

SPROUT!

Winter 2021



Give Back with Gifts
Citrus Winter Wellness
Annual Meeting Recap
2022 SEED Recipients



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 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
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On the cover: Staff members show off seasonal citruses.



A Message
From the General Manager
Sean Doyle

As we enter the winter season, it is a time to reflect. This February will mark our co-op's fiftieth anniversary. We have much to be grateful for in this milestone. Over the next year, we will host a number of opportunities to hear from key leaders in our history, envision what is next for our co-op, and gather to celebrate this anniversary. The next opportunity will be in January when we host a conversation with co-op leaders from the 1970s, who will discuss the film "The Co-op Wars." We have more events planned, so please stay tuned for what is next. We anticipate that this year of celebration will culminate in the 2022 Annual Owner Meeting.

Winter is a time to honor all those growers and makers who produce delicious food. Our northern land lies fallow, and we face the challenges of climate change and a disrupted supply chain. While many of our fruits and tender vegetables need to come a long distance in winter and could be impacted, we still have local food access thanks to greenhouses and hydroponic, not to mention cold storage produce, and incredible local meat, dairy,

cheese, and other foods. Look for Community Foods products at the stores if you wish to support our local food economy and minimize long distance transport.

Over the next few months, many of us will find ways to safely gather, light candles to illuminate the darkness, break bread, and celebrate surviving the past couple of years when fear of COVID-19 prevented us from doing so. In this dark time of year, the land rests and rejuvenates for another season. It can be cold and at times unrelenting. As those who grow our food contemplate what to plant in the spring, we too must ask ourselves what is next.

While challenged in recent times, Seward Co-op is ready to face what lies ahead. While I am not a lover of winter, I hope that we receive abundant snow this year to rehydrate the land that we rely on for food and nourishment. And with the spring, we too will need to refresh ourselves as we contemplate what our cooperative's next fifty years will look like.



Managing Supply Chain Challenges

For nearly 50 years we have taken great pride in being a reputable source for high-quality, ethically sourced food and other household goods. We look forward to supporting safe family and community gatherings again as we celebrate the season.

Pressure on the global supply chain has been a constant throughout the pandemic. Retailers and consumers have both experienced episodic product shortages and out-of-stocks over the last 19 months. During these uncertain times, we are particularly grateful for a strong network of farmers, makers, and producers who are part of Community Foods: Values Every Day. Community Foods products are sourced primarily from local producers and support a resilient local economy. This has helped to insulate us from the worst supply disruptions. One way to ensure our viability is to buy and share these products. As you look for ingredients and products to

share with loved ones, choose items at Seward Co-op with the purple Community Foods labels.

Throughout this crisis, we have remained committed to retaining employees and doing everything we can to serve our community. Seward Co-op staff members are eager to help you find the product you are looking for and identify alternatives for out-of-stock items. This holiday season, let's work together to embody the cooperative principle of concern for community—be gentle with ourselves and kind to one another.



We're
Making A
Change.

Gifts that Give Back

1 Give the gift of warmth this winter! **Maggie's wool snuggle socks** are soft, comfortable, and functional. They are made with organically grown cotton and wool from small-scale farms in the U.S., Argentina, Peru, Tanzania, and India. The skilled workers who make these socks are treated with dignity and respect, earn fair wages, and work in co-ops that Maggie's helped establish, as well as family-owned and operated shops.

20% off Maggie's wool snuggle socks in December

For many, the holiday season is a time to share gifts, gather for a meal, and spend time with those we care about. From stocking stuffers to Hanukkah gifts, or creative Kuumba-inspired creations, there are so many options. This year, look for gifts from producers that give back. We've rounded up a few of the wonderful vendors that keep sustainability, care for community, and the environment top-of-mind.

2 **Sunleaf Naturals** is a Minnesota company that makes healthful bath, body, and home products scented with 100% pure essential oils. Share uplifting scents like seasonal Bayberry Balsam candles or choose their aromatherapy products and soaps for small gifts. Purchases of Sunleaf Naturals supports fresh water and pollinator research and conservation efforts, with 5% of their profits donated since 2007.

