

Lakewinds

MEMBER NEWSLETTER

OCTOBER 2004

The Bird Man and Nature Women of Lakewinds

By Judy Thompson

Craig Mandel, who has been a member of Lakewinds for 15 years and has worked in Lakewinds' renowned deli for eight of those years, is the "Bird Man of Lakewinds."

A birdwatcher from the moment he opened his eyes, his parents got him started as an infant with a bird mobile hanging over his crib. "I have loved birds ever since," says Craig. "As a little kid, I chased them around with a camera, though the birds showed up mostly as white dots in the photos I took. My mom was a Cub Scout leader who would make books for me for my leaf collection and little cages for the frogs, toads and pet salamanders that I gathered and brought home. I had a small bird book that listed about two dozen birds, and soon I wanted a bigger book with more listings. I rode around on my bicycle and needed to put names with the birds that I saw. I was curious and through my parents, who were both teachers, I really came to understand how everything was interconnected."

Craig eventually joined a local bird-watching club and the National Audubon Society and went on trips with the groups whose birds he wanted to study. "The very first meeting I

attended was a picnic with the Audubon group. The hotline listed a rare bird sighting—a blue grosbeak, unusual for Hennepin County. We gobbled our food, piled in a car and took off, binoculars in hand. We never did spot it. In fact, it still has not been seen in this county. But it was so much fun that I went every week or two with the local group for about five years and then I started to lead groups."

Craig now volunteers for the Minnesota Valley National Wildlife Refuge and leads about 40 groups a year. These are general bird walks, where people meet at the trailhead and identify birds and flowers while walking the trail.

"I help people learn the key field marks and bird songs. It is important to look at the things birds interact with—the seeds, the flowers, the trees," said Craig. "I also lead about 20 trips a year for the Minnesota River Valley Audubon Chapter, which is one of the 30 chapters in the state, three of which are in the Metro area. We will often go on a day trip, leaving at 5:00 a.m. and

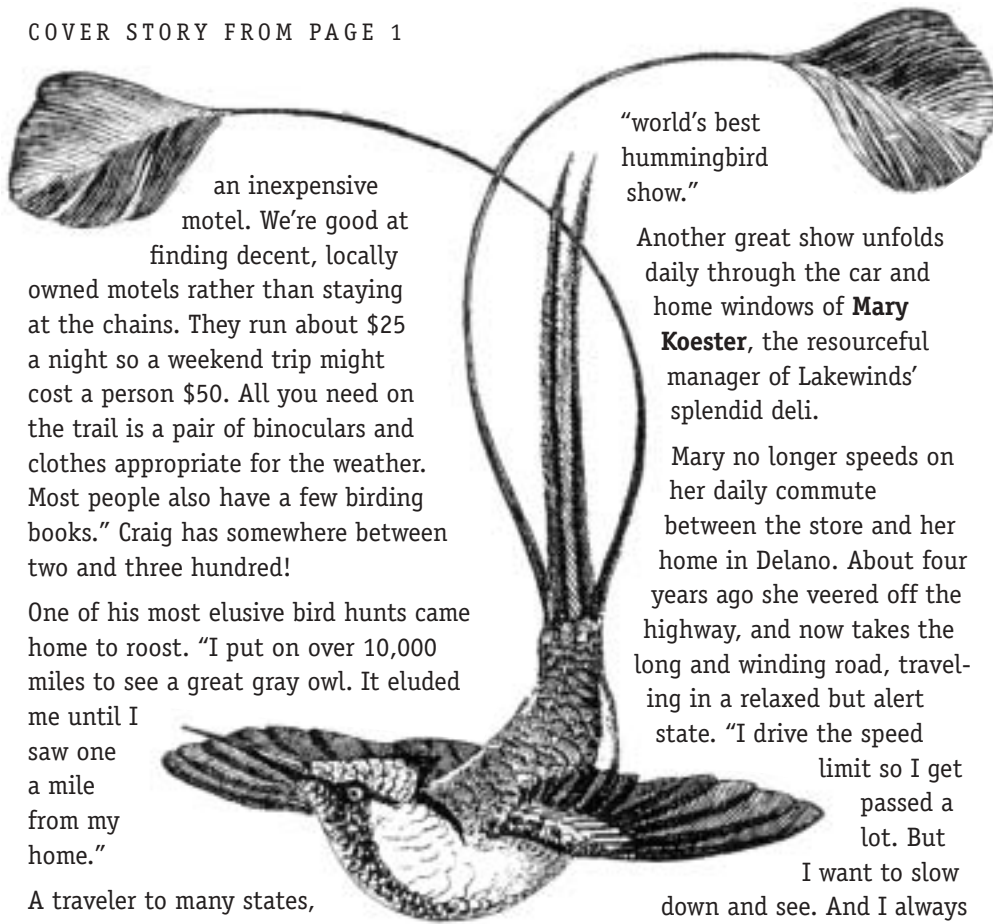


Craig Mandel is a volunteer for the Minnesota Valley National Wildlife Refuge and the Minnesota River Valley Audubon Chapter and leads dozens bird-watching outings annually.

returning just before midnight. We often visit a county in the southern half of the state."

