

SPROUT!

Fall 2023



The In-Person Annual
Owner Meeting is Back

Honor Indigenous
Peoples Day

Celebrate Latinx Identities

October is National
Co-op Month

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 Ray Williams

Editor Meghan White

Marketing and Communications Manager
Natalia Mendez

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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

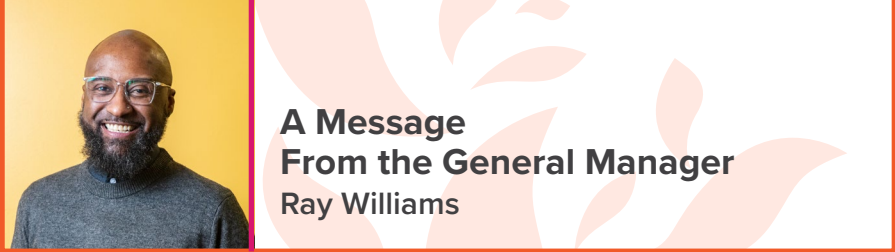
Friendship store
(612) 230-5595
Open 8 a.m.–10 p.m. daily
317 E. 38th St., MPLS, MN 55409

Creamery 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: Chef Jess Toliver teaches kids how to make granola during a Microgreens class on yogurt parfaits.



A Message
From the General Manager
Ray Williams

Dear Seward Co-op Community, As we transition into fall, my mantra as your General Manager is “re-center, simplify, connect, and grow.” And we have a lot of exciting work to do! First, I want to cordially invite you to our 52nd Annual Owner Meeting on October 24 at the U of M Coffman Union. After three years of virtual Annual Meetings, I am especially excited to reconnect with each of you in-person over a bowl of chili and some great jazz music.

As co-op owners, I want to encourage each of you to vote in our board of directors election. Our democratically-elected board is a huge part of what makes our business unique as a co-op. All community members also have an opportunity to vote for our 2024 SEED Community Choice grant recipients. Information about both of these voting opportunities is available on our website or at the stores, and results will be announced at the Annual Meeting.

Our remodel of the Franklin store will continue in several more stages as we head into the fall season. We are working so hard to provide an improved store experience for both

customers and staff members. This summer at Franklin has sometimes been messy, noisy, and even frustrating. But this is the kind of project we need to keep the co-op vital, and growing—creating more and better paying jobs, providing healthy food to more families, and supporting more small-scale farmers and other Community Foods producers. I want to personally thank you—our owners, customers and staff members—for your patience and steadfast commitment throughout this important project.

In November, we are honored to again partner with local, Native-led community organizations on the Indigenous Foods Class Series. These classes will focus on different recipes using traditional ingredients as instructors share their expertise on sourcing, sustainability, and environmental impacts on local and native-grown foods.

In this harvest season, I am so grateful for our incredible co-op community. Wishing you and your loved ones an abundant table and the nourishment you need in these times of change.



Sept 29–Oct. 24 | more info on pg. 11



Sept 29–Oct. 15 | more info on pg. 14



Staff Spotlight:
Jael Solis Navarro (she/her)
Franklin Deli Kitchen

COOKING UP
COMMUNITY AT
SEWARD CO-OP

At Seward Co-op, staff often grow into new departments or roles that further suit their interests and skill sets. We encourage a community that recognizes and celebrates talents and experience, and we provide opportunities for staff to have career trajectories that fit their passions and capabilities. For Jael Solis Navarro (she/her), Seward Co-op has offered a number of roles that progressed to her current position as a Kitchen Cook at the Franklin store. “I really just love working with food. It’s so much fun and you can always learn new things.”

When Jael first started working at Seward Co-op, she came into the Deli department with experience from a catering company and restaurants. “Although I was able to get lots of experience in those places,” she said, “it was pretty chaotic and draining working there. When I started working at Seward it was a nice breath of fresh air and I have enjoyed working here since.”

Jael has worked in a number of roles throughout the co-op, starting in the Deli

global department at the Creamery, moving to a production cook for Grab N Go, then to the Grocery department, and now in the Deli kitchen at Franklin. “In the Deli kitchen I’ve enjoyed working with many different recipes, especially learning to make different Ethiopian foods.” But Jael’s favorite Seward-made dishes to eat? “Any of the potato recipes, like the cajun potatoes or the jalapeño mashed potatoes. Love them, always gotta buy some every time they are on the Hot Bar!”

As much as the food has kept Jael at Seward Co-op, so has the community. “I love that the co-op is very welcoming and diverse. That they care about the community they are located in. And that they strive to do better.” Working at Seward Co-op has also allowed Jael to strike a good work-life balance, which she is thankful for. Jael is excited for the future of the Franklin store and the remodel, because though there have been challenges to working in a kitchen temporarily shared by multiple departments, it’s that cooperative community she can rely on. “I think we have been adapting pretty well! Everyone has been doing their part.”

