

LAKEWINDS
FOOD CO-OP

ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

SUMMER 2026



*Grilled Peach &
Halloumi Salad*
Page 9

**SUMMER
PRODUCT PICKS**
Page 4

**TALKING
PRODUCE**
Page 6

**GARDEN-FRESH
SAUCE**
Page 8

**PERFECT
POKE**
Page 10



Sunny, Summer MUST-HAVES

For many of us, summertime is go time. Warm weather means heading outdoors for fun in the sun – whether that’s gardening, biking, hiking, or boating. Wherever the season takes you, gear up for your adventures at the co-op with these handpicked products. Let’s go!

HYDRATION

Don’t forget beverages on those hot summer days. For “old school” refreshment, try local **Hobby Farmer switchel**, a tangy drink traditionally offered to farmers out working in the fields.

For a modern take on hydrating drinks, **Corpse Reviver** makes a sparkling electrolyte beverage that has magnesium, potassium, turmeric, and zinc. Lively flavor combos include Guava Rose, Prickly Pear, and Botanical.

PROTEIN

If you’re a fan of tart drinks and want to add more protein to your diet, consider trying **Lumen protein lemonade**. It has 16 grams of collagen protein per can and comes in a variety of flavors, including mango chili.

For a portable protein snack, you can’t go wrong with a classic beef stick. **Peterson Craft Meats beef sticks** are made from local, rotationally grazed beef. Each stick is 2 ounces (twice as big as most of the others on the shelf), with 11 grams of protein to power you through your adventure.

SNACKS

When you’re looking for delicious trail mix, the co-op is a natural choice. Find traditional **Super Snax trail mix** in the bulk aisle. Fill up a clean, lightweight container from home to reduce packaging. It’s ready to toss in a backpack for your next outing!

More snack ideas: **Sahale prepackaged nuts** and fruit blends and **Solely fruit strips** and dried fruit mixes in a variety of flavors.

SUN CARE

Sun protection is a must on those endless summer days. The co-op has options for all ages, from mineral-based blends for kids to reef- and lake-safe options that help keep water clean. For protection without the chalky feel, **Badger mineral sunscreen** has an ultra-sheer version with a lighter texture and feel than most mineral sunscreens.

Post-sun, **Vika’s Essentials Prodigal Sun oil blend** counters dryness and helps moisturize skin, while **Pranarom’s lavender hydrosol** cools and soothes after a long day outdoors.

BUG PROTECTION

Don’t let insects drive you nuts this summer. Grab **Pranarom’s Defense Spray** for people and bug sticks for your yard or campsite. And if they get to you first, **Pranarom’s After-Bite Eraser** soothes bites to makes the rest of your hike a bit more comfortable.

TREATS

After a day of summer adventures, cool off and indulge with a sweet treat. Local **ChunkChunk ice cream sandwiches** and bars are handcrafted using local ingredients, including Larry Schultz eggs, Baker’s Field flour, and Kalona milk and cream. There’s also creamy, delicious **20-Mile custard**, made in Wisconsin from cream and eggs from local farms, with flavors like maple bourbon pecan and chocolate chip cookie dough.



See ice cream coupon on back.

See Vika's coupon on back.



CO-OP PRODUCE

PICKED *with* CARE

As the Minnesota growing season kicks into gear, our produce department blossoms into a vibrant, fragrant, and locally sourced haven. While conventional stores often squirrel away their organic products in small sections, our department is on average over 90% organic. That reflects our deep commitment to sourcing, supporting, and selling the best possible produce in our stores. Lakewinds produce team members Ellen (Minnetonka), James (Richfield), and Sam (Minnetonka) offer a peek into peak season at the co-op.

MORE THAN MEETS THE EYE

The differences you find in the Lakewinds produce department go beyond the labels. For starters, our produce might look a little different than what you get from the standardized supply chain. Our heirloom varieties, different sizes, and limited quantities reflect real, local farming conditions.

