

SPROUT!

Fall 2021



Coupons on back

Seward
COMMUNITY CO-OP



SPROUT!

Seward Co-op's Ends Statement

Seward Co-op will sustain a healthy community that has:

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

General Manager Sean Doyle

Editor Natalia Mendez

Designer William Hoben

Marketing Manager Karah Barr

Proofreading Sid Korpi, Proof Positive

Sprout! is published quarterly

Hours of Operation

Franklin store

(612) 338-2465
Open 8 a.m.–10 p.m. daily
2823 E. Franklin Ave., MPLS, MN 55406

Friendship store

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

Creamery 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

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On the cover: Lakisha Witter (she/her) of Live Organically Farm. Visit www.seward.coop/livingorganically to learn more about the farm and find a recipe using their produce. Photo by Natalia Mendez



**A Message
From the General Manager
Sean Doyle**

Autumn is a time of to take stock of the past year. Our fiscal year ended June 30, and thanks to the support we received from the Payroll Protection Program, Seward Co-op ended the year with a modest loss. It could have been much worse. These past few years challenged us in ways we could not have imagined. As we continue working through the challenges of our times, we strive for a cooperative response grounded in compassion for others in our community.

This fall provides a number of opportunities to celebrate and examine our cooperative foundation. Our annual meeting will occur on Tuesday, Oct. 26, and we are honored to welcome cooperative scholar Dr. Jessica Gordon Nembhard as our annual meeting keynote speaker. This will be our 50th annual meeting, and our second in a virtual format. It will set the stage for a year of celebrating our 50th birthday and our founding in 1972 at the corner of 22nd and Franklin. Soon, you will receive information for our annual board of directors' election. I encourage you to join other co-op owners to vote for our board. In co-ops like ours, a democratically elected board is important in governing our association; they are stewards for the entire cooperative.

Our cooperative makes it possible to bring high-quality, affordable food grown close to home to many households in South Minneapolis. Our staff works incredibly hard to make this happen. In this issue of the *Sprout!*, I want to recognize the work and contribution of a particular staff member, Liz Liddiard Wozniak. Liz recently retired after 22 years as our Human Resources Manager. She also worked a few years in the co-op's original location in the early 90's. She and I both worked there as front-line staff and became fast friends. Liz has been a leader at Seward Co-op through the many major changes of the last two decades—expansion, relocation, and becoming a multi-location cooperative. At each step, Liz helped build the staff up to meet the challenges of those changes. Liz was instrumental in defining the co-op's approach to diversity, equity, and inclusion, and played a key role in negotiating the co-op's collective bargaining agreement with UFCW 663 in both 2018 and 2020. She approached her work at the co-op with integrity, compassion, creativity, and open-mindedness. We thank Liz for all of her contributions.

In launching our celebration of 50 years of cooperation, we have the opportunity to both look back to our cooperative beginnings as well as ahead to the future. Seward Co-op was founded by an anti-establishment ethos that encompassed the environmental, Civil Rights, resistance to urban renewal, and anti-war movements. The impetus was to provide an antidote to corporate capitalism, to create a place where an alternative economic order could flourish, and the average person could participate in the effort to feed the community. While much has changed, the underlying motivation continues today in our two stores. There is much to celebrate about our co-op in this milestone year. Please vote in our co-op board election, join us virtually on October 26 for our annual meeting, and look to the co-op to help set your table of abundance during holidays this fall and winter.

In this Issue

- Thank you, Liz!
- Vote for the Board of Directors
- RSVP to the 50th Annual Owner Meeting
- Celebrate the Harvest



Help us Ensure Everyone's Welcome

At Seward Co-op, we strive to be a place where everyone feels welcome. We make this intention clear by prominently posting the words “Everyone Welcome” on our buildings. While we celebrate our successes, we also acknowledge there is always room for improvement.

In July, Seward Co-op staff and management worked together to design new staff nametags. The new nametags put focus on the staff members' names, pronouns, and language(s) spoken. This is one small way we can better support the wonderful gender-expansive staff members at our stores and emphasize the importance of respecting gender pronouns. Pronouns (words like she, her, he, him, they and them) can be tricky in the English language because their use—whether correct or incorrect—can reflect assumptions about a person's gender expression. We ask staff, co-op owners, and customers to use gender-inclusive and affirming language. As part of this effort, you may also notice signs in the stores that simply say, “If you are unsure of someone's pronouns, please use gender-neutral language and/or a person's name when talking to them. We appreciate you!”

Including language(s) spoken on our staff nametags fosters better communication between staff and community members. We recognize that most signs at the co-op are in English and by providing languages spoken on nametags, staff can better serve all those visiting our stores.

Seward Co-op thanks community members for their continued willingness to learn and grow together in creating safer and more comfortable spaces for everyone.





Happy Retirement, and Thank You Liz

For the last twenty-two years, Liz Liddiard Wozniak (she/her) has served as Seward Co-op’s Human Resources Manager. Over the past two decades, she has watched—and had a hand in—the growth of our co-op and the communities it now serves. Join us in learning more about Liz, her time at Seward Co-op, and the legacy she’s built.

Liz and Seward Co-op’s History Intertwined

Liz says she’s always loved food and, in her teens, she was led to the whole foods movement. From there, she found herself working in the first Seward Co-op location on East Franklin Avenue —today Jack’s Hardware and Farm Supply (formerly Welna II Hardware). Her early co-op days were spent cooking in the deli in the morning, serving lunch in the afternoon, then cleaning up and heading home. Later in her co-op career Liz’s potential was noticed by Seward leaders. Under the leadership of influential General Manager Gail Graham, she was offered the position of Human Resources Coordinator, and then promoted to Human Resources Manager. In her time with our co-op, her openness and willingness to grow has facilitated many changes throughout the seasons of Seward Co-op—including the expansion to three locations and staying present in the face of community crisis.

