

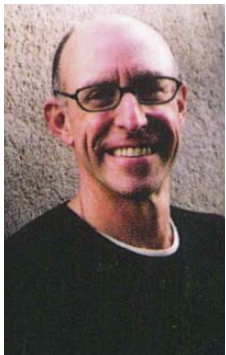
Lakewinds

MEMBER NEWSLETTER

APRIL/MAY 2007



Can “Organic” Survive Wal-Mart?



Michael Pollan’s book, *The Omnivore’s Dilemma* (The Penguin Press, 2006) is causing a stir among people concerned about organic food and the sources of our food supply. His book is both a celebration of our inherent connections with food and a disturbing critique of industrial food production methods which abuse the soil, water, animals, and farm workers. The term “organic” food may lose its intended meaning of clean and sustainable food production.

“Mass Natural” originally appeared in *The New York Times Magazine*. Michael Pollan is the author of several books, including *The Omnivore’s Dilemma*, © Michael Pollan, 2006. We are pleased to promote Michael Pollan’s upcoming visit to the Minnesota Landscape Arboretum on Thursday, April 19th, from 9:00 a.m. through 2:30 p.m. Mr. Pollan will present the keynote address entitled “What’s For Dinner? The Ethics and Aesthetics of Eating.” Tickets and information for this event are available through the Minnesota Arboretum Landscape at (952) 443-1422 or email ArbEdu@umn.edu.

THE WAYS WE LIVE NOW

Mass Natural

“Elitist” is just about the nastiest name you can call someone, or something, in America these days, a finely-honed term of derision in the culture wars, and “elitist” has stuck to organic food in this country like balsamic vinegar to mâche. Thirty years ago the rap on organic was a little different: back then the stuff was derided as hippie food, crunchy granola and bricklike brown bread for the unshaved set (male and female division). So for organic to be tagged as elitist may count as progress. But you knew it was over for John Kerry in the farm belt when his wife, Teresa, helpfully suggested to Missouri farmers that they go organic. Eating organic has been fixed in the collective imagination as an upper-middle-class luxury, a blue-state affectation as easy to mock as Volvos or lattes. On the cultural spectrum, organic stands at the far opposite extreme from Nascar or Wal-Mart.

But all this is about to change, now that Wal-Mart itself, the nation’s largest grocer, has decided to take organic food seriously. (Nascar is not quite there yet.) Beginning later this year, Wal-Mart plans

to roll out a complete selection of organic foods — food certified by the U.S.D.A. to have been grown without synthetic pesticides or fertilizers — in its nearly 4,000 stores. Just as significant, the company says it will price all this organic food at an eye-poppingly tiny premium over its already-cheap conventional food: the organic Cocoa Puffs and Oreos will cost only 10 percent more than the conventional kind. Organic food will soon be available to the tens of millions of Americans who now cannot afford it — indeed, who have little or no idea what the term even means. Organic food, which represents merely 2.5 percent of America’s half-trillion-dollar food economy, is about to go mainstream. At a stroke, the argument that it is elitist will crumble.

This is good news indeed, for the American consumer and the American land. Or perhaps I should say for some of the American land and a great deal more of the land in places like Mexico and China, for Wal-Mart is bound to hasten the globalization of organic food. (Ten percent of organic food is imported today.) Like every other commodity that global corporations lay their hands on, organic food will henceforth come from wherever in the world it can be produced most cheaply. It is about to go the way of sneakers and MP3 players, becoming yet another rootless

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In This Issue

commodity circulating in the global economy.

Oh, but wait. . . I meant to talk about all the good that will come of Wal-Mart's commitment to organic. Sorry about that. When you're talking about global capitalism, it can be hard to separate the good news from the bad. Because of its scale and efficiency and notorious ruthlessness, Wal-Mart will force down the price of organics, and that is a good thing for all the consumers who can't afford to spend more for food than they already do. Wal-Mart will also educate the millions of Americans who don't yet know exactly what organic food is or precisely how it differs from conventionally grown food.

