

# SPROUT!

Fall 2022



Attend the Annual  
Owner Meeting  
Vote for the Board of Directors  
Indigenous Foods Class  
Series Returns  
Enjoy Seward-Made  
Sausage



Seward  
COMMUNITY CO-OP





SPROUT!

Seward Co-op's Ends Statement

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

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

General Manager Sean Doyle

Editor and Marketing and Communications Manager Natalia Mendez

Designer Amanda Reeder

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 Administrative Offices

(612) 230-5555  
Co-op Creamery Café Closed  
2601 E. Franklin Ave., MPLS, MN 55406

International Cooperative Principles

Voluntary & Open Membership  
Democratic Member Control  
Member Economic Participation  
Autonomy & Independence  
Education, Training & Information  
Cooperation Among Cooperatives  
Concern For Community

Sprout! Printing Policies

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On the cover: Local band Malamanya performs at Seward Co-op's 50th anniversary block party.



A Message From the General Manager  
Sean Doyle

As some of you may already know, this will be my last letter in the *Sprout!* I have decided to leave the co-op to be Business and Store Development Director with the National Co+op Grocers (NCG). It has been an incredible honor to be Seward Community Co-op's general manager these last 18 years. There have been so many amazing accomplishments. I have worked with so many wonderful people. I am proud of what our co-op community has been able to do, and I am grateful to be of service.

In total, I have had the pleasure to serve our co-op for over 25 years. I started at the original store at 2201 East Franklin in 1992. I was a director for four years, first as an employee director in the 1990s and again as a director at large at the beginning of this century. I had a ringside seat as our co-op grew: from the decision of

the board in the 90s that the co-op needed to relocate and grow or it would not survive, to the first decade of my tenure as GM when we rode the wave of exponential growth to become a multi-location co-op.

We have also lived through some immense challenges. The community conversation when building the Friendship store compelled many internal and external changes on the way to becoming a multi-location business. We redefined our co-op and broadened our sense of what it means to say that everyone is welcome, and our staff decided to unionize. The COVID-19 pandemic started in March 2020 and the murder of George Floyd six blocks from our Friendship store tested our co-op, our community, and our world in unimaginable ways. There is no ignoring the deep divisions in

our body politic wrought by these crises. And, in these dark times, a renewed enthusiasm for mutuality and cooperation emerged.

These past two years have been a period of recovery for our co-op. We reached an amazing milestone celebrating 50 years of cooperation. The co-op is in a good position to face future challenges. We were successful in attracting significant investments from the Coronavirus Aid, Relief, and Economic Security (CARES) Act, and after a few years of decline, the co-op is seeing growth again.

Milestone anniversaries can have a way of grounding us in purpose, and I am grateful for everyone who was able to celebrate with us throughout 2022. On the co-op's website, we have a great collection of videos and photos

from gatherings this year, including a film screening, the CSA Fair, and our block party at Open Streets Franklin. Find them online at [www.seward.coop/celebrate-50-years-of-seward-co-op](http://www.seward.coop/celebrate-50-years-of-seward-co-op). I invite you to spend some time reflecting on this anniversary year and the value our co-op brings to our community.

I am also thrilled that Raynardo Williams has stepped in as Interim General Manager. I have had the pleasure to work with Ray since he was hired as the Friendship Store Manager in 2017. For the last five years, Ray has been in charge of co-op operations across all business units as Senior HR and Operations Manager. Ray is dynamic, committed, talented and an overall wonderful person. Our community is so fortunate to have Ray's strong leadership to take the co-op through this next transition.

While I may be leaving the helm at Seward Co-op, I am excited about the opportunity to help co-ops around the country grow. We need co-ops now more than ever. Small-scale, local producers need access to market and they need to be paid a fair price. Employees need a workplace where they can be valued. People need a place to come together over delicious, healthy food. And, most importantly, we need to change the systems that care more about concentrating wealth for a few than creating greater equity for many. Cooperatives as mutual associations create commonwealth. By owning Seward Community Co-op, committing to it, and shopping at it, we will all help ensure our next 50 years.



Left to right: Sean Doyle's early days at Seward Co-op, groundbreaking at 2823 E. Franklin Ave. in Dec. 2007, with Scott Patterson at P6 launch in Oct. 2010.

