

# SPROUT!

Summer 2022



Happy Pride!  
Fun in the Sun  
Grilling Recipes Inside  
CSA Fair Recap



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

**Editor** Natalia Mendez

**Designer** Amanda Reeder

**Marketing Manager** Karah Barr

**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

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](mailto:bspitzer@seward.coop). Find Sprout! at [www.seward.coop/sprout-newsletter](http://www.seward.coop/sprout-newsletter).

On the cover: Janssen Hang of Hmong American Farmers Association speaks with board member Kate Seybold at the 21st annual CSA Fair. Read about the event on page 16.



## A Message From the General Manager Sean Doyle

Happy 50 years to Seward Community Co-op! Like local farmers who cultivate the Midwest's rich soil, this summer we're sowing seeds to continue Seward Co-op's success. We began celebrating our milestone anniversary last October with our annual meeting. This spring, it was great to connect with local farmers at the CSA Fair. There are more opportunities to reflect and rejoice in the months ahead. The co-op's hardworking staff and board of directors invite you to save the date for our 50th Anniversary Block Party at Open Streets Franklin (in person!) on Sunday, July 10. And, COVID-19 permitting, we will host our first in-person annual meeting in three years on Oct. 25. Both will be the perfect times to build excitement for the co-op movement and for Seward Co-op's efforts to operate sustainably and foster equity.

One of the reasons for our co-op's vitality over the last 50 years is the 22,000+ households that own it. Every day new families join our co-op. An important factor in our history and growth is the decision of some owners to invest in the co-op beyond their membership share. Have you considered investing in your food co-op? Seward Co-op is currently accepting investments! This opportunity is an additional benefit of ownership. Join many other owners and shoppers and help sustain Seward Co-op's Ends Statement and mission. Your investment keeps your household's money local and builds community-based resources. Email [invest@seward.coop](mailto:invest@seward.coop) or call 612-230-5555 to learn more or to ask questions.

With summer warmth at hand, many of us are eager for the outdoors. Our co-op is an excellent source for great ingredients for your next barbeque. If you want to fire up the best vegetables and ethically grown and processed meat, look for Community Foods producers (local, small-scale, sustainable, inclusive, and cooperatively owned). We can all savor the flavors of food grown and raised in our local food shed. The co-op works with many excellent producers, such as Hmong American Farmers Association, Featherstone Farm, and Seeds Farm, to name a few, who prioritize regenerative agricultural practices and good working conditions for their employees. Buying from Community Foods producers keeps money circulating in the local economy and supports businesses that prioritize people and the planet.

As Minnesotans, we relish these moments when we can soak up the sun and enjoy time outdoors. Whether you are planning your next cookout, looking for high-energy snacks to carry on your next adventure, or need a healthy sun protectant—please turn to Seward Co-op. Each time you shop at the co-op, you support and sustain our community-owned business and help ensure that our co-op continues for another 50+ years!





# SEWARD STAFF BAKE CARE INTO EVERY DAY



At Seward Co-op we are grateful to the fantastic staff members who keep the co-op running smoothly. They bring laughter and passion to each day and their jobs. Eve (she/her), Bakery Supervisor at the Creamery production facility, exemplifies this. Eve's passion for cooking, food justice, and sustainability led her to the co-op after she graduated college. Galvanized by the outcome of the 2016 election, she wanted a role that had ties to the community. Eve says Seward Co-op aligned with many of her values, helped her meet wonderful people, and allows her to make delicious food. Her favorite thing about being Bakery Supervisor is having a job where she takes baking pastries and sweets very seriously. Knowing that the food she makes is bringing joy to people in our community in a time of a lot of social turmoil is something that keeps Eve going.

When she initially started at the co-op, she worked at the Friendship store in the Cheese department. Later, she transferred to the Bakery because she had a desire to develop skills in food production. A full-time job with great benefits drew Eve to

the co-op, but she's stayed for over five years because of the relationships she's developed with her coworkers, who she describes as both deeply caring and deeply skilled. Lately she's been working with her team to create new recipes and flavors—she loves the collaborative effort. Find many of them in the Bakery case at the Delis at both stores!



