

Lakewinds

MEMBER NEWSLETTER

DECEMBER/JANUARY 2008

Holiday Party? No Worries

After a customer came to her with a bottle of grape jelly and a container of cream cheese to ask Mary Koester how she could make an appetizer, the Minnetonka Lakewinds deli manager had a food epiphany.

“People who come to the co-op don’t have time to make all the appetizers for a holiday party or create a large dinner. They have enough stress,” she says. “But they can do part of the meal, and we can finish it off with side dishes, cheeses or appetizers. Put our items in your own bowls or plates, and remember, it doesn’t have to be perfect.”

“If you make a roast for dinner, use Lakewinds’ grilled vegetables,” says Jen Taylor, Chanhassen deli manager. Or let Lakewinds do it all and order from the catering menu found in the deli department.

The catering menu includes party trays as well as full dinner menus. All items must be ordered 48 hours in advance.

On this page, we have included suggestions from Mary and Jen that will add to the holiday fun, not the stress. Members can special order any of these items online at www.lakewinds.coop, by filling out a form at the deli counter or by calling the general number of their nearest Lakewinds store and asking for the deli department.

Wondering what happened with the grape jelly? Mary replaced the

jelly and cream cheese with a good chutney, a round of brie and crackers, and told her to pour the chutney on the brie.

Holiday appetizer suggestions from Lakewinds

Lakewinds’ Pesto torta: Good with Margaret’s Artisan Bakery Flatbread or bread from the Lakewinds Bakehouse, such as the holiday special Cardamom Bread. These tortas contain cream cheese, basil pesto, and sun-dried tomatoes. Found in the Grab n’ Go section of the deli department.

Lakewinds’ Gorgonzola cheese balls: A combination of Neufetchel, cheddar and blue cheese. Put on a plate with crackers or bread. Found in the Grab n’ Go section of the deli.

Mitica Marconia almonds: Put in a pretty bowl. Found in the cheese section.

Mitica Caramelized Walnuts: Put in a pretty bowl. Found in the cheese section.

Lakewinds’ mixed olives from the olive bar: Place in nice bowls or a specially made olive tray with one bowl for olive pits.

Mt. Vikos fig and apricot chutney: Spread on the top of a round of Ermitage Brie or Brie Couronne. This chutney can be served with hard or soft cheese or slathered on a biscuit or scone for breakfast.

PAGE 2

MEET THE FLU SEASON
AT YOUR BEST

PAGE 4

CELEBRATE THE HOLIDAYS
WITH LAKEWINDS

PAGE 5

FEATURED RECIPES

PAGE 6

REACH OUT TO FLOOD VICTIMS

Meet The Flu Season at Your Best

It was a great holiday, right? We ate, we imbibed, we stayed up past our bedtime, and we've increased our chances of getting sick. The last part wasn't great, but there is a great deal we can do to get our bodies back on track and stay healthy.

Start with the Lakewinds wellness department. Wellness employees are a great resource when you don't feel well, and they can also help you prevent that potential cold. The staff in wellness does not prescribe or diagnose.

On a recent morning, associate Mary Tellers walked a customer through the department to highlight some of her favorite items for staying healthy and fighting flu. The wellness department has a good mix of vitamins, minerals, homeopathic remedies, Ayurvedic, and Chinese remedies to choose from.

In the winter and after holiday eating, your immune system needs to be strengthened with probiotics and enzymes.

For years the alternative health community has known that probiotics are the key to a healthy immune system. Probiotics are a combination of healthy bacteria that already exist in our digestive system. A recent study at the University of Michigan-Ann Arbor published by Gary Huffnagle, Ph. D. found that probiotics not only enhance digestion by secreting enzymes that break down nutrients, but they also enhance immune function by stimulating the production of certain immune cells.

When your digestive system isn't healthy, it means the organs that work to keep your body healthy and detoxified are spending vital enzymes to fix your stomach and intestines. Stress from the modern life style, too many parties, and bad food all hurt your digestion. January is a good time to give your body a boost with a course of probiotics and enzymes. Probiotics should also be used as a follow up to antibiotic therapy.

Mary suggested all health regimens should include Omega 3 fatty acids. There are many benefits to Omega 3 oils found in fish and flaxseed oil, including boosting the immune system, anti-inflammation and improving dry skin.

