

# Lakewinds

## MEMBER NEWSLETTER

APRIL/MAY 2008

## RIDE *into* THE GREEN



Reducing energy consumption by riding a bike is easier in Minnesota than in many other states. And now Lakewinds is teaming up with Bokoo Bikes to motivate its members to bike.

As a part of our new partnership, members of Lakewinds will receive \$50 off the purchase of a Giant TranSend LX bike or \$100 off a TranSend EX bike when they show proof of membership at one of the two Bokoo Bike shops in Minnetonka and Chanhassen. For paper subscribers, bring in your newsletter showing name and address label. For electronic subscribers, bring in the coupon included with your newsletter.

Minnesota is near the top of all states in bike ownership per capita, according to the U. S. Census. It leads the nation in miles of paved trails—400 miles of state and county trails, 200 miles of urban trails, according to the Twin Cities Bicycling Club.

The commuter bikes are perfect for someone who hasn't been on a bike for a few years, says Bokoo Bike Owner Ed Vigil. "These specialty bikes are comfortable for both men and women."

Bokoo Bikes is one of the premiere bicycle stores in the Twin Cities. Its thoughtful retail space is designed to create a friendly atmosphere for riders at all ability levels. The store offers free assembly, custom fitting for all shoppers, and a special youth trade up program, for children growing into larger bikes. Bokoo has a free Bike Basics Course, an extended test ride program, and free adjustments for people who buy from the store.

Ed's philosophy is to get people riding their bikes at a comfortable pace for them.

"If people live within 10 blocks of a Lakewinds store, why not ride your bike?" Ed asks. "We want to make people realize they can have fun and improve their health when they reduce energy consumption."

Just three hours of bicycling per week can reduce your risk of heart disease and stroke by 50 percent, according to 1word2wheels.org. Twenty-five percent of all trips are made within a mile of home, 40 percent of all trips are made within two miles of the home, and 50 percent of the U. S. population commutes five miles or less from work. Ed loves to quote President John Kennedy, "Nothing compares to the simple pleasure of riding a bike."

Find out more by going to a Bokoo store located in Chanhassen at 550 Lake Drive, Chanhassen or Minnetonka at 3432 County Road 101, Minnetonka or visit [www.bokoobikes.com](http://www.bokoobikes.com).



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## FROM THE G.M.



Spring is coming—a terrific reason to celebrate. We can be outside, enjoy the great outdoors and appreciate this great place where we live. As part of that appreciation, we need to do our part—to reduce our carbon footprint and make sure we preserve the environment for future generations. For the month of April, leading up to Earth Day on the 22nd, we will be having a contest built around finding the best ideas that all of us can put into practice that will make a difference. As part of that effort, we have partnered with Bokoo Bikes, and together we will be providing great prizes to the top contest winners. See Co-op Heartbeats for more details.

We continue to make progress financially. Sales growth remains strong, and we have been consistently profitable since September. As a result, we were able to begin offering raises again to our employees after more than a 2 year hiatus. As you might imagine, being without raises for so long has been hard for employees, and we appreciate their loyalty. We were also able to begin an employee profit sharing program that will payout as Lakewinds continues to progress and delivers on certain goals. These are all important steps as we work to ensure our employees are provided a fair, living wage. We have not forgotten our obligations to members who loaned us money. The goals we are working toward include putting aside enough money to pay these loans.

The road to financial health has not always been smooth. We understand that at times, the changes have been disruptive and not always welcome. For that, I apologize and commit that we are working as hard as possible to keep your needs front and center. As always, feel free to contact me with any specific feedback. It is always helpful to learn what we are doing well and how we can improve.

See you on Earth Day!

Libby Trader  
General Manager

## VALUES:

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity.

In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

## OUR MISSION:

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.

