

LAKEWINDS
FOOD CO-OP

ReFresh

Step Into **SPRING**

**SPRING
PLANT SALE**
Page 4

**COME
TOGETHER
FOR BRUNCH**
Page 6

**CHICKPEAS
TWO WAYS**
Page 8

**GYRO
LAMB BOWL**
Page 10

Meet Rachel,
cashier at our
Richfield store.

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

SPRING 2026

HELLO!

At the core of our culture at Lakewinds is celebrating achievements and recognizing people's contributions to our success. Together we have done much that needs to be acknowledged and applauded. Our Lakewinds Organic Field Fund (LOFF) is a perfect example.

LOFF is Lakewinds' "no strings attached" grant program, which awards funds to farmers, ranchers, and makers who are working to grow, improve, and scale their operations. Every spring since 2011, a rotating committee of employees, board members, and owners has carefully reviewed and selected LOFF recipients. To date, Lakewinds has awarded more than \$1 million to over 100 farms. This is all possible because of you. Thank you!

By choosing to shop at Lakewinds, together we are building a strong and profitable business that supports local farmers – people who work incredibly hard to change the food system. Nothing I write could meaningfully convey the power we have at Lakewinds to support such amazing work. I encourage you to take a minute or two and see the impact we're making together by visiting Lakewinds.coop/LOFF to watch videos of past LOFF recipients.

As a loyal owner, YOU help us give back to local farmers and create a more resilient local food system. Great work – keep it up!



Greg Dick
Lakewinds General Manager

GENERAL MANAGER

Greg Dick

EDITORS

Jena Olson
Sr. Communications Manager

Renee Whisnant
Marketing Manager

Baylee Meichels
Social Media & Design

Aubre Suttle
Events & Community

Ray Norris
Marketing Data Coordinator

DESIGN

Meghan Palmer

PHOTOGRAPHY

Christine Armbruster

RECIPES & FOOD STYLING

Shelagh Mullen

LOCATIONS

Minnetonka
17501 Minnetonka Blvd.
Minnetonka, MN 55345
952-473-0292

Chanhassen
435 Pond Promenade
Chanhassen, MN 55317
952-697-3366

Richfield
6420 Lyndale Ave. S
Richfield, MN 55423
612-814-8000

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

Spring CALENDAR

MARCH

MINNESOTA FOODSHARE MONTH

March 1 - 31

Round up at the register to support the food access partner closest to your Lakewinds store: ICA, PROP, or VEAP. Your donations help unlock additional Lakewinds funds (up to \$5,000 per store) as we reach our goals throughout the month. These additional funds will support WeCAN, Bountiful Basket, and Tubman food shelf. You can also purchase a food shelf donation card at checkout in \$5, \$10, or \$20 amounts to give in greater quantities. *Ask a cashier for details.*

LAKEWINDS ORGANIC FIELD FUND (LOFF) GRANTS AWARDED

Late March

Lakewinds offers direct support to local farmers through the LOFF grant program. This initiative turns farmers' goals into reality, funding critical infrastructure projects like pack sheds, egg washers, deer fencing, and more. These investments help keep our local food system thriving! See the full list of 2026 LOFF recipients and learn about their planned projects beginning in late March at Lakewinds.coop/LOFF.



March FoodShare Month recipient WeCAN

APRIL

EARTH MONTH

April 1 - 30 (Earth Day is April 22)

Celebrate Earth Day all month long at Lakewinds with planet-friendly specials to help reduce your eco-impact. Don't forget to bring your reusable bags in April, when credits are doubled to 10 cents per bag. You can multiply the good by donating your bag credit to April's Round Up recipient, Community Emergency Service. Funds will buy locally grown, organic produce from emerging farmers for CES' food shelf.



MAY

SPRING PLANT SALE

Early May

Gardening season is upon us. Are you ready to dig in? Get your hands dirty with a full selection of soil, herbs, organic veggies, and other planting essentials at the co-op, while supplies last. Watch your email and our social media pages in late April for the launch date.

SPRING MEAT SALE

May 3 - 30

Stock up on your favorite, deeply discounted, sustainably raised meats for summer socials, park picnics, backyard barbecues, and beyond. Shop with peace of mind knowing all our high-quality meat and seafood is raised according to our strict standards. See the schedule at Lakewinds.coop/MeatSale starting in April.

MEMORIAL DAY STORE HOURS

May 25

Our stores will close early at 6 pm in observance of Memorial Day, resuming normal hours on Tuesday, May 26.



