

Lakewinds

MEMBER & STOREWIDE SPECIALS

APRIL 2004

APRIL STOREWIDE SPECIALS

Grocery

PANDA

Licorice Bars

Black, Raspberry or Strawberry

sale **\$39¢** reg. 55¢

ROBERT'S

AMERICAN GOURMET

Snack Chips

Fruity Booty, Pirate's Booty or Veggie Booty

sale **\$1⁷⁹** reg. \$2.29

COUNTRY CHOICE

Sandwich Cremes Cookies

Chocolate, Duplex or Vanilla

sale **\$2³⁵** reg. \$3.35

BLUE DIAMOND

Nut Thins

Almond, Hazelnut, Pecan or Smokehouse

sale **\$1⁶⁹** reg. \$2.39

SEEDS OF CHANGE

Salsa

Black Bean and Tomato or Garlic and Cilantro

sale **\$2⁵⁵** reg. \$3.59

AFTER THE FALL

Organic Fruit Juice

Selected Varieties, **AFTER THE FALL**
32 ounces

sale **\$2¹⁹** reg. \$3.65

Refrigerated

LISANATTI

Soy-Sation Soy Cheese

Cheddar, Mozzarella or Pepper Jack,
11 ounces

sale **\$2⁹⁹** reg. \$4.49

SOY DELI

Nigari Firm Tofu 12 ounces

sale **\$1⁴⁵** reg. \$2.25

Frozen

NATURAL CHOICE

Fruit Bars

Coconut, Orange, Raspberry or Strawberry, 6 bars/2.75 ounces each

sale **\$3³⁹** reg. \$4.69

SHELTON'S

Chicken Pot Pie

Shelton's
Premium Poultry Since 1924

sale **\$1⁵⁹** reg. \$2.19

Lakewinds Natural Home



MAGGIE'S

Organic Cotton Sheet Sets

Full, Queen and King

20% off

while supplies last

Bulk

Organic, Fair-trade, Shade-grown

HEADWATERS PEACE COFFEE

Coffee Beans

Dark Decaffeinated or Full-City
Decaffeinated

sale **\$9⁷⁹**/lb. reg. \$10.79/lb.

Cheese

Two favorite cheeses from sunny
Spain to greet the spring!

Queso de Cabra Tierno

A young goat cheese.

sale **\$11⁷⁹**/lb.
reg. \$12.79/lb.

Manchego

A magnificent sheep cheese.

sale **\$13⁵⁹**/lb.
reg. \$14.59/lb.



Note: Some items may not be available at the Anoka location.

Valid 3/31/04-4/27/04. Case orders 3/31/04-4/23/04.

Easter Meals: Not Just Old Hat

Here are a few ideas for making your Easter brunch or meal special!

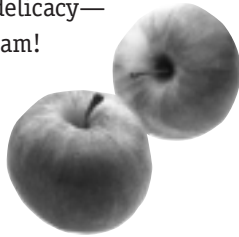


Apple Stuffed Pork Tenderloin

Doug Roese, Lakewinds Natural Foods
Yield: 4 servings

Apples, oyster mushrooms and pecans make a special filling for this balsamic glazed natural pork delicacy—a nice change from ham!

- 1-1/2 lb. pork tenderloin (2 loins)
- 1/2 oz. dried oyster mushrooms (soaked, then sliced thin)
- 2-1/2 tablespoons butter, divided
- 1/4 lb. red onion, slivered salt and pepper
- 1-1/2 teaspoons fresh minced rosemary
- 1/2 cup pecan pieces
- 1/3 lb Fuji Apples, diced
- 2 ounce frozen apple juice concentrate, divided
- 1 tablespoon + 1 teaspoon balsamic vinegar
- 1/3 cup dry bread crumbs
- 1/4 cup brown sugar
- 2 tablespoons olive oil



Bring a little water to boil, add mushrooms, and allow to soak for 20 minutes. "Butterfly cut" each tenderloin so it lies flat and wider. Pound out to thin further. Add a few pinches of salt and pepper. In 1 tablespoon of the butter, sauté the red onions and rosemary with a pinch of salt and pepper for 5 minutes. Add pecans and sauté 5 minutes. Place in bowl. In 1-1/2 teaspoons butter, sauté the oyster mushrooms with a pinch of salt and pepper. Put into the same bowl. Sauté the apples in the last

2 teaspoons of butter for just a few minutes. Put apples and breadcrumbs into same bowl as onions and mushrooms. Mix. Now mix in 1 ounce of the apple juice concentrate, 1 teaspoon of balsamic vinegar, and 1/4 teaspoon salt.

