

SPROUT!

Spring 2025



Dig in at the Deli

**Feeding the Local Food
System**

All About Bulk

**Explore Spring Activities
for Kids**



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
Designer Amanda Reeder
Director of Marketing and Communications Natalia Mendez

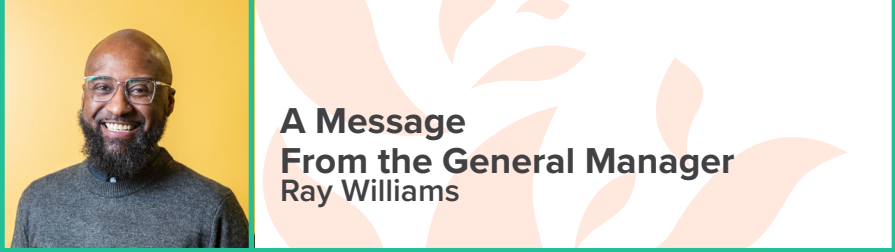
Sprout! is published quarterly
Hours of Operation
Franklin store
(612) 338-2465
Open 8 a.m.–10 p.m. daily
2823 E. Franklin Ave., MPLS, MN 55406

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: Visitors stop by for the Franklin store Ice Cream Social, September, 2024.



Dear Seward Co-op Owners,

I'm so happy to announce our sale of the Creamery building to North American Traditional Indigenous Food Systems (NATIFS). NATIFS is deeply aligned with our values and Ends, and we look forward to seeing what they will accomplish in the next chapter of the building. I hope you'll come out to the meet and greet with NATIFS and chef Sean Sherman on March 19 at the Franklin store. After that, I'll look forward to seeing many of you at ŠHOTÁ for some Indigenous BBQ! You can read more about the Creamery sale on pages 18-19.

Wrapping up my second year as General Manager, I feel like I'm starting to really find my place in this work. Last year was full of challenges for the co-op, but we were able to come together to stabilize and move confidently forward. We lived out our strategic priorities to re-center, simplify, connect, and grow by assessing our entire organization's finances; We looked closely and holistically at each department to clarify our strengths, and continue to build from there.

I'm excited about upcoming projects in 2025. We've been working on improving the owner onboarding experience, and as part of this audit, we are considering raising the price of ownership stock. The current \$75 price has not changed since it was enacted in 1987. Our class A stock price is significantly lower than the other Twin Cities area co-ops—and

given the financial position of the co-op, I believe this is the right time to consider a change. I'll share more ideas in the coming months—this is ultimately something that you, Seward Co-op owners, would vote on in the coming year.

This spring, we've decided not to host the CSA Fair and are focusing our resources on supporting connections between local farmers and co-op customers within our stores. We were grateful to have met a unique need in our community for several years; and we know that there are now many other ways CSAs connect with potential customers. You will continue to find a number of these CSA farmers using our stores as drop-sites.

This fall, we'll celebrate the 10-year anniversary of opening the Friendship store. As many of you know, I started my career here at the co-op 10 years ago as the inaugural Friendship store Manager. I'm proud of the way the Friendship store exceeded expectations for sales and our ability to provide an invaluable community resource.

In times like these, we go back to our roots. I rely so much on the incredible people I work with, from the board of directors to the leadership team, to the cooks and the cashiers, and the bakers and the dish washers. Every one of us together makes this possible. Wishing hope to all in our co-op community this spring.



CULTIVATING
A NETWORK AT
SEWARD
CO-OP

When Jen Strommen (she/her) first started shopping at Seward Co-op, she was burnt out from college, missed friends who had moved away, and felt disconnected from her field of study. But something about the co-op felt like a refuge from it all. “Staff made me feel seen, welcome, and like I was part of something positive just by being there—which was all missing in my academic-focused life at the time,” she says. That same year, 2015, Jen started working at Seward Co-op part-time, bagging groceries for customers. The next year, she became a cashier, clerked for different departments, and eventually became a full-time scanning specialist, working on everything to do with barcodes, UPCs, and pricing. Now, Jen works as an IT System Support Specialist.

Between troubleshooting individual computer issues and building and maintaining many parts of the internal technical systems, Jen works across the co-op, from behind the scenes in server rooms to on the floor at the registers. Much of what is done internally at Seward Co-op by the IT team is often outsourced at other businesses. “The IT team often finds creative solutions, writes automation scripts, and fixes bugs ourselves, rather than pay steep fees and wait for other parties to fix or develop what our staff and customers need. This work can be the most exciting to me yet

“I feel that we can all be proud that Seward Co-op prioritizes in-house resourcefulness and labor by our staff—for our staff—and for a community-based technology experience.”

often is the most invisible to others,” says Jen. “I feel that we can all be proud that Seward Co-op prioritizes in-house resourcefulness and labor by our staff—for our staff—and for a community-based technology experience.”

Solving problems for the community is rewarding for Jen, and working in IT gives her the chance to do this daily. “I enjoy discovering how things work, empowering others with tech knowledge and skills, and seeing how my efforts have the power to improve how people do good work and how our company runs.” Of course, being at Seward Co-op, enjoyment also comes from the abundant food options. “Every fall, I get pumped up about our Indigenous Peoples’ Day chicken bowl. Each dish packed in there is so tasty, hearty, and well-made!”

