

LAKEWINDS
FOOD CO-OP

ReFresh

Hot Honey

GRILLED PINEAPPLE

PAGE 10

50 YEARS OF
LOYAL TO LOCAL

PAGE 4

TARTES
FLAMBÉE

PAGE 6

MEXICAN STREET
CORN SALAD

PAGE 9

SUMMER 2025



FRESH. LOCAL. ORGANIC. SUSTAINABLE.

Hello everyone,

You already know that our co-op is beyond amazing. Much more than a store, Lakewinds is the fulfillment of a 50-year-long dream: a place where everyone can come together, forge meaningful relationships, and celebrate food.

I think often of the symbiotic relationship between our co-op owners and dedicated staff members. These incredible people contribute to a rare and special thing – a community where we all win together. Hard-working Lakewinds employees leverage decades of skills, knowledge, and passion to bring you the shopping experience you have come to expect from your co-op. Year after year, as our success allows, we are meeting our commitment to change the food system based on our shared values. And we couldn't do it without you, our beloved owners. Your continuing patronage helps fuel a successful business that creates meaningful impact in the communities we serve. To my mind, this is the definition of winning.

This has been Lakewinds' "best year ever" – a phrase that has become commonplace in recent years. This strong position is built on over 50 years of evolutionary progress. That strong foundation enables us to continually evaluate and reinvest in our mission, in Lakewinds' staff, and in you, our owners.

In this spirit of celebration, I extend to you my most genuine gratitude for all the ways you contribute to our success. Together we've built a solid and sustainable food community. Happy 50th, Lakewinds. Here's to a bright future!



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Lakewinds General Manager

GENERAL MANAGER
Greg Dick

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 Visit Lakewinds.coop/ReFresh for this and other online newsletters.

SUMMER CALENDAR

JUNE 1 - 22

Call for Board Candidates

If you're passionate about Lakewinds and our local food system, consider running for the board of directors. The board plays a vital role in guiding financial decisions, supporting initiatives like the Lakewinds Organic Field Fund (LOFF) grant program, and more. Members meet bi-monthly and serve three-year terms.

Learn more and apply online at Lakewinds.coop/Election between June 1 and June 22. You must be a Lakewinds owner in good standing to be eligible to run.

JULY 4

Independence Day Store Hours

Our stores close at 4 pm on Independence Day and reopen July 5 at 8 am. Celebrate safely and enjoy the holiday!



AUGUST 11 - 31

Annual Meeting Lunch Tickets

We can't wait to see you at the Lakewinds Annual Owner Meeting in September! This year, we'll have food trucks on site for lunch. Reserve your lunch ticket in advance: It's \$5 per person, free for kids 10 and under, and includes your meal selection. Your ticketed reservation helps us right-size our preparations and minimize food waste.

See lunch options and get your tickets at Lakewinds.coop/AnnualMeeting starting August 11.



SEPTEMBER 14

Annual Owner Meeting

Celebrate 50 years of our co-op at Lakewinds' Annual Meeting! Join us at beautiful Gale Woods Farm in Minnetrista on Sunday, Sept. 14 from 1 to 4 pm.

Together we'll reflect on a remarkable year, hear about exciting future plans, and connect with fellow co-op owners. Enjoy a free day of farm fun alongside the business meeting, plus extra activities to celebrate our 50th anniversary!

SEPTEMBER 1 - 14

Board of Directors Election

Owners, join our community in shaping the future of the co-op. This September, cast your ballot to elect four members to represent your voice on the Lakewinds board of directors. Vote in store or online, then join us at the Annual Owner Meeting to hear the election results.

Watch your mailbox for our election mailer or go to Lakewinds.coop/Election in late August for all the details.





Loyal *to* Local for 50 Years

Since 1975, Lakewinds has supported local farmers and makers who share our dedication to people and the planet. In the early days of the co-op, then known as the Minnetonka Buyer's Club, we purchased dried goods, cheese, and bread locally, with owners helping to package it into smaller amounts and shelve. Our local and small-scale approach allowed the co-op to provide delicious, fresh food sustainably.

