

Lakewinds

Feeding Inspiration

MEMBER NEWSLETTER

AUGUST | SEPTEMBER 2009

SIGN UP AND BE *counted*

By Anne Wilbur

For the month of August co-op members and shoppers can show their commitment to local by joining the “Eat Local, America Challenge.” Lakewinds Natural Foods is inviting you to join the challenge to eat a percentage of meals from products grown or produced locally, defined as within the five state region of Minnesota, Wisconsin, Iowa, South Dakota and North Dakota.

By joining the Challenge you will take part in a national event which got its start in Minnesota. The Eat Local Challenge was created after we began to realize most produce grown in the United States travels an average of 1,500 miles before it gets sold. That kind of travel hurts the environment and public health.

Over time we have learned that food co-ops can affect positive change within the free market system. For example, though there are many reasons why organic products are becoming mainstream, it is certainly true that the co-op movement contributed to that shift by simply supporting organic farming and offering organic food to the public over many years.

As we’ve come to recognize that the market can slowly be turned by consumer participation in member owned cooperatives, we have created events that support our mission and boost awareness.

The Eat Local Challenge is the kind of event that not only creates more awareness of sustainable agriculture. By signing your name to the challenge, you increase the opportunity for recognition of the numerous people who support these practices. It becomes an event that clearly states that a large number of consumers support local, sustainable farmers and producers.

You can sign on at the store or online. When you sign on at the store, pick up a Eat Local Challenge card that is designed to help you record your commitment. At that time you can also sign on to keep a blog or journal to share with Lakewinds. When you shop, look for the green stickers with the large “L” that denote local products on the shelves and in the bins at Lakewinds. Go to Lakewinds.com for more information, journals, and links to farmers markets and restaurants that serve local food.

Let’s make this year’s event noteworthy by showing how much support is out there for buying local. It positively affects our planet in many ways, including improved freshness, variety and taste for consumers and by decreasing environmental costs such as dependency on oil, soil erosion and contamination, air and water pollution and elimination of bio-diversity. Sign up and be counted.

EAT LOCAL CHALLENGE KICK OFF CELEBRATION!

Saturday, Aug. 1 | 3–7 p. m.

Join us for local burgers and food, music by the “Frailin’ with Friends” string band, pie judging, and children’s activities that include a watermelon seed spitting contest, shopping bag decorating, and guessing games. Meet local farmers and vendors, taste local products, take pictures in the farmer cut outs, and follow a scavenger hunt through the store.

ANNUAL MEETING

Lakewinds members are voicing their concerns about healthy food choices and the environment just by joining and participating in events that highlight our mission, such as the Eat Local Challenge. If you would like to learn of many more ways to become active, vote for the new board members on the ballot that will be mailed to you in mid-August and join us at the annual meeting.

ANNUAL MEETING

Minnetonka Community Center
14600 Minnetonka Blvd.

Thursday, Sept. 24, 2009 | 6–8 p. m.

Don’t miss this year’s “Top 10” showcase that will highlight departments, outreach and events. Enjoy dinner of homemade soups, salads and fresh bread from the Bakehouse. Tickets are available in early September.



FROM THE G.M.



It is hard to imagine that we are in the last full calendar month of summer. I want to enjoy every moment of the warm weather and the chance to eat and play outside. My garden is at its peak and every night we have a great time picking what we will use to make our meal taste a little bit better and fresher. The stores are at their peak of local as well. Come and enjoy our amazing selection of tomatoes from Featherstone Farms during August. We have everything from basic to unique, and there is nothing like the taste of a fresh tomato.

We have also come to the close of another fiscal year. It was not without its challenges as the recession took its bite on the business. But the employees really pulled together and worked to negotiate deals with vendors so we could pass on lower prices to our customers. Employees also came forward with a ton of ideas to lower expenses that we implemented and discovered in the process that it was just a smarter way to run the business. I am very proud of all the employees and what we were able to accomplish in very tough economic conditions. I also thank all of our loyal members who continue to shop and give us ideas for how we can keep improving.

