

SPROUT!

Winter 2020

Nourish

simple healthy eating

Shop the Co-op Safely
Annual Meeting Recap
2021 SEED Recipients



New Nourish
Recipe Videos
Find helpful tips
from co-op staff

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 Carla Cardenas

Designer William Hoben

Marketing Manager Karah Barr

Proofreading Sid Korpi, Proof Positive

Sprout! is published quarterly

Hours of Operation

Each day our opening hour—from 8 to 9 a.m.—is reserved for shoppers who are at a higher risk of severe illness by COVID-19.

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: Community Engagement Specialist, Addie DeMery during a Nourish video shoot. Co-op staff involved with video production align their practices with CDC guidelines around close contact—remaining at least 6 ft. apart for less than 15 minutes.

On the back: A peaceful evening at Friendship store. Visit our blog for tips on safe and efficient shopping trips.



**A Message
From the General Manager**
Sean Doyle

I hope you and your loved ones are in good health as we begin a winter season unlike any before. The pandemic is even more challenging now because our climate prevents extended outdoor gatherings at this time of year. Amidst the compounding changes, Seward Co-op is here to support and nourish you and your family.

Since the very beginning of the pandemic, Seward Co-op has prioritized making the shopping experience as safe as possible and has done everything possible to minimize the spread of COVID-19. We constructed exterior heated shelters in October at both the Franklin and Friendship stores to provide a safe queue area protected from the elements. As an indoor public space, all are required to wear a face covering and maintain a six-foot distance from others at all times. To improve our ability to move people through the stores more quickly, we have remodeled the checkout areas to increase the number of adequately spaced registers. I also encourage you to try Curbside Pickup if you have not yet done so. This too is another way to minimize time queuing in cold winter temperatures.

Please spend some time catching up on co-op happenings on our website or social media. We had our first ever virtual Annual Owner Meeting in late October. A link to the video is on our annual meeting blog post, or you can find it in our Facebook videos. We are sincerely grateful for esteemed

panelists Resmaa Menakem, Mankwe Ndos, and Sophia Benrud—activists, artists, and community organizers whose work is at the forefront of Black liberation and racial justice. Facilitated by our Board President LaDonna Sanders Redmond, Resmaa, Mankwe, and Sophia examined the modern definition of abolition and what the activity of an abolitionist is today, all within the context of cooperatives.

Also available online is this year's Scorecard/Annual Report. The Scorecard includes financial reports and data that demonstrate efforts we undertook to meet the co-op's Ends Statement during this unprecedented fiscal year. You will also read about the changes we made to ensure a safe workplace for our employees and community members during multiple crises, about co-op employees who have been steadfast in their dedication and service to the community.

Shop the Co-op Safely

As we head right into winter, it is important to take care of ourselves and loved ones in our communities. You may have noticed co-op staff hard at work implementing changes that allow us to continue to provide co-op shoppers with the safest experience possible throughout the cold winter.

Seward Community Co-op requires all staff and customers to wear a cloth face covering inside co-op facilities. For the safety of everyone, we ask that masks are kept on and properly worn while in the store. While in our store, please be extremely aware of other customers and co-op employees, and maintain six feet of space or more between individuals.

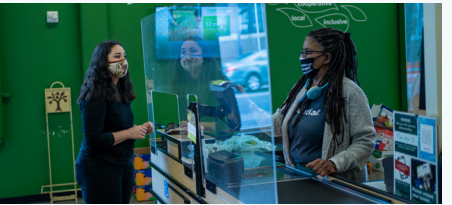
Winter Shelters

The same precautions required inside Seward Co-op stores also apply inside the shelters—face coverings must be worn, and a distance of six feet must be maintained between people.



Increased Checkout Capacity

To improve our ability to move shoppers through the stores safely and more efficiently, we have remodeled areas of the stores to increase the checkout capacity.



Reserved Shopping Hours

We continue to reserve the following hours for shoppers who are at a higher risk of severe illness by COVID-19, which includes folks aged 65+, essential workers, and those who need to take additional precautions:
Reserved In-store Hour: 8–9 a.m.
Reserved Pickup Window for Curbside: 1–2 p.m.



Curbside Pickup is a service designed to offer community members convenience and safety. Please keep Curbside Pickup in mind as an option this winter to access food for yourself and loved ones in our community.



