

SPROUT!

Spring 2026



Spring into Local
Mayday History

Meaningful Gifts for
Mother's Day

Supporting Sustainability
this Earth Day



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

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.

On the cover: -Community members gather at the Franklin store for the annual Seward Frolic art fair, admiring artwork created by talented Seward Co-op staff.



Dear Seward Co-op owners,

As we emerge from a turbulent winter here in the Twin Cities, I am reflecting on what it means to cooperate. Co-ops serve as community hubs, whether folks are meeting in our classrooms, bumping into a neighbor in the Produce department, or shopping for a holiday feast. Food bridges cultures—it's a way to find a common humanity, and celebrate our differences. We are honored to be a space for these small and large moments.

Co-op staff and shoppers eagerly await the return of spring gardening, and we look forward to the stores being filled with the earthy scent of plants from Community Foods producers Green Earth Growers (women-owned, small-scale, local) and Twin Organics (small-scale, local), both of which supply us with locally and sustainably grown vegetables, annuals, and herbs.

On Jan. 1, 2026, our Class A stock requirement changed from \$75 to \$99 for all current and future ownerships. I encourage owners to make their additional \$24 payment via the online owner portal or in the store. By making your additional payment now, you help strengthen the business, support staff wages, benefit small-scale producers, and uplift our local food system.

A Message From the General Manager Ray Williams

March is Women's History Month, and we look forward to highlighting the many women-owned and women-empowering producers in our stores. Hoyo, a long-term partner of ours, is a great example of this.

Seward Co-op was the first grocery store to begin carrying Hoyo's sambusas in 2018. Since then, they have built a thriving workforce of Somali women who successfully support the local economy and create self-sufficiency in a safe and culturally-appropriate environment.

We are very proud to have a vibrant immigrant and refugee community here in Minneapolis. Hoyo's products are a way in which the women of Hoyo can share a piece of their culture with the Twin Cities community and provide for their families. This is a clear example of the cooperative difference: by uplifting our Community Foods producers, we support organizations like Hoyo in their work.

Food is a vital way to connect culture and people—tasting new flavors, sharing a table, and helping feed neighbors are all simple ways we can share in our humanity.

I hope you take a moment to connect with your community this spring, whether it's in the garden, at the co-op, or over a plate of Hoyo sambusas.



CULTIVATING CREATIVITY AND SERVING COMMUNITY

Carrie L. (she/her) joined Seward Co-op just over a year ago while settling into life in the Twin Cities. New to the area, she was looking for a workplace that felt welcoming, community-centered, and connected to food. Seward Co-op turned out to be exactly that.

Carrie began as a Barista, then moved into the role of Cheese Rebuyer, before stepping into her current position as the Franklin store's Deli Manager. Her path reflects her curiosity and deep experience with food, something that's been part of her life since childhood; it has long been a source of creativity and connection for her. She spent her early years cooking alongside her nana and, in high school, enjoyed watching PBS cooking shows.

Outside of work, Carrie cooks as an outlet and has hosted pop-up meals in other cities she's lived in. When she's not in the kitchen, you might find her foraging for in-season delicacies, enjoying live music, fishing, or playing basketball.

What stands out most to Carrie about working at Seward Co-op is the people.

"I love co-op staff, and I love interacting with our customers," she shares. "It's a varied community of individuals who genuinely care about and invest in one another." Her role at Seward Co-op integrates all her past work experiences, including teaching elementary school, farming, and working in restaurants. "I get to share and

teach culinary skills I've learned in my career, interact, and provide a service and delicious food to the community with food being sourced largely from local farmers. I mean come on... Boom! That's work with value."

Carrie is still learning how Seward Co-op and its community impact one another, but she's already felt inspired by the solidarity and care she's witnessed in recent months. As spring rolls in, she's especially excited for seasonal

menu changes in the Deli and Bakery, and for more sunshine and green to return outdoors.

"I love co-op staff, and I love interacting with our customers," she shares. "It's a varied community of individuals who genuinely care about and invest in one another."

GIFTS WITH HEART FOR MOTHER'S DAY

Mother's Day is a chance to celebrate care, connection, and the love that shows up in everyday moments. Seward Co-op offers a variety of thoughtfully made and ethically sourced gifts that reflect those values. From heartfelt keepsakes to nurturing treats, these Mother's Day picks honor the people who nurture us.



Amy JoAnn Earrings

Daughter Amy and mother JoAnn's earrings were born out of love and collaboration, starting as quality time between the two after JoAnn suffered a brain injury that hindered her cognitive function. Now passed, JoAnn's memory is honored by these earrings and the creative bond the duo shared.



