

Lakewinds

MEMBER NEWSLETTER

AUGUST/SEPTEMBER 2006

PHOTO COURTESY OF GARDENS OF EAGAN

Becoming a 'Locavore'

By Ellen Michel

Well, it's that time when sunflowers reign supreme. Heirloom tomatoes and Minnesota corn please us with their juicy sweetness. Grains are ripe in the field, ready for harvest, and children are beginning to prepare for school.

Jessica Prentice, author of *Full Moon Feast: Food and the Hunger for Connection*, calls August the month of the Corn Moon. September brings a hint of chill in the air—the Moon When Salmon Return to Earth. Prentice follows 13 lunar cycles of an agrarian year in her book, exploring traditional cooking methods, seasonal eating, and the use of humanely raised foods.

We are excited to have the opportunity to host Jessica Prentice this month. You can meet her at a book signing at Lakewinds Minnetonka on August 11 from noon to 3:00 p.m. At 4:00 she will do a free class on how to cook quick, simple and nourishing meals for your family. Registration is recommended, but not required. Visit www.lakewinds.coop or call 952-742-1222.

Once the director of education programs for the large Ferry Plaza Farmers Market in downtown San Francisco, Prentice coined the word 'locavore' to give a name to those with a passion for eating, producing, and protecting locally-grown foods. So far, locavores in San Francisco have participated in two month-long Local Food Challenges, eating food harvested within a 100-mile radius.

Now she is visiting other parts of the U.S., sparking awareness of food traditions within various regions. (Swedish meatballs, anyone?) Prentice will be in the Twin Cities to make appearances at some of the other co-ops, speak at a Weston A. Price Foundation traditional food swap, and visit the new Mill City Farmers' Market. We feature several of her Corn Moon recipes in this newsletter.

You'll also learn more about the co-op's support for education programs at the Minnesota Landscape Arboretum, where kids are given a chance to learn how to garden. And we revisit an issue of concern to everyone who cares about food quality: the struggle to

Meet Jessica Prentice

and sample some of her recipes on Friday, August 11 at Lakewinds in Minnetonka

Book signing at the store, 12:00–3:00 p.m.

Free cooking class in the Lakewinds community classroom, 4:00 p.m.

Six signed copies of Jessica's book will be given away at her cooking class. Registration is recommended. Call 952-742-1222 or visit lakewinds.coop.

See pages 4 and 5 for Corn Moon recipes from Jessica Prentice



ensure that a crude oil pipeline does not cut through Gardens of Eagan organic farm.

We hope these articles inspire you to think about connections to food and the natural world that strengthen the bonds of community. We trust you'll feel inspired at Lakewinds, too, doing something as simple and profound as talking to friendly people and buying your groceries!

Urban Gardening

A Green Way to Cultivate

Lakewinds Supports the Minnesota Landscape Arboretum

“Do you ever eat plants?”

When young children on a school tour of the Minnesota Landscape Arboretum are asked this, they often vigorously shake their heads “No!” But after thinking about the question with the help of a tour of Arboretum on-site gardens, they enthusiastically concede that eating plants is something we all do. We eat seeds, stems, roots, and flowers—from cocoa to cinnamon, lemons, squash and potatoes, the connection is made between the abundance of the plant world and food on our tables.

When we opened the Lakewinds Chanhassen store last December, just down the road from the Minnesota Landscape Arboretum, the co-op began a partnering relationship in support of education and outreach programs there. We see this as one more wonderful way to teach about co-ops, food, nutrition, and the natural world, reaching diverse groups of people.

Look for herbs at Lakewinds, grown by youth in the Arboretum’s City Fresh Entrepreneur program, used in our wood-fired pizzas at the Minnetonka store. You may see links between classes at our Lakewinds community classroom and in the Arboretum Heartland Cooking Series, taught at both locations by natural foods chef Jenny Breen. In the Arboretum’s Sensory Garden, you may notice an earth oven built by teens, where participants in family programs make pizza together using ingredients from Lakewinds. We are excited about our new partnership and urge you to discover this exceptional local resource, perhaps to visit the Secret Gardens Exhibition on view through September 10th.



As I sat down to write about the Arboretum’s urban outreach garden programs I realized that I didn’t know where to start. Should I describe our Children’s Garden-in-Residence program, or should I write about the City Fresh Entrepreneur program for urban teens?

