

# SPROUT!

Spring 2020



2020 CSA Fair

Real Cost of Food

Join us in Reducing Trash

Captain's Dinner Recap

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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**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  
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:** Featherstone Farm crew with Jack Hedin on the farm.

**On the back:** Isuroon staff and Seward Co-op staff gathered to celebrate July 2019 SEED donations. Isuroon is also our May 2020 SEED recipient.



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

I am thrilled to share with you the news that our SEED program has raised more than \$2 million since its inception in 2011! This milestone embodies the power of cooperation. The work our staff has done to ask shoppers if they'd like to round up their purchases thousands of times per day and our collective pennies when we round up demonstrate how small concerted efforts can lead to material impact.

To me, the SEED program is not just about the money, but also about the genuine relationship with organizations and individuals who are rooted in the seventh cooperative principle: Concern for Community. While the co-op is focused on making and selling quality food, we consider the co-op to also be a vehicle for social justice. We will not see success in this work without community partners. For that reason, we will continue to lift up the work of community partners and the specific expertise they hold and programs they run. We will continue to round up! Please join us at the CSA Fair on Saturday, April 25 to celebrate our local farming community and our \$2 million in SEED donations.

A second milestone Seward Co-op celebrates in 2020 is the centennial anniversary of the Co-op Creamery building—the location of our café, production kitchen and administrative office. The Franklin Co-op Creamery Association (FCCA) built it as a dairy production plant to serve its

home-delivery business. This startup co-op was formed by 13 members of the Milk Wagon Drivers' Union, Local 471 (now the Teamsters 471) to ensure a steady supply of unadulterated milk to the community. This was prior to the enactment of the National Labor Relations Act, which provides the legal right of employees to unionize. They felt conflicted when their quest for wage equity in the market led to families being deprived of milk during strikes and lockouts.

They quickly became the largest dairy in Minneapolis, expanding to multiple locations. With the advent of supermarkets in the 1950s who made milk a loss leader, the co-op faced hard times. They ceased operations when they merged with another dairy in the early 1960s. Their story is a testament to the possibility of union and cooperative partnership. It also demonstrates the challenges of facing deep-pocketed competition and the importance of remaining relevant in the marketplace. Today, we are proud to occupy this historically important landmark for co-ops, unions and local food. Join us in celebrating this milestone when Franklin Avenue Open Streets occurs later this summer.

**Seward-made Fresh Daily**

Enjoy new Seward-made sandwiches and small-batch juices made fresh daily in our Deli. Our grab 'n' go sandwich selection has expanded to include sandwiches made on C'est Gourmet Croissants baked in-house. Juicing now made simpler with Fresh Orange, Cool Cucumber, Go Green, and Heartbeet—all made with organic produce—ready for you to grab and go.



**New  
Sandwich  
Varieties!**



BBQ Chicken, Classic Tuna Croissant, Curried Chicken Salad, Egg Salad Croissant, Turkey Gouda & Sprouts, and more!





# Join Seward Co-op in Reducing Trash by 16,000 Pounds

By Jon Houston, Seward Co-op Data Analyst



Seward Co-op sources all electricity used from renewable resources—solar and wind

Seward Co-op’s staff-led Green Team “talks trash” about trash! We can all make a difference, so we invite Seward shoppers and community members to help. The Green Team’s focus over the next year is to organize volunteer opportunities in our community, further advocate for packaging changes and offer resources through the “Trash Talk” campaign. We hope to see a decrease in the amount of trash our co-op produces by 1.5 percent, meaning 82 percent would be recycled or composted, compared to 80.5 percent in 2019. The overall impact of reaching this goal will amount to 16,000 pounds less waste going to the incinerator!

Seward Co-op has been committed to positive environmental practices since our founding over 45 years ago and continues to be a steward of low-waste consumerism today. It’s been 10 years since we ditched plastic in our checkout lanes and started composting organics. More than half of our Deli packaging is made from post-consumer recycled plastics. We acknowledge that this packaging is still plastic, however,



80.5% of waste at Seward Co-op is diverted from the landfill



**Make an Even Greater Impact at Home**  
Seward Co-op prioritizes using packaging that has an environmentally positive impact. Here are some tips and recent updates on our in-house packaging practices.

