

Lakewinds

MEMBER NEWSLETTER

JUNE/JULY 2006

PHOTO BY CHERYL WALSH BELLVILLE

Class Is in Session

Lakewinds Community Room Opens in Minnetonka

By Kristi S. Langemo and Ellen Michel

Adozen enthusiastic participants filled the Lakewinds classroom for a recent evening event, one of the first to be held in the new storefront location. With the early evening sun streaming through windows, people spent time examining the recycled rubber floor, countertops, and cabinets. Their looks of surprise and happy accolades told us that Lakewinds has again hit the mark — our new classroom space is indeed exceptional.

Lakewinds has a tradition of providing valuable education to customers, and we wanted our expansion plans to include a new community room for classes and other events. Located in the former Lakewinds Natural Home, just two doors west of the new Minnetonka store, the redesigned classroom is roomier and more eco-friendly than the one in our former location, with more of an emphasis on healthy building components.

Built of materials such as EcoSunflower, Ecowheat, recycled aluminum and paper, the classroom reflects the values of the co-op. “Lakewinds has promoted sustainable building for many years,” explains general manager Kris Nelson, “especially when the co-op started selling environmentally-aware products in our Natural Home store. I think it’s important for our business to be a leader in living our values and utilizing the goods we promote.”

“When building our new stores, we used as many sustainable materials as were practical. In the classroom, where there is much less wear and tear than in our grocery stores, we were able to experiment with a new kind of recycled flooring material, very suited to the space.”

“It’s such a beautiful demonstration area,” said Connie Siirila, attendee of a recent class. “I live near the Anoka store and have



PHOTO BY DOUG ROESE

Chef Jenny Breen is a blur of motion as she artfully conjures original healthy meals. (See story about Jenny with recipes on page 4.)

been a Lakewinds member for over 20 years. I’ve come to classes in the past, and I’m really impressed with the new atmosphere. I’m glad I came — I learned a lot and am very motivated to pursue a healthier lifestyle.”

Education coordinator Doug Roese explains that the class offerings have changed with the times. “As more people find that they need to eat less dairy or wheat, we’ve added classes to address those concerns. With Omega-3 fatty acids and antioxidants in the news, we now feature more seafood and vegetable classes.” The class schedule focuses on cooking with organic and local fruits, vegetables, seafood, free-range poultry, and grass-fed beef.

Roese notes that the preference is toward classes that excite

CONTINUED ON PAGE 2

people about making positive changes in their lives. “We don’t chase the diet-of-the-month. Instead, this is a place to learn about the benefits of adding a few vegetarian or vegan meals, or to learn how to cut down on sugar or wheat.”

“We want the new classroom to be a gathering place for informal workshops on topics like canning or making salsa,” explains member services manager Mary Moulton. “There are a lot of people on our staff who are experts or enthusiasts about particular topics, and the classroom can be a place where we share what we know.”

Moulton has already held a tea for new members in the space. She and board member Sharann Watson will offer a new member class that gives people a chance to socialize while learning more about the co-op. “Our customers often ask for a basic class on how to prepare natural foods, similar to the one we’ve developed for staff. I think this will be hugely popular.”

Birthday parties are a possibility, as are workshops geared specifically to men, parents and children, or groups of friends. “We aren’t trying to be a professional cooking school so much as a fun place where you can experiment with new ideas and have a great time learning. We hear from customers that they are interested in workshops that reflect all the various items we carry: homeopathy, aromatherapy, fair trade and natural home products, and natural parenting.”

Erica Allen, wellness manager of the Chanhassen store, plans to offer workshops where people can explore a variety of food and lifestyle topics. “At Lakewinds, we don’t ever diagnose or prescribe, and we don’t make specific wellness recommendations. We do think we give a balanced view, as we are very knowledgeable about a broad range of products and topics. I love talking to customers about their experiences, too, learning from them.”

“It is a cooperative principle to promote education,” says Kris Nelson. “It has always been our goal to hold classes on-site, where products discussed in the class can be found right out the door. The classroom promises to be a great social space for staff, co-op members, and the broader community. It’s an added bonus that should enrich our lives.”



PHOTO BY KRISTI S. LANGEMO

Chef Eric Rivkin demonstrates how to add more raw foods to your diet.

