

# Lakewinds

MEMBER NEWSLETTER

DECEMBER/JANUARY 2006-2007

## Giving Once, Giving Twice, Giving Near and Fair

By Judy Thompson

**T**he start of the holiday season heralds the annual return of days of cheer and goodwill and nights of celebrations. This year as we plan menus and make gift lists for our families, friends and colleagues, there are some special and valuable food and gift choices appearing in the marketplace. The expanding offerings of food and products on the shelves with the Fair Trade logo allow us to give twice over: first to those whose names are on the gift tags and again to the members of the communities who will be justly rewarded for their labor and skills for growing crops and making products.

These items are not yet found in all stores, whose aisles are filled with piles of merchandise priced low to begin with and offered at ever steeper discounts during the holidays. Though the price of goods and food appears cheap—\$30 for a DVD player and \$6 for a pound of coffee—the hidden costs are not. It is estimated that 99 percent of all Christmas items are made in sweatshops, where workers, most often women and children, receive no benefits, no protection and wages that keep them impoverished. But we as consumers need not be accomplices to the sweatshop conditions. There are alternative products now available from companies and importers who follow Fair Trade practices. We can be more mindful consumers by identifying and purchasing goods that are available through the Fair Trade organizations.

Octavio Ruiz, the labor, globalization and human rights coordinator of the Minnesota Fair Trade Coalition, spoke recently

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This Dominican Republic co-op member is harvesting cocoa pods under the forest canopy. © 2003 Fairtrade Foundation

at the Lakewinds classroom in Minnetonka. He stressed the importance of the fair trade movement, how it differs from free trade and the need to continue to work for fair treatment of the people responsible for the food and products we enjoy every day.

COVER STORY TO PAGE 2



Tea tasting, picking and sorting from various Fair Trade farms in Asia. © 2003 Fairtrade Foundation

COVER STORY FROM PAGE 1

Ruiz traced the centuries-long and wide-ranging history of trade routes in the Americas. Here along the ancient paths linking South, Central and North America, the agricultural mainstays of the region such as sunflowers, corn, squash, beans, tomato, chocolate and tobacco were traded among the Aztec, Mayan and other indigenous tribes and eventually with Europe and other continents. Today in many countries growing these traditional crops can no longer sustain independent farm communities.

The current trade policies of the free trade agreements like NAFTA and GATT have had consequences harmful to small farmers, villages and the land. The pacts have favored and protected the interests of multinational corporations but offer no standards to protect workers and the environment. When workers around the world remain in poverty, our standard of living is affected as well. The destruction of natural resources and the degradation of other cultures have a long-term cumulative effect on us all in our global village.



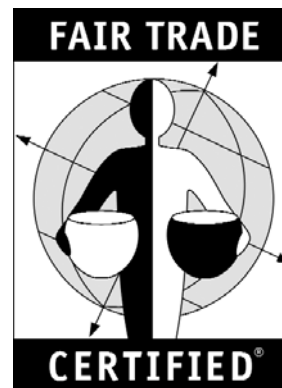
Cocoa farmer Miguel and Maria stand proudly in front of their house in the lush Yamasa region of the Dominican Republic. © 2003 Fairtrade Foundation

Fair Trade organizations have been developing and growing for several decades to counter these inequities and to offer an alternative model of trade, one that ensures workers are paid fair wages and that health, safety and environmental requirements are met. Fair Trade farmers can establish direct, long-

term contracts with international buyers, learning how to bootstrap their businesses and compete in the global marketplace. This empowerment model lifts farming families worldwide from poverty to economic well-being and enables them to market their own harvests. Producers are encouraged to reinvest their profits to support community development projects. Farmers are supported in their efforts to practice organic and sustainable farming methods. Fair Trade practices can result in a more equitable and sustainable form of international trade that benefits producers, consumers, industry and the Earth.