Flowing with the Tides of Change

Liz was present for the move from the co-op’s second Franklin Ave. location to the expanded building it exists in today at 28th and Franklin Avenues, and was there for the journey of opening the Friendship store and Co-op Creamery production facility. She remembers the intimacy of knowing everyone personally when Seward Co-op was at a single location, and is proud of the change and growth we’ve experienced over the years — particularly our efforts around diversity, equity, and inclusion. She gives credit to current Board President (former Diversity and Inclusion Manager), LaDonna Sanders Redmond (she/her), for helping

guide new hiring processes at Seward Co-op. This effort, combined with a new approach to recruitment, doubled Seward Co-op’s Black, Indigenous, and People of Color (BIPOC) staff percentage from 14% to 36%. Liz’s hope is that this foundation will continue to attract an even more diverse staff in the future. Liz was fully committed to our co-op over the last year and a half in the face of the pandemic and civil unrest in our community. She was uplifted by the staff teams working together through much confusion and pain. Liz gives an extra shout-out to Josie Karr (they/them), Internal Communications Coordinator, for their hard work disseminating dynamic information to employees over the last year. This team effort over the years is one that Liz is so happy to be a part of.

The Future Ahead

Liz has plans to reconnect with friends and family in her downtime once she’s completed her tenure at Seward Co-op. She will also do some consulting for the new HR team as needed, but stresses that Angel and Ray are incredibly capable and thoughtful. She trusts and believes in them, and knows that the path she forged will now be one viewed with fresh eyes — and she’s excited for that. She leaves us all with the parting words, “We cannot be tripped or limited by our fear. We have a responsibility to ourselves and one another, and we must take care of ourselves to show up for our community and our co-op.” We thank Liz deeply for these words which, paired with our Ends Statement, are a torch for lighting the path forward as a community-owned co-op.



Passing the Torch: Future Seward Co-op Leaders

With Liz’s retirement comes new opportunities for staff. The loss of Liz’s guidance in Human Resources will be felt, and in her stead, Seward Co-op is proud to introduce the next generation of leaders in Human Resources and Operations, Raynardo Williams and Angel Matthews. Get to know them!



Raynardo Williams (he/him) – Senior Human Resources and Operations Manager

Ray has been working at Seward Co-op for the past six years. Initially hired as Store Manager for the Friendship store before it opened, Ray cultivated a cultural vision for the store and hired the initial leadership team. A few years later he was promoted to Operations Manager. In this role, he worked closely with Liz and formed a solid working relationship and friendship where they confided in one another and grew together. They worked to adapt HR and Operations to better serve Seward Co-op staff members and the community. Ray’s vision relies heavily on an equity lens that weaves diversity, equity, and inclusion into the co-op. His patience with team members and communication through tough topics of community struggle and pain have been exemplary. He says, “you can give me an apple and I will see the pie,” and this ability to look ahead, along with his willingness to learn and grow, makes us lucky to have Ray guiding the future of HR and Operations at Seward Co-op.

Angel Matthews (she/her) – HR Manager

Angel’s passion for food led her to culinary school, then to a leadership position at at Willy Street Co-op in Madison, Wis. A Minnesota girl at heart, her journey back home led her to Seward Co-op just as the Friendship store was slated to open, and she became the Deli Manager. About a year later, Angel bounced to the Franklin store to become the Front End Manager where she discovered her passion for leadership — particularly guiding and uplifting others. After three years in the Front End, she was promoted to Assistant HR Manager in 2020 when she decided to go back to school. One watershed moment that pivoted her career at Seward Co-op was a conversation with Liz that set her on a path for Human Resources. Angel graduated this past August with her Bachelor of Arts degree in Human Resource Management. Her passion for people and drive to self-improve, with the knowledge it will serve others outside of herself, sets a compelling example for all those who come in contact with Angel. She says her desire to keep things fair and equitable are driving forces for the future in her new role.







Join the Team!

Starting at \$15.25/hour

Apply online at www.seward.coop/careers





Celebrate the Harvest

The weather is changing and that means harvest season is upon us. For many, this means snuggling up in warm layers, enjoying the fall colors, and spending time gathered over food with loved ones. Whether you're hosting a harvest meal with family at home, or grabbing a hot beverage with friends at one of our stores – we've got what you need. Celebrate with the flavors of the season and Community Foods producers! Look for the purple tags on the shelves.



Milton Creamery *Small-scale, local*

Milton Creamery's award-winning Prairie Breeze is a favorite for cheese plates or as an ingredient in rich sauces for your harvest meals. Milton Creamery's family operation produces artisan cheese with milk from local Amish farms, which employ traditional practices such as hand-milking and seasonal grazing. The farmers that supply the milk for their cheese never use antibiotics or growth hormones.



Wisconsin Growers Cooperative *Small-scale, local, sustainable*

Wisconsin Growers Cooperative grows 50-60 varieties of certified organic crops using minimal fossil fuels. Stock up on their vegetables to add seasonal color and flavor to your fall gatherings. In the past few years, their primary crops were tomatoes, sweet potatoes, and onions. These farms do not use any electricity, and all field work is done using horses or by hand. When you purchase produce from Wisconsin Growers Co-op, you help support small-scale, family-run farms that use sustainable practices which not only grow good food, but do good for people and our planet.