You will be receiving information in late August regarding our upcoming annual meeting in September. It will contain all of the detailed information you will need to see how the co-op did this year. If you have time, join us at the meeting. Whatever you do, don't forget to vote.

Libby Trader, General Manager

BOARD CORNER



Lakewinds has grown and changed dramatically since I joined the Board six years ago. But one thing has not changed—our commitment to providing information and access to healthy food and lifestyle options to our customers.

This spring, following an extensive review of industry research and literature the Board of Directors and Lakewinds General Manager Libby Trader spent dedicated time together to chart a course for our future. We reflected on our current state and learning from the past five years and made our best projections for the future of our industry. We posed questions about what the

market will look like in five years and what obstacles we will face, where Lakewinds has a competitive advantage, and what capabilities we would need to be successful in the future.

We agreed that Lakewinds has a unique competency in understanding and meeting the needs and expectations suburban communities have for a cooperative. We also acknowledged that future survival in the retail grocery business will require economies of scale that can only be achieved with continued growth. These insights led us to set a goal for Lakewinds to develop additional community cooperatives in the Western suburbs.

To reach this goal, a key focus for us is to prepare Lakewinds for long-term expansion. Over the next year, Libby and her team will assess our current technology and organizational systems and begin to build what is needed to meet our future needs. This will include looking at ways to improve our ability to provide a stable, low-cost supply of organic and natural products. In addition, the Board is proposing a change to our capital structure that will provide access to additional capital that will be required to support our growth. More information about this will be included in a communication to members in late August.

I am pleased with the obstacles overcome and progress made by Lakewinds over the past six years and am very excited about our future direction. As we move forward, it is important to maintain a Board of Directors with the experience and business knowledge to guide this plan successfully through a challenging economic and competitive environment. As a member of Lakewinds, your vote is the most effective tool you have to support this success. I encourage you to watch for your ballot in late August, review it carefully, ask us whatever questions you have, and cast your vote. If you can, be sure to attend the Annual Members' Meeting in September to hear more.

Serving as your representative on the Board has been a privilege and a pleasure. Thank you for allowing me to have the opportunity!

Mary Chasin, President

COMMUNITY DONATIONS

By Rachael Eide, Member Services and Customer Service Manager

As I reflect on the donations from the past fiscal year, what stands out most to me is the fact that even through the hardships faced in the down turn in the economy, we as a co-op made the decision to still stand by our commitment to supporting our surrounding communities. Working with a more limited budget, as always we focused on giving to those causes that stood for helping the environment, supporting healthy lifestyles, and non-profit neighbors in the community. On behalf of these organizations, thank you for your support.

Alone Together
Boys & Girls Clubs of the Twin Cities
Breast Cancer 3 Day Walk
Camp Menogyn Girls Trip
CANstruction Competition
Chanhassen Public Schools
Chanhassen Rotary Club
Chapel Hill Academy
Children's Hospital Association
CHOICE, Inc.
Church of St. Stephen
City of Chanhassen
City of Plymouth
Cottagewood General Store
Cystic Fibrosis Foundation
Discovery United Methodist Church
Edina Realty Charity Ball
Emergency Foodshelf Network
Franklin Elementary PTO
Galewoods Farms
Girl Scouts Go Green Camp
Groveland Elemantry
Habitat for Humanity
Hope for the City
Hopkins Education Foundation
Hopkins Public Schools
ICA food shelf

ISLA PTO
Kids Care Connection
Making Track for Celiacs
Mama Ada Foundation
Metro Friendship Foundation
Metropolitan Open School
Midwest Food Connection
Minnetonka Schools
Minnesota Landscape Aboretum
MOMS Club Chaska/ Victoria
National Kidney Foundation
National Walk for Animals
North Country Herbalist Guild
One Voice Mixed Chorus
Ridgeview Foundation
Sop's Hop 5K Memorial Run
Spot Light Theater
St. Huberts Catholic Church
St. Bernard School
St. Therese Parish
Tour de Tonka
TRUST, Inc.
United Way
Vinland National Center
Waconia School District
Westonka Public Schools
Women Against MS

