

# Lakewinds

MEMBER NEWSLETTER

DECEMBER/JANUARY 2004-2005

## Holiday Food Traditions and Recipes

By Judy Thompson

The holiday season is the time of year that people reconnect to the food from their family roots and traditions and long for the tastes of their childhood. Many foods of the holidays are part of traditions remembered and preserved from the past, and others herald traditions in the making or being recreated anew. The main feast might be turkey, beef, fish or fowl, with many side dishes and accompaniments. But it is the sweets and desserts and special treats that most often are remembered and cherished. Here members of the Lakewinds community share their holiday taste delights.

### Cookies and Latkes

**Lorayne Streeter**, Minnetonka store manager at Lakewinds Natural Foods, is



Lorayne and Emily Streeter

known for baking some of the best cookies to be had each year at holiday time and for giving food as gifts to family and friends. She does her share of cooking for parties and dinners too. On Christmas morning, for the past 30-odd

years, Lorayne has made her traditional brunch of Swedish Kringle coffee cake, ham and egg soufflé or crepes. Usually Lorayne and her daughter Emily bake several dozen loaves of banana bread to give as gifts. Some years she and her husband make 50 jars of pickles. In fact, "What did you make this year?" is the greeting Lorayne and her family usually receive from friends and relatives.

But most of the energy of mother and daughter goes into baking cookies. "All my cookie recipes are my mom's and grandma's," said Lorayne. They include Russian teacakes, spritz (the rich buttery cookie made from dough forced through a cookie press), and rosettes (a deep-fried pastry made by dipping a rosette iron into the batter and then into hot fat).

"The rosette iron belonged to my mother's mother," Lorayne remembered. Emily is the keeper of the cookie flame and the designated heiress of the rosette iron. She knows the recipes and the tested techniques that are the legacy of seasoned cookie makers. And of all the delectable cookies they make, the rolled out sugar cookies receive the most attention. "The kids frosted and iced them when they were little,"

### Lakewinds Signs Lease on New Store

After many years of searching and dreaming, Lakewinds has finally found a location for a new store! Our new, third location will be in Chanhassen—a 17,500 square-foot, free-standing building near the intersection of Highway 5 and Great Plains Boulevard in a development called Village on the Ponds. If all goes according to plan, the next few months will be focused on obtaining city approvals, completing

design work, and working through the bidding process. Construction is projected to begin in March 2005 and we expect to open the new store next October. The Minnetonka store will stay open.

For regular updates on the progress of the new store, visit our website ([www.lakewinds.coop](http://www.lakewinds.coop)) or stop by the front of the Minnetonka store near Customer Service.

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Lorayne recalled. "Once the boys were asked to frost the gingerbread men. When I looked in on them, all the gingerbread men had become football men. We still keep that new tradition—a few Viking gingerbread men appear each year."

Both Lorayne and Emily feel that the holidays are easier when you have traditions to uphold, in spite of all the additional work. "We get really excited," exclaimed Emily. "We look forward, a couple of weeks before Christmas, to the weekend of cookie production." Their sugar cookie family recipe comes from Grandma Hipp.

## Grandma Hipp's Sugar Cookies

1 cup butter	5 cups flour
2 cups sugar	1 teaspoon baking soda
2 eggs	1 teaspoon baking powder
1 cup sour cream	

Cream the sugar and butter. Beat in the remaining ingredients. Chill dough before rolling. Then roll out the dough, cut cookies and bake at 350 degrees for 8 to 10 minutes. Then ice them with your favorite cookie icing.

## Sufqaniyot and Latkes

Sweet treats are also cherished in the Hanukkah celebration. Lakewinds member **Danna Mirviss** looks forward to a very traditional Hanukkah delicacy called *sufqaniyot*. It is a doughnut-like treat that is filled with jam, then deep-fried and covered in powdered sugar. Her sister-in-law, Zehort Heilicher, who is from Israel, makes it each year. Danna serves latkes, the potato pancakes so relished during this season of the festival of lights. "The latkes are fried in oil that celebrates and symbolizes the sacred, long-burning oil that burned in the synagogue for eight days," she said.

There are dozens of varieties and techniques for making latkes, which are often accompanied with homemade applesauce. Recipes for both can be found in *Moosewood Restaurant Celebrates*, a recent cookbook from the Moosewood Collective. It is available at Lakewinds Natural Foods.



