

Lakewinds

MEMBER & STOREWIDE SPECIALS

JUNE 2004

JUNE STOREWIDE SPECIALS

Valid 5/26/04-6/29/04. Case orders 5/26/04-6/25/04.

Grocery

EDEN

Spanish
Olive Oil

Extra Virgin
16 ounces

sale **\$4⁸⁵** reg. \$6.45



TERRA NOSTRA

Truffle Bar

Milk or Dark Chocolate
3.5 ounces

sale **\$2⁵⁹** reg. \$3.45

ANNIES HOMEGROWN

Cheddar Bunnies

7.5 ounces

sale **\$1⁹⁹** reg. \$2.69

COOL FRUITS

Freeze Pops

Assorted Varieties

sale **\$2³⁵** reg. \$3.15

SPECTRUM NATURALS

Squeeze
Bottle

Mayonnaise

sale **\$2⁹⁹** reg. \$3.99



Frozen

VAN'S FROZEN WAFFLES

Original, Apple Cinnamon,
Flax or Blueberry

All Gluten- and Yeast-Free, Vegan
9 ounces or 6 count

sale **\$1⁹⁹** reg. \$2.59-2.75

SOY DELICIOUS

Organic Frozen Dessert

All Varieties
32 ounces

sale **\$3⁸⁵** reg. \$4.85

Refrigerated

MEYENBERG

Goat Milk

Lowfat

32 ounces

sale **\$2⁴⁹** reg. \$2.99

EARTH BALANCE

Buttery Spread

Vegan, 16 ounces

sale **\$1⁹⁹** reg. \$2.49

Bulk

FANTASTIC FOODS

Instant Refried Bean Mix

sale **\$2⁹⁹/lb** reg. \$3.79/lb

Lakewinds Natural Home



SEVENTH GENERATION

Laundry Liquid

Lavender

100 ounces

sale **\$9⁹⁵** reg. \$11.69

Trash Bags

Tall (13 gal.) or Large (33 gal.)

sale **\$3³⁹** reg. \$3.99

Cheese

Great local cheeses from the
river caves and the green
pastures of Minnesota!

St. Pete's Blue

An award-winning blue

sale **\$10⁹⁹/lb**

reg. \$11.99

Friesago

A renowned sheep cheese

sale **\$10⁹⁹/lb**

reg. \$11.99/lb

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

Lonely for the Old Anoka Co-op?

by Gina Sanderson

Me, too. After almost twenty years of hanging around the old Anoka store, how can I help but miss the old gang and the old place? After all, I was one of the ones who helped make the move to that location years ago. Before the move, we visited all the co-ops in the area for decorating ideas, and disagreed only about the black and white check flooring (my colleagues liked the classy shiny "normal" look it gave to the operation, while I wanted wood all the way). And how impressed I was by the new Plexiglas bins, which I researched and ordered for us! A big step up from our old beat-up five-gallon buckets.

That little limping operation was part of me. I worked as a stock person, as a cashier, and always as a volunteer. Maybe part of what we miss is the volunteering—an idea which has been thrust into history by our litigious culture: no co-op can afford insurance any more to cover volunteers and their possible lawsuits. And if you're an old-timer, like myself, you may have trouble with any kind of major change, even if that change is wholly positive.

I loved that little store in all its disorder and dust; I loved it even for its disorder and dust, for what it represented—the participatory democracy of it all, the absence of a profit motive, the idealism of it. I still haven't gotten used to the idea that you can have all that and a resplendent new store too—clean, beautiful, well-organized, efficiently run, making money, providing hundreds of new products, and still wholly dedi-



Many changes have been made to the co-op in Anoka including an expanded line of bulk products and additional staff. Penni Rebut, right, is an herbalist and buys health and body care products at the Anoka store.

And not long after the merger, I realized with sudden peacefulness that we weren't getting lost in Lakewinds; Lakewinds was us.

cated to friendly consumer service and the attainment of health. It's co-op heaven, and every time I drive to Anoka, I wonder if it will still be there.