Co-ops such as Lakewinds play a key role in the Fair Trade movement. Our

co-op is committed to offer Fair Trade products and to help educate our customers and members about the positive impact the movement offers farmers and communities. When you purchase Fair Trade Certified products you are supporting a better life for farming families and low-income artisans in the developing world.



You will find the Fair Trade logo—look for it throughout the store—most commonly on food products like tea, coffee, sugar and cocoa.

## Fair Trade Food

Lakewinds has an extensive line from Equal Exchange, the oldest and largest Fair Trade cooperative in the United States. The co-op works with 30 farmers in 15 countries to produce coffee, sugar, tea, cocoa and chocolate bars. By trading with small farmer co-ops and linking them with food co-ops across the country, Equal Exchange offers a model of Fair Trade that builds pride, independence and community empowerment for small farmers and their families in poor countries in Latin America, Africa and Asia.

Look for their organic chocolate bars and cans of organic hot cocoa. There are over a dozen flavors and roasts of coffee such as organic Midnight Sun coffee. Tea offerings include favorites such as Earl Grey, Green and more unusual varieties like Rooibos Red Bush Tea from South Africa. All are organic.

For your holiday baking, consider the Fair Trade organic sugars from Wholesome

Sweeteners. In addition to organic white, light brown and dark brown sugar, they also offer organic sucanat.

The growth of Fair Trade products is most evident in the coffee selection at the Lakewinds stores. Dozens of coffees from all coffee growing areas are now available. Try the shade-grown organic selections from Café Fair and those from Peace Coffee.

Try some new flavors of chocolates and teas this season. Many companies are adding Fair Trade products to their line. The Republic of Tea has introduced Wild Blueberry tea. This would be lovely with Sunday waffles and pancakes. Dagoba Organic Chocolate offers Xocolatl Hot



Chocolate with chilies and cinnamon, perfect for an evening by the fire. The dazzling assortment of chocolate bars from Endangered Species can take care of almost everyone on your gift list and fill any size stocking. And if anyone gets overstuffed at mealtime, a soothing cup of Traditional Medicinals peppermint tea will be most appreciated.

## Fair Trade Gifts

Crafts from Fair Trade artisan groups are also displayed on the shelves of Lakewinds. You can find handmade, wonderful treasures throughout the stores.

Beautiful alpaca wool hats, scarves, gloves and mittens for the winter season are hand woven by skilled weavers in Bolivia. These crafts people, mostly women, are members of the cooperative AndesGifts. They earn three to five times the national average in wages and work in clean, spacious and safe work

environments. These warm and colorful clothing items will be cherished gifts.

Consider as presents the hand-woven traditional African market baskets that come in all shapes and sizes, some with handles. They are made by the indigenous people of a town in northern Ghana in West Africa. Handicraft activities such as

weaving are undertaken by the women of this area to supplement their incomes from subsistence farming in an area not fertile enough for extensive farming. These rural women can earn decent incomes from their labor in order to care for their children and village.

Another lovely Fair Trade line found at Lakewinds comes from Pomaire, Chile. The artisans of this village have been producing distinctive clay earthenware that is functional and decorative.

These lead-free pots and bowls are tough, distribute heat evenly, are oven, stove-top and microwave safe. They are beautiful on



the table filled with your favorite festive foods, such as ceviche and flan. And the potters also make little clay pigs that are believed to bring good luck and are perfect gifts for stocking stuffers and for New Year blessings.

Gift baskets are always appreciated throughout the holiday season, from Thanksgiving to the New Year. Fill the beautiful and sturdy baskets from Ghana for any occasion with food, sweets, teas, coffees, crafts, candles and clothing that have been brought to the marketplace with Fair Trade principles in mind. Bestow gifts that will give to your community, to the global village and to the earth. Not only will your friends and family near at hand be grateful. Fellow co-op members the wide world over will thank you.

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# Delightful and Delicious Holiday Recipes



## Soups

The winter months call for heart-warming foods, and soups are the perfect match to make your heart sing. Try these recipes if you need lighter fare or to serve prior to the entrée.

