

SPROUT!

Spring 2019



East African Recipes

CSA Fair

WIC Becomes eWIC

Oat Milk Recipe



Seward
COMMUNITY CO-OP



SPROUT!

Seward Co-op's Ends Statement

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

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

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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

Open 8 a.m.–3 p.m., Sun.–Tues.

Open 8 a.m.–9 p.m., Wed.–Sat.

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: Seward employee Asnat Ghebremedhin and her mother, Shegitu Kebede, prepare Nourish recipes similar to the Ethiopian and Eritrean dishes they make at home.

On the back: Seward Co-op hosted a Job Fair in February at the Creamery Café.



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A Message From the General Manager Sean Doyle

The Minnesota growing season is quickly approaching. Soon farmers will bring fresh local produce back to our stores and onto the Creamery Café menu. Learn how you can support area food growers by joining us at the café on Saturday, April 27, for our 18th annual CSA Fair. This is a great opportunity to meet local farmers with a wide range of community-supported agriculture (CSA) share options. Local producers are key to cultivating an authentic community foods system. When we invest in farmers by purchasing CSA shares, we help ensure this lush food region of ours continues to flourish.

As a cooperative, we have spent decades uplifting local food production. We face some real challenges as large companies continue to enter the natural foods marketplace. A tactic seen more and more is corporate food companies marketing their stores or products as small, local and part of the community. (More about this on page 6.) Seward Co-op keeps pushing for transparency and a food system built on cooperative values. While it hasn't always been easy, we have continued to grow as a community since opening the Friendship store and the Creamery Café three and a half years ago. In 2018, Seward Co-op exceeded 20,000 households who jointly own our co-op. Together we have built a strong, resilient business.

We're approaching five years since the launch of the capital campaign to raise \$3.1 million to make Friendship and the Creamery happen. Starting in late March and through the end of September, a number of the owner loans that were part of this 2014 campaign will mature. In the past, co-op owners have wanted to renew their loans. To offer that opportunity, the co-op board decided in January to launch a capital renewal campaign. In addition to working with each existing lender to determine if they want to continue their loan, we are also welcoming new investments in the co-op from owners who may not have invested five years ago.

Loans to the co-op have terms of one, three or five years and interest rates of 3.5–6 percent. You can also decide to purchase Class C stock, a nonvoting investment stock with a fixed, or par, value of \$500. Class C stock pays a 4-percent dividend each year. Class C stock is considered equity (as opposed to debt). More owner equity in the co-op makes it easier for Seward Co-op to maintain our facilities, reduces dependence on banks and increases our autonomy as a co-op.

Please consider placing some of your savings within the co-op. Doing so is a local, community-positive investment. Many owners and shoppers already believe in Seward Co-op's Ends Statement. This is an opportunity to sustain that mission, while keeping money local and building community-based resources. Constantly reinvesting in this business we own together means we will continue to have great places to find the foods we all wish to eat and purchase, for years to come. To learn more about investing in Seward Co-op, please reach out by emailing invest@seward.coop or calling 612-230-5555.

Save the Date!



CSA Fair
Saturday, April 27 | 11 a.m.–2 p.m.

SEWARD CO-OP
CREAMERY CAFE
2601 E. Franklin Ave., Minneapolis



Everyday East African Meals

Shegitu Kebede filled her house with the smells of Ethiopian and Eritrean cuisine. She hoped her children would fall in love with cooking. “You’re passing a tradition,” said Shegitu, a former community activist, restaurant owner, and longtime Seward Co-op shopper

and class instructor. She moved to Minneapolis in the 1990s as a refugee from Ethiopia and raised her family in the Seward neighborhood. “The Franklin co-op was our everyday store. Now my daughter is a grownup and she works here.”

Shegitu’s recipes have been a pillar of Seward Co-op’s Nourish program for years. Shoppers will often find them on the recipe racks in stores. Shegitu and her daughter, Seward Co-op employee Asnat Ghebremedhin, are working together to reach more Seward



Co-op shoppers with tips on eating well on every budget. “I always say that as long as you eat, and we all do eat, why don’t you feed yourself a good meal that you’ll be so proud to prepare?” Shegitu said.

The mother-daughter team is offering Nourish cooking lessons through an online video series. Nourish is a Seward Co-op program offering a needs-based discount, food and wellness staples at a low price every day, recipes, and classes. Shegitu and Asnat cook beef tibbs, as well as gomen (greens) and keysir (beets and potatoes) using Nourish recipes—meals that can feed four for \$15 or less. The dishes can be eaten on their own or served with injera, rice or pita. Seward Co-op offers injera every day at the Franklin store and on Fridays at the Friendship store.

“All of the dishes are a really good introduction to Ethiopian and Eritrean cuisine,” Asnat said. “Beef tibbs is a staple. We’d go to the co-op and get our fresh meat and our fresh vegetables and make this dish for us. It’s just an everyday meal.”

Food for Fuel

Shegitu said people eat food for a purpose in East Africa. Ingredients like garlic and ginger do more than add flavor. They’re a way to support your body. Shegitu adds flax to her food and drinks—4 tablespoons a day—to promote hair, skin, joint and digestive health. First, she roasts the raw flax seeds in a pan. Then “when I have a meal, I just grind it and use about two tablespoons over a meal or over my latte. I just throw it in my coffee and drink it.”



Learn from
Shegitu

Nourish 101: Healthy East African Cooking
Tuesday, May 7, 6:30–8 p.m.
Franklin store
Nourish 101 classes feature basic from-scratch cooking techniques and recipes that feed a family of four for under \$10. Join Shegitu Kebede to learn healthy cooking techniques for meat and vegetables rooted in East African cultures. Registration is \$5 and then you’ll receive a \$5 coupon at the class. Sign up at www.seward.coop/classes.



