

# SPROUT!

Winter 2018



**Co-op Hacks**  
**Winter Recipes**  
**Annual Meeting Recap**  
**2019 SEED Recipients**

## 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** Sean Doyle

**Editor** Kaitlyn Walsh

**Designer** William Hoben

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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

#### 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:** RedBone Singers, a Twin Cities drum group, at the Annual Owner Meeting.

**On the back:** Farm Table with Hmong American Farmers Association at Seward Co-op Creamery Café.



# IN THIS ISSUE || WINTER 2018–19

**Co-op Hacks | 4–5**

**A Cut Above The Rest | 6–7**

**New Creamery Café Menu | 8–9**

**Seward-made in 2019 | 10–11**

**Gifts that Give Back | 12–13**

**Community Choice | 14–15**

**Keeping Score at the Co-op | 16–17**

**Annual Owner Meeting | 18–19**

**A Message from the Board | 20**

**New Board Members | 21**

**2019 SEED Recipients | 22–23**

**Classes & Events | 24–27**



## Social Shoutout

“I use local, organic ingredients whenever possible and fresh pears from Seward Co-op have been a mainstay in my pies this fall. My most popular pie currently is a Caramel Pear Cardamom Pie, using pears from Seward and a homemade caramel sauce.”

—Emily Lauer, Seward resident, Fruit & Grain Bakery owner

### What's Emily baking this winter?

Find her pies at area events and farmers markets, including the Northeast Minneapolis Winter Market, the Linden Hills Holiday Market and the Richfield Farmers Market winter markets. Find her at [www.fruitandgrain.com](http://www.fruitandgrain.com)

Want a shoutout?  
Tag @sewardcoop



@fruit\_and\_grain



## A Message From the General Manager Sean Doyle

As a democratic organization, it is important that committed owners participate in our cooperative. Turnout at this year's annual meeting on Oct. 30 was the largest in recent memory and I sincerely thank everyone who attended and participated. Our keynote was Sean Sherman who shared insights from his work with The Sioux Chef team to reclaim and promote indigenous foods. Many of the staff and owners I spoke with following this year's event are energized by Sean's talk. I found his life story compelling and the manner in which he brought forward the history of colonialism and genocide powerful. And while these can be painful topics, Sean inspired us with his inclusive vision of re-establishing indigenous food ways.

Another component of this year's annual meeting was celebrating our launch of Community Foods. Please check out our video at [www.seward.coop/communityfoods](http://www.seward.coop/communityfoods). As many of you may know, the grocery industry has become increasingly competitive in the Twin Cities and across the country. In addition to more stores and new brands entering the market, much of our product mix has become mainstream. The cooperative difference remains our authentic relationships with small-scale, local and cooperative producers. We build on this with our new Community Foods label that launched in October 2018. This program was built around our Ends Statement and stands on cooperative values by adding “inclusive” and “sustainable” to the qualifying criteria.

As community co-ops, we founded the natural foods industry and for decades we experienced dynamic growth. With the changes in the marketplace, the expectation that we will continue to grow needs to be re-evaluated. Most co-ops across the country face this challenge. In the coming year, we will need to pause and rethink how we will be relevant in the future. Later this winter, we will let you know how you can participate in conversations about what Seward Co-op's long-term vision may look like.

For the time being, I take comfort in the innumerable relationships our co-op has with small-scale, local, inclusive and sustainable producers. Our continued, robust support of their food and wellness products gives meaning to our work. I take inspiration from leaders such as Sean Sherman whose efforts to make indigenous foods available again can reconnect us with the natural world and with each other.

## Community Foods Values Every Day



Small. Local. Cooperative. Inclusive. Sustainable.

Meet our Community Foods producers. Visit [www.seward.coop/communityfoods](http://www.seward.coop/communityfoods) to watch the video created to celebrate our farmers and vendors with the launch of Community Foods. Community Foods is a Seward Co-op labeling program featuring producers that best align with our cooperative values and mission to sustain a health community.

# Co-op Hacks

Busy and on a budget? Our Nourish program is a great resource for meal planning or feeding a family of four in a snap. Reach for our list of Nourish staples (food and wellness items offered at a low price every day) and Nourish recipes, available at Customer Service. Seward-made rotisserie chicken and ready-to-eat beans and brown rice serve as building blocks for easy, budget-friendly meals.

Try this simple recipe using ingredients from Community Foods producers that are also part of our Nourish program. Our rotisserie chicken is sourced from Kadejan in Glenwood, Minnesota. Salsa Lisa is a small, local, woman-owned business in St. Paul. This burrito bowl can be topped with ingredients from our salad bar that have already been washed and prepped. All Seward-made products are part of the Community Foods program.

**N** “Staples” signs on the shelves highlight great everyday deals and some of the co-op’s most affordable foods and wellness products.

