

SPROUT!

Winter 2022



Communitas
Values Every

small local cooperative inclusive

**Celebrate Kwanzaa
Get Cozy with Winter Soup
Game Day Eats**

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

Interim General Manager

Raynardo Williams

Editor & Marketing Manager

Natalia Mendez

Designer Amanda Reeder

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

This issue of Sprout! is printed on FSC-certified paper, with at least 30 percent post-consumer content. The dyes are water-based and nontoxic. We encourage you to recycle this paper. You can always opt out of receiving the paper version of Sprout! by contacting bspitzer@seward.coop. Find Sprout! at www.seward.coop/sprout.

On the cover: Enjoy Seward-made soup from the Deli or take it home for an easy meal. Learn more about DIY soups and Grab and Go on pages 10-11.



A Message
From the Interim General Manager
Raynardo Williams

As 2022 comes to a close, we have so much to celebrate while simultaneously reflecting and preparing for what comes next.

First, I want to acknowledge that this is my first letter in *Sprout!* as Interim General Manager — I am honored to lead our co-op through this important transition period. I want to express my gratitude to Sean Doyle for his 18 years of dedicated leadership at Seward Co-op. I am also grateful to our Board of Directors and incredible staff members for their work and dedication during this change.

As fall turns to winter, we are closing the book on our 50th anniversary celebrations. I know I saw many of you partying like it was 1972 this summer at the 50th anniversary block party at Open Streets Franklin! Our recent Annual Owner Meeting was a final toast to this milestone, when we released a new 50th anniversary timeline and video, both of which can be enjoyed at www.seward.coop.

In this issue we celebrate our 2023 grant recipients. Most significantly, we recently surpassed our goal of raising 2.5 million dollars since the SEED grant program's inception in 2011. Congratulations, Seward Co-op owners and community members!

As we look ahead to 2023, we have some major projects to anticipate. In early November we closed on the loan to purchase the Creamery

building. After leasing it since 2014, this past September, the board of directors recognized the purchase was in the best interest of the co-op and authorized the acquisition. In early 2023 we will begin to engage staff and owners on a vision for the Creamery building. We are also actively preparing for a major remodel of our Franklin store. We are tentatively planning to complete the renovation over the summer of 2023 with as little disruption to the shopping experience as possible.

This year we were profitable due to debt forgiveness from the Friendship store's New Markets Tax Credit financing. It is the first time in seven years that we are able to offer a patronage refund. A patronage refund is a form of profit-sharing unique to cooperatives. For more information, visit the website or stop by the Customer Service desk at either store. Whether you use the refund for a splurge on some fun new cheeses for entertaining this holiday season or plan to utilize one of our donation options, this is a great opportunity to reflect on our year and what's giving you hope as we look toward 2023 and the next 50 years of Seward Co-op.

I'm grateful to be a part of the Seward Co-op Community; and I know there are great things in store for us. One last time, cheers to 50 years, Seward Co-op community members!



Staff Spotlight

Franklin Deli Manager,
Samo Newman

At Seward Co-op, we strive to be a place where everyone feels welcome whether they are shopping for groceries, dining on food from the Deli, or finding a comfortable place to work. Samo Newman (he/him) has been at Seward Co-op since January of 2022, and it's been long enough for him to experience the joys a diverse workplace can bring.

After spending most of his career working in restaurants, Samo began looking for something new. After friends suggested Seward Co-op as a great place to work, he did research to find that we also aligned with his values. Inclusion, diversity, supporting small-scale farms and businesses, and making food with quality ingredients were all things that resonated with him and led him to his role at the co-op.

He initially accepted the role of Assistant Deli Manager and shortly thereafter became the Deli Manager. With the new role came the additional responsibility of overseeing the whole department, including the Kitchen, Cheese counter, and fresh juice area in the Deli — and that can be a lot to juggle! The support he receives

from other members of the team keep things balanced and keeps Samo feeling supported.