He also participates in weekend trips to Minnesota's 70 state parks. "One of my favorites is Scenic State Park up near Grand Portage, where there are 20 species of warblers. All the state parks are great and so are the trails throughout the region. It's easy and fun to lead groups, and the people are so nice. We go during all four seasons. If we go for the weekend, we might camp or stay at

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an inexpensive motel. We're good at finding decent, locally owned motels rather than staying at the chains. They run about \$25 a night so a weekend trip might cost a person \$50. All you need on the trail is a pair of binoculars and clothes appropriate for the weather. Most people also have a few birding books." Craig has somewhere between two and three hundred!

One of his most elusive bird hunts came home to roost. "I put on over 10,000 miles to see a great gray owl. It eluded me until I saw one a mile from my home."

A traveler to many states, Craig reports that each habitat offers different species. "If you know the habitat, you know the birds to look for. So far my favorite is Alaska's St. Lawrence Island, a small island in the middle of the Bering Sea. You see a million birds go by in five hours during breeding time and even more during migration. The tufted and the horned puffins were two of my favorites."

Craig is eagerly anticipating his first visit to Ecuador, known as a bird watcher's paradise. He will stay at the Tandayapa Birding Lodge, outside of Quito, Ecuador, in the cloud forest on the western slope of the Andes. Here he will spend 11 days looking at 300 birds, 6,000 plants and over 80 species of orchids, and might have a chance to see the plate-billed mountain toucan or the cock-of-the-rock along with the huge tanager flocks. Craig is most excited about glimpsing the booted racket-tail, a hummingbird whose thin long tail has feathers at the end that look like a tennis racquet (pictured above). It's among the 35 different Ecuadorian hummingbirds in what is called the

"world's best hummingbird show."

Another great show unfolds daily through the car and home windows of **Mary Koester**, the resourceful manager of Lakewinds' splendid deli.

Mary no longer speeds on her daily commute between the store and her home in Delano. About four years ago she veered off the highway, and now takes the long and winding road, traveling in a relaxed but alert state. "I drive the speed

limit so I get passed a lot. But

I want to slow down and see. And I always

listen. I often drive with my windows open with no radio or music playing," said Mary.

She passes a llama farm, sees the pasture planted with wild flowers, the meadow by the woods, the few old farm houses still standing, the beautiful gardens with lots of flowers in the summer. She also spots deer, eagles, trumpeter swans and wild turkeys along the way. She notices the trees turning color in the fall and the new lambs in the spring.

An animal lover from the time she was a child, Mary remembers caring for two cats, three birds, turtles, fish, and the mice she brought home in coffee cans, much to her mother's chagrin. She spent summers on a family farm south of the Twin Cities and the first years of her marriage on a farm with horses, cows, and pigs. "My husband built a house on 10 acres of land my father gave us. We knew nothing about farming. I raised chickens and did not have the heart to kill them. They kept getting bigger and bigger and started to look like turkeys.

"The life of a farm wife was not meant for me. I was not comfortable with the death of the animals. I loved birth and new life. I would sit up night after night with the baby pigs and calves. And I came to know each animal. All the cows had a name and their own distinct face and every baby had a name. They would come when they heard their name." Though she and her husband left farm life, Mary thinks that everyone should spend some time on a farm so we all know where a loaf of bread or gallon of milk comes from.

Mary and her family now live on several acres on an environmentally friendly lake that welcomes and shelters a variety of wildlife. A pair of eagles nest at the south end of the lake and have come back every year for nine years. They fish in the water along with a peregrine falcon. White egrets, blue herons and trumpeter swans all are visitors. Mary feeds the birds all year round. "The woodpeckers recently joined the orioles on the deck to feast on the orange halves and the grape jelly I put out. They pulverize the oranges and bring their babies one at a time and feed them the jelly. We feed the big pheasant rooster cracked corn. The two hens are in the tall grass with



Mary Koester spent time on a small farm with her husband raising chickens, pigs and cows. She named every animal and was heart-broken when they were taken away to be processed. Today, she is a true animal lover and may be seen rescuing turtles by the side of the road.

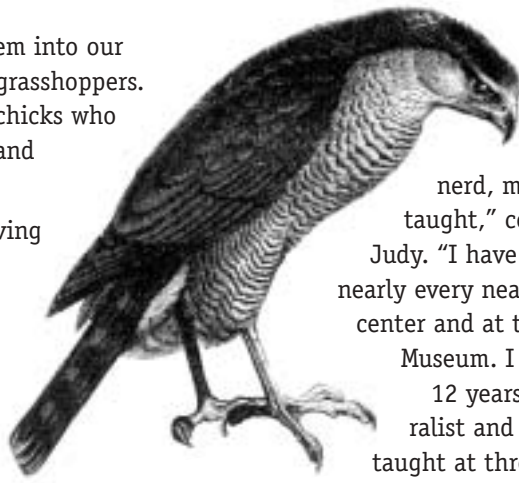
their babies and bring them into our yard where they feed on grasshoppers. This year there were ten chicks who entertained us as we sat and watched."