**Kadejan Rotisserie Chicken** **N**   
 (salt & pepper, herb, or Cajun)  
**\$9.99** whole | **\$5.99** half

**Beans and Brown Rice** **N**   
 Available fresh daily and served hot at the deli counter  
**\$1.99/lb.**

## Easy Weeknight Chicken Burrito Bowl

**Serves: 4**

### Ingredients:

- 2 cups shredded Seward-made rotisserie chicken
- 1/2 lb. each Seward-made rice and beans from the Deli
- 1 cup Salsa Lisa salsa
- 1/2 cup sour cream
- 2 cups shredded green lettuce
- 1 cup shredded Monterey Jack cheese

Grab your ingredients at Seward Co-op. Assemble at home. Enjoy! Vegetarian? Use avocado instead of chicken. Vegan? Make a simple guacamole instead of using sour cream and cheese. Or try our selection of vegan cheeses. We love Punk Rawk Labs, a small, local, woman-owned Community Foods producer that makes nut milk cheeses right here in Minneapolis.

**Pro tip:** Save the chicken bones and make stock that could be used to repurpose the leftovers from this recipe or add flavor and nutrients to another dish.



## A Cut Above the Rest

Through whole carcass butchery, our Meat and Seafood staff preserves connections with local farmers—and a unique skillset you can't find at most conventional grocery stores. Our in-house meat cutters know our producers and can speak directly to how the animals are raised before they are sold in large pieces to Seward Co-op.

In many cases, co-op staff have visited the field or walked through the barn where the animals are raised. We know that while hogs from Pork & Plants may not be certified organic, the plants grown at that farm are, and the hogs are raised on that same land. At Peterson Craftsman Meats in Osceola, Wisconsin, beef is dry-aged for 21 days, a process that improves flavor and tenderness but isn't necessarily called out on their packaging.



*Cecka Parks helps a customer at the Friendship store.*

Thanks to our producers and skilled co-op staff, we're able to create nutrient-dense foods at Seward: rendering fat for schmaltz, lard, tallow and duck fat, utilizing bones for collagen-rich broth, and making high-quality ground beef out of trim. Did you know that offal is available at your co-op? Seward's sausage production team is

featuring organ meat in chicken liver pate and a Haggis-inspired sausage. Our staff is well-equipped to produce any cut you would like to special order. They are also happy to talk about preparation techniques that best suit the various cuts, or about alternate pieces you can substitute in your recipe.



*Buzz Doyle packages ground beef made at Seward Co-op.*

Whole carcass butchery is an investment—in stronger ties to local producers, expertise that can be passed on to customers, and a more sustainable model with less waste. We encourage you to strike up a conversation with our knowledgeable staff, some of whom have more than 20 years of

meat-cutting experience. Winter is the perfect time to try something new in Meat and Seafood.

*Pictured on page 6: Ian Larson prepares specialty cuts for the case at the Franklin store.*



### Beef Shank Bourguignon

- 1 large beef shank,
- 1 large onion, diced small
- 3 stalks celery, diced small
- 3 large carrots
- 1/2 lb. of white button mushrooms
- salt
- 1 tsp. black pepper
- several whole cloves
- 3/4 c. red wine
- 2 c. organic Seward-made beef stock
- 1 Tbsp. apple cider vinegar
- 1 heaping Tbsp. minced garlic
- 2 rosemary sprigs
- 4 thyme sprigs
- 4 Tbsp. Seward-made tallow

Heat 2 Tbsp. tallow in skillet on high heat. Pat shank dry and season liberally with salt and pepper. Sear shank on all sides. Set aside. With 2 Tbsp. tallow, sauté onion, celery, carrot and mushroom for a few minutes. Add garlic and herbs. Stir frequently. Remove vegetables and set aside. Add wine and scrape to deglaze. Add vinegar and cover half of shank with stock. Bring to a low boil, reduce heat and cover tightly with lid. Braise for 3.5-4 hours. Add vegetables and herbs for the last 1-1.5 hours. When the meat is tender and falling off the bone, remove and set aside tented in foil to rest. Strain the liquid, return to the pot, simmer and reduce until thickened. Enjoy!

*Food in photo above prepared by Peter Forte at Franklin.*

# Benefits of Whole Carcass Butchery

**Seasonal Eating**—Autumn and winter are great for stews, braises and roasts. These hearty meals create a warm, aromatic atmosphere for sharing a meal together.

**Sustainability**—Whole carcass butchery supports small producers and utilizes all parts of the animal, making possible unique specialty products.

**Value**—Learn how to prepare more cost-effective cuts. Bone-in is less expensive because you are paying for the weight of the bone, which can be used in your own bone broth. Save up to 25 percent with meat bundles. Or buy larger cuts to be prepared once and used in multiple meals.

