

SPROUT!

Winter 2025



Gift Guide Inside

Annual Owner
Meeting Recap

Sweet and Savory
Seward-made

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
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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

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: Owners gather at the Annual Owner Meeting at Arbeiter Brewing as Seward Co-op's Board of Directors President Cassandra Meyer addresses the crowd.



A Message
From the General Manager
Ray Williams

Dear Seward Co-op Owners,

I'm going into this winter with a lot of gratitude as I reflect on the year we've had here at Seward Co-op. This year, I plan to be mindful of the necessity of the darker, colder months, and I hope to take a cue from nature—not simply enduring winter, but acknowledging it as a necessary cycle and a time for rest, reflection, and community.

It was wonderful seeing so many of you at the 2025 Annual Owner Meeting on Oct. 27 at Arbeiter Brewing. Congratulations to Jess Nimm, Alice Wiand, and LaDonna Sanders Redmond on their election to the board, and thank you to our owners for voting in favor of the proposal to increase the value of a paid-in-full ownership from \$75 to \$99. I'm excited to have a community of owners that wants to invest in the financial sustainability of our co-op. I also wish to extend my congratulations to our 2026 SEED recipients—you can see the round-up calendar for the coming year on [pages 18-19](#) of this publication.

The Annual Owner Meeting wrapped up our celebrations for the 10-year anniversary of opening the Friendship store. I feel a lot of satisfaction and pride seeing what it's grown into. The impact on Seward Co-op's wider culture and mission, the great jobs we've been able to provide, the local vendors we support, and

the relationships we've built with the people and organizations in the South Minneapolis community; there's almost too much to celebrate! Stop into the Friendship store's dining area to check out a beautiful "mini-museum" showcasing those that have helped grow the Friendship store over the past decade.

Our annual Scorecard is now available. This annual report is a way we track our financial and social performance as we work to live out our Ends statement in real time. I am proud to report that we ended the fiscal year with the strongest year-over-year sales growth the co-op has achieved in several years. Our work is to continue aligning our need for sustainable growth with the vision set forth by our Ends statement. If you didn't get a copy of the Scorecard at the Annual Owner Meeting, you can ask for one at either store, check out the expanded online version on our website, or scan the QR code on [page 15](#).

The start of the winter season is the busiest time for operations at the co-op. It's a lot of work to supply everything for holiday events, get-togethers, and parties! Staff are here to help you find what you need, whether it's all the ingredients for a showstopping feast, or a simple, quiet meal to enjoy on a cozy evening. I hope you find time for gratitude and reflection this winter season.



CONNECTING THROUGH
FRIENDSHIP AND COMMUNITY

With 55% of staff residing within 1.5 miles of our stores, Seward Co-op is proud to be a workplace run by the community, for the community. One such employee is Nick L. (he/him) who works in receiving, a crucial part of the day-to-day operations at our food co-op. When Nick moved into an apartment near 38th St, he watched with curiosity as construction began on the Friendship store just down the street. "I had seen the ground being broken and the progress being made all year," he says. "When I heard about a job fair at Sabathani Community Center, I jumped at the opportunity to work at a place that would quite literally be in my backyard."

Nick joined Seward Co-op soon after and has become an integral part of the team that keeps the store running smoothly. For him, one of the best parts of the job is the quiet rhythm of early mornings. "I like getting a lot of work done before the world wakes up," he shares. "It's nice and peaceful, just me [and] my podcasts. Breaking down the load is a great workout, and I really like working alongside such fun and interesting people."

“My very favorite part of this job is meeting and getting to know the small business owners in this city.”

But it's not just the day-to-day work that keeps Nick inspired: it's the connections. Through his role, he's had the chance to meet and support many of the small business owners whose products fill Seward Co-op's shelves. "My very favorite part of this job is meeting and getting to know the small business owners in this city," he

says. "I've gotten on a first-name basis with Barb from Pumphouse Creamery and might've even been a small part in why she brought back the Black Garlic ice cream one more time!"

Nick has also loved watching small businesses grow from their first deliveries to national recognition. "Sometimes, I'll see

an invoice with a single or double digit, and I know we're one of the first places to ever carry that product," he says. "Then later, they'll get picked up by a big distributor like UNFI. It's neat knowing we were part of these success stories."