Meet former LOFF recipient Rodrigo Cala.



Meet former LOFF recipient Becca Rudebusch.

Rooted in COMMUNITY

MEET OUR GROWING PARTNERS



The birds are singing, the soil is warming, and that means many of us are itching to get back into the garden. Whether you have a sprawling backyard or a sunny apartment balcony, our Spring Plant Sale has all the essentials for a thriving growing season.

Last year we extended our pop-up sale at all three Lakewinds locations, each offering a full selection of high-quality garden goods. That includes hanging baskets and potted displays from Green Earth Growers, garden soil from Purple Cow Organics, fruit and vegetable plant starts from Humble Pie Farm and Twin Organics, and a selection of native perennials from Glacial Ridge Growers.

These local farmers are setting the stage for a successful gardening season long before our plant tents go up. Meet two of our incredible partners who make our annual plant sale possible.



The Plant Sale will start in early May. Check our social media pages and email messages in late April for details!



GREEN EARTH GROWERS

Jolea Gress

Located just south of the Twin Cities in Prior Lake, Green Earth Growers is a small, women-owned greenhouse that has been a local staple for more than 20 years. Their Minnesota-grown annuals, herbs, and vegetables are perfectly suited to our local climate.

As a Certified Naturally Grown farm, they prioritize environmentally responsible practices that put the land first. Each hanging basket and potted arrangement from Green Earth is imbued with two decades of expertise and a deep passion for sustainable agriculture and natural beauty.

HUMBLE PIE FARM

Mike Leck, Earl Leck, and Jennifer Nelson

Humble Pie Farm is a family-run, certified organic flower and plant farm dedicated to the belief that beauty and sustainability go hand in hand. Originally rooted in the Twin Cities and now flourishing in Plum City, WI, the farm was born from Jennifer's deep passion for living close to the earth and her desire to create a ripple effect of positive change in the community.

Humble Pie Farm's starts are cultivated with a soil-first philosophy and belief that good relationships with the plants we bring into our lives leads to healthier relationships with our food and each other.

SWEET & SAVORY BRUNCH

This brunch menu hits all the right flavor notes, from sweet and tangy to savory and crunchy.

DUTCH BABY WITH MANGO SAUCE

2 Tablespoons butter
 3 large eggs, at room temperature
 ½ cup bread or all-purpose flour
 ½ cup whole milk, at room temperature
 2 Tablespoons brown sugar
 1 teaspoon vanilla extract
 ⅛ teaspoon kosher salt
 Powdered sugar, for serving
 Berries, for serving, if desired

MANGO SAUCE

1 large (1 ½ to 2 cups) ripe mango or frozen mango chunks, thawed
 2 Tablespoons maple syrup, plus more if needed, to taste
 Pinch of kosher salt
 1 teaspoon vanilla extract

Have all your Dutch baby ingredients out and at room temperature. Place a heavy 10-inch skillet in the middle rack of the oven and preheat to 425°.

While the pan is heating, combine eggs, flour, milk, brown sugar, vanilla, and salt in a blender pitcher and blend until very smooth (or mix by hand).

Add the butter to the hot pan. Once it's melted, add the batter, return the pan to the oven, and bake for 20 minutes until the pancake is puffed and golden. Lower the oven temperature to 300° and cook for another 5 minutes until the center is done.

Meanwhile, make the mango sauce. If using fresh mango, cut the mango away from the pit, peel, and roughly chop. To a large saucepan, add the mango, syrup, and a pinch of salt. Simmer for 15-20 minutes until tender. Blend together using an immersion or high-powered blender. Add the vanilla and blend until smooth. Add more maple syrup to taste, if needed.

Remove pancake from oven, cut into wedges, and serve right away, topped with mango sauce, a sprinkling of powdered sugar, and berries if desired.



SWEET POTATO BREAKFAST HASH

8 oz. Beelers bacon ends, *chopped into small pieces*
 1 large (about 2 cups) leeks, *well-washed and chopped*
 2 cloves garlic, *minced*
 1 lb. (about 2 ½ cups) sweet potatoes, *peeled and cut into ½-inch cubes*
 2 teaspoons kosher salt, *divided*
 1 teaspoon dried oregano
 Pinch red pepper flakes, *optional*
 ¼ - ½ cup water, *divided*
 8 oz. asparagus, *woody ends removed and cut into 1-inch pieces*
 ½ teaspoon freshly cracked black pepper
 4 to 5 eggs
 4 to 5 heaping Tablespoons ricotta cheese
 Green onions or fresh chives, *chopped, for garnish*

In a large, 10- to 12-inch skillet with a lid, brown the bacon over medium-high heat until crisp. Remove bacon and set aside on a paper towel-lined plate. Drain all but 2 Tablespoons of bacon fat from the pan.