**Satisfaction**—High-quality meat can be savored in smaller portions. Try a 4-6 oz. portion alongside mixed veggies roasted in animal fat or stewed in beef broth.

**Nutrition**—Found most concentrated in red meat, zinc is a vital nutrient, integral to immune system function and insulin effectiveness. Quality meat provides iron and healthy fats. Bone broth contains collagen, great for skin and hair.

**Expertise**—Our staff knows exactly where your meat comes from and how to prepare different cuts to meet your needs.



View the full winter menu online at [coopcreamery.coop](http://coopcreamery.coop) or stop in to see our daily specials and local sourcing. Check out our list of producers to find out which Community Foods farmers and vendors we're featuring today.



Most dishes can be made **vegan, vegetarian** or **made without gluten**. Let us know when you want to make substitutions, like gluten-free bread or dairy-free sauces. Try our meatless options—fried cauliflower and marinated tofu—in dishes like the Mediterranean Bowl (left).



SEWARD CO-OP  
**CREAMERY**  
CAFE

## New at the Creamery Café *More Ways to Customize Your Meal*



Seward Co-op Creamery Café's winter menu was crafted with our patrons in mind. More of our dishes are made without gluten and can be prepared vegan. We're excited to offer a build-your-own meal section with new simple proteins and sides. Want comfort food? Pair our baked mac and cheese with wine-braised short ribs from Peterson Craftsman Meats in Osceola, Wisconsin. Committed to keto? Try local arctic char from Urban Organics in St. Paul and braised greens with bacon. Vegan? Enjoy our fried cauliflower and wild rice pilaf or marinated tofu and fried rice without the egg. All about local? Seward Co-op's sausage team—housed here at the café building along with the co-op's bakery and grab & go staff—produces Seward-made Cajun chicken meatloaf. It's pork-free and available on the new menu and in co-op stores.

Build your own meal out of our simple proteins and sides. Everything but the mac and cheese is made without gluten and all sides can be made vegan upon request. Pictured to the left is our beef short ribs with roasted root vegetables. Right: Cauliflower Po'Boy.





*Sausage maker Dan*

## 'Tis the Season for Seward Made

Our staff works hard year-round to make great food for our owners and shoppers. Each season, Seward employees bring new ideas and recipes to the Creamery Café production facility, so what's in Seward Co-op stores is always fresh and fits the season. Look for these new Seward-made items this winter.



### Haggis Sausage

Enjoy a taste of Robert Burns Day with haggis, the national dish of Scotland that inspired this limited-run sausage. Serve with turnips and potatoes—or roasted carrots from Featherstone Farm, a local Community Foods producer in Rushford, Minnesota.



*Marco Fletcher in the bakery*

### Caramel Shortbread

Did you know Seward Co-op Creamery Café houses our production kitchen? Our bakery staff there whipped up this twist on a popular crunchy caramel candy bar.

### Vegan Mac and "Cheese"

A comfort food favorite made without the ingredient that is its namesake. Ace Fox, production shift lead, perfected the recipe at home before introducing it to Grab & Go. "It's made with a combination of soaked cashews, coconut milk, boiled vegetables and nutritional yeast, which gives it the creamy texture that people might miss about cheese," Ace said. "It's a great alternative for those of us who don't consume dairy."



*Q House in the production kitchen*

### Community Foods Everything

Seward-made means it's made in house at our production facility at Seward Co-op Creamery Café, and with ingredients we stand behind. Seward Co-op is a small, local, cooperative, inclusive and sustainable Community Foods producer.



# Gifts *that give* BACK

Pacha Soap Co.  
promotes ethical commerce  
+ clean water initiatives



Alaffia  
supports empowerment  
projects in West Africa



Matr Boomie  
creates opportunities  
for artisans in India



Andes Gifts  
raises earning power of  
indigenous Peruvian +  
Bolivian women



Juniper Ridge  
helps protect the  
West Coast wilderness



Bodhi  
provides support to schools  
in the Philippines



Photo & design by Amanda Reeder



*Seward Co-op employees Chris Hamilton and Abby Rogosheske announce the SEED recipients at the Annual Owner Meeting.*



## Community Choice Owners Vote for 2019 SEED Recipients

Seward Co-op's SEED grant program has always been staff-led, with the majority of the selection committee being cashiers at our stores and servers at our café. This year, the new Community Choice vote gave co-op owners and members of the community a chance to have a say in four of the 12 SEED grant recipients.

### Why a Vote?

The committee wanted to increase democratic participation of our owners in the selection process. The donations come directly from our owners and shoppers, so the committee's thinking was they should have a voice in the selection process. Additionally, staff receive customer comments all the time with recom-

mendations for which organizations Seward Co-op should select as SEED recipients. Our owners and shoppers want to be a part of the process, and the Community Choice vote made that possible.