Through stories like Nick's, we see how Seward Co-op is more than a grocery store. It's a community hub where relationships, hard work, and connections thrive.

CURL UP WITH HOMEMADE GOODNESS...

When the snow starts to fall and you're bundled up in a blanket, few things feel better than the scent of something sweet baking in the oven. Whether you're whipping up cookies with loved ones or creating a comforting dessert to end the day, Seward Co-op has what you need to make your winter baking easy and delicious with Everyday Low Prices.

Eggnog Spiced Sugar Cookies

Even if eggnog isn't your favorite winter sipper, the warm aromas of cinnamon and nutmeg make these cookies a great addition to any snowy afternoon.



Recipe

Ingredients:

- 2 cups Field Day flour
- 1 teaspoon Field Day baking soda
- 1/2 teaspoon Field Day salt
- 1/2 teaspoon Field Day cinnamon
- 1/4 teaspoon Field Day nutmeg
- 1/2 cup salted butter, softened
- 1 cup Field Day sugar
- 1 egg
- 1 1/2 teaspoon Field Day vanilla extract
- 1/4 cup eggnog

Directions:

1. Preheat oven to 350°F.
2. In a small bowl, mix flour, baking soda, salt, cinnamon and nutmeg; set aside.
3. In a large bowl, mix butter and sugar until creamy, then add egg, vanilla and eggnog; mix well. When liquid mixture is combined, add the flour mixture and stir until well blended.
4. Roll dough into balls and slightly press onto an ungreased cookie sheet. Bake 8–12 minutes, or until golden brown on the edges.



...AT EVERYDAY LOW PRICES

At Seward Co-op, we're committed to making our stores a financially accessible place for everyone. That's why we've updated our in-store tags to make it easier to find affordable, everyday essentials in several departments. With Everyday Low Prices, you'll discover price-accessible options on everything from baking must-haves to pantry goods. Look for the Everyday Low Price tags throughout our stores for trusted favorites at value-driven prices.

Field Day offers affordable, delicious food and household products in many categories. Many of the Field Day items are certified organic, and for those that are not, Field Day has made a commitment to non-GMO sourcing. The majority of Field Day products are produced in the USA, though some may have imported ingredients.

Buy Only What You Need

And don't forget, there are even more ways to save at Seward Co-op! If you don't need a full bag of flour for your cookies, visit our Bulk department to scoop up all your baking essentials. Get only what you need, while keeping your budget in check.

To learn more about how to shop in Bulk, scan the QR code below or visit seward.coop/shopping-bulk-at-seward-co-op



SWEETEN YOUR DAY WITH SEWARD-MADE

Prefer to skip the mixing bowls and go right to dessert? Our Deli has you covered with seasonal Seward-made baked goods that are sure to add the right amount of sweetness to your day.



Peanut Butter Chocolate Crunch: Back by popular demand! This co-op favorite layers rich, creamy peanut butter with decadent chocolate for a sweet-and-salty treat. Available through the month of December.



Russian Tea Cake Cookie Packs: A timeless holiday classic that is buttery, melts in your mouth, and dusted with a snowy layer of powdered sugar. Grab them throughout the months of December and January.



Black Bottom Cheesecake Bars: Tangy, creamy cheesecake filling over a fudgy, chocolate base that is sure to entice your taste buds. Find them on our shelves starting in January.



Visit Seward Co-op year-round to discover fresh, seasonal treats crafted for every celebration. From a romantic 2-pack of Chocolate Strawberry Cupcakes or a vegan Chocolate Cake with chocolate frosting to share on Valentine's Day to a festive 9-pack of Sweet Potato Rolls perfect for holiday gatherings, the Deli always has something special for the occasion.



LESS COOKING, MORE COZY WITH SEWARD-MADE

Make more time for snow angels, crafting, or binging that new favorite TV show! Visit the Frozen aisles of both Seward Co-op stores for **Seward-made frozen dishes** that are crafted in-house from scratch by talented Deli staff. Chicken Enchiladas Verdes, Black Bean Enchiladas Verdes, Chicken Pot Pie, Vegetable Wild Rice Pot Pie, Shepherd's Pie, Four Cheese Lasagna, and more can be found ready to pop in the oven, for your ease and enjoyment.