- Rotisserie chickens are no longer packaged in black plastic. Now, the top and bottom is compostable packaging.
- We’re no longer placing labels on compostable Deli cups, because those sticky labels are trash. If you purchase a fresh juice or smoothie, it will come unlabeled.
- Compostable produce bags are available in our produce department. Be aware that they do not function the same as plastic and you may want to transfer items to a reusable container once you are home.
- Compostable butcher paper is available at the Meat & Seafood counter. It does not block moisture as well, so you may want to transfer your purchase into a reusable container when you get home.

More work is underway!



Avoid “wish-cycling.”  
When in doubt, throw it out!

- Want to help? Here’s how:
- The recyclable plastic numbers in Hennepin County are 1, 2, 4 and 5.
  - Black plastic is trash in Hennepin County (even if it’s number 1, 2, 4 or 5).
  - Dump your mix recycling into the bins loose—don’t bag it up!
  - When in doubt, throw it out! Don’t dump items you wish or hope might be recyclable or compostable in those bins. It can cause a lot more trash as waste workers will toss the whole contaminated batch instead of sorting it.

You can also find more local information by visiting the Hennepin County website at [www.hennepin.us/recycling](http://www.hennepin.us/recycling).



Meet Green Team members: Nolan, Aaron, Amanda, Jon, Brittany, Lianna, Hannah and Laura!

these plastics can be used again and again at home, and then recycled to become raw material again. Our leadership can also be seen in the use of our rain gardens, solar panels, beehives and bee-friendly rooftop gardens, LEED-certified energy-efficient buildings, nontoxic cleaning liquids produced in house, and our Bulk departments. Despite all these successes, we recognize there is much more work to be done!



# Real Cost of Food: A Balancing Act

By: Jack Hedin, Featherstone Farm owner

Like Seward Co-op, Featherstone Farm shares fundamental values of respect for labor and the environment. As a Featherstone Farmer, I have spent 25 years attempting to create a system that meets the needs of farm and farmworker, consumer, and the environment in fair measure. Two decades in, this is still a work in progress. But putting these values into practice in a viable small business—especially a seasonal one—is complex. It is an ongoing struggle to find the right balance between consumer affordability and farmworker fairness.



I have seldom known a vegetable farmer who did not want to pay fieldworkers as much as they possibly could. We see the backbreaking labor they do on a nearly 16-hours-per-day, seven-days-

a-week, on-call basis. Many factors influence how farmers pay their employees, some of them public mandates. For example, the federal government has raised the “minimum wage” for foreign guestworkers with seasonal agricultural work visas, over 25 percent in the past six years. Featherstone Farm has not passed a penny of this increase onto our customers like Seward Co-op—it just comes out of our bottom line.

Further, we struggle with a disrupted climate, resulting in more and more crop loss every year. Commercial vegetable crops are almost universally grown in the arid West, where they almost never see a drop of rain over the course of their seasonal lives. When it rains in Minnesota during the growing season—either big systems with intense rains or persistent wet periods during harvest season—our crops almost always suffer (sometimes dramatically). In particular, yield—crippling foliar disease has taken its toll for the past five record or near record wet years. It’s safe to say that all major decisions Featherstone Farm has made during this period—from doubling our annual soil mineralization budget to building high tunnels to keep tomatoes dry during the growing season—are all about adapting to climate change.

It’s unsustainable for farms like Featherstone to continue spending on key things like climate adaptation and labor without passing on the cost of some part of these investments

to customers. So this season, for example, we will be raising our wholesale price on organic broccoli 12.5 percent, to offset production losses in “new normal” wet years. Other price increases may be coming in future years, too; I just don’t see how small farms like ours can remain viable without them.

Thank goodness Seward Co-op and other customers are ready and willing to pay this added cost. As owners of Seward, you too will contribute to these efforts by paying a fair price for broccoli and other local, organic crops. I believe that this is the single biggest contribution you can make to local agriculture as it adapts to the challenges of the 21st century: recognizing that good food is worth paying a premium for and buying faithfully from locally owned, small-scale businesses like the food co-ops and Featherstone Farm. Thank you!



