

Lakewinds

MEMBER NEWSLETTER

APRIL/MAY 2006

Spring is in the Air

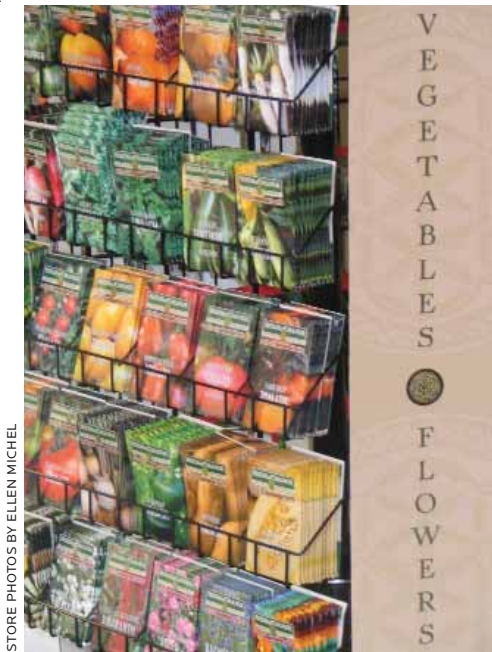
By Ellen Michel

We have crocuses and tulips for your kitchen table, to bring the feeling indoors in advance. We have the ingredients you need to dye eggs naturally, a delightful way to spend some time with children. In the Natural Home sections of our stores we offer low-VOC paints and gentle cleansers for that moment when you can open the windows just a bit and begin those clean-up/fix-up tasks.

Spring brings Earth Day, celebrated for the first time in 1970 on the Vernal Equinox in late March. A moment that marks the birth of the environmental movement, there is some controversy about the date of this holiday now, which was moved away from the fluctuating rhythms of the moon to the fixed date of April 22nd.

Whatever its date, Earth Day has been a powerful catalyst for change. Spearheaded by Wisconsin Governor Gaylord Nelson and Harvard University student Denis Hayes, the first Earth Day involved 20 million participants in teach-ins addressing decades of pollution. The event inspired the US Congress to pass clean air and water acts, and to establish the Environmental Protection Agency, with its directive to research and monitor environmental issues and enforce environmental laws. Now Earth Day is celebrated around the world.

Among the hundreds of food co-ops linked to Lakewinds, we like to think in terms of Earth Day Every Day. That's why you'll find composters for sale at a low price this spring, and Seeds of Change heirloom organic seeds in our produce section. We have organic bedding plants, wooden toys for young children, and wellness products free of toxic ingredients. We invite you to reuse your grocery bags or pack your food in canvas, making donations through our



STORE PHOTOS BY ELLEN MICHEL



Green Patch program to organizations that improve the health of the Earth.

In this spring issue of the newsletter we've assembled information about seasonal eating from Harmony Valley Farm, one of our produce suppliers. We peek into area classrooms with Midwest Food Connection, and look at Hastings Cooperative Creamery, now supplying us with dairy products that are synthetic hormone-free. Don't miss the news about our fresh prepared foods and our new Lakewinds Classroom. We are cooking up excitement in our kitchens...and wishing you a very happy Spring.

Seasonal Eating

Inspired by Community-Supported Agriculture

By Annake Witkop, Harmony Valley Farm

It's the first week of April. The ground is ready. Last season's raised beds were seeded down with an oats and peas cover crop which has winter-killed. Now they only need to be gone over once with the Rotovator bed shaper, to have a seedbed ready for planting. The Sutton planting sled is hooked up to the 504 International tractor. With seeds, seed plates, and a paintbrush in the box on the front of the tractor, Mike is ready to plant nine rows of baby salad greens on a six-foot bed. He has to haul 17 different varieties of seed out to the field to plant that salad.

The lettuces have names like saucy dancers, their red and green skirts billowing in the slightest breeze: Rosalita, Tango, Lolla Rossa, Freckles, Frisee, Purple Passion, and Malawi. The hearty greens make up a third of the mix and really pack in the vitamins, with flavors ranging from lemon to pepper: Arugula, Pac Choi, Tat Soi, Red Mustard, Kale, Yukina Savoy, Red Chard, Mizuna, Bull's Blood Beet Tops, and Wrinkled Crinkled Cress. Every new variety means stopping the tractor, tipping the seed box forward, cleaning out the hopper with the paintbrush, and changing the seed plate for a different sized seed.