Mary, a protector of all living creatures, extends her shield to the animals when she is on the road. "I'm a turtle person and always stop for them. I make other cars stop too," insists Mary. "I pick them up by the middle of their shells, put them on the floor of the car, and release them in the lake. Usually I do not see them after that, but one came up from the lake last spring to lay her eggs on an embankment in our back yard. She found a sandy spot facing west, seeking the warmth to incubate her eggs. She laid her eggs and compacted the sand by flipping her feet. I protected that space with a little fence to keep her eggs safe."

Judy McClellan, the assistant manager of Lakewinds Natural Home, also has a passion for the natural world that was influenced by her childhood in Bloomington, which was semi-rural at that time. "My mom waited through four boys to have a girl and then when she did, I brought home snakes and tiger salamanders," laughed Judy. She went on many field trips to the nearby Hyland Lake Park Reserve and later worked at the Richardson Nature Center and other parks in the Three Rivers Park District.

For Judy, science, nature and spirituality are intertwined. "When I walk through the woods, I don't just look for the birds or the wildflowers. I want to know how the landscape works and how to read it. I look in order to know the whole picture, and that grounds me and connects me."

Judy is a student of phenology, the study of regularly recurring biological phenomena such as animal migrations or plant budding, especially as influenced by climatic conditions or envi-



ronmental factors.

"I'm a nature

nerd, mostly self-

taught," confided

Judy. "I have worked at nearly every nearby nature center and at the Bell

Museum. I taught for

12 years as a natu-

ralist and I have

taught at three schools in

Wayzata. I study and notice the land-

scape through every season." She and her family spend as much time as they can at their undeveloped, hilly land in east central Minnesota, along the Snake River near Mora. "We go there and set up camp in a mixture of hardwoods, spruce, and pines in old fields and pastures. There I can watch the birds, the wild flowers and the trees year-round."

The McClellans have traveled to see the migrating hawks and eagles at Hawk Ridge in Duluth, the tundra swans in southern Minnesota, and the sand hill cranes in northwestern Nebraska, all magnificent bird-watching areas. "I try to go up north or away as often as I can. But the Twin Cities have wonderful parks and places to see nature, including the bike trails. Nature is always around us. We just need to slow down and open our eyes."

Available Birding and Naturalist Books

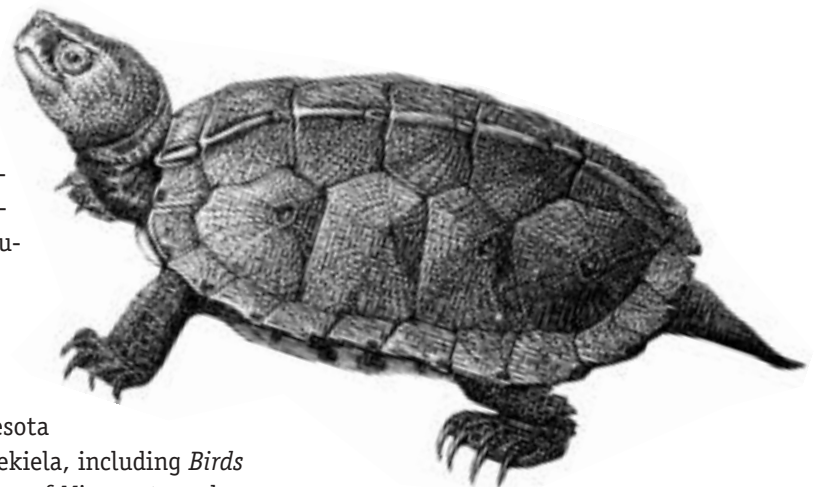
Here are some of the books available at Lakewinds Natural Home to assist your observation and exploration of the natural world.

A great beginner series are the local field guides written by Minnesota naturalist Stan Tekiela, including *Birds of Minnesota*, *Trees of Minnesota* and

Wildflowers of Minnesota. A helpful book is *Questions and Answers about Backyard Birds* by Jim Williams and Anthony Hertzell. *Listening to Nature* by Joseph Cornell is a lively and sensitive guidebook to help foster a deeper awareness of nature. And for anyone who is creating their personal nature journal, Clair Walker Leslie and Charles E. Roth have a book entitled *Keeping a Nature Journal* that offers valuable methods and techniques.



Judy McClellan is a self-proclaimed "nature nerd" and is self-taught in the area of phenology. This is the study of regularly reoccurring biological phenomena such as migrations or plant budding.



