

# Lakewinds

MEMBER & STOREWIDE SPECIALS

AUGUST 2004

## AUGUST STOREWIDE SPECIALS

Valid 8/2/04-8/29/04. Special Orders 8/2/04-8/25/04.

### Meat

THOUSAND HILLS CATTLE CO.

**Grass-Fed  
Ground Beef Patties**

sale **\$4<sup>75</sup>**/lb.  
reg. \$4.99/lb.

### Grocery

BLUE FARM

**Tortilla Chips**

*Blue Corn, 16 ounces*

sale **\$2<sup>89</sup>** reg. \$3.79

ANNIE'S

**Cheddar Bunnies**

*Selected Varieties*

sale **\$2<sup>19</sup>** reg. \$2.99

NEW MORNING

**Graham Mini Bites**

*Chocolate or Honey*

sale **\$1<sup>79</sup>** reg. \$2.79

SIMPLY ASIA

**Noodles and Sauce and  
Noodle Bowls**

*Selected Varieties*

sale **\$1<sup>99</sup>-2<sup>09</sup>**

reg. \$2.85-2.99

EASTWIND

**Peanut Butter**

*Selected Varieties*

sale **\$1<sup>99</sup>** reg. \$2.75

### Refrigerated

RISING MOON ORGANICS

**Pesto**

*Original or Hazelnut and  
Basil (vegan), 7 ounces*

sale **\$3<sup>65</sup>** reg. \$4.65

### Frozen

RISING MOON ORGANICS

**Ravioli**

*Selected Varieties, 8 ounces*

sale **\$3<sup>65</sup>** reg. \$4.15

### Bulk

BREADSHOP

**Animal Cookies**

sale **\$2<sup>49</sup>**/lb.

reg. \$3.25/lb.

### Lakewinds Natural Home



MAGGIE'S

**Tie-Dye Crew Socks**

*Infant and Toddler Sizes*

sale **\$5<sup>29</sup>** reg. \$7.99

### Cheese

*Three great versions of  
fresh mozzarella for your  
summertime salads and  
antipasto platters.*

**Mozzarella Bocconcini**

*from Belgioioso*

**Ciliegine**

*from Mozzarella Fresca*

*And from Italy,*

**Mozzarella di Bufalo**

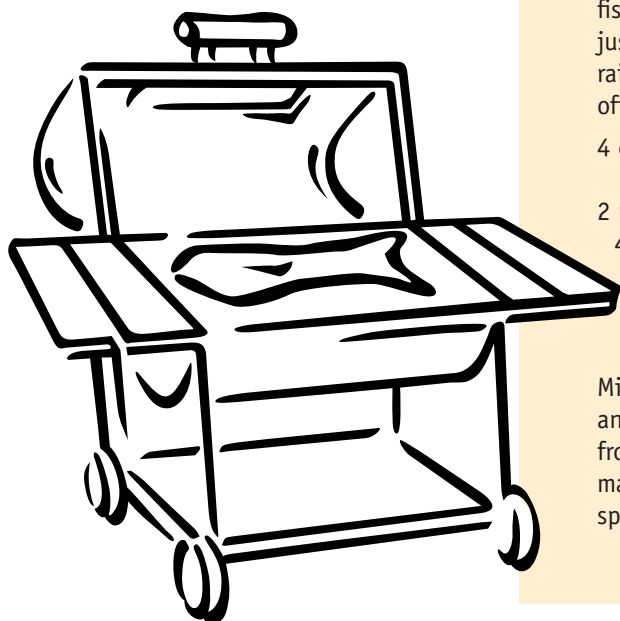
All are **50¢** off  
for a tub or packet.

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

# Keep the Grill Fired Up

Doug Roese, Demo and  
Education Coordinator

It's been a strangely cold and rainy summer so far, but I'm a die-hard optimist. This means that when you get this newsletter, it will finally be perfect grilling weather and you'll be dying to try a few new recipes. So here's hoping I'm right on both counts!



## Barbecued Whole Trout

Whole fish makes a very impressive display, and is great to cook on the grill as the skin crisps up nicely while keeping the flesh tender and moist. Lakewinds' fine meat department often has a few types of whole fish on the weekend. But if you want to be sure for your special event, just call us two days ahead, and we'll order some just for you. Whole rainbow and golden trout, salmon, pike, walleye, catfish and others are often available for order.

- 4 of your favorite trout, large enough for one serving each, cleaned and scaled
- 2 medium onions, chopped fine
- 4 cloves garlic, minced
- 1 tablespoon chipotle peppers, minced
- 1 cup coconut milk
- 1 large lime

Mix onion, garlic, peppers and coconut milk till well blended. Add fish and refrigerate for 3-5 hours, gently stirring occasionally. Remove fish from marinade and grill over charcoal fire, basting frequently with marinade. When fish are done, squeeze lime juice over them, and sprinkle with salt and freshly cracked pepper. Serves 4.