Ultimately, being a staff member at Seward Co-op connects Jen to community and to the way she first connected with the co-op as a shopper. “I witness how our collective resourcefulness with tech and each other continues to make us responsive to the social and economic challenges around us while staying true to our cooperative principles and Ends statement. All of it reconnects me to my very first feelings of being at Seward Co-op and feeling part of a positive force in our community.”



WOMEN'S *History* MONTH

Enjoy items from
Minnesota-based,
women-owned
Community Foods
producers

Women's History Month takes place each March, and it's a time to educate others and recognize the contributions women around the world have made throughout history. It originated in Santa Rosa, Cal., in 1978, and in 1987, it expanded into a month-long celebration.

Seward Co-op itself would not be where it is today were it not for the vibrant, courageous, and talented women who've been shaping the local cooperative movement since day one. We have always made it a point to highlight inclusive producers on our shelves—to us that means historically underrepresented groups, including women, trans, femme, and BIPOC people, and veterans—and this Women's History Month, we're pleased to highlight a few women-owned businesses for the community to explore.



Apasa Foods

Apasa's artisan spicy and tangy Green Chili Achaar (fermented relish) is probiotic and handcrafted with 100% organic ingredients. It is typically used in South Asian cuisines to add heat, tang, and fermented veggies to support digestion. Mix it with yogurt to make a delicious marinade, add it to your breakfast eggs, or use it like any other relish on top of your favorite grillables. Find it at both stores near the sauerkraut and kimchi.

Jakeeno's Pizza & Pasta

On December 26, 1975, Jack and Carol Keegan opened Jakeeno's Pizza and Pasta on the corner of 36th and Chicago in South Minneapolis. Daughters Patty and Amy Keegan took over Jakeeno's from their parents in 1999. Since then, Patty and Amy have diversified the business through a wholesale division that brings their longstanding recipes for pizza and pasta sauces and frozen pizzas to local shops and co-ops. You can find all of it at both Seward Co-op stores.



Sola's Butters

Founded in 2016 by Abisola J-Peterson, Sola's Butters is rooted in family history and Indigenous African ingredients. While exploring natural ways to heal and soothe dry, cracked skin exacerbated by eczema, she recalled during her childhood in Nigeria how her mother used raw shea butter to calm and soothe angry skin. The results are high-quality skincare products that you can find at both of our stores.



Botanical Lucidity

A lifelong lover of tea, herbal medicines, and holistic supplements, Kayla Emmons started Botanical Lucidity in 2019 by making tea concentrates in her own kitchen in the Twin Cities. That same year, Kayla introduced her elixirs to several local grocery co-ops and has since grown her business to have a presence in co-ops across the state. Her powdered concentrates come in multiple varieties and can be found in some of the drinks at Seward Co-op's Deli counter, too.



DIG IN AT THE DELI

For nearly 40 years, Seward Co-op has offered freshly prepared foods at an in-house Deli. First beginning in 1987 when the co-op was undergoing an expansion along the corner of Franklin Ave. and 22nd Ave., the Deli has since grown into a staple department at both stores. Today, you can find scores of prepared foods in the Deli, from the Hot, Soup, and Salad Bars to the drink counter to the Grab n Go coolers, Bakery case, and more. Dive into the Deli with us as we explore what makes this department so delicious.

A Focus on People

In 2024, Deli products accounted for 14% of overall co-op sales. This included 110,192 lbs. of Hot Bar, 7,694 gallons of coffee and espresso drinks, and 47,176 cookies, among other items. Excluding cheese, nearly everything in the Seward Co-op Deli is made in-house from scratch, from sandwiches to salads to soups, desserts, and more. Producing so much takes a large and cohesive team. Between the Franklin and Friendship stores' Delis, nearly 50 staff work to keep the department running. This includes cooks, counter staff, dish washers, and other supporting and leadership roles. "We care about each other, and we care about the food we make," says Cassie Moser, the Prepared Foods Director at Seward Co-op. When Cassie started in the role back in 2024, it was new to the co-op, and a way to streamline oversight of one of the most important departments in the stores. Formerly the Friendship store Deli Manager, Cassie brought years of experience to the new position, especially when it came to developing menus, which is now one of the most crucial parts of the Prepared Food Director's role.



Everything at Seward Co-op comes back to our Ends statement to sustain a healthy community that has equitable economic relationships, positive environmental impacts, and inclusive, socially responsible practices. This holds true for menu development in the Deli, especially to ensure there are culturally relevant dishes available to the community. Ultimately, as Cassie explains, it's a reflection of the diversity of Seward Co-op staff. "Our ability to create and develop recipes from different cultural regions is a direct impact of the people who work in our Delis," says Cassie. One of the new items to look out for this spring? Ethiopian hand pies!

Prioritizing Organic and Local

Beyond the expertise that staff bring to creating delicious food for shoppers, the other key piece of the Deli is the type of ingredients used in Seward-made items. Using organic produce whenever possible is a priority, as is choosing local, small-scale producers for proteins, like Peterson Craftsman Meats pork and Kadejan chicken. "I enjoy working with ingredients I want to eat, and that is what drives my work at the co-op," says Cassie.

Another crucial part of the Deli, the Cheese department, is also deeply committed to offering locally produced items. **In 2024, Seward Co-op sold nearly 125,000 lbs. of cheese, including from 124 locally produced cheeses.** From goat cheeses to parmesans, cheddars to goudas, there are dozens of local options at the Cheese counter.