## COOPERATIVE PRINCIPLES:

Voluntary and open membership  
Democratic member control  
Member economic participation  
Autonomy and independence  
Education, training and information  
Cooperation among cooperatives  
Concern for community

## BOARD OF DIRECTORS

Mary Chasin—President, John DePaolis, Sarah Foss, Jane Howard, Katherine Roseth, Susan Wagner, Joe Wagner, Sharann Watson, Dale Woodbeck



## BOARD CORNER

BY JOHN DEPAOLIS  
VICE PRESIDENT

As a cooperative, Lakewinds exists to serve its member owners. Our mission is to “support our community by providing education, healthy foods and environmentally friendly products.” In other words...offer a choice. One of your choices is your degree of involvement within the co-op. To that end, the Board is working on a plan to help you be as active as you like. Our “Member Linkage” task

force is busy brainstorming ways to help you connect to Lakewinds. Our goals are to:

1. Improve communication about member ideas and concerns.
2. Strengthen the bond between members and Lakewinds.
3. Ensure a steady stream of future Board applicants (okay...so there's a little self interest here!)

We are considering a variety of initiatives designed to improve member communication and enhance visibility of Board activities. Some are as simple as posting Board meeting agendas and Director bio's on the Lakewinds website. Others include more communication through the newsletter and via e-newsletters direct from the Board. Others still are a little more elaborate, involving life-sized tomatoes and rutabagas...but I've said too much. Suffice to say, we hope to “reach out and touch someone” in a variety of different ways.

As always, you should feel free to contact the Board, either through the web at lakewinds@lakewinds.com, subject: Board, or by stopping us in an aisle at one of the stores. And remember, whatever your degree of involvement we look forward to “linking” with you.

# GREEN UP your FOOTPRINT

“REDUCE, REUSE, AND RECYCLE,” “SUSTAINABILITY,” “GREEN,” “CARBON FOOTPRINT”

The language environmentalists use to promote more responsible treatment of the planet has changed over the years, and the arguments about what to do have grown more complex. But the basics of what we can do remain the same.

As part of its mission, Lakewinds has been committed to healthy food choices and environmentally friendly products.

Lakewinds strives to follow the precepts of “reduce, reuse, and recycle.” We recycle food by sending scraps to pig farms. We recycle plastics, aluminum and bottles. We strive to reduce our energy use by using more energy efficient items from light bulbs to installing solar panels at the Chanhassen store.

The Lakewinds stores will be celebrating Earth Day on April 22 this year by promoting our connection to sustainable agriculture and local products. Lakewinds also has joined in a new partnership with Bokoo Bikes that will give all Lakewinds members a discount on bikes and grocery carrying bags made especially for bicycles.

## CARBON FOOTPRINT

The carbon footprint is the latest term in the language of the environmental movement to help people lessen their environmental impact. A carbon footprint measures the greenhouse gases an individual or an organization uses in one year. You can easily measure your carbon footprint by going to a new web site created by the State of Minnesota in partnership with the Alliance for Sustainability, called the Minnesota Energy Challenge, [www.mnenergychallenge.org](http://www.mnenergychallenge.org). Fill out a short form that calculates how much carbon you use in a year, and find suggestions to decrease the amount of energy you use, says Sean Gosiewski, Program

Director of the Alliance for Sustainability. “Most families can save \$400/year if they pledge to reduce 10 to 20 percent of their carbon footprint.” When you sign in as a member of Lakewinds on the Minnesota



Energy Challenge website, you can help the store compete in a friendly competition for the most sustainable organization.

The carbon footprint model has its detractors, says Terry Gips, published ecologist, agricultural economist, and sustainability consultant. It quickly becomes very complex when we begin trying to calculate the impact of other aspects of our lives besides direct energy use. For example, calculating the amount of energy used by a local farmer who uses non-sustainable methods such as petroleum-based fertilizers and chemicals, versus the amount of energy used to ship organic products from California, just isn't practical for most consumers.

## SUSTAINABILITY AND REDUCED CONSUMPTION

Sustainability is an approach that helps the busy consumer lessen her or his effect on the environment. It presents three

areas that have the greatest environmental impact for consumers. They are:

- » Transportation
- » Food
- » Home energy

**TRANSPORTATION:** You can decrease greenhouse gas emissions by several means:

- » Plan your trips by maintaining a weekly schedule and making fewer trips.
- » Reduce your impact even further by finding another household or two for carpooling, whether for work or school or other regular trips.
- » Diversify your mode of transportation to include bicycling, walking, and public transportation.
- » When driving, reduce fuel consumption by maintaining properly inflated tires, driving within the speed limit, and avoiding sudden stops and starts.