# HAVE A SWEET PRIDE

Seward Co-op is proud to be a place where everyone is welcome. This refrain extends from those who work and shop here, to the vendors whose products we stock on the shelves. We feature LGBTQ+ producers year round and are always looking for ways to provide more inclusive services at our stores. Learn about a few of our LGBTQ+-owned producers!



## GT's Kombucha

GT's Living Foods, perhaps best known for their kombucha, is a family-owned and independently operated business in California that has been making the fizzy fermented beverage for over 25 years. Packed with probiotics, GT's kombucha is bright and refreshing, and perfect to help cool off on a hot day. Drink it solo or mix it into a cocktail or mocktail. With so many flavors to choose from, there's a GT's kombucha for everyone!

## Sweet Troo Vi

Sweet Troo Vi's mission is "Eat Deliciously. Love Freely." Minneapolis wives and business partners, Rebekkah and Bobbi Jo Lamar Brunson (both she/her), began Sweet Troo Vi as a food truck that served delicious gourmet liege waffles. With the onset of the pandemic, they pivoted to gourmet vegan cookies inspired by their decadent waffles. Care for community drives the Sweet Troo Vi mission, with the "Troo" in the name meaning "truth", and also "to realize your optimal opportunities." For the Lamar Brunsons, this means hiring at-risk people, partnering with other local inclusive businesses, and donating to youth organizations and the houseless community.



## Coolhaus

There's nothing better than ice cream on a hot summer day, unless of course it's dairy-free ice cream made by empowered women! Coolhaus was founded in 2009 when owners Freya and Natasha (both she/her) felt underrepresented in the dessert aisle of most stores. They sought to correct this and now you can find their cool, creamy, and delicious ice cream sandwiches and pints of ice cream at both Seward Co-op stores.

# RESPECTING PRONOUN USAGE

by Méabh Jones  
(she/they)



“Trans woman.” “Non-binary.” “Genderfluid.” Different labels I use for different audiences—and for whether I feel like explaining what the words mean or not. Personally, I’ve been feeling much more aligned with non-binary lately, as the box of societal femininity is stifling and a lot of damn work. I think that’s something to which many people can relate, whether cisgender (aligning with the gender one is assigned at birth) or transgender.

**“Words hold power, and power should be used to liberate and empower the marginalized.”**

For most people, their assigned gender, their gender presentation, and their gender identity align. It can be difficult for some community members to understand the dissonance and dysphoria for those of us who have worked to actualize our gender identity. Repression can firmly hold that closet door shut, and for many of us, we not only dismissed who we are, we forgot. The mask of gender became automatic, though not authentic.

Identity has many aspects, but in a society that places so much weight on gender, gender is a very important one. Using correct pronouns honors a person’s identity, and creates a more inclusive and affirming environment. Using gender-

neutral pronouns for community members whom we don’t have gender identifying information is important. While it can be easy to base pronoun usage on how somebody looks, gender presentation can be difficult and stifling. Sometimes, I don’t have the spoons to signify my gender.

Being referred to by a pronoun that doesn’t honor one’s identity can result in a mere mental acknowledgement, or it can ruin someone’s day. You never know if they’re going through a rough time, or if they carry trauma or negativity around their assigned gender at birth. If someone is really trying hard to “pass,” the wrong pronoun can make living authentically feel hopeless.

Singular they (and its gender-neutral counterparts them, their, and theirs) can be used for the pronoun of someone whose gender is unknown, irrelevant, concealed, or non-binary. Some people say that they have a hard time with the concept of singular “they.” However, singular they is not new. The Oxford English Dictionary records its first use in 1375, where it was used to refer to an unknown person. This is the use most people are first familiar with. For example, if someone says “my homie shares the spiciest memes,” it’s not unusual to say “can you give me their Instagram?” It wasn’t until the 18th century that grammarians forgot “they” could be singular or plural.

Conscientious pronoun usage not only sends a message about the speaker’s knowledge of gender, it indicates that they are cognizant and affirming of those of us who struggle to fit their complex experience of gender in the constraints of colonization and a simplistic and inaccurate model of reality. Words hold power, and power should be used to liberate and empower the marginalized.



