

SPROUT!

Spring 2023



Welcome New General
Manager Ray Williams

Celebrate AAPI Month

Save the Date for the CSA Fair

Spring Picnic Recipes Inside!

Seward
COMMUNITY CO-OP



SPROUT!

Seward Co-op's Ends Statement
Seward Co-op will sustain a healthy community that has:

- Equitable economic relationships
- Positive environmental impacts
- Inclusive, socially responsible practices

General Manager Ray Williams
Editor Meghan White
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Hours of Operation
Franklin store
(612) 338-2465
Open 8 a.m.–10 p.m. daily
2823 E. Franklin Ave., MPLS, MN 55406
Friendship store
(612) 230-5595
Open 8 a.m.–10 p.m. daily
317 E. 38th St., MPLS, MN 55409
Creamery Administrative Offices
(612) 230-5555
Co-op Creamery Café Closed
2601 E. Franklin Ave., MPLS, MN 55406

International Cooperative Principles
Voluntary & Open Membership
Democratic Member Control
Member Economic Participation
Autonomy & Independence
Education, Training & Information
Cooperation Among Cooperatives
Concern For Community

Sprout! Printing Policies
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On the cover: New Seward Co-op General Manager Ray Williams in the Franklin store Produce department



A Message
From the General Manager
Ray Williams

It's spring in Minnesota, yet as I write this, most of us are still climbing over snowbanks and slipping on the ice while we try to get home from work or get the grocery shopping done. It's hard to believe the seeds underneath the frozen soil are slowly gathering energy to burst again with new and exciting life.

The past three years have been hard for all of us, with the COVID-19 pandemic, civil unrest locally and throughout the world, and supply and demand challenges directly impacting the grocery industry, but I'm proud to recognize how much we've risen to their many challenges. Last year we celebrated our incredible history with Seward Co-op's 50th anniversary, but now we must shift our focus to what lies ahead. What new growth is in store for our co-op community?

I'm honored and humbled to firmly step into the leadership role as the new General Manager of our co-op. I welcome the new beginnings of this spring season, and I can't wait to grow with you as we explore the possibilities of this next chapter for Seward Co-op. Some of my key focuses are connecting with all staff, owners, and community members, as well as leading our leadership team through a strategic planning process to determine our co-op's direction and future, while implementing opportunities of engagement for all staff.

On April 29, we are hosting our 22nd annual Community Supported Agriculture (CSA) Fair. This is a long-standing Seward Co-op tradition, and this year I want to invite you to think about why we devote our co-op's resources to hosting this event.

It's not just so we can help farmers sell CSA boxes and have a fun spring party, though these are certainly great byproducts! By supporting innovative and sustainable producers, we are working to envision and build the food system we want to carry us into the future.

At the grocery shelf level, our Community Foods program reflects this vision. Look for the purple Community Foods logos on our shelves that designate items as local, small-scale, environmentally sustainable, and cooperatively and/or inclusively owned.

In my last letter, I shared that we finalized the purchase of the Creamery building in November. After leasing it since 2014, the board of directors authorized this acquisition, recognizing that the purchase was in the best interest of the co-op. At this year's CSA Fair, board members will be present with opportunities to engage and share in a visioning process about the future of the Creamery building. We are also actively preparing for a major remodel of our Franklin store. We are tentatively planning to complete the renovation over the summer of 2023 with as little disruption to the shopping experience as possible.

We have so much to look forward to in this next chapter of Seward Community Co-op. Each of you as co-op owners and shoppers will be instrumental in co-creating our story together. The responsibility falls on all of us to plant the seeds of change in ourselves and our communities. Now, let's get to work to make the next 50 years even better!



FINDING
OPPORTUNITIES
FOR GROWTH AT
SEWARD CO-OP

Make sure to check out Lizzie's Lao New Year class on April 14 where she'll be sharing a spring roll recipe! Find more details on this and other classes on pages 18-19.

At Seward Co-op, we are grateful to be a place where people feel empowered to explore their professional and personal growth. There are so many talented staff members that make our stores run smoothly each day. Compassionate, welcoming staff like new Community Engagement Specialist Lizzie Voravong (she/her) add positivity to Seward Co-op and make our stores a warm and inviting place for everyone.