Peace Coffee thanks the
Seward Co-op membership
and staff for supporting our
mission for 25 years!

See the back page for a
special coupon to help
celebrate this milestone.



Ferndale Market *Small-scale, local*

Ferndale Farm is a small-scale, free-range turkey producer in Cannon Falls, Minn. Jon Peterson (he/him) inherited his family's turkey farm and reinvented it by making the process all natural, raising birds with no hormones or antibiotics. Ferndale is one of very few turkey producers that owns the process from the egg to retailer. Reserve your turkey in-person, on our website, or call our Franklin (612) 338-2465 or Friendship (612) 230-5595 stores.

Pre-Order Specialty Meats

Planning the centerpiece of your harvest meal to include specialty cuts like, turkey, lamb, ham, and duck? Stop by or visit Seward Co-op's Meat & Seafood department or our website to preorder Nov. 1-18!



Connect with Community this Harvest Season

Gather to celebrate the flavors of the season with Chef Jessica Tijerina (she/her) of Tijerina Global Spices. Sign up for these classes online at seward.coop/events.



Jessica Tijerina

Fall Harvest Recipes

Friday, Sept. 17, 6-7:30 p.m.

Join Chef Jessica in a round of three recipes that highlight the flavors of Minnesota fall produce:

pasta with a savory sauce of Brussels sprouts, squash, anchovy and lemon; an Italian favorite, piadina, a bread with local garlic and fresh herbs; and a French twist for dessert, a clafoutis, a custard base in a skillet baked with a cinnamon, apple and walnut filling and topped with a light dusting of powdered sugar.

Nourish 101: Autumn Squash Recipes

Tuesday, Oct. 12, 6-7:30 p.m.

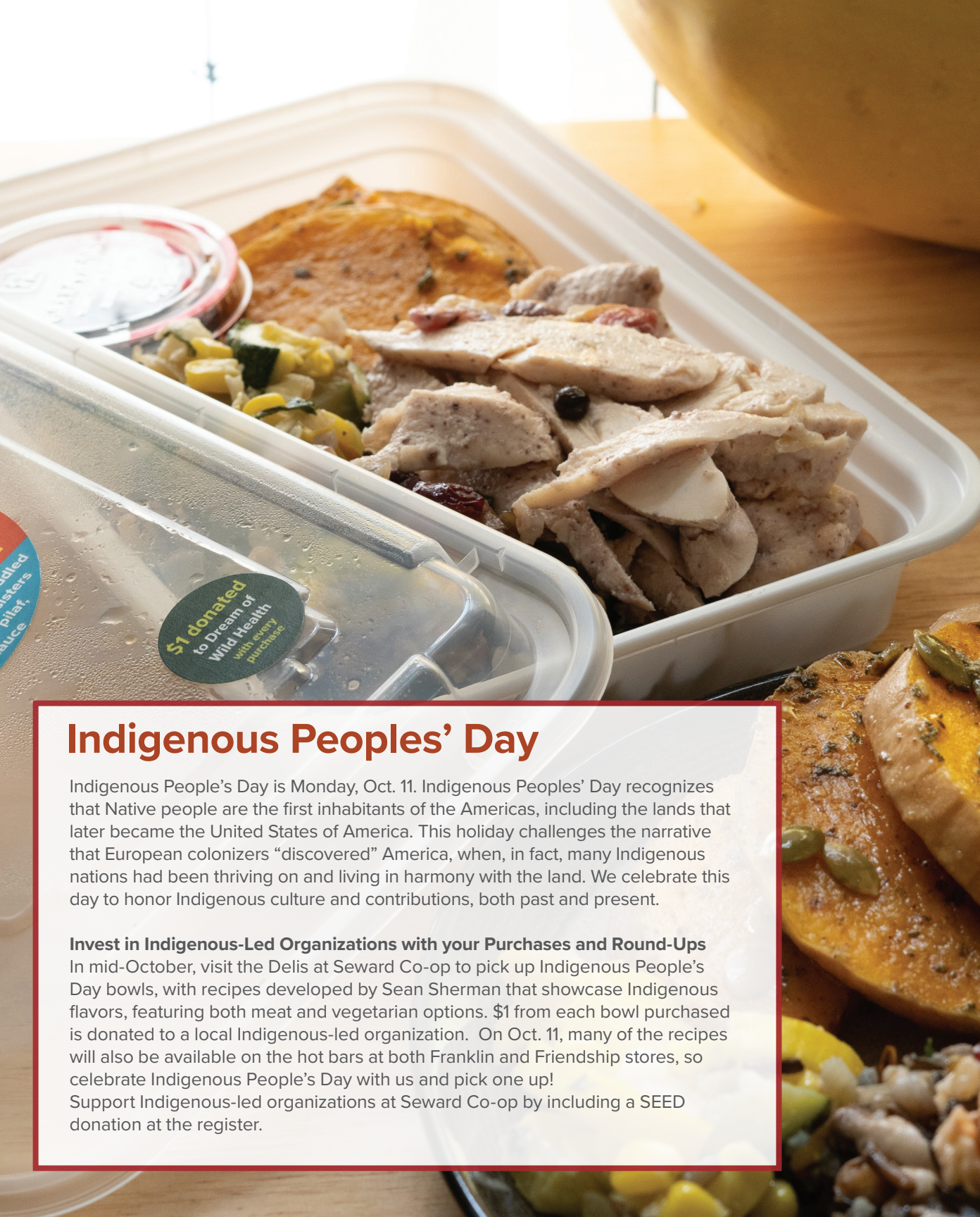
Chef Jessica will show us how to make three quick and easy recipes: a quick, healthy, and savory pumpkin soup; butternut squash macaroni & cheese; and stuffed delicata squash with kale, garlic, grains, and jalapeno.