**FOOD CHOICES:** The second big change consumers can make is in their food choices. We have learned from books such as Michael Pollan's *The Omnivore's Dilemma* that healthy food choices are also good for the planet. By eating food produced locally and organically, greenhouse gases are lessened, because less fossil fuel is expended in transportation and in food production by comparison with distant and conventional sources. Pollan's food advice is three-fold: eat food rather than manufactured “food-like” products; don't eat too much; and eat mostly plants.

Do your groceries come from across the continent or even the globe? “Food miles” is a term to help us consider where our food originates and whether we can satisfy our needs closer to home.

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Attention to meat sourcing and reduced meat consumption can make a difference. Livestock confinement operations, in particular, require huge amounts of water and grain to feed the animals, much more energy than is needed for grass-fed livestock or for simply eating lower on the food chain. Huge livestock operations directly impact water and air quality, both nearby and in the atmosphere, generally. Expanding population and incomes worldwide are stimulating a rapid increase in demand for meat, milk and eggs, while globalization is boosting trade in both inputs and outputs. Livestock production causes 18 percent of all global warming in the world, according to a United Nations report published late last year. "Livestock's Long Shadow" takes into account the livestock sector's direct impacts, plus the environmental effects of related land use changes and production of the feed crops animals consume (www.fao.org/ag/magazine/0612sp1.htm).

Estimating the economic costs of industrial agriculture is difficult, according to the Union of Concerned Scientists. A full accounting would include not only the benefits of relatively cheap prices consumers pay for food, the dividends paid to the shareholders of fertilizer and pesticide manufacturers, and the dollars earned by exporting American goods abroad, but also the offsetting costs of environmental pollution and degradation.

Finally, when planning your grocery shopping, remember to take along a Lakewinds reusable grocery bag instead of paper or plastic. Countries including Ireland and China have banned plastic bags, yet citizens there still manage to get their groceries home.

**HOME ENERGY:** The Minnesota Energy Challenge web site suggests many ways to reduce energy in your home.

- » Lower your heat by two degrees in the winter and, if you use an air conditioner, raise it by two degrees in the summer.
- » Open your windows in the summer, especially for evening cooling.
- » Use compact fluorescent light bulbs.
- » Use a compost bin—Lakewinds will be selling compost bins for Hennepin and Carver Counties.

- » Use non-petroleum based cleaning products.
- » Use non-petroleum based garbage and plastic bags.

Dwight Gaddis, grocery manager at Lakewinds, says non-petroleum based cleaning products from Seventh Generation and Restore minimize petroleum use in their production and do not release petroleum back into the environment when these alternative products are used. Look for Biocompostible garbage bags and other



thirds of the calories we eat in the United States. These grains can be found in most processed foods. Twenty-five percent of all the food we eat has corn in it, and that isn't counting the corn fed to animals we eat and corn now being used in alternative plastic products and bio-fuel. It is becoming clear that the choices we make at the grocery store can have a profound environmental impact.

products offered as an alternative to plastic. The Biocompostible products are made from sugar cane.

When shopping local, look for the many local producers in the grocery section, such as Country Choice products. Many of Lakewinds honey sources are local.

One of the biggest challenges for the environmental movement today may be our dependence on just four food sources, according to *The Omnivore's Dilemma*. Corn, soy, wheat and rice account for over two-

## OMEGA-3s

*Essential for optimal wellness*





Received price reductions off these Nordic Naturals pure and great tasting fish oil products! Available at all Lakewinds Natural Foods locations.

**NORDIC NATURALS**  
*Pure and Great Tasting Omega Oils*

# SPRING *into a* SUSTAINABLE DIET

Minnesota presents some frosty hurdles when we try to reduce energy use by eating local produce. Still, many chefs, like Jenny Breen, whose recipes are in this issue, offer new and delicious ways to eat some of the native produce of the early spring.