Spread mix evenly on one of the tenderloins. Pack tightly. Place second tenderloin on top. Using butcher twine, tie up into a roast. In olive oil, quickly brown the meat on all sides. Remove to baking pan. In small bowl, mix 1 ounce apple juice concentrate, 1 tablespoon balsamic vinegar, and 1/4 cup brown sugar. Use the mix to deglaze the sauté pan, and boil the sugar mix for 2 minutes till it gets syrupy. Brush the syrup all over the top and sides of roast. Pour the rest of syrup over top of roast. Place in hot oven, and baste three times while cooking for approximately 1 hour. Middle of stuffing should reach 145°.



Quick Tips for Preparing Devilish Eggs

Adapted from *The Joy of Cooking*

The nice thing about deviled eggs is how easy it is to make them uniquely yours. You can add extras to your taste, or for a party divide the yolks in half and make two kinds: mild for traditionalists and spicy for adventurers.

Cut your hard-boiled, peeled eggs in half lengthwise, and carefully remove the yolks (into a bowl) without damaging the whites. Place whites on serving plate. For filling, mash yolks with a fork and then mix in one of the following:

mayonnaise, French dressing, sour cream, or soft butter and lemon juice. For spicy eggs, add Dijon mustard, cayenne pepper, finely chopped shallots, or Worcestershire sauce. Add just enough to make a smooth mix that will stand up in a spoon. Spoon (or use a pastry bag) into yolk-hole of eggs, mounding up about 1/2 inch. Season with salt, paprika, and pepper if desired. Keep chilled for 30 minutes before serving.

Featured Product—Local, Natural Leg of Lamb

Lakewinds is proud to feature the incredible lamb products from Dakota Lean Natural Lamb. Dakota Lean is a member-owned cooperative of small family farms in Minnesota, the Dakotas and Montana. These local farmers treat their sheep right: free to roam and grow in a natural environment, they are fed only grains and vitamins, and never given animal byproducts, growth hormones, antibiotics or stimulants. Their farming and breeding techniques produce healthy, tender and flavorful meat.

Make it a very special holiday table with natural, small-farm-raised lamb from Lakewinds Natural Foods' fine meat department. For a complete meal, serve with a side of green beans or asparagus and roasted fingerling potatoes with pan gravy from the lamb drippings.

Special Orders

You will be able to place special meat orders for the Easter holiday in advance. Just visit the meat department at Minnetonka or ask the front-end staff at Anoka for an order form. Be sure to indicate the location where you will pick-up your order. Special deli orders for quiche will be available at the Lakewinds deli only in Minnetonka. You may call customer service at 952-473-0292 and they will transfer you to the appropriate department to place your order.

APRIL HEALTH & BODY CARE STOREWIDE SPECIALS

Supplements

ALACER

Emer'gen-C *Strawberry, 36 count*
sale **\$10⁴⁹** reg. \$13.99

BOIRON

Sinusalia *Sinus Remedy, 60 tabs*
sale **\$8²⁹** reg. \$10.29

GREEN FOODS

Magma Plus  *Energy Drink Powder, 5.3 ounces*
sale **\$19⁹⁹** reg. \$25.39

LILY OF THE DESERT

Aloe Vera Juice  *Pleasant-tasting with Lemon Lime, 32 ounces*
sale **\$4³⁵** reg. \$5.45