### *Walleye Gumbo*

1/2 pound bacon, diced  
1 cup diced onion  
1 cup diced green pepper  
1 cup diced red pepper  
1 cup diced celery  
1 clove chopped garlic  
1 teaspoon fresh chopped thyme  
1 teaspoon fresh chopped oregano  
1/2 teaspoon white pepper  
Cayenne to taste  
1 tablespoon or so flour  
8 cups organic chicken broth  
1 pound Lakewinds chorizo sausage cut in half-inch slices  
1 pound walleye or available white fish cut into one-inch pieces  
Shrimp (1 pound optional)  
Cooked rice (white or brown)

Sauté the bacon and set aside. Heat the bacon grease until it begins to smoke and add an equal amount of flour to make a roux. Add the onion, celery, green pepper, red pepper, garlic, cayenne, white pepper, thyme, oregano, bacon, and chicken broth. Cook on low for about 15 minutes. Add the sausage and fish and simmer for about 7–10 minutes. Season with salt and pepper. Put a heaping scoop of rice into a dish with the same of gumbo on top of the rice and enjoy.

## Appetizers

A cracker or baguette appetizer makes an elegant, yet simple creation.

Try Partners Crackers, either All Natural Low Fat Wisecrackers with roasted garlic and rosemary or the All Natural Olive Oil and Herb Cracker. Spread a plain soft goat cheese (from the deli) on the cracker and add a slice of fresh fig on top. You can use the same toppings on a Lakewinds' baguette as well.

Lakewinds' deli offers a number of lovely premade spreads such as walnut paté, hummus, Neufchatel sun-dried tomato. Or look for halibut and salmon spreads from the meat department. (Items may not be sold at all locations.)

## Soups

### *White Chili*

1 1/2 pounds split boneless chicken breasts  
4–6 cups cooked white beans  
1 tablespoon organic olive oil  
1 tablespoon minced garlic  
1 cup chopped onion  
1/3 cup diced green chilies  
2 teaspoons fresh chopped cilantro  
2 teaspoons cumin  
Cayenne pepper and salt to taste  
1 1/2 cups sour cream  
1 box (32 oz.) organic chicken broth

Boil chicken; cool and shred. Sauté garlic and onion in olive oil. When tender, add all other ingredients. Cover with chicken broth, add sour cream to thicken. Heat and serve.

# Recipe Favorites from Lakewinds Staff



## Main Dish

### *Pork Tenderloin*

Lakewinds offers local pork products. Ask the meat department to help you with your selection when shopping.

Buy two 1.5 pound pork tenderloins that are trimmed of excess fat. Cut a pocket down the side of each tenderloin about half way through the meat.

#### **Paste for Tenderloin**

2 tablespoons finely chopped fresh thyme  
2 tablespoons finely chopped fresh rosemary  
2 tablespoons minced shallot  
2 tablespoons Dijon mustard  
2 tablespoons organic olive oil  
2 cloves garlic minced

Combine in a bowl to make a paste and set aside.

#### **Mushroom Stuffing**

2 tablespoons butter divided  
3 teaspoons organic olive oil  
4 shallots minced  
2 cloves garlic minced  
3 teaspoons fresh chopped thyme  
2 tablespoons fresh chopped fresh rosemary  
2 tablespoons dry white wine of your choice  
Salt and pepper to taste  
1 pound finely chopped crimini or baby portabella mushrooms

Mix stuffing ingredients together and fill the pocket in the tenderloin. Cover the tenderloin with the paste and refrigerate for 1–3 hours. Let rest at room temperature for one half hour before putting on grill or in oven. Roast uncovered at 325° F until internal temperature reaches 170° F for well done (approximately one hour) or put on grill, direct medium heat until internal temperature reaches 155° F for medium rare, approximately 35–40 minutes.

