

# Lakewinds

MEMBER NEWSLETTER

MAY/JUNE 2004

## You Are Invited to...

By Judy Thompson

**T**he season of party giving and party-going is here. Three Lakewinds members—who have as much fun at their own parties as do their guests—invite us to share their passion for food and entertaining.

### A Pool Party

“Food is my energizer, my escape, my passion and my rejuvenator,” claims Marianne Hanna. She credits many people for her food appreciation and culinary education. “I grew up in San Francisco. My mother grew everything and was a really good cook. I stood by the edge of the stove and watched and learned. Chocolate soufflé and veal scallopini were a few of her specialties. During my senior year in high school, five of us formed a catering company. I still cater for friends and go by the name Saucy Lady.”

After college, Marianne moved with her husband, Jack, to Roseau, Minnesota. “I spent four years near the border, where I learned a great deal from American farmwives. These women worked full-time yet cooked, gardened and entered something in the county fair every year. They taught me to waste nothing—to can it or freeze it if you can’t use it now,” said Marianne.



(Above) Summertime foods are abundant at Marianne’s annual pool party, which brings over 100 guests every year. (Right) Marianne and her grandson show us her well-stocked pantry.



By the mid-1970s, Marianne and her husband moved to the Twin Cities. She sought out restaurant chefs, who allowed her into their kitchens, provided one-on-one training and expanded her culinary expertise. She appreciates and frequents the markets that have sprung up all over the area, including Asian markets for quail eggs, Mexican markets for fresh tortillas and fresh seafood markets. She seeks out butchers, fishmongers, deli staff, cooking instructors, and chefs—anyone who will share information and tell her what is fresh.

Marianne’s pantry is filled with both basic and exotic items, and adjoins what was once a sauna and is now an underground 56° wine cellar with 900 bottles of wine. Close by is a greenhouse where even on winter days, Marianne can pick fresh mint, chives, sage and rosemary. She also has a bay tree, a Tuscan Olive tree and a beloved lemon tree that came from her family’s yard. In the summer, she grows vegeta-

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bles, sometimes in big tubs, such as lettuce, tomatoes, beans, peas and squash. "You don't need a big amount of room. Just stick them where you can find space," recommended Marianne.

Like all good cooks, Marianne is not intimidated by kitchen disasters. "My first time as a caterer, I burnt the stuffed artichokes, scraped them off and camouflaged them with parsley. Who's going to know that it was a failure?" she said light heartedly. Marianne likes to experiment with new foods and new dishes. She actually enjoys having her friends try her experiments and welcomes their critiques. "Food has always been something that was an important gift, my gift to my friends," she commented.

Marianne and her husband host a backyard summer pool party for over 100 friends every year. She suggests that if you are entertaining a large group, do it outdoors when you can. "I do whatever I can in advance," she admonishes. "One time, two of the 125 guests arrived three hours early, and they found me floating in the back yard pool." She was not stressed by the situation because she had prepared ahead of time. Marianne's advice: "Don't feel that you need to be a cordon bleu chef. Keep it simple like serving wraps and empanadas. Set the table by using (and reusing) plastic forks, knives and spoons, which makes it is easy to clean up. And most important, have fun at your own party!"

She is adamant that there is no bad time to entertain. "I don't put off a party because my carpet isn't clean or because the back room isn't finished being painted. I like focusing on the goodness and the healing that comes from sharing food. Entertaining is about being together, about the fun of friends and about giving support to someone in time of need."

## A Garden Tea

Janet Wenkstern is another Lakewinds member who cooks and entertains with verve and zest and enjoys it greatly. She especially loves inviting guests to share her beautiful backyard garden in the summer, but any time of the year she can find a space for friends to gather.

"I love to entertain and saw a lot of it in my parent's home," remembered Janet. "I grew up watching my mother entertain. She was a good cook and a beautiful entertainer who enjoyed it and always put out her best for guests."

"When my children were young and I became single," added Janet, "I made a conscious and deliberate decision to continue to entertain both my single friends and my married couple friends. I decided to make it fun and interesting."

Janet reminisced about recent gatherings she hosted that succeeded on both counts.

"For the Fourth of July, I asked everyone to bring a retro dish, such as Jell-O salad, and then we all made homemade ice cream for dessert. Last fall, I invited couples and asked them to bring their own bowls for soup, which I made. The bowls needed to say something about them and who they were. It was a great way for people to talk about themselves without being self-conscious and for people to get to know each other better," Janet recalled.

Janet also serves a dinner once a year for her closest women friends. These are friends who helped her raise her children, and she insists that they bring nothing. "As a woman, I know what a gift it is to be invited and told to bring nothing but yourself. This is a gift I give to my friends," she said.



(Above) Janet is dressed and ready for her garden tea party. (Below) Gardens filled with flowers, fruits and vegetables surround Janet's home.

Janet is determined to never let what may seem like an impending disaster spoil a gathering of friends. "One year, while I was cooking for my annual party, my stove went out at 2:00 o'clock in the afternoon. I could not get it fixed so I called a neighbor and offered him a filet mignon if I could bring the Beef Wellington and the twice-baked potatoes over to his oven to finish cooking. If that didn't work, I would have ordered pizza or made sandwiches," she said with a smile.

Janet offers these recommendations for having a successful party: serve the best and freshest ingredients, be creative and have fun. "My creativity goes into my cooking as well as my gardening. I am married to my garden. It is my passion.