# FUN IN THE SUN

After a long and dreary spring, many of us are excited to get outside and enjoy the sunshine. Live in the spirit of Seward Co-op's Ends Statement—positive environmental impacts—by leaving outdoor areas better than you found them. There's no better time than now to pack up some goodies for a picnic, camping, a bike adventure, or hike. Here are a few ideas to inspire you to get outdoors. As always, look for the purple logo to support small-scale, local, cooperative, sustainable, and inclusive Community Foods producers!

## Stasher

### SMALL-SCALE, INCLUSIVE

Skip the plastic wrap on your next trip! Stasher reusable silicone sandwich bags accommodate a variety of snacks on the go. Stasher bags are durable, flexible, and designed to stand the test of time. And they do more than carry snacks, get creative! You can use silicone Stasher bags to keep electronics dry while hiking or camping, for organizing clothing, or for collecting litter on trails.



## Red Table Meat Co.

### SMALL-SCALE, LOCAL

If your outdoor adventure is not too far away, throw a salumi in your bag for a meaty treat. Red Table Meat Co. founder, Mike Phillips (he/him), grew up and worked on farms in his formative years where he witnessed the struggles and tireless work of local farmers. Today, he still works with small-scale, local farmers to bring us some of the best and thoughtfully-crafted cured pork products.

## Seward-made Grab and Go Items

### SMALL-SCALE, LOCAL, COOPERATIVE

When you don't feel like cooking, Seward Co-op's Deli is here to make your life a little easier. Our Grab and Go cooler is always stocked with ready-to-eat sandwiches, salads, and more. You know it's going to be delicious and healthy when you choose one of our Deli options—made in house, 95% organic, local whenever possible, and with flavors inspired by culinary traditions from around the world.





Take care of your body inside and out with snacks and skincare this summer! Seward Co-op's knowledgeable staff is always available to suggest solutions from food to skincare and more.



## Bulk Snacks

Fuel up for your next adventure with packable snacks in our Bulk aisle! From ready-made trail mixes and bites of energy, to dried fruit and seeds to make your own granola, the sky is the limit for your creativity. Bring your own clean bag or jar to fill for extra-sustainable snacking. Don't forget, we have bulk soaps, nut butters, grains, and more. When every bit of weight and space matters on a bike or backpacking trip, items from the Bulk aisles give you just the right amount.

## Attitude Sunscreen

Be kind to your skin and be kind to the planet, too! This summer choose plastic-free sunscreen from Attitude. Their mineral sunscreen comes in plastic-free packaging and uses zinc oxide to create a physical barrier between your skin and UVA and UVB rays. Sun protection is for everyone, and Attitude's solid stick does not leave a white cast on deeper skin tones. Their gentle, hypoallergenic formula is dermatologically tested to be safe for sensitive skin, too.



## Badger Bug Spray

Keep the bugs at bay with natural, organic solutions. Badger Balm has spray on, stick, and balms to banish biting bugs. Their DEET-alternative bug spray is effective thanks to a tried-and-true blend of citronella, cedarwood, and lemongrass packed in an earth-friendly recyclable aluminum bottle.

# JUNE TEENTH

## What is Juneteenth?

Juneteenth celebrates the emancipation of enslaved African Americans in the United States. It's also known as Jubilee Day, Emancipation Day, and Freedom Day. Although Abraham Lincoln's Emancipation Proclamation was issued Jan. 1, 1863, it was not always enforced, which left many enslaved people in bondage for another two and a half years in the State of Texas, the most remote state of the former Confederacy. When the news arrived on June 19, 1865, General Gordon Granger announced General Order No. 3, the freedom proclamation, was read to the people of Texas, effectively freeing those still enslaved.

The first Juneteenth celebrations were initially centered on the church and mostly took place in Texas. Over time, celebrating the holiday became less centralized to Texas, and it shifted to a more food-centric holiday. Red foods are often featured at Juneteenth potlucks, red is used as a symbol of resilience. Bright red hot links, watermelon, hibiscus tea, red pop, strawberry pie, and red velvet cake are all commonly found at Juneteenth celebrations.



An African American woman standing in front of a carriage decorated for 1913 Emancipation Day festivities in Corpus Christi, Texas.

In 2021, Juneteenth became a federally recognized holiday.

Before that, in Dec. 2020, staff at Seward

Co-op voted to swap July 4 as a time and a half holiday in favor of Juneteenth.