Dia de los Muertos Recipes

Tuesday, Nov. 2, 6-7:30 p.m.

In this class, Chef Jessica will show us how to make a yeast bread called pan de muerto; champurrado, a thick and flavorful Mexican hot chocolate; and enfrijoladas de queso y jalapeño, filled corn tortillas and dipped in a chipotle bean sauce topped with crema, avocado and cilantro.





Indigenous Peoples' Day

Indigenous People's Day is Monday, Oct. 11. Indigenous Peoples' Day recognizes that Native people are the first inhabitants of the Americas, including the lands that later became the United States of America. This holiday challenges the narrative that European colonizers "discovered" America, when, in fact, many Indigenous nations had been thriving on and living in harmony with the land. We celebrate this day to honor Indigenous culture and contributions, both past and present.

Invest in Indigenous-Led Organizations with your Purchases and Round-Ups
In mid-October, visit the Delis at Seward Co-op to pick up Indigenous People's Day bowls, with recipes developed by Sean Sherman that showcase Indigenous flavors, featuring both meat and vegetarian options. \$1 from each bowl purchased is donated to a local Indigenous-led organization. On Oct. 11, many of the recipes will also be available on the hot bars at both Franklin and Friendship stores, so celebrate Indigenous People's Day with us and pick one up! Support Indigenous-led organizations at Seward Co-op by including a SEED donation at the register.



James Beard award-winning chef and The Sioux Chef's Indigenous Kitchen cookbook author, Sean Sherman (he/him), has been busy since he spoke at Seward Co-op's 2018 Annual Owner Meeting. His work in community had led him to founding North American Traditional Indigenous Food Systems (NATIFS), which is dedicated to addressing the economic and health crises affecting Native communities by re-establishing Native foodways. NATIFS' work is rooted in reversing the damage of colonialism and forced assimilation with food at the heart of this reclamation. In addition to establishing NATIFS, this past summer, Sean opened Owamni, a modern Indigenous full service establishment that presents a decolonized dining experience.



Indigenous Foods Class Series
Join us as we collaborate with Dream of Wild Health, Division of Indian Work, and Minneapolis American Indian Center for a series on Indigenous foods and recipes. We'll make a series of delicious meals, drinks, medicines, and desserts using local and traditional foods as we explore the nutritional and cultural significance of their ingredients. The instructors will share their expertise on sourcing, sustainability, and environmental impacts we're seeing in real time.

Flip to page 19, our News, Events, and Classes pages, for more details on the following classes:

Underground Oven - Duck, Squash, and Burdock
Check out seward.coop this fall for an instructional video on building and cooking in an underground oven.

Four Sisters Pasdayapi Salad
Wednesday, Oct. 27, 6-7:30 p.m.

Tea Workshop; Medicine Around Us
Wednesday, Nov. 3, 6-7:30 p.m.

Maple Cranberry Apple Crisp with Puffed Wild Rice
Wednesday, Nov. 10, 6-7:30 p.m.

Bison Roast and Bison Tacos
Wednesday, Nov. 17, 6-7:30 p.m.





**A Message
From the Board**
Kate Seybold

As the 50th anniversary of Seward Community Co-op approaches, so too do pivotal decisions for our future. This half-century milestone marks an important time for us to not only reflect on our co-op's history but to also look ahead. What does Seward Co-op mean to us? What is our co-op's role in the community? Where do we go from here? Each of us, as member-owners, holds an important role in answering these questions and shaping our co-op's future.

Since joining the board last November, I've spent a lot of time thinking about what Seward Co-op means to me and to all of you, our co-op owners. For me, it is where my family buys our food and necessities—but it's also so much more. It's where I can be more than just a consumer, but also a member of a community grounded in shared values. It's where I can support small-scale, local farms and businesses; where my dollar works to protect the environment and ensure fair wages and labor conditions for workers; and where

I can learn from and engage with others as we fight together for racial, social, and economic justice. At the heart of a cooperative is the idea of togetherness and interdependence, and each time I check out at one of our two stores is a recommitment to those ideals. I hope you, too, share in these reflections and I look forward to speaking with you in the coming months to hear more about what Seward Co-op means to you.

As we work together towards shared goals, this fall's Board of Directors election is your opportunity to choose the leadership for our co-op. Board members are elected to articulate and guide the vision of the co-op. Your vote is one of the most direct and important ways for you to engage in this work and help craft our future. I encourage you to take time to learn about each of the candidates, to reflect on what Seward Co-op means to you, and to allow those reflections to guide you as you help select our leadership.

Finally, I also invite you to join our 50th Annual Co-op Owner Meeting on Tuesday, Oct. 26. Keynote Speaker Jessica Gordon Nembhard will guide us through the history of cooperatives and help us understand Seward Co-op in the context of a much larger movement. As we continue to tie our present to our past, we will explore our history, the power of cooperation, and how our co-op can be a manifestation of abolition. As we move forward from our annual meeting, we will continue these celebrations and reflections with additional events throughout the year. We can't wait to see you there.

This is an important time in Seward Co-op's history, and I hope you play an active role in it. Vote in the upcoming Board of Directors election, join us for the annual meeting, and continue to engage – over the next year and beyond.

