

SPROUT!

Fall 2020



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 Sean Doyle

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Sprout! is published quarterly

Hours of Operation

Each day our opening hour—from 9 to 10 a.m.—is reserved for shoppers who are at a higher risk of severe illness by COVID-19.

Franklin store

(612) 338-2465

Open 9 a.m.—9 p.m. daily

2823 E. Franklin Ave., MPLS, MN 55406

Friendship store

(612) 230-5595

Open 9 a.m.—9 p.m. daily

317 E. 38th St., MPLS, MN 55409

Creamery Café

(612) 230-5575

Temporarily Closed

2601 E. Franklin Ave., MPLS, MN 55406

International Cooperative Principles

Voluntary & Open Membership

Democratic Member Control

Member Economic Participation

Autonomy & Independence

Education, Training & Information

Cooperation Among Cooperatives

Concern For Community

Sprout! Printing Policies

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

On the cover: BIPOC-led artist group turned plywood that covered our windows into beautiful murals.

On the back: Staff swiftly organized to deliver food donations from our stores to local community partners.



A Message From the General Manager Sean Doyle

I hope this issue of Sprout! finds you and your loved ones well and safe. The pandemic and the brutal public murder of George Floyd has shaken our community, undermined our trust in our institutions and caused a heightened awareness of the systemic dysfunction of our country. As our city nearly collapsed and the fires burned, neighbors stepped up to form mutual associations that saved our neighborhoods from groups bent on sparking destruction of our community. Our co-op buildings may not have survived if it were not for neighbors who stood guard in those darkest hours. Out of the violence and destruction rose beautiful art and cooperation. The co-op commissioned local, BIPOC-led artists to turn the plywood that boarded our windows as a canvas to express emotions and grief, and to support the community in metabolizing trauma. We thank you for your continued support.

As we hold this profoundly disturbing present reality in our hearts, there is an opportunity to shine a light towards a new and more equitable future. Join us at our annual meeting on Tuesday, Oct. 27, for a conversation centered on and grounded by the cooperative value of democracy, asking ourselves how we live and heal in this time and how our co-op can support building a healthy community dedicated to the abolition of racism and inequity. For the first time in Seward Co-op's

48-year existence, we will gather virtually for the annual meeting.

Soon you will receive co-op election materials in the mail. With a virtual annual meeting, there is a change to voting. The paper ballot deadline will be a few hours earlier than in the past. Paper ballots will be accepted at all co-op locations until noon on Tuesday, Oct. 27. The deadline for online voting remains midnight on Monday, Oct. 26. This year's ballot will also include proposed changes to our articles and bylaws. The proposed changes will make the co-op's articles and bylaws more readable, and also remove all references to gender, clarify the processes for virtual board meetings, and adjust how the board authorizes signers for loans and mortgages. Please look for materials in your mailbox and in your email, as well as on the co-op website in early October.

In August, we successfully negotiated an updated three-year contract with United Food and Commercial Workers (UFCW) 663 that calls for a new minimum wage of \$15 per hour for our employees. The co-op has weathered the challenges of 2020 well because we have dedicated staff who have been incredibly resilient while working through many changes and challenges. They have endured the personal risks required of frontline workers to ensure co-op



owners have access to food. We are grateful for what all of our employees have done, and continue to do, to navigate our co-op through these extremely challenging times.

As the weather cools and we start to move back indoors, the risk of further COVID-19 contagion will rise. We need to take extra care as this may be intensified by the regular annual flu season. Our focus has shifted to managing safe entry into the stores during the cold months. We seek to minimize discomfort when the weather is inclement, while maintaining safe physical distance. We will continue to provide updates online. If you want to receive email updates, please subscribe to our newsletter on the co-op's website.

I hope that we stay focused as a community on responding to the challenges of the pandemic and the need for systemic change with compassion, kindness and patience. There are many in our community who have been adversely affected by events this past year. If you are able, please continue to support the SEED recipients chosen by co-op staff. These organizations offer services centered on alternative models of safety and security, and they support community members facing hunger and homelessness. Please continue to support your neighbors and be mindful of your own health. Take care and keep well.



Community Foods

Values Every Day

Small. Local. Cooperative. Inclusive. Sustainable.



