

The Farm Bill: A Real Mouthful

By Jennifer Kramer

If you are like most Americans, you probably haven't given much thought to a piece of legislation known as The Farm Bill. And, like most Americans, if you have thought about it, it's probably been under the assumption that the farm bill is about struggling family farmers in rural communities that has little to do with us.

The reality is that quite the opposite is true. This piece of legislation, which will be debated by Congress this year, is the biggest force affecting food and farming in the United States. Quite simply, The Farm Bill affects what happens on the farm, which in turn, affects what ends up on your fork.

The Farm Bill—or as some more aptly call it, The Food Bill—is essentially a \$90 billion tax bill for food, feed, fiber, and more recently, fuel. It was originally conceived as an emergency bailout for millions of farmers during the dark days of the Dust Bowl and Great Depression. Today, the bill itself is a 500-plus-page document steeped with nonsensical verbiage and programs dating back to the 1930s. It is indeed, a real mouthful. This makes the bill easy to be ignored by our representatives. Through a combination of neglect and outdated ideas, the bill has evolved into something that has less and less to do with creating a healthy food and farming system and more to do with supporting farmers who grow a very narrow list of crops. Farmers who grow corn, rice, soybeans, wheat and cotton, known as commodity crops, are rewarded in the form of a check cut by the government, based on how many bushels they grow.

If you look at those crops, they aren't so bad. So what's wrong with rewarding farmers who grow commodity crops? The answer to that question is two-fold. The first part has to do with not rewarding farmers who grow other crops, like fruits and vegetables. The second part has to do with how commodity crops are used.

The farmer who chooses to grow fresh produce has a tough row to hoe. The current farm bill does almost nothing to support them. They are continually faced with struggling to stay in business or selling their farms to the big guys—the commodity crop growers. The small and medium farmers are the ones who are providing us with healthy, regional food—the foods that are recommended by the USDA's Food Pyramid. Remember that pyramid? It's the one that promotes a balanced diet containing five daily servings of fresh fruits and vegetables. Yet, what the USDA urges people to eat to

remain healthy does not match what it pays farmers to grow. That's why the cost of fruits and vegetables continues to soar, making it increasingly difficult for us to keep them on our plates.

Enter commodity crops. After all, we do have to eat. Corn, wheat, rice, soybeans and cotton are what's for dinner, according to the US farm policy. Farmers are encouraged to over-produce these crops, resulting in cheap prices, while the food industry has, in turn, developed crafty ways to use these crops. The food industry invests in processes that provide the greatest economic return and commodity crops give them the biggest bang for their buck.

High fructose corn syrup and hydrogenated vegetable oils extracted from corn and soy beans—are two of the most enterprising products developed out of growing these crops. They are also the biggest contributors linked to obesity and diabetes. They are now found in virtually everything we eat. From bread to beverages, they are hard to avoid. Not only are they easy to find, they're inexpensive. Whether by intention or not, the 2007 Farm Bill has directed the food industry into producing low-cost, processed foods high in added fats and sugar. Just flip on your TV and watch the commercials during

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In This Issue

Saturday morning cartoons to see how much the food industry spends on marketing “junk” foods.

It is not only what’s for dinner but also what’s for school lunch. The Farm Bill determines what sort of food will be served for your children. The school-lunch program has become the dumping ground for all the unhealthy foods that the farm bill has encouraged farmers to produce. Serving up healthy and natural school lunches as opposed to the usual tater tot and fruit cocktail—perhaps more aptly termed “fructose cocktail”—just doesn’t fit the bill. What that means to the American people is tough to swallow: a 2005 report that appeared in the *New England Journal of Medicine*, estimated that due to the rapid rise in obesity rates, today’s youth might become the first generation to live shorter lives than their parents. In addition, research heavily supports a direct link between increased rates of obesity and diabetes and consumption of soda and fast food—the stuff that commodity crops create. We are a nation that is faced with what the surgeon general has called “an epidemic” of obesity, yet our farm bill continues to support the farmers who feed the fuel.