Sean with Leo Sanders at the Creamery Cafe in Dec. 2017, Sean with Interim GM Ray Williams at the 2016 Annual Owner Meeting.

THANK YOU SEAN  
FOR 25+ YEARS OF  
COOPERATION AT  
SEWARD CO-OP!

*"Thank you for all you have done for Seward Co-op and the entire food cooperative industry. Your hard work, dedication, tenacity, and cooperative spirit has positioned Seward for continues success for years to come."*  
—Raynardo Williams, Interim General Manager





# CELEBRATE NATIONAL CO-OP MONTH



In 1948 Minnesota was the first state to declare October as Co-op Month, and in 1964 it became a national event. Since then, we have been a top state for cooperative businesses, and one of the top three states with the most agricultural co-ops. This October, let's raise awareness of a trusted, proven way to do business, that provides an alternative to traditional capitalist systems, and invests in our local communities.

Seward Co-op understands the power and importance of supporting cooperatives. We are proud to collaborate with fellow co-ops from the products you see on the store shelves to the community partners with whom we engage. Learn about a few of the cooperative producers you can find at Seward Co-op stores.

## Ellsworth Co-op

Ellsworth Cooperative Creamery is located in the heart of Wisconsin, in the town of Ellsworth — known as the “Cheese Curd Capital of Wisconsin.” The co-op was founded in 1910 and primarily made butter, and had chickens for laying eggs. In time, after many innovations and expansions they transitioned to making cheese. Today, Ellsworth Cooperative Creamery is 300+ dairy farm families strong. They make a variety of delicious cheeses, including the entire Blasers Natural cheese collection. Add Chipotle Cheddar to any fall cheese board for a bit of delightful, smoky heat.

## Alaffia

Alaffia is a fair trade, cooperative producer of skin and body care products in Togo, West Africa. The women of the Alaffia Shea Butter Cooperative hand-craft shea butter and other raw ingredients using traditional, sustainable methods. Stock up on their moisturizing lotions, bath, and body care before the cold, dry winter months.

## Wisconsin Growers Cooperative

Founded in 2006 to help 20 families maintain ownership of their farms, Wisconsin Growers farmers are dedicated to the idea that if they take “good care of the soil, the soil will pay back with high-quality produce.” On nearly 40 acres of the co-op's land, farmers plant, tend, and harvest crops exclusively using horses, horse machinery, and hand tools. Enjoy their seasonal squash varieties this fall, and learn more on page 10.



# COOPERATION WORKS: GROWING FOOD SYSTEMS WE WANT

In 2017, Seward Co-op became the first in the Midwest co-op to commit to an order of watermelons grown by the Federation of Southern Cooperatives (FSC). This past summer, after time off due to inclement weather leading to a loss of crops, we once again fulfilled another order. This partnership is an important example of cooperation in action for many reasons. Most importantly, it exemplifies the creation of the food systems we want, as opposed to settling for the food systems we have.

FSC was founded in 1967, to assist in the economic development of Black farmers and the rural poor who had been discriminated against by the USDA and other exclusionary programs. FSC's education program supports reclaiming traditional and ancestral knowledge of growing and providing food for families and communities—skills many farmers were forced to abandon due to the shift to industrial agriculture and a U.S. trade policy that economically favored corporate agriculture.

**Working with FSC is an act of both financial and environmental sustainability.** Many non-local watermelons come from California and Mexico, places where drought

conditions require much more water. Since they are one of the most water intensive crops to grow, watermelon production in a drought requires even more irrigation, which increases their negative environmental impact. By opting for FSC-grown watermelons, it reduces the travel time by about 1,000 miles less than California watermelons. Additionally, they create financial sustainability. FSC supports a group of primarily Black farmers with a focus on land retention that ensures these farmers won't lose their land to large-scale farms that produce monoculture crops.

Maintaining the relationship Seward Co-op has forged with FSC is in complete alignment with our Ends Statement. Through this partnership, we are able to build stronger relationships with more Black farmers and further diversify the regions of the country from which we source our produce during the off-season. Buying from fellow cooperative producers and farmers allows us to support cooperative economic development and grow the food systems we want.