Clean Reusable Bags and Bulk Containers Welcome



Inclusive,
Socially Responsible Practices



Benefits of Curbside Pickup

The pandemic has shifted the way Seward Co-op operates and the way many of us shop for groceries. COVID-19 has introduced new barriers to the in-person shopping experience, and because of the risks surrounding the virus, many have come to rely on “on-demand” services for grocery shopping and delivery. As a result, Seward Co-op launched Curbside Pickup almost overnight, earlier this year. Curbside Pickup has not only provided a convenient way to shop co-op essentials, but it also provides another way to invest in a more equitable local economy and healthy community. The cooperative difference can be seen in our treatment of staff. Co-op staff receive predictable hours, union representation, a living wage and benefits.

Most on-demand services operate in the “gig-economy” and rely on “gig workers” to provide the services. According to Wikipedia, “gig workers” are “independent contractors, online platform workers, contract firm workers, on-call workers and temporary workers. Gig workers enter into formal agreements with on-demand

companies to provide services to the company’s clients.” Reports that proper personal protective equipment has not been furnished and hazard pay has not been provided have become more prevalent among gig workers since the onset of the pandemic.

At Seward Co-op, the staff who fulfill Curbside Pickup orders are always co-op staff most of whom are represented by UFCW 663, as opposed to independent contractors or on-call workers of the “gig economy.” As staff members, these workers earn a minimum starting wage of \$15/hour. While the governor has declared a peacetime emergency, our staff are paid hazard pay, as long as doing so doesn’t jeopardize the financial sustainability of the co-op. This amounts to an additional \$2/hour. Full-time staff working 30 hours or more per week are eligible for a comprehensive benefit package including medical, dental, vision and 401K match. All employees, regardless of full-time or part-time status, accrue paid time off (PTO).

The co-op encourages staff who are unwell to stay home. Clean masks are available to staff at each of our locations. We provide hand sanitizer and surface disinfectant. Staff can monitor their temperature with our onsite thermometers. In addition to the co-op’s generous paid time off, the CARES Act offers two weeks of emergency leave to staff who miss work due to the coronavirus. Staff also have access to a PTO Donation Pool maintained by the Human Resources department. Employees donate their PTO to this pool to assist those who have needs beyond what their own PTO can cover. In April, many community members also contributed to this fund through the co-op’s SEED round-up.



“I believe Curbside is a necessary part of the co-op’s presence in the community, now more than ever. It is heartening to be on a team that meets the ongoing challenges of accessibility and safety with such intention. I have big dreams for Curbside! I think it reminds every one of us how important it is to have access to food and a connection to neighbors. My favorite part? Decorating the work fridge with little notes of appreciation from Curbside customers. We’re all doing our best!”
—Aubrey Donisch

We know that community members have many choices when it comes to where they spend their grocery budget. That’s why we think it’s important to share how Seward Co-op uses resources to invest in our staff and community.

Join a workplace that feeds the community



seward.coop/careers

Maximize Your Groceries with Nourish Recipes



Be sure to check out our Nourish video recipe series. Co-op staff share tips to use on your next shopping trip. Each Nourish recipe offers budget-friendly meal ideas—vegetarian meals for under \$10 or non-vegetarian meals for under \$15. These staff-created recipe videos can also help with meal planning to keep weeknight meals simple, plan a quick co-op shop and reduce your grocery bill. Find our Nourish recipes and videos on our website at www.seward.coop/recipes.





Keep Community Foods Growers and Makers Thriving

Community Foods farmers and food makers keep us well fed and healthy. We buy their products, at a fair price, to support them in return. Since the onset of the pandemic, some local producers have seen sales growth. Many have experienced a significant decrease in demand and others have completely lost markets—like restaurants.

In this economically unprecedented time, Seward Co-op is a lifeline to many Community Foods producers, offering a reliable and predictable revenue source for their hard work! When we shop at Seward Co-op, we support not only our co-op; we also support a strong network of local Community Foods producers. Some producers have shared heartfelt updates through video, available to view on our website:

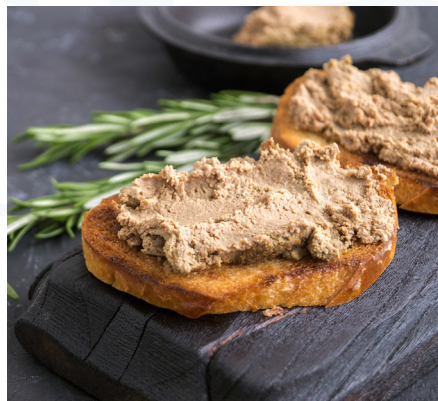
www.bit.ly/connectCF.