While pondering this, a young woman wandered into my office for a chat. Elizabeth Selander has been teaching in the Arboretum Children’s Garden-in-Residence program this summer. She is also a long-term veteran of Arboretum garden programs in the Phillips neighborhood of south Minneapolis. It was at that moment I realized that I was not the best person for the job of talking about the gardens—it was, instead, Elizabeth. I asked her to write about our outreach efforts from her perspective. Here is what she wrote, in her own words.

—Tim Kenny, Assistant Director of Education at the University of Minnesota Landscape Arboretum.

by Elizabeth Selander

For over 10 years now, I have been involved in some way with the University of Minnesota Landscape Arboretum. When I was around the age of seven my mother signed me up to participate in an urban program known as the Children’s Garden-in-Residence. That first summer led me into years of experience with gardening.

During my involvement as a student in the Children’s Garden there were many things that led to my return each summer. Every year I could expect a few activities that would remain constant. One of these was the t-shirt design contest. Summer after summer the kids were able to submit drawings, which usually included some sort of cute little motto on them. The kids’ drawings would be looked at and judged by the teachers. The winner would have their artistic masterpiece put on the annual t-shirt. These t-shirts were then given out to all of the participants on the last day of the gardening program. My goal was to someday win the t-shirt contest, and I did!

The Children’s Garden-in-Residence is open to kids from the age of kindergarten up to the 5th grade. Once a child hits middle school, they can explore another opportunity, known as City Fresh Entrepreneurs. After I had spent five or six years in the Children’s Garden, I became involved in the Entrepreneurship program. This program is for kids in middle school, all the way through high school. One of my favorite experiences was City Fresh Landscaping. In City Fresh Landscaping we were able to go to different homes and add a personal touch to people’s yards. We were also involved in adding special sites around the Minnesota Landscape Arboretum.

These programs have not only been fun, they have also helped me gain countless skills. Through the Children’s Garden I was able to improve my understanding of science and learn about plants and animals. The Entrepreneurship program helped me acquire certain job skills such as sales, product knowledge, and working as a team, not to mention gaining muscle. Being involved in programs sponsored by the University of Minnesota Landscape Arboretum has helped keep me out of trouble, expanded my future, and given me more motivation and confidence.

To learn more about the Minnesota Landscape Arboretum, visit www.arboretum.umn.edu.



Elizabeth Selander helps children harvest cucumbers in their urban garden.

Confidence, Teamwork—and Basil!



Getting ready to plant some flowers.



Children sing a dirge as they ceremoniously carry a plant to the compost heap in a “funeral for a weed” with teacher Chris Gamm.

Take a Class at Lakewinds!

Check out these classes for August and September. Visit our website for complete course descriptions at www.lakewinds.com/classes.

AUGUST

Trouble Brewing: Kicking the Caffeine Habit with Jennette Turner
Thursday, Aug. 3 / 6:00-7:30 p.m.
\$22/\$18 for co-op members

Simple, Nourishing and Seasonal with Jessica Prentice
Friday, Aug. 11 / 4:00 to 5:00 p.m.
Free. Registration recommended.

Chocolate Heaven with Jeff Woodward
Thursday, Aug. 17 / 6:00 to 8:00 p.m.
\$40/\$35 for co-op members

Gourmet Entrée Salads with Sharann Watson
Monday, Aug. 21 / 6:00 to 8:00 p.m.
\$30/\$25 for co-op members

Amazing Heirloom Tomato Recipes with Jenny Breen
Tuesday, Aug. 22 / 6:00-8:00 p.m.
\$35/\$30 for co-op members

Vegetable Canning for the Novice with Lorayne Streeter
Saturday, Aug. 26 / 10:00 am -noon
\$25/\$21 for co-op members

Vegetables for Kids with Jeff Woodward
Monday, Aug. 28 / 6:00-8:00 p.m.
\$35/\$30 for co-op members

SEPTEMBER

The Grass Fed Beef Class with Rachel Rubin
Thursday, Sept. 14 / 6:00-8:00 p.m.
\$25/\$20 for co-op members

Living in the Fast Lane
How to survive and prosper while living a high-adrenaline lifestyle with Jeff Woodward
Monday, Sept. 18 / 6:00-8:00 p.m.
\$35/\$30 for co-op members

Classical Indian Cooking with Doug Roese
Wednesday, Sept. 20 / 6:00-8:00 p.m.
\$30/\$25 for co-op members