Two weeks pass and José Rodriguez is ready to cultivate with the rolling basket cultivators, a two inch spool rolling between the rows, his driving so straight and perfect, he only has a half inch margin of error or he would take out the entire row—no, the entire bed! The salad is harvested, triple-washed, and the Violas are added for color, Nasturtiums in mid-season. The salad is ready for the first CSA box, maybe the second if the weather is cold.

CSA stands for Community Supported Agriculture. When you join a CSA farm, you enjoy the ripest and freshest food (like our baby mixed salad greens) at the height of its natural harvest time, when it has the highest nutritional value. At Harmony



Top: A young CSA member attends one of the farm's harvest festivals. Center: Healthy, mineral-balanced soils produce great-tasting vegetables with exceptional flavor and nutrition. Bottom: The salad harvest.

Valley Farm in Southwest Wisconsin, we grow seasonal, fresh organic produce, and deliver it to households all over the Twin Cities. CSA members purchase a 'share' of the harvest at the beginning of the season, and pick up a box of organic produce, beef and/or fruit from a drop-site once a week.

Along with this box of organic food, we

issue a weekly newsletter informing the shareholders of events at the farm, the contents of that week's box, as well as recipes, vegetable histories, and stories from our farm. CSA is a unique way to connect urban households with the farm and farmers who grow their food.

Receiving a fresh box of seasonal produce every week promotes healthy eating habits and creative cooking. Harmony Valley Farm grows one of the most diverse selections of produce available in a CSA, from spring-dug parsnips, ramps, and asparagus to sweet potatoes, broccoli romanesco, and scarlet turnips in the fall and winter. Our farm chef helps with the transition to seasonal eating by writing educational articles and recipes for our newsletter and doing cooking demos at our farm events.

Harmony Valley Farm began growing vegetables in 1984, and has been providing households with CSA boxes each week for the past 13 years. Starting in May and continuing on into January, every Thursday, Harmony Valley Farm delivers to drop-sites in and around the Twin Cities area: Minnetonka, Maple Grove, Lyn-Lake, Seward, Linden Hills, Northeast Minneapolis, Bloomington, Como Park, and Rosemount.

Choose a 30-week share, a 20-week peak season share, or select the weeks of your choice with our flex plan. We offer several payment plan options. Check our website: www.harmonyvalleyfarm.com for a brochure, sign-up form, and the list of vegetables and fruits that we grow—or pick up a brochure in the produce department of Lakewinds, where you can also find vegetables from our farm.

Annake Witkop grew up in Hopkins, Minnesota, shopping at Lakewinds when it was located in St. Luke Church. She now raises 100 acres of certified organic produce and Angus beef in Viroqua, Wisconsin, with her partner, Richard deWilde.

PHOTOS COURTESY OF HARMONY VALLEY FARM

News Flash!

Kids Excited About Eating Vegetables

By Ginger Pearson,
Midwest Food Connection Educator

The other day as I was packing up after my Midwest Food Connection class, a kindergarten's mother approached me. She was volunteering in the classroom on this day specifically to observe my lesson. She wanted to meet the person who had persuaded her son to eat and like root vegetables. We laughed together as she told me he had come home from school the previous week brimming with new expertise about how vegetables grow and now spoke with authority on several varieties of beets.

This is the kind of experience that makes my day. Hearing the class squeal with delight at the sight of a purple potato or a fuchsia colored chioga beet is another example. Seeing children crowd around my display at the end of class asking questions and wanting to taste more vegetables is gratifying too.

Often when I return to a classroom for a second time the children greet me at the door asking what they will taste today. They may proudly tell of their ventures into the produce section of the co-op with their parents. Teachers also get excited about the foods I bring into their classroom and often admit they are learning right along with their students.

