

SPROUT!

Summer 2024



Pride in the Twin Cities

Get the Scoop on Ice Cream

Sprout! Goes Digital

Discounts and Deals



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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Sprout! is published quarterly

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

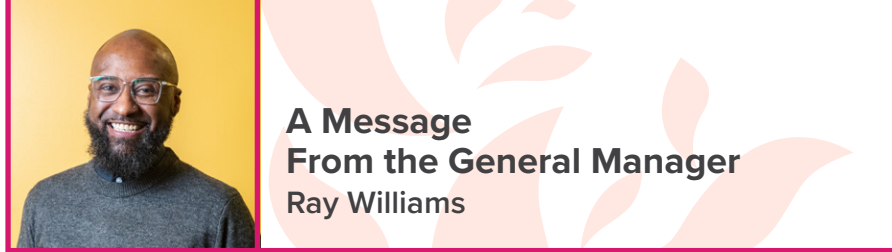
International Cooperative Principles

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

Sprout! Printing Policies

This issue of Sprout! is printed on FSC-certified paper, with at least 30 percent post-consumer content. The dyes are water-based and nontoxic. We encourage you to recycle this paper. You can always opt out of receiving the paper version of Sprout! by contacting bspitzer@seward.coop. Find Sprout! at www.seward.coop/sprout-newsletter.

On the cover: Editions of the Seward Co-op newsletter from 1997 to present day



A Message From the General Manager Ray Williams

Seward Co-op community, welcome back to the swelter of summer! Thank you to the many owners, staff, farmers, SEED recipients, board members, local businesses, and community members who gathered at our annual CSA Fair in April. This year had a strange and difficult start to the growing season, and I am so grateful for the skill and ingenuity of our local farmers' ability to adapt to these always-changing circumstances.

This is a difficult moment to be in the grocery industry. We shared with staff this spring that we experienced significant losses in our most recent financial quarter. These negative financial results were due to two factors: sales were under budget, and labor was far over budget. It was clear we needed a course correction to adapt to this new financial reality, and we made the very difficult decision to eliminate 11 positions at the co-op. These decisions are particularly difficult when trying to represent the interests of nearly 25,000 households. The leadership team has been working on a number of initiatives to reduce expenses, increase sales, and align labor with sales.

First, in effort to reduce expenses we have retained a broker to assist us in determining a plan for the creamery bldg. We will keep our owners, staff, and community members updated on the process.

In the interest of reducing expense and increasing positive environmental impacts, one of the moves we've decided to make is discontinuing *Sprout!*'s physical distribution after this issue. As sad as it will be to not get a copy in my mailbox every quarter, I'm excited about the possibilities that

leaning into digital distribution will open up for us.

These are challenging times, and the most important thing our community can do to help support Seward Co-op is to continue shopping with us. It's our sales that support great jobs in our neighborhoods and thriving local farmers and businesses in our wider communities. If you'd like to support at the next level, you have the option to support your co-op 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. You can email invest@seward.coop or call 612-230-5555 to ask questions and learn more.

Despite recent struggles, whenever I walk in to either of our stores I remember that it's the community we've cultivated that makes this thing we've built together so special. There are no other stores I can think of where I can walk in and feel such a sense of belonging. This season we get to celebrate Pride month and Juneteenth, and as GM I am so proud to have so many queer and Black folks working together with me at Seward Co-op towards a culture of inclusion and belonging, not just for staff, but for customers and owners as well. We have a beautiful thing here at Seward Co-op, and I'm glad to be a part of it.

This is a challenging time for our co-op, but I also believe it can be a turning point. This is an opportunity to adapt to our changing economic landscape so we can ensure the long-term success of our beloved, community-owned co-op.



SERVING FRIENDSHIP WITH FRIENDLINESS

Even if you haven't met Win Tun (he/him) formally, it's likely you'd recognize his smile between the aisles of the Wellness department at the Friendship store. After a long stint at another grocer, Win found himself at Seward Co-op, where he is a member of the Wellness staff. When Win began at the co-op over seven years ago, he worked in Produce. Since then, he's held other roles, including Manager on Duty and Front End Shift Lead.

As a resident of the neighborhood surrounding the Friendship store, Win enjoys making connections

with shoppers who also live in the vicinity. "My favorite thing about working here is meeting my neighbors in the store and making small talk with each other, especially if we don't often meet outside of the store." Many Seward Co-op staff live nearby the stores, with 60% of staff living in walking or biking distance (1.5 miles) of locations in 2023.

