

Seward Co-op
GROCERY & DELI



sprout!
Everyone Welcome

APRIL + MAY 2010

9th Annual CSA Fair

Urban Agriculture

Happy Mother's Day

Green Architecture



Seward Co-op
GROCERY & DELI

2823 E. Franklin Ave.
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Ads printed in this publication are not necessarily endorsed by Seward Co-op.

Readers are advised the food, nutrition and health information presented in these pages is for informational purposes only; consult your healthcare practitioner for medical advice.

Board Meetings

Member-owners are welcome to attend board meetings, usually held the last Tuesday of the month, 6:15 p.m., at Seward Co-op. Email the board at board@seward.coop to let them know you will be attending or to share your thoughts about the co-op.

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Hours of Operation

Open 8 a.m. to 10 p.m. daily

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SPROUT! Printing policies

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FROM THE GM



Sean Doyle
General Manager

As the last vestiges of winter melt, we can witness the bounty of our northern land returning to our tables. On Saturday, April 24, Seward Co-op will host our ninth annual Community-Supported Agriculture (CSA) Fair. Over the years, this has grown into one of our most important events of the year. We will once again raise a big tent in our parking lot and play host to dozens of farmers who will be on hand to talk about the bounty they wish to share. We encourage all to consider buying a share in a CSA farm or paring up with friends to split a share. By choosing to purchase a CSA share, we help create our region's agricultural sustainability. The connections these relationships forge are important to our way of doing business.

Like our founders nearly 40 years ago, we know that the strength of our co-op lies in a vibrant local economy. This includes the willingness to pioneer new ways in which food can be brought into our community. At this year's CSA fair, learn about some and new exciting urban efforts to raise food for our tables. In this issue, you'll learn about Growing Lots Urban Farm, a collaborative urban agriculture project headed by Seward Redesign and funded, in part, by the Seward Co-op Community Fund.

We also would like to thank all of you who took the time to participate in our recent survey. Many of you received the questionnaire via email, and your feedback was extremely helpful. This will help us improve the way in which we meet the needs of our members and the Seward Community. Look

Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation.
— Robert Kennedy

for the results of the survey to be posted on our website, www.seward.coop, later in April.

One way in which we will be improving our shoppers' experience is through a reset of the Deli, beginning this month. The Deli will soon be offering a variety of new coffee drinks and signature sandwiches. We thank you for your patience as we work on this. Ultimately, the reset will present many more delicious options and a more convenient shopping experience.

This May, we will begin our sponsorship of the Minnesota Nice Ride program. This high-quality, affordable bike rental system will link the core of the city. Taking its cue from HOURCAR, Nice Ride will focus on short-duration use. This is one more initiative to help us make a shift from our reliance on cars. I see this as a great opportunity for out-of-town visitors to experience the greatness of our bike-friendly city.

Spring also marks the anniversary of Seward Co-op. Thirty-eight years ago a group of North Country Co-op members found a closing grocery store at the corner of 22nd Street & Franklin Ave. and decided the neighborhood needed its own co-op. From those humble origins, we have now grown into a substantial business that is the hub of the neighborhood. While society, the co-op and its location have changed since then, the seed planted by the founders has grown into the sturdy tree that it is today. Good work from many over the years has helped Seward be successful.

SEWARD CO-OP STAFF PICKS

How Does Your Garden Grow?

It became apparent how excited everyone is for spring when we asked co-op staff what he or she planned on planting in his or her gardens this year. The response was enormous. Such variety! Such enthusiasm! Whether planting an entire garden or just a few potted plants for the windowsill, Seward Co-op employees have the green thumb.

I'll be growing sweet dumpling and Australian blue squash. The sweet dumpling (with seeds saved from a Rock Spring sweet dumpling) is the king of the sweet squash varieties. The Australian blue is an excellent storage squash and keeps for months. I'll also be growing giant sunflowers from a huge cap originating from the Women's Environmental Institute. — Travis

I look forward most to seeing the hops re-emerge. My partner hopes to harvest them for his home-brew. This vigorous vine will frame our new garage mural, painted by local artist Kevin Loecke. It will be a nice reminder of the living-wage employment and amiable workplace culture at the co-op that provided me with the means to buy my first home and grow my very own garden. — Hilary

My latest garden love is grape tomatoes. They are so sweet and amazing in everything during the summer. We put in a couple plants and pick tomatoes every day during their peak; there are a lot of the little yummers on every plant. — Liz