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**Walter is doing what he does best, cooking with fire! He often serves his creations right in the skillet.**

It started as a vegetable garden, providing basil and tomatoes and herbs. Now I also grow many flowers, both annuals and perennials. Two friends and I host a fabulous summer garden tea party in my back yard. We read all about tea parties, and make scones and fancy sandwiches. We go to the farmers' market for fresh flowers for the tables and ask the invited ladies to dress their best and wear hats," said Janet.

"When I entertain, I first ask myself what would I love, and then I ask how can I give it?" With her creative and generous spirit, Janet finds a way. "As I get older, I don't want to stop entertaining. I try to make it simpler, and call upon my friends to help. I will ask someone to pour the wine, and I even ask people to help clean up, which I never did before. And why not?" she said good-naturedly.

## An Intimate Dinner

Everyone who comes to the home and table of Lakewinds members Dr. Walter Bera and his wife Jane Carlson will find it filled with warmth, good cheer and good food.

Come summer or winter, at least one

fire is visible near the kitchen, be it the fire in the double-sided fireplace next to the stove or the fire in the grill on the deck outside. Here Walter can be found, at night and on weekends, grilling shark, shrimp, salmon, tuna, or a medley of vegetables such as red and yellow peppers, mushrooms, onions and garlic, and experimenting with mixtures of spices and marinades. Often when a dish is finished in the skillet, Walter will place it on a serving tile and then bring it directly from the grill to the dining room table—an easy, yet elegant, presentation.

Walter, who began cooking five years ago, started by watching the Saturday afternoon cooking shows on TV, first the grilling shows, then all of them. Every Saturday, he wrote down a recipe and that night and the next morning he served his family the results. "For the first three years my family suffered a lot," confessed Walter. "They served as my test kitchen. But I enjoyed it so much. I was raised in a traditional Polish home where the kitchen was my mother's domain. Cooking has been a great discovery and a great joy for me."

"When I first started to cook, my family was not very enthusiastic," Walter continued. "Now they are always delighted." Cooking for his family seems to

have strengthened his relationships. "It is partly what keeps our daughter Sophie coming home from college. And the grill is good for our marriage. It help keeps the love alive in our twenty-some year relationship," said Walter.

"After I learned the basic techniques, my next step was the book *Culinary Artistry* by two working cooks who surveyed the best chefs.

Now I am able to mix and match what tastes good together. Sometimes I will get inspired in the middle of the night thinking about a dish and that will keep me experimenting. Cooking is a work in progress. You have to eat three times a day. Once you learn to eat and cook well and know how easy it is, you don't ever want to eat badly."

"I enjoy cooking for friends as much as family. My wife is a fantastic cook and her tips are always welcomed, though I prefer to get them before I ruin the dish rather than after when she says to me 'I could have told you that wouldn't work,'" laughed Walter.

Walter, a family therapist, also cooks for his colleagues at the Kenwood Therapy Center where he is the founder and director. "For our weekly staff meeting, we rotate cooking at the small kitchen at the center."

Walter, like his fellow Lakewinds entertainers, brings more than good food to the table. These members add a welcoming touch to every celebration by using flowers, music, candles, lighting and *joie de vivre*, whether they are hosting a small intimate dinner party, a pool-side frolic, a garden tea or a Saturday night bash with a big buffet table and a space cleared for dancing. Let the party begin!

## Candidates Sought for Board of Directors for 2004

*Lakewinds Natural Foods' Board of Directors is currently seeking candidates to run for two seats on the Board.*

*The Board supervises the management of the co-op, sets policies and priorities for the store's future, and works to safeguard members' interests and investment in the co-op. Prospective board members should have finance, retail strategic planning, or cooperative experience.*

*Board members receive a quarterly stipend.*

Board members are expected to fulfill the following expectations:

- Understand and promote the mission of Lakewinds Natural Foods.
- Act in the interest of the entire membership.
- Attend meetings faithfully and serve on committees effectively.
- Assure continuity in organizational leadership.
- Adhere to a code of ethics adopted by Lakewinds Natural Foods' Board of Directors.

### Application Process

If you are interested in receiving a board application packet send an email to [katheriner@lakewinds.com](mailto:katheriner@lakewinds.com) with "board packet" in the subject line and a Microsoft Word version of the packet will be emailed to you. You may also call 952-742-1221 for more information. The packets will be available after May 1.



## MAY MEMBER SPECIALS

### Grocery

ICELAND SPRINGS  
**Spring Water**  
.5-1.5 liters  
sale **65¢-\$1.49**  
reg. 85¢-\$1.95

ENJOY LIFE  
**Granola**  
*Cinnamon Crunch or Very Berry*  
sale **\$3.35** reg. \$4.75

CHATHAM VILLAGE  
**Croutons**  
*Selected Varieties*  
sale **\$1.15** reg. \$1.59

WALNUT ACRES  
**Lemonade, Limeade or Pink Lemonade**  
32 ounces  
sale **\$2.05** reg. \$2.89

GREEN MOUNTAIN GRINGO  
**Tortilla Chips**  
sale **\$1.39** reg. \$1.99

**Salsa**  
*Hot, Medium, Mild and Fire Roasted Garlic*  
sale **\$2.65** reg. \$3.79

ZOE FOODS  
**Flax and Soy Granola**  
*Almonds and Oats or Cranberries and Currants*  
sale **\$2.95** reg. \$4.15