OCTOBER IS NATIONAL CO-OP MONTH

October is National Co-op Month, when we recognize the values and principles upheld by cooperatives that demonstrate alternatives to capitalist business structures. All year, we celebrate and support the cooperative model, including collaborating with other cooperative businesses, whose products you can find on our shelves. Learn about some of the cooperatives you can support year-round at Seward Co-op.

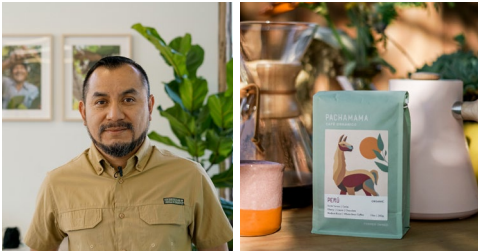
Pachamama Coffee

Pachamama Coffee is 100% owned and governed by coffee farmers in Peru, Nicaragua, Guatemala, Mexico, and Ethiopia, with each country cooperative receiving a vote from an elected representative on the Board of Directors. Their cooperative structure allows farmers to set the prices for coffee, and the monetary returns find their way back to the farmer cooperatives. Support cooperative business with your next cup of coffee: try the Five Sisters and Farmers Extreme Dark blends, on sale from October 4-31, as well as the bulk varieties of Pachamama Coffee.

THE PACHAMAMA DIFFERENCE

At Pachamama, a farmer's share of the final retail price is commensurate with the input of labor. It's 6x higher than in Fair Trade and 7x higher than in Conventional.

	CONVENTIONAL	FAIR TRADE	PACHAMAMA
FARMERS' AVG. REVENUE PER POUND OF COFFEE	\$2.25	\$2.45	\$15.02
SMALL SCALE FARMS	☐	☐	☐
LIVING WAGE	—	☐	☐
ARABICA BEANS	—	☐	☐
COOPERATIVE MODEL	—	☐	☐
PROFIT DISTRIBUTION	—	—	☐
BOARDROOM VOTE	—	—	☐
SHAREHOLDER OWNERSHIP	—	—	☐
BRAND OWNERSHIP	—	—	☐



“Our dream is to put a face to the roasted coffee, more than just being commodity producers. The difference is that we own the entire process from production to consumers, from seed to cup.”

CARLOS REYNOSO
VP OF PACHAMAMA COFFEE &
GM OF MANOS CAMPESINAS



Rochdale Farms

Founded in 2009, Rochdale Farms is a cooperative of small-scale farmers that produce artisan cheeses, hand-rolled butter, and other dairy products that are sold exclusively to Midwestern food co-ops. The cooperative supports the growth and success of family farms and small-scale producers, which include nearly 300 Amish farmers from Wisconsin’s Driftless region who practice traditional grass-based dairying and hand-milking. Try the Goat Cheddar Cheese or Rochdale Parm, two delicious choices whose purchase strengthens the cooperative food supply chain.

Fair Anita

Partnering with artisan cooperatives around the world, Fair Anita seeks to offer stylish, affordable jewelry that is produced ethically while providing economic opportunities for women. Each cooperative pays two to four times the minimum wage and offers health insurance and educational scholarships. Fair Anita jewelry is made by hand with materials—often recycled—from the local community, making each of their pieces unique. Find Fair Anita earrings at both the Franklin and Friendship stores, and support a network of more than 8,000 artisans around the globe.



Maple Valley Cooperative

Founded more than 30 years ago, Maple Valley Cooperative produces organic maple products with fair and sustainable methods. Maple Valley Cooperative shifted to a cooperative structure in 2007, building on the experience of co-founder Cecil Wright, a maple farmer who had also been part of the Organic Valley/CROPP Cooperative for 18 years. Today, Maple Valley is dedicated to supporting its 30 farmer members, family farms who adhere to the highest standards for sustainability and land stewardship. Find Maple Valley products on grocery shelves and in the Bulk aisle, where you can try as much as you like of this versatile sweetener.



CELEBRATE LATINX IDENTITIES

THIS SEPTEMBER AND OCTOBER

By **Natalia Mendez** *they/them*

Sept. 15–Oct. 15 is known by many as Latinx or Hispanic Heritage Month. It began in 1968 as a single week under President Lyndon B. Johnson, and Ronald Reagan increased it to a month in 1988. Its purpose is to celebrate and honor the culture and contributions of those living in the United States whose ancestors came from Mexico, the Caribbean, Central and South America, and Spain.

Although it may seem strange to start a heritage month in the middle of one, a handful of Latin American countries celebrate their independence on Sept. 15, like Nicaragua, Honduras, Costa Rica, El Salvador, and Guatemala. Mexican Independence Day is Sept. 16, and Chile celebrates theirs on Sept. 18.