Notes of Eden Seed Cards

Run by husband-and-wife team Florence and James Craig, Notes of Eden is a small-scale Minneapolis business crafting seeded cards from 100% post-consumer recycled paper and printed with Florence's watercolor illustrations. Seeds are non-GMO, pollinator-friendly, and non-invasive, letting your thoughtful message bloom into flowers or herbs.



Green Earth Growers Starter Plants and Flowers

Green Earth Growers is a small-scale, women-owned greenhouse south of the Twin Cities. Since 2004, Jenny and Jolea have focused on sustainability and quality, growing plants, flowers, and produce for local communities. Their seasonal plants and bouquets bring beauty, care, and environmental mindfulness to any garden or vase.

Badger Body Care

Badger is a women-owned, second-generation family business in the USA that has made organic body care since 1995. All ingredients are sourced through fair trade, 10% of all sales are donated to non-profits, and employees are encouraged to volunteer, which benefits communities, the environment, and overall well-being.

Equal Exchange Coffee & Chocolate

Read more about this certified fair trade, small-scale cooperative on [page 14](#).

Spotlight on Staff Mother's Day Traditions

For Mother's Day, my sisters and I focus on helping our mom truly relax and feel cared for. We spend the day together listening to music, talking, laughing, and simply enjoying each other's company. When it comes to gifts, we lean toward thoughtful, comforting items, like lotions, candles, incense, and products that support rest and ease inflammation or muscle and joint pain. My mom had leg surgery a few years ago and is still recovering, so comfort-focused gifts mean a lot to her. Last year, I gave her a reusable Seward Co-op tote she absolutely loves and still uses all the time. She also always adores it when I bring her flowers from the co-op.

Food is always part of our celebration. We usually bring her a special cake and sometimes we cook her breakfast. In the past, for ease and flavor, I've grabbed her Seward-made quiche and desserts. My mom is an incredible woman who pours love and encouragement into everything she does. She deserves her flowers not just on Mother's Day, but every day.

Aiesha Babu (she/her), Fresh Departments Buyer



Mother's Day can be a tender, complicated day for me. My mom was my best friend, most trusted confidant, and an inspiring light who taught me how to love unconditionally. I lost her when I was just 18, and her absence still shows up in moments when I wish I could call her with silly tax questions or simply tell her about my day. However, I honor her by continuing the rituals we'd be sharing if she were still here: lingering over coffee and food, spilling all the hot gossip, and drifting into philosophical questions.

Every Mother's Day, I bring her coffee order (dark roast, no sweetener, topped with an inch of skim milk), a turkey sandwich, and a small bouquet of yellow flowers to her gravesite. As the daughter of a dairy farmer, she believed in supporting local businesses, and I take that into consideration when choosing gifts for her. Talking to her about my life while I sit in front of her tombstone tethers me to her and inspires me to continue living in a way that would make her proud.

Skye Rygh (they/them), Marketing Communication Specialist



REFLECTIONS ON CINCO DE MAYO

By Natalia Mendez (they/them),
Marketing and Communications Director

Soon it will be cinco de mayo*, a day that is generally celebrated in Puebla, Mexico and parts of the United States to memorialize an unlikely victory for the Mexican army. On May 5, 1862, during the Second French intervention from 1861-1867, the Battle of Puebla took place. The French army not only outnumbered the Mexican army, but they were generally better-armed, too. After attacking and taking the Port of Veracruz, before reaching Mexico City, the French were stopped at forts Loreto and Guadalupe near Puebla. The undersized army of roughly 4,000 Mexican soldiers defeated the French army almost double its size; it was a significant victory that created a sense of optimism and patriotism for the Mexican people who were losing morale.

Before the Treaty of Guadalupe Hidalgo was signed in 1848, 55% of the colonized land known as Mexico encompassed places where states like Texas, California, Nevada, Utah, New Mexico lay, along with parts of Oklahoma, Colorado, Arizona, Kansas, and Wyoming. This cinco de mayo, I honor and recognize those from these Indigenous and once borderless lands.

I am proud to be Mexican American. Being able to share foods from a rich heritage of immigrants, refugees, and Latinx culture here at Seward Co-op is one of the reasons I am proud of Mexican contributions to this country, and what our culture adds to the diversity of our society. I wish all in our beautiful, resilient community a safe and respectful cinco de mayo.

Supporting Mexican Businesses

Bringing the historical context into the current moment, many community members—including staff and shoppers—have been dealing with stress brought on by ICE deployments in our neighborhoods this winter. For many people, it is unsafe to leave their homes. Because of this, immigrant-owned businesses in our neighborhoods are struggling, and families still need support. I urge you to find a Mexican-owned restaurant for your tacos and margaritas should you dine out this cinco de mayo. If you're dining in, choose locally made and Mexican-owned businesses like the Community Foods ones on the next page to set your table. It is a small, but deeply intentional way of showing support.

*in Spanish, dates like cinco de mayo are not capitalized.



