

# SPROUT!

Winter 2019



**Co-op Hacks  
Winter Recipes  
Annual Meeting Recap  
2020 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

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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:** Matt Kappra, Creamery Production Manager and Chef Yia Vang, of Union Hmong Kitchen, at the 2019 Annual Owner Meeting.

**On the back:** Seward Co-op staff stroll into the Creamery Café after the first snowfall.



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## A Message From the General Manager Sean Doyle

With completion of another harvest season, we now settle into another winter. Sincere thanks to all who were able to join us in person at the co-op's annual meeting in October. It was a great opportunity to celebrate our democratic process and to reflect on the co-op's performance over the previous year. For the last three years, we have focused our annual meeting to discuss racial equity in the food system, and the challenges faced by food producers in indigenous communities and in communities of color. Please check out our coverage on Facebook if you were unable to attend.

This year, keynote speaker Pakou Hang shared the story of the formation of the Hmong American Farmers Association (HAFA). Ten years ago, the challenges facing Hmong farmers in our region were systemic and needed a complex solution. HAFA was created to foster equity in food and farming through five key areas of work: land access, alternative markets, business development, capital, and lastly, training and research. Today, HAFA's members lift up the organization's democratic exchange of knowledge in teaching, and its bilingual and bicultural curriculum.

Here at the co-op, we are enthusiastic supporters of HAFA's work. We are proud that Seward Co-op is HAFA's largest produce buyer. As Pakou shared these impacts with annual meeting attendees, what really struck me were her words about making change. She said, "History is not made with trumpets or flashing lights, but it's made on rainy days by people just doing the work." No truer words.

Every day for almost 50 years, staff at Seward Co-op have made history with each box of produce from HAFA, and other Community Foods makers. No big celebrations, just the dignified work of stocking shelves and making great food at all three of our locations. Every day, co-op customers and owners greet us with anticipation of nourishment and

community. The measure of our success is in the small interactions that bring food to our community. At times it may not feel like we're doing much of anything monumental. It's only groceries. However, Pakou's words re-grounded me in the knowledge that it is simple tasks done well in community that make a difference. The very act of operating our cooperative enterprise is history in the making. We do it every day, even on the coldest ones!

Similarly, co-op owners make history every year when we exercise the second International Cooperative Principle: Democratic Member Control by voting for those to represent our association on the board of directors. We make history in our collective support of Community Foods producers, like HAFA, in choosing to purchase within our community instead of those brands owned by multinational entities. Cooperators share a common value with HAFA: self-determination. We operate this co-op for our community, by our community. May our history-making together continue well into the future.



**NEW! Community Foods Chico Bag**



Busy or on a budget? Meal planning does not have to be pricey or complicated. Co-op hacks are tips to make the next co-op trip quick and budget friendly. Our Nourish program is a great resource for meal planning or feeding a family of four in a snap. Grab a list of Nourish staples located at Customer Service to discover a number of food and wellness items offered at low prices every day, like our Larry Schultz boiled eggs, found in the Deli grab ‘n’ go or our cooked brown rice at the Deli Counter.

Try this simple recipe using ingredients from Community Foods producers a part of our Nourish program. Many of the items listed can be found in our Deli. Seward Co-op Deli is committed to sourcing at least 95 percent of the ingredients on the prepared food bar organically. One hundred percent of our animal protein from local Community Foods vendor—making the Deli simple for you yet a positive impact on the community.



## Egg Protein Bowl

### Ingredients:

- 3 hardboiled eggs, chopped
- ½ lb. Seward-made rice from the Deli
- 2 Tbsp. red onion
- ¼ cup tomatoes, chopped
- ¼ cup cucumbers, chopped
- ¼ cup Seward-made Garlic Tahini

Grab ingredients from Seward Co-op and assemble at home! Seward-made Garlic Tahini dressing is a great pairing for the protein bowl. Available at both the salad bar and packaged grab and go. Pack more protein by adding 1 cup shredded Seward-made rotisserie chicken. Give it something extra with feta crumbles by local Community Foods producer, Odyssey. Vegan? Try baked tofu from the salad bar.