2021 Board of Directors Election

In October, the annual Seward Co-op Board of Directors election will begin. 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 begins Thursday, Oct. 1.

Send Us Your Contact Information

Autumn is a great time to ensure Seward 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 saying, "For the board election, please update my email address" to cs@seward.coop.

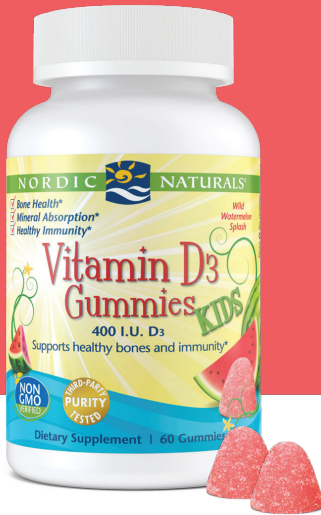
About the 2021 Election

There are three at-large seats open. Current employees of Seward Co-op are eligible to run for at-large seats, however only the top vote-getting employee may be seated. This is because Seward Co-op bylaws restrict the total number of employees on the board to two, and one employee director is currently mid-term in the designated employee director seat.

Online voting will be open through 11:59 p.m. on Monday, Oct. 25. 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. 26. 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.



**Gummy
Goodness**



Delicious Gummies
packed with essential
nutrients to support bone
and immune health.

ON SALE
9/29–10/12

NORDIC NATURALS®

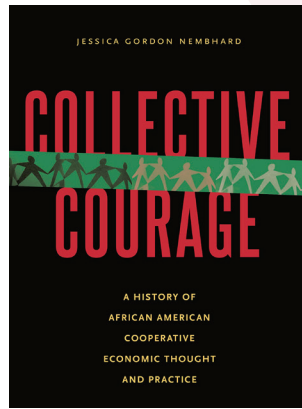


JOIN US VIRTUALLY

2021 ANNUAL OWNER MEETING

2021 Seward Co-op Annual Owner Meeting
Celebrating 50 Years: Seward Co-op within the
Broader Movement for Abolition and Liberation
Join us Tuesday, Oct. 26 via Zoom from 6–8 p.m. for
the Annual Co-op Owner Meeting. As we begin a
year of celebrating our 50th anniversary as a co-op,
we'll reflect on who we are as part of a broader
cooperative movement working for justice and the
abolition of oppressive systems.

Our 2020 meeting featured a dynamic panel of artists
and activists; and as a co-op we expressed our shared
intention to articulate a vision of community that is
free from white supremacy. Through conversation,
song, and movement, the panel centered the co-op's
role in the movement for racial justice and liberation
in our communities—a movement that holds parallel
values of abolition with cooperative history and
principles.



Economic Thought and Practice.” Jessica will join
Seward Co-op owners, board members and local co-
op innovators in conversation about how co-ops can
be a manifestation of abolition.

This year's meeting will
feature Dr. Jessica Gordon
Nembhard, Professor
of Community Justice
and Social Economic
Development in the
Department of Africana
Studies at John Jay
College, City University
of New York and author
of “Collective Courage:
A History of African
American Cooperative

Dr. Gordon Nembhard's book highlights a little-known
and often forgotten history that cooperation and
cooperative economics are principles and survival
tactics of African American communities. She begins
by expanding the definition of cooperatives to include
the development of mutual aid societies. Mutual aid
societies share contemporary co-op principles such as
voluntary ownership, organization and leadership by
owners, and participatory democracy. The book also
uncover numerous examples of cooperative economics
throughout the history of social justice movements in
the United States. Many pioneers in the Civil Rights
Movement have their feet rooted in cooperative
economics. From Frederick Douglass to the Black
Panther Party, the human rights movement is filled with
examples of economic self-help.

Please join us! This year's Annual Owner Meeting will
kick-off a year of exploring our own evolution as a co-op
over the past 50 years—and who we want to be 50 years
in the future.

2021 Annual Owner Meeting
Tuesday, Oct. 26, 6–8 p.m.



Featuring Jessica Gordon Nembhard, author of
Collective Courage and Professor of Community
Justice and Social Economic Development in
the Department of Africana Studies at John Hay
College, City of New York.



This ad was paid for by Robin for Ward 2 and is not an endorsement by Seward Co-op.

ROBIN
for WARD 2 CITY COUNCIL

HEAL • BUILD • RISE UP

**"Mass multiracial grassroots
organizing can make what is
perceived to be impossible,
POSSIBLE."**

-Robin Wonsley Worlobah

RobinForMpls.com

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ROBIN
for WARD 2 CITY COUNCIL

HEAL • BUILD • RISE UP

**"Isku uruurinta dhaqamada
Kala duwan waxay keeni
kartaa in wax macquul ahyn
ay macquul noqdaan"**

-Robin Wonsley Worlobah

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A Community-Based Approach to Safety at the Co-op

As a co-op, we have struggled in recent years with what it means to operate a community-owned business in the face of crises. In 2020, we experienced turbulence and uncertainty: the opioid epidemic, the pandemic, increasing houselessness, police brutality, and persistent violence in our neighborhood. The compounding crises in larger society have resulted in more violent crimes like car jackings and shootings within our community. Many of us have been forced to ask deeper questions about what “safety” can or should mean in this context.

