



LAKEWINDS
FOOD CO-OP

ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

*Eat Local,
Cook Global*

Meet Mish

Local cookbook author
& Lakewinds owner

PAGE 6

SUPPORTING
LOCAL SCHOOLS

PAGE 4-5

BENGALI HOME
COOKING

PAGE 6-7

SMALL BITES
FOR ALL

PAGE 8-9

FALL 2024

GENERAL MANAGER LETTER

Hello everyone,

Your continued patronage of Lakewinds Food Co-op has led to many great successes. The connections we make provide a market to a large community of growers, ranchers, and makers who, in turn, invest in the regional economy – ensuring your dollars make a positive impact right where you live. With your loyal support, Lakewinds generates profits that help us fulfill our mission of building a resilient local food system. One of the most impactful expressions of this mission is the Lakewinds Organic Field Fund (LOFF).

Now celebrating its 13th year, LOFF has supported 99 farms to date with grants totaling more than \$889,000. These funds have been used for a wide array of projects, from organic certification to purchasing tools and equipment. These investments help small, local farms better meet the challenges associated with their difficult work – while contributing to our shared mission.

Since LOFF's inception, we've interviewed our grant recipients to learn how LOFF has benefited their farms and livelihoods. I'm proud to share that the next volume of these LOFF videos will be posted in late September at Lakewinds.coop/LOFF. These powerful stories perfectly capture our co-op community and values. I encourage you to watch and see for yourself!

In the coming year, we're working to help our employees, owners, and board members create tangible connections with our mission and cooperative values. That means providing opportunities to see firsthand the benefits of LOFF and our other great work. Thank you for making it possible!



Greg Dick
Lakewinds General Manager

GENERAL MANAGER

Greg Dick

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This past spring, Lakewinds awarded over \$103,000 in LOFF grants to 14 local farms to help with projects like installing a well on newly purchased farmland.



Our team visited some of this year's LOFF recipients to find out how they used the grant funds and the impact they're seeing on the ground. **See stories from the local farming community you're helping to support at Lakewinds.coop/LOFF.**

FALL CALENDAR



SEPTEMBER

Labor Day

Sept. 2

In observation of Labor Day, our stores will close early at 6 pm on Sept. 2. We will reopen at 8 am on Tuesday, Sept. 3.

Board Election & Bylaws Updates

Sept. 1 - 15

Your voice matters in the Lakewinds board election, so make plans to vote! Cast a ballot for your top three board candidates in stores or online now through Saturday, Sept. 14, or vote in person until 1:10 at the Annual Owner Meeting on Sunday, Sept. 15.

Also on this year's ballot, the board of directors is proposing small language updates to modernize the co-op's bylaws, a change that requires approval by owners. Recommended changes are explained in detail on the website, with paper copies available at the customer service desk for owners to review. Learn more at Lakewinds.coop/Election.

Annual Owner Meeting

Sept. 15 from 1 - 4 pm

Join us at Gale Woods Farm in Minnetrista for the Annual Owner Meeting! Hear from our general manager and board as we review the past fiscal year, learn the results of this year's board election, and celebrate our co-op community together. Then it's time for fun at the farm – wagon rides, kids' crafts, learning about farm animals, and much more. See the details at Lakewinds.coop/AnnualMeeting.

OCTOBER

Patronage Refund

Oct. 1

In profitable years, a portion of our profits is returned to owners as an annual patronage refund. Owners will be notified about their patronage refund by mail in late September, with funds available at the register starting Oct. 1.

Fall Meat Sale

Sept. 29 - Oct. 26

Make room in the freezer: It's time for our Fall Meat Sale! This event focuses on meats that are perfect for roasting or for whatever celebration you're hosting. Stock up and save on select sustainably raised meats, with different items featured each week. Sale is in stores only, while supplies last. See the weekly deals at Lakewinds.coop/MeatSale or in stores at the meat counter.

