

Lakewinds

MEMBER NEWSLETTER

JANUARY/FEBRUARY 2004

Cooking on Many Fires

by Judy Thompson

One of the many pleasures of shopping at and belonging to a food co-op is getting to know fellow members and benefiting from their shared expertise and knowledge of food. Cooking techniques, recipes and product recommendations are exchanged over carts, in the aisles and in the parking lot. Robert Larson, a member of Lakewinds since the day some thirty years ago when he walked in looking for bulgur wheat, has much to share about his passion for good food and cooking.

The Evolution of a Cook

Bob was recently asked what led him to become a cook. "Hunger!" he responded emphatically. From early on, Bob has been an outdoor

adventurer. At the age of 12, with his father's blessing, he went on a canoe trip on the Rum River for three days with several friends, and the following year they paddled on the Mississippi River for two weeks. At this young age, he was the one who planned the menus for these excursions and sourced and supplied the food. (This was before the advent of fast food for the campsite or gourmet, freeze-dried packets for backpacks.) As he could not fill the canoe with canned food, much consideration was needed to ensure plenty of fixings of rice, dry food and soup mixes to feed a group of hungry boys. Fresh meat was on each camper's plate that first day

on the river. But by the ninth and tenth days, deep into the wilderness, "food fantasies" rather than food fights broke out among the kids. Bob, the designated cook on the river, was cooking three meals a day and dreaming of food around the campfire at night.

A few years later while in high school, he and his best friend, who was a gourmet cook, developed a style, which Bob refers to as "power gourmet cooking." He remembers inviting several girls and serving a sophisticated and delicious dinner including egg foo yong. The din-

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Bob Larson, a long-time Lakewinds member, has enjoyed cooking since he was a young man.

Bob's favorite kitchen and food tips

- On the trail, put your cheese in cheesecloth soaked in vinegar or moistened in lemon to keep it fresh. (This can also resuscitate a piece of cheese that is drying out in your fridge.)
- If you use just half an onion, or half a grapefruit, leave the unused half face down on a plate for storage in the fridge—no need to wrap it.
- I use a wood file that I have converted into a food grater that makes beautiful shavings.
- It is important to pay attention to color.
- I love to browse the vegetable aisles, shop at different stores and find exotic food on Eat Street.
- Books on his kitchen book shelf that he turns to for inspiration include both *Soup and Roasting* by Barbara Kafka, *Cold Weather Cooking* by Sarah Leah Chase (a favorite recipe is her Pork with Bourbon-Soaked Prunes and Apricots), and *Nurturing Traditions* by Sally Fallon, which can be found in Lakewinds Natural Home. He considers *The Joy of Cooking* a basic essential.



ner invitation was reciprocated by the girls but only if Bob and his cooking compadre would mow the lawn. Mow they did, but in vain. Their dinner turned out to be “over-cooked steaks that looked like soup bowls. I decided then and there that never again would I be suckered into working for a bad meal,” Bob recalls.

Instead, as the years passed, Bob found himself cooking and serving good meals at work. As a senior partner in a law firm in Wayzata, he began to cook soup once a week for everyone who worked at the firm. He loved the nurturing endeavor and felt then as he does now

“When I am home I cook. I am always experimenting. I love to open the refrigerator and take it from the top.”

BOB LARSON

that good cooking lifts everyone’s spirits. In 1990, he joined a larger downtown firm, Grey Plant Mooty. “I no longer had the time to make soup every week for the staff at this large firm. But I realized I could prepare food at the firm occasionally. Now I make soup at work once a year, in January or February. I make two or three soups from scratch and provide soup and bread to about 150 people. It’s simple,” commented Bob. “People at all levels in the firm break bread together. People feel cared for and it is emotionally satisfying.”

The Stove Is Always On

Another satisfaction for Bob is the unique stove in his home kitchen. When Bob and his wife Chris bought their home almost a decade ago, they were undecided how to remodel it. They contemplated where to begin. They



The focal point of the kitchen is the Aga stove made in England. Each oven runs at a constant temperature of 250 to 450 degree (above). Bob prepares omelets for his morning breakfast on the unique stove top (below).

received inspiration while attending the Food and Wine Show when they saw Brenda Langton of Café Brenda demonstrating on an Aga stove. Bob fell for the stove and convinced his mate that this was the design feature that would be the anchor of the house. This large residential stove “has become the heart, the centerpiece of the house. Everything has been built around it,” enthuses Bob.

The Aga stove is not known to many cooks in this country, but enjoys wide-

spread use and devotion in England where it is made and is considered the Rolls Royce of stoves. Invented and patented in 1922 by the Swedish physicist and Nobel Prize-winner Dr. Gustaf Dalen, the Aga was the world’s first heat-storage stove. It has three plates on the cooker’s top and four ovens for warming, simmering, baking and roasting. The stove is always on (literally) in the Larson kitchen, providing a continuous source of heat and efficient use of fuel. Bob has no toaster or microwave,

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The Larson pantry is a treasure trove filled with dozens of jars of spices, herbs and various dried foods (left). Bob loves to experiment with unique foods and spices like Morels, Napa Cabbage and hot peppers he bought in Mexico (right).

but he can make a grilled sandwich or three 26-pound turkeys for an assembly of feasters without turning a knob!