Fall Harvest Recipes

For some produce lovers, summer's myriad fruits and veggies are the pinnacle of the year. But for others, fall is just as exciting: a beautiful bounty of apple and squash varieties entices us to bake delicious pies, cakes and soups for our friends and family. And at Lakewinds, you'll find the best selection of organic and local produce to make this another fall to remember! Here are a couple of recipes to help you get into the season.

Oven Roasted Butternut Squash

Doug Roese / Lakewinds Natural Foods

A great way to use nutritious squash in your meals. Try with pumpkin too! Add sautéed chicken breasts and a green salad for a nice dinner. Serves 4–6.

- 2 pounds butternut squash
- 1 large red onion, cut in 1/2" wide crescents
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon minced fresh rosemary

Preheat oven to 400°F. While still whole, peel the butternuts with a vegetable peeler (get down to the orange flesh). Cut in half lengthwise, then scoop out seeds and strings. Cut into 1" pieces. Place squash and onion in bowl, add olive oil, salt and pepper. Using your hands, blend together until everything is coated well with oil. Place on a lightly oiled, large baking sheet (or 2 small sheets), and roast about 30–40 minutes until browned on edges and soft. Sprinkle with rosemary and bake another 5 minutes.

Quick Raspberry-Apple Strudel

Doug Roese / Lakewinds Natural Foods

Readily available phyllo dough and organic butter take the place of back-breaking dough rolling! Try different apples and jams. Maybe sneak in a little aged Gruyère! Serves 6–8.

(Tip: Make two and keep one in the freezer ready to bake!)

- 5 sheets defrosted phyllo dough
- 6 tablespoons unsalted organic butter
- 1/4 cup bread crumbs
- 1/3 cup chopped walnuts
- pinch cinnamon
- pinch salt
- dash (smaller than a pinch!) nutmeg
- 1/2 teaspoon vanilla extract
- 4 tablespoons raspberry preserves
- 3 1/2 cups diced baking apples
- 6 tablespoons sugar

PREHEAT OVEN TO 475°F. Peel and dice apples and place in medium-sized bowl. Sauté in 1 tablespoon of the butter the walnuts and breadcrumbs until lightly browned. Toss onto apples. Sprinkle on the 4 tablespoons of sugar, salt, nutmeg, cinnamon and vanilla.



Mix well. Place a piece of parchment paper (larger than the phyllo sheets) onto countertop. Melt the remaining butter. Carefully peel one sheet of phyllo and place on parchment. Brush lightly with butter, then sprinkle on about one teaspoon of sugar. Top with second phyllo sheet, repeat butter/sugar, and continue until all 5 are layered. In the middle, running lengthwise, spread a " wide strip of raspberry preserves out to within 2" of each end. Top the raspberry strip with the apple/nut mix, and gather into a long mound running out to within 2" of end of phyllo. Using the parchment to help, roll up each side over the mound, then roll each end over tightly, leaving you with a nice (upside down) strudel. Turn right-side-up onto a buttered cookie sheet, brush with butter, sprinkle with sugar, and cut a few air vents along the top.

Bake at 475°F for about 15–20 minutes until nicely browned and bubbling. Cool for 45 minutes, dust with confectioner's sugar if desired, and serve.

October Is Member Appreciation Month!

There are many ways that we, at Lakewinds, like to show our members how much we appreciate your support. This month look for:

- A one-time 10% monthly member discount at Lakewinds Natural Foods and Lakewinds Natural Home.
- Member dividend checks. Please contact us immediately with any address changes.
- Coupon books valued around \$30, which are valid October through December. These will be mailed to current Lakewinds members' homes.

Register for Classes Online

Visit www.lakewinds.coop to register for classes held at our Minnetonka and Anoka locations as well as review full class descriptions. Lakewinds members can receive their class discount online, too. Hard copies of the class schedule are also available at Lakewinds.

Warm Hands, Warm Hearts

Person-to-Person is a nonprofit organization that helps kids in need receive new winter coats. For the past several years, Lakewinds has supported this program. Please help us achieve our goal by choosing one of the 100 kids we're committed to serving this year. You can receive a card with the child's name, size and coat type request at the customer service desk at the Minnetonka location. Coats are collected during the month of September into mid-October. You can bring the new coat to Lakewinds or provide a cash donation to Person-to-Person. Contact Mary Moulton at 952-473-0292 for more information.

Anoka Member Forum

Our next member-advisory meeting is Wednesday, October 6 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! It's easy as 1, 2, 3! Save tons of time by letting our expert shopper choose the freshest items for you.

1. Visit our website at www.lakewinds.coop and click on the online shopping icon.
2. Select your groceries or natural home products and place in your cart.
3. Pay with a credit card on our secure site.

Pick-up times are available Monday-Friday from 3:00 p.m. to 7:00 p.m. at our Minnetonka location. You do not need to be a member to access any of our online shopping services.

