

# SPROUT!

Summer 2021



Art + Abolition

Summer Grilling

News from Community Foods

 Coupons on back

**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.–9 p.m. daily  
2823 E. Franklin Ave., MPLS, MN 55406

### Friendship store

(612) 230-5595  
Open 8 a.m.–9 p.m. daily  
317 E. 38th St., MPLS, MN 55409

### Creamery Café

(612) 230-5575  
Temporarily Closed  
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:** Memorialize the Movement exhibition at Phelps Park, May 22. Photo by Maiv Mos Yang.



# A Message From the General Manager Sean Doyle

At the end of June, the co-op will be wrapping up another fiscal year. Our co-op and community have faced many challenges this past year. We refined our operations multiple times at different stages of the COVID-19 pandemic to maximize safety. We closed significant parts of our business and launched Seward To Go. We could not have managed financially this past year if it were not for the Payroll Protection Program (PPP) loan that enabled us to operate in a deficit and keep many of our staff employed. This spring, we removed the exterior shelters at the stores and resumed most operations of our co-op. We hope to relaunch our indoor seating in the near future at both stores, and if we are able to obtain a Restaurant Revitalization Fund grant, we hope to reopen our café.

This past year has also been a time of reckoning and awakening to the systemic racism of our city, state, and country. The murder of George Floyd, and the subsequent civil unrest that ensued, led many to act and to demand change. At the co-op, we have had many conversations about how our Ends Statement of sustaining a healthy community compels us as an organization to work to abolish oppression in all its forms.

In late May, we sponsored and provided murals for an amazing exhibit at Phelps Park by Memorialize the Movement to honor the anniversary of George Floyd's murder. I know that for many of us, the murals created a year ago helped metabolize the trauma of this crime and subsequent civil unrest. Join

us Thursday, June 24 for Art + Abolition at both of our stores to celebrate these murals and their artists. We will have music, community art, and conversations about our collective commitment to racial justice and abolition. We will honor the transcendent impact of this art and celebrate transferring them to Memorialize the Movement, so they are preserved and stay in our community forever.

I want to thank you for supporting our co-op this past year. All of us at Seward Co-op appreciate how we worked together to make it through this challenging year. We are grateful that, as a community, we united in following federal and state COVID-19 guidelines. We are thankful that when we needed to protect our buildings during civil unrest, many of you stepped forward to help. If you are interested in playing a bigger role in our cooperative, consider running for our board of directors. Please attend the June or July board meeting to learn about how to run.

Finally, I hope that this letter finds you and those you love in good health. My condolences to those of you who have experienced loss. If anything, this past year has taught me to value life more than ever—to recognize that even in forced isolation, we are not alone. I hope that you all find joy and a pathway back to community in these warm days of our short Minnesota summer. For me, it is a table set with the bounty of food grown close to home.



# Salad & Hot Bar Now Open!

Seward Co-op's daily menus offer nourishing, culturally diverse dishes. We use 95% organic ingredients, locally sourced whenever available.



## Hot Bar Hacks

Check out Maiv Mos & Addie's video explaining how to hack the hot bar! Watch on our website. [www.seward.coop](http://www.seward.coop)



# Art + Abolition: Memorialize the Movement, Deepen our Commitment

Through the summer of 2020, we experienced the way art can metabolize, mobilize, heal, and inspire in the movement towards racial justice. Join Seward Co-op along with Eastside, Mississippi Market, and Twin Cities Co-op Partners (TCCP) co-ops as we honor and celebrate the protest art of this past year, while deepening our commitment to racial justice in our community. We'll gather on Thursday, June 24, for outdoor, COVID-safe gatherings focused on art and abolition within our co-op communities.



Most of the murals at Seward Co-op were weatherproofed and remained on display at the stores over the past year. The murals continue to have positive impacts on the immediate communities surrounding the stores, particularly the Friendship store, given its proximity to George Floyd Square. With permission from the artists, Seward Co-op is donating these works of art to Memorialize the Movement, a grassroots organization working to collect and preserve the protest art created in the wake of the murder of George Floyd. A small number of these were on display at the May 22 exhibition at Phelps Park.

The rest of murals will be donated as part of the community gathering on June 24.