**Farmworker Awareness Week  
March 25–31, 2020**  
National Farmworker Awareness Week is a week of action to bring attention to the multiple challenges farmworkers face, as well as to shed light on and bring honor to the important contributions farmworkers make to our daily lives. Seward Co-op honors the contributions made by farmworkers. We will celebrate the week by sharing stories of the diverse local farmers in our region.

## 2020 CSA Fair: Gather to Support the Local Food Economy

Our local food economy is vibrant yet fragile. Farmers often struggle to balance the costs and risks associated with farming. We can all play a role in supporting small-scale, local farmers to ensure that our community has access to fresh, whole foods grown in a way that cares for the land and supports an equitable local economy. Seward Co-op maintains direct relationships with our farmers to support a flourishing local supply chain. Many community members shop at the co-op and support local farmers’ markets and urban gardening programs. Another way individuals and families can support a healthy local food system is through community-supported agriculture (CSA) programs.

Community-supported agriculture allows community members to invest in the upcoming harvest in return for a weekly box of produce. The upfront investment helps farmers determine what to grow and in what quantity, allowing them to purchase seeds and supplies for the upcoming growing season.

Seward Co-op invites farmers and producers with CSAs as an opportunity for community members to deepen their support for the local food system. This year, look for traditional vegetable CSAs as well as meat, eggs and flowers. We will also be featuring out-of-the-box models such as community-supported fisheries and bakeries! Supporting CSA programs is an investment in our local food economy.



**2019 CSA Fair Farmer Talk  
panelist, Reginaldo Haslett-  
Marroquin, discusses  
regenerative agriculture.**



### Seward Co-op CSA Fair

**Saturday, April 25 11 a.m. – 2 p.m.**  
Creamery Café parking lot  
2601 E. Franklin Ave.,  
Minneapolis, MN

Connect with the people who grow and harvest our food. Enjoy café specials, conversations with farmers and producers, kids’ activities, and opportunities to purchase a Community-Supported agriculture (CSA) share. Listen to a panel of farmers and producers about the unique challenges and opportunities of farming in our region. Hear from Sitka Salmon Shares about sustainable seafood and Community-supported fisheries. Join us for a happy hour and celebration honoring \$2 million in community grants through our SEED program.





## Captain's Dinner Recap

Seward Co-op was thrilled to host a dinner in celebration of cooperation among cooperatives with Community Foods guest, Seafood Producers Cooperative (SPC) in January. Diners enjoyed a delicious tasting menu of high-quality Alaskan seafood and heard several fishing stories of the high stormy seas from SPC fisherpeople. The Seward Co-op community is now a part of SPC's story in Minneapolis. Their commitment to sustainable harvesting practices helps to preserve reliability and consistency of high-quality seafood for years to come. Supporting this small-scale, sustainable, cooperative with your purchases is an investment in cooperative values.

For 75 years, SPC's fishing fleets have employed the most sustainable fishing practice available—traditional hook-and-line fishing. Alaskan fish and seafood is harvested in compliance with sustainable standards—known as Science-Based Management—set by the North Pacific Observer Program. “[The] North Pacific Observer Program plays a vital role in the conservation

and management of the Bering Sea, Aleutian Islands, and Gulf of Alaska groundfish and halibut fisheries,” explained SPC staff. Observers manage harvests to ensure the conservation of individual fish species and their ecosystems’ viability to promote growth and reproduction. Without this oversight, many fisheries over harvest, leading to a destruction of ecosystems.



Miranda, fisher of SPC, showing their catch chilled right on the boat.

Local farmers are not the only ones struggling with climate change—fisherpeople experience challenges at sea as well. “There are open ocean variables as well as inland issues that are rapidly coming into play,” according to SPC staff. One major effect of global warming on the open ocean ecosystem is rising acidity levels, stunting the growth of various species, making them incapable of reaching reproductive age. As for inland ecosystems, SPC staff commented that they have witnessed ice fields melting faster than the fish can adapt. The melting of ice fields leads to species’ inability to reproduce at a rate to support a sustainable harvest. In this context, it is good to know that SPC’s fish harvest is one of the most sustainable in the world.



Caven, fisher of Seafood Producers Cooperative.



