

LAKEWINDS
FOOD CO-OP

ReFresh

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MILLION-DOLLAR
MILESTONE**

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FALL 2025

FRESH. LOCAL. ORGANIC. SUSTAINABLE.



Hello!

One of the highlights of my year is the chance to connect with owners at Lakewinds' Annual Owner Meeting. This year we're celebrating our 50th anniversary at beautiful Gale Woods Farm – the perfect location to get to know your co-op community with a day of fun activities and delicious fare from area food trucks. Our hope is to fill the barn with our Lakewinds family! Of course, we will be sharing updates about the great things we did this year and the results of our board election. And we'll also discuss Lakewinds' Strategic Plan.

More than just a document, the Strategic Plan is a carefully curated distillation of our recipe for success: all that makes Lakewinds such a wonderful place to shop and work. This recipe includes ingredients like our mission, vision, and values, as well as specific goals to further define how we keep making a difference in the world. The plan boils down to this: everyone contributing to this special community and exemplifying our shared values to support each other and celebrate exceptional food.

Great things don't just happen. Success in any endeavor requires hard work and careful planning, both of which have been integral to determining the goals and strategies driving our co-op.

Hope to discuss our Strategic Plan and celebrate with you at the farm on Sept. 14!



Greg Dick
Lakewinds General Manager

GENERAL MANAGER

Greg Dick

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Richfield, MN 55423

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

FALL CALENDAR

SEPTEMBER

Board Election

Sept. 1 - 14

Cast a ballot for your top four board candidates in stores or online Sept. 1 through Sept. 13, or vote in person from 1 to 1:10 pm at the Annual Owner Meeting on Sunday, Sept. 14. Elected candidates will be announced at the meeting, and then in stores and online later that week. Details at Lakewinds.coop/Election.

Labor Day

Sept. 1

In observation of Labor Day, our stores will close early at 6 pm on Sept. 1. We will reopen at 8 am on Tuesday, Sept. 2.

OCTOBER

Owner Appreciation Month & Owner Drive

All month

We're thanking our owners all October long. That's right, it's Owner Appreciation Month! Watch for extra-special owner deals throughout the store, and don't forget to use your once-a-month discount, which is 10% (instead of the usual 5%) in October.

Know a Lakewinds shopper who isn't an owner yet? Let them know that October is the best time to join! Perks for owners who sign up in October include a free limited-edition canvas tote bag, a chance to win a \$100 co-op gift card, and access to member benefits the day they sign up. *Ask a cashier for details.*

Patronage Dividend

Starting Oct. 1

Keep an eye on your mailbox! In profitable years we return a portion of our profits to owners through a patronage dividend. We'll send you a letter detailing your dividend information in late September, with funds available at the register starting Oct. 1.

NOVEMBER



Annual Owner Meeting

Sept. 14 at 1 pm

You're invited to Gale Woods Farm in Minnetrista for our Annual Owner Meeting and 50th anniversary celebration! Hear from our general manager and the board as we review the past fiscal year, learn the results of our board election, and celebrate our co-op's 50th anniversary together. Then it's on to some fun at the farm – including a photo booth, community art project, wagon rides, kids crafts, farm animals, and much more! See all the details at Lakewinds.coop/AnnualMeeting.



Fall Meat Sale

Oct. 5 - Nov. 1

As the seasons change, often our cooking habits do, too. If you're starting to crave warming foods and roasts, the Fall Meat Sale is a great time to stock up! Each week features different sustainably sourced favorites, from beef to seafood. View the full selection in stores and online at Lakewinds.coop/MeatSale beginning in mid-September. *Sale is in stores only, while supplies last.*

Thanksgiving

Nov. 27

Our stores will be closed on Thursday, Nov. 27, and will reopen at 8 am on Friday, Nov. 28.



Place your order for deli sides and heat-and-serve holiday meals from Nov. 1 - 21, and order turkeys from the meat department from Nov. 1 - 19. Reserve at Lakewinds.coop/Thanksgiving.

LOFF'S \$1 Million MILESTONE



Back in 2011, Lakewinds launched a bold effort to nurture a healthy, sustainable, and prosperous local food system. Fourteen years later, the Lakewinds Organic Field Fund (LOFF) has hit a major milestone: more than \$1 million in grants awarded to more than 100 farmers in the program's history!