### Refrigerated

ORGANIC VALLEY  
**Organic Juices**  
*Pulp-free Grapefruit, Orange or Orange with Calcium, 64 ounces*  
sale **\$3.99** reg. \$5.05

**Frozen**  
SOY DELICIOUS  
**Purely Decadent Frozen Desserts**  
*Cherry Nirvana, Chunky Mint Madness, Cookie Avalanche or Praline Peaçon, pints*  
sale **\$2.25** reg. \$3.15

### Lakewinds Natural Home

SEVENTH GENERATION  
**Laundry Liquid**  
*Baby, 50 ounces*  
sale **\$6.29** reg. \$7.29

### Bulk

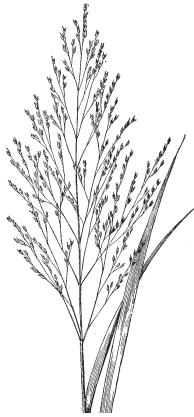
OUR FAMILY FARM  
**Baked Cheese Crackers**  
sale **\$4.59**/lb.  
reg. \$5.39/lb.

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

Valid 4/28/04-5/25/04. Case orders 4/24/04-5/21/04.

## Spring Plant Sale

Starting on April 30, Lakewinds Natural Foods in Minnetonka will be selling a variety of annuals, perennials, herbs, vegetables (mostly organic) and hanging baskets. This year, we will offer more wild grasses and prairie plants. Many single herbs and perennials are under \$1, and there will be special prices on flats. Stop by early for the best selection of plants!



## Memorial Day Hours

Lakewinds Natural Foods in Minnetonka will be open on Memorial Day from 8:00 a.m. to 6:00 p.m., and Lakewinds Natural Home will be closed. Lakewinds Natural Foods in Anoka will also 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](http://www.lakewinds.com). Click on the "Member News" icon on the home page to choose this new service. Lakewinds does not sell your email and contact information.

## Anoka Member Advisory Meeting

Our next member advisory meeting will be Wednesday, May 19, at 5:30 p.m. at Lakewinds Natural Foods in Anoka. These meetings are available to all Anoka Grocery Co-op and Café members and new members living in the Anoka area. They provide a format to voice your suggestions, concerns and ideas about the co-op. This meeting will be held in the café.

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

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

# HEALTH & BODY CARE MAY MEMBER SPECIALS

## Supplements

### ALL ONE Multi-Vitamin Powder

Rice-base (vegan)  
15.9 ounces  
sale **\$23<sup>99</sup>** reg. \$35.99  
Fruit Antioxidant (vegan)  
15.9 ounces  
sale **\$31<sup>99</sup>** reg. \$46.85

### BOIRON Sinusalia

Sinus Remedy, 60 tablets  
sale **\$8<sup>25</sup>** reg. \$10.29

### FUTUREBIOTICS Hair, Skin and Nails

135 count  
sale **\$12<sup>99</sup>** reg. \$15.45

### HYLAND'S Bioplasma

Cell Salts, 1000 tablets  
sale **\$7<sup>99</sup>** reg. \$11.59

### HERBS FOR KIDS

### Eyebright with Echinacea

1 ounce  
sale **\$7<sup>39</sup>** reg. \$9.85

### KYOLIC

### Kyo-Green

Green Drink, 2.8 ounces  
sale **\$13<sup>29</sup>** reg. 17.75

### MANITOBA HARVEST

### Hemp Seed Oil (refrigerated)

12 ounces  
sale **\$11<sup>69</sup>** reg. \$12.99

## Body Care

### ALL TERRAIN COMPANY

### Epsom Salt

4 pounds  
sale **\$3<sup>69</sup>** reg. \$4.99

### REVIVA LABS

### Vitamin E Oil Stick

sale **\$2<sup>99</sup>** reg. \$3.79

### AURA CACIA

### Essential Oils

Grapefruit, Lemon and  
Orange, 0.5 ounce  
sale **\$2<sup>69</sup>-\$4<sup>29</sup>**

reg. \$3.35-\$5.39

### DESERT ESSENCE

### Eye Cream, Age Reversal

.5 ounce  
sale **\$18<sup>99</sup>** reg. \$23.79

### Face Serum, Age Reversal

1 ounce  
sale **\$22<sup>85</sup>** reg. \$28.55

### ECO LIPS

### Assorted Lip Balms

sale **\$1<sup>25</sup>** reg. \$1.49

### CHANDRIKA

### Ayurvedic Bar Soap

sale **85¢** reg. \$1.15

### Crystal Body Deodorant

Deodorant stick, travel size  
sale **\$1<sup>49</sup>** reg. \$1.85

### ECO-DENT

### Gentle Floss

Dental Floss, Mint  
sale **\$3<sup>95</sup>** reg. \$5.29

### FUCH'S

### Children's Toothbrush

sale **\$1<sup>49</sup>** reg. \$1.99

### GIOVANNI

### Mousse

Herbal Mineral, 7 ounces  
sale **\$5<sup>29</sup>** reg. \$6.65

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

Valid 4/28/04–5/25/04. Case orders 4/24/04–5/21/04.