Follow Seward Co-op for videos with Shegitu and Asnat as they prepare Nourish recipes that Shegitu developed.



Nourish recipes are \$10 or less for a vegetarian/vegan meal or \$15 or less for a meal using meat protein.

Got Oat Milk?

Natural foods used to be niche. Large retailers have increasingly caught on in recent years, putting pressure on farmers, small-scale producers, and the entire food supply chain. Food manufacturers and distributors are stretched thin—and that affects what's on Seward Co-op's shelves.

Food Fads

Food makers struggle to get ingredients. Increasingly, they have to use multiple suppliers. Highly sought-after crops are often seasonal—and may be grown or harvested in only a handful of places worldwide (think avocados and cacao). Unpredictable weather can play a huge role in each season's harvest, and climate change makes the future of certain foods even harder to predict. When a flurry of manufacturers rush to buy these raw ingredients to meet the latest food trend, the supply chain becomes strained. As a result, natural foods brands are inconsistently available or sometimes disappear altogether.

Corporate Co-opting

Large companies are launching lines to look like startups. They bury the products' connection to a massive brand to capitalize on the small, local food movement, according to the *Star Tribune*. Legacy brands swallow a shocking number of tiny producers. In many cases, corporations take over ownership and ramp up national production. Before you know it, formerly local brands are only available at big retailers with deep pockets. A viral illustration: oat milk. Oatly—a co-op favorite—couldn't keep up with demand. So they made an exclusive deal with a corporate natural foods grocer. Many stores, including Seward, had to pull it from coolers.

Oatly Uh-oh

Oatly hopes to beef up production and offer their oat milk to more retailers. We hope so, too. In the meantime, we're getting creative. We encourage Seward Co-op shoppers to try out our wide selection of alternative milks—oat, flax and macadamia, to name a few. Or, if you're feeling adventurous, make your own. We tested four ways to whip up oat milk and crafted our own recipe. It's rich and creamy, and froths well. While this recipe uses steel-cut oats, you could also start with rolled oats from Whole Grain Milling, a local Community Foods producer.

Oat Milk Recipe

Ingredients:

1 cup steel-cut oats
4 cups water
Salt to taste
Add The Beez Kneez honey, Maple Valley Cooperative maple syrup, or dates for sweetness

Method:

Soak oats in water for 15 minutes. Add desired salt or sweetener to taste. Blend at a high speed for 1 minute. Strain oats from the mixture. Enjoy! Stores in the refrigerator for 3–5 days.

Bulk Sale March 21

Stock up and save 10% on bulk oats, soaps, granola, tinctures, baking ingredients and more.



Stay in the loop!

Follow us on social media for more on the supply chain and how you can help.



WIC is now eWIC

Nick Cronin came to Seward Co-op because of WIC—Women, Infants and Children, the federal grant program that allows states to provide resources to eligible families and young children. Years before he was Friendship store manager, Nick struggled to choose the food he found the most nourishing for his two children that also fit his family’s budget.

“I grew up with the privilege of shopping at co-ops, but we didn’t have the financial means to do so at the time,” Nick said. Using WIC at conventional grocery stores, he could find eligible products but not the same quality and values he experienced as a kid. So he went back to his local co-op and asked, “Do you take WIC?”

“No, but Seward Co-op does.”

Seward Co-op’s Commitment to WIC

As part of our mission to sustain a healthy community, Seward Co-op has accepted WIC since the 1980s. Our commitment to the program can be seen in everything from our product selection to the careful work of our cashiers.

For years, Seward Co-op subsidized key products like organic baby food to increase access to good food for shoppers utilizing WIC. We flag WIC-eligible products on our shelves to make them easier to find, and, upon request, employees walk shoppers through the store to help them navigate the program.

We work to create access beyond WIC, too. Through our Nourish program, we provide needs-based discounts, staples at a low price every day, recipes to feed four for under \$10, and classes. We also offer needs-based ownership and welcome Supplemental Nutrition Assistance Program (SNAP) participants.

Transitioning from WIC to eWIC

WIC transitioned from paper vouchers to an electronic payment card in January. We’re excited that the new system provides a more consistent checkout experience for everyone,

as well as some added flexibility for customers utilizing WIC. Shoppers have more freedom with how and when to use WIC benefits.

With the eWIC rollout, Seward Co-op is required to follow the WIC approved product list to remain compliant with the program. While Seward Co-op staff works on negotiating alternatives, we’re stocking items such as prepacked cheese, non-organic whole wheat pasta, and white eggs “with no attributes.” WIC-determined “attributes” include cage-free, organic, brown, and nutritionally enhanced.

For many years, WIC allowed Seward Co-op to subsidize egg purchases so we could provide Farmers Hen House organic, cage-free eggs at the allowable price. Alternatives like this are not currently possible with eWIC.

‘Mission-Driven’

Looking back, Nick said he feels it was a huge privilege to have Seward Co-op as an option for his family. Nick could purchase good food with WIC and enjoy tom kha gai at the soup bar for a reasonable price.

“The access was to the best food,” he said. “You could get organics, bulk, cheese. It was above and beyond what you could get with WIC at any other store.”

Now as a Seward employee, Nick sees the full picture of Seward Co-op’s commitment to serving the community: “Seward makes a very small margin on WIC items, and that really speaks to the fact that (accepting WIC) is mission-driven,” he said. “That’s a big deal.”

Submit Your Feedback

Seward Co-op remains committed to the WIC program. To participate in WIC, stores are required to carry all products specified in the program. We are working with the MN WIC office to advocate for quality food we believe should be available to everyone. Your feedback may help create change. Seward Co-op staff encourages you to share your thoughts and concerns with the MN WIC office at 651-201-4444.



