

# SPROUT!

Summer 2019

New Community Dinner

Fair State Bierbrat

Nourish 101

2019 Board Election



**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

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**Hours of Operation**

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

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

**Creamery Café**  
(612) 230-5575  
Open 8 a.m.–3 p.m., Sun.–Tues.  
Open 8 a.m.–9 p.m., Wed.–Sat.  
2601 E. Franklin Ave., MPLS, MN 55406

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

**Sprout! Printing Policies**  
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**On the cover:** Josie and C show off Seward-made Pride cupcakes.

**On the back:** Marco grills Seward-made sausages at Open Streets Franklin 2018.



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Open Streets Franklin 2018



## A Message From the General Manager Sean Doyle

During this bountiful time of year, it can feel as if local foods are everywhere we turn. That first bunch of greens grown in Minnesota soil—whether from your yard, a community garden, a community-supported agriculture (CSA) box, or the co-op's produce shelves—is a flavor I long for throughout the cold months. Sharing and savoring fresh food grown close to home is what we are all about at Seward Community Co-op. It is simple, delicious and builds community and connection to others.

This summer marks the fifth anniversary of when we started to build the Friendship store. (For an update on our capital renewal campaign, please see page 24.) Our co-op has grown since that time. As we expanded to serve additional neighborhoods, our interpretation of community evolved. Driven by our co-op's Ends Statement, or mission, we broadened our understanding of equity and inclusion. It is at the heart of everything we do and every decision we make. We see the co-op not only as a food business but also as a tool to promote social justice. This can be seen most clearly in our focus on Community Foods. We operate in a society built on inequity and with barriers to generating local, community wealth. Providing access to market for producers that are marginalized is a small role that the co-op can play to help change this dynamic. Community Foods prioritizes small, local, cooperative, inclusive and sustainable producers. In collaboration with Twin Cities area co-ops and community organizations, we have also taken action to build coalition to address racism, homelessness and opioid crisis in our community. Solidarity and caring for others are international co-op values, and they are integral to a strong community. Please join us in creating a welcoming and safe environment for everyone.

Mark your calendars for our first Community Dinner on Thursday, July 25, at both the Franklin and Friendship stores. We have learned from food co-ops around the country that offering a balanced, affordable meal (\$4 per plate), invites regular shoppers and folks who may be new to the co-op to come together and celebrate the cooperative experience. It is a simple act of fostering community. A month later on Aug. 25, we will participate in Franklin Avenue Open Streets at the Creamery Café. Be sure to also visit us for a meal at one of Seward Co-op's many gathering spaces both inside and outdoors. Our sidewalk patios are a great place to meet with friends and family. Let's pause in our busy urban environment, enjoy the outdoors over a meal and feel gratitude for all life in our co-op community. I hope to see many of you around our neighborhoods this summer!

25  
JULY

THURSDAY, 4–7 PM

SEWARD COMMUNITY CO-OP

\$4

COMMUNITY DINNER



# Nourish 101 with Asnat

Seward Co-op Celebrates Five Years of Nourish



Asnat Ghebremedhin is getting back to basics in a series of videos celebrating five years of Nourish.

“Nourish is a program here at Seward Co-op that offers practical tips on ways to nourish ourselves while being mindful of our values and budget,” Asnat said.

Asnat, a Seward Co-op employee and class instructor, is offering tips on how to take full advantage of the Nourish program. Nourish includes classes, a needs-based discount of 10 percent, and a needs-based co-op ownership option. Another big part of Nourish is the Staples list, available on page 5.

“Just take a peek at what things you can stock your pantry with, from spices to everyday items that are priced at an everyday low price here at the co-op,” Asnat said. “Just look for the Nourish label! These are awesome things to have stocked up in your kitchen to easily whip up meals that are budget-friendly and follow our values.”

The Staples list also gets your pantry ready for Nourish recipes, which feed four for \$15 or less (\$10 or less when making a vegetarian version). The Nourish recipe rack is located next to the ATM at the Friendship store and near Customer Service at Franklin.



## Nourish

simple healthy eating

### Follow Seward Co-op

Learn how to make Summer Ratatouille and navigate Nourish with Asnat.



“With the Staples list, it gives you a good variety of items so you can easily make a meal with your CSA box or any of the Nourish recipes,” Asnat added. “Keep an eye out for the recipe rack, especially at the beginning of the month. There will be something new and fun to try out!”

Follow Seward Co-op for videos with Asnat as she prepares veggie-packed Summer Ratatouille and helps you navigate the co-op using Nourish!

### Spices: How old is too old?

“When you build your spice rack and pantry, your herbs don’t really have any expiration date. But a good way to tell if they’ll still be potent and good in your recipes is to give it a good sniff. If you can smell it and it smells good, then it’s probably going to do work in your recipe.”