One of the things that keeps Samo excited about his role at Seward Co-op are the many types of people he gets to interact with on a daily basis. Not only does he get to enjoy making and learning about the different regional and cultural dishes that are cooked up at the co-op, but he values experiencing a more diverse environment than what he's used to when interacting both with customers and fellow staff members. "Eating food is one of the most basic things that we need to do for our survival. As a result, there is a ton of history and tradition around food in every culture on Earth. I like that I get to be a part of that and can hopefully keep food exciting for people." This connection to others through food is a part of the cooperative spirit that keeps Seward Co-op thriving, and we are so grateful to have Samo on the team!

Find the delicious food Samo and other talented Seward staff make for the Deli at both stores.

"Eating food is one of the most basic things that we need to do for our survival. As a result, there is a ton of history and tradition around food in every culture on Earth. I like that I get to be a part of that and can hopefully keep food exciting for people."

CELEBRATE THE HOLIDAYS WITH SPECIALTY MEATS

Winter gatherings are the perfect time to celebrate with a beautiful centerpiece at the dinner table. Seward Co-op has all of the classics like turkey, ham, brisket, and surf and turf options, many of which are local, small-scale, or sustainably sourced. For those looking for a little variety, or to try something new this holiday season, try some of the following specialty meats found in the Meat and Seafood department.

Wild Acres Duck



Wild Acres has specialized in outdoor-raised domestic poultry and wild game birds for over 30 years. Along with raising free-range birds, they have incorporated environmentally-friendly practices on the farm, including on-site composting and sourcing feed exclusively from local markets. Wild Acres whole ducks are great for an alternative to a chicken, and breasts are perfect for serving smaller groups. Don't forget to score the duck skin before cooking to allow the mouthwatering fat to render out, which provides additional flavor, improves texture, and helps crisp the skin.



Lamb Shoppe Lamb



Since 1990, Hutchinson, Minn. based Lamb Shoppe has operated under the belief that caring for the earth from the soil up ensures healthy plants for their animals. They practice sustainability with biological farming that works with nature to maintain quality of the soil for the 100% grass-fed lamb they raise on the farm. Lamb Shoppe legs or crowns of chops provide a beautiful presentation – and delicious flavor – on any holiday dinner table.



Eichten's Ground Bison



Spice up the traditional crock pot full of meatballs by opting for ground bison! Eichten's has been raising free-range, hormone and antibiotic-free bison for over three decades. The herd eats pesticide and herbicide-free native grasses and organic grains that ensure a great, slightly sweet flavor. Bison is tender, very lean and can easily be swapped out for beef in recipes that call for it.

Peterson Craftsman Meats Oxtail



Multigenerational family farm Peterson Craftsman Meats raises local, heritage-bred livestock in the St. Croix valley. Their regenerative farming practices include improving soil ecosystems through cell grazing, crop rotation, and pasture-based livestock. Try their oxtail in a Caribbean-inspired stew for a main course that is perfectly spiced and hearty on a cold winter night. Cooked to fall-off-the-bone tenderness, the succulent pieces of meat spooned over rice feel like comfort in a bowl this holiday season.



GIVE THE GIFT OF MEMBERSHIP

Giving a gift along with that special holiday dinner? Now is no better time than to give the gift of membership to a friend or family member. Visit the Customer Service Desk for more details.

Perks of ownership include:

Free and discounted classes

Patronage refund

Helping build a cooperative economy, together

Free product coupons in *Sprout!*, this magazine!

Quarterly discounts



HONOR AND CELEBRATE KWANZAA IN COMMUNITY

Kwanzaa is an African American and pan-African holiday that was created in 1966 by Dr. Maulana Karenga. This year, it begins on Monday, Dec. 26, and ends on Sunday, Jan. 1.

Different from other holidays throughout the winter season, Kwanzaa is not a religious holiday, it's a cultural one that allows many from all religious backgrounds to celebrate. The purpose of its creation was to unite and empower the African American community, and it is a ritual used to welcome the first fruits of the harvest into the home. It is rooted in bringing the past into the present, and it is a celebration of connectedness and community.