 **Community Foods**  
Values Every Day



Ben Burkett of Federation of Southern Cooperatives



**SMALL-SCALE  
COOPERATIVE  
BLACK-OWNED**

## A MORE SUSTAINABLE SUPPLY CHAIN

GEORGIA



Average rainfall 29.1"  
Required Supplemental  
Water = 10 water droplets



Food miles to  
Seward Co-op: 1210

CALIFORNIA



Average rainfall 11.8"  
Required Supplemental  
Water = 15 water droplets



Food miles to  
Seward Co-op: 1890







# ENJOY SEWARD- MADE SAUSAGE

Did you know the sausages you see in the Meat and Seafood case at Seward Co-op stores were made by hand by talented staff members? They're no ordinary links! Seward Co-op has a long history of making sausage. We started the program when we opened the Franklin store at 2823 E. Franklin Ave. in 2009. Today we craft Seward-made sausage in our production facility at the Seward Co-op Creamery building, and one thing that hasn't changed is our commitment to quality by using local, organic ingredients whenever possible.

Throughout the year, you'll see a rotating variety of delicious sausages to try. You can be assured that when you choose Seward-made sausage you're buying sausage made with organic herbs and spices, and meat and trimmings from Community Foods producers. Additionally, you're

supporting your local co-op that provides above minimum wage, union jobs to members of the community.

To share these tasty meats with those who don't eat pork, we recommend our recently updated chicken hot dog. This popular product switched from a traditional pork casing to a sheep casing, and it is available year-round. A seasonal pork-free option making its return this fall is the Lamb Merguez sausage. The Lamb Merguez is an old favorite that is packed full of herbs and spices for a little bit of a kick. If you like a zesty sausage with a bit of heat, this one is for you and it pairs nicely with a cooling yogurt-based sauce like tzatziki. If spicy sausage is not for you, look for the return of the seasonal Beer and Onion brat. It's inspired by Oktoberfest celebrations and is crafted using local German-style lager and smoked onions—a great, savory sausage flavor perfect for welcoming the cooler months. No matter which Seward-made sausage lands in your cart, you're making a delicious choice to support the local food economy.

## THINK OUTSIDE OF THE BUN

Sure, sausages are great hand-held entrees, but they also shine when plated with other delicious sides or when used in a recipe. Seward-made sausages can be cooked, sliced and used in soups, or removed from their casings to use as a base for stews, sauces, and chili. With so many sausages to choose from, there are countless flavor combinations and preparations to try.

### Prep them the Wisconsin way

To make the most of Oktoberfest season, prepare your sausages like they do in Wisconsin: boil them in beer and onions! Finish on a griddle or grill to sear the casing and add a layer of smoky flavor. Enjoy alongside a salad (potato or otherwise), a spicy, grainy mustard and a pretzel roll.

### Pile on the sides

Many sausages are rich and flavorful, so they're delicious with contrasting flavors. Tart and mouth-watering sauerkraut provides a great balance, along with starches like mashed, hashed, or pancakes of potato. A sweeter and milder sausage like the Spring Chicken is delicious with a squash and apple mash on the side.

The **Beer and Onion brat** is perfect sliced on a plate with local Community Foods sides such as Fierce Ferments sauerkraut, mashed sweet potatoes from Wisconsin Growers Co-op, and certified organic greens from Superior Fresh.



Try Calabrese pork sausage sliced on pizza

Try smoked Andouille sausage sliced in a stew or gumbo







# PRESERVING SUMMER'S BOUNTY

Early fall brings an abundance of produce to the co-op shelves, gardens and CSA boxes. Although a joyous time, it can also be overwhelming when we're not sure what to do with so much abundance. How do we keep from wasting food? Preservation! The many methods of preserving food will allow you to enjoy the freshness of summer throughout colder months.



**Canning** is a very shelf stable option that involves placing summer fruits and vegetables in jars and submerging the jars in a water bath to seal. Variations of canning include making jams, jellies, and pickling. Pickling uses the addition of acid (typically vinegar) and salt to combat bacteria.