Lizzie began at Seward Co-op when she was just 17. She was excited to find a part-time job that had the flexibility to work with her school schedule and aligned with her values. Since she started in 2019, the co-op has given her many opportunities to explore different roles, from Deli Rounder, to being a Manager on Duty, to working the Produce

department. Her current role is one that excites her, and she understands the importance of her job showcasing vendors' products in demos. "The many vendors and owners of...brands that I get to meet inspire me. Seeing how hard many of them work and how passionate they are about their product makes me feel like it's my obligation to present their products in the best way possible when I'm doing demos. This is especially true for many of the local, BIPOC and women owned brand vendors I meet."

Along with meeting new vendors and trying new product she's demoing, Lizzie has built lasting relationships. "I've made so many great friendships with coworkers and customers that I will cherish forever!" Next time you're in the stores and see Lizzie doing a demo, stop by and say hello.

"It really is such a welcoming and kind community. I love that there is so much room to grow, and people here try to nurture and encourage your growth!"



CASCARÓNES

Burst into Spring with New Celebrations

By Natalia Mendez (they/them), Seward Co-op Marketing and Communications Manager

Spring gives us so many reasons to rejoice: longer, brighter days, the end of cold weather, and a thaw that brings life in the form of baby animals and new growth. As we wave goodbye to winter, many of us welcome spring with cultural and religious celebrations by gathering in community with friends and family.

In my large, extended family, spring always meant gathering for an Easter meal and egg hunt. Certainly many families share this experience, but within our Mexican tradition, my Grandma Sanchez did something special: she spent the darkest parts of the winter months preparing cascarónes for the big celebration that was to come in the spring.

“Cascarón” means shell, and cascarónes are brightly decorated confetti-filled eggshells. They are used to ring in the spring by cracking them on one another’s heads and are said to bring good luck. In our family, for months leading up to Easter, my grandma would gently remove the tops of her eggs, rinse, and save the shells. When we’d visit her around the holidays, my cousins and I would be put to the creative work of decorating the eggs with crayons and dye, filling them with confetti, and sealing them with tissue paper. The process was an act of cooperation that benefitted all of us with springtime fun, and it no doubt kept a bunch of mischievous little kids busy while the adults wrapped presents in a nearby room.



Come Easter Sunday, the adults would hide the eggs while each child squirmed in anticipation, waiting to fill a basket with the cascarónes hidden around my grandparents’ yard. Once all of the eggs were found, the best part—the smashing—began. When adults and kids alike had worn themselves out chasing one another around, we would breathlessly gather around the table to enjoy a meal that always included red rice and grilled

meats. No matter how you celebrate spring this year, we at Seward Co-op hope you’re spending it with those you love, enjoying old traditions, and maybe sharing some new ones, too.

Want to make your own cascarónes? Attend Natalia’s class on March 11. Learn more on page 18, or register online at www.seward.coop/events.



PREORDER MEAT

for your Spring Celebrations!

Tap into the expertise of Seward Co-op’s Meat & Seafood department for your upcoming holiday meals.

Our in-house meat cutters offer a whole carcass butchery program, which promotes the use of the entire animal and means you can order any cut you like.

The whole carcass program also offers co-op staff the opportunity to maintain and preserve strong, direct relationships with the small-scale, local Community Foods farmers and fisherpeople from whom we source our meat and seafood.

Order at least 72 hours in advance



PETERSON CRAFTSMAN MEATS
pasture-raised beef and pork



LAMB SHOPPE grass-fed lamb



BEELER’S natural pork

REDUCING WASTE YEAR-ROUND AT SEWARD CO-OP

Earth Day is April 22, a time to get outside, help clean a local park, reduce plastic use, and more. So how will Seward Co-op commemorate Earth Day this year? In large part, by maintaining our commitment to positive environmental impacts through year-round sustainable, waste-reducing measures. Our Ends Statement dictates how we care for our community and our environment, and we employ a number of environmentally conscious practices in striving to reach those Ends every day. Here are some things you'll find in stores which help foster a community that produces less waste.



Compostable and Paper Bags

In the Produce department, you'll notice we have green compostable bags as well as paper bags to gather fresh apples, carrots, mushrooms, and more. Compostable bags can be discarded with other organics, as can paper bags with food waste on them. Clean paper bags can be recycled. Paper bags can also be found around our Bulk department for all of your dry good needs.