Don't skip the Meat and Seafood Department for Seward-made sausages, including the seasonal **Swedish Potato Sausage**, a delicate link that is traditionally cooked by poaching gently and then browning lightly in butter. Made in-house with Peterson Craft Meats pork, Yukon gold potatoes, and mild spices, these light and fluffy sausages are perfect for pairing with savory sides like roasted or sauteed winter veggies.

COOPERATIVELY

EST. 1972 MINNEAPOLIS

HANDCRAFTED



COZY COMFORTS WITH COMMUNITY FOODS

The biting chill of winter can, at times, make even the heartiest of us turn into grouches when we're feeling stuck indoors and under stimulated. This year, lean into the seasonal slowdown as an opportunity to play in the kitchen. Let bubbling stews heat up your home and fill it with inviting aromas. Try that time-consuming recipe you've been saving. Or, opt for quick meals and treats that leave more time for board games, puzzles, crafting, and snuggling up under blankets for another movie with your favorite people or pets. Let Seward Co-op and **Community Foods** producers—makers who share our cooperative values and meet at least two of the following criteria: **local, small-scale, cooperative, inclusive, and/or sustainable**—help you enjoy the season.

Soups and Stews...

Few things are as cozy as searing a piece of meat and slowly cooking it with seasonal root veggies, a bit of broth or wine, and herbs from **Frontier Co-op**. A little bit of prep can go a long way for a flavorful meal. Try cuts like chuck roast, stew meat, pork shoulder roasts, beef soup bones, and lamb shanks or shoulders from local, small-scale, and sustainable producers like **Peterson Craft Meats**, **Blooming Prairie**, and **Lamb Shoppe**. Our whole carcass butchery program at the Meat and Seafood Departments allows for unique and flavorful cuts, as well as the old standbys for soups, stews, roasts, and more. Want to shortcut your soups and stews? Swing by our stores for Hot Bar and Grab & Go **Seward-made** soups in the coolers, like the new Spinach and Artichoke Chicken Soup, Egyptian Red Lentil (V, MWO), classic Chicken Wild Rice (MWO), Creamy Potato Kale Leek (MWO), and Chicken Pozole (MWO).

V=Vegan | MWO=Made Without Gluten



...and Bubbling Brews

Sip your way into the season! Whether you're spiking yours for a little extra warmth, or enjoying as-is, we have soothing sips to suit your palate. For a chocolatey kick, enjoy **Equal Exchange** hot chocolate mixes. For a richer treat with a little more fuss, make your own eggnog with **Larry Schultz** organic eggs, **Stony Creek** heavy cream, and **Organic Valley** milk. Looking for something less sweet, more herbal, or with a wellness lean? Visit the Bulk department for a variety of black, green, and herbal teas from **Frontier Co-op**.



SEWARD CO-OP
Gift Guide

Seward Co-op stores aren't only destinations for winter holiday groceries, but they're also great places to find meaningful gifts for your loved ones. From wellness essentials to everyday comforts, a gift from Seward Co-op comes with community and care in mind. Check out the following items, featuring sustainable, fair trade, and locally made products for the people on your list.

Eco-Friendly Enthusiast

1. **NATIFS Wild Rice:** A delicious, nurturing gift that celebrates Indigenous foodways and supports Native food sovereignty
2. **Mudluk Pottery:** Beautifully crafted, locally made, and inclusively-owned ceramics
3. **HiBAR Shampoo & Body Wash Bars:** Plastic-free, locally made, and travel-friendly
4. **Matr Boomie Handcrafted Gifts:** Unique, fair trade home goods made with upcycled materials and traditional Indian artforms
5. **Curiosity x Blue Mango Toys:** Handmade in India with sustainable materials by fairly paid women artisans, thoughtfully sold through a local Minneapolis shop



Give the Gift of Ownership

Looking for a lasting gift for under \$100? Give the gift of Seward Co-op Ownership to invest in local food, equity, and community connection all year long. Visit www.seward.coop/become-an-owner for more information.