# Spring Parties and Picnics—

by Doug Roese,  
Demo and Education Coordinator

It's springtime in Minnesota! While the warm days are hard to predict, they are precious, so always be prepared to fit in a nice picnic or outdoor gathering whenever the time is right. The key is having your items ready to go (grills, baskets, blankets, dishware), ideas for locations and additional entertainment written down, and a nice collection of recipes and other food ideas (think Lakewinds!) at your fingertips. Then, when you hear the unlikely news that the first weekend in May is 80 degrees and sunny, you and your friends will be ready to garner all the joy a warm spring day can bring!

I've included a few easy recipes here to get you started, but also consider collecting recipes and ideas from your favorite cookbooks and magazines on rainy days. I recommend having only one fancy (i.e., difficult) recipe per party, with the rest of the items easy and/or store-bought. Your guests will appreciate the care and skill that went into the fancy item, and you'll appreciate that you're not too tired to join in the fun! Also, remember to balance the richness of your foods, such as following steaks and double-baked potatoes with fresh fruit or a little sorbet.

At Lakewinds, we pride ourselves on our large selection of fresh, enticing, and mostly organic produce. Springtime is an exciting time, as lovely greens, baby vegetables and fresh fruits arrive daily. Again, fresh fruit is a great complement to heavier meals, and always goes well with fine cheeses. You can also throw together a lovely salad with just a little work—grab some fresh spring greens mix, a bag of baby spinach, a pint of grape tomatoes, a bag of gourmet croutons and one of the dozens of all-natural salad dressings we carry. Also, large



slices of onions, eggplants, peppers, leeks, and zucchini (lightly oiled and salted) are fantastic on the grill and go well with chicken or fish. Lastly, if you're going to make your own potato salad, try using one of the many organic potato varieties that we offer.

Lakewinds' meat department has an impressive variety of natural meats and seafood, that are perfect for parties and picnics. May is the month for salmon, with wild King salmon leading the list of favorites. Some excellent choices for grilling are large shrimp and scallops, as well as the various steak-cut fish such as swordfish or mahi-mahi. We now offer marinated meats and kabobs ready to go—just put them on the grill for a tasty, fast treat. Also very nice are our fresh, natural turkey tenderloins, which are great to marinate and grill. While you're waiting for your choices to be wrapped, look at the top of the frozen meat case where there are shelves of marinades, rubs and BBQ sauces. For the best in burgers, enjoy our Meyer's

ground beef—all natural and very delicious (topped with all-natural slices of Andrew and Everett cheeses in our deli). And be sure to enjoy some of the fresh Hans sausages and hotdogs.

When you have limited time to cook, there's nothing like living near a real gourmet deli! Lakewinds' deli can outfit you with a complete meal in minutes, from appetizers to entrée to dessert. For that spur-of-the-moment picnic, try our apricot-glazed chicken breast or saki-roasted salmon along with a marinated vegetable salad and fresh fruit tarts. Be sure to also check out the deli's platter menu for your graduation parties, and keep your eye on the ever-changing selection of gourmet cheeses. Just a few unique cheeses, a fresh baguette and a fine wine (buy your cheese first and consider visiting Tonka Bottle across the street for a matching wine) can make a picnic or party special. If you need a whole pie or cake for dessert, just give the deli a few days' notice, and we'll be happy to make one of our

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# Nice and Easy!

delicious specialties just for you!

Throughout the entire store, you'll find items to make this a memorable party season. Desserts, appetizers and ice creams in the freezer will ease your workload. You'll find a large selection of natural sodas and chips, cookies, salsas, salad dressings and even cookbooks to help you plan a great party or a quick gathering. And don't forget the natural bug spray and sunscreens...you can never

have too much for the coming season.

Last, but never least, be sure to stop into Lakewinds Natural Home before leaving the parking lot. You'll find more cookbooks, unscented candles, wonderful decorations and even natural sandalwood mosquito sticks to keep your event nearly bug-free. We also offer a wide variety of CDs featuring world and meditative music. For outdoor parties, why not spruce it up using

our gardening supplies and adding a new wind chime? Just a few items from Lakewinds Natural Home can really add a nice touch to your next outdoor event.

Whether it's a graduation party, spontaneous grill-out, or picnic before an outdoor concert, a little planning and a lot of Lakewinds' will help make it a special, relaxing event that you will treasure until the next 80-degree day!

## RECIPES

### Grilled Salmon with Tomato Corn Relish

A great dish to celebrate the arrival of wild King salmon!

#### Tomato Corn Relish

1/4 cup olive oil  
3 diced tomatoes  
1 teaspoon salt  
3/4 teaspoon black pepper  
2 avocados, peeled, pitted, and diced  
4 scallions, chopped  
1/4 cup red wine vinegar  
4 cups corn (about 5 ears)  
Optional: Add a diced poblano or jalapeño to the relish to heat it up.

Heat olive oil in large skillet. Add corn and sauté with salt and pepper. Put in mixing bowl and set aside. Once cool, toss with tomatoes, scallions, avocados and vinegar.

#### Salmon

4 6-ounce pieces salmon fillet, skin removed  
2 tablespoons olive oil

Place fish in fish grill basket and grill 8–12 minutes without turning. Remove from basket and place on serving platter. Top with relish.

### Low-Fat Red Pepper Yogurt Sauce

Virtually fat-free and delicious on chicken or fish.