**Pros:** Most shelf stable, lots of variety, great for sweet and savory applications.

**Cons:** Requires purchasing supplies like jars, lids/ rings, and tools to remove jars from water bath.



**Freezing** is a very easy option for beginning preservers. Freezing retains the nutritional value, color, and flavor of many foods and makes it a favorite option for many fruits, vegetables, and herbs. Produce can also be frozen in liquids such as broth or a homemade syrup. Herbs can be frozen in oil for easy cooking and sautéing.

**Pros:** Very easy and requires little time, retains taste, nutritional value, and color.

**Cons:** Requires freezer space, and freezing expands the cells of produce and can negatively impact the texture of some fruits and vegetables when thawed. Avoid freezing crisp items like cucumbers, celery, watermelon, etc.



**Dehydrating** is an ancient preservation method that allows us to shrink the size of items through drying, without losing the nutritional value. This is a favorite method for those who want emergency food packets prepared, or like to bring food along on camping or hiking trips.

**Pros:** Doesn't take up much room, very portable for outdoor adventures.

**Cons:** The humidity of most homes requires the purchase of a dehydrator. Although ovens are an option, they use a lot of energy, and the taste and texture of food may change. If dehydrated food is not stored properly it can lose its nutritional value.

# PRESERVING OURSELVES IN TIMES OF CHANGE

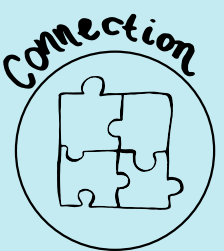
In our fast-paced world it's easy to let self-care rituals slip through the cracks. Over the last two years, as a community and on a global scale, we've weathered so much. Self-preservation before the cold, dark months of the year set in is just as important as preserving our excess food. Tend to your body and mind with these practices.



**Movement** of any kind, whether it's a gentle walk or a high-intensity workout, has a wealth of physical, mental, and emotional benefits. Our minds and bodies are intimately connected, and movement releases endorphins that help us combat stress, helps emotions move through our bodies, and forges a stronger mind-body connection.



**Mindfulness** allows us to be fully present and aware in the moment. This does not only apply to awareness in our environment, but awareness in our bodies and minds, too. Mindfulness allows for greater appreciation, and is theorized to help us be more kind, accepting, and compassionate people.



Seeking **connection** helps us engage with ourselves, our communities, and nature. Solo time spent on a hike or with friends, catching up over coffee, or visiting elders can be beneficial for all parties. Connecting with community through food is another nourishing option, and this fall marks the return of Seward Co-op classes. The Indigenous Foods Class Series is a way to collaboratively explore the nutritional and cultural significance of local and traditional foods with Native leaders. Learn more about these and other opportunities to connect through the co-op on pages 17-19.





# GOURD-GEIOUS FALL SQUASH

One of the benefits of shopping at Seward Co-op is trying new varieties of produce not available at other grocery stores. Make Seward Co-op your one-stop shop for the season's best squash! We'll have many of the familiar, traditional winter squash like butternut, acorn, and spaghetti, and invite you to expand your squash palate to try a few that may be new to your pantry. We expect the varieties below from local Community Foods producers Wisconsin Growers, Featherstone Farm, and Heartbeet Farm.



### Buttercup

Sweet and nutty, buttercup squash have a deep green, edible skin and look similar to an acorn squash. Their delicate and creamy flavor are excellent for steaming and baking. Buttercup's firm and drier texture is also great in curries and stews, or thinly sliced and used in salads or as a pizza topping.



### Blue Hubbard

Easily identifiable by their inedible ashy-toned blue-grey skin, blue Hubbard squash are great to keep in rotation for flavor development throughout the season. Its flavor continues to develop while stored in a cool, dry place, and the starches slowly convert to sugar. This buttery, richly flavored squash has been compared to a drier sweet potato, and because the skin may be difficult to slice, proceed with caution when cutting into them. The blue Hubbard takes well to either sweet or savory preparations, and is especially delicious with strong flavors like cinnamon, cumin, curry, chili powder, and more... squash tacos anyone?

### Red Kuri

The beautiful rusty orange color of red kuri squash looks just as beautiful sitting on the counter as it does in your next meal. This creamy squash's sweetness is especially drawn out when roasted or grilled, and it's a lovely pumpkin substitute when baking, for pureeing into soups, or stuffing with grains and meat. The skin is edible, but a little tough to peel until it's been cooked.