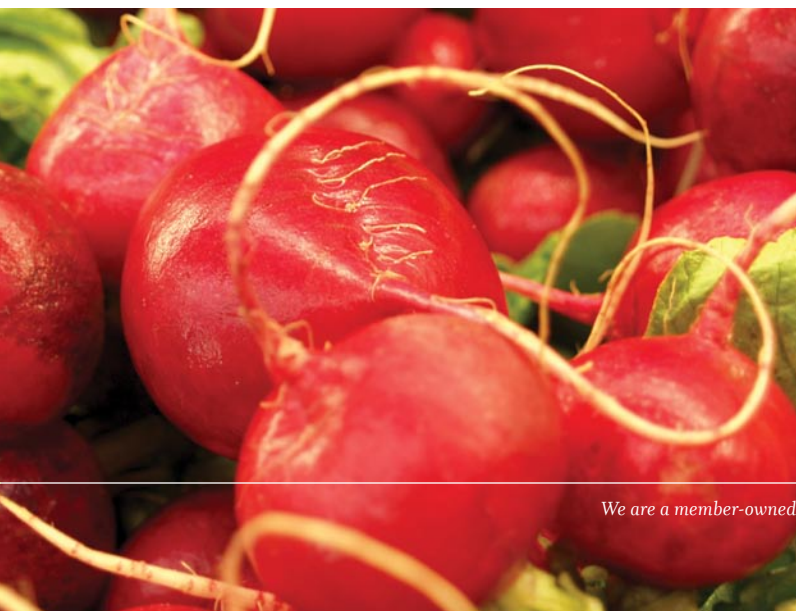
In April and May, it is still too early for most fresh produce. Watercress; tubers such as sun choke and burdock; morel mushrooms and possibly arugula, ramps and radishes are available, says Ryan Taylor, produce manager.

From an environmental standpoint, many modern consumers expect too much perfection in their produce. From the grower to the store, Ryan estimates that 25 percent of produce is thrown out because it doesn't look good enough. "I don't think people realize what we throw out, because it doesn't look good." The result is that the cost for all produce is higher, whether local or not.

Another way to contribute to sustainability and reduce your carbon footprint is to join Community Supported Agriculture (CSA) farms. Throughout the growing season, Lakewinds teams up with Featherstone Farm, Rock Spring Farm and Riverbend Farm to provide its stores as pick-up sites for the harvest from these local farms.

These farms also offer opportunities for members to join in various farm activities with their families, such as planting and harvesting. Though most of the CSA orders are filled, members can still join in some of the activities of the various farms listed on the individual farm web sites: [www.featherstonefarm.com](http://www.featherstonefarm.com), [www.rsfarm.com](http://www.rsfarm.com), and [www.rbfcsa.com/Site/Riverbend\\_Farm](http://www.rbfcsa.com/Site/Riverbend_Farm).

CSA's begin offering memberships at the beginning of March. We encourage members to sign up with the farms for delicious, environmentally friendly produce.



## GREENER NUMBERS

- » The U.S. goes through 100 billion plastic shopping bags annually. *Wall Street Journal*
- » The Great Pacific Garbage Patch is an immense pile of debris floating in the Pacific, twice the size of Texas, according to an article in the *San Francisco Chronicle*. The centre of the North Pacific Gyre is relatively stationary region of the Pacific Ocean, and the circular rotation around it draws waste material in. This has led to the accumulation of flotsam and other debris in a huge floating "cloud" of waste. While historically this debris has biodegraded, the gyre is now accumulating vast quantities of plastic and marine debris.
- » Meat-based diets use about twice as many environmental resources as soy-based diets, according to the *American Journal of Clinical Nutrition*.
- » If every household in the U.S. replaced just one 48 oz. box of petroleum based powdered laundry detergent, with a vegetable based product, we could save 96,000 barrels of oil, according to the *Seventh Generation* web site.
- » If every household in the U.S. replaced just one bottle of 25 ounce petroleum based dishwashing liquid with a plant based product, it could save 81,000 barrels of oil, according to the *Seventh Generation* web site.
- » Businesses in Hennepin County create ½ million tons of waste a year. Almost one-third of that waste is food and food soiled paper, i.e. organic matter that can be recycled, according to *Hennepin County*.

