

SPROUT!

Winter 2023

**Franklin Remodel
Celebration
Winter Gift Guide
Ring in the New Year
Around the World
Honoring Black History
Month**

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
Raynardo Williams

Marketing Manager
Natalia Mendez

Editor
Meghan White

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Sprout! is published quarterly

Hours of Operation
Franklin store
(612) 338-2465
Open 8 a.m.–10 p.m. daily
2823 E. Franklin Ave., MPLS, MN 55406

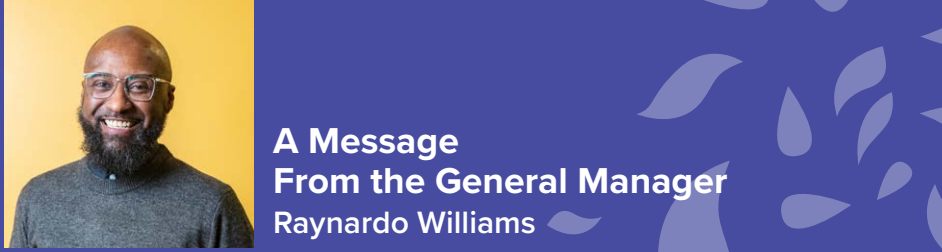
Friendship store
(612) 230-5595
Open 8 a.m.–10 p.m. daily
317 E. 38th St., MPLS, MN 55409

Creamery Administrative Offices
(612) 230-5555
Co-op Creamery Café Closed
2601 E. Franklin Ave., MPLS, MN 55406

International Cooperative Principles
Voluntary & Open Membership
Democratic Member Control
Member Economic Participation
Autonomy & Independence
Education, Training & Information
Cooperation Among Cooperatives
Concern For Community

Sprout! Printing Policies
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On the cover:
Marketing Manager Natalia Mendez talks about the newly remodeled Franklin store on WCCO morning news.



A Message
From the General Manager
Raynardo Williams

Dear Seward Co-op community,

This February will mark my first year as your General Manager and I am proud, humbled, and ready to build on the momentum we've already created. As we transition into the new year, we will continue to re-center, simplify, connect, and grow so that we can continue working toward our Ends to sustain a healthy community.

First, I want to thank our co-op owners for voting in our board of directors election this fall and celebrating at our first in-person Annual Owner Meeting in three years. It was such a joy to reconnect over a nourishing bowl of Seward-made chili and the delicious treats from our Community Foods producers!

This fall also marked the completion of a major remodel of our Franklin store. I want to personally thank you—our owners, customers, and staff members—for your patience and steadfast commitment throughout this important project. Our hope is that this project will be an important step in keeping our co-op vital and growing—creating more and better paying jobs, providing nourishing food to more families, and supporting more small-scale

farmers and other Community Foods producers. And the store looks beautiful! We hope you'll join us at the Franklin store for our celebration on Dec. 9.

I also want to celebrate that Seward Community Co-op and UFCW Local 663 unanimously ratified a three-year industry-leading contract. It provides higher wages and more staff benefits. As difficult as negotiations can be, the co-op's position has always been to offer the best wages possible while being responsible to our owners and customers. We believe that this new contract balances our desire to provide the best possible workplace experience with management's responsibility to ensure the long-term financial sustainability of our community-owned co-op. I am proud that we were able to come to an agreement rooted in our shared values.

The end of the year can be such a busy time—especially at the co-op—and my hope is that we can all slow down and make time for reflection. I'm grateful for our co-op community and look forward to what we can accomplish together in the year ahead.



PURSuing PASSIONS
AT SEWARD CO-OP

Seward Co-op is proud to be a welcoming workplace that allows people opportunities to pursue their passion with food. Meat and Seafood Production Specialist Jack (he/they) is a prime example of someone who cares so deeply about the work they do every day in the Meat and Seafood department.

What initially drew Jack to the co-op was a uniquely accepting environment where they could unapologetically be themselves. "I've struggled with being open about my identity at work in the past. I just know it's a non-issue at the co-op," he says.

Along with fostering a sense of safety and acceptance, the co-op also allows him access to the food chain that he cares so much about. "I appreciate the co-op's dedication to sustaining the local economy by supporting local farms and small businesses. Through the co-op, I had the opportunity to visit Featherstone Farm located near Rushford, Minn. last summer. It was a unique opportunity to meet the growers and to learn more about the food production process on a local scale. When we're getting deliveries to the Meat department, I get the opportunity to speak with the people who work on the farms we get our meat from.



