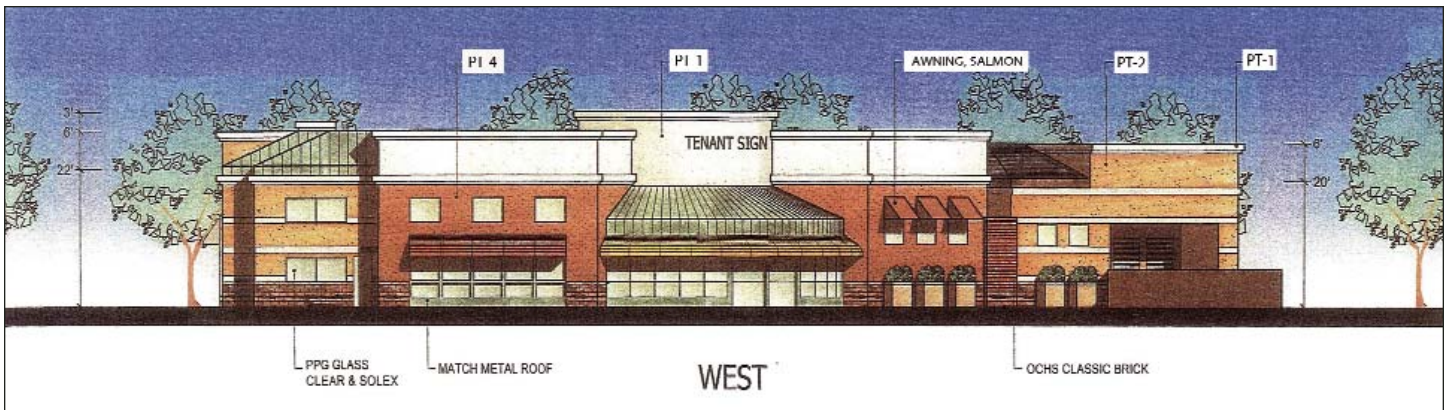


Lakewinds

MEMBER NEWSLETTER

FEBRUARY/MARCH 2005



Lakewinds will break ground in March to build the new Chanhassen store.

New Digs, New Store—Chanhassen Site Chosen

By Judy Thompson

One day this fall, late in the autumn season, you might stop at Lakewinds on Minnetonka Boulevard and Highway 101 and shop for groceries, fresh produce, meat and fish, food from the deli and body care products. Or you might want to make your way farther south on 101, six miles down the road from Lakewinds Natural Food in Minnetonka, take a right on State Highway 5 and then left onto Great Plains Boulevard in Chanhassen. It is on this site, just four miles from the Minnesota Landscape Arboretum, that Lakewinds will break

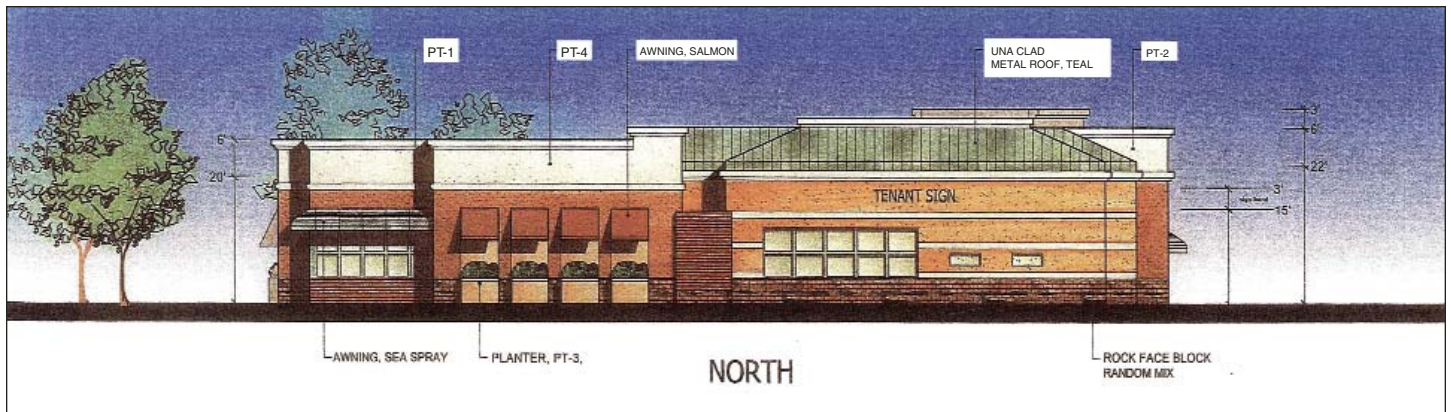
ground in March to build an 18,000-square foot grocery and bakery, scheduled to open in October 2005.