Lakewinds

Big Changes Regarding Specials and Newsletter

Starting in September we will see exciting changes in our specials program. We are changing to a weekly format (instead of monthly), and will have a weekly in-store, color flyer featuring both member and storewide specials. The specials will be valid Friday through Thursday. The main benefit of this program is that we will be able to offer a larger variety of specials to our customers on a more frequent basis.

This will also result in significant cost savings in our member newsletter. The newsletter will be published every other month instead of monthly (alternating months with the *Mix*, which is in line with what the other Twin Cities co-ops are doing). It will only include articles, recipes and information. Members will get a Co-op Advantage flyer every month in our newsletter or the *Mix*. We will also post the specials on our website.

Thanksgiving Order Forms

Look for Thanksgiving order forms for turkeys, entrees, appetizers and desserts at the beginning of November at the deli and meat department counters.

Food and Friendship Por la Noche

ANNUAL MEMBER DINNER AND MEETING OCTOBER 2004

La Carta

- Enchiladas Made with Corn Tortillas (chicken, vegetarian and vegan varieties will be served)
- Spanish Rice
- Nopalitos (Mexican salad with cactus, tomato, red onion)
- Corn Tortilla Chips with Lakewinds' Own Salsa and Guacamole
- Dessert: Trés Leche Cake Drizzled with a Raspberry Sauce or Sorbet

Join us on Monday, October 25 from 6:00–8:00 p.m. for a Mexican dinner and our annual member meeting at the Minnetonka Community Center in Minnetonka. Doors open at 5:30 p.m. and dinner will be served at 6:00 p.m. The meeting will also have live music and a guest speaker from the Greater Minneapolis Crisis Nursery.

How to Buy Tickets

Tickets for the dinner can be purchased at customer service and at the cash registers beginning Friday, September 17 to Sunday, October 19. Prices are \$6 per adult and \$3 per child. A family of four or more can pay one ticket price of \$17.

Don't wait until the last minute. Our event almost sold out last year, and this year we are hoping for another successful meeting. Tickets for the dinner are only sold in advance. Members may attend the meeting for free, which will begin at 6:45 p.m.

Free Children's Activities

There will be crafts and activities for children between the ages of three and ten. We request that one adult be present with children under the age of four. Children's instructor and Lakewinds' staff member Rachael Eide will lead the activities.

Guest Speaker

Pam Olson, Volunteer Services Manager of the Greater Minneapolis Crisis Nursery Staff

Pam will discuss the various programs offered by the nursery as well as share personal accounts of parents and children who have been reached through their programs.

Greater Minneapolis Crisis Nursery is an independent residential shelter for children newborn through age six at risk of abuse or neglect. GMCN is the only residential crisis nursery in Minnesota and one of only 20 in the country. Their programs are voluntary

and completely free to Hennepin County families in crisis. Their two locations, in Golden Valley and South Minneapolis, allow them to serve thousands of children and parents annually. Some of their services include a 24-hour hotline run by family advocates, crisis counseling, family education, pediatric care and 72-hour residential care.

The Cooks for Kids program, which is part of the residential care, is where three balanced meals are served daily to the children staying at the nursery. Lakewinds members have volunteered for this program for the last four years, and we continue to serve healthful meals to the children every month. A meal that costs between \$45–50 feeds up to 23 children and adult caregivers.

Nominees for 2004 Board of Directors

There are three seats available on the Lakewinds Board of Directors and three candidates running this year including one incumbent. Each nominee completed an application process. The candidates' statements provided in this newsletter were edited for space. Every attempt was made to include their main points, and wording was not changed.

This year ballots are provided within this newsletter. You can mail, fax, or drop off the ballot to Lakewinds in Minnetonka. See "The Voting Process" (next page) for more details. You will also have a chance to vote at the Annual Member Meeting in October.

Ellen Wolaner

Consulting Manager, Virchow Krause



Why are you interested in serving on the Lakewinds Board of Directors?

I view the opportunity to serve on the Board as a way to give my support to an entity for which I have a tremendous amount of respect and gratitude for providing resources to the community that no one else provides. I want to contribute to Lakewinds' future success. I also enjoyed immensely my involvement with the Uncommon Market, a food co-op in Arlington, Virginia, some 20 years ago. As a co-op member, I worked hours in the store and also took the lead for our co-op in publishing a joint monthly newsletter with two other co-ops in the area. I liked the people involved and want to take part in the spirit of a cooperative again.

What do you believe are the primary challenges facing the co-op?

For Lakewinds, I believe there's a great challenge in balancing the desire to fulfill the purchasing desires of a diverse public and member community by offering many products while at the same

time ensuring adequate turnover of inventory, particularly for organic produce. Also, an important part of the Lakewinds experience for customers is knowing that Lakewinds will source product only from high-quality, responsible providers, and this expertise in sourcing is a challenge, particularly with the entry of things like genetically modified products into the food chain. The responsibility of educating the consumer is also a challenge.