Waste Matters

Help Us Maintain Sustainability at Seward Co-op

Shoppers are an important part of maintaining Seward Co-op's wastestream—how much we throw away and how much we reuse, recycle and compost. What you purchase and where you throw out packaging makes a difference. And Seward Co-op's Ends Statement drives us as a co-op to promote positive environmental impacts. Help boost our sustainability stats! Use the following list of packaging we ranked from best to worst to guide you.

1. Reusable

Bring your own container—the best, zero-waste option. Head to bulk with your reusable bags and jars as much as you can. Seward Co-op offers reusable jars, produce bags and other containers for sale. Stock up and save 10% during our Bulk Sale on March 21 on bulk beans, baking supplies, kombucha, soap, tinctures, vanilla and more!

2. Recyclable

We see recyclable packaging as second best. It can be turned into new materials, reducing the harvest of resources. This is one of the reasons you often see grab-and-go items at Seward Co-op in recyclable containers.

3. Compostable

Compostable items keep trash from the landfill or being incinerated. One huge hang-up? Compostable packaging takes a lot of energy and resources to make—some of it's made with genetically modified corn—and it's only used once.

4. Trash

If it's not reusable, recyclable or compostable, it ends up in the landfill. We encourage you to choose alternative options when possible and to put trash in the proper bin when you throw it away. If trash ends up in the co-op's compost or recycling bins, that waste is contaminated and our waste haulers often must send it all to the landfill.

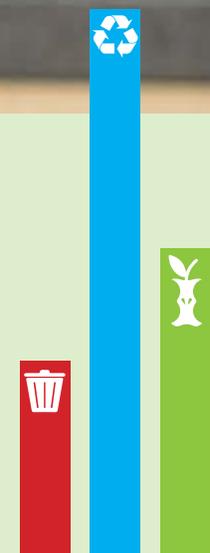
Look to our new signage above the waste receptacles in our stores to make sure you're tossing your boxes, wrappers and food waste in the right bins. Need help? We're always happy to assist you. Just ask!

Sustainability Stats

In 2018, Seward Community Co-op diverted 81.41% of our waste!

Waste is defined as unwanted or unusable materials. Waste is any substance discarded after primary use, or is worthless, defective and of no use. Only 18.59% of ours went to the landfill. The rest was either recycled (52.06%) or composted (29.35%).

This is all thanks to the diligence of our staff and the support from our community!



Sustainable Producers

Seward Co-op's Community Foods program supports producers who use environmentally sustainable practices. Here are a few to look for as you shop.

Frontier Cooperative—

restoring prairie land in Norway, Iowa; carbon-neutral shipping

Maple Valley Cooperative—

carbon sequestration, wind turbine initiative

Native Harvest—

wild crafting and traditional methods of wild rice production; reclaiming indigenous land

Tanka—

certified B-Corp, soil restoration, Green America certified

Peace Coffee—

bike delivery

The Beez Kneez—

bicycle extraction and delivery, lobbying for legislation that protects bees

Visit www.seward.coop to learn more.



Dressed Up. Seward Made.

Seward Co-op's shoppers asked for it. Now it's here. Bring home our housemade dressing for salads and fresh-cut produce. Use as a marinade or to season vegetables before roasting in the oven. It's cooperatively handcrafted in small batches with ingredients that meet our product commitment. We prioritize small-scale, local vendors when sourcing ingredients. Find all four now in the Produce section!

Buttermilk Ranch
made without gluten

Miso Onion
vegan + made without gluten

Garlic Tahini
(formerly called goddess dressing)
vegan + made without gluten

Balsamic
vegan + made without gluten
+ no soy



Follow us to see what else is
Seward-made this season.



Native Producers

Seward Co-op prioritizes Indigenous foods made by Indigenous producers. Tanka is one of the most visible examples. Oglala Lakota people on the Pine Ridge Reservation, South Dakota, founded Tanka with a deep commitment to helping the People, the Buffalo and Mother Earth. Tanka products combine high-protein, prairie-fed buffalo and tart-sweet cranberries. Seward Co-op prioritizes Tanka in how we display products in the stores. At the registers, you'll only find Tanka bars—not non-Native alternatives—and we promote specials on Tanka bars whenever possible.

Anishinaabe activist and author Winona LaDuke (White Earth) founded **Native Harvest**, which produces wild rice, maple syrup and hominy. **Autumn Harvest** offers wild rice that's hand-picked by members of the Minnesota Ojibwe Nation and processed in Sawyer, Minnesota.

Seward Co-op stocks herbs from **Wozupi Tribal Gardens**, owned and operated by the Shakopee Mdewakanton Sioux Community. Wozupi is a tribally run organic farm committed to growing food in a way that nourishes the earth, the community, and people's minds and bodies.

Evo Hemp is not a Native-owned business but does source hemp from farmer Alex White Plume (Oglala Lakota). Find their hemp and CBD products in Wellness. The recent changes to the U.S. farm bill enabled more Native communities to produce hemp. We'll work to offer these products if and when they hit the market.

Pictured left: Randy Beaulieu of Autumn Harvest.



TANKA
BUFFALO MEAT





2019 CSA Fair



Connect with the people who grow and harvest our food. Seward Co-op is welcoming farmers and vendors to Seward Co-op Creamery Café for our 18th annual CSA Fair.

Save the date! Join us for farmer talks, food samples, happy hour and face time with local growers 11 a.m.–2 p.m. on Saturday, April 27. Chat with representatives from local farms about their community-supported agriculture (CSA) shares and learn how you can support our local food growers.

“Last year, we broadened the scope of the event with in-depth ‘farmer talks’ related to immigration and land access, the farm bill, and regenerative agriculture,” said Abby Rogosheske, Seward Co-op education and outreach coordinator. “Our hope is that these opportunities to hear about the experiences of farmers firsthand will deepen the understanding of the ‘real cost of food’ among Seward Co-op owners and community members. We look forward to expanding on these conversations at the 2019 CSA Fair.”