Lakewinds will then be serving three counties in the metro area. Joining the Minnetonka store in Hennepin County and the Anoka store in Anoka County will be the Chanhassen store in the growing communities of eastern Carver County where the dust is now settling from all the new homes built in the past decade. Here, on the Villages on the Ponds development, Lakewinds Natural Food and Home will join some existing businesses and some new

neighbors. With 18,000 square feet, two thirds of it earmarked for retail space, the new Lakewinds will have more retail space than the other stores combined. It will include all that Lakewinds currently has to offer, incorporating the Lakewinds Natural Home Store, an expanded deli with a seating area and a bakery with fresh baked bread in addition to the current items the bakery is known for.

Lakewinds General Manager Kris Nelson feels it is very important to let people know why this site was chosen. "We need to expand and have been looking

continued on page 2



With 18,000 square-feet, two-thirds of it earmarked for retail space, the new Lakewinds will have more retail space than the other stores combined.

COVER STORY FROM PAGE 1

for a location for five years. We looked at so many sites, north in Plymouth and Maple Grove, and south in Eden Prairie and elsewhere. Many of the developers were interested in a business like ours, but most were not comfortable with our ownership structure. Our business is really unique. We needed to deal with a land-

lord who was planning to buy property and keep it, a land-lord who is committed to bring amenities to both the property and to the communi-

ty. This site and this development project worked. The market analysis for this area is great. It is a great fit and a wonderful location."

Vernelle Clayton, spokesperson for Villages on the Ponds development, said her company has been involved in the direction of growth and development in downtown Chanhassen for years.

"Downtown Chanhassen grew up on the north side of Highway 5 and needed to expand," she explained. "It could not head farther north as it would run into a residential neighborhood. So we need-

ed to develop to the south, and crossed over to the south side of the highway." The city of Chanhassen and her development company have sought to support unique projects rather than big box retailers. Now, in an area that until the early 1990s was pastureland, "there is a swim school, a community bank, restaurants, shops and services,"

"The attempt was to provide a building that looks like multiple buildings, so you don't have a monolithic development."

—Bob Generous,
Chanhassen senior planner

described Vernelle. "In the Summer Wood senior housing project we will have some retail moving in soon, including a quality yarn store called Knit Wits. And we plan to

have ice-skating on the pond. Neighboring offices include a Park Nicollet Health Facility and Lifetime Fitness World Headquarters. Lakewinds is a wonderful fit for the project, the neighborhood and the community."

Chanhassen Senior Planner Bob Generous recently spoke to the local newspaper, The Chanhassen Villager, about the new store and the need to make it look like several smaller stores. "The attempt was to provide a building that looks like multiple buildings, so you don't have a monolithic develop-

ment. There are lots of ins and outs and little details on the building like brick on the base, large windows with colorful canopies and planter boxes." He feels that Lakewinds is a good complement to Villages on the Ponds. "This fills a void for something we don't have in the community," he added.

Ellen Wolaner, Lakewinds Board member and herself a Chanhassen resident for a decade, is thrilled that Lakewinds is opening a store in her town.

"Chanhassen is a relatively affluent community and a shopping destination that draws people from the south and the west, from Waconia and Victoria." She praised the mix of stores and services already available in Chan. "We have some unique shops, an Asian grocery store nearby and a wonderful Mexican restaurant. Now my friends in Chaska, in Chanhassen and in Carver are already talking excitedly about going to the new Lakewinds store," she exclaimed.

