

# SPROUT!

Fall 2024



Join Us for the Annual  
Owner Meeting & Social Hour  
Fostering Connections with  
Indigenous-Led Organizations  
Tips and Tricks for Your  
Harvest Meal



## 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

**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

### 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

Sprout! is an online publication, with the exception of a few hundred issues that are printed to be made available for shoppers in-store. Physical copies are printed on FSC-certified paper with at least 30 percent post-consumer content. The dyes are water-based and nontoxic. We encourage you to recycle paper copies of Sprout! You can find the online version at [www.seward.coop/sprout-newsletter](http://www.seward.coop/sprout-newsletter).

On the cover: Mark, a Deli Cheese Shift Lead and Rebuyer at the Franklin store, holds acorn and delicata squash.



## A Message From the General Manager Ray Williams

Dear Seward Co-op owners, As I walked into the Franklin store this morning, I felt one of the first cool breezes of fall. Change is in the air, and this is especially true at Seward Co-op.

It is with much excitement for the future of our co-op that we are announcing an agreement with a local non-profit to purchase the Creamery building. At this time, the agreement requires us to keep the identity of the buyer confidential, but we hope to announce jointly with them very soon.

The sale of the Creamery building is a positive step towards our strategic direction, which calls for us to re-center, simplify, connect, and grow. The sale will significantly decrease our operating expenses and will reduce the co-op's long-term liabilities and the complexity of our operations. Selling groceries is what we do best. With continued focus on simplifying and improving our operations, we can grow sales and achieve financial sustainability. This will allow us to grow the cooperative in alignment with our values and Ends.

On Aug. 20, we implemented a new pay scale as part of our collective bargaining agreement. The co-op's starting wage for entry level positions that required no previous experience increased from \$17.65 to \$19.15, well over the 2024 Minneapolis minimum wage of \$15.57. This increase of \$1.50/hour applied to all pay levels and years-of-service of staff in the union. This is a real, material increase to incomes for staff, and we are proud

that this has been cited as industry leading pay.

In 2025, we plan to make a change to our SEED program by offering our community an opportunity to round up in support of our needs-based discount once per quarter. This will provide significant financial support for the program while still supporting non-profit organizations in our community. Community members will still have the opportunity to select four SEED recipients through our Community Choice vote from Sept. 30-Oct. 13. The remaining four recipients are selected by a staff advisory team made up of cashiers from our two stores.

These changes are a testament to our organization's commitment to long-term, sustainable growth in alignment with our values. We know we can work together to build a positive future for our co-op. And it takes all of us! Co-op sales are still not growing, and the most important thing our community can do is continue shopping at our Franklin and Friendship stores. It is our sales that support great jobs in our neighborhoods, thriving local farmers, and businesses in our wider communities.

While change can be challenging, it also presents opportunities for growth. We are so grateful to co-op owners as we navigate this journey. We'll continue to be in touch with more information; and in the meantime, I hope to see you all at our Annual Owner Meeting on Oct. 28!

## DIVING INTO NEW ROLES AT THE DELI

Autumn at Seward Co-op is a busy time, especially for staff who work in the Deli preparing seasonal Hot Bar favorites and items for Harvest meal catering. The Franklin and Friendship stores both have new Deli Managers who have long histories with the co-op, and we wanted catch up with them to learn what they love about their new roles, especially during the fall.

### Meet Eve Larsen, Franklin Store Deli Manager

Eve (she/her) has been working at Seward Co-op since she was 23 years old. She started at the Cheese counter, held several roles in the Bakery department, and now, over seven years later, she manages the Deli at Franklin. "I think my favorite thing about the co-op is its capacity to change. It certainly is not the same place that it was when I started, and I appreciate everyone who has put work into making it what it is today."

A big part of Eve's work in the Deli is problem solving, something she loves about her new role. Eve also loves sampling the food she makes. Some of her favorites at the Seward Co-op Deli? "I'm so here for the chicken wild rice soup. That soup has kept me going during some dark times." During Harvest time, she especially loves a hot apple cider treat at the drink counter and roasted Brussels sprouts from the Hot Bar.

What keeps Eve inspired about the work she does? "Knowing that we're an organization that offers hundreds of jobs to the community that I live in and understanding that I do play a part in keeping our business running."



### Meet Aric Nelson, Friendship Store Deli Manager

Aric (he/him) began his time at Seward Co-op at the Franklin store in 2011, when he was a Dish Washer in the Deli. Over the years, Aric worked his way through most of the kitchen roles, did a stint in the Meat & Seafood department at the Friendship store, and then moved onto work outside the co-op as a brewer. He's since returned as the Deli Manager at the Friendship store.

Aric returned to work at Seward Co-op because he felt he'd be treated fairly and could put his talents to good use. He also believed the job would be a better work-life balance and allow him to "work for a company that has proven its worth and good intentions over many years."