SEEDS FARM

Becca Rudebusch

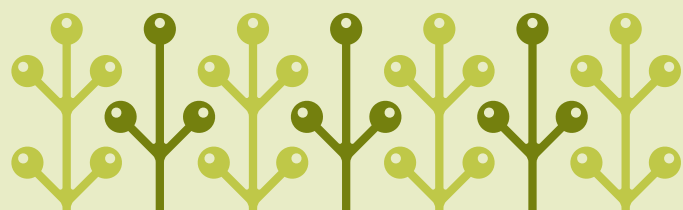
Those dollars have led to many tangible improvements on local farms, from irrigation systems to deer fencing, pack sheds to egg washers. Grant recipients tell us the funds have made it possible to do critical improvements without waiting to save up, fund tests on their farm, or help them qualify for loans so they can tackle larger farm projects.



NAIMA'S FARM

Naima Dhore

Farmer Becca Rudebusch from Seeds Farm received a grant in 2019 that allowed her to build the first high tunnel on her property. "With the changing climate, they're the most secure growing space we have," says Becca. "Now we have heaters and more ventilation in our tunnels to extend the growing season."



FOX & FAWN FARM

Tim Kirkman

HELPING FARMS DIVERSIFY

About 10 years ago, Tim Kirkman of Fox & Fawn Farm used grant funds for a "new crops project" that tested how different types of trees and shrubs would grow on his farm. While some crops worked well, some did not, and others are only now starting to bear fruit.

Tim says it's all part of the learning process. "I've been able to offer red currants, white currants, gooseberries, beach plums, and apples in our CSA program," he says. "LOFF allowed me to experiment with new fruits and nuts on our farm, taking so much of the risk out of my trials and giving me experience to make recommendations to other growers."

VITAL EQUIPMENT WITHIN REACH

Farmers often use funds to pay for crucial farm infrastructure. Naima Dhore of Naima's Farm completed such a project in 2024, when LOFF funds helped her install electricity to power fans in her hoop houses. "We have a fan in our high tunnel which allows us to have a consistent temperature to produce tomatoes," said Naima. "It really is expanding our operation on a different level."

Farmer Wendy Johnson of Jóia Food & Fiber Farm received funding nine years ago to buy a cultivator, which was crucial to growing row crops as the farm transitioned to organic. Now she grows perennial crops, including Kernza®, on her diversified farm.

JÓIA FOOD & FIBER FARM

Wendy Johnson

"Small and mid-sized farms are the backbone of our country, creating the food security we need. Yet they are the most vulnerable to climate change, ag policy, and the farmers are overworked and underpaid due to not being at scale," says Wendy. "The farmers LOFF supports are the most vulnerable farmers in our region, yet are growing the most food – healthy, organic food – for people. LOFF creates a huge impact because Lakewinds sees that need and helps fill that huge gap."

LOFF grants would not be possible without everyone in our co-op community. From hard-working staff to shoppers to farmers who grow our food, everyone plays a part in Lakewinds' success, which allows programs like LOFF to happen.

"For food security, it's important to sustain our strong food system locally," says Becca. "It's important to put your money where your values are. The grants have helped our farm stay relevant and efficient, so we can be here for generations."



Vegan Potato Gratin

This melt-in-your-mouth casserole, made with both sweet potatoes and russets in a creamy cashew sauce, is a satisfying bite of nostalgia.

1 cup raw cashews
1 cup unsweetened oat milk
½ cup vegetable stock
1 Tablespoon white miso
3 Tablespoons nutritional yeast
2 teaspoons Dijon mustard
1 teaspoon salt
2 Tablespoons vegan butter, plus more for pan
1 large yellow onion, thinly sliced
2 cloves garlic, chopped
2 Tablespoons fresh thyme, coarsely chopped, plus more for garnish
2 pounds sweet potatoes, 2" wide, peeled & sliced
2 pounds small russet potatoes, 2" wide, peeled & sliced
½ cup vegan cheddar shreds, optional

Cover the cashews with cold water and soak for at least 2 hours or overnight in the refrigerator. Drain and place in a blender and add the oat milk, vegetable stock, miso, nutritional yeast, Dijon mustard, and salt. Blend, scraping down the sides and repeating as necessary until very smooth, then set aside.