Rosie's Guacamole

One of the first things offered in the Seward Co-op Deli, and one of the most popular items in the 1990s, was Rosie Williams' homemade guacamole. Rosie, who lived next door to the co-op on 22nd Ave., would make her delicious guacamole and bring it to the co-op to be sold in the Deli. [View the recipe on our website here.](#)

SPRING DELI CALENDAR

Here's what to look forward to this season in the Deli:

MARCH

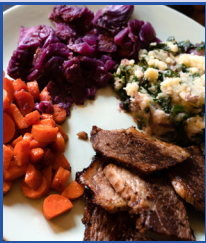
Cheese of the Month Sale:
creamy, nutty, and bright green **Sage Derby**

Drink of the Month:
warming **Botanical Lucidity Mushroom Latte**

March 14 (3.14) is Pi(e) Day!
Save 15% on whole and half pies and slices

St. Patrick's Day

Pre-order **house-brined corned beef** at the Meat and Seafood counter
On Monday, March 17, try a special **Hot Bar** featuring house-brined corned beef, savory colcannon, and tangy braised mustard cabbage



APRIL

Chewy and sweet **Hot Cross Buns** will be available in the Bakery in mid-April



APRIL

New sandwiches and wraps will be available mid-April! Try the beautifully balanced **Brie, Apple, and Ham Baguette** or the rich and creamy **Tempeh Tahini Wrap**

Cheese of the Month Sale:
salty **Dubliner Aged Cheddar**

Drink of the Month:
smooth **Caramel Latte**

MAY

Cheese of the Month Sale:
versatile **Sartori Parmesan**

Drink of the Month:
tart **Hibiscus Agua Fresca**

Plus, be on the lookout this spring for new Bakery items!

Matcha Tiramisu, Oatmeal Cream-Filled Cookie Sandwiches, Ethiopian Hand Pies

GET GRILLING THIS MEMORIAL DAY

Each year, Memorial Day feels like a summer prequel. The sun is back for longer periods of time, temperatures are zooming ever higher, and it beckons each of us to dust off our grills, stock up on charcoal or tanks of propane, and get back into grilling. Check out a few ideas from Community Foods producers (small-scale, local, sustainable, inclusive, cooperative) to kick off your best grilling season yet.



Seward-made

Mediterranean Lamb Burgers

SMALL-SCALE, LOCAL, SUSTAINABLE, COOPERATIVE

Let Seward Co-op staff do the prep while you fire up that grill. Featuring grass-fed ground lamb from Hutchinson, Minn.'s Lamb Shoppe, salty pieces of feta, mint, garlic, and other herbs, our house-made Mediterranean Lamb Burgers are a mouthwatering flavor for spring. You can also rest easy knowing your meat was respected while it was raised. Lamb Shoppe's holistic approach to farming and their grazing techniques not only yield high quality lamb, but also foster an environment for both land and animals to flourish.



Tree-Range® Chicken Pieces

SMALL-SCALE, LOCAL, INCLUSIVE, SUSTAINABLE

Tree-Range® birds are raised in Minnesota by family farmers in ways that are better for animals, people, and the planet. They raise slower-growing breeds of chickens in small flocks that are free-ranged under a protective and productive canopy of trees. Select these organic and sustainable chicken pieces to soak in delicious marinades, rubs, and sauces to easily satisfy any weeknight grilling craving.



Steaks from Blooming Prairie and

Peterson Craftsman Meats

SMALL-SCALE, LOCAL, SUSTAINABLE

Looking for a cut above the rest? Journey no further than Seward Co-op's Meat and Seafood department for locally raised steaks. Peterson Craftsman Meats is a local, small-scale, and sustainable multi-generational family farm that focuses on quality, animal care, and environmental stewardship. Meanwhile, Blooming Prairie's single-origin calves are raised on their mother's milk until they are old enough to be weaned, then graze on their own in the pasture, where they are well taken care of. Try a ribeye, skirt, or flank steak this early grilling season.

Showcase the flavors of sustainably raised meats and seafoods with homemade marinades and sauces this grilling season. Here are two to get you started.



ZESTY CITRUSY MARINADE



This marinade is especially good on chicken pieces. The acid from the citrus plumps up and lightly tenderizes the protein fibers in the meat, leading to more succulent grilled chicken—and a bright and zippy flavor.



CHIMICHURRI



Chimichurri is a flavorful, herby sauce that's incredible on grilled meats, veggies, and seafoods, and can even be used as a marinade in a pinch!



DON'T FORGET THE GRILLING ESSENTIALS

CHIMICHURRI

INGREDIENTS

1 cup fresh parsley, leaves only, finely chopped
 ½ cup fresh cilantro, leaves and stems, finely chopped
 ¼ cup fresh oregano, finely chopped
 6 cloves garlic, minced
 ¼ cup red onion, finely chopped
 ¼ cup red wine vinegar
 ½ cup olive oil
 1 teaspoon dried oregano
 Salt and freshly ground black pepper to taste

INSTRUCTIONS

Mix all ingredients together in a bowl and adjust to your taste preferences. For a smoother consistency, pulse all ingredients in a food processor or blender, but don't liquify them—this sauce requires a bit of chunky texture for the best outcome and flavor.

