

SPROUT!

Spring 2024

Save the Date for the
2024 CSA Fair

Celebrate Women's History Month

Get Gardening with the Spring
Growing Guide

Take Your Weekend Brunch
Outdoors

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

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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

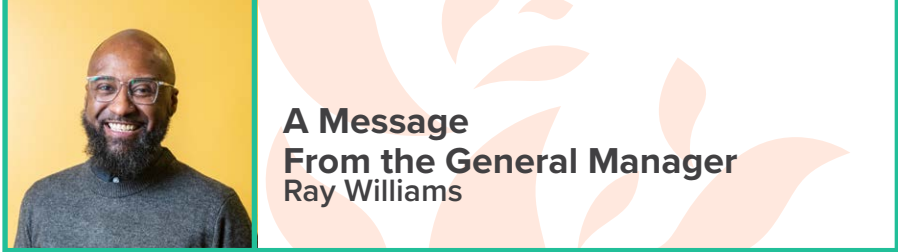
Friendship store
(612) 230-5595
Open 8 a.m.–10 p.m. daily
317 E. 38th St., MPLS, MN 55409

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
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On the cover: Employee Engagement & Equity Specialist Jonas shows off spring blooms



A Message
From the General Manager
Ray Williams

I'm starting to think we need more words than "winter" and "spring" to describe these changing seasons. Spring normally makes me think of animals and plants bursting back to life after the intensity of our deep Midwestern freeze, but this year has been so warm that I've still seen green grass and rabbits scurrying just out of sight. Who knows what this coming year will hold. Times are changing, and all we can do is care for each other and try our best to stay resilient.

I am one year into the leadership role as the General Manager of our co-op. I've learned a lot this past year, and a strategic planning process is well underway with our leadership team that has us looking to the future. We will continue to re-center, simplify, connect, and grow so that we can keep working toward our Ends to sustain a healthy community. As we do this work, we continue to imagine new ways of engaging with all staff and owners as we determine our co-op's direction and future.

It was great to see many of you at the Franklin Store Remodel Celebration back in December—the store looks beautiful and we continue to be so

grateful to owners, customers, and staff members for their patience and steadfast commitment throughout the project of revitalizing the store. I loved seeing Board members deep in conversation with community members and so many kids creating art projects in the new classroom.

We're coming up on a year since we planted the seeds of our Microgreens program, aimed at getting our youngest cooperators involved in their local food system. We're so excited for the future of this program, which familiarizes kids with the co-op and gets them excited about sustainability, food, and where it comes from. We look forward to another year growing Microgreens.

On April 27, we are hosting our 23rd annual Community Supported Agriculture (CSA) Fair. This is a long-standing Seward Co-op tradition that celebrates community and the blossoming spring, but also supports innovative and sustainable producers. The CSA fair is one way that we work to envision and build the food system we need to carry us forward into the near and distant future. I hope to see you there!



Spring kids' activities and recipes on pages 22-23!



GROWING
RELATIONSHIPS
ACROSS SEWARD
CO-OP

Katie Jerome (she/her) has been working at Seward Co-op since she was 17 years old. Since then, she's moved from the Deli counter to the Grocery department to Wellness and, now, into Produce. Katie's a Produce Replenishment Buyer at the Franklin store, which means she places orders, manages inventory, and vendor correspondence, and trains staff, among other tasks. Her lifelong passions for food and cooking drew her to working at Seward Co-op. Additionally, Katie did a lot of work in the community growing up, and became interested in working at a local business when she was older. Now, she gets to reap those benefits: "It feels good to know I'm making a difference in our local food system and community by working here and [by] maintaining the reputation with the community and our vendors we have built over 50 years as a business."

At Seward Co-op, Katie's formed strong relationships with farm and warehouse representatives, as well as coworkers across departments, building friendships, trust, and respect. Katie is a helpful resource to her colleagues, an advocate for her ideas to managers, and has developed a skill for collaboration with staff to determine how much product to buy. As a union-represented employee,



Katie also appreciates the benefits that come with the UFCW 663-Seward relationship.

"I love to help create and maintain a Produce department that customers enjoy shopping in and staff enjoy working in," says Katie. "It is so cool that we get so much of our produce in the spring and summer from farms as close as 10 minutes away and as far as a few hours." Last year was Katie's first to order seeds and starter plants for spring, and she was excited to learn. Beyond becoming more knowledgeable, it was rewarding for Katie to ensure that customers could buy the seeds they wanted for their gardens.

"It is so cool that we get so much of our produce in the spring and summer from farms as close as 10 minutes away and as far as a few hours."

