attention to ingredients and process, Nixta elevates the humble tortilla and shows that fantastic flavor is worth the effort.

GROCERY | \$8.99 ♥ LOCAL



Nixta founder Gustavo Romero was recently named one of the 50 influential foodies by the Star Tribune.



SPICE UP TACO TUESDAY and swap tostadas into your recipe rotation. Start with the highest quality ingredients, like heirloom corn tortillas and local queso fresco, and get creative!

Refried Black Bean TOSTADAS

INGREDIENTS

1 Tablespoon olive oil + more for brushing tostadas
1 bunch green onions, *sliced, separated into green and white parts*
½ bunch cilantro, *stems finely chopped, leaves for topping*
1 garlic clove, *minced*
2 cans refried beans
8 Nixta heirloom corn tortillas
1 cup CannonBelles queso fresco, *crumbled*
2 radishes, *thinly sliced*
Tia Lupita salsa macha: chilis, peanuts, pepitas variety
Guacamole, *to taste*

Preheat oven to 450°. In a medium-sized skillet, heat the olive oil until shimmering. Add the whites of the green onions and cilantro stems and sauté until soft, about 4-5 minutes; add the garlic and cook another 30 seconds. Add the refried beans to the pan and about ¼ cup water to loosen, then simmer until hot.

Brush the tortillas on both sides with olive oil. Lay them flat on the baking sheet. Bake for 6-7 minutes, then flip and bake for another 4 minutes or so, watching closely until the tortillas are just golden and crisp.

Place ½ cup of beans on each tostada, top with queso fresco, cilantro, green onion tops, radish, about two teaspoons of Tia Lupita, and a dollop of guacamole. *Makes 8 tostadas.*

Vegan Carne Asada TOSTADAS

INGREDIENTS

1 lb. sweet potatoes, *peeled and chopped in ½-inch cubes*
2 Tablespoons olive oil, *divided*
½ teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon kosher salt, *divided*
1 package Meati carne asada
8 Nixta heirloom corn tortillas
1 Tablespoon olive oil, *for brushing*
2 cups cabbage, *shredded*
Juice of half a lime
¾ cup red onion, *finely sliced*
¼ cup red wine vinegar
½ teaspoon kosher salt
⅔ cup (about 4 oz.) vegan feta
2 Tablespoons toasted pepitas
½ bunch fresh cilantro
Siete Botana jalapeño sauce
Lime wedges, *for serving*

Preheat oven to 425° and line two rimmed baking sheets with parchment paper. Place the sweet potatoes on one of the baking sheets, drizzle with 1 Tablespoon olive oil, and toss with the chili powder, cumin, and ½ teaspoon salt until coated. Spread the potatoes in a single layer on the pan and bake for 30-35 minutes until golden, then set aside.

Turn the oven to 450° and brush the tortillas on both sides with olive oil. Lay them flat on the second baking sheet. Bake for 6-7 minutes, then flip and bake for another 4 minutes or so, watching closely until the tortillas are just golden and crisp but not burned.

Heat a cast iron or non-stick skillet on medium heat, then add 1 Tablespoon of olive oil and cook the Meati carne asada according to package instructions. To a medium bowl, add the cabbage, lime juice, and ¼ teaspoon kosher salt, toss to combine, and set aside. In a small bowl, combine the red onion with the vinegar and ¼ teaspoon kosher salt and set aside. (Both cabbage and onion can be made a day ahead.)

To assemble the tostadas, spread Siete jalapeño sauce on each tostada shell, layer on sliced carne asada and sweet potatoes, and sprinkle with the cabbage, pickled red onion, cilantro to taste, feta cheese, and pepitas for crunch. Drizzle with extra sauce and serve immediately with a wedge of lime. *Makes 8 tostadas.*

TIA LUPITA SALSA MACHA

Crispy bits of chilis, seeds, and fruit are suspended in chili oil for a rich, savory condiment that's perfect for tacos, burritos, salads, and of course, tostadas!

GROCERY | \$9.99

CRAFT QUESO BY CANNONBELLES

Since 2015, friends Kathy Hupf, Jackie Ohmann, and Deeann Lufkin have been creating family-friendly, distinctively flavorful cheeses in Cannon Falls, MN. "We are a women- and veteran-owned business in downtown Cannon Falls," says Hupf. "Each batch of cheese is lovingly handcrafted, paying close attention to every detail of the process. Nearly all of our ingredients are locally sourced, especially the milk we use – from a fourth-generation dairy farm, Square Deal Dairy, just five miles from our facility."

SPECIALTY CHEESE | \$6.99 ♥ LOCAL



FOOD RESCUE

HELPING NEIGHBORS IN NEED



Lakewinds, along with other food-related businesses like restaurants and farms, generates food waste. While there's no way to avoid it completely, we can take steps to minimize waste and redirect food to those who need it. One way the co-op aims to reduce food waste is through food rescue partnerships.

ACCORDING TO THE USDA, "Food waste is estimated at between 30 to 40 percent of the food supply." That adds up to billions of pounds of food ending up in the landfill each year, some of which is nutritious and edible. Food waste not only squanders the resources, energy, and labor that went into producing the food, it generates harmful greenhouse gas emissions.