Cooking at Home or in Nature

Chef Larson dons his cook's apron on outdoor adventures, in the workplace, and at home for gourmet cooking and for making just good, nutritious food. "When I am home I cook. I am always experimenting. I love to open the refrigerator and take it from the top. Everything influences me. My mother was a great cook and a fabulous baker. I grew up cooking, one of my three brothers cooks and one is a developing cook whose skills have been honed using the microwave and rotisserie. My wife and I have always been adventurous in our food choices and both our grown children love to cook and are good cooks. I am an information-gatherer. I might read a couple of cookbooks to get the right proportion of ingredients and the right amount of product. It is as embarrassing to cook too much as it is too little. Then I wing it."

Bob still loves the outdoors, and as hunter and fisherman he usually has wild game like venison and fish such as salmon and halibut in the freezer and refrigerator. "I love meats, but I especially love fish." He likes to prepare Norwegian Cod, "the poor man's lobster," stewed in tomato juice with celery and garlic. He sometimes prepares his salmon to make gravlax. He recalls an especially delicious sauce for a salmon. "Cook the salmon, skin side down on the grill. Make a medium of mayonnaise, chopped onion, capers, Dijon mustard, and blackberries." Bob loves to experiment and shares a successful result. "Roast some lamb chops. For each chop, cut a thick wheel of grapefruit that is room temperature—the skin can be removed or left on—and place the hot roasted lamb chop on the wheel of grapefruit for a lingering taste."

Inspiration from Bob

Like all seasoned cooks Bob has his favorite tools but loves to use his hands

and relies on his sense of smell. "The sense of smell is so integrated and integral to the cooking process. I find myself more adept at smells and flavors and combination of flavors. To me, if you can't smell, you can't cook."

His kitchen pantry is a treasure trove, a walk-in closet with shelves filled with dozens of jars of multicolored food finds: ingredients, spices, and staples found at the co-op, specialty stores and ethnic import shops, farmers' markets close by and far down the road. One time, he found the hot peppers he uses at a town market in Mexico.

Bob values the co-op. "I like the staff at Lakewinds. I like the cheese selection. I love being able to get small amounts of spices and staples. I am a foodie and I love to talk about food." He is committed to making good nourishing food, be it in the wilderness, the office or at home.

Upcoming Demos

Demos are held at the Minnetonka location and generally occur from 11:30 a.m.–3:30 p.m.

Tuesday, Jan. 6

Homemade Chili Recipes



A few new ideas for an old standby, featuring Muir Glen tomatoes and Westbrae beans, both on sale!

Friday, Jan. 9

Low Fat Chicken Recipe and Weight Watchers-Approved Alexia Frozen Potatoes

Counting your calories after the holidays? This combination may help satisfy your cravings and help you watch the calories.

Tuesday, Jan. 27

Cheese and Spread Recipe Demo

We'll sample three wonderful cheeses, one of them in a flavorful spread, complete with recipe card!

We are also having three food demonstrations at the Anoka location. Be sure to stop by on January 10, 20 and 31 from 11:30 a.m. to 2:30 p.m.!

