

SPROUT!

Spring 2021



2021 CSA Fair
Seward To Go
Community Foods
Co-op Difference

SPROUT!

Seward Co-op's Ends Statement

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

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

General Manager Sean Doyle

Editor Carla Cardenas

Designer William Hoben

Marketing Manager Karah Barr

Proofreading Sid Korpi, Proof Positive

Sprout! is published quarterly

Hours of Operation

Each day our opening hour—from 8 to 9 a.m.—is reserved for shoppers who are at a higher risk of severe illness by COVID-19.

Franklin store

(612) 338-2465
Open 8 a.m.–9 p.m. daily
2823 E. Franklin Ave., MPLS, MN 55406

Friendship store

(612) 230-5595
Open 8 a.m.–9 p.m. daily
317 E. 38th St., MPLS, MN 55409

Creamery Café

(612) 230-5575
Temporarily 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

This issue of *Sprout!* is 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 this paper. You can always opt out of receiving the paper version of *Sprout!* by contacting bspitzer@seward.coop. Find *Sprout!* at www.seward.coop/sprout.

On the cover: Soderberg's delivers Seward Co-op groceries to co-op owner Amanda Jacobson. Photo by William Hoben.

On the back: Farmworkers at Featherstone Farm. Photo still from video produced by Kobi Dansingburg Creative Services.



I hope this issue of the *Sprout!* finds you and those you love in good health. It has now been more than a year since the COVID-19 pandemic began. It started for us when an employee at our Franklin store came down with one of the first cases of the virus in Minnesota. We closed for a few days to ensure the health and wellbeing of all. Upon re-opening, co-op sales dropped by nearly 15 percent, mostly due to the closing of our café and delis, along with suspending our Bulk Foods department. With many working from home, we also saw a major shift in how groceries are purchased—bigger shopping trips taken less often. In this crisis, we committed to retain employees, we promised to be transparent about the impact that COVID-19 had on our staff and we promised to do everything we could to serve our community.

In April 2020, we obtained a \$2.09 million CARES Act Paycheck Protection Program (PPP) loan, which has enabled the co-op to keep staff fully employed, launch a \$15-per-hour minimum wage and continue to pay an additional \$2 per hour hazard pay. Without this investment, approximately 40 employees would have faced the hardship of being unemployed. We are grateful for receiving this loan and for how it has helped us support our employees fully in this time of crisis. Our employees are essential, they work tremendously hard and are dedicated

to serving our community. We are now approaching full use of the PPP loan funds. About one-third went to hazard pay, and the rest to retaining staff and increasing our wage scale to start at \$15 per hour. Unless we are able to access additional stimulus money, we anticipate that we will need to discontinue paying hazard pay at the end of March to keep the co-op financially sustainable. We anticipate that the PPP loan will be forgiven in its entirety later this year and will offset the negative net income the co-op has experienced year to date.

With spring nearing, many of us feel a resurgence of hope. We are encouraged that the pandemic may be lessened as more of us are able to be vaccinated. We are buoyed by the possibility of warmer weather and a return to the growing season. Produce from local farms and Community Supported Agriculture (CSA) shares will be coming soon. We anticipate the possibility of reopening our delis this spring and possibly the café this summer.

Though we are hopeful, there is still much work ahead. We must continue to maintain our vigilance and follow recommended guidelines to minimize contagion. We also need to be mindful that others in our community face tremendous need. Please join us during the Minnesota Food Share campaign this March to provide food for those who are

in need. We are taking a new approach this year by asking you to contribute the equivalent of a meal. The recommended donation is \$6 to provide a meal for an individual person and \$21 for a family of four. The co-op will match the first \$1,000 raised through community contributions. Together we can help reduce food insecurity in our community.

Thank you for your continued support of our community-owned cooperative and all of our efforts to sustain a healthy community. Take care and be well.



In December 2020, the co-op introduced Seward To Go, our contactless shopping service that offers both delivery and curbside pickup. In partnership with local, woman-owned business, Soderberg's Florist and Gifts, co-op shoppers can order Seward Co-op online and have it delivered to their door. Seward To Go is not only a convenient way to shop co-op essentials, but it also provides another way to invest in a more equitable local economy and healthy community!

Delivery is available for addresses in Minneapolis and select ZIP codes in St. Paul.

