

SPROUT!

Summer 2023

Get Outside this Summer
2023 CSA Fair Recap
Introducing Microgreens
Franklin Remodel Updates



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

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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

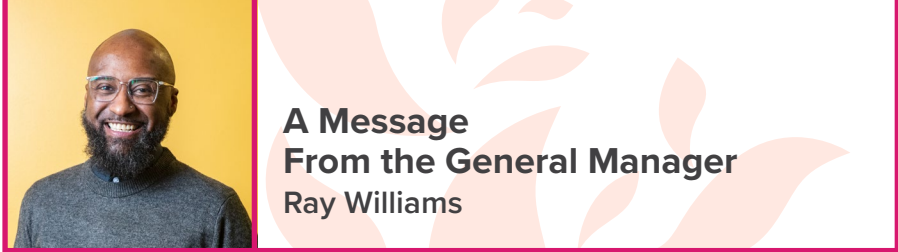
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On the cover: Vedha Reddy of The Hidden Paradise Farm talks with a visitor at the 2023 Seward Co-op CSA Fair + General Manager Welcome Party.



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A Message From the General Manager Ray Williams

Happy summer, Seward Co-op community! It was inspiring to see so many farmers and community members gathered at our CSA Fair—I am especially grateful to the farmers who found ways to extend our Minnesota growing season. As the soil warms, I am already looking forward to the abundant harvest that will soon arrive from the fields.

This is a vital season of growth and change—especially for our Franklin Store, which begins a major remodel this summer. The upgrades will create a better shopping experience and will help the building operate more sustainably—an important investment in the future of our co-op. We hope to complete these much-needed updates to our store with as little disruption to the shopping experience as possible. We are also working strategically on short- and long-term planning for the future of the Creamery building, which we purchased last fall. We heard from many of you at the CSA Fair in April during the Creamery “walk and talks”. These discussions are informing our ongoing work and there will be future opportunities to engage. We are grateful to you, our owners and customers, for your patience and support as we embark on these exciting new initiatives.

One way that you can support these co-op initiatives is by investing with an owner loan or by purchasing Class C stock. This investment opportunity is an additional benefit of ownership and a way to keep your household's money local and build community-based resources. I would like to personally invite you to consider an investment in Seward Co-op. Email invest@seward.coop or call 612-230-5555 to ask questions and learn more.

This summer I hope you all have a chance to kick back, relax and celebrate. First, happy Pride month! As GM, I am proud to have so many members of the LGBTQ+ community at every level of the co-op who continue working toward a culture of inclusion and belonging for Seward Co-op staff and customers. A special shout-out goes to everyone celebrating Juneteenth this year! At Seward co-op, staff voted to make Juneteenth a time and a half holiday back in 2020. We hope you will stop by the co-op for the perfect ingredients for all your summer picnics and celebrations.

Time to put on those shades and break open the first fruits of summer! Stay cool everyone.



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BAKING UP PRIDE AT SEWARD CO-OP

Happy Pride from Seward Co-op! The outsides of our buildings say “Everyone Welcome” and we aspire to walk that talk on a regular basis. We strive to employ a staff that reflects the diverse communities that we serve, and the Bakery is a place that proudly represents members of our local, thriving LGBTQ+ community. Meet a few of the staff baking up delicious treats for both stores.

Bakery Supervisor Eve (she/her) says her love for food and our co-op's strong ethics drew her to her role here six years ago. She says, “it's an incredible thing to lead in an overwhelmingly trans department like the Seward Bakery. I feel very privileged to be able to do this work at this business in this state while so many other transgender people are facing genocide in many states across the U.S. All of this feels so fragile, and I'm both trying to show gratitude while at the same time not take it for granted.” Kitchen rounder Kel (they/she/ fae) appreciates the connection