HEALTH & BODY CARE JANUARY MEMBER SPECIALS

Supplements

WORLD ORGANIC

Liqui-Kelp

Daily Iodine
2 ounces

sale **\$2⁶⁵** reg. \$3.55

YERBA PRIMA

Colon Care

180 capsules

sale **\$9⁹⁵** reg. \$13.29

ALACER EMER'GEN-C

Tangerine

36 count

sale **\$9⁶⁹** reg. \$12.95

Alacer

HERBS FOR KIDS

Valerian Super Calm

1 ounce

sale **\$7³⁵** reg. \$9.85

GREEN FOODS

Barley Essence

Berry Flavor
5.3 ounces

Green Foods
THE EXPERTS IN GREEN NUTRITION

sale **\$24⁵⁹**
reg. \$32.79

LILY OF THE DESERT

Whole Leaf

Aloe Vera Gel
or Juice, 32 ounces

sale **\$6⁹⁵** reg. \$8.69

KYOLIC

Kyolic Reserve

60 capsules

sale **\$11²⁵** reg. \$14.99



MODERN PRODUCTS

Swiss Kriss Laxative

120 tablets

sale **\$5⁵⁹** reg. \$6.99

SCHIFF

Prime Years

100 gel capsules

sale **\$9⁹⁵** reg. \$13.29

RAINBOW LIGHT

Protein Energizer

15.7 ounces

sale **\$14²⁹** reg. \$20.45

RAINBOW LIGHT

Body Care

NATURE'S GATE

Shampoo or Conditioner



Rainwater Henna,
Rainwater Awapuhi or
Tea Tree

18 ounces

sale **\$3⁷⁹** to **4⁹⁹**

reg. \$4.99-7.39

WISE WOMEN
ESSENTIALS

Wild Yam and Progesterone Crème

2 ounces

sale **\$19⁴⁵** reg. \$22.85

ANCIENT SECRETS

Neti Pot

Nasal Cleansing

sale **\$11⁹⁹** reg. \$14.99

CHANDRIKA

Ayurvedic Bar Soap

sale **95¢** reg. \$1.19

ECCOBELLA

Vanilla Lotion

ECCO BELLA
NATURALS

8.5 ounces

sale **\$10⁹⁹** reg. \$12.95

GRANDPA'S

Pine Tar Shampoo

8 ounces

sale **\$6⁷⁹** reg. \$7.99

DESERT ESSENCE

Tea Tree Relief Spray with Essential Oils

4 ounces

sale **\$3⁹⁹** reg. \$4.79

Tea Tree and Lavender

0.6 ounces

sale **\$6⁹⁹** reg. \$8.35

BOIRON

Arnica Gel

BOIRON

1.5 ounces

sale **\$4⁷⁹** reg. \$5.99

Arnica Ointment

1 ounce

sale **\$4⁷⁹** reg. \$5.99

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

Valid 1/2/04–1/27/04. Case orders 1/2/04–1/23/04.

HEALTH & BODY CARE JANUARY STOREWIDE SPECIALS

Supplements

NEW CHAPTER

Host Defense

*Ultimate Immune
Enhancing Mushroom
Complex
60 capsules*

sale **\$20⁹⁹** reg. \$27.99

CoQ10

60 count

sale **\$47⁹⁹** reg. \$64.49

Only One

90 count

sale **\$31⁴⁹** reg. \$41.99

LAKEWINDS

Bio C Caps

100 count

sale **\$8⁹⁵** reg. \$10.55

Vitamin E Plus Mixed Tocopherols

180 count

sale **\$13⁷⁹** reg. \$18.39

ULTIMATE CAPS

Vegetarian Multivitamin

60 count

sale **\$8⁵⁹** reg. \$11.45

COUNTRY LIFE

Ultra Oils

90 count

sale **\$12⁶⁵**

reg. \$16.89



HEALTH FROM THE SUN

Total EFA

90 capsules

sale **\$15³⁵**

reg. \$20.45

HERBS FOR KIDS

Sweet Echinacea

1 ounce

sale **\$6²⁹** reg. \$9.85

LIDDELL

Age-Defying Weight Loss XL

1 ounce

sale **\$17⁹⁹** reg. \$22.69

HYLANDS

Children's Homeopathics

*C-Plus Cold or Vitamin C
125 tablets*

sale **\$4²⁹** reg. \$5.75

Teething Gel or Tablets

sale **\$4²⁹-5⁹⁹**

reg. \$5.75-7.99

Colic

125 tablets

sale **\$4²⁹** reg. \$5.75

Cough Syrup with Honey

4 ounces

sale **\$5⁹⁹** reg. \$7.99

NATRA-BIO

Flu Resist

0.8 ounces

sale **\$7⁹⁹** reg. \$10.89

NICO RX

Quit Smoking Program

sale **\$19⁶⁹**

reg. \$26.29

RAINBOW LIGHT

Everyday Fiber

10 ounces or 90 capsules

sale **\$8⁹⁹-12⁸⁵** reg.

\$12.99-18.39

Spirulina Herbal Diet

120 tablets

sale **\$14⁸⁹**

reg. \$21.29

JUST ONCE

Prenatal Multivitamin

90 tablets

sale **\$19⁹⁹**

reg. \$28.99

ZAND

Thistle Cleanse

2 ounces or 60 capsules

sale **\$7⁹⁹-10⁴⁹**

reg. \$10.85-13.99

Body Care

AURA CACIA

Organic Oils

Sesame or Jojoba

4 ounces

sale **\$5⁶⁹-11⁹⁹**

reg. \$6.69-14.29

DESERT ESSENCE

Age Reversal Products

Cream or Serum

sale **24²⁵** reg. 28.55

EMERITA

Phytoestrogen Cream

2 ounces

sale **\$15⁹⁹** reg. \$18.99

KISS MY FACE

Moisturizing Lotion

Selected Varieties

16 ounces

sale **\$6⁵⁹**

reg. \$9.29-9.49

JASON

Liquid Satin Soap

Lavender, 16 ounces

sale **\$7⁶⁹** reg. \$10.99

YERBA PRIMA

Tampico Skin Brush

sale **\$5⁶⁵** reg. \$7.99

DESERT ESSENCE

Eco Harvest

Tea Tree Oil

0.5 ounces or 2 ounces

sale **\$6⁶⁵-17⁶⁵**

reg. \$7.85-20.75

BOIRON

Arnica Value Pack

sale **\$9⁵⁹** reg. \$11.99

Lakewinds Natural Foods Health Fair at Anoka

Join us on Saturday, January 10 from 11:00 a.m. to 3:00 p.m. for a health fair at our store in Anoka. 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.