What a year this was for all of us who loved and struggled to save the Anoka co-op. I became president of the Anoka Co-

op Grocery and Café Board of Directors in January 2003, at the worst possible moment. Creditors were calling all day long, distributors were threatening to stop delivery, and a tearful staff was waiting for the axe to fall. How had we let it come to that? Well, the short answer lay in my own heavy con-

science. I hadn't been to the last three annual meetings—and at our most recent one, just a month before I joined the Board, I learned that we had been operating in the red for the past two years. That's what motivated me to get onto the Board.

What to do now? I had no idea. I needed help. I immediately called Corinne Shindelar, Executive Director of the

Twin Cities Natural Food Co-op Association—and everything good unfolded after that. Corinne brought everyone together to help us. Dan Foley, General Manager of the Wedge, Kris Nelson, General Manager of Lakewinds, and many other concerned people from all over the Twin Cities came up to the Anoka store to sit in on our meetings and brainstorm with us. Nobody wanted to see a co-op go under.

Thanks to them, and to the support of our Anoka membership, we got the co-op of our dreams. At the time, I felt a little sad about losing our old name, but as I reminded our members, this merger was going to be an old-fashioned kind of marriage, where the bride can't keep her name, and doesn't have much negotiating power. But Lakewinds, prosperous and knowledgeable and beneficent, was the perfect mate. And not long after the merger, I realized with sudden peacefulness that we weren't getting lost in Lakewinds; Lakewinds was us. My identity as a friend of the Anoka co-op was just as strong as it ever was, as strong as I chose it to be. And so here's what I want to tell you old friends in Anoka who feel a little lost in the new store: *it's yours, so make it yours.*

continued on back page

JUNE HEALTH & BODY CARE STOREWIDE SPECIALS

Valid 5/26/04-6/29/04. Case orders 5/26/04-6/25/04.

Supplements

COUNTRY LIFE

Supplements

sale **25% off**



NEW CHAPTER

Berry Green

180 grams

sale **\$29⁹⁵** reg. \$39.95

SOURCE NATURAL

Supplements

sale **25% off**

PLANETARY

Supplements

sale **25% off**

LAKEWINDS

Evening

Lakewinds

Primrose Oil

90 count

sale **\$5⁸⁹** reg. \$6.95

Natural Beta Carotene

100 count

sale **\$11⁴⁹** reg. \$13.55

Whey Protein Powder

32 ounces

sale **\$26⁷⁵** reg. \$31.49

BACH FLOWER

Single Flower
Essences

20 ml

sale **\$11⁹⁵** reg. \$15.95



BACH FLOWER

Rescue Remedy Tincture

10 ml or 20 ml

sale **\$8⁵⁹-12⁹⁹** reg.

\$11.45-17.39

Rescue Remedy Spray

20 ml

sale **\$14²⁵** reg. \$18.99

GREEN FOODS

Magma Plus



Energy Drink Powder

5.3 ounces

sale **\$19²⁵** reg. \$25.69

Bodycare

QUANTUM

Insect Repellent

Buzz Away Spray

2 or 6 ounces

sale **\$4⁶⁹-6⁹⁹** reg.

\$5.69-8.55

Buzz Away Towlettes

4 ounces

sale **\$6²⁹** reg. \$7.59

Itch Nix

Anti-Itch Spray

(For poison oak or ivy)

