

# SPROUT!

Summer 2026



Your Co-op  
Camping Checklist

Minneapolis Movies in the Park

Celebrating Juneteenth with  
Local Farms

Recipes to Bring to the Potluck

## 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

CEO Ray Williams

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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

### 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

*Sprout!* is an online publication, with the exception of a few hundred issues that are printed to be made available for shoppers in-store. Physical copies are 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 paper copies of *Sprout!* You can find the online version at [www.seward.coop/sprout-newsletter](http://www.seward.coop/sprout-newsletter).

**On the cover:** Two community members enjoy a spicy spin on s'mores. Check out page 9 for more ways to love your s'mores this summer.



## A Message From the Chief Executive Officer Ray Williams

Happy summer, fellow cooperators!

It's great to walk down streets lined with green and feel the warmth of the sun. Here at the co-op, our conversations have turned to barbeques, camping, and dinners al fresco. We're all looking forward to summer events that make our neighborhoods special, like Juneteenth celebrations, Pride gatherings, and splashing around in the lakes. Don't forget to stop by Seward Co-op on the way for snacks to fuel these long days.

Summer is when local produce really starts to shine. Our shelves are filling up with tomatoes, berries, and greens from nearby farms, and a few of our Community Foods producers caught my eye this year.

Blessing Farms, a small-scale, sustainably-run, Black- and women-owned farm, will be supplying us with Minnesota-grown okra and garlic. Later in the season, we are excited to dig into juicy yellow and orange watermelons from Home, Hunt & Harvest, an Indigenous-owned, small-scale, sustainable Minnesota farm. By shopping at the co-op, you're directly supporting these local farmers, their growing practices, and our shared communities.

This summer, we begin our periodic bargaining sessions with UFCW. I'm genuinely excited about this process, and I look forward to working alongside the union to ensure Seward Co-op continues to be a great place to work.

And, owners, don't forget to mark your calendars! Our Annual Owner Meeting returns to Arbeiter Brewing on Monday, Oct. 26 from 6–7:30 p.m. We'd love to see you there for socializing, co-op financial updates, refreshments, and more. One of the best perks of being an owner is the opportunity to run for Seward Co-op's Board of Directors. If the past year has shown us anything, it's that showing up in community matters. Serving on the board is a tangible way to put cooperative values into practice. You'd be joining a group of people who care deeply about the difference our co-op makes every day: stocking food from small-scale and local vendors, supporting great jobs for staff, and investing in the organizations doing work in the neighborhoods around us.

While the first information session for aspiring directors was already held, there are two more sessions available. You can find more information and other info session dates throughout the summer on our website and on [page 15](#).



## COMMUNITY AND CARE AT THE FRIENDSHIP STORE

Friendship store Grocery Manager Shawn K. (he/him) knows that cooperation can transform a grocery store from being a place where you merely buy food to a community hub. After spending time working in conventional grocery stores just outside of Minneapolis, his partner introduced him to the idea of a cooperative grocery store. "I loved the idea that grocery stores could be dynamic and inclusive places for community to be," he says. "I was hired as a Rebuyer and Shift Lead in [the] Grocery [department] as the Friendship store was gearing up to be opened in 2015."

In the 11 years since he started his journey at Seward Co-op, life has shifted in meaningful ways, both in the communities where he lives and works, and at home. Becoming a father has provided new insight into the parental experiences of many

of the co-op's shoppers. "I have a better understanding of how challenging it can be to provide food that is enjoyable as well as nutritious to young kids, [who] can have wildly varying preferences from day to day. Working at Seward [Co-op], with access to amazing locally made foods, has helped me to find more connection in many of my favorite meals I prepare for my family and friends," Shawn says. "I show up a lot more tired these days, too", he adds, chuckling.

As he's navigated many of the collective experiences in the Bryant neighborhood where the Friendship store is located, the camaraderie of community members has become an uplifting beacon of hope in tough times, and a source of connection in the good ones. The hard work and communal care he sees day after day from the people he works with keeps him motivated. "Hearing people

make a connection with one another over food and show appreciation for each other's hard work is inspiring, even on the hardest days."

When he's not working to make shopping at the co-op convenient and welcoming, Shawn is often moving his body and enjoying the beauty the Twin Cities have to offer. He's still thinking about food, too. "Early morning bike rides into work are energizing and peaceful. I live for the summer days where backyard grilling and picnics by the lake are what's on people's minds," he muses. "I love to run and bike as often as I can, and especially love seeing the many urban gardens and markets all across Minneapolis. [I love the] frenetic energy of people longing to enjoy the outdoors any and every way they know how."