So, what will she grow this year? There's a good chance she might've grown a pomelo tree, if Minnesota tolerated it. "This past citrus season, I discovered I love pomelos—the shaddock pomelo, especially. I never liked grapefruit because it was always too bitter, but pomelos are still tart, like grapefruit, and not bitter." From growing new tastes to building enduring relationships,

Katie's journey working at Seward Co-op has been worthwhile. "I'm happy to meet the needs of our shoppers and community members."



WOMEN'S *History* MONTH

Enjoy items from
Minnesota-based,
women-owned Community
Foods producers



Jane Candle Co.

Jane Candle Co. is a BIPOC/AAPI-owned business run by a daughter and mother duo in Minneapolis, Minn. Daughter Macailah started Jane Candle Co. to support her own daughter, just as she had watched her mother, Angela, also start her own business. Named for their beloved family dog, Jane Candle Co. is dedicated to making the highest quality home goods that summon a sense of warm comfort, all while being toxin-, paraben-, phthalate-, and cruelty-free, and vegan.

For close to 20 years, March has been designated Women's History Month, a time to recognize and celebrate the achievements and contributions women have made in the United States. Seward Co-op carries a range of items from Minnesota-local, women-owned businesses. From flowers to pizza, candles to ceramics, and much more, find your next favorite item produced by women this March and year-round.

Green Earth Growers

Green Earth Growers is a small-scale, women-owned greenhouse operation that was established in 2004. Located south of the Twin Cities in Prior Lake, Minn., the business began by growing quality plants, produce, and cut flowers for local farmers, fundraisers, garden centers, landscapers, farmers markets, and restaurants. Over the years, their farmland and greenhouse space has grown. Today, Jenny and Jolea continue their commitment to growing and producing quality products with an emphasis on sustainability. Pick up a bouquet of their gorgeous flowers or try their starter plants when they're in season this spring.



Jakeeno's

In 1999, sisters Patty and Amy Keegan took over Jakeeno's Pizza & Pasta from their parents, who opened the restaurant in 1975. The longstanding South Minneapolis Italian spot has since started a wholesale business, selling frozen pizzas and jarred sauces to local shops, including Seward Co-op stores. For nearly 50 years, Jakeeno's has prioritized community and creating a fun, safe, and welcoming place for people to gather and share in their family's love of food. They frequently partner with local organizations to offer their products for fundraising, saying "commitment to our Minneapolis neighborhood is just as important as serving good food."



Mudluk Pottery

Mudluk is a Black/queer/woman-owned pottery studio in Minneapolis. In 2022, artists Sayge Carroll, Katrina Knutson, and Keegan Xavi co-founded the studio and gallery, seeking to create a safe, creative space for people to learn and practice ceramics. In addition to hosting programming and exhibitions, Mudluk sells handmade pottery, which you can also find at Seward Co-op. Sayge (they/them) says that working with clay always feels like "home."

Sweet Science

Since 2012, Sweet Science founder Ashlee Olds has been using her passion for ice cream to craft unique and complex ice cream flavors. Always made with organic, grass-fed cow's milk and organic sugar, Sweet Science sources ingredients locally whenever possible, often gluten-free, and never artificial. They rely on the properties of food science to get the most out of every organic ingredient, and make the ice cream base and every swirl, cookie, sauce, and crunch by hand in St. Paul.



CELEBRATE CINCO DE MAYO THOUGHTFULLY

By Natalia Mendez (they/them),
Marketing and Communications Manager

Throughout my life I've seen a few versions of Cinco de Mayo represented in modern media. Bars, restaurants, and grocery stores will advertise deals on supplies for tacos and margarita specials. I've witnessed people driving along Washington Ave. in downtown Minneapolis hanging out of their cars in fake mustaches and sombreros on their way to party. I've also heard people misunderstand it as "Mexican Independence Day," which actually falls on Sept. 16. Somewhere along the line, this piece of cultural history's roots were lost and it became nearly as much of a debauchorous drinking holiday as St. Patrick's Day has become.

Let's set the record straight. Cinco de Mayo as we know it today is generally celebrated in Puebla, Mexico and parts of the United States to memorialize an unlikely victory for the Mexican army. On May 5, 1862, during the Second French

intervention from 1861-1867, the Battle of Puebla took place. The French army not only outnumbered the Mexican army, but they were generally better-armed, too. After attacking and taking the Port of Veracruz, before reaching Mexico City, the French were stopped at forts Loreto and Guadalupe near Puebla. The undersized army of roughly 4,000 Mexican soldiers defeated the French army almost double its size; it was a significant victory that created a sense of optimism and patriotism for the Mexican people who were losing morale.

