

# SPROUT!

Summer 2025



Celebrate 10 Years of the  
Friendship Store

Stay Cool with Deli Drinks

Build Your Ultimate  
Summer Salad

Pride in Cooperation

## 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** Skye Rygh

**Designer** Amanda Reeder

**Marketing Director** Natalia Mendez

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

### International Cooperative Principles

Voluntary & Open Membership

Democratic Member Control

Member Economic Participation

Autonomy & Independence

Education, Training & Information

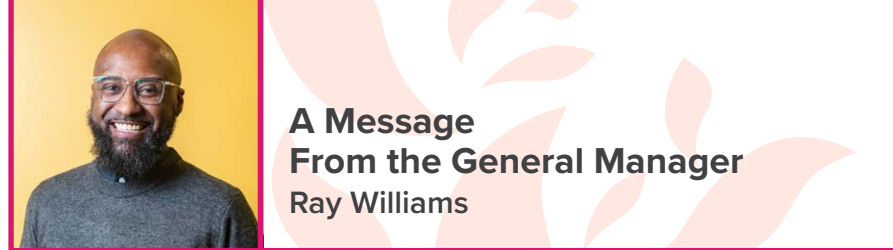
Cooperation Among Cooperatives

Concern For Community

### Sprout! Printing Policies

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**On the cover:** Sean Sherman of North American Traditional Indigenous Food Systems (NATIFS) and General Manager Ray Williams present at the NATIFS Meet and Greet, Spring '25



## A Message From the General Manager Ray Williams

Dear Seward Co-op Owners,

It's summer! We've had so many beautiful days, some much-needed rain, and I'm feeling good about what we've got going on at the co-op.

First and foremost, I feel so encouraged by our current financial situation. In the most recent financial update that went out in May, we were able to share that we've gone from last fiscal year's losses to a modest net income, and that our sales growth at both stores is looking especially good. This, combined with the positive impacts of selling the Creamery building to NATIFS, which allowed us to pay down debt, improved our cash position, and eliminated the ongoing costs of owning and operating the building, puts us in a much stronger financial position than last year. We are in very uncertain economic times, and we can't be certain this growth will continue, but I'm very heartened to see the results of the work we've put in across the entire co-op to get to where we are now. And, of course, sales growth comes from people choosing to shop in our stores, so thank you for all that you've done to support us! Each sale contributes to great jobs in our neighborhoods, the success of local farmers, and supports the businesses in our wider communities.

Even with the positive results we are seeing, we still must continue to look for opportunities to strengthen our co-op's financial position. Many of you may already be aware, but I want to say again that we are planning to put forward an initiative on this year's board of directors election ballot to increase the price of a full ownership

from \$75 to \$99. This one-time cost of ownership hasn't changed since 1987 and if adjusted for inflation would be just over \$200 today. Making co-op ownership accessible remains an important value to us. Not only is this proposed increase in the lower range of ownership cost for co-ops locally and nationally, but we will continue to have our needs-based ownership and installment payment plan options for new owners. For current owners, I want to remind you that your vote this October will decide whether this change goes into effect. This proposal is a result of intentional reflecting on the co-op's financial position and future growth, and we believe it will help ensure the financial sustainability of the co-op moving forward. We hope you will agree when it is time to vote. Feel free to reach out with questions, and please look out for board member tabling sessions in the stores. They will be prepared to answer questions and may even encourage you to run for the board!

Finally, I'm so excited about the celebrations we're planning for the 10-year anniversary of the Friendship store! We are sponsoring a stage at Sabathani's Annual Block Party on August 9, and we'll be having an Ice Cream Social at the Friendship store on September 25 (more info on page 15). I started my career at Seward Co-op as Friendship's inaugural store manager and I couldn't be more proud of everything the store has become. It fills my heart to see what a difference it has made in the local community and the incredible work we've been able to do. I'm looking forward to celebrating together!



## 10 YEARS OF FRIENDSHIP THROUGH COMMUNITY

With 23% of staff with us for five to nine years, and a robust 15% for nine years or more, Seward Co-op is proud to be a workplace where employees want to stick around. While some cite schedule flexibility, connection to food systems, or desires for "doing good" in our local communities, one refrain is also frequently stated and particularly emphasized by Friendship store Front End employee, Rosa: it's really about the people.