Owner Appreciation Month + Owner Drive

October

Did you know October is Owner Appreciation Month? Lakewinds owners get special deals throughout the store, plus a once-monthly 10% discount on the day of your choosing (up from the regular 5% off).

If 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 new owners include a free, limited-edition tote bag, a chance to win a \$100 co-op gift card, and access to member benefits the day they sign up! See cashier for details.



Thanksgiving Hours

Our stores will be closed on Thursday, Nov. 28. Reserve your turkey, deli sides, and heat-and-serve holiday meals ahead of time. Details on page 10 and at Lakewinds.coop/Thanksgiving.

Grow, Eat, Learn



Co-op School Partnerships

All of us deserve to understand where our food comes from and how it gets to our plates. And the earlier we learn, the better! That's why Lakewinds partners with local schools to bring educational opportunities and various donations to students across the communities we serve. When you shop at the co-op, you're helping to jump-start the next generation on a lifetime of informed eating and sustainable choices.

Food-based education is part of our mission at the co-op. Each year, we welcome hundreds of children from schools and community groups across the Twin Cities for tours of our stores free of charge. At these visits, students learn about a variety of topics: whether it's basic nutrition guidance ("eat your colors!"), the concept of "food miles" and environmental impact, or how a cooperative business works. Of course, sampling food is part of the lesson plan! Local Kindercrisp apples and Featherstone carrots are always a hit with class groups when in season.

Our co-op also supports local schools through donations of Lakewinds gift cards and products from our shelves. Schools can use these donations for multiple purposes – fundraisers, staff appreciation days, or school-based events like carnivals and fun runs.

Donating seeds and plant starts to school garden programs is another important piece of our education program. Starting as early as February, we provide a variety of supplies needed to help get gardens up and growing. This year, the co-op supported gardens at six local schools with donations of more than 190 packets of seeds and hundreds of plant starts. By planting, tending, observing, harvesting, and working together in the garden, students get hands-on lessons about where their food comes from and, in the process, become part of their own local food system.

These community giving partnerships are possible thanks to the support of shoppers and owners like you.

To learn more about donations, support for community and school gardens, or to set up a store tour, head to Lakewinds.coop/Community.



Minnewashta Elementary in Shorewood collaborates with Lakewinds to provide organic produce to students through their "Eat the Rainbow" and "Tasty Tuesdays" initiatives.

As part of this bountiful partnership, multiple times throughout the school year we donate three or four cases of produce, such as blueberries, kiwis, or sugar snap peas, and the school is able to purchase the rest of the food needed at a steep discount.

Principal Cindy Andress explains: "Eat the Rainbow Week' is the concept we developed at Minnewashta because we know that eating different colors of fruits and veggies is good for a person. Our school psychologist, third-grade staff, and students help to lead this effort in collaboration with health units building-wide.

"This year, we added three 'Tasty Tuesdays,' so that instead of an additional week, it's spread over a month. This spring, we tried cantaloupe, snap peas, and blueberries. Our PTO provides the funds for students to enjoy fresh fruits and vegetables many times each year at school.

"Our students are fascinated with where the food comes from and that it is organic. The snap peas may be a favorite item; learning how to snap the end and 'destring' it before eating. They loved the cantaloupe as well. Our hope has been that introducing them to fresh, organic produce will encourage them to have healthy habits and relationships with food."

Cindy Andress
Principal at Minnewashta Elementary School

Spice Up YOUR FALL MENU

With delicious flavors and budget-friendly ingredients, Indian food is a favorite around the world. There are many gluten-free & vegan options too - so head to the store and let the cooking begin!