"It is also important," she continued, "to remind customers and members that part of our mission as a cooperative is to make available the opportunity for other communities to experience and support a co-op and to provide unique resources to the area we serve. This is a terrific opportunity to become a part of new communities and introduce them to Lakewinds."

Would You Like Your Groceries in Paper or Roplast?

By Joshua English Scrimshaw

Have you ever wondered why Lakewinds offers plastic bags instead of exclusively paper? The answer may surprise you. Plastic bags use less energy to produce and result in less waste than paper bags.

When comparing paper and plastic bags, volume and weight must be considered. Most carrying capacity differences are roughly 2 to 1 plastic to paper. Because of this, most studies compare two plastic bags to one paper. According to the Institute of Lifecycle Environmental Assessment (ILEA), an environmental advocacy organization headquartered in Seattle, “two plastic bags use 13% less total energy than one paper bag.”

This assessment considers two key aspects of energy consumption. The first is feedstock energy, the energy present in the materials used to create the bag. The second is process energy, the energy consumed through manufacturing. Paper bags use wood as feedstock with process energy supplied by petroleum and coal. Plastic bags use natural gas as feedstock; natural gas, petroleum and coal supply process energy. Although paper bags use less feedstock energy, they use more process energy.

Another consideration when measuring energy consumption is waste. There are three categories of waste; solid, atmospheric and waterborne. Solid waste is the physical waste that arrives at the landfill, including trimmings and any other matter discarded during the manufacturing process. Atmospheric and waterborne waste includes byproduct discharges released into the air and water. Again,

Two plastic bags produce a quarter as much solid waste, a fifteenth as much waterborne waste and half the atmospheric waste as one paper bag.



according to ILEA:

“Two plastic bags produce a quarter as much solid waste, a fifteenth as much waterborne waste and half the atmospheric waste as one paper bag. Overall, two plastic bags produce 72% fewer pollutants than a single paper bag.”

Lakewinds’ plastic bags are produced by Roplast Industries, a privately held,

family owned business specializing in environmentally friendly polyethylene bags. Roplast production focuses on the exclusive use of hydroelectric power, non-

toxic water based inks and extensive use of recycled materials. According to Roplast, another benefit of plastic bags is transport:

“Since plastic bags are normally much thinner and lighter than comparable paper bags, it would take at least seven 45-foot trucks of paper bags to deliver the quantity of bags contained in one

45-foot truckload of plastic bags.

Consequently, the use of plastic bags reduces road traffic, the resulting air pollution, and truck fuel consumption.”

In order to maximize the benefits of plastic bags (and paper) consumers must reuse them. One of the ways Lakewinds’ encourages reuse is through our unique Green Patch Program. Customers who reuse paper or plastic bags receive a Green Patch worth 5 cents for each bag used. Likewise, customers who bring back containers, plastic baggies or jars for their bulk items receive a Brown Patch worth 1 cent for each container, bag or jar.

Customers have the option to redeem a minimum of 20 Green Patches for cash off their groceries or they can choose to place their patches in the Green Patch collection box. Each quarter Lakewinds donates the proceeds from the collection box to a different environmental organization. Last quarter proceeds went to Ducks Unlimited. This quarter Lakewinds is expanding our definition of environment to donate funds to the

continued on page 7

Recipes for the Heart

By Doug Roese

Valentine's day is often a day for sweetly indulgent candies and indulgently sweet talk. But more impressive than sweet talk is a little honest work in the kitchen, especially when the food is made with love! In a nod to February's status as Healthy Heart month (and to make up for the desserts that follow) this easy yogurt sauce recipe is practically fat free, and goes great with broiled or sautéed fish or chicken. Add a green salad and some asparagus for a special dinner. Then pick just one of the two desserts, and it will be a great Valentine's evening for you both. And don't ruin the mood: make sure it's you who cleans up the kitchen!

Lo-Fat Red Pepper Yogurt Sauce

Doug Roese/Lakewinds Natural Foods

Yield: 6-8 servings (2 cups)

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



In olive oil, lightly sauté the garlic, lemon zest, black pepper and scallions. Set aside. In a food processor, puree the roasted red pepper and tomato paste until very smooth. Add yogurt and salt and blend until smooth. Add basil and scallion mix by hand. Nice cold with veggies, and also very nice hot over chicken or fish.