Nixta Tortilleria

Gustavo and Kate Romero started Nixta Tortilleria to share the corn and tortillas Gustavo grew up eating as a child in Mexico. The name comes from the process of nixtamalization, which is a traditional process of soaking corn in a highly alkaline solution to soften and remove the hull, which increases nutritional value and digestibility. Nixta uses heirloom corn to showcase the vibrant color, texture, and flavor of old-world varieties. By sourcing corn from parts of Mexico, Gustavo and Nixta help keep these diverse varieties of corn alive. Nixta is a labor of love, and for Gustavo's family, making tortillas is a meaningful way to share his culture with his son and the local community.



Tortilleria Zepeda

When Julian Zepeda moved from Mexico to Wisconsin, he found himself missing the tortillas of his childhood. He asked his wife, Heidi, "With fields of beautiful corn in Wisconsin, why is no one making fresh corn tortillas?" Thus began their journey to share authentic corn tortillas with their community. While searching for flavors from his youth, he asked his abuela to teach him nixtamalization. This alongside years of learning from master tortilleros in Mexico helped Julian bring this knowledge to Lone Rock, Wis., where he and his wife's business, Tortilleria Zepeda, produces 100% nixtamalized tortillas and chips using locally grown, organic corn.

Tucson Tamales

Sherry Martin, owner of Tucson Tamales, grew up in a large Mexican-American family that gathered for tamaladas (tamal-making parties). Her husband Todd fell in love with the process, and together they turned the custom into Tucson Tamales. You can find their traditionally inspired tamales in the freezer section at both Seward Co-op stores.



Cinco de Mayo Tortillas



Natalia Mendez

Thursday, April 30, 6–7:30 p.m.
Friendship store classroom
\$10/\$5 Seward Co-op owners
Join us for a celebration of Cinco de Mayo and Mexican history, culture, and tasty tortillas that can be made vegetarian or vegan. We'll learn about the history of tortillas while making them from scratch.
*Natalia Mendez (they/them),
Seward Co-op Staff*



photo courtesy of Heart of the Beast; photographed by Max Hanes

MAYDAY

FLORARIA TO WORKING CLASS VICTORIES TO A MINNEAPOLIS STAPLE

Many people look forward to Powderhorn's Mayday celebration each spring, marking it as the beginning of the summer in the city. But what's the history of this spirited local holiday? Let's learn together and then get prepped with us for 2026's Mayday Parade.

the American Federation of Labor and the Knights of Labor, rallied an estimated quarter-million workers to partake in demonstrations and labor strikes.

On Tuesday, May 4, 1886, the Haymarket Affair unfolded in Chicago as workers striking for an eight-hour day gathered to protest police violence against activists. An unknown person threw a bomb at the police, who then opened fire on the crowd. Several protesters were killed and wounded. Years later, in 1889, May 1 was designated as International Workers' Day by socialist and union groups overseas. Pre-WWI observation was strong, but fell off until a revived interest in the 1980s.

MAYDAY'S ANCIENT ORIGINS OF FLORARIA TO WORKING CLASS SOLIDARITY

Early spring celebrations like Mayday honored the Roman goddess of flowers and included a week-long celebration dedicated to Dionysus and Aphrodite, two fertility goddesses. The most well-known Mayday traditions took place in both Europe and the United States, also centering flowers by crowning a Queen of May and dancing with long ribbons around a May Pole to celebrate spring's return, symbolizing the lengthening days.

In the late 19th century, the shift into a more political holiday took place. American workers fought for an eight-hour workday as opposed to the more common 10–16 hour shifts in dangerous conditions. From 1884–1886 in Chicago, the group that would later become



Rose Williams was one of Seward Co-op's most beloved and endearing characters, leaving a legacy of kindness and goodwill connected to food and community. She lived next door to the co-op on 22nd Avenue, and for many years she made the best guacamole in the Twin Cities for Seward Co-op.



Rose's Guacamole

Ingredients

- 2 large, ripe Hass avocados
- 2 Roma tomatoes, chopped
- 1/3 cup cilantro, chopped
- 3 Tbsp. minced red onion
- 1 lime, juiced
- 1–2 jalapenos, minced, to taste
- 1 clove garlic, minced
- 1 tsp. chili powder
- 1/2 tsp. kosher salt
- A whole lotta love

Instructions

Mash the avocado in a bowl, leaving a few rough chunks. Gently stir in the remaining ingredients. Don't forget to add the love! Serve with chips or as a garnish to other dishes like tacos or tostadas. This dish is best served fresh, but if you keep it for longer before serving, place plastic wrap directly onto the surface of the guacamole to keep it from oxidizing and turning brown.