Reusable Hot Bar Containers

Last fall, we launched our reusable hot bar containers, which can be found at the Delis in both the Franklin and Friendship stores. These green containers bearing the Seward Co-op logo are durable, recyclable, and able to be used up to hundreds of times, saving with each use the wealth of resources that go into producing single-use compostable containers. Next time you visit the Deli Hot Bar, try a reusable container for a five-dollar deposit. When you're finished with it, return the washed container to Customer Service for a wooden token that can be exchanged at the cash register for the return of your deposit. We'll then thoroughly sanitize the container for future use. The most sustainable packaging is the multi-use kind, and we're excited to offer this simple, safe, and sanitary option that eliminates waste.

Bulk Items

One of the best ways to cut down on packaging waste is to shop bulk items, and Seward Co-op has a substantial variety available for purchase throughout the store. Need just a bit of spinach for a salad you're making? Take what you need from the bulk bins in Produce, no minimum amount required. Eggs, Brussels sprouts, celery, carrots, and more can also be bought in bulk. Find bulk items in Wellness, too, such as liquid and bar soaps, oils, bath salts, and more. Our dedicated Bulk aisle includes staples like flour and sugar but also items like vinegar, pasta, spices, and more. Shoppers are welcome to bring in their own clean containers for these items, further reducing single-use packaging waste.



Celebrating AAPI HERITAGE MONTH

This May, we're celebrating Asian American and Pacific Islander Heritage Month. First proposed by Jeanie Jew, whose great grandfather was a Chinese immigrant and helped build the transcontinental railroad, the AAPI heritage celebration was introduced as legislation by Representative Frank Horton and first honored in May 1979. May marks the arrival of the first Japanese immigrants to America in 1843 as well as the completion of the transcontinental railroad in 1869, on which thousands of Chinese immigrants worked in harsh conditions for less pay than their white counterparts. The Federal Asian Pacific American Council has designated 2023's AAPI Heritage Month theme: "Advancing Leaders Through Opportunity".

Seward Co-op is committed to supporting inclusive businesses year-round. Here are some of the AAPI vendors you can find in our stores:



Roots Essential

Roots Essential is a local, woman-owned wellness business that sells naturally-derived bath soaks, soaps, lotions, and more. Founder Evangeline Stacy grew Roots Essential from her experience as a sports massage therapist as well as her upbringing in the Philippines, where she developed passions for service and nature. A Community Foods vendor, Roots Essential is committed to sustainability in their products and packaging.

Sushi Ave

Sushi Avenue is a restaurant and wholesale sushi company founded by Nay Hla in 2004. Built on years of experience in a variety of roles in the sushi business, Sushi Avenue was the product of Hla's work to achieve the highest level of his profession after emigrating from Burma in the 1990s. Sushi Avenue sells rolls, bowls, nigiri, and more in the Grab and Go Deli sections of the Franklin and Friendship stores.

Yon's Foods

Another Community Foods vendor, Yon's Foods is based in Burnsville, Minn. and specializes in kimchi. Yon started her small business after years of making kimchi for friends, inspired by her South Korean heritage and her mother's and grandmother's taste. Try Yon's kimchi with fried rice, hamburgers, or simply on its own.

Asian American and Pacific Islander Heritage Month Class Series

We are excited to co-present a cooking and lectures class series highlighting the food, traditions, and cultures of the Twin Cities' Asian American and Pacific Islander community. Community instructors Jess Toliver, Koshiki Smith, and Kimiko Molasky will generously share their expertise on the traditions and history of ingredients and recipes from the AAPI community in Minnesota and beyond.

This class series is collaboratively presented by Eastside Co-op, Mississippi Market, Seward Co-op, the Wedge, and Linden Hills Co-op as a way to examine and connect our cooperative values with food, equity, and social justice; and to recognize and celebrate cultural heritage months that reflect our communities.

Okinawa Southern Japanese Cooking Tuesday, May 9

5:30-7 p.m.

Virtual class

Free

*Kimiko Molasky,
Mississippi Market Co-op*



Vegetarian Bibimbap Tuesday, May 23

5:30-6:30 p.m.

Virtual class

Free

*Jess Toliver,
Jess Delicious Living*



Japanese Cooking: Family Recipes Wednesday, May 31

5:30-7 p.m.

Virtual class

Free

*Koshiki Smith,
The Japanese Kitchen*



FROM CSA TO SEWARD CO-OP: How Community Supported Agriculture Helps Create the Food Systems We Want

Seward Co-op's 22nd Annual CSA Fair is on the horizon, and we can't wait. As representatives from local farms gather to sell shares of their crops, we ask: What do we strive collectively for our food system to be? How do we get there?

Vedha Reddy's The Hidden Paradise Farm is one of this year's fair participants.