# FUN IN THE SUN WITH SEWARD CO-OP

Long beach days, family potlucks, and picnics with friends are part of what makes summer in Minnesota worth savoring. Whether you're packing a cooler or firing up the grill, Seward Co-op has everything you need to make the season memorable, starting with the people who grow and make it. Throughout this article, keep an eye out for products from **Community Foods producers, highlighted in purple**. These makers share our cooperative values and meet at least two of the following criteria: **local, small-scale, cooperative, inclusive, and/or sustainable**.

## Beach Day Snack Bag

Packing your beach day bag? Reach for whole local strawberries from **Heartbeet Farm**. Slice up **Featherstone Farm** carrots for a bite that pairs perfectly with **Baba's** Pita Puffs and hummus. Round out your cooler with kombucha from **Forage** and **J's, Jinx Tea**, and chips and dip like **Whole Grain Milling** yellow corn tortilla chips and **Seward-made** Elote Dip.

## SPF for Prolonged Time in the Sun

You've got the food covered, but don't forget to cover your skin too. Seward Co-op Wellness departments carry a variety of skincare products, including Badger's Tinted SPF and Hydrating Facial SPF, for a full day in the sun.



## Recipes Worth Sharing



### Swedish Cucumber Salad

A tried-and-true family recipe from a staff member's grandmother.

- 2 large **Featherstone Farm** cucumbers, thinly sliced
- 1½ tsp salt
- ½ **Twin Organics** onion, thinly sliced
- 2 tbsp fresh **Wisconsin Growers** dill
- 1 cup **Organic Valley** sour cream
- 1 tbsp sugar
- 2 tbsp lemon juice
- Pepper to taste

Lightly toss sliced cucumber with salt and refrigerate until chilled or overnight. Drain excess water from the cucumber mix, and combine all the remaining ingredients in a separate bowl. Mix into cucumbers, and refrigerate until ready to serve.



### Watermelon, Feta, and Mint Salad

Easy to make and sure to disappear fast! This recipe is all about personal taste. Use the ratios below as a starting point, then adjust to your liking.

Cube about 4–5 cups of ripe **Wisconsin Growers** watermelon (roughly a quarter of a small melon) and arrange in a wide bowl or on a platter.

Crumble approximately ½ cup of **Odyssey** feta over the top. Add more if you love a salty, tangy punch, or less if you want the sweet, juicy watermelon to be the primary flavor.

Scatter a small handful of fresh mint leaves from **Wisconsin Growers** (about 2 tablespoons, torn or whole) on top.

Finish with a light drizzle of olive oil and a pinch of flaky salt to taste.

**Tip:** Feta varies in saltiness, so you may want to hold off on the salt until after you've added the cheese.

## More Than Just Groceries

Before you head out, don't forget that Seward Co-op stores are ready to get you stocked beyond your grocery list. Pick up summer essentials like ice, Woodstock charcoal, compostable paper products from World Centric, napkins, sunglasses, and more. Make our stores your one-stop shop for summer day prep.

# SUMMER IN THE CITY AND BEYOND

Minneapolis is a treasure trove of outdoor activity year-round, and no more so than in the summer. A 2025 study from the Trust for Public Land showed that 99% of Minneapolis residents live within a half mile (or six blocks) from a public park. While these green spaces are wonderful places to enjoy the outdoors, many of us look forward to a longer getaway and opportunities to sleep under the stars. Fortunately, Minnesota is home to 64 designated state parks where you can camp, hike, fish, and more. At Seward Co-op, we're here to get you geared up to make your next camping trip a success. From wellness items to keep you cool, hydrated, and refreshed on day-long hikes or ultralight overnights, to outdoor kitchen ideas to keep you fueled for adventure, we've got what you need.

## Camping Body Care Essentials

Don't head into the wilderness unprepared! In addition to a first-aid kit and sunscreen, a pre-stocked camp kit filled with wellness necessities for body care will have you ready for any adventure.

**Wash Off the Wild.** Solid shampoos from Komoni, Wild Carrot, Moon Valley, Badger, and HiBar are not only more environmentally friendly, but they're also perfect for keeping hair and scalps squeaky clean while camping. Plus, pack Ursa Major face wipes if you're looking to snooze with a fresh face free of bug spray, sweat, and sunscreen.