Add the leeks and ½ teaspoon salt to the skillet and sauté for 4 to 5

minutes until lightly browned. Add the garlic, sweet potato, oregano, another ½ teaspoon salt, and red pepper flakes if using, toss until coated with the oil, and leave for another 5 minutes until they brown on the bottom. Add ¼ cup or so of water to loosen the brown bits in the pan. Place the lid on the pan and steam until the sweet potatoes are almost soft (they should just split when tested with a fork), about 10 to 12 more minutes.

Reduce heat to medium. Add the asparagus, ½ teaspoon of kosher salt, and pepper to the pan. Cook about 8 minutes, stirring often. Add the bacon back to the pan.

Spread the mixture evenly in the pan and use the back of a spoon to make four or five small wells for the eggs. Crack the eggs into the divots. Sprinkle remaining salt on the eggs and cover with a lid. Let the eggs cook for about 4 minutes, until the whites are set to your preferred doneness.

Add 4 to 5 dollops of ricotta to the top. Garnish with fresh chopped green onions or chives and serve.

Find locally raised eggs from organic Larry Schultz, pasture-raised Acres of Asher – even organic, free-range duck eggs from local GRAISE farm, seasonally! See coupon on back.



MORNING COCKTAIL

For a sparkling mocktail, just mix 1 part Knudsen's Morning Blend juice with 1 ½ parts Health-Ade Pink Lady apple kombucha.

CHICKPEAS

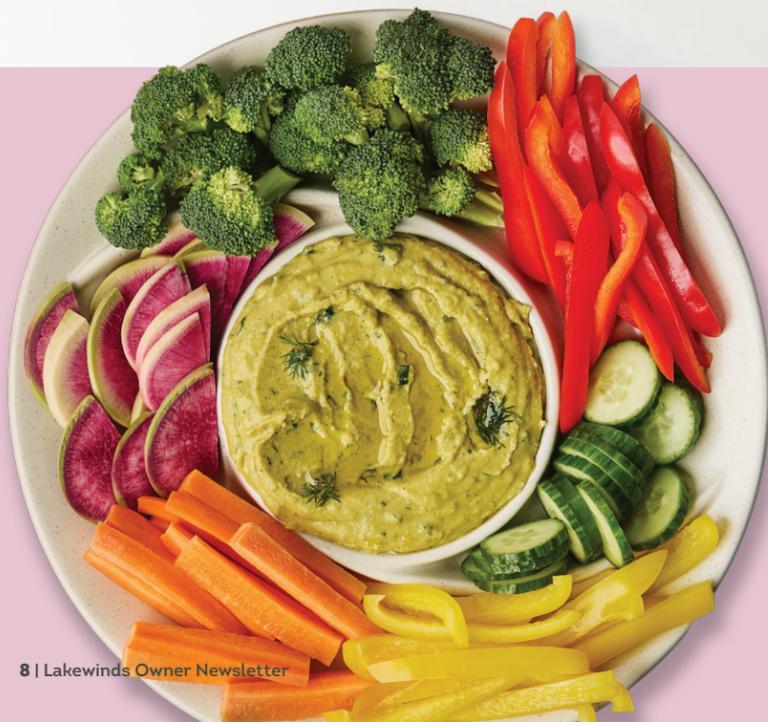
Two Ways

Chickpeas are a lovely legume to have on hand. Versatile and delicious, they're a great basis for nutritious plant-based meals you can enjoy any time. These two recipes are a great place to start. Mix chickpeas with veggies and herbs for a delicious Greek salad or grab your food processor and make a zesty, herb-infused hummus.

GREEK CHICKPEA SALAD

- | | |
|--|---|
| ½ cup Greek yogurt | ½ teaspoon fresh cracked black pepper |
| 1 garlic clove, <i>grated</i> | 1 large English cucumber, <i>grated and squeezed dry in a tea towel</i> |
| 3 Tablespoons olive oil | 1 pint cherry tomatoes, <i>halved</i> |
| 1 Tablespoon honey | 2 (15 oz.) cans chickpeas, <i>rinsed and well drained</i> |
| 2 Tablespoons dill, <i>chopped</i> | ½ cup red onion, <i>very thinly sliced</i> |
| 2 Tablespoons fresh mint leaves, <i>plus more for garnish, chopped</i> | 4 oz. Feta cheese, <i>crumbled</i> |
| Juice of 1 lemon | |
| 1 teaspoon kosher salt | |

In a large bowl, whisk together the yogurt, garlic, olive oil, honey, dill, mint, and lemon juice. Mix in salt and pepper. To the yogurt mixture add the cucumber, tomatoes, chickpeas, and red onion. Toss to combine, taste, and add more salt and pepper if needed. To serve, top with feta cheese and garnish with more mint.