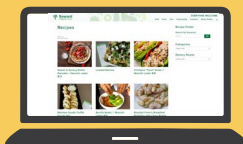
**Our stores also close early, at 8 p.m. on Sunday, June 19.**



## Celebrate Juneteenth

This year for Juneteenth, if you plan to celebrate, fire up the grill! Addie (she/her), Seward Co-op staff member, has led a Juneteenth BBQ recipes class that will satisfy meat-eaters and vegetarians alike.

Watch the recording of the class and get the recipes at [seward.coop/recipes/Juneteenth-bbq](https://seward.coop/recipes/Juneteenth-bbq).



# LOCAL FARMS AND HUMANE WORKPLACES

Warm summer months are our cue to fire up the grill. The pandemic illuminated harsh working conditions that too many workers face in the conventional meat processing and packing industry. In response, co-op shoppers can support Community Foods producers like Kadejan and Blooming Prairie, while also trying new and emerging ones like Tree Range Farm. Purchases from these producers keeps money circulating in the local economy and strengthens local, small-scale businesses that support, rather than exploit, human and natural resources. At Seward Co-op, you can learn more about producers who raise local livestock.

The pandemic has shocked the meat industry on a global scale. Hundreds of thousands of livestock were euthanized when many of the country's largest processors and packers shut down without a place to take animals for processing. Those closures exposed the terrible working conditions in conventional meat plants and put pressure on small-scale, local meat processors to fill the gaps. Not only were workers subject to high noise levels, dangerous equipment, and wet floors, these facilities were set up for efficiency rather than social distancing. This, compounded with a shortage of the CDC-recommended personal protective equipment, led to significant labor and supply disruptions.

In rural communities across the country, momentum is growing to open more small-scale processors and to train butchers. Blue Ox Farm, outside of Wheeler, Wis., shared that the pandemic highlighted



 **Community Foods**  
Values Every Day

a need to rebuild local infrastructure in the upper Midwest to support a more resilient model. Farmer Lauren Langworthy said, “We’d rather see a decentralized community-based model. We’re currently working with a small-scale processor, organizing with other farmers to help expand these businesses and grow new ones. Without consumers on the other end, these products and infrastructure go away. As we’ve seen, this is a lot more resilient than large scale structures.”

Seward Co-op staff also heard from local beef and pork farm Peterson Craftsman Meats. Farmer Andy Peterson shared how the pandemic highlighted the importance of our relationship. “The supply chain backed up and orders from restaurants stopped overnight. Seward Co-op allowed Peterson’s to keep going.”

Though a consolidated conventional meat industry may have made processing more efficient and meat cheap at conventional grocery stores, the pandemic underscored its brittle nature. Throughout the summer fill your Seward Co-op grocery cart with fresh, locally grown and raised items from Community Foods producers.







**Zesty Grilled Italian  
Sausage Sandwich**



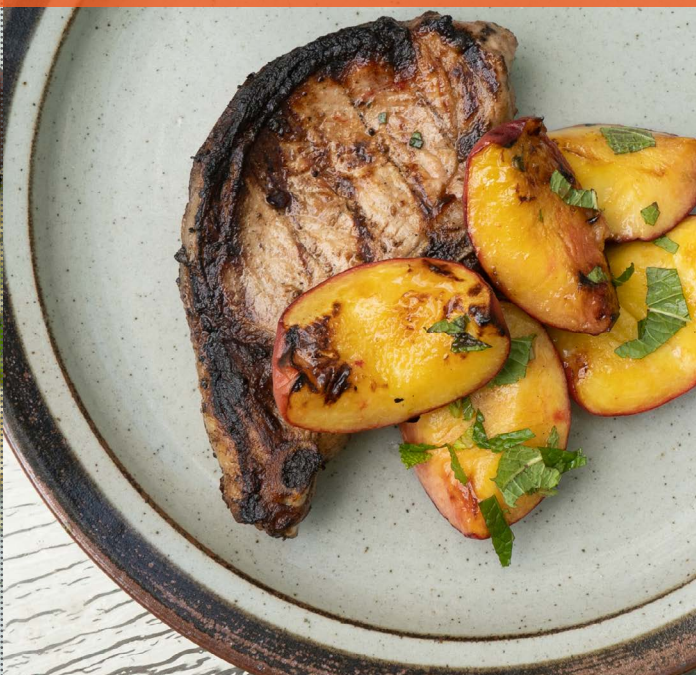
**Chicken Sausage Pita  
with Dilly Yogurt**