**Keep Bugs at Bay** with bug sprays like Quantum Health's Buzz Away, Badger Anti-Bug Spray and Balm, and tick-specific plant powered tick repellent. If they manage to bite you, Badger also makes a cooling, mentholated outdoor itch-relief solid stick and Pranarōm has a roll-on After-Bite Eraser. Both are easy to throw in your bag and less prone to spills than a bottle of calamine lotion...but we have that too.

**Aches, Pains, and Period Days** can happen on any trip. Pop a small jar of Tiger Balm in your kit for sore muscles at the end of the day. To avoid cramps and dehydration while exploring, grab electrolyte powder packets from True Grace, Ultima, Nuun, or Liquid IV. And for those who menstruate, don't forget to tuck a Honey Pot menstrual cup or organic cotton tampons and pads in your bag in case of emergencies.

**Bring Nature's Pharmacy** into your camp kit. Hyland's homeopathic PRID (pain relief and irritant drawing salve) helps remove thorns and splinters, and can soothe insect bites, minor cuts and scrapes, and more. Or, supercharge your morning brew with Four Sigmatic and Host Defense's instant mushroom coffees and tea lattes, which are packed with adaptogens and nootropics from fungi powerhouses like reishi, lion's mane, chaga, cordyceps, turkey tail.



## Stock Your Camp Kitchen

Cooking is an essential part of camping, whether it's over an open fire or on a fancy, lightweight stove. Whether you're glamping or an ultralight bikepacker, the co-op is the perfect place to stock your camp pantry.

### Bulk Basics and Ready to Eat Options

Bulk is a one-stop shop for snacks and lightweight meal prep ingredients. Grab exactly as much as you need of items like soup mix, granola, chunks of energy, trail mix, beans, lentils, quick-cooking couscous, and more.

If you're looking for pre-made items to simply cook and eat, don't skip pre-cooked rice packets from Tasty Bite and saucy packets of satisfying, pre-cooked, and plant-based South Indian-inspired Everyday Dals from Maya Kaimal. Want to keep it cool and simple? For meat eaters, it's hard to beat tuna packets on crackers or flour tortillas for quick fuel on the trail.

### Tips and Tricks:

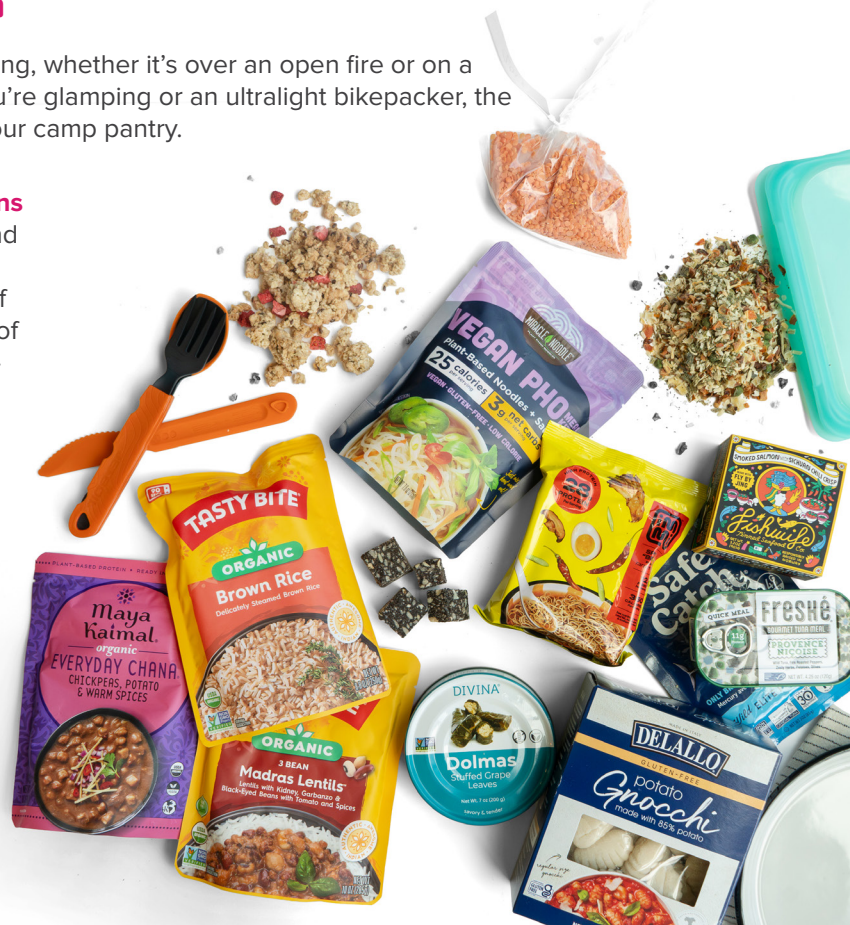
Reusable silicone bags like Stashers can stand temperatures up to 425°F, so use them for rehydrating oatmeal, dehydrated camp meals, and soups.



