

Lakewinds

MEMBER NEWSLETTER

JULY/AUGUST 2004

Green Thumbs and Rosy Hearts

LAKEWINDS GARDENERS PLANT WHAT THEY LOVE

By Judy Thompson

Beyond the daily interaction between Lakewinds' staff and our members lies a diverse group of hobbyists and enthusiasts. We have several experienced gardeners at Lakewinds—here are a few of them sharing their stories, inspirations and love of gardening.

A Garden Soul

One of the loveliest sights to be seen at Lakewinds in the summertime is Sara Zabel, front-end manager, carrying a bouquet of cut flowers from her garden. "I love to bring flowers in for people's birthdays," said Sara. "It gives me great joy."

Sara has gardened her entire life. "I grew up in a family of nine kids on a farm in southern Minnesota. My mother was a great gardener who tended vegetable and flower gardens. We canned fruit and vegetables and ate food from out of our garden year-round."

But Sara was a reluctant gardener. "I needed a push to take care of the vegetables and flowers," she confessed. "I was involved in 4-H and won blue ribbons at the Martin County Fair for my cut gladiolas and my free-form flower design. I even won a purple ribbon for my terrarium," said Sara.

Sara later earned a degree in green

house management and floriculture, and worked in a green house doing floral design and growing plants. "Even when I entered the nursing profession and lived in Texas and New Mexico, my love of growing never stopped. I grew pots of succulents, cacti and agaves in containers during the years I spent in the southwest. I still love container gardening."

About ten years ago, Sara bought a one-acre lot in Delano with an open area surrounded and protected by spruce trees. "My son calls our back yard the Ponderosa," laughed Sara. "I have several beds in different locations. I expand and add to them. I grow poppies, phlox, cone-flowers, iris, delphiniums. I love flowers that are blue and yellow. I fill in spaces with annuals, and every year it is something different. This year my husband and I are excited about our purchase of a rear tiller. We have dug up another large bed for vegetables and planted potatoes for the first time," commented Sara.

In the past four or five years her garden



Above: Sara's shade garden, located in her back yard contains poppies, delphiniums, lilies and chives.

Right: Sara received formal training in floriculture and enjoys making floral arrangements for birthdays of Lakewinds' employees.



has become all organic. "We have our own compost pile and when you compost you don't need to buy any soil. I do a lot of mulching and pulling up weeds. I refuse to use the poison sprays."

"When I look back on my childhood on the family farm," Sara continued, "I now realize that my father was a true organic farmer of his time, though we did not use that term back then. He didn't use any chemicals. He wanted none of them in the food. He was determined to retain the spirit of a small

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farm. The memory of that experience and working here at Lakewinds has made me value and appreciate organic farming and growing."



Top: Sharann and her dog, Bounder, pair up for a photo near some of her container gardens.



Bottom: Herb gardens provide fresh seasonings and lettuces for Sharann's other hobby—cooking.

A Garden Nose

Early on a recent foggy morning Sharann Watson, customer service staff member and organic foods educator, relished the cool moist air that refreshed the plants tucked in their garden beds. She admired the curlicue ornamental onions, her established raspberries, and a new magnolia tree planted earlier this spring and mused on her garden history. Unlike many gardeners transplanted to Minnesota who pine for the more for-

giving zones, Sharann was no stranger to zone four. She grew up mostly in Northern Idaho at an elevation of 7,000 feet with an even shorter growing season than here. "My love of gardening," she recalled, "was instilled by my mother who grew up a farm girl. She let me play with the plot of pansies and snapdragons in the backyard garden and taught me to deadhead the flowers so more would grow. The times in my life when I have been without a garden have been times when I felt a huge void in my life."

Sharann acquired a love of herb plants when she met Theresa Meisler of Shady Acres Herb Farm. "She knew I didn't have a garden," Sharann said. "I took classes from her and I knew herbs would be a priority as soon as I had one again."

Today, Sharann gardens on half an acre on a wooded hillside leading down to Lake Minnetonka where she and her husband have lived for six years. "There were already some established gardens that gave me a great base to work from and I keep adding to them," she said. "I started digging and found the world of Minnesota clay which I dug out. I built boxes for garden beds, bought dirt and put in raised beds at an angle. I now have my own great dirt from my compost."

She calls her garden a fragrant kitchen garden. "I have so many greens and herbs planted everywhere, ready to be used for salads, cooking and flavoring. I plant both plants and seeds early in the season. I have a bed of lettuce and chard and several kinds of spinach, such as the New Zealand spinach that doesn't go to seed right away, and Malabar red-stem spinach that climbs and can grow up a trellis. I plant nasturtiums and love them in salads."

She tries to keep the garden organic. "I compost, buy rice hulls and cocoa beans for mulching, and use cow and horse manure compost that I buy commercially. I buy my fertilizer from Lakewinds Natural Home. Corn gluten is a good weed deterrent, though it takes a few years to work. For a while, I had to dig out the big invasive thistles by hand."

"I also put in plants that the birds, humming birds and butterflies love, such as swamp milkweed," she added. "I love fragrance throughout the garden, and have planted oriental lilies all around the house and lavender along the driveway. I chose my roses for their fragrance and I am welcoming a new climbing rose just planted by the front door."