Cozy Homebody

1. **Slow Burn Candles:** Woman-owned, small-batch candles with delicious scents crafted in St. Paul, Minn.
2. **Andes Knit Socks:** Ethically made, cozy, and colorful lounging essentials
3. **Komoni Bath Soaks:** Locally and sustainably crafted with thoughtfully sourced ingredients for mindful, restorative relaxation
4. **Equal Exchange Fair Trade Chocolates and Coffee:** Perfect pairings for a winter morning while supporting small-scale farmer cooperatives

Glow-Getter

1. **Fat and the Moon:** Herbalist-formulated body care that aligns care for the self with care for the earth
2. **Mad Hippie:** Ethically sourced, vegan skincare made with non-toxic ingredients to simplify your routine and care for the planet
3. **Koope:** Gentle, fragrance-free skincare for sensitive skin
4. **Seasonal Wellness Picks:** Stuff your stocking with Natural Factors trial-size supplements (Tranquil Sleep, GABA, Ginger), True Grace Electromag packets, Mickelberry Fire Cider, and Four Sigmatic mushroom drink mixes



UPLIFTING FOOD LEGACIES AND INVESTIGATING EQUITABLE FUTURES

BLACK HISTORY MONTH

February is Black History Month, a time to honor, celebrate, and recognize the contributions of Black and African American people nationally and within our communities. At Seward Co-op, we strive to celebrate Black history, past and present, year-round. This Black History Month, we want to highlight the legacy of African diasporic foodways within American food culture and shed light on the continuing systemic discrimination of Black farmers' access to land. It is our role as a co-op not to turn away from the uncomfortable realities of white supremacy that still continue to shape our food systems. Instead, we aim to work collectively as a co-op community to support Black and African American-owned farms. It is in pursuit of our Ends to invest in inclusive, socially responsible practices. While taking small steps toward uplifting Black farmers cannot undo generations of discrimination, it can help us move toward a more equitable food system both within our stores and beyond.

American Food: Rooted in Resilience and Adaptation

In 1619, the people who'd been enslaved and survived the harrowing trip through the Middle Passage arrived in the United States. Along with them came their food traditions, seeds from beloved African crops, and a deep creativity to adapt in a new place under severe

conditions. Okra, greens, yams, black-eyed peas, and knowledge of rice cultivation—expertise that was exploited by enslavers for profit—were introduced to the Americas. Despite dehumanization and forced assimilation, many of those who were enslaved preserved their cultural and food traditions. Food access was severely restricted and limited to the scrap “rations” or small garden plots permitted by enslavers. Corn, native to the Americas, and salted, preserved pork became prevalent in African American cooking during the Antebellum period as crops and recipes changed. From necessity came innovation, and foods designed for survival emerged. Soul food began to take shape—adaptations of stews from back home were created, cultural ingredients like sweet potatoes were turned into pies, and new desserts like cobblers were invented from using pie dough scraps and bruised fruits. The evolution of American food culture was born from resilience.

Black Farming Then and Today

During the Reconstruction period in the late 19th century, about 90% of enslaved African Americans were freed, but the grip of white supremacy held strong on their ability to access upward mobility. Many were presented no alternative to sharecropping due to systemic denials of access to education during enslavement, places to live after being “freed,” and a lack of access to federal food assistance



programs. Later, during the Great Depression when farmers were offered access to subsidies, white farmers kept much of the cash while African American sharecroppers did not benefit. Only in the 1980s did the USDA begin to be held accountable for discriminatory practices.

Yet inequities persist today, as Black farmers still struggle for equal access to funds. As of the 2022 Census of Agriculture, only 1.4% of the 3.4 million farmers in the United States are Black. Due to that lack of access, Seward Co-op is limited in our ability to stock Black-grown crops on our shelves, but we try to whenever

possible. We work with local farms like Kilimo MN, Black farm co-ops like Mileston Co-op and the Federation of Southern Cooperatives, and food hubs like The Good Acre that collaborates with diverse, small-scale farms. We also strive to stock Black and African American-owned products on shelves throughout the store. While there is still much work to be done, when you shop at Seward Co-op, there are many opportunities to uplift and support Black-owned businesses this Black History Month, and year-round.