Extra stuffing can be baked in a covered casserole dish at the same time as the meat and served warm.



## Dessert

### *Citrus Cheesecake*

Create a cheesecake using citrus since it is at peak flavor this time of year. This recipe can be made a day ahead. Serves 6–8.

**Crust** \*Available in the Lakewinds bulk department.

1 1/4 organic walnuts\*  
6 tablespoons organic evaporated cane juice (just like sugar)\*  
1/2 teaspoon sea salt\*  
1/4 teaspoon ground cloves\*  
1/2 cup unsalted butter, melted  
1 3/4 cups New Morning Honey grahams crackers crumbled

Butter the inside of a large 9" spring form pan. Using a food processor, mix all ingredients except the butter until finely ground, then blend in butter and press onto bottom of pan and up the sides stopping 1" from the top edge.

#### **Filling**

40 ounces cream cheese softened  
1 2/3 cup organic evaporated cane juice  
3 tablespoons organic unbleached flour  
2 teaspoons grated orange peel from an organic orange  
5 large organic eggs  
2 large organic egg yolks

Preheat oven to 500° F. Mix thoroughly the softened cream cheese, sugar, flour and orange peel, then add the eggs and yolks one at a time, mixing well after each addition. Pour filling into crust. Bake for about 10–12 minutes at 500° F until lightly browned, then turn down oven to 200° F and continue baking until set, about one hour. Cool. Loosen edges with a knife before opening spring on pan. Cover and chill overnight.

#### **Sauce**

4 cups Lakewood Organic Pomegranate juice  
24 ounces frozen raspberries, unsweetened and not drained  
1/4 cup organic sugar  
1/2 cup Ames Farm honey (Made in Watertown, Minnesota)

Bring pomegranate juice to a boil, reduce heat and simmer until reduced to 1 cup, about 35 minutes. Stir in raspberries and sugar and simmer until reduced to 3 cups, stirring often for about 15–20 minutes. Add honey and continue to simmer. Cool partly, cover and chill until ready to serve.

# The Fairest of the Local Fare

By Judy Thompson

**A**round the world, partners in the Fair Trade movement are shaping the future of the health of the environment and the welfare of communities in developing countries. So, too, are many providers of local food and craft products made in Minnesota and neighboring states. Local producers, workers and growers offer superior products while adhering to standards that ensure the well-being of the environment and protect the interests of the community.

At Lakewinds, we offer many beautiful, delicious, innovative and well crafted food and family items to delight and sustain you this season and those to follow.

Aside from walleye, no native food is more identified with our state than Manoomin, also known as wild rice. Minnesota is the center of biodiversity for all wild rice, a food sacred to the native tribes and a key part of the Northern Minnesota lakes' ecosystem. Tribal members on the White Earth Indian Reservation continue the tradition of hand-harvesting wild rice. They have formed a land recovery project and are working to protect the plant from threats of patents and bioengineering. Look for the Native Harvest label—White Earth's authentic wild lake rice.

Cultivated wild rice is grown and harvested on Red Lake Farms owned by the Red Lake Band of the Chippewa Indians also in the northern part of the state. Look for their varieties of boxed rice, such as Quick-Cook Wild Rice and Soup Bits, with some innovative recipes.

Two of Minnesota's sweetest treasures are gifts from the sugarbush maple or from the nectar of bees. Wild Country Pure Maple Syrup is an award-winning organic syrup made from sugarbush maples planted on the North Shore of Lake Superior. The members of this family-owned business, in Lutsen, are committed to providing the best maple syrup and maintaining sound forestry and business practices.

About 20 miles down the road from



Lakewinds' Chanhassen store in Watertown, is the home of what many consider the best honey currently produced in the United States. Each jar of Ames Farm Single Source Honey is collected from one of 300 beehives. The hives are in 18 different locations in several counties across the state. Raw, unfiltered and handcrafted, each jar of honey has the number and location of the hive and the date it was harvested, with colors ranging from pale lemon to dark mahogany. Good luck in trying to choose among varieties like Alfalfa, Sweet Clover, Basswood or Buckwheat.