### The Selection Process

Seward staff committee members spent months reading the applications of over 100 applicants. After many hours of deliberation, the committee selected eight SEED grant recipients and 10 finalists who were part of the Community Choice vote. The four finalists with the highest vote totals became SEED grant recipients.

### The Results

Over 2,000 community members voted this first year—a testament to the hard work of Seward Co-op staff on the selection committee and the important work of the organizations selected. Each finalist on the list is receiving a grant through our Seward Community Fund, regardless of whether they were ultimately selected by the community as one of the Community Choice SEED recipients.

### The eight SEED recipients staff selected in summer 2018 are:

Appetite For Change  
Cultural Wellness Center  
Dream of Wild Health  
Isuroon  
Sabathani Community Center  
Soup for You Café  
Southside Services, Inc.  
Village Financial Cooperative

### The 2019 Community Choice SEED recipients are:

Mental Health Resources  
Open Arms of Minnesota  
Sexual Violence Center  
Green Garden Bakery

### Seward Community Fund recipients are:

Centro de Trabajadores Unidos en la Lucha (CTUL), Hmong American Farmers Association, Plant Grow Share (CANDO), Seward Longfellow Restorative Justice Partnership, WE WIN Institute, Inc., and YouthLink.

Learn more about our 2019 SEED grant recipients on pages 22-23.



*Seward Co-op and Village Financial Co-op host a panel on supporting Black-led co-ops at Seward Co-op Creamery Café in September.*

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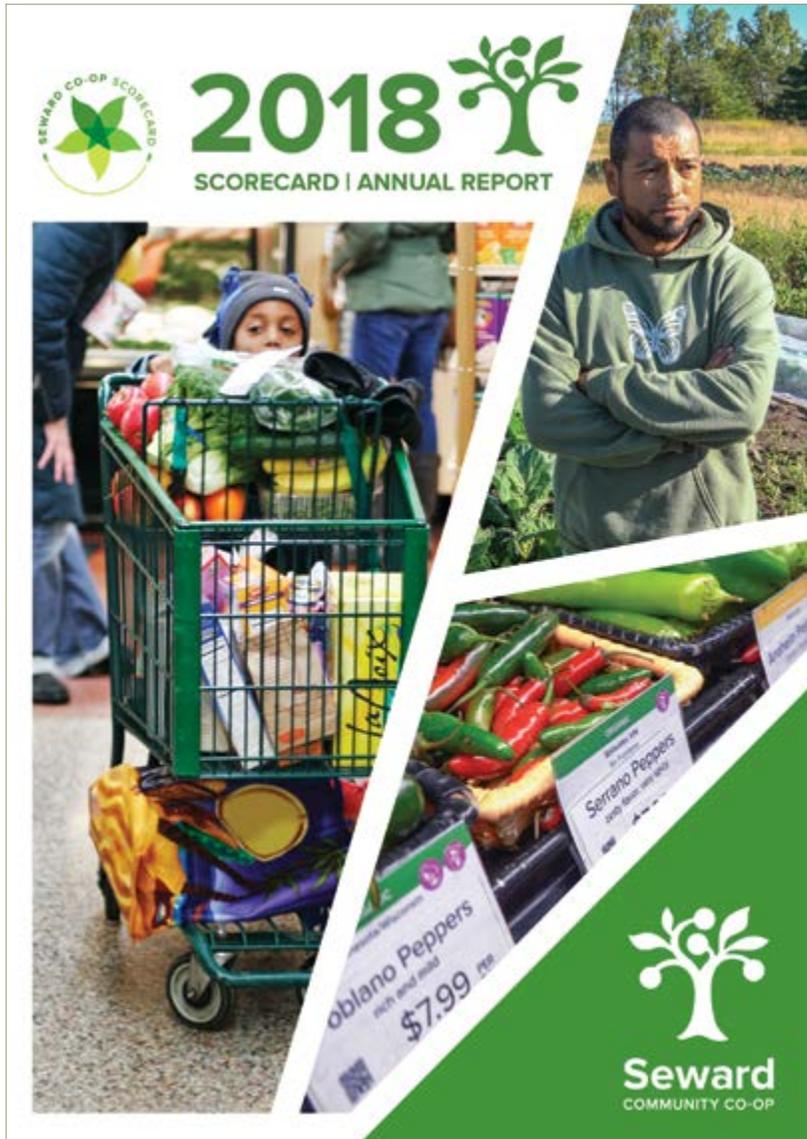
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# Keeping Score at the Co-op



**STAFF RESIDING WITHIN WALKING OR BIKING DISTANCE (1.5 MILES) OF OUR LOCATIONS**

**62%**



**STAFF IDENTIFYING AS BIPOC**

**37%**



**20,199** total co-op owners

**1,443** new co-op owners in fiscal year 2018

**7%** growth in number of owners




**\$293,177** amount of donations from shoppers to SEED recipients



A group of staff initially wrote the Scorecard in 2006 and it was always intended to be a living document; a dynamic measuring tool that changes over time. As we reflect on fiscal year 2018, Seward Co-op has a lot to celebrate as an organization and community of owners. Our cooperative values clearly contribute to a healthier and more sustainable community in South Minneapolis.