**Harissa Beef Kebabs**



**Apricot-Marinated Pork  
Chops & Grilled Peaches**



## Zesty Grilled Italian Sausage Sandwich

### Ingredients:

- 3 Seward-made Calabrese sausages
- 4 bell peppers, any color
- 1 medium onion
- 1 Tbsp. neutral high-heat oil, divided
- 1 Tbsp. Bitchin' Sauce—cilantro or chipotle
- 1 cup shredded mozzarella cheese
- 4 bratwurst buns
- Salt and pepper to taste

### Instructions:

Thoroughly cook sausages over grill or in a pan on the stovetop. While the sausages cook, slice bell peppers and onions, then toss with ½ Tbsp. oil, salt, and pepper. Sauté on stovetop, or cook in a grill pan. Once sausages are cooked through, slice into ¼" coins and combine in a large bowl with peppers and onions; tent with tinfoil to keep warm. Brush inside of buns with oil and toast on grill or pan. Once toasted, smear buns with Bitchin' Sauce, fill with pepper-onion-sausage mix, and top with shredded mozzarella.



## Chicken Sausage Pita with Dilly Yogurt

### Ingredients:

- 4 Seward-made Spring Chicken sausages
- 2 cups plain Greek yogurt
- 2 cups diced cucumber
- ¼ cup fresh dill, minced
- ¼ cup fresh mint, minced
- 2 Tbsp. freshly squeezed lemon juice
- 2-3 garlic cloves, minced
- 1½ tsp. salt, divided
- ½ tsp. pepper
- 2 cups of spinach
- 4 pitas

### Instructions:

Salt diced cucumber with 1 tsp. salt; this helps draw some moisture from the cucumbers. Let sit while preparing garlic, dill, mint, and lemon juice. After 10 minutes, pour off any liquid from the cucumbers. Mix all of the above into yogurt, along with rest of the salt and pepper. Cover and place in the refrigerator until assembly.

Thoroughly cook sausages in a pan on the stove or on the grill. Once cooked, toast pita on the stovetop or grill, divide spinach between pitas, then top with chicken sausage and yogurt sauce.

## Harissa Beef Kebabs

### Ingredients

- 2 lb. Blooming Prairie ground beef
- ½ cup mint
- ½ cup parsley
- 2-3 Tbsp. harissa paste
- 1 Tbsp. red chili flakes
- 1 Tbsp. ground cumin
- ½ Tbsp. ground coriander
- 1 tsp. salt
- 1 tsp. paprika
- ¼ cup onion, diced
- 2-3 cloves of garlic, grated
- Lemon or dilly yogurt sauce from Chicken Sausage Wrap

### Instructions:

Combine all ingredients and form into about a dozen oblong balls, slightly flattened. Slide onto pre-soaked bamboo or stainless steel skewers and cook over a medium-high grill. Alternatively, kebabs can be seared in a pan on the stove. Cook until desired doneness. Serve with a squeeze of lemon or yogurt sauce, rice, herby orzo salad, or over greens.

## Apricot-Marinated Pork Chops and Grilled Peaches

### Ingredients

- ¾ cup neutral high-heat oil
- ¼ cup apple cider vinegar
- 3 Tbsp. apricot preserves
- 1 Tbsp. Dijon mustard
- 1 tsp. salt
- 1 tsp. pepper
- 6-8 ripe peaches, halved and pitted
- ½ cup mint, and additional 2-3 Tbsp. for garnish
- ½ cup water
- ½ cup sugar
- ½ tsp. neutral oil for peaches
- 4 bone-in Peterson Craftsman Meats pork chops

**Instructions:** Prepare vinaigrette by whisking together oil, vinegar, preserves, Dijon, salt, and pepper. Pour into a re-sealable bag or container, add pork chops, and marinate for 30 mins, flipping halfway through. Meanwhile, make mint simple syrup by combining water, sugar, and mint in a pan on the stove. Stir to dissolve sugar, then let simmer, careful not to burn, for one minute. Strain mint leaves and let cool. Toss peaches in oil to coat. After 30 minutes, remove pork chops from marinade and place on preheated grill until they reach an internal temperature of 145 degrees F. Remove from grill and rest. Clean grill and place halved peaches on grates, searing for about 3-4 minutes. Remove and gently toss in a bowl with drizzled mint syrup to taste and top with reserved mint for garnish. Serve alongside or on top of pork chops.