15% off select Sunleaf reed diffusers, candles, and air mists in December

3 Many have come to know this time of year as the season of light. Join in reflection and radiance with handcrafted natural beeswax candles. **Big Dipper Waxworks** supports a vibrant community of customers, beekeepers, and bees. To that end, 10% of net profits from all candle sales is donated to organizations dedicated to promoting sustainable beekeeping.

On sale throughout December



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4 **Alaffia** body and hair products make perfect gifts. Their lip balms, soaps, and lotions are known to nourish skin and are made with high-quality, fair trade ingredients. Alaffia also works to nourish the communities where their products are made through the Alaffia Foundation. This non-profit's mission is to empower African communities through the advancement of fair trade, education, sustainable living, and gender equality. It also funds maternal care, builds schools, and hosts school supply drives, repairs bicycles for independent transportation, and repurposes donated eyeglasses for those in need. Many of Alaffia's products contain indigenous ingredients such as unrefined "raw" shea butter, African black soap and coconut oil.

5 | Winter 2021-22 | www.seward.coop

5 **Pacha** makes delightfully-scented soaps that are perfect to share with those who enjoy a little bit of bath time luxury. Gumdrop, Candy Cane and Christmas tree-scented froth bombs, whipped soap scrubs, and bar soaps make delightful holiday-themed presents. Every Pacha Soap Co. purchase supports radically transparent and ethical sourcing, clean water initiatives, hygiene education, and small business opportunities worldwide.

Select holiday-scented items on sale throughout December



6 Keep your loved ones cozy with ethically-made alpaca knitwear by **Andes Gifts!** Adults and children alike can enjoy the comfort of winter knit hats, gloves, and scarves made with yarn spun with respect for the animals, land, and local community. Andes' production empowers Indigenous communities and creates long-term partnerships with knitting cooperatives in rural communities throughout Peru and Bolivia. Their products showcase traditional knitting techniques that have been passed down through generations of Indigenous Andean women. By purchasing from Andes Gifts, you not only keep yourself (or someone you love) warm, you also support rural communities in the Andes Mountains.





Community Foods

on your seasonal snack spread



As we take time to gather safely with loved ones during this holiday season, elevate your meal with a beautiful meat and cheese board. Break out those cutting boards and serving trays and get crafty with delicious bites from Community Foods producers!



Red Table Meat Salumis & Sliced Meats

LOCAL, SMALL-SCALE

Sliced meats and salumis have a home on any omnivorous board. They can add smoky, savory, and salty elements that really round out a holiday gathering spread. Red Table Meats, based in Minneapolis, packs a wallop of flavor into their salumis and respects the animal and old-world curing traditions to preserve the delicious porkiness of locally-raised pigs. Choose their sliced meats for an easy board-building option or grab a few salumis for versatility.



Widmer's Four-Year Cheddar

LOCAL, SMALL-SCALE

Bright yellow cheddar cheese adds a sunny pop of color to any cheese board, and Widmer's Four-Year Aged Cheddar incorporates an additional complexity. As cheddars age, they sharpen and create mouthwatering crystals in the cheese. This four-year cheddar isn't so sharp that it will clash with other tastes on the board, and shows off some of the rich nuttiness of this tasty cheese. You can trust Widmer's to use their old-school techniques, as this third-generation cheesemaker has been honing its skills since 1905.

Customize Your Board

After laying down your sliced meat and cheeses, think about the textures you've got at play and compliment and contrast their textures and flavors.

- Add small dishes of olives, pickles, preserves, or local maple syrup for drizzling over meat and cheese.
- Bulk nuts and fresh and dried fruit are perfect for filling in the gaps on a board. Stop in the Produce and Bulk departments to get inspired!
- Don't forget to add crackers, pretzels, and other vessels for topping with your curated selections.



Velvet Bees Honey Butter

LOCAL, SMALL-SCALE

Any good meat and cheese board has a spread on it worth smearing on a cracker before topping with cheese. If not only for a bit of freshness, a good spread can pull out flavors and aromas that would not be noticed if your meat or cheese was eaten alone. Luckily, small-scale St. Paul, Minn. producer Velvet Bees has a delicious honey butter, made with only five ingredients, to add a little bit of sweetness to your board.