### Turban Squash

Perhaps one of the more exciting looking edible squash you'll see at the co-op this fall will be the turban squash. Named for its resemblance to the headwear, its two separate sections make it a little difficult to cut into for preparation, but its hazelnutty, pumpkiny flavor is well worth it for use in soups and curries. The turban squash's hard shell can be used for presenting whatever fall feast you cook up.



**FERNDALE  
TURKEY,  
HOUSEMADE  
SIDES, AND PIES**

**MADE  
WITHOUT  
GLUTEN,  
VEGETARIAN,  
AND VEGAN  
OPTIONS!**



**Seward**  
COMMUNITY CO-OP

## HARVEST CELEBRATION CATERING

Order Nov. 1–15

ORDER AT  
THE **DELI**  
**COUNTER**  
OR ONLINE

**PRE-ORDER FRESH  
& FROZEN TURKEYS  
BY NOV. 15**

**LOCAL,  
FREE-RANGE  
& NATURALLY  
RAISED**

**FERNDALE  
MARKET**

**CANNON FALLS, MN**







## A Message From the Board

Vina Kay



### Board Meetings

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

### Current Directors Term Ends

Shiranthi Goonathilaka	2022
Claire Purvey Houston	2022
Vina Kay	2023
Warren King	2023
Jill Krueger	2022
Cassandra Meyer	2024
Sally Nixon	2024
LaDonna Sanders Redmond	2022
Kate Seybold	2024

### Conversations with the Board

Join members of our board on Thursday, September 29 for a virtual drop-in conversation at 6:30 p.m. Register online at [www.seward.coop/events](http://www.seward.coop/events).

It is election season, both at Seward Community Co-op and in our broader community. Political ads, candidate forums, policy platforms, yard signs all illustrate one version of what democracy looks like. The visions and promises of individuals who seek to serve the broader community through public office can inspire hope or leave us worried about our collective future.

Yet real democracy is so much more. Despite the United States' propensity to highlight its democratic values, we have never fully had an inclusive, multiracial democracy. We are a country founded on white supremacy, genocide, and the participation of the privileged. Though over time we have expanded the ability to participate, we still have work ahead. Just as our demographics lean toward a majority people of color, efforts to curb democratic participation are growing in many states through redistricting and voting restrictions that limit community voice.

We can do better, and the cooperative movement demonstrates what co-governance looks like, which is essential for the deeper multiracial democracy we are building. Beyond voting, we are part of developing solutions that draw on the wisdom of lived experience. We have a seat at decision making tables so that policies and practices reflect community voice in a more direct way. Examples of co-governance are

all around us, from community land trusts, to restorative justice practices in schools, to shared enforcement of workers' rights.

Cooperatives like Seward Community Co-op with values that include democratic participation, openness, solidarity, and social responsibility contribute to our understanding and practice of co-governance. An example is our selection and support of community SEED recipients. This grant program is open to community organizations to apply. Then a Seward Co-op staff committee selects a portion of recipients for the grant, and additional recipients are chosen through community voting. Later, we vote with our dollars when we choose to round up at the register to support each month's SEED recipient.

In community and within the co-op, we have opportunities to practice co-governance and work towards real democracy. In addition to making informed choices on Election Day, we can stay engaged in the policymaking process, call and write to our elected representatives, join community organizing campaigns, and participate in direct actions. These are all part of living into a more robust democracy that can lead to a more accountable system of governance that is truly intended for the public good.



### 2022 Board of Directors Election

Seward Co-op Board of Directors will hold its annual election this fall. Co-op owners elect the board of directors—one ballot per owner number. Help maintain our co-op democracy and participate in the direction we take as a community-owned business by casting your votes. The election begins on Friday, Sept. 30.

### About the 2022 Election

There are three at-large seats open. All have a three-year term. There is one designated employee director seat open, which is a two-year term. Current employees of Seward Co-op were eligible to run for the designated employee director seat or an at-large seat.

