

# SPROUT!

Winter 2024

Welcome To Your Best  
Baking Season

Black History Month: Celebrating  
Community Connection

Ring in the New Year  
with Mocktails

Meet the 2025  
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** Ray Williams

**Editor** Meghan White

**Director of Marketing and Communications**

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

### 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

Sprout! is an online publication, with the exception of a few hundred issues that are printed to be made available for shoppers in-store. Physical copies are 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 paper copies of Sprout! You can find the online version at [www.seward.coop/sprout-newsletter](http://www.seward.coop/sprout-newsletter).

On the cover: Board members cheer during the 2024 Annual Owner Meeting and Social Hour at Arbeiter Brewing on Oct. 28, 2024.



## A Message From the General Manager Ray Williams

Dear Seward Co-op Owners,

During these dark days of winter, it can be easy to slip into hopelessness or despair. But what I've learned working within our community food system is that even when the landscape appears barren in these coldest of months, there can still be seeds of change trembling deep below the earth. Our local, cooperative community can be a source of great hope in these times.

It was such a joy to see many of you at the 2024 Annual Owner Meeting and Social Hour on Oct. 28 at Arbeiter Brewing. I enjoyed the tacos, refreshments, mingling, and the chance to reflect on our past year as a co-op. Congratulations to Cassandra Meyer, Tabitha Montgomery, and Elizabeth Liddiard Wozniak, who were all elected to three-year terms on our Board of Directors.

At the Annual Meeting, we also announced the 2025 SEED recipients. As I shared in my last letter, four SEED months will be dedicated to supporting Seward Co-op's needs-based program, which assists households with financial need by providing a discount on grocery purchases. This will provide significant financial support for the program while still supporting non-profit organizations in our community. I'm so excited to explore this new initiative in 2025.

In our last issue, we also announced an agreement with a local nonprofit to purchase the Creamery building. At this time, the agreement still requires

us to keep the identity of the buyer confidential. However, the buyer is deeply aligned with our values and Ends, and we are confident they will be able to use the Creamery building to expand their mission in the community. The sale of the Creamery building is a positive step towards our strategic direction to re-center, simplify, connect, and grow.

I also hope each of you will take a moment to look through our Scorecard this year. Despite some challenges these past few years, our co-op does so much incredible work; our Scorecard is the place we get to highlight what makes us different from corporate, multinational grocers in the marketplace. I hope you'll read this year-end report and feel proud and motivated to keep shopping at your co-op! It is our sales that support great jobs in our neighborhoods, thriving local farmers, and businesses in our wider communities.

Winter is a perfect time to slow down, reflect, and begin laying the groundwork for the seeds we hope will bloom in the coming year. I am so grateful for this community of nearly 25,000 owners who share a vision for a thriving local community. We have a lot to celebrate and even more to do. This winter we'll move forward with the long-game in mind—and with patience and intention in these darker months. I believe we have a bright future ahead at Seward Co-op.



**FINDING  
JUST WHAT  
YOU NEED AT  
SEWARD CO-OP**

The Bulk department has been a staple of Seward Co-op's identity since it was founded in 1972. While the co-op has expanded greatly over the decades to include more grocery and fresh items, the Bulk department is still a prime example of cooperative values in action: taking just what you need and doing so as sustainably as possible. Jeri Thurber (she/her), a Bulk and Grocery Replenishment Buyer at the Friendship store, appreciates knowing that she can help folks save money and reduce waste by supporting them in the Bulk department. "There is such a huge variety of items in our Bulk department! From soaps to syrup to grains and flours, I do most of my shopping outside of Produce here."

Jeri began working at Seward Co-op in the Produce department and transferred to Bulk a little more than a year ago. "I initially applied at the co-op because I appreciate the co-op model and working with the community—and we've been long-time co-op shoppers." She moved to Minneapolis from Omaha, where she didn't have access to a cooperatively owned grocery store. "It was a really nice change to move to a city that supported local and cooperative ideals," Jeri says.

"I appreciate being able to support folks shopping in Bulk and sharing and receiving

ideas about the items we carry." For Jeri, one of the best parts of working in the Bulk department is reminding shoppers that they can bring their own reusable containers to shop bulk items. "I wish more people knew that they can bring their own containers to refill so they can purchase just the right amount that they may need and not have to think about wasting product or money. It did take me a bit to remember to bring my own bags or containers, but now I keep a bag stocked with refillable containers by my back door so it's always ready when I need to purchase something."