## STATISTICS FROM THE MINNESOTA ENERGY CHALLENGE (these numbers will vary for different households):

- » Replace 5 light bulbs with high efficiency compact fluorescent lamps and save 535 pounds of carbon and \$26 a year.
- » Consistently turn off lights and electronics (TVs, radios, computers) when leaving a room and save 298 pounds of carbon and \$14 a year.
- » Use a programmable thermostat to lower the temperature in your home at least 5 degrees for at least 8 hours while away at work or asleep and save 497 pounds of carbon and \$46 a year.
- » Set the AC thermostat up 2 degrees and save 401 pounds of carbon and \$19 a year.
- » Set the furnace thermostat down 2 degrees and save 569 pounds of carbon and \$53 a year.
- » Drive 10 miles less per week by combining trips, walking or biking and save 458 pounds of carbon and \$55 a year.
- » Drive fewer miles by carpooling or taking public transportation 1 day a week and save 811 pounds of carbon and \$97 per year.

# EARLY *spring* PRODUCE RECIPIES

FROM JENNY BREEN



Jenny Breen has been cooking and baking professionally in the Twin Cities for over 20 years. She is co-owner of Good Life Catering [www.goodlifecatering.com](http://www.goodlifecatering.com), one of the only green catering companies in the Midwest. She will be teaching “Celebrate the Return of Spring” cooking class at Lakewinds on April 16 by preparing and eating some of the first plants that come with spring. On June 3, Jenny will teach “How to prepare meals from a typical CSA.”

She teaches cooking classes focusing on the use of local and sustainable foods at the Minnesota Landscape Arboretum as well as the Twin Cities Natural Food Co-ops. She is also available for private cooking classes and consulting.

## SIMPLE ASPARAGUS WITH CITRUS AND OLIVE MARINADE

2 pounds asparagus  
2 Tbsp olive oil  
1/4 cup water  
1/2 red onion, sliced very thinly  
Marinade:  
2 very ripe navel oranges or tangerines with seeds removed, and roughly chopped with juice  
Juice of 1/2 lemon  
2 Tbsp honey  
1 cup olives, pitted and chopped  
1/4 cup olive oil  
1/4 cup champagne vinegar  
2 tsp salt  
4 cloves garlic, minced  
2 Tbsp fresh thyme leaves, minced  
Trim bottom 1/4–1/3 of asparagus, and set aside.

Combine lemon juice, honey, 1/4 cup olive oil, vinegar, salt, garlic and thyme and whisk well. Add oranges and juice, and olives and mix.

In saucepan, heat water and 2 Tbsp olive oil. When almost boiling, place asparagus and red onion in pan, cover and steam until asparagus is bright green and tender—about 2-3 minutes. When ready, remove onions and asparagus from pan and cover with marinade.

Chill for up to 4 hours.  
Serves about 8

## GRILLED GOUDA SANDWICH WITH ROASTED BEETS AND ARUGULA OR WATERCRESS

1 loaf hearty whole grain bread, sliced thinly (enough for 6 sandwiches)  
1/4 pound unsalted butter  
1 pound Eichten’s or Gouda cheese of your choice, sliced thinly  
4 medium beets, peeled and sliced thinly, lengthwise  
1/4 cup olive oil  
1/4 cup balsamic vinegar  
1 tsp salt  
1/2 pound arugula or watercress, cleaned and de-stemmed  
Stone-ground mustard  
*Optional: Add a thick slice of cooked ham or bacon*

Heat oven to 400 degrees, cover beets in olive oil, balsamic and salt, and roast in oven, stirring constantly. Meanwhile, brush outsides of bread with butter, and insides with mustard. When beets are nicely tender, remove from oven. Remove from pan and reserve remaining liquid. Assemble sandwiches with a layer of arugula or watercress, a layer of beets, ham or bacon if using, and a few slices of cheese over the top. These can be prepared in the oven, or on the stovetop. Place open faced sandwiches on baking pan, and place in oven to melt cheese or place in skillet (cast iron is ideal for this) over medium heat and cover. Cheese should melt in about 1-2 minutes. Remove from oven when cheese is melted, drizzle with oil and vinegar mixture.