## Scandinavian Holiday Treats

**Lisa Leppa**, a baker in Lakewinds' renowned deli, joins her family of Finnish descent at the holiday table, which includes a variety of Scandinavian food items. A recent menu addition at the Christmas Eve feast is lutefisk, the infamous Norwegian dish of fish soaked in lye.

"My aunt started making this about four years ago. The fish itself is flavorless and gelatinous but it is saved by the delicious white sauce—buttery, creamy and garlicky—that is poured over the fish." Lisa might not preserve this tradition as the seasons pass but she will keep her mother's Swedish meatballs on her holiday menu. And she loves *nissua*, the Finnish sweet bread made with cardamom that her mother bakes at holiday time. It is formed into braided loaves or wreaths and topped with a simple frosting. Lisa also raves about the prune tarts. "The tarts are very labor intensive and I don't know if I will preserve that tradition, but I will continue to make the bread." Another favorite is her grandmother's rice pudding with raspberry sauce, a soothing and comforting dessert.

## Ida Leppa's Creamy Rice Pudding

Serves 6 to 8

1 cup uncooked white rice
6 cups milk
1/2 teaspoon salt
2 tablespoons sugar

Combine the above in a double boiler. Cook over boiling water for two hours, stirring occasionally until rice is creamy and the milk is absorbed. Cool for 30 minutes and then whip 1 cup heavy cream and fold it into the rice mixture.

## Raspberry sauce

Bring to a boil 2 cups water and 1/2 cup sugar. Dissolve 3 tablespoons cornstarch in 3 tablespoons cold water. Whisk this into the sugar water and simmer for five minutes. Add 3 or 4 cups of frozen raspberries and simmer five minutes more. You can also top the rice pudding with fruit soup, fresh fruit or cinnamon sugar.



## Swiss Brunсли Cookies

Lakewinds member **Yvonne Bruderere** grew up in Switzerland and has been in the United States since 1988. She might make a traditional ham in a crust for the Christmas Eve meal. “Or I might have something simple like smoked salmon. Most of the time I cook Italian rather than Swiss food,” she said. But for the holidays, Yvonne makes the traditional cookies that her mother made when she was growing up. Here is the recipe for *brunсли*, the favorite hometown holiday cookie of Yvonne’s husband. It needs no baking and is adapted from the oldest cookbook still being published in Switzerland, the *Basler Kochschule Cookbook*, which first came out in 1877.

500 grams (17 1/2 ounces) of white sugar  
 4 eggwhites\* or Eggology Pasteurized Egg Whites (8 tablespoons)  
 500 grams (17 1/2 ounces) of unpeeled almonds  
 100 grams (3 1/2 ounces) of semi-sweet chocolate  
 2 pinches of cinnamon  
 1 pinch of ground cloves

Beat the egg whites with a fork in a bowl. In a blender, first blend the almonds (not too fine). Then, separately, blend the chocolate, a little on the chunky side. Put the almonds, the chocolate and spices together in a big bowl. Put the beaten egg whites in the middle and make a dough with your fingers. Put the dough in the fridge for 1/2 hour. Then roll it out with a rolling pin until it is the thickness of your little finger. If the dough sticks, put a little sugar on the rolling pin and some on the board. Cut the dough with your favorite cookie cutters and place the cookies on a slightly buttered baking sheet. Let them sit out and dry overnight.

\* If you choose to use raw eggs, please know that some raw eggs carry food-borne illnesses.

## Las Posadas

**Manuel Moreno**, the kitchen manager at Lakewinds, grew up in Bernal, Mexico, a small farming village several hundred miles northeast of Mexico City, where the Los Sierras Mountains begin. “It is a very quiet, simple and peaceful farm town with cows and sheep,” said Manuel.

One of his favorite traditions growing up was celebrating *Las Posadas*, celebrated throughout Mexico for nine consecutive days with candlelight processions and lively parties, starting December 16 through Christmas Eve. “A party is held in a different neighborhood each evening,” explained Manuel. “First you have to attend mass in order to get a ticket. Then you go to the houses in the neighborhood and show your ticket.”

The town’s children reenact the holy family’s quest for overnight shelter. They proceed through the streets with lit candles, singing songs while the adults and musicians follow. They may be turned away at several houses or they may be refused repeated requests for shelter. But finally they are told that while there is no room at the *posada* (inn) they are welcome to take refuge in the stable. Then the doors are flung open and all are invited to enter.