MODUCARE

Plant Sterols and Sterolins
180 capsules
sale **\$44⁹⁹** reg. \$59.99

HEALTH FROM THE SUN

Ultra Omega-3 Fish Oil
100 capsules
sale **\$10⁶⁹** reg. \$14.29

PLANETARY FORMULAS

Triphala Internal Cleanser
1000 mg, 90 tabs
sale **35% off**

LAKEWINDS

Cal-Mag Citrate Complex
100 count
sale **\$9⁷⁵** reg. \$11.45

Basic Multi *180 count*

sale **\$13⁸⁵** reg. \$16.29

Vitamin C

500 mg with Rose Hips, 250 count
sale **\$9⁹⁹** reg. \$11.85

TWINLAB

B-100 *100 capsules*
sale **\$14⁹⁹** reg. \$20.29

COUNTRY LIFE

Ester-C with Bioflavonoids
500 mg, 90 vegi capsules
sale **\$10³⁹** reg. \$12.99

SOURCE NATURALS

Melatonin
2.5 mg Sublingual Orange, 120 tabs
sale **35% off**

Essential Enzymes

60 capsules
sale **35% off**

Body Care

ALBA BOTANICA

Sun Lotion
Faces Plus-SPF 20, Sun Lotion-SPF 30, Kids-SPF 30, 4 ounces
sale **\$6⁸⁵** reg. \$8.55

AURA CACIA

Essential Oils
Frankincense, Patchouli or Sandalwood, 1/0.5 ounce
sale **\$7⁹⁹-\$30⁹⁹** reg. \$9.45-\$36.99

AVALON ORGANICS

Tote Bag
Lavender, Lemon Verbena or Ylang Ylang (Contains: bath gel, body lotion, glycerin soap bar, loofa spa mitt)
sale **\$15⁹⁹** reg. \$19.95

BOIRON

Optique 1 Eye Drops
0.4 ml/dose, 20 count
sale **\$8⁵⁹** reg. \$10.75

ANCIENT SECRETS

Nasal Cleansing Pot
sale **\$11⁹⁹** reg. \$14.99

JASON

Body Care Products

Body Lotion, Skin Care, Vitamin E Oil, and Deodorant Sticks Selected Varieties
sale **30% off**

NATRACARE

Feminine Products
Pads, Regular or Super and Tampons, Regular or Super
sale **\$2⁹⁹-\$4⁴⁹** reg. \$3.99-\$5.99

MASADA

Bath Salts
Selected Varieties, 32 ounces
sale **\$9⁴⁹** reg. \$13.45

NATURTINT

Permanent Hair Colorant
sale **30% off** reg. \$14.35

JASON

Mouthwash *16 ounces*
sale **30% off** reg. \$6.99

Toothpaste *4 ounces*
sale **30% off** reg. \$4.65-\$6.49

Tea Tree Products
Gel, Oil, Nail Saver or Mineral Gel-Aussie Gold, 4 ounces
sale **30% off** reg. \$3.59-\$10.49

ORJENE ORGANICS

Lotion
Aloe Vera with Seven Oils and Vitamin E with Seven Oils 4 or 8 ounce
sale **\$6⁸⁹-\$7⁶⁹** reg. \$9.85-\$10.99

WISE WOMEN ESSENTIALS

Wild Yam and Progesterone Crème
2-ounce jar
sale **\$18⁶⁹** reg. \$23.39

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notes & news

Blood Drive

On Thursday, April 29, we are having a blood drive sponsored by the American Red Cross. The bloodmobile will be at our Minnetonka store from 10:00 a.m. to



4:00 p.m. You must be in good health before you can donate. Registration is required, and will be available at the customer service desk in mid-April. Our goal is to have 40 donors—please help us reach this goal!

Fresh Start Health Fair at Lakewinds in Anoka

Note: There is a date change for the Fresh Start Health Fair. The event has been moved to Saturday, May 1 from 11:00 a.m. to 3:00 p.m. We will offer food, samples, recipes and literature. Health and body care vendors will be on hand to answer your questions. The store

is located on 2nd Avenue South, just off of Main Street. Parking is available in the ramp next to the store.