Community Foods exists to amplify and prioritize sourcing from local, sustainable, cooperative, inclusive, and small-scale growers, producers, and farms. Community Foods purchases are everyday investments in a food system that aligns with our Ends Statement to sustain a healthy community. Global pandemic and local civil unrest have impacted our community's access to food and disrupted several food supply chains. The supply chain created with Community Foods is direct. Seward Co-op's relationships with Community Foods producers fosters economic self-help—the ability to identify issues, recognize where they have the most impact and show us how we can support the community—in the long term. Together we can harness the economic power of our communities in a food system that is resilient.





Connect with Community Foods Makers

Community Foods focuses on the real stories of producers that support Seward Co-op's Ends Statement. Co-op staff continue to connect with Community Foods farmers and makers—like Sin Fronteras Farm & Food—to share their stories about how they are doing, adapting, and planning for the future.

Sin Fronteras “Without Borders” Farm & Food is a local, small-scale, sustainable and BIPOC-owned family farm in Stockholm, Wis., growing fresh produce to make healthful Latinx food. Farmers Eduardo Rivera and Madeline Shaw sustainably grow hard-to-find varieties of chile peppers, tomatillos, and epazote, along with more familiar crops like roots, greens, and herbs. Sin Fronteras’ mission is to cultivate culturally appropriate foods using sustainable organic growing practices that restore and respect the earth.

Sin Fronteras Farm & Food is rooted in racial equity and has responded to the COVID-19 pandemic by providing free produce when possible. Those items are provided to elders and single parents, and the farm is growing more robustly to feed those most in need, while mentoring and supporting the next generation of Latinx farmers through a farmer incubation program.

Sin Fronteras expands access to BIPOC-owned land and local food for our communities. The ultimate goal for Sin Fronteras is to offer a retreat and learning center on the farm. Now that they’ve purchased land, Eduardo and Madeline can focus on scaling up their operation to financially support a project to build a commercial kitchen. They hope this kitchen will support the first Taco Farm in the Midwest. The idea is to produce tortillas, hot sauces, salsas and other products using ingredients grown on the farm and sell them to further their farm’s financial viability.

Stay tuned for more stories of the people, their food and the more resilient food system we are working to build together.





Bundle & Save

The pandemic has changed the way many of us shop and eat. Many who once visited the grocery store frequently throughout the week are consolidating trips by stocking up. Some have decided to forego the grocery store all together and go the alternative route of Curbside Pickup. With fall approaching, our Meat & Seafood department revamped the co-op's meat bundle options to better meet the needs of community members in the era of COVID-19. For those chilly days ahead, that call for hearty meals, consider buying meat in bulk. Meat bundles are a convenient way to stock up, save with a bulk discount and support trusted local Community Foods farms like Blooming Prairie, Kadejan, Lamb Shoppe, Peterson Craftsman Meats, and the Seafood Producers Cooperative.

Meat bundles are perfect for meal planning, stocking up the freezer, trying new recipes or splitting with others. Expect high quality and locally sourced meats including beef, chicken, or pork—and even cooperative, wild-caught Alaskan seafood. We offer a variety of bundles to meet your kitchen's needs.

Our skilled staff cut from whole carcasses in-house. All meats are then bundled for your convenience. Our Meat & Seafood staff have direct relationships with the local, sustainable Community Foods farms that we source our meats—so you can feel confident

about what is served at your table. Order at the Meat & Seafood counter, call ahead or pick up a ready-to-go pack from our meat case. The menu is available online at www.seward.coop and in the Meat & Seafood departments.





Our Community in Action

In the wake of the violence and destruction of the civil unrest this spring, many in our community worked in cooperation to protect their neighborhoods and to support each other. This is the less told story of our city—thousands of people working together to create informal mutual aid. Many co-op staff participated in the neighborhood watches, assisted in cleanup from fires and vandalism, and took part in food donation drives. In support of these efforts, Seward Co-op broadened community service reimbursement—a benefit at Seward Co-op wherein staff can be paid for their time spent volunteering—to include any time staff gave to their neighborhoods and community. We want to thank our staff for supporting neighbors and our cities—in addition to being essential workers during a pandemic!

Some of us are asking deeper questions about how to engage, support and take action in our community. Seward Co-op's Operations Manager, Ray Williams, shared thoughts from his perspective as a Black male during this time of great crisis and trauma in our community:

“As I reflect on the pathway forward, I believe there is a need for deeper community action and cooperation. Now, more than ever, we need to work together and show support for one another. We can all do this by:

- Checking in with our co-workers, friends, neighbors—especially those in black and brown bodies
- Check and acknowledge your own privilege
- Ask what support is needed instead of assuming
- Practice self-care
- Take more responsibility and find a role that ensures our community's access to food.