Like Eve, Aric likes the problem solving work in his new role. He also loves the food. "I'm a fan of all of our bone-in chicken recipes for the Hot Bar. It's hard to go wrong with Kadejan Chicken!" Pies are also a favorite for Aric, along with the seasonal brined turkey on the Hot Bar.

"I love food and I enjoy the moments of creativity and freedom you can get cooking, but more so I get inspired by the people I work with and the people we serve," Aric says. "It's extremely rewarding to know you are helping to provide a safe and stable work place for some or a tasty and reliable food source for others."





OCTOBER IS NATIONAL



# CO-OP MONTH

**Happy fall, and happy National Co-op Month! Each October, we celebrate cooperatives as a way to bring awareness to their demonstrated success as business structures. For more than 50 years, Seward Co-op has been a staple in the Twin Cities food co-op scene, but cooperatives have existed formally, and informally, for much longer. Cooperatives throughout history have formed in response to oppression and have thus been closely tied to other social movements.**

Until recently, if you asked where cooperatives originated, many people would cite the Rochdale Pioneers. These were the 28 textile mill workers from the town of Rochdale, England, who formed the Rochdale Equitable Pioneers Society in 1844 in response to poor working conditions, low wages, adulterated food, and exploitation. They created the first sustainable cooperative business and are credited with articulating the guiding principles that became what we know today as the International Cooperative Principles.

- 1st Principle: Voluntary and Open Membership
- 2nd Principle: Democratic Member Control
- 3rd Principle: Member Economic Participation
- 4th Principle: Autonomy and Independence
- 5th Principle: Education, Training, and Information
- 6th Principle: Cooperation among Cooperatives
- 7th Principle: Concern for Community

But the story of cooperation, and furthermore cooperative economics, is certainly not exclusive

to Europeans; it has been adopted by countless cultures around the globe. This is particularly true in African American history. Dr. Jessica Gordon Nembhard, a political economist and scholar of Black political economy, explains that enslaved African Americans have been forming cooperatives since their forcible arrival to the Americas. These looked like shared gardens, pooled resources for buying others' freedom, and eventually grew into mutual aid groups, mutual insurance companies, jointly run farms, and more.

In 1948, Minnesota was the first state to declare an official Co-op Month. The Twin Cities were home to multiple "first wave" cooperative grocery stores—five of which were predominantly African American-owned and operated. Many of these started in the early 1940s, more than three decades prior to the majority of "new wave" food co-ops that operate today, including Seward Co-op.

Illustration provided by NCG Co-op Explorers



**MICROGREENS**  
by Seward Co-op

## Microgreens Kids Corner: What is a Co-op?

"Co-op" comes from the word "cooperation," which means to work together to help each other. Co-ops, or cooperatives, are groups of people that decide to work together for a shared goal.

Imagine a Harvest dinner table, where each person at the table contributes a dish that they cooked. When everyone comes together, all of their dishes make a greater spread than anyone could make alone. Then, everyone gets to share in the reward of the delicious meal. Co-ops work in a similar way—building something greater than an individual could do alone—by sharing resources and a common goal.

## Meet Mileston Cooperative

This past summer, you may have seen seeded watermelons from Mileston Cooperative on sale at both stores: we sold more than 7,000 lbs. of them! Established in 1942 in Mississippi, Mileston Cooperative is the oldest Black farmer's cooperative in the U.S. From the beginning, their primary goal has been to create economic and community development opportunities through large-scale crop production and community inclusiveness. Today, Mileston is a network of 16 farmers growing crops including watermelon, summer squash, corn, and sweet potatoes on more than 2,000 acres of land. They are actively working to implement regenerative growing practices while seeking to widen their distribution networks and add more farmers.



## Pachamama Coffee October Sale

Pachamama Coffee is 100% cooperatively owned and governed by coffee farmers in Peru, Nicaragua, Guatemala, Mexico, and Ethiopia. From Oct. 2-29, save 25% on all packaged Pachamama beans, and support cooperative economic structures with a delicious cup of coffee!



# CELEBRATE CHANGING SEASONS WITH COMMUNITY FOODS

Fall has arrived, the days are getting shorter, and Mother Nature has no shortage of abundance for us as we reach peak season for fresh produce and more. Sample the best of the season with Community Foods producers, who have at least two of the five following attributes: small-scale, local, sustainable, inclusive, and/or cooperatively run.



## Autumn Harvest Wild Rice

**SMALL-SCALE, LOCAL, SUSTAINABLE, INCLUSIVE**

Harvested by hand by members of the local Ojibwe nation, Autumn Harvest Wild Rice supports Indigenous producers. The flavor of wild lake rice is enhanced by the traditional processing method of open, wood-fire parching. Enjoy Autumn Harvest rice mixed with dried cranberries, sautéed onions, and herbs stuffed into bell peppers or roasted squash.