Copies of the 2018 Scorecard/Annual Report are available at all co-op locations. Please pick up a copy! Also, throughout the year, check out the Scorecard online at [www.seward.coop/scorecard](http://www.seward.coop/scorecard), where data is updated quarterly.

The brand you trust at an irresistible price.

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Nordic Naturals is committed to delivering the world's safest most effective nutrients essential to health. When our products go on sale, it's cause for celebration. So stock up and live life better.



## The 2018 Scorecard/Annual Report

The 2018 Scorecard/Annual Report was distributed to co-op owners at this year's annual meeting, and copies are now available in all co-op locations and online. This annual document showcases the effects of our cooperative business.

The data points within the Scorecard demonstrate Seward Co-op's progress in achieving our mission, also known as the Ends Statement. Scorecard data provides an opportunity to review the co-op's operations and impact over the last fiscal year (July 2017–June 2018).



## 2018 Annual Owner Meeting

Thank you to everyone who attended and made possible the 2018 Annual Owner Meeting at Coffman Memorial Union on Tuesday, Oct. 30. Results of the board election were announced, the 2018 Scorecard/Annual Report was distributed, and our 2019 SEED grant recipients were recognized, including the four Community Choice picks. A staff-made video featuring Seward Community Foods producers debuted and can be viewed on Seward Co-op's YouTube channel or at [www.seward.coop/communityfoods](http://www.seward.coop/communityfoods).

We were honored to have Sean Sherman of The Sioux Chef create the dinner menu this year. Thank you to Seward Co-op Creamery Café staff for their hard work in preparing the meal entirely of indigenous ingredients. A highlight of the evening was an in-depth keynote from Sean Sherman, who shared teachings on indigenous foods. Sean's presentation was livestreamed and can be viewed on Seward Co-op's Facebook page.

Thank you to RedBone Singers, the Twin Cities drum group pictured above, for singing prior to Sean's talk and to Brian Heart for offering a prayer in Dakota. Thank you also to Dana Thompson, co-owner and COO of The Sioux Chef, for making arrangements and attending the meeting. Our annual gathering of co-op owners requires a lot of logistics and support. Seward Co-op staff also thanks the University of Minnesota, wait staff from Hire A Host, Eureka Recycling for overseeing a compost- and recycling-only event, the Wedge Co-op for providing bar service and snacks, Birchbark Books & Native Arts for offering books for sale, language interpreters, and Sunshine Tree Child Development Center for providing childcare. Finally, thank you to all who attended and support Seward Co-op!



**1.** Beth Dooley and Sean Sherman sign copies of their book “The Sioux Chef’s Indigenous Kitchen.” **2.** Sean Sherman, the founder and CEO of The Sioux Chef, delivers the keynote on indigenous foods. **3.** Members of the Seward Co-op Board of Directors share reflections from the previous year. Pictured: Lenny Nelson. **4.** Seward Co-op Diversity and Community Engagement Manager LaDonna Sanders Redmond facilitates the meeting. **5** Attendees are served a meal of indigenous foods. **6.** Jill Krueger, left, and Migdalia Loyola of the Seward Co-op Board of Directors enjoy food and conversation. **7.** General Manager Sean Doyle delivers remarks and introduces the Community Foods video. **8.** Village Financial Cooperative staff Shiranthi Goonathilaka, Me’Lea Connelly, and Joe Riemann; and family.



## A Message From the Board

Mehdi Kennar

At the end of October, we held a successful annual meeting, it was a great turnout and an important educational session with Sean Sherman of The Sioux Chef. The co-op's annual meeting wouldn't happen without the commitment, dedication and the hard work of the Seward Community Co-op staff.

From everyone on the board, I offer our sincere thanks to Sean Doyle with his leadership team, and every staff member at Seward Community Co-op. Also, I want to thank everyone who attended the annual owners meeting and all board members for their service this past year. Congratulations to the newly elected board members! Thank you to all who ran and all who voted.

I can't tell you how much I appreciate being part of the co-op family, serving on the board is a great way to understand the depth of policy governance. Policy Governance is a measurement mechanism that is used for planning the future of the co-op, assisting the board on how and what authority will be delegated to the General Manager.