Win recently became a Wellness Replenishment Buyer, where he helps bring in products for the Wellness department. "As a Wellness Buyer, I'm selling things that meet people's basic needs and helping to suggest

herbal supplements for seasonal sickness as well as 21+ products for releasing stress." Win says this role is his favorite to-date working at Seward Co-op.

This summer, Win is looking forward to spending time with his new puppy, being outdoors, and biking with his children. Plus, of course, helping people at the Friendship store. "Working at a grocery store is in my blood and my tradition. It makes me happy because growing up, my family had this kind of business. I love my neighbors and my community: they are my friends."

HEATING UP THE GRILL

We're not hot and cold about it: summer is a prime season for local meats, sweet treats, and plenty of other tasty eats. Whether you're spending the summer basking in the sun or relaxing in the shade, Seward Co-op has a variety of sun-sational items to get your grill hot and keep you cool.



Red Lake Walleye LOCAL, SMALL-SCALE, SUSTAINABLE, INCLUSIVE

Kick off grilling season with wild-caught walleye from the Red Lake Nation Fishery, operated by the Red Lake Band of Ojibwe. Since 1919, the Minnesota fishery has been providing freshwater walleye across the country, with tribal fishermen using knowledge from their elders to harvest sustainably. Wrap your walleye fillet in foil to steam on a hot grill and top with fresh tarragon and lemon for a meal that lets the delicate flavor of the fish shine through.



Tempeh Tantrum LOCAL, SMALL-SCALE

Made from fermented soybeans, tempeh is a versatile meat-free protein that can easily adapt to a wide range of flavor profiles. Prepare slices of Minnesota-made Tempeh Tantrum in your favorite marinade and grill for a delicious vegan gyro, tasty tacos, or a colorful kebab.



Gerhard's Brats LOCAL, SMALL-SCALE

Twin Cities-based Gerhard's has been hand making small-batch, antibiotic-free pork brats in the Austrian style for more than a decade. Between their food truck and wholesale business, Gerhard's produces a variety of brat flavors well suited to a hot grill. Try the Käsewurst smoked cheese brat with beer-boiled onions and a crusty bun for a melty, filling summer meal.

AND TAKING TIME TO CHILL



Seward-made Lemonade LOCAL, SMALL-SCALE, COOPERATIVE, SUSTAINABLE

Sip sweet, sweet refreshment with Seward-made fresh-squeezed lemonade, the August Drink of the Month. Made with simple goodness—lemons, sugar, and filtered water—this seasonal beverage will keep you cool on even the warmest days.



Local Summer Salad VARIOUS ATTRIBUTES

Bask in the bounty of local produce this summer with a refreshing salad made from your favorite veggies. Start with a fresh greens mix from Heartbeet Farm (Zumbro Falls, Minn.), bright corn from Featherstone Farm (Rushford, Minn.), juicy tomatoes from Wisconsin Growers Cooperative (central and western Wisc.), snappy cucumbers from Twin Organics (Northfield, Minn.), and top with your favorite flavorful dressing from Salad Girl (Twin Cities, Minn.).



evanhealy Lavender HydroSoul SMALL-SCALE, INCLUSIVE

Loved for their cooling and calming effects, evanhealy's hydrosols refresh and hydrate sensitive, irritated, or sun-damaged skin.



All Good Sunscreen SMALL-SCALE, INCLUSIVE, SUSTAINABLE

Protect your skin with sunscreen from All Good Body Care, a woman-owned wellness business that is committed to thoughtful actions that keep their business in line with ecosystem health.



HISTORY OF PRIDE IN THE TWIN CITIES

Along with warm weather, barbecues, and many opportunities for outdoor adventures, summer also brings Pride Month. We recognize June as a time to honor and celebrate members of the LGBTQ+ community who paved the way for many of us to live loud and authentically.

Origins of Pride

On June 28, 1969 the first day of the Stonewall riots broke out after police raided the Stonewall Inn, a popular gay bar in Manhattan. Only until three years prior it was illegal to sell alcohol to gay people, and in 1969 it was still a crime to be openly gay. Police would regularly raid and attack patrons of gay bars, many of which operated without liquor licenses. BIPOC and trans women were credited for starting the six-day riots that pushed back against the police who were using unjust laws to deny members of the LGBTQ+ community their basic human and civil rights. Although today we use Pride month to celebrate, the first years of Pride after the Stonewall riots were more geared towards protest and activism, as well as a demand to be seen and respected.