Ames Farm has recently begun making handcrafted 100 percent pure beeswax candles from the wax cappings used by the bees to cover each cell of honey. Natural variations in scent and color occur, based on the season in which the bees produce the wax from flower nectar. Available as taper, pillar and votives, they burn brighter and twice as long as regular wax candles. A natural film called "bloom" can develop on the candles and can be buffed away with a cloth or left on for a delicate frosted look.

Alongside the local growers and harvesters, local crafts people are busy providing valuable items to the marketplace. Here are some of their offerings currently found at Lakewinds.

Community Homestead is an enclave of six extended households near Osceola, Wisconsin, that includes people with

developmental challenges and special needs. Inspired by the work of the philosopher Rudolf Steiner, they live and work together managing an organic dairy farm, growing and selling fruit, vegetables and flowers and making handcrafted items, some from recycled material. Anyone on your list would be lucky to receive the handmade treasures, such as puzzles, greeting cards, and candles made at Community Homestead and available at Lakewinds.

And don't forget a special treat for your beloved family members—your pets. Your cats and dogs can now have their very own spa day. PetzLife Products of Spring Park, Minn. has everything your best friends need for a pampered cleansing, including a Pro Grooming Mit, Miracle Shampoo and Miracle Conditioner. PetzLife is also well known for their Oral Care Spray and Gel products, which have natural ingredients that remove plaque and tarter, kill bacteria, heal gums, and eliminate bad breath for dogs and cats.

For a valuable gift that can be used all year by everyone, be sure to pick up the 2007 Blue Sky Guide, with over 300 coupons. Now on display at the stores, this is your passport to explore and frequent local businesses, restaurants, food stores and art organizations that support the environment and community. This is one of the many gifts from Lakewinds that keeps on giving all through the New Year.

# A Year in Giving for Lakewinds

By Mary Moulton

**D**ollars for Donations is an established tradition at Lakewinds, and adding collection boxes in the new Chanhassen store has resulted in greater contributions this past year. With this program, Lakewinds customers are able to make monetary donations at the register when they shop, and feel confident that we are doing something collectively to address poverty and hunger issues in the community.

Some of the Dollars for Donations recipients for 2006 were:

- The CAP Agency Food shelf
- Sabathani Community Center Food shelf
- PRISM of Golden Valley
- ICA in the Western suburbs
- Greater Minneapolis Crisis Nursery
- CEAP (Community Emergency Assistance Program)
- Sister's Camelot
- The Aliveness Project
- Loaves and Fishes

Lakewinds is a drop off site for the South Shore Lions Club eyeglass collection program. They will take all types of prescription and reading glasses, sunglasses and nice frames without lenses. Also don't forget to donate all those protective eyeglass cases and trust that the eye wear we no longer need is helping someone to see who could not otherwise afford the gift of vision.

Now, whenever you shop at your co-op, you choose which way to save the resources needed to manufacture paper of plastic bags. The Green Patch program has been in place for many years and veteran shoppers know they can bring in their own cloth, paper, or plastic bags for bagging their groceries. This reuse of a bag earns a 5 cent green patch, which many customers in turn donate to the environmental organization we are currently sponsoring. You can continue with this tradition or simply ask your cashier to take the savings off your purchase total at the register. In 2006 thousands of reused bags benefited

organizations committed to protecting our natural resources and those groups included the Twin Cities chapter of Wild Ones, Native Plants Natural Landscapes; Friends of the Mississippi; the Minnesota Center for Environmental Advocacy; and most recently, the Minnesota affiliate of the Nature Conservancy.

This past fall, as in many years, Lakewinds staff and customers worked with Person to Person and their Warm Hands Warm Hearts program to ensure low-income families with children will have a new coat to face our Minnesota winter. Please look for this program again next September and in the meantime, your gently used or new winter wear is greatly appreciated at the Hopkins Minnetonka Family Resource Center at 915 Mainstreet in Hopkins.