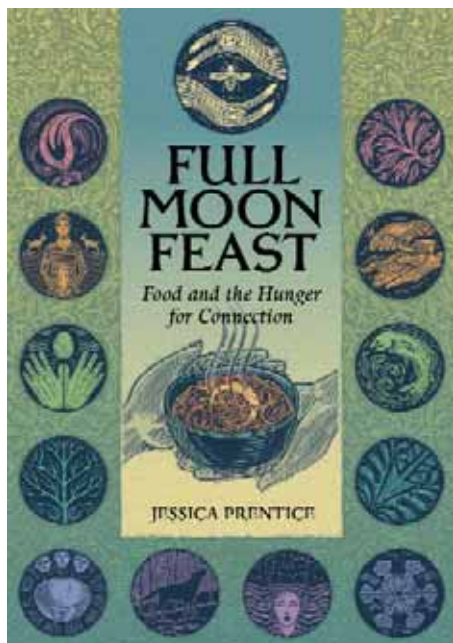
Building Healthy Bones the Natural Way for Health with Jennette Turner
Tuesday, Sept. 26 / 6:00-8:00 p.m.
\$22/\$18 for co-op members

Registration Is Easy

1. Register with a credit card on our secure server at www.lakewinds.com/classes.
2. Visit the customer service desk at any location where a staff person can help you.
3. 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.

Cooking with Corn for a Full



Author to Visit Lakewinds

Friday, August 11—
Book signing
12:00–3:00, cooking
class, 4:00–5:00

Simple, nourishing and seasonal—meet author Jessica Prentice and sample some of her “return to

the earth” recipes on Friday, August 11, at Lakewinds in Minnetonka. Jessica will be on hand to sign and discuss her recent book, *Full Moon Feast: Food and the Hunger for Connection* from noon to 3:00 p.m.

Attend her free cooking class, Simple, Nourishing and Seasonal, in the Lakewinds community classroom starting at 4:00 p.m. Registration is recommended. Six signed copies of Jessica’s book will be given away at her cooking class. Call 952-742-1222 or visit www.lakewinds.coop/classes

Potato-Corn Chowder

Serves 3–4

4 ears corn on the cob
1 quart filtered water or light chicken broth
2–3 tablespoons butter or olive oil
Onions or leeks (2 medium or 3–4 small), sliced into rounds
A few ribs celery, diced small—or a few parsley stems or big sprig of lovage, minced
1 carrot, diced small
2 pounds potatoes, cut into chunks
1 bouquet garni*
Salt and pepper to taste (use a bit of smoked salt if you have it, or smoked paprika)
3/4 cup raw cream, crème fraîche, or half-and-half
Crème fraîche, for garnish
Chives or scallions, for garnish

Cut the kernels off the corn cobs into a bowl and scrape the corn “milk” into the bowl as well. Reserve. Make a quick corn stock by simmering the cobs in about a quart of filtered water or light chicken broth, covered, for about 20 minutes.

In a heavy-bottomed pan, melt the butter (or heat the olive oil) and sauté the onions or leeks until translucent. Add the celery and carrot and cook through. Add the potatoes and enough corn stock to cover (if you don’t have enough stock, add a little milk or water). Add the bouquet garni to the pot, bring to a boil, and simmer (covered) until the potatoes are soft. Add the corn kernels, salt, and pepper. Return to a simmer.

Remove from the heat. Remove the bouquet garni. Add the cream, half-and-half, or crème fraîche, taste, and adjust the salt and pepper to taste.

Serve with a dollop of crème fraîche and some minced scallions or chives, if desired. It is also great with some crispy bacon pieces scattered on top!

* To make a traditional bouquet garni, place 3 sprigs of fresh parsley, 1 sprig of thyme, and 1 bay leaf in a piece of cheesecloth and tie shut.



Moon Feast *Recipes from Jessica Prentice*



Calabacitas with Herbed Crema

Serves 3–4

For the Calabacitas

- 2 tablespoons olive oil, butter or other fat
- 2 large leek or onion, diced
- 5 medium summer squash such as crookneck, yellow zucchini or zucchini, cut in half lengthwise and sliced on the diagonal
- 3 ears of corn, kernels cut off of the cob
- the leaves from 1 sprig fresh marjoram or oregano, minced; or 2 sage leaves, minced
- 1/2 cup chicken broth or filtered water (or more as needed)
- 2 medium heirloom tomatoes (or 1 large), diced into small cubes
- salt and pepper, to taste

For the Herbed Crema

- 3 scallions, a small bunch of chives, or the tender inner greens of leeks
- 1/2 bunch cilantro
- 1/2 cup crème fraîche, sour cream, or Mexican crema

For the Calabacitas: Heat olive oil (or other fat) in a heavy bottomed shallow pan or skillet over medium heat. Add leek or onion and sauté until translucent but not brown.