—Asnat Ghebremedhin



## NOURISH STAPLES

### GROCERY

- Our Family Tuna
- Blue Diamond Almond Milk (all flavors)
- Brownberry Bread (all loaves)
- Silver Hills Bread (all sizes and varieties)
- Rudi’s Bread (select varieties)
- Crazy Richard’s Peanut Butter (all varieties)
- Clif Bars (select sizes and varieties)
- Luna Bars (select sizes and varieties)
- Old Orchard Juice (all sizes and varieties)
- Earth’s Best Baby Food (all sizes and varieties)
- Field Day Products (all varieties)

### BULK

- Olive Oil (select varieties)
- Canola Oil
- Equal Exchange Coffee (select varieties)
- Whole Grain Milling Black Beans
- Whole Grain Milling Split Peas
- Whole Grain Milling Organic Oats
- Whole Grain Milling Organic Cornmeal
- Whole Grain Milling Organic 8-Grain Cereal
- Lundberg Family Farms
  - Short-grain brown rice
- Heartland Organic All-Purpose Flour
- The Teff Company Teff Flour
- Organic Green Lentils
- Organic Brown Lentils

### FROZEN

- Cascadian Farms Organic Veggies (all sizes and varieties)
- Wyman’s Frozen Berries (all sizes and varieties)

### PRODUCE

- Organic 2 lb. Bagged Carrots
- Organic Bulk Button Mushrooms
- Organic 3 lb. Bagged Yellow Onions
- Organic Romaine Hearts
- Organic Roma Tomatoes
- Organic Green Kale

### DELI

- Black Beans and Brown Rice (available at the service counter)
- Kadejan Rotisserie Chicken





NOURISH STAPLES

- REFRIGERATED
Schroeder Milk (all sizes and varieties)
Valley View Milk (all sizes and varieties)
Organic Valley Milk (all sizes and varieties)
Farmer's Henhouse Eggs (all varieties)
Grassland Butter
Brown Cow Yogurt (all sizes and varieties)
Mountain High Yogurt (all sizes and varieties)
Schroeder Orange Juice (64 oz.)
House Tofu (all varieties)
La Perla Corn Tortillas (all varieties)
Earth Balance Nondairy Buttery Spread
Silk Soy and Nut Milks (64 oz.)

- MEAT
Ferndale Ground Turkey
Kadejan Chicken Leg Quarters
Tilapia
Peterson Meats Bone-in Shoulder Roast
Blooming Prairie Ground Beef

- CHEESE
Part Skim Mozzarella
Pasture Pride Cheddar
String Cheese (plain and smoked)
Swiss Valley Cream Cheese

- WELLNESS
Alaffia Everyday Shea Lotion 32 oz. (all varieties)
Alaffia Everyday Shea Shampoo 32 oz. (all varieties)
Alaffia Everyday Shea Conditioner 32 oz. (all varieties)
Alaffia Everyday Shea Bodywash 32 oz. (all varieties)
Kirk's Coco Castille Bar Soap (single and three pack)
Tom's Toothpaste (select varieties)
Tom's Deodorants (select varieties)
Seventh Generation Tampons and Pads
Seward Co-op Basic Multivitamin (with and without iron, all sizes)



Local Hopped Up

Seward Co-op's linked up with Fair State Brewing Cooperative. Our in-house sausage makers are now crafting seasonal Seward-made sausage with beer from the local brewery, which has a taproom in Northeast Minneapolis and production in St. Paul.

For both co-ops, the cooperative model is largely about the people behind it. "For us, cooperatives,

they mean that community," said Joe Wells, Fair State Co-op's lead brewer. "We have our cooperative base and they are our biggest fans. They absolutely love the brewery, they get a sense of ownership, and they get to have a bit of a say in how the brewery operates and the path it takes into the future. I know Seward Co-op has the same thing."

And Fair State's approach to brewing lines up with Seward's recipe development: Let simple flavors come through and make something that people want to pick up over and over. Joe creates beer that's clear, crisp and not overpowering. "We want something that's really enjoyable, refreshing and goes well with food, goes well with friendship, and you can drink a lot of," he said.



Our two co-ops first teamed up on the Seward-made Bierbrat, available in stores through June. Fair State's German-style pilsner brings a bit of bitterness and herbaceous-ness, cutting through the fatty richness of the sausage. "We use it to marinate some lemon zest and juniper, just to help pull out some of the flavors of the meat itself," Kyle said. "Using Fair State who make a local German pilsner was a no-brainer for me."

"You are going to finish your brat—and just like the beer—you're going to want to have a second one," Joe added.

