

LAKEWINDS
FOOD CO-OP

ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

**Regenerative
Farming**

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FALL 2026



Hello!

At Lakewinds, staff are deeply committed to improving our co-op. Their mindset of “Doing what we do now, better!” has led to tremendous success, allowing us to build on what is already working and refine it for even greater impact. By understanding how Lakewinds connects with the world around us, we can better identify opportunities for growth.

Over the years, we’ve worked hard to sharpen our focus around four strategic pillars:

1. Investing in our community
2. Serving you in our stores
3. Being a great place to work
4. Running a smart, profitable business

These strategic pillars guide rich, inclusive collaboration across our organization and foster a culture of success. We know from our experience that magic happens when people come together to focus on solutions that create broad positive impacts in all these areas.

As we looked for opportunities to evolve and improve in the coming year, we identified an initiative that will strengthen our connection to the community, reduce our environmental impact, and deliver more value by eliminating unnecessary operating costs. One solution can advance all three goals: transitioning this ReFresh newsletter to digital.

In the coming months we’ll be asking you to confirm and update (if needed) your contact information, so we can stay connected and keep you informed of all the great things we’re doing together. After that, we will move our quarterly newsletter to email delivery, where you’ll receive the same amazing content in your inbox. That change will save paper, ink, and postage costs, too – a powerful expression of what we can accomplish together.

Thank you in advance for your contribution to the Lakewinds magic!



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Lakewinds General Manager

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Greg Dick

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

Fall CALENDAR

SEPTEMBER

LABOR DAY

Sept. 7

In observation of Labor Day, our stores will close early at 6 pm on Sept. 7. We will reopen at 8 am on Tuesday, Sept. 8.

BOARD ELECTION

Sept. 1 - 13

Cast your vote online or in stores from Sept. 1 to 12, or at the start of the Annual Meeting on Sept. 13. Head to Lakewinds.coop/Election for details.

ANNUAL OWNER MEETING

Sept. 13, 12 - 4 pm

Join us at Gale Woods Farm for an afternoon of community and celebration! We’ll share the results of our fiscal year and board election and enjoy fun activities around the farm! See more at Lakewinds.coop/AnnualMeeting.

OCTOBER

OWNER APPRECIATION MONTH & OWNER DRIVE

All month long!

October is all about our owners! Look forward to extra deals, an increased monthly discount (10% instead of the usual 5%), and a heartfelt thank you from Lakewinds. With your ongoing support, we continue to partner with local growers and makers and give back to our community each year.

Know a Lakewinds shopper who isn’t an owner yet? Let them know that October is the best time to join! Perks for shoppers 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 REFUNDS

Starting Oct. 1

Another amazing perk of ownership this season: profit sharing! In late September, we’ll mail out letters with details about your patronage refund. Funds will be ready to use at checkout starting Oct. 1, so keep an eye on your mailbox.

NOVEMBER

FALL FEAST ORDERS

Nov. 1 - 20

Order free-range and organic turkeys from Nov. 1 – 18, and order deli sides and heat-and-serve holiday meals from Nov. 1 – 20. Reserve online at Lakewinds.coop/FallFeast.

FIELD DAY SALE

Nov. 4 - Dec. 1

Stock up on a variety of pantry essentials with Field Day’s November sales event. Already known for their everyday low prices, this organic and non-GMO brand is multiplying the savings – just in time for fall gatherings and cozy home-cooking. *Sale is in stores only, while supplies last.*

HOLIDAY STORE HOURS

Nov. 26

Our stores will be closed on Thursday, Nov. 26, reopening at 8 am on Nov. 27.

FALL MEAT SALE

Oct. 4 - 31

Stock up on your favorite sustainably sourced meat and seafood at our Fall Meat Sale! Check out the featured items and make your game plan at Lakewinds.coop/MeatSale. *Sale is in stores only, while supplies last.*





ROOTED IN THE FUTURE

REGENERATIVE FARMING

At the co-op, our mission has always been rooted in supporting local agriculture. But as we look toward the future, we know that sustaining our agricultural system in its current form just isn't enough. To truly protect our environment, we need to rebuild it – which is why some farmers are using practices from the past to grow a more sustainable tomorrow.

REGENERATIVE FARMING

The practice of working in partnership with nature to actively rehabilitate and enhance the entire ecosystem, following a few core principles:



PRIORITIZING SOIL HEALTH

Keeping the soil covered with living plants year-round to prevent erosion.