## Whistling Well Apples

**SMALL-SCALE, LOCAL, SUSTAINABLE**

Whistling Well Farm, founded in 1972, is an apple orchard located in the St. Croix River Valley. They offer autumn-time picking at the farm while also selling their apples to area co-ops, including Seward Co-op. Through a partnership with Cornell University and by practicing integrated pest management, Whistling Well is committed to sustainable and bee-friendly orchard management. Bob for their many varieties of apples, including First Kiss, Sweetango, Honeycrisp, Haralson, and Zestar!, at your next Halloween party, bake them into pies, or cook them down into a delightful sauce to pair with pork chops.



## Wild Acres Hens

**LOCAL, SUSTAINABLE**

Wild Acres Processing, Inc. is a family-run poultry and game farm located in Pequot Lakes, Minn. Throughout the lifecycle of the birds, the animals rotate through different areas of the facility, from incubators to free-range areas, with the intention of prioritizing the comfort and mobility of the birds with each move to a new space. Cook Wild Acres chickens and pull the meat for enchiladas or tacos, and don't forget to save the bones. Roast them and use to make a beautiful golden stock with onions, carrots, and celery and store it in your freezer for soups as the weather gets cooler.



## Maple Valley Cooperative Maple Syrup

**SMALL-SCALE, LOCAL, COOPERATIVE**

Maple Valley Cooperative was founded over 30 years ago by maple farmer Cecil Wright and two friends. They minimally tap their maple trees so they stay healthy and can produce for up to 200 years. Many of the farms Maple Valley works with are multi-generational family farms. In return for their dedication to quality and stewardship, the co-op offers their farmers a competitive, sustainable living wage. Use Maple Valley maple syrup to sweeten seasonal lattes, drizzle over yogurt, or toss with root vegetables for a bit of sweet to balance their earthy flavors.

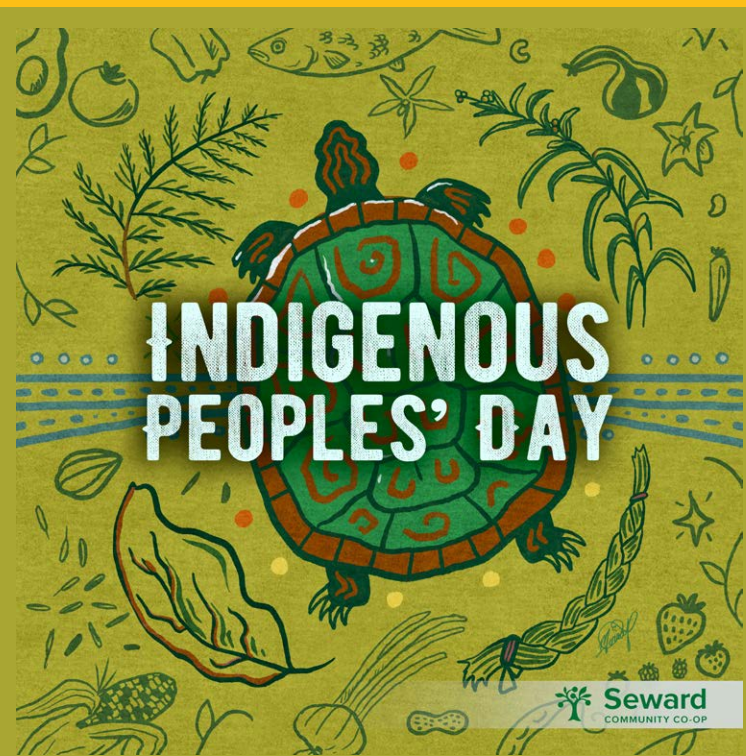




# NURTURING RELATIONSHIPS WITH NATIVE-LED ORGANIZATIONS

This year, Indigenous Peoples' Day falls on Monday, Oct. 14. It's a day to celebrate and honor Indigenous culture and contributions, past and present, as well as to recognize that Native peoples are the first inhabitants of the Americas, far before Western colonizers set foot on the land that would come to be known as the United States. Seward Co-op is located on the ancestral land of the Dakota people, where Dakota, Ojibwe, and many

other Native people continue to live and exercise their sovereignty. As a cooperatively owned and community-based business, we continue to learn and grow our practice in acknowledging Indigenous land and history, as well as cultivating connection with Native-led organizations. This is vital not only in honoring Indigenous Peoples' Day, but also in nurturing relationships year-round.



## Celebrating Indigenous Peoples' Day with Food

Stop by Seward Co-op on Monday, Oct. 14 for special Grab n Go bowls that showcase Indigenous flavors and feature recipes developed by Sean Sherman of Owamni and NĀTIFS. The Hot Bar will feature its own special menu, including some of the items in the bowls. A portion of each bowl sale will be donated to Wicoie Nandagikendan Early Childhood Dakota and Ojibwe Urban Immersion Program, October's SEED recipient. Be sure to round up at the register!



▲“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

## Planting a SEED of Cooperation

As part of Seward Co-op's commitment to equity and food justice, a staff-led grant selection committee ensures that at least one Native-led organization is selected each year as a SEED grant recipient (the SEED program allows customers to “round up” their grocery bill for recipient organizations). This year, we are proud to include four Indigenous-led organizations in our SEED calendar.