I will grow mustard in pots and my little in-ground garden from which I will harvest a few greens for salads and braising. I'm interested in harvesting and saving the seeds for a strong, aromatic Dijon-style mustard. Moutard Forte de Seward I will call it. — Claudia

I always have gallons of raspberries from the back hedge. In the raised bed, I usually have three kinds of tomatoes (cherry, grape and brandy wine), cucumbers, basil, and whatever else strikes my fancy. — Betsy

I'll be growing two brugmansias. They are small trees with 12-inch trumpet flowers that give off a sent like cardamom at night. Since these are tropical plants from South America, I winter them in my house in pots where they go dormant in the winter. — Debra

This year, we're planting our tomatoes in pots so we can place them in the sunniest and warmest spots in the yard. As always, we'll grow an Early Girl for speed, a cherry tomato because they seem to bear the most fruit in our climate, and one more — something fun that catches our fancy at the farmers' market. — Susan



Photo courtesy Ploughshare Farm

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On the Cover: Children at Seward Child Care Center explore the wonders of compost. One of the center's initiatives is to expose youngsters to agriculture, which they do with the help of indoor gardening bins, purchased with a grant from Seward Co-op. Cover photo by Chris Bohnhoff



Khaiti Kahleck (left), founder of LTD Farm, will be offering her second CSA this year. She raises free-range turkeys and goats, and her CSA shares feature goat milk soap and goat cheese. *Photos courtesy LTD Farm*

Living the Dream (LTD) Farm CSA

Osceola, Wis.

Khaiti Kahleck is living the dream, hence the name of her farm, “Living the Dream” or LTD. This is Khaiti’s second year offering a Community-Supported Agriculture (CSA) share from her mini-eco farm in Osceola, Wis. She raises free-range heritage ducks and assorted turkeys, as well as dairy and meat goats. She plans to begin raising a few hogs this year, too. Khaiti has embraced the aspects of animal agriculture that, as a former vegan, she had once abhorred. Her animals lead natural lives, out in the sun with their companions, with plenty of space and fresh pasture. Khaiti believes that each animal deserves a life filled with respect for its being and what it will be giving us. On her farm, sustainability practices rule — she feeds her animals all locally sourced feed and tries to use as much organically grown grain as possible. None of her animals is given vaccinations, chemical medications or antibiotics.

When Khaiti was a little girl growing up in South Dakota, she watched her mom aspire to the homesteader lifestyle. Her mother milked goats, made cheese, butchered chickens, canned

tomatoes from the giant vegetable garden and learned the “new” old ways of self-sufficiency. Khaiti has always been nostalgic to return to this way of life. After six years of living on her own farm, practicing and learning her own set of skills, she finds joy in the satisfaction of hard work and simple living.

“My favorite thing to eat is duck eggs,” Khaiti says, acknowledging that very few people have heard of them. Spreading the duck egg goodness is her mission, and they are the foundation of her CSA shares. LTD Farm’s CSA offers either biweekly or monthly shares of Khaiti’s farm products: duck eggs, handmade goat milk soap, fresh greens and even a farmstead goat cheese share. Visit her at Seward Co-op’s CSA Fair on Saturday, April 24, to look through the various CSA share packages available. Prices for an eight-month share start at \$200 and can be tailored to meet your needs. Look for LTD Farm’s duck eggs among Seward Co-op’s egg section, as well! More information at www.ltdfarm.com.

Kicking Mule Farm CSA

Lucan, Minn.

Stephen Suss and Molly Christopher developed their passion for food while working in natural foods co-ops of the Twin Cities. Meeting while employed at the Wedge Co-op, they moved to the Seward neighborhood and eventually were employed at Seward Co-op. Both were encouraged by the commitment the co-ops showed to their local producers and farmers. Soon after becoming part of the Minneapolis co-op world, Molly and Stephen began to dream about making the “back-to-the-land” leap.



Kicking Mule Farm’s CSA offers great variety, including vegetables, fruit and several herbs. *Photo courtesy Kicking Mule Farm*

The opportunity to go rural arose when both a teaching job and a fixer-upper farmstead became available in Redwood County, Minn. The 5.6-acre site was smaller than they had imagined and wasn’t exactly a turnkey home or farm. Nevertheless, as spring approached, Molly made the decision to give the Community-Supported Agriculture idea a shot. The first season was planned as a pilot run for future years. They sold five shares and hoped for the best.