Upcoming Workshops

Exciting workshops are regularly added to our online schedule. Current offerings:

Introduction to Your Natural Foods Co-op

with Sharann Watson and Mary Moulton

Saturday, June 17, 10:00 a.m. – 12:00 noon

Free class for Lakewinds members / registration required

This class is designed for our new members who want to get the most out of their Lakewinds experience. Mary begins with a little history of the co-op, then explains how you will benefit from your investment. The rest of the class is dedicated to food. Sharann gives information and handouts on using bulk foods like organic rice and quinoa, and on how to cook healthy alternatives to meat, such as tofu and tempeh. The class ends with a guided tour of the store, showing you some of our favorite products and features.

Peruvian Traditional Foods with Chef Rachel Rubin

Thursday, June 15, 6:30 – 8:30 pm

Peru and its Ancient Influences, featuring clay pot cooking, ceviche making, traditional menu items and more:

Papas asadas en olla de barro—claypot cooked Peruvian potatoes, kamote, and corn slow cooked.

Ceviche—the original! With lemon, limes, shaved red onion, cilantro, jalapeno, habenero, bell peppers.

Anticuchos—the traditional street food! Beef, chicken and fish marinated with red wine vinegar, cumin, garlic and paprika with aji panca, and garlic, skewered and fresh grilled.

Arroz con Pollo—With cilantro, dark beer, onion and browned chicken, slow cooked and delicious.

Other upcoming workshops will include:

Fresh Summer Entertainment Ideas with Jenny Breen • Canning and Preserving the Harvest • Is Your Home Making You Sick? • Summer Cooking and Crafts for Kids • Seasonal Vegetables on the Grill • Bistro Cooking at Home with Mary Moulton

To view an updated class schedule, visit our website at www.lakewinds.coop/ classes. Please feel free to contact us with your community room ideas.

Time to Help Gardens of Eagan Organic Farm

By Ellen Michel

One of the things that distinguishes Lakewinds is the fact that we have genuine relationships with local growers. We receive their product and hear stories about the weather and other challenges. We feel proud and protective of them, recognizing how truly heroic it can be to nourish the soil, plant organic seeds and gently, patiently bring crops to harvest.

Now it is time to come to the aid of Minnesota's own Gardens of Eagan, the farm of Martin and Atina Diffeley. Gardens of Eagan is a significant contributor to the organic food supply for Lakewinds, other Twin Cities Natural Foods Co-ops, and restaurants throughout the Twin Cities. Owning one of the longest-running, certified organic operations in the United States (since 1975), Martin Diffeley helped establish the Minnesota organic standards. In 2004, Martin and Atina were honored by Midwest Organic and Sustainable Education Services (MOSES) as Organic Farmers of the Year. Their adult children, Maize and Eliza, also work on the farm.

Pipeline Planned

This past winter the Diffeleys were dismayed to learn that The Minnesota Pipe Line Company (MPL) plans to build a crude oil pipeline from Canada to the Koch and Ashland oil refineries in the Metro area. To avoid developed lands along their current northern pipeline route, MPL is planning to cut a new route across agricultural lands in the southern part of the Metro area, going right through family-owned Gardens of Eagan. Needless to say, construction and operation of a crude oil pipeline would irreparably harm the farm.

The proposed pipeline would demand a 100-foot construction right of way and a permanent right-of-way 50 feet wide. Highly toxic crude oil would be pumped through the pipeline at a rate of 165,000 barrels per day at a hydraulic pressure of

PHOTOS COURTESY OF GARDENS OF EAGAN



Above: Kernels of the many kinds of organic corn grown at the farm.
Below: Atina Diffeley among the purple broccoli.



1462 pounds per square inch.

"Fertility on an organic farm doesn't come from chemicals that can be reapplied after the bulldozers have come and gone. Fertility comes from careful development of soil structure over years of crop rotation, cover crops, addition of compost and manure, and from preservation of a delicate balance with beneficial insects and wildlife," Atina Diffeley explains.

"If they cut a crude oil pipeline across our farm, there is no way to repair the damage. It would take us more than 15 years to restore the soil and some of our

most productive fields, designed by the land's topography, would be split and taken out of use."