Twin Cities Pride

The Twin Cities has its own strong roots in queer liberation. Jack Baker was elected in 1971 as the first openly gay student body

president at the University of Minnesota. After visiting Chicago's Pride event that year, he decided the Twin Cities needed one, too. In 1972, 50 people marched on Nicollet Mall on the third anniversary of the Stonewall Riots. Although they expected to get arrested, they were pleasantly surprised to find no resistance to the march and they enjoyed a picnic at Loring Park. The following year, the number of attendees tripled and included more lighthearted events like a dance, picnic, and outdoor events like softball and canoeing. Although the '80s brought a few faction-splitting events between lesbian women and gay men, particularly in 1982, over time it was sorted out. The community realized its strength in unity. In fact, the Twin Cities was among the first national Pride festivals to add the "B" and "T" for bisexual and transgender identities to the name. In the 50+ years since the first local Pride march, the event has become more family-friendly, featuring local LGBTQ+ vendor markets and concerts. Although there is still much work to be done for equity for members of the LGBTQ+ community, Seward Co-op is proud to be a place where everyone is welcome.

Partnering in Pride

Seward Co-op also had its inception the same year as our local Pride parade in 1972. Since then, we've always been a place that has been a home for members of the LGBTQ+ community, from staff to shoppers and the vendors we work with. We spoke to two of our partners, *Lavender Magazine* and SEED Recipient RECLAIM, to tell us what Pride means to them, and how working with Seward Co-op helps them to live their values.

LAVENDER



"Pride is a time to come together and celebrate our achievements while also recommitting to the work still needed to help create a more equitable, inclusive and welcoming world. A big part of Lavender's mission is giving back and we are proud to annually support more than 60 local organizations doing important work within our community."

Likewise, through their community grant and donation programs, Seward Co-op continues its mission of sustaining a healthy community. People are key to the success of any business, and over the years, we've been fortunate to work with many friendly and talented people at Seward Co-op who work passionately to help build and strengthen our community."

– Barry L., Lavender Magazine

RECLAIM



"Pride is ultimately about celebration. It's about celebrating who we are as individuals, as well as celebrating the beautiful diversity of communities within the LGBTQ+ umbrella. Pride is about remembering our past and the struggles of our ancestors, and it's a collective reminder for all of us to continue striving for a more just society."

Seward Co-op has been instrumental in helping elevate awareness of RECLAIM's work to their community. We've had several opportunities to share our services with Seward Co-op customers, and it has helped us serve more queer and trans youth. We've also been able to meet and build partnerships with new community providers thanks to our collaboration with Seward."

Seward's financial support of RECLAIM helps us sustain our commitment to financial accessibility so queer and trans youth can access the mental health care they deserve to receive. Seward Co-op is truly committed to supportive community partnerships. In all our interactions with Seward Co-op staff, it's clear they are committed to creating a welcoming environment for everyone, and it's clear they believe in creating a better world for all."

– Ryan. F, RECLAIM

2024 CSA FAIR RECAP



It may have been another year of cloudy weather for the 2024 Seward Co-op CSA Fair, but the atmosphere under the tent was bright, warm, and full of excitement to support a thriving local food system. Well over a dozen farms and producers attended the 23rd annual fair, where they chatted with community members about their CSA share options, offered samples, and showcased the vibrancy of our local grower and maker landscape. As the afternoon went on, visitors to the fair learned about available produce, meat, eggs, cheese, coffee, bread, and other shares, signing up to have boxes of delicious goodies delivered to a nearby drop-off location or collecting information to decide which shares best suited their families. Seward Co-op is dedicated to helping build a food system that values inclusivity, environmental responsibility, equity, and access, and this year's CSA Fair was a prime example of these values in action.

SEED Recipients Join the Festivities

This year, several of the 2024 SEED recipients joined us under the tent to chat with visitors about their organizations, how they plan to use SEED funds, and remind them to round up when they visit Seward Co-op. Tamales y Bicicletas (May), RECLAIM (June), and Roosevelt Culinary Arts (September) were among the attending SEED recipients, all of whom helped further solidify the CSA Fair as a community-centered event. 2024 was also the first year we welcomed new fair sponsor Minnesota Grown, who offered stickers, temporary tattoos, and information on their own local CSA database.