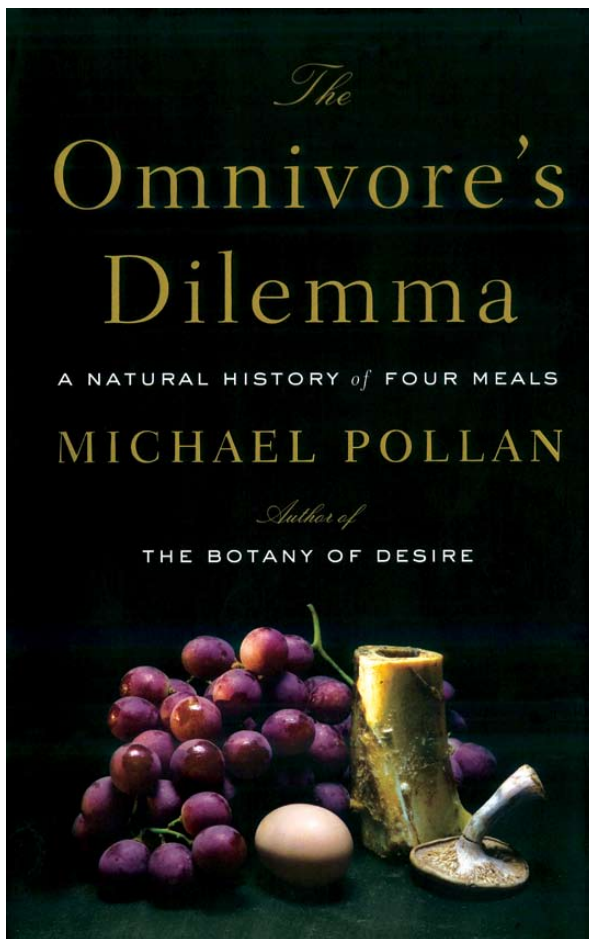
The vast expansion of organic farmland it will take to feed Wal-Mart's new appetite is also an unambiguous good for the world's environment, since it will result in substantially less pesticide and chemical fertilizer being applied to the land — somewhere. Whatever you think about the prospect of organic Coca-Cola, when it comes, and come it surely will, tens of thousands of acres of the world's cornfields — enough to make all that organic high-fructose corn syrup — will no longer receive an annual shower of pesticides like Atrazine. O.K., you're probably registering a flicker of cognitive dissonance at the conjunction of the words "organic" and "high-fructose corn syrup," but keep your eye for a moment on that Atrazine.

Atrazine is a powerful herbicide applied to 70 percent of America's cornfields. Traces of the chemical routinely turn up in American streams and wells and even in the rain; the F.D.A. also finds residues of Atrazine in our food.

So what? Well, the chemical, which was recently banned by the European Union, is a suspected carcinogen and endocrine disruptor that has been linked to low sperm counts among farmers. A couple of years ago, a U.C. Berkeley herpetologist named Tyrone Hayes, while doing research on behalf of Syngenta, Atrazine's manufacturer, found that even at concentrations as low

as 0.1 part per billion, the herbicide will chemically emasculate a male frog, causing its gonads to produce eggs — in effect, turning males into hermaphrodites. Atrazine is often present in American waterways at much higher concentrations than 0.1 part per billion. But American regulators generally won't ban a pesticide until the bodies, or cancer cases, begin to pile up

growing food organically doesn't pollute the rivers and water table with nitrates from synthetic fertilizer or expose farm workers to toxic pesticides. And the fact that animals raised organically don't receive antibiotics or synthetic growth hormones. Sounds like a better agriculture to me — and Wal-Mart has just put the force of its great many supermarkets behind it.



— until, that is, scientists can prove the link between the suspect molecule and illness in humans or ecological catastrophe. So Atrazine is, at least in the American food system, deemed innocent until proved guilty — a standard of proof extremely difficult to achieve, since it awaits the results of chemical testing on humans that we, rightly, don't perform.