There are seven principles of Kwanzaa, and they are expressed in Swahili, one of the most commonly spoken languages on the African continent. The principles are Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith). Many of the principles of Kwanzaa are in alignment with cooperative values that center community, interdependence, collective problem solving, and cooperative problem solving.

HABARI GANI? means "What's going on?" or "What is the news?" in Swahili and is used to greet others during Kwanzaa.

Each principle is given a day for reflection during Kwanzaa. A candle is lit on a Kinara, or candle holder, each day of Kwanzaa to honor the day's principle and offer opportunities for reflection, as well as time to gather with family and friends to be expressive and creative together. It's also a time to celebrate through food, and many traditional African-American, Caribbean, and South American recipes are featured on the table.

At Seward Co-op, we are always trying to find ways to help foster community year-round. We hope if you're celebrating Kwanzaa this year, we can be a place for you to gather or to stock up on provisions for your Karamu meal. We'd like to wish all community members celebrating Kwanzaa and other winter holidays this year safe, happy, and healthy celebrations.



DAYS OF KWANZAA



DAY 1: UMOJA (oo-MOH-jah) Unity	DAY 5: NIA (NEE-ah) Purpose
DAY 2: KUJICHAGULIA (koo-jee-chah-goo-LEE-ah) Self-determination	DAY 6: KUUMBA (koo-OOM-bah) Creativity
DAY 3: UJIMA (oo-JEE-mah) Collective work and responsibility	DAY 7: IMANI (ee-MAH-nee) Faith
DAY 4: UJAMAA (oo-jah-MAH) Cooperative economics	

Kickoff with Community Foods

It's football season, and that gives us a great reason to gather with friends. Whether it's for the big game in February or any given Sunday, Seward Co-op has options to satisfy. Cook up easy handheld snacks made with items from Community Foods producers that are small-scale, local, inclusive, cooperative, and/or sustainable to have a party that supports community while enjoying the game. Visit www.seward.coop for more ideas and recipes to make all of your game day snacking dreams come true.

Whole Grain Milling Nachos SMALL-SCALE, LOCAL

Great nachos start with great chips, and Whole Grain Milling chips are just that! These locally made chips possess a rich corn flavor and are sturdy enough to hold up to piling on all of your favorite toppings. Not into nachos? They are great for dipping, too.

Seward-Made Sausage Chili SMALL-SCALE, LOCAL, COOPERATIVE, SUSTAINABLE

Few things are better on a cold winter day than homemade chili. Take yours to the next level when you choose local, cooperatively made sausage as a base for your spicy stew. Remove the casings from pork, lamb, or chicken sausages for extra flavor and use them alone, or mix them in with ground beef.

"The Fairtrade system is not just a seal. It carries loyalty, commitment, and a different way of thinking."



Don Gustavo
President
PRAGOR Co-op
Mexico

EQUAL EXCHANGE

Fairtrade. Organic. Small Farmer Grown.



Equal Exchange Guacamole SMALL-SCALE, COOPERATIVE, INCLUSIVE

Nothing says game day like dips, and guacamole is a classic favorite for any gathering. Make your own with Equal Exchange avocados. Their fair trade, small-scale farmer program ensures Mexican farmers who raise and harvest the avocados have access to resources that provide a better quality of life and more sustainable agricultural practices.

Blooming Prairie Ground Beef Sliders SMALL-SCALE, LOCAL, SUSTAINABLE

Ground beef sliders are small and perfect for game day potlucks so there's room to sample all of the goodies on the table. Use Blooming Prairie 100% grass-fed beef to support Minnesota beef farmers who raise cattle without growth hormones, antibiotics, or steroids for excellent flavor.



Kadejan Chicken Wings SMALL-SCALE, LOCAL

Wings are a delicious and customizable treat. Toss them in a dry rub or sauce them as spicy as you and your guests like. Choose delicious Kadejan wings to support local farmers who raise free-range poultry without vaccines or antibiotics.