Fun for the Whole Family

Once again, we were joined by Midwest Food Connection (MFC) to offer activities for visiting kids, including making seed balls from clay, soil, and a few different flower seeds. 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 healthy food to elementary school students. Young cooperators at the fair were also treated to Microgreens bingo, which invited them to learn more about the attending farms for a chance to win a sticker, and colorful face painting by Madeleine Asher, including adorable, sparkly doodles of produce, flowers, and pollinators.



Seward Co-op is dedicated to helping build a food system that values inclusivity, environmental responsibility, equity, and access, and this year's CSA Fair was a prime example of these values in action.

SWEETEN YOUR SUMMER WITH ICE CREAM

Sprinkle a little fun into your freezer this summer with ice cream from Seward Co-op. Whether you're looking for a classic flavor, dairy-free options, or refreshing popsicles, we've got the scoop on what to try. Check out these staff picks to help you find your favorite flavor.



Milkjam Hard Knock Life 2.0

"My pick for premium ice cream at the co-op would be any of the flavors from Milkjam (who for a short time had a location a block from my house near 38th and Cedar). My favorite is the chocolate lover's treat: Hard Knock Life 2.0."

—Phil, Franklin Front End Clerk



Jeni's Goopy Butter Cake

"The first time I had Jeni's ice cream was with my best friend in her hometown of Columbus, Ohio, where Jeni's is from. Jeni's has so many unique, incredible flavors, but my favorite is definitely the Goopy Butter Cake. Cream cheese ice cream, cake crumbs, and butterscotch sauce? Yes, please. I'll take two scoops."

—Meghan, Marketing and Communications Specialist

Oatly Chocolate Ice Cream (Vegan)

"I truly love the texture of Oatly chocolate ice cream—it is super smooth and melts in my mouth. It has a hint of oat flavor which I enjoy, and fewer calories than my other favorite ice cream: Ben & Jerry's The Tonight Dough. I enjoy eating the chocolate Oatly with freeze dried berries or walnuts and pecans; the chocolate ice cream is a great base for a sweet treat after dinner."

—Aimee, Friendship Grocery Assistant Manager



Jonny Pops (various flavors)

"When the summer sun is here, nothing beats the heat better than a sweet Jonny Pop! The simple ingredients of natural fruit sugars and cream make the fruit and cream pops my first choice for any ice cream craving. And Jonny Pops sticks the landing when it comes to packaging and presentation. The pops are portioned conveniently in recyclable bags and on compostable sticks with an extra nice surprise: as the pop disappears a kind message appears that always keeps me smiling after the sweet treat is finished."

—Jen, IT System Support Specialist

Milkjam Ridin' DUURTY

"You can't ask for anything better than Oreo chunks and peanut butter in your ice cream! It's nearly impossible to not finish up the whole pint of it because it's that yummy. It also too gives me nostalgia of "The Parent Trap" (Lindsay Lohan version) were Hallie and Annie find out they're twins and bond over their love of Oreo and peanut butter. As a twin myself, I can't help but love this!"

—Aiesha, Fresh Departments Buyer



Microgreens: Make Ice Cream in a Bag!

Kids: did you know you can make ice cream without an ice cream maker? It's easy—and fun!—to whip up tasty vanilla ice cream with just a few ingredients and tools. Get the recipe at the QR code, and see even more Microgreens content on pages 21-23.





A Message From the Board

Moses Viveros

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
Warren King	2026
Cassandra Meyer	2024
Sally Nixon	2024
LaDonna Sanders Redmond	2025
Kate Seybold	2024
Moses Viveros	2025
Fartun Weli	2026

Howdy Owners and Friends,

When I first moved to Minneapolis two years ago, one of the first things that I did was visit the Twin Cities' many food co-ops. To some folks, this might come off as a bit strange. I mean, who gets excited about a grocery store? This is the question my travel companions ask me when we're traveling together, and I force them to make a pit stop to any of the food co-ops in the area that we're visiting. I love food co-ops because, to me, they aren't just another grocery store—they're embodiments of its community and values. Walking down the aisles of a food co-op gives me a glimpse of the flavors of that community and the vibrancy of its local food system. This is why I chose to become an owner of Seward Co-op and run for the board shortly after moving here.

Shopping at Seward Co-op means that you are supporting our local farmers, your neighbors' small and growing businesses, and are choosing products that ensure a healthier planet. It is an investment in our community. We know that there is an abundance of grocery store options throughout the Twin Cities, and we appreciate when

our owners and customers choose to shop with us to help build and support a vibrant, local food system.