## Co-op Community Conversations Thursday, June 24, 6–7:30 p.m.

Join us outside both Seward Co-op locations for music, conversation with the artists, and opportunities to create new art expressing our commitments to the abolitionist movement in 2021 and beyond as we consider the following: What does it mean to be an abolitionist today? How will we further engage in racial justice movements as co-op members? What does it mean to commit to Black liberation as a co-op community? To what will we commit ourselves?

We'll also be livestreaming the event with conversations with Leesa, founder of Memorialize the Movement, Seward Co-op board members, and some of the artists who shared their talents with our community. Following the event, the remaining 2020 murals will be officially donated to Memorialize the Movement.

Last summer, Seward Co-op invited local Black, Indigenous, People of Color- (BIPOC)-led artist groups to create murals. Utilizing the plywood at our stores, artists expressed emotions and supported the community in metabolizing trauma in the wake of the murder of George Floyd. We invited the community to participate with music and chalk art. You can see photos and information on the artists from that day here:

<https://seward.coop/public-art-at-seward-co-op-buildings/>



The event series “Co-op Community Conversations: Exploring the intersection of racial, social, and food justice” is presented by Eastside Food Co-op, Mississippi Market Food Co-op, Seward Community Co-op, and Twin Cities Co-op Partners as a way to examine and connect our cooperative values with social justice movements.





# Summer Grilling

As temperatures rise, so does the heat in the kitchen, so why not take the cooking outdoors and grill? Grilling adds crispy texture and a depth of flavor to your dishes. It can bring out the sweetness of your veggies and add just the right amount of smokiness to meat dishes. No one knows this better than local chefs Yia Vang, Julian Korger, and Gustavo Romero. They've generously shared their favorite outdoor cooking tips and tricks for Seward Co-op community members! Be sure to stay tuned into our blog and social media where we will be featuring more information and recipes from these chefs!

## Meet the Chefs

**Yia Vang** (he/him) worked at many top restaurants in the Twin Cities before starting Union Hmong Kitchen at MidCity Kitchen. Seward Co-op community members may recall Yia's fantastic menu and discussion at our 2019 Annual Meeting. Yia currently hosts Twin Cities PBS' "Relish," now in its third season, and co-hosts the podcast "White on Rice." His new restaurant, Vinai, opens later this year.

### Advice from Yia:

"My biggest piece of advice is clean your grill! The easiest time to do it is after you've used it and it's still hot. Give it a good brushing. You want the lovely char flavors that naturally come from the heat and the flame to add to the richness of whatever you're grilling, not old crusty grease from last month's (or last year's!) meals. I always say treat the fire like it's an ingredient, and when you think of it that way, it opens up so many possibilities."



**Julian Korger** (they/them) is the proprietor of Blue Collar Supper Club (BCSC), which invites queer folks to slow down, eat up, and connect through fun and approachable dining so they can feel seen, valued, and cared for. BCSC is hosting a series of pop-up dining experiences over the summer with a number of local breweries. Sign up to become a member and get involved at [www.bluecollarsupperclub.com](http://www.bluecollarsupperclub.com).

### Tips from Julian:

"One of my favorite things about grilling is the ability to cook with bare feet. The other thing I love is using smoke to bring another dimension to anything grilled. I've got a gas grill (hear me out), but each and every time I grill, I load my smoker box with a blend of chips. Depending on what I'm grilling, I switch out the varieties of chips or lump wood to highlight different flavors in the ingredient or meal. I use hickory and mesquite lump wood directly on the heat plates and will often place the box full of smaller chips on the heat plates as well. I utilize beer and booze as ingredients often when I cook, so the small chips I tend to select are often whiskey, tequila, or rum barrel varieties and can be found at local hardware stores. Smoking meat and veggies is such a rewarding process, for it can really add an extra punch to the finished product."



Join Addie on Saturday, June 19, for a free virtual class as we celebrate Juneteenth. We'll be making BBQ dishes and sides that everyone can enjoy this summer. Register at [seward.coop/events](http://seward.coop/events)

**Gustavo Romero** (he/him) had cooked all over the United States, from Miami to San Francisco, before he and his chef wife, Kate (she/her), settled in Minneapolis a few years ago. During COVID, they had to pivot as the restaurant industry took a critical blow, so he started making Nixta tortillas – superfood tortillas with heirloom corn. Now the Romeros are working on getting their delicious tortillas into as many hands as possible and helping elevate tacos for home and restaurant cooks in the Twin Cities. Nixta is a Community Foods producer, and their tortillas can now be found in Seward Co-op stores!