Read Ray's complete message on our website www.seward.coop.



Chloe Krenz



Chloe Krenz

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2020

Deprived of the God-given air
Fettered from behind
And trampled up on by a bull
A persecution, on a street assembly,
Face down on a pavement and murdered
As just as the sacrifice lamb
Calling out 'mama' in desperation
Struggled to breath in suffocation
Killed In the land of free and civilized
On a day light so unjustly and cruelty
And 'free' from what?
From going in and going out?
Ain't no freedom until we can all breath

Zemenay Zeryihun 2020



BLM

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አለው!!!

Artist
Sara Endalew
2020

“This painting shows the lack of justice in this world and a call for equal treatment of everyone. The hand symbolizes the struggling hands of people who are fighting for the freedom of everyone. The black sun in the painting represents the current situation that shook the world in sadness and the anger against the brutal killing of George Floyd.”— Sara Endalew, painter

Art brings hope and vitality to our lives. We worked with local, BIPOC-led artist groups to turn the plywood that covered our window into beautiful murals. We were happy to offer a canvas to express emotions and grief, and to support the community in metabolizing trauma. The lead artists for the Friendship store were Leslie Barlow and Bayou Thomas. At the Franklin store, lead artists were Thomasina Topbear and Joy Spika. These individuals each brought a larger team of artists, including youth, to complete the project. An additional mural was added at the Franklin store entrance by

painter Sara Endalew, poet Zemenay Zeryihun and graphic designer Yezihalem Mesfin. Together, they created the two-panel mural with an accompanying poem written in Amharic and translated in English.



Derek Myer

The murals at our stores serve not only as signs of solidarity, but also as calls to action for a better, more equitable future. After discussion with the artists about their wishes to keep their art in the community, we plan to display the murals at both of our stores. At such time the co-op no longer displays them, we will likely donate them to 'Save the Boards MPLS' in order to keep the artwork in South Minneapolis where the artwork and messages have been so impactful. The goal is to accumulate as much of the street art (wood boards on businesses) as possible and curate them in established locations around the community.



Chloe Krenz



Michael R Conway

Thank you Willy Street Co-op and River Market!

Through cooperation of cooperatives, artists were compensated in part by generous donations from River Market, a single store co-op located in Stillwater, Wis. and Willy Street Co-op, a three-store co-op located in Madison, Wis. River Market donated \$907. Willy Street organized a Black Lives and Civil Rights Fundraising Campaign that raised \$53,870 in total divided among nine organizations. Visit www.willystreet.coop for more information.



Centro de Trabajadores Unidos en la Lucha (CTUL)

Make an Impact through SEED

Cooperation and community action can take many shapes. Donating funds through our SEED grant program is one way to make a cooperative impact in response to the crises facing our communities. To date, our co-op community has rounded-up their grocery bills totaling over \$2 million in donations for local organizations that share our commitment to a healthy community. The work of upcoming SEED recipient organizations centers around racial equity, social justice, food access, and alternative models of community safety—you can round up for them in our stores. Many are also looking for volunteers.

September: Cornerstone Advocacy Services

Community Safety & Healing

Cornerstone serves victims of domestic violence, sexual violence, human trafficking and general crime. Funds will help ensure victims and their children have access to immediate safety and holistic services designed to achieve long-term stabilization.

October: Centro de Trabajadores en la Lucha (CTUL)

BIPOC Grassroots Organizing

Like co-op owners, groups fighting for social justice are stronger together. So CTUL is bringing together POC-led grassroots organizations in the Twin Cities to work together for racial equity.

November: Dream of Wild Health

Indigenous Wellness Education for Native Youth

Dream of Wild Health is a Native-led organization working to restore health in our community through recovering knowledge of and access to Indigenous foods and medicines. These funds will support their work to serve high-risk, Native youth year-round.

Head Start





Conventional Products Expand Food Access

Co-ops are a way for people to come together to meet common needs. Seward Community Co-op began in 1972 in response to a need in the community than no one else was meeting. At that time, the need was for natural, unprocessed and organic food. The world of 2020 looks very different from the world of 1972. One thing that remains constant, however, is Seward Co-op's commitment to meet the needs of our community.

Our community is navigating a pandemic, economic challenge, and social uprising. To expand food access to more community members, we have brought in a small assortment of competitively priced conventional products. Conventional groceries are commonly available foods that meet more basic standards than those required to label food as organic or natural. We know that there are members of our community who may rely on these foods as a key way to ensure they remain able to eat. There are also folks who may wish to avoid these products. Others may selectively choose conventional products as an occasional best

fit for their household's needs. At Seward Co-op, we are stepping up to meet these evolving needs in our co-op community.