**April Cempazúchitl Collective** is an Indigenous-led organization that empowers Indigenous, Two Spirit, and African-descended queer and trans folks by teaching culturally relevant ways of harvesting and processing wild foods.

**August Dream of Wild Health** works to restore health and well-being in local Native communities by recovering knowledge of and creating access to healthy Indigenous foods, medicines, and lifeways.

**October Wicoie Nandagikendan Early Childhood Dakota and Ojibwe Urban Immersion Program** is the first Indigenous urban preschool immersion program in Minneapolis. Their mission is to advance Minnesota's Indigenous languages through intergenerational mentoring and immersion strategies.

**November The Little Earth Urban Farm** began in 2010 to inspire hope, nurture growth, uphold cultural traditions, improve the health of Native families that have experienced generations of systemic oppression, and provide a physical cultural connection.



This fall, we're excited to participate in a program with National Co+op Grocers (NCG) to support local Indigenous-led organization NĀTIFS, which works to strengthen Native foodways as a means to address economic and health crises affecting Native communities. From Oct. 30–Dec. 3, all Field Day products will be on sale, and for each product purchased during that time, NCG will donate five cents to NĀTIFS.



2024 marks the fourth year of the Indigenous Foods Class Series, a program developed through Seward Co-op's long-term partnership with Dream of Wild Health, one of the oldest and longest operating Native American-led and focused nonprofits in the Twin Cities.

Our collaboration with Dream of Wild Health includes our partnership with the Indigenous Food Network (IFN), a collaborative of Native-led community organizations in Minneapolis who are working together to rebuild a sovereign food system.

By hosting this annual class series every November, we honor our relationship with Dream of Wild Health and the Indigenous Food Network, and are proud to support IFN in their goal of creating a Native American urban model for food sovereignty. Read more about some of this year's classes on [page 21](#), and register online at [www.seward.coop/events](http://www.seward.coop/events).





# FUN WITH FUNGI: MUSHROOM WELLNESS

Mushrooms and fungi are an important part of our ecosystem and can be a highly nutritious part of most diets. Not only do they provide wonderful flavor and make a great textural meat substitute in many recipes, they have also been used in many cultures as supplements.

It's estimated that there are around 14,000 varieties of mushrooms, with many more yet to be discovered. While most of them are inedible, around 2,000 have been found to be suited for human consumption.

The part of a mushroom that we eat is actually the fruiting body of the organism called a "sporophore." Below the ground is its mycelium, which is a threadlike network of connected strands that often extends much farther and wider than the fruiting body suggests. The mycelia itself can live for a very long time, so long as it has appropriate moisture in the soil around it and nutrients.

Mushrooms have long enchanted humans as medicine. Hippocrates, known as the father of Western medicine, found around 450 B.C that the amadou mushroom was helpful in reducing inflammation and cauterizing wounds. Some Indigenous nations have a history of using puffball mushrooms to heal wounds.

Today, there are businesses that take knowledge about mushrooms and put it into products you can find at Seward Co-op.



## Botanical Lucidity



Kayla Emmons started Botanical Lucidity in 2019 with homemade tea concentrates in her Twin Cities home. A lifelong love of herbal supplements and teas prepped her for creating elixirs that taste great and can have positive physical and mental health impacts. Find Botanical Lucidity elixirs like Adaptogenic Golden Chai, Magick Matcha, Longevity Mushroom Potion, and more on Seward Co-op shelves, and at the Deli drink counter, too.



## Four Sigmatic

Four Sigmatic specializes in superfoods, functional mushrooms, and adaptogenic herbs. Their certified organic mushroom-booster coffees and protein powders provide a focus and buzz without a crash thanks to mushrooms like lion's mane, chaga, and cordyceps. They don't use fillers or mycelium, only the fully fruiting body. Find their products in the Wellness aisles.

## Host Defense

Host Defense was founded by mycologist Paul Stamets who's dedicated over 40 years of his life to studying mushrooms. His original goal was to "build a bridge between people and fungi." He and Host Defense have been in the business of bringing beneficial mushroom supplements to people for over ten years. Their mycelium and fruiting bodies are certified organic, non-GMO, vegan, gluten free, and are grown on their farm in Washington.



## All About Mushroom Supplements: Immune Support & More with Host Defense

Wednesday, Oct. 30, 6-7p.m.  
Friendship store  
\$10/\$5 Seward co-op owners  
Taught by Richard Cividanes, Host Defense National Science Educator with Robb Doser and Kirsten Haymen

Host Defense specializes in mushroom mycelium-based supplements to support natural immunity and whole body wellness. Come learn about all of the benefits of mushrooms and enjoy 10% off your purchase for Wellness Wednesday. All attendees will receive free samples and will be entered in a raffle to win a Host Defense gift basket.



