

SPROUT!

Spring 2022



Celebrate 50 Years of
Seward Co-op

Uplift Women-Owned
Businesses

21st Annual CSA Fair

Ramadan Mubarak



OF COOPERATION

Seward
COMMUNITY CO-OP



SPROUT!

Seward Co-op's Ends Statement

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

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

General Manager Sean Doyle

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Sprout! is published quarterly

Hours of Operation

Franklin store

(612) 338-2465

Open 8 a.m.–10 p.m. daily

2823 E. Franklin Ave., MPLS, MN 55406

Friendship store

(612) 230-5595

Open 8 a.m.–10 p.m. daily

317 E. 38th St., MPLS, MN 55409

Creamery Administrative Offices

(612) 230-5555

Co-op Creamery Café Closed

2601 E. Franklin Ave., MPLS, MN 55406

International Cooperative Principles

Voluntary & Open Membership

Democratic Member Control

Member Economic Participation

Autonomy & Independence

Education, Training & Information

Cooperation Among Cooperatives

Concern For Community

Sprout! Printing Policies

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On the cover: Fair Anita artisan partners in Chimbote, Peru. They specialize in making intricate bead work to create ceramic jewelry at a co-op that was started as a safe haven for women, especially those with disabilities or who have children with disabilities.



A Message From the General Manager Sean Doyle

Spring reawakens our land. It is a time for reconnection with a community we have been growing with for 50 years. On April 23, we will resume a Seward Co-op tradition by hosting our 21st Community Supported Agriculture (CSA) Fair. For more details turn to page 10. We plan to pitch a tent, COVID-19-willing, and welcome the community both in person and online to celebrate and have conversations with the many small-scale farmers who seek our support for another growing season. We intend to celebrate our co-op's 50th anniversary by having conversations with those farmers. What makes the CSA Fair so essential is that it fosters relationships directly with farmers and provides community support for another growing season. By purchasing a share in a CSA, we provide much needed capital and share the risk of a new growing season. Hosting a CSA Fair is how we show our commitment to emerging and established local farmers.

After years of advocacy and debate over labeling for genetically modified organisms (GMOs), there is now a national standard for labeling what is now called bioengineered ingredients or BE. The National Bioengineered Food Disclosure Standard became effective on Jan. 1, 2022. You can read more details about this in our News section on page 15. The most reliable way to avoid BE ingredients is to purchase certified organic. Most small-scale, local producers avoid BE ingredients as well.

Direct connections to the people who grow and make our food is the most transparent food system possible,

and this is why our staff invests time in building relationships with food producers. To help identify these producers, Seward Co-op offers the Community Foods program that designates items that are local, small-scale, environmentally sustainable, cooperatively, and/or inclusively owned. Look for the purple Community Foods logos on our shelves.

In the coming months, we will have additional opportunities to gather and celebrate our 50th year. Seward Co-op's success would not have been possible without the vital food community that we have in Minnesota. This includes thriving area farmers (many of whom offer CSAs), community organizations who oversee farmers markets and urban agriculture spaces, other co-ops, authors, artists, and musicians of all kinds who inspire us about food and help us create healthy spaces. And each of you as co-op owners and shoppers are instrumental in this success. Together we can envision the impact our community-owned cooperative can have on the local food economy in the coming 50 years. We are stronger because we work together to make this happen.





Cooperation Keeps Produce Lively in a Pandemic

Demeter (she/her), a Produce Replenishment Buyer and Shift Lead, has worked at Seward Co-op's Friendship store for much of the COVID-19 pandemic. In her role, she has experienced the ups and downs of navigating stocking a department when supply chain issues pose challenges. Despite those challenges, working at the co-op with people she cares about, in a community she's invested in, creates opportunities for connection.

Demi was hired in August 2020, a time when many of us were still adapting to pandemic life. Her previous experience of working at a co-op in Wisconsin led her to seek the "true co-op community" feel in Minneapolis, and she found it at Seward Co-op. She says being a part of a workplace where she can connect with coworkers and community members is very important to her. Demeter was aware of the co-op's long history here in Minneapolis, and was drawn to a union workplace.

She says her produce buying role gives her many opportunities to grow and explore her interests. She stresses that being part of the produce team allows for creativity and independence. Encouragement and

trust from co-op management provides Demi a lot of autonomy in her role, and she's been allowed to bloom like the bright flowers nearby in the produce coolers.