Meet Local Farmers

Seward Co-op has invited farmers with produce CSAs, as well as unique, lesser-known CSA options, such as mushrooms, flowers and herbs, chicken and heritage goat meat. This is an opportunity for us to strengthen support for Seward Co-op vendors and farmers who may not be at scale to sell at our stores.

Some farmers have been attending the Seward Co-op CSA fair for well over a decade. For others, the CSA fair is an incubator for testing out a new business or product. Seward Co-op Creamery Café also provides opportunities for farmers to sell or test out new offerings on a small scale. Through the CSA Fair, we encourage Seward Co-op shoppers to directly invest in the farmers who grow food for Seward Co-op stores, the café, and households throughout the region.

Types of CSAs

- produce
- mushrooms
- flowers
- herbs
- chicken
- goat meat
- eggs
- and more!



Seward Co-op’s Community Foods program is about creating the food system we want to access. This includes flagging Community Foods producers on our shelves, but it’s more than that. Small-scale food producers are integral to creating a flourishing supply chain and local economy. When we as a co-op lift up farmers, we lift up our entire community—the focus of Seward Co-op’s Ends Statement and the international cooperative principles.

Follow Seward Co-op on social media and check www.seward.coop for more details closer to the date of the CSA Fair. We’ll also livestream the event on Facebook and Instagram.



Photos by Steve Niedorf.

CSA Fair
Saturday, April 27 | 11 a.m.–2 p.m.
SEWARD CO-OP
CREAMERY CAFE
2601 E. Franklin Ave., Minneapolis



- Free!
- Everyone Welcome
- Farmer Talks
- Food Samples
- CSA Signups
- Happy Hour
- Kid Friendly

Activism through Agriculture

Women's Environmental Institute



Food fuels social change. When Seward Co-op shoppers purchase produce from Women's Environmental Institute's (WEI) farm—Amador Hill Farm & Orchard—they help support the nonprofit's education and advocacy work in urban and rural communities. For the first time, WEI's farm will provide produce to Seward Co-op throughout the growing season. "We're more than a farm," said Karen Clark, executive director and a co-founder of WEI. "We're part of a movement. So when people are buying food at Seward, they help keep that momentum alive and growing."

About WEI

Founded in 2003, WEI is an environmental research, renewal and retreat center, with a main office at the farm near Almelund, Minnesota, and a small city office in the Women's Building in St. Paul. WEI's original mission statement says it's "a place for women and allies to renew, learn and organize for environmental justice."

"We've been around for nearly 16 years," said Jacquelyn Zita, director of education and operations, farm manager, and WEI co-founder. "As things evolved and WEI established itself with land outside of the city, it became more and more apparent to us that environmental justice is intimately tied to agriculture."

WEI's impact is seen in a variety of ways. They offer courses and workshops to rural and urban communities, and manage an organically certified demonstration and education farm. For the past 10 years, the organization has served as a Regional Outreach Training Center mentored by Will Allen (former CEO Growing Power) and supports policy development based on environmental justice strategies and research focused in low-income, Indigenous Native American and communities of color. Finally, WEI also operates an Eco-Retreat Center as a community resource and event venue.

Through all these efforts, WEI—together with 20 other small local farms—is building a North Circle regional online farmers market that provides fresh, organic and sustainably grown produce for communities in East Central Minnesota. At the center of this project is Amador Hill Farm & Orchard, established about a decade ago as a program of WEI.

About WEI's Farm

Based on its organically certified farming practices and mission, WEI offers hands-on classes and workshops. WEI's farm supports four different CSA options, the North Circle Online Farmers Market and growing produce for wholesale and farmers markets, including aquaponic winter produce. WEI trains farmers and provides resources to some of the same organizations Seward Co-op does, such as the Little Earth of United Tribes Urban Farm and Mashkiikii Gitigan (Anishinaabemowin for medicine garden) in the Phillips neighborhood. WEI also works in coalition with the East Phillips Indoor Urban Farm (Roof Depot) campaign and several other St. Paul and North Minneapolis projects.

"One of the values that's always been at our core is the connection between race, gender, food justice and sustainable farming," Karen said. "For us, they're all strategies for urban and rural environmental justice work. It's important not to leave out the intersections between multiple and compounding oppressions. Understanding the deep interconnections between them is part of the way things can and should be done."

Get Involved

WEI provides CSA shares, WEI memberships, volunteer opportunities and classes. WEI members receive discounts on selected classes and full-share CSAs and have exclusive access to WEI's Eco-Retreat rentals. Learn more and sign up at w-e-i.org and/or amadorhillfarm.org.

Pictured left: Farm Production Manager Shoua Lee, Farm Assistant/Supervisor Melissa King, and Director of Education and Operations, Farm Manager and WEI Co-founder Jacquelyn Zita.



CBD

Hemp's hipper than ever



Hemp and CBD oil seem to be available in all shapes and sizes. Drops, sprays, applicators, gummies—you name it, Seward Co-op's Wellness department is probably offering it. From small, on-the-go "toads" to soaking salts, we keep expanding our options to best serve co-op owners and shoppers.

Whether you're looking for softgels, tinctures or something you can add to your morning coffee, our Wellness staff is happy to help you navigate the wide variety of products now available at a range of price points.



COSMIC CACAO *Joint Bar*

Katherine Ruth, the founder of Cosmic Cacao in Minneapolis, makes all of her cacao chocolate in small batches. She developed The Joint Bar (pictured left) after her own journey with anxiety. She collaborates with Tonic CBD in New York to make this bar packed with turmeric, orange, cacao nibs and 55 mg of CBD. Pick it up in the Wellness department cooler. Look for the purple logo as you shop to find other Community Foods businesses like Katherine's.



Cosmic Cacao is a small, local Community Foods producer.