## Charcoal-Broiled Lemon-Pepper Chicken

This is a classic Italian preparation that is best prepared with fresh, free-range broilers. It's meant to be peppery, and is a great complement to a nice, crisp salad.

- 1 broiling chicken (about 2 pounds)
- 1/3 cup lemon juice (NOT reconstituted, please!)
- 1 tablespoon crushed peppercorns (black, or the gourmet mix is nice)
- 3 tablespoons olive oil
- 2 teaspoons salt

Lay the whole chicken flat on a chopping board, breast-side down, and split it open along the entire backbone. Press down on the breastbone from the inside and crack it, spreading the chicken as flat as you can. Flip over, and cut the wings and legs, where they join the body, JUST enough to spread them flat. Turn it back over (breast down), and pound the chicken even flatter with a cleaver or pan-bottom. *Good news: you're done pounding this poor defenseless bird.*

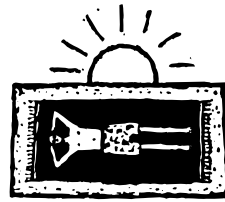
Put the chicken in a deep dish, and pour over the lemon, peppercorns and olive oil. Mix well, cover, and let it marinate in fridge for at least 2 hours. Turn over from time to time.

When the fire is hot, sprinkle the chicken with salt, and place it on the grill (about 5 inches above flame), reserving marinade. Broil until skin is lightly browned, then turn over and baste with marinade. Turn it over after 10 minutes, and cook briefly on each side again, basting. When thigh is tender and juices run clear, it's time to eat! Serves 4.



### Labor Day Hours

Lakewinds Natural Foods in Minnetonka will be open on Labor Day from 8:00 a.m. to 6:00 p.m., and Lakewinds Natural Home will be closed. Lakewinds Natural Foods in Anoka will be closed.



our site is secure. Choose from thousands of grocery items including meat, seafood, deli, cheese and organic produce as well as Lakewinds Natural Home

products. Shop online and pick up your order at our Minnetonka store for only \$5—free for orders over \$75. Store pickup is available Monday through Friday from 3:00–7:00 p.m. Same-day service is usually available if you place your order before 11:00 a.m.

### Shop Online at Lakewinds. Free with Orders Over \$75!

Shop online for your groceries at [www.lakewinds.com](http://www.lakewinds.com). It's easy to use and

## AUGUST HEALTH & BODY CARE STOREWIDE SPECIALS

Valid 8/2/04-8/29/04. Special Orders 8/2/04-8/25/04.

### Supplements

LAKEWINDS  
**Prenatal Multi**  
120 count  
sale **\$10<sup>69</sup>** reg. \$12.55

MSM 120 count  
sale **\$11<sup>55</sup>** reg. \$13.59

Garlic Oil 500 mg, 250 count  
sale **\$6<sup>59</sup>** reg. \$7.75

SOURCE NATURALS  
**Gaba Calm** 30 tablets  
sale **\$5<sup>59</sup>** reg. \$8.49

PLANETARY  
**Schizandra Adrenal Complex**  
60 tablets  
sale **\$5<sup>99</sup>** reg. \$9.29

NEW CHAPTER  
**Supplements**  
**25% off**

EARTHRISE  
**Spirulina Powder, 06**  
90 gm, 3.3 ounces  
sale **\$12<sup>29</sup>** reg. \$15.29

**Spirulina, 06**  
500 mg, 180 tablets  
sale **\$15<sup>69</sup>** reg. \$19.65

NATRA-BIO  
**Homeopathic Formula**  
Mold/Yeast/Dust or  
Animal Hair/Dander, 1 ounce  
sale **\$7<sup>79</sup>** reg. \$9.75

### Body Care

GIOVANNI  
**Hair Care Products**  
Shampoos, Conditioners, Mousse,  
Hair Spray and Gel  
sale **\$4<sup>95</sup>-7<sup>99</sup>**  
reg. \$6.65-10.65

AURA CACIA  
**Essential Oil**  
Eucalyptus, Lavender, Peppermint,  
Tea Tree, .5 ounce  
sale **\$3<sup>55</sup>-7<sup>75</sup>**  
reg. \$4.15-8.99

EMERITA  
**Phytoestrogen or Pro-Gest Cream**  
2 ounces  
sale **\$13<sup>99</sup>** reg. \$18.99

JASON  
**Hand and Body Lotion**  
Selected Varieties, 8 ounces  
sale **\$4<sup>69</sup>** reg. \$6.69

**Mouthwash**  
Selected Varieties, 16 ounces  
sale **\$5<sup>29</sup>** reg. \$6.99

**Toothpaste**  
Selected Varieties  
sale **\$3<sup>69</sup>-4<sup>69</sup>**  
reg. \$5.25-6.75

JASON  
**Nail Saver—No Fungus**  
.5 ounce  
sale **\$3<sup>89</sup>** reg. \$5.55

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

## FEATURED PRODUCTS

# Frozen Delights for a Memorable Summer

Doug Roese, Demo and Education Coordinator

**W**hile many of us eat ice cream all year long, it sure tastes best on a hot summer day. It can even be guilt-free if you've just finished some yard work or a long bike ride! While you can always find something delicious in our freezer section, I wanted to alert your taste buds to a few very special items we're proud to make available...