For years, Seward Co-op has carried a limited assortment of conventional groceries on our shelves in order to be able to participate in the Women, Infants and Children (WIC) federal food assistance program. Both the WIC program and our current expansion of the conventional grocery selection are to assist everyone in our community to be able to maintain access to food.

Most of the new items on our shelves are Everyday Essential brand, from SUPERVALU. Primarily, these will be basic pantry items in the packaged grocery aisles and are labeled as an expansion of our existing Nourish program. The community unrest and destruction in South Minneapolis meant that a number of grocery stores were lost. There are countless community organizations and mutual aid efforts working to fill the gaps in our community. While getting groceries to the people who need them is not the sole responsibility of Seward Co-op, we remain committed to ensuring our community has access to food. Food access has to come first in our work to sustain a healthy community.

We're proud of how quickly our staff implemented many changes this spring, which were required to keep community members safe while shopping at the co-op in the midst of a pandemic. We limit the number of shoppers in the stores, offer online shopping and Curbside Pickup, and reserve the opening hour for high-risk shoppers to get the goods they need safely. Now as the year goes on, we believe the next level of change is an adjustment to the items available on our store shelves.



Seward Co-op Sausage Chili

Ingredients:

- 3 Seward Co-op Italian sausage links, cut into half-moon slices
- 1 yellow onion, diced
- 2–3 cloves garlic, minced
- 1 (15-oz.) can chili beans
- 1 (12-oz.) can diced tomatoes
- 1 (12-oz.) can tomato sauce
- 1 Tbsp. chili powder

Method:

Heat a large saucepan or deep skillet over medium heat and add sausage slices. Cook, stirring, for 5 minutes. Add diced onion and garlic and cook for an additional 3–5 minutes or until fragrant. Reduce heat to low. Add diced tomatoes (undrained), tomato sauce, and beans (undrained) and chili powder to the pan. Stir ingredients together and let simmer for 15 minutes over low heat.

Serve with your favorite chili toppings, cornbread, etc.
Serves 4, under \$15

More recipes available at
www.seward.coop/recipes

1

shop online

2

pay over phone

3

call at pickup
612-416-2300

Available to all shoppers

www.seward.coop/curbside



A Message From the Board Shiranthi Goonathilaka

As time ebbs and flows, it can be easy to ride the wave, forgetting how we ended up in our present state.

Just as I began to settle into my own “pandemic flow,” our community was thrust into a global uprising following the state-sanctioned murder of George Floyd. I don’t have eloquent words to describe the anger, heartache and fear that took over (for myself and countless others) while attempting to mourn his untimely death. For all the times that everyday people have taken to the streets, this time felt and looked different. Communities showed up to grieve, aid and safeguard each other with new, yet familiar methods.

In many ways the collective response centering humanity, has reminded us that safety starts in community, with our basic needs met. And rightfully so, this grassroots integrated care was met alongside calls to abolish systems of oppression.

As cooperators, we have a history of abolition dating back to the 18th century. The Rochdale Pioneers—known as the forefathers of the modern day cooperative movement—were influenced by Frederick Douglas and became supporters of the abolition of slavery. At the time, they refused cotton produced by chattel slavery, a stance that many others did not take because of the economic benefit and, of course, pervasiveness of white supremacy. With Co-op Month approaching in October, I’d encourage you to delve deeper into this history.

In our present day, we must ask ourselves, what is the role of our cooperative in these radically changing times? How does our role as member owners go beyond our shopping experience to aid the paradigm shift towards tangible interpersonal and structural change?

I invite all of us to reinvest in our shared ideals and embody accountability towards our Ends Statement. This work will take all of us, and it starts with being engaged, informed and active.

With Revolutionary Love,
SG

Candidate Forum Tuesday, Oct. 6, 6–8 p.m. Virtual Forum

The candidate forum is an opportunity to hear from board candidates. Register online on our website.

Board Meetings

Monthly board meetings are open to co-op owners to attend and observe. They are typically held the last Tuesday of the month, calling to order at 6:15 p.m. An RSVP is politely requested; please email board@seward.coop to indicate your intention to attend.