Urban Organics started in a basement. They first put down roots in the 8,000-square-foot Hamm's Brewery building on the east side of St. Paul. Now they're taking up about 10 times that in the new Schmidt's space—just under 90,000 square feet. High demand for local greens and fish has ramped up production to capacity again, so they're thinking about other locations in the Twin Cities and beyond.

With the help of an automatic seeder, LED lights and other equipment, Urban Organics' team of 30-plus employees plants, harvests and packages greens in their facility for restaurants and local food retailers, including

Seward Co-op. The arctic char and rainbow trout are shipped to Fortune Fish & Gourmet in Minneapolis to be processed and end up in Seward Co-op's seafood cases and on the Creamery Café's menu.

Photos: Seward Co-op staff toured Urban Organics in January.

Aquaponics brings together aquaculture (raising fish) and hydroponics (growing plants without soil).



Urban Organics is a local, sustainable Community Foods producer.



St. Paul Farm Grows Greens All Year

Urban Organics sought organic certification before there was paperwork for it. The aquaponics farm, which grows greens and raises fish year-round at the Schmidt's Brewery building in St. Paul, plowed the way for other companies like theirs to sprout up in the Midwest. They helped establish a certification process for

farms growing plants using water (hydroponics) and nutrients from fish (aquaculture) instead of a field.

Urban Organics plants seeds in a dirt-like coconut fiber. The greens grow in beds stacked high in a bright, humid room kept at 70-plus degrees. In a separate area, the fish are raised in large tanks that

are constantly filtered. Nutrients are pulled out, mineralized and mixed back into the filtered water to feed the plants. Urban Organics' innovative approach uses about 96 percent less water than conventional farming. The only water lost is through evaporation.



Sacred Blossom Farm

Tony DiMaggio wants the soil on his Mondovi, Wisconsin, farm to be living, just like his herbal teas. When he pulls up an Echinacea plant, the roots are complex and covered in rich, dark soil. “There’s a huge difference between dirt and soil,” Tony said during the Eat Local Co-op Farm Tour last summer. “Dirt is dead soil. What I really strive for here is maximum life in the soil.”

The farm is full of life above and below ground. Tony grows most of the herbs and flowers at Sacred Blossom Farm or at his neighbor’s farm down the road. You won’t see neat rows of crops, but rather mixed plantings like you find in nature: a hodge-podge of lavender, calendula, bergamot and cornflower. And the plants are covered in bees, butterflies and other insects. Tony hand harvests and dries plants in small batches to preserve their benefits and flavor.

Why does Tony grow, harvest and dry herbal tea? He learned his approach from a lifelong farmer who mentored him: “What he’d always say is, ‘I farm for health. If making money is your number one goal, do anything else first.’ That’s why I do this. I farm for my health, I farm for your guys’ health and I farm for the planet.”



Sacred Blossom Farm is a small, local Community Foods producer. Find Sacred Blossom herbal teas at Seward Co-op.





**A Message
From the Board**
Vina Kay

I have learned a lot after just over one year as a Seward Co-op board member: how cooperative principles apply in practice, the nature of the grocery business, how policy governance works, and so much more.

I came into this role eager to learn about the cooperative movement, but I have also seen how my work in a nonprofit organization focused on grassroots organizing for racial justice intersects with the work of the co-op. They hold in common:

Commitment to an alternative to capitalism. The work of co-ops and the work to build racial justice have in common the desire to elevate alternatives to the capitalist structure that leaves too many people out of opportunities to live healthy, whole lives. Through both, we have the opportunity to model and practice something different and show that these alternatives are possible.

Intersection of the environment, health, and social justice. Nutritious food and sustainable systems for food production must go hand in hand. Additionally, the human connection—from farmers to co-op staff—cannot be separated from how food is made.

Grounded in relationship. Community organizers know that every movement is built on the depth of relationships in a community. Only by truly knowing each other and connecting across our similarities and differences can we come together to build a better world. In the same way, the work of co-ops must be grounded in relationships and trust across our communities.

These values can keep our movement focused and clear about not just our goals, but also how we move forward together. Just like anything that matters, we must continually practice our values in real life.

Board members have been doing some work to build deeper relationship with each other, especially as we have welcomed three new members in recent months. As part of that work, we are sharing our visions for Seward Co-op that hold in common dreams and desires for our community. We are planning some ways to also be in deeper, continuous relationship with the whole co-op community, so that all our voices are part of a common dream. We look forward to building our future together!

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
Mehdi Kennar	2019
Jill Krueger	2019
Migdalia Loyola	2019
Cassandra Meyer	2021
Lenny Nelson	2020
Sally Nixon	2021
Joe Riemann	2021
Nahrissa Rush	2020



UFCW Local 663 Update

Seward Co-op employees in UFCW Local 663 voted to ratify our first union contract in August 2018. Since then, workers have selected union stewards and—in collaboration with UFCW representatives and management—continue to identify opportunities to support employees.

A Labor Management Committee was created through contract language. This committee is made up of workers and management who together address workplace matters and clarify portions of the contract for the benefit of the entire organization. The contract, or collective bargaining agreement, establishes minimum standards for workers. Local 663 members hope to continue to build on the improvements guaranteed by the contract.

Unions and cooperatives share values. We value democracy. Together, we work to sustain a healthy community. Our union helps ensure all workers have a voice that creates a positive workplace for all.

How does the contract benefit workers?

The two-year contract includes pay equity, consistent scheduling and discipline procedures, and diversity and inclusion language. The contract is effective through Aug. 19, 2020.

What is UFCW Local 663?

The United Food and Commercial Workers Union Local 663 organizes around these industries: grocery, retail, packing and processing, and health care. We're made up of more than 13,200 hardworking union families in Minnesota and Iowa. We are the largest UFCW local in the Midwest.