Demi works with her co-buyer to ensure the shelves are as stocked as possible. They collaborate to seek out the highest quality produce from reliable vendors. Over the time she's been at Seward Co-op, Demi helped increase the quantity and display size of flowers and plants at the Friendship store. The high level of communication and trust in the Friendship produce department meant that navigating the pandemic, although difficult, was smoother because of teamwork. She's grateful for the wonderful, understanding folks who shop at the co-op. She says shopper feedback has been positive and many people recognize that the pandemic impacts product shortages at the store.

Overall, Demeter finds much fulfillment in the produce department. Working with organic, local produce, interacting with farmers, delivery drivers, and customers builds community. Knowing where our food comes from makes that community even stronger.

Growing Women-Owned Businesses

March is Women's History Month. We are proud to stock our shelves year-round with many woman-owned businesses that often qualify for our Community Foods program. Learn more about a few of them below, then check out more Community Foods producers at seward.coop/community-foods.



Fair Anita

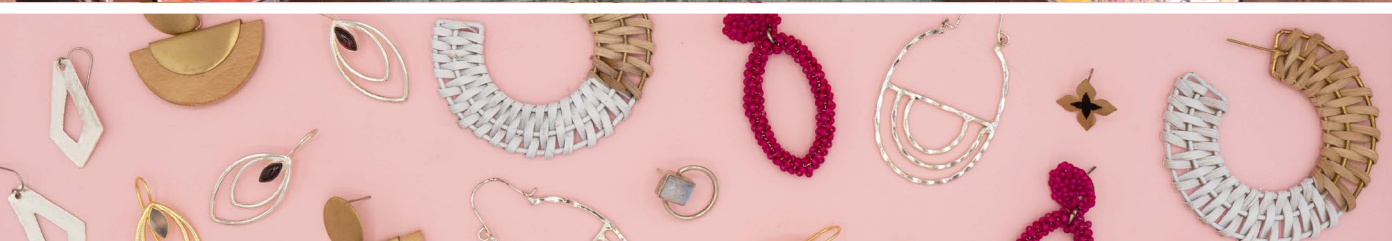
SMALL-SCALE, INCLUSIVE, SUSTAINABLE

When Fair Anita founder Joy McBrien learned that financial insecurity is the number one reason why women stay in abusive relationships, she knew she wanted to be a resource for survivors. Fair Anita is named after a social worker-turned-friend who Joy lived with when visiting Peru. Today, the company collaborates with over 8,000 talented artisan partners and brilliant women to create jewelry, accessories, and gifts. They strive to build a more inclusive economy for women and recognize that artisan partners are crucial to changing the future of fashion. Joy built her business on a vision—one where women and girls can grow up feeling safe, respected, and valued, no matter their geography.

Salad Girl

SMALL-SCALE, LOCAL, INCLUSIVE, SUSTAINABLE

Salad Girl sprouted from a summer job owner Pam Powell had as a teenager right here in Minnesota! This opportunity led to a life-long love of eating and preparing fresh and flavorful dressings. She believes that eating fresh, organic goodness benefits us individually, communally, and environmentally. Salad Girl cold-blends their dressings to maintain the delicious flavor and nutrients of organic ingredients. They are deservedly proud to be the first certified organic fresh salad dressing on refrigerated shelves in Minnesota. Like us at Seward Co-op, they are also celebrating a milestone anniversary—Salad Girl turns 15 this year!





Seemore



SMALL-SCALE, INCLUSIVE, SUSTAINABLE

Seemore Meats & Veggies was founded by fourth generation butcher Cara Nicoletti. Butchery is in her blood, and the company is named after her 91-year-old retired grandfather, Seymour Salett. He ran their family's butcher shop for 60 years and the name is a reminder to keep quality and transparency at the forefront of her business. Cara's goal in making sausages is to use high-quality, humanely-raised meat, and less of it per sausage. Her goal is to ensure that Seemore sausages contain 35% or more vegetables for a more sustainable—and flavorful—sausage.