Vedha, who grew up spending summers on her grandparents' farm in India, says this year is all about consistency and distribution for her farm.

As a small-scale producer, Vedha was very aware of the obstacles to getting her business started. Ultimately, her goal of bringing resilience and self-reliance to the local food system found a good match in the values at Big River Farms, an incubator farm that provides historically underrepresented groups with access to farmland, education, and markets.

Less than 40 miles from the Twin Cities, Big River Farms is currently in the midst of the education

phase of its farmer program, which focuses on both agriculture and business. The business side is crucial, especially when it comes to learning about CSAs, which allow small-scale farmers to develop and maintain relationships with supporters. Another Big River farmer, Jacob Daniel, says, "For small [-scale] farmers it's all about building relationships."

CSAs are often a path to wholesale, as they offer an opportunity for farmers to learn what they're good at growing, upscale their quantity, and practice delivering consistent quality.

Jacob, who will also be at our fair, is starting his first season of CSA. He knows that "Being able to produce good crops is just as important as finding markets." A major challenge for small-scale farmers moving into wholesale is not only being able to produce the quantity required, but also to familiarize people with the quality of their brand. This makes

working with co-ops appealing to Jacob, as they focus more on small-scale farmers. So how does one make the leap from CSA to wholesale?

Aiesha Babu, Seward Co-op's Fresh Departments Buyer, is the point of contact for farmers like Jacob and Vedha to work at a larger scale (you'll

find their produce on our shelves this season!). As Aiesha explains, CSAs are often a path to wholesale, as they offer an opportunity for farmers to learn what they're good at growing, upscale their quantity, and practice delivering consistent quality. When it comes time to make an agreement with farmers, Aiesha says that quality and storytelling are very important. And, if it's a bad week in the fields? Aiesha says: "Farmers appreciate that we have their back[s]."



Seward Co-op is committed to working within diverse, local, sustainable markets whenever possible. Whether it's making the decision to buy more varied produce, sourcing from new small-scale farms, or hosting a CSA Fair to showcase and invest in the health of our local food economy, we are dedicated to helping build a food system that values inclusivity, environmental responsibility, equity, and access. Attend our CSA Fair to see these values in action!

**Saturday,
April 29**

Seward Co-op

CSA Fair

**+ General
Manager
Welcome Party!**



Join us for Seward Co-op's annual Community Supported Agriculture (CSA) Fair + Welcome Party for Ray Williams, Seward Co-op's new General Manager!

Seward Co-op is dedicated to helping build a food system that values inclusivity, environmental responsibility, equity, and access. Visit our CSA Fair to see these values in action! Join us in the

Seward Co-op Creamery parking lot on **Saturday, April 29 from 11 a.m.—2 p.m.** to learn about local farms and speak directly with nearly 30 farmers to choose a CSA share that is right for you and your household.

In addition to the CSA Fair under the tent, we will be celebrating Seward Co-op's new General Manager, Ray Williams! Please join the board of directors in marking this momentous occasion with refreshments, music, and mingling on the patio!

We also look forward to engaging with community members on the future of the Creamery building. Seward Co-op finalized the official purchase of the building in 2022, and we are excited to bring owners into the conversation about how the space can serve our community. Seward Co-op staff and board members will lead informal "walk and talks" through the building and provide opportunities for questions and feedback on the next phase of growth.

Vedha Reddy, owner of The Hidden Paradise Farm



Jacob Daniel, owner of Jacob Daniel Farms



STEP INTO SPRING WITH A COMMUNITY FOODS PICNIC

After another cold, dark winter, so many of us are eager to get back outdoors. What better way to do that than with a delicious picnic featuring Community Foods producers? Together we create the food systems we want, and when you choose Community Foods products—signified by the purple tags in our stores—you’re choosing to support local, small-scale, inclusive, sustainable, and cooperative businesses.



Baker's Field Flour and Bread

SMALL-SCALE, LOCAL

Pair the fresh spring air with fresh local bread on your picnic spread with Baker's Field loaves. Baker's Field works with local farmers to create a demand for quality grains, which strengthens our local grain economy. Their access to unique artisan grains allows Baker's Field to freshly grind them into flour using stone mills, and then bake them into flavorful and distinctive loaves, perfect for your next sandwich or slice of toast.