Rosa (she/her) has been a caring, connective, and versatile member of the team since the Friendship store opened in 2015. With a 15-year background in the hectic restaurant industry, Rosa was looking for a second job and a change of pace when she applied to be a Housekeeper at the soon-to-be-opened Friendship store. Over time, her aptitude for customer service became evident and she started working in the Grocery

department, then moved to cashiering, and now also works in Produce. While she says she was initially nervous to work in a cashiering role due to her experiences with anxiety, today she says it's one of the easiest parts of her job. It can still get busy, but she tries to take it as it comes by helping one customer at a time. That service-oriented attitude, a desire for connection, and opportunities to educate customers about the co-op have all been sources of joy for her in the last decade.

"I really enjoy the people I work with. I get to work with a bunch of different people, but I feel like everybody here is a part of it." Throughout her career, she says it's been less about the job for her, and more about the people. "I love interacting with the community, because I've seen kids grow up. From pregnancy to now the kids being now, like, eight! It's really awesome."



Rosa has seen so much change at the co-op over the years. She values the importance of community participation and helped with the creation of the SEED Community Choice program. "I always thought it'd be a great idea to get the community involved. The SEED Committee still picks candidates, but then the community decides. I think that's really awesome, because then people are participating in something."

When asked what she wants to see in the future of the Friendship store and the co-op overall, she responded she wants to keep seeing growth. "I just want to see things keep growing in different directions and going with the flow." At Seward Co-op, we hope for the same and look forward to another ten years of Friendship alongside caring co-workers like Rosa and community members like you.

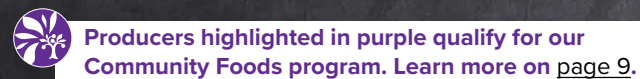
# HAVE A SIZZLING SUMMER WITH SEWARD CO-OP

Some summer days are just too nice to spend indoors sweating over a hot stove. So slap on that sunscreen, bust out the coals, and get ready for grilling season with Seward Co-op. From backyard Pride parties and Juneteenth BBQs to searing a thick steak for dad on Father's Day or kicking off the 4th of July weekend with a burst of sizzling flavors, there's no shortage of reasons to get grilling...but who said you needed one? Our stores have what you need to host a bustling summer soirée or a relaxed dinner al fresco on the patio any night of the week.

## A Bounty of Burgers

Few things are as satisfying in summer as a burger—meat or veggie—hot off the grill, and we've got what you need to get cooking. To lessen your prep on busy summer days, try **Trempealeau Walnut Burgers**, found in our freezer section. These meatless burgers are beloved by vegetarians and omnivores alike. For the meat eaters, look no further than the Meat and Seafood counters at both stores where you can find **Seward-made burger patties** hand-formed by staff with 80/20 grassfed Blooming Prairie beef. If you want a flavorful twist, lean into lamb with our **Seward-made Mediterranean Lamb burgers** flecked with zippy red onion, tangy feta, and cooling mint.

Want to make them yourself? Find bulk **Blooming Prairie** ground beef, Wild Acres ground turkey, and **Kadejan** ground chicken at the Meat and Seafood counter, with **Eichten's** ground bison chubs in the meat freezers nearby. If you're looking for a veggie option, blend up a few cans of Field Day organic black beans with fresh herbs from Produce and dried spices from the Bulk section to customize them to your palate.





## Sumptuous Sausage Selections

Nothing screams summer like a weenie in a bun. Fortunately, Seward Co-op is stocked up on sausages for all your future grilling goals. For a local treat, try the classic flavor of **Seward-made Bratwurst** prepared in-house by talented Seward Co-op staff. Or if you're skipping the pork, **Seward-made Lamb Merguez sausages** feature a bit of harissa heat, garlic, fennel, and paprika stuffed into a sheep casing. Craving a classic hot dog? We have plenty of options for juicy, all-beef hot dogs from 1000 Hills, Applegate, and Organic Valley. Try them all to find your favorite today.



## You Got Buns, Hun?

It wouldn't be a real cookout without the buns. Stock your next cookout with local **Rose Street Patisserie and Baker's Field buns**. Gluten-free? While not local, Udi's is a perfect option for those avoiding gluten.