Visit www.seward.coop/togo to order groceries for curbside pickup or delivery by Soderberg's.





seward.coop/togo

Soderberg's Florist & Gifts

Located on Lake Street for 97 years, Soderberg's Florist & Gifts has been a go-to florist in South Minneapolis for generations. Today, the floral shop is owned by Kym Erickson, who was employed as the general manager for 15 years before recently taking over ownership. Soderberg's, like Seward Co-op, believes in sustaining a healthy community. They too believe in paying staff a living wage. All positions start at \$15/hour, a change Erickson implemented before the city of Minneapolis required employers to do so. Soderberg's invests in the local economy by prioritizing local distributors and buying flowers directly from area farms during the growing season whenever possible. They also compost most of their waste to reduce their environmental impacts.



Behind the scenes, co-op staff work diligently to make Seward To Go possible. Co-op administrative staff swiftly developed an online store. On a daily basis, a team of dedicated staff shop orders (carefully selecting produce and hand-picking substitutions), safely bring groceries out to shoppers' cars, work with Soderberg's to ensure timely deliveries, and much more. In store, co-op staff facilitate social distancing, stock shelves full of the items we love, and offer excellent customer service. The work of all co-op staff helps to ensure that members of our community have efficient and safe options to get their groceries.



"The Seward To Go staff was wonderful, and the whole process was very smooth!"



There are many choices when it comes to where you spend your grocery budget. We continue to be grateful to our community of co-op owners for their continued investment in and patronage of our co-op. Whenever you shop the co-op in store or online, you not only support the growers and makers whose products you find on our shelves, but you also make an investment in our co-op staff and community.

Spring Celebrations



While celebrations will continue to look different for the near future, many people have found new ways to connect with loved ones and fellow community members over holidays, such as virtual dinners, meal drop-offs, and recipe sharing. Upcoming spring holidays can offer opportunities to connect with others through food, celebrate the diversity within our community, and learn about cultures and cultural practices outside of our own. Seward Co-op offers a variety of foods to enjoy this spring, whether you plan to have a celebratory meal for St. Patrick's Day, Passover, Holi, Easter, or will break the fast with Iftar during Ramadan.

Holidays can be a great time to cook a traditional holiday meal or try something new. Let the Meat & Seafood staff help you stock up for the season while you support and save on high-quality meats from local, small-scale farms. Meat bundles are packed with a variety of cuts that can be used for everyday meals and special occasions. For instance, a lamb bundle sourced from local, sustainable

farm Lamb Shoppe, can provide stew meat for weeknight soups and curries, as well as lamb shank for Seder. A seafood bundle, from cooperative and small-scale producer Seafood Producer Co-op, could be a great option to create new recipes and enjoy wild-caught fish over Lent.

Co-op staff continue to prepare a number of tasty dishes made with ingredients sourced from Community Foods producers whenever possible. Our Deli has great options to include in your spring celebration menu or to share with loved ones from a distance. Many Seward-made packaged hot bar items are available as Deli Grab & Go options—including East African entrée bowls to heat and serve when ready—both could make a great Iftar.



Seward-made corned beef



Seward-made quiche



Maiv Mos,
Community
Engagement
Specialist



Celebrate Spring with Seward Co-op Classes

This spring, immerse yourself in a number of free virtual classes that demonstrate how to make dishes from around the world—including Japanese Vegetarian Cooking, Irish Pub Fare, African Vegan Cooking, Mexican cuisine and Hawaiian Loco Moco. Register at www.seward.coop/events.



Farmers submitted their own videos explaining their CSA, as well as their growing practices, so you can see and hear from the folks that grow your food and get a view of what their farms look like! CSA videos will be on available on Seward Co-op's website for the duration of the fair, and we'll post them on our Facebook, Instagram, and Twitter.

National Farmworker Awareness Week



The past year has been both challenging and rewarding for small-scale farms. Despite being absolutely vital to our food system, farmworkers are often first and most profoundly affected by crisis and supply chain disruption.

This year, Seward Co-op is a partner of Student Action with Farmworkers, and we support their efforts around National Farmworkers Awareness Week (NFAW). Happening over March 25–31, NFAW is a week of action for community members to raise awareness about farmworker issues in our communities.

Learn more about NFAW and how you can support farmworkers at [saf-unite.org/national-farmworker-awareness-week/](https://www.saf-unite.org/national-farmworker-awareness-week/).

This year marks the 20th anniversary of Seward Co-op's annual Community Supported Agriculture (CSA) Fair! Join us in a virtual celebration of farms that provide our community with delicious food throughout the growing season. At the end of March, we will feature 30 local CSA farms on our website and social media, showing what life has been like at the farms this past year and the adaptations farmers have had to make. We will also provide all the information you will need to choose a CSA in 2021 that works for you and your household.