Preheat oven to 400°. Use a slice of vegan butter to grease a 9x13 casserole dish and set aside. Melt 2 Tablespoons vegan butter in a medium sauté pan over medium heat, then add the onions. Sauté, stirring frequently, until soft and clear. Add garlic and thyme

leaves, stir for a minute, remove from heat and set aside. Using a mandolin, or by hand, slice sweet potatoes into ¼-inch thick rounds. Move to a bowl. Do the same for the russet potatoes and reserve them on the cutting board.

Arrange a row of sweet potato slices, standing up and shingled, along one long edge of the pan. Arrange a row of russet potato slices alongside it in the same way. Repeat to make four rows, alternating potatoes. Sprinkle with the onion mixture.

Drizzle the cashew sauce evenly over the rows of potato slices, and give the pan a gentle shake to make sure the sauce reaches the bottom. Cover the pan with foil and bake on the bottom rack for 45 minutes. Test the potatoes for doneness by piercing with a paring knife. If they're not tender, re-cover and bake for an additional 10 minutes.

Uncover, move to the top rack and bake for 15 minutes, then take out and sprinkle with the vegan cheddar shreds if using. Return to the oven for 2 minutes to melt the shreds. Sprinkle with extra thyme if desired. Let cool for 5 minutes before cutting, then serve.



WILLA'S OAT MILK

This smooth and creamy oat milk is made following a family recipe. It's eco-friendly – made from locally grown, organic oats in a process that uses the entire oat, reducing waste.

GROCERY | \$6.99 ♥ LOCAL
 See coupon on page 11.

Braised Pears *in Caramel Sauce*

2 Bartlett pears (not too ripe), peeled, cut in half and cored
2 Tablespoons water
¼ cup brown sugar
¼ teaspoon ground nutmeg
1 teaspoon vanilla bean paste
½ cup heavy cream or full fat coconut milk
1 ½ teaspoons flaky salt
Whipped cream or ice cream, for serving, if desired

Preheat a medium-sized skillet on medium-high heat. Add the water, brown sugar, nutmeg, and vanilla paste and stir to combine. Bring to a gentle boil and place the pears cut-side down on top of the syrup. Cover and simmer for about 15 minutes until golden brown on the bottom, then

add the heavy cream. Continue to simmer for another 10 to 15 minutes, basting occasionally, until pears are soft and golden. Place on four individual serving plates, sprinkle each with flaky salt, and serve warm with a scoop of ice cream or a dollop of whipped cream, if desired.



*Serve warm
with a dollop
of ice cream!*



SUGAR MAGIC

Sprinkling sugar on the pears draws out the juices and helps create a natural syrup, which caramelizes after adding cream.

FROM ORCHARD to PLATE



WHISTLING WELL

Charlie Johnson, Owner

Apple lovers have it good in Minnesota. The soil and climate in our state is ripe for growing this popular fruit, and lucky for us, fall is when they start hitting the shelves. The local apples you find at the co-op this time of year come from one of our handful of trusted orchard partners, Whistling Well.

This family-owned farm in Hastings planted their first apple trees back in 1980. Today they grow many of your favorite Minnesota varieties like Haralson, SnowSweet, Honeycrisp, and Sweetango, so you can find the perfect snacking apple or the right variety for baking great pies.

If you're wondering where the name Whistling Well comes from, it's quite literal: the farm's wishing well whistles when the wind hits

it just right. If you visit the farm, be sure to toss in a coin and make a wish. All coins collected are matched by the farm and donated to the University of Minnesota Masonic Children's Hospital Nurses Fund, which helps families with expenses not covered by insurance. To date, they've donated over \$12,000. That's a lot of coins!

There are other great reasons to make a trip out to Hastings this fall to visit Whistling Well. They offer apple picking, which is one of the best ways to enjoy the beautiful St. Croix River Valley foliage on a sunny afternoon. Visiting in October? They also grow and sell pumpkins to carve and decorate.