# TIPS AND TRICKS FOR YOUR HARVEST MEAL

Getting ready to prep your Harvest meal? Let Seward Co-op help make the day run a little more smoothly with a few tips and tricks.



## Turkey Tips

### Leave room to thaw

Most turkeys have been frozen in their processing. Each needs time to thaw, and frozen birds need approximately 24 hours in the fridge for each four pounds (for example, a 12-pound bird would need three days). Time is one of the most important ingredients people forget during their Harvest meal planning, so make sure to factor it into yours!

### Brine, baby, brine

Wet and dry brining are excellent ways to flavor your meat inside and out. Additionally, the salt in brines helps break down muscle fibers which leads to more succulent and tender turkey. Dry brines involve mixing salt and herbs to rub on the inside and outside of the meat. Wet brines help increase the moisture in your meat. Either way, ensure you have the appropriate amount of time to brine for your most flavorful centerpiece.

## Good Gravy

### Save the giblets

A lot of people toss the giblets or mince them to put into stuffing, and these are all great options! Another to consider is adding them to your gravy. Necks, gizzards, and hearts can add a delicious, meaty flavor to your gravy. Be sure to pull out the liver, though, as it can add an irony, metallic flavor.

### Dripping with flavor

Gravy can be made ahead, but if you plan to make it while the turkey rests, grab the drippings from your turkey to use for gravy. Not only does it add a delicious turkey flavor from its juices, the fond, or crispy bits on the bottom of the pan, impart a rich, roasted flavor to your gravy. If the fond is especially stuck to the bottom of the pan, add a little bit of hot water and whisk to help release it.



## Veggie Bounty

### Save "grate" counter space

Counter space comes at a premium during the holidays. Save a little room by roasting veggies in a grill pan or in foil packets outdoors. Beets, sweet potatoes, and cubed winter squash tossed in oil and herbs are a wonderful turkey accompaniment, and the grill adds a depth of flavor via smoke and char to a classic side dish.

### Bake their day

Folks are used to a sweet pie for dessert at their Harvest meal, but for those dining on veggies, it can be part of the main course! Savory root veggie tarts or galettes with delicious seasonal flavors can be filling and gorgeous. Try potato and goat cheese, leeks and kale, squash, or herby mushrooms as filling for versatile flavors.



Seward  
COMMUNITY CO-OP

# HARVEST CELEBRATION CATERING

## Order Nov. 4–21

ORDER AT  
THE DELI  
COUNTER  
OR ONLINE

## PRE-ORDER FRESH & FROZEN TURKEYS BY NOV. 24

ONLINE PRE-ORDERS  
STRONGLY ENCOURAGED

LOCAL,  
FREE-RANGE  
& NATURALLY  
RAISED

FERNDALE  
MARKET

CANNON FALLS, MN







## A Message From the Board

Claire Purvey Houston

### 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
Tami Bauers	2025
Claire Purvey Houston	2024
Warren King	2026
Cassandra Meyer	2024
Sally Nixon	2024
LaDonna Sanders Redmond	2025
Kate Seybold	2024
Moses Viveros	2025
Fartun Weli	2026

Hello my Cooperative brethren! I hope you all enjoyed your summer and all the green that came with it these past months. I will admit to being more of an “autumn” myself, and I am looking forward to the crisp mornings and harvest goodies.

As we gear up for a season of a variety of elections that bring us “complex” feelings, I find solace and hope in our own Seward Co-op Board of Directors elections. I’ve learned so much during my tenure on the board and have deeply enjoyed both the work and working with my fellow board members. Know that your vote for our board is desired, valued, and you have our gratitude for your active participation in our democracy.

As a form of representative democracy in the co-op, the board wants to best represent everyone in our community. One way we can

do that is having a large turnout for the board elections, so don’t just vote yourself, but remind your friends and family to vote, too! Board members are elected to articulate and guide the vision of the co-op. Your vote is one of the most direct and important ways for you to engage in this work and help craft our future. I encourage you to take time to learn about each of the candidates, to reflect on what you see for our community and the future of Seward Co-op, and to allow those reflections to guide you as you help select our leadership. Ballots will be available at both store locations as well as online—keep an eye out for the email announcement!

Lastly, our annual owner meeting will be held at Arbeiter Brewing this year on Monday, Oct. 28. We look forward to seeing you all, our community, out for good company and a great time. See you there!



### 2024 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 Monday, Sept. 30.

#### About the 2024 Election

There are three at-large seats open. All have a three-year term. Additionally, there is one designated employee director seat open, which is a two-year term. Current employees of Seward Co-op are 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 Sunday, Oct. 27. To receive an online ballot, please update your email address by emailing [cs@seward.coop](mailto:cs@seward.coop) or at one of our stores. Paper ballots will be accepted at either co-op location or can be mailed, and must be received by Sunday, Oct. 27. We’ll announce election results at the Annual Owner Meeting on Monday, Oct. 28.