LaClare Family Creamery Chèvre

LOCAL, SMALL-SCALE

Chèvre is a cool, creamy, tangy, and spreadable goat cheese that looks beautiful on a cheese board. LaClare Farms' plain and flavored cheeses can add variety to your board. Goat milk is also easier to digest, so it's great for those who love cheese but have a sensitive stomach. When you choose LaClare Farms, you're supporting a local, family-run farm that sources milk from local, Wisconsin goat farmers.





Citrus Season is Here!

Bright colors and flavors of citrus are vibrant beacons in the midst of winter. The citrus party starts in the fall with **satsumas**—a mandarin that is sweet, seedless and easy to peel. Satsumas develop complexity throughout the season as their acid content increases, so if you crave that zing, try them a little later into December.

December is when we expect the season to get exciting. Keep an eye out for the first of the **grapefruits**, **heirloom navel oranges**, **Cara Cara oranges**—pink fleshed, sweet, with a

mild finish—and tangerines like **Fairchild's**—very sweet and juicy. And don't forget **limequats** with their sweet rinds and acidic flavor. **Meyer lemons** should be available too—the ultimate culinary lemon, sweeter than more common varieties (Key lime pie anyone?)

Come January, we will all be craving some extra sunshine in a peel, and that is when citrus season should be in full swing. We look forward to enjoying tangelos like **Minneolas**. A cross between tangerine and grapefruit, these have a sweet orange flavor and the nice tang of a tangerine. **Blood oranges** with their deep red flesh and unique flavor similar to raspberries, plums, and pomegranates are always a treat

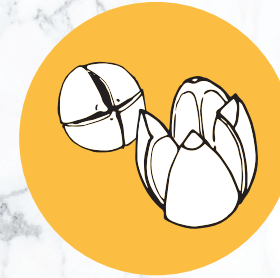
too, but their season is short, so grab some when you see them! And don't forget **Star Ruby grapefruit** for a real winter pick-me-up! Their ruby-colored flesh is almost as delightful as their flavor.

As we head into February, you might try a **TDE**—a much coveted triple cross of a Temple tangor, a Dancy mandarin, and an Encore mandarin with a very rich sweet flavor. The arrival of TDEs at Seward Co-op stores is a cause for celebration every year! February is bittersweet, and most of the mandarins should be done by then. However, we can expect **Pixies** to still around as we watch the snow melt—and a variety of oranges to help us bide the time until the next citrus season begins.

Preserve Citrus for Extended Winter Wellness

Preserved Lemons

Like most lacto-fermented fruit, preserved lemons are quite simple to make. All you need is non-iodized salt and a jar—and about a month of waiting time! The peel is the finished product for use in cooking, flavoring dishes like North African tagines, salad dressings, and marinades. Preserved lemons last about one year in the fridge, and add complexity and a unique lemony umami to dishes.



Fire Cider with Citrus

Infuse vinegar with fresh citrus for another simple way to extend the citrus season. Fire Cider is a favorite wintertime remedy for many herbalists, and is an easy beginner recipe. Citrus—skin and all—brightens up the mix and can add subtle floral notes. If you aren't a fan of hot peppers used in traditional recipes, try warming spices instead, like cinnamon and cardamom.



Dried Peels for Tea

Dried citrus peels make great additions to homemade tea blends, so be sure to save those peels after snacking! Mandarins with thin piths (the white layer below the skin) taste best. Dry them in a dehydrator on low for about eight hours. Most Minnesota homes are dry and drafty enough in the winter to dry leftover peels on a piece of parchment paper over a few days (just make sure to intermittently check for mold).



Lemon Infused Honey

Honey infused with ginger and fresh lemon then mixed with hot water makes a cozy, immune-boosting beverage. After a delicious hot toddy, you can dehydrate the leftover ginger and lemon for do-it-yourself candies.





A Message From the Board

Claire Purvey Houston

Now that the major happenings of a busy fall season for the board are behind us, my fellow directors and I are taking a moment to rejoice in the energizing discussion between Board President LaDonna Sanders Redmond and Dr. Jessica Gordon Nembhard at our annual meeting. A big thank you to all of the candidates who ran for the board in October! Since the three open seats were filled by incumbents, the board is in a position to dig right back into our ongoing discussions about the wider meaning of abolition and how it applies to Seward Co-op. While we always enjoy adding new voices to our board, it's exciting to enter this next year a bit more clear and steady with a group of directors who have a foundation in our governance model. After a year of board experience, I can tell you the majority of that first year has a serious learning curve!