to community and staff diversity they find at work in the Bakery. “...The fact that we can put out fresh and delicious foods that are sourced as ethically as possible and produced in sustainable ways keeps me inspired,” they say. Bakery shift lead, Baz (they/ them), is new and says, “I'm proud to work somewhere that makes an active effort to hire LGBTQ+ people across all areas of the workplace and that considers inclusivity a core value... It's been great being able to be loudly and enthusiastically out at work.” Bakery shift lead C (he/ they) centers cooperation and likes making the days of their coworkers easier. He says, “I have felt safe being who I am at Seward Co-op, especially since the majority of the bakery is part of the LGBTQ+ community.” Baker Mikael (he/him) initially looked for a workplace where he could feel safe and respected, and he says he's found it here at Seward Co-op. “Everyone at the co-op was not only just accepting, but they were curious and supportive as well.... While some staff seem

to come and go over the years, us queer folks have more or less planted our roots here. We really look out for each other and support each other here, and there aren't a lot of places that are really like that, and I think that is really cool.”

Each person interviewed was grateful to be themselves and felt safe in their identities when coming into work. There was also a strong sense of solidarity and support knowing they're working in a union shop. Many said they were happy to work in a space where discussing their gender or sexuality was common in ways they'd never previously experienced before in a workplace. Here at Seward Co-op, we are honored and work each day to continue offering this support to our incredible staff in all departments.

Want to join the Seward Co-op team? Visit www.seward.coop/careers to browse open positions.

COOL OFF WITH COMMUNITY FOODS

After what seemed like an endless winter and a blip of spring, we're already into the heat of summer. Cool off with items from Community Foods producers.



Seward-Made Smoothies LOCAL, SMALL-SCALE, SUSTAINABLE, COOPERATIVE

Invigorate your taste buds with a fresh Seward-made smoothie. Made with organic fruits and vegetables, smoothies from the Deli counter can be customized with add-ons like spinach, peanut butter, bee pollen, ginger, spirulina, protein powder, and more. Celebrate National Smoothie Day on June 21 with a Fuchsia Fixation—made with pineapple, raspberries, peaches, and orange juice—or an Avo Omega—made with avocado, blueberries, banana, soy milk, flaxseed oil, spirulina, and honey.

All Good Sunscreen SMALL-SCALE, SUSTAINABLE, INCLUSIVE

This sunny summer, keep your skin cool and safe with sunscreen from All Good, a woman-owned wellness business that views its success not only in terms of economics but also by its environmental and social impacts. All Good is committed to thoughtful actions that keep their business in line with ecosystem health, and they even grow their own organic herbs for their products at a farm near their headquarters. You can find a variety of All Good sunscreens at Seward Co-op, from adult and kid's sprays and sport sunscreens to tinted sunscreen.



Blakesville Creamery Goat Cheese LOCAL, SMALL-SCALE, SUSTAINABLE, INCLUSIVE

August is National Goat Cheese Month! Try Blakesville Creamery goat cheese with honey, apple, and a slice of baguette for a sweet and tangy snack. Blakesville, which began producing cheeses in Port Washington, Wisc. in the summer of 2020, is a farmstead creamery. This means that their cheeses are handmade on the same farm where their animals are raised and milked. Their top priority is raising goats humanely to produce the best possible milk. A woman-owned small-scale business, Blakesville is a prime example of practicable dairy farming from a founder who holds a long and sincere commitment to mindful land use and environmental considerations.

Equal Exchange Frozen Bananas SMALL-SCALE, COOPERATIVE, INCLUSIVE

When you purchase an Equal Exchange banana at Seward Co-op, you're supporting small-scale farms and farmer cooperatives in Ecuador and Peru. Equal Exchange's fair trade practices focus on developing human relationships, sharing risk, building democratic trade networks, and paying farmers well. Their chocolate, produced through an adherence to the same principles, makes a perfect pairing for the bananas. To turn these into a tasty frozen treat for a warm day, halve your bananas, and place them on wooden popsicle sticks. Melt your favorite Equal Exchange chocolate bars in a double boiler along with a tablespoon of coconut oil or vegetable shortening, and dip! Roll them in toppings like granola, dried fruit, crushed nuts, shaved coconut, or sprinkles. Place them in the freezer for 2-3 hours or until the bananas are firm and enjoy!