With the support of our shoppers and owners, our commitment to local has only grown. Today we strive to provide locally sourced options where possible for everything from dairy to grains to meat – even local salmon, thanks to Wisconsin-based Superior Fresh! Meet three local producers who help us sustain our tradition of being loyal to local.



Photo credit: Wonderstate



AMES FARM

Brian Fredericksen, Owner

Where would we be without bees? Supporting pollinators is core to the mission at Ames Farm, which bottles raw, unfiltered, and single-source honeys. Bottling the honey raw and unpasteurized maintains its healthy enzymes and nutrients.

Honey is the most sustainable sweetener. Think about how you produce more honey – by planting more flowers and raising more bees! It's a win-win for people, plants, and planet. Ames takes this one step further with their Land for Bees initiative.

The aim of the project is to re-wild 233 acres of native prairie in Delano, Minnesota. "The goal is simple: Provide safe spaces for bees, butterflies, and other pollinators to thrive again," Brian says.

Find Ames honey in several unique flavors at the co-op.



Photo credit: Wonderstate

WONDERSTATE COFFEE

TJ Semanchin, Founder-owner
Caleb Nicholes, Founder-owner
Bobbi Griffin, Owner and Head of Brand & Impact

For many of us, coffee is more than a beverage – it's a lifestyle. Since we can't grow coffee in Minnesota, the co-op relies on trusted local roasteries to guarantee that your delicious morning mug is ethically sourced. That includes Wisconsin-based Wonderstate, which cares as much about their global impact as they do about tasty coffee.

Wonderstate buys their beans directly from growers and pays 55% more than the fair-trade minimum, with annual increases to adjust for inflation. Coffee growers have been impacted by everything from climate change to historically unfair trade agreements, and Wonderstate is committed to paying a price that acknowledges those hardships. They also donate 5% of their profits to organizations committed to uplifting communities locally and abroad. What's more, Wonderstate's roastery has a solar array that fully powers the facility on clean energy.

As part of our 50th anniversary celebration, Wonderstate even released a Lakewinds blend. Try this dark, toasty brew with notes of cocoa and caramelized sugar, available now in the bulk aisle.



TWIN ORGANICS

Jacob & Andrew Helling, Owners

As one of the largest local providers of fresh produce to the co-op, we had to shout out Twin Organics. When perusing our summer produce, chances are good you'll grab something grown on their Northfield farm. Back in 2014, twin brothers Jacob and Andrew started out growing a little bit of everything, including Brussels sprouts, scallions, tomatoes, and squash. In 2018 they moved from Wisconsin to their current location in the former Gardens of Eagan, one of Minnesota's first organic farms. They've treated the land well, earning Real Organic Project certification for their dedication to soil health and sustainability.

In 2024, Twin Organics received a LOFF grant from Lakewinds to experiment with biodegradable clips for their tomato and cucumber trellises. In addition to reducing plastic waste, their new system ensures that the 15,000+ pounds of leftover plant matter can be successfully composted at season's end.

Look for their local, organic produce throughout the growing season.



Tartes Flambée

What is a tarte flambée, you ask?

It's a flatbread from the Alsace region of France that's perfect for summer – and an easy way to enjoy what's growing in your garden throughout the season.

Early summer

Finish off last year's pickles on a pickle tarte flambée before the next bushel of cucumbers comes in.

Mid-summer

Take advantage of bountiful veggies – fresh from the garden or the co-op shelves on the garden veg tarte flambée.

Late summer

It's time to use those beautiful red peppers on the vegan shawarma-inspired tarte flambée.

PICKLE PIZZA, TARTE FLAMBÉE

1 deli pizza dough, *divided in two*
(see dough prep below)

1 cup ricotta

½ packet of dry ranch dressing, *or more to taste*

2 Tablespoons fresh dill, *chopped*

½ teaspoon kosher salt

6 slices of bacon, *cooked and chopped (optional)*

1 cup Grillo classic dill pickle chips, *patted dry*

Preheat oven to 425°. Place each rolled dough onto parchment-lined baking sheets.