Indigenous People's Day is Oct. 9, and we use the day to honor those who lived in the Americas before Columbus and colonization arrived in what is now known as the United States. The Indigenous people in North, Central, and Southern Americas had been here long before the Spaniards sailed across the ocean to exploit and pillage the fertile soils of the Americas.



This is why I personally choose to call this time period Latinx Heritage month. I do not choose to center European colonization with the term "Hispanic," highlighting Spain's colonization of my Indigenous ancestors. While I cannot change how history has reshaped my culture, I can choose what I call myself—Chicanx, an American-born person of Mexican descent—and I can choose how I celebrate: with loved ones who can help me hold the complex identity of today's Latinxs that makes us a beautiful, diverse people with our own foods, celebrations, music, and traditions. This Latinx Heritage Month, I celebrate our tenacity, our vibrance, and survival.

I leave you with one of my favorite short poems from Gloria E. Anzaldúa:

"This land was Mexican once,
was [Indigenous] always
and is.
And will be again."

Join Natalia on Sept. 21 and Sept. 23 for classes celebrating Latinx Heritage Month, where they will share food and drink from their Latinx background, including a kid-friendly recipe in a Microgreens class. [Learn more on page 16.](#)

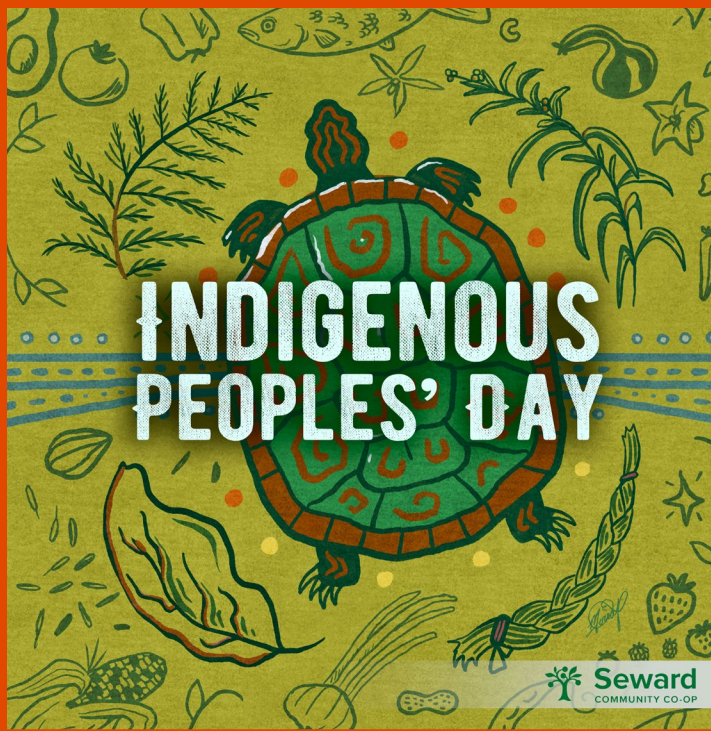
HONORING INDIGENOUS PEOPLE'S DAY

MONDAY, OCT. 9 2023

Indigenous People's Day is Monday, Oct. 9, and it recognizes that Native people are the first inhabitants of the Americas, including the lands that later became the United States of America. This holiday challenges the narrative that European colonizers "discovered" America, when, in fact, many Indigenous nations had been thriving on and living in harmony with the land long before. We celebrate this day to honor Indigenous culture and contributions, both past and present.

Connect Through Food

On Monday, Oct. 9, visit the Deli to connect with Native American flavors on Indigenous Peoples' Day. While supplies last, special pre-made bowls will feature recipes developed by Sean Sherman of Owanmi, showcasing Indigenous flavors. The Hot Bar will feature its own special menu, including some of the items in the bowls. A portion of each sale will be donated to the Little Earth Residents Association, October's SEED recipient. Be sure to round up!



▲"I tried to not lean into pan-Indian imagery (i.e. merging Dakota and Ojibwe symbols) and instead highlight food across Turtle Island that's connected to Indigenous people's agricultural practices, in addition to the four sacred medicines. The turtle represents Turtle Island, and the dots around it represent the 11 Native Nations in Minnesota specifically."
— Moira Villiard, she/her

Learn from Local Indigenous Leaders

For a third year, Seward Co-op is honored to partner with local Native-led organizations to host the Indigenous Foods Class series through the Indigenous Food Network. Learn more about these classes—focused on recipes and remedies based on traditional ingredients—[on page 17.](#)



NATIONAL
LATINX
HERITAGE MONTH



Seward
COMMUNITY CO-OP



7 | Fall 2023 www.seward.coop



WELLNESS IN NATURE, WELLNESS AFTER NATURE

Fall is a perfect season to get outdoors. Summer temperatures have cooled off, leaves begin turning bright oranges, yellows, and reds, and crisp air nurtures all the harvest foods that in turn nurture our bodies. Being in nature has been linked to a number of health benefits, from reduced stress to improved mood, and even increased empathy and cooperation. While our minds may feel refreshed after a day outside, strolling along the river or hiking nearby state parks, our bodies need care when we return home. Enjoy these tips for a rejuvenating night in after a brisk fall day outdoors.