We need to honor and invest in those who grow and harvest our food. We depend on community-based farmers, fishers and ranchers more than ever. In addition to shopping at the co-op, CSAs offer urban households a direct way to support local, often rural growers. Follow our virtual 20th Annual CSA Fair for all the information to pick a share that is best for you!

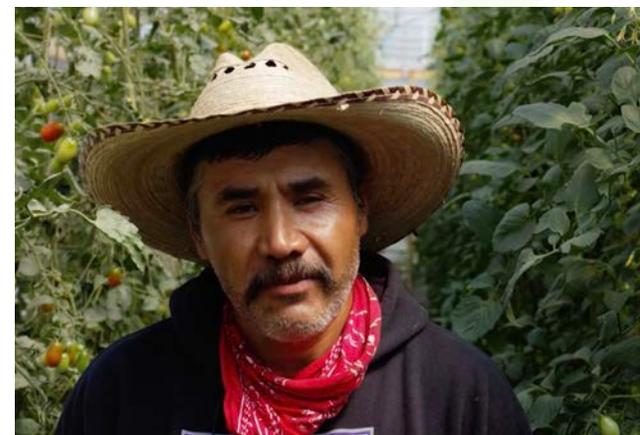
You can expect to learn about a variety of different CSAs, which offer vegetables and fruit, meat, cheese, bread, mushrooms, and even cold-pressed juices! Some farms also offer add-ons like honey, maple syrup, eggs and flowers. Others allow CSA shares to be customized, offering options to fit your needs (such as half shares, weekly purchase options, etc.).



Mhonpaj's Garden



LTD Farm



Featherstone Farm farmworker Joel "Mote" Gasca-Ortega talks about leaving his family in Guanajuato, Mexico, from the village of Vista Hermosa, to work in Minnesota at Featherstone during the pandemic. See the full video at [seward.coop/featherstone-farm/](https://www.seward.coop/featherstone-farm/).



Hmong American Farmers Association



Jubilee Rock Farm



Foxtail Farm



Community Foods

Values Every Day

Small. Local. Cooperative. Inclusive. Sustainable.

Support Inclusively owned Community Foods Producers

At Seward Co-op, we have always been passionate about sourcing high-quality products from makers who share our cooperative values. That's one of the reasons we created the Community Foods labeling program. Purchases from local, small-scale, cooperative, inclusive, and sustainable businesses keep money in our community and help to build a more sustainable and equitable food system. Conscious consumerism is one way to redistribute wealth in this country. Contributions to our SEED program is another.

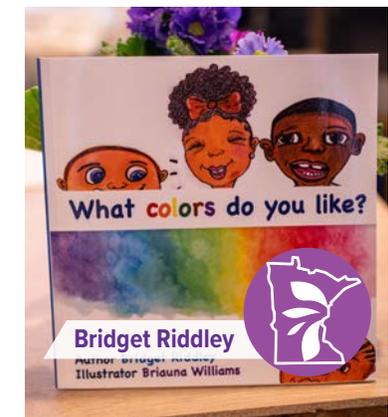
There is an increasing push to support businesses owned by people of color—particularly Black-owned businesses. This is not a new idea. Throughout history, the Black community has harnessed purchasing power to meet their needs in response to oppression. Since its inception, the Buy Black Movement has united Black people to buy from Black-owned businesses. During these times of racial justice uprisings, calls for consumer activism as a way to support the movement have reached a wider audience. In a recent National Public Radio (NPR) interview, Gene Demby shares, “Buying Black is a prominent action item explaining to white people what they might be doing to be helpful in this fight for racial justice.”



Conscious consumerism can only be effective if it is part of a larger strategy with meaningful policy change at the center. Demby reflects, fixing this deep-seated problem is also a question of policy, not pocketbooks.” Many of our SEED recipients advocate for different policies to foster equity, like the Community Choice March recipient, Immigrant Law Center of Minnesota and May recipient Seward Longfellow Restorative Justice.

As a cooperative community, we aspire not only to serve co-op owners’ mutual needs, but also to demonstrate that it is possible to cultivate a healthier and more-equitable society. By working together, we see Seward Co-op as a tool to support society’s need for greater racial equity. Community Foods can be a guide to shop your values. Many of our SEED community partners are doing grassroots social justice and advocacy work.

Join us in honoring these makers with your purchases and by rounding up your purchase for our upcoming spring SEED recipients.



SEED Recipients' Efforts in Community

As a part of Seward Co-op's commitment to sustain a healthy community, the SEED program provides a simple way for shoppers to support local organizations that align with their values. Like many small-scale, local businesses, SEED recipient organizations have been navigating the impacts of the pandemic in addition to serving our communities. Join us in celebrating a few highlights from some of our 2020 SEED recipients that have provided aid to our communities in the past year.