Tree Range™ Chicken Salad

SMALL-SCALE, LOCAL, SUSTAINABLE, INCLUSIVE

Craving a sustainable lunch? Look no further than a zippy chicken salad made with Tree-Range™ Chicken. Tree-Range™ chickens are raised under a canopy in a coop and paddock system that integrates perennial crops like hazelnuts and elderberries into the diets of the chickens. This style of poultry-centered regenerative farming system is indigenous in origin and is a seasonal production system that protects the birds and improves environmental quality through a design that prioritizes soil building, biodiversity, and clean water. All of this translates to a higher-quality—and more delicious—bird.



Seward-Made Salads and Sweet Treats

SMALL-SCALE, LOCAL, COOPERATIVE

Don't skip the sides! No picnic is complete without sides, salads, and treats. Bright flavors return this spring in the Deli Grab and Go case, like elote dip made with crunchy corn, roasted mild poblano peppers, and bright lime, or quinoa tabouli salad with juicy cherry tomatoes, cooling cucumber, and refreshing mint. Don't forget to grab slices of pie, cookies, or brownies for a sweet Seward-made finish to your meal.



← recipes on back!



PICNIC TIPS

Bring reusable or compostable napkins

Pack out what you pack in

Bring a compostable bag or container for food scraps

CHICKPEA "TUNA" SALAD



SRIRACHA CHICKEN SALAD





Get Growing this Spring

Seward Co-op has everything you need to foster growth this spring season. Whether you're selecting soil to re-pot a dear plant, picking new seeds or starter plants for your garden, or choosing a houseplant to brighten up this Mother's Day, we're here to help you bloom.

SRIRACHA CHICKEN SALAD

- INGREDIENTS**
- 1 ½ lb Tree Range boneless, skinless chicken pieces
 - 2 Tbsp. avocado oil
 - 2 tsp. salt
 - 1 tsp. black pepper
 - ¼ cup mayo
 - 1 Tbsp. Dijon mustard
 - 2 Tbsp. Sriracha (or to taste)
 - 1 Tbsp. lime juice
 - 3 green onions, thinly sliced
 - 3 stalks celery, thinly sliced
 - 2 small carrots, shredded
 - ¼ cup cilantro

INSTRUCTIONS

Pat dry chicken pieces, then season with salt and pepper. Place oil in medium-high pan until shimmering, then place chicken pieces in pan and cook for 3–4 minutes, then flip, and cook until 165 degrees Fahrenheit. Remove chicken from pan and rest on a plate while you prepare the sauce. Mix the mayo, Dijon, Sriracha, and lime juice together. Prepare your onions, celery, carrots, and cilantro. Afterwards, shred your chicken. Add chicken and veggies to sauce, then stir to combine. Add extra Sriracha, mayo, salt and pepper to taste. Serve on Baker's Field Good 'Wich bread, toast, in lettuce cups, or crackers.

CHICKPEA "TUNA" SALAD

- INGREDIENTS**
- 1 can chickpeas, drained and rinsed
 - ¼ cup red onion finely chopped
 - ¼ cup cucumber, finely chopped
 - 1 Tbsp capers, drained
 - 3 Tbsp mayonnaise
 - 1 Tbsp Dijon mustard
 - 2 Tbsp fresh dill, chopped
 - 1 Tbsp lemon juice
 - Tabasco to taste
 - ¼ Tsp salt and pepper

INSTRUCTIONS

In a large bowl, mash the chickpeas until flaky in texture. Stir in diced onions, cucumber, capers, and dill. Make a sauce mixing mayonnaise, Dijon mustard, lemon juice, and tabasco sauce. Add sauce to chickpeas, mix. Season with salt and pepper to taste. Serve on bread, toast, lettuce cups, or crackers. Optional garnish: tomatoes, lettuce, sprouts, cucumbers. Serves 4

Recipe created by Chef Jess Toliver with Jess Delicious Living

N Nourish recipes are simple, delicious, cost-effective dishes that use healthy ingredients available at Seward Co-op. Learn more at www.seward.coop/nourish



A Message From the Board Vice President Sally Nixon

As we settle into the new year and realize many of our individual and collective aspirations for new beginnings, we have our own fresh-start to celebrate at Seward Co-op with the hiring of Raynardo Williams as our new General Manager! After a thorough and thoughtful hiring process that included a number of talented candidates, the board of directors are thrilled to have selected Ray for this position and are so excited to have him as a leader for our Seward Co-op team and community.

Ray is exceptionally qualified for this position. I also want to recognize how much commitment and work it takes to set the stage to make such a hugely important decision in hiring our first Black GM. We've had to consider the hard questions about why there is such a lack of BIPOC leadership in the wider national food cooperative landscape and how we can support change to build more diverse leadership.