Be Kind to Your Body

A warm bath is replenishing after a long day in nature. Enhance it with an additive soak, like those from Community Foods producer Roots Essential. From an immunity boosting blend to a recovery soak, Roots Essential has great options to elevate your bath time. Or visit Seward Co-op's Wellness section for bulk Epsom salts that can be mixed with dried herbs and essential oils to create blissful bath blends. A good ratio is one cup of Epsom salts to 10 drops of your choice of essential oils. Peppermint and eucalyptus oils are refreshing and stimulating, while rosemary and lavender oils are relaxing and soothing. About 1/4 cup of salt per bath is enough to soften and scent the water. Just be cautious when leaving the tub. Essential oils can be slippery!

Sense Stimulation

Light candles near your tub to ease into a relaxing evening. Try candle scents like Amyris Bergamot and Orange Ginger from local producer SunLeaf, or opt for one of their mini diffusers as another way to fill your space with a comforting aroma. Connecting with our senses is a simple and effective way to stay grounded and mindful. Add in paced breathing to further connect with your body: breathe in for a count of six, hold for two, and out for a count of eight.

Take Care with Tonics

After a soothing bath, round out your evening with a tonic designed to promote good health. Why wait until winter colds to start boosting your wellness? Mickelberry Gardens is a small-scale producer that crafts a variety of tonics with raw honey from their own farms and gardens. Try their Fire Cider Honey Tonic, made from raw apple cider vinegar, raw Pacific Northwest honey, onion bulb, garlic bulb, ginger root, chili pepper, horseradish root, dandelion leaf, and turmeric root. You can also make your own fire cider at home! Visit seward.coop/preserving-winter-citrus/ for full instructions.

Seward
COMMUNITY CO-OP

**HARVEST
CELEBRATION
CATERING**
Order Nov. 1–16

ORDER AT
THE DELI
COUNTER
OR ONLINE

**PRE-ORDER FRESH
& FROZEN TURKEYS
BY NOV. 19**

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

**FERNDALE
MARKET**

CANNON FALLS, MN





A Message From the Board

Cassandra Meyer

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 Directors Term Ends

Tami Bauers	2025
Claire Purvey Houston	2024
Vina Kay	2023
Warren King	2023
Cassandra Meyer	2024
Sally Nixon	2024
LaDonna Sanders Redmond	2025
Kate Seybold	2024
Moses Viveros	2025

Join Seward Co-op board members at **Seward Co-op 101 – Learn + Cook with the Board of Directors!** on Oct. 19th at the Friendship store. More information on [pg. 17](#).

Hello co-op community. I've been thinking a lot about our interconnections; about how fleeting and fragile life, including all the ecosystems on our planet, can seem; how overwhelming it all feels sometimes. It is important to do right by each other and have compassion for everyone including ourselves.

We all have points in our lives where we can make a difference for others and where we feel drawn to do so. As a board, we have positional authority and we continue looking for ways to do better; where we can create practices that support anti-racism and equity, how we can accomplish our Ends with integrity, how we can hold ourselves accountable, and how we can ensure that a community focused co-op is more than a nice place to buy organic grapes.

As individuals, we look for ways to treat each other and ourselves better. We look for ways to support systems changes for the health and well-being of our neighbors, and how to navigate and practice reciprocity with our environment. With everything that happens to us, individually and together, the responsibility to make sure we all have a future on this planet while making sure we're ok now can be stressful.

When I feel overwhelmed or disconnected, I like to remind myself of a PBS documentary about living in the age of stars. An astrophysicist

said something like, "photosynthesis makes it possible to eat starlight." That perspective made me feel connected to the broader universe just by eating a bowl of veggies.

If you're reading this, you're probably already committed to the co-op and cooperative values. You likely vote for the board of directors. Thank you!

I'm appreciative of places like Seward Co-op, where we work to create the future we want. If you have ideas about how we're doing, let us know! We invite you to provide feedback on the co-op elections. Each year, we look into and make changes based on member feedback, like adding the voter guide chart a few years ago.

As a form of representative democracy in the co-op, the board wants to best represent everyone that's part of our community. One way we can do that is having a large turnout for the board elections, so I ask for your support in reminding your friends and family to vote. It's one of the benefits of being a member! We'll have ballots in the store, sent to members' addresses, and emailed to everyone with a current email address on file.