CELEBRATE JUNETEENTH WITH GRILLING

When Fresh Departments Buyer Aiesha Babu (she/her) was growing up in the Twin Cities, she used to go to a large Juneteenth celebration in St. Paul. It was an event that centered the Black community in a city where those were few and far between. “Being around Blackness is awesome,” Aiesha says, recalling the St. Paul celebrations that commemorated Black liberation and facilitated Black joy. “We don’t have a lot of safe spaces, so on Juneteenth, whether you go to events or you’re around family, you’re able to embrace and be celebrated for who you are.” Now, Aiesha’s Juneteenth tradition involves gathering with family and friends outdoors for a barbeque. The potluck—which, for her family, typically features greens with smoked turkey, salmon, ribs, mac and cheese, and more—always ends with everyone talking about what they’re appreciative of, both personally and in community. It’s about “uplifting each other,” Aiesha says.

Want to learn more about the history of Juneteenth? Visit www.seward.coop/learn-about-and-celebrate-juneteenth/

Support Black-Owned Businesses

Support Black ownership for Juneteenth and all year long! These items from Black-owned businesses will round out any barbeque:

A Dozen Cousins

These microwavable pouches of flavorful beans are inspired by Black and Latinx recipes from across the Americas and make for an easy side dish. Try their sauces, too.



Sweet Troo Vi:

Black-woman and LGBTQ+ owned, Sweet Troo Vi bakes up delectable vegan cookies that will soothe even the strongest sweet tooth.



LUV Microgreens:

Top your salads and sandwiches with these local, urban-farm-grown microgreens for a delicious and nutritious addition to any salad or sandwich.



Aiesha’s Grilling Faves

- Memphis and baby back ribs from Peterson Craftsman Meats
- Fresh salmon filets and ground salmon for burgers from American Fish
- Locally grown veggies



EMBRACE THE OUTDOORS WITH CAMPING

Welcoming summer with a friends and family campout? Get camp-fired up for a delicious menu with great finds at Seward Co-op. From sweets and treats to meats and upgraded eats, there’s plenty of packable and snackable items at Seward Co-op for your next camping trip.

Vegan S’mores

There’s nothing like s’mores to bring out the kid in all of us! Make this classic campfire treat vegan and gluten-free with Dandies vegan marshmallows, Kinnikinnick gluten-free graham crackers, and Equal Exchange Very Dark chocolate.

Seward-made Sausages

Relish the outdoors with savory Seward-made sausages. Crumble them into a stew, slice them to accompany an eggy breakfast, or slide them onto a skewer to cook over a fire. Classic Seward-made flavors, like Maple Breakfast and hot dog lovers’ Franklin Franks, are available alongside newer varieties including a Bierbrat made with Fair State Pilsner and an Oaxacan Choriqueso sausage, made with Oaxacan cheese and jalapeño.

Upgrade Easy Vegetarian Meals

With a few cans of Pacific pre-made plant-based chili (or homemade!) and a bag of Bob’s Red Mill cornbread mix, you can whip up a quick vegetarian casserole in a Dutch oven over the fire. Heat your chili, make your batter, and top the chili with the cornbread mixture. Nestle the Dutch oven into the coals, add a few to the top of the pan, and cook until the cornbread is done (a toothpick in the middle should come out clean). Voila! A one-pot vegetarian meal sure to satisfy.



22ND ANNUAL CSA FAIR RECAP



Co-op. Members of the board also invited fairgoers to take guided tours of the historic Co-op Creamery building, and encouraged those visitors to add to a visioning board at the end of the tour with their thoughts on the future of the space.

Fun with Bingo, Prizes, and Midwest Food Connection

The festivities were rounded out with fun and games, as attendees were able to spin a wheel to win prizes, play a CSA Fair bingo game, and kids were invited to plant seeds with Midwest Food Connection (MFC). Our community partner at past fairs, MFC is a local education non-profit founded by local food co-ops, including Seward Co-op. MFC provides lessons in cooking, gardening, and eating nutritious food to elementary school students.