Establishing connections and learning more about local agriculture makes me feel empowered and in control of my food choices." In turn, that information, expertise, and knowledge gets passed along to shoppers... along with delicious suggestions, too.

"I enjoy being able to share recipe ideas with people during the holiday season, and hearing stories about how they are seeing family and friends they haven't seen since before the start of the pandemic," they say. "If you've never made a rib roast before, you really ought to. I know it can be intimidating for some folks to roast something expensive they've never cooked before. But I sincerely think a novice could make a good rib roast. Rub the whole thing in salt, pepper, and garlic butter, and cook it based on instructions from the internet. That's what I did the first time I made a rib roast for my family Christmas in 2021. It turned out great. My advice for the timid cook: buy a food thermometer. It will give you so much confidence when cooking meat."

We are so grateful to passionate staff like Jack who each day help us live our Ends to sustain a healthy community that has equitable economic relationships, positive environmental impacts, and inclusive, socially responsible practices.

CELEBRATE WINTER HOLIDAYS

WITH MEAT AND SEAFOOD FROM SEWARD CO-OP

Find the perfect edible centerpiece to gather around this winter. Seward Co-op is proud to work with many small-scale, sustainable, and local producers for our meat and seafood selections. Celebrate the upcoming holiday season with high-quality, flavorful, and responsibly sourced products for your table.



Charcuter-treats from Lowry Hill Provisions



Gather around a beautiful board this holiday season and make **sausage and salami from Lowry Hill Provisions** the centerpiece. Their salami are made from locally sourced heritage bred pork and they utilize whole-animal butchery in their processing. Try their wine-kissed rosé, spicy hot chili, or fragrant fennel salami on your next charcuterie presentation.



Seward-made Vegan and Traditional Pâtés

Rich pâté makes for a wonderful seasonal treat at the snack table. Seward staff makes ours in-house with **Kadejan chicken livers**. For those who don't eat meat, don't deny yourself this delicious hors d'oeuvre—we make a **vegan version with walnuts** that mimics the real thing.

Perfect Pies and Souper Stocks



Seward Co-op's commitment to sustainability extends to our Meat and Seafood department, too. We utilize and stock parts and pieces that might otherwise get discarded. Add extra collagen and flavor to your holiday stocks and soups by adding **Kadejan chicken feet**. Want to bake a perfectly flaky pie crust? Visit the Meat and Seafood department to purchase **Peterson Craftsman Meats lard** that we render in-house with care.



Catches and Cuts for a Romantic Valentine's Day

Reel in the romance—or just treat yourself!—with a surf and turf meal this Valentine's Day. **Scallops from Fortune Fish** are sustainably harvested using only environmentally and socially responsible methods. Pair them with a locally raised **steak from Blooming Prairie or Peterson Craftsman Meats** and fresh produce for a well-rounded and sustainable meal.

GIVE THE GIFT OF OWNERSHIP

Food is something we all have in common and it's often one of the best gifts to receive. This winter season, consider gifting someone a Seward Co-op ownership. Gifting ownership is easy. Plus, it comes with many benefits, in addition to tasty food.

- Exclusive owner deals
- 10% off one unlimited quantity shopping trip per calendar quarter
- Discounted and free classes

Visit the Customer Service desk to gift good food and community to the loved ones on your list.



GET SOCIAL WITH SMALL BITES

FROM COMMUNITY FOODS PRODUCERS

Social gatherings during winter holidays—and year-round!—often call for small bites and finger foods before bigger meals. Treat your guests with these special snacks from Community Foods producers.

La Quercia Prosciutto

SMALL-SCALE, LOCAL

Elevate your pre-meal snacks with prosciutto from Iowa-based La Quercia. Founded in 2005 with the goal to bring the wealth of Iowan resources to their fullest fruition, La Quercia uses humanely raised pork that is never given antibiotics. La Quercia values food systems that support local communities and healthy environments, and their meats are made with sustainability in mind. Try their rich and aromatic prosciutto with melon, soft cheese, or on its own.

Potter's Crackers

SMALL-SCALE, LOCAL

Wisconsin-based Potter's Crackers strives to create the best cracker accompaniment possible for the wealth of specialty cheeses that come out of the Midwest. Using ingredients from local farming partners that employ sustainable and organic practices when possible, Potter's Crackers offer a tasty vehicle for your cheeses and spreads that is just as delicious as the topping itself. Try the savory caramelized onion crackers or the classic rye flavor, made with nutty caraway seeds. Available only at the Franklin store.