As we head into fall, be kind to yourself. Please vote and remind your friends. Let's do what we can to be accountable to and for each other. And don't forget to eat some starlight.



2023 Board of Directors Election

Seward Co-op's Board of Directors will hold its annual election this fall. Co-op owners elect the board of directors—one ballot per owner number. Participate in our co-op democracy and help shape the direction we take as a community-owned business by casting your votes! The election begins on Friday, Sept. 29.

About the 2023 Election

There are two at-large seats open. Both have a three-year term. Our bylaws allow two employees to serve on the board, and since there is currently only one, employees of Seward Co-op are eligible to run for the at-large seat.

Online voting will be open through 11:59 p.m. on Monday, Oct. 23. To receive an online ballot, please update your email address by emailing cs@seward.coop or at one of our stores. Paper ballots will be accepted at either co-op location or can be mailed. Paper ballots must be received by 12 noon on Tuesday, Oct. 24. 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 or email board@seward.coop.

Seward Co-op Board of Directors Candidate Forum

Monday, Oct. 2, 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 2023 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.



A perfectly balanced blend of fish oil and borage oil for **positive mood** and **radiant skin***

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ANNUAL OWNER MEETING RECONNECTING IN COMMUNITY

Community
Foods
FAIR

& CHILI FEAST

Here at Seward Co-op, we look forward to gathering to celebrate another year of cooperation, community building, and successes at our Annual Owner Meeting. While the COVID-19 pandemic and an uprising stirred the community, we rose together—virtually—for the last three years, and held each other up through change and upheaval. We emerge now, stronger than before. It is in that spirit of connection that we are so excited to announce the return of the in-person Annual Owner Meeting!

To celebrate, join us for live music and a delicious community meal with fellow new and existing Seward Co-op owners on Oct. 24 at 6 p.m. at Coffman Memorial Union. Few things are as cozy as a bowl of hot stew or chili in autumn, so we plan to serve Three Bean Chili (vegan, MWO), chicken pozole (MWO, dairy free), and a Cincinnati-style chili (MWO, dairy free) with all of the fixings. The soups will contain ingredients from some of the following Community Foods producers—and a few might even be there in person to chat, too!



Whole Grain Milling

SMALL-SCALE, LOCAL

Whole Grain Milling is based out of Welcome, Minn., and has been producing certified organic grains since 1989. They process the grains only as little as necessary to maintain quality and keep nutrition intact. **Grab a handful—or two—of their delicious corn chips to top or dip in your soup or chili.**

Sin Fronteras

LOCAL, SUSTAINABLE, SMALL-SCALE, INCLUSIVELY-OWNED

Sin Fronteras “Without Borders” Farm & Food, is a local, small-scale, sustainable and BIPOC-owned family farm in Stockholm, Wis. that grows fresh produce. Their mission is to cultivate culturally appropriate foods using sustainable organic growing practices that restore and respect the earth. **Try their bright and tangy tomatillos in the chicken pozole.**

Kadejan Chicken

SMALL-SCALE, LOCAL

Kadejan chicken was founded in 1989 and is a family-owned, multi-generational chicken producer from Glenwood, Minn. Their birds do not receive any antibiotics or growth hormones, and are fed organic herbs to help maintain the birds’ health and keep them pest-free. **Enjoy Kadejan chicken in the chicken pozole.**



Save the Date!

Tuesday, Oct 24, 6:00 p.m. – 7:30 p.m.
University of Minnesota – Great Hall at
Coffman Memorial Union | \$5

After three years of virtual Annual Meetings, we are excited to connect with new and existing owners as a community in-person at the U of M Coffman Union! Join us for a chili dinner with all of the fixings (vegetarian, vegan, and made without gluten options available) made by Seward Co-op staff and featuring Community Foods producers. Mingle and taste your way through a Community Foods fair while enjoying live jazz music from Charmin Michelle. We’ll also announce the results of our Board of Directors election and 2024 SEED grant recipients and give another warm welcome to Ray Williams as Seward Co-op’s new General Manager.

Stay tuned for more details, and register online at 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

Southside Harm Reduction Services (SHRS)

SHRS provides harm reduction services in South Minneapolis. It promotes human rights to health, safety, autonomy, and agency for people who use substances who are often unhoused. These funds will allow them to deliver their core services, including syringe exchange, overdose prevention, and HIV testing.



October

Little Earth Residents Association

The Little Earth Urban Farm produces the Four Native Sacred Medicines: Sweetgrass, Sage, Tobacco, and Cedar for 1,200 Little Earth Residents. SEED program funding will be utilized to support their Youth Workforce Development program, a paid internship program for children ages 6-17 for the growing season. During the program Little Earth youth plant, grow, and harvest crops that create Native Food Sovereignty in the Twin Cities.