MAYDAY MADE LOCAL FOR OVER 50 YEARS

In 1975, two weeks after the end of the Vietnam War, local organizers saw a divided community, and sought a way to get people out of their homes and into the streets together after a long, cold winter. Lake Street separated the Powderhorn and Phillips neighborhoods but there was a desire to communally—and physically—close the gap between them.

The parade many of us know and love today, along with the Tree of Life ceremony next to Powderhorn Lake, are components that have existed since the celebration's inception. In a 2025 interview with MPR News, Mayday parade founder Sandy Spieler notes the tie between the labor rights' movement and the traditional welcoming of the return of spring.

“From the beginning, we recognized two important roots of Mayday. One, we call the green root of Mayday, which is the coming of spring in the northern hemisphere....And the other root of Mayday is the red root of Mayday, which is celebrated as the workers' rights around the world...We always talk about the twining of these two roots, the change bringing of people's hands, hearts, and minds together with the change bringing of the Earth, and that together, it is the wholeness of our community.”

While the original parade in the '70s consisted of just over 50 people, a few puppets, several banners, speeches, and small-scale performances, it has morphed into a wholly



unique South Minneapolis holiday. Until 2023, In the Heart of the Beast Puppet Theater took up the bulk of the organization and planning. It was then “released” to the city as a decentralized and cooperatively hosted celebration. Tens of thousands of people attend each year, and it's carried out by a swath of multicultural network of community members and groups who help organize, build puppets, create fire-spewing metal sculptures, and more, all in service to welcoming spring and celebrating togetherness.



PARADE PREP

Swing by Seward Co-op before the Mayday Parade on Sun., May 3 to get prepped for your day. Grab a fresh-pressed juice, smoothie, or cold press along with Grab & Go snacks from the Juice Bar and Deli before you head to Powderhorn. Plus, stock up on electrolytes, sun and skin care, and refreshing elevating beverages (21+) to stay comfortable, energized, and ready to celebrate all day long.



JUICES & SMOOTHIES:

Fuel up with Juice Bar favorites like zippy Strawberry Banana, creamy Avo Omega, or sweet and comforting Nutter Butter smoothies.

Pick up portable parade-ready bites from the Deli, including our earthy, sweet, and spicy Gingery Golden Beet Salad, savory Tempeh, Lettuce & Tomato sandwich, or a taste of the Mediterranean with a Dolmadas Bowl.

GRAB & GO SNACKS & MEALS



HYDRATION & ELECTROLYTES:



SUN & SKIN CARE:



ELEVATING BEVERAGES (21+):



photos courtesy of Heart of the Beast; photographed by Max Hanes (left) and Bruce Wilcox (right)

RISE TOGETHER, IN UNITY. JOIN US, IN CELEBRATING:

NATIONAL FARMWORKER AWARENESS WEEK

We are proud to once again support Student Action for Farmworkers in their annual organization of National Farmworker Awareness Week, a week of action for community members to honor farmworkers' important contributions and to raise awareness about the issues they face.

Farmworkers feed the world, and from **March 25 through March 31**, we honor their contributions to our daily lives and raise awareness for the issues they face. 85% of the fresh fruit and vegetables we consume are hand-picked, and, at Seward Co-op, we like to remind ourselves and shoppers about the real cost of food, including the difficult—and often dangerous—work that goes into growing and harvesting the food that keeps our communities healthy.

Farmworkers deserve dignity and protection. There are an estimated three million farmworkers, including adults and children, that labor in the field in the



United States. As our planet heats up and the climate changes, farmworkers suffer from high rates of heat exhaustion. Additionally, on non-organic and large-scale commercial farms that utilize pesticides, the workers who harvest and grow our food experience high rates of injuries due to the chemicals sprayed on plants to keep them pest and blight-free. Long hours in the fields lead to skin issues, urinary tract infections, and other bodily harm, not to mention time away from loved ones.

Unfortunately, farmworkers are not protected legally in the same way as many other people are in different industries. Union representation, fair pay, and/or insurance are not guaranteed. Only as recently as 1978 were minimum wages mandated for farmworkers—and that's exclusive to large-scale farms. It is our duty as a community of cooperators to rally in support of farmworkers locally and across the globe.

CELEBRATE CSAS AT SEWARD CO-OP

For over two decades, Seward Co-op hosted an annual Community Supported Agriculture (CSA) fair. While our last CSA Fair was in 2024, our support for local farmers and a robust regional food system is unwavering. We proudly offer free CSA box drop areas at both of our Franklin and Friendship stores, which helps farmers reach urban subscribers, reduce food transportation miles, and bring fresh food to our community. By participating in a CSA with pickup through Seward Co-op, you're directly supporting farmers and helping them thrive in an increasingly dynamic industry.