Seward-Made Walnut Pâté
SMALL-SCALE, LOCAL,
COOPERATIVE, SUSTAINABLE



Quebracho Empanadas
SMALL-SCALE, LOCAL, INCLUSIVE

Hoyo Sambusas
SMALL-SCALE, LOCAL, INCLUSIVE

Baba's Falafel
SMALL-SCALE, LOCAL, INCLUSIVE



Equal Exchange Bulk Cashews
SMALL-SCALE, COOPERATIVE, INCLUSIVE



Ames Farm Honey
SMALL-SCALE, LOCAL

Ames Farm specializes in single-source honey, which they define as raw honey produced from a single hive at a single location over the course of a single time period. This type of process is special because it closely mimics how bees produce honey seasonally, with different plants in bloom at different times of year. These unique, Minnesota honeys are special treats paired with cheeses, breads, and apples.



Aleamar Cheeses
SMALL-SCALE, LOCAL

This season, dress your hors d'oeuvres board with Minnesota-made Aleamar cheeses. Aleamar Cheese is based in the Food Building in Minneapolis and uses milk from grass-fed cows to produce small-batch artisan cheeses. Try the buttery, bloomy, mushroomy Bent River Camembert or the new award-winning Apricity, a tangy, soft-ripened cheese that pairs beautifully with honey and apples. Try a whole spread of unique, flavorful Aleamar cheeses from Seward Co-op this winter.



RINGING IN THE NEW YEAR AROUND THE WORLD

When the clock strikes midnight on the last day of the calendar year, people around the world celebrate a time for change, growth, connection, and joy. We gather together to welcome the New Year while reflecting on lessons from the past year. We revel in each other's company as we watch the earth begin its new trip around the sun, and yet this is only one way to measure time. Across the globe, people from different cultural and religious backgrounds mark the start of a new year in different ways, at different times. Here are just a few of the New Year celebrations that represent the diversity of our world.



Lunar New Year

Many countries across the East Asian continent celebrate Lunar New Year, which marks the first new moon nearest the midpoint between winter solstice and spring equinox. This winter, Lunar New Year falls on Feb. 10, 2024. This celebration is held in many different ways from Korea to Vietnam to Malaysia and other countries. In China, Lunar New Year festivities last about two weeks and celebrate the coming of spring, planting, and rejuvenation. This Lunar New Year in China will be the Year of the Dragon.



Hijri New Year

Hijri New Year comes at the start of the Islamic lunar calendar, which began with the Prophet Muhammad's migration with his companions from Mecca to Medina in the year 622. In 2024, Hijri New Year will last from the evening of July 7 to the evening of July 8. It is celebrated in different ways by various Muslim communities, while the whole first month of the Islamic lunar calendar is particularly significant.



Rosh Hashanah

Rosh Hashanah is the Jewish New Year, which marks the days during which the Jewish creation story unfolded. Rosh Hashanah, meaning "head of the year," is celebrated over two days, almost always in September or October. It is a time for renewal, growth, and prayer. Meals often include apples and honey as well as pomegranates and many other sweet foods, symbolizing the desire for a "sweet" new year.



Hmong New Year

While Hmong New Year has traditionally fallen on dates relating to the Lunar calendar, the celebrations have become a unique event for the Hmong diaspora in the United States. With dates ranging from September to November and December, Hmong New Year festivities are celebrations of ancestors and the completion of the harvest. They also mark an important opportunity for Hmong communities to gather and share their culture and traditions with visitors from other backgrounds to the New Year celebrations.



SEWARD CO-OP Gift Guide

Seward Co-op is not only a prime destination for your winter holiday food shopping—it's also a great spot to get gifts for loved ones! Check out these great items for the people on your list. Not sure what to get? Let them decide with a Seward Co-op gift card, available at the register.



Self-Care Connoisseur

Moon Valley Gift Sets
Neti Pots
Roots Essential Bath Soaks
Snowflake **Seward Soap**
Jane Candle Co. Candles
Pranarôm Diffusion Kits

The Foodie

Bamboo Cheese Knife Set
Divina Spreads
Lowry Hill Salami
LaClare Cheeses
Herb Prepper
Olives
Velvet Bees Honey Butter