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

Valid 1/2/04-1/27/04. Case orders 1/2/04-1/23/04.

Your Skin Deserves a Vacation

by Barbara Held, HBC employee

If your skin could talk, it might be screaming at you right now. Dry winter air and harsh winds can sap moisture from the skin...and steal your smile. Cracked, chapped, irritated flesh is no fun. Luckily, you can take action to minimize winter skin problems. With a little bit of well-deserved pampering, your skin will thank you for years to come.



The keys to battling the elements are protection and exfoliation. No matter how cold it is in the morning, resist the urge to turn up the heat in your shower. Don't take long, hot showers. They may sound appealing, but they strip skin of its natural moisturizing agents. Instead, take a short, warm shower, pat your skin almost dry, and then apply a good moisturizer or body oil while your skin is still damp. Add bath oils to your water when taking a hot bath. (Consider using any of **Dr. Hauschka's Bath Oils** that bring your skin back into balance, available in a number of essential oil scents.)

Lakewinds Natural Foods' health and body care section offers an array of bath and body products to suit your winter skincare needs. One great choice for protecting your skin is any of the fine products from **Weleda**. Using pharmaceutical techniques combined with a spiritual approach,



they formulated a

truly innovative line of quality products, based upon the study of relationships between nature and the human being. For extra-dry skin, try **Weleda's Skin Food**, a cream to be used on skin that is dry, flaky and needs extra care. For a special treatment, apply it generously to the hands and put on cotton gloves overnight. Skin Food contains pansy extract, which is effective for skin eruptions or blemishes, combined with a precious essential oil mix of lavender, rosemary and sweet orange oil. Weleda offers 100% natural baby care products as well.

For Children

Calendula Baby Oil or *Crème* by Weleda is ideal for children, and is made with extracts of organically grown calendula and chamomile to form a protective layer on a baby's tender skin. Pure plant oils bring warmth to the body and keep the skin smooth and supple. **Burt's Bee's™** is another gentle and



kind product line for the "Baby Bee"—try the *Apricot Baby Oil* or *Buttermilk Bath*, ideal for daily moisturizing. **Indigo Wild's** product line for the wee one is simple, but sweet—try the *Lullaby Lavender Wee Rub* made with shea butter, great for diaper rash, or *Wee Body Lotion* with organic dandelion, red clover, meadowfoam seed, jojoba oil, aloe vera and glycerin.



Especially for Men

Pampered skin is not just for women or children. Men, especially those with sensitive skin, may find **Dr. Hauschka's** skin care beneficial. The *Cleansing Milk* is excellent for shaving, followed by *Facial Toner* as an aftershave lotion. The *Rejuvenating Mask* is perfect for an intense spot treatment, to tighten pores, moisturize and reduce the appearance of scars. *Blackthorn Body Oil* has a woody, warm aroma to use after showering to improve elasticity. *Neem Hair Oil* is great for men who are bald or sport a shaved head, as it protects vulnerable skin from the elements.



General Advice

If you use bar soaps, choose a mild one. For severely dry skin, eczema, or "winter itch," a super fatted soap, like **Sappo Hill—Glycerin Crème Soaps**, may ease the itch, it won't strip your skin

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and you won't have that tight feeling after you use it. Glycerin is found in every fat, and regulates the absorption and release of water in the skin, and also softens and smoothes the skin (www.weleda.com). Other good bar choices are **Indigo Wild's Zum Bar**,[®] made with goat's milk and loads of pure essential oils and herbal extracts, **Dr. Bronner's Magic Soaps**, which are biodegradable and made with castile, and **Burt's Bee's Peppermint Shower Soap**, made with almond meal so you can buff while you bathe.



Exfoliate regularly with a gentle scrub, loofah or body brush to get rid of dead cells, but don't rub too hard as you'll only be damaging the skin you are trying so hard to keep healthy. The **Hair**

Doc Co. offers a plethora of *body brushes* in all shapes and sizes made of all-natural sisal or wild boar bristles. Another option for buffing gear is **Earth Therapeutics**. The *Hydro Towel* or the *Sisal Ramie Towel* are both 3' x 1' in size, which is great for exfoliating your own back.

Moisturizing is vital for skin protection, but it can be tricky choosing the right one in a sea of products. Look for those with natural ingredients like aloe vera, arnica, burdock, calendula,

chamomile, cucumber, primrose oil, borage oil, glycerin, and rosehip seed—just to name a few. **Ecco Bella's Herbal Body Lotions** are made with organic botanicals—the lavender or lemon verbena are heavenly. **Rich's Rich 'n Pure Hydrating**

Moisturizer Lotion is another winner. Clean and simple, it contains MSM which is a natural organic sulfur compound found in plant and animal tissues. MSM detoxifies the body on a cellular level, nourishing the skin, along with your hair, and nails.