This Cinco de Mayo, I don't want those celebrating the holiday to forego it. As someone of Mexican descent, my greater wish is that people take the time to be thoughtful about how they celebrate. Support local, Mexican-owned restaurants and producers to celebrate our cuisine. If you'd like to prepare your own feast for the day, grab supplies from Mexican-owned businesses like the following:



Tortillas and Tostadas from Nixta

Recently named a James Beard semifinalist for their restaurant, Oro, local tortilleria Nixta works with producers in Mexico to source heirloom corn varieties for their products. Their vibrantly-hued tortillas and tostadas make a wonderful base for a number of delicious Mexican dishes.



Chihuahua Cheese from Mexico

Queso Chihuahua is firmer than mozzarella, but is just as ooey-goey and melty. With a flavor profile that falls somewhere between mozzarella and jack cheese, it's perfect for quesadillas, enchiladas, and so much more. This creamy cheese can sharpen with age, but varieties carried at Seward Co-op are mild and incredibly versatile for a number of Mexican dishes.

Tortilla Chips from Siete

This family-owned business is Mexican-American founded and provides a wealth of options for snacking. Not only do they make delicious, gluten-, dairy-, and grain-free snacks that are perfect for dipping in fresh salsa and homemade guacamole, but they're also a mission-based company that advocates for healthier lifestyles among Latinx families.



FROM SEEDS TO STARTERS: THE SEWARD CO-OP GROWING GUIDE

Spring is in the air, and gardening season is just around the corner. With seed packets in stores and starter plants arriving in early May, there are dozens of veggie, fruit, flower, and herb options for you to bring your own personalized plot to life. Whether you're new to gardening or have more than a few seasons under your belt, check out our Growing Guide to learn some helpful basics, meet the starter plant and seed producers, and get ready to get growing.

Starter Plants 101

Starter plants, or seedlings, are small, young plants that can kick start your garden, as all of the work of growing from seed has already been done. In late spring, Seward Co-op carries a wide variety of starter plants from local producers. Here are some steps to get your starters into the ground:

- 1 Try to plant on a cloudy day with minimal wind.
- 2 Moisten your garden soil, but not so much that it's soaking wet. It can also be helpful to water your starters before transplanting them into your garden.
- 3 Dig your hole for planting. Make it a little wider than your starter's root ball and just as deep.
- 4 Turn the starter container upside down and place your other hand on the soil side to offer support. Gently tap the container to get the starter plant out.
- 5 Place your starter in the hole you just dug.
- 6 Fill the hole with soil and tap lightly around the starter so the roots and soil make good contact.
- 7 Water the soil thoroughly after transplanting.
- 8 After a few days, add a starter fertilizer if you like, according to instructions.
- 9 Be sure to keep your newly transplanted starter moist, watering typically once a day until the plant is well established.

Source: <https://www.almanac.com/tips-transplanting-seedlings>

Great Starter Plants for Beginners

HOT PEPPERS 6+ hours of sun per day
Unlike tomatoes and other fruits, squirrels and rabbits will leave these alone.

KALE 4+ hours of sun per day
Get a continual harvest all summer and even after a light frost in late autumn.

BASIL AND OTHER HERBS
Herbs are naturally very pest-resistant and don't require a lot of space to grow.



Super Sowing Selections

Ready to try growing from seed? Though many gardeners will start their seeds with an indoor set up, you don't need one. Direct sowing in your outdoor garden can work wonderfully. Remember: Gardening is about trying things! Of course, it can be overwhelming with all the "rules" to follow. Our tip? Use the things you learn as a guide, and if you can't make your conditions perfect, it's usually still worth a shot. Even if your yields are smaller than in the most ideal growing conditions, growing from seeds can be an affordable way to experiment and begin growing your own food.

Great Beginner Seeds to Direct Sow in the Garden:

Cool season crops (sow in early April)

- radishes
- peas
- carrots
- beets
- lettuces

Warm season crops (sow after last frost date—April 30)

- Beans
- Corn
- Cilantro
- Dill
- Melons
- Cucumbers and Zucchini

Check your seed packet for instructions on how deep to bury the seed. Remember to water consistently (about once a day) so that the soil remains moist.



Getting in the Zone

The U.S. Department of Agriculture keeps an up-to-date map of plant hardiness zones that informs which plants, particularly perennials, can be grown in different climates across the country. As of 2023, the Twin Cities are now in Zone 5a. Seward Co-op sells seeds and starter plants from local producers who cater to our zone, so you can be sure to find the right plants for our particular area.

MEET YOUR LOCAL PRODUCERS

Starter Plants

Twin Organics

Founded in 2014 by brothers Andrew and Jacob Helling, Twin Organics supplies co-ops and restaurants throughout the Twin Cities with certified organic vegetables. Located near Northfield, Minn., they tend to 120 acres of farmland with a focus on sustainable vegetable production in greenhouses and the fields.

Green Earth Growers

Read more about this local, sustainable, women-owned business on the Women's History Month spread, pages 4-5.