HERB-INFUSED HUMMUS

Give your lunches a spring lift with homemade hummus and veggies! Whether paired with a sandwich or as part of a light lunch, you'll get bright veggies and protein, lots of flavor, and crunch. Easy to make and brimming with herbs, this hummus also makes a gorgeous appetizer.

Get the recipe at Lakewinds.coop/Recipes.

SPRING PANZANELLA

CROUTONS

- ¼ cup olive oil
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- 8 cups day-old bread, such as Rose Street focaccia, *cubed*
- ¼ teaspoon freshly cracked black pepper

GREEN ONION VINAIGRETTE

- 1 bunch (about 2 cups) green onions, *cut into 2-inch pieces*
- ½ cup extra virgin olive oil
- 2 teaspoons Dijon mustard
- ¼ cup red or white wine vinegar
- 2 cloves garlic, *smashed*
- 1 teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper
- 2 Tablespoons honey
- Water if needed

SALAD

- 2 pints (about 2 cups) cherry tomatoes, *halved*
- 1 cup Simpli gigante beans, *cooked,* or 2 cans cannellini beans, drained and rinsed*
- 1 (9 oz.) jar artichokes, *drained and chopped*
- ¼ cup red onion, *minced*
- Freshly cracked black pepper
- ¼ cup fresh Parmesan cheese, *grated*
- 2 Tablespoons fresh basil, *torn*

Preheat oven to 350°, then toss the bread cubes with the olive oil, garlic powder, salt, and pepper together on a rimmed baking sheet. Bake, tossing once halfway through, until crisp and browned, about 15 minutes. Set aside and cool.

Combine all the vinaigrette ingredients in a blender and blend until smooth. Add some water to thin it out if needed; it should be the consistency of heavy cream. Set aside.

Add the tomatoes, beans, artichokes, and red onion to a large serving bowl and top

with a generous amount of black pepper. Toss with 2 Tablespoons of vinaigrette. Add the croutons and more dressing, to taste. Add Parmesan and fresh basil, gently toss well, and serve.

Reserve any extra dressing for another salad or use as a sauce for grilled chicken.

***To cook Gigante beans, gently simmer for 2 ½ to 3 hours until very tender but not mushy. You can also soak them overnight to reduce cooking time.**



Meet Alec, front end supervisor at our Richfield store.



SIMPLI GIGANTE BEANS

This woman- and minority-owned company sources organic, regenerative, ethically grown heirloom beans from small family farms around the world. The gigante variety of beans is creamy and buttery – a perfect protein to add on salads.

GROCERY | \$7.99
See coupon on back.

Fresh Twist ON GYROS

While lamb is often a centerpiece for spring occasions, here's a simple way to enjoy it year-round. Made with generously spiced, sustainably raised ground lamb, served over rice, and topped with yogurt sauce, our recipe is quick to prepare and full of rich flavor – ideal for those who may be new to this springtime favorite.



THE LAMB SHOPPE

For 30 years, the Lamb Shoppe team has raised sheep and livestock on their 180-acre farm in Hutchinson, Minnesota. Their grass-fed lamb meat, some of the region's best, is sold alongside bulk herbs, teas, and herbal products at their local wellness center and shop. Drop by the Lakewinds meat department to find their legs of lamb, chops, ground lamb, and more, while supplies last.

MEAT | \$11.99 - 22.99/LB
♥ LOCAL
See coupon on back.

GYRO-INSPIRED LAMB BOWL

1 lb. ground lamb
1 large onion (1 ½ cups), *chopped*
3 cloves garlic, *chopped*
1 small zucchini (about 1 cup), *grated*
1 Tablespoon olive oil
1 ½ teaspoons kosher salt, *divided*
Freshly ground black pepper, *to taste*
2 teaspoons dried oregano
½ teaspoon fennel seeds
¼ teaspoon red chili flakes, *optional*
1 English or 2 Persian cucumbers, *sliced*
8-10 mini sweet peppers, *cut in rings*
½ small red onion (½ cup), *thinly sliced*
5-6 cups cooked brown rice*
4 handfuls of Romaine lettuce
Sunflower seeds, *to taste*
Lemon wedges, *for serving, if desired*

SAUCE

1 cup plain whole milk Greek yogurt
1 Tablespoon fresh lemon juice
2 Tablespoons fresh chives, *chopped*
1 Tablespoon fresh dill, *chopped*
1 small shallot, *minced*
1 small garlic clove, *minced*
½ teaspoon kosher salt
Freshly ground black pepper

First, make the sauce by stirring all of the ingredients together in a small bowl, then set aside. You can also make it ahead of time and refrigerate so the flavors have time to marry.