Hoyo

SMALL-SCALE, LOCAL, INCLUSIVE

Hoyo produces traditional sambusas from scratch in Bloomington, Minn. Hoyo (HOY-oh), the Somali word for mother, employs Somali mothers, many of whom have ownership in the company, to make sambusas. Sambusas are a traditional dish of spiced meat and lentils wrapped in flaky pastry, and they pair perfectly with Hoyo's flavorful sauces and salsas. Hoyo first started offering ready-to-bake sambusas at Seward Co-op in 2017—and now they're available at more than 20 grocery stores and co-ops throughout the metro. Sambusas are how the mothers and women of Hoyo share a piece of their culture with the Twin Cities community while also providing for their families.





Ramadan Mubarak!

In 2022, Ramadan begins at dusk on Saturday, April 2 and continues until dusk on May 1, from one sighting of the crescent moon to the next. The three-day festivities of Eid al-Fitr begin May 2.

For Muslim community members, Ramadan marks a holy month of community, prayer, fasting, and nightly feasts. The Islamic calendar follows the lunar cycle of 364 or 365 days per year, so Ramadan begins in the ninth month of the calendar on a different day each year.

The five pillars of Islam include the Muslim declaration of faith, daily prayer, fasting, charity, and performing the hajj pilgrimage in Mecca. Fasting (sawm) is a major component of Ramadan, with observers abstaining from eating and drinking from dawn to dusk. Fasting is meant to bring observers closer to Allah (God) and to reflect on the struggles of those less fortunate. Focusing on one's inner self and detaching from worldly pleasures is crucial for fasting during Ramadan.

Right before sunrise, the beginning of the fast, many Muslims eat a meal called suhoor of filling foods to remain in good health throughout the day. At dusk, the fast is broken by drinking a sip of water and eating dates, and after prayers, the nightly feast of iftar begins. The foods eaten vary by culture, country, dietary preferences, and even from day to day.

“Wishing our Muslim community members Ramadan Mubarak, a blessed Ramadan. May every year find you in good health, peace, and happiness.” ►

The variety of food traditions practiced by the diverse Muslim community is one beautiful aspect of Ramadan. The Seward neighborhood has been home to a large East African community since the 1980s, some of whom are Muslim followers of Islam. For iftar, a dish eaten by Somali Muslims is nafaqo, a dish of potatoes or beef stuffed with eggs. Ethiopian Muslims may serve Beyaynetu, injera topped with shiro, gomen, and meser wot to break the fast. Muslims in other areas of the world enjoy flatbread garnished with yogurt, cheese, or thyme; mashed fava beans seasoned with cumin and olive oil; samosas with sweet and spicy chutney; apricot juice, and yogurt-based drinks.

At Seward Co-op, we aim to support Muslim community members during Ramadan—and all year—and provide delicious, culturally relevant foods. To observe the pre-fast meal of suhoor or to break your fast with iftar, visit our Deli hot and salad bars and put together a to-go container of different foods. If you are short on time, check out Seward-made to-go options at both stores including salads, sandwiches, wraps, soups, a wide assortment of drinks, and desserts like kheer. Moreover, Seward Co-op features a number of staple foods including dates and lentils in the bulk aisle and ready-to-bake Hoyo sambusas in the freezer.



Seward Staff member, Abdi



Ethiopian dishes offered every Friday on the hot bar



Kheer pudding available in the Grab and Go cooler



Staple foods sold by the pound in the bulk department

WE'RE SEEING GREEN



We're seeing green for St. Patrick's Day! At Seward Co-op, we celebrate with community members observing St. Patrick's Day by offering special, seasonal delights. On March 17 and 18, the Deli hot bar at both stores will include Seward-brined and roasted corned beef, colcannon, mustard braised cabbage, baked beans, and glazed carrots. For baked goods, don't miss loaves of Irish soda bread—they are a crowd favorite also available during this time. May those who celebrate have a prosperous and delicious St. Patrick's Day!



Seward-made soda bread



▲ House-brined Corned Beef

Made with pasture-raised Peterson beef and organic spices. Available at the Meat counter the week of St. Patrick's Day. Pre-orders encouraged.

◀ Seward Smoothie

Made with organic mangoes, bananas, spinach, pineapple, mint, spirulina powder, honey, and soy milk. Available the month of March at the Deli counters.





Zachary with seed producer Greg Reynolds of Riverbend Farm



Tiffany LaShae of Black Eyed Peace, a North Circle Seeds partner farmer who focuses primarily on Lost Crops of Africa

Get Growing with Seward Co-op!