Shopping at our co-op also means supporting a community-owned entity that gives its owners an opportunity to exercise democratic member control, one of the seven cooperative principles. Yes folks, it's board election time again and I want you to consider running for the board of Seward Co-op. Our co-op has been around for 50+ years because of owners, like you, that are dedicated to helping oversee our performance and shape and execute our long-term strategy. I encourage you to attend an upcoming board election info session to learn more about this role and how to run. Serving on the board definitely comes with its challenges. However, you get to work with a passionate group of people who are committed to overcoming them and ensuring that we emerge stronger, ready to take on any future challenges that come our way.

As always, thank you for your support and I look forward to seeing you shopping at Seward Co-op.

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 25 and July 30. 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 meeting 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 Thursday, Aug. 1.

Candidates are strongly encouraged to attend the Aug. 27 and Sept. 24 board meetings. The 2024 election will occur in October.

About the 2024 Election

There are three at-large seats open. All have a three-year term. Additionally, there is one designated employee director seat open, which is a two-year term. Current employees of Seward Co-op are eligible to run for the designated employee director seat or 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 25 or July 30 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!

NEW AT THE CO-OP

Find your new favorite items at Seward Co-op

Tickler Red Onion Cheddar

This English Cheddar is a delight for your palate and would be perfect on any picnic plate. This “extra mature” cheese is sharp and bright but mellows to a fine creaminess at the finish. Adding to its complexity is the inclusion of caramelized red onions. They add richness and flavor which would be best enjoyed at home cubed up on a snack tray, grated over a burger, or melted into a grilled cheese.



Field Day Peanut Butter Pretzel Bites

Looking for an affordable, non-GMO snack? Field Day Peanut Butter filled Pretzel Bites satisfy your desire for creamy peanut butter and salty, crunchy pretzels. These snacks are perfect for a midday treat, packed away on an outdoor adventure, or mixed into or crunched on top of ice cream for a sweet delight.



Huxley Energy Drinks

Looking for local in your energy drinks? Huxley was created by Twin Cities locals looking for a little more health in their energy drinks. Their drinks are made with real fruit juice, organic cane sugar, electrolytes, and their caffeine is plant-based from the cascara superfruit. There are no artificial ingredients in Huxley energy drinks, so you'll be getting a little pep in you step without any unnecessary additives.



Lowry Hill Royal Ham and Mortadella

There's nothing like a delicious sandwich on a hot summer day paired with lemonade and a few crunchy chips. Make yours extra-delicious with locally made and regionally sourced meats! Although beloved Red Table Meats is gone from the Food Building in Northeast, Minneapolis, Lowry Hill Provisions is picking up where they left off, making their legendary cured and hot smoked whole muscle Royal Ham with rosemary, bay leaf, juniper, and black pepper. Seeking something a little richer? Silky Mortadella can be sliced to order at the Meat and Seafood counter at the Friendship store.



SUMMER SEED RECIPIENTS



SEED

GROWING THE COMMUNITY

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

2024 GRANTS

Apply by June 30

The application period for 2025 SEED grants will be open from June 1–30, 2024. Find more information on the SEED program and selection criteria at seward.coop/apply-for-seed.

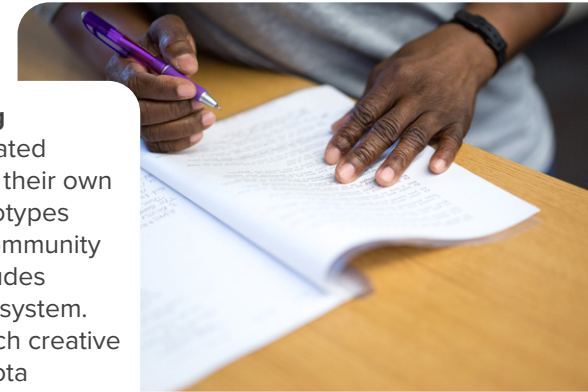
JUNE

RECLAIM provides financially accessible, specialized mental health care to queer and trans 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

Minnesota Prison Writing Workshop helps incarcerated people tell their stories in their own voices, challenging stereotypes about the incarcerated community and changing public attitudes about the criminal justice system. Funds will be used to teach creative writing classes in Minnesota prisons and amplify the voices of incarcerated Minnesotans.



AUGUST

Dream of Wild Health is celebrating 25 years of working to restore health and wellbeing within the Twin Cities Native American community! SEED funds will support their Youth Education and Leadership programs, which provide culturally-based lessons for Native youth to learn about regenerative organic gardening, healthy foods preparation and nutrition, and Native cultural traditions while gaining employment and leadership skills.