I don't know about you, but as the father of an adolescent boy, I sort of like the idea of keeping such a molecule out of my son's diet, even if the scientists and nutritionists say they still don't have proof that organic food is any safer or healthier. I also like that

But before you pour yourself a celebratory glass of Wal-Mart organic milk, you might want to ask a few questions about how the company plans to achieve its laudable goals. Assuming that it's possible at all, how exactly would Wal-Mart get the price of organic food down to a level just 10 percent higher than that of its everyday food? To do so would virtually guarantee that Wal-Mart's version of cheap organic food is not sustainable, at least not in any meaningful sense of that word. To index the price of organic to the price of conventional is to give up, right from the start, on the idea, once enshrined in the organic movement, that food should be priced not high or low but responsibly. As the organic movement has long maintained, cheap industrial food is cheap only because the real costs of producing it are not reflected in the price at the checkout. Rather, those costs are charged to the environment, in the form of soil depletion and pollution (industrial agriculture is now our biggest polluter); to the public purse, in the form of subsidies to conventional commodity farmers; to the public health, in the form of an epidemic of diabetes and obesity that is expected to

cost the economy more than \$100 billion per year; and to the welfare of the farm- and food-factory workers, not to mention the well-being of the animals we eat. As Wendell Berry once wrote, the motto of our conventional food system — at the center of which stands Wal-Mart, the biggest purveyor of cheap food in America — should be: Cheap at any price!

To say you can sell organic food for 10 percent more than you sell irresponsibly priced food suggests that you don't really get it — that you plan to bring business-as-usual principles of industrial "efficiency" and "economies of scale" to a system of food production that

was supposed to mimic the logic of natural systems rather than that of the factory.

We have already seen what happens when the logic of the factory is applied to organic food production. The industrialization of organic agriculture, which Wal-Mart's involvement will only deepen, has already given us "organic feedlots"—two words that I never thought would find their way into the same clause. To supply the escalating demand for cheap organic milk, agribusiness companies are setting up 5,000-head dairies, often in the desert. These milking cows never touch a blade of grass, instead spending their days standing around a dry-lot "loafing area" munching organic grain—grain that takes a toll on both the animals' health (these ruminants evolved to eat grass, after all) and the nutritional value of their milk. But this is the sort of milk (deficient in beta-carotene and the "good fats"—like omega 3's and C.L.A.—that come from grazing cows on grass) we're going to see a lot more of in the supermarket as long as Wal-Mart determines to keep organic milk cheap.

We're also going to see more organic milk—and organic foods of all kinds—coming from places like New Zealand. The globalization of organic food is already well under way: at Whole Foods you can buy organic asparagus flown in from Argentina, raspberries from Mexico, grass-fed meat from New Zealand. In an era of energy scarcity, the purchase of such products does little to advance the ideal of sustainability that once upon a time animated the organic movement. These foods may contain no pesticides, but they are drenched in petroleum even so.

Whether produced domestically or not, organic meat will increasingly come not from mixed, polyculture farms growing a variety of species (a practice that makes it possible to recycle nutrients between plants and animals) but from ever-bigger Confined Animal Feeding Operations, or CAFO's, which, apart from using organic feed and abjuring antibiotics, are little different from their conventional counterparts. Yes, the federal organic rules say the animals should have "access to the outdoors," but in practice this often means providing them with a tiny exercise yard or, in the case of one organic egg producer in New England,

a screened-in concrete "porch"—a view of the outdoors. Herein lies one of the deeper paradoxes of practicing organic agriculture on an industrial scale: big, single-species CAFO's are even more precarious than their conventional cousins, since they can't use antibiotics to keep the thousands of animals living in close confinement indoors from becoming sick. So organic CAFO-hands (to call them farmhands seems overly generous) keep the free ranging to a minimum and then keep their fingers crossed.

Wal-Mart will buy its organic food from whichever producers can produce it most cheaply, and these will not be the sort of farmers you picture when you hear the word "organic." Big supermarkets want to do business only with big farmers growing lots of the same thing, not because big monoculture farms are any more efficient (they aren't) but because it's easier to buy all your carrots from a single megafarm than to contract with hundreds of smaller growers. The "transaction costs" are lower, even when the price and the quality are the same. This is just one of the many ways in which the logic of industrial capitalism and the logic of biology on a farm come into conflict. At least in the short run, the logic of capitalism usually prevails.