BOOSTING BIODIVERSITY

Encouraging a rich mix of plants, insects, and wildlife to create a resilient ecosystem.



INTEGRATING LIVESTOCK

Allowing animals to graze naturally, which mimics historic wild herds – such as bison in Minnesota – that originally built up the fertility of the soil.

To see these principles in action, we don't have to look far. One of our long-standing meat suppliers, Thousand Hills, is a regional leader in the regenerative movement. Based in the Becker, MN area and founded with a mission to nourish soil, plants, livestock, and people, Thousand Hills works with a network of family farms to raise 100% grass-fed, grass-finished beef. Their cattle are strictly "lifetime grazed," meaning they spend their entire lives in open pastures, expressing their natural behaviors without ever seeing a feedlot, antibiotics, or GMO grains.

"I grew up on this land," says Mikhale, farm manager of Thousand Hills and son of founder Matt Maier. The farm has been in his family since his grandfather's time. But it wasn't until the founding of Thousand Hills in 2003 that they switched to a regenerative farming model and increased their farm acreage from 120 acres to over 1,000. "There is a lot more wildlife, insects, ducks, and birds everywhere. Even looking at the species of plants [in the pastures], it's amazing to see the variety of things [appearing on the land] now."

"[Lifetime grazing our cattle really gives them] the best life they can possibly have.

They are getting so many nutrients in their diet, being active, walking up and down hills, and making the soil more resilient." Every day the herds are moved to a new section of pasture, which mimics how bison grazed across the region. "We are letting the cattle live the life that they should – on the land."

Mikhale notes that farms can say that they use regenerative practices without committing all the way. "If the cows get some grass or are finished on grass, they can say that the cows are 'grass-fed' even when they were in a feed lot for a majority of their lives and barely got to see any grass." Unlike Certified Organic farming, regenerative farming doesn't have set criteria that must be followed. But the original heart of the regenerative movement prioritized health, healing, and growing with nature. "We do what we say we're doing," Mikhale affirms. "We can regenerate the world."

As a cooperative, Lakewinds' purchasing power is a direct reflection of our community's values. When we choose to source from regional, regenerative farmers, we aren't just buying groceries; we are

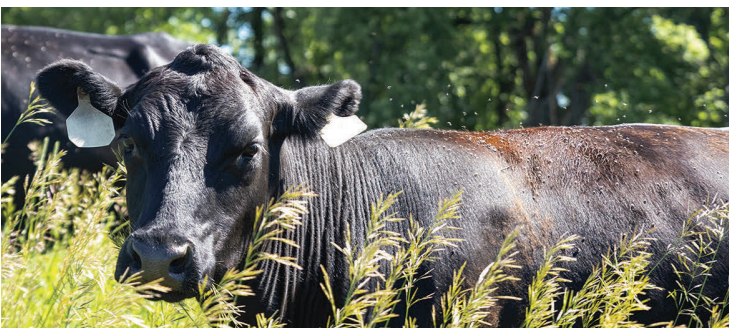
investing in local watersheds, supporting rural economies, even helping our regional food system withstand extreme weather and drought. Each vendor-partner is vetted thoroughly to ensure that the use of the "regenerative" label adheres to real regenerative practices like those at Thousand Hills: no synthetic fertilizers, herbicides, or pesticides. Every dollar you spend at the co-op on regenerative food is a vote for cleaner water, richer soil, and healthier food for generations to come.

Look for THOUSAND HILLS PRODUCTS

in our meat department and join us in celebrating the farmers who are healing the earth, one pasture at a time.



Mikhale Maier
Farm Manager



"The process of regeneration can seem slow, but I remind myself, it took 70+ years to do the damage. Seeing dramatic results after 5-7 years is a testament to nature's ability to heal itself when allowed."

Matt Maier
Founder, Thousand Hills Cattle Company



Chicken Curry HAND PIES

When the late fall chill sets in, there's nothing better than warming up the kitchen with something hearty and flavorful. These hand pies combine savory ground chicken, caramelized onions, butternut squash, and warm spices, all wrapped in a delicious golden crust. The aroma alone will give you that warm and cozy feeling ... but just wait until you taste it!