# COOL DOWN, DRINK UP

The summer heat sizzling off of hot pavement can get the best of any of us, but sometimes all you need is a cold beverage to balance the scales. Quench your thirst and cool off. No matter what you're in the mood for, Seward Co-op is here to keep the drinks and ideas flowing.

## Hydration Appreciation

Enjoy a refreshing lineup of juices made with organic fruits and vegetables at our full-service drink bar, available daily from 8 a.m. to 9 p.m. Everything is made fresh to order, using organic produce whenever possible. "Beet" the heat with a Heartbeat—a sweet, earthy blend of carrot, apple, spinach, and beet juices—or create a combination with your favorites. Whether you're craving a daily dose of drinkable vitamins or something satisfying and delicious, we're ready to help quench your thirst.

## Seriously Cool Sips

Cool off on **National Ice Cream Day, July 20**, by treating yourself to a milkshake crafted with locally-made **Milkjam Creamery**, or try Oatly's oat milk-based "ice cream" for a dairy-free vegan delight. Want to crank it up a notch? Add your own cold press for an extra buzz.

Ice cream not your thing? **June 21 is National Smoothie Day**, and we're celebrating with \$1 off any of our smoothies. We've got staples like Strawberry Banana—made with your choice of orange or apple juice—as well as drinks with a little zest like Ginger Berry, featuring a marvelous mix of raspberries, blueberries, banana, and soy milk. Or, you can make your own at home with fresh fruits and vegetables from our Produce department. Blend in additional nutrients by adding a hefty scoop of **Natural Renewals Sea Moss**, a newer Black-owned business that can be found in the Wellness departments at both stores.



## A Guide to Homemade Cold Press Coffee Concentrate

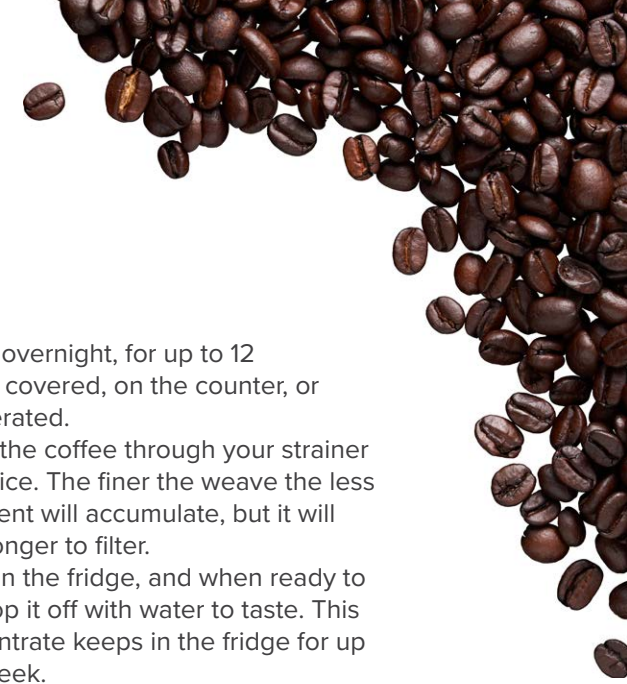
### Equipment needed:

- Coffee grinder (if you get your coffee pre-ground, select a coarse grind)
- Cheesecloth, flour sack cloth, or strainer
- 32-ounce mason jar

### Method:

- If not already ground, coarsely grind your coffee, enough for about about 1 cup of grounds
- Transfer coffee grounds to the container you're making the cold brew in. Cover it with 4 cups of water. Stir gently.

- Steep overnight, for up to 12 hours, covered, on the counter, or refrigerated.
- Strain the coffee through your strainer of choice. The finer the weave the less sediment will accumulate, but it will take longer to filter.
- Store in the fridge, and when ready to use, top it off with water to taste. This concentrate keeps in the fridge for up to a week.



## DRINK OF THE MONTH SPECIALS

Each month, Seward Co-op Delis feature a Drink of the Month that is sure to please your taste buds. Get a peek at what's coming this summer.



JUNE

**Fuchsia Fixation** is made with bright orange juice, vibrant pineapples, tangy raspberries, and sweet peaches. This beautiful drink makes a perfect poolside companion or a great way to get your morning vitamins on-the-go.