sale **\$4⁷⁹** reg. \$5.69

ALBA BOTANICA

Suncare Lotion

sale **\$6³⁹** reg. \$8.55

DESERT ESSENCE

Body Cream

Shea Butter

6 ounces

sale **\$7⁹⁹** reg. \$9.55

DESERT ESSENCE

Bar Soap

Lavender or Tea Tree

sale **\$2⁸⁵** reg. \$3.35

E0

Essential Oil Liquid Soaps

Selected Varieties

12 ounces

sale **\$6²⁹** reg. \$7.85

KISS MY FACE

Olive Oil Bar Soaps

Selected Varieties



sale **\$2²⁹** reg. \$2.85

NATURALLY FRESH

Deodorant Crystal Stick

sale **\$5⁶⁵** reg. \$6.65

REVIVA LABS

Vitamin E Oil Stick

sale **\$3²⁵** reg. \$3.79

SAPPO HILL

Bar Soap

Natural or Oatmeal

sale **\$1²⁹** reg. \$1.69

THAYER'S

Witch Hazel Toner

Rose Petal with Aloe Vera and Vit E

11.5 ounces

sale **\$6⁸⁹** reg. \$8.59

BACH FLOWER

Rescue Remedy Cream

50 gm

sale **\$11⁴⁵** reg. \$15.29

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



notes & news

Plastic Bag Recycling Program Now at Minnetonka

Lakewinds customers may deposit empty plastic bags in the collection bin located at the front-end of the Minnetonka natural foods store. Please inspect bags before depositing into the recycling containers, ensuring that all bags are clean and dry and that all receipts have been removed.

Acceptable material:

- Clean, plastic grocery bags
- Clean, plastic bread bags and sandwich bags
- Plastic retail bags with hard plastic or string handles removed
- Plastic newspaper bags
- Plastic dry cleaning bags

Unacceptable material:

- Sandwich bags with zip locks
- Bubble wrap
- Stretch wrap
- Salt bags

Currently, we do not offer this program at the Anoka location, but are working

towards some kind of recycling program in the near future.

This program was created by SUPERVALU in conjunction with local non-profits Merrick, Inc. and Minnesota Waste Wise as well as Virginia-based Trex Company, and a collaborative effort of both public and private industries within the county.

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,

JUNE MEMBER SPECIALS

Valid 5/26/04-6/29/04. Case orders 5/26/04-6/25/04.

Grocery

BOB'S RED MILL
Gluten-Free Brownie Mix
sale **\$4³⁵** reg. \$5.79

Gluten-Free Pancake Mix
sale **\$2⁹⁹** reg. \$3.99

FLAVORGANICS
Flavored Syrups
Caramel, French Vanilla, Hazelnut or Raspberry
sale **\$3⁷⁵** reg. \$4.99

SIMPLY ORGANIC
Dip Mix
Dill or French Onion
sale **99¢** reg. 1.29

SEVENTH GENERATION
Paper Plates
sale **\$2⁴⁵** reg. \$3.29

Natural Napkins
sale **\$3⁵⁹** reg. \$4.79

YOGI TEA
Chai Tea
Black, Green or Redbush
sale **\$2⁶⁹** reg. \$3.59



EAST WIND
Roasted Cashew Butter
sale **\$3⁶⁹** reg. \$4.95

Frozen

BOCA
Meatless Ground Burger
Breakfast Patties or Links
8 ounces
sale **\$2⁹⁹** reg. \$4.15



Italian Sausages
10 ounces
sale **\$3⁶⁵** reg. \$4.65

BOCA BURGERS
Meatless Burgers
All American Classic, Roasted Garlic, Roasted Onion or Vegan
10 ounces
sale **\$3⁴⁹** reg. \$4.49

Meatless Buffalo Wings
10 ounces
sale **\$3¹⁹** reg. \$4.19

BOCA
Chik'n Nuggets or Patties
10 ounces
sale **\$3¹⁹** reg. \$4.19

Refrigerated

CASCADE FRESH
Nonfat Yogurts
6 ounces
Selected Varieties
sale **59¢** reg. 69¢



Bulk

NEW ENGLAND NATURAL
Tex Mex Mix
sale **\$3⁹⁹/lb.**
reg. \$4.79/lb.

Lakewinds Natural Home



SEVENTH GENERATION
Dishwashing Liquid
Lavender, Free and Clear or Natural Citrus
28 ounces
sale **\$3¹⁹** reg. \$3.59

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

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 p.m.–7:00 p.m. Same-day service is usually available if you place your order before 11:00 a.m.

CSA Starts With Community

Are you interested in receiving fresh produce directly from the farm? Consider signing up with the Bad Axe Farmer's Alliance—a Wisconsin CSA (Community Supported Agriculture). Delivery to Lakewinds is on Wednesday afternoons. For more information, call 608-675-3225

or email rootsgdown@mwt.net for a brochure.

Three Viroqua farms are cooperating as the Bad Axe Farmer's Alliance to offer a CSA program. Erin and Dave Varney of One Sun Farm, Annake Witkop and Jethro Fluegel of Roots Down Organic Farm, and Cate and Mat Irsfeld-Eddy of Ridgeland Harvest will together offer vegetables, berries, eggs, pork and chicken to CSA customers.