FROM BENGAL, WITH LOVE



Mish Sen is a local cookbook author and devoted Lakewinds owner. She grew up in West Bengal, which is on the east coast of India. Mish says she was inspired to write her cookbook, "Indian Kitchen Secrets," because she wanted to make Indian cooking easy and accessible, with simple instructions and ingredients. Her favorite dish growing up was her grandmother's chicken curry (get the recipe on the next page) and other staples: lamb curry, chicken Kathi rolls, and an Indian street food call chaat. "Although Indian food at home may seem intimidating, you can cook many Indian dishes with pantry ingredients and basic Indian spices like turmeric, cumin, coriander, and garam masala," says Mish. "Indian food is very versatile, with curries, breads, barbecues, soups, street food, desserts, and more. Many Indian dishes are naturally gluten-free and vegan, so are great when you're cooking for friends or family with special diets."

Follow Mish on Instagram at @eatwithmish.

ARTISAN NAAN
Artisan Naan Bakery makes their fresh, small-batch, hand-tossed breads from scratch in St. Cloud.

GROCERY | \$6.49
LOCAL

Find these recipes at Lakewinds.coop/Recipes.

1 COCONUT CILANTRO PEANUT DIPPING SAUCE

This vegan sauce pairs perfectly with the baked fritters and more!

2 BAKED LENTIL VEGGIE FRITTERS

With just 5 ingredients, these savory fritters (with a bit of a kick) are easy to make and bake.

3 CARROT, PEA, HERB PULAO

This versatile side dish is simple and a great base for curry or chana masala.

Chicken CURRY

INGREDIENTS

- | | |
|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 2 Tablespoons of neutral cooking oil, such as avocado or peanut oil (do not use coconut oil) | 1 large russet potato, cubed |
| 1 medium onion, finely chopped | 1 large tomato, chopped |
| 5 garlic cloves, minced | 2-inch piece fresh ginger, minced |
| 1 teaspoon turmeric powder | 2 pounds boneless skinless chicken thighs, fat trimmed and cut into medium pieces |
| 1 teaspoon cayenne pepper | 1 teaspoon garam masala |
| 1 teaspoon salt, divided | ½ bunch cilantro, chopped, for garnish |

Heat oil over medium heat in a sauté pan. Add onions and sauté for 1 minute, then add the garlic and sauté for another minute. Add the turmeric, cayenne, ½ teaspoon salt, and potato cubes, and sauté for 2-3 minutes. Add the chopped tomato, turn heat up to medium high, and sauté for 2 minutes. Reduce heat to medium low, cover, and cook, stirring periodically until the tomatoes get soft and pulpy, about 3-5 minutes.

Add minced ginger, chicken, and remaining salt, and increase the heat to medium high. Sauté the chicken for 3-4 minutes. Note: Lower the heat if necessary to prevent sticking. Reduce heat to low, cover, and simmer for 3-4 minutes, stirring occasionally.

When the chicken is cooked and the mixture looks like a sauce, add 2 cups of water. Cover and simmer for another 4-5 minutes until the potatoes are cooked through and the meat is tender. Uncover and salt to taste. Sprinkle with the garam masala, stir once, and turn off the heat. Cover the pan and let rest for 5 minutes. Serve over rice or with flatbread – we love local Artisan Naan.

Chana MASALA

INGREDIENTS

- | | |
|----------------------------------------------------------|-----------------------------------------------------|
| 1 medium onion, chopped | 1 teaspoon garam masala |
| 1 large tomato, chopped | 1 teaspoon salt (adjust to taste) |
| 2 Tablespoons cooking oil, such as avocado or peanut oil | 2 (15-oz.) cans garbanzo beans, drained |
| 1 teaspoon turmeric powder | 3 Tablespoons pomegranate molasses |
| 2 teaspoons cayenne powder | 2 garbanzo bean cans filled with water |
| 5 cloves garlic, minced | ½ bunch cilantro, finely chopped |
| 2-inch piece fresh ginger, minced | ¼ cup non-dairy or regular plain yogurt, if desired |
| 1 teaspoon cumin powder | 2 jalapeño peppers, thinly sliced, if desired |
| 2 teaspoons coriander powder | Naan or pita bread, for serving |