**A Message
From the Board**
Liz Liddiard Wozniak

Dear cooperators,

Sure enough, winter has come again. I'm thankful for our longer fall this year, giving us more time to spend outside in its beauty. This is the time of year that plant energy goes into the roots, creating the opportunity to harvest medicines for the year ahead. This mirrors our human energy of going inside and transitioning our internal clocks to more darkness than light. Once the leaves are gone, the sky takes over, making winter sky gazing the best of the year. I like to cook with beans and roots taking center stage during this time of year. Nothing warms the soul like a pot of soup on the stove.

It was so much fun to celebrate the past year of Seward Co-op at this year's Annual Owner Meeting! The co-op has had an incredible year and I'm as proud as ever to be an owner and member of this great community, especially amidst so much hardship in the world near and far. A true highlight was celebrating the 10-year anniversary of the Friendship store. What an incredible accomplishment, and what an honor to have seen it grow and flourish over the years. I was also excited to flip through the annual Scorecard and see so many incredible stories and data points. I encourage all of you to browse it online or grab a copy the next time you're in one of the stores.

Thank you to Tami Bauers and Moses Viveros, who are at the end of their terms on the board. It's obvious to me how much they both contributed to the board in their time and that they will be very missed. A warm welcome and congratulations

to Jess Nimm and Alice Wiand on their election to our board. I'm so glad to have two employees join us! I'm very happy to welcome back LaDonna Sanders Redmond, too.

Looking back on my first year on the board, it feels like a lot longer than a year, but also somehow like it's just been a blink. It has been so enriching to serve the Seward Co-op community as a board member, and I look forward to continuing to grow into this role.

Board Meetings

The next virtual board meeting is **Tuesday, Jan. 27 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
Jess Nimm	2028
Tabitha Montgomery	2027
Warren King	2026
Cassandra Meyer	2027
Elizabeth Liddiard Wozniak	2027
LaDonna Sanders Redmond	2028
Fartun Weli	2026
Alice Wiand	2027

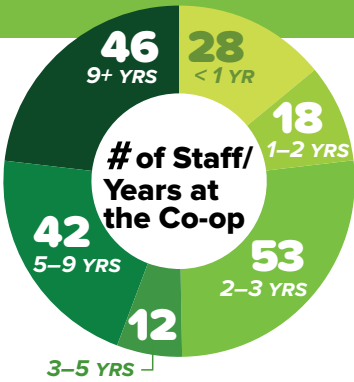


**SCORECARD
& ANNUAL REPORT**

Our annual Scorecard is a way we track our financial and social performance as we work to live out our Ends statement in real time. Scan the QR code with your cell phone, or visit sewardcoop.my.canva.site/2025-scorecard. This is a digital, expanded version of our printed Scorecard. A physical, slimmed-down version of this can be found at the Customer Service Kiosks at both stores.



LEARN MORE
ABOUT THE
CO-OP'S
IMPACT IN
2025



**starting
wage**

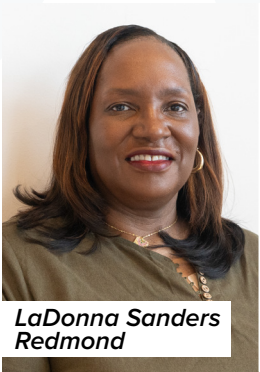


**median
wage**

bargaining unit staff

**2025 Board
of Directors
Election Results**

An integral piece of the Annual Owner Meeting is announcing the board of directors election results. Congratulations to LaDonna Sanders Redmond and Jess Nimm who were elected to three-year terms, as well as Alice Wiand, who was chosen as the designated employee director and holds 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 2025 election featured a pool of highly qualified candidates. Thank you to all who ran and voted.

10 Years of Growing Together
10 Years of Community Ownership
10 Years of Great Jobs
10 YEARS OF DELICIOUS FOOD
10 Years of Cooperation

WRAPPING UP A DECADE OF CELEBRATION



Ice Cream Social

The in-store kickoff of the Friendship store's 10-year anniversary brought together solo shoppers and families alike for a sweet celebration. About 75 people popped into the classroom to enjoy dairy-based and vegan frozen treats, groove to local musician Van Nixon's dulcet tones, and explore the new mini-museum that's currently still on display in the dining room. General Manager Ray Williams shared words of gratitude and hope for our co-op's future, and we sent attendees off with free can coolers, stickers, and sugar-fueled smiles.