General Manager Welcome Party and Creamery Tours

In addition to featuring nearly two dozen farms, the CSA Fair was an opportunity to celebrate our new General Manager Ray Williams (he/him) with a welcome party. Alongside Seward-made snacks and refreshments, Ray met and chatted with visitors to the CSA Fair, who were invited to join in on the celebration. Board President LaDonna Sanders Redmond (she/they/iya) welcomed the crowd under the tent and marked the important occasion of Ray's hiring, looking toward a bright future for Seward



"It's good to meet a whole new customer base and see what their needs are.... Meeting the customers inspires you and gives you motivation."

—The Hidden Paradise Farm

"Look how many people are here! I think everybody is really stoked about healthy living."

—Open Farms, Open Arms of Minnesota



"[One of the benefits of the CSA Fair is] talking to people about what we do, how we do it, and why we do it. It helps people understand small farms better. It's an opportunity to meet our members face to face."

—Racing Heart Farm

Where Does the Money Go?

We've all heard stories about big-box stores making huge profits. A recent survey of U.S. shoppers shows many believe that grocery retailers are raking in about 35% profit. The reality for many grocers—including co-ops—is that profit tends to be around 2-3%. That means after all expenses are paid, about 2-3% of the money made on sales is left over.

At Seward, we measure our sales and expenses every three months, which we call quarters. For many of the quarters since 2015, our profit has hovered around 0%. Sometimes our expenses have been more than our sales (a loss), and sometimes our sales have been slightly more than our expenses (a small profit). But people shop all the time at Seward, so where does all that money go?

The money we take in at the registers goes to pay for three main categories of expense.

1. Vendors

The products and ingredients we buy have to be paid for. More than half—about 60%—of all our sales dollars are used to pay our growers, producers, and distributors.

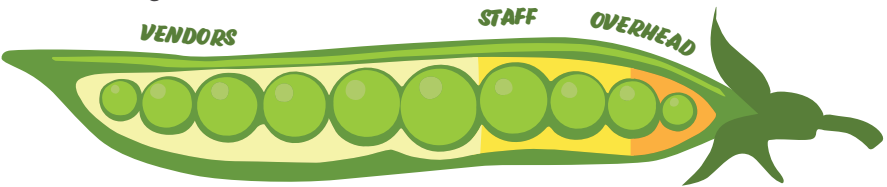
Because we purchase from so many small, organic, and underrepresented vendors with less “economy of scale”, this part of our expenses tends to be higher than for conventional grocers.

2. Staff

The next biggest piece of our sales goes to staff, which receives about 25% of the co-op's total sales. Not only does the co-op pay transparent, union-negotiated wages, the co-op also provides significant benefits (things like discounts, paid time off, health insurance, retirement etc.). None of which is cheap, nor should it be.

3. Overhead

After we have paid for the products we sell, and the people that sell them, only about 15% of our sales dollars remain. That 15% or so pays for all our remaining costs of doing business. This includes the costs of occupying and maintaining our buildings, utility bills, business insurance, property taxes, equipment, snow removal, and grocery bags—all the basic needs for running a business.



When all of us are effective, after everything above is paid, there is a little bit left over: our profit. Between October and December 2022, we actually had a tiny amount of profit, 0.01%—much less than the 35% folks in the above survey may think we are making.

So, that's where the money from a small, local, community-owned co-op goes! The money goes primarily to our community—our vendors and staff—and a much smaller portion to necessary costs of doing business.



Everyday Deals

Even before inflation was in the news and on many peoples' minds, Seward Co-op strived to provide options for many of us who are budget-conscious. From adding more generic-label and lower-cost organic products, to owner perks, to the Nourish program, we have cost-effective options at Seward Co-op stores.

Nourish

A consistent critique of the organic and sustainable food market is price. Seward Co-op is too small a store to correct market realities single-handedly; *and*, we believe in making economic relationships in our co-op as equitable as possible. In 2014 we created “Nourish,” a program aimed at making nutritious foods and buying co-op ownership more accessible for everyone. In addition to the program identifying lower-cost items throughout our departments (look for the green “N” tags in-stores), we also teach classes and provide easy, cost-effective recipes. Finally, Nourish offers a 10% discount and needs-based ownerships, which are available to those enrolled in Minnesota Food Assistance, WIC, MinnesotaCare and Minnesota Medical Assistance, or Social Security Disability. Learn more about the Nourish program at www.seward.coop/nourish.