When you get a cold

Despite all your best efforts, you will be exposed to many viruses this winter. Mary's favorite item for fighting the cold that "everyone" has is SuperEchinacea by HerbPharm. Echinacea enhances the body's own ability to fight off infections.

SuperEchinacea has four parts of the plant in the tincture: root, leaf, flower and seed. "The seed is the most important", says Mary, "because it has more flavonoids that work with your body to fight inflammation and infection, and work to keep your lymph system healthier."

Ginger which can be taken as a capsule, extract, tonic or tea also supports intestinal health, clears toxins, rebalances the digestive tract and is considered a good anti-inflammatory.

Astragalus has been used in traditional Chinese medicine for thousands of years, according to the University of Maryland Medical web site. It is considered a general immune tonic, good for the blood and liver.

You have a cold

At the first signs of a cold, grab some Zinc and Vitamin C to support the immune system in fighting colds.

Last but not forgotten, Neti Pots are becoming main stream, and many more people with colds and allergies are finding this simple procedure highly effective. In a Lakewinds article from several years ago, Kate Schoch, former Manager in the wellness department was quoted with the line, "Fear not the Neti Pot." This tea pot sends water up one nostril and out the other, relieving sinus congestion and pressure. Lakewinds offers several designs.

Flu season remedies

These are recommendations only. The staff at Lakewinds never prescribes or diagnoses.

To maintain, enhance your immune system

- Probiotics: UAS Laboratories DDS® Probiotics
- Enzymes: Now Super Enzymes, Virastop Enzyme formula by Enzymedica
- Fish Oil: TwinLab Cod liver Oil, Lakewinds Essential Fatty Acids
- Flax Seed: Omega-Life, Inc. Fortified Flax, Spectrum Essentials

When you have been exposed to a virus

- Echinacea: HerbPharm SuperEchinacea
- Ginger: Ginger Force (soft gels)
- Astragalus: HerbPharm Astragalus

When you have a cold

- Vitamin C
- Acerola C Complex
- Lovites
- Zinc
- Nature's Plus Zinc
- Lakewinds L-Opti Zinc
- Neti Pots
- Breathe Easier ceramic design
- Ancient Secrets

For children

The recommendations above for adults also apply to children. Check the labels for dosages. Lakewinds also stocks specific labels for children.

- Echinacea and Astragalus combination
- Herbs for Kids
- Vitamin C
- Country Life Chewable Orange Juice Vitamin C
- Zinc
- Nature's Plus Kid Zinc Lozenges

Board of Directors

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

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:

Voluntary and open membership
Democratic member control
Member economic participation
Autonomy and independence
Education, training and information
Cooperation among co-operatives
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.

New Lakewinds reusable bags

In an effort to reduce the number of plastic and paper bags our customers use, we will be offering reusable bags at cost, \$1.19 per bag.

Plastic bags deplete petroleum, cause global warming, deface natural habitat and are a huge expense for Lakewinds and its members. Paper bags aren't much better; the process for making them emits 70 percent more global climate change gas, 50 times more water pollution, and four times more raw materials, according to the 1 Bag at a Time web site. Lakewinds spends about \$86,000 a year for paper and plastic bags.



Remembering to carry a reusable bag requires a change of habit. However, once you become accustomed to bringing your bags to the co-op, the effort you take can become part of your routine.

The new bags are made from 100% polypropylene (PP). PP is recyclable, non-toxic, allergy-free, and non-reactive to human skin. It is often used for food containers, toothbrushes, and surgical fabrics. The bag is designed to last up to 2 years of weekly usage.

From the G.M.



The holidays are upon us and it is exciting to be in the stores! Our deli and meat departments have been working overtime to make sure you have everything you need to make holiday meals special. All of our employees are here to assist you with anything you need during this busy time.

Sales and profits have been good this fall. The Chanhassen and Anoka stores continue to see strong sales growth and the Minnetonka store has started to grow again over the last few months. While we know that completion of road construction has helped, we also appreciate the hard work of employees and the perseverance of our customers who have continued to shop no matter how much road equipment was placed in the way of our entrances. We have turned the corner financially and are very grateful to all of our loyal members and shoppers.