Meet our CSA producers:

Featherstone Farm, a 225-acre certified organic farm in Rushford, Minn. grows more than 95 varieties of fruits and vegetables for co-ops, restaurants, and CSA members throughout the Upper Midwest. Featherstone is committed to environmental sustainability, with geothermal heating and cooling in their packing shed and a solar array supplying 60% of the farm's energy.



Jubilee Rock Farm is a small-scale, organic, family-run farm located near Clam Falls, Wis. They grow a wide variety of heirloom and seasonal produce for CSA members, farmers markets, and local businesses using organic and regenerative practices to maintain healthy soil and sustainable yields.



CSA Pick-ups

Featherstone Farm
both stores | Thursdays

Jubilee Rock Farm
Franklin only
Wednesdays

Women's Environmental Institute
both stores | Saturdays

The Good Acre
Franklin only
Wednesdays

Growing Lots Farm
Friendship only
Tuesdays

Farm Farm
Friendship only
Thursdays



Learn more about how you can help support farmworkers by scanning the QR code, or visit saf-unite.org/national-farmworker-awareness-week



WORLD FAIR TRADE DAY

Supporting the Global Food System with Equal Exchange

World Fair Trade Day, May 9, is a moment to reflect on how our everyday purchases shape the global food system and the lives of the people within it. When you choose fair trade products from producers like Equal Exchange, you're doing more than just buying coffee or chocolate. You're supporting cooperatives, workers' rights, environmental stewardship, and a model of trade built on equity and democracy.

You may recognize Equal Exchange from our Produce departments or the Bulk and Grocery aisles, where its coffee, tea, chocolate, nuts, bananas, and avocados appear throughout Seward Co-op stores. What's less visible is how those products get here. Equal Exchange is a worker-owned cooperative that partners exclusively with small-scale farmer cooperatives around the world.

Equal Exchange was founded in 1986 by longtime food co-op workers who wanted to prove that trade could be structured differently. It began with coffee from Nicaragua, then under an embargo imposed by the Reagan administration. The founders of Equal Exchange circumvented this by sending coffee beans to Amsterdam for roasting, allowing them to be imported to the U.S. as a product of Amsterdam. After months in customs, the shipment was finally released on May 1, International Workers' Day, setting the tone for a company rooted in persistence and solidarity.



From the beginning, Equal Exchange was designed to mirror the democratic structures of the farmer-owned cooperatives with which it works. Today, the company partners with over 40 small-scale farmer organizations worldwide, building long-term relationships that prioritize fair prices, environmental sustainability, and community investment. Farmers collectively decide how to use fair trade and organic premiums—improving infrastructure, investing in climate resilience, or supporting women's leadership.

Supporting Equal Exchange means supporting a system where workers have rights, farmers have power, and communities thrive. This World Fair Trade Day, look for Equal Exchange logos and know that your purchase helps build a more democratic food system for all.