1 teaspoon olive oil  
3/4 teaspoon minced garlic  
zest of 1/2 small lemon  
dash coarsely ground black pepper  
1/3 bunch scallions, minced  
6 ounces roasted red bell peppers  
2 ounces tomato paste  
2/3 cup fat-free yogurt  
1 teaspoon salt  
2 teaspoons minced fresh basil

Heat olive oil in a skillet and lightly sauté the garlic, zest, black pepper and scallions. Set aside. In a food processor, purée the roasted red pepper and tomato paste till very smooth. Add yogurt and salt and blend till smooth. Add basil and scallion mix by hand.

Nice cold with veggies, and also very nice when served hot over chicken or fish. Yields 6–8 servings (2 cups).

### Moroccan Chick Pea Salad

This salad is not only colorful, but will go with almost anything, especially grilled meats or chicken.

#### Dressing

1/2 teaspoon garlic  
3 tablespoons red wine vinegar  
1/2 teaspoon cumin  
1/2 teaspoon paprika  
1/2 teaspoon cayenne  
1/4 cup olive oil

#### Salad

1/4 bunch cilantro, chopped  
1 cup kalamata olives, halved  
2 carrots, shredded  
2 cups garbanzo beans, already cooked

Whisk together dressing ingredients. Set aside. Toss all together. Serves 4–6.



# Take Charge of Your Hair

by Barb Held, HBC employee

**H**air is one of the defining statements about your style. It is how you feel about your own hair that matters more than anything, but it shouldn't become your life's work. There is no mystery to having great hair and there is no magic cure-all to make it do tricks, but you can take charge of your tresses by simply knowing your hair type. Hair texture changes throughout your life due to hormonal shifts, pregnancy, illness, eating disorders, aging and even the weather. For all types of hair, for all types of seasons, Lakewinds' health and body care department offers a wide variety of high quality, botanical-based products to help you maintain a healthy mane.

## Dry, Fine or Treated

If your scalp gets dry, consider a scalp treatment to add nourishment such as **Paul Pender's Holy Basil Conditioning Toner**. It contains a high concentration of holy basil, an antibacterial plant extract that helps clear out impurities and light dandruff without making the hair heavy. Pender's product philosophy entails the use of *LevenEssentie™*, which refers to a concentrated herbal mixture of 23 wild and organically grown herbs such as arnica, chamomile, honeysuckle, rosemary and yarrow. Still made in small batches in the European tradition of quality, Penders uses the purest, cleanest and most effective ingredients on the market and his products are cruelty-free. His product line is quite effective. For chemically treated hair, try the *Walnut Oil* shampoo. To add volume but not weight to fine, limp hair, try *Jasmine* shampoo with sea alginate minerals for a gentle coating. Use the *Rosemary* shampoo for a non-irritating and natural wash for normal hair, followed by a *Lemon Perfecting*

*Rinse*, which works well as a daily conditioner for all hair types.

## Oily

A little oil in your hair is normal—in fact you need it to keep your locks in good condition. Make a point to clean your hair every other day. You may be tempted to wash your hair more frequently, but the oil glands on your scalp are actually stimulated by massage so the more you wash your hair, the greasier your scalp becomes.

If both your hair and scalp are oily, you don't want to use a shampoo or conditioner that is too heavy or will strip your hair. **Giovanni's Golden Wheat Shampoo** is ideal for removing excess oils without over-stripping the hair shaft. It is formulated with a small amount of menthol, which reduces oil from the hair and scalp naturally. Menthol is a natural and safe alternative. The *Tea Tree Triple Treat Shampoo and Conditioner*, also from Giovanni®, increase scalp circulation with organic peppermint, eucalyptus and tea tree botanicals extracts—a truly invigorating treat. Many companies adjust the pH or use a chemical in their products to reduce oil, which often strips the hair of nutrients and color. Giovanni's hair care products are cruelty-free, pH balanced, made from a pure vegetable protein base, and won't strip hair color.

## Adding Color

If you do color your hair, be gentle with Mother Nature. When done in excess, these processes can cause dry, brittle ends. Try a permanent herbal-based gel hair color from **Naturcolor™** or **Naturtint™**. They are both peroxide based with no ammonia or resorcinol (a harsh chemical used in printing textiles and in the manufacturing of resin). Offering a wide array of colors, herbal

based hair colors can be used to complement your natural color, cover grey, or add subtle but radiant highlights. Henna is another option for color. Made of plants and herbs, henna works by literally baking the color into your hair and because it's made of natural ingredients, you can't really control the results you're going to get from it. **Light Mountain® Henna** is 100 percent pure botanical, free of peroxide and ammonia, and offers a rainbow of color selections from light brown to mahogany, or try the neutral version for conditioning.

## Protect from the Elements

Just as coloring jobs can weaken your hair structure and cause damage, and so can excessive exposure to harsh heating elements. Try an ultra moisturizing conditioner such as **DRUIDE's® Nourishing, EO's® Rose and Chamomile, Giovanni's Smooth as Silk** or **Aubrey Organics® GPB (Glycogen Protein Balancer)**. Being out in the sun or swimming in a chlorinated pool can also deplete hair of its life. **Aubrey Organics® Swimmers Shampoo and Conditioner** are the ideal choice to restore your hair to its natural texture with organic shea butter. If your hair is dry and curly, it typically lacks a natural sheen. To remedy this problem, try using a clarifying shampoo, like **Aubrey Organics Aloe Essence**, to remove product build-up. Rinse your hair with cold water to seal the surface and help hair reflect light better.

