

SPROUT!

Fall 2025

Celebrating 10 Years of the
Friendship Store

Your Vote Matters on the
Board and for our Finances

Get Ready for Harvest Season

Meal Prep Made Easy

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

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Director of Marketing and Communications
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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

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.

On the cover: Community members dance after the rain at the Sabathani Block Party that Seward Co-op co-hosted and used to kick off 10 years of the Friendship store.



A Message From the General Manager Ray Williams

Dear Seward Co-op owners,

What a summer! Beautiful, even if it was a bit chaotic weather-wise. Some days it was scorching and smoky, other times stormy and almost chilly! I love beach days, but I'm excited to break out my jackets and long-sleeves. As the weather turns and we usher in the autumn months, I am also looking forward to shopping at the co-op during the harvest season as local produce fills the shelves, like the abundance of crisp local apples and warming cider from Community Foods producer Featherstone Farm who recently acquired Hoch Orchards ([read more on page 11](#)).

In addition to the fresh and luscious produce we're getting from so many local farmers, as a co-op we are reaping the results of all the hard work we've done over the last year. As I write this, we're working on the annual report and looking back at our '24-'25 fiscal year. I'm happy to report we were profitable and with a level of sales growth that outpaced our expectations. While the work is still ongoing to get the co-op back to a place of financial stability, I try to focus on the things we can control and celebrate when we make progress. Huge kudos to Seward Co-op staff for navigating the past year with grace and expertise. It has felt like a time of profound change, and I'm proud to see the co-op centering what we do well and remaining grounded in our values through it all.

This fall also marks the tenth anniversary of opening the Friendship store! It's hard to believe it's been a

decade of cooperation in the vibrant Bryant community and the 38th Street corridor. You may not know, but I started my career at Seward Co-op as Friendship's first Store Director. This has been such an incredible season of my life; I've met so many lifelong friends and deepened my sense of purpose. It's an honor to be part of the growth and changes at our co-op. I want to especially thank the South Minneapolis community for being on this journey with us.

On Monday, Oct. 27, we'll once again be hosting our Annual Owner Meeting at Arbeiter Brewing, and I'm thrilled to connect with owners over Habanero Tacos and beverages from the brewery. I hope you can join us!

As we prepare for October's Board of Directors election Sept. 29–Oct. 26, I'd also like to remind you that this year's election ballot will include a proposal to change our articles and bylaws to increase the price of a full ownership from \$75 to \$99.

The current \$75 owner equity has not changed since it was established in 1987—the equivalent of \$208 today. It is significantly lower than most other Twin Cities area co-ops. Owners signed up for our newsletters have received a number of communications about the proposal, and our website contains more information and FAQ about this change at www.seward.coop/stock-increase-proposal/.



CELEBRATING FRIENDSHIP IN COMMUNITY

In 2015, Seward Co-op expanded from the location in the Seward neighborhood to the Bryant neighborhood, where our Friendship store is located on 38th Street. As we celebrate a decade of creating greater access to fresh food in the neighborhood, we're highlighting staff who've made a difference in a community that has always been directly invested in the success of the Friendship store. We wouldn't be able to continue giving back to those we serve without the input of owners and shoppers, and we would not be able to meet customer needs without staff like Produce Manager Bilal A (he/him).

Bilal began his journey at Seward Co-op in 2021 as a barista, and says the role has given him valuable opportunities to grow and develop his career. "I thoroughly enjoyed my time as a barista, building strong relationships with customers and colleagues alike. From

there, I progressed to Manager on Duty, where I honed my leadership skills and learned to manage daily operations. I then transitioned to Assistant Front-End Manager, and later to Assistant Produce Manager, where I gained valuable experience in managing inventory and leading teams. Now, as the Produce Manager, I'm excited to leverage my skills and experience to drive success in the produce department and continue to contribute to the co-op."

The emphasis on natural foods and healthy living is something Bilal enjoys about his work, but it's also the community he's cultivated that keeps him excited about coming back each day. "Our customers are some of the friendliest I've ever met. They are passionate about the products we're selling, and it's great to see that enthusiasm. The co-op team is also super collaborative and supportive. Everyone works together to get things done.

Additionally, I appreciate the leadership team's commitment to our values and mission. It makes coming to work every day really fulfilling," he says.

As we look towards the next decade of cooperation, Bilal reflects on what he's experienced, and what he would like to see. "I envision [the] Friendship [store] offering an even wider range of products, including more diverse and innovative options that cater to our customers' evolving needs. From a merchandising perspective, I see us enhancing the shopping experience with creative displays, promotions, and events that showcase our products and build a stronger connection with our community." As we move forward together, join us in the next decade of community, and read more about the kickoff of anniversary season with a recap from the Sabathani Block Party on [pages 14–15](#).

NATIONAL CO-OP MONTH: COMMUNITY, COOPERATION, AND FRIENDSHIP

Each October, we celebrate National Co-op Month, and this year marks the 10th anniversary of the Friendship store. As we reflect, we honor the long history of local cooperation and community in South Minneapolis that led to the milestone of opening our second location on 38th Street in the Bryant-Central neighborhoods. For over 50 years, Seward Co-op has been part of the Twin Cities food co-op community, but cooperatives have existed for far longer. Rooted in resistance and interdependence, co-ops have always been intertwined with many social movements.