Pre-make foil packets for your meals full of hearty vegetables from Seward Co-op's Produce departments to have filling sides for whatever you're roasting over the fire. Potatoes, onions, peppers, carrots, and cabbage are delicious cooked at camp. Try to keep the size of each item roughly the same for even cooking. Toss in a high-heat neutral oil and add your favorite spices to make it your own.



DIY dips made from beans and spices dehydrate well on sheet pans or in a dehydrator and can be turned into soups or rehydrated into thick, flavorful dips that take up very little room in your camp pack.



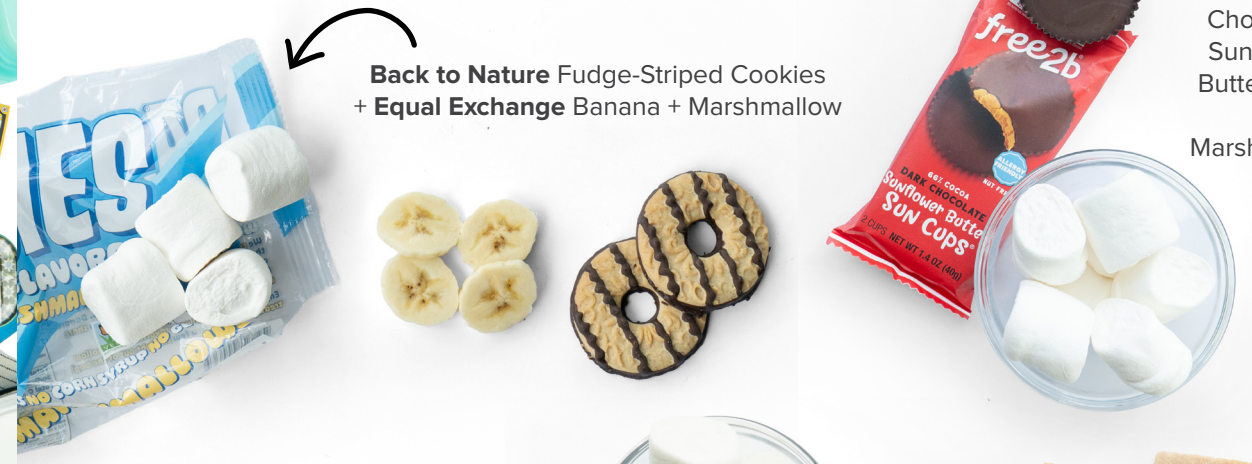
# S'MORE TO LOVE

Who said you had to stick to the original? Whether you've got a serious sweet tooth or you're more of a savory snacker, there's a s'more out there for you. All it takes is a little bit of experimentation around the fire.

### A Twist on the Classic

The classic is classic for a reason, but a few swaps can take your s'mores game to the next level. Have napkins nearby, this could get messy!

Back to Nature Fudge-Striped Cookies + Equal Exchange Banana + Marshmallow



Unique Snacks  
Splits Pretzel  
+  
Free2b Dark Chocolate Sunflower Butter Cups  
+  
Marshmallow



Annie's Cinnamon Graham Cracker + Endangered Species Cinnamon, Cayenne, & Cherries Dark Chocolate + Marshmallow



### ...Or Try Something Entirely New

We might be using the term loosely here, but think of a savory s'more as a reason to get creative. Skip the marshmallows entirely and grab BelGioioso Mozzarella. Wrap it loosely in foil and set it over hot coals or on a campfire grate until it's warm and gooey. Serve on a La Panzanella cracker in rosemary or original, layered with La Quercia prosciutto, for a charcuterie board-inspired "s'more." Mix and match your own savory and sweet combinations for a campfire treat that's all your own.