Eight years ago, as Seward Co-op took on a physical growth period with the opening of the Friendship store, we also initiated an internal rebuilding process with new positions and initiatives to support our deepening into diversity, equity, inclusion, and community connections. The co-op intentionally restructured, reimagined our leadership roles, and we work to continue supporting the retention and advancement of staff in under-represented groups. We're proud of where we're at today, and we also know that our work is far from done. So, we continue to focus on the future and consider what the next eight to ten years look like. How will we continue to challenge the norms that need to shift? How will we support our new GM, staff, and leaders-to-be so they can succeed in a climate that

often doesn't support them? How can the next generations of leaders guide us to the best that we can be at our co-op?

Just as I'm looking forward to the promise of bright and colorful new beginnings with spring around the corner, I welcome all the possibility and potential that we anticipate for Seward Co-op. I look forward to getting to know Ray in his new capacity as GM and experiencing what skills, knowledge, and ideas he'll bring to us!

I hope to see you at any of the upcoming events and/or board meetings soon! Yes, you—because we're all in this together.

Board Meetings

The next virtual board meeting is **Tuesday, March 28 at 6:15 p.m.** Monthly board meetings are open to co-op owners to attend and observe. They are typically held the last Tuesday of the month, calling to order at 6:15 p.m. An RSVP is politely requested; please email board@seward.coop to indicate your intention to attend.

Current Board of Directors	Term Ends
Tami Bauers	2025
Claire Purvey Houston	2024
Vina Kay	2023
Warren King	2023
Cassandra Meyer	2024
Sally Nixon	2024
LaDonna Sanders Redmond	2025
Kate Seybold	2024
Moses Viveros	2025



Welcome New General Manager RAY WILLIAMS



We are proud to announce that the Seward Co-op Board of Directors has selected Raynardo “Ray” Williams (he/him) as General Manager.

Ray has been with Seward Co-op for the last seven years, and his roles have included the Store Manager for the Friendship store, Operations Manager, and Senior Human Resources and Operations Manager. Over the past four months, Ray has excelled as Interim General Manager and demonstrated his readiness for the role.

“This is a monumental step for our co-op that exemplifies our ongoing commitment to diversity, equity, and inclusion within the cooperative movement,” says LaDonna Sanders Redmond, Seward Community Co-op Board President. “After a year of celebrating our 50th anniversary, we cannot diminish the historic nature of Ray stepping into his role as the first Black GM in Seward Co-op’s history. Together, Ray and Seward Co-op are making history and showing the world what modern cooperative leadership looks like.”

Ray holds an undergraduate degree in business administration from National American University and a master’s degree in management from Hamline University in St. Paul. He has held management roles at both Blue Cross Blue Shield and Securian Financial. After leaving the corporate world, Ray was an entrepreneur, running his own business as a personal fashion consultant. He’s been recognized by both the “Star Tribune” and “Vita.mn” for his exceptional sense of style!

We are so excited for the talent and experience Ray brings into this important role at Seward Co-op. Please take an opportunity to welcome Ray to his new permanent role and celebrate this momentous occasion. The board of directors will be hosting a public reception to welcome Ray in conjunction with our spring CSA Fair on **Saturday, April 29**, in the Seward Co-op Creamery parking lot. We hope to see you there!

Seward Co-op News



Store Remodel Update

The last issue of Sprout! mentioned that we are planning a major revitalization of the Franklin store. Planning for the remodel is now underway with the hope the redesign will improve work experience for employees, replace and repair equipment, increase daylight in the stores, create more access to educational spaces, and improve efficiency and decrease the environmental impacts of our equipment and building.

The renovation is tentatively slated to begin during the summer of this year. The changes will occur while the store is open to customers with as little disruption to the shopping experience as possible. Updates will be shared on www.seward.coop, our social media, and in the store this spring as the remodel planning and preparations progress.

St. Patrick’s Day Specials

Seeing green on St. Patrick’s Day? It might just be some of our Hot Bar specials! The Friendship Deli will offer corned beef, mustard cabbage, colcannon, and baked beans on **Friday, March 17**. Visit the bakery for mini loaves of Irish soda bread, a dense treat filled with caraway seeds and currants.

Enjoy Pi(e) Day

Join us in celebrating another Pi(e) Day on **March 14** (3.14) with Seward-made pies! All pies, whole and slices, will be 15% off for the day, while supplies last.