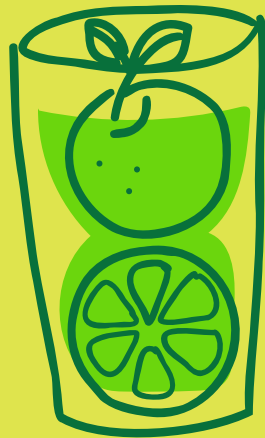
JULY

**Cool Cucumber Juice** is a glowing green treat made of ginger, lemon, cucumber, and apple juices that are sure to refresh you on even the hottest summer days.



AUGUST

**Cold Press** is a summer staple. Made with organic, fair-trade Peace Coffee, it's naturally sweeter and slightly less acidic than a traditional brew. This locally roasted drink will get you buzzing on those long, busy days.



# DRESSED TO IMPRESS: SUMMER SALADS MADE SIMPLE

Nothing says summer like a fresh salad. If you're stumped by the endless combinations, here's an easy mix and match guide for you, featuring several Community Foods producers, which are called out in purple within this article. Select a few options, then just cut, toss, and eat for a cool, refreshing meal.



## CHOOSE A BASE:

**bulk greens**  
Wisconsin Growers Cooperative

**kale**  
HeartBeet Farms

**red or napa cabbage**

**cooked pasta or grains like farro, quinoa, or wild rice**  
from the Bulk department

## ADD VEGGIES (pick at least three):

**cucumbers**  
Featherstone Farm

**slicer tomatoes**  
Wisconsin Growers Cooperative

**Kimchi**  
Yon's Organic

**carrots**

**red bell pepper**  
Twin Organics

**radish**

## PICK A PROTEIN:

**grilled chicken**  
Kadejan

**seared tempeh**  
Tempeh Tantrum

**hardboiled egg**  
Larry Schultz

**chickpeas**

**lentils**  
from the Bulk department

## TOP WITH FUN FLAVOR:

**black olives**

**pickled red onions**

**dried cranberries**  
from the Bulk department

**sunflower seeds**  
from the Bulk department

**dried cherries**  
Bergin in Bulk

**golden raisins**  
from the Bulk department

## FINISH WITH DRESSING:

**Lemony Herb**

**Toasted Sesame Ginger**

**Dude Ranch**

**Chili Limón**

**Crisp Apple Maple**

**Caesar**

all flavors by Salad Girl



Community Foods is a Seward Co-op labeling program featuring producers that best align with our cooperative values and mission to sustain a healthy community. Producers must meet at least two of the five following criteria to qualify for the Seward Co-op Community Foods label: local, small-scale, cooperative, sustainable, and/or inclusive. Look for Community Foods logos and the purple tags around our stores to support Community Foods producers.

## Make It Easy with Grab & Go

Stress less and enjoy summer to its fullest with fresh eats from the Deli. Our Grab & Go options let you experience your bike ride, picnic, or cabin trip with ease. All Grab & Go dishes are made fresh in-house and prioritize organic and local produce whenever possible.

Grab & Go Salads are perfect for a sunny afternoon in the park or on the side along with a main dish at your next barbecue. Try the following for seasonal freshness.

### Orange Quinoa Salad with Beets and Cheese

While the name may be a mouthful, that's exactly how you'll want it. Its fresh spring mix gets an added crunch from the quinoa, meanwhile the earthy, sweet notes of thyme, beets, and bright citrus zest perfectly complement its goat cheese and spicy cilantro dressing.

**Caprese Salad** It's a summer classic for a reason! Despite its simple combination, it packs a vibrant punch and features some of the best flavors of summer like juicy tomato, sweet, fresh basil, mild, milky mozzarella, sharp red onion, and a balanced balsamic dressing.

**Blueberry Bacon Salad** A bed of tender spinach is sprinkled with salty bacon and plump blueberries. Cool, creamy goat cheese balances out the tart kick of garlic mustard vinaigrette.

Don't miss out on the perfect sides for your grill-out on July 4. Find 24 oz. large containers of Deli salads in the Grab & Go coolers for your grilling sides: Garlic Lovers Pasta, Carrot Cabbage Peanut Slaw, Greek Zorbas Pasta, Thai Cucumber Salad, and Sesame Udon, while supplies last.