COOPERATIVE 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:

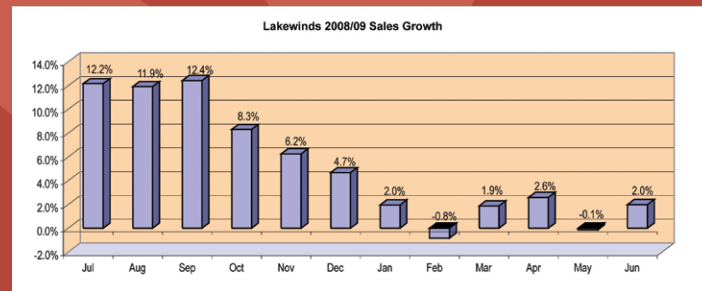
- » Voluntary and open membership
- » Democratic member control
- » Member economic participation
- » Autonomy and independence
- » Education, training and information
- » Cooperation among cooperatives
- » Concern for community

BOARD OF DIRECTORS

Mary Chasin—President, John DePaolis, Doug Engen, Sheri Kirkman, Jennifer Reilly, Katherine Roseth, Joe Wagner, Dale Woodbeck

FINANCIAL REPORT

Lakewinds' fiscal year ended on June 30, 2009. It was a challenging year with the economic downturn, and sales barely kept ahead of inflation. The graph below clearly shows the impact of the changing environment starting in October of last year and continuing through the rest of the fiscal year. Lakewinds sales were up 5.1% over the previous fiscal year, just over \$26 million. Member sales accounted for 64.8% of all sales. A special newsletter will be mailed out mid-August to all members and will include a voting ballot for the Board of Directors' open seats as well as complete year-end financial information. Lakewinds Annual Meeting will take place September 24th at the Minnetonka Community Center. Much credit and thanks goes to all the staff at Lakewinds for their efforts and commitment throughout the year and to our members for their continued support.



Kristi Pluimer, Finance Director





it's just a meal

by Anne Wilbur

Demonstrate your support for sustainable agriculture when you sign up for the Eat Local Challenge: Aug. 1–31

The Eat Local Challenge was founded as a way to show support for local businesses, the environment and sustainable agricultural practices. We also want to be counted as part of the growing numbers of people that choose local, organic food over food created with non-sustainable methods and shipped in from other areas, wasting energy and resources. But, we want it to be fun, community building and, mostly, we don't want the Challenge to be difficult. Remember, "It's just a meal." To make it as easy as corn on the cob, this year's Eat Local Challenge has three participation levels:

1 Local Learner: The Local Learner level commits participants to five (5) meals a week with all local food: That could be five breakfasts consisting of bread from the Bakery, local eggs, and

butter and jam from a local farm or producer, for example.

2 Locavore: The Locavore is a commitment to eating 80 percent of your meals with local ingredients—that's 8 out of 10 or 4 out of 5 ingredients.

3 Local View: Create your own program that suits your lifestyle, and tell us about it.

When you sign up for any of the levels, let us know if you want to keep a journal or blog to share your thoughts about the challenge.

By eating local products, we support sustainable agriculture and animal husbandry, add nutritional value to our food because nutritional values decline as time passes when the food travels far, and decrease our dependency on petroleum.



Rock Spring Farms



Featherstone



PastureLand

DAY TO DAY

It could be olive oil, tamari or the must-have-daily-chocolate. Almost everyone has some food items that they won't be giving up for the Eat Local Challenge starting August 1. We talked to some staff members who will be participating this year and will be blogging and journaling about their experiences in August.

Patty Ewalt, general merchandise buyer at Lakewinds, signs up at the Locavore level. To simplify, Patty breaks each day into four meals: breakfast, lunch, snack and dinner. She plans for what is local based on what her day looks like rather than trying to stick to a week's worth of menus.