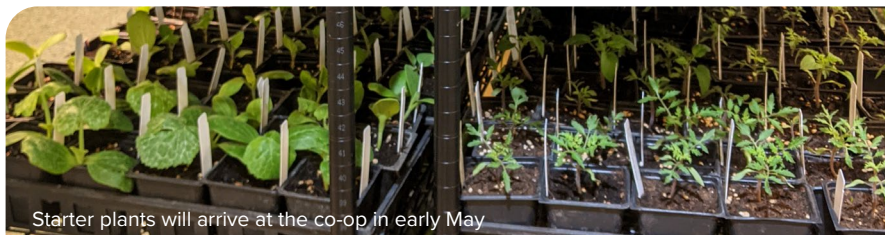
Spring is just around the corner! Many spend the dark, cold parts of winter planning gardens and thinking of all things growing, living, and green. Together, we can invest in local agriculture—whether that's through propagating seeds, signing up for a CSA, planning to purchase starter plants at the co-op in the coming months, or buying fruits and veggies from Community Foods producers! Learn more about one of Seward Co-op's local seed vendor, North Circle Seeds.

NORTH CIRCLE SEEDS, located in Vergas, Minn., is committed to creating an ecologically diverse, equitable, and inclusive food system. They qualify as a Community Foods producer because they are local, small-scale, and use sustainable practices. North Circle Seeds has an intentional relationship with their seeds and their Midwestern growers' circle, like Riverbend Farm who produces regionally adapted seed using chemical-free, sustainable, and organic practices. They also prioritize inclusivity and equitability by connecting with communities and individuals who are reclaiming cultural foods and seeds in Minnesota and the greater Midwest. This includes increasing access to culturally-specific foods and seeds by working with people like Tiffany LaShae of Black Eyed Peace. To North Circle Seeds, seeds are life and symbolize relationships, trust and patience. According to Zachary Paige, proprietor of North Circle Seeds, the true intention of his business is to spread that message.



“Seed is not an iPhone, it is not a technology, it is a biology that we have a relationship with.”

—Zachary Paige, proprietor of North Circle Seeds



Starter plants will arrive at the co-op in early May

Seeds and plants that provide food may be purchased with SNAP/ EBT benefits. We carry a wide variety of options for your garden so you can grow high quality produce for your household. Pick them up on your next visit to the co-op!



Seward 
COMMUNITY CO-OP

CSA Fair

Saturday,
April 23

CELEBRATING  YEARS

As we celebrate 50 years of Seward Co-op, we reflect on our legacy and continued work supporting a thriving and resilient local food system. Join us for a special 50th anniversary edition of our annual Community Supported Agriculture (CSA) Fair! This year is the return of our in-person fair, held on Saturday, April 23 from 11 a.m. to 2 p.m. in the Seward Co-op Creamery parking lot at 2601 E. Franklin Ave. Our popular Virtual CSA Fair will also remain!

We'll hear from farmers, producers, and other community partners about Seward Co-op's impact

over the past decades. In person on April 23, you'll also have the opportunity to learn about local farms and speak directly with nearly 30 farmers to choose a CSA share that is right for you and your household. Enjoy treats, prizes, and an activity area with Midwest Food Connection for the kids as we celebrate and look to the future.

Online, we will be featuring stories, videos, and photos from local CSA farmers. The Virtual CSA Fair will take place on Seward Co-op's website and social media the weeks leading up to April 23.

Enjoy special treats, prizes, and face time with local growers as we celebrate and look to the future.

Co-op History: Connecting People and Food

workers on Featherstone Farm

As we celebrate our 50th anniversary, it's important to remember those who built the foundation to make Seward Co-op a reality. We reflect on our history not only to learn from mistakes, but to replicate successes that create a more just, cooperative, and sustainable food system. Our co-op helped connect urban community members to local and organic food.

Just as sustainable alternatives were gaining popularity in the 1970s, federal farm policy shifted towards consolidation and industrialization. There were growing concerns over the use of chemicals in agriculture and creating a food system that was overly reliant on monocrops. Labor unions feared growing monopolies and their eventual effects on food prices. During this time, Seward Co-op provided pivotal support to ensure that the organic food movement gained momentum to organize against agribusiness. Organic farmers and consumers cooperated in developing organic standards and creating markets for direct sales to consumers.