We had quite a response to the article in the last newsletter on how to keep your co-op financially fit. Many of you were surprised by the cost of credit card fees and shopping bags. As a follow-up, you will see in this newsletter that we are offering a new shopping bag for only \$1.19. This is our cost and we hope this reasonable price will encourage everyone to buy a few and use them on future shopping trips. I am also looking for an ATM machine in the Minnetonka store with reasonable fees that would allow people to pay with cash. Let us know any other ideas you have that will help us keep our costs down.

Have a great holiday season and New Year!

Libby Trader
General Manager

A Full Platter of Cheese

Serving cheese at your holiday events is a delightful and easy way to entertain. "Don't worry if you are not an expert on cheese," says Judy Thompson, Lakewinds cheese buyer. "Choose cheeses you like and most likely your friends will like them too. Don't be afraid to experiment. Try three to five cheeses on a tray accompanied by a variety of crackers and olives from the deli. You can pick cheeses that contrast with each other. For example, you may arrange some hard cheeses with some soft and creamy ones or pick one type of cheese with varieties from several different countries. It is also fun to discover the differences of taste and texture among a goat, sheep and cow version of a similar cheese. And serving cheese at room temperature is every bit as important as opening a bottle of wine to let it breathe. An ordinary cheese brought to room temperature will often taste better than the most exotic cheese stiff from the refrigerator."

Here are some serving suggestions for cheese trays

Serve some cow-milk hard Aged Goudas such as Prima Donna and Parrano from the Netherlands alongside some aged sheep cheeses such as Spain's Manchego and Petit Ardi Gasna from the Basque region of Spain. Include an aged goat cheese such as Chevre au Lait from Carr Valley, made by Wisconsin's premier cheese maker, Sid Cook. All these cheeses are fabulous served with Marcona almonds and dried figs and apricots.

Compare cheddars imported from the countries of their origin, England and Ireland, next to domestic versions from Wisconsin and California such as Widmer Six Year Cheddar and Bravo Raw Milk Cheddar. Cheddars go great with apples, pears and chutney sauces.

Present a medley of the soft-ripened, semi-soft and washed rind cheeses. Include a Brie or Camembert or an even more luscious triple crème such as St. Andre or Pierre Robert. Add the bolder flavors of Italy's Taleggio and a raw-milk Morbier. Serve with colorful fruit such as berries and kiwi or sweet fruit spreads. Add a sparkling wine or fruit juice and toast the season.

Create a cheese plate that highlights the great local cheeses made here in the northern Midwest. Venture from the Driftless Sheep tubs of soft flavored spreads to the young sheep cheeses from Shepherd's Way. Flavorful cow's milk cheeses include goudas from Pastureland, raw milk cheddars from Next Generation and the unique Pleasant Ridge. Add one of the remarkable goat milk cheeses such as Lemonier Gold or Redstone Robust. And accent the cheese tray with a piece of St. Pete's Blue, Minnesota's own great blue cheese aged in river caves in Faribault. Serve with sliced baguettes and breads made fresh daily from Lakewinds bakehouse and cranberry and pumpkin dessert breads from the deli.

Holiday Meat Department Specials

With the upcoming December holidays and New Years celebrations, there are many distinct traditions, but all center on food in abundance. Whether your holiday includes beef standing rib roast, beef tenderloin, pork crown roast, leg of lamb, turkey, ham, bison, duck or quail, Lakewinds meat department offers natural and organic products that add taste to tradition.

These special holiday meats can be found in the meat section through New Years, except where noted in the following list, says Roger Waid, Chanhassen meat department manager. Members can also order any of these items on line at www.lakewinds.coop, by filling out a form at the meat counter or by calling the general number of their nearest Lakewinds Co-op and asking for the meat department.

Beef

- Lakewinds' brand all natural beef (grain fed)
- Tenderloin roast
- Standing rib roast
- Grass fed beef can be special ordered and will be in on Wednesdays.

Turkey

Remember frozen turkeys need three days to fully thaw.