Mashup no. 2? The Seward-made Texas Hot Link that's out through August. It's packed with Community Foods ingredients—including Peterson Craftsman Meats beef and a new Fair State lager that has Joe bubbling over with excitement: Crank!n' Foamers, a knock-em-back summer collab with employee-owned Modern Times Beer in San Diego. Visit Seward Co-op's Meat and Seafood counter to see what Kyle and Joe's teams have in store each season.



Learn more about Seward Co-op's partnership with Fair State Co-op on Vimeo or YouTube.





# Happy pride



Take cues from Josie and C and cupcake cheers for the 'gram. Tag @sewardcoop

## Celebrate with Seward-made

Summer brings fresh berries to Seward Co-op's bakery and more local produce to our grab-and-go department. It also gives us a reason to celebrate! The week leading up to Twin Cities Pride (June 22), we'll break out bright cupcakes featuring pride flag colors. Round out the spread with other new summer items—like Seward-made salsas (verde, diablo mild) and summer vegetable pasta primavera. Head to the Deli to see what's fresh this season!

SEWARD COMMUNITY COOP  
**COMMUNITY DINNER**

4-7 PM  
**25 JULY**

**Everyone Welcome**

## A New Opportunity to Gather at Seward Co-op

Save the date for Seward Co-op's first ever Community Dinner on July 25, hosted by the Franklin and Friendship stores. Everyone is welcome to enjoy time at the co-op with neighbors!

Join us for a \$4 wholesome, picnic-style dinner, live music and kids' activities. Learn about the upcoming Seward Co-op Board of Directors election. Sample from Community Foods vendors and enter a raffle to win Seward Co-op gift cards. We'll have drinks and desserts available for purchase, too.

Watch [seward.coop](http://seward.coop) for more details. Visit Seward Co-op's Facebook page to reply to the event and follow us on social to stay in the loop. See you at the co-op!

## Welna II Hardware

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- paint inside and out

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with this ad by 7/31/19

**Welna2hardware.com**  
2201 Franklin Ave E  
612-332-4393





SEWARD CO-OP  
**CREAMERY**  
CAFE

Seward Co-op Creamery Café's summer menu is here! We're excited to show off the BBQ jackfruit sandwich, lamb gyro, chicken waffle sandwich, and made-without-gluten waffles. Summer signals a shift in sourcing at the Creamery Café. The growing season brings us more local food from smaller Community Foods farmers and vendors, giving our Sous Chef Kellie McLaughlin the freshest, brightest flavors to work with in the kitchen. Plates will be filled with products from Heartbeet Farm, Sin Fronteras Farm & Food, Wisconsin Growers Cooperative, Coastal Seafoods, and more. Watch the Community Foods producers board to learn where our ingredients come from each day. Check out our full menu online at [coopcreamery.coop](http://coopcreamery.coop) or stop in today. The patio's open!



LOCAL'S  
TIME TO  
SHINE

SEWARD CO-OP  
CREAMERY CAFE

**HAPPY  
HOUR**

**WED.-SAT.  
2-6 P.M**



**\$1 OFF**

Pints of local craft beer  
Cider | Glasses of wine

**\$6 snacks**

**\$10 burger special**

burger + fries + pint beer



2601 E. Franklin Ave., Mpls.  
[coopcreamery.coop](http://coopcreamery.coop)





# Sharing Our Stories

By Jenean Gilmer, graduate student

The Owing Up exhibit was recently installed at the Sabathani Community Center, across the street from Seward Co-op's Friendship store. The exhibit was curated by students in the Heritage Studies and Public History (HSPH) program at the University of Minnesota and examines the history of racial discrimination in housing. It garnered much attention when it was originally installed at the Hennepin History Museum.

Access to fair and clean housing is a basic human right, and this topic hit close to home with last year's Franklin/Hiawatha encampment in Minneapolis. Food access is another critical issue in our community. For instance, Sabathani houses a food shelf that served more than 36,000 community members seeking food assistance in 2018 alone.

## Next Up: Food Stories

Sabathani is again working with students from the HSPH program to research food provisioning and social welfare in the neighborhood, from the 1930s when the neighborhood was an important hub for the African-American community in South Minneapolis to present day.



Sabathani and Seward Co-op are partnering on this research and hope to co-host an exhibit of the findings in the coming year. This work draws on the co-op's mission—or Ends Statement—to sustain a healthy community that has inclusive, socially responsible practices.

## Showcase Your Voice

We're sifting through government archives and libraries, but this only tells part of the story. In producing work that is relevant for the community, it must come from the community. We hope to showcase voices of neighborhood residents past and current. Follow Seward Co-op and the exhibit's Facebook page (Eat Up: Foodways in South Central Minneapolis) for information on upcoming events. We encourage and look forward to your participation!