Owner Perks

Become an owner of Seward Co-op and reap the benefits! Owners receive a quarterly 10% discount that can be stacked on top of Wellness Wednesday deals and other sales. In profitable years, owners can receive a patronage refund, which is a share of the profits, proportionate to how much you shopped at the co-op. And check-out the free product coupons on the back of this issue of *Sprout!* There are also free and discounted classes for owners, a vote in our Board of Directors election, case discounts on special orders, and, of course, knowing your ownership helps grow our vibrant local food system.



Certified Humane Free-Range Eggs \$4.49

Free-Range Minnesota Ground Turkey (1 lb.) \$4.49



Organic Pasta Sauce \$3.49



Field Day Products

You might have seen the Field Day brand in our stores. These products are designed to provide value-priced items that you can feel good about using. Field Day is also a brand you can trust to feed yourself, your friends, and your loved ones because of their partnerships with the USDA, the Non GMO Project, Fair Trade Association, and more. Although we've carried Field Day products for years, we are slowly but regularly adding more of their cost-effective selections to many departments—so be sure to look for them on our shelves.

Organic Canned Black Beans \$1.49



Organic Canned Coconut Milk \$2.79





**A Message
From the Board**
Warren King

Board Meetings

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 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

Dear Owners and Friends,

Amazingly, I had the pleasure of covering this same topic in the 2021 summer issue of *Sprout!*: the importance of making the decision to apply and stand for election to the Seward Co-op Board. I wrote the following; “Board members have a unique responsibility to shepherd the Co-op’s Ends Statement: to sustain a healthy community that is based on equitable economic relationships, positive environmental impacts and inclusive, socially responsible practices. This is what our owners and members expect the board to accomplish and promote. Guided by principles of respect, equity, transparency and democracy we will work together to continue Seward Co-op’s leadership within our community.”

This sentiment continues to motivate me. I also spoke of the importance of connecting with a community of like-minded folks, who were committed to racial equity, social justice and access to good food.

At that time, we were in the second year of a global pandemic. The murder trial of Derek Chauvin for the death of George Floyd had just ended in a guilty verdict, and there was a new administration. I was holding out hope that our federal government might address the myriad of problems facing our

country. As I look back, I am so grateful that Seward Co-op had dedicated owners that kept shopping in our stores, that our employees and staff continued to show up every day and do their best in spite of the pandemic, and that our General Manager and Board provided the leadership and guidance for Seward Co-op to survive.

Since then, Seward Co-op has celebrated its 50th Anniversary and the Board made the decision to purchase the Creamery building. We continue to live out the values of our Ends Statement to sustain a healthy community through our Community Foods and SEED programs. We still work to make good food affordable for everyone through the Nourish program, Essential Everyday products, and lots of other deals in our stores.

Democratic member control is one of the seven cooperative principles. This demands that we have a strong, diverse, and committed slate of candidates. I encourage you to consider standing for election as a board member, seriously taking into account the responsibilities, time commitment and roles that are required.

As we look forward to spending time outdoors enjoying the Minnesota summer, I wish you good health and abundance. Peace.

HELP SHAPE THE
FUTURE OF
OUR CO-OP!

**Run for the
BOARD OF
DIRECTORS**

Seward Co-op’s Board of Directors invites potential candidates to learn about cooperative governance and this year’s election. Board candidates must be current owners of Seward Co-op and committed to the long-term sustainability of our co-op.

Attending Summer Board Meetings

All candidates are required to attend a board meeting to be eligible to run in the election. Board meetings are typically held the last Tuesday of each month, calling to order at 6:15 p.m. Upcoming meeting dates are June 27 and July 25. Before these meetings, the board will host a candidate information session beginning at 5:15 p.m. Please email board@seward.coop to receive Zoom meeting information.

At each information session you’ll hear from current directors and receive documents detailing the expectations of candidates. All interested candidates will need to submit a form and response to an essay prompt by Monday, Aug. 1.