As one of three Midwest Food Connection Educators, I see first hand every day the value of our co-op's education program in the elementary schools. One of our goals is to help children learn to make healthy food choices. While this is happening, much more is going on as well.

In a classroom setting the colorful, real vegetables take center stage. Used in a lesson, the vegetables create a connection to the earth and the natural world many urban and suburban children are eager to



speak—where it originated and how it became a popular staple around the world. Children enjoy the flavor of yogurt sweetened simply by maple syrup as they learn myths created long ago by people who ate the same foods.

In our lessons, designed for kindergarten through 2nd grade, children gain first hand knowledge about foods by touching, tasting, singing, acting, and drawing. Older children discover practical ways to make healthy eating choices by doing comparative shopping exercises and reading packaged food labels to look for the hidden sugars listed in the ingredients.

Midwest Food Connection (MFC) is an independent educational nonprofit organization funded by Lakewinds for the past five years. Because of increased funding from the TCNFC co-ops and a grant from the Blooming Prairie Foundation, MFC was able to expand our program in several school districts, including the western suburbs. As Lakewinds opened its new store in Chanhassen, we began teaching classes in two nearby schools. It was great to learn that many of the teachers are excited about the new store and several of the children are planning to visit Lakewinds with their parents.

I hope you'll agree that the co-ops are supporting important work. It is essential to reach our community's children with information about natural foods as they form their early attitudes about food and develop life-long eating preferences. As we move into our spring series of classes we are excited to continue offering classes at no charge to schools located near the five supporting co-ops, and we are always looking for opportunities to reach more schools. If you would like to learn more about the Midwest Food Connection as a possible resource for your own or your child's school, call us at 612-871-3993, ext. 425.

Top: Ginger Pearson with two young students during an MFC classroom visit. Bottom: Children enjoy shopping at Lakewinds, reminding us of the significance of early nutrition education.

make. Suddenly the children understand a carrot comes from the soil in a garden and not from a bag in a grocery store. The potato becomes more than a side dish as the children learn the history of its roots, so to

PHOTO BY ELLEN MICHEL

Deli Delights...Meals You Can

Roasted potatoes with Kalamata olives...Szechuan green beans and sweet and sour chicken... an incredibly delicious tuna casserole...Thai red mushroom curry... potato feta au gratin...the list goes on. Our customers have long appreciated the wonderful dishes made fresh daily by the Lakewinds deli.

Our recent expansions promise even more new developments for this special department of our stores. Now our customers have more choices, including the option of eating on-site at each of our three locations.

“The hot bar at the Chanhassen store offers menu items that complement each other well, to mix-and-match as you wish,” explains Chanhassen Deli Manager Shane Showers. “We typically include a vegetarian entrée, protein entrée, carbohydrate, and a vegetable side dish. As with our baked goods, everything is made from scratch daily with fresh natural ingredients.”

One day the theme may be Southwestern, with chicken mole enchiladas, Spanish rice, vegetarian tamale pie, and a side of spicy kale. Another favorite menu includes vegetable samosas, Tandoori chicken, Indian spiced fried cabbage, and basmati rice.

“We enjoy offering foods from around the world that feature our organic produce,” Shane explains. “One very popular mix offers roasted vegetable calzones, nutty pilaf with portabellas and spinach, and herbed honey butternut squash.”

We pride ourselves on the fact that the quality of these items equals that of a fine restaurant, only here you can buy it by the pound, choosing as much or as little as you need. For fast and easy fresh food, the quality and price can't be beat.”

To complement the hot food choices, Lakewinds has a huge salad bar featuring protein alternatives such as tofu, olives, organic fruit and vegetable options, and three different varieties of salad mix, as well as a prepared salad-of-the-day, available with its own dressing.

“We've had a lot of fun developing our Sunday brunch, too,” says Shane. “It has menu items like our bacon cheddar scramble, fresh vegetable frittata, rosemary roasted potatoes, and fruit salad. It's nice to see people discovering that to enjoy on the weekend.”

At Lakewinds Minnetonka the long-popular deli is now much larger, too. Breakfast burritos are served in both vegetarian and bacon varieties. Four soups are available daily (as they are at Chanhassen): one vegetarian, one vegan, one creamed soup, and one with meat or seafood.