*Jenean Gilmer is a longtime co-op owner and former worker. As a current graduate student in the HSPH program at the University of Minnesota, she is excited to be able to partner with Seward Co-op and Sabathani Community Center, combining her love of public history and commitment to building equity through food justice. Photos: Owing Up exhibit kick-off event.*





## The Co-op Produce Difference

Walk into Seward Co-op's produce section this summer and you'll find an abundance of fresh, local, unpackaged fruit and vegetables. The growing season has kicked into high gear, which means our local farmers are generally harvesting produce within a day before it hits Seward Co-op shelves.

Something else new in produce: compostable bags! Seward shoppers have been asking for them as an alternative to plastic produce bags and now they're here. We've also made paper bags more available around the stores.

Keep in mind that compostable and paper bags take a lot of energy to make and compostable bags in particular can be difficult to reuse. Of course, do take a bag when the items you're toting home need it, and know that we encourage reducing waste across the board, not just products made from petroleum.

### How Shoppers Can Reduce Produce Waste

- Skip the bag! Most produce doesn't really need to be wrapped to transport home.
- Pick up reusable, locally made BYO Bags for loose items like mixed greens, cherries and mushrooms.
- Make your own produce bags. (It's easier than you think! See our story online at [seward.coop](http://seward.coop).)
- Reuse the plastic containers berries and salad greens come in.
- Reuse produce boxes available at our stores.
- Choose paper or compostable produce bags over plastic when truly needed.
- At home, use Bee's Wrap or a reusable container to preserve cut produce.
- Overripe produce is great for smoothies. Freeze or blend as is.



### What happens to 'ugly' produce?

Nationwide, food co-ops are especially committed to diverting useful food from the landfill. According to a National Co-op Grocers study, the average food co-op donates twice as much food to food pantries as similarly sized grocers. Seward Co-op produce staff put a lot of effort into limiting food waste.

#### 1. Reduce

Produce with minor dents or light scratches are marked down and available for shoppers to purchase.

#### 2. Cull

Produce that's getting too wilted or has significant damage but is still edible goes in the cull area. Seward Co-op staff enjoy cull produce for free as an employee benefit. (Not accessible to customers.)

#### 3. Donate

Community organizations, such as Soup for You Café near the Franklin store, pick up culled produce, too.

#### 4. Compost

When food is rotten or otherwise inedible, it's composted.

### Is Zero-Waste Possible?

While many co-op shoppers are passionate about limiting their own plastic use and waste output, what happens before the product gets to the shelf? What about the produce that's damaged or simply ripens faster than it's sold?

"We reuse, recycle and compost what we can; we trash only what we have to," said Emily, Franklin store Produce staff member. "We'll probably never get to a point where we can say, 'This is zero waste.'"

Seward Co-op's Produce staff puts a lot of thought and work into reducing waste and energy use. First, we prioritize local, organic and sustainably grown food.

A simple, less-visible way we reduce waste: We save and sort the boxes our produce comes in. That makes it easier for local farmers like Amador Hill Farm & Orchard, Sin Fronteras Farm & Food, and Wisconsin Growers Co-op to reuse boxes, cutting waste and costs.

We recycle plastic boxes—like the ones cilantro and asparagus are delivered in—and reuse or compost the packaging found on top of boxes of apples and avocados. Something to keep in mind is that pallets of fresh fruits and vegetables are still wrapped in plastic, a nonnegotiable part of transporting large amounts of produce (until a better system is developed).



If a plastic produce container has a removable top, rather than a hinged one, keep the lid on when tossing in your recycling cart! If separated, the flat lids will often fall through sorting equipment at the recycling facility and end up in the trash.





Kristy at her Wisconsin property.

# Have a Say in Our Local Food System

When Kristy Allen moved to rural Wisconsin, she hoped to create a haven for bees, pollinators and other wildlife. “I know it’s our food system and the way we treat land that’s making pollinators sick,” said Kristy, owner of The Beez Kneez in South Minneapolis. “One thing I can do as an individual is live in a rural area where I have a different kind of voice but also can protect my small 30 acres to be a sanctuary.”

### Hog Farm Threat

Kristy’s among a growing number of local farmers, residents, and cabin owners in Trade Lake, Wisconsin, fighting to protect the area’s water and air quality from a proposed industrial hog farm. The township is located about 20 miles north of St. Croix Falls and 10 miles from the St. Croix River. Local, small-scale, sustainable food producers such as The Beez Kneez represent the kind of land stewardship that Seward Co-op community members have valued for decades. Seward Co-op boosts small-scale producers so economic and social benefits stay in the communities where they operate, and provide an alternative to an economy built on resource extraction.