Along with all the customer and member participation described here, Lakewinds makes a variety of charitable contributions throughout the year on your behalf, which includes many community

events and organizations raising funds for schools, shelters, volunteer service groups, sustainable endeavors, and churches and temples serving so many people who need a helping hand. We put together gift baskets for silent auctions and provide produce and beverages at community races. Every month, Lakewinds purchases the food and along with customer volunteers prepares and serves dinner to the children at the Crisis Nursery through their Cooks for Kids program.

Outreach also includes speaking at local schools, elementary through high schools, senior centers and attending area business health fairs. Store tours are offered to scouting, parenting, or homeschool groups and whether it's money, product, or simply time, community giving and sharing is a very important part of the co-op principles.

For more information on these programs or other outreach endeavors, please contact Mary Moulton at 952-742-1211 or marym@lakewinds.coop.

## News from the Board: Annual Dinner Update and Welcoming New Board Members

The Annual Member Dinner in October was a wonderful event. Over 200 member-owners attended the dinner and meeting. Sharann Watson, a current Lakewinds board member, led a panel discussion with guest speakers from local farms and product companies including: Dave Minar from Cedar Summit Farm, Greg Reynolds from Riverbend Farm, Jean Andreasen from Pastureland, Kim Dirr from Upper Crust Foods and Laurie Brown from Restore Products.

The newly elected board members were announced that evening and included: John



DePaolis, Katherine Roseth, Mary Chasin and Joseph M. Wagner.

Thank you, Lakewinds employees, for preparing the dining hall and the meal for the event. It was a lovely evening!

# ANNOUNCEMENTS

## Holiday Hours

All of our locations will be closed Christmas and New Year's Day. The Minnetonka and Chanhassen stores will be open from 9 a.m.–4 p.m., and the Anoka store will be open from 11 a.m.–4 p.m. on Christmas Eve and New Year's Eve. Visit our website for current store hours at [lakewinds.coop](http://lakewinds.coop).

## Holiday Food Order Forms

Look for holiday order forms for meat/poultry, entrees, appetizers and desserts at the beginning of December in the deli and meat department at all locations. Order forms will also be on our website at [lakewinds.coop](http://lakewinds.coop).

## Join Us for a Taste of Lakewinds

Minnetonka, Saturday, January 20  
11:00 a.m.–4:00 p.m.

Join us at Lakewinds in Minnetonka for a day to entice your senses. This gives us a chance to highlight the great food

and products we offer from all of our departments.

There will be lots of food samples, recipes and giveaways. Be sure to register for our drawing of a \$100 Lakewinds gift card. (No purchase is necessary to enter.)

Be sure to bring a friend so you can both experience Lakewinds like you never have before!

## Classroom Closing

The Lakewinds classroom will be taking a short hiatus until next fall. Beginning in January 2007, after the classes on the current schedule have been held, the classroom will be offered for rent to teachers in the community. Anyone interested in holding classes and renting the Lakewinds classroom space for a nominal fee, please contact us at [classroom@lakewinds.coop](mailto:classroom@lakewinds.coop).



### Lakewinds General Manager

Kris Nelson

### Board of Directors

Mary Chasin  
John DePaolis  
Janice Hardin  
Jane Howard  
Katherine Roseth  
Joseph M. Wagner  
Sharann Watson  
Dale Woodbeck

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

Design and layout by  
Triangle Park Creative



### Minnetonka

17501 Minnetonka Blvd.  
952-473-0292

### Anoka

1917 2nd Avenue South  
763-427-4340

### Chanhassen

435 Pond Promenade  
Just off Hwy 5 at  
Great Plains Blvd near Hwy 101  
952-697-3366

[www.lakewinds.coop](http://www.lakewinds.coop)



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