2025 marked the 10-year anniversary of our Friendship store. Throughout the summer, we had a vibrant celebration with Sabathani Community Center in August, hosted a mini-museum debut at the Ice Cream Social in September, and closed it out with the Annual Owner Meeting. Let's look back on a summer of celebration, cooperation, and community together.

Sabathani Block Party

We had a blast celebrating ten years of the Friendship store at the Sabathani Block Party! Seward Co-op hosted a fun, interactive booth featuring games with co-op and Community Foods prizes, fresh fruit, and new Seward Co-op bumper stickers. Despite a soaking rain, hundreds of folks cheerfully attended the party—a testament to the spirit and resilience of the South Minneapolis community. However, this celebration wasn't just about fun. It was a heartfelt reflection and tribute to the community members and neighborhood organizations that make the 38th Street corridor a vibrant place.



ANNUAL OWNER MEETING RECAP

The 2025 Annual Owner Meeting and Social Hour, held on Oct. 27, 2025, capped off the season's celebrations on a perfect fall evening. Owners and community members gathered to hear the results of the board of directors election, the results of the Class-A stock increase vote, and the announcement of all grant recipients for 2026, including SEED, the Seward Community Fund, and People Powered Perks (read more on pages 18-19), while celebrating the 10-year anniversary of the Friendship store. Throughout the event, attendees enjoyed tacos from local food truck Habanero Tacos, 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.

As we look back on all these celebrations, we're filled with gratitude. Thank you to all of those who participated, and we look forward to many more years of working together to uplift and grow our shared communities.



Meet the 2026 SEED Recipients

At the 2025 Annual Owner Meeting in October, we announced the 2026 SEED recipients. Four were selected by a Seward Co-op staff-led committee, and four were chosen through a Community Choice vote.

In 2026, four months will be dedicated to Seward Co-op's needs-based program, which assists households with financial need by providing a discount on grocery purchases. These four months will be distributed throughout the year. The 2026 SEED recipients are listed below by the month they will be featured, with Community Choice recipients highlighted in **purple**.



JANUARY

The Immigrant Law Center of Minnesota helps immigrants and refugees gain legal status, work authorization, and citizenship so they can build safer, more stable lives in our communities.

FEBRUARY

Seward Co-op's Needs-Based Program assists households with financial need by providing a discount on grocery purchases.



MARCH

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



APRIL

Cempazúchitl Collective promotes self-sufficiency and culturally relevant food practices on occupied Dakhóta lands, fostering cultural resilience, healing, and ancestral wisdom. Their spaces center Indigenous youth and two-spirit, queer, and trans folks, while nurturing multicultural, multiracial communities working in solidarity towards collective liberation.

MAY

Seward Co-op's Needs-Based Program



JUNE

Centro Tyrone Guzman, the oldest Latine organization in Minnesota, leverages cultural strengths and intergenerational collaboration to promote equity for Latine families while building community through healing, belonging, and joy.



JULY

The Good Acre purchases food from local BIPOC farmers and sells it to wholesale customers who buy in quantities that are too big for a single farmer to fill, building wealth for those farmers and a more resilient food system.

AUGUST

Seward Co-op's Needs-Based Program



SEPTEMBER

Midwest Food Connection teaches hands-on food lessons to students in K-8 classrooms via cooking lessons, schoolyard gardens, and engaging children through the arts.



OCTOBER

Little Earth Residents' Association's Urban Farm provides food security for 1,000 residents thanks to the efforts of their youth, staff, residents, and community partners.

NOVEMBER

Seward Co-op's Needs-Based Program



DECEMBER

Sisters' Camelot nourishes the community and prevents food waste with free organic groceries and meals for unhoused neighbors and community members.

When you shop at Seward Co-op, you help impact the organizations doing important work in our community. Rounding up at the registers through our SEED program provides direct funds for local non-profits focused on mutual aid, food sovereignty, and more.