A Garden Hand

Many days during the growing season, Kelly Jackson, the bread buyer for Lakewinds, can be found on a steep hillside or out on a limb, redesigning the landscape and caring for trees.

As a boy growing up in Mound, Minnesota, Kelly tended the backyard family flower and vegetable garden. But his real love and devotion to the world of plants and flowers developed during a job he had in high school. "I responded to a job offer posted at my school and was hired by a wonderful man named Hyman Berman. He was retired from his family business and had his own greenhouse on Lake Minnetonka. He liked to share his knowledge and I learned a great deal from him. In the late winter, I worked with him propagating impatiens and starting annuals from seed. In the summer we worked together and built more gardens."

Kelly studied landscape architecture in college along with botany, pruning and tree care. Years later he bought a home in Minnetonka and put a garden in the front yard. "Neighbors and passersby would stop and ask for information and give advice and talk plant talk. It was a great neighborhood with neighbors sharing plants." The topiary lilac trees that Kelly planted there and shaped are still blooming and thriving by the white picket fence.

Kelly enjoys pruning and helping and advising clients to care for their trees. "The evergreens and the arborvitae need to be pruned by June and some arborvitae need to be pruned several times throughout the summer to retain their formal shaping," suggested Kelly. He added, "I like to work in the fall when it is easy to divide hostas and

other perennials. In the spring there is only a small window of time that you can divide plants without damage to them."

Kelley had high praise for his Felco hand pruner and lopper. "It is the best pruner. I swear by it." Many local gardeners swear by Kelly for his invaluable advice and the informed care he gives to shaping new growth and tending established plantings.

A Gardener's Eye

Lakewinds member Betty O'Leary owns a gardening business. She works for garden designer Lisa Lensegrav of Inside Out (featured in the June 2004 issue of *Better Homes and Gardens*) and is growing her own business called Can You Dig It.

Betty bought her current home and property six years ago and was overwhelmed. Every landscape designer she called was very expensive. "Lisa said she would come out for no charge but asked for a minimal charge if she did do some design work. I was so impressed, I asked if I could work with her. She suggested I come and help on a job. I did and she then asked me to do garden maintenance for some of her clients."

"I collaborate with Lisa," added Betty. "Her advice to me is 'Treat other people's gardens like your own.' I also have learned that you let the lay of the land suggest what needs to go there."

Betty loves her work. "I love digging in the dirt, I like wearing old clothes and tee shirts. For just an hour or two of labor, you are rewarded with the beauty of your creation. And it gives me great pleasure to make other people happy."

"People are very sentimental about what goes into their garden," observed Betty. "Often they will have the very irises, or peonies, or lilacs that are descendants from a family or friend's garden. I have lilies of the valley from my mother-in-law's garden. And I planted some hollyhocks because my mother had them."

Flower gardening was a passion of Betty's mother but she herself did not start to garden until 1986. "And now it

is my passion," said Betty. "I have an acre and a half and always want to expand. I find it really helpful to have a notebook with pictures and articles. I grow mostly perennials that I plant in large groupings leaving little room for weeds to invade. I lived for a time in Munich, Germany, where most people had very small but beautiful gardens. People would create seating areas and ponds. I came to appreciate that even in a small space, you can create a respite, a spot for dining, a corner seating."

Betty cites many resources that inspire her, such as taking classes at the Arboretum. She loves visiting



Upper left: Kelly's Japanese iris bloomed in May.

Above: Kelly and his dog Pal pose for a picture in one of the many garden beds located on the property that he maintains.



Above and right: Betty now landscapes professionally. She received "hands-on" training from gardener Lisa Lensegrav about six years ago. Betty's home gardens are abundant and beautiful.

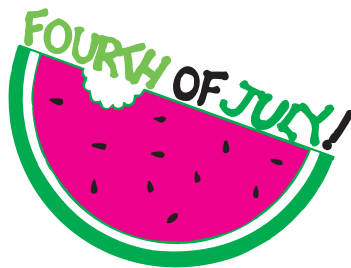




notes & news

July 4th Holiday Hours

Lakewinds Natural Foods will be open on Sunday, July 4, from 9:00 a.m. to 4:00 p.m. Lakewinds Natural Home in Minnetonka and Lakewinds Natural Foods in Anoka will be closed.



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. Click on the "Member News" icon on the home page to choose this new service.

Herbfest August 20–22, 2004

HerbFest is a fun-filled and informative weekend in Norway, Iowa, that provides a festive setting to learn about herbs, natural health care and sustainable living. Come meet and listen to herbalists, aromatherapists, environmental visionaries, teachers and research specialists, teaching seminars at every level—beginning, intermediate and advanced.

Also take part in the music and dancing, meditation, yoga, tai chi, bonfire, drumming, strolls through a restored prairie and great conversation with people from all over the country. Many people take advantage of the free on-site camping, which helps create an enjoyable sense of community for the weekend. The registration fee for adults is \$189 and kids (1–17) are just \$49. To register or for more information call 800-669-3275, email herbfest@frontiercoop.com or visit www.frontiercoop.com.



JULY MEMBER SPECIALS

Valid 6/30/04–7/27/04. Case orders 6/30/04–7/23/04.