A brief history of Bryant and Central

A Norwegian and Swedish neighborhood in the 1930s, the area underwent significant changes during the Great Migration. African Americans fled violence in the South for cities in the Midwest, such as Minneapolis. From the 1930s through the 1950s, Bryant-Central was an African American community with a vibrant business district, until the development of the 35W highway project, which ran through the middle of the Black business district, displacing thousands.

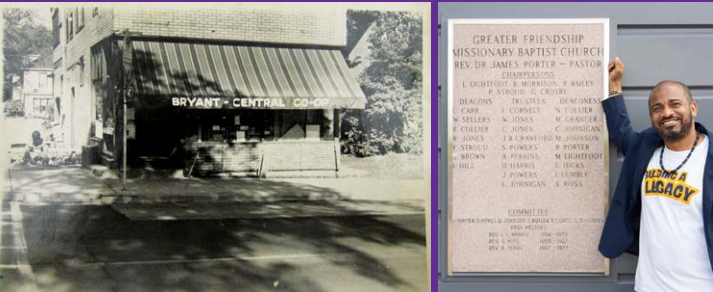
The 1960s, marked by the civil rights, counterculture, and anti-war movements, fueled the growth of food co-ops in Minneapolis's West Bank neighborhood. These early co-ops were divided into two camps: one focused on stores that provided food free from artificial chemicals, sugars, and additives, while the other emphasized affordability. Within both groups, Black people participated in the co-op movement to establish places that served the needs of their communities. Community leader Moe Burton helped launch the Bryant-Central Co-op in 1975. It quickly became a community hub centered in self-determination, collective well-being, and

affordable food access. Although it closed in 1978, Bryant-Central Co-op continues to influence the broader cooperative movement through the principles it upheld, such as paying workers fairly, fostering economic mobility, and building equitable systems beyond food.

Building Friendship in the Bryant neighborhood

In 2012, a group of residents from Bryant-Central approached Seward Co-op and other local grocers to gauge their interest in building a grocery store in their community. As Seward explored the opportunity, they were introduced to leaders of the Greater Friendship Missionary Baptist Church, who agreed that Seward Co-op would be a great fit for the neighborhood. There was one condition: that it be named “the Friendship Store” to honor the partnership with the church. However, some residents remained skeptical that the co-op would sufficiently meet the community’s needs. They feared that the co-op’s arrival signaled the start of gentrification in a historically Black, working-class neighborhood. To address their concerns, co-op leadership collaborated with elected officials to foster community-wide dialogues on emerging issues. At the same time, the co-op began an internal effort to combat racial bias within the organization. To support the development of the Friendship store both internally and externally, they hired LaDonna Sanders Redmond as the Community Outreach Coordinator.

Through community meetings, door-to-door outreach, and local events, LaDonna’s work played a crucial role in supporting the co-op to listen carefully and respond with inclusive hiring practices, needs-based ownership options, accessible discounts, and a living wage for



(above left) Bryant Central Co-op in the 1970s; (above right) Pastor B. Charvez Russell of the Greater Friendship Missionary Baptist Church, 2025; (right) LaDonna Redmond Sanders, Andrea Jenkins, and former Seward Co-op GM Sean Doyle at the Friendship store groundbreaking in 2014; (below left) Seward Co-op board, staff, and community members break ground at the site of the future Friendship store, 2014; (below middle) Seward Co-op staff handing out sunflowers to attendees of the 2015 Annual Owner Meeting and Grand Opening of the Friendship store; (below right) Seward Co-op Owner at the 2015 Annual Owner Meeting and Grand Opening of the Friendship store.



workers. Her leadership was essential in building trust and gaining support from all residents within 100 feet of the site, which was necessary for rezoning and made the 2015 opening of the Friendship store possible.

Reflection

The Bryant-Central community is dependable, with the success of the Friendship store demonstrating the strength of this community and its potential for cooperative movement. Co-ops are designed to actively listen, build trust, and share power by embracing diversity. The Bryant-Central Friendship story reminds us that cooperatives are powerful tools for collective change, rooted in social movements. As we celebrate 10 years of Friendship, Seward Co-op also looks ahead, knowing our work is far from finished.

OCTOBER IS NATIONAL
**CO-OP
MONTH**



10 Years of
Growing Together
Community Ownership
Great Jobs
DELICIOUS FOOD
Cooperation

Friendship Store
10-Year Anniversary
ICE CREAM SOCIAL
Thursday, Sept. 25 | 4:30–6 PM
Live music by Van Nixon | FREE

Friendship Store 10 Year Anniversary Ice Cream Social

Thursday, Sept. 25, 4:30–6 p.m.

Join us as we celebrate the vibrant, engaged community of South Minneapolis and reflect on 10 years of Friendship. Enjoy ice cream (including vegan options) in our community seating area with live music from Van Nixon, giveaways, and more! The event is free, but please RSVP at www.seward.coop/events.