Keep Cozy with Winter Soup

Winter is a time to slow down, reflect, and nourish ourselves.

As the snow piles up and the evenings are longer, it's a great time to stay cozy and soothe our bodies with warming soup. Seward Co-op is a one-stop shop for all things brothy and delicious, whether you make it from scratch or let us do the work to make it easier for you to heat and eat.



DIY Vegetable Stock:

- Save your veggie scraps in a freezer-safe container — think onion ends, celery tops, carrot ends and peels — and put them in a stock pot with water and your herbs of choice to make a flavorful veggie broth.
- Get creative with the seasonings and infuse your broths. Boost your broth with dried herbs and mushrooms packed with nutrition such as dried shiitakes found in Produce, items from the Bulk aisle like rosehips, oat straw, red clover, nettle, and even dried seaweeds from the global foods aisle.

DIY Bone Broth:

- If you're interested in bone broth, like the veggies, save poultry bones and carcasses in the freezer.
- Crack and roast the bones before boiling to pull out rich, deep flavors.
- For seafood stock lovers, when preparing shrimp for cooking, save their peels and tails to make a fragrant shrimp stock.

Shortcut with Seward-Made Bone Broth

No time to make stock? Visit the deli cooler for Seward-made chicken bone broth. Made in house with Community Foods producer Kadejan chicken bones and feet for extra collagen, root vegetables, and herbs, it's a soothing base for any soup or stew.

Don't forget delicious organic vegetables from the produce section to add flavor and nutrients to your soups. Winter squash, kale, and root veggies like turnips and potatoes all add delicious flavors and textures to your soups. The Meat and Seafood counter has local options for those who choose to add meat to their soup or stews. If you want to add extra protein or abstain from eating meat, the Bulk aisle has many varieties of beans and lentils to add texture and increase the nutritional value of a simple soup. There are also many varieties of pasta to make the chicken noodle soup of your dreams!

For a quick and easy soup that's hearty and full of flavor, sauté your favorite veggies until they're a little soft — don't let them get too cooked or they'll get mushy in the broth — and add the stock. Shred up meat from a Seward-made rotisserie chicken and add it to the soup before serving. Garnish with fresh dill, parsley, or green onion and a squeeze of lemon for freshness.



Soup's On in Grab and Go Energy can be low in the winter, and sometimes we just don't feel like cooking. Let Seward Co-op take care of it for you. Visit the Grab and Go cooler in the Deli for pre-made soups. They are made in house with organic, sustainable ingredients and Community Foods products whenever possible. Pick your favorite then heat and eat for an easy, comforting meal.




**NORDIC
NATURALS®**
Better For You

**Fall asleep &
stay asleep with
Melatonin Gummies***



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



A Message From the Board President

LaDonna Sanders Redmond

As we are in the final months of our 50th year, we mark this year one of change. We continue to celebrate Sean Doyle and his achievements during his 18 year tenure as General Manager of Seward Co-op. Along with all of you, I wish Sean the best in his future endeavors. We are grateful that we have Ray Williams to fill the role of Interim General Manager. Ray has been an incomparable leader at the co-op for eight years. Ray began as the inaugural store manager for the Friendship store and was then promoted to Operations Manager and, most recently, Senior Human Resources and Operations Manager. I rest assured that between Ray, our dynamic leadership team, and all of our staff, the co-op is poised for success.

On behalf of the board, I want to thank Jill Krueger and Shiranthi Goonathilaka for their service as board members and welcome Tami Bauers and Moses Viveros, who were elected in October. Now that the election is complete, the board will turn its full attention to hiring a permanent General Manager. I have been told that this is the most important decision that a co-op board will make. To that end, the board has convened a hiring committee, which will make recommendations for next steps in the hiring process. We are also working with an external consultant to guide us in making this important decision. I believe that the process will be complete at the latest by February 2023, barring any unforeseen complications.