Items in purple
designate Community
Foods producers

Product availability may
vary between stores



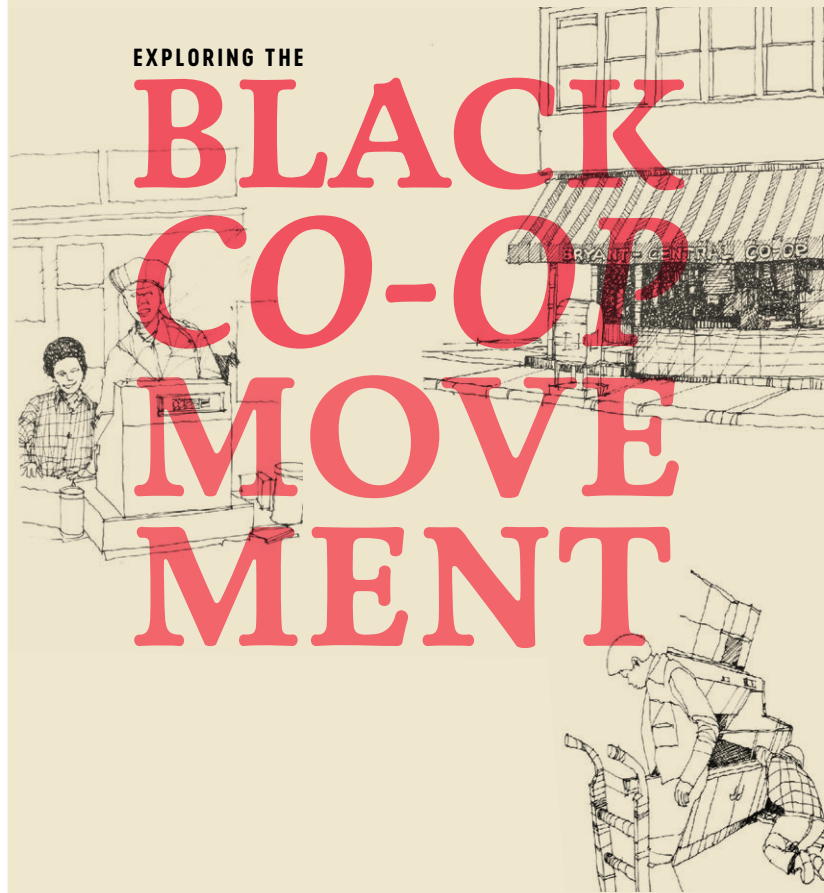
Outdoor Adventurer

Seward Co-op **Chico Bag**
Maggie's Fair Trade Socks
Illustrated Mugs
Reusable Bamboo Utensil Kits
Klean Kanteen Insulated Bottles
Patagonia Provisions Tinned Seafood
Danica Hip Bags

BLACK HISTORY MONTH

CONNECTING IN COMMUNITY DURING BLACK HISTORY MONTH

The origins of Black History Month date back to 1926, when the first week honoring Black History in the United States was marked by author and historian Dr. Carter G. Woodson, who founded what is now the Association for the Study of African American Life and History (ASALH). Woodson chose a week in February that fell on the birthdays of Frederick Douglass and Abraham Lincoln. In 1976, ASALH extended the week-long commemoration to a month. Now, every February, we celebrate Black History Month.



Telling the Story of the Black Cooperative Movement

This past fall, Seward Co-op released our newly published 50th Anniversary book, which picks up where the 40th Anniversary book left off, chronicling the last ten years of Seward Co-op history, looking to the future, and telling the story of the Black cooperative movement in Minnesota. From the long cooperative history in Black communities—land buying, collective agriculture, and more—grew a more recent history of cooperation, where cooperative structures increased access for disenfranchised groups and provided safe, community spaces for Black and African American people. We cannot overstate the significance of the Black cooperative movement, particularly in food co-ops, in influencing the present-day co-op landscape in Minnesota. We encourage you to pick up a free copy of the 50th Anniversary book to engage with this history. Books will be available at our Franklin Remodel Celebration on Dec. 9. See details on pg. 19.



Energizing a Historic Corridor of Black Culture and Business

Seward Co-op's February SEED recipient is the Cultural Wellness Center, which works to unleash the power of people to heal themselves and build community. Founded and sustained by African Americans, the cultural nonprofit is breaking ground in spring 2024 on Dreamland on 38th Street. It will serve as the future world headquarters of the Cultural Wellness Center, just across 4th Ave. from the Seward Co-op Friendship store. Anthony Taylor (they/them), the Community Development Lead at the Cultural Wellness Center, explains that the corridor around 38th St. and 4th Ave. in South Minneapolis was a hub of Black middle class culture and business that validated and celebrated Black life. It began in 1937 with the

Dreamland Café, founded by Anthony B. Cassius, a refugee from the Tulsa riots. Dreamland was the first integrated restaurant in the Twin Cities, and, as Anthony says, it "created a business where for the cost of a soda, the young hotheads could conspire against the system." The future Dreamland on 38th Street will include an incubator for African American entrepreneurs, a community gathering and event space, and a guided self-study community archive to support people to dig deeper into and document their own story. The Cultural Wellness Center aims to bring Dreamland on 38th alive with the goal of unearthing and celebrating the African American legacy of the community and creating a place where its members are able to validate their own humanity.