And quite the fuel it is. According to the U.S.D.A.:

- As a nation, we spend over half of every food dollar on ready prepared, ready-to-eat foods—most of which are high in added fats and sugar.

- On any given day, about a quarter of US adults eat at a fast food restaurant contributing to \$110 billion we spend at such outlets each year.
- The average American consumes over 50 gallons of carbonated soft drinks a year.
- US consumption of high fructose syrup increased over 1,000 percent in the last 30 years.
- US consumption of added fats shot up more than 35 percent in that same period.
- Nearly one-third of our calories come from junk food.

The domino effect of what the effects of the Food Bill is costing Americans in regard to health care is also staggering. We spend more on health care costs as a society than ever before. In recent years, the amount of money spent on health problems caused by obesity alone has been roughly equivalent to the cost imposed on American society by smoking.

The good news is that we have an extraordinary opportunity to create positive changes. Congress is now debating the 2007 Farm Bill and the time is ripe to bring the Farm Bill back home. You can make a difference. And it’s easy.



Here are some simple ways to bring The Farm Bill back home:

- Support your local farmer. You vote three times a day with your fork. Your local farmer brings healthy, fresh food to our plates and they are most willing to grow a diversity of crops. Plus, money spent locally cycles through the local community.
- Stay informed! This article focuses on just one small bite of the Farm Bill. To learn more about how the Farm Bill affects you and what you can do to ensure the health of yourself and loved ones, visit the following web sites for future updates:

Community Food Security Coalition: www.foodsecurity.org

National Campaign for Sustainable Agriculture:
www.sustainableagriculture.net

National Family Farm Coalition: www.nffc.net

Lakewinds Natural Foods
www.lakewinds.coop

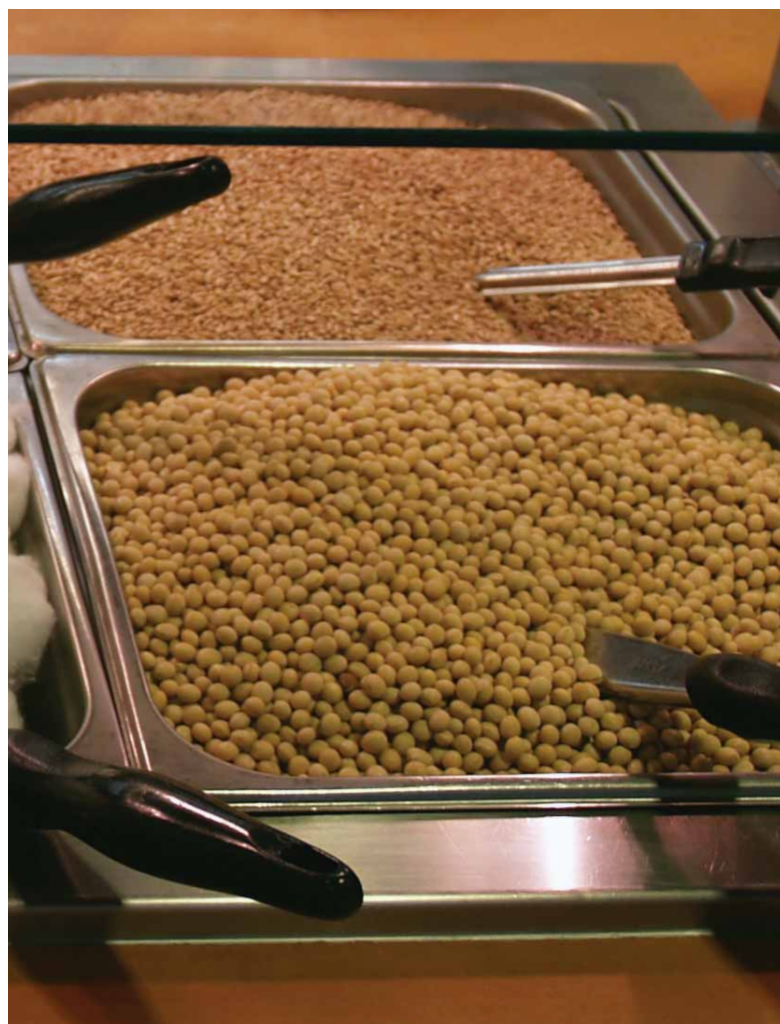
- Log onto to www.lakewinds.coop to send an electronic letter to our Congress asking to reform the 2007 Farm Bill. It only takes a few minutes.