Weekends regularly feature live music in the barn and even a food truck or two. Kids will love feeding the chickens and goats. And be sure to stop in the country store on your way out to browse their selection of local farm goods like preserves, maple syrup, and pumpkin butter.

Grilled APPLE GOUDA SANDWICH

This elevated grilled cheese is the perfect fall comfort food for laid-back gatherings or family dinners.

4 slices Baker's Field Good'wich or Seeded bread,
sliced ¾-inch thick
2 Tablespoons mayonnaise
2 Tablespoons Divina chili fig spread
8 slices Red Apple Smoked Gouda cheese
1 tart apple, sliced thin

Place the bread slices on a cutting board and evenly distribute the mayonnaise on one side of each piece. Flip the bread over and spread one Tablespoon of chili fig spread on each side of the bread, evenly layer the cheese and apple, and place the other piece of bread on top with mayo side up.

Preheat a skillet over medium-low heat until hot, place the sandwiches in the pan, and slowly cook until golden brown on each side, about 5 minutes per side. Remove from the pan, slice in half and serve. Makes two sandwiches.



BAKER'S FIELD BREADS

Baked fresh in Minneapolis from locally grown flour that's stone-ground on site, Baker's Field goes from wheat to rising dough to freshly baked on the co-op shelves in just two to three days.

GROCERY | \$5.29-8.49 ♥ LOCAL
See coupon on page 11.

RED APPLE SMOKED GOUDA

Red Apple gouda is cold-smoked for superior flavor, giving this Wisconsin melting cheese an added layer of deliciousness while keeping its creamy, smooth texture.

SPECIALTY CHEESE | \$7.49 ♥ LOCAL

FOCUS *on* IMMUNITY

There's a lot to enjoy as we transition into fall, but sniffles aren't one of them. As we spend more time indoors and kids return to school, our bodies can use some extra immune support. We have you covered with an array of products that can support our bodies' wellness.



NORDIC NATURALS VITAMIN D3

As days get shorter, our bodies get less sunshine-fueled vitamin D – critical for regulating immunity. These supplements keep you ahead of the game with a perfect dose of vitamin D3 for your daily regimen.

WELLNESS | \$14.99



NATURE'S WAY SAMBUCUS

Like gummy supplements? These Wisconsin-made products are for you, with a daily dose of elderberry boosted with vitamins C and D and zinc for extra immune support.

WELLNESS | \$19.99 ♥ LOCAL



APOTHCARE ELDERBERRY SYRUP

People have relied on elderberries to support immune health for generations. A daily shot of elderberry syrup provides a supportive boost to help you avoid catching whatever's going around.

WELLNESS
\$19.99-22.99 ♥ LOCAL
See coupon on page 11.



LAKEWINDS MAGNESIUM GLYCINATE

According to the National Institutes of Health, magnesium is key to optimal health – from boosting the body's immunity to preventing inflammation. If you've been diagnosed with a deficiency of this essential micronutrient, this magnesium glycinate form helps improve absorption.

WELLNESS | \$14.99



EMERGEN-C

Many of us rely on vitamin C as our frontline immune support. When citrus fruit or a glass of OJ just aren't enough, powdered supplements like Emergen-C are a great option. Mix into your daily water bottle to get immune benefits at home, at work, and everywhere you go this fall.

WELLNESS | \$0.49-15.99

BOARD LETTER

APPRECIATION *in* EVERY AISLE

Fall is in the air! Can you feel it? Warm days and cool nights bring the kaleidoscope of changing colors that Minnesota wears with brilliance. And best of all is the bountiful harvest that arrives at the co-op every year without hesitation. Take a big bite out of a Cosmic Crisp apple, enjoy the sweetness of root vegetables picked at their peak, and dive into a soul-warming stew or harvest vegetable soup. No matter your preference, the co-op has a plethora of options that will bring a smile to your face.

The next time you're at the co-op, share your fall favorites with a Lakewinds' staff member.

At the same time, if you're inclined, thank the incredible staff for all they do to make the co-op a special place for all of us. Employees love to hear your feedback; it's what helps the co-op grow and improve.

As owners, we can give input that informs the future of Lakewinds and gives us reasons to celebrate – a fantastic benefit of ownership!