Preheat a large skillet over medium-high heat. Add the lamb and ½ teaspoon salt and brown the meat, breaking up into small pieces until completely cooked, about 10 minutes. Using a fine mesh strainer, drain and set aside.

To the same pan over medium-high heat add the oil and onions, sprinkle with ½ teaspoon of the salt, and sauté for 6-8 minutes until translucent and starting to turn golden. Add the garlic, zucchini, oregano, fennel seeds, chili flakes if using, ½ teaspoon salt, and pepper. Toss to combine.

Add the lamb back to the pan and sauté, stirring occasionally, for another 5 minutes.

Meanwhile, cook the rice according to the package directions. Divide the rice into 4 shallow bowls and add a handful of lettuce, cucumbers, sweet peppers, and red onion to each. Top with the lamb mixture and yogurt sauce, sprinkle with sunflower seeds, garnish with a lemon wedge if desired, and serve.



*Time saver: Find Grain Trust steamed brown rice in the frozen section and use 2 packets (3 packets per box).

SPRING SPARKS CREATIVITY

As the days stretch longer and the sun starts to feel warm again (even if only in theory), I wander the produce section with a hopeful eye. My first true sign of spring? Asparagus. The tender bundles at Lakewinds are my annual green light to shift toward lighter flavors and fresher cooking. And let me tell you – this asparagus is the good stuff. The kind that practically begs to be roasted with shallots and drizzled with a cranberry vinaigrette, or blended into a silky asparagus-edamame soup that tastes like the season waking up.

Spring, for me, comes with one guiding principle in the kitchen: stay flexible. If an avocado isn't quite ripe or an ingredient is missing, I try to pivot instead of panic. One "happy accident" happened when I had my heart set on an apple-kohlrabi salad. No kohlrabi in sight. But after a chat with one of the staff, we started brainstorming. What else could give me crunch and freshness? That's how Napa cabbage ended up in my bowl, and I may never go back.

I treasure the tiny collaborations that turn a shopping trip into an unexpected spark of creativity. One staff member told me, "I love figuring out substitutions," and I thought: This is why I love this place.

As the seasons change, supporting local stays easy at Lakewinds. Spring might feel like a lean time for local produce, but we're still surrounded by abundance: local meats, grains, dairy, pantry staples, wellness products, and many thoughtful packaged goods.

I love discovering a new Minnesota-made ingredient and asking myself, "What could I do with this?" Pomegranate molasses, local maple syrup ... could it glaze carrots? Finish a pan sauce? Drizzle onto roasted chicken or whisk into a dressing? Let those little discoveries stir big ideas in your kitchen, too.

To everyone at Lakewinds, thank you for bringing so much joy to my cooking. Every conversation adds something to my day. And if you spot me wandering the aisles, please say hello. Let's keep inspiring each other ... and keep supporting the local growers and food makers who nourish our community year-round.



Pam Werley
Board Member



6321 Bury Drive, Suite 21
Eden Prairie, MN 55346
Lakewinds.coop

PRSR STD
U.S. POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 27734

SPRING RESET

This time of year, there's a natural urge to clear out the clutter – and we don't just mean in your closet. Refresh your space with an aromatherapeutic room spray from Pranarom, or try an internal spring cleanse with Renew Life's Total-Body Reset or Suja's Mighty Dozen drink.

Read more tips and ideas at Lakewinds.coop/SpringCleaning. See coupon below.



Owner-Only Coupons

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



20% OFF PLU 22411

One Lamb Shoppe purchase
(limit \$5 off)

Valid March 1 to May 31, 2026

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.

\$5 OFF PLU 22313

One purchase of \$20 or more of supplements

Valid March 1 to May 31, 2026

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 22415

One Simpli beans

Valid March 1 to May 31, 2026

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 quinoa.



\$1 OFF PLU 22413

One carton of eggs

Valid March 1 to May 31, 2026

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.