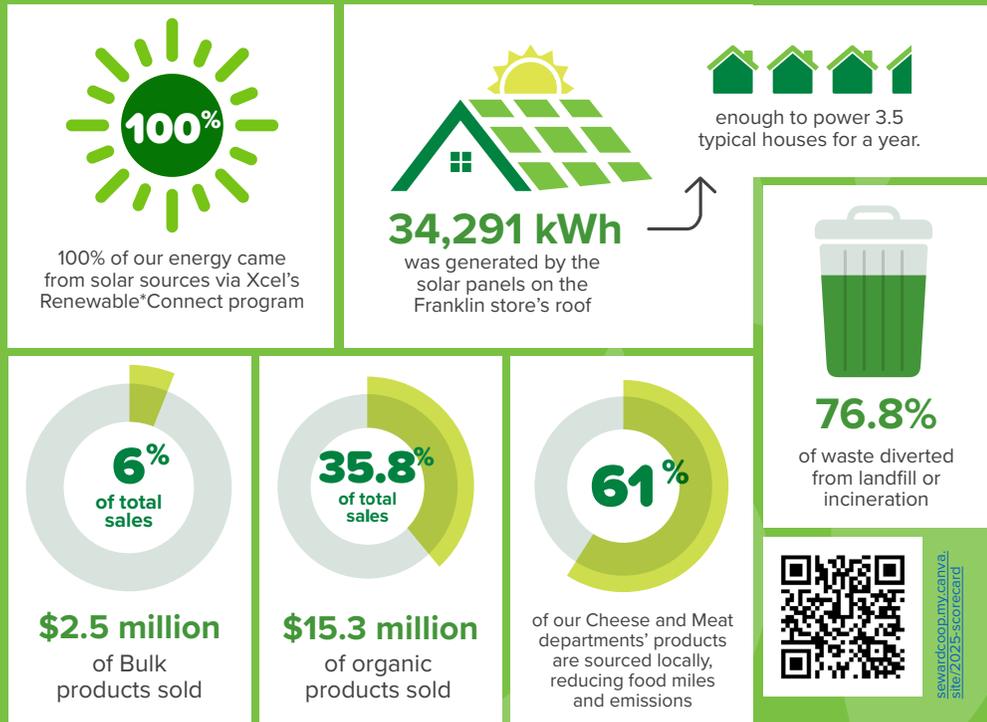
EARTH DAY

Everyday Impacts and Beyond



Earth Day is an opportunity to remind ourselves that small choices add up. Each year, Seward Co-op's Scorecard helps us track our financial, social, and environmental performance as we work to live out our Ends statement in real time. It shows how your everyday shopping choices support a healthy community built on equitable economic relationships, positive environmental impacts, and inclusive, socially responsible practices.

Discover Seward Co-op's Environmental Impact in 2025:



Every purchase at Seward Co-op helps support renewable energy, local producers, pollinators, and waste reduction. Scan the QR code to explore our full 2025 Scorecard and see the impact you have helped create.



sewardcoop.my.canva.site/2025-scorecard



A Message From the Board

Warren King

Fellow Cooperators,

I am writing this in the middle of January, just a week after an ICE agent murdered Renee Good blocks from the Friendship store.

One of the seven International Cooperative Principles is “Concern for Community” and let me tell you, I have been feeling an awful lot of concern lately. I’m thinking about ways to be a supporter and ally to our Somali and Latinx siblings as they face direct attacks from ICE. Whatever I’m doing just doesn’t feel like enough most days.

While it has been easy to feel scared, scattered, and paranoid when I’m with my friends and family, my neighbors, my church community and, of course, everyone I know through the co-op, a lot more feels possible. I’m glad to be on the board of an organization like Seward Co-op and witness how much is being done to keep staff, owners, customers, and producers safe. It inspires me seeing all the ways neighborhoods across the Twin Cities have organized and mobilized to defend the rights and lives of everyone that calls this place home.

Like many people, I entered this new year with so much passion and optimism, and I still think that’s for good reason. I know that spring is coming, the ice will melt, the days will get longer and warmer, and the flowers will bloom. All this gives me hope.

It’s hard to know what things will look like by the time you read this, but I feel certain that the

relationships we’ve been building during this time will help us through whatever comes next. Be kind to yourself, stay safe, and stay engaged. As co-op people, we know that we are stronger together, and this work takes all of us.

In the words of Pastor Charles Tindley, “We Shall Overcome.”

Peace.

Board Meetings

The next virtual board meeting is **Tuesday, April 28 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

OWNERSHIP PRICE INCREASE:

Building a Stronger Financial Future Together

For existing and new owners, the price of co-op ownership increased by \$24. By making your additional payment now, you help:

- Strengthen the business
- Support staff wages
- Benefit small producers
- Uplift our local food system

In 2025, nearly 90% of Seward Co-op owners who participated in the annual board of directors election voted to increase the price of ownership from \$75 to \$99 for all current and future owners.

We encourage you to join your fellow co-op owners who are helping strengthen the business, support staff wages, benefit small producers, and uplift our local food system by paying the difference in your ownership today.



If your ownership was fully paid before Jan. 1, 2026, or you are currently paying with three installments, we encourage you to pay the additional \$24 on the online owner portal, in-store at checkout, or at a customer service kiosk.

For those with needs-based ownerships, no action is needed. However, you always have the option to pay the remainder of your ownership at checkout or at a customer service kiosk. Future patronage refunds will be applied to your owner account balance until the full \$99 equity requirement is reached.

Thank you for strengthening Seward Co-op for years to come!



Scan here to learn more and pay, or visit seward.coop/stock-change-faq





“Wishing our Muslim community members Ramadan Mubarak. May every year find you in good health, peace, and happiness.”

- Misra, Seward staff member



Ramadan Mubarak!

In 2026, Ramadan began at dusk on Feb. 17 and continues until dusk on March 19, from one sighting of the crescent moon to the next. The three-day festivities of Eid al-Fitr begin March 19.

For Muslim community members, Ramadan marks a holy month of community, prayer, fasting, and nightly feasts. The Islamic calendar follows the lunar cycle of 364 or 365 days per year, so Ramadan begins in the ninth month of the calendar on a different day each year. In 2026, Ramadan is expected to begin at dusk on Feb. 17 and continue until dusk on March 19, from one sighting of the crescent moon to the next. The festivities of Eid al-Fitr will begin at the conclusion of Ramadan.

The five pillars of Islam include the Muslim declaration of faith, daily prayer, fasting, charity, and performing the hajj pilgrimage to Mecca. Fasting (sawm) is a major component of Ramadan, with observers abstaining from eating and drinking from dawn to dusk. Fasting is meant to bring observers closer to Allah (God) and to reflect on the struggles of those less fortunate. Focusing on one’s inner self and detaching from worldly pleasures is crucial for fasting during Ramadan.