- Organic Larry Schultz
- Kadejan

Pork

- Mel's Porketta (special order three days ahead: recipe by Mel Scheirer, Lakewinds meat department)
- Prairie Grove Crown pork roast (Local)
- Beelers boneless or bone-in ham: gluten free

Lamb

- Shepherd's Pride boneless or bone-in leg of lamb
- Shepherd's Pride rack of lamb

Game birds

Farm raised

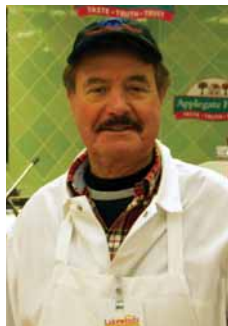
- Quail
- Pheasant
- Duck
- Goose

Bison:

- Eichtens bison fresh or frozen by special order

The Meat of His Story

By Anne Wilbur



Growing up in Ontario didn't prepare Mel Scheirer for the Italian influences that are now part of his most famous recipe, but it did give him his introduction to what became his life career.

Mel, meat department employee, was born in Fort Francis, Ontario. After school he went to the butcher shop to pick up bones for his dog. Soon he was hired to sweep and began learning the trade that became his career.

At 19, Mel moved to Hibbing, MN, to work in the meat department of the National Tea Company, a Canadian company that started the Applebaum stores in the United States. He became familiar with Porketta, the spiced pork roast that was first introduced by the Italian immigrants who settled on the Iron Range.

The Forboni Sausage Company supplied the grocery chain with Porketta. When Leo Forboni and Mel became friends, Forboni gave Mel his secret recipe. Mel's Porketta is offered at Lakewinds by special order through the holidays.

Mel was eventually hired by Rainbow Foods and moved to Minneapolis where he became Vice President. He wouldn't divulge exact dates, but he did say he's been involved with meat for more than 50 years.

At one point he retired from it all, and even bought a place in Arizona where he and his wife, Margaret, lived in the winter. Then they moved to Minnetonka and started shopping at Lakewinds. He often spoke with the Lakewinds meat manager and about 10 years ago began to work here part-time.

Mel now works full-time, he says. He no longer travels to Arizona. He helped set up the meat departments at both the Minnetonka and Chanhassen stores.

Mel has seen changes to meat industry. He enjoys the grass fed beef at Lakewinds. "It tastes like what I had as a kid. Grass fed beef is high in Omega 3's."

He enjoys working here and in a department that has always been a part of his life. "I didn't want the responsibility of management. I'd just as soon be training and helping train younger people. That's what I like."



Easy cheese straws

By Susan Bornstein

These are great fresh out of the oven or you may make them a day ahead of time. Experiment with other types of cheese, spices, or seeds such as sesame.

- 1–14 oz. package Dufour Puff Pastry (Found in the freezer section.)
- 1/2 C freshly grated Parmesan cheese

Optional Ingredients

- Dried parsley
- Paprika
- Sesame Seeds

Defrost the puff pastry. It should be cold to the touch. Preheat the oven to 350°. Gently pull the pastry apart and cut into four rectangles about 6" by 5". Moisten with a little water if necessary. Sprinkle the grated cheese and your choices of additional spices evenly over the pastry. Press toppings into dough. Turn over and sprinkle cheese and spices and press in.

Using a pizza cutter, cut about 3/4" strips the width of the dough. Gently twist each strip into a corkscrew and place on parchment paper on a baking sheet. Press ends of each strip on parchment paper to hold in place.

Bake for 15 to 20 minutes and then cool. Straws should be crisp and puffed. These can be made the day before and stored in a plastic bag. Arrange in a basket or standing up in a cup.

Mel's Porketta

By Mel Scheirer

Mel's Porketta will be available by special order in the meat department through the holidays. He shared his ingredients, but exact amounts are not included.

- 3–4 pound pork shoulder
- Fennel, fresh or seeds
- Garlic salt
- Dill weed
- Celery salt
- Italian seasoning
- Salt and pepper to taste

Cut the shoulder in half lengthwise, like a book. Combine the spices. Rub seasoning all over the pork. Put halves of pork back together. Let sit with seasoning several hours or over night. Bake at 350° for 25 minutes per pound. Left-over Porketta is especially good in sandwiches.

“What’s done is done, and the time left is so short, it can not be stretched. We will complete the work at hand, winter will close in, and that will be the end of another season.” Chris Blanchard, owner of Rock Spring Farm, a supplier to Lakewinds and other co-ops, wrote these thoughts in his Oct. 5 newsletter after two months of rain and the loss of most of his fall crops.