What specific insights, skills and experience do you possess that will help the co-op meet these challenges?

My business skills in strategy and finance and my passion for ethical products are what I bring to the Lakewinds table. In addition, in my work as a consultant, I've had the privilege of having Wild West Organic Harvest, the largest distributor of organic foods in Western Canada, as a client. From this work, I've learned a lot about in-store marketing, promotional programs used by co-ops, produce management and other functions that are so pertinent to Lakewinds' success.

Janice Harden

Incumbent

Professor of Business Management and Marketing and Computer Information Management Normandale Community College

Why are you interested in serving on the Lakewinds Board of Directors?

To give of oneself is the greatest gift of all. I grew up in a small farming community. I feel blessed to live in a metropolitan area that has easy access to locally grown, organic and nutritious food sources in our natural food co-ops. I understand the life of a farmer and enjoy canning fruits and vegetables purchased from the local farms. My family has used alternative/complementary care (CAM) for decades. I frequented Lakewinds often before joining almost six years ago. Lakewinds fits my lifestyle. I have so much knowledge in the use of diet and nonchemical

foods/products and natural remedies; I decided I wanted to use my skills as an educator to help those less informed in CAM. I recently received a degree in Holistic Health. Now, part time, I counsel families with autism, Parkinson's, MS, or other neurological ailments. We talk about diet, non-chemical products, and life style...to include shopping at a co-op. Being a small business person, I want to see a co-op succeed and give back to its members. Using my financial, management, education and CAM skills, I know I can serve Lakewinds because I have a passion to see our co-ops succeed and my clients' families become healthy.

What do you believe are the primary challenges facing the co-op?

I feel the primary challenges facing Lakewinds are large corporate competition (Cub, Whole Foods, etc.), expansion, and outreach to the community.

What specific insights, skills and experience do you possess that will help the co-op meet these challenges?

I feel Lakewinds serves the Twin Cities well, being located in the western part of the cities. The other co-ops are strategically situated in the other key areas of the cities. The invasion of corporate competition is strong in the form of such stores as Whole Foods and organic products now carried at Cub, Byerly's, etc. Corporations will place a store wherever they see a market and Lakewinds definitely has a market. I feel the only way to compete with a possible corporate threat would be to expand and offer more variety to your current market population. Get our name out to the public. This would mean not only offering products but services. More classes at marketable prices; more outreach into local school classrooms using volunteers to give ecological mini courses, and coordinating with local farmers that provide product to our store to make videos of their farm process to appeal to our members.

Pamela Kringlund

Past Director on Blooming Prairie's Board,
Past Worship Director at Alliance
Community Church and homemaker at the
present time



Why are you interested in serving on the Lakewinds Board of Directors?

I so enjoy the whole process of board governance! Since my involvement with the board of Blooming Prairie Natural Foods is winding down, I would like to take my experience and training and get involved in a local retail co-op. I've shopped at what used to be Anoka Co-op off and on for years—it is the closest co-op to my home in Big Lake, and I have a genuine interest in seeing that co-op thrive. I've also enjoyed shopping at Lakewinds; I'm somewhat familiar with Lakewinds' past history through my relationship with the other Twin Cities co-op retail managers who served on Blooming Prairies' board. Lakewinds has had a successful past, and I was personally thrilled to find out they'd acquired Anoka Coop. That's when I became a member. Hence, I would love to contribute on a board level.

What do you believe are the primary challenges facing the co-op?

I would think the primary challenge for co-ops today is competition. Natural foods as a market segment has seen huge growth, and as a result, is now being sold in supermarkets, national chain stores and discount outlets. The co-op would be competing for shopper dollars alongside these larger retails that often have more resources. Another issue would be using limited space for a growing number of natural products. Yet another issue for co-ops is continually incentivizing shoppers to become members. Finding and keeping good employees is a key element of successful business. And as always, a prosperous retail is dependent on satisfied customers; it can be challenging to create that environment and yet maintain a healthy bottom line.

What specific insights, skills and experience do you possess that will help the co-op meet these challenges?

I believe my experience on Blooming Prairie's Board of Directors will help me make meaningful contributions to the Lakewinds Board. Blooming Prairie was a primary supplier for Lakewinds, and because of the synergy and commonality between the two cooperatives (and for that matter, food cooperatives in general), I know they face many of the same challenges. For example, when I attended board-training workshops at CCMA conferences, the majority of board members in attendance were from

retail co-ops. My past participation on boards and committees has taught me the importance of being a team player, and that involves listening and learning as well as speaking and acting. A cooperative and its membership are best served when their board functions as a healthy, cohesive governing body, working together with management to meet their needs. I believe I have the experience, skill, insight and desire to participate in such a way, and I would consider it an honor and privilege to serve the Lakewinds membership in this capacity.