Current Board of Directors Term Ends

Vina Kay	2020
Jill Krueger	2022
LaDonna Sanders Redmond	2022
Cassandra Meyer	2021
Shiranthi Goonathilaka	2022
Sally Nixon	2021
Roderick McCulloch	2020

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2020 Board of Directors Election

In October, the annual Seward Co-op Board of Directors election will occur. Co-op owners elect the board of directors—one ballot per owner number. Help maintain our co-op democracy and participate in the direction we take as a community-owned business by casting your votes. The election commences on Thursday, Oct. 1. Also, autumn is a great time to ensure the co-op has your updated email address, so that you receive a link to vote online. Please email your name, owner number and a note to say, “For the board election, please update my email address if needed!” to cs@seward.coop.

About the 2020 Election

There are three at-large seats open. Two are three-year terms and the third seat is a one-year term. The at-large candidate who receives the third highest number of votes will serve the one-year term. There is one designated employee director seat open for a two-year term. Only current employees of Seward Co-op are eligible to run for the designated employee director seat.

The co-op’s articles and bylaws allow up to two seats to be filled by current employees. This means Seward Co-op employees may choose to run for an at-large seat. In the event there is more than one employee candidate in the at-large pool, only the top vote-getting employee will be seated. Employees of Seward Co-op must specify which seat they are seeking: at-large or designated employee director.

This year’s ballot will also include proposed changes to Seward Co-op’s articles and bylaws. The proposed changes will make the co-op’s articles and bylaws more readable and also remove all references to gender, clarify the processes for virtual board meetings, and adjust how the board authorizes signers for loans and mortgages (see the election materials for more detail).

Online voting will be open through 11:59 p.m. on Monday, Oct. 26. Paper ballots will be accepted at any co-op location or can be mailed. Paper ballots must be received by 12 noon on Tuesday, Oct. 27. We’ll announce election results at the virtual Annual Owner Meeting later that day. For more information about the election or about governance topics, please visit www.seward.coop/board or email board@seward.coop.

Welna II Hardware

THE PAINT STUDIO

Fall Cleanup
Compostable
Paper Bags
Topsoil
Grass Seed
Rakes



CLARK + KENSINGTON
 and **ROYAL**

- starting at \$25.99
- match any color

FREE 5 pack
ACE yard bags
with this ad

One per family please
 Use by 11/30/20

Welna2hardware.com
2201 Franklin Ave
612-332-4393



OCT.
27

Seward
COMMUNITY CO-OP



Annual Owner Meeting



As thousands in our community have marched in protest against police brutality, there is a heightened sense of urgency around the need for racial justice. We are aware of systemic changes that are needed immediately in our community. At the same time, we understand that the type of individual and community healing work needed to truly build an equitable system takes years, perhaps even lifetimes.

Seward Co-op's diversity, equity and inclusion journey began seven years ago when we announced our intention to build the Friendship store in the Bryant neighborhood, a historically Black community. One way our co-op has continued to demonstrate a commitment to equity and inclusion is by inviting community members into conversations around equity and the food system at our annual meetings. These conversations are just one way of understanding how our community-owned cooperative can become antiracist.

Last year's Annual Owner Meeting was the third installment in an intentional exploration of equity in the food system. Pakou Hang and Yia Vang shared challenges and successes of Hmong American farmers and chefs, as they organize to access land and markets in our local food system. In 2018, Sean

Sherman and The Sioux Chef offered teachings on Indigenous food sovereignty and the impact of white supremacy on Indigenous people. At the 2017 Annual Meeting, Seward Co-op hosted Tunde Wey, a Nigerian chef who led owners and community members through a discussion about Blackness, immigration and labor in America. We are grateful for these learnings from Tunde Wey, Sean Sherman, Pakou Hang and Yia Vang. It's critical to build a shared understanding of United States' history that weaves together different perspectives, while exploring equity in the food system.

Join us on Zoom on Tuesday, Oct. 27 for the Annual Co-op Owner Meeting, 6–8 p.m. At this year's meeting, we will build on our equity foundation and begin to discuss what liberation looks like in community and how Seward Co-op and its owners can play a role. The 2020 annual meeting will feature Resmaa Menakem, the *New York Times* bestselling author and leading voice in today's national conversation on racialized trauma. Resmaa will join local activists in guiding a discussion around the co-op's role in the movement for abolition, racial justice and liberation in our communities. Our lens will be focused on the centuries-old cooperative and abolition movements.



We will also share the results of the board of directors election and announce SEED recipients for 2021, including the results of our third Community Choice SEED vote! More information will be available on www.seward.coop.