The board will communicate with Seward leaders and staff using internal mechanisms that are already in place. Owners can watch for updates in your e-newsletters and this newsletter. When appropriate, announcements will be posted on Seward Co-op's website and social media channels.

Finally, we are excited to announce plans for the refurbishment of the Seward Franklin sales floor and the purchase of the Creamery building. The plans for the Creamery building are still being developed. There are plans to engage co-op owners in the conversation regarding the development of that space.

There is much to look forward to and the Seward Co-op board is ready and able to lead through these exciting changes.

In peace and freedom,
LaDonna Sanders Redmond

Board Meetings

The next virtual board meeting is **Tuesday, Jan. 31 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.

Current Board of Directors	Term Ends
Tami Bauers	2025
Claire Purvey Houston	2024
Vina Kay	2023
Warren King	2023
Cassandra Meyer	2024
Sally Nixon	2024
LaDonna Sanders Redmond	2025
Kate Seybold	2024
Moses Viveros	2025

ANNUAL OWNER MEETING RECAP

TUESDAY,
Oct.
25



CELEBRATING THE POWER OF COOPERATION AND COMMUNITY

Thank you to all who joined us virtually for the 2022 Annual Owner Meeting. Seward Co-op's 51st annual owner meeting was held on Oct. 25, 2022. We gathered to share the results of the board of directors' election and for the announcement of all grant recipients for 2023, including SEED, the Seward Community Fund, and People Powered Perks. You can read more about SEED recipients on pages 14-15. We thanked Sean Doyle for his 25 years of service to the co-op and 18 years as General Manager, and welcomed Interim General Manager, Raynardo Williams. Throughout the event, there were opportunities for engagement with attendees who shared what 50 years of cooperation means to them.

2022 Board of Directors Election Results

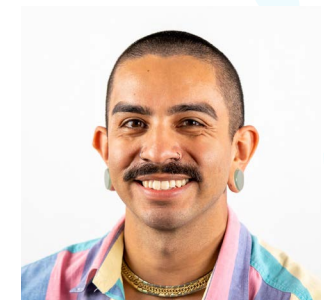
An integral piece of the annual meeting is announcing the board of directors' election results. Congratulations to LaDonna Sanders Redmond, Tami Bauers, and Moses Viveros, who were all elected to three-year terms. Claire Purvey Houston is our returning staff director serving a two-year term. Together 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 2022 election featured a large pool of highly qualified candidates. Thank you to all who ran and all who voted.



LaDonna Sanders
Redmond



Tami Bauers



Moses Viveros



Claire Purvey
Houston

Congratulations 2023 SEED Recipients

One way Seward Co-op lives its Ends Statement to “sustain a healthy community” is through robust community grants. The SEED program is a simple yet powerful community giving opportunity that allows customers to “round-up” their grocery bill for recipient organizations that share our commitment to a healthy community. Each year, a staff led committee selects the recipients for the coming year. Co-op shoppers are invited to vote for four **Community Choice** recipients. The following final selections were announced at the 2022 Annual Owner meeting.



Cultural Wellness Center's Dreamland on 38th will be an incubator for African American food entrepreneurs focused on culinary heritage, located across the street from the Friendship store. It will include a commercial kitchen and dynamic event space with programming and support from Cultural Wellness Center.



Tamales Y Bicicletas is an urban farm and grassroots organization that mobilizes low-income communities of color around cultural resistance and empowerment through food justice and sustainable transportation in the East Phillips neighborhood.



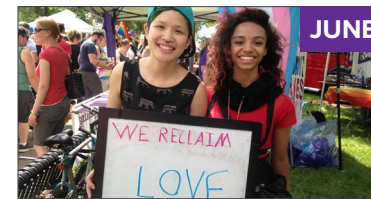
Sisters' Camelot is a collectively run nonprofit founded in 1997 that is focused on food justice, waste reduction, sustainable living, community building, and youth education. They distribute nearly 8,000 pounds per week of free organic groceries to people, food shelves, and community kitchens.