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



**Seward Co-op 101**  
Wednesday, Oct. 16, 6–7 p.m.  
Franklin store  
Free

Join staff and board members 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 our co-op live its vision to sustain a healthy community.





SEWARD CO-OP ANNUAL OWNER MEETING &

# SEWARD OWNER



MONDAY,  
10/28 6-7:30 PM

# SOCIAL HOUR

Seward  
COMMUNITY CO-OP



ARBEITER  
BREWING CO



photo from Arbeiter Brewing



## GETTING THERE

Parking is free and available along Minnehaha Ave., as well as in the lots next to and behind Arbeiter. Bus lines 7 and 21 have nearby stops, and the Lake Street Midtown Station, on the light rail Metro Blue Line, is less than a 10 minute walk from Arbeiter. There is abundant bike parking around and near the building.

It's that time of year again: get geared up for the Seward Co-op Annual Owner Meeting! Join us for drinks, tacos, our annual business meeting, and socializing with fellow owners. This year, we're excited to do things a little differently, and we're looking forward to the energy it will bring to our annual gathering. Here's what to expect:

## THE BASICS

**Seward Co-op Annual Owner Meeting and Social Hour**  
Monday, Oct. 28, 6–7:30 p.m.  
Arbeiter Brewing, 3038  
Minnehaha Ave, Minneapolis

Tickets: \$5 in advance, \$15 day-of

- ▶ Includes one beverage and heavy appetizers
- ▶ Kids are free, but must register

**Tickets for this year's Annual Owner Meeting are limited, and we expect them to sell out. We highly recommend registering ahead of time to secure your spot.**

Register at [seward.coop/events](http://seward.coop/events)

## THE AGENDA

To those that have been to our Annual Owner Meetings in the past: welcome back! If you're new to the event, we'll be gathering in community to enjoy food, drink, and hold a short business meeting to review the past year. We will announce the 2025 SEED recipients (including the winners of the Community Choice vote) and the newly elected members of the board; and hand out our annual Scorecard, which tracks the work we've made towards our Ends statement. The business portion of the evening will be held toward the beginning of the event, with mingling and merriment to follow.

## FOOD AND DRINK

### Arbeiter Brewing

We're excited to host the Annual Owner Meeting in a new venue this year! Arbeiter Brewing, located on Minnehaha Ave. just south of the intersection at Lake Street, offers a comfortable and casual backdrop. Arbeiter opened its doors at the end of 2020 and offers house-made brews, as well as non-alcoholic options like soda and kombucha in a welcoming and inclusive environment. All adult attendees will receive one drink ticket, and juice boxes will be available for kids. Additional beverages can be purchased with cash or credit card.

### Habanero Taco

Local food truck Habanero Taco will provide heavy appetizers for the evening. Each attendee will receive one food ticket for two chicken or vegan street tacos on corn tortillas, with toppings, chips, and salsa.

## GOOD-TO-KNOWS

- ▶ This year's tickets will include one beverage and heavy appetizers.
- ▶ Seating at Arbeiter Brewing is available, but limited. Most attendees will be standing. We kindly ask that chairs be made available as needed to those who may require them.
- ▶ There will not be formal childcare, but there will be a Microgreens kids' engagement table. Please be sure to register any children you plan to bring to ensure we have enough supplies on hand!





# 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

### Roosevelt Culinary Arts

Roosevelt Culinary Arts’ mission is to empower students through holistic food education that nourishes the students, their communities, and Mother Earth. Funds will go directly to students at Roosevelt High School through ingredients and supplies, as well as to help fund service-learning community projects.



## October

### Wicoie Nandagikendan Early Childhood Dakota and Ojibwe Urban Immersion Program

Wicoie Nandagikendan (Wee-choyee yay – nanda -gii cane den) is the first Indigenous urban preschool immersion program created in Minneapolis. Their mission is to advance Minnesota’s Indigenous languages through intergenerational mentoring and immersion strategies in order to nurture a quality and culturally sensitive early childhood education.

On Oct. 14, Indigenous Peoples’ Day, special Seward-made Grab n Go bowls will feature recipes showcasing Indigenous flavors. \$1 from each of these bowls supports October SEED recipient Wicoie Nandagikendan. Learn more on pages 8-9.



## November

### Little Earth

The Little Earth Urban Farm began in 2010 to inspire hope, nurture growth, uphold cultural traditions, improve the health of Native families that have experienced generations of systemic oppression, and provide a physical cultural connection. SEED funds will be used to support their Youth Workforce Development program that employs youth aged 6-17 for the farm season.



# NEWS & EVENTS

## Creamery Building Sale

Seward Co-op has entered into an agreement with a local non-profit to purchase the Creamery building at 2601 E Franklin Ave. At this time, the terms of the agreement require us to keep the name of the organization confidential. We look forward to announcing jointly with the buyer in the near future. Learn more about the Creamery building sale in the General Manager’s letter on page 2.