Pictured above: Seward Co-op employees at the Franklin store celebrate contract ratification in August. The union represents employees at both stores and at Seward Co-op Creamery Café.

Column submitted by Seward Co-op workers in UFCW Local 663.

Learn more at www.ufcw663.org. Follow UFCW 663 on Facebook, Twitter and Instagram.

Love co-op workers like we do? Check out www.facebook.com/LOVECOOPWORKERS/

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Powderhorn Shark Tank 2019



A small-business, big-ideas competition, Powderhorn Shark Tank supports and celebrates the entrepreneurs in our community on May 18 at Powderhorn Park. This competition is proudly brought to you by Powderhorn Park Neighborhood Association and is for small business owners who are both growing and emerging. All are welcome to attend and watch them compete for cash prizes and business incentives in a supportive, community environment.

The event creates a community-focused space to support home-grown businesses and ideas to succeed and thrive. Unlike many traditional business competitions, jurors rank the proposals based on more than profitability; applications are evaluated on how deeply they address a societal need and how rooted the business is in the community.

What can you do at Powderhorn Shark Tank?

Attendees can watch short, five-minute pitches from a variety of creatives selling their vision or products. Vote for your favorite emerging business to win a Community Vote award. Sample new products and purchase from local vendors at the marketplace! Your involvement helps shape the landscape of Minneapolis businesses.

Who wins Shark Tank?

A panel of business experts select six winners from the 12 finalists. The attendees of the event select three Community Vote winners from the finalists as well.

Here are the winners from last year's 2018 Shark Tank Competition:

Startup Winners:

rabbit Grub (fb @rabbitgrub)—bike-powered vegan food
Good Barrel Kombucha (ig @goodbarrelkombucha)—Minneapolis kombucha in Minnesota barrels

Emerging Winners:

Support Local Hustle (ig @picklewitch)—Black, Indigenous, People of Color collective
Jaxonmade (ig @jaxonmade)—home of handcrafted design, custom upholstery and furniture repair

Established Winners:

Curl Power (ig @curlpowersalon)—presents Curl Camp! Curl education, cleanse, and style session for parents of curly kids
Hamburguesas el Gordo (@hamburguesas_el_gordo)—authentic Mexican food in the Twin Cities

Where do I go for more information?

All information about applying for Shark Tank and attending the event can be found at www.pppa.org/powderhornsharktank



Powderhorn Shark Tank Event
Saturday, May 18, Powderhorn Park
10 a.m.—Live Pitches
12:30 p.m.—Open Marketplace

Seward Co-op is proud to be a sponsor of this event.



From Village Financial Co-op

The project to ignite a Black cooperative renaissance in the Twin Cities began in July 2016. For Black residents, a Black-led financial institution was imperative for the community to exit the traditional financial systems that benefit and profit from the pain of Black bodies. The median wealth of Black households in the United States is a mere 8 percent of the median wealth of white households. In addition to the wealth disparity, monumental disparities in income, education and housing limit the economic power of Black Americans. These disparities make everyday life difficult in many Black communities and restrict Black economic self-determination and autonomy.

Village Financial Cooperative's goal is to shift the relationship financial institutions have in the neighborhoods they are in, especially in Black, immigrant, and low-income communities that are generally unbanked or underbanked in our state. Last year, we launched our New Day Loan to beta test service. With an amazing seven-month trial, we've been able to provide over \$10,000 to members with needs ranging from rent, taxes, back-to-school supplies, and debt consolidation. This work is a two-fold approach; to disrupt the predatory lending practices that currently exist and to build a cooperative membership base by meeting the immediate financial needs of community

members. This is an important part of building economic democracy and a cooperative economy for low-income and communities of color in Minneapolis. We're looking forward to being able to use our members' feedback to enhance our services upon opening. Our loan pool addresses the needs that aren't being met by traditional financial institutions.

We bank with anyone who lives, works, worships or attends school in Hennepin or Ramsey County. Pledge today and become a member at villagefinancial.org/get-involved.

Column submitted by Village Financial Cooperative.

Ways to Engage:

Interested in being more than a member and want to be more involved? Attend our monthly Ambassador Orientation. An Ambassador is someone who aids Village Financial Cooperative's mission by extending their time and expertise to empower Black communities through financial co-operation. Learn about Village Financial Cooperative's Theory of Change towards creating a cooperative economy, activate your base, and learn to utilize your personal skills for Black Economic Liberation to work towards co-creating Minnesota's only Community Development Credit Union. Email shiranthi@villagefinancial.org for more information.

The brand you trust at an irresistible price.

ON SALE

Select NORDIC NATURALS PRODUCTS
April 3–April 16
2019



Nordic Naturals is committed to delivering the world's safest most effective nutrients essential to health. When our products go on sale, it's cause for celebration. So stock up and live life better.



NORDIC NATURALS

2019 Spring Classes // Register Online at www.seward.coop

Walk-ins are welcome as space allows, but Seward Co-op may cancel classes if there are fewer than three preregistered attendees. In this case, participants will be notified and given a full refund. Payment must be made at time of registration. To ensure a refund, cancellations must be made 48 hours before the class date.

March

Ayurvedic Cooking for your Constitution

Thursday, March 7, 6–8 p.m.

Friendship store

This class will provide an introduction to Ayurveda and the concept of doshas. We will make two simple recipes together, while discussing additional recipes and fast-and-easy Ayurvedic meals for the entire family. We'll also learn skills like chopping vegetables the Ayurvedic way along the energy lines.

Vanashree Belgamwar, BAMS

\$25/\$20 co-op owners

Practical Meal Planning Strategies for Health (+ Sanity)

Tuesday, March 19, 7–8 p.m.

Friendship store

Join Jesse Haas, functional nutritionist and founder of Wellness Minneapolis, to get some practical strategies for meal planning that will make feeding your family—big and small—a breeze. Participants will take home pantry staples lists, meal planning “hacks,” recipe formulas and sample meal plans.