2 Tablespoons butter
1 medium white onion (about 1 ¾ cup)
finely diced
1 lb. ground chicken or turkey
2 teaspoons kosher salt
½ teaspoon freshly cracked black pepper
2 teaspoons curry powder
½ teaspoon cayenne pepper, *optional*
4 cloves garlic, *minced*
1 (10-oz.) bag frozen butternut squash
1 (5-oz.) container fresh spinach
2 Tablespoons all-purpose flour
1 cup chicken stock
1 egg (for filling)
2 (18-oz.) packages Wholly Wholesome
Pie and Pastry dough, *thawed**
1 egg, *whisked for egg wash*
2 teaspoons sesame seeds



In a large skillet over medium-high heat, melt the butter. Add the onion and sauté until just softened. Add the ground chicken and sauté until lightly browned, about 5 minutes. Add the salt, pepper, curry powder, cayenne (if using), and garlic, cooking until very aromatic, about 1 minute.

Add the squash and spinach to the pan and stir. Sprinkle the mixture with flour and stir well, cook a minute or two, and then add the chicken stock.

Gently simmer for 20 minutes, stirring occasionally. Transfer to a large bowl and cool completely in the fridge. Once cooled, add one egg and combine well. Place back in the fridge until ready to fill the dough.

On a lightly floured surface, roll one package of the dough to ⅛-inch thickness. Use a 4-inch biscuit cutter (or trace a 4-inch plate) to cut out as many 4-inch circles as possible, rerolling scraps as needed. You can also cut the dough into other shapes, as long as they're the same size, with two pieces per hand pie. You will need 20 circles to make 10 hand pies.

Add about 2 Tablespoons of the chicken filling to the center of each circle, forming it into a mound, leaving borders free to allow for sealing.

Brush the edges of the filled pie with the egg wash and place another dough piece on top. Crimp the edges together with a fork or twist and pinch the edges to make a "rope" edge. Brush egg wash over the top of the pie, make a few slits for vent holes, sprinkle with sesame seeds, and put them in the freezer for 30 to 40 minutes.

Preheat oven to 400° and bake for 25 to 30 minutes until the tops are golden brown, then serve.

** Thaw dough for 2 hours at room temperature.*



TIP: To make these ahead, freeze on a rimmed baking sheet until solid, then transfer to a zipped bag and freeze for up to 3 months. Adjust baking time by 7 - 10 minutes if fully frozen.



KADEJAN GROUND CHICKEN

From a multi-generational farm in Glenwood, MN, direct to our shelves, Kadejan chicken is raised without antibiotics, minimally processed, and air-chilled for superior flavor.

MEAT DEPARTMENT | \$8.29/LB ♥ LOCAL
See coupon on back.



SNO PAC BUTTERNUT SQUASH

Family owned and operated in Caledonia, MN, Sno Pac offers a variety of organic frozen fruit and vegetables, picked at peak ripeness and then frozen to lock in nutrients.

FROZEN GROCERY | \$3.89 ♥ LOCAL

Sheet Pan RATATOUILLE

A nourishing meal that's warming but not heavy, this sheet pan dinner has it all: plant-based protein, lots of vegetables, and oodles of flavor. It's eco- and budget-friendly, too, with aquafaba from chickpeas as the base of the tasty aioli. And leftovers go great on a pizza, in pasta, or served in a tortilla!



FIELD DAY GARBANZO BEANS

These organic garbanzo beans (also known as chickpeas) are from budget-friendly Field Day, co-ops' version of a private-label brand. Get deals on these in November, during Field Day's fundraiser for North American Traditional Indigenous Food Systems (NATIFS), founded by Sean Sherman to re-establish Native foodways.

GROCERY | \$1.49

- 2 (15-oz.) cans chickpeas, *drained (reserving ¼ cup of liquid), rinsed, and dried on a tea towel*
- 1 - 2 zucchini (about 3 ½ cups), *cut into 1-inch quarters*
- 1 - 2 fennel bulbs (about 3 cups), *cored and cut into ½-inch strips, with some fronds saved for garnish*
- 1 large bell pepper (about 1 cup), *seeded and sliced into ½-inch thick slices*
- 1 medium red onion (about 1 ½ cups), *sliced into ½-inch thick slices*
- ¼ cup plus 2 Tablespoons extra-virgin olive oil
- 1 ½ teaspoons kosher salt, *divided*
- 1 teaspoon dried oregano
- ½ teaspoon fennel seeds
- ¼ teaspoon chili flakes
- 2 cups whole grape tomatoes