ZESTY CITRUSY MARINADE

INGREDIENTS

2 lbs chicken pieces
 ½ cup orange juice*
 ¼ cup lime juice*
 1 tablespoon lemon juice*
 2 tablespoons neutral high-head cooking oil, like avocado oil
 2 tablespoons maple syrup
 4 cloves minced garlic
 ½ teaspoon salt
 ¼ teaspoon white pepper
 1 teaspoon fresh rosemary, finely chopped
 *½ tsp each of orange, lemon, and lime zest, if using fresh citrus

INSTRUCTIONS

Place all chicken pieces in a shallow baking dish or, preferably, a large, heavy weight zip top bag. Whisk together all marinade ingredients and pour over the chicken, making sure it's submerged. Marinate in the refrigerator for 2-12 hours for bone-in chicken or 1-6 hours for boneless. Any longer and the acids will break down the protein structures too far and may lead to mushy meat. When it's done marinating, cook to 165 degrees Fahrenheit via your preferred grilling (or smoking) method of choice.



Micah Helle is the Wholesale Partnership Manager at The Good Acre

STARTING SMALL TO FEED THE LOCAL FOOD SYSTEM

Working with local farms has been a longstanding priority at Seward Co-op. Whether in the form of fruits and veggies, eggs, meat, or cheese, locally farmed products from Minnesota, Wisconsin, and Iowa come with a plethora of benefits: they help support the local economy, use fewer resources—and

thus create fewer carbon emissions—in transporting product, and they arrive fresher than items that had further to travel. But feeding a flourishing local food system means supporting more than just the largest, most prolific farms on the map. According to the 2022 Census of Agriculture, the average farm size in Minnesota is 388 acres, with approximately 30% of farms in the state under 49 acres. So how do farmers that tend relatively small plots of land, and work on a smaller scale, not only manage to enter the broader wholesale markets, but also compete against the biggest farms in the region? That's where The Good Acre comes in.

[The Good Acre](#) is the largest nonprofit food hub in Minnesota. Working with approximately 140 different producers, The Good Acre connects buyers, like Seward Co-op, with producers in the area who are looking to gain wholesale experience and reach higher volume markets. For many farmers who sell at farmers markets, moving into a wholesale playing field, rather than selling directly to consumers, can be a challenging step. The Good Acre's grower support program and partnerships help small farmers navigate wholesale requirements, making it easier for buyers, from grocery stores and schools to The Good Acre's 500+ CSA members, to consistently source and support locally grown food in Minnesota. "There's power in local, there's power in small," says Micah Helle (they/them, he/him) The Good Acre's Wholesale Partnership Manager. "Small does not mean weak."



The Good Acre warehouse and offices are located in Falcon Heights, Minn.



Apples from The Good Acre warehouse, destined for Seward Co-op



The Good Acre offers a CSA subscription to more than 500 members



The farmers The Good Acre partners with collectively cultivate over 1,000 acres of local farmland

Micah is the main point person for anyone looking to do business with The Good Acre. As an aggregator, The Good Acre brings in product from their partner farms, stores it in their warehouse in Falcon Heights, and fulfills contracts with buyers like Seward Co-op to supply the store with fresh, local produce.

Micah is Seward Co-op's contact at The Good Acre and works closely with the co-op's produce buyers to bring in what's needed. Seward Co-op's commitment to local has been long apparent, but Micah works with all sorts of customers who are just beginning to enter the local scene. "How can we reduce friction for a number of these customers looking to evolve how they interact with local food?" they ask. It's a question he works toward answering daily.

Since Seward Co-op began working with The Good Acre in 2021, it has not only been a bountiful source of local food, but also a link to working with BIPOC farmers. "This was my

first connection to working with majority BIPOC producers to be distributed," says Aiesha Babu (she/her), Fresh Departments Buyer at Seward Co-op. In fact, in 2024, 78% of The Good Acre's produce spending was with BIPOC growers. This is especially significant in a state where, according to the 2022 Census of Agriculture,

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fewer than 2% of farm producers are Black, Indigenous, or People of Color (BIPOC). This year, Seward Co-op brought in produce from 17 BIPOC farms through The Good Acre, including items like rainbow carrots, Japanese eggplant, and ground cherries.

Most famers who work with The Good Acre are Hmong or East African, and a large majority rent the land they tend. "There are larger systematic inequities in our food system, and really in land ownership, that makes it easier for white farmers, [historically] farmers with more resources, to access more markets," says Micah. According to the 2022 National Young

Farmer Survey, 65% of young BIPOC farmers said that finding affordable land to buy was "very or extremely challenging." Renting land means being limited in building infrastructure for a farm, and it's more difficult to become certified organic. Supporting BIPOC farmers at The Good Acre, and down the supply chain at Seward Co-op, means shifting market access and building opportunities for more businesses. Additionally, in a widely diverse city like Minneapolis, having BIPOC growers' specialized knowledge of producing culturally specific crops is extremely valuable, Micah explains. Making those items regularly available to the community is just another boon from working with BIPOC farmers.

Micah's own background in farming has led them to think regularly about—and work towards—building a better world for farmers. Ultimately, Micah's reward is seeing small-scale farms grow and reach larger markets. This is one benefit of

This year, Seward Co-op brought in produce from 17 BIPOC farms through The Good Acre, including items like rainbow carrots, Japanese eggplant, and ground cherries.

working with co-ops, they say, because there is always an open line of communication about what's working, what's needed, and where there can be improvements. Co-ops are also interested in telling the story of small-scale farms, bringing a farmer's market-type experience to shopping at stores. Locally produced food

at co-ops is prioritized and celebrated, whereas at many other mainstream corporate grocers, local can be harder to implement at scale without trusted wholesale partners.