KRSM Radio is a low-power community radio station in South Minneapolis. Their tag line is “Radio for All,” meaning to provide a platform for elevating the voices, narratives, and cultures of those historically erased by traditional media.



Sabathani Community Center provides one of the largest food shelves in the South Minneapolis area. In addition to culturally-specific food and resources, families can also get free clothing, back-to-school supplies, and holiday support. Over 30,000 people a year gain food security and self-sufficiency through Sabathani's donation programming.



RECLAIM provides financially accessible, specialized mental health care to queer and trans youth ages 12-25. Funds will be used to support a BIPOC therapist consultation group and will support the addition of a therapist to their team.



826 MSP is a Minneapolis-based after-school program whose mission is to amplify the voices, stories, and power of K through 12 BIPOC students through writing, publishing, and leadership programs. SEED funds will be used to host Outdoors Outspoken, a youth writing and literacy day camp focused on environmental justice.



Hmong American Farmers Association 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.



Southside Harm Reduction Services provide harm reduction services in South Minneapolis, promoting human rights to health, safety, autonomy, and agency for people who use substances, and are often unhoused. These funds will allow them to deliver their core services including syringe exchange, overdose prevention, and HIV testing.



Little Earth Residents Association The Little Earth Urban Farm produces the Four Native Sacred Medicines: Sweetgrass, Sage, Tobacco, and Cedar for 1,200 Little Earth Residents. SEED program funding will be utilized to support their Youth Workforce Development program, a paid internship program for children ages 6-17 for the growing season. During the program Little Earth youth plant, grow, and harvest crops that create Native Food Sovereignty in the Twin Cities.



Division of Indian Work's programming is culturally-based and includes their Horizons Unlimited Food Shelf, a vibrant Youth Leadership Development Program, and their Minozekwedaa Traditional Foods Program, which provides healthy Indigenous meals to program participants, staff, and community.



The Aliveness Project is a community center for people living with HIV. They provide meals, groceries, case management, and prevention efforts for all Minnesotans living with and for those at-risk of HIV.



2022 Annual Scorecard

During the annual meeting, the 2022 Scorecard was made available. A digital Scorecard/Annual Report can be viewed on our website. We invite you to scroll through to read more details on how Seward Co-op has worked over the past year to live our Ends statement.

ACCESSIBILITY

We offer products that are accessible and affordable. Nourish items are Seward Co-op's most affordable foods and wellness products.

\$1,716,875
Nourish products sold.

\$2,429,258
in SNAP and WIC transactions.

\$459,328
in needs-based discounts.



To obtain a print version of the 2022 Scorecard/Annual Report, please submit a request through the customer comment tool on our website, www.seward.coop.



Patronage Refund

We are pleased to share the good news that the Board of Directors has declared a patronage refund to owners for the fiscal year that ended on June 30, 2022. This is our first patronage refund since 2015. The refund is based on how much each owner spent at the co-op in the 2022 fiscal year. We will distribute the patronage refund by applying a credit to owners' accounts in our point-of-sale system.

You can ask about the amount of your credit at the registers or Customer Service desk and learn more at www.seward.coop/patronagerefund.



Creamery Purchase and Franklin Remodel

In early November the co-op purchased the Creamery building. This was made possible as our 2014 lease agreement included a purchase option after seven years. Seward Co-op plans to engage both staff and owners in discussions regarding the future of the Creamery building beginning in early 2023. We are also actively preparing major updates and improvements to the sales floor at our Franklin store in summer of 2023. During this renovation we will do everything we can to ensure minimal impacts to customer shopping experience.



Seward Co-op Timeline and Video

At the beginning and end of the Annual Owner Meeting presentation, we viewed the 50-year anniversary timeline and enjoyed a new video celebrating 50 years as we closed the chapter on our first half-century as a co-op. You can view both online at www.seward.coop/2022-annual-owner-meeting-recap/.