“Some houses have piñatas,” recalled Manuel. “The children each receive a little bag of real sugar cane, mandarin oranges, peanuts in the shell and candy. Everyone eats tamales and drinks *ponche*—hot fruit punch. The adults are allowed to add a little tequila to their ponche. I really miss it. It is a reunion of people in the community, in all the neighborhoods where everyone comes together socially and spiritually. All year long as a child you dream about *Las Posadas*.”

Manual hopes that someday *Las Posadas* will be celebrated in neighborhoods here. Meanwhile, he makes the *ponche* for family and friends and shares his recipe.

## Traditional Mexican Christmas Ponche

This fantastic traditional recipe will require a little shopping. You should be able to find raw sugar cane and guava at one of the local Latin markets. If you don’t have time, you can try to substitute 1/3 cup of sucanat or sorghum syrup for the cane, and use the whole pineapple instead of the guava.

2 gallons of water  
 1 pound sugar cane, cleaned and cut in pieces  
 2 cups of sugar  
 1/2 pound of tamarindo (dried tamarind)  
 3 cinnamon sticks  
 2 large apples, quartered  
 1 large orange, skin removed, quartered  
 1/2 pineapple, corded, peeled, in pieces  
 1 pound guava, cut in pieces

Add all ingredients to the water, bring to boil and simmer until fruit is cooked, then discard the fruit. Serve warm and add spirits if desired...and toast the New Year!

# Holiday Goodies for Everyone

Lakewinds Packaged Grocery Department is proud to offer a fine assortment of food items for the holidays. We have worked hard to bring our store the best-tasting, highest quality and most convenient products available. Look for our holiday displays of award-winning savory sauces, sweet condiments, handmade chocolates, traditional shortbreads, specialty nut mixes and seasonal beverages. We are excited to introduce specialty food gift baskets to our displays this season, which we hope will make holiday shopping at Lakewinds even easier. Here is a sampling of some the great items available this holiday season.

## Savory Sauces and Condiments

*Ginger Wasabi and Smoked Maple Chipotle finishing sauces from*

**Bittersweet Herb Farms:** Both of these sauces carry award-winning seals from the 1997 Fancy Foods Show. Bittersweet Herb Farms is dedicated to making exceptional, hand-made food products. These versatile sauces have a robust natural flavor that will complement poultry, fish, meats, and make a fantastic marinade or basting sauce.

*Sweet Pepper, Artichoke Lemon, and Walnut pestos by Bella Cucina:* Bella Cucina's pestos represent some of the best of their Italian-inspired "Artful Foods" line. Each of these pestos has a unique flavor and can be used in pasta dishes, added to sauces or enjoyed right out of their lovely little jars.

## Sweet Condiments

*King's Cupboard Cinnamon Pear Caramel Sauce:* King's Cupboard dessert sauces have won numerous awards and have been described as "chocolate heaven" by food critics. This particular flavor is perfect for the holiday season.



*Preserved Lemon Cream by Bella Cucina:* We love this condiment for its intense natural flavor and its charming presentation. Bella Cucina suggests using their lemon cream over pancakes or served with fruit. We are sure that anyone who loves the taste of fresh lemons will enjoy finding new ways to use this delightful treat.

## Nut Mixes and Candied Nuts

*Urban Accents Manhattan Nut Mix:* One of the most beautiful nut mixes we have ever seen. All-natural almonds, walnuts, cranberries, raisins, and sweet pineapple create an attractive, healthy blend that would make a perfect holiday hostess or party gift.

*Nunes Farms Chocolate, Toffee and Mocha Covered Almonds:* What the best-tasting almonds are wearing this season. Nunes' famous almonds are covered, dipped, and powdered to confection perfection. These all-natural treats are handsomely packaged for gift giving.

## Biscuits, Shortbreads, and Cookies

*Farmhouse Biscuits English Lemon Tea Cookies:* The pretty silver tin packaging is only half of the charm of these delicate cookies. Perfect for tea or brunch.

*Lander's of Australia Ginger Shortbread Bites:* Bite-size shortbread with the warm, spicy flavor of natural ginger.

## Chocolates

*Feodora Art Gallery Bars:* Have your art and eat it too! Premium German milk chocolate has been wrapped in unique packaging featuring famous master art works. Truly original holiday treats.