The farmers The Good Acre partners with collectively cultivate over 1,000 acres of local farmland, demonstrating that small and mid-sized farms, when supported by a food hub, can be a powerful

force in feeding our communities. With lots of red tape set up for bigger farms to win the contracts, The Good Acre is championing the small-scale producers, working to bring them value while also managing the steps it takes to get produce into stores. "The courage to start and wade through that," Micah says, "we need more of that."



TAKE A BITE OUT OF BULK

Back in 1972, when Seward Co-op was spelled “Seward Cooop,” the shelves were mostly lined with bulk pantry staples: containers full of items like dill seeds, white pepper, and turmeric. Today, more than 50 years later, Bulk is just one of many departments at the co-op, but still operates on the same principles: only buy and pay for what you need. This spring, we’re taking a close look at the department that started it all, the advantages to buying in bulk, and how to shop this integral part of the store.

Buying in Bulk: The Benefits

There are many reasons to shop the Bulk department, not only in the Bulk aisles, but also across the store, from items like eggs to celery to mushrooms and more. Ultimately, buying in bulk means you can get exactly what you need, which helps cut down on food waste and makes your shopping more cost-effective. Sometimes it makes sense to buy a 5 lb. pre-packaged sack of flour (if you use it regularly!), but what if it’s a special occasion, and you only need a few cups of rye flour? Shop in bulk! You’ll be reducing food waste—the flour you won’t use—and you’ll only have to pay for exactly how much you need.

Another advantage to only buying what you need is that the Bulk department is a great place to try new things, experiment with new ingredients, and learn more about food. Between the Friendship

and the Franklin stores, there are 394 different items in the Bulk departments, more than half of which come from local sources. That’s a lot to try! Interested in a new fairly traded coffee? Curious about using a new grain in your cooking? Give it a go with a small bag from Bulk. Even if you’d like a sweet treat after lunch, come to Bulk for a few scoops of yogurt pretzels or crystalized ginger. That’s the beauty of buying only what you need.

With the Bulk department being so customizable, it’s only natural that customers can bring in their own clean reusable containers for their items. In the same spirit of food waste reduction, this cuts back on single-use packaging. If you need a container, Seward Co-op also provides complimentary small bags, as well as glass jars and other recyclable containers for purchase, so you can shop Bulk anytime.

THE HOW-TO’S OF BULK

Shopping in the Bulk department is easy as 1-2-3.

Step 1: Weigh Your Container

Choose your container, whether it’s a clean one you’ve brought from home or one you’ll purchase from Seward Co-op (small paper and plastic bags from the co-op do not need to be weighed). Weigh your empty container on one of the scales in the department and mark its weight with one of the provided stickers (e.g. tare 0.2 lb). This is so you won’t be charged for the weight of the container.

Step 2: Fill Your Container

Choose the item you’d like to purchase and fill your container as much as you’d like.

Step 3: Write the PLU

Locate the PLU number on the Bulk container and write it on a sticker on your personal container. This lets the cashier know which item you’re purchasing.

And that’s it! If you need a refresher, Bulk department staff are always happy to help with questions.



BULK FACTS

LOCALLY PRODUCED WHOLE GRAIN MILLING ROLLED OATS ARE THE BEST SELLING BULK ITEM AT SEWARD CO-OP: WE’VE SOLD MORE THAN TWO TONS OVER THE PAST 6 MONTHS.

Seward Co-op has sold nearly **25,000 pounds** of cooperatively sourced coffee beans over the past 6 months. **THAT’S ENOUGH TO MAKE ALMOST 767,000 CUPS OF COFFEE!**

THERE ARE MORE THAN A BAKER’S DOZEN DIFFERENT TYPES OF FLOURS IN THE BULK DEPARTMENT.

BULK DEPARTMENT SALES ACCOUNTED FOR 6% OF TOTAL CO-OP SALES LAST YEAR.



Did you know you can find these items in bulk?

Some of the most unique and exciting finds at Seward Co-op are in the Bulk department. Check out just a few of the items that might surprise you, and explore the Bulk aisles next time you visit! We're sure you'll discover a new favorite.



Turmeric ginger cashews – a punchy and flavorful snack



Dried nettle leaf – a good source of calcium and antioxidants and a great addition to earthy teas