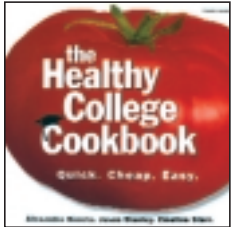
Also remember to be kind to yourself and treat your hair and scalp to a regimen of tender loving care. Feed them with "good food" by using hair care products that contain botanical ingredients. They may cost a little bit more than some of their conventional counterparts, but it's your hair and the results will be worth it!

## FEATURED PRODUCTS

# Books from Lakewinds Natural Home

### The Healthy College Cookbook

by Alexandra Nimetz, Jason Stanley and Emeline Starr



The words “Quick, Cheap and Easy” appear on the front cover, and we’re not talking about a risqué movie. We’re talking about a clever little book by three college grads who wanted to help college students and inexperienced cooks learn how to prepare healthy meals on a budget. The book provides tips on how to set up your kitchen, grocery shop and use spices—all with a cost-conscious bent. Throughout the book are hundreds of quick recipes using fresh ingredients with easy-to-follow instructions. You won’t find glossy photos of dishes here, but you will find numerous recipes featuring everything from breakfast foods to side dishes and sauces. Sells for \$14.95.

### Hand-Feeding Back Yard Birds: A Step-by-Step Guide

by Hugh Wiberg



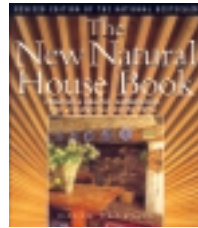
Author and bird-lover Wiberg offers personal accounts on how he learned to feed birds by hand. The trick? Well, it requires a lot of patience and the right snacks. Look for the food desirability chart, which ranks what nuts and seeds birds find most appealing (based on Wiberg’s experience, “not science,” he claims). Wiberg does a wonderful job explaining how to feed birds by hand, which birds respond well to hand-feeding and what are the best times of day to feed. In the Midwest, nuthatches and chickadees can take kindly to being hand-fed.

Author and bird-lover Wiberg offers personal accounts on how he learned to feed birds by hand. The trick? Well, it requires a lot of patience and the right snacks. Look

Wiberg’s folksy and personable writing style, along with color photos, makes this a wonderful book to read and share with others. Retail for \$19.95.

### The New Natural House Book

by David Pearson



This book was originally published in 1989, and now an updated edition is available from the man who started it all—David Pearson. Fundamental approaches to building a healthy and ecologically sound home are still offered, but added are “modern” themes such as creating a meditation space, using aromatherapy and designing with feng shui. Pearson addresses how air, water, energy and materials are a part of the whole house recycling system with focuses on specific areas such as the bathroom, kitchen and green spaces. There is also a detailed section on sustainable building materials with recommendations on what to buy. Retail for \$24.95.

### The Naturally Clean Home

by Karyn Siegel-Maier



In this staff fav, Maier begins by explaining what hazardous chemicals are commonly found in conventional household cleaners and addresses how they are harmful to children, the home and the environment. Maier’s book mainly focuses on cost-effective alternatives for making your own natural cleaning products. She provides suggestions on creating a “natural” cleaning closet as well as using essential oils in cleaning products. Discover over 100 recipes and tips for everything from carpet cleaners and bleach alternatives to scouring powders and tarnish removers. Sells for \$12.95.

### The Organic Gardener’s Handbook of Natural Insect and Disease Control

Edited by Barbara W. Ellis and Fern Marshall Bradley



Here is another staff fav, and it is one that is perfect for gardeners. This quick-reference guide is great for identifying and addressing plant disease and pest problems for all plant types including shrubs, vegetables, annuals and perennials. This guide truly focuses on organic and natural solutions for reducing pest populations and treating rot and mildew as well as offering best practices for growing healthy plants. It is over 500 pages long and includes dozens of helpful charts, illustrations and photos. Retail for \$19.95.

### In a Nutshell (for kids!)

Written by Joseph Anthony  
Illustrated by Cris Arbo



This beautifully illustrated storybook follows the growth of an acorn into a majestic oak. The oak eventually returns to the earth where its deterioration gives life to insects, flowers and eventually new trees. The illustrations are visually stunning, and the story offers a thoughtful message on how trees impact our environment. This book would make an excellent gift for children ages three and up and also for children just learning to read. Sells for \$7.95 with a soft-back cover.

# Upcoming Twin Cities Events in May

## Fresh Start Health Fair in Anoka

Join us on Saturday, May 1 from 11:00 a.m.–3:00 p.m. for a free health fair at our store in Anoka. We will offer food, samples, recipes, literature and children's activities. Health and body care experts 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.

## Living Green Expo at the Minnesota State Fair Grounds

This free expo is held on Saturday, May 1 and Sunday, May 2 from 10:00 a.m.–6:00 p.m. Attend free workshops on sustainable living, view technology demonstrations featuring alternative energy sources and hybrid cars, and meet with exhibitors who offer a wide variety of products and services. There will be music, food and fun activities for kids.