# CELEBRATE JUNETEENTH WITH LOCAL FARMS

## What is Juneteenth?

Juneteenth celebrates the emancipation of enslaved African Americans in the United States. It's also known as Jubilee Day, Emancipation Day, and Freedom Day. Although Abraham Lincoln's Emancipation Proclamation was issued Jan. 1, 1863, it was not always enforced. This left many enslaved people in bondage for another two and a half years, particularly in Texas, the most remote state of the former Confederacy. When the news arrived on June 19, 1865, General Gordon Granger announced General Order No. 3, the freedom proclamation, which was read to the people of Texas and effectively freed those still enslaved.

The first Juneteenth celebrations were centered on the church and mostly took place in Texas. Over time, the holiday spread beyond Texas and shifted to a more food-centric holiday. Red foods are often featured at Juneteenth potlucks, as red symbolizes resilience. Bright red hot links, watermelon, hibiscus tea, red pop, strawberry pie, and red velvet cake are all commonly found at Juneteenth celebrations.



An African American woman standing in front of a carriage decorated for 1913 Emancipation Day festivities in Corpus Christi, Texas.

## Sustain Black and African Farmers this Juneteenth

Black farmers continue to face unequal access to funding and resources. As of the 2022 Census of Agriculture, only 1.4% of the 3.4 million farmers in the United States are Black. Because of these systematic inequities, Seward Co-op's ability to stock Black-grown crops is limited, but we try to whenever possible. Food and farming can be tools for liberation, and we encourage you to choose them for your summer gatherings and beyond. Meet two of our newer producers on the following page: Blessings Farm and Better Greens LLC.



### BLESSINGS FARM (WOMAN-OWNED, BLACK-OWNED, LOCAL, SMALL-SCALE, SUSTAINABLE)

This summer, we'll be sourcing okra and garlic from owner Agnes Azeh Tamukong, who recently expanded her farm with the acquisition of an additional quarter acre of land through Big River Farms. According to her profile on Big River Farm's site, "Agnes is a member of the African Immigrant Farmers Association, a nonprofit of farmers and gardeners working to promote a culturally and economically viable, and ecologically sound food system in Minnesota. Her goal is to nourish our community with the freshest, most nutrient-dense vegetables possible using sustainable farming practices that respect the land and create a healthy ecosystem."



### BETTER GREENS LLC (BLACK-OWNED, LOCAL, SMALL-SCALE, SUSTAINABLE)

In 2025, Seward Co-op began carrying Better Greens' culturally significant African vegetables that remind many immigrant families of home. An immigrant himself, farmer and owner Funwi Tita sought to reconnect his communities with nourishing foods that honor shared heritage after seeing a gap between what was available on store shelves and what many African immigrants craved. Driven by Funwi's deep commitment to communal health, cultural preservation, and economic empowerment, Better Greens grows and supplies nutrient-dense vegetables you may not find elsewhere, like bitter leaf and sweet potato greens.

In 2021, Juneteenth became a federally recognized holiday.

Before that, in Dec. 2020, staff at Seward Co-op voted to swap July 4 as a time and a half holiday in favor of Juneteenth.

**Our stores also close early, at 8 p.m. on Friday, June 19.**

# FILM AND OUTDOOR ENTHUSIASTS, UNITE!

No one knows how to appreciate summer quite as much as Minnesotans. After all, many of us spent all winter cooped up, so why not enjoy the season to the fullest with a film at a Minneapolis park? We're here to help you with ideas to pack for your best outdoor movie night yet.

## Make Your Own Popcorn Mix

Turn a movie-going staple into something all your own. Start with Angie's BOOMCHICKAPOP popcorn and shake things up with toppings and seasonings from Bulk, like Frontier Co-op's garlic powder, onion powder, nutritional yeast, or zesty ranch. Wanting to add a little kick to your corn? Shega Foods' Berbere, a bold, smoky, and spicy Ethiopian blend of herbs and spices that you can also find in Bulk, is sure to crank your popcorn up a notch.