With a large garden and a husband who hunts and fishes, Patty eats local through the year. She signs up for the 80 percent level because she may use tamari for a stir fry, and she loves her coffee and chocolate as a snack. Some days she maintains the local challenge by making sure eight to 10 ingredients are local, and other days she expects three out of four meals will be local.

For breakfast, she'll often have eggs from the Larry Schultz farm in Owatonna, bread from the Lakewinds Bakehouse and butter from Hope Creamery in Ellendale, Minnesota.

For lunch, she brings left-overs from last night's stir fry with wild rice, and for her snack she has coffee and chocolate. She considers the snack to be the 20 percent that



is not local. Dinner might be a salad using a cheese from Wisconsin.

Patty became a gardener because she came from a family of gardeners and a mother and grandmother who canned and froze foods that would be eaten in the winter. Now she realizes that “I prefer to know what is in the food I eat.” She is an expert at storing vegetables and recently set a record at the co-op when she brought fresh carrots in February that she had stored in late October. Ask her how the Freshness Extenders, found in the produce section, can help keep producer longer.

EVERYTHING BUT THE...

Susan Bornstein, customer service Minnetonka, signs up for the Locavore Level, in part to stay connected to her farming roots. Susan grew up on a farm in southern Minnesota that her brother now operates. Though she is now more urban than farmer, she loves to cook and try new recipes. Susan often

has contributed a favorite family recipe for summer succotash to this issue.

For her desserts, though she loves to bake, she suggests turning off the oven in August and pairing Cedar Summit Farm ice cream with summer melons.

PICK YOUR PRODUCE

Dana Loerzel, produce lead Chanhassen, signs up for the Eat Local Challenge to support the local farmers she interacts with when re-supplying the produce department.

The produce department is filled with fresh, local produce in August. Dana loves the large variety of watermelons that are available and come in many colors including pink, red, yellow, and her favorite, orange.

To stick to the 80 percent level, Dana often grills. She makes salads or buys other fresh vegetables to go with meats from Hidden Stream Farms.

use olive oil and her Peruvian husband gets white rice, which is a staple in Peru.

In August, not much planning is required to eat local. Check out the produce list on page 6 of this issue. Rachael picks up what ever is available for her food supply, often grilling after her husband’s second job ends late at night. She likes to grill steak or chicken, both from local producers, with all varieties of grilled vegetables. From this she may mix the grilled items into a pasta, rice, amaranth or quinoa.

Amaranth is grown in Minnesota; quinoa is not, according to the Albert Lea Seedhouse, an organic seed processor. At this point quinoa is not grown here, because it requires a longer growing season.

To sign up and be counted for the Eat Local Challenge stop in one of our stores. For more information about the Eat Local Challenge go to www.lakewinds.com.



Living Waters



Gardens of Eagan



Hidden Stream

tests and contributes them to the newsletter.

Many customers ask the Customer Service desk recipe questions, Susan says. People can ask anything from how long to cook pasta to finding a substitute for peanuts to what foods are in season. She has found her love of cooking is very helpful for customers.

In recent years, more and more people are asking about country of origin and local products, she says. “People are concerned about contamination and global warming.”

August is Minnesota’s richest month for food, so Susan seldom has a problem keeping up with using eight out of 10 local ingredients per meal. Her 20 percent non-local is often fish or shrimp, she says. She

ALL IN THE FAMILY

Rachael Eide, customer and member services manager, thinks signing up for the Challenge is a good way to teach children about where food comes from. Rachael’s son, Haden, six-years-old, loves to help her in the garden and is very interested in watching their garden of peas, beans, lettuce, tomatoes, peppers and profuse raspberry plants as it grows through the season. The added bonus for moms whose kids garden is their children are more willing to try the vegetables, which is true for Rachel.

She signs her husband and son up for the 80 percent challenge, and finds it easy to stay with it through August as long as they can

EAT LOCAL

favorites

By Anne Wilbr



We hold the Eat Local Challenge in August, because at this time of year, eating local is as easy as picking melons off a vine.