The Voting Process

Members may submit a ballot in one of the following ways:

1. Fax to our Minnetonka store at 952-473-9834,
2. Hand deliver to customer service, OR
3. Mail to Lakewinds Natural Foods, 17523 Minnetonka Blvd., Minnetonka, MN 55345 ATTN: K. ROSETH.

One vote per member number.

Ballots will be accepted until **Thursday, October 21, 2004.**

Lakewinds Natural Foods 2004 Board Candidate Nominee Ballot

You must provide you member number or name to validate your vote! One vote per member number or household.

Member # _____

Name _____

Please vote for up to three candidates:

- Ellen Wolaner**
- Janice Harden**
- Pamela Kringlund**

Lakewinds

FEATURED PRODUCTS

Discover a Miracle Plant!

by Doug Roese, Lakewinds Demo and Education Coordinator

You're to be forgiven if you missed this story, as it actually happened several thousand years ago!

This plant produces extremely durable cloth and rope, fuel, paint, cleaners and paper, and is environmentally friendly. Its seed is almost the perfect food: extremely high in protein, and containing the proper amounts of all the essential fatty acids (a complete protein) as well as the new darling of nutritionists, gamma-linolenic acid (GLA). Because of its fast growth rate, this plant rarely requires the use of pesticides (50 percent of ALL pesticides used in the United States are applied to cotton plants!), yet can yield almost four times as much paper in 20 years per acre as trees. It also needs less water than cotton, and causes much less soil erosion and nutrient depletion. Given up? We are talking about hemp, which is the term used to describe cannabis plants bred for very low THC (the intoxicating component of marijuana). So low that to achieve an intoxication effect is impossible.

George Washington and Thomas Jefferson grew hemp and extolled its benefits to society and farmers. In fact, the Declaration of Independence was written on hemp paper, one of the reasons it's still in such good shape (hemp paper lasts hundreds of years!) But hemp production got thrown out with the drug war bathwater, and is just now making a comeback, having recently survived an attempt by the Drug Enforcement Agency to eliminate its import. Rest assured, though, that agricultural hemp has NOTHING to do with the drug variety, does not in any way support its proliferation, and only has great benefits to offer mankind.



Besides creating nontoxic fuels, hemp is even being used to replace petroleum in high-tech plastics. It is truly a miracle plant, poised to help save the planet.

While most of our hemp-based products are at Lakewinds Natural Home (two doors east of the grocery store), I want to mention a few food items. We carry *French Meadows'* **Healthy Hemp Sprouted Bread**, great toasted in the morning, and a nice source of protein. Also, from *Manitoba Harvest*, we have **Hemp Seed Nut Butter** (available near butter), used just like peanut butter, as well as their protein powder, seeds and seed oil available in HBC department.

Lakewinds Natural Home carries a large variety of great products from fine companies who are helping the environment by using hemp in conjunction with safer dyes and less bleach. We carry many of the great bath products from *Cusp Natural Products*, including bath mitts, back scrubbers and shower curtains. Hemp is mildew-resistant, and even stronger wet than dry! We're also proud to feature beautiful women's tops and skirts from *Earth Creations* in natural, clay-dyed blends of hemp and cotton. The cotton helps keep things a little softer, and the colors are earthy; they make the perfect complement to

your wardrobe. Earth Creations also supports American textile workers by sewing their clothes in the U.S. in proper work conditions.

From Nepal, we carry great-looking jackets, pants and more for ladies from *Go-Nature* and *Tabask*, featuring natural dyes and hemp/cotton blends. These products are also fair trade, so you know the people making your comfortable eco-clothes are being treated well. Another great line of products is from the fine folks at *Artisan Gear*. They specialize in making very durable and eco-friendly bags, purses, wallets, backpacks and even briefcases! They use hemp extensively, as it's far more durable than cotton, and handles weather better, too. They also use low-impact dyes and nylon from recycled plastics in their construction. From *Hemp Heritage*, we carry a few nice stationery items like journals, paper and envelopes. When you want your letter to last a few hundred years or more, write it on hemp! And lastly, we have hemp twine and jeweler's string.

Keep your eyes open for new products as we respond to our customers' demand for long-lasting, environmentally friendly products that are both a delight to wear and a challenge to wear out! Supporting hemp products now will also help those farmers trapped in tobacco and cotton farming to see another way to support their families, while also being kind to the earth. When you factor in hemp's food value and its ability to replace toxic petroleum-based plastics, fuels and chemicals, you can see it's no exaggeration to call hemp the plant that can save a planet!

Fuel Your Body with Food, Exercise and Herbs

by Kathleen Rykhus, HBC staff

Energy is the capacity for action, and a holistic approach to energy includes nutrition and physical activity as well as supplements that can help our bodies adapt to stress. Given this complex interrelationship, energy does not come in a pill despite what is advertised on television!