Candidates are strongly encouraged to also attend the Aug. 29 and Sept. 26 board meetings in addition to a candidate forum. The 2023 election will occur in October.

About the 2023 Election

There are two at-large seats open. Each has a three-year term. The designated employee seat is currently filled, but employees are still encouraged to run for an at-large seat.

The co-op’s articles and bylaws allow up to two seats to be filled by current employees. In the event there is more than one employee candidate in the at-large pool, only the top vote-getting employee will be seated.

Remember: to obtain a candidate application, attendance is required at the June 27 or July 25 board meeting. Before these meetings, the board will host a candidate information session beginning at 5:15 p.m. Mark your calendars now and RSVP to board@seward.coop!

SUMMER SEED RECIPIENTS

The **SEED** program is a simple yet powerful community giving opportunity that allows customers to “round up” their grocery bill for recipient organizations.

JUNE

RECLAIM provides financially accessible, specialized mental health care to LGBTQ+ youth aged 12-25. Funds will be used to support a BIPOC therapist consultation group and will support the addition of a therapist to their team.



JULY

826 MSP is a Minneapolis-based after-school program whose mission is to amplify the voices, stories, and power of K-12 BIPOC students through writing, publishing, and leadership programs. SEED funds will be used to host Outdoors Outspoken, a youth writing and literacy day camp focused on environmental justice.



AUGUST

The **Hmong American Farmers Association (HAFA)** advances the economic prosperity of Hmong farming families in Minnesota by addressing racial and economic disparities in our local food systems. They support Hmong farmers in growing more profitable businesses while also building community wealth, encouraging sustainable agriculture, supporting equitable food access, and making fresh, locally grown produce available to residents in the Twin Cities area.



Applications for our Seward Co-op grants (SEED, Seward Community Fund, and People Powered Perks grants) are now open! Each year, a staffed committee selects grant recipients for the coming year. Recipients are announced at our Annual Owner Meeting in October. Organizations who serve the Seward Co-op community are encouraged to apply now through June 30 at www.seward.coop/seed.

2024 GRANTS

Apply by June 30

SERVE UP SUMMER WITH RECIPES FROM SEWARD.COOP!

Find the perfect seasonal recipe for your next meal with Seward Co-op's online recipe catalog. Keep the heat out of the kitchen with options like fresh spring rolls, colorful panzanella salad, and apricot marinated pork chops with grilled peaches, a sweet and salty summer dish for the barbeque.



Many Americans Are Not Getting Enough **Omega-3s**[†]