THE AUGUST HARVEST

Dana Loerzel, produce lead Chanhassen, loves the variety provided by local producers. Large farms that ship great distances have to focus on varieties that are bred for long distance shipping while local growers can offer much more diversity, freshness, nutrition and taste. Here is a list of what is available in August at Lakewinds:

First week of August: green kale, red kale, Lacinato kale, broccoli, green cabbage, red cabbage, green pepper, sweet corn, collards, kohlrabi, zucchini, yellow squash, Italian Saladette tomatoes (exclusive to Gardens of Eagan), Sungold cherry tomatoes, grape tomatoes, heirloom tomatoes, watermelon.

Second and third week of August: In addition to those listed above, expect cucumbers (some start as early as July), sweet corn, Beef Steak tomatoes

Fourth week of August: In addition to those listed above, expect bok choy and green beans

Fifth week of August: cauliflower, red peppers, orange peppers, yellow peppers, purple broccoli, cantaloupe, honeydew melon.

There will be some early potatoes in August, and radishes continue to replenish themselves throughout the summer.

There are some apples in the store from regional growers in August, including Jersey Mac, Paula Red, State Fair, Beacon, Zestar, and varieties of crabapples.

As always there can be shortages of any of these products during the summer. Weather plays a huge role, Dana says. "All year round, we have fresh herbs from Minnesota and mushrooms from Wisconsin."

PASTA FOR MINTALIANS

Many people cook pasta dishes in the summer, because it's easy and the recipes are countless. The best news to hit Minnesota/Italian locals or Mintalians is pasta from the Dakota Growers Pasta Company. Dakota Growers Pasta Co. is from North Dakota. That's right; you can eat pasta every day of the Eat Local Challenge, because it's local.

This pasta is made from 100 percent amber durum wheat, according to their package. The pasta is grown in North Dakota and milled right there in our neighboring state. Look for it with the other pastas in the grocery sections of our stores.

SUMMER SUCCOTASH

By Susan Boreinstein
Serves 4

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 1 red bell pepper, diced
- 4 ½ teaspoons fresh thyme leaves, divided
- 2 garlic cloves, minced
- 4 ounces green beans, trimmed, cut into 3/4-inch pieces (about 1 cup)
- 2 small zucchini, trimmed, cut into 1/3 inch dice
- 1 cup fresh corn kernels (2 ears of corn)
- 2 tablespoons whipping cream

Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. Add onion, sauté until it begins to soften, 3 minutes. Add bell pepper, 1 and ½ teaspoons thyme and garlic, sauté 1 minute. Add beans, sauté until just beginning to soften, about 3 minutes. Add zucchini, sauté until all vegetables are crisp/tender, 4 minutes longer. Stir in corn, remove from heat.

When ready to eat, re-warm succotash over medium high heat, stirring constantly. Mix in cream; season with salt and pepper. Susan suggests serving it as a side with chicken.

JANE'S GAZPACHO SOUP

By Jane Brittain

This is a cold, vegetarian soup made primarily in the blender with some chunkier veggies left out to stir in for texture at the end. This soup is best made ahead of time.

Ingredients:

- 8 tomatoes, peeled and chopped (ripe, summer tomatoes are best)
- 1 onion, diced
- 2 cucumbers, peeled, seeded and chopped
- 3 cloves garlic, peeled
- Red bell pepper
- Celery
- Parsley

Corn (tender, fresh corn removed from the cob added only at the end)
Jalapeno—pickled from the jar is fine
a little cilantro (note—too much parsley, green pepper, or cilantro will make the soup more greenish/brown than red)

Seasoning:

- 4 tablespoons olive oil
- 3 tablespoons wine vinegar
- 6–8 drops Chipotle tabasco sauce to taste
- Celery salt
- Fresh lime juice
- Ground chipotle chilies to taste
- Sea salt and fresh ground pepper
- 2 teaspoons sugar

Puree the vegetables together in small batches, set some of each aside to be added at the end for texture. Serve with a dollop of sour cream in a large, shallow soup bowl.