So what's Jeri's favorite item in the Bulk department? "Stinging nettle! It is such a support for me, personally, to drink it regularly, it supports so much of our body. I even have a tattoo of stinging nettle designed by a local Indigenous artist!"

"I really love being able to see friends and neighbors on a daily basis. It's so nice to be a welcoming face at the co-op and being able to support my community with my job, as well as the volunteering that I do," Jeri says. "I stay inspired by my community. Supporting community and sharing in the ways we can make it better keeps me going. I hope for a future that sees us all living more equitable and peaceful lives."

# THE COMMUNITY FOODS BAKING GUIDE

Winter is a prime time to turn up the oven and put it to good use. Bake up something delicious that also supports the producers who most closely align with Seward Co-op's values. Whether you're perfecting a pie or crafting a cake, look for the purple shelf tags that identify the following Community Foods producers, which have at least two of these five attributes: small-scale, local, sustainable, inclusive, and/or cooperative.

## Larry Schultz Eggs

**SMALL-SCALE, LOCAL**



Larry Schultz started his chicken farm in Owatonna, Minn. in 1992, and Seward Co-op has been selling his eggs ever since. The fourth-generation business has never been farmed conventionally with herbicides, insecticides, or artificial fertilizers, and their free-range chickens get lots of fresh air and sun. Schultz's organic and locally produced eggs can be bought by the dozen or in bulk if you only need a couple for your recipe.

## Rochdale Farms Butter

**SMALL-SCALE, LOCAL, COOPERATIVE**



Rochdale Farms' hand-rolled butter makes a rich and creamy addition to baked goods. Founded in 2009, Rochdale Farms is a cooperative of small-scale farmers including nearly 300 Amish farmers who practice traditional grass-based dairying and hand-milking from Wisconsin's Driftless region. Purchases from Rochdale Farms help to invest in lives of hundreds of farm families in Minnesota and Wisconsin, as well as helping to strengthen a cooperative food supply chain.



## Frontier Co-op Vanilla

**SMALL-SCALE, LOCAL, COOPERATIVE**



Brighten your baking flavors with vanilla from Frontier Co-op. Focused on responsible sourcing, Frontier Co-op offers a wide range of herbs and spices to bring color to your recipes. The Iowa-based cooperative is owned by more than 50,000 stores and organizations, like Seward Co-op, that sell their product wholesale.

## FLOUR

Whether you're buying in bags or bringing your own container and buying in bulk, you can find a wide variety of locally produced flours at Seward Co-op. Availability of certain flours may vary by store.



## Baker's Field Flour and Bread

**SMALL-SCALE, LOCAL**



Minneapolis-based Baker's Field Flour and Bread works with local farmers to create a demand for quality grains, which strengthens our local grain economy. Baker's Field grinds these unique artisan grains into flour using stone mills. From all-purpose flour to whole grain rye and many more varieties, Baker's Field is a hyper-local option for your next bread or cake recipe.



## Whole Grain Milling

**SMALL-SCALE, LOCAL**



Based in Welcome, Minn., Whole Grain Milling has been growing and processing certified organic grains since 1989. The family-run mill takes great care to retain the quality and nutrition of the grains they process. From millet to buckwheat to corn and oat flour, there are many options to choose from in the Bulk department and in the baking aisle.

## SQUASH

Add some savory to your breads and pastries with locally grown squash. Whether you go for butternut, kabocha, dumpling, or acorn, Seward Co-op is brimming with seasonal varieties this winter.

## Featherstone Farm

SMALL-SCALE, LOCAL,  
SUSTAINABLE

Squash from Featherstone Farm is grown in the bluff country of Rushford, Minn., where their organic farm has been since 1994. Featherstone Farm is dedicated to creating a truly sustainable agriculture system. That includes geothermal heating and cooling for the packing shed and a solar array that generates about 60 percent of the farm's energy.

## Wisconsin Growers Cooperative

SMALL-SCALE, LOCAL,  
SUSTAINABLE, COOPERATIVE

Wisconsin Growers Co-op was founded in 2006 to help 20 families maintain ownership of their farms. Its members are dedicated to the idea that if farmers take "good care of the soil, the soil will pay back with high-quality produce." Wisconsin Growers Cooperative produces around 50-60 varieties of certified organic crops using minimal fossil fuels.

## Equal Exchange Nuts

INCLUSIVE, COOPERATIVE

In and around the Bulk department, find a variety of nuts from Equal Exchange to add to your baking. Equal Exchange works with over 40 small-scale farmer organizations worldwide to provide fairly traded products directly from producers. A worker-owned cooperative itself, Equal Exchange has been working towards building an alternative supply chain model since 1986, one which values equity and democracy for all participants.