As a result of the COVID-19 pandemic, 2020 is the first time in Seward Co-op's 48 years that we won't host an in-person Annual Owner Meeting. Our board of directors has partnered with co-op staff and Pollen (pollenmidwest.org) to design an engaging, worthwhile experience. We look forward to the opportunity to connect virtually; please RSVP on our website at www.seward.coop for meeting information.



Get Ready to Vote

Democracy is a cooperative principle and foundational to Seward Co-op's cooperative identity. The right to vote in this country has a complex history that has disenfranchised many populations, specifically BIPOC (Black, Indigenous, and people of color) and those who identified as women. This complexity is exacerbated by a pandemic creating new challenges and adding more hurdles in the route to the voting booth—especially for those with compromised immune systems and individuals over 60 years old. In addition to determining whom to vote for in the 2020 presidential election, preparing to vote may also include a plan to vote safely. Have you considered how to ensure your voice is heard and your vote is successfully cast? Below are some tips from the state of Minnesota on how to prepare for Election Day, Tuesday, Nov. 3.

Who can vote?

- A U.S. citizen;
- At least 18 years old on Election Day;
- A resident of Minnesota for 20 days or longer; and finished with all parts of any felony sentence.
- You can vote while under guardianship unless a judge specifically has revoked your right to vote.
- You cannot vote if a court has ruled that you are legally incompetent.

Did you know?

If you are experiencing homelessness, you still have the right to vote. If you have been convicted of a felony, it is important to get into contact with a Minnesota Election Judge, as you may or may not have the right to vote.

Register to vote!

Whether you are registering for the first time, updating your voter registration due to a recent move or unsure of your status—you have options. Online registration allows voters to register before Election Day and to check the status of their registration. In Minnesota, same-day voter registration is also available. If you are voting in-person and are eligible to vote, you have the option of registering at your local polling place when you present identification and proof of address—this can be done by bringing along a piece of mail, such as a utility bill, that has been delivered to you at your home address.

Find details and more information:

www.sos.state.mn.us/elections-voting.

Options to Vote

On Election Day, polling places will be open for voters to cast their vote in person. As we continue to practice physical distancing, be sure to review local regulations to ensure you are prepared to safely wait in line and vote. For updates regarding Minnesota guidelines, visit www.mn.gov/covid19.

In Minnesota, there are alternatives to voting in-person at your polling place on Election Day. Voting early with an absentee ballot starts 46 days prior to Election Day. Voters can request an absentee ballot online. After completing an absentee ballot, you may have the option of submitting that ballot in person or by mail.

You can vote early with an absentee ballot at your local elections office. The vote-by-mail option can be done from the comfort of your home. The United States Postal Service recommends mailing in absentee ballots one to two weeks before Election Day for timely submission and processing.

To request to vote early, to find your local election office and for details on mailing an absentee ballot, please visit the Minnesota Secretary of State's website at www.sos.state.mn.us/elections-voting.



The League of Women Voters is a voting resource in the community. In past election years, they have tabled at our stores to help community members register to vote and share other voting information. To learn more, visit www.lwv.org/.

Dynamic Food Education in an Online World

By Angelina Gonzalez

Excerpts below are from 'Keeping Food Education Alive through Online Learning' by Angelina Gonzalez, a temporary Midwest Food Connection employee, originally published to midwestfoodconnection.org, June 2020.

This past spring, Midwest Food Connection (MFC) released a series of online videos made by the education + programming team to keep learning engaging and exciting as schools transitioned to a digital format. Videos like “Planning Your Garden,” “What Has Seeds,” and “Spring Salad” provide invaluable lessons in home gardening to give kids tools that “can follow them through the rest of their lives” as Katya Wesely, one of MFC’s educators points out.

The videos guide learners to plan a garden in the city using whatever resources they have available. (Have any newspaper, paper towel rolls or to-go containers around?) This includes talk of seed saving, resiliency gardening, urban farming, and the importance of sustainable gardening practices that don’t harm plants, insects, or animals.

Children can have a huge impact on the habits that are formed in their homes. In a world affected by COVID-19, staying grounded (quite literally) is crucial for our emotional and physical wellbeing. This might be one explanation for the national uptick in gardening, including many people who are setting out on home gardening ventures for the very first time. To facilitate students starting plants on their own, Midwest Food Connection distributed seeds to over a dozen schools around the Twin Cities in May and June. The seeds were picked up by families in ways that permitted social distancing.