Concern for community is one of the International Cooperative Principles and central to our cooperative identity. With this principle in mind, we have focused on a harm-reduction approach in our stores and community spaces when business operations intersect with community crises. The co-op has an obligation to keep our staff and community members safe and there

are currently few suitable alternatives to the police for responding to violent emergencies that may arise. We recognize that the presence of law enforcement and police can cause further harm and trauma to those who have been brutalized.

In-Store Managers On Duty (MODs)

Managers On Duty (MODs), pictured above, are the heart and soul of Seward Co-op’s community-based approach to safety. These staff members are responsible for managing the sales floor at our stores. MODs welcome and treat every customer and community member with care, and they apply co-op policies consistently and equitably. When conflict and customer misconduct occurs, it is MODs who are our first responders. Seward Co-op MODs use de-escalation and harm reduction when it is safe to do so, with the understanding that the person(s) involved may be experiencing some form of

crisis.

Being an MOD in the midst of community crises these past few years is extremely stressful. In recent months, we coordinated a new round of specialized trainings for MODs and other staff members. They include de-escalation, conduct and sensitivity, situational awareness, Narcan administration and the principles of harm reduction. The trainings are being provided by community partners including Southside Harm Reduction Services (our July SEED recipient) and Sequeerity, among others.

Collaboration with Community Partners

We understand that community safety is about the relationships we have with one another and our ability to work together to enhance the well-being of everyone in our community. There is no short-cut or work-around. Other businesses and residents throughout our city are also trying to manage these challenges. For the Franklin store, we are excited to work with and support community security efforts coordinated by Seward Civic and Commerce Association.

Last year, we joined Fair State Brewing and nearly 100 other businesses in sending a letter to the city in the months after George Floyd’s murder calling for the formation of mobile mental health emergency response teams. The hope was those teams would be dispatched through 911 and available 24/7/365 for immediate, in-person, unarmed response. As of this writing, the plan from the city is for those mobile units to be dispatched by the end of the summer. As a co-op, we’ll continue to seek opportunities to support community safety through collaboration and cooperation.

Third-Party Security

In the wake of multiple community safety concerns, the co-op hired a third-party security firm earlier this summer. Hiring outside security provides additional safety measures for our staff, customers and community, while minimizing the need to involve the police. Our security partners wear a co-op nametag and casual attire that identifies them as security personnel. Because our security partners work closely with MODs, our goal is to have them receive similar trainings, so they are equipped to engage with community members in a way that focuses on relationship-building as the foundation of a safer cooperative space.

How to Support

For those interested in supporting neighbors impacted by community crises, we recommend giving financially to or volunteering with organizations who are coordinating direct services and an integrated response. Our SEED program is an easy way to contribute (and you can donate any amount—not just your “round-up” change!) St. Stephen’s Human Services, our June SEED recipient, offers shelter, housing and resources for those who are experiencing houselessness. Our July SEED recipient, Southside Harm Reduction Services, is a grassroots syringe exchange and harm reduction organization. Other recent SEED recipients to check out: Seward Longfellow Restorative Justice, Touchstone Mental Health, and Better Futures MN. Please consider supporting these organizations as they work to support our community.

ANYTHING HELPS

Signing vs Soliciting

Some customers and community members are experiencing circumstances that are increasingly desperate. It is common throughout our city to see individuals with signs asking for material support. “Signing” is legal to do on public property. Often, however, individuals move beyond this right by leaving the public right of way and/or directly asking for contributions. This is called “soliciting” and is illegal. Both signing and soliciting are common in our community. Individuals who sign and solicit are generally non-violent. When soliciting occurs on Seward Co-op property, we ask the individuals to stop, and we encourage you to not give in the parking lot, but to provide support through our SEED program or coordinated mutual aid. Twin Cities Mutual Aid Project is a collective that maintains an online map tool to help people find and distribute essential supplies while our communities face intense hardship and disruption: <https://tcmmap.org/>.



News, Events, & Classes

Join us for a variety of classes this fall! All classes are free and virtual 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 to register or stop by Customer Service for assistance. www.seward.coop/events

September

September SEED Recipient

Better Futures Minnesota is a second-chance organization that provides housing, job training, health care, and mentorship to men who are recently released from prison. They have a ReUse Warehouse in South Minneapolis where the men work and support a healthier environment through deconstruction and re-use services.

The event series “**Co-op Community Conversations**: Exploring the intersection of racial, social, and food justice” is presented by Eastside Food Co-op, Mississippi Market Food Co-op, Seward Community Co-op, and Twin Cities Co-op Partners as a way to examine and connect our cooperative values with social justice movements.

Register at seward.coop/events. A Zoom link and more information will be sent out before the series’ events.

Green Card Food Voices: Stories of MN Immigrants Working In Local Food

Thursday, Sept. 16, 6–7:30 p.m.

Join Twin Cities Food Co-ops and Green Card Voices as we hear the stories of local immigrant business owners and learn about their journey to the US, building Wa life in the Twin Cities, and owning a business through a pandemic and civil unrest.

After the stories, join in a virtual discussion with these business owners, Green Card Voices and other local non-profits about the immigrant experience in the Twin Cities, how we can better connect with our neighbors, and what we can do to support immigrants in our community.

Native American Heritage Month

Thursday, Nov. 18, 6:30–8 p.m.

Save the date for a conversation and celebration of the contributions, cultures, traditions, and histories of Native people in Minnesota.

Nourish 101: Burrito Bowls

Tuesday, Sept. 7, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10, or under \$15 if the recipe includes meat. Chef Jess will be making an adaptable burrito bowl for any dietary preference.