Despite the season starting late and a few crops failing, the pilot season was a success. The farm made 15 weekly deliveries. Molly and Stephen spent countless hours planting and maintaining the crops, and Stephen was able to use his years of produce experience to process the fresh-picked goods for maximum shelf life. The farm also began to establish an orchard and strawberry patch throughout the first year.

Kicking Mule’s CSA is growing this year to 20 shares and at least 17 weekly deliveries. Molly is very adamant about growing deliberately. The shares fill a big box, and the weekly delivery contains amazing variety. Customers can expect 10–20 distinct produce items with each delivery featuring vegetables, fruit and several herbs.

The farm has grown a lot. In addition to the CSA, there’s now a horse, a mule and a laying flock of chickens. Each summer, a growing brood of chick-

(continued on next page)

ens is being raised for meat. Customers will have the opportunity to add these to their CSA, too. For Molly and Stephen, the direction of the farm shifts depending on their mood, the season or the tasks at hand. Many

plans are always afoot, ever-evolving and changing.

You can learn more about Kicking Mule Farm’s CSA offerings and farming news at www.kickingmulefarm.blogspot.com, or visit them at the upcoming Seward Co-op CSA fair.

Everyone Welcome to Seward Co-op’s Community-Supported Agriculture Fair

Seward Co-op’s ninth annual CSA Fair will be held Saturday, April 24, from 11 a.m. to 3 p.m. in Seward Co-op’s parking lot. The CSA Fair is a meeting point between rural and urban folks committed to the local food economy. The fair offers a venue wherein shoppers can learn about CSA options and select a participating farm that best meets their needs. Each grower offers a different package depending on the farm’s length of season, goods offered, cost and drop-off locations.

Purchasing a share helps cover a farm’s — such as Kicking Mule or LTD (featured here) — yearly operating expenses and connects you to the bounty and/or risk that the farmers take in growing healthful, fresh, local food. More information, and a list of all attendees, is available at www.seward.coop and at the Customer Service desk.

Come Inside, Too!

While you’re at the CSA Fair, look for one-day-only deals on special items inside the store, such as:

- Organic fair trade bananas, 59 cents/lb.;
- Grass Run Farm extra-lean ground beef, 1 lb. frozen package, \$3.99 (regularly \$4.99);
- Specials on large, extra large and jumbo eggs;
- And much more!

A Bit About CSAs

What is Community-Supported Agriculture?

Community-Supported Agriculture, or CSA, provides individuals the opportunity to form partnerships with local producers. A consumer becomes a member of a CSA by purchasing a share in a farm’s harvest, which helps cover that grower’s yearly operating costs. In return for that investment, he or she receives fresh product — delivered to a specific drop site in the Cities — throughout the growing season.

How much does one get for a share?

A typical share provides a wide variety of produce weekly for four people through Minnesota’s growing season (June through September). Each producer offers a different membership package depending on the farm’s length of season, goods offered, cost and drop-off locations.

How much does a share cost?

Prices vary. CSA shares cost \$500 - \$700 on average for a full share. Half shares are often available.

When is the CSA Fair?

Seward Co-op’s ninth annual CSA Fair will be held Saturday, April 24, from 11 a.m. to 3 p.m. in Seward Co-op’s parking lot. More information, and a list of all attendees, is available at www.seward.coop.

What will each farm offer?

Selection varies by farm. Farmers will provide details about their offering at the fair. Many farms also have websites with details on their offerings.

Do I need to buy an entire CSA share? When do I pay my share?

Each farm has its own type of share offerings and sets its own price and timeline for payment.

When can I sign up for a CSA share?

You can sign up at the CSA Fair, or you can contact the farm following the fair to sign up.

Where are the drop-off/pickup locations?

Each farm has designated drop-off points. Seward Co-op is a drop-off point for several farms.

Does it cost anything to attend the fair?

There is no cost to attend the fair. Everyone is welcome!

An up-to-date list of all attendees is available at www.seward.coop. More information is available at Customer Service.

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Sowing the Seeds

By Hannah Bennett, Produce Department

With the beginning of spring, Minnesotans, in particular, look forward to fresh produce from local growers. But before every plant reaches the table, it starts as a seed.

Seward Co-op buys seeds from two different companies. One is **Seed Saver's Exchange**, located 180 miles south of the Twin Cities, on Heritage Farm, just outside of Decorah, Iowa. For 35 years, this nonprofit seed company has been dedicated to preserving heirloom varieties of vegetables, fruits and flowers. These are often varieties unavailable from any other company, with characteristics that make them appealing to home gardeners. Some varieties are certified organic.