## Starter Plant Sale

Riverbend Farm is a certified organic farm owned and operated by Greg Reynolds and his wife, Mary. The Reynolds are well known for generously sharing their knowledge with other farmers. Since their start in 1992, Riverbend is dedicated to improving biodiversity and fertility on 30 acres of diversified organic vegetable and small grains production.

This spring, Seward Co-op will host a starter plant sale featuring starter plants from Riverbend Farm. As a pioneer in organic seed saving, Riverbend Farm seeks the best varieties of seeds that have been bred to withstand the ever-changing climate here in Minnesota. In 2015, Greg and Mary were recognized as Farmers of the Year by the Midwest Organic and Sustainable Education Service. Committed to community building, they sell their produce exclusively to natural foods co-ops; independent, chef-driven restaurants; and the Hopkins School District.

Stay tuned on further details on the Starter Plant Sale by visiting [www.seward.coop](http://www.seward.coop).







**A Message  
From the Board**  
Jill Krueger

According to the Seward Co-op Ends Statement, we seek to sustain a healthy community through equitable economic relationships, positive environmental impacts and socially inclusive practices. This statement is incredibly meaningful for me and is consistent with my own values. I work in public health law, and rather than focus on treating individual illnesses, injuries, and diseases, public health practitioners are more concerned with creating the conditions in which every person has the opportunity to be healthy.

I believe that the quality and availability of medical care is just one part of the overall health of a community. Other key factors include racial and economic equity, (including access to a high-quality education, employment, income, family and social support, and community safety); natural and built environment (including soil, air and water quality; and housing and transportation systems); and health-related behaviors and options (such as food choices, physical activity,

relationships, and alcohol, drug, and commercial tobacco use). When viewed through this lens, Seward Co-op's Ends Statement embodies a great deal of wisdom in its understanding of what it takes to create and sustain a healthy community.

This year, the board of directors is beginning long-term visioning, in which we will engage in conversation with stakeholders, from owners to shoppers, workers to managers, and vendors to community partners. We want to discuss our collective hopes and dreams about what it means for the co-op to sustain a healthy community now, in the year 2020, and beyond. The board expects long-term visioning to be a multiyear process. I am confident that the wisdom and shared values of this beloved community will continue to shine through, and I invite you to be part of the dialogue that will both express and shape our shared vision for the future.



**Seward Community Co-op**

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**We design & build  
in your neighborhood**

*Kitchens, Baths, Additions  
Restorations*



**Saturday  
MAR  
14  
10% off  
Pies!**

**π  
Pi(e) Day**

Celebrate Pi(e) Day with a cooperatively made pie! Seward-made pies are handcrafted by our staff using ingredients from local Community Foods producers like Hope Creamery. Choose from an assortment of flavors such as—French silk, key lime, cherry and apple. Vegan options will be available as well! Enjoy **10 percent off** when you grab a slice or a whole pie from our Bakery on Saturday, Mar. 14. Deal available while supplies last.

**Welna II  
Hardware**

THE PAINT STUDIO

**GET YOUR  
5¢ ACE BAG**



**Save the earth  
one bag at a time**

This nifty bag is large, sturdy and easy to carry - normally \$2.99 on sale for 99¢

***It's yours with this ad, a nickel and any purchase!***

One per family please  
Good until 5/31/20  
ACE sku 6296651

**2201 Franklin Ave E  
612-332-4393**

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 <a href="mailto:board@seward.coop">board@seward.coop</a> to indicate your intention to attend.	
Current Board of Directors	
Current Board of Directors	Term Ends
Shiranthi Goonathilaka	2022
Vina Kay	2020
Jill Krueger	2022
Roderick McCulloch	2020
Cassandra Meyer	2021
Sally Nixon	2021
LaDonna Sanders Redmond	2022



# Celebrate Spring with Seward-made

The anticipation of spring weather—coming any day now—can spark some to prepare for festivities surrounding holidays and cultural celebrations. Whether you are celebrating Easter, Purim, Passover or Eid al-Fitr, Seward Co-op has what you need. We offer a variety of high-quality options from small-scale, local, sustainable Community Foods farmers and producers!