Wal-Mart's push into the organic market won't do much for small organic farmers, that seems plain enough. But it may also spell trouble for the big growers it will favor. Wal-Mart has a reputation for driving down prices by squeezing its suppliers, especially after those suppliers have invested heavily to boost production to feed the Wal-Mart maw. Having done that, the supplier will find itself at Wal-Mart's mercy when the company decides it no longer wants to pay a price that enables the farmer to make a living. When that happens, the notion of responsibly priced food will be sacrificed to the imperatives of survival, and the pressure to cut corners will become irresistible.

Up to now, the federal organic standards have provided a bulwark against that pressure. Yet with the industrialization of organic, these rules are themselves coming under mounting pressure, and forgive my skepticism, but it's hard to believe that the lobbyists from Wal-Mart are going to play a constructive role in defending those standards from efforts to weaken

them. Just this past year the Organic Trade Association used lobbyists who do work for Kraft Foods to move a bill through Congress that will make it easier to include synthetic ingredients in products labeled organic.

Organic is just a word, after all, and its definition now lies in the hands of the federal government, which means it is subject to all the usual political and economic forces at play in Washington. Inevitably, the drive to produce organic food cheaply will bring pressure to further weaken the regulations, and some of K Street's finest talent will soon be on the case. A few years ago a chicken producer in Georgia named Fieldale Farms persuaded its congressman to slip a helpful provision into an appropriations bill that would allow growers of organic chicken to substitute conventional chicken feed if the price of organic feed exceeded a certain level. That certainly makes life easier for a chicken producer when the price of organic corn is north of \$5 a bushel, as it is today, and conventional corn south of \$2. But in what sense is a chicken fed on conventional feed still organic? In no sense but the Orwellian one: because the government says it is.

After an outcry from consumers and some wiser heads in the organic industry, this new rule was repealed. The moral of the Fieldale story is that unless consumers and well-meaning organic producers remain vigilant and steadfast, the drive to make the price of organic foods competitive with that of conventional foods will hollow out the word and kill the organic goose, just when her golden eggs are luring so many big players into the water. Let's hope Wal-Mart recognizes that the extraordinary marketing magic of the word "organic"—a power that flows directly from our dissatisfaction with the very-cheap-food economy Wal-Mart has done so much to create—is a lot like the health of an organic chicken living in close confinement with thousands of other chickens in an organic CAFO, munching organic corn: fragile.

Michael Pollan is the author, most recently, of The Omnivore's Dilemma: A Natural History of Four Meals. He also teaches journalism at the University of California at Berkeley.

Meet the Locals—great products from

Upper Crust Fine Food Company

Minneapolis, Minnesota



Kim Durr is one inspired lady, and she got just that kind of inspirational nudge as she overheard a comment from one of her daughter's friends. They didn't bake cookies at home because her mom worked. Kim felt the tug of conflict—yes kids should be able to enjoy home-baked cookies, but should they? Cookies aren't necessarily good for you. Using complex carbohydrates whenever possible, Kim

has classic recipes that taste the same as home-made. Especially if you have limited time or baking skills, she's got you covered with bake at home cornbread, cookie dough, banana bread and an incredible pumpkin bread. Her newest products are bake at home brownies and blondies. Kim focuses on ingredients you can read out loud, and is very proud of the simple, real foods listed on the back of each of her product boxes. Kim believes eating a little warm treat fresh from the oven plays an important role in "healthful" happiness.

One Sun Farm

LaFarge, Wisconsin



Erin and Dave Varney came to Lakewinds first as a purveyor of their fresh produce. The Varneys and the two other farms formed a farm collective called Bad Axe in 2001, which sold wholesale organic produce to co-ops and restaurants, and also developed a group of Community Supported Agriculture subscribers for

their fresh produce. The Varneys took a leap of faith, tackling the age old dilemma of how to add value to the products they raise and farm. They decided to make pizzas! They built a certified kitchen in their house, and a new building on the property which serves as a bakery/retail outlet/cold storage facility. This family is truly living their dream, as they have found a way to make a living doing what they love, where they love to live. The Varneys manage to raise a family together, as well as a few pigs and cattle, make pizzas from scratch and farm a large tract of organic vegetable crops. These vegetables and meats become the pizza toppings, and provide for their loyal CSA subscribers. They also are very mindful to incorporate elements of permaculture in their farm crops - planting many perennial food crops such as asparagus, hazelnuts, raspberries, blueberries and cherries. What doesn't come from their farm is the organic tomato paste in the pizza sauce, organic flour used to make the crust and some toppings on the pizzas come from neighbor farms. Dish up a slice and taste the good life!