# PRIDE IN COOPERATION AND COMMUNITY



by Natalia Mendez, Director of Marketing

Happy Pride Month, Seward Co-op Community! As a member of the LGBTQ+ community, this month is one that has always felt significant to me, especially as I've continued to learn more about myself and my identity.

I was born in June, Pride Month, in the late 1980s, a time when queerness was still taboo. The HIV/AIDS epidemic was just beginning to be addressed on a federal level. While the next few decades brought positive opportunities for research and therapies, the queer community remained a punch line, with the blows always hitting close to home.

My family members who belonged under this umbrella were some of the most formative people in my life, including my Uncle Sal. He was a chef in Milwaukee, Wisc., and owned a popular restaurant that specialized in Oaxacan-style moles. He encouraged me to get excited about food, gave me my first cookbook with accompanying multi-colored cooking spoons I still cherish to this day, and grounded me in our shared precolonial culture and roots. He kept bat houses instead of birdhouses, and he was my first connection to a now-beloved holiday, Dia de los Muertos. What I didn't know then, was that he was living with HIV/AIDS. I'm grateful my family was informed enough to encourage

us be close to him as he grew thinner and more ill, especially at a time when people were afraid or wildly misinformed about the transmission of the virus. Uncle Sal may have passed away due to the complications of this chronic condition, but the early acceptance of queerness, especially through an illness that much of society blamed on loving allowed me to consider the vast array of what relationships could look like, for myself and others. And, while queerness has been ever-present in my life, discussions of gender were considerably less.

Growing up, I never felt comfortable with femininity as it was presented to me, and I frequently received mixed messages: appreciation for being a tomboy but scolded for scraping my knees and cutting my hair short because it was not "feminine." Throughout my childhood, without even thinking about it, I played with gender through my clothing choices and presentation. This fluidity has felt like a natural part of my being for as long as I can remember.

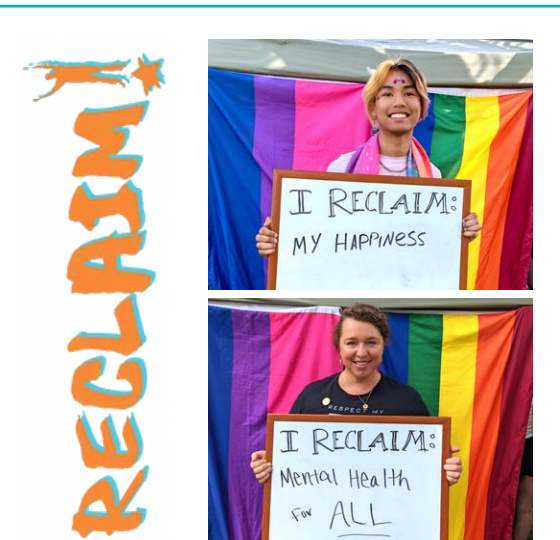
Years later in my early 20s, when I moved to Minneapolis after I had figured out my own queerness, the concepts of non-binary identities and gender fluidity were presented to me. Only then did I finally find language that felt right for something I had experienced my whole life. Being given this language allowed me to own and name my identity in ways I never had before. More than anything, I was finally slipping into a healing place of self-acceptance and appreciation I'd never experienced.



Everyone deserves this kind of comfort, belonging, safety, and acceptance. I'm grateful to find it not only in my community, but in my workplace, too. Earlier this spring, when Twin Cities Pride dropped their title sponsor for its rollback on diversity, equity, and inclusion practices, I was thrilled for an opportunity to work with our fellow Twin Cities metro-area co-ops to raise money and fill the gap. Together, Seward Co-op, along with Eastside Co-op, Lakewinds Co-op, Mississippi Market, Valley Natural Foods, and The Wedge all worked together to contribute just under \$30,000 to help Twin Cities Pride recoup lost funds. While Seward Co-op has always made it a point to donate to smaller-scale Pride events, it was understood that this larger-scale event is a lot of people's first access to a community they may be emerging into as they find themselves—and that is worth ensuring its continuation.