*B.T. McElrath Lavender Black Peppercorn Truffles:* These truffles were surely the inspiration for B.T. McElrath's slogan, "Food of the Gods on Earth." We couldn't agree more.

# Lakewinds' Interiors Are Growing Green!

By Jody Peterson Lodge, Lakewinds member

**W**alking into Lakewinds' health and body care department, you will find a fresh new face that is not only naturally beautiful, but also sustainable in design.

The new burled wood-looking panels are actually made of a rapidly renewable and sustainable bio-composite: sunflower hulls and plant resin binders. The Marmoleum countertops are crafted from linseed oil, non-toxic binders and wood fibers. For the Lakewinds staff, it was a natural choice that non-toxic and sustainable materials be used in the remodel, underscoring the co-op's commitment to health and sustainability.

The new shelving and cabinet components were custom-designed by **Baltix Sustainable Furniture**, Long Lake, MN whose owners, Chuck Lodge and Jody Peterson Lodge, have long been members of Lakewinds.

That philosophy of health has been the driving force behind Baltix furniture's business development. Their tag line—"good for you, good for the environment"—tells the Baltix story. Baltix sustainable furniture solutions use materials that take nothing from the earth, nor leave anything in landfills at the end of their closed-loop cycle of use. Baltix uses no harmful glues, VOC's or formaldehyde. All materials are reclaimable at the end of the product's useful life. This philosophy is one that refers to cradle-to-cradle systems design.

Environmentalists have been urging for decades to reduce, reuse, recycle. Cradle-to-cradle advocates suggest we add, "rethink" into the mix.

In addition to eco-sunflower panels, Baltix uses rapidly renewable crops of wheat and sorghum, recycled plastics, newsprint, repurposed glass, linoleum,



and post-consumer aluminum to craft environmentally friendly interior furniture solutions for commercial and home office interiors. There is even a new material, strongly resembling the look and durability of granite, that is made from the Federal Reserves stock-pile of old money no longer fit for circulation. This emerald green beauty is one that has to be seen to be believed—talk about a million-dollar idea!

We've all heard of "sick-building" syndrome, where the inhabitants of a building become chronically ill and unproductive. That issue has been clearly researched and many of these work sites have been or are in the process of being corrected. But what happens when you clean up the building's envelope, and then add toxic furnishings and carpets back in to the environment? That is the health issue that Baltix can help organizations address.

Thankfully, leading educational institutions are now including mandatory sustainability courses and integrating these principles into architectural, interior and exterior design programs. It is

no longer only the "tree-hugging environmentalist" that is working to heal the earth and point out the connections between our environments and our health and productivity.

Books such as *Cradle to Cradle* by William McDonough and Michael Braungart, *Mid-Course Correction* by Ray Anderson, and programs such as the Natural Step Framework ([www.allianceforsustainability.org](http://www.allianceforsustainability.org)) offer classes that are excellent ways to learn more about the environmental and economic advantages of the global sustainable movement. Organizations such as Earth Charter also provide easy access to principles and practices of sustainability. You can find them on the web at: [www.earthcharter.org](http://www.earthcharter.org).

For additional information on sustainable furniture solutions or custom designs for your organization, you can contact Baltix at 763-210-0155, check out their website at [www.baltix.com](http://www.baltix.com), or email Jody Peterson Lodge at [jody@baltix.com](mailto:jody@baltix.com).

# Stevia: The Natural No Calorie Alternative

By Sam Feaster,  
Health and Body Care Department

**M**any shoppers will be looking for sugar alternatives this fall and holiday baking season. Next to abstinence, stevia is the best alternative to sugar, in my opinion. Sugar is well known for its insulin-raising property as well as its ability to add a few pounds where we least want them. Perhaps we can just throw on a heavier coat for insulation, as the weather turns cooler, rather than add those pounds to keep warm and still enjoy the desserts we deserve for working so hard all summer.

Stevia has many advantages over sugar: it assists with weight loss or prevents weight gain, inhibits tooth decay or gum disease, prevents increases in blood sugar, and does not feed *candida albicans* yeast.