Beyond wanting to improve health, support the local economy, and eating foods that are pesticide and additive free, we gain some intangibles from our local farm connections such as this wisdom about coping with what life throws at us.

In this season of giving, Lakewinds is participating in the Sow the Seeds Fund, which allows us to directly assist organic and sustainable farmers whose homes and farms were destroyed by the flooding in August and September. Lakewinds has about 12 regular produce suppliers, although not all had flooding problems. To learn about how to donate and other local growers, read the article to the right about the Sow the Seeds Fund.

Chris and Kim Blanchard live on Rock Spring Farm with their three children. Their farm fared better than some and not as well as others, yet its story highlights the difficulties all the farms in that area face. Due to relentless rains in the first two weeks of August, followed by downpours of 4 to 6 inches in 24 hours, the farm lost half of its carrot crop and must rebuild and re-think its flood diversion tactics for next spring.

Rock Spring Farm is located just north of Highlandville, Iowa, within miles of the Minnesota border. The Blanchard’s supply many of the fresh herbs found at Lakewinds.

Chris Blanchard wrote about the flooding in the weekly newsletter, “Eat Better News.” His tone was upbeat and informative, but strung together the story is one of loss. He pointed out that other farms lower in the watershed or next to the Rush and Rum Rivers had greater losses. He highlighted the advantages of crop diversity; some of his crops weathered the floods.

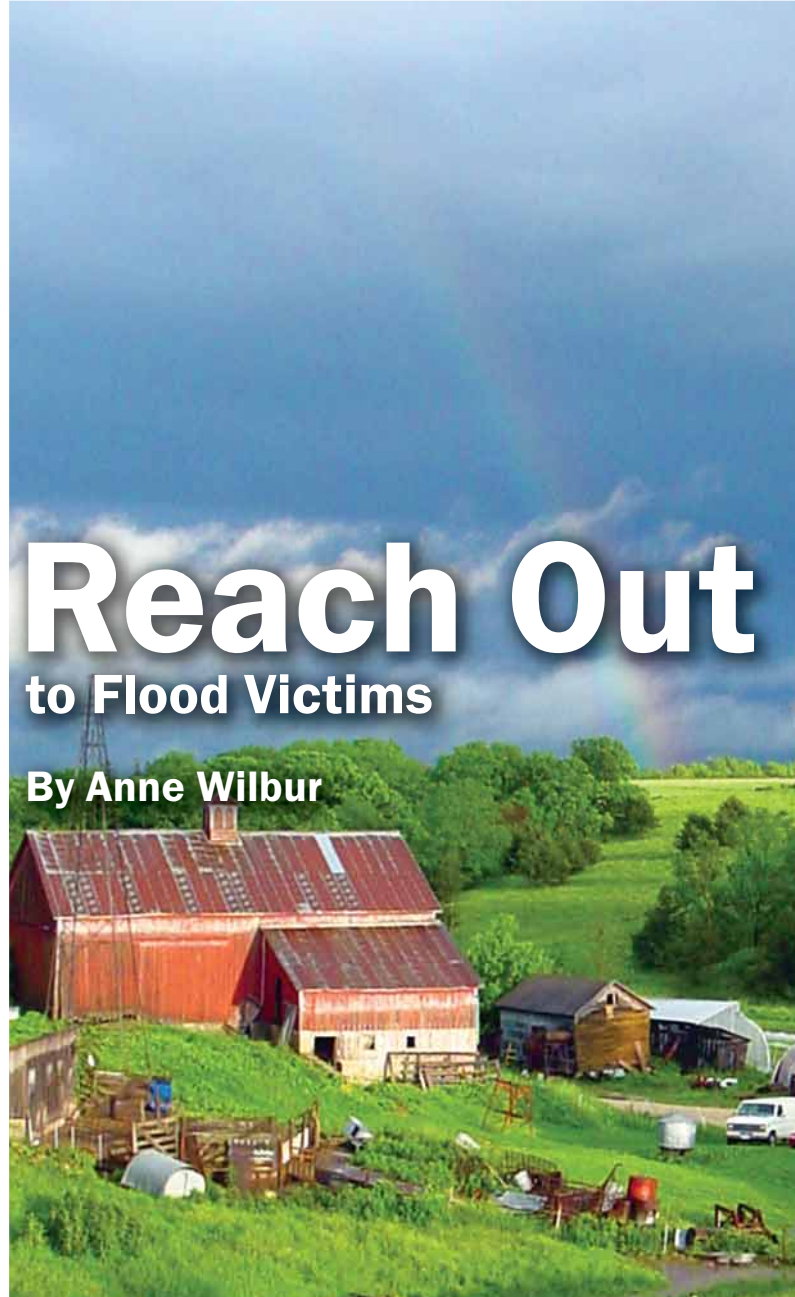
Still, in conversation he admitted that no pictures were taken of the flooding. “It was too depressing.”