### Thank You Mary Alice!

Mary Alice Smalls served on the co-op's board of directors since 2012, elected by co-op owners for two terms. Her many years working in co-ops and commitment to the cooperative business model laid a foundation for her most recent role as president of Seward Co-op's board. All the best Mary Alice!



# Results of 2018 Board of Directors Election

Welcome to newly elected—and welcome back to returning—directors!



Sally Nixon



Cassandra Meyer



Joe Riemann



Nahrissa Rush  
Designated Employee Director

Seward Co-op's Board of Directors is comprised of nine elected co-op owners who serve the co-op for three-year terms. The Designated Employee Director seat is a two-year term. The board typically meets 9-10 times a year on the last Tuesday of the month, at 6:15 p.m.

Through the co-op's Ends Statement, our board establishes the vision and goals that co-op management is to pursue and achieve. The General Manager determines how to achieve these Ends and each month presents the board with documentation showing that they are making progress.

The next regular board meeting is Tuesday, Jan. 29, at 6:15 p.m. at the Creamery building, 2601 E. Franklin Ave. Monthly business meetings are open to co-op owners to attend and observe. However, they are meetings of the board of directors of Seward Co-op. Governance of the co-op is vested in the board of directors. As such, they are working meetings intended for discussion and decision-making by elected directors.

The board is charged with representing all 20,199 co-op owners, and they are interested in hearing from you. Please submit governance-related questions or comments to [board@seward.coop](mailto:board@seward.coop). Your message will be shared with the board. If you would like to request time on a meeting agenda, please email the board by the 10th of the month for optimal consideration. In the

coming year, the board will explore additional forums for dialogue between and among the board and co-op owners and stakeholders.

### Employees on the Board

At Seward Co-op, one of the nine seats on the board is reserved for the Designated Employee Director. Additionally, the co-op's articles and bylaws allow up to two seats to be filled by current employees. This means employees may also choose to run for an at-large seat. Currently two employees are directors. Our co-op is one of few across the country that reserve a seat on their boards for staff.

### 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
Mehdi Kennar	2019
Jill Krueger	2019
Migdalia Loyola	2019
Cassandra Meyer	2021
Lenny Nelson	2020
Sally Nixon	2021
Joe Riemann	2021
Nahrissa Rush	2020

### Ends Statement

Seward Co-op will sustain a healthy community that has:

- Equitable economic relationships;
- Positive environmental impacts;
- Inclusive, socially responsible practices



*Dream of Wild Health*

## 2019 SEED Recipients

We're proud that selection for our 12 yearly SEED recipients is led entirely by co-op staff, with a majority of cashiers serving on the committee. This year, the staff committee selected eight of the 12 recipients for 2019, leaving one **Community Choice** recipient per quarter (indicated in red).

### January: Mental Health Resources

Mental Health Resources' Seward Community Support Program ("CSP") drop-in center on Minnehaha Avenue provides healthy snacks, meals, and health mentoring for 400 neighbors who are recovering from serious mental illness so they can thrive physically and mentally.

### February: Cultural Wellness Center

The Dreamland Co-Café, a project of the Cultural Wellness Center, will create a blend of Culinary Heritage, self-love, and business incubation for African American food entrepreneurs in a cooperative and supportive environment that will allow us to reconnect, rediscover and reinvent the culinary traditions of our past.

### March: Soup for You Café

Soup for You provides free, healthy, organic meals to all members of our community, Monday through Friday from 11 a.m.–1 p.m. We build community one bowl at a time.

### April: Sexual Violence Center

Sexual Violence Center, a nonprofit rape crisis center in Minneapolis, provides free support services to individuals impacted by sexual violence in Hennepin, Scott, and Carver counties. Funds from this program will help us build a gender-neutral bathroom in our office.

### May: Appetite For Change

Appetite For Change advocates for food justice and economic development in North Minneapolis, with SEED funds supporting our Youth Training and Opportunity Program and our policy and advocacy work through Northside Fresh Coalition.

### June: Urban Strategies, Inc./Green Garden Bakery

Green Garden Bakery youth, supported by the non-profit Urban Strategies, Inc., grow vegetables in their urban garden, bake them into healthy vegetable-based desserts (vegan and gluten-free), and market them using sustainable practices. We sell the desserts for "pay-what-you-want" and donate our proceeds back into our community.

### July: Isuroon

Isuroon is dedicated to building support for Somali women 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 healthy 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.

### September: Dream of Wild Health

Dream of Wild Health is a Native American-led nonprofit farm that provides leadership programs for Native youth. Dream of Wild Health grows indigenous seeds and foods and supports Native youth in advocating for a healthy community.