High Mowing Organic Seeds, out of Vermont, is our other supplier, selling all-organic seeds. High Mowing was founded in 1996 by one farmer growing just 28 varieties. Today, they sell more than 450 varieties of both open pollinated and hybrid seeds, many of which are still grown on the 40-acre High Mowing farm.

Both of these companies deliver a high-quality product. The seeds are reliable, and the seed packets are printed with clear instructions and photographs. Visit their websites: www.seedsavers.org and www.highmowingseeds.com.

The co-op's Produce department carries both open-pollinated and hybrid garden seeds. Open-pollinated seeds are grown from the same type of plant year after year and are the result of the plant being pollinated by natural means, such as bees, wind, birds, etc. It is usually possible to save open-pollinated seeds from year to year, although the process can be complicated. Since certain varieties can pollinate each other, it is important to isolate them if you wish to grow the same variety the following year.



Photo by Phillip Fuller

Hybrid seeds are the result of crossing two different plants from the same species. They are usually bred to produce desirable characteristics in the crop, such as high yield or durability. It is important to note that hybrids are not genetically modified with DNA from other species. However, as GMO corn, soybeans and other crops become more widespread, it is increasingly difficult to isolate them.

Another commonly used term is "heirloom seeds." Heirloom varieties are simply varieties that have been grown for a long period of time, usually not in commercial scale. They are very often — but not always — open pollinated. These crops are generally more perishable but better tasting than hybrids. They're frequently unusual in appearance and sometimes adapted to very specific regions.

Lilies and Bulbs

Bulbs are available from January until Easter. The co-op has been carrying several varieties of bulbs, including tulips, hyacinth, daffodils and bulb gardens. Lilies are usually available around the third week of March until Easter. We should see Asiatic lilies (four stalked with a variety of colored blooms), L.A. hybrids and Oriental lilies (which have two stalks with larger, pink blooms).



Growing Lots Urban Farm is the collaboration of a for-profit farm and nonprofit Seward Redesign. From left to Right, Front Row: Beckett Pilling, Laura Matthews (Summer Sprouts Program Manager), Stephan Meyer (Farmer), Vincent Pilling, Katya Pilling (Redesign); Back Row: Roger Ricketts (volunteer), Noel Nix (Research Fellow, Redesign), Elizabeth Ricketts (volunteer). Photo by Chris Bohnhoff

Urban Farm Takes Root in Seward

By Kari Binning, Marketing/Membership Assistant

There's a new joint venture sprouting up in the Seward neighborhood this spring. It'll be the first growing season for Growing Lots Urban Farm, located on an abandoned parking lot in the old Bystrom site, by the Hiawatha Light Transit line located just west of Minnehaha Avenue off 22nd Street. Seward Redesign, a place-based community development corporation, has made starting the farm in this space possible.

In 2009, the Seward Co-op Community Fund awarded Redesign a \$1,000 grant to help with the construction of a high tunnel (an unheated structure that helps extend the growing season) for the farm.

Stefan Meyer, the urban farmer and owner of Growing Lots Urban Farm, Megan Sheridan, Assistant Project Manager at Redesign, and Laura Mathews, Project Assistant Intern through the University of Minnesota-Twin Cities, came together to explain this collaboration.

Q: How did the idea for this urban farm in Seward come to be?

MS: Everyone in the Redesign office has an interest in local food and farming, so we naturally started talking about how a garden could fit into our core work. We began asking if a small-scale

urban farm could be economically viable? As a starting point, Redesign could provide land at a subsidized rate to help support the farm.

SM: The farm decided to work from the Community-Supported Agriculture (CSA) model. With strong community support, a CSA can pay for itself.

Q: What part will the farm play in the neighborhood?

SM: We hope the farm will be involved in the neighborhood on many different levels. As the grower and business owner, I'll be supplying a very local food source for the neighborhood. We plan to offer what most CSAs offer, but the high tunnel will dramatically extend our season.

LM: I'm working on the educational aspect of the farm that will involve academic and experiential learning. This summer program is still in the planning phase, but we hope to offer a youth program looking at the whole food-growing process — from seed to compost — that would cover plant science and ecology, as well as the economic side of food.

Q: Why is a project like this important to the Seward neighborhood and the city?