KEEP YOUR WALLET STUFFED THIS HOLIDAY SEASON WITH EVERYDAY LOW PRICES

The Harvest holiday is a time when many of us gather with loved ones to share a meal. While that often means family, for those with kin far away or complicated ties, chosen family can be a source of connection during arguably the best season for piling a plate packed with locally-grown food. Whether you're baking a pie from scratch, snagging Seward-made gravy from Grab & Go, or letting us cater your main dish, Seward Co-op has everything you need to execute your Friendsgiving feast, plus a new way to spot deals on our shelves with Everyday Low Prices.

Nothing feeds a crowd like a recipe big enough to fill a pan, and casseroles, lasagnas, and trays full of seasonal root veggies are all the more appetizing when the price tag is a little lower. As you shop, keep your eyes peeled for new, Everyday Low Price signs highlighting deals on popular products throughout our stores. Planning a pasta bake or casserole for a crowd? Field Day pastas, sauces, vinegars, noodles, and rice all have options at competitive price points to keep your budget in line while you stock up for your big meal.

Want to roast veggies for that Friendsgiving potluck? Field Day also has many organic products that fall into our Everyday Low Price category, including canola, olive, or avocado oils, dried spices, broths, and more.



If you volunteered to bring dessert for the family, pick up locally-grown apples and cranberries to make a crumble relatives will be talking about for years. The Bulk department has deals on oats, cornmeal, and flours, while Field Day has several cost-effective options for baking, like maple syrup, baking powder and soda, sugar, and canned coconut milk, for the rich and creamy dairy or vegan treats of your dreams.

Or, you can skip the sweat and let us take care of it with catering. Deli Harvest Catering Preorders begin Nov. 1 and run through Nov. 20. On the flip side, if you're looking to go big and do the bird yourself this year, pre-order at Seward Co-op Meat and Seafood counters Nov. 1-23, or online at www.seward.coop.





HARVEST CELEBRATION CATERING

Order Nov. 1–20

ORDER AT THE DELI COUNTER OR ONLINE

PRE-ORDER FRESH & FROZEN TURKEYS BY NOV. 23

ONLINE PRE-ORDERS STRONGLY ENCOURAGED

LOCAL, FREE-RANGE & NATURALLY RAISED

FERNDALE MARKET

CANNON FALLS, MN





SQUASH WEEKNIGHT STRESS

Whether you're a student, have students in your home, or are just looking for more structure in the day as the weather changes and slows us down, meal prep doesn't have to be something that adds to your load. Here's a simple, seasonal recipe featuring **Community Foods** and **Everyday Low Price** ingredients that can make transitioning into your autumn routine a little bit easier.

Harvest Sheet Pan with Veggies and Wild Rice Brats

Ingredients:

- 12 oz pack of **Ferndale Market** Turkey Wild Rice Bratwurst, sliced
- 2 cups **Featherstone Farm** butternut squash, peeled and cut into 1/2-inch cubes
- 2 cups **Thimmesch Farm** brussels sprouts, trimmed and halved
- 2 **Whistling Wells** Honeycrisp apples, peeled and chopped
- 2 tablespoons **Field Day** olive oil
- 3 tablespoons **Maple Valley Cooperative** maple syrup
- 1 tablespoon **Field Day** Dijon mustard
- 4 cloves garlic, minced
- 1/2 teaspoon onion powder
- Salt and black pepper to taste
- 1 teaspoon each of fresh sage, thyme, and rosemary from **Wisconsin Growers**, finely chopped

Preparation:

1. Preheat your oven to 425°F. While it heats, peel and chop the vegetables, apples, and herbs. Slice the brats into bite-sized pieces and keep them separate from produce.
2. Make the maple mustard glaze by whisking together the maple syrup, olive oil, Dijon mustard, garlic, and onion powder in a small bowl. Set aside.
3. Spread out the chopped veggies and apple pieces on a large baking sheet. Drizzle everything with the glaze and sprinkle with fresh herbs. Toss gently to coat evenly, then season with salt and pepper.
4. Place the tray in the oven and roast for about 30 minutes, tossing halfway through to ensure even browning. Add Ferndale brats for the last 10 minutes. Serve with rice, quinoa, or simply on its own, and enjoy! This meal will last in your fridge for up to 5 days.



Ferndale Market

SMALL-SCALE, LOCAL

Ferndale Market has been raising free-range turkeys in Cannon Falls, Minn., since 1939, when it was founded by Dale and Fern Peterson. Today, their third-generation family farm continues to care for their animals without antibiotics, additives, or growth hormones. In partnership with other local farms, Ferndale supports a resilient, community-based food system.



Thimmesch Farms

SMALL-SCALE, LOCAL

For the past 17 years, Jason Thimmesch and his family have built and worked on Thimmesch Farm in Wisconsin's Driftless region, raising children on the land and growing a close-knit farming community. With help from neighbors and friends, the farm operates communally, and is rooted in shared values of land stewardship and growing food together.