\$2.5M in SEED Donations

Congratulations to the Seward Co-op community! Just before the Annual Owner Meeting, we reached the \$2.5M SEED donation goal. Your round ups contribute to a stronger community that fosters the growth of local non-profits that are in alignment with our Ends statement.



Holiday Hours

Saturday, Dec. 24 // 8 A.M. – 6 P.M.
Sunday, Dec. 25 // Closed
Saturday, Dec. 31 // 8 A.M. – 8 P.M.
Sunday, Jan. 1 // 10 A.M. – 8 P.M.

Winter Classes

Register at
seward.coop/events

Join us for a variety of virtual and in-person classes this winter! Please register in advance. In-person classes are limited. A Zoom link and recipe for virtual classes will be sent out before the day of class. Visit www.seward.coop/events to register or stop by Customer Service for assistance.



Nourish recipes are simple, delicious, cost-effective dishes that use healthy ingredients available at Seward Co-op. Nourish 101 classes showcase these recipes through cooking demonstrations of delicious meals for all skill levels.

December

DIY Soap Making for Holiday Gifts

Thursday, Dec. 1, 6–8:30 p.m.

In-person class - Franklin store classroom

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

Make your own customizable soap as holiday gifts!

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 class manual.

John Hanson, Longfellow Soap

Cooking with Koshiki: Homemade Gyoza

Monday, Dec. 5, 6–7 p.m.

Virtual class

\$5-10/free for Seward Co-op owners

Learn how to stuff and shape gyoza dumplings then cook them two ways: pan-fried to crispy perfection and boiled for a steaming silky texture. We will also make homemade ponzu sauce, a Japanese sour and savory citrus dipping sauce.

Koshiki Smith, the Japanese Kitchen

Nourish 101: Lasagna Soup

Thursday, Dec. 8, 6–7:30 p.m.

In-person class - Franklin store classroom

Free

Recipe contains meat, dairy, and wheat; vegetarian option available.

Addie DeMery, Seward Co-op staff

Nourish 101: Shepherd's Pie

Thursday, Dec. 15, 6–7:30 p.m.

In-person class - Friendship store classroom

Free

Recipe contains meat, dairy, and wheat.

Addie DeMery, Seward Co-op staff

Nourish 101: Vegan Poke Bowls

Tuesday, Dec. 20, 6–7 p.m.

Virtual class

\$5/free for Seward Co-op owners

Chef Jess Toliver, Jess Delicious Living

January

Nourish 101: Creamy Tuscan Chicken

Thursday, Jan. 5, 6–7:30 p.m.

In-person class - Friendship store classroom

Free

Recipe contains meat and dairy.

Addie DeMery, Seward Co-op staff

Cooking with Koshiki: New Year, New Skill: Sushi Making

Monday, Jan. 9, 6–7:30 pm

Virtual class

\$5-10/free for Seward Co-op owners

If you have not mastered the sushi-making technique yet, join us to learn sushi-making basics. In this class, we will make healthy and sustainable sushi using ingredients from the co-op. Basic sushi includes inside-out rolls, traditional rolls, and Nigiri/Mari Sushi. Vegetarian options will also be shown.

Koshiki Smith, the Japanese Kitchen

Veggie Curry

Thursday, Jan. 12, 6–7:30 p.m.

Virtual class

\$5-10/free for Seward Co-op owners

In this class, Natalia will show techniques for making a comforting veggie curry, customizable with any vegetables you might have at home. Paired with rice or warm bread, this is a great meal for chilly winter nights.

Natalia Mendez, Seward Co-op staff

Fermentation 101 with The Pickle Witch

Monday, Jan. 16, 6–8 p.m.

In-person class - Friendship store classroom

\$10/\$5 Seward Co-op owners

Learn the basics of fermenting in a hands on workshop that will teach you to turn almost any vegetable into a nutritious, delicious, fermented pickle.

Masks are required.

L. Kling, The Pickle Witch

Nourish 101: Falafel with Tzatziki

Tuesday, Jan. 24, 6–7 p.m.