November

Division of Indian Work

Division of Indian Work’s programming is culturally-based and includes their Horizons Unlimited Food Shelf, a vibrant Youth Leadership Development Program, and their Minozekwedaa Traditional Foods Program, which provides healthy Indigenous meals to program participants, staff, and community.



FALL EVENTS



Franklin Remodel: Thank You for Shopping

As we make progress towards an improved Franklin store, we want to thank all who have supported us with their patronage, as well as staff who have been working hard to provide great service during this time. Renovation inherently causes change—not to mention a bit of dust!—and we continue to appreciate your patience as the store undergoes a remodel.

Franklin Remodel Rewards: Keep Punching!

Franklin Remodel Rewards continue through the end of October. Each time you visit, receive a punch, and after every five punches, receive a reward. When you’ve reached the end of your punch card, feel free to ask for a new one, and start again! Ask for a punch card at the checkout lanes or the Customer Service desk. Rewards can be redeemed through the end of the year. For more details visit seward.coop/franklin-renovation-updates/.

Franklin Store Remodel Celebration!

TBD | Franklin store
Stay tuned for details to help us celebrate the remodel of the Franklin Ave store! Explore the store and try samples from a variety of our Community Foods vendors. Enter raffles to win awesome Seward goodies, and check out live music in our dining area. Bring the whole family for Microgreens fun in the new, store-level classroom—we’ll be painting festive veggies from our produce department, trying new foods, and more.

Vote for the Board of Directors
Sept. 29 – Oct. 24
(See more details on [page 11](#))

Seward Co-op Board of Directors Candidate Forum
Monday, Oct. 2, 6-7:30 p.m.
(See more details on [page 11](#))

Vote for SEED Community Choice
Sept. 29 – Oct. 15
(See more details on page 14)

Annual Owner Meeting
Oct. 24, 6-7:30 p.m.
The Great Hall at Coffman Memorial Union, University of Minnesota
(See more details on [pages 12-13](#))

Holiday Catering
Harvest catering is back! Please submit all catering orders online or at the Deli Counter by Nov. 16 and all turkey orders to Meat and Seafood by Nov. 19. We look forward to helping you celebrate the holidays!

Store Hours
November 23
8 a.m. – 4 p.m.

FALL CLASSES

Register at
seward.coop/events

Due to the remodel at the Franklin store, most classes this Fall will be held at the Friendship store classroom. A new store-level classroom will open at the Franklin store later this fall, and we can't wait to see you there.

September

Latinx Heritage Month: Corn Tortillas and More Thursday, Sept. 21, 6:00–7:30 p.m.

Friendship store classroom
\$5/free for Seward Co-op owners
Join Natalia Mendez (they/them) in the Friendship kitchen to learn about the history of tortillas, masa, and more! Make fresh corn tortillas, a quesadilla with your homemade tortillas, and fresh roasted jalapeño salsa.
Natalia Mendez, Seward Co-op Staff

Microgreens for Latinx Heritage Month: Aguas Frescas

Saturday, Sept. 23, 11 a.m.–12 p.m.
Friendship store classroom
\$5/free for kids
Join Natalia Mendez (they/them) in the Friendship kitchen to learn how to make delicious, refreshing drinks from fresh fruit. Aguas frescas are popular beverages across Mexico and Latin America. We'll make sweet and tart agua de jamaica made from hibiscus, and juicy agua de sandía made from watermelon.
Natalia Mendez, Seward Co-op Staff

Intro to Edibles

Thursday, Sept. 28, 6:00–7:30 p.m.
Friendship store classroom
\$5/free for Seward Co-op owners
Are you new to the world of hemp-derived edibles? In this class, Seward Co-op Friendship Wellness department manager Diane McCarthy will join Nate Milstein, founder of Cannosota, to de-mystify the variety of edibles, oils, and more that can be found at Seward Co-op. Learn the differences between CBD and THC and the health benefits of hemp-derived products. You'll

have an opportunity to ask questions and learn how to choose which products are right for you. This is a 21+ class—instructors will be checking IDs at the start of class.
Diane McCarthy, Seward Co-op
Nate Milstein, Cannosota

Intro to Ayurveda + Ayurveda Cooking for Digestive Health

Friday, Sept. 29, 5:30–8:30 p.m.
Friendship store classroom
\$50/\$45 for Seward Co-op owners
This two-part class will introduce the concepts of this ancient healing science and show you how you can start incorporating it into your life and diet for improving your digestive health. Part one of this class will focus on the foundations of Ayurveda, including identifying and understanding your constitution or “dosha”. Part two will be a hands-on cooking class focusing on principles of Ayurvedic cooking and simple recipes for any constitution to nourish your digestive fire or “agni”. We will make carrot, sweet potato and pumpkin soup and spinach mint rice with carrot and radish salad.
Vanashree Belgamwar, VanashreeAyurveda

October

Intro to Mushroom Foraging Workshop Sunday, Oct. 8, 2:00–4:30 p.m.