Seward-made Winter Favorites

Co-op staff are whipping up some comforting and tasty dishes this winter. Enjoy chicken pot pies or vegetable wild rice pot pies made by our Deli staff. Find a rotation of frozen meals made without gluten, including shepherd's pie, sour cream and chicken verde enchiladas, and black bean and cheese verde enchiladas. Our Seward-made meals are a great option for a scratch-made weeknight meal without the work. All these meals are made with ingredients sourced by various Community Foods producers like La Perla tortillas, Kadejan chicken, Ferndale turkey and Hope Creamery. When you bring home one of these Seward-made meals, you not only get a delicious, comforting meal but a meal that helps to support a network of Community Foods producers.



At the beginning of the pandemic, Rochdale Farms partnered with Red Barn Farms to launch a local fair-trade initiative to help preserve seven Wisconsin dairy farms that make up Red Barn Farms. The collaboration allows them to divert milk from several small farms to create two new cheeses—Mild Cheddar and Colby Jack—both available at Seward Co-op. This product collaboration helps Red Barn Farms expand into new markets, fulfilling Rochdale's mission to advocate for humane animal care and preserve small family dairy farms. For every pound of milk made into Red Barn cheese, their family farmers earn a fair-trade pay price that ensures their businesses and way of small-scale farming will be around for the future.



Pâté is Back!

Seward-made chicken liver pâté is coming back for a limited time! Handcrafted by our sausage production staff, our chicken liver pâté is a great option to include in a cheese plate arrangement or simply spread on a slice of your favorite bread. Grab a jar starting December into the New Year, while supplies last.



Caven Pfeiffer, Seafood Producers Cooperative (SPC) member-owner and fisherman, shared his experience this past fishing season. “There were times this season when SPC was the only buyer. The only reason they were buying under the uncertainties of the market was because they cared about the fishermen. And the fishermen that own SPC were saying that ‘we got to keep going.’” In response to concerns of market uncertainty, a large number of Southeast Alaska processing plants closed their doors, leaving many fisherpeople unable to get their fish to market. SPC and its member-owners agreed to keep their doors open to purchase and process products from the many fishers unable to sell their catch to market, whether they were owners of SPC or not. Their response helped to keep not only their member-owners employed but other fisherpeople impacted by the unprecedented market and economic uncertainty.





As a result of Baker's Field's direct relationship with grain farmers and their in-house stone milling, they have been able to quickly problem solve and adapt to meet exponentially growing demand in flour and fill supply gaps for local food co-ops—including Seward Co-op. This sales growth has kept Baker's Field and their grain farmers busy and thriving. To support the increase in product demand Baker's Field has been able to secure more space and equipment. "It has been a game changer for us. It allows us to buy larger quantities [of grain] and support our farmers even more," shared Production Manager Patrick about this expansion. Purchases of Baker's Field's breads and flours are not only an investment in the company itself but also the farmers from whom they source their grains.

Featherstone Farm began the Featherstone Farm Community Food Fund to support food access in their local community. This fund allows community members to purchase a farm share at a reduced price for donation to a local food shelf.



Together, we can harness the economic power of our communities to support a more equitable local economy. The impact of that has shown to help build a more resilient food system and foster economic self-help—the ability to identify issues, recognize where they have the most impact, and show us how we can support the community—for the long term. As you shop at the co-op, we encourage you to help us keep Community Foods producers thriving.

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

Positive environmental impacts

Inclusive, socially responsible practices.

Equitable economic relationships.



By Addie DeMery, Community Engagement Specialist

Every February, we honor the legacy of Black communities. At Seward Co-op, we recognize the contributions Black communities have made in cooperative economies.

Black cooperatives have been around since the 1800s. Many prominent black scholars like W.E.B Du Bois viewed cooperatives as a way to bring essential long-term economic development to urban and rural communities. It also helped civil engagement and increased asset ownership. While many cooperatives centered on mutual aid, some were farmers' cooperatives centered on food access.