Speaking of celebrations, it's Lakewinds' 50th year, and the perfect time to celebrate the success that your patronage supports. Another big milestone is the \$1 million raised in the history of the LOFF grant program, which helps local, sustainable farmers

fund farm projects. And lucky for us, October is Owner Appreciation Month! In honor of our 50th year, we are acknowledging your support with some extra appreciation. Watch your mail for more details about Lakewinds' gratitude for your continued support, year after year.



Mary Rausch
Lakewinds
Board Member



OWNER-ONLY COUPONS

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

20% OFF

One Baker's Field bread item

Valid Sept. 1 to Nov. 30, 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. Excludes flour.

PLU 22395



20% OFF

One hot bar or salad bar purchase, up to \$4 off

Valid Sept. 1 to Nov. 30, 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. Excludes soups and prepackaged grab and go foods.

PLU 22399



\$1.50 OFF

One Willa's oat milk item

Valid Sept. 1 to Nov. 30, 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.

PLU 22397



\$4 OFF

One Apothicare item

Valid Sept. 1 to Nov. 30, 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.

PLU 22401



LAKEWINDS FOOD CO-OP ReFresh



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A LEGACY of COMMUNITY CONNECTION

This year, Lakewinds Food Co-op celebrates 50 years of nourishing our community, not just with wholesome food but with a deep commitment to giving back. Since our inception, Lakewinds has been more than a grocery store; we've been a catalyst for positive change, enriching lives and strengthening local ecosystems through long-time giving programs.

From championing sustainable agriculture through our Lakewinds Organic Field Fund (LOFF) to supporting community nutrition and education through our cultivating community garden donations, we've sown the seeds of a grounded, flourishing community. Our Community Giving Round Up program has transformed pocket change into powerful support for local nonprofits, and our food rescue efforts ensure good food finds a home instead of going to waste.

The story of Lakewinds' community giving is woven from these programs, but it is our shoppers who provide the unique threads. As we reflect on 50 years, we see this collective impact as a testament to the enduring power of cooperation, where people support people and share a vision for a better tomorrow. Here's to many more years of cultivating community together!



COMMUNITY GARDEN DONATIONS

\$68,040

given to
community
and school
gardens
since 2018.



COMMUNITY GIVING ROUND UP

\$1,814,126

given to 65
organizations
since 2015.



LAKEWINDS ORGANIC FIELD FUND

\$1,012,669

given to 110
farms since
2011.



MISCELLANEOUS DONATIONS

\$64,062

to community
events or fundraising
campaigns that
meet our criteria.



SPONSORSHIPS

\$266,985

to support
partners, including
farmers markets,
conferences, food
shelf fundraisers,
and more.

The CO-OP CROSSWORD

How well do you know Lakewinds? Test your 50th anniversary knowledge with our first-ever crossword puzzle. It was created by Taylor Johnson, a former Lakewinds staffer and current professional word game maker. Happy solving! (Answers on page III.)



ACROSS

- 1 Llama relative
- 7 ___ the word
- 11 Bay area airport code
- 14 Teeter-totter
- 15 "Pronto!" acronym
- 16 Attempt
- 17 Lakewinds 50th ___ (what we're celebrating this year!)
- 19 Some small batteries
- 20 Scot's "no"
- 21 Reach 212 degrees, as water
- 22 One in a deadly septet
- 23 Boast
- 25 Lakewinds first storefront location
- 28 Cocktail often paired with brunch
- 30 Enter gradually
- 31 "___ is me!"
- 32 Subway vehicle
- 36 Full of cargo
- 37 Lakewinds location that opened in 2014
- 39 Transfer, as a houseplant
- 42 Houston baseballer
- 43 Have a bite
- 46 Fortunate
- 48 "Lemme do it!"
- 50 Lakewinds location that opened in 2006
- 54 Clickable desktop image
- 55 Help
- 56 Screwdriver, for one
- 57 Web address, briefly
- 58 Dana Bash's network
- 59 Lakewinds' prior name at "little red shack"
- 62 Commonly torn knee part, for short
- 63 Flag down, as a cab
- 64 Turn red from embarrassment
- 65 "30 Rock" actress Tina
- 66 Stops
- 67 With ___ breath