Chef Jess with Jess Delicious Living

Organic Black Hair Care Mask and Growth

Sunday, Sept. 12, 11 a.m.–12 p.m.

Join Seward staff September and Nevaeh as they show how to make a castor oil mask and rice water hair mist for hair growth and health.

September Garwick Evans & Nevaeh Taylor, Seward Co-op staff

Cooking with Koshiki: Miso Butter Corn &

Foil-Yaki Salmon

Monday, Sept. 13, 6–8 p.m.

Miso butter corn & foil yaki are easy to prepare using easy-to-find local ingredients. Koshiki will prepare miso butter corn, a great way of using miso, and foil-yaki, a simple cooking method that requires almost no cooking.

Koshiki Smith, The Japanese Kitchen

Fall Harvest Recipes

Friday, Sept. 17, 6–7:30 p.m.

Join Chef Jessica in a round of three recipes that highlight the flavors of Minnesota fall produce: pasta with a savory sauce of Brussels sprouts, squash, anchovy and lemon; an Italian favorite, piadina, a bread with local garlic and fresh herbs; and a French twist for dessert, a clafoutis, a custard base in a skillet baked with a cinnamon, apple and walnut filling and topped with a light dusting of powdered sugar.

Jessica Tijerina, Tijerina Global Spices

Co-op Kids: Herbs & Spices

Saturday, Sept. 25, 1–2 p.m.

Expand your taste buds and dive into the wonderful world of herbs and spices! Come join us as we learn the many uses, benefits and flavors of herbs and spices. We will experiment while making a simple homemade tomato sauce!

Midwest Food Connection staff

Nourish 101: Sweet or Savory Dutch Pancake

Sunday, Sept. 26, 11 a.m.–12 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Whether you’re making breakfast, dinner, or breakfast for dinner this fluffy, giant pancake goes great alongside a side salad and can be topped or cooked with sweet or savory fixings.

Natalia Mendez, Seward Co-op staff

October

October SEED Recipient

North American Traditional Indigenous Food Systems

(NATIFS) is launching the Indigenous Food Lab in Minneapolis. By providing education and training that give Native people access to healthy, local, indigenous food, we can address serious issues of malnutrition, food-related illness, and economic impoverishment on tribal lands. SEED funding will launch virtual programming, including how-to videos and podcast conversations with Native chefs, growers, foragers and other relevant Native experts as a resource to Native people launching Indigenous food-related enterprises in Native communities.

National Co-op Month

October is Co-op Month! Minnesota was the first state to declare an official Co-op Month in 1948. The cooperative model has been used for generations as a tool to overcome socioeconomic challenges. Mutual aid and solidarity economics is what led Seward Co-op’s founding members to come together to provide access to healthful foods. This month is an opportunity to explore Minnesota’s vast cooperative ecosystem. Consider trying a new Community Foods product from Seward Co-op - such as cheese made by a dairy co-op or a new coffee from a cooperative farm. October is a great time to recommit and invest in cooperation. Check out the coupons for Seward Co-op owners on the back cover!

Board of Directors Candidate Forum

Tuesday, Oct. 5, 6 p.m.

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

Nourish 101: Butternut Squash Carrot Soup

Tuesday, Oct. 5, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. We’ll make a comforting, savory soup using locally-grown butternut squash and carrots.

Chef Jess with Jess Delicious Living

Intro to Soap Making

Wednesday, Oct. 6, 7–9 p.m.

Our popular soap making class returns with Longfellow Soap owner John Hanson. Join John for an in-person class at the Franklin store to learn soap making techniques. Students will receive a free silicone mold and newly updated manual during class. Limited in-person class at Franklin store classroom, please follow mask guidelines posted in the store.

John Hanson, Longfellow Soap

\$40/\$35 for Seward Co-op owners

Nourish 101: White Bean and Spinach Quesadillas

Sunday, Oct. 10, 11 a.m.–12 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Join September and Nevaeh from Seward Co-op to learn this easy and delicious weeknight meal.

September Garwick Evans & Nevaeh Taylor, Seward Co-op staff

Nourish 101: Autumn Squash Recipes

Tuesday, Oct. 12, 6–7:30 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. The fall brings an abundance of different squash, gourds and pumpkins. Chef Jessica will show us how to make three quick and easy recipes: a quick, healthy, and savory pumpkin soup; butternut squash macaroni & cheese; and stuffed delicata squash with kale, garlic, grains, and jalapeno.

Jessica Tijerina, Tijerina Global Spices

Cooking with Koshiki: Agedashi Tofu & Maze Gohan

Monday, Oct. 18, 6–8 p.m.

Agedashi Tofu was the ultimate best-selling appetizer at Koshiki’s former restaurant, Tanpopo Noodle Shop. What made this dish so special was the marriage of creaminess of tofu, crunchiness of skin, savory broth, and fresh ginger. It is still one of Koshiki’s family favorites to make at home. Along with Agedashi Tofu, we will prepare Maze Gohan, Japanese dirty rice made with carrots and burdock on the side.

Koshiki Smith, The Japanese Kitchen

Nourish 101: Loaded Chicken Tostadas

Saturday, Oct. 23, 11 a.m.–12 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$15 when the recipe includes meat. This dish is great for leftovers and has lots of textures and delicious flavors in every bite from creamy beans, and delicious chicken, and greens all piled on a crunchy tortilla.

Natalia Mendez, Seward Co-op staff

Seward Co-op 50th Annual Owner Meeting

Tuesday, Oct. 26, 6–8 p.m.