Maple Valley Cooperative

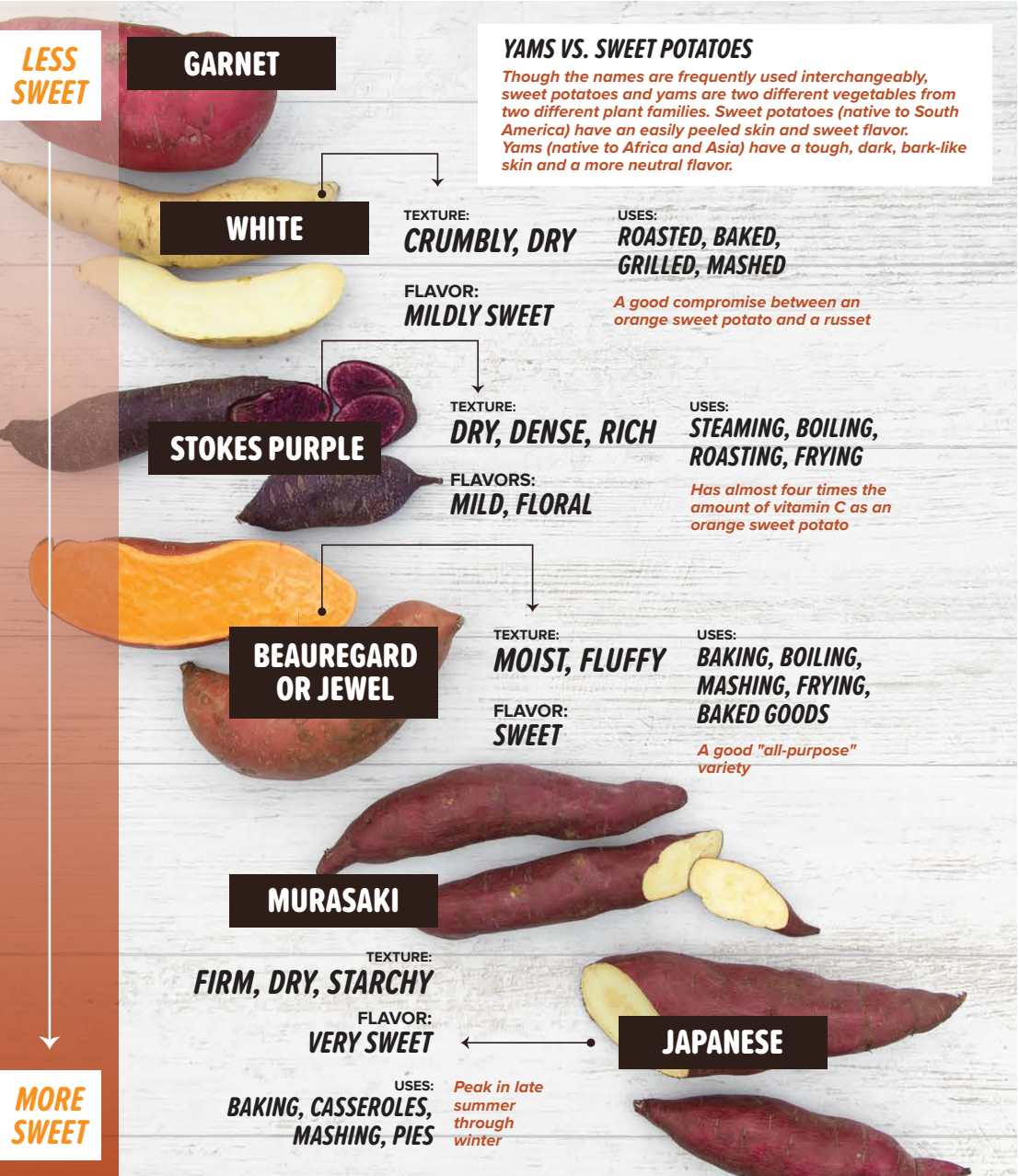
SMALL-SCALE, LOCAL, COOPERATIVE

Founded over 30 years ago by maple farmer Cecil Wright and two friends, Maple Valley Cooperative produces organic maple products using fair and sustainable methods. By prioritizing the health of their trees and tapping minimally so they can produce for up to 200 years, this cooperative supports several multi-generational farms committed to land stewardship. In return, Maple Valley offers its 30 farmer members a competitive, sustainable living wage for their dedication to quality and care.

DIVE DEEPER INTO FALL FLAVOR

Get ready for fall flavors on Seward Co-op shelves! Few things are cozier than mashed potatoes, gravy, and hot baked apple pies. Humble white or yellow potatoes often steal the spotlight, but warm, autumnal flavors

sometimes have us reaching for their cousin, the sweet potato, or their other cousin, yams. Confused about your tubers? Let us help you out with an introduction, along with a few ideas on how to use them.



Harry Hoch on the orchard, 2006



Harry and Jackie Hoch, 2016



Workers at Featherstone Farm, 2025

Fall is big-time apple season across the Midwest, but especially here in Minnesota, where the University of Minnesota has one of the top apple breeding and development programs in the United States! Varieties you may recognize like the Honeycrisp, First Kiss, and SweeTango were developed not far from Seward Co-op stores and have flourished in the hands of local farmers like Hoch Orchards, whose absence of apples and ciders you may have noticed on our shelves last fall.

The Hoch family has operated their orchard since the 1950s. From 1997 to Oct. 2024, Harry and Jackie Hoch maintained a diverse range of apple varieties, using organic, sustainable practices to cut down on waste in the production of their apples, ciders, and more.