Combine the ricotta with the ranch dressing, dill, and salt. Spread the mixture evenly over both doughs and top with bacon and pickles. Bake until top is beginning to brown and sides are golden and crispy, about 15-20 minutes.

Makes two tartes.

DOUGH PREP

1 (14 oz.) Deli pizza dough
Extra flour for rolling out dough

Dust your work surface with extra flour. Cut the dough into two equal pieces. Set one aside. Roll out the dough into a 15" x 8" rectangle (or circle). If the dough springs back when rolling, cover with a towel and let it rest for 10 minutes, then roll again. Repeat with the other half of dough, or reserve for another time. Proceed with recipe.

BEELER'S BACON

For six generations, the Beeler family has been raising delicious heritage Duroc pork that's free from nitrates, nitrites, growth promotants, and antibiotics.

MEAT | \$4.99-\$22.99 ♥ LOCAL

See coupon on back.

WOOD RIVER CREAMERY

This award-winning local cheese is made by farmer-owned cooperative Burnett Dairy, in Grantsburg, WI. Their creamy cheddar-gruyere fusion has a sweet, nutty flavor and great meltability.

SPECIALTY CHEESES | \$5.99 ♥ LOCAL



GARDEN VEG TARTE FLAMBÉE

- 1 Deli pizza dough, *divided in two (see dough prep on previous page)*
- 1 clove garlic, *minced*
- ½ teaspoon kosher salt
- 8 oz. Vermont crème fraîche
- 8 oz. Wood River Cheddar Gruyere, *shredded*
- ¼ red onion, *very thinly sliced*
- 1 medium zucchini, *very thinly sliced lengthwise*
- 1 cup cherry tomatoes, *halved*
- 1 Tablespoon olive oil
- 1 cup arugula

Preheat oven to 425°. Place each rolled dough onto a parchment-lined baking sheet.

In a small bowl, combine the garlic with crème fraîche and salt. Spread crème fraîche mixture evenly over the dough and sprinkle with shredded cheese. Pat the zucchini dry, loosely curl it around your fingers, and place on the tart. Sprinkle with cherry tomatoes and onions. Drizzle with olive oil.

Bake until top is beginning to brown and sides are golden and crispy, about 20-25 minutes.

Evenly sprinkle arugula on the top of the tarte flambée and serve.

Makes two tartes.



VEGAN SHAWARMA-INSPIRED TARTE FLAMBÉE

- 1 can chickpeas, *rinsed, drained, and well-dried*
- ½ teaspoon cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 2 teaspoons smoked paprika
- 1 Tablespoon ground cumin
- ¼ teaspoon cayenne pepper
- 1 teaspoon kosher salt
- 1 ½ Tablespoons olive oil, *divided*
- 1 Deli pizza dough, *divided in two (see dough prep on previous page)*
- ⅔ cup cilantro chili or original flavor Bitchin’ Sauce
- ½ red pepper, *very thinly sliced*
- 1 jalapeño, *very thinly sliced into rounds (deseed to reduce spiciness, if desired)*
- ¼ red onion, *very thinly sliced*
- ½ cup dairy-free yogurt
- 2 Tablespoons vegan mayonnaise
- 1 Tablespoon fresh lemon juice
- ½ garlic clove, *grated*
- Salt and pepper, *to taste*
- ½ bunch cilantro (stems and leaves), *to taste*

Preheat the oven to 400° and line a rimmed baking sheet with parchment paper. Place the chickpeas on the baking sheet and roast them until they crisp up and turn golden in spots, shaking the pan every 10 minutes, about 20 to 25 minutes total. Meanwhile, blend the cinnamon, coriander, turmeric, paprika, cumin, and cayenne. Set aside.

Remove the chickpeas from the oven and drizzle with 1 Tablespoon olive oil and 2 teaspoons of the spice mixture. Give the chickpeas another little shake, then turn off the oven and return the chickpeas for another 10 to 15 minutes, checking frequently to ensure they don’t burn. (This step helps them get and stay crunchy.)