Friendship store classroom
\$45/\$40 Seward Co-op owners
Come learn everything you need to know to get started with mushroom foraging! We'll cover basic fungi information & anatomy, learn different ways foragers classify mushrooms, foraging ethics, where to forage, and more. Investigate locally-cultivated mushrooms hands-on during the workshop to learn their characteristics.
Haleigh Ziebol, environmental scientist and foraging instructor

Talking about Death Won't Kill You; A Facilitated Conversation

Friday, Oct. 13, 6:00–8:00 p.m.
Friendship store classroom
\$5/free for Seward Co-op owners
Jeanne Bain returns with this popular workshop, a facilitated conversation about your plan for death through sharing and experiential exercises. Specific examples of do's and don'ts as well as what qualities make someone a good healthcare agent will be explored. Expect lively discussions, laughter, and support, as we discuss what we do and don't want for those final days.
Jeanne Bain, M.A.; End of Life specialist, trainer and consultant

Nourish 101 – Breakfast for Dinner: Eggs Benedict Tuesday, Oct. 17, 6:00–7:00 p.m.

Friendship store classroom
\$5/Receive a \$5 Seward Co-op gift card at class
Learn how to make a restaurant-quality breakfast favorite with poached eggs, homemade hollandaise sauce, and an assortment of toppings like smoked salmon, Canadian bacon, sautéed spinach, and grilled tomatoes. Nourish recipes are simple, delicious, cost-effective dishes that use nutritious ingredients available at Seward Co-op. Nourish 101 classes showcase these recipes through cooking demonstrations of delicious meals for all skill levels.
Jess Toliver, Jess Delicious Living

Seward Co-op 101 – Learn + Cook with the Board of Directors!

Thursday, Oct. 19, 6:00–7:30 p.m.
Friendship store classroom
\$5/Receive a \$5 Seward Co-op gift card at class
Seward staff member Addie (they/she) will show you how to make Italian Sausage chili featuring our house-made Italian sausage, while members of our Board give you the scoop on Seward Co-op. Learn about the history and evolution of co-ops, how Seward 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 of Directors
Addie DeMery, Seward Co-op Staff



We are honored to partner again this November with the Indigenous Food Network to present a series of cooking and lecture workshops. Local members of Native-led organizations Dream of Wild Health, Division of Indian Work, Indigenous Food Lab, Gatherings Café, NATIFS and more will share their ancestral knowledge while exploring the nutritional and cultural significance of recipes using traditional ingredients. Instructors will share their expertise on sourcing, sustainability, and environmental impacts on local and native-grown foods. Visit seward.coop/honoring-indigenous-food-traditions/ to read more, learn recipes, and view past classes as a way to anticipate this year's series. Registration will be available this fall at seward.coop/events.



Welcome back to Microgreens! After debuting our program for young cooperators this past summer, we're excited to invite you back for more activities and classes to celebrate the fall season. Harvest time is just around the corner, so explore a corn maze, try different types of apples, and learn about Latinx Heritage

Month with a class on sweet aguas frescas, popular beverages in Mexico and Latin America made from fresh fruit. What are you most looking forward to about autumn? Cooler temperatures? Brightly colored leaves? Decorating pumpkins? Whatever it is, these Microgreens activities will help you get in the spirit for a fun and food-filled fall.