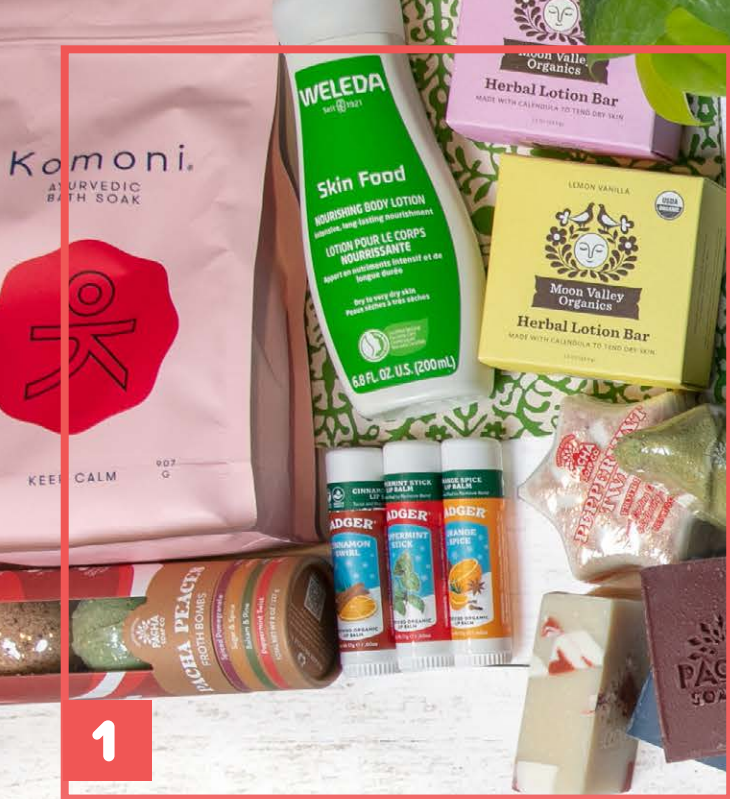
# LET US DO THE BAKING FOR YOU

## Seward Co-op Deli and Bakery

SMALL-SCALE, LOCAL, COOPERATIVE,  
SUSTAINABLE

Looking for all the rewards of baking without having to steam up the kitchen? Seward Co-op has you covered. Stop by the Grab n Go coolers in the Deli for house-made pies, cakes, bars, and other sweet treats that'll hit the spot without requiring any cleanup after. The bakery case is also full of sweet and inventive Seward-made cookies, if that's what you're craving. Pro tip: buy cookies in bulk and get a discount!

If you're up for pre-heating the oven, try Seward-made frozen Deli entrees, including savory enchiladas, hearty pot pies, and cheesy lasagna. These scratch-made meals are an easy solution to dinner when you're running low on time but want all the flavor and comfort of homemade. Find them in the freezer section.



1



2



3

## SEWARD CO-OP

# Gift Guide

With numerous winter holidays around the corner, there's good reason this time of year is considered the season of giving. Brighten up the darkest, coldest days with gifts for friends and family that you can feel good about. From soothing soaks to cozy socks to sweet treats and more, let us help make your small gift shopping a little easier. Make sure to stop at both stores to stock up, while supplies last. Item availability varies by store.

### 1 LUXURIOUS WINTER SKINCARE

Minnesota winters can be harsh on skin. Give the gift of soothing, softening, and soaking this holiday season.

Weleda Skin Food

**Komoni** bath salts

Pacha holiday scented soaps and froth bombs for the tub

Badger lip care in seasonal scents

**Moon Valley Organics** plastic-free solid lotion bars

### 2 CROWD PLEASERS

Keep it sweet this holiday season with snacks and gifts that make a big impact for small-scale businesses.

**MN Mittens**

**Velvet Bear** and **Fair Anita** earrings

Andes knits and Terra Naturals hats and scarves

**Nips & Nacks** catnip kicker toys for furry friends

Houseplants from the Produce department

Tony's Chocolonely and **Equal Exchange** sustainably sourced chocolate bars

### 3 RESTORATION AND RELAXATION

The holidays, while fun, can be overwhelming with gathering and travel. Make sure your loved ones are taking time to cozy up and slow down with these comforting gifts.

**Maggie's** organic wool socks

Santa's Naturals candles – veteran owned!