The Meat & Seafood department offers briskets, lamb chops and leg of lamb from Peterson Craftsman Meats in Osceola, Wis. Also find ham from Pork & Plants in Altura, Minn. Special orders are a great way to get what you need to the table—like Zeroah, lamb shank bone, for Seder. Our staff are happy to help you create a new or traditional meal.

Our Deli and hot bar offer many Seward-made grab ‘n’ go options that often meet the dietary needs of a diverse crowd. Our quiches are made with high-quality ingredients and make an easy centerpiece or dish to pass.



## **Community Foods** *Values Every Day*

**Small. Local. Cooperative. Inclusive. Sustainable.**





# Break the Fast with Community Foods!

Commonly sambusas are found at the table for large gatherings, celebrations, and holidays—especially during Eid al-Fitr after Ramadan—served throughout East and North Africa, the Middle East, and Central and South Asia. They may be called different names and vary in ingredients, but they are generally recognized by their spiced meat or vegetable filling, which is wrapped in a triangular, lightly fried pastry.



Local, small-scale Community Foods producer, Hoyo Sambusa, handcrafts traditional sambusas from scratch in Bloomington, Minn. “Hoyo” means “mother” in Somali. Hoyo employs Somali mothers, many of whom have ownership in the company, to make this traditional dish. As an organization, their goal is to build a vibrant workforce of Somali women who successfully contribute to the economy and create self-sufficiency. Enjoy Hoyo Sambusas to break the fast or as part of any celebratory feast!

Our Deli and hot bar offer many Seward-made grab & go options that are culturally-specific. Friday’s hot bar menu offers a variety of East African dishes. We also offer East African entrée bowls to heat and serve when ready – both could make a great Iftar.



## May: ISUROON

Isuroon is dedicated to building support for Somali women and their families through social connectedness and self-sufficiency to lead healthier and more productive lives. SEED funding will support the culturally specific food shelf that serves approximately 90–100 families a month.

One community member shared the impact of Isuroon’s programming, saying, “[The] Isuroon food shelf liberates me from going place to place to gather enough food to feed my family when I am short of money. I am not ashamed to come to Isuroon. The staff are so nice, like a family. I know I can come or call and the team helps me quickly. I am so happy to have been a recipient. I am financially fine now and tell everyone to go to Isuroon.”

# SEED Donations Reach \$2 million!

co-op  $\phi$ change  
—means—  
COMMUNITY  
CHANGE



As a community, we have raised more than \$2 million to support local nonprofits through our SEED program! As part of Seward Co-op’s commitment to sustain a healthy community, this program provides a simple way for shoppers to support local organizations that align with their values by “rounding-up” their bills at our stores or café. Each month we look forward to a different SEED recipient. Below, see what two of our top SEED donors shared on why they regularly contribute to the SEED program.



“Seward [Co-op] offers me the opportunity to return some good for the many blessings I’ve had in my life.”  
—Taylor Trump



“The SEED Round-up program is a convenient way for me to donate to local charities, which are usually local, hands-on organizations that are improving people’s lives. Every time I shop for food, I remember that not all have the resources I do, so I round up \$20-\$50 per week. I get to eat; they get to eat. At the end of the year, I get an itemized list of the charities and amounts that I contributed during the year for my tax return. Easy, effective, good for the soul.”  
—Lee Kuha Welter

## SEED \$2 Million Celebration Saturday, April 25, 1:30 p.m. Creamery Café

Join us at the CSA Fair for a happy hour and celebration honoring the \$2 million in community grants made available through our Seward Co-op SEED program. At 1:30 p.m. we’ll hear from past SEED recipients about the impact of the program; then at 2 p.m., join us for a community happy hour with SEED recipients, Seward Co-op staff members, and farmers and producers from our 19th annual CSA Fair.