Formal and informal evaluations show that the impact of Midwest Food Connection’s lessons stays with students after they leave the classroom. With MFC restructuring its program into a digital style, kids can now really take these lessons home with them. While we may be stuck at home more than usual, the change in our daily routines is opening up avenues to experiment with more sustainable ways of living. Midwest Food Connection’s online education is helping to give kids the knowledge and resources to do exactly that.

Now, more than ever, it’s important to invest in health, wellness, connection to nature and one another. This is why MFC is adapting its programming to continue our mission of holistic food education while encouraging the safety of families and learning communities.

Seward Co-op sponsors Midwest Food Connection lessons at local schools throughout the year. In 2020/21, we taught at Andersen, Ann Sullivan, Green Central, Howe, Northrop, Pratt and Seward Montessori Schools, on the co-op’s behalf.



Annually, Seward Co-op donates more than **\$37,000** to sponsor Midwest Food Connection lessons.

2020 Fall Classes // Register Online at www.seward.coop

Join us for a variety of virtual classes this fall! All classes are free unless otherwise noted. Please register in advance; a Zoom link and recipe for cooking classes will be sent out before the day of class. Visit our class calendar online at www.seward.coop/events to register or stop by Customer Service for assistance.

September

Holistic Approaches to Thyroid Health

Wednesday, Sept. 2, 6–7:15 p.m.

When your thyroid doesn't function well, it can affect almost every aspect of your health from depression to weight gain. Learn what key nutrients are needed for healthy thyroid function and discover what you can do to naturally improve thyroid function, increase your energy, mood, and metabolism.

Sara Jean Barrett, ND, Wellness Minneapolis

Japanese Bento Box

Thursday, Sept. 10, 6–8 p.m.

Learn how to craft a beautifully presented bento box with miso tofu, ginger garlic chicken, spinach and sesame salad, and more.

Koshiki Smith, The Japanese Kitchen

The Science of Emotional Eating

Tuesday, Sept. 15, 6–7 p.m.

Are you finding yourself browsing in your pantry more in the last couple of months? The truth is, emotional eating is an ineffective tool for relieving stress. While that cookie may make you feel better in the moment, it's not truly a solution to your emotional strain. Build a better understanding of what draws you to the kitchen when you feel worried, sad or bored. Take home some strategies for breaking the pattern in loving, joyful ways.

Jesse Haas, CNS, LN; Wellness Minneapolis

Intro to Soap Making

Wednesday, Sept. 16, 6–8 p.m.

Learn soap making from one of Seward Co-op's most popular soap vendors! Students will be shown soap making using the silicone mold method. Each student receives an instruction manual and a silicone mold prior to the class. Class registration ends Monday, Sept. 7 at 8 p.m.

John Hanson, Seward Soap

\$35/\$30 co-op owners

No mold option: **\$25/\$20 co-op owners**

African Vegan Cooking: Chapatti (Flatbread) and Cassava

Saturday, Sept. 19, 6–7 p.m.

Join Henry as he creates simple, vegan Ugandan recipes.

Henry Kisitu, Jajja Wellness

Nourish 101: Shrimp Fried Rice



Tuesday, Sept. 22, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$15.

Jessica Toliver, Jess Delicious

October

Holistic Approaches to Autoimmunity

Thursday, Oct. 8, 6–7:15 p.m.

Sara Jean Barrett will cover the major dietary and lifestyle factors that contribute to autoimmune conditions. Take home some action steps to prevent and alleviate symptoms of autoimmune diseases, including rheumatoid arthritis, Hashimoto's thyroiditis, psoriasis, inflammatory bowel diseases and more.

Sara Jean Barrett, ND; Wellness Minneapolis

How to Cook with Jackfruit

Tuesday, Oct. 13, 6–7 p.m.

Curious about cooking with jackfruit? This popular vegan staple is a great substitute for pulled pork, taco meat and more. Learn how to make savory, melt-in-your-mouth dishes with popular class instructor, Chef Jess.

Jessica Toliver, Jess Delicious

Intro to Soap Making



Wednesday, Oct. 14, 6–8 p.m.

Learn soap making from one of Seward Co-op's most popular soap vendors! In this virtual demonstration class, students will be shown soap making using the silicone mold method. Each student receives an instruction manual and a silicone mold prior to the class. Class registration ends Monday, Oct. 5 at 8:00 p.m.

John Hanson, Seward Soap

\$35/\$30 co-op owners

No mold option: **\$25/\$20 co-op owners**

Upcoming Store Hours

Monday, Sept. 7, 9 a.m.–9 p.m.