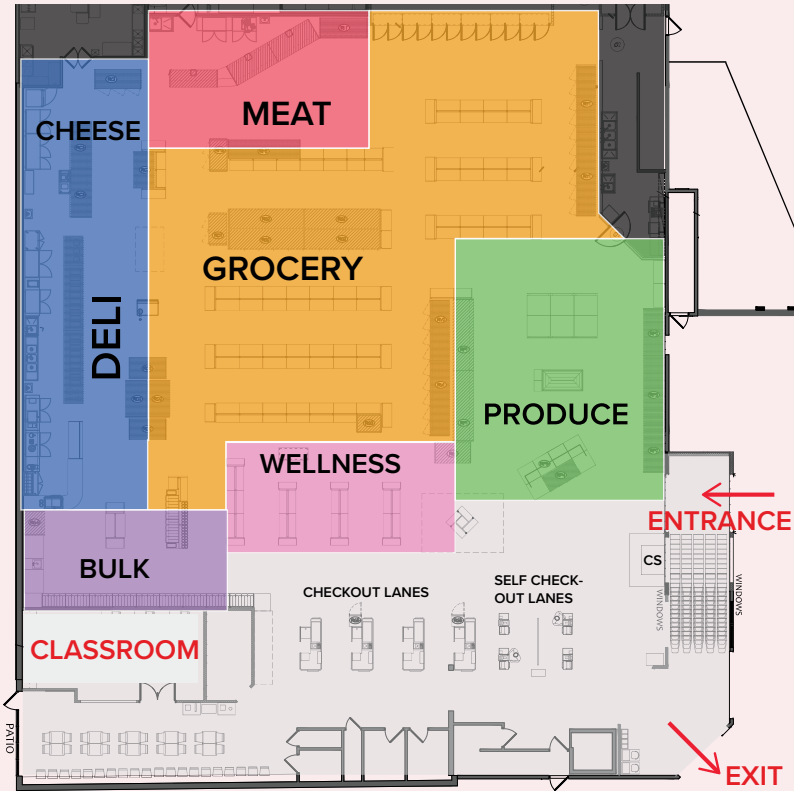
Take the **Ultimate** in Omega-3s

FRANKLIN REMODEL UPDATES

The Franklin store is now nearly 15-years-old and it needs significant upgrades and repairs. Because of this, we are planning a major renovation of the sales floor this summer. One of the primary goals of the renovation is to provide a completely new and improved experience for co-op customers and staff. In order to make the extensive changes without significantly disrupting the work or shopping experience, we will complete the project over a number of smaller phases, tentatively beginning in June with a goal of wrapping up by the end of September.

So what's changing? A few design highlights include dedicated entry and exit doors, more windows and natural light, wider walkways, a new classroom on the first floor, and updated Deli and Cheese departments. The Bulk department will move to the front of the store, and the checkout area will be larger and will have an option for self-checkout. This will help move everyone through check-out more quickly, and provides cashier staff the flexibility to support other store departments during slower times.

Check out the new floor plan, and stay tuned for more details. We are so excited to create a new and improved shopping experience for all!



E. FRANKLIN AVE.

SUMMER EVENTS

Save the Date for the Annual Owner Meeting

Join us for the Annual Owner Meeting on **Tuesday, October 24** at the University of Minnesota Student Union. After three years, we are thrilled to gather in person once again. We'll welcome Ray Williams to his first Annual Meeting as Seward Co-op's new General Manager and celebrate with a festival of Community Foods! We'll be announcing the results of the Board of Directors election as well as the 2024 SEED Recipients. Stay tuned for more details!

Wellness Wednesday

Mark your calendars for summer Wellness Wednesdays. On **June 28, July 26, and August 23**, save 10% on personal care and supplements, including items like skin and hair care, vitamins, protein powers, and more! Sale items are included, except for those marked clearance. Get the full details at www.seward.coop/wellness-wednesday.

Summer Food Holidays

Seward Co-op is here to help you celebrate the summer's tastiest holidays:

- **June 21 – National Smoothie Day:** Enjoy this slurpable celebration with a freshly blended Seward-made smoothie at the Deli counter. Learn about a few of our smoothies on page 7.
- **July 16 – National Ice Cream Day:** Satisfy your sweet tooth with a coupon for a free pint of Ben & Jerry's ice cream, one per owner number. Flip to the back page of this issue of *Sprout!* for terms and conditions.
- **August – National Goat Cheese Month:** Celebrate chevre with our wide selection of local goat cheeses and support the local food system at the same time. Find your new favorite tangy goat cheese at the Cheese counters at both stores.



Store Hours

June 19: 8 a.m. – 8 p.m.
July 4: 8 a.m. – 8 p.m.
September 4: 8 a.m. – 10 p.m. (regular hours)

Beer and Cheese Classes – A partnership with Zipps, Fulton Brewing, and Seward Community Co-op

Zipps Liquors, Fulton Brewing and Seward Community Co-op proudly present beer and cheese pairing classes! Join us in the classroom at Zipps Liquors for a three part class series celebrating craft and imported beers paired with local + specialty cheeses from Seward Co-op.

Tues., June 13 – Intro to Minnesota Craft Brewing
Nate Pischke, Fulton Brewing

Tues., June 20 – Craft Beer and Cheese Pairings
Corey Shovein, Fulton Brewing
Mark Wenninger, Seward Co-op

Tues., June 27 – Belgian Beer and Cheese pairings
Corey Shovein, Fulton Brewing
Mark Wenninger, Seward Co-op

Attendees must be 21+.
Attendees will receive 1000 Zipps Loyalty Rewards points, valued at \$20; and a \$3 off coupon for cheese at Seward Co-op.