### Carne Asada Grill Tips + Marinade

- 6 oz. flank steak      deveined      • 1 garlic clove      • 2 oz. olive oil
- 1 jalapeno chile,      • 2 oz. cilantro      • juice of one lime      • 1 tsp. salt

Marinate steak in jalapeno, cilantro, garlic, lime juice and olive oil up to 24 hours ahead of time.

Temper meat at room temperature for one hour before grilling. This allows for more even cooking. Salt the meat right before grilling.

When grilling, you should always start with the grill on high and turn it down during the cooking process. (You want to hear a nice sizzle when the meat is placed on grates.)

If you have doubts about the internal temperature of the meat and do not have a thermometer, it's always best to pull it off sooner and let it rest. During this time, the meat will continue to "carry-over cook" for about 5 minutes. Allowing the meat to rest will also keep the juices in the meat. Slice against the grain, and wrap in a Nixta tortilla!





**Quebracho**, photo by John Yuccas

## Keep Locally Owned Businesses Thriving

At Seward Co-op, we are thrilled to share the products of many fantastic Community Foods producers in our community and available in our stores. We make it a point to focus on stories of producers who have often been overlooked or not included. Purchasing products made by these Community Foods producers means supporting a thriving local economy and helping provide support and opportunities to growing businesses, as well as helping to nourish our local community. Get to know a few small-scale, local, women-owned Community Foods producers!



### **Live Organically**

*Small-scale, local, woman-owned, sustainable*

Local Minnesota farm Live Organically believes in doing good for our environment and practices this by remaining an herbicide-free farm and planting only organic seeds. Owner Lakisha Witter does not use toxic chemicals on the farm and uses sustainable practices like weeding by hand or with a hoe to retain strong root structures for their crops. Live Organically uses methods like drip-tape irrigation to conserve energy and water. Find their fresh produce including arugula bunches, rainbow beans, colorful purple and yellow cauliflower, and more at our stores.



### **Seeds Farm**

*Small-scale, local, woman-owned, sustainable*

Farmer Becca Carlson started Seeds Farm in 2010 and has been providing certified-organic vegetables ever since. Seeds Farm keeps in mind that one of the biggest ways we interact with our environment is through agriculture. Becca says, "We all have to eat, that food has to be grown and how it is grown impacts the soils in our communities." Seeds Farm strives for a triple bottom-line of sustainability: social, environmental, and financial. Try some of their green- and red-leaf lettuce, celery, and cucumbers with your meals this summer!



### **Miss Jenny's**

*Small-scale, local, woman-owned, sustainable*

Miss Jenny's is a family hot sauce business based out of South Minneapolis. What started as a passion project grew into a labor of love that involves the whole family! Miss Jenny's 7-Pot Scorn hot sauce is a lacto-fermented hot sauce made without vinegar, which allows the tropical sweetness and nutty, earthy undertones of the peppers to shine through the heat. Because Miss Jenny's is committed to creating a sustainable product, they work with local farmers to grow the signature 7-Pot peppers for their sauce. Add a little heat to your summer and grab a bottle of Miss Jenny's on your next grocery trip!



### **Quebracho**

*Small-scale, local, woman-owned*

Quebracho produces scratch-made empanadas, among other Argentinian staples, using ingredients sourced locally whenever possible. Owner Belen Rodriguez began Quebracho in 2018 to share her experience of family Sundays by selling their food at local farmers' markets and pop-up events. Quebracho's empanadas can be found in the freezer aisles at both Seward Co-op stores and now include chicken and beef empanadas in addition to their classic spinach flavor.



2021 marked the 20th anniversary of Seward Co-op's annual Community-Supported Agriculture (CSA) Fair. We hosted a virtual celebration of nearly 30 local CSA farms on our website and social media, showing what life has been like at the farms this past year. Farmers submitted their own videos about their CSAs and what adaptations they had to make this past year in the face of the pandemic and in our changing world.