By working together, we gain new knowledge and experience, support people in our community with like-minded goals, and share the responsibilities associated with running a farm-based

business. We look forward to getting to know our members and sharing good food and good times. During the growing season, we will hold farm visits and tours. We will also have an end-of-the season CSA dinner and slide show in the Twin Cities. Your support will help breathe new life into an old and essential way of living!

Cartridge Recycling Program

Lakewinds in Minnetonka now has a drop box for collecting your used and empty inkjet cartridges. The box is located in the window just in front of the customer service desk.

JUNE HEALTH & BODY CARE MEMBER SPECIALS

Valid 5/26/04–6/29/04. Case orders 5/26/04–6/25/04.

Supplements

HEALTH FROM THE SUN

Total EFA

90 capsules

sale **\$25⁰⁰ off** reg.

\$20.45

HERBS FOR KIDS

Chamomile Calm

Nerve Support Formula

1 ounce

sale **\$20⁰⁰ off** reg. \$9.85

LILY OF THE DESERT

Aloe Vera Juice

Regular or Whole Leaf, 32 ounces

sale **\$7²⁵** reg. \$8.55

NATRO-BIO

Pollen/Hay Fever

1 ounce

sale **\$7⁷⁹** reg. \$9.75

Glandulars

Adrenal or Thyroid

1 ounce

sale **\$6³⁹** reg. \$7.99

NATROL

Ester-C

with Bioflavonoids

500 mg, 120 capsules

sale **\$12²⁵** reg. \$16.35

NATROL
Quality Uncompromised

SCHIFF

Super Calcium

Gel caps, 60 count

sale **\$5⁴⁸** reg. \$7.35

ZONE PERFECT

Protein Powder

12.4 ounces

sale **\$13⁵⁵** reg. \$16.95

Body Care

BOIRON

Homedent Toothpaste

Anise or Lemon

sale **\$4⁷⁹** reg. \$5.69

BOIRON



AURA CACIA

Essential Oil

Tea Tree

.33 ounce

sale **\$7⁵⁵** reg. \$8.89

Aura Cacia
AROMATHERAPY

GIOVANNI

Straight Fast Hair

Straightening Elixir

6.8 ounces

sale **\$8²⁹** reg. \$10.65

giovanni
HEALTHFUL HAIR CARE PRODUCTS

DESERT ESSENCE

Deodorant Stick

Tea Tree with Lavender

sale **\$4⁴⁵** reg. \$5.95

NATURTINT

Shampoo or Conditioner

10.56 ounces

sale **\$9³⁵** reg. \$12.99

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

Befriend it. Here's how:

Take a tour. Get to know the products. Have some of your old favorites been dropped? Leave a suggestion in the box, and meanwhile they'll be happy to special-order them for you. Do you realize there's three times as many products as there were before? It's all because they were able to get rid of those old Plexiglas bins that had been taking up three full aisles, my bins! So look around and get acquainted with all the new products.

Come to the Advisory Council meetings. Not many of us show up for them. I was the only one who appeared last time. And since one of the reasons I go there is to say hello to old friends, I missed you.



Becky Fitch, the produce buyer, is stocking the case with organic fruits and vegetables. This coming summer and fall, she will feature produce from local farmers.

Warm up to the newness of our store by offering your friendship and support

It's been one year since the merger and I'm very happy with our store. It's beautiful, well-stocked, and efficiently run by a pack of friendly employees who want nothing more than to be of service

to us. And my own special dream has come true—it has the best organic produce department in Anoka County. Thank you for that, Becky. And while I'm at it, thank you to every member of my old Board, for the hard work, tenacity, and courage it took to face and surmount our difficulties. And thank you, Corinne and Kris, for calming me, educating me, and guiding me through to this wonderfully successful conclusion to possibly the most stressful adventure of my life.

Gina Sanderson was the Board President for the Anoka Grocery Co-op and Café and participated in the merger between the two stores.


Lakewinds

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

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

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

shop online at
www.lakewinds.coop

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