Add squash and sauté until it just begins to brown. Add minced marjoram, oregano or sage to pan, then immediately add corn kernels. Stir for a minute.

Add broth or water and a generous pinch each of salt and pepper. Bring to a simmer. Add more liquid if it gets too dry.

Simmer for 2–3 minutes, then add tomatoes. Heat tomatoes through, then taste and adjust seasonings as necessary, and remove from heat.

For the Herbed Crema: Slice scallions, chives, or leek greens into small rounds. Cut the leaves off the cilantro. Mince the scallions (or chives or leek greens) and cilantro together on a cutting board, or process in a food processor. Stir the minced herbs into the crème fraîche (or sour cream or crema)

To serve: Ladle the calabacitas into a shallow bowl, and serve with a big dollop of herbed crema. Eat with tortillas or quesadillas, if desired.

Budín de Maíz

Budín means pudding in Spanish, but often refers to a savory dish. This is a delicious way to enjoy summer's corn, and is a great thing to bring to a potluck or picnic. Serves 4, or more as part of a larger meal.

- butter
- 1/2 dried ancho chile pepper, seeds and stem removed
- 1/4 cup boiling filtered water
- 4 cobs of fresh corn
- 1 small bunch of scallions, minced
- 3 eggs
- 1/2 cup cream, half-and-half, or whole milk
- 1/2 teaspoon salt, or to taste
- plenty of freshly ground pepper

Butter a small, ceramic baking dish and preheat the oven to 300°. Put the ancho chile in a small dish and pour the boiling water over it.

Cut the kernels off the corn cobs into a shallow wide-bottomed bowl or baking dish. Scrape the corn “milk” off the cobs by scraping with back side of the knife down the cobs towards the kernels. This should produce a milky, corny slush that will add to the flavor. Add the scallions to the corn as well.

In a separate bowl, gently beat the eggs with the cream, salt and pepper. I always taste my raw egg mixture to make sure it is salty enough. It should be a little on the salty side.

Remove the ancho from the soaking water, mince well, and add this to the corn mixture and mix well. Strain the soaking water into the egg mixture. Pour the egg mixture over the corn mixture and stir well to combine. Pour this into the buttered baking dish and bake at 300° until set, which will probably take 50 minutes to an hour.



Speak up to Protect Organic Farms from Pipelines

From Atina Diffley,
Gardens of Eagan organic farm

Do you think organic food should be grown on top of crude oil pipelines? Do you think organic farms should be protected from damage to soil health and certification caused by pipelines? Do you think organic farms are a unique and sensitive environmental resource, which need to be protected? This summer, you have a chance to speak up at a pipeline permit hearing and help protect organic farms.

As you may have heard, the Minnesota Pipe Line Company wants to run a crude oil pipeline across Minnesota to bring oil from Canadian oil sands to the Koch refinery in Rosemount. This pipeline would carry as much 350,000 barrels per day of petroleum crude oil and would operate at a maximum pressure of 1,462 pounds per square inch.

In order to avoid suburban areas, the company's preferred route would cross 149 miles of farmland, including four organic farms. In its plans for construction of the pipeline, removal of soil and use of chemicals, the company makes no distinction between conventional and organic farms. The company has proposed to route its



PHOTO COURTESY OF GARDENS OF EAGAN

Gardens of Eagan's annual Corn Dance welcomes the harvest.

crude oil pipeline through the center of the Gardens of Eagan organic farm, putting the survival of this certified organic farm at risk.

We know that organic farms are vulnerable to soil and ecosystem losses, chemical contamination and the risk of lower production as a result of pipeline construction, pipeline maintenance and the possibility of crude oil spills.

No area is immune to these types of accidents. In June, there was an oil accident that happened just outside Little Falls. Over 134,000 gallons of crude oil were spilled. The cause is still under investigation at the time of this printing, but it's thought that a backhoe hit a pipeline. Oils

spills are devastating to the environment and are costly to clean up.