“I can't tell you how much we appreciate Seward Co-op's continued support for our community and the Urban Farm. You have already made so much possible, and the gift keeps giving. We are blessed. I wonder [how] many urban areas in this country can boast an organization that does as much as you do for your neighbors.”

*Little Earth Residents Association
Development Director, Holly R.*

“We are the Seward SEED recipient this month and we are so grateful. We value our partnership—you provide food for so many people that are food insecure.”

*Twin Cities Food Justice
Executive Director, Ann H.*

Winter Classes & Events

Register at
seward.coop/events

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.

DIY Soap Making for the Holidays

Wednesday, Dec. 3, 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 soapmaking techniques. Students will receive a free silicone mold and manual at the class.

John Hanson, Longfellow Soap

Seward Frolic Ice Cream Social and Staff Art Fair

Saturday, Dec. 6, 1–3 p.m.

Franklin store community area

Shop gifts and art from Seward Co-op's talented staff as we join the Seward neighborhood for the Seward Frolic annual art and business crawl. Enjoy free hot cocoa and live music from Charmin and Shapira.

SEWARD FROLIC
& HOLIDAY ART MARKET
SAVE THE DATE:
DECEMBER 6, 2025
• LOCAL BUSINESS SALES & DEMOS • WIN PRIZES WITH BIZ BINGO
• HOLIDAY ART MARKET • WRAP PARTY AND MORE!
SHOP LOCAL!
sewardbusiness.org
vine arts center

Build the Perfect Cheese Board

Thursday, Dec. 11, 6–7:30 p.m.

Friendship store

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

Taste your way through a variety of local and international cheeses as you learn how to build a stunning presentation on your best cheeseboard. Seward Co-op Cheesemonger Sika Johnson will chat about the variety of cheeses found at Seward Co-op and show you how to create a tasty display for the holidays or any special event.

Sika Johnson, Seward Co-op

Microgreens Kids Class: Sesame Asian Noodles

Saturday, Dec. 20, 11 a.m.–12 p.m.

Friendship store

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

Kids are free and must be registered with a parent or guardian

Microgreens makes the world of cooperatives, sustainably sourced food, and sustainable communities accessible and enjoyable to the youngest Seward Co-op shoppers. Join Chef Jess to learn how to make delicious Sesame Asian Noodles!

Jess Toliver, Jess Delicious Living

January



The Immigrant Law Center of Minnesota helps immigrants and refugees gain legal status, work authorization, and citizenship so they can build safer, more stable lives in our communities.

Microgreens Kids Class: Granola Bars

Saturday, Jan. 17, 11 a.m.–12 p.m.

Friendship store

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

Kids are free and must be registered with a parent or guardian

Microgreens makes the world of cooperatives, sustainably sourced food, and sustainable communities accessible and enjoyable to the youngest Seward Co-op shoppers. Join Chef Jess to learn how to make customizable granola bars.

Jess Toliver, Jess Delicious Living

February



Seward Co-op's Needs-Based Program

assists households with financial need by providing a discount on grocery purchases.

DIY Soap Making Class

Monday, Feb. 2, 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 an evening of learning the art of soapmaking! Join Longfellow Soap owner John Hanson to learn how to make your own customizable soap. Students will also receive a free silicone mold and manual at the class.

John Hanson, Longfellow Soap

Farm to Studio: Creating Art Materials from Onion Skins

Thursday, Feb. 19, 6–7:30 p.m.

Friendship store

\$15 / \$10 for Seward Co-op owners

"Farm to Studio" is a workshop series exploring how food waste can be transformed into unique, natural art materials. In this hands-on workshop, you'll learn how to transform onion skins into beautiful, sustainable art materials. This class will guide you through the process of extracting pigments, mixing your own paints and inks, and exploring their artistic potential. Leave with your own handmade paint and the knowledge to continue this sustainable practice at home!