Seeds

North Circle Seeds

Located in Vergas, Minn., North Circle Seeds is committed to creating an ecologically diverse, equitable, and inclusive food system. North Circle has an intentional relationship with their seeds and their Midwestern growers' circle, who produce regionally adapted seed using chemical-free, sustainable, and organic practices.

Seed Savers Exchange

Seed Savers Exchange is a nonprofit organization in Decorah, Iowa that is committed to gathering, sharing, and conserving diverse and endangered heirloom seeds. Operating in the fields of education, collection and storing, and distribution, Seed Savers is dedicated to ensuring a future for farmers and gardeners that includes a wide variety of plants.



Pest control tips

- Place pinecones in container pots to deter diggers.
- Save plastic clamshells from berries and trap your maturing fruit inside to protect from garden thieves.
- Plant pest-resistant herbs and flowers like rosemary and marigolds around your enticing edibles.

Mother Earth Gardens

Don't forget to pick up some soil to get those plants blooming! We have potting soil year-round from local, small-scale producer Mother Earth Gardens to nurture your new plants.

NATIONAL FARMWORKER AWARENESS WEEK

Farmworkers feed the world, and from March 25 through March 31, we work to honor their contributions to our daily lives and create awareness for the issues they face. 85% of the fresh fruits and vegetables we consume are hand-picked, and at Seward Co-op we like to remind ourselves and shoppers about the real cost of food, which includes the difficult—and often dangerous—work that goes into growing and harvesting the food that keeps our communities healthy.

Farmworkers deserve dignity and protection. There are an estimated three million farmworkers, including adults and children, that labor in the field in the United States. As our planet heats up and the climate changes, farmworkers suffer from high rates of heat exhaustion. Additionally, on non-organic and large-scale commercial farms that utilize pesticides, the workers who harvest and grow our food experience high rates of injuries due to the chemicals sprayed on plants to keep them pest and blight-free. Long hours in the fields lead to skin issues, urinary tract infections, and other bodily harm, not to mention time away from loved ones.

Unfortunately, farmworkers are not protected legally in the same way as many other people are in different industries. Joining a union, fair pay, and/or insurance are not guaranteed. Only as recently as 1978 were minimum wages mandated for farmworkers—and that's exclusive to large-scale farms. It is our duty as a community of cooperators to rally in support of farmworkers locally and across the globe.

Learn more about how you can help support farmworkers by visiting the QR code.





WHY SUPPORT LOCAL FARMERS?

Hear what some past CSA Fair participants have to say:

“Hafa CSA is not a food delivery service, but rather a social contract rooted in community, mutuality, and stewardship of the land and the local economy. These tenets of community, mutuality, and stewardship are also the main pillars of the community wealth building movement.”



Hmong American Farmers Association

“Community Supported Agriculture is so much more than a weekly box of beautiful vegetables. It’s a way for you to directly support a local farmer in your area....

CSA is currently and will remain a way to invest in your local economy while eating the freshest foods and avoiding food price volatility and supply chain failures.”

Racing Heart Farm

“Our CSA provides you with a weekly box of veggies, but it goes far beyond that. It puts your dollars directly in the hands of a local farm family, to be reinvested in our community... Your food will travel less than 75 miles from field to plate, rather than thousands of miles across the country. Best of all, you know exactly who grew your food.”

Whetstone Farm

“Our mission is to grow healing and healthy food for our community and ourselves while taking into consideration the complex multifaceted cycles and rhythms of the earth. We have utmost respect for the whole earth and its inhabitants and abstain from the temptation of dominance over nature and harmful practices that pollute, and let nature lead and learn from her wisdom. By supporting family farms like ours, you are investing in sustainable and ethical agriculture practices that positively impact the environment, animal welfare, and local economies.”

Abdi-Mayfield Farm



Save the Date for our Annual CSA Fair

Saturday, April 27, 11 a.m.–2 p.m.
in the Creamery parking lot



CSA Fair

Saturday,
April 27

Let the farmer’s market come to you with a Community Supported Agriculture (CSA) share. Find shares that work for you and your family, and support local farmers. Strengthen our local food economy by choosing the

perfect produce, meat, cheese, flowers or other shares that are delivered at convenient drop-off locations around the community. Meet your farmers, pick a CSA share, and don’t forget to bring the kids for family-friendly fun.

Join us for family-friendly activities

Meet your local farmers

Pick a CSA share & learn other ways to help support a resilient local food system

WORKING TOGETHER TO REDUCE FOOD WASTE

We've all forgotten that yogurt in the back of the fridge, or missed the window to cook up our rainbow chard before it's started turning. Food waste happens. In fact, according to the U.S. Department of Agriculture, it's estimated that between 30-40 percent of the food supply is wasted; that's a lot! So how can we help? At Seward Co-op, reducing food waste is an important way we work towards our Ends statement to sustain a healthy community that has equitable economic relationships, positive environmental impacts, and inclusive, socially responsible practices. Learn about the steps Seward Co-op takes to minimize food waste, and get a few tips to help you reduce food waste at the co-op and at home.