### October: Village Financial Cooperative

Village is establishing a loan fund to disrupt the predatory financial market; establishing a Black-led credit union, filling the void of accessible and affordable banking; and providing cooperative development for emerging co-ops in North Minneapolis.

### November: Open Arms of Minnesota

Open Arms cooks and delivers free meals tailored to meet the nutritional needs of individuals living with life-threatening illnesses. They also serve the children and caretakers of those living with illness, free of charge.

### December: Sabathani Community Center

Sabathani provides food, clothing and housing to 26,000 neighborhood residents each year in South Minneapolis. They feed the chronically poor, those on disability or chemical dependent individuals and families. Sabathani Community Center has been providing basic needs services for nearly fifty years.



*Appetite For Change*



*Green Garden Bakery*



# December



**Seward Winter Frolic**  
Saturday, Dec. 1, 10 a.m.–5 p.m.  
Sunday, Dec. 2, noon–5 p.m.  
Seward area businesses

Join neighbors and friends for a celebration of local arts and businesses. There will be artists showing their work throughout Seward; businesses will have specials all day; and live arts events will be going on all over the neighborhood. Maps will be available at Seward Co-op. Learn more on our Classes & Events calendar at [www.seward.coop](http://www.seward.coop).



### Store Holiday Hours

**Christmas Eve:** 8 a.m.–6 p.m.  
**Christmas Day:** Closed  
**New Year's Eve:** 8 a.m.–8 p.m.  
**New Year's Day:** 10 a.m.–8 p.m.

### Café Holiday Hours

**Christmas Eve:** 8 a.m.–3 p.m.  
**Christmas Day:** Closed  
**New Year's Eve:** 8 a.m.–3 p.m.  
**New Year's Day:** 10 a.m.–3 p.m.



**Ayurvedic Cooking for your Constitution**  
Thursday, Dec. 6, 6–8 p.m.

Friendship store

This class will provide an introduction to Ayurveda and the concept of doshas. We will make two simple recipes together, while discussing additional recipes and fast and easy Ayurvedic meals for the entire family. We'll also learn skills like chopping vegetables the Ayurvedic way along the energy lines.

*Vanashree Belgamwar, BAMS*  
**\$25/\$20 co-op owners**



**Making Winter Medicines**

Sunday, Dec. 16, noon–3 p.m.

Franklin store

In this workshop, participants will learn the basics of making herbal syrups, infused vinegars and tinctures. Participants will make and take home elderberry syrup, fire cider, and winter wellness tea blend. Students take home medicines (please bring three half-pint jars). This workshop is open to participants of all income levels; to make alternative arrangements with the instructor, please email [arogosheske@seward.coop](mailto:arogosheske@seward.coop).

*Monarda Thrasher, Tea for the People, LLC*  
**\$45/\$40 co-op owners**



### December SEED Recipient The Aliveness Project

SEED donations support the Aliveness Project's Food Shelf, which provides groceries to people living with HIV. The Aliveness Project is located on Nicollet Avenue, just down the street from the Friendship store.



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# January

## Intro to Soap Making

Wednesday, Jan. 16, 6–8 p.m.

Franklin store

In this demonstration class, students will be shown soap making using the cold process method. Each student receives an instruction manual and takes home five bars of soap (\$25 retail).

*John Hanson, Seward Soap*

**\$30/\$25 co-op owners**

## Nourish 101: Beef Stroganoff N

Tuesday, Jan. 22, 6:30–7:30 p.m.

Friendship store

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10 (\$15 with meat). We'll make beef stroganoff, a simple and classic comfort food.

*Jessica Toliver, Jess Delicious*

**\$5; then receive a \$5 co-op gift card at the class!**

## A Perfect Bowl of Soba

Thursday, Jan. 24, 6–8 p.m.

Franklin store

Have you made Japanese Dashi stock before? Let's learn to make dashi stock from scratch and cook soba to make a delicious bowl of Soba noodles with Kakiage tempura and mushrooms.

*Koshiki Yonemura and Benjamin Smith, Tanpopo Studio*

**\$35/\$30 co-op owners**

## Gyoza: Japanese Dumplings

Thursday, Jan. 31, 6–8 p.m.

Franklin store

At this class we will share the skill of delicious and savory dumpling making: mixing, rolling and shaping the dough; stuffing the filling, and preparing the homemade ponzu sauce. Locally sourced ground pork is mingled together with Napa cabbage, garlic chives and ginger to make the flavorful fillings. Then these beautifully shaped dumplings are pan fried to perfection.

*Koshiki Yonemura, Tanpopo Studio*

**\$35/\$30 co-op owners**

## Register Online

Visit our class calendar online to register or stop by Customer Service for assistance.

[www.seward.coop/classes](http://www.seward.coop/classes)

## The Skinny on Fat

Wednesday, Jan. 30, 6–8 p.m.