**Juniper Ridge** seasonal holiday incense and body wash

**Growing Blue Flowers** perfume balms and refreshing mist – Native and woman owned, Franklin only

**Mudluk Pottery** ceramics

**21+** seasonally flavored products

Items in purple designate Community Foods producers



# NEW YEAR, NO HANGOVER

Raise your glass without raising your blood alcohol content this New Year and holiday season! Whether you're looking to moderate and swap in an NA cocktail or beer, going fully sober, or seeking a relaxing sip without the booze, Seward Co-op has ideas in mind just for you.

## Oleo Saccharum (Citrus Oil Syrup)

Looking for a new mocktail ingredient to replace a basic simple syrup? Oleo saccharum, a flavorful and aromatic ingredient traditionally used in classic cocktails, is a simple yet powerful way to elevate your mocktail creations. Made by muddling citrus peels with sugar, the process extracts water and essential oils from the zest, infusing the syrup with a fragrant, tangy sweetness. This DIY version is easy to make at home and can be used to add depth and a unique mouthfeel to non-alcoholic drinks. Use it as a natural, fresh, citrusy base for everything from spritzers to punches.

**To make:** add peels from 4 lemons and 1 small grapefruit (avoiding the white pith to reduce bitterness) to a bowl with 1 cup of granulated sugar. For a zippy, herbaceous syrup add a few sprigs of fresh thyme, 4 dried (but still fragrant) bay leaves, 1 teaspoon whole peppercorns, and a healthy pinch of sea salt. Muddle and mix well, for several minutes, until the peels begin to express their oils and start to turn slightly translucent. Let rest, covered, at room temperature for at least four hours, ideally overnight. Much of the sugar should be dissolved. Strain through a fine-mesh strainer and store in the fridge for up to 1 month.



**To make each 6 oz. mocktail:** add 1-2 oz. syrup to a glass and top with 4-5 oz. of your favorite bubbly beverage to add effervescence. Consider mixing in the juice from your peeled citrus or other ready-to-use ingredients found at the co-op, such as pure ginger juice (found in the international foods aisle) for a spicy kick, or tart cherry juice.

## NA Beers and Hop Waters

While many enjoy a nice soda water and lime—and Seward Co-op has the supplies for that, too—we understand that some prefer the flavor of beer.

### Bravus Brewing Non-Alcoholic Beers

Whether you're craving a crisp and refreshing golden, a saline gose, or a dark and creamy oatmeal dark, Bravus has what you want. For those who aren't sure which they'd prefer, Bravus also makes a variety pack so you can find your next favorite.

### Hoplark Sparkling Waters

For those who enjoy the variety of flavors—bitter, citrusy, piney—hops can offer without the alcohol, Hoplark is a refreshing option for those staying sober this holiday season. Their options are bright, crisp, and palate cleansing... which is perfect for enjoying each type of snack at your holiday potluck.

## Elevated, but not Inebriated

Seward Co-op is a resource for 21+ herbal-derived supplements from producers that fully comply with state laws and provide third-party lab reports that assess potency and ensure the absence of contaminants. All of our 21+ drink vendors are Minnesota-based, so you can enjoy a chilled-out holiday season knowing you're supporting local businesses.

### Seasonal Sips from BLNCD

Winter is citrus season! Lean into it with your NA buzz by trying BLNCD's Blood Orange Cardamom and Yuzu Ginger flavors.

### Inspired by Cocktails

Trail Magic enhanced sparkling waters have flavors inspired by cocktails and beverages you know and love. Mimosa, Lime Margarita, and Arnie Palmer-inspired "Half and Half" are sure to keep you high-drated all winter long.



# HONORING LOCAL BLACK HISTORY

# BLACK HISTORY MONTH

February is Black History Month, a time to honor, celebrate, and recognize the contributions of Black and African Americans nationally and within our communities. We strive to celebrate Black history past and present at Seward Co-op, and this Black History Month, we wanted to highlight a community partner: Minnesota Spokesman-Recorder (MSR).

In August of 2024, MSR celebrated their 90th anniversary as the state's oldest Black-owned business and longest-running Black newspaper. It initially began as two separate entities, The Minneapolis Spokesman and the St. Paul Recorder, led by civil rights activist Cecil E. Newman. In 2000, the two papers merged into the Spokesman-Recorder, which has been a family-owned business throughout its lifetime. Currently, the CEO is Newman's granddaughter, Tracey Williams-Dillard, who took over in 2007.