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

### Larry Schultz Hard-boiled Eggs

Available fresh daily in the Deli grab ‘n’ go **\$.69/EA.**

### Beans and Brown Rice

Available fresh daily and served hot at the Deli counter **\$1.99/lb.**





## Seafood Producers Cooperative Captain's Dinner

Seward Co-op partnered with Seafood Producers Cooperative (SPC) in 2019 to bring even more high-quality, sustainable fish to our Meat & Seafood case. Seafood Producers Cooperative is a small-scale, sustainable and cooperative Community Foods producer. Purchases from Seward Co-op shoppers and community members help SPC survive in the modern seafood distribution system, all while keeping fisher people fairly paid for their catch and seafood fraud to a minimum. A direct relationship with SPC not only promotes transparency and traceability in the supply chain, but is also a reflection of the cooperative difference—cooperation among cooperatives.

Join us Tuesday, Jan. 21 from 6 to 8 p.m. at the Co-op Creamery Café for a Seafood Producer's Cooperative Captain's Dinner of high-quality Alaskan seafood. Hear from the folks of SPC how continuing cooperation helps support our mission of equitable economic relationships for fisher people. Participate in conversation with SPC on the importance of harvest sustainability, transparency in the seafood distribution system and the co-operative difference in sourcing from the oldest fishers' co-operative.



SEWARD CO-OP  
**CREAMERY**  
CAFE

Creamery Café staff are bringing new and returning community-inspired dishes to keep you warm and cozy this winter. Additional bowls, sandwiches and new classics are made daily with quality ingredients sourced from Community Foods producers and farmers like Wild Acres and Maple Valley Co-op.

Committed to offering co-op owners a variety of options, we have added tasty vegan dishes and more opportunities to customize your meal. Try our new vegan dishes such as the Maple Buffalo Jackfruit Sandwich or the Fried Sesame Tofu. All-day brunch now includes additional protein selections to accommodate more dietary needs. Most dishes can be made vegan, vegetarian or without gluten. Let us know when you want to make substitutions, like gluten-free bread or dairy-free sauces.



*BBQ Pork Bowl*

Owners receive  
**15% off** at the café  
every Thursday  
for Owner  
Appreciation Day.



*Maple Buffalo Jackfruit Sandwich*

View the full winter menu on our new website at [seward.coop](http://seward.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.



*Fried Chicken Bowl*





# Seward-made Pâté is Back!

Chicken liver pâté is coming back for a limited time! Grab a jar starting December into the New Year, while supplies lasts. Hand-crafted by our sausage production staff, our chicken liver pâté is a great option to include in a spread at an upcoming winter celebration or to gift to the host!



“ Simple and elegant. Serve on toast or crackers with a drizzle of honey, a spoonful of onion jam or marmalade. ”

Made with Kadejan chicken and Hope Creamery butter.



Kyle, Sausage Production Supervisor

# Winter Wellness

Winter is already here. It's known that getting through a Minnesota winter is no small feat. To help get through the thick of winter, self-care is a must. Our Wellness department has essentials to brighten the mood and keep you cozy indoors.



Producers we are especially excited about are Ital Vibrations and Sun Leaf. Ital Vibrations is a Black-owned, small-scale producer from Minneapolis, hand-crafting blends of bathing tea to nourish and revitalize the skin. Sun Leaf is a local Community Foods producer, handcrafting essential-oil-based aromas with 5 percent of proceeds going toward protecting clean, fresh water initiatives.

Ask Wellness staff for the perfect gift ideas!



Taja, Wellness Lead and Replenishment Buyer





# Gifts *that give* BACK



Winter celebrations are approaching, bringing all the joys of gathering with loved ones around food and gifts! Along with the joys, winter celebrations may mean having lists of gifts to give—which can feel overwhelming in itself, much less the concerns of wrapping and packaging waste. Gifts that are low-waste have minimal to no waste impact. The less that goes in the trash the better. We have some ideas to simplify gift giving with low waste in mind.

Our Bulk department is one way that Seward Co-op offers low-waste shopping. Consider the Bulk department as a resource for gifts! Share a favorite cookie recipe with loved one by making a personalized cookie mix in a jar. Gather the dry ingredients needed from the Bulk section. Find key ingredients such as flour from Community Foods producer Baker's Field or Equal Exchange chocolate chips. Assemble the dry mixture layered into a mason jar from home. Have someone on the list that's not a baker? Try gifting coffee or tea from the Bulk section! It is as simple as selecting one of their favorites and gifting it in a reusable seal-tight container.

Put paper bags from shopping trips past to good use! Wrapping gifts with brown paper bags is a good way to reuse items in the home. Once the gift is unwrapped, it can be easily recycled. To spruce up the wrapping job, decorate with evergreens or get creative using scrap twine.