SPROUTING A NEW PATH: THE PAST, PRESENT, AND FUTURE OF SPROUT! NEWSLETTER

From its days as the *Whole Wheat News* to its longstanding tenure as *Sprout!*, the Seward Co-op newsletter has always aimed to keep shoppers updated on in-store happenings, highlight staff stories, and inform on topics relating to the local food system. We're excited to announce that after decades of appearing in print, *Sprout!* newsletter will be transitioning to an all-digital format beginning with the Fall 2024 issue. In light of this shift, we're taking a look back at the history of the printed newsletter and looking ahead to the new opportunities that will come with an all-digital version of *Sprout!*

The name *Sprout!* was introduced between 1999-2000, and it's been with us ever since. Previously called the *Member News*, and before that, the *Whole Wheat News*, the Seward Co-op newsletter has been printed in a variety of formats, including newspaper-style foldouts, booklets, and magazine-type prints. In 2006, *Sprout!* changed from printing in black and white with a single accent color to a full-color design. Redesigned in 2009 to a more compact

format, *Sprout!* was introduced in its current print size in 2016. Over the years, environmental considerations led to the decision to begin using FSC-certified paper, made with at least 30% post-consumer content, and water-based, non-toxic dyes.

The forthcoming digital edition of *Sprout!* will drastically save on paper usage, though we will accommodate requests to print copies in-store. It will also allow for easy connection to blogs, recipes, resources, and further information that may not have fit in the printed edition of the newsletter. We look forward to the creative possibilities a digital format will offer, including the use of new types of media that were not amenable to a paper version.

To sign up to receive the digital edition of *Sprout!* beginning with the Fall 2024 issue, scan the QR code on the top of the next page. We're excited to usher in a new era of newsletter history, and we invite you to be a part of it!



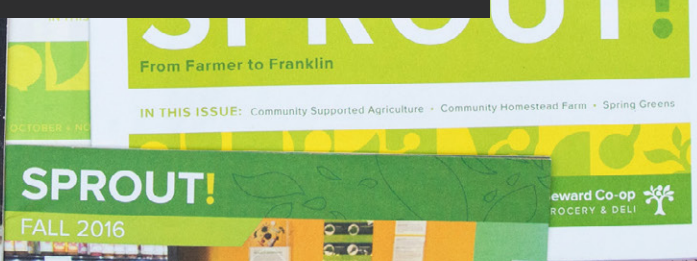
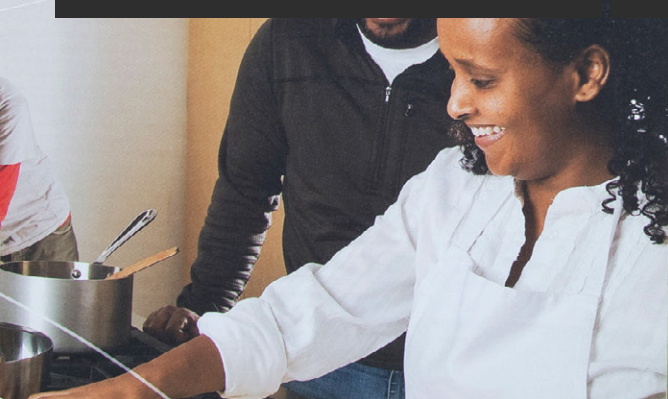
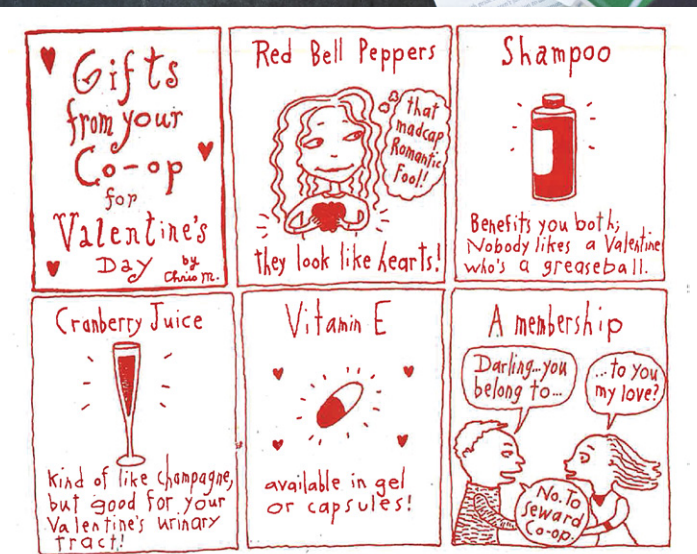
SPROUT!