In 2024, they decided it was time to retire and have been working closely with new leaders at Featherstone Farm to transition the orchard into their care. While American Farmland Trust owns the land, Featherstone intends to purchase it and currently holds a long-term lease on the Hoch's machinery and equipment. Seward Co-op stores will have the same delicious ciders in our coolers, now branded as Featherstone products with acquisition information on the label. Branded stickers on their apples are yet undecided, but rest assured, they are still coming from the orchards you know and love. So, make sure to support Featherstone and this long-running orchard when you spot their apples and ciders on the shelves at Seward Co-op stores.

FALL INTO WELLNESS

As the seasons shift, the transition can sometimes be jarring to our immune systems. Kids head back to school and encounter new bugs, routines change as we prepare for cooler weather, and the sudden onset of darkness after we “fall behind” can have an impact on our mental health. In the spirit of easing into the season, Seward Co-op’s Wellness departments are here to prop up your immune system before a busy holiday season, or just help you find more ways to rest and digest as the natural world around us settles into a slower pace, too.

Rest

Many of us might need extra rest as the seasons change. Whether that means more naps and water, or taking a few additional supplements to make sure we sleep through the night, we have several options to choose from.

Magnesium is a naturally occurring mineral growing in popularity for its benefits for our bodily functions. The National Institute of Health states that “magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation”. All of this translates to a healthier body and mind.

Three main varieties of magnesium are being explored to meet different needs: magnesium l-threonate is suggested to help with memory, focus, mood, and anxiety support; magnesium glycinate is suggested to help with mental and physical stress support, sleep support, tissue formation, and heart health; and magnesium citrate is suggested to support muscle and heart function, as well as our bones and nervous system. If you’re looking to try it today, vitamin maker Natural Factors has options for each type of magnesium listed above, and woman-owned True Grace has their “Electro-Mag” packets that are full of electrolytes and magnesium, so you can kick off your wellness journey with ease.

FOURTH WEDNESDAY OF EACH MONTH

9/24 10/22 11/19* 12/17*

*dates have been adjusted to
non-holiday weeks

**SAVE 10% ON
PERSONAL CARE
AND SUPPLEMENTS**



Digest

The holidays are a time when many of us are bopping around, gathering with friends and family, to eat, drink, and be merry. But what happens when we loosen our belts a notch and we still feel a little bloated and full? There are three ways to battle the bloat and keep your stomach feeling top notch: probiotics, herbs, or enzymatic treatments.

Probiotics taken daily build up a gut-healthy microbiome that helps support your mood, bathroom regularity, digestion, and overall health. Herbal remedies like ginger, licorice, and peppermint tea all help support digestion, bloating, and discomfort. Enzymatic treatments like papaya enzymes help us digest easier, break down food into smaller more digestible molecules which better allows our bodies to absorb vitamins and minerals.

Try a little of each! Natural Factors source probiotics that are clinically tested to have compatible strains that don’t overpower or compete in the gut. Instead, they work together in the body. To try some herbal immunity, Mickelberry Garden makes a spicy and soothing Ginger Honey Tonic that is supportive to immune systems and digestive tracts. For more digestion support, Black-owned, Chicago-based sea moss company Natural Renewals has vibrant sea mosses to keep your gut in check.

No matter what you’re preparing for as the weather changes, make your first stop Seward Co-op Wellness departments at both stores to kick off your seasonal routine.



SABATHANI BLOCK PARTY RECAP

We had a blast celebrating 10 years of the Friendship Store at the Sabathani Block Party! Our day was filled with gratitude, community, and collaboration as we honored the past, present, and future of the 38th Street corridor. Events like this aren't possible without Seward Co-op staff and support from community partners and co-hosts like [the Sabathani Community Center](#), who showed up to bring this celebration to life. Most of all, we're grateful to everyone who came out and made the day a success.

Seward Co-op hosted a fun, interactive booth with games featuring co-op and Community Foods prizes, fresh fruit, and new Seward Co-op bumper stickers (grab yours at our Friendship Store Anniversary Party and Ice Cream Social on Sept. 25, see page 20 for details). Staff had great conversations about the Friendship store's role in the neighborhood and chatted with shoppers both new and old. As the first booth on-site, we had a perfect view of the crowd and line forming before the event even started. Despite a soaking rain, hundreds of folks cheerfully attended the party, a testament to the spirit and resilience of the South Minneapolis community.

The event featured 34 vendor booths showcasing a wide range of local organizations and community resources. The day was also full of live entertainment that kept spirits high, including DJ-curated sets and live performances by Lewiee Blaze & DJ Mickey Breeze, Frank Sentwali, Orikal Uno, T-LaShawn, Muja, and iLLism. From freestyle grooves to lessons led by Harris Parks Line

Dancing, people of all ages were moved by the music, like one of our favorite steppers of the day: a joyful, 92-year-old woman fitted in maroon who lit up the party with her love of dancing.

Kids enjoyed games and family-friendly fun, while the first 50 attendees grabbed free meals from local food trucks like Tacos El Kevin, Run Tell That BBQ, and Bam Bam's Backyard BBQ. Community Foods vendors Crazy Fresh and Jonny Pops also offered tasty samples of popsicles, fresh watermelon, and guacamole. We're so appreciative to everyone who helped feed and fuel the party!