Another approach to low-waste gift giving is to support producers that commit to environmental and socially responsible practices. Purchases from Pacha Soap Co. help support clean-water initiatives in Africa. Terra Natural Designs jewelry pieces are made with renewable seeds from the Amazon Jungle. Chico Bag actively advocates for waste reduction.

There are many ways to practice low waste year-round, gifting-giving season does not have to be an exception. It is just a matter of knowing where to start!

## Gold Standard

SELECT  
NORDIC NATURALS  
ON SALE  
1/1/20–1/21/20



The #1 omega-3 fish oil in the U.S.\* offers essential support for both body and mind.\*





## WINTER DELI ITEMS

Year-round our staff works 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 there are always fresh and seasonal treats in the Seward Co-op stores. Seward-made items are crafted using ingredients sourced from Community Foods producers. Enjoy tasty snacks perfect for entertaining, like our Roasted Beet Hummus or the Sweet Thai Chili Carrot Dip.

Look for the penguin sticker in the Deli grab 'n' go for more dips and snacks or around the store for a variety of our winter seasonal items.

### Staff Spotlight *Tiara, Assistant Deli Manager*

Seward Co-op has been providing its customers with the highest quality food and services for more than 45 years. Since the beginning, staff has been a key element to cultivating a healthy community at Seward Co-op. We encourage you to read the 2019 Scorecard/Annual Report to learn more. For now, get to know one member of our co-op staff!

If you have come to the Creamery Café, you will have most likely seen this smiling face. Tiara has been working at the co-op for over four years. Now she will be a regular face at the Deli at the Franklin store as the assistant deli manager.



## Get to Know Tiara

### When did you begin to work at Seward Co-op?

I started working at the co-op four years ago as a hostess when the Creamery Café opened.

### What do you like best about working here?

I like that there are opportunities for growth if you are willing and ready. I enjoy the encouragement I have received from management and other staff members to be my best and truest self. Last but not least, I like learning how to feed my body quality food.

### What are you most looking forward to in your new position?

I am looking forward to my new role as Franklin assistant deli manager and learning how to properly lead a team. I am excited to help assist Karl in creating a solid foundation that will make the Deli counter the best place to both work and shop. I am also excited about the opportunity to meet the many customers and employees that both shop and work at Seward Co-op's Franklin store.

### What is your favorite food/item to get at the co-op?

My favorite item at the co-op is the Ginger Berry Smoothie. It is really refreshing.

### Do you have any "hidden talents"?

My hidden talent is that I am a very creative person. In my free time, I like to look up DIYs and bring them to life around my home.

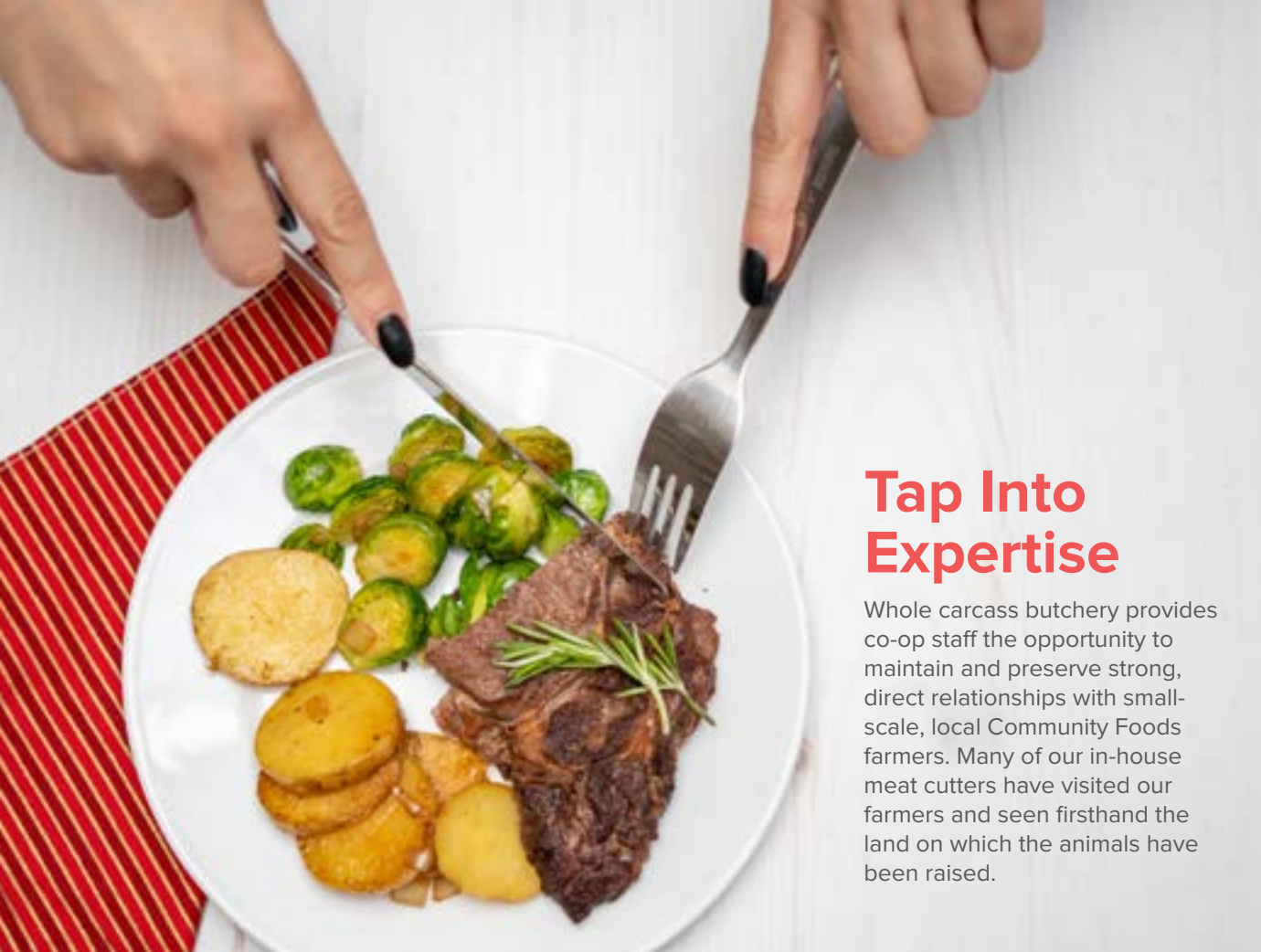
### What has your journey been like working at Seward Co-op?