Sprout! is going digital!
Scan the QR code to start receiving the all-digital *Sprout!* beginning in Fall 2024



Enjoy this throwback comic from the 1997 *Member News* newsletter



SEWARD CO-OP DISCOUNT ROUNDUP

Save on your grocery bill with these regular deals at Seward Co-op

Half-Price Muffins and Scones

Have a hankering for a baked good when the evening hungries hit? Snag a Seward-made muffin or scone for 50% off after 6 p.m., calming your craving for half the price.



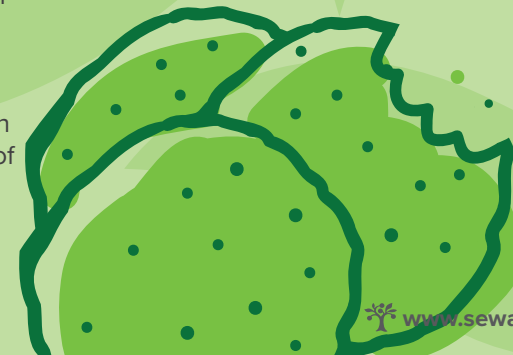
Bakery in Bulk

Grabbing eats for your morning meeting or friendly gathering? Buy in bulk at the Bakery and get a dozen Seward-made cookies for the price of 10, while supplies last. Get extra savings on Wednesdays: get a dozen Seward-made cookies for the price of eight or a half dozen Seward-made muffins for the price of five.



Hot Bar Happy Hour

Long day ahead? Let us do the cooking while you get a deal! Every evening from 8–9 p.m., save \$1/lb. on the Hot Bar, while supplies last. Enjoy Seward-made recipes crafted with locally raised protein and organic ingredients whenever possible, all at a discounted price. Soup and salad bars not included.



Wellness Wednesday

Whether you're looking to treat yourself or pick up the essentials, Wellness Wednesday offers savings for owners and non-owners alike. On the fourth Wednesday of every month, take 10% off personal care and supplements, including vitamins, skin and hair care, protein powders, menstrual products, 21+ beverages, and much more. Stack the Wellness Wednesday discount on sale items (excluding clearance) and/or combine with your owner quarterly discount. See full terms and conditions at seward.coop/wellness-wednesday.



Cheese of the Month

Explore the wide world of cheese and save with Cheese of the Month selections. Each month, a different cheese is featured and discounted, giving you a great reason to add more cheese to your diet—not that you needed an excuse.

CHEESE of the month



Bring Your Own Mug

Discount your coffee order and save a single-use container? Yes, please. Bring your own coffee mug to the Deli counter and get 25 cents off coffee or tea.

SUMMER EVENTS

THE LEGACY BUILDING PRESENTS

SOUL OF THE SOUTHSIDE

Celebrate Juneteenth at Soul of the Southside
 Wednesday, June 19, 12–8 p.m.
 Lake St. and Minnehaha Ave.

This year, Seward Co-op is excited to be a sponsor of Soul of the Southside, an open-street celebration of Juneteenth and Black Liberation that embraces “the vibrancy of Black culture through a dynamic fusion of history, art, music, food, education, and creativity.” The free festival takes place annually on June 19 along Lake St. and Minnehaha Ave. in South Minneapolis and centers the spirit, vivacity, and diversity of Black culture through programming that showcases Black-owned businesses, Black creatives, and more. Stop by on Juneteenth to enjoy art, performances, marketplaces, and many other activities.

“What is Juneteenth? The African-American observance of Juneteenth is an oppressed people’s response to the news of liberation. Some of our enslaved ancestors received the news of the Emancipation Proclamation in Galveston, Texas on June 19, 1865. The holiday of Juneteenth represents that act and much more. Even the coining of the term ‘Juneteenth’ represents the expansive creativity of a people that makes a way out of no way. Foundational Black American freedom is the reason for the Juneteenth season.”

— Soul of the Southside



Save the Date for the Annual Owner Meeting
 Monday, Oct 28,
 Arbeiter Brewing
 3038 Minnehaha Ave, Minneapolis

This year, we are excited to host our Annual Owner Meeting at Arbeiter Brewing’s taproom in South Minneapolis. Save the date, and note the day of the week change for 2024: this event will be on Monday, Oct 28.