Friendship store

Join us for a conversation about the nutritional myths and truths surrounding fat in our diets. We'll also prepare and enjoy fat-rich recipes.

*Jenny Breen and Jesse Haas*

**\$30/\$25 co-op owners**

# February

## Nourish 101: Chicken Noodle Soup N

Tuesday, Feb. 5, 6:30–7:30 p.m.

Friendship store

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10 (\$15 with meat). We'll make a cozy pot of chicken noodle soup.

*Jessica Toliver, Jess Delicious*

**\$5; then receive a \$5 co-op gift card at the class!**

## Food as Medicine: Your Food and Mood Connection

Tuesday, Feb. 12, 6–8:30 p.m.

Franklin store

You are what you eat. Learn about foods that impact your anxiety, depression, stress and inflammation, as well as principles for healthier eating using a lecture format. Take control of your health and be able to make food choices to help balance your mood. In this class, you will describe how food affects your mental health, understand how to eat foods to balance your mood, identify your own food rules, and gain understanding about how stress and inflammation affect your body.

*Monica Peterson, LICSW*

**\$25/\$20 co-op owners**

## Blending Herbal Tea

Thursday, Feb. 14, 6–8 p.m.

Franklin store

In this workshop, participants will meet 15 everyday tea herbs that are useful for a variety of nourishing and system-supporting functions. We will delve into the characteristics of these herbs, where they work in the body, how to blend them with other herbs, and how to prepare an herbal tea. You will take home some tea! This workshop is open to participants of all income levels: to make alternative arrangements with the instructor, please email [arogosheske@seward.coop](mailto:arogosheske@seward.coop).

*Monarda Thrasher, Tea for the People, LLC*

**\$15/\$12 co-op owners**

## Farm Table with Cultural Wellness Center

Tuesday, Feb. 19, 6–8 p.m.

Seward Co-op Creamery Café

Come sit around the "farm table" at the Seward Co-op Creamery Café and learn more about the Cultural Wellness Center, our February SEED recipient. The Cultural Wellness Center is working on a new project that will create a blend of culinary heritage, self-love, and business incubation for African American food entrepreneurs. Their new café space will be a cooperative and supportive environment focused on reconnecting, rediscovering and reinventing the culinary traditions of our past. Enjoy a meal designed by Creamery Café staff and inspired by this work, with ingredients sourced from Community Foods producers. Tickets are limited and may be purchased at [www.seward.coop](http://www.seward.coop)  
**Three-course dinner: \$40**  
**Non-alcoholic beverage pairing: additional \$7**  
Beer and wine will be available for purchase.

## Intro to Soap Making

Wednesday, Feb. 20, 6–8 p.m.

Friendship store

In this demonstration class, students will be shown soap making using the cold process method. Each student receives an instruction manual and takes home five bars of soap (\$25 retail).

*John Hanson, Seward Soap*

**\$30/\$25 co-op owners**

## Nourish 101: Fermenting Veggies with Pickle Witch N

Thursday, Feb. 28, 6–8 p.m.

Friendship store

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10. Learn the basics of fermenting in a hands-on workshop that will teach you to turn almost any vegetable into a nutritious, delicious, fermented pickle. Bring your own container to take your ferment home!

*L. Kling, Pickle Witch*

**\$5; then receive a \$5 co-op gift card at the class!**

## Changes to Nourish Classes N

New in 2019, Nourish classes have a \$5 registration fee, with participants receiving a \$5 gift card at the class. Scholarships are available by contacting [arogosheske@seward.coop](mailto:arogosheske@seward.coop). We hope this change will make classes accessible to the largest number of people in our community by reducing no-shows at our free classes.



## January SEED Recipient Mental Health Resources

Mental Health Resources' Seward Community Support Program ("CSP") drop-in center on Minnehaha Avenue provides healthy snacks, meals, and health mentoring for 400 neighbors who are recovering from serious mental illness so they can thrive physically and mentally.



## February SEED Recipient Cultural Wellness Center

The Dreamland Co-Café, a project of the Cultural Wellness Center, will create a blend of Culinary Heritage, self-love, and business incubation for African American food entrepreneurs in a cooperative and supportive environment that will allow us to reconnect, rediscover and reinvent the culinary traditions of our past.

## Community Supported Agriculture (CSA) Fair

Saturday, April 27, 11 a.m.–2 p.m.

Seward Co-op Creamery Café

Save the date for Seward Co-op's annual CSA Fair: Saturday, April 27, 11 a.m.–2 p.m., in the Creamery Café parking lot. Come to the fair to learn about area CSAs and choose a farm that best meets your household's needs. More information, along with a list of all attendees, will be available in the coming months at [www.seward.coop](http://www.seward.coop) and at the Customer Service desk.



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