For this reason, MOSES, the Land Stewardship Project, the Twin Cities Natural Food Co-ops and the Organic Consumers Association have gotten involved in the Minnesota Pipe Line case to advocate that organic farms should be avoided if there are feasible alternatives and that special precautions should be taken to protect organic ecosystems and certification.

It is vitally important that organic consumers and advocates, alternative health practitioners and organic farmers speak up in favor of protecting organic farms. There will be an open public hearing in every county affected by the pipeline and you are needed to come and express your views. These views can influence not only the route of the Minnesota Pipe Line Company pipeline, but state policy on whether organic farms should be protected as pipelines, transmission lines, and other infrastructure are planned to cross agricultural land. You can come testify in the Minnesota Pipe Line hearings even if this pipeline isn't planned to cross your land.

Thank you for your willingness to speak up and help protect organic farms.

Preliminary Pipeline Hearing Schedule

Before Judge Beverly J. Heydinger
August 24Clearwater and Hubbard counties
August 25Wadena County
August 28Todd County
August 29Morrison County
August 30Stearns County
Sept. 5Dakota County
Sept. 7Scott County
Sept. 11Wright and Meeker counties
Sept. 13McLeod County
Sept. 14Sibley and Carver counties

As soon as specific times and locations for the hearings are set, we will post them at www.gardensofeagan.com

Tips on Public Testimony to Protect Organic Farms

Put your testimony in **writing**. Bring copies for the hearing judge and court reporter. **Summarize** your testimony—speak no more than 3 to 5 minutes. **Explain** who you are and your experience with organic farming/food.

To the depth that you feel comfortable, speak about these key ideas:

- Minnesota cannot afford to lose any organic farmland to pipeline construction.
- Organic farms are vulnerable to loss of certification, soil destruction and ecosystem damage. Where possible, routes should avoid organic farms.
- Where it is not possible to avoid an organic farm, pipeline companies should be required to take precautions to reduce and repair damage to organic farms.
- This isn't just about money. This is about preserving sustainable agriculture.
- Organic food is vital for many people's health, as well as to serve the market for customers in the Midwest.

There is a lot of information on how the crude oil pipeline would affect organic farms on the Gardens of Eagan web site at www.gardensofeagan.com.

Brown Bag Gourmet & the Artful Lunchbox

Wholesome Delicious Meals for Work and School

by Julie Jenner

The time has come to think about ways to pack a lunch that your child will love to eat and never want to trade. These days there are many nifty lunchbox designs to choose from, but let's face it—what really matters is what you pack inside.

Gathering the Supplies

Start by making a list of all your child's favorite foods. Three criteria to keep in mind: easy to pack in a sack or box, wholesome, and easy to prepare. Think about foods from the different food groups. Raw fruits and vegetables are rich in vitamins and minerals. Whole grain breads and crackers provide necessary fiber. Nitrate-free lunchmeats and nut butters are good protein choices. The more options you come up with, the better. Variety in diet is the key to preventing boredom and food allergies, and assuring the body full exposure to necessary nutrients.

The Art of the Brown Bag

Think about each lunch as an original work of art. Consider the elements of design, such as shape, color, and texture, when planning. Make room for beloved standards and favorites, then build variety around them.

Let's take the traditional sandwich, for instance. Instead of just wrapping a sandwich whole, cut it into triangles or use a cookie cutter to create other interesting shapes. Utilize the natural colors of fruits and vegetables to lend some visual excitement to the inside of the lunchbox. Use a craft needle and waxed thread to string together a bracelet of red and green grapes. Or use toothpicks to create a mini-sculpture by combining several vegetables of varying forms and hues.

One mother I know has come up with the smiley face lunch—a roll of turkey becomes the smile, a tomato becomes a nose, grapes become eyes, and cauliflower pieces become ears, and so on. Lunch becomes a happy portrait.

Think Outside the Box First

Instead of the standard PBJ, try A²B² (almond butter swirled with apple butter). For a cool change of pace, layer yogurt with granola and fresh fruit and berries. Fill the empty spaces of your box with organic popcorn. Pesto makes a great substitute for the traditional mayo and mustard combination. Try substituting fresh basil leaves instead of lettuce in your next wrap or sandwich.