Jane Brittain served on the Lakewinds Board for a number of years. She loves to create her own recipes, like this one. She suggests serving the soup with Lakewinds pizza crust.

UPCOMING CLASSES

august & september

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.

All classes are held in the Minnetonka classroom, unless otherwise noted. To register for a Lakewinds class, call the Minnetonka customer service desk at 952-473-0292 or visit our web site www.lakewinds.coop and click on classes.

Singing Safari—One World Community Choir

Outside Minnetonka Store
Monday, Aug. 3, 5:30–6 p. m.
Fun Free Event!
Choir Directors: Betsy Sansby & Al Dworsky

Featherstone CSA Cookbook Signing

Minnetonka Store
Tuesday, Aug. 4, 11:30 a. m.–1:30 p. m.
Free Event
Author: MiAe Lipe

Gluten and Dairy Free Lunch Box Solutions

Wednesday, Aug. 19, 6:30–8:30 p. m.
\$35/\$30 members
Instructor: Angela Litzinger

Spring Forest Qigong Level 1 (H)

Saturday, Aug. 22, 9 a. m.–5 p. m.
\$135/\$125 members
Instructor: Ann Cathcart, BSN, RN, HN-BC, LUT

Kombucha 101: How to Make the Divine Tea (DT)

Thursday, Sept. 10, 7–8:30 p. m.
\$40/\$35 members
Instructor: Barb Bredesen

Fire Up for Late Summer Grilling (D/M)

Sizzling tips, techniques, and secrets for grilling local meats and wild fish.
Friday, September 11, 6:30–8:30 p. m.
\$35/\$30 members
Instructors: Lakewinds Meat Managers Greg Dick and Roger Waid

Gluten and Dairy Free Bread & Baking (D/T)

Tuesday Sept. 15, 6:30–8:30 p. m.
\$35/\$30 members
Instructor: Angela Litzinger

12 Points for Self Health; Acupressure

Wednesday, Sept. 16, 6:30–8:30 p. m.
\$30/\$25 members
Dr. Larry Caldwell

Songs and Chants from around the world (H)

Thursday, Sept. 17, 6:30–8:30 p. m.
\$10/\$7 members
Instructors: Betsy Sansby and Al Dworsky

Spring Forest Qigong level I (H)

3 Sessions
Mondays: Sept. 21, 28 and Oct. 5
6:30 p. m.–8:45 p. m.
\$135/\$125 members
Instructor: Ann Cathcart, BSN, RN, HN-BC, LUT
Call Ann at 952-474-9800 for questions.

Your Kids Are What You Feed Them; helping moms create a nutritious diet that kids will eat (L)

2 Sessions
Tuesdays: Sept. 22 & 29, 6–8:30 p. m.
\$35/\$30 members
Instructor: Kelli Schulte

Roasting Garden Fresh Vegetables; creative ideas to enjoy your produce (D/T)