“People enjoy sampling our food on site and combining the hot items with the salad bar. Everything is available to take home, to make meals easier when you are rushed,” says Minnetonka Deli Manager Mary Koester.

Recent hot bar choices have included all natural rosemary garlic chicken or fried chicken, steamed or roasted vegetables, and ever-popular garlic mashed potatoes.

“We have a southwestern meal that's a huge favorite—chicken tinga with warm tortillas, refried beans, and spicy Mexican rice,” says Mary.

Items sampled or seen on the hot table may be special ordered at either store with 48 hours notice. The hot tables are open daily from at least 10:30 a.m.–2:30 p.m. and 4:30–7:00 p.m., with longer hours as much as possible, especially on the weekend.

Emerald Sesame Kale

Shane Showers, Chanhassen Deli Manager

Kale never tasted so good. This deli favorite is also easy to prepare at home.

6 bunches organic kale, washed and de-stemmed
1/2 cup sesame oil
3/4 cup toasted sesame seeds
1/2 cup fresh garlic, minced and sautéed in
1 T olive oil
1/4 cup tamari sauce

To prepare: Steam kale until bright green, approximately 5 minutes, or blanch in salted boiling water until tender. Drain thoroughly.

In a sauté pan, over medium heat, sauté garlic quickly in 1 T. olive oil, making sure it does not burn. Remove from heat. Mix toasted sesame seeds, sesame oil, and tamari; whisk together until blended well. Pour dressing over kale, mix thoroughly, and serve.

Note: Sesame oil should never be heated, as high temperatures damage its delicate flavor.



Eat On-Site

Southwest Pesto Salmon

Shane Showers, Chanhassen Deli Manager

In Italy there are many variations on the pesto theme, using arugula, mint, parsley, and/or cilantro or other herbs. Like salsa, it is a favorite food that bears experimentation. The quantities of the ingredients you use affect the texture and reveal distinctive differences in taste.

Our recipe here is for a basic pesto with a southwest flair—it has a red look instead of the typical bright green. The sun-dried tomatoes add a rich flavor.

Traditional pesto is made with a large stone mortar and pestle.

Making pesto in your food processor or blender is relatively quick and easy. This can be made in about 5–7 minutes, once the ingredients are assembled.

- 1 cup loosely packed fresh basil leaves, rinsed and dried with large stems discarded
- 1/2 cup chopped red pepper (or to taste)
- 1/4 cup sun-dried tomatoes (or to taste)
- sea salt to taste
- 1/2 to 2 cloves crushed garlic
- 2 tablespoons pine nuts or walnuts, lightly toasted in a dry skillet
- 1/2 cup extra virgin olive oil; more to taste
- 1/2 cup freshly grated Parmesan or other hard cheese

Combine the basil, red pepper, sun-dried tomatoes, salt, garlic, nuts, and about half the oil in a blender or food processor. Stop while pulsing to scrape down the sides of the container, and gradually add the rest of the oil.

This mixture will keep in the refrigerator for a week or more, and can be frozen for several months. (Drizzle a layer of olive oil on top of pesto before freezing it to help it retain its bright color). Just before using, stir in the grated Parmesan by hand, adding 1 or 2 tablespoons of softened butter, for flavor, if desired.

Spoon the Southwest Pesto on top of the salmon and bake at 350 degrees for about 25–35 minutes.