However, this celebration wasn't just about fun. It was a heartfelt reflection and tribute to the community members and neighborhood organizations that make the 38th Street corridor a vibrant place. Spoken word performances and storytelling throughout the day lifted up community voices and celebrated shared history. The Heart of Sabathani Awards honored local individuals making a difference, including our own General Manager Ray Williams who accepted an award on behalf of Seward Co-op and the role we've played in the neighborhood.

Thank you to everyone who braved the rain, shared stories, danced, and helped make the start to our 10-year anniversary celebrations special. Here's to a decade (and many more) of community, collaboration, and connection. We're deeply grateful for a day that reflected all three.



THANK YOU TO EVERYONE WHO BRAVED THE RAIN, SHARED STORIES, DANCED, AND HELPED MAKE THE START TO OUR 10-YEAR ANNIVERSARY CELEBRATIONS SO SPECIAL





A Message From the Board

Tabitha Montgomery

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
Tabitha Montgomery	2027
Warren King	2026
Cassandra Meyer	2027
Elizabeth Liddiard Wozniak	2027
LaDonna Sanders Redmond	2025
Moses Viveros	2025
Fartun Weli	2026
Employee director	empty

Peace, fellow co-op members,

I hope this issue of *Sprout!* finds you well, and that in it you find reminders about the power and impact of our co-op community.

Perhaps you learned something new in the message from our awesome CEO and General Manager, Ray Williams. Maybe there was a note about one of our Community Foods producers that makes you excited about stopping into the store sooner than later. Or, did reading about our fall SEED recipients provide a sense of pride about the ways we lean into furthering our Ends by maintaining over a decade of giving through our round-up program?

For me, this issue and the work of the co-op each provide clarity on why I remain enthusiastic about serving my community, even after almost 12 months of board service. It's simple: in every way imaginable, this world needs the spirit and practice of cooperation. At the heart of the cooperative definition, and our cooperative

values, is the belief that caring for one another has social and economic benefits. This is seen through the hundreds of beautifully diverse Seward Co-op employees, the thousands of small businesses that have diversified our co-op shelves since its start, and the more than 25,000 households of co-op owners. Our collective cooperation enables us to drive more than \$40 million in revenue each year. Wow!

To my fellow cooperators, thank you. The light that the co-op brings to our community, literally and figuratively, are constant reminders of why we should continue collaborating in an increasingly divisive world. As we look ahead to our upcoming Annual Owner Meeting on Oct. 27, please remember to cast your vote in this year's Board of Directors election! It's one way to demonstrate our commitment to representative democracy at the co-op, another value that powers our service to each other and impact overall. Not only do you choose the people who guide the vision of our co-op, but this year we are voting to increase the value of ownership, which is a great way for all of us owners, past, present, and future, to invest in keeping this organization's vital work for a long time to come.



2025 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 cooperative democracy and help shape the direction we take as a community-owned business by casting your votes! The election begins on Monday, Sept. 29.

About the 2025 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 for the board of directors election and the Class A stock increase will be open from Sept. 29 through 11:59 p.m. on Sunday, Oct. 26. 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, and must be received by Sunday, Oct. 26. We'll announce election results at the Annual Owner Meeting on Monday, Oct. 27. For more information about the election or about governance topics, please visit www.seward.coop/board-of-directors or email board@seward.coop.

2025 BALLOT PROPOSAL TO INCREASE STOCK A

This year's ballot will also include proposed changes to Seward Co-op's articles and bylaws. The proposed changes will increase the value of a full ownership from \$75 to \$99. More info is available online at www.seward.coop/stock-increase-proposal/. This info will also be available in the ballot materials.

**Attend an Info Session
about the Ballot Proposal:**
Sept. 18 at 6 p.m. (more
information [on page 20](#))



Relational
Financial
Planning

Roya Moltaji

CFP®ChFC®BFA™CAP®CASL™
royamoltaji.com 952-769-2126

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SEWARD OWNER SOCIAL HOUR

MONDAY,
10/27 6-7:30 PM

Join us for drinks, tacos from Habanero Tacos, and socializing with fellow cooperators as we return to Arbeiter Brewing for our Annual Owner Meeting!

2025 was a year of growth and change for the co-op. We completed the remodel of our Franklin Ave store, sold the Creamery building to NATIFS, and celebrated the 10-year anniversary of the opening of the Friendship store. We'll look back on the progress these changes brought to the co-op and look toward the future with connection and a recentering in our values.

THE BASICS

Seward Co-op Annual Owner Meeting and Social Hour
Monday, Oct. 27, 6–7:30 p.m.
Arbeiter Brewing,
3038 Minnehaha Ave, Minneapolis

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

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

Tickets for this year's Annual Owner Meeting are limited. We recommend registering ahead of time to secure your spot.