The past year has been challenging and rewarding for small-scale farms. Despite being vital to our food system, farmworkers are often first and most profoundly affected by crisis and supply chain disruption. This year, we also partnered with Duke University's Student Action with Farmworkers, incorporating their actions for National Farmworker Awareness Week and calling attention to the vital work of the people who grow our food.

You can see all the farmer videos and stores from the farms at [www.seward.coop/csa\\_fair](http://www.seward.coop/csa_fair).



**Big River Farms**, a program of The Food Group, offers education in organic agriculture for farmers who have historically been underrepresented in farm ownership. They provide beginning farmers program mentorship and guidance in managing their own one-eighth- to six-acre plots of certified-organic land. Big River Farms' produce is certified organic. Purchases in their CSA share supports a diverse group of farmers—including those who are refugees and immigrants.



**Shared Ground Farmer's Cooperative**—Shared Ground Farmers' Co-op is a marketing and distribution cooperative owned by seven farms in the Twin Cities region. They are owned and run by a diverse group of farmers from the Latino, Anglo, and Hmong communities. One of their core objectives is making environmentally sustainable farming a living-wage job, especially for minority, immigrant, and beginning farmers. In 2021, they continued their mutual aid CSA share to provide high-quality and sustained access to food for families that do not normally have such access.



**July 10, 10 a.m. to 4 p.m.**  
Mark your calendar for the 2021 Co-op Farm Tour for a day of exploration, interactive activities, farm goods for sale, and demonstrations at various local farms.



This letter comes on the eve of your important decision to apply and stand for election to the Seward Co-op Board of Directors. A year ago, I made the decision to become a co-op member and run for the board. My wife and I had recently moved back to Minneapolis, and I wanted to share my experience and work in the local food system in a meaningful way. I also wanted to connect with a community of folks promoting racial equity, social justice and access to good food for all people, regardless of their economic status.

In the past year, the two most rewarding experiences for me have been the Annual Board Retreat and serving on board committees. At our retreat, the board explored the history of the co-op model and Seward Co-op's unique place in the landscape of Minnesota cooperatives. We also wrestled with the co-op's role in being a force for abolition, transformation, and justice within a capitalistic, economic, and racially unjust social system. The board will continue to seek the wisdom

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 <a href="mailto:board@seward.coop">board@seward.coop</a> to indicate your intention to attend.	
Current Board of Directors	Term Ends
Shiranthi Goonathilaka	2022
Claire Purvey Houston	2022
Vina Kay	2023
Warren King	2023
Jill Krueger	2022
Cassandra Meyer	2021
Sally Nixon	2021
LaDonna Sanders Redmond	2022
Kate Seybold	2021

of justice advocates and our owners as we consider changes to our policies and operations that enhance our leadership in this area and make Seward Co-op a more welcoming place.

My service on the audit, community engagement, and election committees has allowed me to quickly increase my knowledge about the financial, neighborhood, and governance responsibilities we all share as owners of Seward Co-op. I look forward to the time when our committee meetings can move from virtual back to face-to-face.

Summer will be a busy time as we prepare for the Annual Meeting and an election in the fall. The 2021 Candidate Application and Board of Directors Job Description will soon be available. I encourage you to consider standing for election as a board member, seriously considering the responsibilities, time commitment, and required roles.

Board members have a unique responsibility to shepherd Seward Co-op's Ends Statement; to sustain a healthy community that is based on equitable economic relationships, positive environmental impacts, and inclusive, socially responsible practices. This is what our owners expect the board to accomplish and promote. Guided by principles of respect, equity, transparency, and democracy, we will work together to continue Seward Co-op's leadership within our community.

I wish you peace, good health, and an enjoyable summer with family, friends, and neighbors.

**Save the Date: Seward Co-op Annual Meeting Tuesday, October 26**  
  
Seward Co-op's Annual Owner Meeting will be virtual once again in 2021, with family and community viewing parties encouraged and supported. Please save the date, more details to come!



# Gummy Goodness



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## Want to Run in the 2021 Board Election?

Attend an online board meeting this summer! Seward Co-op's Board of Directors invites potential candidates to learn about cooperative governance and this year's election. Board candidates must be current owners of Seward Co-op and committed to the long-term sustainability of our co-op.