Jesse Haas, CNS

\$20/\$15 co-op owners

Intro to Soap Making

Wednesday, March 20, 6–8 p.m.

Franklin store

Learn soap making from one of Seward Co-op's most popular soap vendors! In this demonstration class, students will be shown soap making using the cold-process method. Each student receives an instruction manual and takes home five bars of soap (\$25 retail).

John Hanson, Seward Soap

\$30/\$25 co-op owners

First Aid for Tick Bites

Tuesday, March 26, 6–8 p.m.

Franklin store

In this lecture, we will explore holistic first aid care for tick bites, including using herbs internally and externally, homeopathics, essential oils, and diet. Pay-as-able options are available.

Monarda Thrasher, Tea for the People, LLC

With first aid kit (\$30 of medicine): \$40/\$35 co-op owners

Without first aid kit: \$12/\$10 co-op owners

Nourish 101: Fermenting Veggies with Pickle Witch

Thursday, March 28, 6–8 p.m.

Friendship store

Nourish 101 classes feature basic from-scratch cooking techniques and recipes that feed a family of four for under \$10. Learn the basics of fermenting in a hands-on workshop that will teach you to turn almost any vegetable into a nutritious, delicious, fermented pickle. Bring your own container to take your ferment home!

L. Kling, Pickle Witch

\$5; Receive a \$5 coupon at the class!

April

Nourish 101: Fresh Spring Rolls

Tuesday, April 9, 6:30–7:30 p.m.

Friendship store

Nourish 101 classes feature basic from-scratch cooking techniques and recipes that feed a family of four for under \$10 (\$15 with meat). We'll make fresh spring rolls (vegetarian and with shrimp) with dipping sauce.

Jessica Toliver, Jess Delicious

\$5; Receive a \$5 coupon at the class!

Co-op Kids: Buzz on Bugs

Saturday, April 13, 11 a.m.–noon

Friendship store

Children will learn the important work many insects do and why good gardeners are careful not to harm beneficial bugs. In this class, children will learn to do the bee waggle dance, sing about ladybugs and take home a pollinator plant seedling they plant. Ages 5–10, parents welcome to stay or drop children off.

Emily Houser, Midwest Food Connection

FREE

DIY Natural Facial Care

Wednesday, April 17, 6–7 p.m.

Friendship store

In this hands-on class, we will make natural facial toner, perfume and lip gloss. All the products use natural ingredients from the co-op.

Jackie Mart, Optimum Wellness LLC

\$35/\$30 co-op owners

Changes to Nourish Classes

New in 2019, Nourish classes have a \$5 registration fee, with participants receiving a \$5 coupon at the class. Scholarships are available by contacting arogosheske@seward.coop. We hope this change will make classes accessible to the largest number of people in our community by reducing no-shows at our free classes.

Backyard Mushrooms

Saturday, April 20, 10:30 a.m.–noon

Franklin store

Growing your own gourmet mushrooms can be easy and nearly maintenance free—perfect for backyards and community garden plots. Learn what mycelium is and how to start and care for garden mushrooms and large-diameter mushroom logs. You will also get a peek at how they grow mushrooms at Cherry Tree House Mushrooms. Each participant will inoculate their own oyster mushroom log to take home that should fruit mushrooms in a matter of months.

Jeremy McAdams, Cherry Tree House Mushrooms

\$39/\$33 co-op owners

Keep Your Gut in Check

Tuesday, April 23, 6:30–8 p.m.

Friendship store

You may know that the gut affects your brain function, mood, sleep, hormones and so much more. So how do we properly take care of our guts to ensure a thriving body, mind and life? Naturopathic Doctor Dr. Cassie Wilder and Functional Dietitian Katherine Huber are tag-teaming this talk to demystify gut health and give you practical tools to start caring for your gut today.

Dr. Cassie Wilder, ND and Katherine Huber, MS, RDN, LD

\$12/\$10 co-op owners

May

Growing an Herbal Apothecary

Saturday, May 4, 9 a.m.–noon

Franklin store

This class will focus on how to design and grow a medicine garden at home. We will discuss the basics of growing herbs using permaculture principles and organic methods. We will delve deeper into how to harvest and preserve the herbs that you grow in your garden. Participants will take home recipes for herbal preparations and they will take home seeds, so bring some bags or envelopes. Pay-as-able options available.

Monarda Thrasher, Tea for the People, LLC

\$25/\$20 co-op owners

Nourish 101: Healthy East African Cooking

Tuesday, May 7, 6:30–8 p.m.

Franklin store

Nourish 101 classes feature basic from scratch cooking techniques and recipes that feed a family of four for under \$10. In this class, we will learn healthy cooking techniques for meat and vegetables rooted in East African cultures.

Shegitu Kebede, Flamingo Restaurant

\$5; Receive a \$5 coupon at the class!

Intro to Soap Making

Wednesday, May 15, 6–8 p.m.

Franklin store

Learn soap making from one of Seward Co-op's most popular soap vendors! In this demonstration class, students will be shown soap making using the cold-process method. Each student receives an instruction manual and takes home five bars of soap (\$25 retail).

John Hanson, Seward Soap

\$30/\$25 co-op owners

Gyoza: Japanese Dumplings

Thursday, May 16, 6–8 p.m.

Franklin store

At this class, we will share the skill of delicious and savory dumpling making: mixing, rolling and shaping the dough; stuffing the filling, and preparing the homemade ponzu sauce. Locally sourced ground pork is mingled together with Napa cabbage, garlic chives and ginger to make the flavorful fillings. Then these beautifully shaped dumpling are pan fried to perfection.

Koshiki Yonemura, Tanpopo Studio

\$35/\$30 co-op owners

Nourish 101: Tempeh Tacos

Tuesday, May 21, 6:30–7:30 p.m.