*continued on page 11*

## HEALTH & BODY CARE MAY STOREWIDE SPECIALS

### Supplements

NEW CHAPTER  
All Supplements  
25% off

LAKEWINDS  
Glucosamine  
Chondroitin  
90 count  
sale **\$15<sup>79</sup>** reg. \$18.59

Balanced B-100  
180 count  
sale **\$22<sup>99</sup>** reg. \$27.29

AMERIDEN  
Original Olive Leaf  
Extract  
For Kids  
sale **\$13<sup>89</sup>** reg. \$16.35

COUNTRY LIFE  
Superior Multiple  
with Antioxidants,  
Herbs and Whole Foods  
180 tablets  
sale **\$16<sup>85</sup>** reg. \$22.45

ALACER  
Emer'gen-c  
Cranberry, 36 count  
sale **\$12<sup>25</sup>** reg. \$16.29

EARTHRISE  
Spirulina Powder  
90 grams, 3.2 ounces  
sale **\$11<sup>45</sup>** reg. \$14.29

HEALTH FROM THE SUN  
Black Currant Oil  
1000 milligrams,  
30 capsules  
sale **\$12<sup>25</sup>** reg. \$15.29

HYLAND'S  
Homeopathics  
Adult and Children's  
Formulas, Selected Varieties  
sale **\$4<sup>99</sup>-23<sup>55</sup>**  
reg. \$6.29-29.45

UAS LABORATORIES  
DDS-Junior  
Acidophilus,  
Bifidus with FOS  
Dairy-free, Powder  
2.5 ounces  
sale **\$13<sup>49</sup>** reg. \$17.99

DDS-Plus Acidophilus,  
Bifidus with FOS  
Dairy-free, Powder  
2.5 ounces  
sale **\$14<sup>99</sup>** reg. \$19.99

YERBA PRIMA  
Psyllium Husk Caps  
Veggie capsules,  
180 capsules  
sale **\$10<sup>39</sup>** reg. \$12.99

### Body Care

ALBA BOTANICA  
Suncare 8.5 ounces  
sale **\$5<sup>55</sup>** reg. \$8.55

AVALON ORGANICS  
Facial Care Products  
Selected Varieties  
sale **\$7<sup>29</sup>-15<sup>99</sup>**  
reg. \$8.59-\$18.85

COMMON SENSE  
Lotions  
Chamomile Primrose, Jojoba  
Rose, Lemon Cypress, Olive  
Lanolin and Sandalwood  
8.5 ounces  
sale **\$10<sup>99</sup>** reg. \$12.95

DESERT ESSENCE  
Deodorant Stick  
Dry by Nature or Tea Tree  
with Lavender, 2.75 ounces  
sale **\$4<sup>45</sup>** reg. \$5.95

HERITAGE  
Castor Oil 16 ounces  
sale **\$5<sup>89</sup>** reg. \$7.39

EMERITA  
Pro-Gest  
Body Cream  
1/4 or 1/2 ounce  
sale **\$19<sup>55</sup>-32<sup>29</sup>**  
reg. \$22.99-\$37.99

GIOVANNI  
Shampoo  
Golden Wheat (Normal to  
Oily), 8.5 ounces  
sale **\$5<sup>29</sup>** reg. \$6.65

DRUIDE  
Hair Care Products  
Selected Varieties  
sale **\$7<sup>89</sup>** reg. \$10.55

LILY OF THE DESERT  
Aloe Vera Gelly  
1/4 or 1/2 ounce  
sale **\$2<sup>89</sup>-5<sup>85</sup>**  
reg. \$3.59-\$7.29

NATURE'S GATE  
Liquid Soap  
Antiseptic, Deep Cleansing,  
Moisturizing and Soothing  
12.5 ounces  
sale **\$4<sup>75</sup>** reg. \$5.95

CALIFORNIA BABY  
Sunscreen  
Selected Varieties  
sale **\$12<sup>59</sup>** reg. \$17.29

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

Valid 4/28/04–5/25/04. Case orders 4/24/04–5/21/04.

Lakewinds Natural Home will have a booth at this event. For more information visit [www.livinggreenexpo.org](http://www.livinggreenexpo.org).

### Third International Walk for Celiac Disease

On Saturday, May 22, you can help find a cure for celiac disease by taking part in the Third International Walk for Celiac Disease. This fundraiser is being held at Boom Island in Minneapolis. Registration starts at 9:00 a.m., and the

walk begins at 10:00 a.m. You can register the day of the event or print out a registration form at [www.celiacwalk.org](http://www.celiacwalk.org) and bring it to the walk.

### Dr. Hauschka Skin Care Class

A Holistic Approach to Natural Beauty will be held at the Lakewinds Learning Center in Minnetonka on Wednesday, May 26 from 10:30 a.m.–12:15 p.m. This class is free with the purchase of \$80 of Dr. Hauschka products between

May 1–21. In this class, you will learn how to use the “Basic 3” skin care program using cleanser, toner and moisturizer, learn the basics of compressing with aromatherapy baths, and how to do homeopathic rhythmical conditioning and therapeutic mask treatments. Receive a complimentary Daily Face Care Kit—great for traveling (a \$19.95 value) when you attend. Register at the health and body care counter by May 21 to reserve your space!