In early August, the rains started and they really never stopped enough to dry the ground out, Chris said in a phone conversation in mid-October. He describes arriving home on Friday evening Aug. 17 with the ground still saturated from two weeks of rain.

“The rains continued heavy on Sunday morning, and by Sunday afternoon we began to become aware of the devastation around us. Two small fields that already sat partially under water were more so by the end of the weekend, and we experienced some pretty severe erosion due to the sheer amount of water moving over the landscape. We’ve lost about half of our fall storage carrots to flooding – they’ve been under water for over a week – and some of our turnips. Walking in the fields is almost impossible, and every footstep leaves a puddle behind as water flows from supersaturated soil into the empty pockets, so harvest, or any other field work, is much harder than it is under normal circumstances.”

Reach Out to Flood Victims

By Anne Wilbur



Chris and Kim Blanchard of Rock Spring Farm

In his Aug. 24 newsletter, Chris wrote about other market farmers who had it much worse, some suffering complete crop loss, infrastructure damage, and erosion “that makes our few gullies pale by comparison.”

The rain continued on Rock Spring Farm. “Three inches of rain on Tuesday night resulted in the worst flooding we have ever seen, with the seasonal flow that runs through the middle of the farm jumping its banks and running through the our transplant greenhouse—no damage done, but lots of mud left behind.” Rock Spring Farm may have survived because its 80 acres cover a terrain of ridges and valleys.

By the Aug. 31 newsletter, after another weekend with four more inches of rain, Chris writes, “We haven’t seen our fields for three weeks now. . .small streams are running everywhere on the farm and around the area, in places we’ve never seen them run before.” In an understatement that even a city slicker can understand, Chris writes, “The excessive water has actually done quite a bit of damage on the farm. . . The stream was too deep and wide for the kids to walk through to get to the bus. We’ve had mud running through the packing shed and greenhouse for about a week now. Soil erosion is pretty bad, as we had a lot of ground open in preparation for planting our winter cover crops.”

In early September, the rain seemed to let up and Chris wrote optimistically, “On our Monday morning field walk, we found a lot more stuff ready to harvest than we thought we would. We finally made it back into the fields on Saturday, and began spreading fall fertilizer, tilling ground and planting cover crops.”

“So much had rotted or washed away,” Chris said on the phone. “There is stuff out there, but not as abundant.”

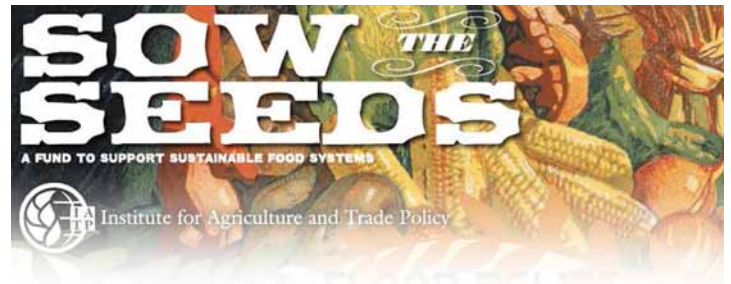
The farm uses its greenhouses to start plants and then transplants them in the fields in the fall, but because they couldn’t get to the fields the plants rotted in the greenhouse. Instead of the normal 30 varieties of cold weather greens usually planted for fall harvest, only one variety of spinach was planted.

“It’s hard to sum up our losses,” Chris said. “It’s a complex operation. It’s not like having 1,000 acres of corn where we can talk yields.”

Rock Spring Farm grows 60 or 70 different vegetables each year. “The damage we took from the weather was really bad, but others had it worse. It wouldn’t make a great movie.”