Online voting will be open through 11:59 p.m. on Monday, Oct. 24. Paper ballots will be accepted at any co-op location or can be mailed, and they must be received by noon on Tuesday, Oct. 25. We'll announce election results at the Annual Owner Meeting later that day.

For more information about the election or about governance topics, please visit [www.seward.coop/board](http://www.seward.coop/board) or email [board@seward.coop](mailto:board@seward.coop).

### Patronage Refund

Seward Community Co-op had a rebound year in fiscal year 2022. At its August meeting, the board of directors approved a patronage refund to co-op owners. Patronage refunds are proportional to purchases, so the more an owner spends at the co-op over the year, the greater their refund. Patronage refunds are a return on your purchases from throughout the year and are not taxable. Patronage refund letters will be mailed to co-op owners in October. Refunds will be available as a credit on owner accounts at the registers on the date of the distribution.

**Not an Owner Yet?** Learn more at the Customer Service desk how you can co-own an independent, community-owned business that's been supporting the local economy, ethical purchasing, and human cooperation for over 50 years.



## #1 Fish Oil Brand in the U.S.†





# CELEBRATING THE POWER OF COOPERATION AND COMMUNITY

Help us celebrate the power of cooperation and community as we conclude a memorable year of honoring our 50th anniversary.

We kicked-off our co-op's 50th anniversary celebration last year with an [Annual Owner Meeting](#) featuring [Dr. Jessica Gordon Nembhard](#), author of "Collective Courage: A History of African American Cooperative Economic Thought and Practice." Dr. Gordon Nembhard joined Seward Co-op owners, board members and local co-op innovators in conversation about how co-ops can be a manifestation of abolition—inspiration as we began a year of exploring our evolution as a co-op over the past 50 years and who we want to be 50 years in the future.

In January, we welcomed early co-op movement leaders Lori Zuidema, Gary Cunningham, and Leo Cashman for a [virtual panel discussion](#) about the original documentary film "The Co-op Wars." The discussion served as an unofficial reunion for many long-time Seward Co-op owners. It provided an in-depth behind-the-scenes look at motivations behind the founding of numerous Twin Cities co-ops, and addressed issues of inequity that are still relevant today.

April brought the triumphant return of our in-person [Community Supported Agriculture Fair](#) at the Creamery building. Nearly 30 local farmers visited with community members about CSAs and shared the importance of working together to build a strong local food economy. There were raffles, samples, snacks, a lot of laughter, and only a little bit of rain.



And finally, we partied like it was 1972 at [Seward Co-op's 50th anniversary block party at Open Streets Franklin!](#) Co-op owners and neighbors feasted on the popular \$5 community meal and danced in the street to local bands and DJs curated by KRSM radio. Over 20 community organizations and Community Foods vendors joined the celebrations with food samples, art, and family activities.



**2022 ANNUAL  
OWNER  
MEETING**  
📺 🎧 **OCTOBER 25**

[JOIN US ONLINE](#)



## Save the Date!

Join us online Tuesday, Oct. 25, 6-7 p.m. for a virtual presentation of Seward Co-op's 51st Annual Owner Meeting.

Gather for one last toast to our 50th anniversary year as we debut a new video celebrating Seward Co-op's history and community impact. We will also share the results of the board of directors election and announce the SEED recipients for 2023, including the results of our annual Community Choice SEED vote!

Stay tuned for more details, and register online at [www.seward.coop/events](http://www.seward.coop/events).



# Fall SEED Recipients

One way Seward Co-op lives its Ends Statement to sustain a healthy community is through robust community grants. The SEED program is a simple yet powerful community giving opportunity that allows customers to “round-up” their grocery bill for recipient organizations that share our commitment to a healthy community.

## September

**Inquilinxs Unidxs por Justicia (IX)** is raising funds for tenants to purchase five buildings in the Corcoran Neighborhood. Known as Sky without Limits, or Cielo sin Limites Housing Cooperative, they will establish permanently affordable, democratically-controlled housing for 69 families. As an organization, IX works to establish housing cooperatives as alternatives to the commonplace landlord-tenant relationship, which results in the extraction of wealth from low-income and BIPOC families. Sky Without Limits is the first cooperative they have been able to establish!