In reviewing our co-op's 50-year journey, Seward Co-op staff spoke with Lori Zuidema, Director of Purchasing at Co-op Partners Warehouse. Lori reflected on the scale and number of food distributors in the past and how they've changed. In the 1970s and '80s, organic brands were new and specifically something food

co-ops sought out. Co-ops purchased from conventional wholesalers to get favorable pricing on bulk foods and tried to procure organic goods whenever possible. When Lori worked for Seward Co-op during its early years, she poured her heart into bringing fresh, local and organic food to customers. In the following decades, the co-op cultivated relationships with more and more organic, local farmers.

When Minnesota farmers Harry and Jackie Hoch began managing Hoch Orchard in the mid-1980s, organic practices were not yet in place. Initially, the Hochs grew apples using conventional integrated pest management methods, and sold the fruit to local grocery stores and pack houses. In 1989, the Hochs established a quarter-acre block of land as organic. Eventually, they converted more blocks to organically grown apples. In 1991, a friend offered to load up a truck with 10 or 15 bushels of apples and deliver them to Seward and other co-ops in the Twin Cities. Customers at Seward and other co-ops bought those apples, helping ensure the success of an organic apple orchard!

Jack Hedin has been a long-time believer in the cooperative way of doing business, and thinks it is best for farmers, customers, and workers. Featherstone Farm was founded in 1997 as part of the Zephyr Valley Community Land Cooperative in rural Winona, Minn. It was there

that they began growing organic produce to sell to food co-ops in the region, including Seward.

Hedin points out food co-ops go beyond what any other retailers do. What's different is that food co-ops, owned by consumers (rather than publicly traded on Wall Street), can focus on a long-term vision to sustain local agriculture. We start by purchasing organic product from local producers. Then we take another unique step in supporting organic food distribution more broadly. Hedin said that Seward Co-op's support of the community supported agriculture (CSA) movement through its CSA fairs and being a delivery drop spot has given many farmers the necessary support to get started. "[Seward Co-op's] embrace of the CSA programs and willingness to go a long way to promote them and serve as a community clearinghouse and center is important."



The Co-op Wars Panel

On Thursday, Jan. 13, in celebration of our 50th anniversary, Seward Co-op hosted a virtual panel discussion about the original documentary film “The Co-op Wars.” “The Co-op Wars” tells the story of the idealistic youth who tried to build an alternative to corporate capitalism, the violent struggle that almost tore them apart, and their eventual success in ways they never foresaw.

We were joined by Erik Esse and Deacon Warner, producer and director of “The Co-op Wars.” We also welcomed early co-op movement leaders Lori Zuidema, Gary Cunningham, and Leo Cashman. The discussion served as an unofficial reunion for both the subjects of the film and many long-time Seward Co-op

owners who participated via Zoom. It was a fantastic opportunity to get an in-depth behind-the-scenes look at motivations behind the founding of numerous Twin Cities co-ops, as well as the philosophical turmoil that incited the Co-op Wars. The discussion also touched on some of the issues of inequity that are still relevant today in cooperatives.

Watch the recording of January’s “The Co-op Wars” discussion and learn more about the featured panelists at seward.coop/the-co-op-wars-panel-recap/



Gone, but not Forgotten: The Continued Legacy of Early Cooperators

In the spirit of Women’s History Month, we want to uplift two influential women in Seward Co-op’s history.

Annie Young’s legacy in the Twin Cities is far-reaching. From her work with cooperatives to the Minneapolis Park & Recreation Board, she was a woman of both ideas and action. Her early experience of starting a buying club to feed those she was living with in Sioux Falls, S.D. prepared Annie for the work she would ultimately do at the People’s Warehouse at the height of the Co-op Wars. She was very involved in the struggle against the CO and was instrumental in the founding of DANCe, the Distributing Alliance of the Northcountry Cooperators.

After years spent developing educational programs, building ownership at what is now known as Bluff Country Co-op in Winona, Minn., Annie moved back to Minneapolis to fill the role of Membership Coordinator at Seward Co-op. Not only did she boost ownership, but she established the membership number system that’s in use in Seward Co-op stores today. Later, she served as the president of our board of directors. Although she passed away in 2018, Annie Young’s impact on our co-op, and in the City of Minneapolis, is one that will be felt for years to come. Following her death, a meadow portion of Lower Riverside Park was renamed in her honor.