Keeping it Fresh

At Seward Co-op, one of the first actions we take to reduce food waste is to place orders for fresh foods with care and consideration. "Buyers are constantly pulling movement reports, taking inventory daily, reassessing our top sellers and trying to buy only what we will sell that day," says Jess Nimm (she/her), Assistant Produce Manager at the Franklin store. "It's a delicate balance between maintaining just enough back-stock to replenish the shelves before our next delivery, and sitting on a mountain of over-ordered product." Proper training is key, and managers in fresh departments ensure staff receive it. "This goes for stocking as well," explains Demeter Brock-Montgomery (she/her), Produce Manager at the Friendship store. "Thorough training on proper display sizes and how they should be stocked helps immensely towards the produce maintaining freshness and appeal."

Donating and Composting

So what happens to what we don't sell? In Produce, if an item is near expiration date or has a superficial blemish on it, it's bagged and the price is reduced. Produce that's deemed edible but unsellable—such as a broken cucumber or carrot—is offered for free to staff in "cull" in the back rooms. Cull extends to all departments, from Grocery to Deli and more. Seward Co-op also donates culled and misdelivered produce to a handful of local organizations with food shelves, some on a weekly or more-than-weekly basis. As for the food that's not donated or sold? As much is composted as possible, with staff taking time to remove any tags, stickers, or non-compostable pieces from food.



Putting it All to Use

In the Meat and Seafood department, whole animal butchery is the name of the game. This means almost every part of the animal is used, which both prevents food waste and allows for harder-to-find cuts to be available. From house-rendered lard to sausage trimmings and more, Seward Co-op staff are trained to utilize the entire carcass, with the few unusable parts composted. If the department has more meat from a carcass than they anticipate can be sold, the cuts are ground and sent to the Deli while still fresh for use in various Seward-made recipes. (Similarly, when Produce has more ripe bananas and avocados than they expect to sell, the excess is frozen and used for smoothies at the drink counter.)

TIPS FOR CUTTING BACK ON FOOD WASTE



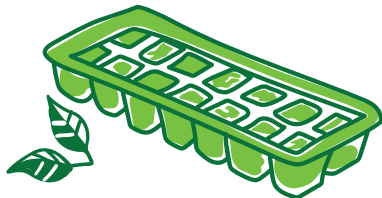
Shop the Bulk department and only use (and pay for!) what you need



Use parts and pieces from your veggies and meats (like wilted celery stalks and bones) to prepare homemade stocks



Is the second item in a BOGO deal too much for you to finish? Keep one and donate the other at the front of the store to a local food shelf.



Freeze fresh herbs in broth or oil for easy use in soups and rice; preserve fruits and veggies for long-lasting snacks



SPRINGTIME ROLLING BRUNCH

One of the perks of living in the Twin Cities is incredible access to a wealth of parks and dedicated pedestrian paths. There's no better time to explore on your favorite wheels than in the spring when the buds are peeking from the soil and the hours of sunlight are getting longer. Take in the fresh air—and some snacks, too—on an outdoor excursion.

Drink

Get a moo-ve on with Kalona chocolate milk. Packed with protein, it's a great sipper to fuel your spin. For those looking for an elevated experience with a breakfast twist, give Utopia Borealis Maple sparkling waters a try. Their high-drating Maple beverage is full of electrolytes and will ensure the happiest of trails for your next adventure. Please sip responsibly!

Food

For a light breakfast, grab a few hardboiled Larry Shultz eggs from Seward Co-op's Grab n Go, an Equal Exchange banana or two, and Seward-made Bird Bars for the road. Is your ride powered by your sweet tooth? Seward-made cookies and muffins, and pastries from the Deli, are all ways to get your roll kicked off right.

BASIC BIKE SAFETY

For many of us, we're beginning to pull our bikes out of winter storage, ready to hit the trails. Do a quick safety check to get yourself out there rolling smoothly and safely.

Check tire pressure

Check out the sides of your tire for raised numbers and information. Tire pressure will be labeled by "PSI," or pounds per square inch. Along the sidewall of the tire will be a number range for how high to inflate your tires. Running higher air pressure may make you faster, but you might be jarred a little more on the winter-ravaged streets. Too low and you might feel a little slower, but your tires will absorb more of the shock from the bumps in the road. Remember, you can always let a little air out if the ride is too rough, but it's harder to put more in when you're on the go. Experiment with this to find your "sweet spot".