Store Hours

June 19: 8 a.m. – 8 p.m.
July 4: 8 a.m. – 8 p.m.
September 2: 8 a.m. – 10 p.m.
 (regular hours)



MICRO GREENS

by Seward Co-op

The summer sun is shining and Microgreens is back with another collection of fun, food-focused activities. Enjoy this quarter’s kid-friendly content, including a colorful recipe, an in-store iSpy, a matching game, and more.

Veggie & Fruit Color Wheel

Brighten up an afternoon snack with a rainbow of fruits and veggies. Browse the Produce department for your summer favorites, or try something new! See how much you can find from local farms (Minnesota, Wisconsin, and Iowa). Here are a few ideas to get you started:

- Red Peppers
- Green Zucchini
- Pink Radishes
- Yellow Mango
- Purple Sweet Potato
- Blueberries

Grab a plate and arrange slices of your finds by color. How does each one taste? Which is your favorite?

Midwest Food Connection



Kid-Friendly Recipes by Midwest Food Connection

One of the best ways to get kids excited about fresh foods is to cook with them in the kitchen. By bringing kids into the kitchen, they can learn how to prepare nutritious meals and snacks, and gain exposure to more foods. The recipe below can mostly be prepared by kids, but it is helpful to have an adult in the kitchen for tasks that involve slicing.

Quick Pickles

Ingredients:

- 1 cucumber, peeled and sliced thinly
- 1 tbsp brown rice vinegar
- 1 tbsp tamari or soy sauce
- 1 tsp honey


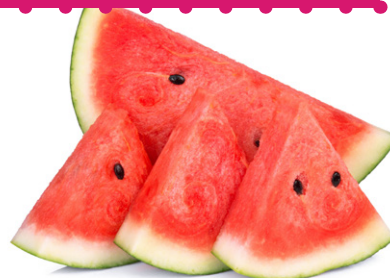








Instructions:

1. Peel and slice the cucumber and place in a bowl
2. Add the remaining ingredients to the bowl and mix, coating all cucumber slices
3. Cover and set aside for 10-20 minutes at room temperature or in the refrigerator for longer
4. Enjoy!

Seed Match

Can you match the produce with its seed?

Draw a line from each seed on the left to its matching fruit on the right

1		
2		
3		
4		
5		

Seward Co-op iSpy



Look for these things next time you visit Seward Co-op!

- Find ice cream that's made in Minnesota (look for the purple Minnesota tag!)
- Find a sunscreen that says "SPF 30" on the packaging
- Find a new fruit or vegetable that you'd like to try
- Find something in the Deli that you'd like to take on a picnic (this includes the Cheese counter!)
- Find three different Bulk items you might use for baking

Microgreens Kids Cooking Classes

Kids ages 8-12 and their parent/guardian are invited 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! **Register at seward.coop/events.** \$5/free for kids
Jess Toliver, Jess Delicious Living

Fresh Spring Rolls
Saturday, June 8,
11 a.m.–12 p.m.
Friendship store

Walking Tacos
Saturday, July 20,
11 a.m.–12 p.m.
Friendship store



What Is That Thing?!

Celeriac

It may look like it comes from outer space, but this root vegetable was grown on this planet! Celeriac is the root of a particular kind of celery plant, and it tastes a little like a mix between celery and peppery turnips. You can eat it cooked or raw when it's sliced very thin.





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: 7/3/2024–7/9/2024



FREE
EQUAL EXCHANGE
CHOCOLATE BAR



REG: \$3.99

Limit one coupon per owner number | While supplies last
Valid only 7/3/2024–7/9/2024 | Price subject to change

WEEK TWO: 7/10/2024–7/16/2024



FREE
GOODCRISP
CHEESE BALLS OR
POTATO CRISP



REG: \$4.19

Limit one coupon per owner number | While supplies last
Valid only 7/10/2024–7/16/2024 | Price subject to change

WEEK THREE: 7/17/2024–7/23/2024



FREE
BABA'S 10 OZ.
HUMMUS



REG: \$4.99

Limit one coupon per owner number | While supplies last
Valid only 7/17/2024–7/23/2024 | Price subject to change

WEEK FOUR: 7/24/2024–7/30/2024



FREE
LATE JULY
TORTILLA CHIPS



REG: \$5.29

Limit one coupon per owner number | While supplies last
Valid only 7/24/2024–7/30/2024 | Price subject to change