Blend the onion and tomato into a smooth paste and set aside. Heat oil over medium heat in a sauté pan. Add the onion-tomato paste and cook for 3-4 minutes, stirring frequently. Stir in the turmeric and cayenne powder and continue to stir until the mixture thickens, about 2-3 minutes. Stir in the garlic, ginger, cumin, coriander, and garam masala, and cook for 3-4 minutes. Add water if needed to loosen the sauce. Mix in the salt and garbanzo beans, then add the pomegranate molasses and cook for 2-3 minutes. Turn heat to low, cover, and cook for another 4-5 minutes, stirring periodically. Fill each garbanzo bean can with water and add to pan. Stir, cover, and cook for 3-4 minutes. Ladle into individual bowls and garnish with cilantro, swirl in yogurt, and sprinkle with jalapeño slices if desired. Serve with naan or pita bread.

BIG FLAVORS

Small Bites

When cooking for all ages, consider bite-sized morsels that are packed with the flavor of a full entrée. These recipes feature delicious veggies for adults and kids (and kids at heart)!

Easy. Fun. Done.

MINI VEGGIE PIZZA BITES

INGREDIENTS

- 1 package Baba's Pita Puffs
- 3 cups fresh vegetables, such as broccoli, bell pepper, zucchini, cherry tomatoes, carrots, and radishes, *chopped*
- 1 Tablespoon scallions, *chopped*

HERBED CREAM CHEESE

- 1 (7-oz.) package Good Culture cream cheese, *room temperature*
- ¼ cup chopped chives, *minced*
- 1 clove garlic, *minced to a paste*
- ½ teaspoon dried oregano
- ¼ teaspoon kosher salt
- Fresh cracked black pepper
- 2 Tablespoons Greek yogurt or sour cream

Mix Herbed Cream Cheese ingredients together in a small bowl, adding a little Greek yogurt or sour cream if needed until spreadable. Slice each mini pita into two discs. Place one tablespoon of cream cheese mixture on each half. Press vegetables into the cream cheese and sprinkle with chopped chives.



SWEET POTATOES with WHIPPED FETA

INGREDIENTS

- 1 large sweet potato, about 2½-3 inches wide
- 2 Tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon kosher salt
- Freshly cracked black pepper, *to taste*
- Chives, cut into 1-inch pieces, *to garnish*
- Maazah lemon aioli, *to taste*
- 3-4 strips bacon, *cooked and crumbled*

WHIPPED FETA

- 6 oz. Mt. Vikos organic feta cheese block
- 2 Tablespoons Maazah lemon aioli
- 1 Tablespoon olive oil

Preheat the oven to 450°. Peel sweet potatoes and slice into ¾-inch rounds.

In a large mixing bowl, combine the olive oil, paprika, salt, and pepper. Toss the sweet potato to coat completely, arrange on a lightly oiled rimmed baking sheet, and roast for about 10 minutes. Flip and roast another 10 minutes, until tender and edges are golden brown.

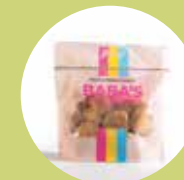
In a food processor or blender, crumble the block of feta, add lemon aioli, then stream in olive oil and puree until creamy.

To assemble, place the roasted sweet potato rounds on a serving platter, top with a scant tablespoon of whipped feta, drizzle with Maazah lemon aioli, add two chives, and top with bacon crumbles.

BABA'S PITA PUFFS

The siblings behind Baba's start with recipes from their father, who introduced his native Palestinian food to the Twin Cities in 1979 at his restaurant, The Mediterranean Cruise Cafe. Their fresh takes on classics are beloved at Twin Cities co-ops!

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



MAAZAH LEMON AIOLI

The local sisters who make this "everything" sauce were inspired by their mother's Afghan cooking. In addition to this vegan aioli, Maazah's herby, aromatic chutney is another must-try!

REFRIGERATED GROCERY
\$7.49 ♥ LOCAL
See coupon on back.



Ready, Set, Feast!