## Supporting Seward Co-op’s Needs-Based Discount

In 2025, we plan to make a change to our SEED program by offering our community an opportunity to round up in support of our needs-based discount once per quarter. This will provide significant financial support for the program while still supporting nonprofit organizations in our community.

In addition to the four months supporting Seward Co-op’s needs-based discount, we’ll continue to have four recipients selected by our staff-led advisory team and four recipients selected by you, our owners, and co-op community through the “Community Choice” vote in early October.



**Vote for the Board of Directors**  
Sept. 30–Oct. 27  
(See more details on [page 15](#))

**Vote for SEED Community Choice**  
Sept. 30–Oct. 13  
(See more details on [page 18](#))

**Annual Owner Meeting and Social Hour**  
Oct. 28, 6–7:30 p.m.  
Arbeiter Brewing  
3038 Minnehaha Ave,  
Minneapolis, MN 55406  
(See more details on pages [16-17](#))

**Franklin Store Open House + Ice Cream Social**  
Monday Sept. 30, 4:30–6 p.m.

Come check out the Seward Co-op Franklin store, meet Seward staff, and enjoy ice cream in our community seating area. Vegan options available! Free for our Seward neighbors. Please RSVP at [seward.coop/events](#).

**Holiday Catering**  
Harvest catering is back! Please submit all catering orders online or at the Deli Counter Nov. 4–21 and all turkey orders to Meat and Seafood by Nov. 24. We look forward to helping you celebrate the holidays!

**Store Hours**  
November 28  
8 a.m. – 4 p.m.



# FALL CLASSES

Register at  
[seward.coop/events](http://seward.coop/events)

## September

**Nixta Tortilleria Cooking Class**  
Monday, Sept. 23, 6–7:30 p.m.  
Friendship store

**\$10/\$5 Seward Co-op owners**  
Join the corn evangelists of Nixta Tortilleria, and the James Beard-nominated Oro by Nixta to learn about the agricultural significance of heirloom corn and the ancient process of nixtamalization. Learn and taste an a\*maiz\*ing recipe using Nixta tortillas.  
*Nixta's Team Tortilla*

**Seasonal Skincare with evanhealy**  
Wednesday, Sept. 25, 6–7 p.m.  
Franklin store

**\$10/\$5 for Seward Co-op owners**  
Learn how to prepare your skin to adapt to seasonal changes with evanhealy Skincare. You'll be coached through why and how to use hydrosols, oil serums and butters, and clay masks in taking a sustainable approach to support all skin types for long term skin health and radiance. Learn about their organic, simple ingredients and enjoy 10% off your purchase during Wellness Wednesday.  
*Robb Doser and Kirsten Hayman, evanhealy*

## October

**Microgreens Kids Cooking Classes: Halloween Guacamole Cups with Homemade Tortilla Chips**  
Saturday, Oct. 12, 11 a.m.–12 p.m.  
Friendship store

**\$5/Free for kids**  
Kids ages 8-12 and their parent/guardian are invited to learn how to prepare simple, tasty meals using new and familiar ingredients found at Seward Co-op. We'll learn basics of kitchen safety and give hands-on demonstrations with recipes you can make with your whole family.  
*Jess Toliver, Jess Delicious Living*

**Seward Co-op 101**  
Wednesday, Oct. 16, 6–7 p.m.  
Franklin store

**Free**  
Join staff and board members 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 our co-op live its vision to sustain a healthy community.

**Finding Your Balance—DIY Aromatherapy with Pranarōm**

Thursday, Oct. 17, 6–7 p.m.  
Friendship store  
**\$10/\$5 Seward Co-op owners**  
Join us for a DIY aromatherapy class with Pranarōm Essential Oils. As the season begins its shift to cooler, drier weather, we often feel a need for centering and balance in the autumnal months. This class offers an opportunity to create your own balancing blend with organic essential oils. Pranarōm's National Educator Liza Docken will share the benefits and supportive elements that many of the most popular oils provide. Bring your curiosity and creativity, and leave with a personal blend to keep you grounded.  
*Liza Docken, Pranarōm*

**All About Mushroom Supplements: Immune Support & More with Host Defense**  
Wednesday, Oct. 30, 6–7 p.m.

Friendship store  
**\$5/Free for Seward Co-op owners**  
Host Defense specializes in mushroom mycelium-based supplements to support natural immunity and whole body wellness. Come learn about all of the benefits of mushrooms and enjoy 10% off your purchase for Wellness Wednesday. All attendees will receive free samples and will be entered in a raffle to win a Host Defense gift basket.  
*Richard Cividanes, Host Defense National Science Educator with Robb Doser and Kirsten Hayman*



We are honored to partner with the Indigenous Food Network this November for the fourth year of the Indigenous Foods Class Series. These free virtual cooking and lecture workshops explore the nutritional and cultural importance of ingredients historically and currently used in local Native and Indigenous communities. Instructors will share their expertise on sourcing, sustainability, and environmental impacts on local and native-grown foods. Learn more about some of this year's classes below and explore past Indigenous Foods Class recordings at [seward.coop/honoring-indigenous-food-traditions/](http://seward.coop/honoring-indigenous-food-traditions/).