Laundry detergent – perfect for reusing containers



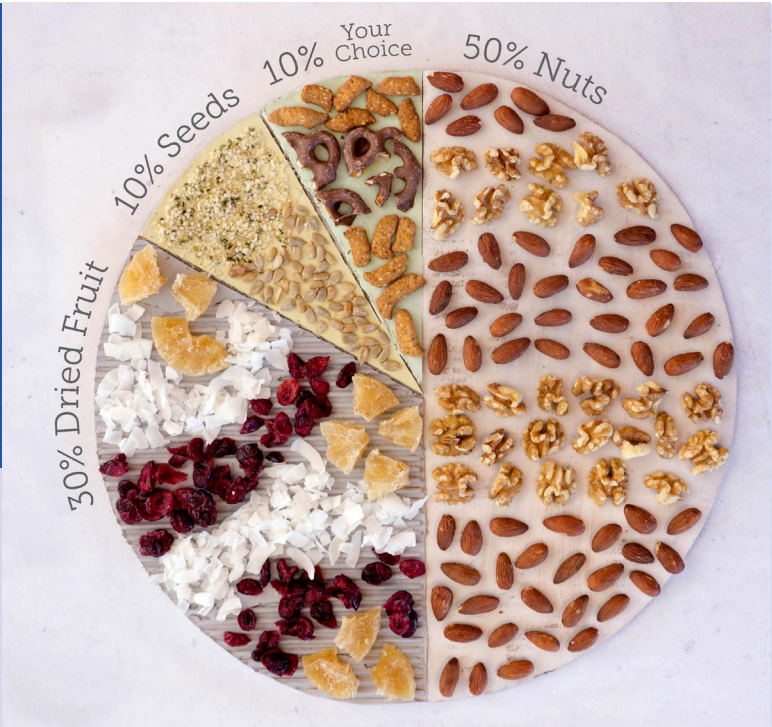
Personal care items (located in the Wellness department), including **Epsom salts, shampoo and conditioner, lotion**, and more




Spirulina powder – a powdered algae that's great for adding vitamins and minerals (plus a pop of blue-green color!) to juices and smoothies

DIY Trail Mix

Looking to craft your own personalized snack mix, but not sure where to start? There's no better place to shop for exactly what you want (and need!) than the Bulk department. Try these ratios of sweet to salty and crunchy to chewy, and customize however you like. Snacks up!





A Message From the Board

LaDonna Sanders Redmond

Dear Friends,
As another year unfolds, we find ourselves standing at the crossroads of challenges and possibilities. Yet, as the days grow longer and the earth begins to awaken, I'm reminded of the resilience and renewal that spring always brings.

This sense of time passing is humbling. Over a decade ago, I joined Seward Co-op, helping to open the Friendship store and the Creamery, and witnessing the transformative journey of this community. It's been nearly five years since the world was shaken by the pandemic, and the echoes of George Floyd's murder and the uprisings that followed still resonate deeply. These moments remain with us, shaping who we are and reminding us of the work yet to be done. In a world where white supremacy, settler colonialism, climate crises, and attacks on democracy loom large, it's easy to feel overwhelmed. Yet here we are—standing together, facing another spring, and carrying the belief that change is not only possible, but essential.

At times like these, I find immense gratitude in being rooted within an organization like Seward Co-op. Having Ray at the helm of our leadership is an honor. His vision, empathy, and determination inspire confidence, not just in the Co-op's

future but in what we can achieve as a community. His leadership exemplifies the best of what we can be.

This year, I'm thrilled to celebrate a significant milestone: the sale of the Creamery building to NATIFS. This step represents so much more than a transaction. It's a powerful act of returning resources and influence to Indigenous hands, and it's an honor for Seward Co-op to support this important work. The future of Wóyute Thipi and the incredible initiatives of NATIFS fill me with hope and pride for what's to come.

Even as we part ways with the CSA Fair this year, our commitment to supporting local, sustainable agriculture remains steadfast. Today, as natural and organic products become more mainstream, it's more important than ever to remember that Seward Co-op is about so much more than food. It's about resilience. It's about standing together in defiance of systems designed to divide and destroy us. It's about ensuring that even in the face of threats to our democracy, our values of justice, equity, and compassion remain unwavering.

Let's carry this spirit forward into the year ahead. Let's support one another, nurture hope, and continue building a future that reflects the values we hold dear.

Board Meetings

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
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

Beginning in April, owners will have access to an online portal for account information, their round-up totals, and more. Keep an eye out for details on how to register, coming this spring.



FAREWELL CREAMERY BUILDING, HELLO WÓYUTE THIPI

In early January, Seward Co-op announced the sale of the “Creamery building” to [North American Traditional Indigenous Food Systems \(NATIFS\)](#), the nonprofit founded by James Beard Award-winning chef Sean Sherman. The new facility, named NATIFS Wóyute Thipi (Wóyute Thipi meaning “food building” in Dakota), will serve as a central hub for the organization’s expanding work in Indigenous food systems and community development. The building will house a new counter-service restaurant, ŠHOTÁ Indigenous BBQ by Owamni; a large-scale commissary kitchen to produce Indigenous foods for public institutions; NATIFS’ operational headquarters; and a coworking space designed to support Indigenous and other BIPOC businesses.

NATIFS Founder and Executive Director Sean Sherman was the featured speaker at Seward Co-op’s 2018 Annual Owner Meeting. We have had the pleasure and honor of partnering over the

years to uplift native cultural and culinary traditions in a number of ways—through collaborating on recipes on the Hot Bar, working as a community to round up for Native-led organizations, and most recently by participating with other local co-ops on a product promotion that raised over \$139,000 for NATIFS. NATIFS is deeply aligned with our values and Ends, and we look forward to seeing what they will accomplish in the next chapter of the building.

Prior to settler colonialism, the land on which Seward Co-op buildings, along with the Creamery building, is located on unceded lands of the Dakota, Lakota, Ojibwe, and other local Tribal Nations. This sale is helping rebuild cultural connection in a corridor near other Native-led organizations and continues our years-long collaborations with Sherman.