WHAT TO EXPECT

- ▶ **Announcement of our 2026 SEED and grant recipients**
- ▶ **Co-op business and financial updates**
- ▶ **Board of Directors election results**
- ▶ **Results of the Class A Stock Increase ballot proposal**
- ▶ **Explore our mini museum on the history of the Friendship store**
- ▶ **Microgreens activities for kids and lawn games on the patio**
- ▶ **Mingle with staff, board members, and fellow co-op owners**



Register at 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

Twin Cities Food Justice

Twin Cities Food Justice is a volunteer-driven nonprofit organization working to reduce food waste and hunger in the Twin Cities by moving abundance to places of need throughout the food system. They partner with co-ops, markets, bakeries, and farmers to redistribute fresh, unsalable food to hunger relief organizations, community kitchens, and food-insecure populations.



October

Dream of Wild Health

Dream of Wild Health is one of the longest operating Native American led nonprofits in the Twin Cities, with a mission to recover knowledge of and access to healthy Indigenous foods, medicines, and lifeways. SEED funds support their Youth Education and Leadership programs, which provide culturally based lessons for Native youth to learn about regenerative organic gardening, healthy foods preparation and nutrition, and Native cultural traditions while gaining employment and leadership skills.

On Oct. 13, Indigenous Peoples' Day, special Seward-made Grab & Go bowls will feature recipes showcasing Indigenous flavors. \$1 from each of these bowls supports the October SEED recipient.



November

Seward Co-op's Needs-Based Program

Seward Co-op's needs-based program assists households with financial need by providing a discount on grocery purchases, currently serving 2,300 of the 25,000 Seward Co-op owners.



SEED
GROWING THE COMMUNITY

**COMMUNITY
CHOICE**

**Help Select 2026
SEED Recipients!**

All co-op shoppers are invited to vote for four Community Choice recipients. Cast your vote Oct. 1-14.

The 2026 SEED, Seward Community Fund, and People Powered Perks grant recipients will be announced at our Annual Owner Meeting on Oct. 27, read more on page 18. You can also find the results and the winners of the Community Choice vote online at www.seward.coop/seed.

Class A Stock Ballot Proposal Virtual Info Session
Thursday, Sept. 18, 6–6:30 p.m.
Learn more about the Class A stock increase proposal on this year’s Board of Directors election ballot. Staff from Seward Co-op will be ready to answer any questions you have about this proposed change to our Articles and Bylaws. Register to receive the Zoom link at www.seward.coop/events.

Friendship Store 10 Year Anniversary Ice Cream Social
Thursday, Sept. 25, 4:30–6 p.m.
Join us as we celebrate the vibrant, engaged community of South Minneapolis and reflect on 10 years of Friendship. Enjoy ice cream (including vegan options) in our community seating area with live music from Van Nixon, giveaways, and more! The event is free, but please RSVP at www.seward.coop/events.

Indigenous Peoples’ Day Hot Bar
Celebrate Indigenous Peoples’ Day on **Monday, Oct. 13** at the Deli with special pre-made bowls featuring recipes by Sean Sherman of Owamni. Enjoy Indigenous flavors with our meat and veggie options while supplies last. The Hot Bar will feature its own special menu, including items from the bowls. A portion of each sale supports Dream of Wild Health, October’s SEED recipient. Be sure to round up!

Enjoy a Harvest Hot Bar Menu Nov. 24–28
Swing by Seward Co-op’s Deli for a special Harvest Hot Bar menu Monday, Nov. 24–Friday, Nov. 28, including hearty favorites like maple glazed sweet potatoes, roast turkey breast, mac and cheese, and more. Menu is subject to change and availability.

Store Hours
November 27
8 a.m. – 4 p.m.

Key Dates this Fall:

Vote for the Board of Directors
Sept. 29–Oct. 26
(See more details on [page 17](#))

Vote for SEED Community Choice
Oct. 1–Oct. 14
(See more details on [page 19](#))

Annual Owner Meeting and Social Hour
Oct. 27, 6–7:30 p.m.
Arbeiter Brewing
3038 Minnehaha Ave, Minneapolis
(See more details on [page 18](#))

Pre-ordering
Turkeys: Nov. 1–23
Harvest Catering: Nov. 1–20
(See more details on [page 7](#))

Save the Date: Seward Frolic
Saturday, Dec. 6, 1–3 p.m.
Franklin Ave store and surrounding Seward neighborhood businesses
Save the date to enjoy hot cocoa, live music, and giveaways at the Seward neighborhood’s annual Seward Frolic. Shop the co-op to browse gifts, treats, and more. Information about the Seward Frolic can be found at www.scca.org.

Canning 101: An Introduction to Water Bath Canning
Thursday, Sept. 11, 6:30–8:30 p.m.
Friendship Store
\$15 / \$10 Seward Co-op owners
Join canning expert and Northern Gardener Magazine contributor, Taylor Tinkham, to learn about canning equipment, safe canning practices and techniques, and see a full demonstration of the canning process. With opportunities to ask questions along the way, you’ll leave with the resources and confidence to start stocking your shelves at home.
Taylor Tinkham, Hennepin County Master Gardener, certified food preservation consultant



Since 2021, we’ve proudly co-presented the Indigenous Foods Class Series, a program developed through our long-term partnership with Dream of Wild Health and the Indigenous Food Network (IFN), who are working together to rebuild a sovereign food system. Through this series, Seward Co-op joins Native-led organizations as they share ancestral knowledge through a series of workshops exploring the nutritional and cultural significance of ingredients historically used by Indigenous communities. Revisit past years’ videos at www.seward.coop/honoring-indigenous-food-traditions, and participate in-person with this year’s classes at our store.