At the co-op, foods that are still perfectly good to eat are culled from our shelves for all sorts of reasons. Maybe it's an oddly shaped bell pepper, a day-old loaf of bread, or an unopened, dented box of pasta. This food would typically be bound for the compost or landfill. But through food rescue, we're able to get it into the hands of people living with food insecurity.



Each day, PROP distributes approximately 20,000 pounds of food to people in Eden Prairie and Chanhassen who are struggling to make ends meet. Much of that food is rescued from area grocery stores like Lakewinds Food Co-op in Chanhassen.

- Holly Henslin Link, PROP food shelf marketing and communications coordinator



Dick Seitz
ICA Volunteer



Lakewinds has helped ICA care for the record numbers of families seeking help. Approximately 11% of our food rescue comes from Lakewinds [Minnetonka] and it is some of freshest and most nutritious food we receive. In the second half of 2023 alone, Lakewinds helped ICA provide over 25,000 meals to our neighbors in need. We cannot say thank you enough to all the Lakewinds staff for all they do to ensure that the neighbors in need in our community are well cared for.

- Scott Searl, ICA director of philanthropy

Lakewinds staff carefully sorts these items, then volunteers from food rescue organizations take it to food shelves or other food access programs. From there, the rescued food is distributed free of charge or made into free community meals.

Each year, Lakewinds donates over 100,000 pounds of bread, produce, dairy, grocery, deli items, wellness and other products to local food shelves. In fiscal year 2023 (July 1, 2022 to June 30, 2023), over 175,000 pounds of food was rescued and redistributed to the co-op's four main food rescue partners: ICA food shelf, VEAP food shelf, PROP food shelf, and TC Food Justice.

With the help of Lakewinds staff and food shelf volunteers, the co-op is able to fight food insecurity and make daily operations more eco-friendly. That's good all around!

FIGHT FOOD WASTE AT HOME

Hennepin County Climate Action estimates that 20% of the county's landfill-bound trash is food - 3.5 pounds of food are wasted per person per week on average - and about two-thirds of that is potentially edible. When we do our part to reduce food waste, we conserve valuable resources and fight climate change, too. Here are some ways you can help out at home.



COMPOST

Get a counter-top compost bin for food scraps and start composting in your backyard. (Save meat, bones, dairy, and eggshells for commercial compost only.)



BULK ITEMS

Shop in the bulk aisle when possible. Get just the right amount you need, so you don't have to throw away leftovers.



FREEZE

Chop up extra herbs and freeze them in olive oil for easy use in future recipes.



MEAL PREP

Plan and prep meals on the weekend to make the most of the food you have. It will save you time during the busy week ahead.



LEARN MORE ABOUT REDUCING FOOD WASTE



HENNEPIN COUNTY TIPS



LAKEWINDS TIPS



STOP FOOD WASTE CHALLENGE

THE BOARD VIEW

The Season of New Beginnings

Spring has sprung, which ushers in the freshness of new beginnings, whether it's the baby animals, plants, and flowers we start to see or the possibilities the warmth brings. This time of year, thoughts drift to camping, hiking, biking, patio dining, shedding those winter layers, and just enjoying the great outdoors. I'm also excited to start cooking with those delicate green vegetables - recipes such as risotto with spring peas, garlic shoots, asparagus, and mushrooms (my favorite are maitakes from R&R Cultivation). I also enjoy strawberry rhubarb pie for dessert. I happen to be gluten- and dairy-free, so I'm incredibly grateful for the Wholly Gluten Free pie crusts and dairy-free desserts that are available in the freezer section.

With Earth Day arriving one day after my birthday, I like to think of ways to do my part. Examples include growing more pollinator-friendly plants in the yard, adding compost service (most waste haulers offer this), and using reusable silicone bags rather than Ziplocs.

And let's not forget that spring ritual of the spring meat sale - time to stock up for those grill-outs and barbecues that we can finally enjoy again. My favorites throughout the season include grass-fed steaks, Lakewinds housemade pork bratwurst, and sockeye salmon. I appreciate indulging in these delicious meat products knowing they are ethically and locally raised. We really are lucky to have four seasons here in Minnesota,

even though that's easy to forget in the dead of winter. But now we will thaw and come out of our shelters to experience all that Minnesota has to offer - especially good food.



Shannon Ash
Lakewinds Board Member



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**Bulk
Up!**

Shop in bulk for staples, snacks, sweets, and more by using containers from home.

It's easy: When you get to the bulk aisle, first weigh your empty jar, note the weight (or "tare"), fill the jar, place it on the scale, and enter the four-digit PLU and tare weight. Print off the sticker and you're able to buy something that's packaging-free and usually a lower price than what comes prepackaged. Way to save!

**SPECIAL OWNER-ONLY
COUPONS**

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

\$2 OFF

PLU 22335

One Stasher item

Valid March 1 to May 31, 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.



20% OFF

PLU 22339

One bulk purchase (limit \$5 off)

Valid March 1 to May 31, 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 22337

**One package of Perennial Pantry
Kernza® whole grain**

Valid March 1 to May 31, 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.



\$2 OFF

PLU 22341

**One 4.9 oz. package of AcreMade
egg substitute**

Valid March 1 to May 31, 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.



LAKEWINDS.COOP | MINNETONKA | CHANHASSEN | RICHFIELD