Don't forget to moisturize your inside too. Drink lots of water for rehydration. Exercise to increase circulation and blood flow to your skin. A good night's rest is especially important, too. Your oxygen levels drop when you don't get enough sleep, meaning that your cells will not be renewed as quickly. Try to get seven to nine hours of rest a night to achieve absolutely painless benefits.

Skin is our armor, our largest organ and its condition can be a measure of our overall well-being. Care for it properly, and your skin will continue to glow in good health.

JANUARY STOREWIDE SPECIALS

Grocery

GREEN MOUNTAIN GRINGO

Tortilla Strips

sale **\$1⁴⁹** reg. \$1.99

RYVITA

Crackers

Fruit Crunch, Flavorful Fiber or Light Rye

sale **\$1⁵⁵** reg. \$1.89

WALNUT ACRES

Organic Juice

Concord Grape or Mountain Cherry, 32 ounces

sale **\$2⁶⁵** reg. \$3.49

POWER DREAM

Soy Beverage

Chai, Chocolate, Java Jolt or Vanilla Soy, 11 ounces

sale **\$1¹⁵** reg. \$1.49

SANTA CRUZ ORGANIC

Apple Juice

one gallon

sale **\$4⁹⁹** reg. \$9.25

Frozen

SNO-PAC

Organic Vegetables

Selected Varieties, 10 ounces

sale **\$1²⁹-1⁶⁹**

reg. \$1.75-2.39

Refrigerated

HORIZON

Yogurt Tubes

Strawberry and Blueberry or Strawberry and Orange Cream, 2 ounces, 8-pack

sale **\$2³⁹**

reg. \$3.19

New!

Cheese

Celebrate the New Year with two great blues.

St. Pete's Blue

sale **\$10⁹⁹**/lb.

reg. \$11.99/lb.

Italian Mountain

Gorgonzola

sale **\$9⁹⁹**/lb.

reg. \$10.99/lb.

Bulk

NATURE'S PATH

Granolas

Flax Plus with Pumpkin Seeds, Ginger Zing or Hemp Plus

sale **\$2⁴⁹**/lb.

reg. \$2.99/lb.



The Organic Cereal People

Lakewinds Natural Home

SEVENTH GENERATION

Laundry Liquid Detergent

Natural Scent or Ultra Free and Clear, 100 ounces

sale **\$9⁶⁹** reg. \$11.39

Laundry Powder

Natural Scent or Ultra Free and Clear, 112 ounces

sale **\$10⁴⁹** reg. \$12.29

•SEVENTH GENERATION•
Safer for you and the environment™

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

Valid 1/2/04-1/27/04. Case orders 1/2/04-1/23/04.

FEATURED PRODUCTS

The Season for Citrus

by Katherine Roseth

Wintertime in Minnesota often incites our desire for sunny vacations, but we can also bring a little sunshine into our lives with citrus fruits. These lovely fruits of orange, yellow and green with flavors of sweet, sour and tart come to us from as far away as Florida, Texas, California, and even Spain.

They are low in calories and sodium and, as you know, very high in vitamin C. Vitamin C helps the body in the healing process, aids in iron absorption, and helps strengthen body tissues, bones, and blood vessels. These healthy fruits taste great when eaten fresh or juiced, in a salad, as part of a dessert, or when used in vinaigrettes.

At Lakewinds, we carry citrus fruits year-round, but many of them taste their best during the winter and early spring months. The weather and crop yields can affect availability, so keep this in mind as you shop from week to week and notice some of your favorite citrus fruits missing.

Clementines are small, thin-skinned oranges that are easy to peel with few or no seeds. They are known for their exceptional sweetness and juicy pulp. Our clementines are imported from Spain, and are available in five-pound bags usually until late January.

Grapefruits can vary in color (white, pink and red) and

flavor, and some varieties are seedless. The white variety is usually smaller and more tart than the pink. When buying grapefruits, choose ones that feel heavy in your hand, and avoid fruits that have soft or wet spots. Grapefruits ripen once picked, so store them loose at a cool room temperature or in the refrigerator to keep on hand for a week or two. In our produce department we always offer some variety of grapefruit. During the months of October through June, we carry Texas Rio and Florida grapefruits, which are considered some of the best-tasting varieties.

Navel oranges are large, thick-skinned, and one of the best of all seedless citrus fruits. When buying, look for heavy oranges with uniform skin. Ripe oranges may have green streaks or slight russeting due to climatic conditions but these do not significantly affect taste. You can keep oranges in the refrigerator for up to two weeks, and the zest from oranges can be frozen. Navels are available in four-pound bags and in bulk from now until May.