Black History Month Dinner Series
With Addie Demery
6–7:30 p.m.
Friendship store classroom
\$5/free for Seward Co-op owners

Celebrate Black History Month with Addie as she shares Sunday dinner recipes. Learn how to make a hearty shrimp and andouille sausage creole or vegetarian jambalaya, and learn a little history about the origins of these dishes.



Feb 11: Shrimp Creole with Andouille Sausage



Feb 24: Vegetarian Jambalaya



A Message From the Board

Kate Seybold

Daylight is waning and we are once again on our way into the dark chill of winter. The season’s change felt especially swift and sudden this year. Did you notice how many leaves were shocked off their trees before they had the chance to change color? We can count on the coming and going of seasons, and yet each year feels so new and different from the last. This unpredictability demands that we stay resilient and dynamic, and also that we remember to be gentle with ourselves and each other.

This year marked our return to an in-person Annual Owner Meeting. As a board member who joined the Seward Co-op Board of Directors in the early days of the pandemic, it was such a delight to see so many of you in person and to feel the warm kindling that comes from coming together in community. As easy as it is to feel like this is a simple return to a time before the ongoing and constant crises of the present, it is important to remember the struggles we are still up against—white supremacy, ableism, genocide. Each day, I am grateful for our work and our community at Seward Co-op, as we work to amplify and embody the message of solidarity, resistance, and inherent care for one another and our world.

I want to extend a warm welcome to Fartun Weli on her election to our board, a welcome back to Warren King for his re-election, and a deep thank you to Brit Ramsland and Marianne Baum for running in this election. We had a truly fantastic group of candidates this year. Seeing everyone’s passion and commitment to the co-op gives me great hope for our future. I also want to extend a heartfelt farewell to Vina Kay at the end of her six years on the board. Thank you, Vina, for your calm and principled leadership.

This is the start of my fourth year on the board, and it has been an honor to participate in the workings of this board and this co-op. We are at an exciting time of change and rejuvenation for Seward, and I’m thrilled to see what this next year holds for our co-op as we settle into this newness.

In the meantime, I’m looking forward to quiet walks with my dogs in the winter darkness, cozy nights in front of the fire, and lots of hearty soup made with my favorite ingredients from Seward Co-op. I hope to see you in the stores. Stay well and warm.

Board Meetings

The next virtual board meeting is **Tuesday, Jan. 30 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 Directors	Term Ends
Tami Bauers	2025
Claire Purvey Houston	2024
Warren King	2026
Cassandra Meyer	2024
Sally Nixon	2024
LaDonna Sanders Redmond	2025
Kate Seybold	2024
Moses Viveros	2025
Fartun Weli	2026

ANNUAL OWNER MEETING RECAP

Thank you to all who joined us for the return of the in-person Annual Owner Meeting on Oct. 24, 2023. For the first time in three years, we gathered to share the results of the board of directors election and to announce all grant recipients for 2024, including SEED, the Seward Community Fund, and People Powered Perks. We also gave another warm welcome to Ray Williams as Seward Co-op’s General Manager. Throughout the event, attendees enjoyed a chili feast with three different kinds of chili made by Seward Co-op’s Deli, as well as cornbread and cookies from Seward Co-op’s Bakery. A number of Community Foods producers visited as well, mingling with attendees and handing out samples. The Annual Owner Meeting also marked the first time we shared our beautiful new 50th anniversary book with the public, along with our 2023 Scorecard. See highlights from the scorecard on pg. 18.



2023 Board of Directors Election Results

Congratulations to Warren King and Fartun Weli, who were both elected to three-year terms. 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 2023 election featured a pool of highly qualified candidates. Thank you to all who ran and voted.