AIOLI

- ¼ cup aquafaba (liquid from canned chickpeas)
- 1 teaspoon Dijon mustard
- 2 teaspoons fresh lemon juice
- 2 medium cloves garlic, *sliced*
- ¼ teaspoon kosher salt
- ½ cup avocado oil
- Freshly cracked black pepper, *to taste*

Preheat oven to 425°. On a rimmed baking sheet, toss together the zucchini, fennel, bell pepper, red onion, ¼ cup olive oil, 1 teaspoon salt, oregano, fennel seeds, and chili flakes. Be sure the zucchini is flat on the pan so it browns. Place the baking sheet on the bottom rack and roast for 30 minutes, stirring halfway through. Add the tomatoes to the baking sheet and stir, then continue to roast the vegetables in the oven for another 15 to 20 minutes until the tomatoes soften.

For the chickpeas: On a separate rimmed baking sheet, toss the well-dried chickpeas with 2 Tablespoons olive oil and ½ teaspoon salt. Roast for 20 to 30 minutes.

While the vegetables are roasting, make the aioli. In a tall container add the aquafaba, mustard, lemon juice, garlic, and salt. Use an immersion blender at high speed and blend until completely smooth, 1 to 2 minutes, using a rubber spatula to scrape down the sides as needed. With the immersion blender running on high, very slowly pour the oil into the container in a thin stream until a smooth, creamy sauce forms, about 3 to 4 more minutes. Use a rubber spatula to transfer the aioli to a bowl and season to taste with freshly cracked black pepper.

Serve ratatouille topped with 2 Tablespoons of chopped fennel fronds and drizzled with aquafaba aioli.

Autumnal TORTELLINI

When you brown high-quality butter and combine it with canned pumpkin, cream, and herbs, it transforms into a savory, sweet-with-a-touch-of-spice sauce that pairs perfectly with pasta or gnocchi.

BROWN BUTTER & SAGE PUMPKIN TORTELLINI

- 3 Tablespoons salted butter
- 2 Tablespoons olive oil
- 2 shallots (about 1 cup), *thinly sliced*
- 6 garlic cloves (about ¼ cup), *sliced*
- 1 teaspoon crushed red pepper flakes, *or to taste*
- 1 teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper

- 1 Tablespoon fresh sage (or 1 teaspoon dried), *minced, plus more for garnish*
- ⅛ teaspoon ground nutmeg
- 1 can pumpkin puree
- ½ cup heavy cream
- 1 package Woodstock Organic four cheese tortellini
- 1 oz. Parmesan cheese (about 1 cup) *finely grated, plus more to garnish*
- 2 Tablespoons toasted, salted pumpkin seeds

In a large skillet over medium-high heat, melt the butter until it starts to brown and the bubbles stop. Add the oil, then add the shallots, garlic, and red pepper flakes. Season with salt and pepper. Cook until the shallots begin to caramelize, about 5 minutes. Add the sage and nutmeg and cook for about 2 minutes. Reduce the heat to medium, add the pumpkin puree, and cook until thickened, 3 to 4 minutes. Stir in the cream and keep warm over low heat.

Cook the tortellini in salted water until al dente according to package directions. Drain, reserving 1 cup of the pasta cooking water. Add the tortellini to the pumpkin sauce and toss in the Parmesan. Thin the sauce with pasta cooking water if needed. Garnish with pumpkin seeds, extra grated Parmesan cheese, and extra sage.



CRYSTAL BALL CREAM

This light cream packaged in a glass jar comes from the DeRosier family farmstead in Osceola, WI. Although they lost their organic certification after a barn fire in 2018, they continue to follow strict organic practices.

REFRIGERATED GROCERY | \$6.79 ♥ LOCAL



STONY CREEK DAIRY SWEET CREAM BUTTER

The Schoenberg family has been farming in central Minnesota for more than seven generations, slow-churning their sweet cream butter at their on-farm creamery for exquisite flavor and quality.

GROCERY | \$7.99 ♥ LOCAL
See coupon on back.

Spiced Apple DONUT LOAF

This baked apple cider loaf captures the essence of fall — sweet, spiced, and comforting, like an apple cider donut! It's made with local cider and finished with a classic cinnamon sugar topping. Treat your taste buds to that fresh-from-the-orchard flavor!