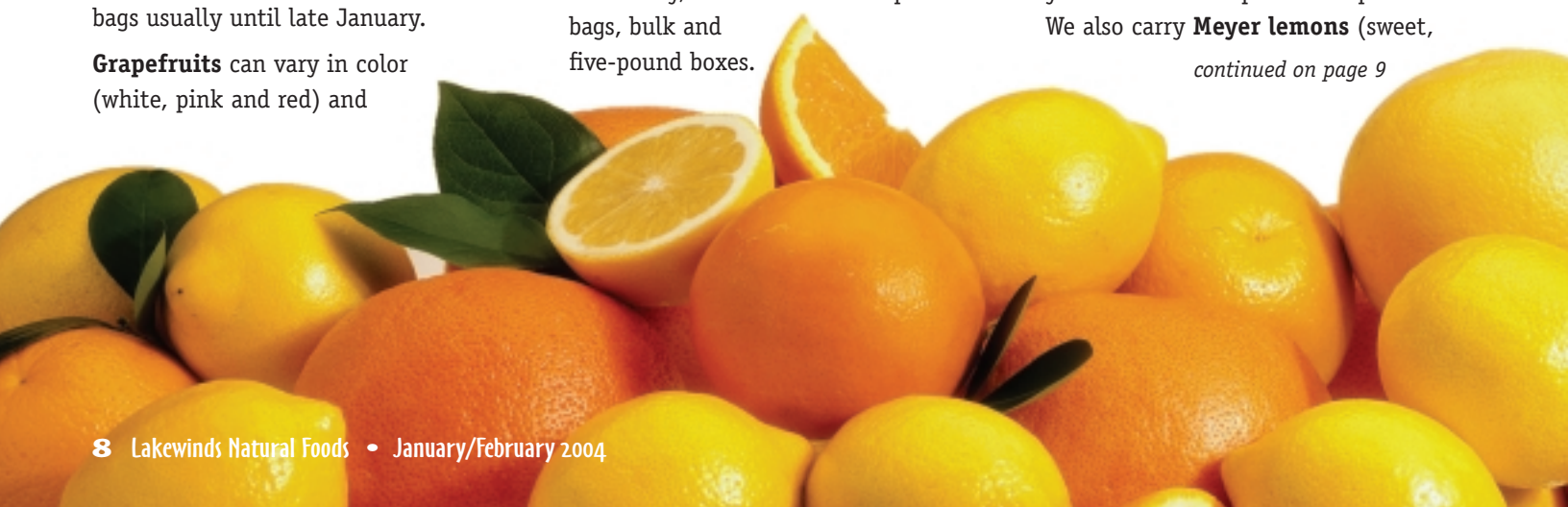
Satsumas are seedless, thin-skinned, easy to peel, and are a member of the tangerine family. They often have a mild to sweet flavor with a light orange-green rind. Our satsumas are typically offered early December through the end of January, and come in three-pound bags, bulk and five-pound boxes.

Sunburst tangerines are sweet and tangy with a bright orange rind. They are easily peeled and sectioned (be sure to remove the bitter white membranes). The tangerine is a cross between a mandarin orange and a bitter orange, and is named for the main mandarin shipment port of Tangier, Morocco. Choose richly colored tangerines and expect the skin to feel loose on the fruit. Tangerines may have green areas on the rind, but these do not affect the flavor. They may be stored in the refrigerator for up to two weeks. Our tangerines come from California and can be found in bulk from now until late spring.

Valencias are thin-skinned oranges, which are ideal for juicing due to their extremely high juice content and few seeds. We use them to make our own fresh-squeezed orange juice in the produce department, which sells for \$3.29/pint and \$5.99/quart.

Lemons are sweeter than limes, and vary in acidity and number of seeds. Look for firm and heavier fruit. A smooth skin often indicates a higher juice content. Bright yellow lemons are best and should be a little tender to the touch. Lemons keep one week at room temperature and refrigerated for up to two to three weeks. Lemons and their zests can be frozen. These are available year-round in our produce department. We also carry **Meyer lemons** (sweet,

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juicy, fragrant, and great in vinaigrettes, sauces or salads) from December through March.

Limes are sour, acidic and often seedless. Limes should be rather firm with uniformly colored skin. As they ripen, their green color gradually becomes yellow. Limes are more perishable than lemons, but they keep in the refrigerator for up to two weeks and at room temperature for up to one week. Limes are also available year-round at Lakewinds.

Resources

Healthnotes at www.gnc.com

BBC Web Site at www.bbc.com

Recipes

Bring some sunshine into your life with citrus! Try some of these zesty recipes to cure you of the winter blahs.