In the new millennium, Black-led co-ops continue to grow. The Mandela Grocery Co-op is a Black-led, worker-owned cooperative in California founded by community members to "improve access to healthy food and business ownership for residents in West Oakland." Located within a community lacking access to corner stores, their local liquor and grocery store provided limited access to healthful and organic foods. Mandela's mission not only provides accessible healthful and organic food, they also commit to and source a large portion of their product from local, small-scale, minority farmers and vendors.

One of the cooperative principles is Cooperation Among Cooperatives—we all do better when we all do better. We look to Mandela Co-op as an example of prioritizing sourcing from Black producers in their stores. In their own words, "We intentionally support businesses run by people of color (POC) because we are deeply committed to creating opportunity for interdependence in the food space, where POC entrepreneurs generate livable incomes that support their families."

Like Mandela, Seward Co-op is invested in our community, which includes lifting up Black voices, intentional sourcing from businesses owned by historically under-represented individuals, local, small-scale, sustainable, and cooperative producers through our Community Foods program. Our staff also lead a Black, Indigenous, People of Color (BIPOC) affinity group.

We at Seward Co-op pride ourselves on supporting small local farms and vendors, and we can learn a thing or two from Mandela Co-op. We recognize that there is more work to be done so that the products on our shelves reflect our community and foster a more equitable economy—we continue to develop processes to bring this vision into reality. With the call of abolition and the pandemic, we have to continue to show our support for our Black and Brown communities by offering opportunities they need.



Join Addie in a celebration of Black History Month through a virtual dinner series! Throughout the month of February, Addie will be demonstrating a number of delicious recipes for Sunday dinner in a three-part class series. Register at www.seward.coop/events.

2021 SEED Recipients

The Seward Co-op SEED program is a way we can cooperatively make an impact in response to the crises facing our communities. To date, our co-op community has donated over \$2.2 million for local organizations that share our commitment to a healthy community. Pre-pandemic, it was not uncommon for monthly SEED round-ups to total \$20,000 or more. Since the onset of the pandemic, we have noticed a decline in monthly SEED totals. Please consider rounding up or tack on any desired dollar donation amount to your grocery bill at checkout in-store, or through Curbside Pickup.

The work of upcoming 2021 SEED recipient organizations centers around food access, mental health and wellness services, racial equity, social justice, and alternative models of community safety—you can donate to support their work. The staff-led SEED selection committee selected eight of the 12 recipients for 2021. Together as a community, we chose the four Community Choice recipients indicated in red.



January—Isuroon

Isuroon is dedicated to building support for Somali women and 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 benefit all in need.



February—WE WIN Institute

WE WIN Institute supports student learning and social development in urban youth through academic activities, as well as civic and community engagement. Funding will support WE WIN Youth Gardens.



March—Immigrant Law Center of Minnesota

Immigrant Law Center of Minnesota is a nonprofit agency that provides immigration legal assistance to low-income immigrants and refugees in Minnesota.



April—In the Heart of the Beast Puppet and Mask Theatre

In the Heart of the Beast Puppet and Mask Theatre (HOBT) is committed to bringing people together for the common good through the power of puppet and mask performance. HOBT produces a season of original plays and tour productions and teaches puppetry and pageantry through residencies and workshops to local communities.

May—Seward Longfellow Restorative Justice

Seward Longfellow Restorative Justice is a neighborhood resource for helping people to resolve harm, before the police are called or as an alternative to criminal justice. They also provide training and presentations about restorative justice.



June—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 environmentally conscious options.



July—Southside Harm Reduction Services

Southside Harm Reduction Services is a grassroots, mobile syringe program that works to support people who use drugs in Minneapolis through a syringes service program that recognizes people's human rights to health, safety and autonomy. Funds will be used to purchase syringes and other harm-reduction supplies that are part of community-based pathways to safety.



August—Touchstone Mental Health

Touchstone Mental Health serves over 1,000 people affected by mental illnesses in Minneapolis through community housing services, providing food security, transportation, health care, and support to help them keep their housing.



September—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.



October—North American Traditional Indigenous Food Systems (NATIFS)

NATIFS is launching the Indigenous Food Lab in Minneapolis. By providing education and training that give Native people access to healthful, local, indigenous food, NATIFS can address serious issues of malnutrition, food-related illness, and economic impoverishment on tribal lands.