“It’s a fragile thing. I have dual feelings,” Chris said. “On one hand, I realize how tenuous things are, how as a farmer you’re exposed to risk. On the other hand this fall we saw the connection between consumers and farmers through the concern and support we have received. We’ve really had an outpouring of response.”

To learn more about Rock Spring Farm and to read more from Chris’s newsletter, “Eat Better News” go to www.rsfarm.com or go to the blog at www.eatbetternews.com. Email newsletter subscriptions to “Eat Better News” are available on either site.



The Sow the Seeds Fund was initiated by the Wedge Co-op and the Institute for Agriculture and Trade Policy (IATP) to support organic and sustainable farmers who market their product directly to consumers. In the wake of the August 2007 floods, a steering committee was formed to focus on the immediate need for flood relief. Farmers who market directly often have difficulty finding the same fair value crop insurance that is available to conventional farmers.

In mid-October, the Sow the Seeds Fund distributed grants totaling \$50,000 to 11 farmers in southeast Minnesota, southwest Wisconsin, and northeast Iowa who had suffered losses due to flooding. This was the first round of funding to farmers in that region, according to an October press release. The Fund has raised over \$250,000. A significant portion was made from small donations made at Midwest food co-ops, restaurants, Whole Foods Market, National Cooperative Grocers Association. One hundred percent of funds collected will go to farmers.

The Flood Relief steering committee, comprised of agricultural and community leaders, determines how the funds are distributed. After Nov. 21, and as funding allows, the committee will review all of the applications received and consider providing larger donations to farmers that have been hit particularly hard.

Consumers, food retailers, and restaurants now recognize the high quality food, the land stewardship, and the community-building that these farmers are providing, according to Amy Fields, Steering Committee Co-op Representative and General Manager of the Eastside Co-op. “This is our Infrastructure.”

Commercial agriculture does not suffer from these localized disasters as much because those products can be quickly and easily replaced from other areas, Eric Hoiland, poultry producer, wrote in an e-mail to the Bluff Country Co-op in September after complete destruction of his home, all his turkeys and 24 of 29 of his cattle. “In my case, if I choose to restart my operation, it will be over a year before I could have product again. And finding a replacement product like mine might prove to be very difficult and/or expensive.”

Lakewinds produce growers include Riverbend Farm, Gardens of Eagan, Featherstone, Living Water Gardens, Hoch Orchard, Northwoods Organics, Avalanche Organics, Driftless Organics, Breezy Hill Orchard, Hugh’s Gardens, and Rock Spring Farm.

To make a tax-deductible donation to the Sow the Seeds Fund visit www.lakewinds.coop or Sow the Seeds Fund www.sowtheseedsfund.org

IATP works globally to promote resilient family farms, healthy communities and ecosystems through research and education, science and technology, and advocacy. For more about IATP go to www.iatp.org.

Co-op Heartbeats

Holiday hours

All of our locations will be closed Christmas and New Year's Day. We will be open from 8 a. m. to 4 p. m. on Christmas Eve and 8 a. m. to 6 p. m. on New Year's Eve. Visit our website for current store hours at www.lakewinds.coop

The gift of Lakewinds

This season, give a Co-op Gift Card to people on your list. They make a great gift for any food lover. Using gift cards is a great alternative to credit cards and saves everyone money.

Gift Cards can be purchased at the registers for any amount over \$5. They can be used in any Twin Cities co-ops. Users can add value by putting more money on them after the original amount has been used.

The Cooperative in Co-op

Price Increases

Cooperatives are member-owned, member-governed businesses that operate for the benefit of their members. "The cooperative in co-op" column is a newsletter feature that highlights topics relevant to responsible member-ownership.

One of the seven principles of Lakewinds member ownership is "Member Economic Participation." So when Lakewinds faces an increases in prices we want our members to know why. Nation wide food retail businesses will see an increase in prices in late fall and into December caused by an increase in gas prices and an increasing demand for corn based ethanol.

Nationally retail food prices increased 4 percent in June of this year, according to the American Farm Bureau Federation Marketbasket Survey from the second quarter of 2007. This compares to a 1.8 percent increase in 2006. At Lakewinds, we are anticipating modest increases across a range of products due to the issues mentioned.



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

Printed on recycled paper