Hmong American Farmers Association (HAFA)

November 2020, the Minnesota Infrastructure Bonding Bill was signed into law that will allocate \$2 million dollars to the HAFA toward the purchase of HAFA Farm. In 2021, they will focus on kicking off a capital campaign. HAFA Farm will be the first farm owned by a Hmong organization that provides land tenure for current Hmong farmers, as well as a future generation of small-scale mixed fruits/vegetables and/or flower producers.

Since 2016, co-op shoppers have raised \$84,768 for Hmong American Farmer Association (HAFA)!



Isuroon

In 2020, Isuroon distributed over 300,000 pounds of food to over 5,000 families in Minnesota. Last year, they partnered with 15 food-distribution locations across seven Minnesotan cities.

Since 2014, co-op shoppers have raised \$139,594 for Isuroon!



Full Cycle Bicycle Shop

Full Cycle launched a food-delivery service to distribute food donations by bike to other local organizations that serve youth in 2012. Now, four riders deliver several hundred pounds of food—donated by local businesses, as well as food grown right in Full Cycle's backyard garden—every week. Full Cycle is grateful for the support from our community, saying "This work would not have been possible without the support of Seward Co-op!"

Since 2016, co-op shoppers have raised \$59,142 for Full Cycle Bike Shop!



Spring SEED Recipients

March: Immigrant Law Center of Minnesota (Community Choice vote recipient)

Immigrant Law Center of Minnesota (ILCM) is a nonprofit agency that provides immigration legal assistance to low-income immigrants and refugees in Minnesota. ILCM also works to educate Minnesota communities and professionals about immigration matters. They also advocate for state and federal policies that respect the universal human rights of immigrants.

April: In the Heart of the Beast Puppet and Mask Theatre

In the Heart of The Beast Puppet and Mask Theatre (HOBT) is committed to honoring the legacy and values that have guided them since 1973: creativity, equity, and empathy. They are working with the MayDay Council, a dynamic group of local artists and organizers to advance an intentional vision: lighting up our horizon with an equitable and accessible MayDay Celebration in 2021 and beyond. SEED donations support HOBT's response in this moment of collective challenge as they work to stay rooted in our shared resources and find potential for human connection with creativity and resilience.

May: Seward Longfellow Restorative Justice

Restorative justice examines the harm caused by an offense and emphasizes the needs of those impacted in developing a plan for the harm to be repaired. In contrast, the court system emphasizes laws broken and assigns "punishment" accordingly. Seward Longfellow Restorative Justice is a neighborhood resource for helping people to resolve harm, before the police are called or as an alternative to criminal justice. They also provide training and presentations about restorative justice.



As the largest grassroots food and fund-raising drive in the state, the Minnesota FoodShare March Campaign brings together various community organizations, businesses, and faith communities to help stock nearly 300 food shelves statewide. The need is greater than ever this year.

During the March campaign, Seward Co-op shoppers will have the option to add an individual or family food-shelf donation to their cart. Look for displays in our stores with the option to add \$6 (enough to feed an individual for a day) or \$21 (enough to feed a family of four for a day)* to your grocery bill. One hundred percent of these donations will go directly to food pantries in our immediate neighborhoods near the Franklin and Friendship stores.

If you would rather donate food items directly, we will still have our year-round food-donation box, the contents of which goes to the Aliveness Project. And as always, customers also have the option to round up their purchase totals for our SEED program recipients year-round. In January, Seward Co-op matched an additional \$1,000 benefitting Isuroon's food shelf for a grand total of \$13,401.

*These numbers are based on food plan estimates provided by the USDA.



Please consider rounding up your purchase or tacking on any extra dollar amount to support the work of our SEED recipients. Shoppers can do so at the checkout in-store, as well as through Seward To Go.



**A Message
From the Board**
LaDonna Sanders Redmond

By the time you read this we will have completed our first full year of life under COVID-19. Who knew that this virus would collide with another pandemic—white supremacy.

As a community, we will soon be observers of the trial for the former officers who killed George Floyd on Memorial Day, May 25, 2020. From now on, Memorial Day weekend will have more meaning than it had in the past. Usually, that weekend is a signal that summer is on the way. In 2021, that will also be the weekend we commemorate the uprisings in the aftermath of George Floyd’s murder.