Grocery

GENISOY

Soy Crisps

Selected Varieties
3.5 ounces

sale **\$1⁵⁹** reg. \$2.45

NEWMAN'S OWN

Microwave Popcorn

Regular, Butter or Light Butter

sale **\$2⁰⁵** reg. \$2.89

ANNIE'S NATURALS

Ketchup

24 ounces

sale **\$2⁸⁵** reg. \$3.75

SONOMA CIDER MILL

Sparkling Lemonade

sale **\$2⁸⁵** reg. \$4.39

HAIN

Oyster Crackers

6 ounces

sale **\$1⁶⁵** reg. \$2.35

Rich Crackers

6.5 ounces

sale **\$1⁶⁵** reg. \$2.35

Wheatettes

6 ounces

sale **\$2²⁹** reg. \$3.29

Frozen

SEAPOINT FARMS

Edamame Pods or Shelled Edamame

16 ounces

sale **\$1⁸⁵** reg. \$2.55

SWEET NOTHINGS

Fudge Stick Bar

Lactose-free, 2.5 ounces

sale **89¢** reg. 99¢

Refrigerated

RICE DREAM

Enriched Rice Beverage

Original or Vanilla
64 ounces

sale **\$2⁴⁵** reg. \$2.95

WILDWOOD

Soy Smoothies

Key Lime, Mixed Berry, Vanilla Spice or Orange (new flavor!)
10 ounces

sale **95¢** reg. \$1.45

Bulk

CAFÉ ALTURA

Organic Coffee Beans

Regular Roast

sale **\$9²⁹**/lb.
reg. \$12.29/lb.

Lakewinds Natural Home

LIFETREE

Dish Soap

32 ounces

sale **\$5⁶⁹** reg. \$6.69

Home Soap

16 ounces

sale **\$3³⁰** reg. \$3.89

Home Soap

32 ounces

sale **\$5⁷⁹** reg. \$6.79

Laundry Liquid

Detergent

64 ounces

sale **\$13⁸⁵** reg. \$16.29

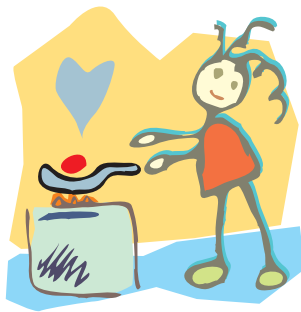
Note: Some items may not be available at the Anoka location.

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

Shop online for your groceries at www.lakewinds.com. It's easy to use and 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.

Yoga, Eating and Beading... Mind-Body Camp for Kids

Get creative and have some fun with your body and your mind. Lakewinds Natural Foods, Mind Body Solutions, and Sweet Beads are teaming up to offer an exciting camp for kids ages 8 to 14. Join us the week of August 2–6 every day from 1:15–3:30 p.m. for the fun! The fee is \$90. Please register by July 20 as space is limited. Call Julie Queenan, director of family programs of Mind Body Solutions, at 952-473-3224 to register or for more information.



Cooks for Kids—

Adult Volunteers Wanted

Lakewinds has scheduled six new dates at the Golden Valley Crisis Nursery location for July through December. We need at least two adult volunteers (ages 14 and up) for each evening to help prepare meals for the children. Lakewinds provides the food plus one volunteer coordinator.



The scheduled dates are:

- Thursday, July 8,
- Wednesday, August 11,
- Thursday, September 9,
- Thursday, October 21,
- Thursday, November 11 and
- Thursday, December 16.

Please arrive by 4:00 p.m.; dinner is served at 5:00 and clean-up ends by 6:00 p.m.

Contact Lorayne Streater at 952-742-1219 or at loraynes@lakewinds.coop to volunteer. Help is needed for the July and August dates, so please contact her immediately if interested. Thank you!

HEALTH & BODY CARE JULY MEMBER SPECIALS

Valid 6/30/04–7/27/04. Case orders 6/30/04–7/23/04.

Supplements

RAINBOW LIGHT
Active One Senior

30 tablets
sale **\$8⁸⁹** reg. \$12.69

KID'S ONE BY
RAINBOW LIGHT
**Just Once
Multivitamin**

90 tablets
sale **\$15⁸⁹** reg. \$22.69

No Jet-Lag

32 tablets
sale **\$6⁹⁹** reg. \$9.59

ALL ONE
**Fruit Antioxidant
Powder**

Dairy-Free
sale **\$37⁴⁹**
reg. \$46.85

ALACER
Emer'gen-C

Super Orange, 36 packets
sale **\$12²⁵** reg. \$16.29

BOERICKE & TAFEL
**Homeopathic
Remedies**

Indigestion
24 chewable tablets
sale **\$3⁶⁵** reg. \$4.55

GREEN FOODS
Barley Essence

Berry Flavor, 5.3 ounces
sale **\$24⁵⁹** reg. \$32.79

Body Care

LIGHT MOUNTAIN
Henna

Assorted Shades, 4 ounces
sale **\$4⁵⁹** reg. \$5.69

ABRA THERAPEUTICS
Bubble Bath

Aromasaurus Rex or
Stress Therapy, 16 ounces
sale **\$7⁹⁹–10⁷⁵**
reg. \$9.99–13.35