## Local Legacies in a Historic Black Corridor

Kitty corner from where the Friendship store sits in the Bryant neighborhood is the location of the building Newman built in 1954 to house the newspaper. Bryant has been, and remains a neighborhood with a larger Black population and is notable for many things. It's the neighborhood where the musician Prince grew up and where Moe Burton started the Bryant-Central Co-op in the 1970s. It's where the Sabathani Community Center still thrives and where the Tilsenbilt Homes Historic district is—single family homes built as part of the first

interracial housing project in the country. It's where MSR grew, too. For over 90 years MSR has communicated hyper-local and relevant information catered to the Black and African American community.

## Partnering for Community

Seward Co-op has been in partnership with MSR since the Friendship store opened down the street in 2013. We've worked with them to advertise and partner on events like the one we're hosting in February (more details below). Williams-Dillard says the presence of the co-op meant having fresh fruits and veggies and deli products for the neighborhood, a positive for a community that for a long time did not have a nearby grocery store. "The relationship means a great deal to the MSR. It shows a commitment to the MSR and the Community," said Williams-Dillard. We at Seward Co-op are honored to continue our partnership with MSR and celebrate their continued contributions to the community. Learn more about their 90th-anniversary celebration at [www.spokesman-recorder.com](http://www.spokesman-recorder.com)



Moe Burton, founder of Bryant-Central Co-op



Cecil Newman meeting Hubert and Muriel Humphrey



Mural on side of MSR building, current day



MSR office

FREE EVENT

## Championing Black Voices in MN: An Open House and Conversation Honoring the Minnesota Spokesman-Recorder

Thursday, Feb. 20, 4:30–5:30 p.m.

Friendship store

Free

Join us in welcoming James L. Stroud Jr., historian and author, for a conversation about the Minnesota Spokesman-Recorder, Minnesota's oldest Black-owned newspaper. From 4:30–5:30 p.m., enjoy refreshments and explore the written history of the MSR and the activists who founded it. At 5:00, James will share some remarks on the legacy of Black journalism and impact of MSR's 90 years of being a cultural resource in the Twin Cities, and specifically within the historic corridor of Black culture right here on 38th street.

*James L. Stroud Jr., Minnesota Spokesman Recorder*

# FOR THE LOVE OF THE GAME

# ... OR THE LOVE OF YOUR LIFE

Score a touchdown this February with game day eats and Valentine's treats. Whether you're making a play for a spread that'll wow any football fan or planning a sweet night to dazzle a date, Seward Co-op has you covered.

## Super Foods

Fill your game day table with favorites from local producers like scrumptious Football Pizza and snack-worthy Ellsworth cheese curds. Add in a little green with guacamole made from Equal Exchange avocados, sharp onion, juicy tomatoes, and spunky cilantro. Try a fresh and flavorful recipe for [Rosie's Guacamole](#) and dip it with perfectly crunchy, locally made Whole Grain Milling tortilla chips.

## Catch Us at the Hot Bar

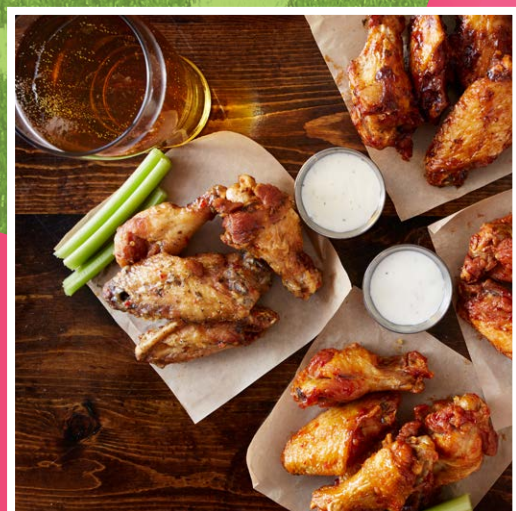
Don't wing it this year—let Seward Co-op simplify your spread with house-crafted specialties made just for the big game. On Sunday, Feb. 9, stop by the Hot Bar for a variety of local Kadejan chicken wings that'll score you the extra point at your gathering. Making your own? Stock up on Kadejan wings and drumsticks next time you visit the co-op.

## From (Shopping) Cart to Heart

This Valentine's Day, team up with Seward-made delights from the Bakery. Our fan-favorite 6 in. chocolate cake, in vegan and traditional varieties, will be available again this year, alongside beautiful strawberry-topped chocolate cupcakes.

## A Cut of Love

Prep a lovely meal for your sweetie with great deals at the Meat and Seafood counter. Locally raised Blooming Prairie boneless ribeye will be \$4 off per pound for the holiday, and wild-caught sea scallops will be \$3 off per pound.