## RISOTTO WITH RAMPS AND SUN DRIED TOMATOES

1/4 cup olive oil  
1 cup barley  
2 cloves garlic, minced  
2 cups milk of your choice  
1/2 cup white wine  
5 cups stock or water  
1/4 cup olive oil  
2 bunches ramps\*, cleaned well and roughly chopped  
1 cup sun dried tomatoes, chopped and soaked in 2 cups hot water  
2 cups chopped seasonal greens  
(Optional) 1 cup fresh bacon or smoked turkey, chopped thick  
2 Tbsp fresh thyme  
1 cup grated Asiago or similar cheese

Cook barley in 3 cups water until tender (about 40 minutes). Heat olive oil and sauté garlic for about 2 minutes. Add 1 1/2 cups milk. Stir constantly over medium heat, adding small amounts of wine, stock and more milk. Keep stirring as it gets creamy. Continue to add liquid as needed for 20-25 minutes. It should be creamy, not mushy.

In separate saucepan, heat olive oil and sauté ramps quickly, then add sun dried tomatoes, meat (if using) and fresh herbs. Add risotto to veggies and combine well over low heat. Fold cheese in and mix until well blended, adding more liquid if desired.

\*A wild onion that grows from Canada to the Carolinas and resembles a scallion with broad leaves. Also known as wild leek, ramp has a garlicky-onion flavor. Trim the root ends just before using.

# great SPRING CLASSES

Our mission: 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.

In keeping with Lakewinds' mission to help our members make healthy food choices we are focusing on specific health issues each month of 2008. April is "Ready, Set, Grow Green Month." As always we highlight sustainable, organic cooking in our classes. To register for a Lakewinds class, call the Minnetonka customer service desk at 952-473-0292 or visit our web site [www.lakewinds.coop](http://www.lakewinds.coop) and click on classes.

## **Tools and Techniques for Living Cuisine (DT, Raw)**

Monday April 7 6:30-8:30 P. M.  
\$35/\$30 members

Instructor: Dan Alvin, former executive chef at Ecopolitan and Intelligent Nutrients.

## **Informed Consumer Series**

Free Product Education Classes (pre-registration required)

Tuesday, April 8 6:00-7:00p. m.

The Truth about Essential Fatty Acids

Instructor: Stuart Tomc National Educator for Nordic Naturals!

## **Sushi for Beginners (DT)**

Wednesday April 9 4:00-9:00p. M.  
\$60/\$55 members

Instructor: Nils Westdal, Costal Seafoods Sushi Expert

## **Informed Consumer Series**

Free Product Education Class (pre-registration required)

Thursday, April 10th 6:30-8:30p.m.

Film-Black Gold and discussion

Brought to you by Equal Exchange

## **Gluten and Dairy-free Mixes Taste Challenge (DT)**

Monday, April 14 6:30-8:30 P. M.  
\$40/\$35 members

Instructor: Angela Litzinger

## **Celebrate the Return of Spring (DM)**

Wednesday, April 16 6:30-8:30 P. M.

\$55/\$45 members

Instructor: Jenny Breen, sustainable food chef & The Wine Shop, Minnetonka

## **The Delight of Cheese and Wine (DT)**

Monday, April 21 6:30-8:30 P. M.

\$35/\$30 members

## **Informed Consumer Series**

Free Product Education Classes (pre registration required)

Tuesday, April 22 6:30-8:00 P. M.

The Compelling Case for Probiotics

Instructor: Local probiotics manufacturer Therabiotics

## **Great Vegetarian Proteins: Tofu, Beans, and Tempeh (DM)**

Thursday, April 24 6:30-8:30 P. M.

50/\$40 members

Instructor: Jeff Woodward, natural foods cooking teacher and nutritional consultant

## **Healthy Eating in a Fast and Crazy World (L)**

Tuesday April 29 7:00-8:30 P. M.

\$22/\$18 members

Instructor: Jennette Turner

## **Chair Yoga for Arthritis**

Free class Monday May 5th 6:15-7:15 p. m.

Four-week series-Saturdays

May 10-May 31 10:00-11:00 A. M.

\$55/\$50 members

Instructor: Mary Tellers

## **Soaking, Sprouting and Dehydrating (Vegan, Raw, DT)**

Tuesday, May 6 6:30-8:30 P. M.

\$40/\$35 members

Instructor: Dan Alvin, former executive chef at Ecopolitan and Intelligent Nutrients

## **Gluten Free Baking 101(DT)**

Monday, May 12 6:30-8:30 P. M.