November—Division of Indian Work

Division of Indian Work's mission is to support and strengthen urban American Indian people through culturally based education, traditional healing approaches, and leadership development.



December—Open Arms of Minnesota

Open Arms of Minnesota is the only nonprofit organization in the state that cooks and delivers free meals tailored to meet the nutritional needs of individuals living with life-threatening illnesses.



A Message
From the Board
Cassandra Meyer

Congratulations to our new board members, Warren, Kate, and Claire, and welcome back Vina! I miss meeting and seeing people in person, but I look forward to working with you all towards accomplishing our Ends. This season, I am also looking forward to the crows, the creak of snow under my boots, cracking bubbles in the sidewalk ice, and the muffled feeling and rainbow colors of fresh snow.

This year has been so full of challenges. With the pandemic, we've had to adapt to a new normal. But it's shown us that we can adapt, we can change, we can live outside of what is comfortable. And that change is still ongoing.

Though you may already know while you read this, at the time of writing it, the results of this year's national political elections are not yet known. Personally, my gut aches and I don't think it'll stop after the results come in. I hope, if nothing else, the last several months (and last several years) have laid bare all the work we need to do and that we're collectively motivated to keep on it.

After the killing of George Floyd, we've seen plainly that we have active white supremacist groups in Minnesota, in the Twin Cities. And they've been here. Only now they're more emboldened. And they're not going away, no matter the election's results.

If you didn't notice it before, please notice and keep noticing now.

More still, words from some coworkers and family have been deeply saddening at times. Or the lack of words, the lack of actions feels worse. Have you experienced this? It's been more difficult to deal with the silence from these close connections than the more obvious hate. The silence and lack of actions from some has fueled continued reflections on my end. Where have I failed to speak up? Where have I perpetuated racism through action or inaction?

Then, what can we do as individuals and as a community? How do we make sure we live our values with integrity? How do we hold ourselves accountable?

If you didn't see the panel discussion at the Annual Meeting, I encourage you to watch it: www.bit.ly/2020AOM.

We still have to invest in the health and wellbeing of our intersecting communities and all of our neighbors. We still need to have collective safety, safety for Black, Native, People of Color. We still have to have personal reflection on where we as individuals, as a community, as a co-op, are replicating and perpetuating harm. From the Annual Meeting's panel discussion: how do we ensure that a community-focused co-op is more than a nice place to buy organic grapes?

I look forward to digging into this with my fellow board members; but Seward Community Co-op is much more than its board. We need the whole community involved in building this.

I don't think I have all the answers, but I know that collectively, we have the answers within us. As individuals or even communities, we can't see our blind spots - we're blind to them. Will you engage with us around this? Will you engage with your family and neighbors?

I hope you all are safe and well. A special thank you to our co-op's essential workers who help make it possible for us to nourish our bodies with healthy food during this pandemic.

VINELAND
TREE CARE

(612) 872-0205vinelandtree.com

612.729.7608

BUCK
BROTHERS
CONSTRUCTION

We design & build
in your neighborhood

Kitchens, Baths, Additions
Restorations

2021 Board of Directors



Vina Kay



Warren King



Kate Seybold



Claire Purvey Houston

Welcome to newly elected and welcome back to returning directors!

Together with current directors, these co-op owners are responsible for articulating the vision and goals for Seward Co-op that management pursues and achieves. The 2020 election featured a large pool of highly qualified candidates. Thank you to all who ran and thank you to the more than 1,400 co-op owners who voted.

In addition to electing directors, this year co-op owners were also asked to vote on four articles and bylaws changes. Articles and bylaws provide a clear definition of how the co-op is organized. The proposals were endorsed by the board, and they keep Seward Co-op's governing documents up to date. Co-op owners voted to approve the four proposals, which are available for review on co-op's website.

About the Board

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 nine–10 times a year on the last Tuesday of the month, at 6:15 p.m.

The next regular board meeting is on Tuesday, Jan. 26, at 6:15 p.m., and it will be virtual. Monthly meetings are open to co-op owners to observe. An RSVP is politely requested; please email board@seward.coop to indicate your intention to attend. Governance of our community-owned cooperative is vested in the board of directors. As such, these are working meetings intended for discussion and decision-making by elected directors.