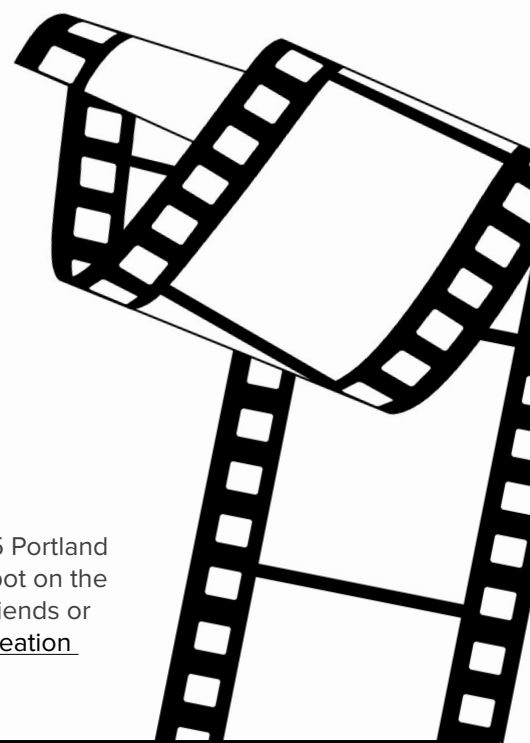
## Grab & Go to Share

Make your movie outing effortless with ready-made options from our Deli. Dolmades, or stuffed grape leaves, and our Garlic Lovers Pasta are savory and available in larger containers for sharing. Or, if you're craving something sweet, we're going to make you an offer you can't refuse. Swing by the baked goods cooler for treats like our Vegan Oatmeal Cookie Sandwich or a pair of Cream Puffs. They're all portable and shareable, with no prep required on your part.



## Seward-Made Drinks from the Juice Bar

Grab a drink that'll have your friends saying, "I'll have what they're having." The Avo Omega blends avocado, blueberries, banana, soy milk, flaxseed oil, spirulina, and honey into a creamy, nutrient-packed sip. Or keep it light and bubbly with the Sparkling Hibiscus Agua Fresca, made with tangy house-made hibiscus syrup, earthy cinnamon, and a kiss of spicy ginger mixed with sparkling water.



Throughout the summer on Wednesdays, the Minneapolis Park & Recreation Board brings Movies in the Park to The Commons (425 Portland Ave. S.) in downtown Minneapolis. Get there early to claim your spot on the lawn before sunset and enjoy a movie under the stars with your friends or family. For more summer events, visit [the Minneapolis Park & Recreation Board's website](#), and [turn to page 17](#) for upcoming co-op events.

## The Fifth Element

Wednesday, June 10, 8–10 p.m.

## Bill and Ted's Excellent Adventure

Wednesday, June 17, 8–10 p.m.

## Hamilton Sing-Along

Wednesday, July 1, 8–11 p.m.

## F1: The Movie

Wednesday, July 8, 8:30–10:30 p.m.

## Men in Black (1997)

Wednesday, Aug. 5, 8:30–11:30 p.m.

## Four Samosas

Wednesday, Aug. 12, 8:30–11 p.m.

## Wayne's World

Wednesday, Aug. 19, 8–10 p.m.

## Little Giants

Wednesday, Aug. 26, 8:30–10 p.m.

“

*Dude, remember the golden rule – be excellent to each other.*

BILL & TED'S EXCELLENT ADVENTURE

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“

*There's only one way off this planet, baby, and that's through me.*

MEN IN BLACK

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“

*Pardon Me – Do you have any Grey Poupon??*

WAYNE'S WORLD



## A Message From the Board

Fartun Weli

### 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
Jess Nimm	2028
Tabitha Montgomery	2027
Warren King	2026
Cassandra Meyer	2027
Elizabeth Liddiard Wozniak	2027
LaDonna Sanders Redmond	2028
Fartun Weli	2026
Alice Wiand	2027

Greetings, co-op community,

Summer arrives as a welcome relief after a long and challenging winter. Despite the past several months of anger and grief, I've felt deep hope in the grassroots cooperation taking place in the Twin Cities. As always, we are stronger together.

Being part of the co-op grounds me during difficult times with the reminder to slow down and appreciate what's in front of me, whether that's a nourishing meal or the community we share. Seward Co-op represents what's possible when we center community, care, and commitment to equity. It's a place where those values are not just spoken but practiced.

As the CEO of a nonprofit dedicated to supporting Somali women and their families, I'm especially grateful for Seward Co-op's long-time partnership. That support makes my work possible, and serving on the board has been my way of giving back.

This is my third year on the board of directors, and I've grown so much in this role. It has both challenged and rewarded me, and

I'm more committed than ever to this community-owned business and the people who make it what it is.