Friendship store

Nourish 101 classes feature basic from-scratch cooking techniques and recipes that feed a family of four for under \$10. We'll make tempeh tacos and discuss methods for using alternative proteins.

Jessica Toliver, Jess Delicious

\$5; Receive a \$5 coupon at the class!

Invest in Our Co-op!

Ever thought of investing in Seward Co-op? Starting in March and through the end of September, we are undertaking a capital renewal campaign. This is called a renewal campaign because it is the fifth anniversary of our capital campaign to build the Friendship store and the Creamery Café and production facility. We understand that many co-op owners will choose to keep their investment in the co-op. This renewal campaign also welcomes new investments from co-op owners who may not have had the opportunity to participate in the campaign five years ago. Being able to invest in the co-op is a benefit of ownership. Many owners and shoppers already believe in Seward Co-op's Ends Statement. Sustain that mission, while keeping your household's money local and building community-based resources. Loans to the co-op have interest rates of 3.5–6 percent. You can also purchase Class C stock, a nonvoting investment stock that pays annual dividends. Email invest@seward.coop or call 612-230-5555 to learn more and ask any questions.

March MN FoodShare Campaign

Seward Co-op shoppers can round up at the register to support Soup For You, our March SEED recipient. Soup for You provides free, healthy, organic meals to all members of our community, Monday through Friday, 11 a.m.–1 p.m. This year, the Twin Cities co-ops are collaborating to offer a panel on food access as part of the March campaign:

Increasing Food Access in the Twin Cities
Tuesday, March 26, 6:30–8 p.m., FREE, no registration needed, Wedge Table, 2412 Nicollet Ave.
Suggested donation: 1 non-perishable food item.
Donations will be split between participating food shelves.

In partnership with Mississippi Market, Seward Co-op, Eastside Co-op and Lakewinds Food Co-op, we're hosting a panel discussion on food access in the Twin Cities. Come learn about the important work local organizations are doing to increase food access and the co-ops' impact through the MN FoodShare March Campaign, a grassroots effort that supports almost 300 food shelves across the state. Each co-op will invite a panelist from one of their partner food access organizations, and Minnesota FoodShare will moderate the panel.

Seward Co-op Bulk Sale

Seward Co-op appreciates our shoppers. Enjoy 10% off during our Bulk Sale on Thursday, March 21. Bring your reusable containers and stock up on baked goods, granola, nuts, soap and so much more. We offer jars, reusable produce bags and other containers for sale if you need them. Our bulk section is a great way to practice zero-packaging shopping.



Restorative Justice Fundraiser:
A WINE & BEER TASTING
SATURDAY, MARCH 23, 2019 | 6 - 8 PM

TICKETS
\$25 in advance via Eventbrite or at Zipp's
\$30 at the door

3100 Minnehaha Ave. S.
Minneapolis

Delicious treats from local restaurants, beer & wine samples, music and a silent auction

Proceeds benefit Seward Longfellow Restorative Justice Sponsored by Zipp's Liquors

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Seward Co-op CSA Fair

Save the date for Seward Co-op's annual Community-Supported Agriculture (CSA) Fair in the Seward Co-op Creamery Café parking lot. Come learn about the area CSAs and connect with local farmers 11 a.m.–2 p.m. Saturday, April 27. There will be free samples and café food specials for sale. Follow us on social media and visit our website (www.seward.coop) for details and the list of farmers.



THE JOY OF MAY DAY
a night of revelry and puppet fun to fund MayDAY

Save the Date

"Children of Spring" Film premiere
Live music
March 29 7:00pm–11:00pm at The Avalon Theater
\$12 Adults \$7 Age 12 & under
Family-friendly cabaret
Red carpet party

SPONSORED BY SEWARD COOP -- ALL PROCEEDS GO DIRECTLY TO FUND MAY DAY



MayDay Parade

The 2019 MayDay Parade, Ceremony, and Festival will be on Sunday, May 5. There are three parts to In the Heart of the Beast's annual MayDay event: the Parade, the Tree of Life Ceremony, and a Festival in Powderhorn Park in South Minneapolis until dusk. The parade starts at noon. Every spring, the MayDay Parade explodes onto Bloomington Avenue, owning the street for the day with dancing and instruments. Each section is designed musically and visually by MayDay staff artists as a walking theatrical performance. The Join In Section follows, where community groups proclaim their names and causes. All together, 2,000 participants march, boogie or roll down Bloomington every year! Seward Co-op is a proud sponsor of this event. The co-op has a shared history with this vibrant community event, and it's long been a favorite of Seward Co-op staff.



Powderhorn Shark Tank

A small-business, big-ideas competition, Powderhorn Shark Tank supports and celebrates the entrepreneurs in our community on May 18, 10 a.m., at Powderhorn Park. This competition is proudly brought to you by Powderhorn Park Neighborhood Association and is for small business owners who are both growing and emerging. All are welcome to attend and watch them compete for cash prizes and business incentives in a supportive, community environment. Seward Co-op is proud to be a sponsor of this event. Visit www.ppn.org for more details.



March: Soup for You Café

Soup for You provides free, healthy, organic meals to all members of our community, Monday through Friday from 11 a.m.–1 p.m. We build community one bowl at a time.

April: Sexual Violence Center

Sexual Violence Center, a nonprofit rape crisis center in Minneapolis, provides free support services to individuals impacted by sexual violence in Hennepin, Scott, and Carver counties. Funds from this program will help us build a gender-neutral bathroom in our office.

May: Appetite For Change

Appetite For Change advocates for food justice and economic development in North Minneapolis, with SEED funds supporting our Youth Training and Opportunity Program and our policy and advocacy work through Northside Fresh Coalition.



Seward
COMMUNITY CO-OP



2601 E. Franklin Ave.
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www.seward.coop

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