# Seward Co-op **BLOCK PARTY!**

**SUNDAY, JULY 10**



AT **OPEN STREETS FRANKLIN** | 26TH & EAST FRANKLIN AVE.



★ **\$5 Community Meal**



★ **Live Screenprinting**



★ **Live Music**



★ **Co-op Staff Art Fair**



★ **Local Producers Market**

MUSIC CURATED BY  **KRSM**  
96.9 FM | RADIO FOR ALL

**11 A.M.-4:30 P.M. | FREE**  
**LEARN MORE AT SEWARD.COOP**



## A Message From the Board

Shiranthi Goonathilaka



### Board Meetings

Monthly board meetings are open to co-op owners to attend and observe. They are typically held the last Tuesday of the month, calling to order at 6:15 p.m. An RSVP is politely requested; please email [board@seward.coop](mailto:board@seward.coop) to indicate your intention to attend.

### Current Directors Term Ends

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

**An ode to our elders:** I am only able to digitally compose these truths because of the outpour of investment that has been entrusted to me. I pay homage to those that have and continue to struggle towards actualizing revolutionary values while being forced to navigate (let alone attempt to thrive) within these systems of oppression. The best way I know how to honor this, is to continue becoming a truer version of myself while reinvesting in others and our communities.

Who here is a revolutionary?

As serendipity would have it, I was voted onto Seward Co-op's board the same day I transitioned from working at a cooperative development entity. This past work was to establish minnesota's\* third [diasporic] black\*-led credit union. Personally, I had intentions of (a) mobilizing New Afrikans throughout the twin cities\* towards group economics and (b) co-creating a landing place to divest from capitalism. Shout out to the current team leading this effort forward. In my past lives as a movement organizer, I've been forced to meditate on and practice principled struggle (which entailed heartache, individual and communal accountability). I'm reminded many times over that revolutionary work requires a collective response—no individual saviors are needed. With those experiences and learnings on my heart, I offer loving challenges to our Seward membership:

Shopping at a natural foods cooperative is a dope start, yet not enough. We must remember that expanding whole-food access goes beyond shopping and donations. Abolition is a necessary mechanism needed to materialize revolutionary values with shared accountability. These values must be actualized in an organization's (1) bylaws, (2) internal and external operations, (3) human resources policies, and (4) culture. We must place value in the utility of shifting alongside our communities as demographics and needs change. Principled solidarity across communities has proven to be the only way forward.

To accomplish this, there must be a reckoning. These glorious ideologies will require us to reinvest in education and resource redistribution towards revolutionary self-embodiment, praxis, and solidarity.

The last time I wrote to y'all, I encouraged us to dig into cooperative abolitionist history and become active and informed members. The conditions of everyday people are still being fought for, from Fong Lee to Amir Locke. From the #Fightfor15 to the closing of HERC, we are winning! At the board level, after the state sanctioned murder of George Floyd, up the street from our Friendship store, we committed ourselves to ensuring SCC board's actions would speak for themselves.





As members, let's continue to ask:

1. What do we want to accomplish with Seward Co-op's buying power?
2. What innovative strategies can we use to accomplish our Ends without strengthening capitalism?

I hope you will join me as I continue to ask myself:

3. What's the most we can do to revolutionize the food system, from seed to storefront?
4. What is required of each of us to materialize our cooperative values?

Our path forward may seem daunting, but don't worry fellow students of abolition, I won't leave y'all hanging. Check Seward Co-op's website for calls to action for households,

cooperators, and aspiring revolutionaries, to get movin' and groovin'!

Again, I'll pose the question: who here is a revolutionary?

"A fall in the pit, a gain in the wit" (Mao) — a luta continua (the struggle continues) ... venceremos (we will win) in the long run."— Jalil Muntaqim, *We Are Our Own Liberators*.