Congratulations 2024 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 that share our commitment to a healthy community. All funds donated at the register are given directly to the recipient organization at the end of each month. A Seward Co-op staff-led committee chose eight of the twelve SEED recipients from a pool of applicants, and four were chosen through Community Choice voting, **shown below in purple**. Learn about the 2024 SEED recipients:



JANUARY

The East Phillips Neighborhood Institute (EPNI) is implementing a community-led vision to transform the Roof Depot site into a cooperatively owned space. It will include an indoor hydroponic-aquaponic farm, a low-income housing complex, a community gathering and wellness space, a bike shop on the Greenway, and much more.



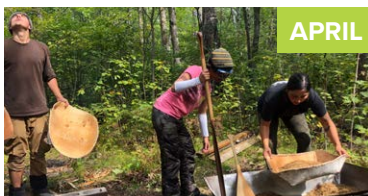
FEBRUARY

The Cultural Wellness Center works to unleash the power of people to heal themselves and build community. Founded and sustained by African Americans, the nonprofit is breaking ground in spring 2024 on Dreamland on 38th Street. Its future world headquarters, just across 4th Avenue from the Friendship store, will include a shared commercial kitchen and co-cafe for food entrepreneurs and a community gathering and event space.



MARCH

Isuroon's food shelf provides culturally-specific food staples that meet the dietary preferences and religious restrictions of Somali women and their families.



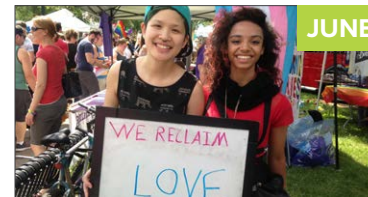
APRIL

Cempazúchitl Collective is an Indigenous-led organization that empowers Indigenous, Two Spirit, and African-descended queer and trans folks by teaching culturally relevant ways of harvesting and processing wild foods.



MAY

Tamales y Bicicletas works to center Indigenous, Black, Latine, and people of color in the Twin Cities through decolonizing and localizing our food system, community empowerment/resistance, sustainable transportation, and urban farming skills. Their greenhouse and farm support the community by providing fresh crops and nutritious food for food insecure families, especially during the winter months.



JUNE

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.



JULY

Minnesota Prison Writing Workshop helps incarcerated people tell their 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.



AUGUST

Dream of Wild Health is celebrating 25 years of working to restore health and wellbeing within the Twin Cities Native American community. SEED funds will support their Youth Education and Leadership programs, which provide culturally-based lessons for Native youth to learn about regenerative organic gardening, healthy foods preparation and nutrition, and Native cultural traditions while gaining employment and leadership skills.



SEPTEMBER

Roosevelt Culinary Arts' mission is to empower students through holistic food education that nourishes the students, their communities, and Mother Earth. Funds will go directly to students at Roosevelt High School through ingredients and supplies, as well as to help fund service-learning community projects.



OCTOBER

Wicoie Nandagikendan (Wee-choyee yay – nanda -gii cane den) is the first Indigenous urban preschool immersion program created in Minneapolis. Their mission is to advance Minnesota's Indigenous languages through intergenerational mentoring and immersion strategies in order to nurture a quality and culturally sensitive early childhood education.



NOVEMBER

The Little Earth Urban Farm began in 2010 to inspire hope, nurture growth, uphold cultural traditions, improve the health of Native families that have experienced generations of systemic oppression, and provide a physical cultural connection. SEED funds will be used to support their Youth Workforce Development program that employs youth aged 6-17 for the farm season.



DECEMBER

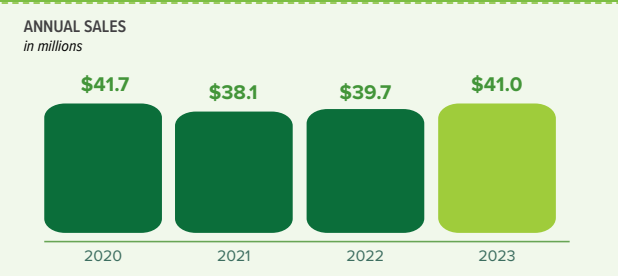
Kilimo Minnesota is an organic incubator farm with a mission to socially and economically empower emerging farmers of African descent. Founded in 2020 by established farmers Moses and Lonah Momanyi, Kilimo is a space for healing, learning, and building community for Black farmers in Minnesota.

SEWARD CO-OP SCORECARD

2023

SCORECARD
& ANNUAL REPORT

The 2023 Seward Co-op Scorecard looks back on the past year and measures how we worked toward our Ends to sustain a healthy community that has equitable economic relationships, positive environmental impacts, and inclusive, socially responsible practices. Get a preview here and check out the full Scorecard and Annual Report by scanning the QR code.