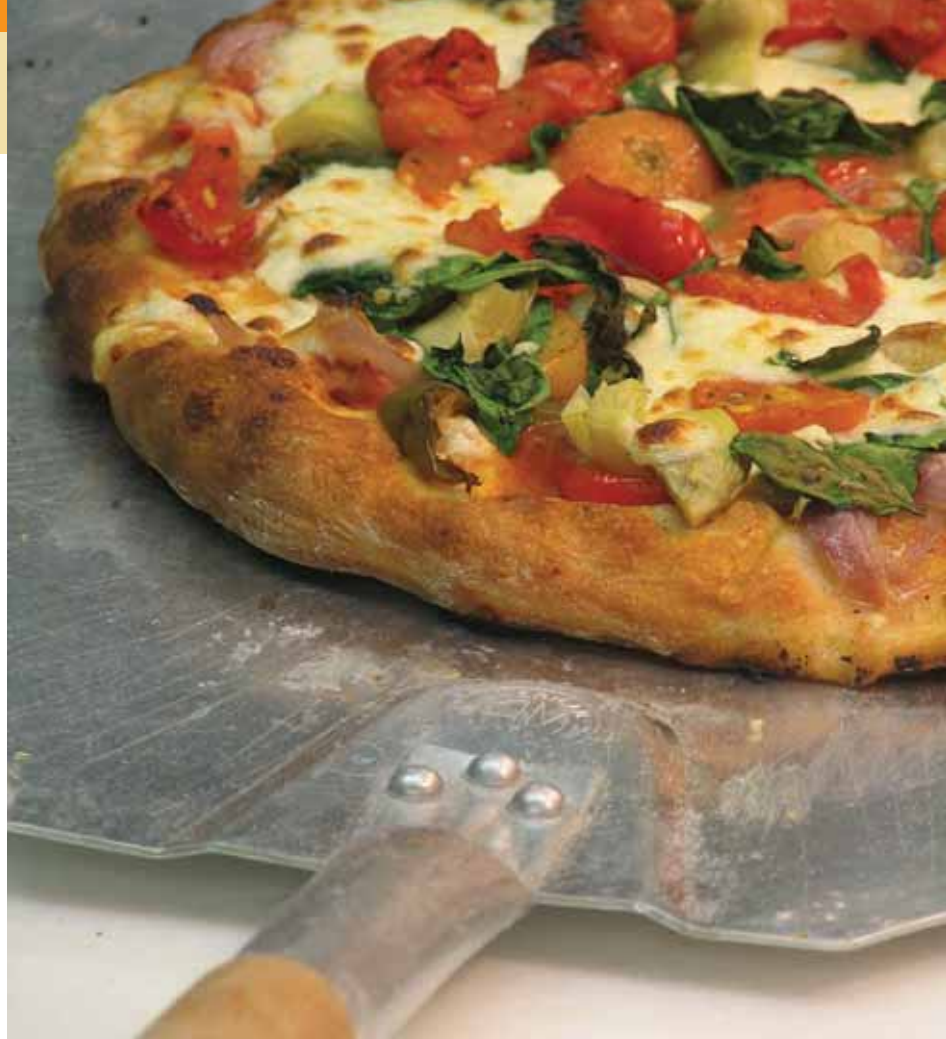


PHOTO BY ELLEN MICHEL

Wood Fire Pizza the Pride of Minnetonka

When we began planning our new location in Minnetonka, Lakewinds General Manager Kris Nelson welcomed the opportunity to design a feature unique to the store: an oak wood fired oven nestled in the corner of the deli, used for making fresh pizza. Now the aroma of the hearth adds a touch of warmth to the store, and the pizzas, crafted by staff food artisan Rob Lampe...well, you've got to try them.

The crust of this pizza is made with organic flour at the Lakewinds Bakehouse in Chanhassen. We use organic sauces and vegetables, with natural cheeses and toppings. Besides a basic cheese, we currently offer the following specialty pizzas, with more options in development as our chefs enjoy their new wood-burning toy.

Vegetarian • artichokes, roasted onions and peppers, fresh spinach and basil
Margherita • tomatoes, garlic, fresh basil

Greek • feta, spinach, kalamata olives, artichokes, garlic

Sausage • our own Italian pork sausage, bell peppers, Parmesan cheese

Goat Cheese • Chevre, spinach, walnuts, red onions, tomatoes and basil

All wood fire pizzas are sold by the slice and in 14" rounds from 11:00 a.m.–7:00 p.m. To order a full pizza, stop by when you begin shopping—it should be ready in about 20 minutes; slices are available on the spot. To order from home, call the main Minnetonka store number and ask for deli or let us know you want to order pizza: 952-473-0292. For phone orders, allow 30 minutes or ask about timing your order so that pick-up is as hot as possible.