With revolutionary love, my heart and soul, towards our collective liberation. Free the people, free the land, Tamil Eelam and the Republic of New Afrika, forever!

\* euro-colonial names are intentionally not capitalized in this letter



## Want to Run in the 2022 Board Election?

Attend an online board meeting this summer! Seward Co-op's Board of Directors invites potential candidates to learn about cooperative governance and this year's election. Board candidates must be current owners of Seward Co-op and committed to the long-term sustainability of our co-op.

### Attending Summer Board Meetings

All candidates are required to attend a board meeting to be eligible to run in the election. Board meetings are typically held the last Tuesday of each month, calling to order at 6:15 p.m. Upcoming meeting dates are June 28 and July 26. Before these meetings, the board will host a candidate information session beginning at 5:30 p.m. Please email [board@seward.coop](mailto:board@seward.coop) to receive Zoom meeting information.

Upon attending a meeting, you'll hear from current directors and receive documents detailing the expectations of candidates. All interested candidates will need to submit a form and essay by Monday, Aug. 1.

Candidates are strongly encouraged to attend the Aug. 30 and Sept. 27 board meetings as well, in addition to a candidate forum. The 2022 election will occur in October.

### About the 2022 Election

There are three at-large seats open. All have a three-year term. 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.

The co-op's articles and bylaws allow up to two seats to be filled by current employees. In the event there is more than one employee candidate in the at-large pool, only the top vote-getting employee will be seated. Employees of Seward Co-op must specify which seat they are seeking: at-large or designated employee director.

Remember: to obtain a candidate application, attendance is required at the June 28 or July 26 board meeting. Before these meetings, the board will host a candidate information session beginning at 5:30 p.m. Mark your calendars now and RSVP to [board@seward.coop](mailto:board@seward.coop)!

# 21ST ANNUAL CSA FAIR RECAP

It was a blustery day on April 23 for the return of our in-person CSA Fair at the Creamery building. Nearly 30 local farmers showed up to visit with community members about CSAs and to share the importance of working together to build a strong local food economy. There were raffles, samples, snacks, a lot of laughter, and only a little bit of rain. Thanks to everyone who attended!

## Board of Directors Connect with Community and Farmers

We'd like to extend a special thanks to members of the board of directors who chatted with attendees over Seward-made cookies and coffee. They shared information about our co-op's 50-year history, discussed their hopes for the next 50 years, and encouraged folks to run for the board this fall. Directors Kate Seybold and Warren King facilitated conversations with Janssen Hang, executive director of Hmong American Farmers Association, Naima Dhere, owner of Naima's Farm and executive director of Somali American Farmers Association, and Jack Hedin, founder of Featherstone Farm.



## Midwest Food Connection Engages Future Cooperators

Midwest Food Connection (MFC) was on site to engage future cooperators, too! They had activities for children including a bin for kids to get their hands in the dirt and sow seeds. MFC is a local education non-profit founded by local food co-ops, including Seward Co-op. The co-op's annual contribution of \$37,000 helps MFC provides lessons in cooking, gardening, and eating healthy food to elementary school students.

To browse our CSA Guide, visit [seward.coop/csa\\_fair](https://seward.coop/csa_fair). For photos from the CSA Fair, check out our album on Facebook. We look forward to continuing the celebration later in the summer at the 50th anniversary block party. See more details in our News section on page 19!



**“The heroes of this movement are people that are picking vegetables day in and day out, immigrants, and people that allow these businesses to work: working class people that are driving trucks and stocking the shelves.”**

Jack Hedin, Featherstone Farm

**“There are vulnerable communities that are struggling with land access [...] More of us want to grow, more of us want to go back to the land and connect and celebrate our culture in a way that just makes sense for us.”**

Naima Dhere, owner of Naima's Farm and executive director of Somali American Farmers Association



**“The narrative of Seward Co-op for the last 50 years has really transformed the work of the community as well. I would say in the next 50 years: continue to express and live out the mission of Seward, moreso to support the immigrant minority, to create equitable access for all, and then for the most part it's about really encouraging the importance of local food.”**

Janssen Hang, executive director of Hmong American Farmers Association





# Summer 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.

## June

**RECLAIM** provides financially accessible, specialized mental health care to queer and trans youth ages 13-25. They create a vital safe space for young people to explore their identities and to build resilience against the bias and oppression they experience in the world.