## A Message From the Board

Fartun Weli

Even as the climate warms, winters in Minnesota are never easy. It was so strange watching the leaves change color while it was still 80+ degrees out, but the seasons are changing and all we can do is adapt.

It was great to see so many owners at this year's Annual Owner Meeting! Our new venue, Arbeiter Brewing, was bustling with activity, chatter, and laughter. I'm so grateful for Seward Co-op's community, and it feels so good to get to come together, especially as we continue to struggle with so many ongoing hardships locally and globally. Now more than ever, we must turn to each other with care to keep building a strong community grounded in solidarity and resistance.

I want to extend a heartfelt thank you and farewell to Sally Nixon, Kate Seybold, and Claire Purvey-Houston as they leave the board. You all taught me so much, contributed so much to the board, and will be very missed. A warm welcome and congratulations to Tabitha Montgomery and Elizabeth Liddiard Wozniak on their election to our board—you have some big shoes to fill! I'm also happy to welcome back Cassandra Meyer for her re-election. And of course, thank you to Karah Barr and Corey Lahm for running for the board—it's not easy to do. It was a great group of candidates this year and seeing everyone's passion and commitment to our co-op gives me great hope for its future.

We hope to share more news about the sale of the Creamery building with co-op owners very soon. The sale of the building represents an important step forward for the

financial sustainability of the co-op as well as a deepening partnership with an organization who will be able to use the space for the greatest good in our shared community.

I'm humbled by how much I've learned during my first year on the board, and I look forward to continuing to grow into this role. We remain in a time of big changes and I'm excited to see what this next year holds for Seward Co-op.

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](mailto:board@seward.coop) to indicate your intention to attend.

Current Directors	Term Ends
Tami Bauers	2025
Tabitha Montgomery	2027
Warren King	2026
Cassandra Meyer	2027
Elizabeth Liddiard Wozniak	2027
LaDonna Sanders Redmond	2025
Moses Viveros	2025
Fartun Weli	2026
Employee director	empty



# ANNUAL OWNER MEETING RECAP



Thank you to all who joined us for the 2024 Annual Owner Meeting and Social Hour on Oct. 28, 2024. On a windy but beautiful Monday evening, we gathered to share the results of the board of directors' election and for the announcement of all grant recipients for 2025, including SEED, the Seward Community Fund, and People Powered Perks. Throughout the event, attendees enjoyed tacos from local food truck Habanero Tacos, local brews and non-alcoholic beverages from Arbeiter Brewing (our venue for the evening!), as well as cookies from Seward Co-op's Bakery. We enjoyed a night full of mingling, recapping our past year as a co-op, and savoring one another's company.



## 2024 Board of Directors Election Results



Cassandra Meyer

Tabitha Montgomery

Elizabeth Liddiard Wozniak

An integral piece of the annual meeting is announcing the board of directors election results. Congratulations to Cassandra Meyer, Tabitha Montgomery, and Elizabeth Liddiard Wozniak, who were all 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 2024 election featured a pool of highly qualified candidates. Thank you to all who ran and all who voted.

# Meet the 2025 SEED Recipients

At the 2024 Annual Owner Meeting in October, we announced the 2025 SEED recipients, four of which have been selected by a Seward Co-op staff-led committee and four which were selected by our community through a Community Choice vote.

In 2025, four months will be dedicated to supporting Seward Co-op's needs-based program, which assists households with financial need by providing a discount on grocery purchases. These four needs-based months will be spread out over the course of the year.



**JANUARY**  
**Southside Foodshare** is a mutual aid project that, with much respect and dignity, cooks and delivers wholesome meals to unhoused neighbors in South Minneapolis four days a week. Southside Foodshare is all volunteer and donation based.



**FEBRUARY**  
**Round Up for Needs-Based Discount**  
Seward Co-op's needs-based program assists households with financial need by providing a discount on grocery purchases.



**MARCH**  
**The Brian Coyle Center Food Shelf** provides culturally affirming and nutritious food to the Black, Brown, low-income, and immigrant households in need in the Cedar-Riverside neighborhood of Minneapolis.



**APRIL**  
**Daryeel Youth Services** provides weekly street outreach, education, basic needs resources, and resource and program referrals to East African young people ages 12-25 who are experiencing challenges of homelessness, substance use disorder, and interactions with the criminal justice system. They also educate and engage the families of these young people, as well as elders and other concerned community members.