SEED
GROWING THE COMMUNITY

learn more at
www.seward.coop/seed



March

Sisters’ Camelot is a collectively-run nonprofit founded in 1997 that is focused on food justice, waste reduction, sustainable living, community building, and youth education. They distribute nearly 8,000 pounds per week of free organic groceries to people, food shelves, and community kitchens. They also serve free healthy prepared food from a vintage bus that has been converted to a licensed commercial kitchen, using food rescued from the waste stream.

April

KRSM Radio is a low-power community radio station in South Minneapolis. Their tag line is “Radio for All”, meaning to provide a platform for elevating the voices, narratives, and cultures of those historically erased by traditional media. SEED funds will be used to expand KRSM’s programming and equipment to increase their capacity to serve youth and underserved communities, as well as to archive their content, history, and voices of these content creators.

May

Sabathani Community Center provides one of the largest food shelves in the South Minneapolis area. In addition to culturally-specific food and resources, families can also get free clothing, back-to-school supplies, and holiday support. Over 30,000 people a year gain food security and self-sufficiency through Sabathani’s donation programming.

Spring Classes

Register at
seward.coop/events

Join us for a variety of virtual and in-person classes this spring! Please register in advance. In-person classes are limited. A Zoom link and recipe for virtual classes will be sent out before the day of class. Visit www.seward.coop/events to register or stop by Customer Service for assistance.



Nourish recipes are simple, delicious, cost-effective dishes that use healthy ingredients available at Seward Co-op. Nourish 101 classes showcase these recipes through cooking demonstrations of delicious meals for all skill levels.

March

Nourish 101: Creamy Tuscan Chicken
Thursday, March 2, 6–7:30 p.m.

In-person class: Friendship store classroom
\$5 – Receive a \$5 Seward Co-op gift card at class
Addie DeMery, Seward Co-op Staff

Cooking with Koshiki- Spring Celebration: Chirashizushi

Monday, March 6, 6–7 p.m.

Virtual class
\$5 | Free for Seward Co-op owners
Let’s celebrate this spring by learning how to prepare Chirashizushi. Chirashizushi is scattered sushi, meaning sushi rice is topped with beautifully arranged toppings of salmon, shrimp, eggs, and spring greens. Vegetarian options are available.
Koshiki Smith, The Japanese Kitchen

Cascarónes - A Smashing Mexican Easter Tradition!
Saturday, March 11, 1–2 p.m.

In-person class: Friendship store classroom
\$5 | Free for kids
Learn about the Mexican tradition of making and enjoying cascarónes—decorated, confetti-filled eggs used for Easter celebrations. Seward Co-op staff member Natalia Mendez will share stories from their family about the history of the eggs, as well as instruct how to make, decorate, and enjoy them—with a crack over the heads of friends! This is a family-friendly, hands-on event.
Natalia Mendez, Seward Co-op Staff

Nourish 101: Dairy-Free Alfredo with Blackened Tilapia

Tuesday, March 21, 6–7 p.m.
Virtual class
\$5 | Free for Seward Co-op owners
Jess Toliver, Jess Delicious Living

Fermentation 101 with The Pickle Witch
Sunday, March 26, 1–3 p.m.

Virtual class
\$5 | Free for Seward Co-op owners
Learn the basics of fermenting in a virtual workshop that will teach you to turn almost any vegetable into a nutritious, delicious, fermented pickle.
L. Kling, The Pickle Witch

April

Nourish 101: Brunch Shakshuka
Saturday, April 1, 11 a.m.–12 p.m.

Virtual class
\$5 | Free for Seward Co-op owners
Jess Toliver, Jess Delicious Living

Nourish 101: Shepherd’s Pie
Thursday, April 6, 6–7:30 p.m.

In-person class: Franklin store classroom
\$5 – Receive a \$5 Seward Co-op gift card at class
Addie DeMery, Seward Co-op Staff

Lao New Year Spring Rolls
Friday, April 14, 6–7:30 p.m.