Anoka Member Advisory Meeting

Our next meeting will be Wednesday, May 19 at 5:30 p.m. at Lakewinds Natural Foods in Anoka. These meetings are available to all Anoka Grocery Co-op and Café members and new members living in the Anoka area. They provide a format to voice your suggestions, concerns and ideas about the co-op. This meeting will be held in the café.

APRIL MEMBER SPECIALS

Grocery

DEBOLES

Carb Fit Pasta

Elbows, Penne, Rotini or Spaghetti

sale **\$2³⁹** reg. \$3.39

GOLDEN TEMPLE

Peace Cereal Selected Varieties

sale **\$3⁰⁵** reg. \$4.35

HAIN

Sunflower Oil 32 ounces

sale **\$3⁴⁵** reg. \$4.85

NEWMAN'S OWN ORGANICS

Alphabet Cookies



Arrowroot, Chocolate or Cinnamon Grahams

sale **\$1⁹⁵** reg. \$2.79

EDENSOY

Soy Milk

EdenSoy Blend, Original Extra, Plain Unsweetened, or Vanilla Extra, 33.8 ounces

sale **\$1⁷⁵** reg. \$2.35



ANNIE'S NATURALS

Salad Dressing

Selected Varieties, 8 ounces

sale **\$2⁰⁵** reg. \$2.89



Refrigerated

CASCADE FRESH

Nonfat Yogurt

Plain, San Juan Strawberry or Vanilla, 32 ounces

sale **\$1⁶⁹-\$1⁹⁵** reg. \$2.39-2.85



Frozen

FOOD FOR LIFE

Sprouted Grain Breads

Ezekiel 4:9, Ezekiel 4:9 Sesame or Cinnamon Raisin

sale **\$2²⁹-\$2⁶⁹** reg. \$3.19-3.79



A.C. LAROCCO

Pizzas

Cheese and Garlic, Greek Sesame or Tomato and Feta, 20 ounces

sale **\$4⁹⁹** reg. \$6.99

Bulk

NATURE'S PATH

Granolas

Flax Plus with Pumpkin Seeds, Ginger Zing or Hemp Plus

sale **\$1⁹⁹**/lb. reg. \$2.99/lb.



Lakewinds Natural Home

CITRA SOLV

Drain Cleaner

22 ounces

sale **\$3⁷⁵** reg. \$4.99



Automatic Dish Detergent

50 ounces

sale **\$4⁵⁰** reg. \$5.99



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E-Newsletter

If you are a Lakewinds member and would like to receive the member newsletter via email rather than through the mail, please contact Katherine Roseth at katheriner@lakewinds.com and type "member newsletter" in the subject heading plus your member number. You may also sign up for this service at the customer service desk in

Minnetonka. Our goal is to offer the E-Newsletter in late April for the May/June issue.

Holiday Hours

All of Lakewinds' locations will be closed on Easter Sunday, April 11.



APRIL HEALTH & BODY CARE MEMBER SPECIALS

Supplements

HERBS FOR KIDS

Echinacea with Eyebright or Nettles with Eyebright

1 ounce

sale **\$7³⁹** reg. \$9.85

KYOLIC

Kyo-green

5.3 ounces (powder)