The board is charged with representing all 21,000+ co-op owners, and the directors would like to hear from you. Please submit governance-related questions or comments to 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 one employee is a director.

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

Annual Owner Meeting Recap

Racial Justice & Abolition in the Cooperative Movement



Thank you to all who joined us virtually for the 2020 Annual Owner Meeting. The 2020 meeting featured a dynamic and powerful panel discussion featuring Resmaa Menakem, Mankwe Ndosi, and Sophia Benrud—activists, artists, and community organizers whose work is at the forefront of Black liberation and racial justice. Board President, LaDonna Sanders Redmond, facilitated the discussion and shared her hope for our co-op community to “articulate a vision of community that is free from white supremacy.” Through conversation, song, and movement, the panel centered on the co-op’s role in the movement for racial justice and liberation in our communities—a movement that holds parallel values of abolition with cooperative history and principles.

We examined the modern definition of abolition and what the activity of an abolitionist is today. When the panelists mentioned abolition, it was in the context of ridding ourselves of oppression, to build a world that is free from the patterns and structures of white supremacy. Resmaa re-emphasized the words of Mankwe, Sophia and LaDonna in saying, “Being an abolitionist or abolitionism is not just about a concept. Being an abolitionist is about what you do. It is about using something and about using your body to make things change.” Challenging the notion that being an ally is a marker you can claim for yourself, Resmaa asked those who occupy white bodies to examine how and where they are actively showing up for racial justice. When we recognize the advantage our bodies hold, only then can we strengthen our entire community and gain true abolition for all.

We invite you to watch the recording of the annual meeting on Vimeo—www.bit.ly/2020AOM. Hear directly from our panelists on how we as individuals and cooperative community can develop living, embodied antiracist practices and culture. We also encourage you to follow the work of our panelists and to examine what action you can take to be actively antiracist. Seward Co-op staff and board members extend their deep gratitude to guest panelists Mankwe, Resmaa, and Sophia for this challenging and motivating discussion.

Thank you to board members Sally Nixon for hosting the annual meeting and LaDonna Sanders Redmond for panel facilitation. We would also like to thank Van Nixon for the wonderful live music. A tremendous thank you to Pollen who helped to provide an engaging virtual annual meeting. Thank you very much to the co-op staff and board of directors committee who helped to plan, organize, and execute the 2020 Annual Owner Meeting.



Addie,
Community Engagement Specialist



Thank you to co-op staff members Addie and Maiv Mos for providing two tasty recipes using Whistling Well Farm apples for community members to enjoy together at our annual meeting. Full recipes and recipe videos are available on our website at www.seward.coop/recipes.



Maiv Mos,
Community Engagement Specialist



During the annual meeting, the 2020 Scorecard was made available. New this year is a digital Scorecard/Annual Report. A link to the Scorecard can be found on our website. We invite you to scroll through to read more details on how Seward Co-op has met our Ends Statement. To obtain a print version of the 2020 Scorecard/Annual Report, please email us at cs@seward.coop

Welna II
Hardware

THE PAINT STUDIO

CLARK +
KENSINGTON
and ROYAL

- match any color
- pint samples
- starting at \$25.99



See us for
GRIT and
ICE MELTER

Free
Windshield Scraper
with this coupon
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Expires 3/15/21

Our gift certificates
are great presents!

Welna2hardware.com
2201 Franklin Ave
612-332-4393

Winter Self Care

Self-care is important, especially as we look toward the winter months and continue to do our part to minimize the spread of COVID-19. The Danish offered the concept of hygge, coziness during the winter months. Recently, the Norwegian concept of friluftsliv (free-loofts-liv)—which translates roughly to “open-air living”—has been popularized to offer another option to keep spirits up after months of staying indoors due to the ongoing pandemic. Outdoor activities can help to improve mood and reduce stress. Whether you unwind indoors, get active outside or a mixture of both this winter, Seward Co-op has several items made by fair trade producers and several Community Foods makers to supply your self-care routine.



Aura Cacia :
Essential Oils



Fierce Ferments: Honey
Turmeric Fire Tonic



Andes Gifts:
Fair Trade Mittens & Hats



Roots Essentials:
Bath Salts



Sun Leaf:
Winter Products

Winter Classes at Seward Community Co-op

Join us for a variety of virtual classes this winter! All classes are free unless otherwise noted. Please register in advance; a Zoom link and recipe for cooking classes will be sent out before the day of class. Visit our class calendar online to register or stop by Customer Service for assistance.

www.seward.coop/events

December

Plant-Based Comfort Food: Double-Baked Potatoes & Cheeze Sauce

Thursday, Dec. 3, 6:30–7:30 p.m.