In-person class: Friendship store classroom
\$10/\$5 for Seward Co-op owners
Happy Lao New Year! Lizzie from Seward Co-op will show you how to make fresh spring rolls—a fun and easy dish to make, and a staple of Southeast Asian cuisine. From Lizzie: “When I was growing up, my family would all work together to churn out a ton of spring rolls (sometimes up to 100 of them) and have them as a side dish along with all of our other Laotian dishes for the new year. It was a great way to spend quality time with my family so I really associate spring rolls with happy memories. You can make them either vegan or with shrimp. These spring rolls are perfect along with sweet chili or peanut dipping sauce!”
Lizzie Voravong, Seward Co-op Staff

Cooking with Koshiki- Simple Weeknight Dinner: Beef Bowl & Egg Drop Soup

Monday, April 17, 6–7 p.m.

Virtual class
\$5 | Free for Seward Co-op owners
Learn how to marinate beef ahead of time for this easy and delicious beef bowl, paired with egg drop soup.
Koshiki Smith, The Japanese Kitchen

Intro to Edibles

Wednesday, April 26, 6–7:30 p.m.

In-person class: Franklin store classroom
Free
Are you new to the world of hemp-derived edibles? In this class, Seward Co-op Franklin Wellness department manager Caroline Keefe will join Ben Lipkin, co-founder of Carpe Diem CBD & James Streif of You Betcha Cannabis, to de-mystify the variety of edibles, oils, and more that can be found at Seward Co-op. Learn the differences between CBD and THC and the health benefits of hemp-derived products. You’ll have an opportunity to ask questions and learn how to choose which products are right for you. This is a 21+ class – instructors will be checking IDs at the start of class.
Caroline Keefe, Seward Co-op Wellness Staff
Ben Lipkin, Carpe Diem CBD
James Streif, You Betcha Cannabis

May

Cooking with Koshiki- Harumaki: Fried Spring Rolls
Monday, May 1, 6–7 p.m.

Virtual class
\$5 | Free for Seward Co-op owners
Haru-maki are Japanese-style fried spring rolls. These irresistible harumaki are crispy and packed with meat, bean noodles, carrots, and shiitake mushrooms. Serve them as an appetizer, or make dinner with a simple soup, salad, and rice.
Koshiki Smith, The Japanese Kitchen

DIY Soap Making for Mother’s Day
Wednesday, May 3, 6–8:30 p.m.

In-person class: Franklin store classroom
\$40/\$35 for Seward Co-op owners
Make your own customizable soap as Mother’s Day gifts! Join Longfellow Soap owner John Hanson for an

in-person class at the Franklin store to learn soap making techniques. Students will receive a free silicone mold and class manual at the class.
John Hanson, Longfellow Soap

Nourish 101: How to Roast Chicken
Thursday, May 18, 6–7:30

In-person class: Friendship store classroom
\$5 – Receive a \$5 Seward Co-op gift card at class
In this class, Addie will show you how to make a juicy roasted whole chicken using common herbs and spices found in your pantry. You’ll learn a simple way to roast a whole chicken and ideas for leftovers. Make and sample this recipe at this in-person class in our Friendship store classroom.
Addie DeMery, Seward Co-op Staff

Asian American and Pacific Islander Heritage Month Class Series
Virtual | Free | More info on page 9

Okinawa Southern Japanese Cooking
Tuesday, May 9, 5:30-7 p.m.
Kimiko Molasky, Mississippi Market Co-op

Vegetarian Bibimbap
Tuesday, May 23, 5:30-6:30 p.m.
Jess Toliver, Jess Delicious Living

Japanese Cooking: Family Recipes
Wednesday, May 31 5:30-7 p.m.
Koshiki Smith, The Japanese Kitchen



Seward
COMMUNITY CO-OP



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www.seward.coop

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COMMUNITY CO-OP

Thanks co-op owners for your continued support
Here are 4 weeks of **FREE** product offers

WEEK ONE: 4/5/2023–4/11/2023



FREE
EQUAL EXCHANGE
CHOCOLATE BAR



REG: \$3.99

Limit one coupon per owner number | While supplies last
Valid only 4/5/2023–4/11/2023

WEEK TWO: 4/12/2023–4/18/2023



FREE
TALENTI
GELATO PINT



REG: \$5.99

Limit one coupon per owner number | While supplies last
Valid only 4/12/2023–4/18/2023

WEEK THREE: 4/19/2023–4/25/2023



FREE
KETTLE
CHIPS
5 OZ.



REG: \$4.49

Limit one coupon per owner number | While supplies last
Valid only 4/19/2023–4/25/2023

WEEK FOUR: 4/26/2023–5/2/2023



FREE
LACROIX
SPARKLING
WATER 12 PK.



REG: \$5.79

Limit one coupon per owner number | While supplies last
Valid only 4/26/2023–5/2/2023