It's Not the First Time

One painful irony of the present situation is that the Diffeleys have experienced similar struggles in the past, yet persisted in their dedication to organic farming. When Martin and Atina began farming in 1973, they were on land owned by Martin's aunts, in the family for over a century. They were forced by eminent domain to sell that farm in 1990, and a film called *Turn Here—Sweet Corn* documented that profound loss. Martin and Atina eventually purchased their current farm, maintaining their business on rented land for several years while the new farm underwent organic certification.

Gardens of Eagan is famous for their gold standard signature crop: organic sweet corn. They also produce tomatoes; green,

CONTINUED ON PAGE 6

Salads for Summer Entertaining

Recipes from Jenny Breen

By Jenny Breen

I have been cooking and baking professionally for 20 years. I came to it from a love of food and a passion for sustainable foods that at the time didn't seem to be widely available. It was a challenge professionally, but I needed to satisfy my belief that healthy food can be delicious, beautiful and interesting. I am very committed to using sustainable and local foods whenever possible, and see no reason we can't be responsible consumers, and have fun at the same time. I also love to teach about whole foods, because they are totally under appreciated and under utilized, and so much better for you than most of what is out there.

I used to have a small organic restaurant, and when my partner and I started having kids, we sold it and continued to cater, which we still do today. You can find us at goodlifecatering.com. Teaching at the co-ops and the Minnesota Landscape Arboretum is a good fit. I'm also available to do custom classes for people in their homes or in other venues.

Here are recipes from a class I recently taught at Lakewinds. These are good examples of the types of recipe I create. I believe in simplicity and ease of preparation, and colorful, yummy food that (almost) everyone will love. I am also working on a cookbook of my original recipes.

Coming up at the new Lakewinds Community Classroom is my class called Fresh Summer Entertainment Ideas, on Tuesday, June 13 from 6:30–8:30 pm. Summer is a great time to stretch out a little and try new recipes, and I'll help get you started with great recipes and innovative ideas.



PHOTO BY DOUG ROESE

Spinach Wild Rice Salad

1 cup wild rice
1 cup brown rice
1/2 cup olive oil
2 tablespoon toasted sesame oil
1 large yam, diced and steamed in 2 cups water
1 med onion or leek, sliced
2 bunches spinach, chopped
1 cup toasted pecans, chopped
1 cup dried cranberries
1 tablespoon celery seed
1 tablespoon thyme
1 tablespoon cumin
2 teaspoons salt
1 tablespoon garlic powder
1 1/2 pounds chicken meat, diced and sauteed
or grilled (optional)
1/2 cup cider vinegar

Cook rice in 4 cups water. Set aside. Steam yams until soft, set aside also. In 1/4 cup olive oil and sesame oil saute onion, and add spinach until just wilted and spices. Add to wild rice along with remaining ingredients. Mix well.

Polenta and Artichoke Salad

Prepare polenta in pan and allow to cool fully, dice into 1" pieces.

1 small red onion, sliced thinly
2 1/2 to 3 cups chopped or pureed artichoke hearts
1/3 cup olive oil
1/3 cup balsamic vinegar
1/4 cup lemon juice
2 cups sundried tomatoes, rehydrated and sliced or chopped
4 cloves garlic, minced
2 teaspoons salt

Optional:

Add 1 pound sliced, cooked chicken breast

Fry polenta in 2–3 tablespoons oil until well browned. Set aside. Fry chicken pieces until browned, set aside.

Combine olive oil, vinegar and lemon juice. Add minced garlic and salt. Mix together onion, artichokes, polenta and sun-dried tomatoes. Add chicken and dress with oil and vinegar. Mix well. This recipe can be prepared a day in advance.

Mediterranean Millet 'Cous Cous'

- 3 cups cooked millet
- 1 large onion or leek, sliced
- 6 cloves garlic, chopped
- 12 sun-dried tomatoes, soaked in warm water and cut into strips
- 1 cup pitted olives
- 1 1/2 cups veggies—spinach, eggplant or peppers
- 1/2 pound feta cheese
- 1 tablespoon cumin
- 1/4 cup lemon juice
- 1 tablespoon basil
- 1 teaspoons salt
- 1/4 cup balsamic vinegar

Fluff millet with fork to prevent clumps. In olive oil saute onion, garlic, tomatoes and cumin. Add lemon juice, basil, salt and vinegar. Cook until well blended and soft (5–7 minutes), and add veggies or spinach for the last 30 seconds to wilt (or add other veggies for 2–3 minutes). Combine mixture with millet, toss in olives and feta cheese.