One of the earliest commemorations of Memorial Day was organized by a group of newly freed Africans in 1865. This story behind the commemoration is chilling. During the final stages of the Civil War, the Confederacy converted a race track in Charleston, S.C. into a prison. The Confederate Army rounded up all of their prisoners

of war and ushered them to the open field of the race track. As it became clear that the Union would win the war, the prisoners, 250 of them, died. Their bodies were dumped into a mass grave. The 54th Regiment of the Union Army, an all-Black regiment, was among the group of newly freed Africans who decorated the mass grave of those who died at that site. The day was first known as Decoration Day, and later became known as Memorial Day. Since that time, Memorial Day has taken on the remembrance of fallen soldiers of every war since the Civil War.

I grew up celebrating Memorial Day as the day to remember all people who volunteered to fight during the Civil War. In my family, Luke Wilson and Green Wilson are the ones who we remember. When they joined the Army, the brothers were 16 and 18, respectively. Surviving the war, they left a strong legacy in our family. I was taught to never forget those who fought for the freedom of Black people on this land. On that day, we didn’t go to a cemetery but it was a day of cooking, storytelling, and of remembering how far we have come and how far we have to go.

We are still fighting a civil war. On Jan. 6, the storming of the Capitol made it clear that the sentiments of the Confederacy are alive and well in this country. The iconography of white supremacy in Confederate

flags, gallows and references to concentration camps, was on full display. Among those who attended and participated in the riots were law enforcement officers. Civil servants who are sworn to protect law and order, but secretly support a social order of oppression. The war that is waged against Black bodies in law enforcement and the prison industrial complex is the one that took the life of George Floyd. This is why we must come to understand abolition as a way forward to liberation from white supremacy.

For me, this has been the hardest Letter from the Board to write, because I feel the tension in my body. Starting with that sinking feeling in the pit of my stomach and then my heart splitting in little pieces under the pressure of the question—when and how will we rid ourselves of white supremacy? I am proud that our co-op is taking steps to answer this question. Seward Co-op is creating a pathway that many co-ops will follow.

As a co-op, we start with our staff. Those folks who work tirelessly to make sure that we are operating a business that is aware of its impact—environmentally, socially and economically. Our Scorecard details the multiple ways in which the co-op is externally making the world a stronger place. Within our co-op, leaders are committed to equity and are having the difficult conversations that address the damaging effects of micro-aggressions on BIPOC staff.

The board is working on equity as well. After nearly a year of discussion, we are implementing equity policies for the board. Our board is supported on our journey by Sean Doyle, our General Manager; Ray Williams, Operations Manager; and Liz Wozniak, Human Resources Manager. All of them continually contemplate the role of Seward Co-op in the movement for abolition. The board and staff are in alignment on this—Seward Co-op must support a world free from oppression.

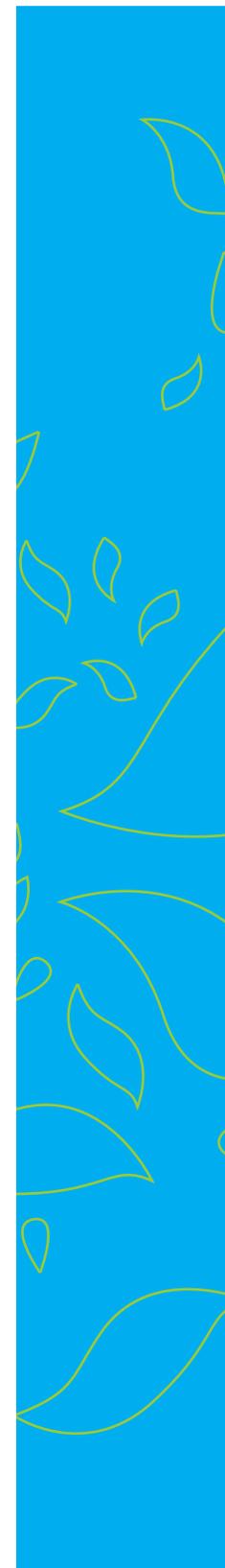
In the coming months, I look forward to speaking with co-op owners about this work. It is my hope, that our co-op: the board, operations and the members of the association will join together in a comprehensive effort to stand in alignment with the cooperative abolition movement.

Until then, be well and stay safe. In peace and freedom,
LaDonna

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 Board of Directors | Term Ends |
|----------------------------|-----------|
| Shiranthi Goonathilaka | 2022 |
| Claire Purvey Houston | 2022 |
| Vina Kay | 2023 |
| Warren King | 2023 |
| Jill Krueger | 2022 |
| Cassandra Meyer | 2021 |
| Sally Nixon | 2021 |
| LaDonna Sanders Redmond | 2022 |
| Kate Seybold | 2021 |



**Welna II
Hardware**

THE PAINT STUDIO

**GET YOUR
5¢ ACE BAG**



This nifty, reusable bag is large, sturdy and easy to carry.