If built, the hog farm would cram more than 7,500 hogs

on 36 acres of land purchased from Trade Lake’s Town Chair, Jim Melin, who is also Kristy’s neighbor. The property’s runoff flows directly into Kristy’s pasture and eventually into the St. Croix River—near Wild River State Park at the border of Minnesota and Wisconsin. The hog operation, which includes Iowa farming firm Suidae Health and Production, would produce at least 6.8 million gallons of manure a year that would be injected into the ground, according to local reports.

### Community Protesting

Nearly 2,000 people have signed a petition in opposition of this large-scale livestock farm, also called CAFO – Confined Animal Feeding Operation. About 150 area residents attended a town meeting in April about the farm. Attendees expressed concern over air and water quality in the region that’s dotted with farms, residences, vacation homes, and other tourist destinations. “This will not only affect producers who are currently able to provide our customers with clean food, but anyone who enjoys the St. Croix River and surrounding areas,” said Mike Noreen of Burning River Farm. “These areas will become progressively less valuable and enjoyable.”



The Beez Kneez is a local Community Foods producer that supplies honey to Seward Co-op. Burning River Farm, Shepherd Moon and Buttermilk Falls, downstream from waterways that flow into the St. Croix River, supply many of the CSAs to families in our area.

The Beez Kneez has hives throughout the Twin Cities.

And such debates are occurring in numerous communities nationwide, increasingly in the Midwest. (Civil Eats has an in-depth article.) Residents are working to prevent additional factory farms from moving in, trying to get government agencies to regulate air and water pollution, and/or suing companies for making people sick and destroying their property values.

### There’s Still Time

The operation in Trade Lake isn’t a done deal. A preliminary application was filed with the Wisconsin Department of Natural Resources (DNR) in March. Wisconsin has 14 permitted hog Confined Animal Feeding Operations, according to the state’s DNR. If approved, the Trade Lake operation would become the largest hog farm permitted to date in northern Wisconsin, according to Wisconsin Public Radio.



SIGN THE PETITION

A petition calls for the Wisconsin Department of Natural Resources and the Burnett County Board to oppose the application to build the hog farm. Visit [change.org](https://www.change.org) and search “Support Responsible Land Use in Trade Lake, WI.”

“ This area has maintained a high-quality watershed and biodiversity exactly because farms like this and other such industrial farming operations are not here. If this operation is approved, it sets a precedent that cannot be reversed. ”

—Mike Noreen, Burning River Farm in Frederic, Wisconsin





## Cooperative Seafood

Seward Co-op is partnering with Seafood Producers Cooperative (SPC) to bring even more sustainable fish to our Meat and Seafood case. The fish are caught one by one through hook-and-line methods and chilled within minutes right on the boat.

“We’re one of the last small-boat, hook-and-line fishing fleets in the North Pacific,” said Caven Pfeiffer, a fisherperson-owner of the worker co-op with offices in Washington state. “Our Sitka harbor, where the majority of boats are co-op members, is



home to over 600 trollers and longliners who fish the Gulf of Alaska. Nowhere else, including both coasts, are there this many hook-and-line fishermen that use traditional methods of low-impact fishing.”

In 1944, a group of halibut fisherpeople started a company that they owned to deliver high-quality fish from ocean to market and to safeguard the fairest price for their work. More than 70 years later, Seafood Producers Cooperative is fighting to survive as the modern seafood distribution system

keeps fisherpeople from a fair price for their catch and seafood fraud runs rampant.

A direct relationship between fisherperson and Seward Co-op promotes transparency and traceability in the supply chain. SPC’s Alaska fisherpeople will personally deliver products and offer educational opportunities at Seward Co-op stores. To be able to work directly with SPC means Seward Co-op is able to offer their extremely high-quality, wild-caught fish at very competitive prices,” said Roderick McCulloch, Seward Co-op’s fresh food merchandising coordinator.

“This is one of those prime examples of how cooperative economics creates mutually beneficial outcomes. Seward strives to support sustainable meat and seafood production; to be able to do so through a co-op-to-co-op connection was a clear choice.”



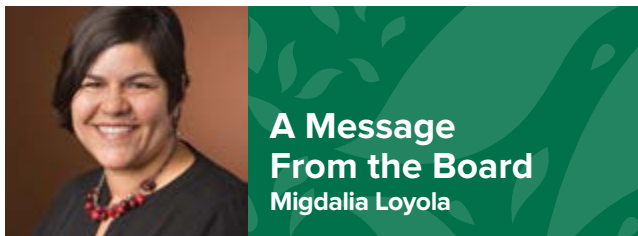
Seafood Producers Cooperative is a small-scale, sustainable and cooperative Community Foods producer. Find their fish at the Meat and Seafood counter at both stores.