When I decided to run for the board last year, I was convinced I knew what I was getting into. As a long time Seward employee, surely my years of seeing the inner-workings of the co-op would mean an easy transition into board work. Well, no. Since the board concentrates on a much broader view of the cooperative and is not involved in the operational daily aspects of the business, I've spent a large part of the past year struggling to keep those two concepts separate. As an employee, I see the day-to-day grind all employees experience and I understand the feeling of just trying to stay afloat with ongoing new challenges. As a board member, I need to trust in my coworkers and look into the ever-shifting landscape of what being a cooperative grocery business means, and can mean, to stay relevant and evolving.

That's the duality of the employee director, I suppose. As such, on behalf of myself and the board, I send serious thanks and love to our employees - past and present. I see your struggle, and I see you trying. I couldn't ask for a better group of folks to work alongside during the quagmire of these past few years. Keep on doing what you can and the board will do our best to steer Seward Co-op towards the best possible future.

Member-owners, I see you as well. Thank you for supporting us! Thank you for your patience and calm while staff manages supply chain issues and onboards new colleagues. We appreciate your kindness, particularly during this busy holiday season, to our cooperative community of employees.

Happy holiday season, everyone. May your winter be warm, kind, and full of joy.

Board Meetings

The next virtual board meeting is **Tuesday, Jan. 25 at 6:15 p.m.** 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.

2021 Board of Directors Election Results

In fall 2021, incumbent board candidates Cassandra Meyer, Sally Nixon, and Kate Seybold were all re-elected to three-year terms on Seward Co-op's Board of Directors. Together with current directors, these co-op owners are responsible for articulating the vision and goals for Seward Co-op that management pursues and achieves. The 2021 election featured a pool of highly qualified candidates. Thank you to all who ran, and all who voted.



Cassandra Meyer



Sally Nixon



Kate Seybold

Current Board of 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

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**Better Nutrients.
Better Together.**



Seward Co-op at 50 Years

Seward Co-op opened its doors on a dreary winter day in 1972, during a time when food prices were sky-rocketing, faith in government was at a low point, and civil rights issues were at the forefront of evolving social movements. The world seemed increasingly fragile, alienating, and volatile, and people responded by participating in grassroots organizing to build a better world. They believed it was time for a system that valued transparency over secrecy, one that promoted fairness over abuse of power.



Seward Co-op's first building was located at the corner of 22nd and Franklin Avenues as a storefront of less than 700 square feet, and it was run by volunteers. When the opportunity arose to use that building, organizers hit the streets, petitioning community members to join an effort to start the co-op and raise money to

purchase the initial inventory. Most of the food was sold from large buckets and bags sitting on the floor.

Fifty years later, our product selection and merchandising techniques look pretty different, but the need for cooperative organizing is stronger than ever.

Starting a food co-op in 1972 was an extension of an anti-establishment ethos that encompassed the environmental, civil rights, urban renewal, and anti-war movements of the time. The idea behind the food co-op was to provide an antidote to corporate capitalism, to create a place where an alternative economic order could flourish and the average person would have a voice.

As we begin a year of celebrating our 50th anniversary as a co-op, we continue to reflect on who we are as part of a broader cooperative movement working for justice and the abolition of oppressive systems. In 2022, watch for a series of events and discussions about our own evolution as a co-op—and what we want Seward Community Co-op to be 50 years in the future.



Join us in Celebrating 50 Years of Seward Co-op!

Celebrating 50 Years:
“The Co-op Wars” Screening
and Discussion

Thursday, Jan. 13, 6-7 p.m.
Virtual event: Register online at
seward.coop

Join us for a special Seward Co-op online screening and discussion of The Co-op Wars in celebration of our 50th Anniversary. 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. Participants will have the opportunity to view the film ahead of time—and on Thursday, Jan. 13 we will be joined by producers of the film and a few of the “idealistic youth” from Seward Co-op’s early history. Panelists will share their unique perspective on the movement and how this history can inform our work as a co-op moving forward.