My journey at the Co-op has had high and low points, but I have to say it has been a wonderful ride that isn't finished yet. I still have a lot of growing to do, and I plan to keep doing that here!

### Anything else you want people to know about you?

Now that you have gotten to know who I am, I hope to see you stop by the Deli counter and say, "Hello!"





## Tap Into Expertise

Whole carcass butchery provides co-op staff the opportunity to maintain and preserve strong, direct relationships with small-scale, local Community Foods farmers. Many of our in-house meat cutters have visited our farmers and seen firsthand the land on which the animals have been raised.

In a recent visit to Blooming Prairie Natural Beef last fall, co-op staff walked the pastures on which their cows are raised. Blooming Prairie owners Paul Smith and his son Jared are committed to raising their cows naturally with a grain finish to provide high-quality beef with great flavor. With their nearby processing facility in the city of Geneva, Blooming Prairie has complete control over the quality of beef that is available in our meat case. Direct producer relationships build trust with community members that most conventional grocery stores cannot match.

Whole carcass butchery also makes it possible for the co-op to offer a variety of nutrient-dense foods. Our staff honor the animals and use every bit. We render fat for schmaltz, lard, tallow and duck fat; utilize bones for collagen-rich broth, and grind high-quality ground beef out of single-source trim.

Seward-made rosemary-and-garlic flavored lard is a new offering you'll find this winter! Expertise not only provides a variety of options to customers, but a more sustainable model with less waste.

Another benefit of whole carcass butchery is that the co-op is able to offer any cut via special orders. Keep this in mind as winter celebrations approach! Consider special ordering to help make a traditional meal or something new. Seward Co-op offers high-quality meats from Community Foods producers such as: leg of lamb from Lambe Shoppe, Red Wattle ham from Pork & Plants, standing rib roast from Peterson's Craftsman Meats, and whole goose from Wild Acres. Chat with our staff to find the right meat and cut needed for a special occasion or celebratory meal.



### Steak with Brussels Sprouts & Potatoes

- 1 ½ lb. Blooming Prairie Chuck steak
- ½ tsp. black pepper
- 2 tsp. salt
- 4 Tbsp. Seward-made rosemary-and-garlic lard
- 1 lb. baby potatoes, cut into ¼-inch coins
- 8 oz. fresh Brussels sprouts, cut in half
- 1 small yellow onion, chopped

#### PREPARATION

Heat a pan over high heat. Tenderize steak and generously season on both sides with pepper and salt. Heat the lard in the preheated skillet, add steak and cook for 3 minutes. Turn, and cook on other side undisturbed, 3–4 minutes, spooning the lard over the steak while it cooks the last 2 minutes. Set aside the steak allowing it to rest. Slice potatoes into coins about ¼-inch thick. In the same pan used for the steak, heat up 1 Tbsp. of the lard then add potatoes and season with salt and pepper. Cook, undisturbed, until potatoes are golden and crusty underneath, 4–5 minutes. Flip potatoes and add the Brussels sprouts and onions. Cook about 6 minutes while stirring often until Brussels sprouts are tender, onions are lightly browned, and potatoes are golden. Slice steak against the grain, plating with the veggies. Enjoy!