REVIVA LABS
Vitamin E Oil Stick

sale **\$3⁴⁵** reg. \$3.79

BOIRON
Homeodent

Anise or Lemon Toothpaste
3.3 ounce
sale **\$4⁸⁵** reg. \$5.69

HERBS FOR KIDS
Gum-Omile Oil

1 ounce
sale **\$7⁸⁵** reg. \$9.85

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

Grilling Greatness for Beginners

by Doug Roese,
Demo and Education Coordinator

It's no secret that most of us start to get a little hungry whenever we smell food on the grill...even when it's three doors down! Many of our fondest food memories as kids involved outdoor cooking, and not just because we could spill our food without getting in too much trouble! Grilled foods taste fantastic—they have the perfect amount of woody flavor, they are eaten the moment they are declared done, and they may even have that ideal amount of char many of us treasure. However you like it, the sooner we get started, the sooner we eat! So here are some tips and shopping ideas for your next BBQ.

Getting Started

Clean the grill. No, seriously, clean the grill! A clean grill makes all the difference in the world. You can get an inexpensive wire brush complete with scraper at any paint or hardware store. In fact, save some time by scraping down the grill after cooking—it's easier while it's still hot, and you're now ready for the next BBQ!

A proper fire is next. Start with good hardwood charcoal for the best flavor and even, natural burning. Using lighter fluid is really an unnecessary danger. One alternate method is to buy "starter bricks"—three or four under your charcoal gets it started with little fuss. But a better method is to buy a starter chimney (less than \$15) and put some rolled-up newspaper (they use soy inks these days!) in the bottom, topped with charcoal.

Start your coals about 30 minutes before you want to start cooking. The coals should have a thin layer of ash when they are ready. Spread out your coals properly. It's nice to have a hot side and a cooler side. Lay the coals out in a single layer, then add

a second layer to the hot side. A tried and true method for testing heat: hold your hand above the coals at "food height" until you can't stand the pain; two to three seconds is hot, four to five is medium, and six or more is low.

Before you grill, let your foods come to room temperature! It allows the center of the meat to reach proper temperature before the outside gets burnt or dried out. But for food safety, don't let them be at room temperature for more

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Other Food Tips

If you're using a gas grill, you can still **add some smokey goodness** by putting some soaked wood chips into a "bag" you make out of aluminum foil. Just punch a few holes in the top, and place close to your flame. With coals, just push aside a few to make room for the soaked chips.

Use your **hot spot to sear** (quickly brown) both sides of your meat, then finish on the cooler side. Use the cooler side for veggies that take awhile, like corn or potatoes.

You can save time and hassle by **pre-cooking** some of the harder items like potatoes, ribs, carrots or even whole chickens by starting in the microwave (vegetables only!) or oven. Then finish on the grill.

Brush BBQ sauces onto meats near the end of the cooking process so they don't burn.

Grill baskets are a great invention, allowing you to grill all sorts of smaller items (shrimp, scallops, cut-up veggies, etc.) that would be too much work otherwise (or require a lot of skewers).

You'll often have more coal-time than food... perhaps plan on **cooking some extra meat and veggies** for the next few days. They won't be quite a tasty as today's, but will still have a lot of that special grilled flavor.

Preparing Marinades

While you may have a favorite recipe, it's nice to know that **we carry tons of delicious marinades** and dressings to make your meat and vegetables moist, tender and tasty!

Natural marinades tenderize meats because of their acidity, so **use a glass or stainless bowl**, or a plastic bag. In fact, the zipper-style bags are popular as they allow you to use less marinade because you can press out the air leaving all the meat in contact with the liquid.

Fish should be marinated quickly; usually less than 2 hours, maybe less for thin pieces or cubes. Cubed meat or chicken only needs a few hours, while whole pieces may benefit from 12–24 hours. You'll need approximately 1/2 cup of marinade per pound of food.

than an hour before cooking. Avoid flare-ups by trimming fat from meats and allowing marinated meats to drain for a minute. A very light brushing of oil onto the grate or the food itself will help keep things from sticking, especially if your grill is nice and hot.

For safety precautions, don't use oil sprays near the grill. Also, keep a squirt bottle of water in case things get out of hand, but squirt slowly to avoid ashes flying up over everything.

Special Ingredients for Grilling

Check out Lakewinds' produce and meat departments for foods that are made for grilling! In our produce department, look for peppers, portobello mushrooms, leeks, eggplants, Vidalia and Walla-

walla onions, asparagus, corn and even pineapple—all taste fantastic when grilled! Some produce is best marinated while others just need a little oil, salt and pepper. You'll also find fresh herbs for the finest marinades and natural woods chips like hickory and mesquite.

Stroll over to our meat department where our staff is ready to help you get the best all-natural and organic "low-carb" delectables for your meal. But may I just suggest a few of my favorites: organic-fed Norwegian salmon, Dakota Lean lamb, and almost any of the great Hans sausages. Before you leave the meat area, check out all the marinades, BBQ sauces and dry rubs available above their freezer too. For those vegetarians in your life, buy tempeh from our refrigerated section.

Tempeh tastes great in kabobs and topped off with BBQ sauce.

Also, visit the deli and cheese departments for delicious, pre-made sides such as vinaigrette veggies and potato salad, as well as gourmet cheeses to complement your main grilled entrée.