Three Sisters Salad

- 2 cups pearled barley, cooked in 4 cups water
- 1 small red onion, sliced thinly
- 1 red bell pepper, sliced
- 1/2 cup water
- 1 cup dried tomatoes, sliced and rehydrated in hot water
- 2 cups corn kernels (frozen, or fresh off the cob)
- 1 pound green beans, trimmed and cut into 2-inch pieces
- 1 pound cleaned trimmed mustard, baby spinach leaves or other greens

dressing:

- 1/2 cup olive oil
- 1/4 cup cider vinegar
- 1/4 cup raspberry vinegar
- 2 tablespoon stoneground mustard
- 2 tablespoon honey
- 1/4 cup fresh dill, chopped
- 4 cloves garlic, minced
- 2 teaspoons salt

Cook barley until tender, and set aside. Heat water and steam corn and green beans until bright, about 2 minutes. Cool immediately under cold water.

Combine barley with all vegetables. Prepare dressing by combining all ingredients and whisking well. Pour half of dressing over salad mixture, and add more according to taste.



Candidates Sought for Lakewinds Board of Directors

By Jane Howard, President,
Lakewinds Board of Directors

At a recent Lakewinds new member tea, I was inspired by how members described the importance of Lakewinds in their lives and by their enthusiasm about each of our three stores. This is a remarkable time for Lakewinds Natural Foods and I find it both exciting and a privilege to serve on the Board of Directors.

Now is the time of year that the Lakewinds Board seeks candidates interested in running for a seat on Board. This year we have four open seats. The Board has up to nine elected members and each member is expected to commit to a three-year term. The Board meets monthly and members receive a quarterly stipend.

Skills and experience currently sought for the Board include (but are not limited

to) legal and marketing/public relations. Other valuable expertise is co-op experience, finance, human resources, retail/grocery industry experience, strategic planning and systems technology.

The primary responsibilities of the Board are to supervise the management of the co-op, set policies and priorities for the stores' future, and work to safeguard members' interests and investment in Lakewinds.

Board members are expected to fulfill the following expectations:

- Understand and promote the mission of Lakewinds Natural Foods.
- Act in the interest of the entire membership.
- Attend meetings faithfully and serve on committees effectively.



- Assure continuity in organizational leadership.
- Adhere to a code of ethics adopted by Lakewinds Natural Foods' Board of Directors.

Application Process

If you are interested in receiving a board application packet, please send an email

to kristip@lakewinds.coop with "board packet" in the subject line. You will be emailed a Microsoft Word version of the packet. The packets will be available June 1.

You also may call 952-742-1218 with questions or for more information. The deadline to return applications is July 20th. The membership of Lakewinds will vote and the new Board members will be announced at Lakewinds' annual meeting this fall.

Gardens of Eagan CONTINUED FROM PAGE 3

red and hot peppers; green, red, and savoy cabbage; green and purple broccoli; white and purple cauliflower; green, red and lacinato kale; cucumbers; mixed watermelons; and winter squash. You can learn more about the farm and follow the story on Atina's blog at www.frontiernet.net/~atinagoe/.

We live at a time when consumer demand for organics is beginning to outpace supply, as more and more people discover the superior flavor and nutritional benefits of produce grown without pesticides and synthetic chemicals. In this case, our dependence on crude oil may literally bulldoze away land where one family has established hard-won success, providing us with local, more sustainable food.



Martin Diffley with an ear of his famous sweet corn.

What You Can Do

Thankfully, there are alternative routes that could avoid Gardens of Eagan without

harming other unique natural environmental and agricultural resources. The State's Office of Administrative Hearings will take evidence from May through August about alternative routes for the pipeline. Your comments matter.

Letters from organic food purchasers, co-op members and consumers opposing a route that damages the Gardens of Eagan organic farm can be sent to Administrative Law Judge Beverly Heydinger by electronic mail at Beverly.Heydinger@state.mn.us, by fax transmission to 612-349-2665 or by U.S. Mail to Office of Administrative Hearings, Suite 1700, 100 Washington Square, Minneapolis, MN 55401.

Please help us preserve the farm of our local heroes.

Living the Lakewinds Vision

We are a member-owned cooperative committed to outstanding customer service. We support our community by providing education, healthy food choices, and environmentally friendly products.