## October

**Dream of Wild Health** is a Native-led youth leadership organization with a 30-acre farm. Your donation supports Native youth from Minneapolis reconnecting with their cultural traditions while learning important skills and advocating for food sovereignty.



This October, visit the Delis at Seward Co-op to pick up **Indigenous Peoples’ Day bowls**, while supplies last, with recipes developed by Sean Sherman showcasing Indigenous flavors. \$1 from each of these bowls supports October SEED recipient, Dream of Wild Health. On Oct. 10, many of the recipes will also be available on the hot bars at both stores.

## November

Funding from Seward Co-op’s SEED grant will support **Little Earth’s Urban Farm**. The farm provides culturally relevant food to 1,000 Native residents located in the East Phillips neighborhood.



# Classes & Events

Visit [seward.coop/events](https://seward.coop/events) to register

Join us for a variety of virtual and in-person classes this fall! Please register in advance. In-person classes are limited. A Zoom link and recipe for virtual classes will be sent out before the day of class. Visit [www.seward.coop/events](https://www.seward.coop/events) to register or stop by Customer Service for assistance.

## September

**Cooking with Koshiki: Nikuman, Steamed Pork Bun & Egg Drop Soup**  
Monday, Sept. 19, 6-7:30 p.m.

Free virtual class  
If you travel in Japan during the winter, you will encounter street food vendors and convenience stores selling Nikuman steamed buns. Originally called Chukaman (Chinese-style steamed buns), they were introduced to Japan in the late 1920s and are now a winter staple across the country. In this class, we will prepare floured buns filled with pork and onion and steamed on a bamboo steamer. A side of quick and easy egg drop soup makes this a full and flavorful meal.  
*Koshiki Smith, the Japanese Kitchen*

**Wisconsin-style Fried Fish and Homemade Tartar Sauce**  
Tuesday, Sept. 20, 6-7:30 p.m.

In-person class at Friendship store classroom \$20/\$15 for co-op owners  
Join us in-person for a demonstration and tasting of a Wisconsin classic! Cracker meal makes this style stand out from other beer-battered and fried fish. Natalia will also share their dad’s tartar sauce recipe, and share about other fixings to make the perfect Wisconsin-style fish fry.  
*Natalia Mendez, Seward Co-op staff*

**Nourish 101: Kale Pesto Pasta**  
Tuesday, Sept. 27, 6-7:30 p.m.

Free virtual class  
Nourish recipes are simple, delicious, cost-effective dishes that use healthy ingredients available at Seward Co-op. Nourish 101 classes showcase these recipes through cooking demonstrations of delicious meals for all skill levels.  
*Chef Jess Toliver, Jess Delicious Living*

## October

**October is Co-op Month**  
Seward Community Co-op joins cooperatives across the United States this October in celebrating National Co-op Month! The overarching goal of the cooperative movement is to create a cooperative economy comprised of businesses that exist to serve the needs of the people who use them. As a cooperative community, we aspire not only to serve co-op owners’ mutual needs, but also to demonstrate that it is possible to cultivate a healthier and more equitable society. Learn more about the power of cooperation on pages 4-5.

**Vote in 2022 Board of Directors election Sept. 30–Oct. 25**  
Our board of directors is comprised of co-op owners passionate about Seward Community Co-op and the cooperative business model. Our directors bring a wealth of varied backgrounds and skills to the board. This fall the annual Seward Co-op Board of Directors election will occur. Co-op owners elect the board of directors—one ballot per owner number. Help maintain our co-op democracy by casting your vote.

**Store Hours**  
Nov. 24: 8 a.m.–4 p.m.



## Help Select 2023 SEED Recipients!

Each year, a staff-led committee selects most of the SEED recipients for the coming year. Co-op shoppers are invited to vote for four Community Choice recipients. Cast your vote Sept. 30–Oct. 14! Community Choice recipients will be announced at the Annual Owner Meeting on Oct. 25. Learn more about the 51st Annual Owner Meeting on pages 14-15.



October

Seward Co-op Board of Directors  
Candidate Forum

Monday, Oct. 3, 6-7:30 p.m.  
Join us online for the Seward Co-op Board of Directors Candidate Forum. This is an opportunity to engage with the 2022 board candidates and current directors. You'll hear from each of the candidates and why they are running for Seward Co-op's board. Bring questions you would like to pose to the candidates, or submit in advance to [board@seward.coop](mailto:board@seward.coop).