## MAY STOREWIDE SPECIALS

### Grocery

EARTH FRIENDLY  
**Laundry Liquid**  
Free and Clear or with Fabric Softener, 50 ounces  
sale **\$5<sup>39</sup>-5<sup>85</sup>**  
reg. \$7.65-8.29

**Window Cleaner**  
with Vinegar, 22 ounces  
sale **\$2<sup>65</sup>** reg. \$3.75

EARTH FRIENDLY  
**Dander Out**  
Remover and Deodorizer  
22 ounces  
sale **\$3<sup>69</sup>** reg. \$5.65

**Kitty Litter Treatment**  
32 ounces  
sale **\$5<sup>49</sup>** reg. \$8.45  
**Natumate Stain and Odor Remover**  
22 ounces  
sale **\$3<sup>89</sup>** reg. \$5.99

JOURNEY  
**Sodas**  
Borealis Birch Beer,  
Caribbean Cream Soda, or  
Sassafras Root Beer  
sale **\$3<sup>35</sup>** reg. \$4.79

NATURE'S OWN  
**Chunk Charwood**  
2.2 and 8 pound bags  
sale **\$2<sup>05</sup>-6<sup>29</sup>**  
reg. \$2.29-7.95

LATE JULY  
**Crackers**  
Selected Varieties  
sale **\$2<sup>09</sup>** reg. \$2.89

SAN-J  
**Grilling Sauce**  
Cracked Pepper or Sweet  
and Hot Chili, 12 ounces  
sale **\$1<sup>99</sup>** reg. \$3.49

GUAYAKI  
**Java Maté**  
Dark Roast, Mocha Maca or  
Vanilla Nut, 7 ounces  
sale **\$7<sup>49</sup>** reg. \$10.69

**Yerba Maté** 25 count  
sale **\$4<sup>29</sup>** reg. \$6.29

**Frozen**  
BRAVISSIMO  
**Regular Crust Pizzas**  
Cheese, Pepperoni, Roasted  
Vegetable or Spinach, Mushroom  
and Garlic, 9" crusts  
sale **\$3<sup>69</sup>-3<sup>89</sup>**  
reg. \$4.99-\$5.39

**Bulk**  
WOODSTOCK FARMS  
**Yogurt-Covered Pretzels**  
sale **4<sup>99</sup>**/lb. reg. \$5.99/lb.

**Wasabi Peas**  
sale **\$3<sup>89</sup>**/lb. reg. \$4.59/lb.

**Refrigerated**  
STONYFIELD  
**Organic Yogurt Multi-Packs**  
Raspberry and Strawberry  
or Strawberry and Banilla  
6 - 4 ounce cups  
sale **2/\$5<sup>00</sup>** reg. \$3.55 ea.

**Organic Yogurt Squeezers**  
Screamin' Strawberry or  
Chillin' Cherry and Berry  
8 - 2 ounce tubes  
sale **2/\$5<sup>00</sup>** reg. \$3.49 ea.

STONYFIELD  
**YoBaby Organic Drinkable Yogurt**  
Banana and Peach  
24 ounces  
sale **\$3<sup>15</sup>** reg. \$4.39

**YoBaby Organic Yogurt Multi-Packs**  
Selected Flavors  
6 - 4 ounce cups  
sale **\$2<sup>79</sup>** reg. \$3.79

**Cheese**  
Featuring Cheeses from  
Minnesota-Raised Sheep  
and Cows

SHEPARD'S WAY FARM  
**Queso Fresco de Oveja**  
Plain or with Herbs and Garlic  
sale **\$9<sup>99</sup>**/lb.  
reg. \$10.99/lb.

PASTURELAND  
**Flavored Goudas**  
Tomato and Basil,  
Jalapeno, Herb or Dill  
sale **\$10<sup>99</sup>**/lb.  
reg. \$11.99/lb.

### Lakewinds Natural Home

COYUCHI AND  
INTEGRAL DESIGNS  
**Natural Colored Organic Towels**  
Selected Varieties  
sale **20% off**

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

Valid 4/28/04–5/25/04. Case orders 4/24/04–5/21/04.

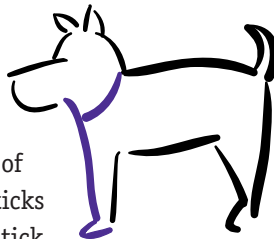


# tried & true

from Lakewinds Natural Home

**Q. I am really excited about taking my dog out for walks this spring, but I am worried about her getting fleas and ticks. In the past, I have only been able to find toxic remedies for controlling them. Are there products that rid pets of fleas and ticks that do not use potentially dangerous toxic compounds?**

A. Yes, there are. We recommend Doc Ackermans' line of pet products, which contain all-natural and organic ingredients for combatting fleas and ticks on both dogs and cats. Their flea and tick powder is made from a base of baking soda, borax and cornstarch. To control fleas and ticks in your home, try their biodegradable, nontoxic flea and tick carpet powder, which is made from a blend of baking soda, borax, citronella, pennyroyal, eucalyptus and wintergreen. Doc Ackermans' also makes an easy-to-use flea and tick spray that is completely safe for both you and your pet. All these flea and tick formulas can be found at Lakewinds Natural Home.



## Juicer Promotion for May

We are currently running a promotion at Lakewinds Natural Home on our juicers. Receive a coupon book for free and discounted items—a \$35 value—when you purchase an Omega, Green Life or Champion Juicer. Offer valid through May 31, 2004.

# Lakewinds

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NATURAL FOOD  
CO-OPS, INC.

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