It should not be, but it does feel like privilege in 2025 to work at a place that does not shy away from its commitment to diversity, equity, and inclusion—we lean into it—and I am very proud of that. I hope our community is too,

knowing each time they shop it's contributing to employing a diverse staff, sustaining local producers, and helping create safer, inclusive spaces for each of us to live our fullest, most authentic lives.



Round up this Pride Month to support queer and trans youth. Learn more about RECLAIM and other SEED recipients on [page 14](#).



**A Message  
From the Board President**  
Cassandra Meyers

**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](mailto:board@seward.coop) to indicate your intention to attend.

Current Directors	Term Ends
Tami Bauers	2025
Tabitha Montgomery	2027
Warren King	2026
Cassandra Meyer	2027
Elizabeth Liddiard Wozniak	2027
LaDonna Sanders Redmond	2025
Moses Viveros	2025
Fartun Weli	2026
Employee director	empty

Hello co-op community. It's been just under two years since my last letter in *Sprout!* and, looking back, I find I'm still preoccupied with many of the same things. More than ever, it's clear how much our individual lives are built by the lives we find ourselves connected to, whether that's family, friends, the organizations we decide to support and be a part of, the trees we pass every day on our way out the door, or the birds we start to recognize in our neighborhood. I've especially been thinking about the interplay between the broader world and the small few miles and people that make up our more intimate world. It feels a bit tired to say "Think global, act local," but there's something there.

I try to stay grounded in the places I can realistically affect change. I'm glad to be on this board, not only to support the work the employees do to connect people to producers doing incredible work to build sustainable local food systems, but because it is dedicated to creating practices that support equity, accountability, and anti-racism. This summer, we'll be having our annual board retreat (a.k.a. a really long meeting) and I look forward to working together in order to deepen these competencies and skills even further.

I'm also delighted and appreciative to see the co-op's improved financial position. This time last year was pretty rocky, and I saw first-hand how seriously staff took the situation. I'm

inspired by their ability to deeply assess every aspect of the co-op's operations; they faced many challenging decisions that were not taken lightly and were all a part of making sure the co-op can still be here in and for the community. It's also been heartening to see so many customers doubling down on their values and choosing to shop at the co-op when so many businesses have blatantly demonstrated their... lack of commitment to equity. While the national landscape regularly seems bleak, this makes having community-based and values-driven places closer to home even more important. So, thank you to everyone continuing to shop and even increasing their support of our co-op!

As you can see on the adjacent page, it's the time of year we encourage you to run for the board of directors and join in on this work of creating the future we want to live in! Being on this board can be hard work and comes with plenty of challenges, but collaborating with such passionate and brilliant people who are committed to guiding this co-op towards resiliency in an uncertain future more than makes up for it. Please look at the dates for this summer's board meetings and candidate info sessions and consider running for Seward Co-op's Board of Directors!

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 its long-term sustainability.**

**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 May 27 and June 24. Before these meetings, the board will host a candidate information session beginning at 5:15 p.m. There will also be a standalone info session to be scheduled in July based on candidates' need. Please email [board@seward.coop](mailto: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 a response to an essay prompt by Thursday, Aug. 1. Candidates are strongly encouraged to attend the Aug. 26 and Sept. 30 board meetings. The 2025 election will occur in October.

**About the 2025 Election**

There are three at-large seats open. All have a three-year term. 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 voted employee will be seated.

Remember: to obtain a candidate application, attendance is required at the May 27 or June 24 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 by emailing [board@seward.coop](mailto:board@seward.coop).



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# 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.

# 2026 GRANTS

## Apply by June 30

Applications for our Seward Co-op grants (SEED, Seward Community Fund, and People Powered Perks grants) are now open! Each year, a staff-led 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 [seward.coop/apply-for-seed](http://seward.coop/apply-for-seed).

## JUNE

**RECLAIM** (Community Choice) RECLAIM provides financially accessible, specialized mental health care to queer and trans youth ages 12-25. Funds will be used to support a BIPOC therapist consultation group and will offset therapy fees clients are unable to pay.