FROM THE **GM**

Lakewinds started interviewing candidates for General Manager in early May. By the time you read this, the process should be fairly far along—so this may be the last time you have to wade through my ramblings. Spring has brought the usual changes and also some surprises. Road construction has resumed right on schedule in front of the Minnetonka store. Completion is planned by fall. Last year it was a mess and affected sales at Lakewinds, however, this year should be a little less of a traffic hassle. The financial condition of the cooperative continues to improve—we are meeting our goals to improve our cash position. Spring is usually busy followed by a slump in July and August. We are focusing on being as efficient as possible while maintaining strong customer service, competitive prices, and an exciting product mix. Last month we featured Michael Pollan and his Minnesota Arboretum appearance in this newsletter. Lakewinds sponsored part of the event and it was a great success—we even got some nice publicity. Spring has also brought us a great surprise: City Pages named the three Lakewinds stores as the Best Natural Foods Grocery for 2007. This is great recognition for our members and especially for your employees who dedicate their efforts every day to the success of your cooperative.

John Case - General Manager





Send in the Cows

By Judy Thompson

Where did all the cows go?

If you do your shopping at the Minnetonka Lakewinds store in Hennepin County, chances are you are more likely to spot a wild animal such as a deer, fox, or even a coyote from your car window on your route to the store before ever laying eyes on a domesticated milk cow. If you travel through Carver County on your way to the Chanhassen Lakewinds store, you might remember seeing cows not so long ago lounging in an open pasture that has now become a compacted housing development.

And if you are heading to the Lakewinds co-op in downtown Anoka you probably

notice seeing fewer cows out in the Anoka County countryside as more herds are confined in densely packed concrete barns. Neighboring Stearns County is the Dairy Capitol of Minnesota, with over 900 dairies and the most cows of any county in Minnesota. But even here many cows are restrained inside big feedlots within large scale farming operations and invisible to those passing by. Our most certain chance of seeing dairy cows these days is at a petting zoo or once a year at summer's end where the big beauties and their velvety calves are showcased at the Minnesota State Fair.

Cow sightings were not always so rare in our state.

For decades Minnesota had the highest cow count in the nation second only to Wisconsin. Several farming generations ago, cows grazing in fields and pastures on small family farms dotted the rural landscape. Even the pre-suburban towns of the metro region were salted and peppered with the big cud chewers. In the 1950's the USDA enacted and encouraged agribusiness policies. Changes in the farming business accelerated. Ezra Taft Benson, then Secretary of Agriculture, demanded that farmers "Get big or get out." In the following decades, the number of the state's largest farms, those totaling 2,000 or more acres, more than tripled and the number of Minnesota farms owned by corporations nearly doubled.

Our state those forty years ago had close to a million cows and 46,000 dairy farms. It now has half as many cows and less than 8,000 dairy farms. We have lost almost one out of every two cows and almost five of every six farms. Meanwhile, dairy cattle have become increasingly specialized animals bred to give large volumes of milk. While the number of cows has been steadily declining, the milk production per cow has been steadily increasing due to changes in breeding, feeding, management, and genetics. Though there are half as many cows since 1950, yearly milk production

per cow has increased from 5,000 to over 18,000 pounds. All in all, our half million cows in Minnesota are yearly producing over eight and a half billion pounds of milk.

Some of this milk comes from cows that are confined in large factory type operations where they are given hormones that promote growth and maximize milk production. The synthetic hormone rBGH, which stands for Recombinant Bovine Growth Hormone, was developed by the Monsanto Corporation in 1994 in order to increase the productivity of dairy cows. Unwelcome results include cows vulnerable to the added health stress to their overworked systems and then given antibiotics to combat illness. Cows in these big confined feedlots are fed grain and corn based feed, often genetically modified. This diet is not suited to their digestive systems.