**MAY**  
**Round Up for Needs-Based Discount**



**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**  
**Little Earth Residents Association:** Founded by grassroots activism in 1973, Little Earth supports the single largest community of Native Americans in the Twin Cities. Their work is by Native people for Native people. They reduce service barriers by respecting the voices of all in the community. They honor traditional Indigenous values throughout all cycles of life.

**AUGUST**

**Round Up for Needs-Based Discount**



**SEPTEMBER**  
**TC Food Justice** is a volunteer-driven nonprofit organization working to reduce food waste and hunger in the Twin Cities by moving abundance to places of need throughout the food system. They partner with co-ops, markets, bakeries, and farmers to redistribute fresh, unsalable food to hunger relief organizations, community kitchens, and food-insecure populations.



**OCTOBER**  
**Dream of Wild Health** is celebrating 26 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.

**NOVEMBER**

**Round Up for Needs-Based Discount**



**DECEMBER**  
**Avenues for Youth** partners with youth between the ages of 16 and 24 that are experiencing homelessness. Through two shelters and two community-housing programs, Avenues supports 300 youth annually, and, on average, over 70% will exit to their own stable housing.

## SCORECARD & ANNUAL REPORT

The 2024 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. You can also obtain a physical copy at either store.



LEARN MORE ABOUT THE CO-OP'S IMPACT IN 2024



bargaining unit staff

# Winter Classes & Events

Register at  
[seward.coop/events](https://seward.coop/events)

## December



### December SEED Recipient

**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.

### DIY Soap Making for Holiday Gifts

Wednesday, Dec. 4, 6–8:30 p.m.

Franklin store

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

Make your own customizable soap as holiday gifts! Join Longfellow Soap owner John Hanson to learn soap making techniques. Students will receive a free silicone mold and class manual at the class.

*John Hanson, Longfellow Soap*

### Seward Frolic: Hot Cocoa Social and Staff Art Fair

Saturday, Dec. 7, 1–3 p.m.

Franklin store

Free

Stop by the Franklin store during the annual Seward Frolic to enjoy free hot cocoa (with marshmallows!), and live music with Charmin Michelle. Seward Co-op staff artists will be selling their wares at this festive event, and you can shop the store to browse gifts, treats, and more. More information about the Seward Frolic can be found at [sng.org](https://sng.org).



### Microgreens Kids Cooking Classes: Dumplings

Saturday, Dec. 21, 11 a.m.–12 p.m.

Friendship store

**\$5, 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 with recipes you can make with your whole family!

*Jess Toliver, Jess Delicious Living*

## January



**Southside Foodshare** is a mutual aid project that, with much respect and dignity, cooks and delivers wholesome meals to unhoused neighbors in South Minneapolis four days a week. Southside Foodshare is all volunteer and donation based.

### Seward Co-op Sausage Tasting

Wednesday, Jan. 15, 6–7:30 p.m.

Friendship store

**\$5/Free for Seward Co-op owners**

Did you know that Seward Co-op makes our own sausages in-house? Join Seward Co-op staff Jack (he/they) and Moriah (she/they) to taste your way through a variety of sausages. Along with a demonstration of how the sausage is stuffed and linked, you'll walk away knowing more about the flavors and cooking methods for both our seasonal and year-round varieties.

*Jack and Moriah, Seward Co-op Friendship Store Meat Department Staff*

### Microgreens Kids Cooking Classes: Onigiri

Saturday, Jan. 18, 11 a.m.–12 p.m.

Friendship store

**\$5, 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 with recipes you can make with your whole family!

*Jess Toliver, Jess Delicious Living*



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### DIY Soap Making Date Night!

Wednesday, Feb. 12, 6–8:30 p.m.

Friendship store

**\$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 at the class.

*John Hanson, Longfellow Soap*

## February



### Round Up for Needs-Based Discount

Seward Co-op's needs-based program assists households with financial need by providing a discount on grocery purchases.



### Championing Black Voices in MN: An Open House and Conversation Honoring the Minnesota Spokesman-Recorder

Thursday, Feb. 20, 4:30–5:30 p.m.

Friendship store

Free

Join us in welcoming James L. Stroud Jr., historian and author, for a conversation about the Minnesota Spokesman-Recorder, Minnesota's oldest Black-owned newspaper. From 4:30-5:30 p.m., enjoy refreshments and explore the written history of the MSR and the activists who founded it. At 5:00, James will share some remarks on the legacy of Black journalism and impact of MSR's 90 years of being a cultural resource in the Twin Cities, and specifically within the historic corridor of Black culture right here on 38th street.

*James L. Stroud Jr., Minnesota Spokesman Recorder*

### Store Hours

Dec. 24: 8 a.m. – 6 p.m.