Intro to Soap Making

Wednesday, Oct. 12, 7-8:30 p.m.  
In-person class at Franklin store classroom \$40/\$35 for Seward Co-op owners  
Join Longfellow Soap owner John Hanson for an in-person class at the Franklin store to learn soap making techniques. Students will receive a free silicone mold and manual.  
*John Hanson, Longfellow Soap*

Seward Co-op 101

Monday, Oct. 17, 6-7:30 p.m.  
Free in-person class at Friendship store classroom  
Join members of our board of directors to get the scoop on Seward Co-op! Learn about the history and evolution of co-ops, how Seward Co-op came to be and where we're headed, what it means to be a co-op owner, and how YOU play an important role in helping Seward live its vision to sustain a healthy community.  
*Kate Seybold and Sally Nixon, Seward Co-op board members*

Nourish 101: Almond Crusted Fish Sticks with  
Caper Sauce

Tuesday, Oct. 18, 6-7 p.m.  
Free virtual class  
Nourish recipes are simple, delicious, cost-effective dishes that use healthy ingredients available at Seward Co-op. Nourish 101 classes showcase

these recipes through cooking demonstrations of delicious meals for all skill levels.  
*Chef Jess Toliver, Jess Delicious Living*

Cooking with Koshiki: Japanese Bento  
Monday, Oct. 24, 6-7:30 p.m.

Free virtual class  
Bento is Japanese boxed lunch or dinner where small portions of well-balanced prepared foods are beautifully arranged in lacquered wooden boxes. We will prepare kara-age (marinated and fried chicken), sweet potato rice, tamagoyaki (egg omelet), and a side of seasonal vegetables.  
*Koshiki Smith, the Japanese Kitchen*

2022 Seward Co-op Annual Owner Meeting  
Celebrating The Power of Cooperation and  
Community

Tuesday, Oct. 25, 6-7 p.m.  
Join us for a virtual presentation of Seward Co-op's 51st Annual Owner Meeting. Help us celebrate the power of cooperation and community as we conclude a memorable year of honoring our 50th anniversary!

November

Intro to Soap Making

In-person class at the Franklin store classroom  
Wednesday, Nov. 16, 7-8:30 p.m.  
\$40/\$35 for Seward Co-op owners  
Join Longfellow Soap owner John Hanson for an in-person class at the Franklin store to learn soap making techniques. Students will receive a free silicone mold and class manual.  
*John Hanson, Longfellow Soap*



Join us for a collaborative exploration of the nutritional and cultural significance of local and traditional foods with Native community leaders. We are honored to partner again this year with local members of Indigenous-led organizations Dream of Wild Health, Division of Indian Work, Gatherings Café, and American Indian Family Center to share their knowledge through a series of cooking and lecture workshops. We will learn how to make delicious meals, drinks, medicines, and desserts as instructors share their expertise on sourcing, sustainability, and environmental impacts on local foods.

All are free, virtual classes.

Cushaw Squash, Walleye, and Blue Corn

Thursday, Nov. 3, 6-7:30 p.m.  
*Brian Yazzie, Yazzie the Chef, Gatherings Cafe*

Wild Rice

Monday, Nov. 7, 6-7:30 p.m.  
*Derek Nicholas, Division of Indian Work, Hope Flanagan, Dream of Wild Health*

Squash and Maple Syrup

Thursday, Nov. 10, 6-7:30 p.m.  
*Vanessa Casillas, Hope Flanagan, Dream of Wild Health*

Wild Rice & Hazelnuts

Tuesday, Nov. 15, 6-7:30 p.m.  
*Alanna Norris, Hope Flanagan, Dream of Wild Health*

Nettles

Tuesday, Nov. 22, 6-7:30 p.m.  
*Derek Nicholas Division of Indian Work, Hope Flanagan, Dream of Wild Health*

Squash and Maple Syrup

Tuesday, Nov. 29, 6-7:30 p.m.  
*Youth leaders from the American Indian Family Center*

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