Sno Pac Organic Frozens

Caledonia, Minnesota

Behind the Sno Pac label, you will find quite an impressive local foods story spanning three generations. The Sno Pac Company was started in 1943 on the premise of growing, packaging and freezer-storing home-grown organic vegetables. They were the world's first company to do just that. Growing organically had suddenly gone out of fashion in the 1940s. Sno Pac's customers made it clear in their patronage to this company that they wanted these products to stay just as they were. The Gengler family recognized the importance of their unique line of products, and their successful business was established. Today, Sno Pac is still run by the Gengler family—the founder's great grandchildren; Pete, Nick and Darlene. Modernization of equipment, packaging and distribution are the only things to evolve, as this Minnesota born and raised company continues in the steps of its organic-revolutionary founding father.



Sinbad's Deli

Minneapolis, Minnesota



Sinbad's line of delicious Middle Eastern salads is a new addition to Lakewinds, made with simple and delicious ingredients. The pita bread Sinbad's rolls out every day are actually pocket shaped, handmade by a 60+ year old baker. Sinbad's homemade

hummus has a lot of texture—made in 10 flavors! When you can't go to their award winning buffet in Minneapolis, their offerings at Lakewinds will fill your cravings. Try their amazing Cauliflower salad, made with chunks of roasted cauliflower, spices and extra virgin olive oil, as well as Sinbad's very famous Babaganoush. Sinbad's "Baba" is a rich, slightly smoky puree of the tender roasted eggplant slices, tahini, raw garlic and extra virgin olive oil. At the top of the list is our favorite discovery at the buffet, an eggplant salad called "Hayat's Dish." Don't let the odd name fool you, as Hayat is the co-owner of Sinbad's, and this dish is her specialty.

Whole Grain Milling Company

Welcome, Minnesota

The Doug and Lin Hilgendorf family lives in Welcome, which is in the south-central part of Minnesota, just west of Albert Lea. Doug and his sons run their grain mill, package up and deliver their products each week, as well as farm their organic grain crops on certified organic land. Lin Hilgendorf does the ever important job of handling the "books" side of the business and is the cheerful voice you most often

d at Lakewinds.

hear when you call in an order. Whole Grain Milling Company does just what it says: mills their assorted whole grain varieties of flour, hot-cereal mixes, bread mixes and rolls your oats, for oatmeal, to order! They grown a special type of non-GMO corn called HY-Lysine, and then grind it into a cornmeal with the nutrient-dense germ intact. This cornmeal makes the most flavorful cornbread imaginable. Most of the products from this company can be found in our bulk departments. Whole Grain Milling even makes and packages their own HY-Lysine tortilla chips! These chips are already a very popular item with Lakewinds shoppers and employees. These tortilla chips are probably the only truly local chips you can buy.

Cedar Summit Farm

New Prague, Minnesota

Cedar Summit stunned the local dairy scene back in the late 1990's with their introduction of organic non-homogenized milk. While State laws prohibit the sale of raw milk in the retail setting, this is as close as you can get to the real deal. The farm was founded three generations ago, by Dave Minar's father. This is a true family run operation, and the Minars have created a beautiful business model that sustains them. Everyone in the family is involved with everything; from farm chores, milking, bottling, delivery, tours and all other day-to-day operations. Cedar Summit runs their own creamery, where they bottle their organic milk in returnable glass bottles, as well as the traditional cartons, and makes delicious ice cream. They are members of the Pastureland

Co-operative, which makes organic butter and cheese from the milk and cream from four local farms. Dave Minar recently revolutionized the dairy world as he explained that they actually leave the calves born on their farm with their mothers through most of the milking season. This allows the calves to develop as a normal bovine should, leaving them much healthier and keeps the mothers from getting stressed over separation from their young. You can truly enjoy a taste of the good life, while supporting a sustainable business that's producing good, real, local foods.



Lakewinds has designated local as being from the five state region - North and South Dakota, Minnesota, Iowa and Wisconsin. Look for this local symbol next to products that meet this criteria in all three Lakewinds locations.