Meat & Seafood staff, Cecka and Buzz visit with Paul from Blooming Prairie Farm.







*“Our partnership relies on our shared philosophy of values-driven food, and prioritizing ethical values of honesty, openness, social responsibility and caring for others.”*

—Steve Horton, head miller and baker and co-owner of Baker's Field

## The Local Cooperative Difference

FOOD  
BLDG



Community Foods was created to celebrate farmers and producers whose stories illustrate Seward Co-op Ends Statement. Baker's Field Flour & Bread, a Community Foods producer, began with the mission of baking better bread with better flour by creating a local grain economy. Since the beginning, Seward Co-op has recognized their mission and has been a supporter. Baker's Field not only brings high-quality food and ingredients to our stores, but also works to cultivate a healthy community.

The impact of direct-producer relationships is “evidenced in specific ways and more globally,” according to Steve Horton, head miller, baker and co-founder of Baker's Field. Specific impact comes with the everyday quality of product shoppers have come to expect. Horton shared a request he received from a Seward Co-op community member asking for a softer, more kid-friendly bread that was as nutritious as their other varieties. Horton and his team heard them out and Good 'Wich bread was created!

Baker's Field began with the desire to create a local grain economy by connecting with farmers to create demand for quality grains. Local grain is not only more flavorful, but resilient and regenerative for the soil in a changing climate. Once Baker's Field receives the local grain, the bakers use stone mills to grind it themselves. By connecting the

bakers' demand for quality flours with the farmers' desire to grow unique breeds of grains, Baker's Field Flour & Bread links the key people necessary to make delicious bread: farmers, millers and bakers. In the Food Building, Baker's Field, along with other Community Foods producers you'll find at the co-op—Aleamar Cheese Co. and Red Table Meat—came together to create a unique culinary experience. Horton notes the Food Building's goal is “responsibly creating the best-tasting food. We want to create local economies around what we do, to create a chain from grower to maker to seller to eater that is truly local, and benefits our community.” The Food Building makers intentionally source from and create partnerships with local farmers. Additional practices at the Food Building that work to support a healthy community are demonstrated in their environmental practices to minimize trash waste and reduce energy use with solar panels on their roof.

Horton extends a warm invitation to community members to see the producers at work and “experience deliberate sourcing in action on the plate” at the Food Building. You can enjoy quality foods from producers and makers that work to live out our shared values all under one roof. Supporting producers and farmers that align with co-op values not only delivers high-quality foods to feel good about, but also helps to foster a healthy community.



### Baker's Field Scone

- Pastry flour 480g
- Whole-grain Flour 480g
- Baking powder 58g
- Salt 10g
- Sugar 170g
- Butter, cubed/cold 284g
- Heavy cream 2 cups
- Half & half 2 cups
- Choice of Dried Fruit 210g

#### INSTRUCTIONS:

Combine dry ingredients and mix. Cut cubed, cold butter into the dr, creating small pea-sized clumps. Add heavy cream and half & half, mixing until just combined. Gently fold in the dried fruit of your choice. Do not over mix! You want clumps of butter in the dough.

Flatten dough to 1.5-inches thick and divide using a scone cutter or a knife.

Brush tops with heavy cream and sprinkle with sugar before baking.

Bake at 400 degrees for 12 to 15 minutes.

Enjoy!





**A Message  
From the Board**  
Sally Nixon

As we settle into this season of longer nights, crisp air and frozen toes, I am practicing a daily ritual of sitting quietly with a cup of warm tea in order to be still and listen to what wants to be heard. In some ancient traditions, winter time of year is known to hold a powerful energy for regeneration, renewal and self-reflection. We can look to the cycles of nature for reminders: the plants that were once blooming gloriously under a bright summer sun are now deep underground in quiet preparation for new growth come springtime, the animals have slowed down and are being sustained by their preparations during autumn months, and even the sun takes a little break (from our northern landscape at least!).