Behind the scenes, our team spends months planning and coordinating with various local farms. "It takes time to build relationships with local farmers, track seasonal availability, and verify growing practices," says James. "This often means adjusting orders week-to-week based on weather, crop yields, and what's actually being harvested locally."

Ellen says that one of her favorite parts of the job is sharing with customers which farms grew the produce currently in the department.

As Sam recalls, "My first year working here I had the chance to drive down to Featherstone Farm [and converse with the owner] about the local food system and how it fits in with this idea of saving the world. [That conversation] was inspiring. His passion was infectious, and I credit it, honestly, with my continued presence and passion here at Lakewinds."



Sam,
Minnetonka

FROM THE FARM TO YOUR CART

There is a special energy in the store when a local delivery arrives. "It's always exciting when we get the first trucks of the season," Sam shares. "After a winter of shipping items from warmer climates, it's refreshing to see stuff that's only been off the plant for a day or less."

Supporting these local growers does more than just provide fresh food; it strengthens the resiliency of Minnesota agriculture. "Local farms rely heavily on skilled farmworkers, including many immigrants, whose labor and knowledge make our regional food system possible. When shoppers support local produce, they're helping sustain fair jobs, safer working conditions, and farms that are accountable to the communities around them, not distant corporations," James explains. "It also has real environmental benefits. Food grown nearby travels fewer miles, is harvested closer to peak ripeness, and is often produced using practices that protect soil, water, and pollinators. Supporting local agriculture helps preserve farmland, reduces the carbon footprint of our food, and keeps a resilient food system in place for the future."

Ellen agrees, "Supporting the local farmers and our customers with healthy, fresh foods benefits all of us."

PEAK SEASON AND HIDDEN GEMS

While local produce begins trickling in with cold-hardy crops like rhubarb, kale, and salad greens, the harvest truly hits its stride as the summer progresses.

EARLY SUMMER
(June - July)

- Asparagus
- Strawberries
- Broccoli
- Radishes
- Lettuce

LATE SUMMER
(July - August)

- Tomatoes
- Sweet Corn
- Peppers
- Melons
- Early Apples

If you're looking for a team favorite, Sam and James reach for the sweet corn. "If you've never had local, organic corn, you might not know how good corn can get," says Sam.

James recommends soaking the ears in water for about 15 to 20 minutes, then grilling them right in the husk. "[This] keeps the corn moist and lets it steam while picking up a light, smoky flavor from the grill."

Ellen's lesser-known favorite is white salad turnips. "They are less peppery than radishes – a great add to a salad or on their own."



Tips from the Team

JAMES | "Treat greens like flowers"

Trim the ends of herbs, green onions, or asparagus and place them in a glass of water in the fridge to keep them vibrant.

SAM | "Shop often"

Because our produce doesn't rely on chemicals to extend shelf life, the best way to ensure freshness is to eat it quickly and visit us frequently!

ELLEN | "The moisture trick"

Wrap veggies like lettuce, kale, carrots, or celery in a moist paper towel before putting them in the fridge to prevent wilting.

Food grown nearby travels fewer miles, is harvested closer to peak ripeness, and is often produced using practices that protect soil, water, and pollinators.



James,
Richfield

SUMMER FLAVOR

This garden-fresh chimichurri captures the essence of the season. Here we're serving it on steak, but it's great on chicken, pork, seafood, tofu – even vegetables!

CHIMICHURRI

- 2 teaspoons dried oregano
- 2 Tablespoons hot water
- 1 teaspoon kosher salt
- 3 Tablespoons shallot, *finely minced*
- 1 jalapeño, *finely minced*
- 3 garlic cloves, *minced*
- ¼ cup red wine vinegar
- ½ cup cilantro, *minced*
- ½ cup flat leaf parsley, *minced*
- ½ cup extra-virgin olive oil
- ½ teaspoon fresh cracked black pepper

In a glass jar, add hot water, stir in the dried oregano and salt, and let sit for a few minutes to soften the oregano. Add the remaining ingredients to the jar and shake to combine.