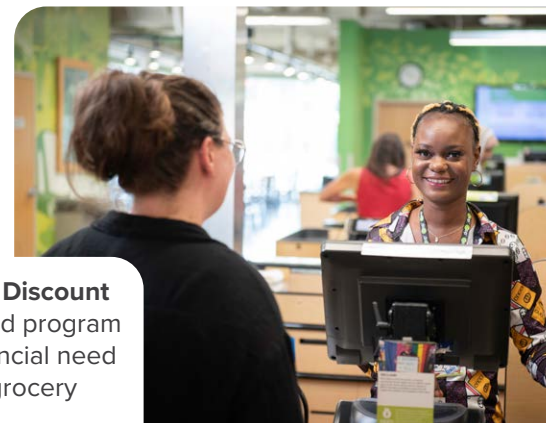
## JULY

**Little Earth Residents Association** Founded by grassroots activism in 1973, Little Earth supports the single largest community of Native Americans in the Twin Cities. Their work is by Native people for Native people, reducing service barriers by respecting the voices of all in the community. They honor traditional Indigenous values throughout all cycles of life.



## AUGUST

**Round up for Needs-Based Discount** Seward Co-op’s needs-based program assists households with financial need by providing a discount on grocery purchases.



# SUMMER NEWS

## Online Ownership Signup and Online Owner Portal

On April 1, we rolled out two new services to our customers and owners: an online ownership application and an online owner portal. The goals of this project are to increase ownership and digital access to the co-op and provide owners with convenient access to new services. The online ownership application allows customers to use any device to quickly input the information we need

to issue their Class A ownership stock, and begin their owner benefits once they provide payment.

The “Owner Portal” is accessible to all owners via the “Owner Login” link in the navigation bar on our website. The Owner Portal allows owners to view and edit their ownership contact information, opt into electronic receipts, view shopping and

donation histories, items on promotion, create shopping lists, apply for or renew the needs-based discount, and view and set preferences for Class C stock and owner loans.

Already an owner and have yet to sign up for the portal? [Get started here](#). Want to become an owner? Visit [www.seward.coop/become-an-owner](http://www.seward.coop/become-an-owner) to begin now.

## Seward Co-op Ownership Stock Increase Ballot Proposal

This year’s board of directors election ballot includes a proposal to change full owner equity from \$75 to \$99 by increasing the number of (\$3) Class A voting shares from twenty-five (25) to thirty-three (33).

Please keep an eye out for future communications and opportunities to connect and ask questions about this upcoming ballot initiative, [or our website](#) to read Frequently Asked Questions about this proposal.

The current \$75 owner equity has not changed since it was established in 1987—the equivalent of \$208 today—and is lower than most other Twin Cities area co-ops. This proposal gives our owners a chance to vote to strengthen the co-op’s financial position for years to come.



## Save the Date for the Annual Owner Meeting

Monday, Oct. 27, 6–7:30 p.m.

Arbeiter Brewing

3038 Minnehaha Ave, Minneapolis

Save the date! We’re excited to host our Annual Owner Meeting once again at Arbeiter Brewing. Join us for drinks, food, our annual business meeting, and a chance to connect with fellow owners. More details coming soon—stay tuned.

## Store Hours

June 19: 8 a.m. – 8 p.m.

July 4: 8 a.m. – 8 p.m.

September 1: 8 a.m. – 10 p.m. (regular hours)

**10 Years of Growing Together**  
**10 Years of Community Ownership**  
**10 Years of Great Jobs**  
*10 YEARS OF DELICIOUS FOOD*  
**10 Years of Cooperation**

## Celebrating the Seward Co-op Friendship Store

Est.  
2015



Autumn of 2025 marks the 10-year anniversary of the opening of our Friendship store on 38th Street, and we're getting ready to party! We're looking forward to celebrating not only a decade of the Friendship store, but also the community members and neighborhood organizations who are imperative to the past, present, and future of the 38th Street corridor.

Join us as we celebrate the vibrant, engaged spirit of South Minneapolis and reflect on 10 years of Friendship. Save the dates for two free, community-centered get-togethers—we'd love to celebrate with you.

### Seward Co-op Friendship Store 10-Year Anniversary Celebration at Sabathani's Block Party

Saturday, Aug 9, 12–4 p.m.

Free

Sabathani Community Center parking lot, 310 E 38th St.  
Enjoy live music, food, games, and more as we join Sabathani Community Center for their annual summer block party.

### Seward Co-op Friendship Store 10-Year Anniversary Ice Cream Social

Thursday, Sept 25, 4:30–6 p.m.