In addition to questionable health effects on the cows, the big factory style farms have a detrimental impact on the surrounding environmental well-being of the rural community. The degradation of the country streams and pollution of the groundwater, the noise and dust from big machine operations and the odor, all combine to diminish the quality of rural life of neighboring smaller farms.

Some dairy farmers have chosen a different cow path. Some are putting their cows

out to pasture, choosing different methods to raise and feed their cows. They are combining traditional modes of cow rearing and experimenting with new approaches learned from other farmers. They are exploring farm practices from other regions and countries and then adapting them to find out what works for their herd on the lay of the land and through the rigors of the seasons. They strive to make a living on the farm while maintaining and

valuing the personal relationship with their land and animals. And they are attracting loyal customers with the freshness, taste and health benefits of locally grown products.

Over 2,000 cows in the state are now certified organic. These cows have access to

*Where the purple
violet grows,*

*Where the bubbling
water flows,*

*Where the grass is
fresh and fine,*

*Pretty cow, go there
and dine.*

pasture and their milk is produced without drugs, hormones, chemical pesticides or genetically modified feed. Some dairy farmers practice sustainable farming methods. Their cows remain on pasture during the growing season and eat only a grass fed diet.

Cows are suited to eat grass and hay almost exclusively because they have a special type of stomach that is a four-part marvel of internal combustion and alchemy. The rumen, the first chamber of the stomach, is home to billions of microbes that form a complex community of organisms that interact with one another and help the cow digest its food. These bacteria, fungi and protists provide nutrients that the cow can digest. After the food is processed and softened in this chamber, it is regurgitated. This is the cow's cud and is chewed again and goes directly to the other chambers of the stomach, the reticulum, omasum, and abomasum. Once the cud arrives in these chambers, additional digestion occurs. And then the cow is ready for a visit to the milking parlor. Cows are milked twice a day and normally give 60 pounds to 100 pounds of milk a day and may produce from 18,000 to 28,000 pounds of milk per year.

Both farmstead and artisan dairies know just what to do with all that milk. A farmstead dairy product is made directly on the farm where the milk is produced and processed. An artisan dairy makes products in small batches with a hands-on approach. Milk is used that comes from the animals that live on the farm or milk from a neighboring farm whose quality can be assured.

Local dairy artisans, producers and butter and cheese makers know just what to do with all that milk. It is being turned and churned and transformed into bottles of milk and cream, ice cream, yogurt, kefir, butter and cheeses. Lakewinds customers who love healthy flavorful dairy products are lucky to have the cream of the crop from these varied local producers. Be sure to taste some of these exceptional Minnesota dairy

products. Place them on your plate and use them in your cooking and baking.

The town of Hope, once known as the butter capital of the world, now is home to the only butter maker left in Steele County. Hope Creamery is the only independently owned creamery in the state churning butter the old fashioned way in small batches. It is made with fresh local cream from Bongard's Dairy and never shipped more than 70 miles. This is the butter to eat on fresh homemade bread.

Nothing else is required.

Another cherished butter comes from PastureLand, a small cooperative of family operated grass-based dairy farms in Southeastern Minnesota. The organic milk produced from cows that graze on living pasture is also used to make their delicious tasting gouda and cheddar cheeses. Two summer favorites include the Tomato Basil Gouda and the Herb Gouda.

Valley View Farms is a co-op creamery in Hastings that provides Lakewinds with milk from cows not treated with any growth hormones or antibiotics. The milk from Cedar Summit Farms in New Prague is also

available at Lakewinds. Brought to you in bottles, their cold chocolate milk is a special treat. Their bottled cream poured over freshly picked berries is irresistible and whips up wonderfully for strawberry shortcake.

The yogurts from Organic Valley in Wisconsin and the Cultural Revolution Kalona Organics in Iowa are made with organic milk from dairy farms from several states, including Minnesota. Be sure to try new flavors this summer as the fresh fruits come into season.