Quick Apple Raspberry Crisp

Doug Roese/Lakewinds Natural Foods

Beautifully pink and fragrant; just add a little fresh whipped cream or vanilla ice cream.

Yield: 1- 9" pan

Filling:

1-1/2 pounds baking apples, peeled, cored, halved and sliced 1/4" thick (ask our produce team for this week's best apple variety)
1 10 oz pkg. of frozen raspberries (keep frozen)
1/2 cup granulated sugar
1 tablespoon brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

Topping:

1/2 cup all-purpose flour
1/4 cup sugar
1/2 cup slivered almonds
3 tablespoons butter, softened
1 teaspoon vanilla extract

Preheat oven to 350°F.

In a large bowl, mix all the "filling" ingredients until apples and berries are evenly coated. Pour into a buttered 9" round pie or cake pan. Pat down the fruit so the top is fairly level (makes for a nicer crust). In the same bowl, mix all the "topping" ingredients with your fingers just until it starts clumping together, yet still crumbly. Sprinkle evenly on top of fruit, pat down lightly, and bake in the middle of oven for approximately one hour, until golden brown and bubbly.



Chocolate Lava Cakes with Raspberry Whipped Cream

Adapted from E. Lagasse, Food Network

Pretty easy to do, especially if you want to impress a Valentine!

Yield: 2 servings

4 tablespoons + 3/4 teaspoon butter
2 teaspoons + 1 tablespoon all-purpose flour
3 oz. semisweet chocolate chips
1 tablespoon cold heavy cream
1 tablespoon confectioner's sugar (powdered sugar)
1 large egg
1 large egg yolk
2 tablespoons sugar
1/2 teaspoon vanilla extract
1/2 cup heavy cream
2 tablespoons raspberry jam
12 fresh raspberries (optional, but impressive!)



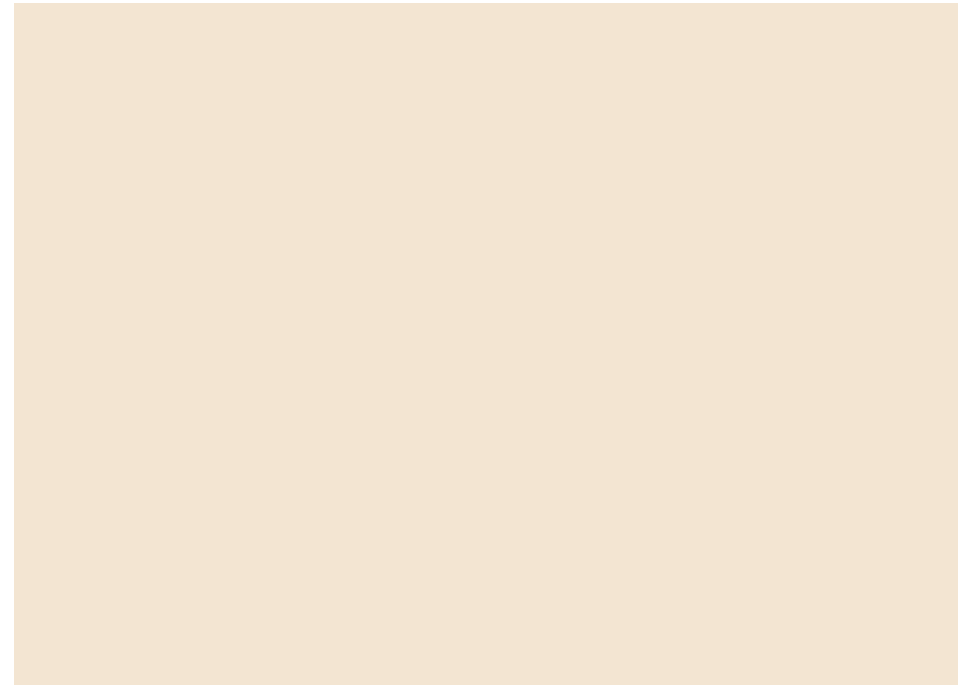
Preheat oven to 425°F.