Normally \$2.99
now on sale for 99¢

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

One per family please
Good until 5/31/21
ACE sku 6296651

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

2021 Spring News

Invest in Your Co-op!

Ever thought of investing in Seward Co-op? Starting in March and through the end of September, we are undertaking a capital renewal campaign. This is called a renewal campaign because it is the seventh anniversary of our capital campaign to build the Friendship store and the Creamery Café and production facility. We understand that many co-op owners will choose to keep their investment in the co-op. This renewal campaign also welcomes new investments from co-op owners who may not have had the opportunity to participate in the campaign seven years ago. Being able to invest in the co-op is a benefit of ownership. Many owners and shoppers already believe in Seward Co-op's Ends Statement. Sustain that mission, while keeping your household's money local and building community-based resources. Loans to the co-op have interest rates of 2.5 to 5.25 percent. You can also purchase Class C stock, a nonvoting investment stock that pays annual dividends. Email invest@seward.coop or call 612-230-5555 to learn more and ask any questions.

Prioritize Vaccinations for Essential Grocery Workers

Please contact Minnesota Governor Tim Walz by email or phone. We ask our state to recognize the work of essential food workers by prioritizing their access to the vaccine as soon as possible. At the beginning of the pandemic last spring, United Food and Commercial Workers local 663, Seward Co-op and others in the food industry worked together to recognize all food workers for their critical role.

As essential workers during this pandemic, grocery store and meatpacking employees deserve the safest conditions possible to do their jobs and to protect other members of their households. Please ask Governor Walz to prioritize them as vaccines become more available, in order to ensure that our food supply is not adversely impacted. Learn more at www.seward.coop/prioritize-vaccinations-for-essential-grocery-workers/.

Office of Governor Tim Walz & Lt. Governor Peggy Flanagan
Staffed office hours are Monday–Friday, 8 a.m. to 4:30 p.m.
Emails can be sent through this webpage:

mn.gov/governor/contact/

Telephone: 651-201-3400

Toll Free: 800-657-3717

Minnesota Relay: 800-627-3529



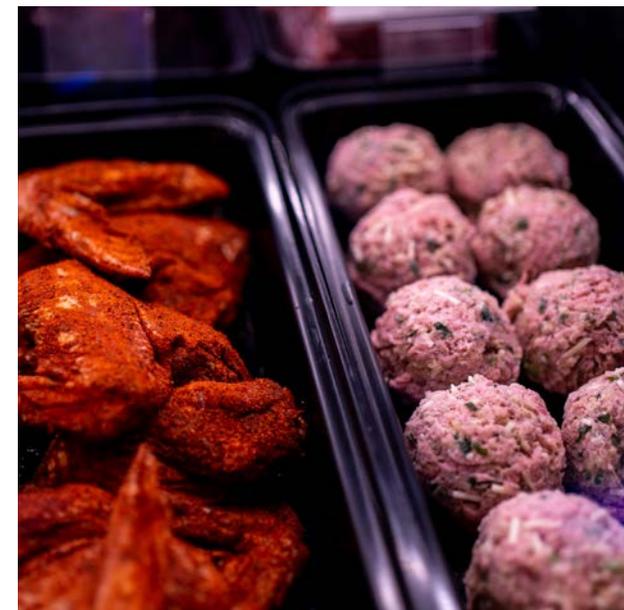
Meat & Seafood Co-op Difference

Many industries have experienced supply chain disruptions due to the pandemic. COVID-19 outbreaks linked to large-scale meat-processing plants across the nation, including Minnesota, highlighted how meat processors often are the connection between farmers and consumers. As a result, many people have looked to local sources for meat. Unlike many corporately owned grocers, our co-op Meat & Seafood department has trained meat cutters on staff. The meat on our shelves is cut from whole animals. This type of butchery provides co-op staff the opportunity to maintain and preserve strong, relationships with local, small-scale Community Foods farms and fisheries.

A visit to the meat counter can be an inspirational experience. Franklin's new Meat & Seafood Department Manager Louisa is among the passionate and skilled staff that offer more than guidance to the right cut of meat. They can also provide preparation tips or even meal recommendations. Louisa shared, "The majority of the Meat & Seafood staff have culinary backgrounds and a love for cooking, so odds are you'll end up with more than one idea if you ask us."