Running along the wall in the new Minnetonka store is the co-op's mission statement, written in raised white letters. "Our mission begins with outstanding customer service," says general manager Kris Nelson. "That has always been the heart of our vision."

To inspire this level of service, the Lakewinds Minnetonka and Chanhassen stores each have a vision committee, charged with showing appreciation to employees. "The committee has always been a fluid and freewheeling group that collectively brainstorms ideas for vision events," says Sharann Watson, a member of the Minnetonka group. At the smaller Anoka store, manager Dave Yarbrough helps organize regular team-building activities.

"Ask any Lakewinds employee and you are sure to hear that they truly enjoy coming to work," says Rachael Eide, customer service supervisor at the Chanhassen store. "This is partly due to the vision that we've embraced. We are constantly thinking about ways the staff can show appreciation for each other and continue to make our business a great place to be."

Managers from all departments nominate staff to the vision committee, based on their enthusiasm for the job. "These people bring energy and ideas to special employee-designed events, helping build a strong storewide team," Rachael says.

"Some of our favorite recent events have included a treasure hunt, and a Cinco de Mayo Fiesta. We planned an annual employee appreciation party, where we celebrated the openings of our new stores. Everyone loves Spa Day, when we turn our conference room into a luxurious spa, bringing in chair massage for staff. Many of our events have a seasonal or holiday theme, and they almost always include food."

The Lakewinds vision doesn't end after



The Chanhassen Vision Committee includes Nikki Loerzel, Lea Worcester, Sherri Krejce, Leslie Kegel, Rachael Eide and AnnMarie Vashro.

each monthly event. The vision committee also puts together reward programs for staff, and maintains a display in the administrative office where co-workers recognize each other for service that goes "above and beyond."

"Here is where you can write a brief description of how someone was caught living the Lakewinds vision," says Rachel. "We post it for all to see, along with the staff member's picture. We also reward staff for receiving great secret shopper reports. Each time their name is mentioned favorably in a report, it goes into a monthly drawing for a natural food co-ops gift card."

Lakewinds offers a series of staff training sessions to help employees feel confident before stepping out onto the sales floor for the first time. Besides learning about natural foods and the products and services offered by the co-op, one class in the series is devoted to the Lakewinds vision.

"We invite everyone to bring a happy attitude to work, and to pass it along to our customers," says Rachel. "And we support each other, helping make Lakewinds a wonderful place."



Andrew Crow, Sharann Watson, CeCe Helsper, Doug Roese and Leslie Bechtell serve the Vision Committee brunch in the new Lakewinds Community Classroom.

Managers from all departments nominate staff to the vision committee, based on their interest and enthusiasm for the job.

Green Patches

Through June, our Green Patch program benefits the Friends of the Mississippi River, a citizen advocacy group working to protect and enhance the Mississippi River in the Twin Cities area. Beginning in July, these funds will be directed to the Minnesota Center for Environmental Advocacy.

Dollars for Donations

Our March collection for Sabathani in Minneapolis resulted in a donation of more \$500 to that organization, and in April customers gave a similar amount to PRISM in Golden Valley. Support in May went to ICA, with food shelves serving communities surrounding Minnetonka and Excelsior.

Cooks for Kids

Lakewinds invites you to participate in the Cooks for kids program serving the Greater Minnesota Crisis Nursery. On the fourth Wednesday of each month we provide, prepare and serve dinner to the children and nursery staff. If you have three hours of time

(including travel) to help with this effort, please contact Mary Moulton at 952-742-1211. This is a good opportunity for a small youth group (up to 4) interested in community service.

Lakewinds Partners with the Minnesota Landscape Arboretum

Lakewinds has begun a partnering relationship with the Minnesota Landscape Arboretum, offering support to the Heartland Cooking Series (featuring Jenny Breen), Children's Garden programs, and the Urban Gardening project for inner city youth.

Save Wild Rice

Manoomin, or wild rice (pictured below) 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.



Lakewinds General Manager

Kris Nelson

Board of Directors

Steve Caster
Mary Chasin
Janice Hardin
Jane Howard
Ann Perkins
Rachel Soffer
Sharann Watson
Ellen Wolaner
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

Chanassen

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

Anoka

1917 2nd Avenue South
763-427-4340

www.lakewinds.coop

PRSR STD
U.S. Postage
PAID
Permit #1
Minneapolis, MN