“ Strengthening the cooperative economy? Check. Sourcing wild-caught Alaskan fish from one of the most sustainable methods available? Check. Bringing in high-quality, delicious Coho, Keta, and Halibut for co-op owners and shoppers? Check. This was a win-win-win opportunity and we’re thrilled to be able to offer their products.”

—Roderick McCulloch,  
Seward Co-op’s fresh food  
merchandising coordinator







Summer's finally here! Local produce is bountiful—not just at the co-op, but at CSAs and farmers' markets as well. It is rewarding to see our co-op, as a natural part of upholding our values, be a part of these systems working together to support farmers, workers and community.

As a board, we continuously review how Seward Co-op is realizing its Ends Statement, and work with the general manager to ensure that as a co-op community we are striving to live up to our Ends. While our board is composed of people who represent different experiences and voices within our co-op community, as board members we are elected to represent the entirety of owners that make up the co-op. This is both an exciting and humbling task. When we are elected for the first time, we go from being owners and/or employees, to suddenly diving deep into understanding cooperative principles within grocery stores, familiarizing ourselves with policy governance and co-op policies, and making connections with other food co-ops.

Being a board member is both an honor and a responsibility. If you are inspired by Seward Co-op, and want to be part of envisioning its future, I hope you will consider running for a seat on the board of directors. We aim to have a diverse group of board members representative of owners and the community. Previous board experience is not a prerequisite to run for the board; caring deeply about Seward Co-op and its future is.

Candidates must attend at least one board meeting prior to running for the board. Check out the upcoming meeting dates and join us at one to learn more. New directors are announced at our annual meeting in October. The meeting features our ongoing community-wide conversation exploring the "real cost of food" through a racial-equity lens. Lastly, as a board, we have heard that you want more opportunities to connect with us. In response, Seward Co-op will host our inaugural Community Dinner this summer on July 25 at the Franklin and Friendship stores, and we hope you'll join us. We are very excited to see you at these events!

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

### Current Board of Directors Term Ends

Vina Kay	2020
Jill Krueger	2019
Migdalia Loyola	2019
Cassandra Meyer	2021
Lenny Nelson	2020
Sally Nixon	2021
Joe Riemann	2021
Nahrissa Rush	2020

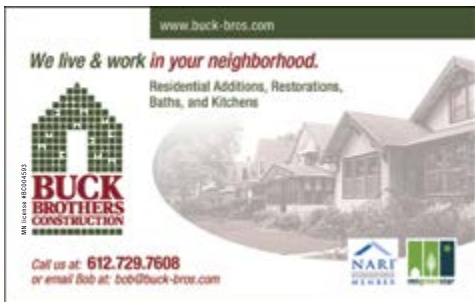
### Want to run for the board?

Be sure to attend a board meeting this summer. Learn more on page 24 and online at [seward.coop](http://seward.coop)

## VINELAND TREE CARE

(612) 872-0205

[vinelandtree.com](http://vinelandtree.com)



Village Financial Cooperative is an emerging Black-led credit union on the Northside of Minneapolis, with a mission to ignite a financial renaissance within the local Black community and beyond through cooperative economic practice. Our members believe in reversing the racial disparities of our state and come from all backgrounds and walks of life, including anyone who lives, works, worships, or goes to school in Hennepin or Ramsey County.

Black folks who crossed the Middle Passage in America fought vigorously for their freedom, and that fire to be liberated, both socially and economically, continues to burn. Join us for a kickback to commemorate Juneteenth on Thursday, June 13, 5:30–8 p.m., at 2515 Third St. N., Minneapolis.

In 2019 alone, Village Financial Cooperative has made headway in securing a physical location for the credit union, gained important partnerships, and held a number of important conversations on what building a Black cooperative economics system in the Twin Cities means. Now we'd like to celebrate these accomplishments and what's to come with our members. So enjoy a good time with us, hear some exciting news about where we're headed, and begin the festivities of Freedom Day with us.

Learn more at [villagefinancial.org](http://villagefinancial.org).

Article submitted by Village Financial Cooperative.

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# Seward Co-op's CSA Fair



Seward Co-op celebrated our 18th annual CSA Fair on April 27 at the Creamery Café. Thank you to all the local farmers and vendors and to community members who connected with those who grow and harvest our food!

Three farmer talks were livestreamed on Facebook and featured Emily Hanson of Shared Ground Farmers' Cooperative, Naima Dhere, a Somali-American farmer who grows certified organic vegetables, and Reginaldo Haslett-Marroquin of Regenerative Agriculture Alliance. Midwest Food Connection offered a kids seed planting activity and shared about their work in local schools. Members of Seward Co-op's Board of Directors staffed the welcome table and talked about their work on behalf of owners.