Before sunrise, at the beginning of the fast, many Muslims eat a meal called suhoor of filling foods to remain in good health throughout the day. At dusk, the fast is broken by drinking a sip of water and eating dates. After prayers, the nightly feast of iftar begins. The foods eaten vary by culture, country, dietary preferences, and even from day to day.

At Seward Co-op, we aim to support Muslim community members during Ramadan—and year-round—by providing delicious, culturally relevant foods. To observe the pre-fast meal of suhoor or to break your fast with iftar, visit our Deli’s Hot and Salad bars to put together a compostable to-go container, or a reusable container, of different foods. If you are short on time, check out Seward-made Grab & Go options at both stores, including salads, sandwiches, wraps, soups, a wide assortment of drinks, and desserts like kheer. You’ll also find a number of foods commonly eaten during Ramadan throughout our stores, including dates and lentils in the Bulk aisle and ready-to-bake Hoyo sambusas in the freezer.

We wish our Muslim community members Ramadan Mubarak, a blessed Ramadan. May every year find you in good health, peace, and happiness.

SPRING DELI CALENDAR

Visit Seward Co-op year-round to discover fresh, seasonal treats. Check out some of our upcoming Deli specials and discover something special for every occasion.

MARCH

Cheese of the Month Sale:
Cotswold, a bright English cheddar made with chives

Drink of the Month:
Seward Smoothie, a refreshing mix of sweet tropical fruit, earthy spinach and spirulina, and crisp peppermint

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 Tuesday, March 17, try a special Hot Bar featuring house-brined corned beef, savory colcannon, and tangy braised mustard cabbage



Large loaves of **Irish soda bread** are available, scratch-made from the Bakery



MAY

Cheese of the Month Sale:
Edenshire Raw Cheddar, a hard, tangy, artisanal cheese similar to Kefir in flavor

Drink of the Month:
Simple Mango Smoothie, a blended combo of vibrant mango, sweet banana, soy milk, and vitamin-rich spinach



APRIL

Cheese of the Month Sale:
Donnay Chèvre, a goat cheese known for its creamy profile and a tart finish

Drink of the Month:
Funky Monkey Smoothie, made with cold press for a buzz and a blend of banana, chocolate, and peanut butter

Ethiopian Good Friday:
April 3

Ethiopian Hot Bar featuring: Doro W’ett, Misr W’ett, Ater Allecha, Dinesh, Ethiopian cabbage and carrots



Easter Sunday:
April 5
Mini Quiches from the Deli: Quiche Lorraine & Broccoli Cheddar Quiche

Hot Cross Buns, 9 packs scratch-made from the Bakery (vegan)



Cinco De Mayo:
Tuesday, May 5

Hibiscus Sparkling Agua Fresca, mixed with house-made hibiscus concentrate

Taco Tuesday Hot Bar

SPRING CLASSES & EVENTS

Register at
seward.coop/events

March



March SEED Recipient:

Southside Foodshare is a mutual aid project that cooks and delivers wholesome meals with respect and dignity to unhoused neighbors in South Minneapolis four days a week. SEED funds will help purchase fresh, nutritious ingredients, and essential supplies while sustainably expanding the number of meal distribution days.

DIY Aromatherapy for Nervous System Support with Pranarôm

Wednesday, March 18, 6–7 p.m.

Friendship store classroom

Pay-what-you-can,

\$5-\$10 suggested donation

Life's everyday stressors can tax our nervous systems. Learn how to support your nervous system with Pranarôm Essential Oils. In this hands-on class, we'll make a room spray of essential oil blends that you can take home to help de-stress and feel more balanced.

Liza Docken, Pranarôm National Educator

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

Saturday, March 28, 11 a.m.–noon

Friendship 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 family stories and 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

April



April SEED Recipient:

Cempazúchitl Collective promotes self-sufficiency and culturally relevant food practices on occupied Dakhóta lands, centering Indigenous youth and two-spirit, queer, and trans folks while building multicultural solidarity. SEED funds will support general operations and free programming focused on foraging, harvesting, and processing of Native foods found in the Twin Cities.

Farm to Studio: Creating Art Materials and Hummus from Purple Sweet Potatoes and Beets

Thursday, April 23, 6–7:30 p.m.

Friendship store classroom

\$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, join Chowgirls Catering and Lara Cornell to make a Purple Sweet Potato and Beet Hummus while learning how to transform the scraps into beautiful, sustainable art materials. 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

Chowgirls Catering

Cinco de Mayo Tortillas

Thursday, April 30, 6–7:30 p.m.

Friendship store classroom

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

Join Seward Co-op staff member Natalia Mendez for a celebration of cinco de mayo and Mexican history and culture while making tasty tortillas from scratch. Tortillas can be made vegetarian or vegan.