Microgreens Kids Class on Indigenous Foods: Suncatchers with Dried Flowers & Fall Leaves Saturday, Nov. 1, 10–11 a.m. Friendship store classroom \$15 / \$10 Seward Co-op owners Kids are free and must be registered with a parent or guardian <i>Francesca Garcia and Jessica Ferlaak, Two Sisters Herbals</i>	Microgreens Kids Class on Indigenous Foods: Baked Pears Thursday, Nov. 6, 6–7 p.m. Friendship store classroom \$15 / \$10 for Seward Co-op owners Kids are free and must be registered with a parent or guardian <i>Dream of Wild Health Youth Leaders</i>	Indigenous Foods Series: Bone Marrow Tuesday, Nov. 11, 6–7 p.m. Friendship store classroom \$20 / \$15 Seward Co-op owners <i>Derek Nicholas, Wiisining LLC Hope Flanagan, Dream of Wild Health</i>
		Indigenous Foods: Make Your Own Tea Blend Thursday, Nov. 13, 6–7 p.m. Friendship store classroom \$20 / \$15 Seward Co-op owners <i>Francesca Garcia and Jessica Ferlaak, Two Sisters Herbals</i>



Autumn is that magical time of year when there's a chill in the air, the leaves start to change, and everything begins to smell like apples and cinnamon. It's the perfect season for comfy sweaters, warm drinks, and lots of fun! Cozy up and fall into Microgreens with these seasonal activities for kids.



Autumn Leaf Stained Glass Window

The best part of fall is watching the leaves change color, so why not use nature's beauty for an art project of your own? This creative craft is hands-on and easily removable when it's time for cleanup.

You'll need:

Colorful autumn leaves
Transparent contact paper
Scissors or a razor (parents should handle this)

While crunchy leaves may be a fan favorite, you'll want freshly fallen leaves for this activity. Gather a range of colors you want to use. Then, have an adult cut the contact paper to fit the window space you'll be decorating (tape the contact paper down while cutting to make this easier). Add your autumn leaves to the sticky side of your contact paper in whichever patterns you choose. Experiment with overlapping leaves or spacing them out for different effects! After that, you're all set to stick the contact paper to your window or door and appreciate all of fall's colors.

Source: <https://artfulparent.com/autumn-leaves-stained-glass>



Alien Eggs and Zombie Brains Sensory Bowls

These creepy sensory bowls make for edible, interactive fun perfectly suited for spooky season. In this case, it's okay to play with your food.

You'll need:

Chia seeds
Spaghetti or spaghetti squash
Food coloring

Combine ¼ cup chia seeds with 1 cup water and 5–7 drops of green food coloring in a sealable container. Let them sit for several hours or overnight until the mix forms a gel-like consistency. If you want a thicker, slime-like consistency, add a sprinkle of cornstarch to the mix. Once the seeds have absorbed the liquid, you've got Alien Eggs ready for sensory exploration.

Meanwhile, for your Zombie Brains, cook your spaghetti or squash as you usually would. Divide the cooked spaghetti into different bowls and add food coloring to each to dye them different colors. Mix them all together after they're dyed to make a colorful and scary dish!



Kids Classes This Fall:



Microgreens Kids Class on Indigenous Foods: Suncatchers with Dried Flowers & Fall Leaves

Saturday, Nov. 1, 10–11 a.m.

Friendship store classroom

\$15 / \$10 Seward Co-op owners

Kids are free and must be registered with a parent or guardian

Francesca Garcia and Jessica Ferlaak, Two Sisters Herbs



Microgreens Kids Class on Indigenous Foods: Baked Pears

Thursday, Nov. 6, 6–7 p.m.

Friendship store classroom

\$15 / \$10 for Seward Co-op owners

Kids are free and must be registered with a parent or guardian

Dream of Wild Health Youth Leaders



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: 10/1/2025–10/7/2025



FREE

EQUAL EXCHANGE
TEA BAGS, 20 CT.



REG: \$5.29–\$5.99

Limit one coupon per owner number | While supplies last
Valid only 10/1/2025–10/7/2025 | Price subject to change

WEEK TWO: 10/8/2025–10/14/2025



FREE

KETTLE CHIPS,
4.25–5 OZ.



REG: \$4.29

Limit one coupon per owner number | While supplies last
Valid only 10/8/2025–10/14/2025 | Price subject to change

WEEK THREE: 10/15/2025–10/21/2025



FREE

EQUAL EXCHANGE
CHOCOLATE BAR,
2.8–2.82 OZ.



REG: \$5.69

Limit one coupon per owner number | While supplies last
Valid only 10/15/2025–10/21/2025 | Price subject to change

WEEK FOUR: 10/22/2025–10/28/2025



FREE

FRONTERA
SALSA, 16 OZ.



REG: \$5.29

Limit one coupon per owner number | While supplies last
Valid only 10/22/2025–10/28/2025 | Price subject to change