Back-to-School Fuel

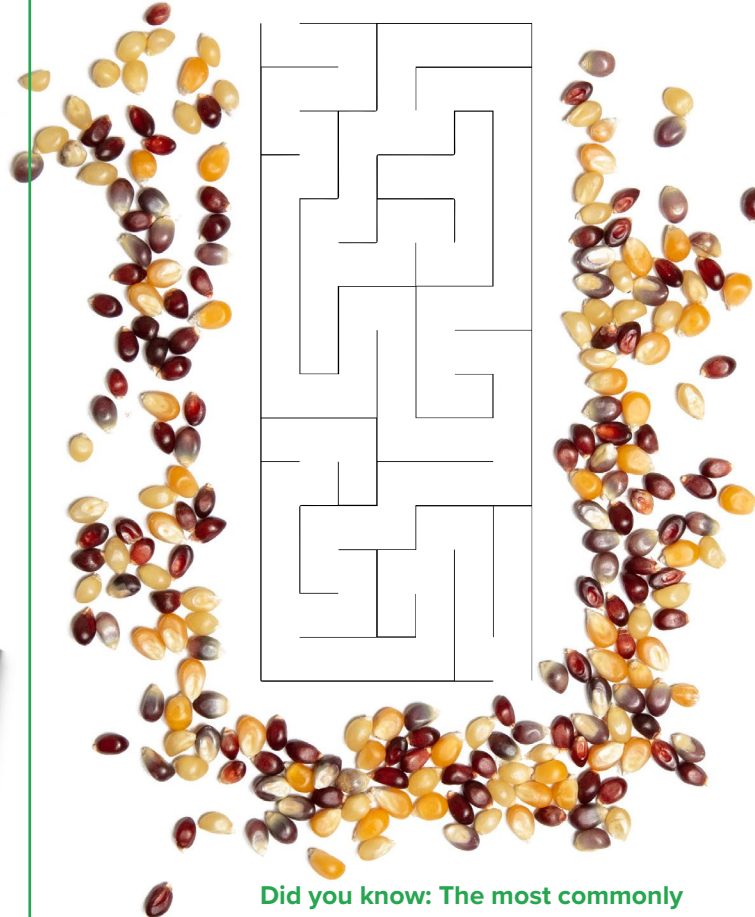
Buy One, Get One FREE
Aug. 30–Sept. 12

It's time for back to school season. Prepare your pantries and lunch bags with special buy one get one free deals, for a limited time, while supplies last.

Mac & Cheese • Almond Butter • Crackers • Pretzels • Applesauce • Lots more!



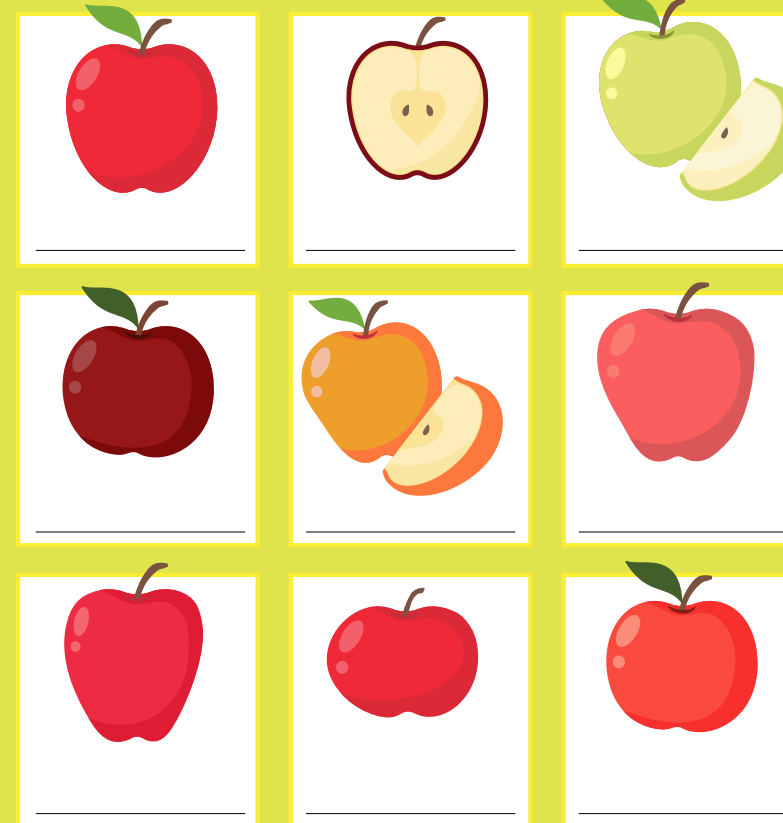
Can you find your way through the corn maze?



Did you know: The most commonly grown corn is yellow, but corn can also be blackish, bluish-gray, purple, green, red, and white!

Apple Bingo

There are more than 2,500 types of apples grown in the United States—that's a lot! Try a few of them this fall and win Apple Bingo. On the grid below, write in each type of apple you try. When you've filled out a column, row, or diagonal, you win! Try an apple for each of the rest of the spaces for even more fall fun.



Common varieties to look for:

- Sweet Tango
- First Kiss
- McIntosh
- Honeycrisp
- Haralson
- Gala
- Fuji
- Paula Red
- Zestar
- Cortland
- William's Pride
- Centennial Crab
- SnowSweet

Answer these questions for each type of apple you try:

What flavors do you taste? Sweet, sour, sugary?

How does the apple feel in your mouth? Soft, crunchy?

How is this apple different from the others you've tried?



Microgreens for Latinx Heritage Month - Aguas Frescas

Saturday, Sept. 23, 11 a.m.–12 p.m.

\$5 | Free for kids

Join Natalia Mendez (they/them) in the Friendship kitchen to learn how to make delicious, refreshing drinks from fresh fruit. Aguas frescas are popular beverages across Mexico and Latin America. We'll make sweet and tart agua de jamaica made from hibiscus, and juicy agua de sandía made from watermelon. Register online seward.coop/events.



Seward
COMMUNITY CO-OP



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