Each year, we welcome new voices to the board—and we need more owners to step forward. Running for the board is one of the most meaningful ways to show up as an owner. If you want to help shape the future of Seward Co-op, this is how. Our board reflects many backgrounds and experiences, and we are always looking for board members who will contribute thoughtfully and collaboratively. I mean it when I say consider running. Yes, you!

If you're even a little curious, please join one of the virtual candidate info sessions this summer. You'll learn what board service involves and come away with a clearer picture of how the co-op operates. Details are on the next page. The sessions are held June 30 and July 28 at 5:15 pm. and I hope to see you there.

Our co-op is strongest when we step forward to participate, lead, and invest in one another. I hope you'll consider being part of that future.

HELP SHAPE THE FUTURE OF OUR CO-OP!



## Run for the BOARD OF DIRECTORS

ATTEND AN INFO SESSION:

June 30 | July 28

5:15 PM ON ZOOM



Learn more at [seward.coop/run-for-the-board](https://seward.coop/run-for-the-board) or scan the QR code above

**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 the June 30 or July 28 board meeting to be eligible to run in the election. Board meetings are held virtually, typically on the last Tuesday of each month, and are called to order at 6:15 p.m. A candidate information session will begin at 5:15 p.m. before each of these meetings. To receive Zoom meeting information, please email [board@seward.coop](mailto:board@seward.coop).

At the info session, candidates will hear from current board members and receive documents detailing candidate expectations. All interested candidates need to submit their application by Friday, July 31. Candidates are strongly encouraged to also attend the board meetings on Aug. 25 and Sept. 29. The 2026 election will take place in October.

### About the 2026 Election

Three at-large seats are open, each carrying a three-year term. The designated employee director's seat is not up for election in 2026. Per the co-op's articles and bylaws, up to two seats may be filled by current employees. Both of these seats are currently occupied.

# 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.

## 2027 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 [www.seward.coop/seed](http://www.seward.coop/seed).

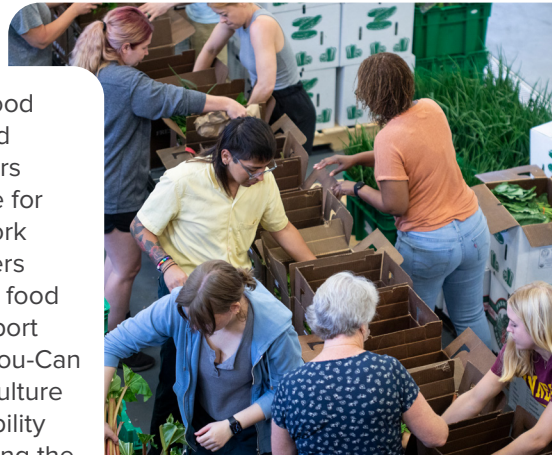
### JUNE

**Centro Tyrone Guzman** leverages cultural strengths and intergenerational collaboration to promote equity for Latine families, while building community through healing, belonging, and joy. SEED funds will help launch “Colores,” a bold new program supporting the mental health, identity, and leadership of LGBTQIA+ Latine youth.



### JULY

**The Good Acre** purchases food from local BIPOC farmers and sells it to wholesale customers buying in quantities too large for a single farmer to fill. This work builds wealth for these farmers and a more resilient regional food system. SEED funds will support The Good Acre’s Pay-What-You-Can Community Supported Agriculture program, increasing accessibility to fresh produce and furthering the program’s financial sustainability.



### AUGUST

**Seward Co-op’s Needs-Based Program** assists households with financial need by providing a discount on grocery purchases.



# SUMMER NEWS & EVENTS

LET’S PLANT SEEDS FOR A SUSTAINABLE FUTURE TOGETHER



Owners can help grow long-term sustainability at Seward Co-op by completing the additional \$24 ownership investment today.

As a Seward Co-op owner, you’re investing in local food systems, fair wages, and small-scale producers. We encourage you to make your additional \$24 payment by June 30 in-store, at the customer service kiosk, or via the Online Owner Portal. After July 1, any remaining unpaid balance can be paid in-store at checkout or at customer service.



Scan here to learn more and pay, or visit [seward.coop/stock-change-faq](http://seward.coop/stock-change-faq)



## SOUL OF THE SOUTHSIDE

Celebrate Juneteenth at Soul of the Southside Friday, June 19, noon–8 p.m. East Lake St. & Minnehaha Ave., Minneapolis

Seward Co-op is excited to once again sponsor Soul of the Southside, a free, annual celebration of Juneteenth and Black liberation. This open-street festival along East Lake St. & Minnehaha Ave. 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. Learn more about Juneteenth on [pages 10-11](#).