We are grateful for our time in the historic building. When Seward Co-op acquired the

Creamery in 2013, more than 90 years had passed since the building was established by the Franklin Cooperative Creamery Association (FCCA). Over its lifespan, the FCCA produced various products, from chocolate milk to sweet cream butter to cottage cheese and ice cream. At one point, 35,000 families were served daily by the delivery drivers, and, at its height, the cooperative was responsible for 80 percent of the milk supply in the Twin Cities.

We are confident that NATIFS Wóyute Thipi will enable NATIFS to expand their mission in the community and continue their work to decolonize cuisine and revitalize Native foodways in the Twin Cities and beyond.

Join us at a Meet & Greet with NATIFS and Sean Sherman

March 19 at the Franklin store
see [page 20](#) for more details



Chef Sean Sherman, also known as The Sioux Chef, a member of the Oglala Lakota tribe, grew up on the Pine Ridge Reservation in South Dakota and is a leading advocate for Indigenous food sovereignty. In 2015, he founded the nonprofit North American Traditional Indigenous Food Systems (NATIFS) and the Indigenous Food Lab to make Indigenous foods more accessible.

His book, *The Sioux Chef’s Indigenous Kitchen* (2017), won the James Beard Award for Best American Cookbook in 2018. Sean received the James Beard Leadership Award in 2019, and in 2021, he opened Owamni, Minnesota’s first full-service Indigenous restaurant, which won the 2022 James Beard Award for Best New Restaurant.

Recognized for his contributions, Sean was named one of TIME’s 100 Most Influential People in 2023. He is also the ninth recipient of the Julia Child Award and was included in The Independent’s Climate 100 List for 2024.

March



March SEED Recipient:
The Brian Coyle Food Shelf provides culturally affirming and nutritious food to the Black, Brown, low-income, and immigrant households in the Cedar Riverside neighborhood of Minneapolis.

Meet & Greet with NATIFS and Sean Sherman

Wednesday, March 19, 5–6 p.m.

Franklin store

Free

Seward Co-op recently sold the Creamery building to North American Traditional Indigenous Food Systems (NATIFS), the nonprofit founded by James Beard Award-winning chef Sean Sherman. The new facility, named Wóyute Thiapi, will serve as a central hub for the organization’s expanding work in Indigenous food systems and community development.

Join us in the Franklin store community seating area for a meet and greet with Sean Sherman, Founder and Executive Director of NATIFS. We have had the pleasure and honor of partnering with Sean Sherman over the years to uplift native cultural and culinary traditions.

Enjoy light refreshments from NATIFS’ Indigenous Food Lab Market and learn how you can help support NATIFS in expanding their mission and continuing their work to decolonize cuisine and revitalize Native foodways in the Twin Cities and beyond.

All About Mushroom Supplements: Immune Support & More with Host Defense

Wednesday, March 26, 6–7:30 p.m.

Franklin store classroom

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

Host Defense specializes in mushroom mycelium-based supplements to support natural immunity and whole body wellness. Come learn about all of the benefits of beneficial mushrooms and enjoy 10% off your purchase for Wellness Wednesday. All attendees will receive free samples and will be entered into a raffle to win a Host Defense gift basket.

Renee Pinello, Host Defense Educator

April



April SEED Recipient:
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.

East African Cooking

Tuesday, April 1, 6–7:30 p.m.

Franklin store classroom

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

Join chef Shegitu Kebede to learn how to make delicious and healthy Eritrean, Ethiopian, and Somali dishes.

Shegitu Kebede

Microgreens Kids Class: Cascarones: A Smashing Mexican Easter Tradition!

Saturday, April 19, 11 a.m.–12 p.m.

Franklin store classroom

\$5/free for kids

Learn about the Mexican tradition of making and enjoying cascarones: decorated, confetti-filled eggs used for Easter celebrations. Seward Co-op staff member Natalia Mendez will share stories from their family about the history of the eggs, as well as instruct how to make, decorate, and enjoy them—with a crack over the heads of friends! This is a family-friendly, hands-on event.
Natalia Mendez (they/them), Seward Co-op Staff

All about Edibles

Wednesday, April 23, 6–7:30 p.m.

Friendship store classroom

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

Whether you’re curious or are a seasoned edibles user, come learn about the importance of balancing use to keep your nervous system working optimally. We’ll explore heritage strains and learn how to choose products that work with your body’s needs. Enjoy 10% off your purchase of CV Sciences products for Wellness Wednesday.

Maggie Frank, CV Sciences National Educator

May



May SEED Recipient:
Round Up for the Needs-Based Discount

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

DIY Soap Making for Mother’s Day

Wednesday, May 7, 6–8:30 p.m.

Franklin store classroom

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

Make your own customizable soap as Mother’s Day 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

**Regular Store Hours on
April 20 and May 26
8 a.m.–10 p.m.**

The birds are chirping, the snow is melting—or will be!—and the days are getting longer to give more sun to the flowers starting to bud through the soil. Welcome back to spring! We've put together a few seasonal activities for the whole family to try. Show us what you make—share your photos on Instagram and tag us [@sewardcoop](#).



Make Your Own Seeded Flower Paper

Ready to get growing? This activity will teach you how to make your own paper embedded with seeds that can then be planted and grown in your very own garden. Make your paper in April for easy planting outside in early May.