Wednesday, Sept. 23, 6:30–8:30 p. m.
\$35/\$30 members
Instructor: Mary Moulton

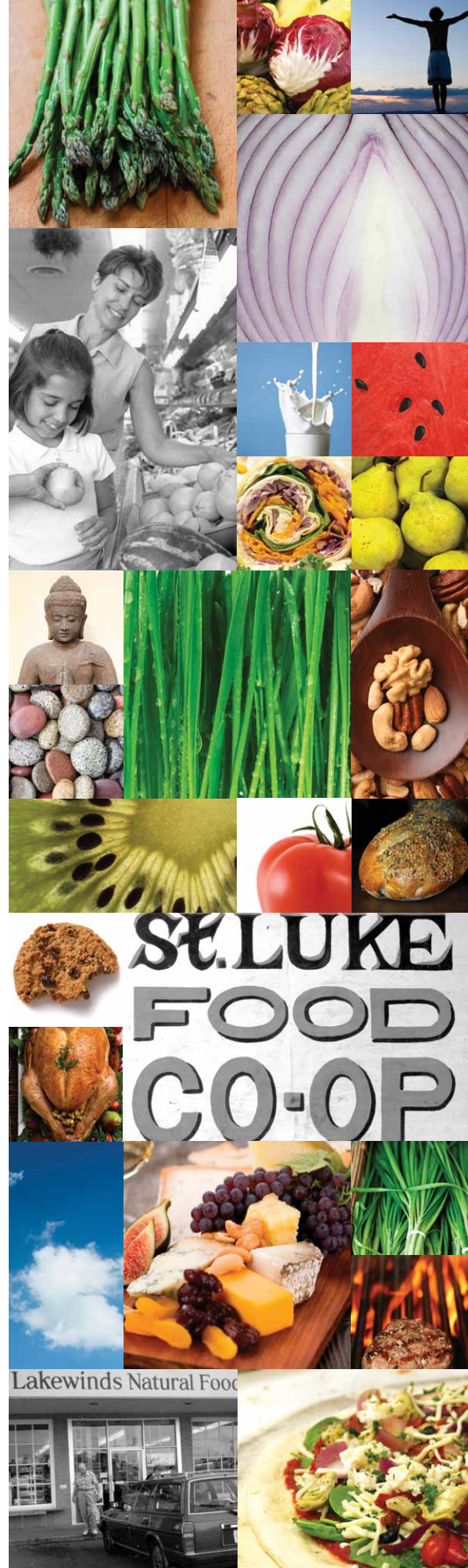
Using Essential Oils to Enhance Your Everyday Life

Thursday, September 24, 6:30–8:30 p. m.
Free Informed Consumer Series
Instructor: Melissa Farris—Herbalist, Aromatherapist and owner of Veriditas Botanicals

Hands-on Sushi Making Class (D/T/HO)

Wednesday, September 30, 6:30–8:30 p. m.
\$30/\$25 members
Instructor: Gabriele Kushi

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



CO-OP HEARTBEATS

LABOR DAY HOURS

All of our locations will be open until 6:00 p. m. on Labor Day, Monday, Sept. 7, 2009. Visit our website for current store hours at www.lakewinds.coop

THE LAKEWINDS VISA CREDIT CARD

Lakewinds is excited to offer a VISA credit card in partnership with SPIRE® Federal Credit Union. And here's the great part: Every time a member uses the Lakewinds VISA card (at Lakewinds or anywhere else), a percentage of the transaction monies will come back to Lakewinds. SPIRE®, a nonprofit cooperative, established its VISA program to be consistent with its values. The Lakewinds VISA credit card will have a low interest rate (8.9% fixed) with good terms and offers members the benefits of a credit card while also giving them an opportunity to support their co-op.

DID YOU RECEIVE YOUR NEWSLETTER?

Let us know if you want to receive your newsletter in the mail or via email by subscribing online. If you are currently on our email newsletter you will continue to receive it.

REUSABLE BIODEGRADABLE BAGS MADE FROM TAPIOCA COMING TO LAKEWINDS

We are the first store in the U.S. to introduce the newest in plastic bag alternatives. Made from the root of the cassava and sago plant, these Eco-bags are a better alternative to plastic bags because they degrade in three to six months once composted, unlike plastic bags which can take up to 1,000 years to degrade.

Starting this summer, Lakewinds will begin to offer tapioca carry home bags and thicker, reusable bags with a rope handle.

LAKEWINDS AT THE STATE FAIR

Join us at the Eco-Experience, located in the Progress Building at the State Fair Aug. 27 through Sept. 7 this year. The Eco-Experience is said to be one of the most popular exhibit at the fair and has the support of over 130 organizations, businesses, government partners, and non-profits. The free exhibit serves to educate fair-goers about sustainable living. Stop on by, we would love to see you!



SALE DATES

AUGUST
3-30

SEPTEMBER
AUG. 31-SEPT. 30



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
Chanhasen, Minnesota 55317
952-697-3366
www.lakewinds.coop

Member of the Twin Cities
Natural Food Co-ops.
www.twincitiesfood.coop

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