Lastly, stop by Lakewinds Natural Home for a wide selection of grilling and cooking books, outdoor candles and other patio decor, and for **Wustof Trident knives!** While you are there, pick up **Dr. T's Mosquito and Gnat Repellent** or sandalwood mosquito sticks to help keep the bugs at bay during your grilling event.

RECIPES

Berry Healthy Spinach Salad

Doug Roesse, Lakewinds Natural Foods

This salad contains three of the top-ten antioxidant foods and tastes great. You could add a nice bleu cheese to this if it seems "too" healthy.

3 oz. baby spinach, soaked in icy water and spun dry
2 oz. red onion, thin slivers
1/2 pint blueberries
1/2 lb. strawberries, hulled, cut small ones in half, large ones in quarters
pinch salt
2 tablespoons chopped pistachio nuts

Dressing:

1/4 teaspoon salt
1 tablespoon apple cider vinegar
2 tablespoons frozen orange juice concentrate
3 tablespoons extra virgin olive oil
1/4 teaspoon toasted sesame oil
1 tablespoon firmly packed, minced spearmint

Combine veggies and fruit in bowl and mix gently with a pinch of salt. For dressing, dissolve salt in vinegar, then mix in orange juice. While whisking

constantly, slowly drizzle in the olive oil. Finish with sesame oil and spearmint. Dress salad, tossing gently. Arrange on plates and sprinkle with pistachios. Makes 2 servings.

Classic Potato Salad

By Nancy LaLiberte

3 1/4 pounds potatoes, Yukon or red*
1/3 bunch celery, diced
4 eggs, hard boiled
1 1/3 cup mayonnaise
1/3 cup sour cream
2 teaspoons Dijon mustard
1 teaspoon celery seed
1/3 teaspoon salt
1/3 teaspoon pepper

Wash potatoes; boil whole until tender but not falling apart. Drain immediately and immerse in cold water. Cut into cubes and cool. Cook eggs and cut into wedges. Prep celery. In large bowl mix mayo, sour cream, mustard, celery seed, salt and pepper. Stir in potatoes and eggs.

*Potatoes must be cooled before combining with dressing. The temperature of the mayonnaise should not get above 40°F.

Barbecued Chicken

By Rhonda Cattell

2 whole fryer chickens, cut into pieces
3/4 cup vegetable oil
1/3 cup soy sauce
3 tablespoons Worcestershire sauce
1/4 cup red wine vinegar
1 lemon, juiced
1 tablespoon dry mustard
1 teaspoon salt
2 tablespoons minced parsley
1 clove garlic, minced

In a large bowl combine oil, soy sauce, Worcestershire sauce, red wine vinegar, lemon juice, mustard, salt, parsley, and garlic. Pull out 1/2 cup marinade and reserve in a cup; refrigerate. Add chicken to bowl and mix until each piece is well coated with marinade. Put bowl of chicken in refrigerator for 6 to 24 hours.

Remove chicken and grill over medium-hot coals 15–20 minutes or until chicken is cooked, basting frequently with reserved marinade (the 1/2 cup, NOT the juices left from raw chicken).

Serves 6.

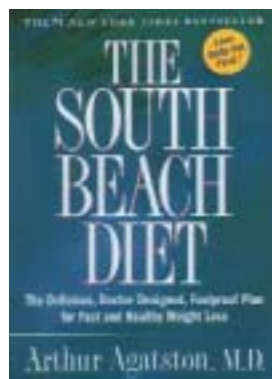
Summer Books Reviews: On Diet and Health

by Barb Held, HBC employee

South Beach Diet

by Arthur Agatston, M.D., \$19.99

If you wish to shed a few pounds this summer consider the weight-loss program that's all the rage—the South Beach Diet™. Doctor-designed by cardiologist Arthur Agatston, M.D., this diet blossomed from a simple eating plan for his patients. The South Beach Diet has now helped many people lose weight by encouraging a well-balanced diet that includes plenty of good food and sound nutritional advice.



This diet is similar to the Atkins® Diet and is based on the belief that refined sugar and white flour are the cause of the nation's obesity. It differs in that it

allows high-fiber carbs such as multi-grain breads and wild rice, ample amounts of healthy fats like olive oil, nuts and avocados, and normal portions of lean proteins found in fish and chicken.

"Healthy carbs" found in fruit and less-processed grains are also given a green light in small portions. The major problem that Agatston has with the Atkins Diet is the liberal intake of saturated fats, which can trigger a stroke or heart attack. The South Beach Diet promotes healthy food choices that taste good, satisfy your appetite, and minimize hunger pains.

Most carb-rich foods are so processed that once consumed they immediately turn into sugar, creating a "sugar rush" that leads to more hunger and inevitably, weight gain. The ultimate goal of the South Beach Diet is to stabilize blood sugar, and with it, the appetite. By fol-

lowing this way of eating, the plan promises positive changes in cardiovascular health such as lower LDL (bad) cholesterol and triglyceride levels, along with increased HDL (good) cholesterol levels.