**Squash Bread**  
Thursday, Nov. 7, 6–7 p.m.  
Virtual  
**Free**

Join Vanessa in making an autumn Squash Bread using Seminole squash, a sweet and bright flavored squash, along with maple and coconut sugar. This versatile recipe can also be made using butternut squash, acorn squash, or another similarly flavored squash in place of Seminole. Vanessa will also show you how to swap out other ingredients based on what you have available in your pantry and what works with your budget.  
*Vanessa Casillas (Ho-Chunk; Dream of Wild Health)*

**Rosehip Syrup**  
Friday, Nov. 15, 6–7 p.m.  
Virtual  
**Free**

In this class, Two Sisters Herbals founders Francesca and Jessica will show how to make a syrup using rosehips, the seed-filled bulbs that grow at the base of the blossom of a wild rose. They will also discuss herbs that are supportive alongside rosehips and different recipes you can make utilizing this syrup.  
*Francesca Garcia and Jessica Ferlaak (Rarámuri [Tarahumara], Yoeme [Yaqui] & Mexican; Two Sisters Herbals)*







The summer sun has set, and autumn has arrived! Leaves start to change colors, the air gets crisper, and our taste for all things pumpkin begins to get serious. Fall into Microgreens this season with fun and delectable activities, recipes, and classes for kids.



### Leaf Art Walk

One of the best parts of autumn is crunching fallen leaves. But what about using them for an art project? This easy and beautiful activity will get the whole family out on a seasonal stroll looking for the most colorful leaves.

**You'll need:**

- A piece of cardboard from recycling
- Markers
- Scissors
- Fallen leaves
- Tape

Find or cut a piece of cardboard to a size that will be easy to carry on a walk. Draw the outline of a tree, whatever that looks like to you. With the help of an adult, poke holes along and in the outline of your tree. This is where the leaves will go. Now, take a walk around your neighborhood looking for your favorite fallen leaves. When you find them, place the stem of the leaf in one of the poked holes on your tree. Secure on the back of the cardboard with tape. Fill out the tree as much as you like!



### Easy Roasted Pumpkin Seeds

Scare up a simple snack this Halloween with a recipe for roasted pumpkin seeds.

**You'll need:**

- A pumpkin
- Olive oil
- Salt and other favorite spices

Have an adult help cut the top of your pumpkin to remove the seeds. Rinse and place them in a bowl of water to remove any pumpkin—seeds will sink to the bottom and the membrane will float to the top for easy discarding. Let the seeds dry on a paper towel overnight.

Preheat your oven to 275 degrees. Place the seeds on a baking sheet lined with parchment paper. Drizzle with olive oil and sprinkle with salt and your favorite spices. Bake for 40 minutes or until seeds are crisp.

Source: <https://kristineskitchenblog.com/roasted-pumpkin-seeds/>

Looking for more eerie eats? Visit [seward.coop/halloween-recipes-for-kids/](http://seward.coop/halloween-recipes-for-kids/) to get inspired.



**Microgreens Kids Cooking Classes: Halloween Guacamole Cups with Homemade Tortilla Chips**  
Saturday, Oct 12, 11 a.m.–12 p.m.

Friendship store  
\$5/Free for kids

Kids ages 8-12 and their parent/guardian are invited to learn how to prepare simple, tasty meals using new and familiar ingredients found at Seward Co-op. We'll learn basics of kitchen safety and give hands-on demonstrations with recipes you can make with your whole family!

*Jess Toliver, Jess Delicious Living*





**Seward**  
COMMUNITY CO-OP



**Seward**  
COMMUNITY CO-OP



Thanks co-op owners for your continued support  
Here are 4 weeks of **FREE** product offers



**WEEK ONE: 10/2/2024–10/8/2024**



**FREE**  
SIMPLE MILLS  
COOKIES &  
CRACKERS



REG: \$5.79–\$7.79

Limit one coupon per owner number | While supplies last  
Valid only 10/2/2024–10/8/2024 | Price subject to change

**WEEK TWO: 10/9/2024–10/15/2024**



**FREE**  
NIXIE SPARKLING  
WATER, 8 PK.



REG: \$6.99

Limit one coupon per owner number | While supplies last  
Valid only 10/9/2024–10/15/2024 | Price subject to change

**WEEK THREE: 10/16/2024–10/22/2024**



**FREE**  
GARDEN OF EATIN'  
CORN CHIPS, 5.5 OZ.



REG: \$3.99

Limit one coupon per owner number | While supplies last  
Valid only 10/16/2024–10/22/2024 | Price subject to change

**WEEK FOUR: 10/23/2024–10/29/2024**



**FREE**  
EQUAL EXCHANGE  
CHOCOLATE BAR



REG: \$5.69

Limit one coupon per owner number | While supplies last  
Valid only 10/23/2024–10/29/2024 | Price subject to change