An organic kefir is now produced on fabled Main Street in Sauk Centre. Helios Nutrition Kefir comes in five flavors and is made with authentic cultures. Sauk Centre also is the location of the farmers' co-op Pride of Main Street. They provide the organic milk and cream used to make the Pumphouse Creamery ice cream and sorbets right here in Minneapolis. These flavors are like no others.

The only thing fresher than these Minnesota dairy products would be milk from your very own cow. Who knows, maybe a return of the neighborhood cow is just a stall away. If hundreds of ruminating deer can graze the backyards and parks of the metro area, maybe the time is ripe for a few acres designated as a cow commons with a communal cow to be shared in neighborhood cul-de-sacs. Get your pails and milk stools ready.

*The friendly cow all red
and white, I love with
all my heart:*

*She gives me cream
with all her might, to
eat with apple-tart.*

Hasting Co-op Creamery

50¢ Off

Each Gallon of Milk PLU #20041

Limit two gallons per purchase

Valid June 1 - 29, 2007

Only valid at Lakewinds Natural Foods

Coupon must be presented at time of purchase.

How Far We Go

Lakewinds' commitment to store-wide recycling goes beyond cans, glass and plastic.

We strive at Lakewinds to recycle every thing that is possible (we were the recipient of the Environmental Excellence Award from the City of Chanhassen). From batteries, light bulbs and old ballasts, to food scraps and metal scraps, here are the details on how far we go:



Glass, aluminum, plastic bottles, paper are recycled – to the tune of approximately 2,355 pounds per month.

We recycle an average of 10,400 pounds of cardboard a month.

Approximately 1,000 pounds of plastic is recycled per month. Styrofoam packing peanuts are also recycled at about 120 gallons a month. We also use corn based packing peanuts that dissolve in water and go down the drain rather than a land fill.

Damaged produce, expired dairy products, day-old baked goods are recycled through a local company that uses the food to feed pigs. Recycling food waste reduces our overall landfill contribution. An average of 12 tons of scrap is recycled per month.

Old equipment is taken apart and the metal is scraped out and recycled.

Unused paint is recycled by donating it to non-profit organizations.

All batteries and fluorescent light bulbs are recycled.

Featured Products

Cultural Revolution



This new yogurt is organic, locally produced and something different in the cultured dairy world. Made from non-homogenized milk, Cultural Revolution is a cream top yogurt with an old-fashioned marbled texture. Low in sugar and carbs, and tasty, too! Available at all locations.

Trader's Point Organic Creamery

Delicious organic yogurt in glass quart bottles! Made from 100% Grass Fed milk, this yogurt has been awarded "America's #1 Yogurt" in the '05 and '06 American Cheese Society competitions. Available in Chanhassen and Minnetonka, by special order in Anoka.



RP's Fresh Pasta



RP's Pasta Company uses all natural ingredients and rolls their pasta by hand. Check out their new fresh alfredo sauce and gluten-free fresh pasta. Available in Chanhassen and Minnetonka, by special order in Anoka.

Powerkraut

This line of sauerkraut is 100% organic and raw, preservative-free, as well as being lovingly handmade. All vegetables are cut by hand and grown using traditional farming practices. Available in Chanhassen and Minnetonka, by special order in Anoka.



Pumphouse Creamery

Get the Scoop

Diary month and summer scream for ice cream. We invite you to stop in and meet our local organic ice cream maker, Pumphouse Creamery. Owner Barb Zapzalka is dedicated to producing the finest all-natural ice cream using local organic milk and cream. She will be in our stores scooping up what promises to be a tasty treat. So stop in June 9th at our Chanhassen location or June 16th at our Minnetonka location. With sumptuous flavors like mint chocolate chip, fresh banana and strawberry mango sorbet, you'll want to pick up a pint or two.

Non-Dairy Summer Smoothies

Craving calcium and can't tolerate it? Lakewinds Wellness Department can help. For milk intolerant individuals, non-dairy smoothie recipes are the only option. Because many smoothie recipes use milk, ice cream and yogurt, milk intolerant people have to substitute these ingredients. Replacements that are high in protein and work great in smoothies include soy, goat milk, hemp, rice and whey milk.