Learn how to make a simple, hearty and satisfying one-dish meal. You'll learn the ins and outs of double-baking potatoes (and other vegetables), stuffed with herbed tempeh and drizzled with Cheeze Sauce.

AmyLeo Barankovich, Vegan Affairs MN

Co-op Kids: Wild Rice Bowl

Sunday, Dec. 6, 1–2 p.m.

Students will learn about the wild rice plant and its significance to Indigenous peoples living by the lakes. We will learn how to cook wild rice, practice the different steps of a wild rice harvest and learn about local/Native foods while we assemble a wild rice bowl.

Midwest Food Connection

Nourish 101: Taco Bake

Tuesday, Dec. 8, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$15. Vegetarian and ground beef options will be shown.

Jess Toliver, Jess Delicious

Cooking with Koshiki: Steamed Pork Buns & Egg Drop Soup

Wednesday, Dec. 9, 6–7:30 p.m.

These steamed buns are fluffy, soft, packed with meat and onions, and steamed to perfection in a bamboo steamer. Egg drop soup goes well with steamed buns and is a quick and easy dish to make.

Koshiki Smith, The Japanese Kitchen

Fall Season Apple Galette

Saturday, Dec. 12, 1–2 p.m.

Join Katie Burns in the virtual kitchen for a session that blends cooking and art. This apple galette dish is wonderfully balanced with a light, flakey crust that supports a bed of baked apples. Katie will demonstrate two finishing methods for this galette: an apricot glaze and a fall-season spice glaze.

Katie Burns

Tamales

Sunday, Dec. 13, 6–7:30 p.m.

Tamales are not difficult, they just take time, patience and a lot of love. Chef instructor Jessica Tijerina will guide you through the assembly of tamale making from soaking the corn husks to whipping the masa, assembling, steaming, and storing.

Jessica Tijerina, owner of Tijerina Global Spices

Nourish 101: East African Cooking—Collard Greens and Lentils

Thursday, Dec. 17, 6–8 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10.

Shegitu Kebede, Flamingo Restaurant

Nourish 101: African Vegan Cooking—Ugandan Beans

Monday, Dec. 28, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10.

Henry Kisitu, Jajja Wellness

Holiday Hours

Thursday, Dec. 24 // 8 a.m.–6 p.m.

Friday, Dec. 25 // Closed

Thursday, Dec. 31 // 8 a.m.–8 p.m.

Friday, Jan. 1 // 10 a.m.–8 p.m.

January

Cooking with Koshiki: New Year, New Skill—Sushi Making

Thursday, Jan. 7, 6–8 p.m.

Join us to learn sushi-making basics. In this class, we will be using ingredients from Seward Co-op to make healthful and sustainable sushi. Basic sushi includes inside-out rolls, traditional rolls, and Nigiri/Mari Sushi. Vegetarian options will be shown as well.

Koshiki Smith, The Japanese Kitchen

One Meal = Three Dishes

Saturday, Jan. 9, 10–11 a.m.

One simple pork chop dinner is turned into two additional meals: a yummy pork rice bowl and a pork pozole soup.

Jessica Tijerina, owner of Tijerina Global Spices

Recipe for a Health Habit

Monday, Jan. 11, 6:30–7:30 p.m.

Making a new wellness goal into a habit takes effort, time and practice. This is true whether your goal is to drink more water, eat more vegetables or become a runner. Do you know how to make the most of your effort? Breaking down the habit-making process, Functional Nutritionist and Health Coach Jesse Haas will show you a recipe for health habits. Follow the process to change your diet or lifestyle and transform your health

Jesse Haas, CNS, LN; Wellness Minneapolis

Holistic Approaches to Thyroid Health

Wednesday, Jan. 13, 6–7 p.m.

When your thyroid doesn't function well, it can affect almost every aspect of your health, from depression to weight gain. Learn what key nutrients are needed for healthy thyroid function and discover what you can do to naturally improve thyroid function, increase your energy, elevate your mood, and rev up your metabolism.