Cost: \$20, includes all 3 dates.

Register at www.seward.coop/events

MICROGREENS

by Seward Co-op

At Seward Co-op, everyone is welcome. Each day, we strive to make our shoppers feel safe, appreciated, and seen. For those co-op patrons caring for little ones at home, we're happy to introduce and invite you to a new program built just for you and your young cooperators: welcome to **Microgreens!**

Microgreens isn't just a new section of our newsletter filled with awesome caregiver-kiddo activities and classes; it's also a way to start getting young people to think about sustainability, engage with their communities, and build healthy relationships with local food systems. Not to mention making food fun! Microgreens makes the world of cooperatives, sustainably sourced food, and sustainable communities accessible and enjoyable to the youngest Seward Co-op shoppers.

This quarter, have fun with a word search, painting with berries, and summer classes made for kids. Look out for more Microgreens activities as the program grows.

Berry Painting

Play with your food! Using fresh summer berries for their natural colors, help your little ones express their creativity with paints made from nature. Raspberries, blackberries, strawberries and more make vivid pigments when pressed through a sieve to make a thin paint for finger or brush painting. For more intense colors, whisk together a simple binder of a 1:1:1 ratio of water, flour, and salt, and add your fruit pigments to it. Use fruits past their prime to teach about sustainability and demonstrate creative ways to reduce food waste.



Microgreens Word Quest

D	W	H	A	T	L	V	U	I	V	F	X
E	C	O	O	P	R	O	D	U	C	E	S
L	Z	T	B	U	L	K	S	U	S	S	E
I	P	C	O	M	M	U	N	I	T	Y	W
Q	R	L	S	E	E	D	P	X	Q	V	A
T	W	I	N	C	I	T	I	E	S	B	R
Z	V	G	C	B	A	K	E	R	Y	H	D
H	S	P	R	O	U	T	T	F	O	B	U

Find the following words in the puzzle.
Words are hidden → and ↓.

BAKERY
BULK
COMMUNITY
COOP

DELI
PRODUCE
SEED
SEWARD

SPROUT
TWIN CITIES



Microgreens Kids Cooking Classes

Kids ages 8-12 and their parent/guardian are invited to join Chef Jess Toliver to learn how to prepare simple, tasty meals using new and familiar ingredients found at Seward Co-op. We'll learn basics of kitchen safety and give hands-on demonstrations with recipes you can make with your whole family! Space is limited—RSVP at www.seward.coop/events.

Spring Rolls

Saturday, June 10
1-2:00 p.m.

In-person class-
Friendship store
classroom
\$5/Free for kids

Learn how to prep and
assemble spring rolls
with a dipping sauce.

Parfaits

Saturday, July 22
1-2:00 p.m.

In-person class-
Friendship store
classroom
\$5/Free for kids

Layer your favorite
ingredients to make a
delicious yogurt parfait.



Seward
COMMUNITY CO-OP



2601 E. Franklin Ave.
Minneapolis, MN 55406
612-230-5555

www.seward.coop

Return Service Requested

Seward
COMMUNITY CO-OP



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

WEEK ONE: 7/5/2023–7/11/2023



FREE
EQUAL EXCHANGE
CHOCOLATE BAR



REG: \$3.99

Limit one coupon per owner number | While supplies last
Valid only 7/5/2023–7/11/2023 | Price subject to change

WEEK TWO: 7/12/2023–7/18/2023



FREE
BEN & JERRY'S
ICE CREAM PINT



REG: \$6.49

Limit one coupon per owner number | While supplies last
Valid only 7/12/2023–7/18/2023 | Price subject to change

WEEK THREE: 7/19/2023–7/25/2023



FREE
CHOCOLOVE
CHOCOLATE BAR



REG: \$1.59–\$3.49

Limit one coupon per owner number | While supplies last
Valid only 7/19/2023–7/25/2023 | Price subject to change

WEEK FOUR: 7/26/2023–8/1/2023



FREE
TALENTI
GELATO PINT



REG: \$5.99

Limit one coupon per owner number | While supplies last
Valid only 7/26/2023–8/1/2023 | Price subject to change