I'm often asked where stevia comes from. Stevia has been picked for



centuries in the wilds of Paraguay, Brazil, and Argentina. It is called *kaa he-he*, which means sweet herb. In 1903 a Paraguayan named Dr. Moises Santiago Bertoni discovered a live stevia plant thinking it very rare when in fact it grows wild all over the place. Dr. Bertoni in later years named this herb stevia to honor a chemist who first extracted the herb's sweet ingredients. Subsequently, the first crop of stevia was harvested in 1908.

By the 1930s, stevia was becoming noticed in Europe and the United States. However, nothing much came of it until the Japanese became interested in it. During the 1960s the Japanese had already banned or severely restricted artificial sweeteners and found stevia or stevioside, the sweet extract from stevia, to be the ideal replacement for sugar and sweet synthetics. Stevia is now used in a large variety of foods in Japan, even ice cream! It is the

## RECIPES

### Oatmeal Apple Muffins

(from SteviaCanada.com)

1 cup whole wheat flour	1 egg
1 cup rolled oats	3/4 cup milk
1/2 teaspoon salt	1/4 cup apple sauce
3 teaspoon baking powder	1 medium apple cored and chopped
1/2 teaspoon nutmeg	3/4 cup raisins (optional)
2 teaspoon cinnamon	
1 1/2 teaspoon Stevia	

Mix first seven ingredients thoroughly; mix remaining ingredients in a separate bowl. Gradually mix the dry ingredients into the moist ingredients. Spoon into greased muffin tins and bake 15–20 minutes in a 400°F oven.

### Quick Orange-Pecan Cake

(from SteviaCanada.com)

1/2 teaspoon stevia powder	4 teaspoons baking powder
dash of salt	grated peel of 2 oranges
1/2 cup pecans, chopped	1 cup pure orange juice
2 cups flour (try rye, barley or rice combination)	2 eggs
	3 tablespoons oil

Mix first six ingredients thoroughly; mix remaining ingredients in a separate bowl. Gradually mix the dry ingredients into the moist ingredients. Pour into a 5 x 9 pan. Bake at 350°F for one hour.



# notes & news

## to Sugar

number-one sweetener used there, more than sugar! Today stevia is grown and used in several countries, including China, Japan, and Germany. Maybe someday it will be just as popular here in the United States.

If you are a first-time stevia user, you will want to experiment a little.

Diabetics particularly may want to go slow in adding stevia and replacing sugar in their diet and consult their physician. To get used to stevia, try cutting back a sweetener such as sugar or honey by 50 percent and adding a little stevia. Everyone's taste experience will be different and stevia extract is up to 300 times sweeter than sugar. Stevia extract is provided by several companies and comes in several forms—liquid (dropper and squeeze bottle), powder (pure, in small packets or shaker bottles) and with fiber. Ask for a card listing stevia/sugar equivalents provided by the manufacturers. In addition, I counted six different titles of stevia cookbooks with deliciously sweet recipes on Lakewinds' book shelves in the Health and Body Care area.

### References

*The Stevia Story: A tale of incredible sweetness and intrigue.* Copyright 2000 by Donna Gates ([www.stevia.net](http://www.stevia.net)).

*Dr. Mercola's Total Health Cookbook and Program.* Dr. Joseph Mercola ([www.mercola.com](http://www.mercola.com)).

*The Stevia Cookbook,* copyright 1999 by Ray Sahelian, M.D. and Donna Gates.

### Welcome, New Members

During the last fiscal year, 907 individuals and families joined Lakewinds as new members. 756 members joined at the Minnetonka store, and 151 signed up in Anoka.

### New Anoka Store Manager

Penni Ruben, a three-year employee of Lakewinds, was recently named Store Manager of the Anoka store. Penni's goals include making sure the store is bursting at the seams with great products and happy customers.

### Anoka Member Forum

Our next member-advisory meeting is Wednesday, January 12 at 5:30 p.m. at Lakewinds Natural Foods in Anoka. These meetings are available to all members interesting in discussing store matters in Anoka and provide a format to voice suggestions, concerns or ideas about the store. This meeting will be held in the café.

### New Member Tea

The next scheduled new member tea is December 4 at 10:00 a.m. in the Lakewinds Learning Center in Minnetonka. Seating is limited, so please call Customer Service or Mary Moulton at 952-473-0292 to reserve a spot for this popular event. This event seminar is designed for members who have joined Lakewinds in the last few months; however, any member is welcome to attend.