## Attending Summer Board Meetings

All candidates are required to attend a board meeting to be eligible to run in the election. Board meetings are typically held the last Tuesday of each month, calling to order at 6:15 p.m. Upcoming meeting dates are June 29 and July 27. Before these meetings, the board will host a candidate information session beginning at 5:30 p.m. Please email [board@seward.coop](mailto:board@seward.coop) to receive Zoom meeting information.

Upon attending a meeting, you'll hear from current directors and receive documents detailing the expectations of candidates. All interested candidates will need to submit a form and essay by Thursday, Aug. 5.

Candidates are strongly encouraged to attend the Aug. 31 and Sept. 28 board meetings as well, in addition to a candidate forum on Oct. 5. The 2021 election will occur in October.

## About the 2021 Election

There are three at-large seats open. Current employees of Seward Co-op are eligible to run for at-large seats. However, only the top vote-getting employee may be seated. Seward Co-op bylaws restrict the total number of employees on the board to two, and one employee director is currently mid-term in the designated employee director seat.

Remember: to obtain a candidate application, attendance is required at the June 29 or July 27 board meeting. Before these meetings, the board will host a candidate information session beginning at 5:30 p.m. Mark your calendars now and RSVP to [board@seward.coop](mailto:board@seward.coop).

# News, Events, & Classes

## June

### Talking about Death Won't Kill You; A Facilitated Conversation Tuesday, June 15, 7–8:30 p.m.

Jeanne Bain returns with this popular workshop, a facilitated conversation about planning for death through sharing and experiential exercises. We will explore specific examples of dos and don'ts, as well as what qualities make someone a good healthcare agent. Expect lively discussions, laughter, and support, as we discuss what we want and what we don't want for those final days.

*Jeanne Bain, M.A.; End-of-life specialist, trainer and consultant*

### Cooking with Koshiki: Wild Mushroom Soba & Spinach Goma-ae Thursday, June 17, 6–8 p.m.

Wild Mushroom Soba features hearty buckwheat noodles in homemade dashi broth, topped with local mushrooms and tamagoyaki. This dish is light and healthy yet full of flavor, texture, and umami. We will also make a side dish of Goma-ae (spinach with sesame sauce), a popular traditional Japanese vegetable dish.

*Koshiki Smith, The Japanese Kitchen*

### Juneteenth BBQ Recipes with Addie Saturday, June 19, 3–5 p.m.

Join Addie as we celebrate Juneteenth with BBQ dishes and sides that everyone can enjoy this summer. We'll be making burgers and kebobs, featuring both meat and vegetarian options. Addie will also give a brief history of what Juneteenth is, explain its importance, and share how she celebrates the holiday.

*Addie DeMery, Seward Co-op*

### Co-op Community Conversations: Co-op Community Conversations: Art + Abolition Thursday, June 24, 6–7:30 p.m.

Franklin and Friendship Stores (outside)  
Join Seward Co-op along with Eastside, Mississippi Market, and TCCP co-ops in an outdoor, socially distanced celebration of art and commitment to racial justice and abolition.

Join us outside both Seward Co-op locations for music, conversation with Seward Co-op mural artists, and opportunities to create new art expressing our commitments to the abolitionist movement in 2021 and beyond. The celebration will include the official removal and donation of these murals to Memorialize the Movement.

### June BOD Meeting Tuesday, June 29, 6–8:30 p.m.

Meetings of Seward Co-op's Board of Directors are open to any co-op owner to indicate your intention to attend, please email [board@seward.coop](mailto:board@seward.coop) prior to June 29. This will allow us to provide you the virtual meeting link.



### June SEED Recipient

**St. Stephen's Human Services** operates two shelters in Minneapolis for adults of all genders experiencing homelessness. SEED funds will be used to infuse the nearly 300 meals served daily with more nutritious, local and environmentally-conscious options.