In my first year serving on the Seward Co-op Board of Directors, I spent a lot of time in those early months listening and observing as I got to know the other directors and staff and learned more of the complexities of all that goes into maintaining a successful business and community cooperative experience. I have allowed

my understanding of cooperative principles to take root and slowly began to feel more ready to contribute to both continued and new growth within the Seward Co-op community.

One of the exciting and fruitful events I was able to help facilitate this fall was the Board Candidate Forum where co-op owners were able to engage with those running for the board. (I highly recommend attending these types of events whenever possible!) On this evening, so many rich conversations happened in the space, and it is clear that the community continues to be invested in a sustainable, equitable and healthy presence in the Twin Cities and beyond. People discussed important issues such as competition in the natural foods market, the importance of maintaining environmentally friendly practices, racial justice and equitable staff practices. It was so informative to hear the range of ideas and experience amongst both the candidates and co-op owners present; I look forward to finding ways to incorporate some of these ideas into our long-term visioning and strategic planning on the board level.

As we welcomed four new directors on the board this year, (congratulations to all!), we are in deep process to build connections and strength in order to serve our Seward community. We are preparing new seeds to be planted and remembering to listen to the deep roots that continue to grow throughout all seasons of change. We thank you for your continued support and investment in the success of Seward Community Co-op. Together, we've got this!

**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
Me'Lea Connelly	2020
Shiranthi Goonathilaka	2022
Vina Kay	2020
Jill Krueger	2022
Roderick McCulloch	2020
Cassandra Meyer	2021
Sally Nixon	2021
LaDonna Sanders Redmond	2022
Joe Riemann	2021

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Restorations*

# Results of 2019 Board of Directors Election

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



LaDonna Sanders  
Redmond



Shiranthi  
Goonathilaka



Jill Krueger



Me'Lea Connelly



Roderick McCulloch  
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. (Except for the Designated Employee Director seat, which 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. 28, 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. These 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 20,000+ 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.

**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.

**VINELAND**

**TREE CARE**

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





“HAFa has gotten this far because of so many people in this room—Seward Co-op has been such a strong ally and a champion of ours. We would not have been able to do the work we have done without you.”

—Pakou Hang

## 2019 Annual Owner Meeting

Our 2019 Annual Owner Meeting was the third installment in examining the vital role of Black, Indigenous, and People of Color have had and continue to have in our local food system—beginning with previous featured guests, Tunde Wey and Sean Sherman. We were honored to be joined by Pakou Hang co-founder of Hmong American Farmers Association (HAFa) as our featured speaker.

Seward Co-op owners learned how Hmong cultural upbringing and Pakou Hang’s experience through community organizing led to founding HAFa and their work in organizing to access land, markets, capital, research, and training so that they can build intergenerational and community wealth. Pakou Hang’s presentation was livestreamed and can be viewed on Seward Co-op’s Facebook page.

Chef Yia Vang of Union Hmong Kitchen shared the influence his family’s story and his cultural upbringing had on his career and his menu designed for that night. Owners enjoyed beautiful spoken word about Hmong culture and solidarity performed by Tou SaiKo Lee.

We thank the University of Minnesota, wait staff from Hire A Host, Wedge Co-op for beverage service, and Sunshine Tree Child Development Center for providing childcare. Thank you to our language interpreters and to all co-op staff who organized and executed the event.



1. Human Resources Manager Liz with General Manager Sean. Liz gives a speech as she is recognized for her 20 years of service at Seward Co-op 2. Featured Chef Yia Vang shares the influences behind the menu he designed for the Annual Owner Meeting. 3. Tou SaiKo Lee performs his spoken word in honor of his grandmother, with whom he used to perform. 4. 2020 Community Choice SEED recipients were announced by SEED Advisory Team representative, Aaneesah. 5 Owners in attendance read the 2019 Scorecard/Annual Report that was made available during the meeting. 6. Chef Yia Vang chats with Matt, production manager from the Creamery Café. 7. Owners enjoyed a meal full of Hmong flavors. Dishes included Khao Sen—a chilled rice noodle salad with fresh herbs and veggies topped with and sweet chili vinaigrette—and Hilltribe grilled chicken or tofu. 8. Pakou Hang of HAFa is engages in conversation with an owner.