\$30/\$25 members

Angela Litzinger

## **True Healing- Understanding the purposeful design of how your body heals (L)**

Tuesday, May 13 6:30 - 8:30 P. M.

\$18/\$15 members

Sue Mills, Classical Homeopath

## **Food for the Skin (L)**

Wednesday, May 14 6:30-8:30 P. M.

\$15/\$12 members

Instructor: Kathy Maxwell, Aesthetician

## **The Passionate Cook (DM) New Class!**

Thursday, May 15 6:30-8:30 P. M.

\$50/\$45 members

Jeff Woodward, natural foods cooking teacher and nutritional consultant

## **Foods for Building Brain Power (L)**

Tuesday, May 27 6:30-8:00 P. M.

\$22/18 members

Jennette Turner

## **Perfect Chicken (DM)**

Monday, June 2 6:30-8:30 P. M.

\$50/\$45 member

Jeff Woodward, natural foods cooking teacher and nutritional consultant

## **How to Prepare Delicious Meals from a Typical CSA (or your own garden)**

Tuesday, June 3 6:30-8:30 P. M.

\$50/\$45 members

Jenny Breen, Sustainable Chef

## **Everyday Dinner Solutions-Gluten and Dairy Free! (L)**

Wednesday, June 4 6:30-8:30 P. M.

\$25/\$22 members

Angela Litzinger

## **Healthy Skin for the Summer (L)**

Thursday, June 5 6:30 - 8:30 P. M.

\$15/\$12 members

Kathy Maxwell, Aesthetician

## **"Exotic" Fruits, Greens and Vegetables (Vegan, Raw, DT)**

Tuesday, June 10 6:30-8:30 P. M.

\$50/\$45 members

Dan Alvin, former executive chef at Ecopolitan and Intelligent Nutrients.

## **Techniques for Grilling Tender, Tasty Beef!**

Monday, June 23 6:30-9:00 P. M.

\$15 per person/ \$12.50 members

*The class will be held on the lower level of the Minnetonka School District Service Center, 5621 Co. Rd. 101.*

Instructor: Thousand Hills Cattle Company.

## **The Arboretum has cooking classes too: Taste What's Cookin' at the Arboretum**

Discover the diverse use of plants and garden-fresh ingredients in the world's cuisines in spring cooking classes offered at the Minnesota Landscape Arboretum.

For more info or to register, call the Arboretum Education office at 952-443-1422. Check out the classes at <http://www.arboretum.umn.edu/> click on Learn.

Class Codes: DM-Demo with Meal • DT-Demo with Tasting • H-Hands On • L-Lecture

# CO-OP HEARTBEATS

Do you have a great new idea to reduce your carbon footprint? Enter it in the Lakewinds contest during the month of April.

During the first two weeks of April, Lakewinds and Bokoo Bikes shoppers can submit an idea for reducing their carbon footprint. A team of employees from Lakewinds and Bokoo Bikes will select the 10 best ideas. The grand prize winner will receive a Transcend EX commuter bike with a retail value of \$720! The remaining 9 winners will be able to select from a variety of prizes ranging from a composting kit to commuter bike bags filled with Lakewinds treats—valued at \$100 each.

Pick up an entry form at any Lakewinds or Bokoo Bike store beginning April 1. Ideas must be communicated in 100 words or less and submitted no later than April 15. Please limit one idea per form and one entry per person. The winning ideas will do the best job of meeting the following criteria:

- » Unique
- » Easy—Most anyone can do
- » Inexpensive

Winners will be announced on Earth Day, Tuesday, April 22, 2008.



## SALE DATES

APRIL

March 31–April 30

MAY

April 28–June 1



### MINNETONKA

County Road 101 and  
Minnetonka Blvd.  
17501 Minnetonka Blvd.  
Minnetonka, Minnesota 55345  
952-473-0292

### ANOKA

2nd Avenue and Main Street  
1917 2nd Avenue South  
Anoka, Minnesota 55303  
763-427-4340

### CHANHASSEN

Highway 5 and Great Plains Blvd.  
435 Pond Promenade  
Chanhassen, Minnesota 55317  
952-697-3366

WWW.LAKEWINDS.COOP



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