You can also use a food processor to mince the chimichurri ingredients, but be sure to whisk in the olive oil by hand so it doesn't get bitter. The sauce becomes more flavorful if made a day or two ahead!



If making steak, sprinkle both sides with salt and let rest at room temperature for 30 minutes while your grill preheats. Pat steak dry with a paper towel, then grill, flipping every 2 minutes until steak reaches desired doneness, about 8 to 10 minutes for medium rare. Let steaks rest for 10 minutes before slicing. Check out other protein pairings and preparation tips at Lakewinds.coop/SummerChimichurri.

See steak coupon on back.



Grilled halloumi cheese gives this salad a melty creaminess, balanced with sweet peaches, herbs, and greens for a peppery freshness.

Grilled Peach & Halloumi Salad

- 4 peaches, *cut in quarters and pits removed**
- 5 - 6 oz. halloumi cheese, *cut lengthwise into ½-inch slices*
- 1 Tablespoon olive oil, *for brushing the fruit and cheese*
- ½ teaspoon kosher salt, *divided*
- 4 - 6 cups (about 4 oz.) arugula or watercress
- ½ English cucumber, *cut lengthwise, then into ½-inch slices*
- ⅓ cup red onion, *very thinly sliced*
- ¼ cup fresh mint and/or basil, *roughly torn*
- 4 - 5 Tablespoons Salad Girl Toasted Sesame Ginger dressing, *divided*
- Fresh cracked black pepper, *to taste*
- 2 Tablespoons sesame seeds, *toasted***

* May substitute frozen peach slices or fresh apricots or nectarines.

** To toast the sesame seeds, place them in a dry pan over medium heat and stir often until lightly golden and aromatic.

Preheat grill to medium-high. Brush the fruit and halloumi with olive oil and sprinkle with ¼ teaspoon kosher salt. Grill over medium heat for about five minutes per side until grill marks form (to avoid mushy fruit, don't overcook). The cheese may take a few minutes longer to get nice grill marks. Remove from the grill, set aside, and cool for 5 minutes.

Meanwhile, in a bowl, add the salad greens together with the cucumber, red onion, and fresh herbs, and toss with 2 Tablespoons of dressing. Top with the grilled fruit and halloumi and sprinkle with pepper.

Drizzle with 2 more Tablespoons of dressing; sprinkle with toasted sesame seeds, remaining salt, and extra herbs if desired; and serve.



SALAD GIRL

This local salad dressing is a longtime co-op favorite. With flavors like Toasted Sesame Ginger and Citrus Splash, these organic, dairy-free dressings add a delicious pop of flavor to your favorite salad, quinoa, ramen, and more.

PRODUCE | \$6.99 ♥ LOCAL

POKE BOWL

Savor this restaurant-quality meal from the comfort of your deck or patio. It's full of protein and veggies, with crunch, sweetness, and a little spice!

POKE

- 16 oz. frozen sashimi-grade tuna cubes*
- ¼ cup green onion, *thinly sliced*
- ¼ cup shallot, *thinly sliced, optional*
- 3 Tablespoons soy sauce
- 1 Tablespoon toasted sesame oil
- 2 teaspoons organic rice vinegar
- 2 pinches of sea salt, *to taste*
- 2 teaspoons toasted sesame seeds

RICE

- 3 cups cooked Japanese sushi rice (1 ½ cups uncooked rice)



Thaw the frozen, cubed sashimi tuna,** gently pat dry, and mix with the sliced green onions and shallots. Mix together the soy sauce, sesame oil, rice vinegar, salt, and sesame seeds, and pour over the tuna. Cover and marinate in the refrigerator for 1 hour (up to 12 hours) to let the flavors marry.

Cook the rice according to the package instructions. While the rice is cooking, slice the avocado, cucumber, mango, daikon, green onions, and nori sheets, if using.