### Holiday Hours

#### Minnetonka

Dec. 24 8 a.m.–4 p.m. Grocery  
Dec. 24 9 a.m.–3 p.m. Natural Home  
Dec. 25 CLOSED  
Dec. 31 8 a.m.–6 p.m. Grocery  
Dec. 31 9 a.m.–3 p.m. Natural Home  
Jan. 1 CLOSED

#### Anoka

Dec. 24 9 a.m.–4 p.m.  
Dec. 24 Café CLOSED  
Dec. 25 CLOSED  
Dec. 26 CLOSED  
Dec. 31 9 a.m.–6 p.m.  
Jan. 1 CLOSED  
Jan. 2 CLOSED

## Community Donations 7/1/03–6/30/04

Aliveness Project  
Alliance for Sustainability  
Amigos de las Americas  
Anoka Chamber of Commerce Gala Dinner  
Arizant Company Health Fair  
Bennett Family Park  
Bloomington Fine Arts Council  
Boys and Girls Club  
Bridging Inc.  
Celiac Sprue Association  
Chamber of Commerce Scholarship Fund  
Children's Theater  
Christian Business Women  
City Fresh Produce (partnership/Arboretum)  
City of Plymouth  
Clear Springs Elementary  
Columbia Park Education and Research Foundation  
Cooks for Kids  
Crisis Connecton  
Crisis Nursery  
Deephaven PTO  
Early Childhood Education  
Earth Charter  
Emergency Food Network

Friends of the South Shore Fundraiser  
Gatewood Elementary  
Groveland Elementary School  
Groves Academy  
Habitat for Humanity  
Hammer  
Holy Name School  
Hopkins Community Education  
Howard Bowers Fund for Cooperative Education  
Humane Society Wright County  
ICA  
In the Heart of the Beast Puppet and Mask Theatre  
Interfaith Outreach  
Isaiah—Community Outreach  
Keith Kamman Family Fund  
LaLeche League  
Meadow Creek Christian School  
Meadowbrook Elementary School  
Messiah United Methodist  
Michael Servetus Unitarian Society  
Minnesota Arboretum Foundation

Minnetonka Dance Theater  
Minnetonka Girls' Softball  
Minnetonka Lions Club  
Minnetonka Middle School East  
Minnetonka Public Schools  
Minnetonka—Hopkins Girls Softball  
Minnewashta Elementary School  
Minnesota Aids Project  
Minnesota Herb Society  
Minnesota Lutheran—Shelter Mothers Connection  
National Night Out  
North Hennepin Mediation Project  
Northland Celiacs  
One Voice Mixed Chorus  
Open Arms of Minnesota  
Opportunity Partners  
Orono PTO Fundraiser  
Pacer Center  
Partners for Life Long Learning  
Person to Person  
Petals of Hope Garden Tours  
PRISM  
Professional Women's Teaching Sorority

PTO Fundraiser/Winterfest  
Alice Smith  
Putting Green  
Raising Our Celiac Kids—Twin Cities  
Relay for Life  
Sheats Family Benefit Fund  
South Shore Lions  
South Tonka Lions  
Spring Hill School  
St. David's Church  
St. David's School  
St. Therese Deephaven  
Tanglen Elementary School  
Temporary Center for Living  
Three Rivers Parks  
Timber Bay Youth Center  
Investment  
Trinity Brunch  
WAMM  
Westonka Food Shelf  
Women's Cancer Resource Center  
YMCA Ridgedale



# tried & true

from Lakewinds Natural Home

**Q: I don't realize how much I miss the sun until fall arrives. I find myself feeling sluggish and depressed. I have heard about "SAD" lights. How do they work?**

**A: "SAD" stands for Seasonal Affective Disorder. Most scientists believe it is the result of shifted circadian rhythms caused by the reduced sunlight that occurs at this time of year. Without the strong light signals typical of summer, SAD sufferers report sleep problems, inability to concentrate, lack of energy, and even depression. In 1998 the American Medical Association recommended strong artificial light for the treatment of seasonal affective disorder. To relieve SAD, most people use a therapy box with 10,000 luxes for about one-half hour early in the morning. Ten thousand luxes is 20 times the intensity of average indoor lighting. By using a therapy light in this way, the average person will feel better in about one week, with complete remission in about two weeks. Lakewinds Natural Home sells two types of SAD lights. Both produce ten thousand luxes. Check weekly specials for sale prices.**



# Lakewinds

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