Lara Cornell, Sustainability & Regeneration Specialist in Art, Craft, & Design



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News

Class-A Stock Increase Election Results

Seward Co-op is pleased to announce that nearly 90% of owners who participated in this year's annual election voted "yes" to increase the cost of Seward Co-op ownership to \$99. This owner-approved change to our Articles & Bylaws helps financially strengthen our co-op so we can keep supporting local farmers, sustainable producers, and small-scale businesses for years to come. It is with much gratitude that we thank all of you for investing in our community-owned co-op. This ownership increase will go into effect in Jan. 2026 and we encourage our owners to pay their \$24 difference at the beginning of the year. Keep an eye on your email, as well as in-store and online, for further communications on how you can pay your stock equity difference.

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 is full of wonder! There's a special magic when the air takes on a chill and the snow begins to fall. Grab your mittens and your imagination, it's time for frosty fun and comfy creativity with Microgreens.

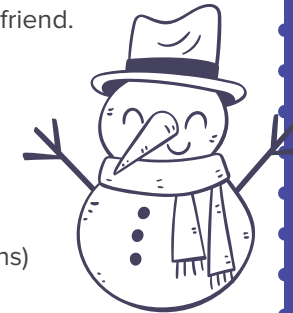


Bake & Decorate: Build-a-Snowpal Cupcakes

Turn a regular cupcake into a frosty friend.

You'll need:

Cupcakes (any flavor)
White frosting
Colored icing (for face details)
Marshmallows
Pretzel sticks (for arms)
Chocolate chips or raisins (for buttons)



What to do:

Frost your cupcake to build a snowy base, then add a marshmallow for a head. Use pretzel sticks to make arms, or a little "carrot" nose. Press in chocolate chips or raisins for buttons, and use colored icing to draw eyes, a smile, or any silly face you'd like. Get creative while decorating your snowpal, then take a photo before your tasty masterpiece melts away...or gets eaten!

Want to make the base for your snowpal yourself? Try this easy, wheat-free cupcake recipe from National Co+op Grocers here: www.grocery.coop/recipes/wheat-free-vanilla-cupcakes



Science Fun: Frozen Bubble Magic

When it's freezing outside, you can turn simple bubbles into sparkly snow globes in the air. When it's cold enough, the soap mixture traps water vapor as it freezes into delicate ice patterns before the bubble pops!

You'll need:

Bubble solution (or make your own with 1 cup water + 2 Tbsp dish soap + 1 Tbsp corn syrup)
A bubble wand
Freezing weather (below 20°F works best)

What to do:

1. Bundle up and head outside on a day with below-freezing temps.
2. Blow a bubble gently and let it land on a snowy surface.
3. Watch as it slowly freezes...tiny ice crystals will swirl and sparkle!
4. Observe how the patterns form. Each one is different, just like a snowflake.



Microgreens Kids Cooking Classes

With Jess Toliver,
Jess Delicious Living
11 a.m.–12 p.m.
Friendship store classroom
\$10 / \$5 for Seward Co-op owners
Kids are free and must be registered
with a parent or guardian

Sesame Asian Noodles
Saturday, Dec. 20



Granola Bars
Saturday, Jan. 17



For more information on
classes, see pages 20–21.



Seward
COMMUNITY CO-OP



Community Foods
Values Every Day



LAMB SHOPPE



PETERSON CRAFTSMAN MEATS



BLOOMING PRAIRIE NATURAL BEEF

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: 12/31/2025–1/6/2026



FREE
BOULDER
CHIPS, 5–6.25 OZ.



REG: \$4.49

Limit one coupon per owner number | While supplies last
Valid only 12/31/2025–1/6/2026 | Price subject to change

WEEK TWO: 1/7/2026–1/13/2026



FREE
NIXIE SPARKLING
WATER, 8 PK.



REG: \$6.69

Limit one coupon per owner number | While supplies last
Valid only 1/7/2026–1/13/2026 | Price subject to change

WEEK THREE: 1/14/2026–1/20/2026



FREE
BOX OF EQUAL
EXCHANGE TEA



REG: \$5.99

Limit one coupon per owner number | While supplies last
Valid only 1/14/2026–1/20/2026 | Price subject to change

WEEK FOUR: 1/21/2026–1/27/2026



FREE
ALTER ECO
CHOCOLATE BAR



REG: \$5.99

Limit one coupon per owner number | While supplies last
Valid only 1/21/2026–1/27/2026 | Price subject to change