Annie Young
1942-2018





Rose Williams
1914-2001

Rose Williams, also known as “Lil’ Mom,” lived next door to the original Seward Co-op on 22nd Avenue. She was a loving and welcoming figure within the community. In the early years of the co-op, once or twice a week, she would visit the store to make her special guacamole. While she worked, she loved to dole out hugs and words of encouragement to co-op staff, and in that way, her dip was infused with her generous spirit. She was known for her kindness and goodwill, a person who truly understood the connection between food and community.

Continue the tradition and make some of Rosie’s signature guacamole this year to share with those in your life.

Rosie’s Guacamole

Ingredients

2 large, ripe Hass avocados
2 Roma tomatoes, chopped
1/3 cup cilantro, chopped
3 Tbsp. minced red onion
1 lime, juiced
1-2 jalapenos, minced, to taste
1 clove garlic, minced
1 tsp. chili powder
1/2 tsp. kosher salt
A whole lotta love

Instructions

Mash the avocado in a bowl, leaving a few rough chunks. Gently stir in the remaining ingredients. Don’t forget to add the love! Serve with chips or as a garnish to other dishes like tacos or tostadas. This dish is best served fresh, but if you keep it for longer before serving, place plastic wrap directly onto the surface of the guacamole to keep it from oxidizing and turning brown.



A Message From the Board

Jill Krueger



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

As we mark the 50th anniversary of Seward Co-op, it’s amazing for me to look back on my own years of service on Seward Co-op’s Board of Directors. When I joined the board in 2013, I was excited about all that previous boards, management, staff, and co-op owners had done to bring us to the point of breaking ground for a second store.

The Friendship store now serves many long-time and newer owners, all with a staff drawn largely from the surrounding neighborhoods—neighborhoods deeply affected by the murder of George Floyd just blocks away. And now the Creamery provides office space and production areas for sausage and bakery items, and we hope will provide a gathering place for the community once again after the pandemic.

The board has shifted from being majority white when I joined to now being a majority of people of color. Staff and owners have become more diverse, as well. The Ends Statement remains as an articulation of our shared values and commitments. It has steered our efforts while the board – and the co-op as a whole – have centered racial equity and ending structural racism as a primary means of achieving our Ends of supporting social inclusion, equitable economic relationships, and positive environmental impacts.

In the coming months and years, the board will invite all of us to grapple with how the co-op can continue to thrive and serve our Ends in a context where there are far more grocery stores in our neighborhoods than a decade ago, many of them with “green” products on the shelves. Seward Co-op has an opportunity to dream big about ways we can be part of a transition to economic and racial justice, regenerative agriculture, renewable energy, climate resilience, and a healthier community.

My time on the board amounts to less than one fifth of our co-op’s history. It’s comforting to think of all of the conviction, hard work, and commitment that have sustained the co-op during these first five decades, and that will continue to sustain and shape it in the years to come. Speaking of which, even though it’s only spring now, it’s not too soon to begin thinking about running for the board in 2022, and how you might contribute to the leadership of Seward Co-op as we enter our second half-century.



Spring News

Join us in celebrating another Pi(e) Day on **March 14 (3.14)** with Seward-made pies! All pies, whole and slices, will be **15% off** for the day! Enjoy apple, cherry, French silk, key lime, and strawberry rhubarb pies, available in our Deli grab and go coolers.



National Farmworker Awareness Week

Despite being absolutely vital to our food system, farmworkers are often first and most profoundly affected by climate change and supply chain challenges. Again this year, Seward Co-op is a partner of Student Action with Farmworkers, and we support their efforts around National Farmworker Awareness Week (NFAW). Happening over **March 25–31**, NFAW is a week of action for community members to raise awareness about farmworker issues and the root causes of injustices faced by farmworkers. Celebrate the resilience and dignity of our country's most essential workers. Learn more about NFAW and how you can support farmworkers at saf-unite.org/national-farmworker-awareness-week/.