Remove the chickpeas from the oven, toss them with the remaining olive oil, salt, and 1 more teaspoon of the seasoning mix. Set aside.

Turn up the oven to 425°. Place each rolled dough onto parchment-lined baking sheets. Spread half of the Bitchin’ sauce over each dough. Evenly distribute the red pepper, jalapeño, and red onion over the sauce.

Bake until top is beginning to brown and sides are golden and crispy, about 20-25 minutes. While it’s in the oven, whisk together the dairy-free yogurt, vegan mayo, lemon juice, and garlic, and season to taste, then add to a piping bag. Once the flambée is done, drizzle the white sauce over the top, then sprinkle with fresh cilantro leaves and roasted chickpeas.

Makes two tartes.



Late-summer sweet corn in the Midwest is the best! Keep a lookout for this seasonal treat from one of our local, organic farm partners in August.

Vegan Street Corn Salad

Corn fresh off the cob is the height of summer eating. But there are other exciting ways to enjoy this summer staple, like a delectable salad inspired by Mexican elote. Pair the salad with a plate of veggie tacos for a zesty taste of Mexican street food in your Midwest backyard.

- 1 cup tricolor quinoa, *cooked and cooled*
- 2 (15-oz.) cans organic whole kernel sweet corn or 4 ears of grilled sweet corn*
- ½ cup red bell pepper, *diced*
- ¼ cup red onion, *diced*
- 2 Tablespoons cilantro, *chopped*
- ¾ cup vegan Feta crumbles, *divided*
- ½ cup vegan mayonnaise
- 1 teaspoon salt
- 2 Tablespoons lime juice
- ½ teaspoon cayenne pepper

Open, drain, and rinse the sweet corn, and add it to a medium bowl along with the cooked quinoa. Dice the red bell pepper and onion and chop the cilantro. Add to the medium bowl along with the sweet corn and ½ cup of the feta and mix well.

In a separate small bowl, whisk together the vegan mayo, salt, lime juice, and cayenne pepper. Add this to the rest of the ingredients and combine. Garnish with the remaining ¼ cup of vegan feta cheese and serve.

** If sweet corn is in season, remove the husks and silk from 4 ears. Heat a gas or charcoal grill to high and grill the corn for about 10 minutes, turning frequently until charred on all sides. Let cool for 5 minutes. Hold the cob at an angle and use a sharp knife to slice downward to remove the kernels. Fresh summer sweet corn is ideal, but canned corn makes this recipe a year-round option.*



Grilled Pineapple *a la Mode*

Fire up your grill to make this fresh, indulgent dessert. Heat gives the pineapple spears a lovely caramelization, with extra sweetness from brown sugar and a hit of hot honey. Try it with a scoop of vanilla ice cream to make the flavors really pop. Sweet, creamy, and cooling, it's the perfect pick for summer evenings on the patio.

1 pineapple
2 teaspoons brown sugar
1 teaspoon salt
1 pint of vanilla bean vegan ice cream
2 teaspoons Cry Baby Craig's hot honey
8 skewers*

Clean the pineapple and cut lengthwise in spears (8 spears total, see details below) and put each spear onto a skewer. Sprinkle with brown sugar and salt. Over medium heat, grill the pineapple spears for about 3 minutes on each side until grill marks appear. Remove from the grill and set aside to cool. Add two pineapple spears to each bowl and drizzle with hot honey. Top with a scoop of vanilla ice cream, drizzle with additional honey, and serve.

**If using wood skewers, soak for 30 minutes before using.*



CRY BABY CRAIG'S HOT HONEY

Made in Faribault, MN, this excitingly spicy honey is made using natural peppers, spices, garlic, and delicious Bolton Bees honey.

GROCERY | \$15.99 ♥ LOCAL



CUT PINEAPPLE LIKE A PRO

Start by chopping off the top and the bottom. Cut the pineapple down the center in half. Cut a "V" shape in the center to remove the core. Slice the pineapple into spears. Cut off the outer skin. Enjoy!