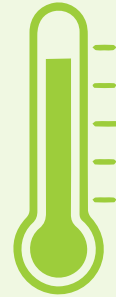
## July

The **Somali American Farmers Association (SAFA)** was founded to support Somali and immigrant farmers who focus on culturally specific, organic produce, and indigenous African farming practices.



## August

**Southside Harm Reduction Services** is a grassroots mobile syringe program that works to support people who use drugs in Minneapolis through a syringe service program that recognizes people's human rights to health, safety, and autonomy. These funds will be used to purchase syringes and other harm reduction supplies that are part of community-based pathways to safety.



*We're so close!*  
**Help us reach  
our goal of  
\$2.5 million**  
by the Annual Owner  
Meeting this October!



## Seward Co-op Grant Application Period Open

Applications for Seward Co-op grants (SEED, Seward Community Fund, and People Powered Perks) are now being accepted! Each year a staff-led committee selects grant recipients for the coming year. Recipients are announced at our Annual Owner Meeting in October. Organizations who serve the Seward Co-op community are encouraged to apply now through June 30 at [seward.coop/seed](http://seward.coop/seed).

# Summer Events

## Information Session for Board Candidates

Tuesday, June 28 and Tuesday, July 26  
5:30-6 p.m.

Seward Co-op's Board of Directors invites potential candidates to learn about cooperative governance and the 2022 board election. Candidates must be current owners of Seward Co-op and be committed to the long-term sustainability of our co-op. All candidates are required to attend an online information session and a board meeting to be eligible to run in the election. Upcoming meeting dates are June 28 and July 26. Information sessions begin at 5:30 p.m. and are followed by a board meeting. You'll hear from current directors and receive documents detailing the expectations of candidates. All interested candidates will need to submit a form and essay by Monday, Aug. 1. Please email [board@seward.coop](mailto:board@seward.coop) to receive Zoom meeting information.



## Seward Co-op 50th Anniversary Block Party at Open Streets Franklin

Sunday, July 10 | 11 a.m.—4:30 p.m.

Join us for a block party celebrating 50 years of Seward Co-op! We're partnering with Open Streets Franklin to bring music, food, and fun to Franklin Ave., between 25th and 26th Aves.

- \$5 Community meal
- Community Foods Fair: sample treats from local producers
- Live music and DJs curated by Phillips neighborhood-based local radio station, KRSM
- Family friendly activities like face painting, games, a bounce house, and more with our community partners and SEED recipients
- Live screen printing: bring your own shirt/tote bag/ and more!
- Seward Co-op staff art fair

We're taking a summer break from classes! We'll return in the fall with our class programming at [seward.coop/events](https://seward.coop/events).

## Eat Local Farm Tour

Saturday, July 16  
10 a.m.—4 p.m.

Explore local sustainable and organic farms as they open their doors for a day full of fun, learning, and discovery brought to you by your local food co-ops. This year 21 urban and rural farms are offering exciting activities such as farm goods for sale, farming demonstrations, u-pick berries, and more. It's a free, self-guided event, so no need to sign up! For more information visit [coopfarmtour.com](https://coopfarmtour.com) or find guidebooks available at your local food co-op. Please check the farm tour website regularly for updates about this event.



## Powderhorn Art Fair

Saturday, Aug. 6 and Sunday, Aug. 7  
10 a.m.—5 p.m.

The Powderhorn Art Fair is a fine art and crafts event set in scenic Powderhorn Park, Minneapolis. The fair embodies the iconic artsy and eclectic Powderhorn community. Over the past 31 years, the fair has grown to represent over a hundred artists spanning across 20 mediums. Seward Co-op is excited to be a sponsor for this year's event.

## Seward Co-op Annual Owner Meeting

Tuesday, Oct. 25  
6—8 p.m.

Save the date, and stay tuned for more details!

## Store Hours

June 19: 8 a.m.-8 p.m.

July 4: 8 a.m.-8 p.m.

Sept. 5: 8 a.m.-10 p.m.



**Seward**  
COMMUNITY CO-OP



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

[www.seward.coop](http://www.seward.coop)

Return Service Requested