Free

Friendship store community room  
Enjoy ice cream—including vegan options!—in our community seating area with live music, giveaways, and more.

# SUMMER CLASSES

## Microgreens Kids Classes

Kids and their parent or guardian are invited to join us for fun activities and a chance to explore simple, tasty meals using new and familiar ingredients found at Seward Co-op. We'll cover kitchen safety basics and give hands-on demonstrations with recipes you can make with your whole family! Space is limited—RSVP at [www.seward.coop/events](http://www.seward.coop/events).

### Deviled Eggs

Wednesday, June 25, 6–7 p.m.

Friendship store classroom

\$5/free for kids age 8–12

Jess Toliver, Jess Delicious Living

### Tea Sandwiches

Sunday, July 6, 11 a.m.–12 p.m.

Friendship store classroom

\$5/free for kids age 8–12

Jess Toliver, Jess Delicious Living

### Crafts with Pressed Flower & Herbs

Saturday, July 26, 10–11 a.m.

Franklin store classroom

\$5/free for kids age 5–12

Francesca Garcia and Jessica Ferlaak,  
Two Sisters Herbs

### Looking for more Microgreens?

Check out summer activities on the following pages.



# MICROGREENS

by Seward Co-op

At Seward Co-op, we know growing healthy communities starts small. Microgreens—celebrating its two-year anniversary this summer—makes the world of cooperatives, sustainably sourced food, and healthy communities accessible and enjoyable for even the youngest co-op shoppers.

## Reduce Waste, Increase Taste with Fruit and Herb Ice Cubes

Summer is a busy time, and fruits and herbs are abundant. Sometimes there are leftovers that start to wilt or go soft in the fridge. Don't toss them into the compost or trash! Use this simple activity for a refreshing, sustainable chill that'll extend the flavors of summer.



1. Gather fresh or soft fruit and herbs like stone fruit, mangoes, berries, citrus, mint, and basil.
2. Wash everything thoroughly, then have an adult finely chop into small pieces.
3. Add the chopped fruit and herbs to an ice cube tray, filling them no more than halfway. Play with flavors like peach mint, strawberry basil, and blueberry lemon.
4. Top off each compartment with water. For extra flavor, experiment with iced tea, lemonade, or fruit juices. These flavorful cubes will brighten up your beverages, and add a boost of vitamins and minerals. Cheers!

## Native Flower Walk

Slather on the sunscreen to get outside and in touch with nature. Minnesota is full of beautiful wildflower varieties. On your next hike, keep your eyes peeled for these natural wonders that are native—meaning they are from this land originally and are well-suited for our local ecosystem. Check them off as you go!



## What Is That Thing?!

### Purple Kohlrabi

It almost looks like a tiny alien, but don't let its appearance deceive you! Purple kohlrabi is a root vegetable that tastes like a mix between a cabbage and a turnip. This slightly peppery plant can be eaten raw with a savory dip or cooked with a pinch of sugar to bring out its mild sweetness.





**Seward**  
COMMUNITY CO-OP



## New at the Co-op!

### Register and Log In to the Seward Co-op **OWNER PORTAL**



# Seward

COMMUNITY CO-OP



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



### WEEK ONE: 7/2/2025–7/8/2025



**FREE**  
BABA'S 10 OZ.  
HUMMUS



REG: \$4.99

Limit one coupon per owner number | While supplies last  
Valid only 7/2/2025–7/8/2025 | Price subject to change

### WEEK TWO: 7/9/2025–7/15/2025



**FREE**  
LACROIX  
12-PACK



REG: \$6.79

Limit one coupon per owner number | While supplies last  
Valid only 7/9/2025–7/15/2025 | Price subject to change

### WEEK THREE: 7/16/2025–7/22/2025



**FREE**  
LATE JULY 10.1 OZ.  
TORTILLA CHIPS



REG: \$5.29

Limit one coupon per owner number | While supplies last  
Valid only 7/16/2025–7/22/2025 | Price subject to change

### WEEK FOUR: 7/23/2025–7/29/2025



**FREE**  
BEN & JERRY'S  
ICE CREAM PINT



REG: \$6.49

Limit one coupon per owner number | While supplies last  
Valid only 7/23/2025–7/29/2025 | Price subject to change