Natalia Mendez (they/them),

Seward Co-op Staff

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 6, 6 - 8:30 p.m.

Franklin store classroom

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

Join Longfellow Soap owner John Hanson to learn how to make your own customizable soap as a Mother's Day gift. Students will receive a free silicone mold and manual at the class.

John Hanson, Longfellow Soap

Canning 101: An Introduction to Water Bath Canning

Thursday, May 7, 6:30 - 8:30pm

Friendship store classroom

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

Whether you buy your favorite produce in bulk at the farmers market, or grow your own bounty, canning is a great way to make sure nothing goes to waste. Join Hennepin County Master Gardeners and Certified Food Preservation Consultants, Mary Webber and Taylor Tinkham, for an introduction to canning. Learn about equipment, practices and techniques, and see a full demonstration of the process with lots of opportunities to ask questions along the way.

Taylor Tinkham and Mary Webber, Hennepin County Master Gardeners and Certified Food Preservation Consultants

Regular Store Hours
on **Sunday, April 5** and
Monday, May 25
8 a.m.–10 p.m.

Small green sprouts are popping up, the birds are singing, and (hopefully) the snow is finally melting. Spring is here, and with it, a fresh season of Microgreens fun! From colorful flower crafts to learning how to support our pollinator pals, there's lots to explore together.



Handmade Flower Accessories

You'll need:

Wildflowers with soft, flexible stems (daisies, dandelions, clover, or similar flowers work well)

Scissors (or, you can tear stems by hand to thin them)

Steps:

1. Gather your flowers. Pick an assortment of flowers with soft, bendy stems. Daisies, clover, and dandelions work well. Choose the longest stems possible to make braiding easier.
2. Start braiding. Select three flowers with long stems, then cross the stems and braid them like a standard three-strand braid:
 - Take the stem on the outside right and place it between the other two.
 - Then, take the stem on the outside left and place it between the other two.
 - Continue braiding for about an inch (or about the width of a flower head).
 - To add a new flower, lay its stem alongside the center stem and



3. braid them together as one. Continue braiding for another flower-width, then add another flower the same way. Keep going until your chain is the size you want.
3. Finish your creation. When your chain is long enough, braid the remaining stems and tuck the ends back into the beginning to form a crown, bracelet, belt, sash, or necklace. If it won't stay tucked, you can tie it with a small piece of thread.
4. Wear and enjoy!

Source: <https://www.creativegreenliving.com/2013/07/how-to-make-daisy-chain-flower-crown.html>

Spring Pollinator iSpy



Spring is the perfect time to celebrate the tiny creatures that help our gardens and food grow! Can you find these early spring pollinators in your backyard or nearby park?

Pollinators to spot, starting in March:



□ Queen Bumble Bees



□ Blue Orchard Bees



□ Cellophane Bees



□ Mourning Cloak Butterflies

[flickr.com/photos/kitmasterbloke/54721191750/](https://www.flickr.com/photos/kitmasterbloke/54721191750/)

[flickr.com/photos/treegrow/34052181554/](https://www.flickr.com/photos/treegrow/34052181554/)

[inaturalist.org/photos/282018011](https://www.inaturalist.org/photos/282018011)

commons.wikimedia.org/wiki/User:Rhododendrites

Looking for ways to support our early season buddies?

- Adding early blooming flowers to your garden or yard
- Skip using pesticides if you can
- Leave last year's fallen leaves and yard waste until nighttime temps are around 50°F for shelter
- Keep the dandelions and clover growing in your yard—don't mow until later in the season



Kids Class:



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

March 28, 11 a.m.–12 p.m.
For full details, see [page 20](#)



Seward
COMMUNITY CO-OP



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Seward

COMMUNITY CO-OP

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



WEEK ONE: 4/1/2026–4/7/2026



FREE
ENDANGERED
SPECIES
CHOCOLATE BAR



REG: \$5.29

Limit one coupon per owner number | While supplies last
Valid only 4/1/2026–4/7/2026

WEEK TWO: 4/8/2026–4/14/2026



FREE
TALENTI ICE
CREAM, PINT



REG: \$5.99

Limit one coupon per owner number | While supplies last
Valid only 4/8/2026–4/14/2026

WEEK THREE: 4/15/2026–4/21/2026



FREE
KETTLE CHIPS
5 OZ. BAG



REG: \$4.49

Limit one coupon per owner number | While supplies last
Valid only 4/15/2026–4/21/2026

WEEK FOUR: 4/22/2026–4/28/2026



FREE
SIMPLE MILLS
CRACKERS



REG: \$5.49–\$7.49

Limit one coupon per owner number | While supplies last
Valid only 4/22/2026–4/28/2026