PHOTO BY SERGEY KASHKIN, ISTOCKPHOTO.COM

Are you craving something a little more gourmet? Try international foods such as

Japanese sushi with pickled ginger or Mediterranean hummus and pita bread with some feta cheese and olives. Cold rice and pasta salads tossed with tuna or smoked tofu and fresh vegetables pack the

sack nicely. Or what about that piece of leftover grilled chicken from last night's dinner, or some smoked salmon on a bed of mixed greens?

A Family Affair

By encouraging positive and creative experiences around eating, parents can do much to enrich their children's relationship to food and nutrition. Just because the family won't be eating together for lunch doesn't mean that packing lunches the night before can't become a time for everyone to come together and have some fun in the kitchen. Besides, kids usually show greater interest in something they have had a hand in creating.

Just remember that brown bags and fancy lunch boxes aren't just for kids. All ages can benefit from nutrient dense lunches. Brown bagging it is a great way for adults to practice portion control and to avoid the high cost of eating out. And there's no food faster than the sack with your name on it in the office break room, waiting for you to grab a quick picnic under the sun.

Julie Jenner, a certified nutritionist and writer, has lived in Texas, Italy, Arizona and Indiana, exploring food traditions along the way.

Quick and Easy Lunch Box Fillers

Dairy:

- Yogurt comes in small portions and squeezers for convenience. Or provide your child with a special leak-proof container and a spoon to mix plain yogurt with jam or frozen fruit. Natural puddings also come in individual cups, providing calcium and creamy dessert energy.

- Children love cheese sticks, such as the Stringles available from Organic Valley.

Protein options:

- Smoked tofu is easy to cube or slice.

- Cooked chicken and turkey franks or soy not-dogs can be kept warm in a thermos or eaten cold and dipped in mustard or other dressing.

- Wrap nitrate-free lunchmeats around a slice of melon or apple.

Miscellaneous beverages:

- Rice, soy, and almond milks now come in individual one-serving packs.

- Organic fruit, Vruit and lemonade can be frozen and used to keep food cool. By lunch or snack time, beverages are thawed to a perfect consistency.

Desserts and snacks:

- Cereal bars, fruit leathers, baked crackers or trans-fat free chips are all welcome snacks, made without harmful additives. Teach your kids how to read labels.

- Applesauce comes in individual cups, and fresh fruit of any kind is great and naturally packaged in its own skin.

- Don't forget to check out the bulk department for all kinds of delicious snack foods, granolas, nuts, nut butters and trail mixes. And the salad bar is always a convenient place to find a variety of colorful, appealing foods.

What Are Green Patches?

Lakewinds customers can help out in a meaningful way—to both reduce waste and direct money to environmental organizations by participating in this program.

You earn a green patch (worth a nickel) for every paper, plastic, or cloth bag brought in that is reused to bag your groceries.

Customers can either save these for a dollar off your purchase with 20 patches, or donate the patches to the environmental fund. So every time you shop, your efforts can make a big difference in the money and resources saved as well as supporting organizations working to care for the earth.

This year, on behalf of our members and customers, Lakewinds made generous donations to Tree Trust, Wild Ones–Native Plants Native Landscapes, and Friends of the Mississippi. For this third quarter the recipient is Minnesota Center for Environmental Advocacy.

Veteran co-op shopper's tip: Keep reusable bags handy by putting them by the door or keeping them in your car for your next grocery trip.

Dollars for Donations

This is a customer-supported program where we collect money at the register to donate to local food shelves.

Each month we choose an organization that provides food for those in need. Our March collection for Sabathani in Minneapolis resulted in more than \$500 and in April, customers at both the Chanhassen and Minnetonka stores donated a similar amount to PRISM in Golden Valley. May 'Dollars' went to ICA with food shelves in Minnetonka and Excelsior and the Minneapolis Crisis Nursery benefited from our customer's generosity in June. In July, money collected will go to CEAP, which means Community Emergency Assistance Program, an organization serving Anoka and neighboring counties.

Save Wild Rice

Manoomin, or wild rice, is a sacred food to the Anishinaabeg, and a key part of the ecosystem of the Northern Minnesota Lakes region. Learn about a legislative effort to save wild rice from genetic engineering at www.savewildrice.com.



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Lakewinds is proud to be a member of the National Cooperative Grocers Association and the Association of Twin Cities Natural Foods Co-ops.

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Triangle Park Creative.



Minnetonka

17501 Minnetonka Blvd.
952-473-0292

Anoka

1917 2nd Avenue South
763-427-4340

Chanhassen

435 Pond Promenade
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Great Plains Blvd near Hwy 101
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