Fresh Tangerine Salsa

Doug Roese/Lakewinds Natural Foods

It takes a little while to seed the tangerines, but you'll enjoy a unique winter salsa that brightens your sautéed fish, shellfish, or chicken.

| | |
|---|--|
| 1 teaspoon jalapeños, finely minced (1=mild, 2=med. 3=hot) | 1/2 teaspoon salt dash of black pepper |
| 1/2 teaspoon garlic, finely minced | 1/4 cup firmly packed minced red onion |
| 3/4 teaspoon fresh ginger, minced | 1/4 cup minced cilantro |
| 1/4 cup lemon juice | 1 1/2 tablespoons minced roasted red peppers |
| 4 teaspoons honey | 1 lb. tangerines, peeled, seeded, 1/4" slices |
| 1/2 tablespoon extra-virgin olive oil | |
| 1/2 teaspoon balsamic vinegar (optional) | |

(Note: Do not touch your face or eyes when working with jalapeños) De-seed and mince a jalapeño. Place one teaspoon in stainless steel or glass bowl. Now clean your board, knife, and hands with hot soapy water to remove jalapeño oils. You may now touch your face! Add, garlic, ginger, lemon juice, honey, olive oil, vinegar, salt and pepper to bowl and mix well. (This gets the flavors and heat melding.) Add the rest of the ingredients as you chop them, stirring as you add. Making a small slice on the side of the tangerine segments from the center to the inside edge makes it easy to push out the seeds. Try not to lose too much juice! Allow to sit in the fridge for an hour before serving. Makes two cups.

Quick Almond-Orange Bread

Adapted from *Joy of Cooking*
by I. Rombauer and M. Becker

Super fast and just right for a winter tea!

Preheat oven to 350°F and have ingredients at room temperature.

| | | | |
|------------------------------------|---|---|--|
| 3 cups sifted all-purpose flour | 1/2 teaspoon salt 1 tablespoon minced orange zest (use an organic orange, and save juice for below) | 2/3 cup sugar 1 egg 1/4 cup orange juice (from zested orange) 1 1/4 cups milk | 3/4 teaspoon vanilla 2 tablespoons melted butter or margarine 1 cup toasted, chopped almonds |
|------------------------------------|---|---|--|

Sift together into a large bowl the flour, baking powder, nutmeg and salt. Add minced orange rind and sugar, stirring well. In a smaller bowl, combine and beat the egg, orange juice, milk, vanilla and melted butter. When sugar is dissolved, stir in the nuts. Pour the wet ingredients into the dry ingredient bowl, and mix quickly

and lightly with a dozen strokes of a spatula (more stirring makes it tough!). Distribute evenly between two-greased loaf pans, and bake about 50 minutes or until done. Toothpick inserted into the center should come out clean. Makes two 8 1/2" x 4 1/2" loaves.





notes & news

Holiday Hours

Lakewinds Natural Foods in Anoka and Minnetonka will be open on New Year's Eve from 8:00 a.m. to 6:00 p.m. and closed New Year's Day.

Lakewinds Natural Home will be open New Year's Eve from 9:00 a.m. to 3:00 p.m. and closed on New Year's Day.



Free New Member Tea at Minnetonka and Anoka

Attention new members! If you have joined Lakewinds within the last six months, we would like to invite you to attend our new member tea and orientation. The first tea will be held on **Saturday, January 31 from 10:00–11:30 a.m.** at Lakewinds Natural Foods in **Minnetonka**. The second tea will be held at the **Anoka** location on **Saturday, February 21 from 11:00 a.m.–12:30 p.m.** There is no charge to attend this tea.

The number of attendees is limited. Call the Learning Center Classline at 952-742-1222 if interested in attending. Be sure to leave your name, phone number, member number, and location you are attending on the voicemail when registering. Questions regarding this event may be directed to Mary Moulton, Customer Service Manager at the Minnetonka store. Her number is 952-742-1211.

Special Orders Policy Change

We have recently taken a look at our policies and procedures for special orders. We currently process over 500 special orders a month. We are working hard to offer good specials to everyone, but in some instances the member case discounts, on sale items, mean that we lose money. Effective January 1, 2004, our special order policy will be revised. Following is a brief summary of the new guidelines.

- A 15% discount is available to members on all case orders for products we regularly carry and that are not currently on sale.
 - A 5% discount is available to members on all case orders for products that are on sale.
 - No discount is available for products we do not regularly stock and a credit card will be requested at the time our buyer places this type of order.
 - A minimum of one case must be ordered on any packaged grocery item (no single units). This does not apply to refrigerated, frozen, supplements, or health and body care items.
 - Customers who order five cases or more are asked to pick their order up on the day of notification due to our shortage of storage space.
 - All refrigerated items must be picked up within seven days; all other orders must be picked up within two weeks. After these time periods the special orders will be put out on our shelves, with the exception of special orders for products we do not normally carry. These orders will be charged to your credit card.
- Special orders are available to anyone who shops at Lakewinds. However, some member special orders are eligible for a discount. A brochure will be available at customer service that will outline these changes in more detail.

Online Shopping Now Available!

Many improvements have been made to give you a more enjoyable shopping experience. It's easy to use, and our site is secure.

Choose from thousands of products including meat, seafood, deli, bulk, organic produce and more by visiting our web site at www.lakewinds.coop. Shop online and pick up your order at our Minnetonka location for only \$5.