Soy milk contains 14 grams of protein and contains zero grams of fat. Fermented soy, made from soy yogurt, is a pre-digested form of soy protein, which makes it easier on your digestive tract. Goat milk, with 13 grams of protein, contains all eight essential amino acids. Hemp protein has the closest resemblance to our human protein, making it easy to digest. It is ideal for decreasing development of heart disease, diabetes and depression. Rice milk is a highly soluble formula made from whole grain brown rice. It is a perfect protein source for children with food allergies. Whey, with a whopping 20 grams of protein, is easily absorbed and contains zero fat.

Additional Wellness Department protein drink products include green foods, herbs, and antioxidant fruits such as goji, mangosteen, acai, pomegranate and blueberry. We also carry Ultra Energy Shake—a unique blend of soy, pea and rice containing 25 grams of protein. This formula is customized for low glycerin dieters to support blood glucose stability.

Our Staff's Favorite High Protein Smoothie Recipe:

Berry Protein Bliss

2 heaping tablespoons of hemp protein powder
2 cups soy or rice milk
1 banana
1 cup frozen berries

Blend and enjoy!

Nutritional content when made with soy milk:

26 grams protein, 64 grams carbohydrates, 9 grams fat, 455 calories.

Nutritional content when made with rice milk:

14 grams protein, 104 grams carbohydrates, 6 grams fat, 535 calories.

Recipe courtesy of Manitoba Harvest.

You Asked. We Answered.

Lakewinds customer question:

What is the difference between being allergic to milk and lactose intolerant—or is there a difference?

Lakewinds staff member answer:

Yes, there is a difference! If you are allergic to milk protein, you should not consume any milk, milk products or foods containing milk ingredients. If you are lactose intolerant, you should be able to tolerate Lactaid. It is a lactase enzyme that you add to milk before drinking. New research suggests that lactose intolerant people can improve their tolerance to milk products by consuming small amounts periodically during the day. Some options to consider are aged cheeses (cheddar, Swiss or dry curd cottage cheese). They are usually low enough in lactose to be tolerated in small quantities. Yogurt with active cultures is also a good choice. Salt-free butter usually contains less milk solids than salted butter. Our knowledgeable Wellness Department staff can offer you more alternatives as well.

Serve a Smoothie

Yogurt is a tasty and healthy dairy product and easier to digest than milk. It is an excellent source of protein, calcium, riboflavin, and vitamin B-12. To get the greatest benefit from yogurt, eat only those labeled with live and active cultures of healthful bacteria, or probiotics. They help with gastrointestinal disorders, food allergies and may be anti-carcinogenic. Probiotics need to be consumed several times a week to maintain their beneficial effect on the intestines.

Summer is the perfect season to serve up a delicious smoothie. Here's a recipe that can be modified to use the freshest fruits available:

1 container of plain, vanilla, maple, or lemon yogurt.
1 cup organic fruit: strawberries, raspberries, blueberries, mangos, peaches, etc.
1 small banana
¼ cup orange juice
1 tablespoon flax oil

Put everything in the blender and mix until smooth.

From the Board

Lakewind is seeking candidates for Board of Directors. Elections will be held in early Fall. Please log on to www.lakewinds.coop for more details. If you are interested in receiving a board application packet, please send an email to JenniferK@lakewinds.coop with "board packet" in the subject line or call 952-742-1211.

Cooperative Values and Principles

The following Statement of Cooperative Identity was adopted by the International Cooperative Alliance in 1995.

Definition: A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.

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.

Principles:

1. Voluntary and open membership
2. Democratic member control
3. Member economic participation
4. Autonomy and independence
5. Education, training and information
6. Cooperating among cooperatives
7. Concern for community

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.

Lakewinds General Manager

John Case

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

Lakewinds Natural Foods



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952-473-0292

Anoka

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763-427-4340

Chanhassen

435 Pond Promenade
952-697-3366

www.lakewinds.coop