First, it must be stated that a pervasive lack of energy may be an indication of more serious, underlying physical or emotional issues. Consult a health care provider if you experience a generalized fatigue that interferes with your daily activities for longer than six months. To find a medical doctor who is also certified by the American Holistic Medical Association visit www.holisticmedicine.org.



Nutrition

In *Prescription for Nutritional Healing*, a diet of at least 50 percent raw foods and fresh, live juices is recommended for a variety of illnesses that are indicated by fatigue, since "...these quality foods supply nutrients that renew energy and build immunity." Raw foods are foods that have not been processed in



any way, shape or form. The freshest raw foods are considered living for up to three days after being picked and juices are live for up to two days after being juiced, depending on what type of juicer is used. Fruits and vegetables may still be considered raw if they are gently dried at temperatures below 106°. This is an important distinction because produce begins to lose enzymes at temperatures above 106°, and it is these enzymes that we are after when we consume a diet of raw foods. According to Jeremy Saffron in *The Raw Truth*, "Raw food contains all the necessary enzymes to break itself down,

thereby providing you with the maximum amount of energy with minimal bodily effort. Simply, if our bodies are not required to expend a lot of energy digesting food, we have more energy available to do other things."

Exercise

Metabolism is a general term that refers to the complex processes involved in the maintenance of life, and is affected by a virtually endless array of physical and chemical factors. Many products advertised on television that claim to increase metabolism are simply stimulants to the central nervous system that

With Eleuthro (Siberian Ginseng), athletes are able to train longer and harder without being hampered by infection. “Average Joes” can benefit from increased energy without experiencing the unpleasant crash of stimulant drugs like caffeine.

affect the body much like a double espresso. The most natural, least invasive way to affect our bodies' general metabolism is through exercise. Strength training, in particular, stokes our metabolic fires by increasing lean muscle tissue. "Muscle is active tissue. With more muscle in our bodies, we use more calories even just sitting around...our metabolisms speed up. It's as if our engines now idle at higher RPMs," according to Karen Andes, author of *A Woman's Book of Strength*. If just reading about weightlifting is making you tired, take the advice of Dr. Andrew Weil, a popular pioneer in the field of complementary medicine: "Do not wait for energy to come to you when you are tired; create it by expending effort."

Adaptogenic Herbs

Creating healthy ways to deal with stress allows us to focus our energy toward positive life outcomes. An adaptogen is an agent that helps the body adapt to stress. Many herbs function as adaptogens. To be considered adaptogenic an herb must increase resistance to adverse influences by a wide range of physical, chemical and biochemical factors, and have a normalizing effect on bodily metabolism.

The use of some herbs, such as **Astragalus** and **Rhodiola**, are supported more by traditional use than research. **Eleuthro**, however, is an herb with a unique history of use and scientific scrutiny. A distant cousin of American and Chinese Ginseng, it was referred to as Siberian

Ginseng until recently. Eleuthro first created a sensation when Soviet athletes used it as a training aid in 1972 at the Munich Olympics. Russian scientist I. I. Breckman conducted years of painstaking research on the effects of the herb. His studies showed that Eleuthro may improve the use of oxygen by the exercising muscle. The effect is that a person is able to maintain aerobic exercise longer and recover more quickly. It also helps conquer fatigue by enhancing immune function. Athletes are able to train longer and harder without being hampered by infection. "Average Joes" can benefit from increased energy without experiencing the unpleasant crash of stimulant drugs like caffeine.

Eleuthro is not recommended for people with uncontrolled high blood pressure, and may cause insomnia if taken before bedtime. It is most effective if taken for six to eight weeks continuously, fol-



lowed by a one- to two-week break before resuming. (Lakewinds sells it as a tincture or capsules.)

Many of us enjoy our active schedules even if they sometimes seem hectic. So the key is to learn how to handle the stress of an energetic lifestyle, how to sustain our efforts, how to keep our nose to the grindstone without grinding it off! We set the stage for optimum endurance through nutrition and exercise, and the gentle supportive power of nature's herbs can assist us in our efforts to live life to its fullest.

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tried & true

from Lakewinds Natural Home

Q: I like to feed my pets good quality pet food. What other kinds of natural pet products are available at Lakewinds?

A: Lakewinds Natural Home offers several varieties of treats such as *Greenies* dog treats and *My Pet* dog cookies, bones and cat treats. You can also find *Red Barn* dog bones and bark bar dog treats. New to the store is *Mackenthun's* naturally smoked dog bones.

For nonfood pet items, you can find catnip cat toys and herbal pet collars by *One Earth*, and *Petz Life* tooth care products. We also have *Doc Ackerman's* pet shampoos, conditioners, and flea and tick remedies.

Most commercial pet products have synthetic and unsafe dyes and toxic materials in them. All of the products at Lakewinds are made with natural ingredients or materials, are nontoxic, and do not harm the environment.



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