Thursday, Nov. 26, 9 a.m.–3 p.m.

Nourish 101: Creamy Celery Soup

Thursday, Oct. 15, 6–7 p.m.

Cool weather is the time to pull out your soup pot and get that soup simmering once again. Learn how to make wholesome, creamy, plant-based soups. We will make cream of celery soup and learn how to alter this recipe for a variety of other soups.

Chef AmyLeo Barankovich, Vegan Affairs MN

Talking About Death Won't Kill You

Monday, Oct. 19, 7–8:30 p.m.

Talking about death doesn't make it happen faster, it just helps us walk into it with a plan. Join us for a facilitated community conversation about your plan for death through sharing and experiential exercises. Specific examples of dos and don'ts, as well as what qualities make someone a good healthcare agent, will be explored. Expect lively discussions, laughter, and support, as we discuss what we want and what we don't want for those final days.

Jeanne Bain, M.A.; End of Life and Brain Change Specialist and End-of-life Doula

Nabeyaki Udon

Tuesday, Oct. 20, 6–8 p.m.

Nabeyaki Udon is a Japanese noodle dish prepared in individual earthenware containers called donabe or in a pot that is cooked directly on the stovetop. Udon noodles, dashi broth, chicken, tamagoyaki (egg omelet), fish cakes, shrimp tempura, mushrooms, and vegetables make up this filling and beautiful meal.

Koshiki Smith, The Japanese Kitchen

African Vegan Cooking Kabalagala (Banana Pancakes)

Saturday, Oct. 24, 10–11 a.m.

Join Henry as he creates simple, vegan Ugandan recipes.

Henry Kisitu, Jajja Wellness

November

Food and Your Mood

Monday, Nov. 2, 6–7 p.m.

Food and your mood are more connected than you may think! Anxiety, depression, memory, stress, and attention are all influenced by what you eat for breakfast, lunch, or dinner (and anytime in between). Understanding the interactions between what we eat, how we feel, and what we think empowers us to care for ourselves body, mind, and spirit. Jesse Haas, functional nutritionist and co-founder of Wellness Minneapolis, will share some doable strategies for uplifting mental wellbeing in a time when maintaining a positive outlook is a daily struggle.

Jesse Haas, CNS, LN; Wellness Minneapolis

Japanese Comfort Food

Thursday, Nov. 5, 6–8 p.m.

Learn the comfort food of Japan with Koshiki Smith. Tonjiru (miso soup with pork and root vegetables), Onigiri (rice balls), and Sukiyaki Style Beef and Tofu are healthy comfort food recipes Koshiki grew up eating in her grandma's kitchen.

Koshiki Smith, The Japanese Kitchen

Holistic Approaches to Gastrointestinal Health

Thursday, Nov. 12, 6–7:15 p.m.

Have you ever wondered how your digestive system works? Sara Jean Barrett will take you on a tour of the full digestive system. You will learn about a variety of gastrointestinal concerns including "leaky gut," small intestinal bacterial overgrowth (SIBO), reflux, food intolerances, and more, taking home some important health hacks to relieve digestive symptoms.

Sara Jean Barrett, ND; Wellness Minneapolis

African Vegan Cooking: Matooke (Plantains and Peanut Sauce)

Thursday, Nov. 19, 6–7 p.m.

Join Henry as he creates simple, vegan Ugandan recipes.

Henry Kisitu, Jajja Wellness

Nourish 101: Kenyan Collard Greens with Turkey

Sunday, Nov. 22, 1–2 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$15.

Addie Davis, Seward Co-op Community Engagement Specialist

Nourish 101: Instant Pot Fish Curry

Tuesday, Nov. 24, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$15.

Jessica Toliver, Jess Delicious

Clean Reusable Bags and Bulk Containers Welcome

Seward Co-op is pleased to share that clean reusable bags and bulk containers are welcome for use once again in stores. As experts learn more about COVID-19, CDC guidance indicates objects and surfaces are not a primary way for coronavirus spread. This change is one important way the co-op and community members can join together to sustain a healthy community with positive environmental impacts during these challenging times. Thank you for your continued support and patience as we navigate the pandemic in a way that prioritizes safety and well-being of our staff and community.

Please remember to practice social distancing in the Bulk department and while checking out. To minimize risks for shoppers and staff, reusable bags and containers must be regularly washed. Please bring only clean containers and bags with you when you shop.



Seward
COMMUNITY CO-OP



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