Celebrating 50 Years:
I <3 Seward Co-op!

Sunday, Feb. 13, noon-2 p.m.

Share some Seward Co-op love as we celebrate our 50th anniversary! Join us for seasonal samples throughout the stores, live music and other treats, while supplies last.

ANNUAL
OWNER MEETING
**CELEBRATING
50 YEARS**



**SEWARD CO-OP
WITHIN THE
BROADER
MOVEMENT FOR
ABOLITION AND
LIBERATION**

Thank you to all who joined us virtually for the 2021 Annual Owner Meeting. We are grateful for the inspiration delivered by keynote speaker, Dr. Jessica Gordon Nembhard (she/her), Professor of Community Justice and Social Economic Development in the Department of Africana Studies at John Jay College, City University of New York, and author of “Collective Courage: A History of African American Cooperative Economic Thought and Practice.” A video recording of the meeting and a summary of the conversation between Dr. Gordon Nembhard and Seward Co-op Board of Directors President, LaDonna Sanders Redmond (she/they/iya), is available on our blog at seward.coop/2021-annual-owner-meeting-recap/.



**SCORECARD &
ANNUAL REPORT**

Staff created Seward Co-op’s Scorecard in 2006 to share the impacts of our cooperative business. It is a dynamic measuring tool which has evolved over time to highlight cooperative values in practice. The Scorecard and Annual Report offers an opportunity to pause and reflect on the progress we have made together, to realize our mission to sustain a healthy community. View the 2021 Scorecard and Annual Report online at seward.coop/2021-annual-owner-meeting-recap/.



—\$13.7 million
of organic products sold.

\$11.9 million —
of local products sold.

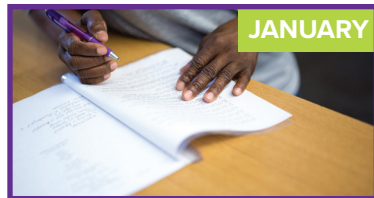


2022 SEED Recipients

During the 2021 Annual Owner Meeting, we announced the 2022 SEED recipients, the results of the Community Choice vote, and the next People Powered Perks recipient. The People Powered Perks grant recipient is Full Cycle Bike Shop.

Each year, a Seward Co-op staff-led committee chooses eight of the twelve SEED recipients from a pool of applicants. Seward Co-op owners and customers are then invited to select the remaining four SEED recipients in a Community Choice vote. All SEED Community Choice finalists receive a \$1,000 grant through the Seward Community Fund.

2022 SEED recipients are listed below next to the month they will receive donations from customers who round-up their purchase total at the register. The Community Choice recipients are listed in **purple**.



JANUARY

Minnesota Prison Writing Workshop helps incarcerated individuals tell their own stories in their own voices, challenging stereotypes about the incarcerated community and changing public attitudes about the criminal justice system. Funds will be used to teach creative writing classes in Minnesota prisons and amplify the voices of incarcerated Minnesotans.



FEBRUARY

PLANT-GROW-SHARE (PGS) is a grassroots food justice program in the Central neighborhood that focuses on investing in neighbors through gardening, education, sharing food, and anti-racism work while community building. The SEED grant will provide PGS the stability to continue to serve 20 new BIPOC families every year and facilitate a community-led workshop series to help define what food justice looks like in Minneapolis.



MARCH

Sabathani Community Center provides one of the largest food shelves in the South Minneapolis area. Families can also get free clothing, back-to-school supplies, and holiday support. 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 young adults and their families' 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 window sill 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. HAFA supports 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.



JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



The Minnesota Transgender Health Coalition (MTHC) provides harm reduction, health access, healing services, syringe exchange, shot assistance, and support groups. MTHC is committed to improving health care access and the quality of health care received by trans and gender non-conforming people through education, resources, and advocacy.

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.

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

Inquilinxs Unidxs por Justicia (IX) is raising funds for tenants to purchase five buildings in the Corcoran neighborhood, known as Sky Without Limits or Cielo sin Limites Housing Cooperative, that will establish permanently affordable, democratically controlled housing for 69 families. As an organization, IX works to establish housing cooperatives as alternatives to the commonplace landlord-tenant relationship, which results in the extraction of wealth from low-income and BIPOC families.