# Seward Co-op and the Community Opioid Crisis

Concern for Community is a Co-op Principle,  
Sustaining a Healthy Community is Our Mission

### YOUR LIFE MATTERS

**REDUCE THE HARMS OF DRUG USE:**

- Carry naloxone
- Train those around you to carry and use naloxone
- Do not use alone
- Make a safety plan for every time you use

**300%** increase in injection drug use occurred from 2007-2017 in Minnesota

**422** Minnesotans died from an opioid overdose in 2017

**WHEN YOU BUY DRUGS ON THE STREET OR ONLINE:**

- You don't know what you are getting
- The color and appearance doesn't tell you anything about what's in them
- Most or all drugs are unpredictable and adulterated (e.g., mixed, laced, contain multiple substances)

**THE SYRINGE SERVICE PROGRAM CLOSEST TO HERE IS:**

Indigenous People's Task Force  
1335 E. 23rd St. Minneapolis, MN 55404  
Monday-Friday 3:00-4:00 PM

For program hours and locations, visit Minnesota Syringe Exchange Center: [www.mnssync.org](http://www.mnssync.org)

For more information or to find a pharmacy that sells syringes without a prescription, visit [www.secd.org](http://www.secd.org) and [www.secd.org](http://www.secd.org)

**Drug use is prohibited on Seward Co-op Property.**

At Seward Co-op, we are concerned about the increase in drug use and overdoses in our community. The drug epidemic is impacting all of us. We are aware that there are staff and customers who have a substance use disorder themselves or have a loved one who is struggling with one. We want to be proactive in our overdose-prevention and response efforts. Here are some changes you may notice in our stores and café:

- We have added posters that connect people who use drugs to Syringe Service Programs in our community.
- Signage is posted that indicates we monitor the building to increase customers' safety.
- Other signs make universal expectations about use of our shared spaces explicit and clear.
- Key staff members are trained in administering naloxone, the medication that temporarily blocks the effects of an opioid during an overdose. We also offered a similar, free training to our wider community over the fall and winter months.
- We have updated our procedures for monitoring co-op buildings and overdose emergency response, and added additional sharps containers.

Thank you, in advance, for your compassion, support, and patience while we implement these improvements in our stores and café. We want to thank staff members at the MN Department of Health and Syringe Service Programs for providing support and resources to our co-ops.

Find out more about our role in this community crisis and locate resources on our website, [www.seward.coop](http://www.seward.coop).

## 2020 Spring Events

### Minnesota FoodShare March Campaign

Co-ops across the state will once again come together to support the Minnesota FoodShare March Campaign. Join us in supporting Minnesota's hunger-relief network while advocating for and supporting long-term solutions to food insecurity and poverty in Minnesota.

### Hot Sauce Tasting!

Saturday, March 21, 11 a.m.–2 p.m.

Franklin store

Sunday, March 22, 11 a.m.–2 p.m.

Friendship store

Meet our local hot-sauce makers at our second annual Hot Sauce Tasting event! Sample almost a dozen different hot sauces and spice up your stash with sales on these Community Foods producers: Lucky's, Double Take, Hellraising Hot Sauce, and Nuclear Nectar

### People Powered Perks

This May, Cycle Perks is changing to People Powered Perks! To sustain a healthy community with positive environmental impacts, we encourage shoppers to come to Seward Co-op using alternative means of transportation whenever possible. Now, all who travel to our co-op through "people powered" modes of transportation—not including motorized vehicles—receive the same benefits as Cycle Perks. Receive a special People Powered Perks punch card to be punched for any purchase at Seward Co-op. A full card of 10 punches will enter you into a monthly drawing for a \$50 gift card at Seward Co-op!

### 2020 CSA Fair

Saturday, April 25 11 a.m.–2 p.m.

Creamery Café Parking Lot

Connect with the people who grow and harvest our food. Enjoy café specials, conversations with farmers and producers, kids' activities, and opportunities to purchase a Community-supported agriculture (CSA) share. Listen to a panel of farmers and producers about the unique challenges and opportunities of farming in our region. Hear from Sitka Salmon Shares about sustainable seafood and Community Supported Fisheries. Join us for a happy hour and celebration honoring the \$2 million in community grants made available through our Seward Co-op SEED program.

11:30 a.m.: Hear from a panel of farmers and producers about the unique challenges and opportunities of farming in our region; learn more about CSAs as a unique way to support our local food system.

12:30 p.m.: Hear from Sitka Salmon Shares about sustainable seafood and Community Supported Fisheries (CSFI). Learn about Seward Co-op's new Community Foods Grants for small, local, cooperative, sustainable and inclusive producers.