1. Grease and flour 2 6-ounce ramekins (baking cups) with 3/4 teaspoon of the butter and the 2 teaspoons of flour. Tap out extra flour and set on baking sheet.
2. In a double boiler (or in a metal bowl over simmering water) melt the remaining 4 tablespoons of butter with the chocolate, cream and powdered sugar, stirring until smooth. Remove from heat. Don't overheat!
3. Whisk together the egg, egg yolk, sugar and vanilla until thick ribbons form, about 3 minutes.
4. Sift 1 tablespoons flour into the egg mixture and fold together. Fold the chocolate mixture into the egg mixture till blended.
5. Divide among the two cups and bake until the sides of the cake are set and the tops are puffed but still soft; about 12 minutes (leaving the center moltenly delicious).
6. Remove from oven and cool 2 minutes, then carefully un-mold onto two dessert plates.
7. Meanwhile, whip 1/2 cup heavy cream until forming stiff peaks, then lightly mix in the raspberry jam. Plop 6 dollops on each plate around the cake, and top each dollop with a raspberry.

SPOTLIGHT ON: Healthnotes® Healthy Living Kiosk

The Healthnotes® Healthy Living Kiosk is a valuable resource for Lakewinds' customers who are looking for reliable health and lifestyle information. Located in the Health and Body Care Department, Healthnotes' easy-to-use touch screen computer offers extensive science-based information on more than 650 health related topics, from cold and flu prevention to safe food handling. Topics of interest are available to print, allowing customers to take information home for convenient reference.

Healthnotes' contains extensive information on a wide variety of natural remedies including vitamins, herbs, homeopathy and drug interaction. A comprehensive Vitamin Guide provides more than 380 nutritional supplement listings along with minerals and amino acids. Detailed descriptions of commonly used herbal remedies, treatment options for various health concerns and overview articles such as "What is Homeopathy" are available to answer customers' questions and help them make informed choices. One of Healthnotes most unique features is the Safetychecker. This function allows customers to check their pharmaceutical drugs for interactions with supplements, herbs and even foods. The Safetychecker provides more than 18,200 drug interactions covering the top 400 prescription and over-the-counter drugs.



In addition to supplements and remedies, Healthnotes also integrates food and lifestyle information. The Food Guide gives easy access to an encyclopedia with over 450 food articles including nutritional highlights and health benefits. Customers can view articles on organic foods, sports nutrition, weight control and other health and dietary concerns. The Recipe Finder contains hundreds of tantalizing recipes searchable by course, main ingredient, low-carb, super-easy and food allergies. An overview of holistic health options covers alternative therapies such as acupuncture, chiropractic, naturopathic medicine and yoga.

Healthnotes' content is based on continuous research gathered from scientific

studies published in over 550 medical and scientific journals. For important health information, licensed medical doctors, pharmacists, naturopathic physicians, chiropractors and dieticians are consulted. Once articles are written, the information is reviewed for scientific accuracy, consistency of style, and objectivity and balance. Citations are included so interested readers can review materials.

The next time you shop at Lakewinds, take a moment to stop by the Health and Body Care Department and take advantage of the resources Healthnotes has to offer. If you have any questions, any HBC employee will be glad to help.



Anoka Health Fair

Lakewinds Anoka will be holding an in-store Health Fair Friday March 4th from 11am to 4pm. Stop in for tastes, free samples and enter a drawing for a chance to win Lakewinds prizes. Whether you are a regular or new shopper, it will be a great time to check in and see what Lakewinds Anoka has to offer.

Shop Online at Lakewinds

Free with orders over \$75! It's easy as 1, 2, 3! Save time by letting our expert shopper choose the freshest items for you!

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

Community Donations 7/1/04–12/31/04

The following organizations received donations from Lakewinds Natural Foods:

Anoka Boys Hockey Boosters
Anoka County Historical Society
Arboretum, Annual Herb Symposium
Brooklyn United Methodist Church/The Refuge
Children's Association of Minneapolis
City of Ramsey Police Department
Excelsior Area Chamber of Commerce
Fairview Foundation, Family Resource Center
Groveland Elementary Dads Dinner
Hilltop Primary School, Westonka Public
Hopkins Raspberry Festival
Josh Scanlon Benefit

Pick up times are Monday–Friday from 3pm to 7pm at our Minnetonka location. Orders must be placed by 11am for same day pick-up. You do not have to be a member to access any our online shopping services.