With Thanksgiving just around the corner, the co-op has everything you need to plan the perfect celebration, whether homemade, premade, or a bit of both.

Planning for everyone's favorite feast? Lakewinds is your Thanksgiving HQ. We have all the traditional trimmings, as well as options for gluten-free, plant-based, and dairy-free diets.

TURKEY AND HAM

Turkeys are available to preorder Nov. 1 through Nov. 20. Choose from two local options: fresh, free-range Ferndale Market turkeys (\$2.79/lb) and frozen, organic Larry Schultz turkeys (\$3.49/lb). Remember that frozen turkeys need a few days in the fridge to fully thaw, so plan accordingly. You can also place orders for local Beeler's hams. Pick up your order between Nov. 22 and 27.

DELI MEALS AND SIDES

Want to make the prep easier this year? The co-op deli is here to help. Choose from premade sides like classic stuffing, mashed potatoes, and gravy. You can even order complete heat-and-serve meals, including turkey, sides, and pie for dessert. Don't forget a vegan main for your plant-based guests! We're taking orders for deli sides and full meals from Nov. 1 through Nov. 22, with order pickups available Nov. 25 through Nov. 27 at 4 pm.

Visit Lakewinds.coop/Thanksgiving to learn more!



Our stores will be closed on Thanksgiving Day.



SAVOR THE SEASON

Here's a simply delicious way to enliven your dinner plate: organic roasted carrots with maple syrup and pepitas – great as a plant-based entrée or a side with roasted meat or seafood. Late fall is the best time to enjoy local carrots. As temps drop, it triggers them to produce sugar, leading to a sensationally sweet veggie. **Get this mouth-watering recipe at Lakewinds.coop/Recipes.**

THE BOARD VIEW

The Season of Gratitude

I hope you are enjoying the bounty of the fall harvest. This is one of my favorite times of the year, when the crisp air and colorful leaves remind me of the beauty and abundance of nature. At my table, I love the shift to roasted root vegetables, hearty meats, and warm spices.

As the back to school season begins, I also feel a sense of learning and renewal. I'm always eager to discover new recipes, tips, and stories from the co-op community. That's why I'm impressed by the Lakewinds Organic Field Fund (LOFF) participants. I've learned so much about the local food community and what it takes to bring food to my table. I'm amazed by how these farmers adapt to the challenges and opportunities of the changing times. They are finding innovative ways to grow their crops, protect the environment, and support each other. I highly recommend watching previous videos at Lakewinds.coop/LOFF and checking back later this month to hear from some of this year's recipients, too.

Community giving programs at Lakewinds like LOFF and the Round Up program support local nonprofits and prove that our collective actions can make a big difference. That shared commitment is worth celebrating. Every fall I look forward to the annual meeting to share a meal with Lakewinds members and staff. What better way to celebrate the impact we're making together.

Speaking of sharing a meal, Thanksgiving, my favorite holiday, is just around the corner. Annual traditions include food (obviously) but also the sharing of gratitude. I feel so grateful and honored to be part of this wonderful community. I hope you do, too. Together, we are making a difference in our local food system, our economy, and our planet.



 **Karin Broecker Smith**
Lakewinds Board Member





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FORTIFIED *for Fall!*

Returning to school and work after months of summer fun can be challenging for any household. If you or your loved ones need a little boost during this time, the wellness team has ideas to help, including supplements for immunity, focus, and mood. Learn more at Lakewinds.coop/ImmuneSupport.

SPECIAL OWNER-ONLY COUPONS

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

\$1 OFF

PLU 22361

One Herb Pharm item

Valid Sept. 1 to Nov. 30, 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.



\$1 OFF

PLU 22357

One Maazah sauce

Valid Sept. 1 to Nov. 30, 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 22355

One \$10 produce purchase

Valid Sept. 1 to Nov. 30, 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.



\$1 OFF

PLU 22359

One Baba's pita, pita puffs, or flatbread

Valid Sept. 1 to Nov. 30, 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.