Dream of Wild Health is a Native-led youth leadership organization with a 30-acre farm. SEED donations support Native youth from Minneapolis reconnecting with their cultural traditions while learning important skills and advocating for food sovereignty.

Little Earth Residents Association provides culturally relevant food to 1,000 Native residents located in the East Phillips neighborhood. Funds raised via SEED will support Little Earth's Urban Farm Program, a conduit for healthy cooking and healthy eating education classes, farming education, healthy living and physical exercise through gardening.

Du Nord Foundation Community Market is a place for neighbors to find free healthy and fresh food for their tables and supplies for their homes. Started as a way to solve the immediate food desert that the 2020 civil unrest left behind, the Du Nord Foundation addresses racial inequities in the Twin Cities by focusing on three core tenets: providing stability through disaster, supporting business ownership and economic prosperity, and investing in rebuilding the community through intentional and innovative business development—all with an eye towards economic justice.



Staff Spotlight

Front End Assistant Manager, MJ Jones

MJ Jones (she/they) has worked at Seward Co-op for the past eighteen months, and in that time has faced a fair amount of growth and change. In the midst of the pandemic and the civil unrest, MJ found herself looking for a new job that was going to align with her values. How the co-op responded to the pandemic and the civil unrest led them to apply for a cashier position at Seward Co-op.

After a year of cashiering at the Friendship store, MJ became a shift lead. After about five months they were promoted to Front End Assistant Manager. She believes that Seward Co-op is a unique and empowering workplace that provides opportunities for growth for those who are seeking it. The genuine respect for authenticity and one another makes it a place MJ is happy to be. She says she doesn't know if she could have experienced as much personal development at another job, and working at our co-op allows them to be their genuine self. MJ stresses that it's important to be in a space that allows for that because we spend so much time at our jobs. The laughter and important work that happens within our walls to sustain a healthy community is the icing on the cake.


In her role as Assistant Manager, she is working towards goals with an emphasis on personal development, and they mention the nurturing and guidance they received from their managers. She feels her voice is heard and appreciates that her opinions are valued, which makes Seward Co-op an environment that provides opportunities for growth and support.

We are so grateful to have such joyful, authentic staff members like MJ as part of the team at Seward Co-op! MJ's goals are to deeply embody the core value of making sure everyone feels welcome. She knows that kind of positivity is contagious and is working to keep a flow of communication between departments as she settles into her new role at the Franklin store. The goals they have for their position in leadership include spreading their positivity to team members and shoppers alike.

Certainly the co-op is a place to buy your groceries, and to many in the community the Seward Co-op offers so much more than food. If you're interested in joining our team, please visit seward.coop/careers to apply today!

News, Events, & Classes

December

 **December SEED Recipient**
Open Arms of Minnesota is the only nonprofit organization in the state that cooks and delivers free meals tailored to meet the nutritional needs of individuals living with life-threatening illnesses. Their clients are those most at-risk during the COVID-19 outbreak because they are immunocompromised and have underlying conditions that make them more susceptible to infection and severe symptoms—ensuring they have access to high-quality meals is critical, now more than ever.

Cooking with Koshiki: Tofu Dengaku
Monday, Dec. 13, 6-7:30 p.m.
Dengaku are vegetarian tofu skewers with sweet and savory sesame miso sauce. We will learn to make atsuage (fried tofu) with sesame-miso sauce that are broiled to perfection—a great appetizer for the holidays.
Koshiki Smith, the Japanese Kitchen

Nourish 101: Spicy Asian Noodles
Tuesday, Dec. 14, 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. Chef Jess will be making diet-adaptable spicy Asian noodles!
Chef Jess Toliver with Jess Delicious Living



Join the Team!

Starting at \$15.25/hour

www.seward.coop/careers


Join us for a variety of virtual classes this winter! 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.