Join us on Tuesday, October 26 via Zoom from 6-8 p.m. for the Annual Co-op Owner Meeting. As we begin a year of celebrating our 50th anniversary as a co-op, we’ll reflect on who we are as part of a broader cooperative movement working for justice and the abolition of oppressive systems.



News, Events, & Classes

November

November SEED Recipient

Division of Indian Work is a second-chance organization that provides housing, job training, health care, and mentorship to men who are recently released from prison. They have a ReUse Warehouse in South Minneapolis where the men work and support a healthier environment through deconstruction and re-use services.

Cooking with Koshiki: Home-made Gyoza Dumplings

Monday, Nov. 1, 6–8 p.m.

We will learn how to stuff and shape pork and napa cabbage stuffed savory dumplings, then cook them two ways: pan-fried for a crispy perfection and boil them for steaming silky texture. We will also make homemade ponzu sauce, a Japanese sour and savory citrus dipping sauce.

Koshiki Smith, The Japanese Kitchen

Día de los Muertos Recipes

Tuesday, Nov. 2, 6–7:30 p.m.

In this class, Chef Jessica will show us how to make a yeast bread called pan de muerto; champurrado, a thick and flavorful Mexican hot chocolate; and enfrijoladas de queso y jalapeño, filled corn tortillas and dipped in a chipotle bean sauce topped with crema, avocado and cilantro.

Jessica Tijerina, Tijerina Global Spices

Intro to Soap Making

Wednesday, Nov. 3, 7–9 p.m.

Our popular soap making class returns with Longfellow Soap owner John Hanson. Join John for an in-person class at the Franklin store to learn soap making techniques. Students will receive a free silicone mold and newly updated manual during class. Limited in-person class at Franklin store classroom, please follow mask guidelines posted in the store

John Hanson, Longfellow Soap

\$40/\$35 for Seward Co-op owners

Introduction to TRE® Tension Releasing Exercises

Saturday, Nov. 6, 10–11:30 a.m.

This workshop will introduce you to the Tension & Trauma Releasing Exercises. The process safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system and helping to release deeply held tension held in the body. In this workshop, we will discuss the history of the method, walk through the exercises together and experience the process in a safe environment. After doing TRE®, many people report feelings of peace and well-being. This workshop is suitable for all ages and fitness levels.

Jeanne Bain, Certified TRE® Provider

Nourish 101: Pressure Cooker Chicken Congee

Tuesday, Nov. 9, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$15 when the recipe includes meat. This rice stew is a great comfort food. The chicken broth and cooked down rice is easy to digest and full of garlic and ginger to soothe your body and warm your soul.

Natalia Mendez, Seward Co-op staff

Nourish 101: Vegan Mushroom Meatballs

Tuesday, Nov. 23, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Enjoy these savory mushroom meatballs perfect with marinara or by themselves.

Chef Jess with Jess Delicious Living

Upcoming Store Hours

Monday, Sept. 6, 9 a.m.–9 p.m.

Thursday, Nov. 25, 9 a.m.–4p.m.



Indigenous Foods Class Series

Join us as we collaborate with Dream of Wild Health, Division of Indian Work, and Gatherings Café/Minneapolis American Indian Center for a series on Indigenous foods and recipes. We'll make a series of delicious meals, drinks, medicines, and desserts using local and traditional foods as

we explore nutritional and cultural significance of their ingredients. The instructors will share their expertise on sourcing, sustainability, and environmental impacts we're seeing in real time.

Underground Oven - Duck, Squash, and Burdock

Check out seward.coop this fall for an instructional video on building and cooking in an underground oven. Built into the earth, underground ovens are used to trap heat and bake, smoke, or steam food. Derek Nicholas from Division of Indian Work will lead us through the process of crafting, prepping, and cooking a meal of duck, squash, and burdock using this traditional cooking structure.

Derek Nicholas, Division of Indian Work

Four Sisters Pasdayapi Salad

Wednesday, Oct. 27, 6–7:30 p.m.

Alanna Norris will show us how to make a Four Sisters Pasdayapi Salad, a fresh and healthy recipe using wild rice, black beans, and hominy, from Dream of Wild Health's "Youth Leader Cookbook".

Alanna Norris, Dream of Wild Health

Tea Workshop: Medicine Around Us

Wednesday, Nov. 3, 6–7:30 p.m.

In this class, Derek Nicholas and Hope Flanagan will be discussing various Native teas. Teas are not just a drink - our tea is medicine used orally, and used in direct contact as a wet compress, foot bath, hair rinse, or bath additive. In this workshop, we'll learn about Cedar Cranberry Tea, Bergamont Hyssop Tea, and Raspberry Tea.

Derek Nicholas, Division of Indian Work

Hope Flanagan, Dream of Wild Health

Maple Cranberry Apple Crisp with Puffed Wild Rice

Wednesday, Nov. 10, 6–7:30 p.m.

Learn how to puff wild rice for this tart and sweet dessert with Vanessa Casillas and Hope Flanagan. We'll also learn about wild rice characteristics, maple syrup harvesting, and cranberries.

Vanessa Casillas, Gatherings Café/Minneapolis American Indian Center

Hope Flanagan, Dream of Wild Health

Bison Roast and Bison Tacos

Wednesday, Nov. 17, 6–7:30 p.m.

Derek Nicholas will showcase how to cook a bison roast by slow braising. After braising, Derek will use the bison roast to make some delicious tacos.

Derek Nicholas, Division of Indian Work

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Limit one coupon per owner number. Valid only 10/20/2021–10/26/2021.



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