Fresh Bread from French Oven in Chanhassen

While Lakewinds Minnetonka has a wood fire oven for pizza, the Chanhassen store has its own Bakehouse, now supplying fresh bread to all three of our locations.

“These ovens are beautiful,” says Baker Nate Spitzer. “Our primary bread oven was imported from France and has a wonderful stone hearth and steamer, perfect for making bread with a crispy crust and soft interior.”

The Bakehouse breads are not meant to have a long shelf life; no preservatives are used. To maintain quality, most are shelved without being wrapped or bagged in plastic. These breads are best after they’ve cooled a bit, then eaten before the day is out.

“Many people tell us that they’ve enjoyed our bread over the course of a day or two, but to really get the peak of flavor

and freshness you should eat them on the day they’re baked,” Nate explains.

“We also prefer to not pre-slice our sandwich breads, as bread keeps better when it’s left whole. We do have a slicer, though, and would be happy to run a loaf through at your request.”

“By the way,” he adds, “we also offer absolutely delicious cinnamon sticks and cinnamon rolls.”

Some of our favorite Lakewinds Bakehouse breads, delivered fresh daily to all locations:

Sourdough baguette • Unbleached high gluten flour, water, salt

Rustic herb bread • Unbleached Artisan flour, water, salt, yeast, malt, oregano, basil, garlic, Parmesan cheese

Ciabatta • Unbleached wheat flour, semolina flour, water, salt, yeast, olive oil, malt



French baguette • Unbleached wheat flour, water, salt, yeast, malt

Potato flour bread rolls • Unbleached wheat flour, potato flour, water, yeast, salt, malt, olive oil, sour cream, black pepper, dill

Local Co-op Offers Hormone-Free Dairy Products

Penni Ruben, purchasing manager at Lakewinds, is always looking for products that deliver on our mission of providing the healthiest foods at the best price.

“I’m very pleased to now bring dairy products from Hastings Cooperative Creamery,” says Penni. “First of all, it’s a co-op—serving over 100 Minnesota and Wisconsin farmers. To market raw milk there, farmers must sign an affidavit stating that they will not ever treat their cows with rBST/rBGH (bovine growth hormone).”

rBST/rBGH is a synthetic hormone used to increase the milk production of America’s dairy cows. Manufactured as Posilac by biotechnology giant Monsanto, its use is controversial. Possible side effects of the hormone include the production of



elevated levels of insulin, premature growth stimulation in infants, breast growth in young children, increased risk of breast and colon cancer, and other health issues.

Many consumer watchdog groups, including chapters of the Physicians for Social Responsibility, have coordinated educational and consumer-action campaigns around the issue. They are

concerned about the fact that children consume larger amounts of milk relative to their weight than adults, at a time when they are especially susceptible to growth hormones.

“Parents are making it clear that they prefer milk for their children that is rBST/rBGH-free,” Penni explains. “Valley View Farms milk is now served in the Hopkins School District, and it’s also going into St. Hubert’s Catholic School in Chanhassen. I’m very happy to make it available to our customers. Not only is it a cleaner product, but the price is lower than our previous brand, too.”

In early March Hastings Cooperative Creamery began supplying Lakewinds with Valley View Farms milk, cream, and half-and-half. They also bring us synthetic-hormone-free Westby cottage cheese and sour cream from Wisconsin.

Online Shopping

Groceries Just a Click and a Car Trip Away

Too busy to shop, but in need of groceries? One of the services that makes Lakewinds stand out is our online shopping service.

Lakewinds has offered online shopping in Minnetonka since 2003, as a personalized way of responding to the needs of our customers. What begins as the relatively anonymous process of perusing a grocery list online and making selections has become for many users a preferred way of receiving stellar customer service.

The system is an easy one, explained in detail at our website. After placing your order (by 11:00 a.m. for same day pick-up), you simply drive to the Minnetonka store on Monday—Friday between 3:00 and 7:00 p.m. Once there, your groceries are loaded into your vehicle, all packed and paid for—and you can be on your way.

We'll be adding this service soon at Chanhassen, too. Check the website to add your name to the list of people who'd like to sign up, and we'll let you know the start date.