1:30 p.m.: Learn about Seward Co-op's nationally recognized SEED "round-up" grant program, which reached \$2 million in community grants this year! Hear from past SEED recipients and celebrate this important milestone with us. Happy hour to follow!

2:00 p.m.: Join farmers, fishers, vendors, SEED grant recipients and Seward Co-op staff for a community happy hour at the café!

**MARCH: St. Stephen's Human Services** has been an invaluable partner to Seward Co-op as we work to identify our role in the opioid epidemic that is impacting many community members. Together, with the help of other social service agencies, we have been able to approach this community crisis in a way that is true to our cooperative identity and demonstrates concern for community. We are grateful for the expertise and resources from St. Stephen's Human Services.

St. Stephen's Human Services operates two shelters in Minneapolis for adults of all genders experiencing homelessness. SEED funds will be used to infuse the nearly 300 meals served daily with more nutritious, local, and environmentally-conscious options. Seward Co-op shoppers can help support St. Stephen's work in the community through SEED donations in March. Visit [www.ststephensmpls.org](http://www.ststephensmpls.org) to find opportunities to continue support year-round.



### APRIL: MayDay in Metamorphosis

The MayDay Parade and Festival hosted by In the Heart of the Beast over the past 45 years is taking a year off. Seward Co-op SEED funds will be used to support the MayDay Council to re-imagine and re-design a festival to return in 2021 more resilient and more rooted than ever in the vibrant communities of South Minneapolis.

Through a robust community nomination and selection process, 16 artists and community leaders have been invited to serve on the first MayDay Council. The MayDay Council will partner with In the Heart of the Beast in designing a new approach to the planning and production of future MayDay events based on principles of equity, justice, and collaboration.





# 2020 Spring Classes // Register Online at [www.seward.coop](http://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

### Nourish 101: Saturday Brunch! Monte Christo Eggbake

Saturday, March 7, 10–11 a.m.

Friendship store

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Join us to make Chef Jess' famous Monte Christo Eggbake—free coffee provided!

*Jessica Toliver, Jess Delicious*

**\$5; Receive a \$5 gift card at the class**

### Food as Medicine: Your Food and Mood Connection

Monday, March 9, 6–8:30 p.m.

Franklin store

In this class, you will describe how food affects your mental health, understand how to eat foods to balance your mood, identify your own food rules, and gain understanding about how stress and inflammation affect your body.

*Monica Peterson, LICSW*

**\$25/\$20 co-op owners**

### Nourish 101: Know Your Seward Co-op Meats!

Thursday, March 19, 6–7:30 p.m.

Friendship store

Explore the Seward Co-op Meat department with Cecka from the Friendship store! In this guided tour and recipe class, Cecka will show you how to find and cook affordable meat grinds while supporting the local and humane farms whose products we carry at Seward. In addition, attendees will cook and sample a recipe for a delicious turkey and rice casserole that serves four people for under \$15!

*Cecka Parks, Friendship Store Meat Department*

**\$5; Receive a \$5 gift card at the class**

### From Seed to Table: Medicinal and Culinary Herbs

Saturday, March 21, 9 a.m.–noon

Franklin store

In this class, participants will learn how to grow, harvest, and process medicinal and culinary herbs. We will explore simple practices for creating preparations to make use of homegrown herbs. Monarda will share some of her best practices and recipes for teas, tinctures, and pestos. Participants should bring two half-pint jars to bring home preparations.

*Monarda Thrasher, Driftless Herbal Exchange Network*

**\$45/\$40 co-op owners**

### Meditative Yoga: Spring Renewal Series with Samadhi Yoga

Saturday, March 21, 10:30–11:30 a.m.

Saturday, April 18, 10:30–11:30 a.m.

Saturday, May 16, 10:30–11:30 a.m.

Friendship store

Samadhi's mission is to provide quality yoga classes and education with inclusion and diversity at their core. Their classes and styles honor the roots of yoga while focusing on accessibility, and their staff are diverse and representative of the Seward and South Minneapolis community. Join Samadhi at the Friendship store classroom for a mellow, gentle yoga class to clear away tension, stress and stagnant energy. All levels welcome, for every body.