STAFF RESIDING WITHIN WALKING OR BIKING DISTANCE (1.5 MILES) OF OUR LOCATIONS

60%

STAFF IDENTIFYING AS BIPOC

39%

MULTILINGUAL STAFF

16%

40%
of sales

— \$16.5 million
of organic products sold.

\$16.4 million —
of local products sold.

40%
of sales

At Seward Co-op 79% of all waste is recycled.

The Franklin Store Remodel is Complete – Thank You!

After several months of extensive renovation work, the Franklin store remodel has come to a close. We want to extend our biggest thanks to all the staff and contractors who made it happen. Seward Co-op staff have been diligent, patient, and adaptable through the entire process, and we’re both grateful and excited to have a new and improved experience for staff working in the Franklin store. To our shoppers: thank you for your graciousness, understanding, and patronage as we worked to create a brighter, roomier, more accessible space for you to visit, shop, and gather in community. We look forward to seeing you again or welcoming you back to your newly remodeled community co-op!

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



Franklin Remodel Celebration
Saturday, Dec. 9, 11 a.m.–2 p.m.
Franklin store

Join us as we unveil the completed remodel of the Franklin Ave. store! Explore the store and try samples from a variety of our Community Foods vendors. Enter raffles to win awesome Seward freebies, and enjoy live music in our dining area. Bring the whole family for “Microgreens” fun in the new, store-level classroom—we’ll be painting festive veggies from the Produce department, tasting new foods, and more.

FRANKLIN REMODEL CELEBRATION

seward Co-op COMMUNITY CO-OP

- Community Foods demos
- Microgreens kids activities
- Raffles and giveaways
- Live music

SAT. 12/9 11 am–2 pm



Winter Classes & Events

December



December SEED Recipient:

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 at-risk of HIV.

DIY Soap Making for Holiday Gifts

Wednesday, Dec. 6, 6–8:30 p.m.

Friendship 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 Friendship store to learn soap making techniques. Students will receive a free silicone mold and class manual.

John Hanson, Longfellow Soap

January



January SEED Recipient:

The East Phillips Neighborhood Institute (EPNI) is implementing a community-led vision to transform the Roof Depot site into a cooperatively owned space. It will include an indoor hydroponic-aquaponic farm, a low-income housing complex, a community gathering and wellness space, a bike shop on the Greenway, and much more.

Microgreens Kids Cooking Classes

Kids ages 8-12 and their parent/guardian are invited to learn how to prepare simple, tasty meals using new and familiar ingredients found at Seward Co-op. We'll learn basics of kitchen safety and give hands-on demonstrations of recipes you can make with your whole family!

Mini Pizzas

Saturday, Jan. 6, 11 a.m.–12 p.m.

Friendship store classroom

\$5 per adult/free for kids

Jess Toliver, Jess Delicious Living

Vegetable Pinwheel Roll-ups

Saturday, Jan. 20, 11 a.m.–12 p.m.

Friendship store classroom

\$5 per adult/free for kids

Jess Toliver, Jess Delicious Living

February



February SEED Recipient:

The Cultural Wellness Center works to unleash the power of people to heal themselves and build community. Founded and sustained by African Americans, the nonprofit is breaking ground in spring 2024 on Dreamland on 38th Street. Its future world headquarters, just across 4th Avenue from the Friendship store, will include a shared commercial kitchen and co-cafe for food entrepreneurs and a community gathering and event space.

Winter Skincare with evanhealy

Wednesday, Feb. 8, 6–7:30 p.m.

Franklin store classroom

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

Learn how to best care for your specific skin type during the cold, dry winter months. evanhealy is a holistic skin care line created to support long-term skin health and radiance. Learn about their organic, simple ingredients and shop their sale to help your skin look its best.

Robb Doser, evanhealy

DIY Soap Making Date Night!

Wednesday, Feb. 14, 6–8:30 p.m.

Franklin store classroom

\$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 Franklin 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 at the class.

John Hanson, Longfellow Soap

Register at
seward.coop/events



Valentine's Day Complimentary Floral Wrapping

Wednesday, Feb. 14, 4–6 p.m.

Franklin and Friendship stores

This Valentine's Day, treat a special someone, a friend, or even yourself with flowers. Pick up some fresh blooms from either store and receive complimentary floral wrapping from Seward Co-op staff.