Virtual class

\$5/free for Seward Co-op owners

Chef Jess Toliver, Jess Delicious Living

Talking About Death Won't Kill You: A Facilitated Conversation

Monday, Jan. 30, 7–8:30 p.m.

In-person class at our Franklin Ave. store classroom

\$5/free for Seward Co-op owners

Jeanne Bain returns with this popular workshop.

This facilitated conversation will use sharing and experiential exercises to get clear on what you want and don't want at the end of your life. Expect lively discussions, laughter, and support, as we discuss this important topic.

Jeanne Bain, M.A.; End of Life Navigator

February

Cooking with Koshiki: Japanese Comfort Foods

Monday, Feb. 6, 6–7:30 pm

Virtual class

\$5-10/free for Seward Co-op owners

Join Koshiki for warm and nostalgic Japanese comfort food- Tonjiru (miso soup with pork and root vegetables), Agedashi Tofu (fried silken tofu in broth), and Onigiri (rice balls with stuffings and nori sheets).

Koshiki Smith, the Japanese Kitchen

Nourish 101: Sweet Potato and Black Bean Burritos

Thursday, Feb. 9, 6–7 p.m.

Virtual class

\$5/free for Seward Co-op owners

Natalia Mendez, Seward Co-op staff

DIY Soap Making Date Night!

In-person class - Friendship store classroom

Tuesday, Feb. 14, 6–8:30 p.m.

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

Sign up solo, with a partner, or with a friend for a fun and casual soap making workshop this Valentine's Day! Join Longfellow Soap owner John Hanson for an in-person class at the Friendship store to learn how to make your own soap. Sparkling juice and chocolate will be provided! Students will also receive a free silicone mold and class manual.

John Hanson, Longfellow Soap

Nourish 101: Panzanella Salad

Tuesday, Feb. 28, 6–7 p.m.

In-person class - Friendship store classroom

Free

Recipe can be made gluten free and vegan.

Chef Jess Toliver, Jess Delicious Living

Black History Month Dinner Series

With Addie Demery, Seward Co-op staff

6–7:30 p.m.

Virtual classes

\$5/free for Seward Co-op owners

Celebrate Black History Month with Addie from Seward Co-op as she shares Sunday dinner recipes. Learn how to make a hearty shrimp creole or chicken and sausage jambalaya with the Holy Trinity of green peppers, onions and celery, straight from the bayous of Louisiana. She'll also show how to make fried catfish with a side of spaghetti – a Black northern staple dish that's easy and affordable.

Sunday, Feb 12: Shrimp Creole

Sunday, Feb 19: Fried Catfish and Spaghetti

Sunday, Feb 26: Chicken and Andouille Sausage

Jambalaya





Seward
COMMUNITY CO-OP



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

www.seward.coop

Return Service Requested

Seward
COMMUNITY CO-OP



Thanks co-op owners for your continued support
Here are 4 weeks of **FREE** product offers



WEEK ONE: 2/1/2023–2/7/2023



FREE
CHOCLOVE
CHOCOLATE BAR



REG: \$1.59–\$3.49

Limit one coupon per owner number | While supplies last
Valid only 2/1/2023–2/7/2023

WEEK TWO: 2/8/2023–2/14/2023



FREE
WHOLE GRAIN
MILLING
TORTILLA CHIPS



REG: \$4.79

Limit one coupon per owner number | While supplies last
Valid only 2/8/2023–2/14/2023

WEEK THREE: 2/15/2023–2/21/2023



FREE
BEN & JERRY'S
ICE CREAM PINT



REG: \$6.49

Limit one coupon per owner number | While supplies last
Valid only 2/15/2023–2/21/2023

WEEK FOUR: 2/22/2023–2/28/2023



FREE
MARY'S GONE
CRACKERS



REG: \$4.99–\$6.49

photo taken from marysgonecrackers.com

Limit one coupon per owner number | While supplies last
Valid only 2/22/2023–2/28/2023