\$2.00 Off Per Pound

Deli Salads From the Deli Case



Chanassen Location Only
Valid April 1-30, 2007
PLU 20039

\$2.00 Off Each

Par-baked Pizzas Take home and bake



Minnetonka Location Only
Valid April 1-30, 2007
PLU 20040

FOOD

1. BUY IT WITH THOUGHT
2. COOK IT WITH CARE
3. SERVE JUST ENOUGH
4. SAVE WHAT WILL KEEP
5. EAT WHAT WILL SPOIL
6. LOCAL IS BEST

DON'T WASTE IT

Community Supported Agriculture

Community supported agriculture (CSA) is becoming more and more popular. CSA provides a direct link between local farmers and consumers. Each season, members purchase a share of a farmer's crop before it's planted. This allows the farmer to pay for seed, water, equipment, etc, upfront, so they are less reliant on banks and loans. Each week, usually during June through October, the farmer delivers great tasting, healthy food to pre-determined locations. In some instances, members pick up the share from the farm directly. The food is harvested either the morning of pick up or the day before, ensuring fresh, great-tasting produce.

CSA members share in the harvest—when there is a good growing season, everyone benefits. When the season is not so good, members shoulder the risk. CSA organizers often host farm days, where members are invited to visit the farm and both picnic and help in the fields. Many also offer recipes and suggestions on how to cook the unique variety of vegetables that are offered each week.

Featherstone Farms and Rock Spring Farms have partnered with Lakewinds to have a CSA drop-off at the Minnetonka and Chanhassen locations. For more information or share sign ups, visit either www.featherstonefarm.com or www.rsfarm.com. Information is also available on our website (www.lakewinds.coop) or by calling either Lakewinds location. We encourage you to participate in this unique relationship and enjoy all the benefits that a CSA member receives.

Featherstone Farms

Rushford, Minnesota

This season will mark the 10 year anniversary of Featherstone Farm's Community Supported Agriculture (CSA) program, and its second year delivering share boxes through Lakewinds Co-op. For the first time, boxes will also be delivered to the Co-op's Chanhassen location.

Featherstone grows over 50 different certified organic fruit and vegetable crops for CSA member shares, from spinach and salad mix in May through broccoli and winter squash in October. A winter share (four deliveries in November and December) will be available as well.

Featherstone Farm has the unique opportunity to grow crops in microclimates of the bluff country of Winona County where they produce optimal quality leaf lettuce and garlic in the rich, cool soils of the Zephyr Valley, heirloom tomatoes on the warm, sun drenched ridge top nearby, and muskmelons on a sandy floodplain of the Root River. CSA members are encouraged to visit the farm and to learn more about the processes and people that produce their food.

Featherstone Fruits and Vegetables
30997 Zephyr Valley Lane, Rushford, MN 55971
www.featherstonefarm.com • (507) 452-4244



Rock Spring Farms

Spring Grove, Minnesota

Rock Spring Farms is a family-owned farm located just south of Spring Grove, Minnesota, where farmers Chris and Kim Blanchard strive to produce healthy, delicious food that people can build a meal—and a relationship—around. At every turn, they work to ensure that this food is of the highest possible quality, and produced in harmony with nature.

Rock Spring grows produce following strict organic guidelines, without the use of chemical fertilizers or pesticides. The vegetables, herbs, and flowers are certified organic by the Midwest Organic Services Association. They take this practice a step further with an emphasis on proactively avoiding the problems by using composts, beneficial insect habitat, and organic minerals to buffer the effects of pests, diseases and weather.

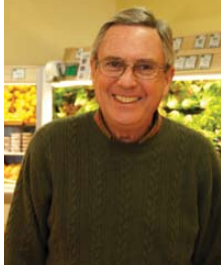
This Earth-friendly, socially responsible way of farming permits us to produce nutritious, good tasting food while enhancing the local environment and community.

Rock Spring delivers weekly for nineteen weeks, starting in early June and ending in mid-October. They also offer a Winter Share, with five deliveries of stored roots and greenhouse greens from late October through December. Rock Spring Farms will drop off at only the Chanhassen location.