sale **\$22⁶⁹** reg. \$30.29

Kyo-green

180 tablets

sale **\$11⁶⁵** reg. \$15.55

NATRA-BIO

Allergy Homeopathics

Animal Hair/Dander, Grass Pollen
Allergies, Mold/Yeast/Dust or
Pollen/Hay Fever

1 ounce

sale **\$7²⁹** reg. \$9.75

NATRABIO GLANDULARS

Adrenal

1 ounce

sale **\$5⁹⁹** reg. \$7.99

NATURE'S SECRET

Ultimate Cleanse Program

sale **\$22⁹⁹** reg. \$28.95

NATROL

My Favorite Multiple

Original or Without Iron

180 capsules

sale **\$15⁴⁹** reg. \$20.69

Ester-C with Bioflavonoids

1000 mg, 180 tablets

sale **\$26⁵⁹** reg. \$35.45

Ester-C Powder with Bioflavonoids

4 ounces

sale **\$12⁶⁹** reg. \$16.95

Body Care

ALL TERRAIN COMPANY

Aloe Gel Skin Repair

6 ounces

sale **\$6⁷⁹** reg. \$7.99

AURA CACIA

ORGANICS

Essential Oils

Lavender, Peppermint,

Tea Tree or Eucalyptus

.33 ounce

sale **\$4²⁵-\$8⁹⁵**

reg. \$4.99-\$10.55



DESERT ESSENCE

Body and Facial Care Products

Selected Varieties

sale **30%** off

EARTH SCIENCE

Conditioner or Shampoo

Fragrance Free, 17 ounces

sale **\$4²⁵** reg. \$5.65

GIOVANNI

Hair Styling Products



Gels and Sprays, Selected Varieties

sale **\$4⁶⁵-\$7⁴⁵**

reg. \$6.65-\$10.65

KISS MY FACE

Moisture Shave

Cool Mint or Fragrance

Free, 12 ounces

sale **\$4⁵⁵** reg. \$5.69



NATURE'S GATE

Moisturizing Lotion

Herbal or Herbal Skin Therapy

1 gallon

sale **\$23⁹⁹-\$31⁹⁹**

reg. \$31.99-\$42.63



Stick Deodorants

Selected Varieties

sale **\$2⁹⁹** reg. \$4.25

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Earth Day in Action!

Celebrate Earth Day the entire month of April, not just on April 22, by making a few positive changes in your life. Here are some simple steps you can take to protect the earth through recycling and reducing pollution. Visit www.earthday.net for more ideas on how you and your family can celebrate Earth Day—everyday.

Reduce Plastic Use

- When buying dried bulk items, if you don't have a container with you, consider using a brown paper bag.
- Wash out plastic sandwich bags and bread bags at home to reuse them.
- Keep a stack of brown and plastic bags for shopping in the trunk of your car. Use them any time you shop.
- When shopping, do not use bags when purchasing a few produce items like apples, potatoes, or garlic.

Participate in Our Green and Brown Patch Program

We encourage you to bring bags and containers from home to carry your groceries and bulk goods.

With each bag you use, you will receive a 5-cent green patch that you can give to Lakewinds to donate to a local nonprofit, or collect 20 patches to receive \$1 off a future purchase. Receive a one-cent brown patch for every container that you use. You can donate brown patches as well or collect 25 to receive 25¢ off a future purchase. Most of the natural food co-ops in town offer some type of Green Patch Program. *Receive double-patches at Lakewinds Natural Foods on Earth Day!*

Use Non-Toxic Cleaners at Home

Homemade natural cleaners are inexpensive, don't pollute the ground water or put harmful chemicals into our soil. You can make your own nontoxic cleaners using ordinary ingredients like baking

soda, vinegar, olive oil and salt. The ingredients cost much less than store-bought cleaners and they really do work. Adding essential oils can boost the effectiveness of your homemade cleaners; they also have appealing, natural scents. Essential oils like lavender, lemon and tea tree all have antifungal, antiviral, and antibacterial properties.

There are many pre-made, biodegradable and nontoxic cleaners available at Lakewinds Natural Home as well as books that offer additional cleaning recipes.

Make Earth Day a Car-Free Day!

Join millions of people across the U.S. and celebrate Car-Free Day on Earth Day! Use Earth Day as a way to raise public awareness about sustainable transportation solutions. By riding public transportation, taking a bicycle, or advocating for a vehicle-free zone, individuals and whole communities can take action to advance healthier, more sustainable ways of getting from place to place.

Lakewinds

Lakewinds Natural Foods
Minnetonka
17523 Minnetonka Blvd.
Minnetonka, MN 55345
952-473-0292

Lakewinds Natural Home
Minnetonka
17515 Minnetonka Blvd.
Minnetonka, MN 55345
952-742-1242

Lakewinds Natural Foods
Anoka
1917 2nd Avenue South
Anoka, MN 55303
763-427-4340

shop online at
www.lakewinds.coop

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