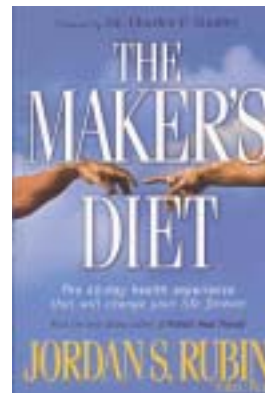
There are three phases in this diet. Phase I focuses on a diet of eating mainly lean proteins, low-fat cheese, nuts, eggs, tofu, legumes and low-glycemic-index vegetables for about two weeks. Phase II reintroduces carbohydrates like fruit, whole grain bread, rice, pasta, fat-free milk and yogurt. This phase continues until your desired weight is achieved. As you're losing weight and altering how your body responds to food, a final change will take place in Phase III, which is a maintenance phase that Agatston believes is how you should eat the rest of your life and will increase your odds of living long and well.

The Maker's Diet

by Dr. Jordan Rubin N.M.D., \$16.99

The best-selling author of *Patient Heal Thyself*, Dr. Jordan Rubin N.M.D., has taken a slightly different path to changing the health plan of the nation with his newly published book, *The Maker's Diet*. Rubin nearly died from an "incurable" inflammatory bowel disease and now shares what he believes is humanity's oldest, most successful health plan. With a heavy dose of faith, *The Maker's Diet* uses biblical and scientific resources to provide a uniquely holistic wellness program.

Rubin's health journey incorporates four essential pillars—physical, spiritual, mental and emotional health. The physical pillar involves diet and nutrition, exercise, hygiene and body therapies. Spiritual health requires a connection with the Creator and His supreme purpose for our lives, which makes every day worth living. Mental well-being rests on the ability to control your thought life and focus on the tasks at hand. Our emotional health is interrelated with the other pillars.



Rubin believes that the incidence of cardiovascular disease, cancer and diabetes have skyrocketed due to increased consumption of "modern foods", polluted environments, and decreased physical activity.

Rubin refers to the Standard American Diet as "SAD" and believes that the Creator did not design us to live on fast food, pre-packaged and microwave-prepared foods. Rubin's list of healing foods includes fish and fish oil, barley and wheat, cultured dairy from goat milk, olive oils, small fruits such as figs and berries, soups and stocks, honey, wild animal foods, seeds, omega-3 eggs and fermented vegetables. Rubin also emphasizes the true importance of food quality and preparation.

Rubin encourages high-quality natural solutions as practical alternatives to expensive drugs and random surgeries. Though the modern medical community devotes time and resources to winning the "war" against ills such as cancer and heart disease, our society grows ever more disillusioned and unhealthy as these diseases continue to rise. Rubin devotes an entire chapter to *How To Get Sick: A Modern Prescription for Illness*, itemizing non-food dangers that may threaten long-term health, such as overusing medications, getting immunizations, and visiting your doctor too often. Rubin sites humanity's first pharmacy—such as all-natural herbs, essential oils and spa therapies—which used resources for soothing the human spirit and which remains an important source of healing and nutritional support today.

FEATURED PRODUCTS

The Pests of Summer

PROTECT YOUR YARD AND GARDEN NATURALLY

by Katherine Roseth

Hot summer days and abundant gardens can bring many unwanted critters—big and small. Lakewinds Natural Home offers a number of pest management products to help you take back your gardens—naturally! These products do not harm the environment, people or pets, and are effective at deterring or eliminating undesired pests.

Remember, these products do contain ingredients that can become toxic when used in high doses, so read labels carefully and use with discrimination around children and pets.

Stop Snails and Slugs

When you spot large, ragged holes in leaves, stems or bulbs, it usually means that you have a snail and slug problem. These critters, from the Mollusk family, love cool, shaded areas and often feed on hostas' low-growing leaves at night.

To rid your garden of these mollusks, try using *Slug and Snail Bait* by **Garden Safe**® (\$13.29), which uses bait to lure them away from their hiding places and plants. They ingest the bait, return to the soil and die within six days. You can tell if the product is working by decreased damage to your plants. *Diatomaceous Earth* by **Concern**® (\$6.99/1.5 lbs. and \$12.99/5lbs.) is another viable option. Sprinkle around the bases of your plants. It cuts into the bugs' waxy exoskeleton and then absorbs its body fluids, causing them to die from dehydration.

Turn Up the Heat to Protect the Gardens

Hot Pepper Wax™ controls and destroys insects and insect larvae such as aphids, spider mites, whiteflies and lace bugs and can be sprayed directly on ornamentals and fruit and vegetable plants. The effective ingredient is capsaicin, a cayenne pepper extract, which kills the insect when absorbed into its nervous system. It is important to note that Hot Pepper Wax



does not discriminate between pests and beneficial insects so be selective on where you apply.

You can buy a 32-ounce, ready-to-use spray bottle for \$10.99 or a 16-ounce concentrate for \$13.99. Spray Hot Pepper Wax directly on leaves, stems, fruits and flowers until wet, but not dripping. Reapply every seven to 14 days. Avoid contact with roots or soil, and do not use when plants are stressed by drought. You can use this product right up until harvest, but wash produce well in warm water with a vegetable wash.

Safeguard Your Vegetables

Thuricide® Concentrate (\$9.99 for 8 ounces) uses Bt (*Bacillus thuringiensis*). Bt is a naturally occurring bacterium common in soils throughout the world. Several strains can infect and kill insects. Because of this property, Bt has been developed for insect control, and is the only "microbial insecticide" in widespread use. This naturally occurring disease is most effective on killing insects in the larval stage of development.