You'll need:

Printer or notebook paper
A large bowl
Water
A window screen
Flower seeds, such as Marigolds or Black-Eyed-Susans (look out for local seeds in stores!)

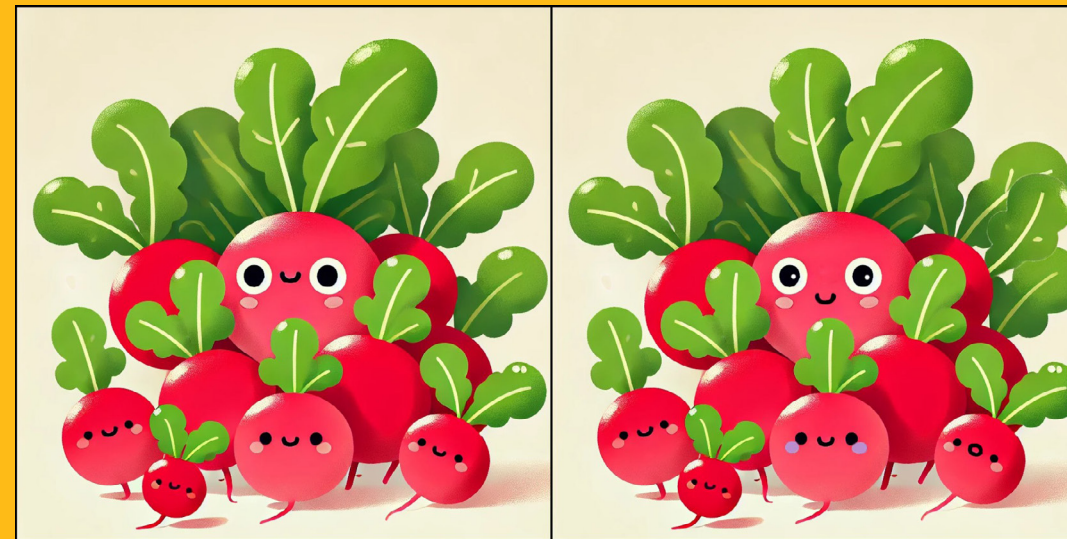


Making Your Paper

1. Cut or rip your paper into small pieces. Soak it in a bowl of water overnight.
2. When the paper is soft, mash and squeeze it with your hands until it turns into a pulp. It should no longer look like paper.
3. Pour the excess water from the bowl into the sink. Don't squeeze your paper to get out more water. You only need to get rid of the water in the bottom of the bowl.
4. Add in your seeds and carefully begin mixing them into the pulp.
5. With your window screen over the sink or a towel, spread your paper pulp over the screen and press it into a flat sheet. Try to press out as much water as possible, or blot it with a towel.
6. Once your seeded paper is completely dry, remove it from the screen.
7. Plant under an inch or so of soil, and water regularly to keep moist. You should see seedlings within a few weeks!

Source: <https://www.nesdis.noaa.gov/about/k-12-education/jpss-education/activity-make-seed-paper>

Can you find the 5 differences between these two illustrations?



Do you know what this vegetable is? It's a radish! Radishes are part of the mustard family and come in all sorts of sizes, shapes, and colors. Look out for locally grown radishes that arrive in the spring. You can

eat them cooked, pickled, or raw, and they have a refreshing, peppery flavor. Try this easy recipe with local radishes from Seward Co-op. (Adults may need to help with slicing)

You'll need:

Radishes, bread, butter, and salt

Slice and toast your bread. Spread with softened butter. Thinly slice your radishes and place atop the buttered bread. Sprinkle with salt and enjoy.

Celebrating mothers or mother figures this May 11?

Beautiful cards from local, small-scale business **Notes of Eden** are embedded with wildflower or herb seeds to offer a greeting and a gift that keeps on giving. Featuring beautiful watercolor illustrations by owner Florence Craig, these lovely cards are embedded with non-invasive, non-GMO, drought-resistant, and pollinator-friendly seeds and printed on 100% recycled and FSC certified paper.



Microgreens Kids Class: Cascarones: A Smashing Mexican Easter Tradition!

April 19, 11 a.m.–12 p.m.

For full details, see [page 21](#)



Seward
COMMUNITY CO-OP



2823 E. Franklin Ave.
Minneapolis, MN 55406
612-338-2465

317 E. 38th Street
Minneapolis, MN 55409
612-230-5595

www.seward.coop

Seward
COMMUNITY CO-OP



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

WEEK ONE: **4/2/2025–4/8/2025**



FREE
ENDANGERED
SPECIES
CHOCOLATE BAR



REG: \$5.29

Limit one coupon per owner number | While supplies last
Valid only 4/2/2025–4/8/2025

WEEK TWO: **4/9/2025–4/15/2025**



FREE
FRONTERA
SALSA



REG: \$5.29

Limit one coupon per owner number | While supplies last
Valid only 4/9/2025–4/15/2025

WEEK THREE: **4/16/2025–4/22/2025**



FREE
EQUAL EXCHANGE
TEA BAGS, 30 CT.



REG: \$5.29–5.99

Limit one coupon per owner number | While supplies last
Valid only 4/16/2025–4/22/2025

WEEK FOUR: **4/23/2025–4/29/2025**



FREE
LACROIX
SPARKLING
WATER, 12 PK.



REG: \$6.79

Limit one coupon per owner number | While supplies last
Valid only 4/23/2025–4/29/2025