*Samadhi Yoga*

**FREE**

### Gyoza Dumplings

Tuesday, March 24, 6–8 p.m.

Franklin store

Koshiki Yonemura from Tanpopo Studio 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 dumplings are pan-fried to perfection.

*Koshiki Yonemura, Tanpopo Studio*

**\$35/\$30 co-op owner**

## April

### Sewing Sustainably: Produce Bags with An Upcycled Closet

Tuesday, April 7, 6:30–8:30 p.m.

Friendship store

In this hands-on class, students will learn the basics of sewing to create two reusable bags out of sustainably sourced and secondhand materials. No experience needed; all levels welcome! All supplies will be provided, but participants are welcome to bring whatever they would feel most comfortable using (sewing machines, fabrics, etc).

*Lauren Callis, An Upcycled Closet*

**\$30/\$25 co-op owners**

### Spring Sushi with TanpopoStudio and Sitka Salmon Share

Thursday, April 9, 6–8 p.m.

Franklin store

Koshiki, a chef from TanpopoStudio and Richie from Sitka Salmon Share will be teaming up to teach a class on sustainable sushi making. This class will feature line-caught Albacore Tuna and Salmon from Sitka Alaska. Please come and join the class to learn the skill of sushi making and to support small fisheries in Alaska.

*Koshiki Yonemura, Tanpopo Studio*

**\$35/\$30 co-op owner**

### Co-op Kids: The Ins and Outs of Seedlings

Saturday, April 11, 11 a.m.–noon

Friendship store

A seed is a miracle waiting to happen! But here in the Northland our growing season is short, so let's not wait. Children get busy planting seeds indoors to discover the advantages of extending our growing season as they care for and prepare the seedlings for transplant outside in the garden.

*Instructors from Midwest Food Connection*

**Free**

### Backyard Mushrooms

Saturday, April 18, 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 Northwoods Mushrooms. Each participant will inoculate their own oyster mushroom log to take home that should fruit mushrooms in a matter of months.

*Jeremy McAdams, Northwoods Mushrooms*

**\$39/\$33 co-op owners**

### Nourish 101: Vegan + Gluten-Free Mac & Cheese

Tuesday, April 14, 6:30–7:30 p.m.

Friendship store

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Join us to make gluten-free and vegan macaroni & cheese!

*Jessica Toliver, Jess Delicious*

**\$5; Receive a \$5 gift card at the class**

## May

### Herbal Foods and Condiments

Saturday, May 2, 1–4 p.m.

Franklin store

In this hands-on workshop, participants will learn about and make a variety of pestos, curry paste, chermoula, and preserved lemons. We will also discuss how to add diverse herbs to foods to increase nutrition. Participants will take home preparations, so please bring two half-pint jars.

*Monarda Thrasher, Driftless Herbal Exchange Network*

Please inquire about pay-as-you-are-able slots by emailing

[llarson@seward.coop](mailto:llarson@seward.coop).

**\$45/\$40 co-op owners**

### Sewing Sustainably: Produce Bags with An Upcycled Closet

Thursday, May 7, 6:30–8:30 p.m.

Franklin store

In this hands-on class, students will learn the basics of sewing to create two reusable bags out of sustainably sourced and secondhand materials. No experience needed; all levels welcome! All supplies will be provided, but participants are welcome to bring whatever they would feel most comfortable using (sewing machines, fabrics, etc).

*Lauren Callis, An Upcycled Closet*

**\$30/\$25 co-op owners**

### Nourish 101: Chicken Fried Rice

Tuesday, May 12, 6:30–7:30 p.m.

Friendship store

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Join us to make chicken fried rice.

*Jessica Toliver, Jess Delicious*

**\$5; Receive a \$5 gift card at the class**

### Shades of Green: After-Death Options in the Metro

Wednesday, May 13, 6–7:30 p.m.

Franklin store

Learn about Green Burials and other earth-friendly options for your body after death. This class will empower you to choose the right plan for you so you can live fully into a new year.

*Funeral Consumers Alliance of Minnesota*

**FREE**





**Seward**  
COMMUNITY CO-OP



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612-230-5555

[www.seward.coop](http://www.seward.coop)

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