**Sonny's** is a great local ice cream maker, using high-quality ingredients (like Minnesota milk) and innovative flavors. They have brought their special touch to some lovely sorbets, like the amazing *Blood Orange Sorbet* currently available. Sonny's is dedicated to using the freshest, ripest fruit in their micro-batches of



sorbet; in fact, your carton will actually be hand-numbered! Because of this, the available flavors are constantly changing. So try one of their great sorbets when you see a flavor you like... that might be

the last batch until next year! And remember, most sorbet flavors are fat-free.

**Ben and Jerry's** is no longer owned by the founders, but the company is still making a high-quality product. While their standard line still uses all-natural ingredients and locally farmed, rBGH-free milk, they have also introduced a new organic line, and these flavors are as reasonably priced as they are delicious. They currently offer four flavors: *strawberry, sweet cream and cook-*

*ies, vanilla and chocolate fudge brownie.* Show your support for organic ice cream and eat a pint today!

## AUGUST MEMBER SPECIALS

Valid 8/2/04-8/29/04. Special Orders 8/2/04-8/25/04.

### Grocery

NEWMAN'S OWN

#### Alphabet Cookies

Chocolate, Cinnamon or Arrowroot, 10 ounces

sale **\$2<sup>19</sup>** reg. \$2.79

FALL RIVER

#### Wild Rice Chips

sale **\$1<sup>89</sup>** reg. \$2.45

WALNUT ACRES

#### Organic Apple Juice

Fresh Press, 64 ounces

sale **\$3<sup>49</sup>** reg. \$5.29

RYVITA

#### Crispbread

Selected Varieties

sale **\$1<sup>89</sup>** reg. \$2.29

GEROLSTEINER

#### Mineral Water one liter

sale **\$1<sup>29</sup>** reg. \$1.69

### Refrigerated

WILDWOOD

#### Organic Soy Yogurt

Blueberry, Peach, Raspberry, Strawberry and Vanilla, 6 ounces

sale **79¢** reg. 99¢

### Frozen

MORNING STAR

#### Vegetarian Corn Dogs

10 ounces

sale **\$4<sup>79</sup>** reg. \$5.29

### Bulk

ANDERSON'S

#### Maple Syrup Grade B

sale **\$3<sup>99</sup>**/lb. reg. \$5.79/lb.

### Lakewinds Natural Home

#### Yoga Blankets

**15% off**

*While supplies last*

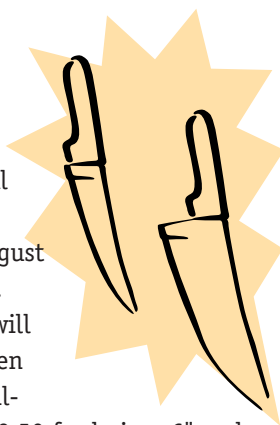


**Note:** Some items may not be available at the Anoka location.



### Need Your Knives Sharpened?

The Finer Edge will visit Lakewinds in Minnetonka in August to sharpen knives. Customer service will post the dates when this service is available. The cost is \$2.50 for knives 6" and under and \$3.00 for knives over 6".



### E-Newsletter

If you are a Lakewinds member and would like to receive the member newsletter via email rather than through the mail, please visit our web site at [www.lakewinds.com](http://www.lakewinds.com). Click on the "Member News" icon on the home page to choose this new service.

## AUGUST HEALTH & BODY CARE MEMBER SPECIALS

Valid 8/2/04-8/29/04. Special Orders 8/2/04-8/25/04.