APPLE CIDER LOAF CAKE

1 cup apple cider
¾ cup vegan butter
½ cup apple butter
2 teaspoons apple cider vinegar
2 teaspoons vanilla paste or vanilla extract
1 cup packed brown sugar
2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon kosher salt

1 teaspoon cinnamon
½ teaspoon nutmeg, *freshly grated, plus more to taste*

TOPPING

2 Tablespoons vegan butter, *melted, plus more as needed*
¼ cup turbinado sugar
1 teaspoon cinnamon
½ teaspoon nutmeg, *freshly grated*

Pour the apple cider into a small saucepan and bring to a boil* over medium heat. Boil for about 10 minutes or until the liquid is reduced to ½ cup. If you over-reduce, just use more cider. Pour the reduced cider into a small bowl and set aside to cool slightly. In the same saucepan melt the butter, then set it aside to cool.

Preheat oven to 325°F. Spray a 9x5 loaf pan, add a sheet of parchment paper to the pan with extra paper hanging over the sides in a "sling," and spray the parchment with non-stick spray. When the butter is cooled, add it to a large bowl with the apple butter, vinegar, vanilla, reduced apple cider, and the brown sugar, and whisk until smooth.

In a separate bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Add the dry ingredients to the cider-butter mixture and use a hand mixer to combine well for about 30 seconds; do not overbeat. Pour the batter into your pan and bake for about 45 to 55 minutes, until a toothpick inserted in the center comes out clean.

When the cake is done, let the pan cool on a rack for 10 minutes, then remove the cake from the pan using the parchment paper sling and let it cool for another 30 minutes.

While cooling, prepare the cinnamon-sugar topping. In one dish, combine the sugar with the cinnamon and nutmeg. In a separate dish, melt the butter. When ready to serve, brush the top of the loaf with the melted butter and sprinkle with the sugar mixture.

**Boiling down the cider thickens it and concentrates the flavor. You can skip this step and just use a cup of cider, too.*



BAKER'S FIELD FLOUR

Grains from family farms in Minnesota and the Upper Midwest are grown following organic practices, then stone-milled daily in Northeast Minneapolis.

GROCERY | \$9.99 ♥ LOCAL
See coupon on back.

FEATHERSTONE APPLE CIDER

When farmer Harry Hoch of Hoch Orchard decided to retire, Featherstone Farm stepped in to lease his historic apple orchard in LaCrescent, ensuring the land remains in production. Located 40 minutes from Featherstone's home farm in Rushford, MN, this legacy orchard grows dozens of unique apple varieties following strict organic practices. It's apples from these trees that Featherstone farmers press to create the vibrant cider featured in this recipe.

PRODUCE | \$9.99 ♥ LOCAL

FALL, FOOD, & COMMUNITY

I always look forward to fall in Minnesota. The crisp air, the return of football, and the welcome break from bugs set the stage for what I love most this time of year: food.

As the outdoor growing season wraps up, apples, squash, yams, and turkey from Ferndale fill the shelves at Lakewinds, reminding us how fortunate we are to live in a place where local producers bring such abundance to our tables. Our farmers and producers work tirelessly to deliver fruits, vegetables, and proteins that reflect the best of our region. And the Lakewinds team continues to excel at sourcing from partners whose values align with our co-op's commitment to quality, sustainability, and community.

This fall also marks a personal milestone. I was elected to the Lakewinds board of directors in September 2020, and my two terms conclude this fall. Serving on the board has been an extraordinary privilege. I've seen firsthand how dedicated and talented the management team and staff are in delivering real value to our members and shoppers. I'm equally grateful for the board members I've served alongside over the past six years. Their passion, integrity, and diverse experiences shaped a board culture that made service both meaningful and energizing. I'm deeply thankful for the opportunity to contribute to this cooperative community.



Bill Stevens
Board Member



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Owner-Only Coupons

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



\$2 OFF

PLU 22423

One package of Baker's Field flour

Valid Sept. 1 to Nov. 30, 2026

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations. Excludes bulk flours.



\$1 OFF

PLU 22427

One package of Stony Creek butter

Valid Sept. 1 to Nov. 30, 2026

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.



20% OFF

PLU 22425

One bulk herbs and spices purchase (limit \$3 off)

Valid Sept. 1 to Nov. 30, 2026

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations. Coupon applies to herbs and spices only.



\$1 OFF PER LB

PLU 22429

Kaddejan ground chicken (limit \$3 off)

Valid Sept. 1 to Nov. 30, 2026

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.