Spray Thuricide Concentrate on melons, tomatoes, broccoli or cabbage using a pressurized sprayer. The product must stick to the leaves, so try adding a few drops of dish soap to the solution to enhance sticking (from the *Organic Gardener's Handbook*). One pint treats up to 10,875 square feet, and it won't harm beneficial insects except butterfly larvae—so use carefully.

Keep Away Moles, Deer and Rabbits

Moles are a nuisance because they burrow long tunnels underground to eat worms and insects, which then create soft spots and holes throughout your lawn and garden. Try *Mole Repellent* by **Havahart**® (\$19.99 for 32 ounces), which uses 100% castor oil. This is considered the most effective ingredient for deterring moles. Spray on lawn and/or around garden beds. The moles hate the scent and will leave the area.

Liquid Fence® *Deer and Rabbit Repellent* is considered one of the best natural repellents on the market, and is a top seller at Lakewinds. It's available in concentrate for \$34.99 or in a spray bottle for \$11.99. You can use it year-round, and it lasts up to three weeks—even in light rain.

The taste and smell of it will deter deer and rabbits from eating plants, flowers, shrubs and trees. It can be used up to one week before harvest.

Defend Fruit Trees From Flies

Red Sphere Traps by **Tanglefoot**® work great to keep your apple, plum and apricot fruit trees bug free. A sticky adhesive coats the plastic red sphere, which tricks the flies into thinking it's ripe fruit. When flies land and attempt to lay eggs, the sticky coating permanently traps them. This coating remains sticky over a wide temperature ranges and wet weather conditions. The coating is clear, odorless and completely pesticide-free.

Typically, you should hang one trap per every 100 apples or other fruit. A semi-dwarf tree usually requires just two traps. Each box contains three traps and tangle-trap coating for \$15.99. They are reusable, and additional coating can be purchased separately.

HEALTH & BODY CARE JULY STOREWIDE SPECIALS

Valid 6/30/04-7/27/04. Case orders 6/30/04-7/23/04.

Supplements

RAINBOW LIGHT
Just Once Naturals
Food-Based Calcium
90 tablets
sale **\$7⁵⁹** reg. \$10.85

Multi-Vitamins
Men's One, 90 tablets
sale **\$18⁹⁹** reg. \$27.29
Prenatal One, 90 tablets
sale **\$20²⁹** reg. \$28.99
Women's One, 90 tablets
sale **\$18⁹⁹** reg. \$27.29

NEW CHAPTER
CoQ10 60 count
sale **\$51⁵⁹** reg. \$64.49

Turmeric 30 count
sale **\$10⁷⁹** reg. \$13.49

HYLAND'S
Nerve Tonic 100 tablets
sale **\$6⁹⁹** reg. \$8.69

PLANETARY FORMULAS
Guggul Cholesterol Compound
42 count
sale **\$8⁴⁵** reg. \$12.99

LAKEWINDS
Cal-Mag 250 capsules
sale **\$16⁹⁹** reg. \$20.85
Flax Seed Oil
180 capsules
sale **\$11⁶⁹** reg. \$14.45

SOURCE NATURALS
Natural Melatonin Sublingual
Orange Flavor, 120 count
sale **\$10²⁵** reg. \$15.79

KYOLIC
Kid's Dophilus
120 tablets, chewable
sale **\$9⁷⁹** reg. \$12.99
Kyo-Dophilus
90 capsules
sale **\$14⁶⁹** reg. \$19.59

NATRA-BIO
Allergy/Sinus Nasal Spray .80 ounces
sale **\$7⁷⁹** reg. \$9.75

Allergy 1 ounce
sale **\$5⁹⁹** reg. \$7.59

ULTRA BOTANICAL
Supplements
sale **25% off**

Body Care

ALBA BOTANICA
Body Lotion
Very Emollient
Dry Skin Formula or SPF-16
12 ounces
sale **\$6⁹⁹-8⁹⁹**
reg. \$9.29-11.85

TIGER BALM
Liniment 2 ounces
sale **\$6¹⁹** reg. \$7.89
Pain Relieving Patch
5 count
sale **\$4⁴⁹** reg. \$5.65

Ultra 50 gm tin
sale **\$8⁹⁹** reg. \$9.89
Ultra Travel Size
.28 ounce
sale **\$1⁹⁹** reg. \$2.59

White 18 gm
sale **\$4⁴⁹** reg. \$5.65

ANCIENT SECRETS
Nasal Cleansing Pot
sale **\$12⁹⁹** reg. \$15.99

DRUIDE
Pur & Pure
Shampoo, Shower Gel
or Lotion, 8 - 12.2 ounces
sale **\$10⁷⁵-18³⁹**
reg. \$13.38-22.85

EMERITA
Pro-Gest
Body Cream, 2 or 4 ounces
sale **\$20⁴⁹-34⁵⁵**
reg. \$22.99-37.99

GIOVANNI
Vitapro
Stay-In Fusion Treatment
8.5 ounces
sale **\$5³⁵** reg. \$6.65

Shampoo or Conditioner
Tea Tree Triple Treat
8.5 ounces
sale **\$5³⁵** reg. \$6.65