Lube chain and seat post

Don't squeak down the path! Not only does it not sound nice, but having extra dirt and grime in your chain can damage your drivetrain and chain. Apply a wet or dry bicycle lubricant to your chain and wipe off with a rag. This may sound counter-intuitive, but its purpose is to lube the pins between the links. Any excess can pick up road grime.

Safety first

Bright, reflective clothing will help make sure you're seen in lower-light conditions. Helmets and gloves help protect your body in case of wipe-outs. Check your helmets to see if they're still going to protect you. Many have a manufacturing date listed on a sticker inside of the helmet, and the foam is the safest within 3-5 years of use, depending on UV and temperature exposure.

SPRING INTO THE SEASON WITH FRESH DEPARTMENT DEALS AND DELICACIES

Take a Bite out of Pi(e) Day

On March 14 (3.14), save 15% on all Seward-made pies, including whole and half pies and slices. With varieties ranging from sweet cherry to zippy key lime, soft French silk, and more, you're sure to find a favorite, no matter how you slice it.



Pre-order Meats for Spring Holidays

Dress up your spring holiday table with locally and sustainably produced options from Meat and Seafood. Customize your cut, and get exactly the dish you want. Place your order at the Meat and Seafood counter at least 72 hours in advance of your desired pick-up time.



LAMB SHOPPE *grass-fed lamb*



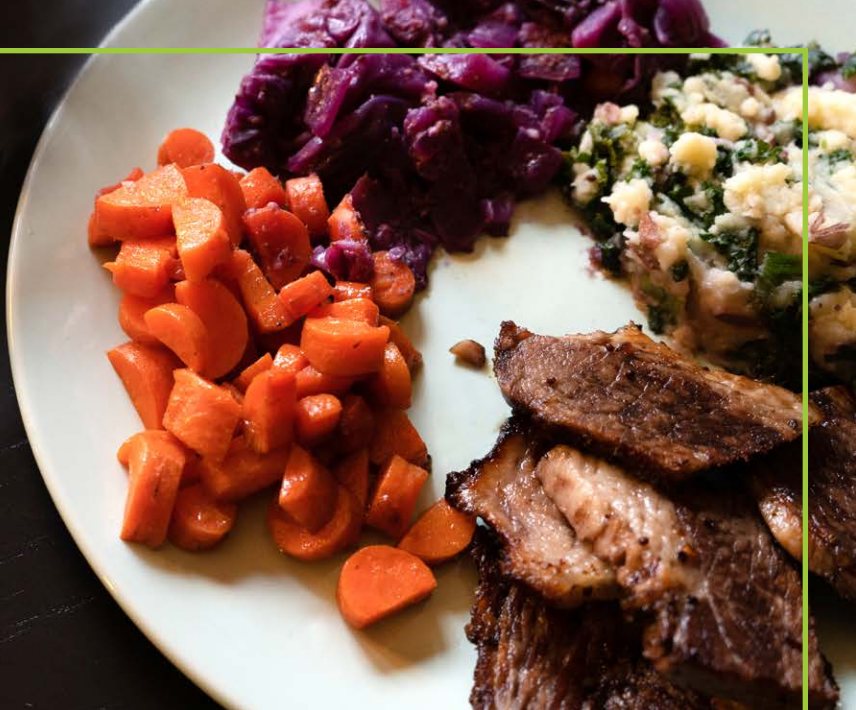
PETERSON CRAFTSMAN MEATS
pasture-raised beef and pork



BEELER'S *natural pork*



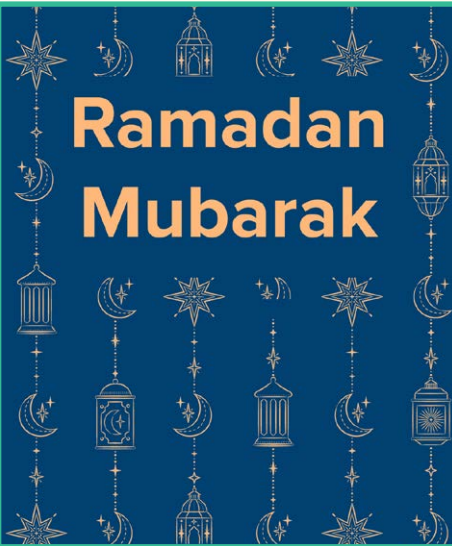
WE'RE SEEING GREEN



Savor Seward-made St. Patrick's Day Specialties

For those celebrating St. Patrick's Day with food on March 17, Seward Co-op's serving up a delicious spread of Irish fare. Stop by the Hot Bar at both stores for tender corned beef, brined and roasted in-house with organic herbs and spices. You'll also find mustard-braised cabbage, colcannon, and more to round out your holiday meal. Stop by the Meat and Seafood counter in the days leading up to St. Patrick's Day to pick up your own Seward-brined corned beef, made with local Peterson Craftsman beef. Complete your at-home celebration with special selections from the Cheese department. Look for a deal on sweet, nutty Kerrygold Dubliner Aged Cheddar or try a wedge of the green-marbled Sage Derby.