Sara Jean Barrett, ND, Wellness Minneapolis

Nourish 101: Vegetarian Mushroom Stroganoff

Tuesday, Jan. 19, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10.

Jess Toliver, Jess Delicious

Nourish 101: African Vegan Cooking—Ugandan Curry Cabbage

Thursday, Jan. 21, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10.

Henry Kisitu, Jajja Wellness

Fermenting with Pickle Witch

Friday, Jan. 22, 6–8 p.m.

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.

L. Kling, Pickle Witch

Talking About Death Won't Kill You: A Facilitated Conversation

Monday, Jan. 25, 7–8:30 p.m.

Join us for a facilitated community conversation about your plan for death through sharing and experiential exercises. Specific examples of dos and don'ts, as well as what qualities make someone a good healthcare agent will be explored. 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.; trainer and consultant who specializes in End of Life and Brain Change

February

Cooking with Koshiki: Tonkatsu/Chicken Katsu Teishoku

Tuesday, Feb. 2, 6–8 p.m.

In Japanese, Teishoku means “set meal”and is sometimes called “Ichiju San Sai,” one soup and three sides. It is a longstanding, well-balanced and healthful meal that serves as a foundation for washoku (Japanese cooking). Koshiki will show you how to prepare tonkatsu, crispy panko-breaded pork, two healthful side vegetable dishes, miso soup and steamed rice.

Koshiki Smith, The Japanese Kitchen

Nourish 101: Vegetarian Mongolian Tempeh

Saturday, Feb. 6, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10.

Jess Toliver, Jess Delicious

Black History Month Dinner Series—Fried Tilapia and Sautéed Cabbage

Sunday, Feb. 7, 5–6 p.m.

Celebrate Black History Month with Addie from Seward Co-op for Sunday dinner.

Addie DeMery, Seward Co-op

Holistic Approaches to Adrenal Health

Wednesday, Feb. 10, 6–7 p.m.

Join us for a deep dive into adrenal physiology and discover what you can do to naturally improve your stress response system, build resilience and increase your energy.

Sara Jean Barrett, ND, Wellness Minneapolis

The Science of Emotional Eating

Monday, Feb. 15, 6:30–7:30 p.m.

Are you finding yourself browsing in your pantry more in the last couple of months? The truth is, emotional eating is not an effective tool for relieving stress. While that cookie may make you feel better in the moment, it's not truly a solution to your emotional strain. Build a better understanding of what draws you to the kitchen when you feel worried, sad or bored. Take home some strategies for breaking the pattern in loving, joyful ways.

Jesse Haas, CNS, LN; Wellness Minneapolis

Black History Month Dinner Series—Nourish 101: Stewed Okra and Tomatoes with Bacon

Sunday, Feb. 21, 5–6 p.m.

Celebrate Black History Month with Addie from Seward Co-op for Sunday dinner. Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$15.

Addie DeMery, Seward Co-op

Nourish 101: African Vegan Cooking—Ugandan Rice

Tuesday, Feb. 23, 6–7 p.m.

Nourish 101 classes feature basic scratch-cooking techniques and recipes that feed a family of four for under \$10.

Henry Kisitu, Jajja Wellness

Weeknight Chicken Pot Pie

Thursday, Feb. 25, 6–7 p.m.

Learn how easy it is to cook delicious yet quick chicken pot pie. This recipe is ideal for any night of the week and can even be prepped a day in advance. Katie will cover two prep methods—one that includes a pie crust base and one without that utilizes ramekins or an oven-safe casserole dish for a slightly lighter meal.

Katie Burns

Black History Month Dinner Series—Vegetarian Jambalaya with Corn Bread

Sunday, Feb. 28, 5–6 p.m.

Celebrate Black History Month with Addie from Seward Co-op for Sunday dinner.

Addie DeMery, Seward Co-op



Don't Forget Your Reusable Bags!

You may have read in the news that New York state implemented a plastic bag ban. This is great news and is a big step toward positive environmental impacts. On the other hand, this has added pressure to an already strained paper bag supply chain, which means Seward Co-op and other retailers may experience a paper bag shortage. Please remember your reusable bags when shopping at Seward Co-op. Together, we can maintain a positive shopping experience for all.



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2601 E. Franklin Ave.
Minneapolis, MN 55406
612-230-5555

www.seward.coop

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