# Keeping Score at the Co-op



STAFF RESIDING  
WITHIN WALKING  
OR BIKING DIS-  
TANCE (1.5 MILES)  
OF OUR LOCATIONS

62%



STAFF IDENTIFYING  
AS BIPOC

36%

21,246 total  
co-op owners

1,333 new co-op  
owners in fiscal  
year 2019



\$276,352 donations from shoppers to  
SEED recipients

As we reflect on this past fiscal year, Seward Co-op has much to celebrate, in spite of financial challenges. Our cooperative values as an organization and community of owners contribute to a healthier community in South Minneapolis. Keep up to date with quarterly Scorecard reports on our new website [www.seward.coop](http://www.seward.coop).

## Welna II Hardware

THE PAINT STUDIO

CLARK +  
KENSINGTON  
and Valspar

- color match anything
- pint samples
- from \$30.99 a gallon



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## The 2019 Scorecard/Annual Report

The 2019 Scorecard/Annual Report was shared at this year's annual meeting, and copies are now available in all co-op locations and online. Every year, the Scorecard showcases the effects of our cooperative business.

Seward Co-op's Scorecard was created in 2006, and the data points within demonstrate Seward Co-op's progress in achieving its mission, or Ends Statement.

Scorecard data provides an opportunity to review the co-op's operations and impact over the last fiscal year (July 2018–June 2019).





HAFA

## 2020 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 2020, leaving one **Community Choice** recipient per quarter (indicated in red).

### January: Nawayee Center School

Nawayee is an Ojibwe word that means "the center," and for over 40 years Center School has been a fixture in the Phillips neighborhood, the heart of the Minneapolis Native American community. Funds will enhance Nawayee Center School's Nutrition Program, which provides educational life skills for growing, accessing, preserving, sharing, and eating healthful foods in traditional Native ways.

### February: Better Futures Minnesota

Better Futures Minnesota is a second-chance organization that provides housing, job training, health care and mentorship to men who are recently released from prison. They have a ReUse Warehouse in South Minneapolis where the men work and support a healthier environment through deconstructions and reuse services.

### March: St. Stephen's Human Services

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 environmentallyconscious options.

### April: MayDay in Metamorphosis

The MayDay Parade and Festival hosted by In the Heart of the Beast over the past 45 years is taking a year off. Seward Co-op SEED funds will be used to support the MayDay Council to re-imagine and re-design a festival to return in 2021 more resilient and more rooted than ever in the vibrant communities of South Minneapolis.

### May: Isuroon

Isuroon is dedicated to building support for Somali women and their families through social connectedness and self-sufficiency to lead healthier and more productive lives. SEED funding will be used for a culturally specific food shelf to all in need.

### June: Hope Community, Inc.

Hope does housing and community work at Franklin and Portland Avenues. They're working with community people to create urban agriculture gardens in Peavey Park on Franklin.

**July: Hmong American Farmers Association (HAFA)**  
The Hmong American Farmers Association (HAFA) works to advance the economic prosperity of Hmong farming families in Minnesota by addressing racial and economic disparities while also making fresh, locally grown produce available to Twin Cities residents.

### August: Sabathani Community Center

Sabathani is the largest food shelf in South Minneapolis. We provide food to over 160 people a day.

### September: Cornerstone Advocacy Service (Cornerstone)

Cornerstone serves victims of domestic violence, sexual violence, human trafficking and general crime. Funds will help ensure victims and their children have access to immediate safety and holistic services designed to achieve long-term stabilization.

### October: Centro de Trabajadores Unidos en la Lucha (CTUL)

Like co-op members, groups fighting for social justice are stronger together. So CTUL is bringing together POC-led grassroots organizations in the Twin Cities to work together for racial equity.

### November: Dream of Wild Health

Dream of Wild Health is a Native-led organization working to restore health in our community through recovering knowledge of and access to Indigenous foods and medicines. These funds will support our work to serve high-risk, Native youth year-round.

### December: Full Cycle

Full Cycle is a youth-staffed, nonprofit bike shop that helps homeless youth gain independence through free bike appointments, paid internships and food-access programs. SEED funding supports FC's food deliveries and pop-up meals at local shelters.