Rock Spring Farms
3765 Highlandville Rd., Spring Grove, MN 55974
realfood@rsfarm.com • (563) 735-5613
www.rsfarm.com



From The General Manager



The recently completed local food shelf drive was a success! Our members contributed approximately \$700 in cash and 600 pounds of food. Lakewinds matched the member food donations with another 600 pounds.

Both new Lakewinds stores have been open just over a year, and your cooperative's management and board are taking a look at where we have

been and where we are going. Sales at Chanhassen continue to grow although are running below projections while Minnetonka is close to our estimates. Anoka continues to grow its sales and customers. Profitability and cash flow continue to be issues. In 2006 we gained nearly 1,600 new members bringing our total membership to 9,700. This is a strong platform from which to grow your business and an enthusiastic endorsement from the community for the new stores.

The past year has also shown us areas where we need to refocus our energies. Through your Board's and Kris Nelson's vision, Lakewinds essentially tripled its retail space and doubled the number of employees serving you, a major undertaking. Now we need to work on making these stores as efficient as possible while still maintaining the level of service that has been Lakewinds' hallmark.

The past twelve months were focused on getting two new stores up and running. The next year will focus on operations and "getting it right." The search for a new general manager is well under way and we are taking action to strengthen our marketing efforts.

John Case - General Manager

Composting Anyone?

Most reasons for composting fall into two categories. The first reason is the reduction of waste. The more we compost organic materials rather than throwing them away, the more landfill space is saved. This means we have less trash, fewer landfills, and save costs (i.e. taxpayer money) on trash collection because there is less to collect, transport, and dispose. The second reason is to improve the environment from water cleanliness to plant vitality.

Lakewinds is pleased to partner with Anoka, Carver and Hennepin Counties to offer backyard compost bins at a reduced rate of \$30 (retail value of \$69). Compost bins must be preordered by May 3rd to guarantee a bin. Bins will be available for pickup on Saturday, May 19th.

Based on your county of residence, you may preorder a compost bin as follows:

Anoka County

At Lakewinds Natural Foods
Web: www.anokacounty.us/yardwaste
Phone: (763) 323-5730

Carver County

At Lakewinds Natural Foods
Email: smorgan@co.carver.mn.us
Phone: (952) 361-1800

Hennepin County

At Lakewinds Natural Foods
Web: www.hennepin.us
Keyword "compost bin"

More ordering and pick up information can be found at www.lakewinds.coop

When ordering online or by phone, please include your name, address, number of bins, and location pickup. If you have questions, please feel free to call Kristi Pluimer, Lakewinds Office Manager, at (952) 742-1218 or email kristip@lakewinds.com.

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

CO-OP HEARTBEAT

The Living Green Expo

Minnesota's biggest environmental event is Saturday & Sunday, May 5-6, 2007 from 10 a.m. - 5 p.m at the Minnesota State Fair Grounds, Grandstand Building. Admission is free!

The 2007 Living Green Expo features over 200 exhibitors showcasing things in many shades of green. Come and connect with others, find resources, and get in on the latest green technologies.

Learn from the experts in more than 50 workshops on everything from how to compost and reduce toxicity in your home to using the latest energy-saving technology and cooking with organic, locally grown food. This family-friendly event features art displays, activities for kids, an exciting music lineup, and the best in local and organic foods.

Parking is free, secure bike storage is available, and the Expo is accessible by bus.

Visit www.livinggreen.org for more information on exhibitors, workshops, and activities.

January Food Drive Recap

Thank you to all the Lakewinds customers who participated in our January food drive. Together, with your donations and Lakewinds match donation, approximately 1,200 pounds of food and nearly \$700 was donated and split between three food shelves.

The local food shelves that have received your donations are CAP Agency-serving people in need in Scott and Carver counties, ICA-serving people living in the western suburbs including Hopkins, and PROP-People Reaching Out to Other People, located at the city offices for Eden Prairie, serving Eden Prairie and Chanhassen families.

Women's Health Day

Lakewinds will be focusing on women's health during the month of May. Special events will take place on Wednesday, May 16th. Check our website for more specific information.



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



Minnetonka

17501 Minnetonka Blvd.
952-473-0292

Anoka

1917 2nd Avenue South
763-427-4340

Chanhassen

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

www.lakewinds.coop