Save the Date for the Annual Owner Meeting Monday, Oct. 26, 6–7:30 p.m. Arbeiter Brewing 3038 Minnehaha Ave, Minneapolis

Save the date! Our annual Owner Meeting at Arbeiter Brewing is coming up in October. Join us for drinks, food, our annual business meeting, and socializing with fellow owners. More information coming soon—stay tuned.

**No Seward Co-op classes this summer** Kids aren’t the only ones taking a summer break! Seward Co-op will be back with classes in the fall.

### Store Hours

June 19: 8 a.m. – 8 p.m.  
July 4: 8 a.m. – 8 p.m.  
September 7: 8 a.m. – 10 p.m. (regular hours)



Summer is bursting with things to explore and the best adventures happen when you get curious about the world around you. Let's go!

## Tie-Dye with Nature

Did you know you can make vivid, beautiful colors from things found in nature? Try natural tie-dyes this summer using fruits, vegetables, and plants. Beets make deep pinks and reds, turmeric produces a bright golden yellow, and blueberries create soft purples. Here's how to get started:

1. Ask an adult to help you simmer your chosen plant material in water for 30–60 minutes until the water is deeply colored. Let it cool.
2. Scrunch, twist, or fold a white cotton t-shirt or piece of fabric and secure it with rubber bands.
3. Submerge the fabric in your natural dye bath and let it soak for several hours or overnight.
4. Rinse, remove the rubber bands, and reveal your one-of-a-kind creation!

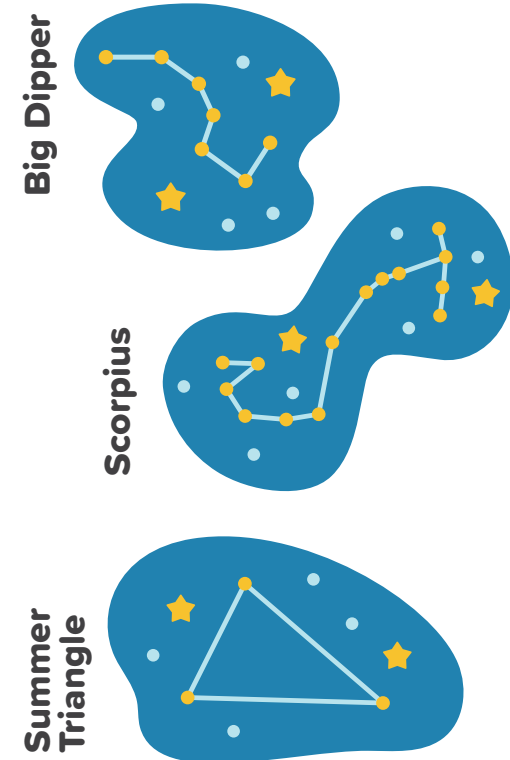


Every batch turns out differently and the dye will wash out and fade unless you do a pre-treatment, but the variations are what makes it so fun. Nature never makes the same color twice, and the dye will change over time, like the seasons.

## Summer Stargazing

There's nothing better than looking up at the stars on a warm summer evening. Minnesota's summer skies are full of stars and sometimes even meteor showers. Here are a few tips for a great stargazing night:

- Head somewhere away from city lights, if you can.
- Avoid lights for about 20 minutes to let your eyes adjust to the dark before you start looking.
- Try to spot the Big Dipper! It's one of the easiest shapes to find and its front points you toward the North Star. It's a great starting point for any stargazer. Once you find it, see if you can spot any other constellations.
- In mid-August, keep an eye out for the Perseid meteor shower. For Minnesota viewers, the best time to watch is after midnight Aug. 12–13, looking toward the northeast and as far from city lights as you can get. Head somewhere dark and see how many you can count.



## What Is That Thing?!

### Fennel

With its feathery green fronds and round white bulb, fennel looks like it was plucked right out of a fairy tale. Fennel is a vegetable and herb all-in-one. The crunchy white bulb at the bottom is mildly sweet while the wispy greens on top can be used to garnish soups and salads. Try the bulb sliced thin and eaten raw for a refreshing crunch or roasted until it turns soft and extra sweet!





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**LATE JULY.**  
**TORTILLA CHIPS**  
6–10.1 OZ



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