When the rice is done, divide it into four serving bowls and let it cool slightly (so it doesn't cook the tuna). Place the toppings and marinated

TOPPINGS

- 1 avocado, *sliced*
- ½ cup shelled edamame, *cooked per package directions*
- ½ cup English or Persian cucumber, *sliced*
- ½ cup daikon or watermelon radish, *thinly sliced*
- 1 ripened mango, *cubed*
- Spicy mayo, *to taste***

OPTIONAL GARNISHES

- 2 Tablespoons toasted sesame seeds
- Thinly sliced toasted sushi nori or seaweed snack, *to taste*
- ¼ - ½ cup macadamia nuts, *chopped*
- ¼ - ½ cup pickled sushi ginger
- ¾ cup microgreens or sprouts
- Lime wedges

tuna on top. Garnish as desired, drizzle with spicy mayo, and serve.

* Consuming raw or undercooked meats or seafood may increase your risk of foodborne illness, especially if you have medical conditions.

** To make your own spicy mayo, mix ¼ cup mayonnaise with 2 teaspoons Sriracha sauce until well combined.

*** To thaw tuna, remove it from the original packaging and thaw overnight in the refrigerator, or place it in a fresh waterproof package and submerge in cold water, changing cold water every 30 minutes if needed, until thawed.



URBAN GREENS

These fresh herbs and microgreens are grown hydroponically in Columbia Heights in a facility powered by renewable energy. They are 100% non-GMO and pesticide-free.

PRODUCE | \$3.99 - \$5.99 ♥ LOCAL



POKE TUNA

Sustainably caught, sashimi-grade tuna is harvested and processed according to strict requirements, then frozen at a very low temperature to preserve its flavor.

FROZEN SEAFOOD | \$15.99/LB

BEYOND A GROCERY STORE

Some grocery stores are purely transactional. In. Out. Done.

While Lakewinds can certainly provide an efficient experience when needed, what I've always appreciated most about Lakewinds is our ability to serve beyond the basic needs. For me, Lakewinds has been a place of ...

Discovery, finding local favorites I didn't know existed, picking up a new wellness item to support my health journey, and noticing the change of the seasonal produce that signals summer has arrived.

Connection, through a quick conversation in an aisle, a familiar face at checkout, or a shared appreciation for food that's carefully crafted, sourced, and grown. Beyond the store walls, connection is demonstrated through programs like Community Giving Round Up and the Lakewinds Organic Field Fund, where acts of generosity strengthen our broader community.

Learning, whether through signage that educates where products come from or conversations with knowledgeable team members. Lakewinds invites curiosity because you don't just buy food here, you understand it.

Nourishment, not only in the sense of fresh produce and wholesome staples, but in the deeper sense of supporting a food system that reflects our values.

Trust, where I don't have to second-guess the options, thanks to the thoughtful standards in place.

All of this is made possible by the dedication of our team members across the organization who create this experience daily. I'm grateful for the care and commitment they bring to our stores. I'm also thankful to YOU, our owners and shoppers. As a member-owned co-op, your energy and commitment shapes Lakewinds – making it a destination that's more than just a grocery store.



Peter Nguyen
Board Member



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NO-BAKE BLUEBERRY LEMON DESSERT

This easy, no-bake dessert combines the fresh, bright taste of sweet blueberries and cream with a crunchy graham cracker crust. Serve chilled or frozen for a delicious summer treat! See the recipe at Lakewinds.coop/Recipes.

Owner-Only Coupons

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



20% OFF PLU 22417

One Peterson Craft steak purchase, limit \$5 off

Valid June 1 to Aug. 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.



\$1 OFF PLU 22421

One ChunkChunk or 20-Mile Custard item

Valid June 1 to Aug. 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 22419

One Vika's Essentials item, limit \$5 off

Valid June 1 to Aug. 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.



\$2 OFF PLU 22387

One produce purchase of \$10 or more

Valid June 1 to Aug. 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.