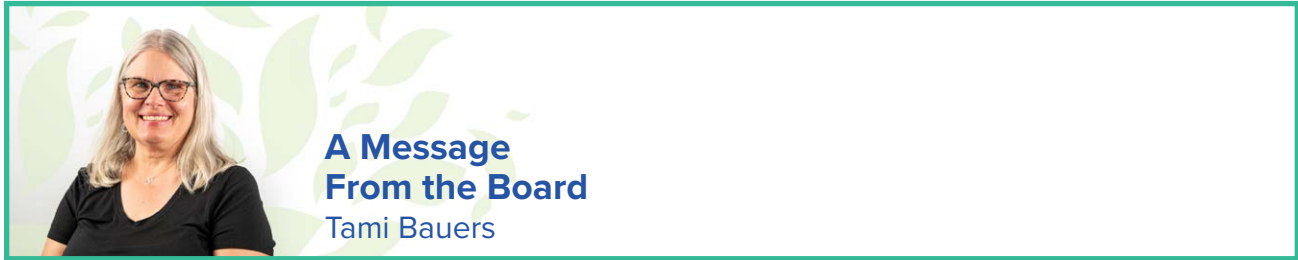
Ramadan Mubarak



Get Ready for Ramadan

Celebrating Ramadan this year? Seward Co-op has easy options for your pre-fast suhoor meal or fast-breaking iftar dinner. From Hot Bar and Grab n Go choices with culturally relevant options to cooking and snacking staples like bulk Medjool dates and lentils, fresh produce, and more, Seward Co-op has you covered.





**A Message
From the Board**
Tami Bauers

I love snow and the quietness of winter, but when spring is nearing, I feel hopeful and grateful that the growing season and more availability of local food is around the corner. Each one of us relies on farming communities that commit their lives to the year-round preparations needed to reap the rewards that come in the form of red radishes, creamy butter, plentiful varieties of mushrooms and squash, lush greens, and fragrant herbs.

This year marks our 23rd annual Community Supported Agriculture (CSA) Fair. This event uniquely and magnificently expresses our Ends statement which directs Seward Co-op to sustain a healthy community that has:

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

The board of directors helps craft the Ends statement and uses it as a map for what we want to achieve as a co-op. The CSA Fair was the innovative brainstorm of staff 23 years ago, and it exemplifies how a vision becomes an action that benefits owners and shoppers: through the board trusting in and collaborating with co-op staff.

This February, we celebrated our first full year with Ray Williams as our General Manager, and this spring, we welcome Cassandra Meyer as our new board President! We are grateful for LaDonna Sanders Redmond’s excellent leadership and dedication for the last four years, and we look forward to her continued service on the board. By the time you read this, we will have completed our first in-person retreat with a newly seated board, Ray, and key leaders of the co-op. The last two years have brought a lot of change, and I know the time together will feel grounding.

The work we do at a retreat is not unlike farming in some ways. We set out our hopes and dreams to provide food that nourishes and jobs that are sustaining. We reflect on the past year’s accomplishments that include the Franklin remodel and union negotiations. We educate ourselves on current conditions that might impact how we achieve our goals. The board and staff build trust and harmonize vision at the retreat and look forward to what the coming years’ harvests will reap.

I look forward to seeing you in the aisles of our stores, in the neighborhood, or at the CSA Fair!

Board Meetings

The next virtual board meeting is **Tuesday, April 30 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 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

Spring Classes & SEED Recipients

March



March SEED Recipient:
Isuroon’s food shelf provides culturally-specific food staples that meet the dietary preferences and religious restrictions of Somali women and their families.

Microgreens Kids Classes: Cascarones—A Smashing Mexican Easter Tradition!
Saturday, March 16, 10–11 a.m.
Franklin store classroom
\$5 per adult/free for kids
Learn about the Mexican tradition of making and enjoying cascarones—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 (they/them),
Seward Co-op staff*

Nourish 101: Hawaiian Loco Moco
Sunday, March 24, 12–1 p.m.
Friendship store classroom
\$5/receive a \$5 Seward Co-op gift card at class
Nourish 101 classes feature simple, delicious, cost-effective dishes that use healthy ingredients available at Seward Co-op. Join Henry Kisitu in making Loco Moco, a Hawaiian comfort food made with rice and a burger smothered with rich gravy and a runny egg yolk.
Henry Kisitu

April



April SEED Recipient: Cempazúchitl Collective is an Indigenous-led organization that empowers Indigenous, Two Spirit, and African-descended queer and trans folks by teaching culturally relevant ways of harvesting and processing wild foods.