The new National Bioengineered Food Disclosure Standard represents a change in approach to labeling genetically modified organisms (GMOs), now called bioengineered ingredients or BE. Seward Co-op and grocery retailers around the country are required to label anything we sell that is not exempt from the disclosure standard. You may see logos, like the ones above, on products or in other grocery stores. We believe these logos present an unrealistic depiction of the impact of genetically modified food crops, so *Seward Co-op has chosen to label our items with the phrase “contains a bioengineered food ingredient.”*



When you see “bioengineered food” or “contains bioengineered food ingredient” statements or images on a label, it means that one or more of the ingredients in that product contains detectable modified genetic material. The emphasis in labeling BE foods and ingredients had been on whether the product was grown from genetically engineered seeds. The focus now is whether there is detectable modified genetic material in the final product. This shift is a major change from the labeling advocacy of five years ago and it impacts which products require a label. By choosing certified organic products whenever possible, we can continue to have a high level of certainty that the food we eat is from seeds that have not been genetically engineered or contain modified genetic material in the final product.

Spring SEED Recipients

The SEED program is a simple yet powerful community giving opportunity that allows customers to “round-up” their grocery bill for recipient organizations. Each year, a staff-led committee selects eight recipients for the coming year. Co-op shoppers vote to select four **Community Choice recipients** that share our commitment to a healthy community.

March

This month Minnesota FoodShare hosts the March Campaign, the largest grassroots food and fund drive in the state, and our March SEED recipient is **Sabathani Community Center**. Sabathani, across the street from the Friendship store, provides one of the largest food shelves in South Minneapolis. Families can also receive free clothing, back-to-school supplies, and holiday support there. 25,000 people a year gain food security and self-sufficiency through Sabathani's donation programming.



April

Tamales y Bicicletas works to center Indigenous, Black, Latinx, and People of Color, focusing on young adults and their family's knowledge and wisdom of decolonizing and localizing our food system. They do this through community empowerment/resistance, sustainable transportation, and urban farming skills development in South Minneapolis, building a Jardín Urbana movement from the windowsill herb garden to the neighborhood urban farm.



May

The **Hmong American Farmers Association (HAFA)** advances the economic prosperity of Hmong farming families in Minnesota by addressing racial and economic disparities in our local food systems. They support Hmong farmers in growing more profitable businesses while also building community wealth, encouraging sustainable agriculture, supporting equitable food access, and making fresh, locally grown produce available to residents in the Twin Cities area.



**We're
Making A
Change.**

kleankanteen.com

Spring Classes

March

Cooking with Koshiki: Salmon Teriyaki Dinner

Monday, Mar. 7, 6–7:30 p.m.

Teriyaki is pan-fried meat or fish with soy and mirin glaze that results in a sweet yet savory dish. This teriyaki recipe comes from Koshiki's former restaurant using only four simple ingredients: flour, soy sauce, mirin, and ginger. On the side, we will prepare rice, miso soup, and vegetables to make a complete, well-balanced dinner.

Koshiki Smith, The Japanese Kitchen

Nourish 101: Curry Cauliflower Soup N

Tuesday, Mar. 8, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Learn how to make this delicious, healthy curried cauliflower soup using riced cauliflower.

Chef Jess Toliver with Jess Delicious Living

Winter Root Vegetables in Spring

Thursday, Mar. 10, 6–7:30 p.m.

This time of year, we are still savoring the roots of last year's fall harvest. Join Chef AmyLeo as we move towards spring and make recipes using root vegetables to help us transition into lighter eating, while providing us with vital nutrition, unique textures, and familiar flavors.

AmyLeo Barankovich

Intro to Soap Making

In-person class at Franklin store classroom

Wednesday, Mar. 16, 7–9 p.m.

\$40/\$35 for Seward Co-op owners

Join Longfellow Soap owner John Hanson for an in-person class at the Franklin store to learn soap making techniques. Students will receive a free silicone mold and instruction manual at the class.

John Hanson, Longfellow Soap

Yellow Coconut Curry and Fluffy Rice

Monday, Mar. 28, 6–7:30 p.m.

Join Chef Jessica as she guides you through the necessary ingredients to make a yellow curry paste from scratch using ginger, garlic, turmeric, shrimp paste, and even the brightness of the citrus stalk, lemongrass. We'll also be making a simple, no-fail recipe for fluffy rice. Vegetarian/vegan options will also be provided.