With their meat-cutting skills and passion for cooking, our friendly staff is prepared to offer special order unique cuts, tips for cooking, or an idea that could become a new favorite meal. Louisa goes on to say, "[W]e have the ability to go above and beyond. In less-hands-on meat departments, staff just aren't able to get you a specialty cut, an exact weight or help you figure out what that one-thing-you-had-that-one-time-that-was-so-good is."

Whether you have a vision for what you need or prefer assistance to guide you to something new, our Meat & Seafood department is here for you. When co-op shopper's visit the meat counter, they can expect knowledgeable staff to help them select the right cut of meat. Thanks to our relationships with local farmers, our staff often have insight into the practices and values of Community Foods producers, too. In addition to the connection between co-op shoppers and Community Foods farmers and fisher people, Meat & Seafood staff are equipped with the knowledge and skills to ensure shoppers get exactly what they are looking for.



"We're happy to be here doing the work we're doing. Providing co-op shoppers with local, sustainable products from farmers and producers we trust is a real privilege. We look forward to seeing you soon!"

–Louisa, Franklin Meat & Seafood Manager



Our Meat and Seafood staff can take the prep out of meal time. Stop by the service case to see what we've got marinating for you. More Seward-made options like Chicken Chorizo Verde, Tsukune Japanese Chicken Meatballs, and Maple Breakfast Sausage can be found in the freezer.

March

Virtual Spring Classes at Seward Community Co-op

Join us for a variety of virtual classes this spring! All classes are free unless otherwise noted. Please register in advance; a Zoom link and recipe for cooking classes will be sent out before the day of the class. Visit our class calendar online to register or stop by Customer Service for assistance.

www.seward.coop/events

Cooking with Koshiki: Shojin Ryori, Japanese Vegetarian Cooking

Thursday, March 11, 6–8 p.m.

Shojin Ryori is a Buddhist vegetarian cuisine in Japan that has been around for centuries. Meals contain soy products like tofu, grains and seasonal vegetables. Dishes are carefully put together using long-established cooking methods that balance body, mind and spirit.

Tonight's healthful vegetarian menu of tofu steak, kimpira and sunomono was inspired by the temple stay at Zenkoji Temple in Nagano prefecture.

Koshiki Smith, The Japanese Kitchen

Nourish 101: African Vegan Cooking: Kabalagala (Banana Pancakes)

Monday, March 15, 6–7 p.m.

Join Henry as he creates simple, vegan Ugandan recipes.

Henry Kisitu, Jajja Wellness

Nourish 101: Instant Pot Butternut Squash Dal

Tuesday, March 16, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10.

Jess Toliver, Jess Delicious

Irish Pub Fare

Wednesday, March 17, 6–7 p.m.

Dublin Coddle is an Irish one-pot meal. We start with the “rashers”—thick-cut bacon, then bring in the “bangers”—sausage, add spuds and onion, and slow cook the lot in herbs and broth.

Jessica Tijerina, owner of Tijerina Global Spices

Seasonal Food for Your Mood

Thursday, March 25, 6:30–7:30 p.m.

What your body, mind, and spirit need to feel balanced shifts and changes throughout the seasons, especially in a climate like Minnesota's where we have four distinct seasons. Spring brings a lot of energy up from the earth, which we may experience as forgetfulness, anxiety, lethargy and brain fog. Jesse Haas, functional nutritionist and co-founder of Wellness Minneapolis, draws the connection between the changes we see happening outdoors and what we're experiencing in ourselves in this conversation about eating seasonally for mental wellness.

Jesse Haas, CNS, LN; Wellness Minneapolis

April

Cooking with Koshiki: Oyako Donburi

Thursday, April 1, 6–8 p.m.

Oyako Donburi is a widely eaten casual meal in Japan consisting of chicken, eggs, and onion cooked in a sweet and savory broth, served on a bed of steamed rice. Enjoy with a small dish of Namasu—daikon radish and carrots in vinaigrette—and baked Mochi for dessert.

Koshiki Smith, The Japanese Kitchen

Holistic Approaches to Thyroid Health

Tuesday, April 6, 6–7:15 p.m.

When your thyroid doesn't function well, it can affect almost every aspect of your health, causing a range of results from depression to weight gain. Learn what key nutrients are needed for healthy thyroid function and discover what you can do to naturally improve thyroid function, thereby increasing your energy, mood, and metabolism.

Sara Jean Barrett, ND, Wellness Minneapolis

Pasta and Salad Bowl

Thursday, April 8, 6:30–7:30 p.m.