DOWN

- 1 Cool ___ cucumber
- 2 Cariou who played Sweeney Todd on Broadway
- 3 Author's pseudonym
- 4 Cheese often found atop a bagel
- 5 Give in
- 6 Amaze
- 7 ___ jar
- 8 Runner Bolt
- 9 "CODA" actress Matlin
- 10 Secret agent
- 11 Like the glass in some church windows
- 12 "Malcolm in the Middle" actor Muniz

- 13 Yiddish exclamations
- 18 Slugger's stat
- 22 "How unfortunate"
- 23 German carmaker
- 24 ___ Grande
- 25 Comedian and podcaster Maron
- 26 Rendered animal fat
- 27 "Raggedy" doll
- 29 Disney's "Lilo & ___"
- 33 "I've got it!"
- 34 "No ___, ands or buts!"
- 35 Small thing to pick
- 37 Circular
- 38 Activist Brockovich
- 39 Pro wrestler Flair
- 40 Make better

- 41 In an ordinary way
- 43 Fence off
- 44 Year, in Spanish
- 45 Color of khakis
- 47 "A Night at the Roxbury" actor Chris
- 49 Ventilate thoroughly
- 51 State of matter
- 52 All ___ Day (November 2nd)
- 53 Antlered beast
- 57 Sch. near the Getty Center
- 58 Half-___ (coffee order)
- 59 ___/her pronouns
- 60 Recede, as the tide
- 61 Common deg. for a professor

1	2	3	4	5	6		7	8	9	10		11	12	13
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65					66					67				



50 YEARS *of* WORKING TOGETHER

ALL ABOUT THE PEOPLE

As Lakewinds marks its 50th anniversary, we're celebrating the foundation of our co-op's success – people. That includes farmers, ranchers, and makers, as well as our shoppers and owners. But we want to put a special spotlight on our staff, those who make the co-op experience truly exceptional. From all of us to our many owners, we say: Thanks for 50 years of supporting Lakewinds. Here's to 50 more!

BY THE NUMBERS

399
TOTAL EMPLOYEES
ACROSS LOCATIONS

1 in 4
HAS WORKED AT THE
CO-OP FOR MORE
THAN 10 YEARS

69%
OF STAFF ARE
LAKEWINDS
OWNERS

72%
OF STAFF ARE
FULL-TIME
EMPLOYEES

28
EMPLOYEES WERE
PROMOTED TO NEW
ROLES LAST YEAR



The Co-op Crossword Answers



FROM OUR KITCHEN TO YOURS



Crème Brûlée French Toast

As we celebrate 50 years of nourishing our community, we wanted to share something special. This original recipe from our co-op deli has become a customer favorite and a breakfast staple at our hot bar.



APPLE COMPOTE

Take your French toast to the next level with this sweet-tart apple compote. Find the recipe at Lakewinds.coop/Recipes.

This French toast is unlike any other, made with a buttery, maple-brown sugar caramel base, thick slices of bread, and a creamy custard. The secret? An overnight soak that guarantees a perfect texture every time – never soggy, always delicious. As a bonus, top it with apple compote for extra autumnal flavor. Wonderful for brunch, a holiday gathering, or a leisurely morning with loved ones, this dish brings comfort and celebration to every bite. Bon appétit!

- | | |
|--|---|
| 1 cup unsalted butter | 1 ¾ cups whole milk |
| 2 cups light brown sugar | 2 cups heavy cream |
| ½ cup maple syrup | 1 Tablespoon vanilla extract |
| One loaf of bread, such as Bredsmith honey white | ½ teaspoon sea salt |
| 12 eggs | Powdered sugar, for dusting, if desired |

In a saucepan, melt the butter, brown sugar, and maple syrup, and stir to combine. Grease a 9x13 pan and add the butter mixture. Arrange the bread slices over the top and set aside.

In a bowl, whisk together the eggs, milk, cream, vanilla, and salt. Pour evenly over the bread, cover, and chill in the refrigerator overnight.

Bake uncovered at 375° for 50 to 60 minutes until golden brown and cooked through. Dust with powdered sugar and serve hot with apple compote, if desired.