MayDay



Dream of Wild Health



# December

**Making Winter Medicines**  
Sunday, Dec. 1, 1–4 p.m.  
Franklin store

In this workshop, participants will learn the basics about making herbal syrups, infused vinegars and tinctures. Participants will make and take home Elderberry Syrup, Fire Cider, and Echinacea Tincture.  
*Monarda Thrasher, Tea for the People, LLC*  
**\$45/\$40 co-op owners**

**Narcan Training with Valhalla Place**  
Tuesday, Dec. 3, 6:30–8 p.m.  
Tuesday, Dec. 3, 6:30–8:00 p.m., Friendship store  
Monday, Dec. 9, 6:30–8:00 p.m., Franklin store  
Sunday, Dec. 14, 10:30 a.m.—noon, Friendship store  
Valhalla Place is a premier provider of addiction and mental health services in the Twin Cities. In this class presented by Stephanie Devich and Seward Co-op you will learn about local opioid trends, high risks of overdose, signs of sedation versus overdose, and how to administer the lifesaving drug Narcan in an opioid-overdose situation. You will also learn the laws protecting you in case of an overdose reversal. All attending will receive a free Narcan kit to take home.  
*Stephanie Devich BS, CPP, LADC*  
*Counselor, Harm Reduction Specialist*  
*Valhalla Place*  
**FREE**

**Sewing Sustainably:**  
**Produce Bags with An Upcycled Closet**  
Wednesday, Dec. 11, 6:30–8:30 p.m.  
Friendship store  
Students will create two reusable produce bags out of sustainably sourced and secondhand materials. Students will learn the basics of sewing to structure their bags and feel empowered to fashion their own moving forward.  
*Lauren Callis, An Upcycled Closet*  
**\$30/\$25 co-op owners**

**Nourish 101: Roasted Poblano Corn Pudding**  
Tuesday, Dec. 17, 6:30–7:30 p.m.  
Friendship store  
Nourish 101 classes feature basic from-scratch cooking techniques and recipes that feed a family of four for under \$10. We'll make a roasted poblano corn pudding!  
*Jessica Toliver, Jess Delicious*  
**\$5; Receive a \$5 gift card at the class**

# January

**Nourish 101: Black Dal Lentils and Coconut Rice**  
Tuesday, Jan. 7, 6:30–7:30 p.m.  
Friendship store  
Nourish 101 classes feature basic from-scratch cooking techniques and recipes that feed a family of four for under \$10. We'll make a delicious winter meal of black dal lentils and coconut rice.  
*Jessica Toliver, Jess Delicious*  
**\$5; Receive a \$5 gift card at the class**

**Shades of Green: After-Death Options in the Metro**  
Wednesday, Jan. 15, 6–7:30 p.m.  
Franklin store  
Learn about Green Burials and other earth-friendly options for your body after death. This class will empower you to choose the right plan for you so you can live fully into a new year.  
*Funeral Consumers Alliance of Minnesota*  
**FREE**

**Sewing Sustainably:**  
**Produce Bags with an Upcycled Closet**  
Wednesday, Jan. 22, 6:30–8:30 p.m.  
Franklin store  
Students will create two reusable produce bags out of sustainably sourced and second hand materials. Students will learn the basics of sewing to structure their bags and feel empowered to fashion their own moving forward.  
*Lauren Callis, An Upcycled Closet*  
**\$30/\$25 co-op owners**

*Have you heard?*

**A new fabric co-op is coming to Minneapolis, and you can help stitch this community store into being. Become a founding member now!**

**[www.quiltshopcoop.com](http://www.quiltshopcoop.com)**

# February

**Nourish 101: Cauliflower Soup**  
Tuesday, Feb. 11, 6:30–7:30 p.m.  
Friendship store  
Nourish 101 classes feature basic from-scratch cooking techniques and recipes that feed a family of four for under \$10. We'll make a warming and delicious cauliflower soup!  
*Jessica Toliver, Jess Delicious*  
**\$5; Receive a \$5 gift card at the class**

**Mandu! Korean Dumplings**  
Tuesday, Feb. 25, 6–8:30 p.m.  
Friendship store  
Learn how to make vegetarian and meat dumplings, both steamed and pan fried.  
*Jessica Toliver, Jess Delicious*  
**\$25/\$20 co-op owners**

## Winter Events

**Seward Winter Frolic**  
Saturday, Dec. 7, 10 a.m.–5 p.m.  
Sunday, Dec. 8, 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).

**Seafood Producer's Cooperative Captain's Dinner**  
Tuesday, Jan. 21, 6–8 p.m.  
Creamery Café  
Join us at the Creamery Café for a Seafood Producers (SPC) Cooperative Captain's Dinner of high-quality Alaskan seafood. Hear from the folks of SPC how continuing cooperation helps support our mission of equitable economic relationships for fisher people. Participate in conversation with SPC on the importance of harvest sustainability, transparency in the seafood distribution system and the co-operative difference in sourcing from the oldest fishers' co-operative.

## Holiday Hours



**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.





**Seward**  
COMMUNITY CO-OP



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Return Service Requested