"Shopping online has certainly been a favorite Lakewinds feature of mine," explains customer Bonita Jerome. "Because we love the whole food and organic choices that Lakewinds has to offer, we drive a bit of a distance to shop there. With my husband's and my busy schedules, there are days when finding time to stroll through the store can be a near impossible challenge. Being able to shop online at our con-



PHOTO BY KRISTI PLUMMER

Online shopping coordinator John Moran

venience and then spend only a few extra minutes picking up our order has been a lifesaver."

Bonita especially appreciates the "service with a great smile" she receives from John Moran, who coordinates the online shopping program. Other customers are also impressed with John's attentiveness to their needs.

"Shopping online at Lakewinds has made our grocery shopping experience a very easy one," says Tracy Rascher. "All of our favorite items are stored in a list, so when it's time to plan our weekly meals it takes just minutes to put in an order with

John Moran. When we arrive to pick up the groceries, they're ready and waiting. We just pull up and John brings them out to the car.

John does a wonderful job selecting fresh produce and meats. He calls with any questions that may come up and makes helpful recommendations."

Shannon Chambers also appreciates the online shopping option. "The biggest reason I love the service is that I don't have to drag my kids through the grocery store. They can play and do fun stuff while I do the online shopping at my leisure.

Just yesterday my two year old was sick and I needed groceries. It worked out perfectly! It's a time saver too, especially after I had a saved shopping list with all of our routine items. I'm very thankful to have such a great service at my favorite store."

"Shopping at Lakewinds online helps me save money since I just stick to my list of what we need and am not tempted to make impulse purchases," says Ann Dolina, who also notes another benefit to the service.

"The best element of shopping online at Lakewinds is I can get my husband to shop and actually come home with the right items, since all he has to do is pick up the completed order and drive home."

For more information about shopping online, and to learn more about when the service will be available in Chanhassen, visit our website: www.lakewinds.coop

Lakewinds Classroom Opens in April

In early April, our beautiful new classroom will open at the site of our former Lakewinds Natural Home store, with classes from some of our favorite teachers. Jeff Woodward, Jenny Breen, Eric Rivkin, Jennette Turner and others bring their cooking skill, menu ideas, and enthusiasm for delicious eating to an exciting schedule of classes.

You can find the Lakewinds Classroom schedule online, where you may register with a credit card on our secure server: www.lakewinds.com/classroom. You may also pick up a class schedule at our customer service desk when shopping; the staff there can help you register in person. Or call our 24-hour Classline at



952-742-1222, and we'll return your call to complete your registration. Lakewinds members receive a discount on classes, and may introduce friends to a class at their member price.

Are You a Potential Lakewinds Board member?

The Lakewinds cooperative governance system has up to nine representatives on its Board of Directors, elected by the members. This June we'll have meetings for prospective Board nominees. If you'd like to learn more about this opportunity, please contact Kristi Pluimer at 952-742-1218. A board member will get in touch with you.

Anoka Member Advisory Meeting Scheduled

The next quarterly Anoka Member Advisory meeting will be Wednesday April 12 at 5:30pm in the Lakewinds Anoka café.

Compost Bins

In mid-May we will be offering compost bins for sale to Carver County residents at a very reduced price, made possible by a grant to the county.

To buy a bin, you must preorder and pay in advance; they will be shipped for pick-up. Find more information at our Chanhassen customer service, or call 952-697-3366. Watch for our sale of organic bedding plants also!

Dollars for Donations

Customers at both the Chanhassen and Minnetonka Lakewinds donated nearly \$500 to the Cap Agency Food Shelf in Shakopee. This collection ran through February and part of January of 2006.

During the month of March both stores had collection boxes at the registers for Sabathani Food Shelf, serving those in need in south Minneapolis.

Green Patches Benefit Wild Ones

For the first quarter of 2006, customer contributions of Green Patches will benefit the local chapter of Wild Ones: Native Plants, Natural Landscapes. This group promotes environmentally sound landscaping practices to encourage biodiversity through the preservation, restoration, and establishment of native plant communities. Wild Ones is a not-for-profit, environmental, educational, and advocacy organization.

Lakewinds
natural foods

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Minnetonka

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