Treats and Gifts with Chef Jessica
Thursday, Dec. 16, 6-7:30 p.m.
Chef Jessica Tijerina creates three treats that can be made as gifts or enjoyed: slice-and-bake pistachio and chocolate cookies, vanilla chai spiced fancy mixed nuts, and peppermint cookie truffles.
Jessica Tijerina, Tijerina Global Spices

Intro to Soap Making
Limited in-person class at Seward Co-op Franklin store classroom
Friday, Dec. 17, 7-9 p.m.
\$40/\$35 for Seward Co-op owners
Homemade soap makes a great gift! 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 manual at the class.
John Hanson, Longfellow Soap

Bring Your Own Coffee Cup Credit
The bring-your-own-cup credit is back! All shoppers who bring their own coffee cup, to fill with self-serve drip coffee at the deli counter, will earn a \$0.25 credit on their purchase.



 **Holiday Hours**
Thursday, Dec. 24 // 8 A.M. – 6 P.M.
Friday, Dec. 25 // Closed
Thursday, Dec. 31 // 8 A.M. – 8 P.M.
Friday, Jan. 1 // 10 A.M. – 8 P.M.

January



January SEED Recipient
Minnesota Prison Writing Workshop helps incarcerated individuals tell their own stories in their own voices, challenging stereotypes about the incarcerated community and changing public attitudes about the criminal justice system.

Hmong New Year is Dec. 30-Jan. 2
Hmong New Year is an annual celebration to honor the ancestors and spirits and give thanks for the completion of the year’s harvest as well as to welcome in a new beginning. The celebration is rooted in agricultural history and religious tradition. Follow along with Seward staff Maiv Mos Yang as she cooks a variety of traditional Hmong recipes, including boiled chicken with Hmong medical herbs, Hmong Laab, and papaya salad online at seward.coop/hmong-new-year/.

Local Honey Recipes
Monday, Jan. 10, 6-7:30 p.m.
Using locally-sourced honey, Chef Jessica Tijerina shows us recipes using honey as the highlight ingredient: a sweet and savory sticky salmon, a natural honey lemon and ginger cough drop, and sweet and salty whipped honey butter.
Jessica Tijerina, Tijerina Global Spices

Holistic Approaches to Thyroid Health
Wednesday, Jan. 12, 6-7 p.m.
When your thyroid doesn’t function well, it can affect almost every aspect of your health from depression to weight gain. Learn what key nutrients are needed for healthy thyroid function with Sara Jean Barrett, naturopathic doctor and co-founder of Wellness Minneapolis. Join us for a deep dive into thyroid health and discover what you can do to naturally improve thyroid function, and increase your energy, mood, and metabolism.
Dr. Sara Jean Barrett, N.D.

Celebrating 50 Years: “The Co-op Wars” Screening and Discussion
Thursday, Jan. 13, 6-7 p.m.
Join us for a special Seward Co-op online screening and discussion of The Co-op Wars, in celebration of our 50th Anniversary. Full event description on page 13.

Virtual Dinner and Conversation with Nutritionist Jesse Haas: Powered-Up Pasta
Monday, Jan. 17, 6-7:30 p.m.
This is a cooking, eating, and conversation event hosted by Seward Co-op and Wellness Minneapolis. In this class, cooking with color brings beauty to the plate, as well as an array of phytonutrients that both challenge and nourish the whole body. Learn how to power-up your standard spaghetti with a rainbow of health benefits.
Jesse Haas, CNS, LN – Wellness Minneapolis

Nourish 101: Buffalo Cauliflower Wings
Tuesday, Jan. 18, 6-7 p.m.
Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Today, Jess will show us how to make a fun Super Bowl appetizer- spicy buffalo cauliflower wings!
Chef Jess Toliver with Jess Delicious Living

Cooking with Koshiki: New Year, New Skill: Sushi Making
Monday, Jan. 24, 6-8 p.m.
If you have not mastered the sushi-making technique yet, join us to learn sushi-making basics. We will use ingredients from Seward Co-op to make healthy and sustainable sushi. Basic sushi includes inside-out rolls, traditional rolls, Nigiri/ Mari Sushi. Vegetarian options are available.
Koshiki Smith, the Japanese Kitchen

Nourish 101: Kabalagala (Ugandan Banana Pancakes)
Tuesday, Jan. 25, 6-7 p.m.
Join Henry as he creates simple, vegan Ugandan recipes. Today we’ll make vegan banana pancakes!
Henry Kisitu, Jajja Wellness

Nourish 101: Peanut Lime Tofu Rice Bowls
Saturday, Jan. 29, 11 a.m.-noon
Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. In this recipe, crispy marinated tofu rests on a bed of steamed rice and is topped with peanut-lime sauce then garnished with fresh veggies for a bright, flavorful, and filling meal.
Natalia Mendez, Seward Co-op staff

Midwest Food Connection: Co-op Kids
Sunday, Jan. 30, 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!
Katya Wesely, Midwest Food Connection

February



February SEED Recipient
PLANT-GROW-SHARE (PGS) is a grassroots food justice program in the Central neighborhood that focuses on investing in neighbors through gardening, education, sharing food, and anti-racism work while community building.