Emily Hanson, Shared Ground Farmers' Cooperative



Jeremy McAdams,  
Northwood Mushrooms



Reginaldo Haslett-Marroquin of Regenerative Agriculture Alliance



Naima Dhere, a Somali-American farmer



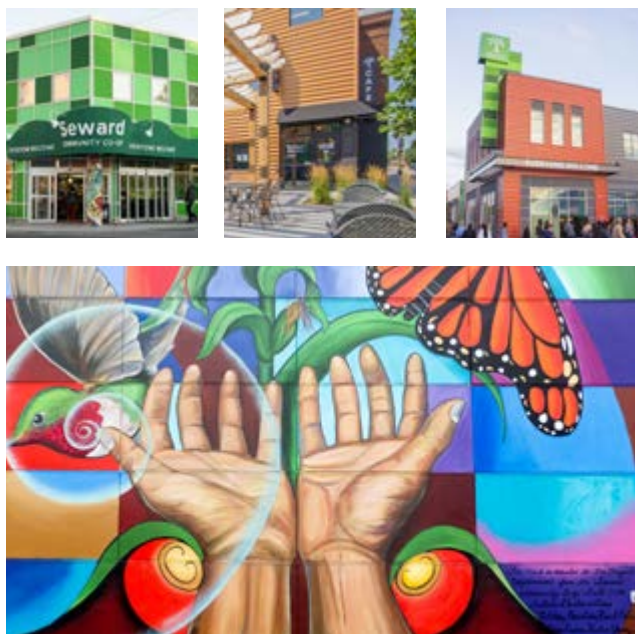
Huge thank you goes to Sitka Salmon Shares for partnering with the co-op on a giveback campaign, and for donating fish for the CSA Fair café specials. For each Community Supported Fishery share sold through the fair, Sitka donated \$25 to Seward Co-op's April SEED grant recipient. With 12 shares sold, Sitka Salmon Shares donated a total of \$300 to benefit the Sexual Violence Center in Minneapolis, adding to the \$24,853 raised by Seward Co-op owners and customers!



# Summer News



**Want to Run in the 2019 Board Election?**  
There are four at-large seats open. Three are three-year terms and the fourth seat is a one-year term. Current Seward Co-op employees are not eligible to be candidates in 2019 because co-op bylaws restrict the number of employees on the board to two. Both employee directors are midterm. To obtain a candidate application, attendance is required at a board meeting this summer: June 25, July 30 or Aug. 27. Prior to each of these meetings, the board will hold a Candidate Information Session beginning at 5:30 p.m. Candidate applications are due Friday, Aug. 30.



**Invest in Our Co-op!**  
Ever thought of investing in Seward Co-op? We are halfway through our capital renewal campaign. This is called a renewal campaign because it is the fifth anniversary of our capital campaign to build the Friendship store and the Creamery Café and production facility. So far, most co-op owners who invested five year ago have chosen to keep their investment in the co-op. This renewal campaign also welcomes new investments from co-op owners who may not have had the opportunity to participate in the campaign five years ago. Being able to invest in the co-op is a benefit of ownership. Email [invest@seward.coop](mailto:invest@seward.coop) or call 612-230-5555 to learn more and ask any questions.



**Seward Co-op’s Role in Community Crises**  
Our community and our nation are facing crises of opioid use and homelessness, and they’re showing up at Seward Co-op. Focused on community-based solutions, Seward Co-op has joined forces with Twin Cities area co-ops, St. Stephen’s Human Services and the Minnesota Department of Health. Our approach is centered on harm reduction and restorative justice. Please join us in creating a safe and welcoming space for all. We’ve heard from many people about their experience at our locations and see many of you already committed to this work. We appreciate you and welcome your input at [seward.coop/contactus](mailto:seward.coop/contactus). Learn more about how you can support these efforts at [seward.coop](http://seward.coop).

# Seward Co-op’s Grants & Donations



**SEED/SCF Grant Applications Due**  
One way that Seward Co-op lives its Ends statement to “sustain a healthy community” is through robust community grant programs. The SEED program is a simple yet powerful community giving program that allows customers to round up their grocery bill for recipient organizations that share our commitment to a healthy community. All funds donated at the register are given directly to the recipient organization at the end of each month, often totaling over \$20,000 per month. The Seward Community Fund (SCF) grant also supports community organizations—these grants are smaller, but come directly from co-op resources.

One SEED recipient per quarter will be a “community choice” recipient. Seward Co-op owners will be able to vote to select four SEED recipients from a finalist list reviewed by a grant committee comprised of co-op staff. Look for information in our e-newsletter and on our website toward the end of the summer! Subscribe and learn more at [seward.coop](http://seward.coop).



**Is your organization interested in applying?**  
Simply visit [seward.coop/applyforseed](http://seward.coop/applyforseed) for instructions. The application deadline is June 30.