Staff Event—Store Closed

We will be closing early Sunday, February 20, to accommodate an annual staff appreciation event. We appreciate your understanding. Our hours that day will be:

9 a.m.–5 p.m. Grocery

10 a.m.–5 p.m. Natural Home

Holiday Hours

Minnetonka

March 27 CLOSED for EASTER

Anoka

March 27 CLOSED for EASTER

ROPLAST, FROM PAGE 3

thousands of victims of December's Tsunami.

Sara Zabel, Lakewinds' Front End Manager, is a strong advocate of the Green Patch Program. "It's amazing to see how fast the patches accumulate," says Zabel, "Children love to drop the patch into the collection box and some families have their children participate for allowance money."

Roplast bags can be reused an average of six times before wear and tear takes its toll. After that, Roplast and other plastic bags can be placed in Lakewinds' recycling drop site located at the front of the store. This drop site is part of the Twin Cities' based "It's In the Bag" plastic bag recycling program sponsored by Minnesota Waste Wise, a non-profit organization dedicated to helping businesses reduce waste. According to the MWW website:

"Plastic bags collected through the "It's in the Bag" program are sorted in the Twin Cities by adults with developmental disabilities at Merrick Inc., a non-profit organization, then sent to Winchester, Va.-based manufacturer Trex Company. Trex processes the recycled bags to create construction materials used in backyard patios and decks. The amount of plastic collected by "It's in the Bag" so far this year is enough to build more than 150 residential decks, each measuring an average of 500 square feet."

The "It's In The Bag" program was created in October 2003. In its first year of operation, the program earned the "Recycler of the Year" Award from the Recycling Association of Minnesota. As of this writing, the program has collected over 555, 000 pounds of plastic.

From creation to reuse to recycling, Lakewinds offers a plastic option that supports our commitment to the environment. So the next time you hear that familiar, politely intoned question, "Would you like paper or plastic?" know that it is not a question we ask lightly.



tried & true

from Lakewinds Natural Home

Q: I know I can compost some kitchen waste, but I'm not sure what? It seems like a lot of work to walk outside to my compost bin every time I cook. Can I do any composting in my home?

A: You can easily compost all fruits and vegetables you use. Some items like apples will decompose faster than others such as orange peels but rest assured they will all eventually turn into the rich, black humus that will help your garden plants grow healthy. If your compost pile seems to be working a bit slow, you can purchase a product that will speed up the process. **Compost Bioactivator** contains billions of beneficial organisms that will help break down the toughest organic waste more quickly. The other good news is you don't need to run to your outdoor compost pile every time you have fruit or vegetable scraps. There are many small sized compost bins that will easily sit on your kitchen counter. Many have lids that contain a carbon filter to reduce any possible odor. To make it easy to transport your kitchen waste to your outside bin, you can get small bags called **BioBags** that fit into your kitchen bin. When your kitchen compost bin is full, simply pull out the bag and toss it into your outdoor compost pile. The bags are made of cornstarch and vegetable oil and will decompose with the rest of the items in your compost pile.



Lakewinds

Lakewinds General Manager

Kris Nelson

Lakewinds Marketing Manager

Joshua English Scrimshaw

Board of Directors

Steve Caster

Ann Perkins

Mary Chasin

Rachel Soffer

Janice Hardin

Ellen Wolaner

Jane Howard

Lakewinds is proud to be a part of:



TWIN CITIES
NATURAL FOOD
CO-OPS, INC.

Design and layout by Triangle Park Creative

Some artwork copyright protected.

Copyright 1998-2004 by PhotoDisc, Artville and photos.com.

All rights reserved.

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

www.lakewinds.coop

PRESORTED
STANDARD
U.S. POSTAGE PAID
Permit #1
Minneapolis, MN