### Apply For Seward Co-op Grant Programs

One way Seward Co-op lives its Ends Statement to "sustain a healthy community" is through robust community grants, including our SEED "round-up" program, Seward Community Fund and People Powered Perks. Applications for 2022 grants are due June 30, 2021. Learn more and apply online: <https://seward.coop/apply-for-seed/>



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Everyone Welcome: Gender Inclusion at Seward Co-op

At Seward Co-op, we are committed to a culture of inclusion where everyone feels welcome, respected and celebrated. As part of this commitment, we ask everyone to use gender-inclusive and affirming language. It's one way to show respect and avoid making assumptions. Instead of using gendered language such as "ladies," "gentlemen," "sir" or "ma'am," try instead using phrases like: "Good morning, everyone!" or "Thanks, friend." A full-length statement is available at [seward.coop/everyone-welcome-gender-inclusion-at-seward-co-op/](http://seward.coop/everyone-welcome-gender-inclusion-at-seward-co-op/). If you'd like to learn more about why this is important, read tips on sharing and asking about pronouns or find other resources. The website [www.mypronouns.org](http://www.mypronouns.org) is a great place to start.

July

The Eat Local Co-op Farm Tour!

Saturday, July 10, 10 a.m.–4 p.m.

Explore local, sustainable, and organic farms as they open their doors for a day full of fun, learning, and discovery brought to you by your local food co-ops. This year, 20 urban and rural farms are offering exciting activities such as farming demonstrations, u-pick berries, selling local products, and more. It's a free, self-guided event, so there's no need to sign up!

For more information, visit [www.coopfarmtour.com](http://www.coopfarmtour.com) or find guidebooks available in our stores. Please check the farm tour website regularly for updates about this event.

African Vegan Cooking: Cassava

Sunday, July 18, 1–2 p.m.

Join Henry as he makes cassava, a delicious Ugandan dish of fried yucca slices.

Henry Kisitu, Jajja Wellness

July BOD Meeting

Tuesday, July 27, 6–8:30 p.m.

Meetings of Seward Co-op's Board of Directors are open to any co-op owner. To indicate your intention to attend, please email [board@seward.coop](mailto:board@seward.coop) prior to July 27. This will allow us to provide you the virtual meeting link.

Nourish 101: Panzanella Salad

Tuesday, July 27, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Jess will be making a summery salad with bread, fresh tomatoes, cucumbers and a zesty dressing.

Jess Toliver, Jess Delicious

Cooking with Koshiki: Tanpopo-Style Chicken Wings

Thursday, July 29, 6–8 p.m.

Koshiki will be making succulent and delicious fried chicken wings tossed in a soy-ginger vinaigrette, alongside Japanese-style potato salad with eggs, cucumber, and onion. Perfect for a summer dinner on a patio or picnic!

Koshiki Smith, The Japanese Kitchen



July SEED Recipient

Southside Harm Reduction Services

is a grassroots mobile syringe program that works to support people who use drugs in

Minneapolis through syringe services program that recognizes people's human rights to health, safety, and autonomy. These funds will be used to purchase syringes and other harm-reduction supplies that are part of community-based pathways to safety.

August

Cooking with Koshiki:

Salmon Cake with Sweet Corn & Kabocha Rice

Thursday, Aug. 5, 6–8 p.m.

This salmon cake is made with Atlantic salmon, shucked sweet corn, panko, and seasoning. Pan-fried and served with homemade tartar sauce, this salmon cake is perfect for a hot summer or autumn dinner. We will pair the salmon with an easy kabocha-squash rice dish.

Koshiki Smith, The Japanese Kitchen

African Vegan Cooking: Chapatti

Sunday, Aug. 8, 1–2 p.m.

Join Henry as he demonstrates the techniques of making Ugandan Chapatti, light and flaky pan-grilled bread with crispy edges.

Henry Kisitu, Jajja Wellness

Nourish 101: Chickpea Salad

Tuesday, Aug. 17, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Jess will be making a chickpea salad- a mock tuna salad using mashed chickpeas instead of tuna with cucumbers and red onion.

Jess Toliver, Jess Delicious



August SEED

Recipient

Touchstone Mental Health

provides an array of innovative person-centered services for those whose lives are affected by mental illnesses. They serve over 1,000 people in Minneapolis through community housing services and support to keep their housing, and they also provide food security, transportation, and health care.

August BOD Meeting

Tuesday, August 31,

6–8:30 p.m.

Meetings of Seward Co-op's Board of Directors are open to any co-op owner.

To indicate your intention to attend, please email [board@seward.coop](mailto:board@seward.coop) prior to August 31. This will allow us to provide you the virtual meeting link.



Seward Co-op is Hiring



Apply online at [www.seward.coop](http://www.seward.coop)





**Seward**  
COMMUNITY CO-OP



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