Dec. 25: Closed

Dec. 31: 8 a.m. – 8 p.m.

Jan. 1: 10 a.m. – 8 p.m.

Winter time is here, snow is beginning to fall, and all things crafty and cozy are on the table. Kids, what do you find special about this time of year? What new things can you see, sounds can you hear, smells can you smell? What yummy things will you taste? Explore your senses and get into the spirit of the season with these Microgreens activities.



### DIY Bulk Hot Chocolate

Stop by the Bulk aisle to get just what you need for a cup of wintertime cocoa, or get enough to make a whole mix you can use throughout the season (a neat and easy gift idea for kids to make, too!). Customize it however you like with your preferred sweetener and spices.

*For one cup, you'll need:*  
 2 tsp cocoa powder  
 1-2 tsp white or brown sugar  
 Pinch of salt  
 1 cup your choice of milk  
 ¼ tsp vanilla  
 Dash of cinnamon

In a small saucepan, mix all dry ingredients with a few tablespoons of milk. Whisk over low heat until combined. Stir in remaining milk and vanilla. When warm, pour into your favorite mug and add desired toppings (marshmallows, whipped cream, sprinkles, etc.).

Our bulk cocoa powder comes from a cooperative called Equal Exchange, which works with “fairly traded” products. This means they get their cocoa powder directly from the farmers who produce it and that they pay the farmers fairly for their work. Adults, read more about Equal Exchange at [seward.coop/equal-exchange](http://seward.coop/equal-exchange)

### Styling Snowpeople

Unsure what to do with produce past its prime? Use those wilted veggies to decorate your snowpeople! A carrot works for a nose, of course, but so could a parsnip or a daikon radish. Berries for eyes are a great option, but what about kale for hair? Get creative and have fun with it!



### Pretty Peanut Butter Chocolate Covered Strawberries

Treat yourself on Valentine’s Day with this easy-to-make strawberry dessert. If you have an allergy, you can always skip the nut butter portion of the recipe and go right to the chocolate.

*You'll need:*  
 Strawberries  
 Your favorite peanut (or other nut) butter  
 A bar of white chocolate  
 Your favorite bar of milk or dark chocolate  
 Coconut oil or vegetable shortening

Wash and dry your strawberries and place them on a parchment lined tray. Microwave 3–5 tablespoons of nut butter along with 1 oz. of white chocolate and 2 teaspoons of coconut oil for 10–15 seconds at a time, stirring in between, until runny. Dip strawberries in warmed white chocolate nut butter until coated. Set tray in a refrigerator for 5–10 mins, or until the butter is hardened.

A few minutes before removing your strawberries from the fridge, begin preparing your chocolate. Break up your chocolate bar into small pieces and place in a double boiler or in a heat-safe bowl above a pot of boiling water. As the chocolate begins to melt, add in a tablespoon of coconut oil or vegetable shortening. Keep stirring until well combined and thoroughly melted. Use a fork to drizzle over your strawberries. Enjoy right away or store in the fridge.

### 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

**Dumplings**  
 Saturday, Dec. 21



**Onigiri**  
 Saturday, Jan. 18



*For more information on classes, see pages 20-21.*



**Seward**  
COMMUNITY CO-OP



**Community Foods**  
Values Every Day



# SPECIAL ORDER MEAT

## FOR THE HOLIDAYS

Order at least 72 hours in advance



# Seward

COMMUNITY CO-OP



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



### WEEK ONE: 1/1/2025–1/7/2025



**FREE**  
NIXIE SPARKLING WATER, 8 PK.



REG: \$6.99

Limit one coupon per owner number | While supplies last  
Valid only 1/1/2025–1/7/2025 | Price subject to change

### WEEK TWO: 1/8/2025–1/14/2025



**FREE**  
KETTLE CHIPS,  
4.25–5 OZ. BAG



REG: \$4.29

Limit one coupon per owner number | While supplies last  
Valid only 1/8/2025–1/14/2025 | Price subject to change

### WEEK THREE: 1/15/2025–1/21/2025



**FREE**  
BOX OF  
YOGI TEA



REG: \$5.99

Limit one coupon per owner number | While supplies last  
Valid only 1/15/2025–1/21/2025 | Price subject to change

### WEEK FOUR: 1/22/2025–1/28/2025



**FREE**  
EQUAL EXCHANGE  
CHOCOLATE BAR



REG: \$5.69

Limit one coupon per owner number | While supplies last  
Valid only 1/22/2025–1/28/2025 | Price subject to change