ULTRA BOTANICALS
MSM
Eye Cream, .5 ounce
sale **\$16⁹⁵** reg. \$19.95
Moisture Cream, 4 ounces
sale **\$14³⁹** reg. \$16.95
Serum C, 1 ounce
sale **\$15⁹⁹** reg. \$18.95

BOERICKE & TAFEL
SSsting Stop 2.75 ounces
sale **\$8⁵⁹** reg. \$10.35

HERBS FOR KIDS
Willow Garlic Ear Oil
1 ounce
sale **\$6⁸⁹** reg. \$9.85

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

July perennials bloomtimes provided by the Minnesota Arboretum



- Roses—reach peak bloom most of July
- Lilies—reach peak bloom late July
- Prairie wildflowers—begin blooming late July
- Dahlias—begin blooming late July
- Annuals reach peak bloom



JULY STOREWIDE SPECIALS

Valid 6/30/04-7/27/04. Case orders 6/30/04-7/23/04.

Meat

WELLSHIRE
**Old Fashioned
Beef Franks**
16 ounces
sale **\$4²⁹** each
reg. \$4.99 each

Grocery

WISDOM HERBS
Instant Wisdom
Green Tea or Yerbamaté
sale **\$5⁹⁹** reg. \$8.55

Yerbamaté Royale
Sweet Instant Tea
sale **\$5⁹⁹** reg. \$8.55

RICE DREAM
**Enriched Rice
Beverage**
*Chocolate, Vanilla or
Original, 32 ounces*
sale **\$1⁵⁵** reg. \$2.35

NATIVE FOREST
**Quartered Artichoke
Hearts**
sale **\$2³⁹** reg. \$3.15

Hearts of Palm
sale **\$2⁶⁹** reg. \$3.55

BOB'S RED MILL
Flaxseed Meal
16 or 32 ounces
sale **\$2⁵⁹-2⁹⁵**
reg. \$3.69-4.15

Flax Seed
24 ounces
sale **\$2⁰⁹** reg. \$2.95

EARTH FRIENDLY
PRODUCTS
**Fruit and
Vegetable Wash**
22 ounces
sale **\$3⁸⁵** reg. \$5.89

**Lavender
Window Cleaner**
22 ounces
sale **\$2⁵⁹** reg. \$3.99

Cheese
*The sheep feta from France
in two great forms.*

Valbreso Feta
sale **\$7⁹⁹**/lb.
reg. \$8.99/lb.

Valbreso French Feta
pre-pack, 7 ounces
sale **\$3²⁹** each
reg. \$3.79 each

Refrigerated

TURTLE ISLAND
Tofurky
*Beer Brats or Italian
Sausage, 14 ounces*
sale **\$2⁷⁹** reg. \$4.15

ORGANIC VALLEY
Cottage Cheese
Low-fat or 4%, 12 ounces
sale **\$2⁵⁹** reg. \$3.25

Sour Cream
*Cultured, Regular or
Low-fat, 12 ounces*
sale **\$1⁹⁹** reg. \$2.35

Bulk

WOODSTOCK FARMS
**Yogurt Covered
Pretzels**
sale **\$4⁹⁹**/lb.
reg. \$5.99/lb.

Rice Cracker Mix
sale **\$2⁶⁹**/lb.
reg. \$3.59/lb.

Wasabi Peas
sale **\$3⁵⁹**/lb.
reg. \$4.59/lb.

Frozen

JULIE'S ORGANIC
Ice Cream
Selected Varieties
16 ounces
sale **\$2⁵⁹** reg. \$3.59

Lakewinds Natural Home

CITRASOLV
Citra Dish
Automatic Dish Powder
50 ounces
sale **\$4⁹⁹** reg. \$5.99

Citra Drain
Enzyme Drain Maintenance
22 ounces
sale **\$3⁹⁹** reg. \$4.99

ORANGE MATE
Air Freshener Mist
*Grapefruit, Lemon or
Orange*
7 ounces
sale **\$5⁹⁵** reg. \$6.99

**Glass and Surface
Cleaner**
22 ounces
sale **\$2⁹⁹** reg. \$3.59

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

August perennials bloomtimes

provided by the Minnesota Arboretum



- Late-blooming roses
- Prairie wildflowers blooming
- Ornamental grasses blooming
- Mums—begin blooming mid-August
- Dahlias—reach peak bloom late August





tried & true

from Lakewinds Natural Home

Q. I love to spend time outdoors, but those pesky mosquitoes sometimes drive me indoors! I've heard insect repellants containing DEET can be dangerous to use on my skin. Are there other options available?

A. DEET can be toxic—especially to children. In fact, reports of convulsions, comas, and seizures associated with the use of DEET have increased to the point where the Center for Disease Control has advised consumers to avoid applying high concentrations of it to the skin. The good news is that there are effective alternatives to DEET. Citronella, which is made from the plant *cymbopogon*, has successfully been used to repel mosquitoes for decades.



Lakewinds Natural Food and Home carries several insect repellants. Try *Ugly Bugly* (scent-free), *Zero Bite* (repels black flies and ticks too), *Mosquito-A-Tak* (mainly contains peppermint and lemongrass oil) or *Buzz Away* (repels black flies and gnats).

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