Black History Month Dinner Classes



Celebrate Black History Month with Addie as she shares Sunday dinner recipes. Learn how to make a hearty shrimp and andouille sausage creole or vegetarian jambalaya, and learn a little history about the origins of these dishes.

Shrimp Creole with Andouille Sausage

Sunday, Feb 11, 6–7:30 p.m.

Friendship store

\$5/free for Seward Co-op owners

Vegetarian Jambalaya

Sunday, Feb 24, 6–7:30 p.m.

Friendship store

\$5/free for Seward Co-op owners

Addie DeMery (she/they)

Welcome winter with Seward Co-op's Microgreens! Enjoy these kids' activities, recipes, and games for a special season of tasty treats, darling decorations, and family fun.

Pinecone Birdfeeders from Bulk

Make a simple birdfeeder with a scavenged pinecone and bird-friendly items from the Bulk department.

You'll need:

1 large pinecone
3-4 tbsp non-salted natural peanut butter
Non-salted, unroasted peanuts, crushed into small pieces
Dried cranberries
String

Using a butter knife, coat the pinecone with peanut butter. Sprinkle with peanuts and cranberries. Tie a long string around the pinecone and hang it outside. Wait and watch for birds to come enjoy this seasonal treat.



Flour and Salt Painted Winter Decorations

Get crafty with this easy activity to make winter decorations using simple ingredients. With a combination of flour, salt, and water, make a dough and cut seasonal shapes that you can bake, paint, and hang around your home. **Note: these decorations may look like cookies, but they're not edible!**

You'll need:

1 ¾ cups flour
½ cup salt
1 cup water
Optional: 1.5 tbsp cinnamon, for color

Pre-heat the oven to 250 degrees and line a large baking sheet with parchment paper. Set the oven rack to a mid-low placement.

Mix the flour and salt (and optional cinnamon) in a large bowl. Add the water slowly, mixing until a soft dough forms. You may have to knead the dough to get everything fully mixed.

Flour a flat surface and roll out the dough to a ¼ in. thickness. With your favorite cookie cutters, cut out shapes and place them on the lined baking sheet. Using a toothpick, create a hole in the top of each shape. Bake for 2 hours, or until the decorations are hardened. Remove from the oven and let cool completely. Paint as desired.



Tangerine Cranberry Oatmeal Cookies



Get the National Co+op Grocers recipe for these sweet, chewy cookies with seasonal citrus at the QR code.

Microgreens Kids Cooking Classes

With Jess Toliver, Jess Delicious Living

11 a.m.-12 p.m.

Friendship store classroom

\$5 per adult/free for kids

Kids ages 8-12 and their parent/guardian are invited to learn how to prepare simple, tasty meals using new and familiar ingredients found at Seward Co-op. We'll learn basics of kitchen safety and give hands-on demonstrations of recipes you can make with your whole family!

Mini Pizzas

Saturday, Jan. 6

Vegetable Pinwheel Roll-ups

Saturday, Jan. 20



Seward Co-op iSpy

Look for these things next time you visit Seward Co-op! When you're finished, visit the Customer Service Desk for a special Microgreens sticker.

- ❑ Find 3 **Community Foods producers** (look for the purple tags!)
- ❑ Find 2 **red vegetables**
- ❑ Find 1 of each: a **sheep**, **cow**, and **goat cheese**
- ❑ Find a **Bulk item** that starts with the letter "s"
- ❑ Find the **Drink of the Month sign** in the Deli department
- ❑ Find something made by **Seward Co-op** (Hint: look for items in the Meat department, the Bakery, and the Deli!)



Win this sticker!



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: 1/31/2024–2/6/2024



FREE
SIMPLE MILLS
CRACKERS



REG: \$5.79–\$5.99

Limit one coupon per owner number | While supplies last
Valid only 1/31/2024–2/6/2024

WEEK TWO: 2/7/2024–2/13/2024



FREE
CHOCOLIVE
CHOCOLATE BAR
(NON-HOLIDAY VARIETIES)



REG: \$3.49–\$3.99

Limit one coupon per owner number | While supplies last
Valid only 2/7/2024–2/13/2024

WEEK THREE: 2/14/2024–2/20/2024



FREE
WATERLOO
12-PACK



REG: \$7.49

Limit one coupon per owner number | While supplies last
Valid only 2/14/2024–2/20/2024

WEEK FOUR: 2/21/2024–2/27/2024



FREE
KETTLE CHIPS
5 OZ. BAG



REG: \$4.49

Limit one coupon per owner number | While supplies last
Valid only 2/21/2024–2/27/2024