As we slowly transition from heavy winter food to lighter spring food, we can make the most of our creativity while generating the least amount of dirty dishes preparing a hearty and refreshing plant-based pasta and salad dinner. In this class, Chef AmyLeo will demonstrate how you can make one-pot pasta and a hearty salad; all in one dinner bowl. No fancy methods, just a bit of efficiency and technique.

AmyLeo Barancovich, Vegan Affairs

Nourish 101: Hot and Sour Soup with Tofu

Tuesday, April 13, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10.

Jess Toliver, Jess Delicious

Green Burial Options in the Metro Area

Wednesday, April 14, 6:30–8 p.m.

Natural burial is among the most ancient of rituals to honor a body after death. Join this session to learn how natural burial is making a comeback, the three designations of natural burial cemeteries according to the Green Burial Council, and how your after-death choices can fully reflect the values of your life.

Presented by Land Conservation Natural Burial Project

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

Sunday, April 25, 2–3 p.m.

A seed is a miracle waiting to happen! Come celebrate seeds and get ready for this season's sowing with Midwest Food Connection. We will start seeds indoors together, learn how to care for and transplant them. We'll talk about what this means and how you can grow food to help your community! Supplies to grow along with the presenter will be provided for attendees to take home in advance of this virtual class.

Instructors from the Midwest Food Connection

Spice It Up!

Thursday, April 29, 6:30–7:30 p.m.

Learn how to use culinary herbalism to elevate your mental health. We think about teas, tinctures and salves as herbal medicine, but we have a pharmacy in our spice cabinet ready to impart healing benefits to every dish we make. Herbs and spices reduce inflammation in the body and provide nutrients to fuel a positive mood, cognitive functioning...and they taste good!

Jesse Haas, CNS, LN; Wellness Minneapolis

May

Nourish 101: Savory Mung Bean Pancakes

Tuesday, May 4, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10.

Jess Toliver, Jess Delicious

Es una fiesta en la casa—Cinco de Mayo Appetizers

Wednesday, May 5, 6–7 p.m.

Es una fiesta en la casa: a party at home! Join Chef Jessica Tijerina on a Mexican culinary adventure. We will make Guacamole, Pico de Gallo, and Queso Fundido with chorizo and Oaxacan cheese. We'll end on a sweet note with a classic Mexican bebida, Horchata—creamy rice milk with cinnamon and vanilla. Viva Mexico!

Jessica Tijerina, owner of Tijerina Global Spices

Cooking with Koshiki: Hiyashi Chuka

Thursday, May 6, 6–8 p.m.

Koshiki's children ask for Hiyashi Chuka as soon as the weather warms up: chilled curly wheat noodles topped with cucumber, carrots, tomato, eggs, and chilled and shredded chicken or tofu drizzled with refreshing sesame vinaigrette.

Koshiki Smith, The Japanese Kitchen

Making the Most of Spring Asparagus

Thursday, May 13, 6:30–7:30 p.m.

As with many vegetables, asparagus is chock full of flavor, minerals and vitamins, while offering up notable protein. We can help asparagus shine in delicious ways; either as a stand-alone modest side or a savory addition to grains, legumes and other veggies. Chef AmyLeo will demonstrate how to slice, dice, sear and bake this gorgeous springtime delight in this plant-based class.

AmyLeo Barancovich, Vegan Affairs

Nourish 101: Hawaiian Loco Moco

Friday, May 14, 6–7 p.m.

Join Henry in making Loco Moco, a Hawaiian comfort food made with rice and a burger smothered with rich gravy and a runny yolk.

Henry Kisitu, Jajja Wellness

Fresh Spring Rolls with Peanut Sauce

Saturday, May 22, 5–6 p.m.

Join Maiv Mos as she shows you how to make Fresh Spring Rolls with Peanut Sauce, a delicious snack she grew up eating. Spring rolls are packed with a ton of veggies and are perfect for spring weather.

Maiv Mos Yang, Seward Co-op

Demystifying Detox

Monday, May 24, 6:30–7:30 p.m.

Detoxification is a process that your body is doing all the time. Supporting your body's efforts to maintain balance does not need to include cleansing kits and severe restriction. Instead, a “detox” can be nutritious, delicious and creative. Springtime in the northern hemisphere is a great time to put some intentional effort into this nutrient-hungry process. Join Jesse Haas to demystify the detoxification process and take some seasonal tips home for supporting your body this spring.

Jesse Haas, CNS, LN; Wellness Minneapolis



Seward
COMMUNITY CO-OP



2601 E. Franklin Ave.
Minneapolis, MN 55406
612-230-5555

www.seward.coop

Return Service Requested