DELICIOUS SMOOTHIES

On hot summer days, a freshly made smoothie can be exactly what your body craves!

It's the perfect on-the-go meal, whether as a nutritious breakfast, a light lunch, or a hydrating snack. Make it your own with add-ins like nut butters, protein powder, collagen, turmeric, and other good-for-you ingredients.

Like everything prepared in our stores, our smoothies include only ingredients that meet the co-op's high standards for product quality. That includes organic fruit, greens, and juices; organic plant-based milks and nut butters; and sustainable sweeteners like local honey.

Options are nearly unlimited. Mix and match available ingredients to create your own fresh creation.

"Each smoothie we make is rich in essential nutrients and free of harmful pesticides," says Maya Diedrich, deli category manager. "Our smoothies are the perfect on-the-go meal alternative: they're nutrient-dense and made to order. And we never add ice or water to our smoothies."

They come with cups, lids, and straws that are commercially compostable, so you can enjoy your smoothie with no excess waste. If you've never tried one, drop by our deli or Richfield beverage bar and taste for yourself!



Happy Sipping!

CUSTOMER FAVES! ♦ Turmeric Mango Tango ♦ Starburst ♦ Green Monster

An Opportunity to Serve



Bill Stevens
Lakewinds
Board Member

I have had the privilege of serving on the Lakewinds board of directors since October 2020. Being elected during a very turbulent time, I was continuously amazed to see Lakewinds overcome numerous obstacles and succeed during the pandemic.

The co-op has transitioned to a "new normal" and today it's thriving. Because I'm a board member as well as a Lakewinds owner, I've had the opportunity to interact with the experienced and passionate management team, which has reassured me that the co-op is well-run. Serving on a board with intelligent and thoughtful people with various life and professional experiences has also been a delight.

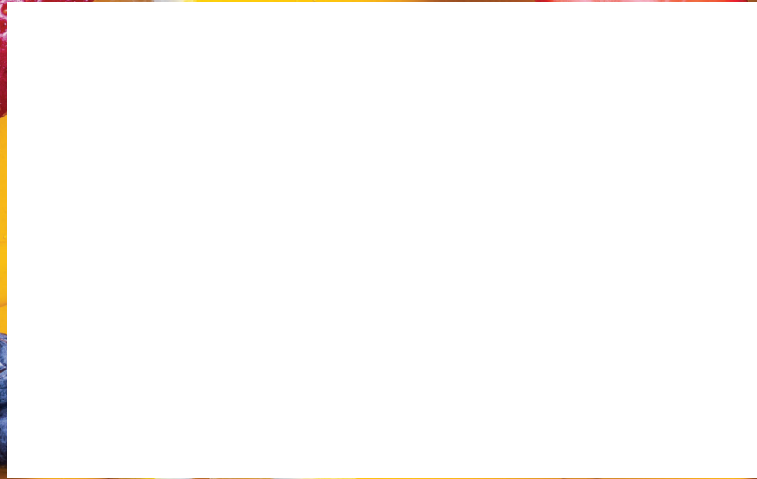
Lakewinds operates under a governance model that defines the board's responsibility as determining the "ends" or organizational purpose. The "means" to achieve those ends is, in turn, delegated to management. In this way, our board and management work together to set the strategic direction of our co-op and move it forward as a whole. This model has served Lakewinds owners well, as evidenced by the co-op's strong financial performance year after year.

The future of Lakewinds looks bright. If you're invested in our co-op community and want to help keep it strong, I highly encourage you to consider serving on the Lakewinds board of directors.



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

\$2 OFF

PLU 22387

One produce purchase
of \$10 or more

Valid June 1 to Aug. 31, 2025

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 22391

One Wonderstate bulk coffee
purchase (limit \$5 off)

Valid June 1 to Aug. 31, 2025

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 22389

One Beeler's bacon item

Valid June 1 to Aug. 31, 2025

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 22393

One Cry Baby Craig's item

Valid June 1 to Aug. 31, 2025

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.