### Supplements

RAINBOW LIGHT  
**Complete B**  
*Complex System, 90 tablets*  
sale **\$11<sup>99</sup>** reg. \$17.29

**Complete Prenatal**  
*180 tablets*  
sale **\$25<sup>29</sup>** reg. \$31.85

**Kids One Multivitamin**  
*90 tablets*  
sale **\$15<sup>89</sup>** reg. \$22.69

**Master Nutrient System**  
*90 tablets*  
sale **\$23<sup>29</sup>** reg. \$29.29

NATRA-BIO  
**Nico Rx**  
*2-Part Quit Smoking Kit*  
sale **\$21<sup>79</sup>** reg. \$27.29

**Gum** *36 pieces*  
sale **\$13<sup>95</sup>** reg. \$17.45

NUTRITION NOW  
**Rhino**  
*Gummi Bear Vites, Calci-Bears or Chewy C Plus with Echinacea, 60 chewable tablets*  
sale **\$8<sup>69</sup>** reg. \$10.89

NATROL  
**Ester C**  
*Chewable, 250 mg, 125 tablets*  
sale **\$10<sup>59</sup>** reg. \$14.29

**Ester C with Bioflavonoids**  
*500 mg, 120 capsules*  
sale **\$12<sup>25</sup>** reg. \$16.35

**Ester C Powder** *4 ounces*  
sale **\$11<sup>45</sup>** reg. \$16.95

### Body Care

QUEEN HELEN  
**Deodorant Stick**  
*Aloe, Mint Julep or Vitamin E*  
sale **\$3<sup>45</sup>-3<sup>65</sup>**  
reg. \$3.85-4.15

EARTH SCIENCE  
**Shampoo or Conditioner**  
*Fragrance-Free*  
sale **\$4<sup>89</sup>** reg. \$5.65

AURA CACIA  
**Essential Oil**  
*Organic Tea Tree, .33 ounces*  
sale **\$7<sup>65</sup>** reg. \$8.89

ABRA  
**Aromasaurus Rex Bath**  
*16 ounces*  
sale **\$7<sup>99</sup>** reg. \$9.99

GRANDPA  
**Pine Tar Shampoo**  
sale **\$6<sup>75</sup>** reg. \$7.95

**Old Fashioned Oatmeal Soap**  
sale **\$2<sup>55</sup>** reg. \$2.99

**Pine Tar Soap**  
sale **\$2<sup>35</sup>** reg. \$2.65

CHANDRIKA  
**Bar Soap**  
sale **99¢** reg. \$1.15

AVALON  
**Bath Gel**  
*Lavender, Lemon or Rosemary*  
sale **\$5<sup>99</sup>** reg. \$8.55

**Deodorant**  
*Lavender, Lemon or Rosemary*  
sale **\$3<sup>99</sup>** reg. \$5.69

**Shampoo or Conditioner**  
*Lavender, Lemon or Rosemary*  
sale **\$4<sup>99</sup>** reg. \$6.65

DRUIDE  
**Body Care Products**  
**15% off**

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# Join Your Favorite Chefs at the State Fair!

If you think the Minnesota State Fair is all about food on sticks, then Minnesota Cooks! is one State Fair event you won't want to miss. Minnesota Cooks! brings outstanding chefs together to demonstrate how they use Minnesota-grown, farm-fresh, healthy ingredients to create award-winning fare for their restaurants.

Held Tuesday, August 31, in Carousel Park, Minnesota Cooks! will feature five 45-minute programs from 11:00 a.m. through 4:00 p.m., featuring two chefs per program cooking with locally raised food. The program emcee, Chef Andrew Zimmern, will interview not only the chefs but also local farmers and ranchers who produce the ingredients, highlighting their great flavor, how products were raised and their health benefits.

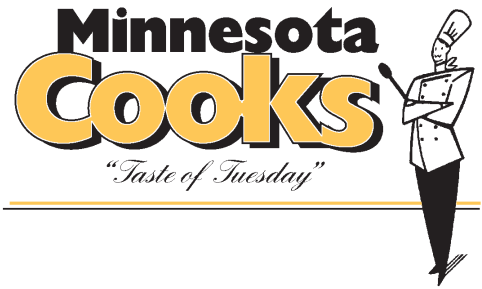
The event is sponsored by the Minnesota Farmers Union and Food Alliance Midwest. "Top-notch restaurants are making connection between farmers and



**Alex Roberts of Restaurant Alma and Mike Phillips of Chet's Taverna cooking up a storm. Stop by the Minnesota State Fair for Minnesota Cooks! on August 31 in Carousel Park.**

consumers by demonstrating great dishes start with locally and sustainably grown food," says Jim Ennis, director of Food Alliance Midwest. "We hope to raise awareness about the great work being done by leading chefs, farmers and supporting organizations in Minnesota, bringing local farm-fresh, healthy foods to their customers."

Samples of the chefs' creations will be made available to a panel of celebrity tasters and fair-goers. Featured chefs will include Brenda Langton from Café



Brenda, Lenny Russo of Heartland, and Russell Klein from W. A. Frost.

Lakewinds Natural Foods and Midwest Food Alliance are partnering together to bring you as many Food Alliance-certified products as possible. When you purchase these products, you can be satisfied you have made a good environmentally and socially responsible choice—for the healthy future of your family as well as farm families throughout the Midwest. *Look for the Midwest Food Alliance label on selected products.*


## 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](http://www.lakewinds.coop)

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