Cooking with Koshiki: Haru-maki Fried Spring Rolls
Monday, Feb. 1, 6-7:30 p.m.
Haru-maki are Japanese-style fried spring rolls. This irresistible haru-maki is crispy and packed with meat, bean noodles, carrots, and shiitake mushrooms. Serve them as an appetizer, or make dinner with a side of quick soup, salad, and grain.
Koshiki Smith, the Japanese Kitchen

Winter Comfort Recipes – Chicken with Rose Petal Sauce and Beef Hand Pies
Monday, Feb. 7, 6-7:30 p.m.
In this class we will make two comforting cold-weather dishes featuring chicken and beef from our Community Foods producers. Chicken with rose petal sauce and pomegranate and beef hand pies with a delicate and flaky crust, filled with meat and vegetables.
Jessica Tijerina, Tijerina Global Spices

Celebrating 50 Years: I <3 Seward Co-op!
Sunday, Feb. 13, noon-2 p.m.
Share some Seward Co-op love as we celebrate our 50th anniversary! Join us for seasonal samples throughout the stores, live music and other treats, while supplies last.

Nourish 101: Hawaiian Moco Loco
Wednesday, Feb. 16, 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 more about our Nourish program here. Join Henry in making Loco Moco, a Hawaiian comfort food made with rice and a burger smothered with rich gravy and a runny-yolked egg.
Henry Kisitu, Jajja Wellness

Virtual Dinner & Conversation with Nutritionist Jesse Haas: Pureed Vegetable Soup with Smoked Salmon
Thursday, Feb. 17, 6-7:30 p.m.
This is a cooking, eating, and conversation event hosted by Seward Coop and Wellness Minneapolis. Give yourself some extra love with a nourishing, plant-powered meal. In this class, we’ll put together a balanced and heart-

centered Mediterranean meal of pureed veggie soup with smoked salmon, tapenade, and sourdough bread.
Jesse Haas, CNS, LN – Wellness Minneapolis

Nourish 101: Tempeh BLTs
Tuesday, Feb. 22, 6-7 p.m.
Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. We’ll make tasty plant-based tempeh, lettuce, and tomato sandwiches with Chef Jess!
Chef Jess Toliver with Jess Delicious Living

DIY Skincare Masks for Hyperpigmentation
Wednesday, Feb. 9, 6-7 p.m.
Join Seward staff September and Nevaeh in this wellness class and feel more comfortable in your skin with do-it-yourself skincare masks! They will share two mask recipes, along with other tips and tricks for hyperpigmentation in the skin. Hyperpigmentation is more common among folks with melanin, but these masks are useful for everyone.
September Garwick Evans & Nevaeh Taylor, Seward Co-op staff



Nourish 101: Sopa de Fideo con Pollo
Saturday, Feb. 19, 11 a.m.-noon
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. Sopa de fideo means noodle soup, and pollo is chicken! This rich, tomatoey soup is not spicy, but is incredibly flavorful and perfect on cold winter nights.
Natalia Mendez, Seward Co-op staff

Nourish 101 Side Dish: Sautéed Greens
Sunday, Feb. 20, 6-7 p.m.
Join Addie as we make this hearty vegan side dish using a variety of flavorful greens.
Addie DeMery, Seward Co-op staff

Fried Chicken Dinner
Sunday, Feb. 27, 6-8 p.m.
Celebrate Black History Month with Addie from Seward Co-op for a Sunday dinner recipe of fried chicken, mac & cheese, and sweet mashed yams.
Addie DeMery, Seward Co-op staff





Seward
COMMUNITY CO-OP



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