Jessica Tijerina, owner of Tijerina Global Spices

**Regular hours on Sunday, April 17
and Monday, May 30.**

8 a.m.–10 p.m.

Join us for a variety of virtual classes this spring! All classes are free and virtual unless otherwise noted.

Please register in advance; a Zoom link and recipe for cooking classes will be sent out before the day of class.

Visit www.seward.coop/events to register or stop by Customer Service for assistance.



Spring Classes



April

Cooking with Koshiki: Japanese Dessert

Monday, Apr. 4, 6–7:30 p.m.

Join Koshiki in making two widely popular Japanese desserts. Sweet potato crème brulee is a rich and creamy baked dessert with a hint of sweet potato with caramelized sugar topping. Dorayaki is a moist and fluffy honey pancake with sweet red bean filling.

Koshiki Smith, The Japanese Kitchen



Cracked Black Pepper and Rosemary Pappardelle Pasta with Mushroom Ragu

Monday, Apr. 11, 6–7:30 p.m.

Join Chef Jessica as she walks you through the bold umami flavors of this springtime meal! We'll use four simple ingredients to create an herb-fresh, hand-made pasta to go along with a savory wild mushroom ragu.

Jessica Tijerina, owner of Tijerina Global Spices



Nourish 101: Mushroom Stroganoff N

Tuesday, Apr. 12, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Learn how to make a creamy, delicious mushroom stroganoff.

Chef Jess Toliver, Jess Delicious Living



Springtime Spiralizing

Thursday, Apr. 14, 6–7:30 p.m.

Join Chef AmyLeo as she prepares two recipes for spiralizing carrots, beets and zucchini. She will share kitchen tips to bring the wonders of spiralizing into your life. Add the perfect dressings or sauces, complimentary veggies, and a dash of nuts and seeds – these spiralized wonders store well to provide quick and easy food preparation.

AmyLeo Barankovich



May

¡Es una fiesta en la casa! Cinco de Mayo Appetizers

Monday, May 2, 6–7pm

Es una fiesta en la casa: a party at home! Join Chef Jessica 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—a creamy rice milk with cinnamon and vanilla. ¡Viva Mexico!

Jessica Tijerina, owner of Tijerina Global Spices

Cooking with Koshiki: Japanese Breakfast

Monday, May 9, 6–7:30 p.m.

In Japan, people take breakfast seriously. If you travel to Japan and stay at a ryokan, a traditional inn, you wake up to a beautifully presented Japanese breakfast featuring small portions prepared with care for a healthy start to the day. This class will recreate just that with salted and grilled salmon, tamagoyaki (egg omelet), a simple tofu miso soup, rice, and nori.

Koshiki Smith, The Japanese Kitchen

Nourish 101: Kung Pao Shrimp

Tuesday, May 10, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10, or under \$15 if the recipe includes meat. Learn how to make this quick and easy version of Kung Pao shrimp with peppers and peanuts.

Chef Jess Toliver, Jess Delicious Living

Midwest Food Connection: Co-op Kids- Global Fruits

In-person class- Seward Co-op Friendship store classroom

Saturday, May 14, 1–2 p.m.

Midwest Food Connection inspires young people to deepen their relationship with food, benefiting their bodies, their communities, and the earth. Join us for a kid-centered class dedicated to healthy, simple, and fun recipes! Explore how new fruits from different climates around the world are constantly being introduced to us in North America. Even the apple was once new. We will take a look at many lesser known and interesting fruits from around the world. Students will become acquainted with a variety of flavors as we taste, learn and explore.

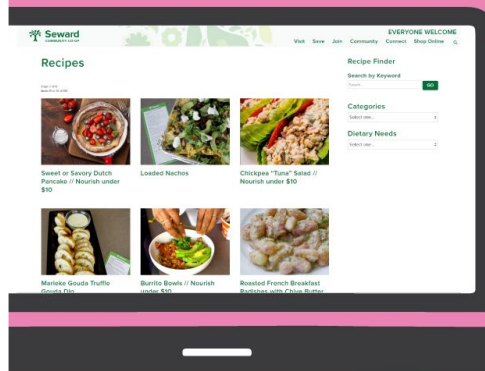
This is a limited in-person class for children ages 5-11 and their caregivers at our Friendship store classroom.

Katya Wesely, Midwest Food Connection



**Seward Co-op donates
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