All about Edibles
Thursday, April 11, 6–7 p.m.
Franklin store classroom
\$5/free for Seward Co-op owners
*Maggie Frank, CVSciences National Educator,
with Robb Doser and Kirsten Hayman*

May



May SEED Recipient: Tamales y Bicicletas works to center Indigenous, Black, Latine, and people of color in the Twin Cities through decolonizing and localizing our food system, community empowerment/resistance, sustainable transportation, and urban farming skills. Their greenhouse and farm support the community by providing fresh crops and nutritious food for food insecure families, especially during the winter months.

Aromatherapy + Sustainability
Thursday, May 9, 6–7 p.m.
Friendship store classroom
\$10/\$5 for Seward Co-op owners
Responsibility and sustainability are two key terms used a lot in the wellness industry. Join us for a class to understand how we can be both responsible and sustainable in our sourcing and uses of aromatherapy, including essential oils, hydrosols, and carrier oils. We’ll also offer a hands-on DIY project using Pranarôm’s organic oils.
Liza Docken, Certified Aromatherapist and National Educator for Pranarôm

Welcome back to Microgreens! As the snow melts and flowers start to blossom, we're excited for a new lineup of kids' activities for the spring season. Join us in crafting colorful and easy recipes, learning to make confetti-filled eggshells, and sowing seeds for your garden. Plus, an all-new in-store iSpy! Check out this quarter's offerings and find even more Microgreens content at seward.coop/microgreens.



Easy Seed Planting

Growing seeds is a simple and fun activity for kids, providing a hands-on opportunity to witness the magical journey from tiny seeds to flourishing plants. It also imparts valuable lessons about responsibility, patience, and the wonders of nature. Try planting calendula seeds, which grow into beautiful yellow- and orange-hued flowers.

You'll need:

- Calendula seeds
- An empty egg carton or small containers such as clean plastic yogurt cups
- Potting soil, preferably seed-starting mix
- Watering can
- Sunny windowsill

Fill the pots or containers with soil. If you're using plastic containers, make sure there are small holes at the bottom for water drainage. Stick your finger into the soil 1/4" deep, or about the length of your fingernail, and place the seed inside the hole. Cover with more soil.

Give the soil a good watering, making sure it's moist but not too full of water. Put the containers in a sunny windowsill. If you'd like, you can set up an LED grow light a few inches above the container.

Now, it's time to be patient. Water the plants when the soil feels dry to the touch. Calendula seeds will take 1-2 weeks to sprout, so be patient and keep taking care of them.

Co+op Explorers Recipes

Grownups! Looking for fresh, fun recipes to make with the kiddos? Visit the QR code to find instructions for everything from a dino-shaped quesadilla to a munchable rocket ship.

Recipes from National Co+op Grocers



Carrot Cookies



Delightful Dinodilla



Fruit Flower Blossoms



GET THE RECIPES

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Natalia Mendez (they/them),
Seward Co-op staff



Seward Co-op iSpy

Look for these things next time you visit Seward Co-op! When you're finished, visit the Customer Service Desk for a special Microgreens sticker.

- ❑ Find one item in produce that's grown locally (Hint: look for the growing location on the signs! Local means it was grown in Minnesota, Wisconsin, or Iowa.)
- ❑ Find two different kinds of mushrooms
- ❑ Find two types of sausage made by Seward Co-op
- ❑ Find three items with the Fairtrade label
- ❑ Find a Bulk item you've never heard of before





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: 4/3/2024–4/9/2024



FREE
LACROIX
SPARKLING
WATER 12 PK.



REG: \$6.19

Limit one coupon per owner number | While supplies last
Valid only 4/3/2024–4/9/2024

WEEK THREE: 4/17/2024–4/23/2024



FREE
EQUAL EXCHANGE
CHOCOLATE BAR



REG: \$3.99

Limit one coupon per owner number | While supplies last
Valid only 4/17/2024–4/23/2024

WEEK TWO: 4/10/2024–4/16/2024



FREE
TALENTI
GELATO PINT



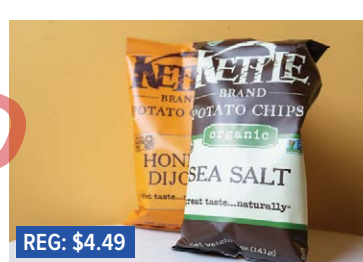
REG: \$5.99

Limit one coupon per owner number | While supplies last
Valid only 4/10/2024–4/16/2024

WEEK FOUR: 4/24/2024–4/30/2024



FREE
KETTLE CHIPS
5 OZ.



REG: \$4.49

Limit one coupon per owner number | While supplies last
Valid only 4/24/2024–4/30/2024