There is no fee if your order is over \$75. Drive up to the designated online shopping parking area (located on the side of the building) and your order will be brought out to your car! Store pick-up is available Monday–Friday from 3:00–7:00 p.m. Same-day service is usually available if you place your order before 11:00 a.m.

There are over 500 Lakewinds Natural Home items online as well, which can be shipped directly to your door via UPS.

new products

Butter Substitute Has No Trans Fats

by Doug Roese, Demo Coordinator

You've been hearing a lot lately about trans fats (or trans fatty acids). In the realm of fats used in our foods, trans fats are the most harmful, even more so than saturated fats. They are known to not only significantly raise LDL (bad) cholesterol, but significantly lower HDL (good) cholesterol. Recent studies in Europe have connected them to a serious rise in breast cancer and heart disease.

Trans fats are produced by hydrogenating oils to create a shelf-stable shorten-

ing found in many foods such as margarines, cookies, crackers and fried foods. While small amounts of trans fats occur naturally in beef, some animal milks, and even in a few vegetables like cabbage, they are considered far less dangerous than the man-made variety, and may even have some benefits.

We offer a new product that can help you not only cut down your trans fats intake, but lower your cholesterol and dairy intake as well. **Earth Balance Natural Buttery Spread** is currently available in tubs in our butter section. It has a truly wonderful, butter-like flavor, is 100% vegan and parve kosher, and certified non-GMO. Their use of a patented blend of natural, cold-pressed plant oils is proven to lower bad and raise good



cholesterol levels. It not only tastes great on your toast or potatoes, but it also works well in baking recipes.

I recently baked a pie crust with this spread along with all-purpose flour and a touch of baking powder. It turned out light, flaky, and almost buttery! While it does have the same calories per tablespoon as butter, you may find it meets many of your other dietary goals. Try some soon. I think you'll be happy you did.

JANUARY MEMBER SPECIALS

Grocery

ZOE FOODS

Flax and Soy Bar

Apple Crisp

sale **\$1⁰⁹** reg. \$1.45

Flax and Soy Granola

Selected varieties,
11 ounces

sale **\$3¹⁵** reg. \$4.15

EREWHON/U.S.MILLS

Uncle Sam's Cereal

10 ounces

sale **\$2⁰⁹** reg. \$2.69

THINK THIN

Lite Bars

Selected varieties

sale **\$1⁹⁵** reg. \$2.59

NUMANS

Wild Blueberry Juice

32 ounces

sale **\$2⁶⁹** reg. \$3.35

EAST WIND

Peanut Butter



Smooth or
Crunchy, No Salt Added,
16 ounces

sale **\$2⁷⁹** reg. \$3.69

PET GUARD

Mr. Barkey's Vegetarian Dog Biscuits

26 ounces

sale **\$3⁷⁵** reg. \$4.65

Frozen

HEALTH IS WEALTH

Chicken Nuggets

sale **\$3⁶⁵** reg. \$4.95

Refrigerated

CASCADE FRESH

Nonfat Yogurt

Selected varieties,
6 ounces



sale **59¢** reg. 69¢

Bulk

WOODSTOCK FARMS

Dark Chocolate Ginger

sale **\$6⁹⁵**/lb.
reg. \$8.35/lb.

Lakewinds Natural Home

LIFE TREE

All Purpose Cleaner

24 ounce spray

sale **\$5⁹⁹**

reg. \$6.99

Laundry Detergent

one gallon

sale **\$20⁹⁹**

reg. \$26.00

CAFÉ ALTURA

Organic Coffee Beans

Regular Roast

sale **\$10⁴⁹**/lb.

reg. \$12.29/lb.

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

Valid 1/2/04-1/27/04. Case orders 1/2/04-1/23/04.



Q. I have a dog that I keep inside my home. During the wintertime, her coat often smells. How can I eliminate her odor without putting toxic perfumes on her, our furniture or where she sleeps?

A. Lakewinds Natural Home carries a product called Atmosklear. It is a non-toxic odor eliminator that is completely odorless. Since it is nontoxic, you can spray it directly on your pet. Just spray it away from your pet's face, and then brush through her fur. You can also spray it in on surfaces she comes in contact with, and it will eliminate the odor without covering the it with artificial perfumes.

Q. I've heard that indoor air pollution can be a serious health concern. I would like to reduce indoor air pollution in my home. I am considering purchasing either an electrostatic air cleaner or an air purifier. What is the difference between them?

A. Electrostatic air cleaners clean the air by sending out charged particles into the air called ions. The ions attach themselves to airborne particles in the air, causing them to drop to the floor. Although they may work in some situations, their biggest problem is that as soon as someone walks across the floor, the particles are kicked up into the air again. Air purifiers, on the other hand, pull airborne particulates into a filter in the machine where they are trapped, and then send out purified air.

Lakewinds

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