## Summer SEED Recipients



**Community Choice**

**June: Green Garden Bakery**  
Green Garden Bakery youth, supported by the nonprofit Urban Strategies, Inc., grow vegetables in their urban garden, bake them into healthful vegetable-based desserts (vegan and gluten-free), and market them using sustainable practices. The youth sell the desserts for “pay-what-you-want” and donate proceeds back to the community.



**July: Isuroon**  
Isuroon is dedicated to building Somali women’s and girls’ social connectedness and self-sufficiency so that they can lead healthier, more productive lives in Minnesota and globally. SEED funding will be used in support of a culturally specific food shelf that provides support for social connectedness, dignified service and healthful foods, including fresh fruits and vegetables, to any person in need.



**August: Southside Services, Inc.**  
Southside Services supports adults with cognitive and developmental disabilities to become increasingly active, contributing members of their community.



# Summer Events

## 2019 Twin Cities Pride Festival

Saturday–Sunday, June 22–23  
The Twin Cities Pride Festival is a celebration of the LGBTQIA+ Community. The plan is to have 400 exhibitor booths, 40 food vendors, and four free stages with music and other performances. All LGBTQIA+ people and allies are welcome! Learn more at [tcpride.org](http://tcpride.org).

## Somali Week

Sunday, June 30–Saturday, July 6  
Somali Week is the Minnesota Somali community's largest celebration of the year. Consisting of the Somali Independence Day Festival, Xasuuso (Remember) 1960 and a soccer tournament, Somali Week is a week-long event hosted in various locations across the Twin Cities. Over the years, this event has grown from one block with 5,000–8,000 participants, to three blocks with a diverse crowd of over 40,000 participants. Somali Week is hosted by Ka Joog, a nationally recognized Somali-American nonprofit organization tailored toward enriching the lives of Somali-American youth by utilizing the positive elements of education, mentoring, employment and the arts. Seward Co-op is a proud sponsor of Ka Joog.

## Eat Local Co-op Farm Tour

Saturday, July 13, 10 a.m.–4 p.m.  
Explore your local farms as they open their doors for a day full of fun, learning and discovery brought to you by your local food co-ops, including Seward Co-op. This year, over 25 urban and rural farms are offering exciting activities such as tractor rides, farming demonstrations, blueberry picking contests, farm-animal feeding, and pick-your-own flower bouquet 10 a.m.–4 p.m. on Saturday, July 13. It's a free, self-guided event, so no need to sign up! For more information, visit [coopfarmtour.com](http://coopfarmtour.com).

## Community Dinner

Thursday, July 25, 4–7 p.m.  
Save the date for Seward Co-op's first ever Community Dinner on July 25, hosted by the Franklin and Friendship stores. Join us for a \$4 wholesome, picnic-style meal, live music and kids activities. Everyone is welcome to enjoy time at the co-op with our neighbors! Watch [seward.coop](http://seward.coop) and follow Seward Co-op on social media for more details.

## Powderhorn Art Fair

Saturday, Aug. 3, 10 a.m.–6 p.m.  
Sunday, Aug. 4, 10 a.m.–5 p.m.  
The best regionally juried art fair for nearly three decades takes place right in South Minneapolis in picture-perfect Powderhorn Park. It attracts artists from 26 states and 216 cities, making it a local and regional favorite. Learn more at [ppna.org](http://ppna.org). Seward Co-op is a proud sponsor of Powderhorn Park Neighborhood Association.

## YWCA Women's Triathlon

Sunday, Aug. 11  
Celebrate the strength and spirit of all women in this year's YWCA Women's Triathlon. Racers from across the state and the nation will come together at Lake Nokomis to swim, bike, run and achieve athletic goals. For ages 11 and up. Learn more at [ywcamppls.org](http://ywcamppls.org). Seward Co-op is a proud sponsor of this event.

## Open Streets Franklin

Sunday, Aug. 25, 11 a.m.–5 p.m.  
Explore the Seward neighborhood and local businesses as you bike, walk or roll on Franklin Avenue. The street will be closed to vehicle traffic from Portland Avenue to 28th Avenue South and opened up to the community! Seward Co-op will be celebrating good food and community at the Creamery Café. Stay tuned for more details.

## Annual Owner Meeting

Tuesday, Oct. 22  
Please save the date for Seward Co-op's 2019 Annual Owner Meeting at the University of Minnesota's Coffman Memorial Union. Share a meal and hear from members of the board of directors and staff. The results of the board election will be shared and the 2020 SEED/SCF grant recipients will be announced.



Eat Local Co-op Farm Tour



YWCA Women's Triathlon



Annual Owner Meeting



Open Streets Franklin

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