MS: The neighborhood seems so ready for a

Growing a Sustainable Movement

"There's an evolution of food consumption choices taking place before our eyes," says Russ Henry of Giving Tree Gardens. The co-op led the way and continues to be a great resource in this movement."

Russ has been involved with Little Earth United Tribes' work to start a farm using Native American values and culture to meet their community's needs for healthful food choices. Other Minneapolis Urban Agriculture initiatives include:

Backyard Harvest, Permaculture Research Institute, Homegrown Minneapolis, Gardening Matters, Anishinabe Academy, Seward Child Care Center

community food source that's open to community involvement and education. We've found that the city is motivated to work on the rezoning of this land. Credit must be given to Mayor Rybak and Councilman Cam Gordon for their work on Homegrown Minneapolis to open the way for projects such as this. We hope this model of urban agriculture can provide the research to benefit the city's Homegrown effort.

Q: How will this farm work?

SM: We'll be using the Growing Power model of laying a quarter acre of woodchips on top of the parking lot and then piling 2.5 feet of dirt over that.

We'll be planting all sorts of vegetables: tomatoes, eggplants, peppers, broccoli, cauliflower, melons ... the list goes on. The high tunnel will be constructed this year, so it'll help extend the season longer into fall. We're hoping to sell 25–30 CSA shares this first year.

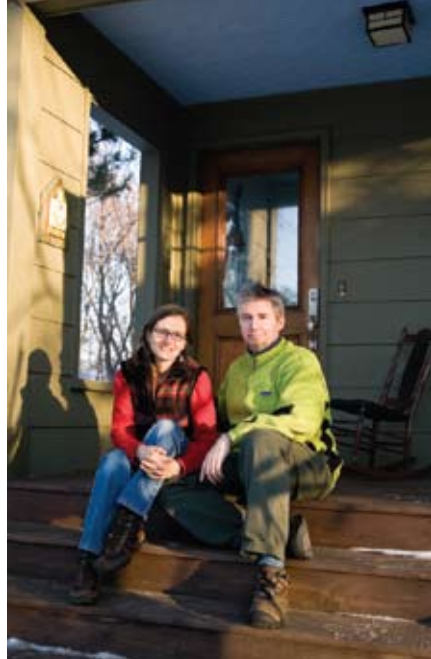
For more information on the Growing Lots Urban Farm, contact: Stefan Meyer, stefanm777@gmail.com; Megan Sheridan, megan@redesigninc.org; or Laura Mathews, math149@umn.edu.



Louise Robinson and Neal Cuthbert's GreenStar-certified remodeling project included the construction of a stairway from rafters they removed during the addition of a second story. The family worked with many local professionals to save and reuse all the wood taken off the house before the new construction started.



The wood flooring on the landing at the top of the staircase came from a fallen elm in the 55406 zip code. Seward-based Wood From the Hood reclaims trees that would otherwise be chipped or burned and uses them for sustainable flooring, kitchen cutting boards, and more.



As part of the project, Louise and Neal added a porch and foyer to their home, creating an inviting entryway that functions both as an energy saver and gives them a place to enjoy the view of the river.

Photos by Chris Bohnhoff

Green Star Standards

Minnesota GreenStar's standards consider the construction system as a whole, with parts that interrelate to each other. These components include:

Energy Efficiency: Reducing the amount of energy required to operate the home;

Resource Efficiency: Reducing resources used in building, modifying and maintaining the home;

Water Conservation: Maximizing the efficient use of water both in and around the home;

Indoor Environmental Quality: Creating a healthier indoor environment for the occupants; and

Site and Community Impact: Considering the impact of the materials and the home-building process on the land and the immediate community, as well as the global community and environment.

For more information on Minnesota GreenStar and the local businesses that helped with Louise and Neal's remodel, please visit:

- mngreenstar.org
- buck-bros.com
- woodfromthehood.com
- thereusecenter.com
- naturalbuilthome.com
- abbottpaint.com
- bauerbrotherssalvage.com

Keeping It in the 'Hood

During the remodeling process, Louise and Neal began to see their home differently. Instead of the furnace, the air ducts and the vents all being separate objects they learned to look at them all as part of the heating system.

To illustrate, Bob Buck gives the example of creating a well-insulated and tightly sealed house perimeter. "It will effectively reduce energy usage," he says, "but it also threatens indoor air quality and creates an unhealthy environment for the homeowners." The solution? Build in adequate and energy-efficient air exchanges as the house envelope is improved.

With the improvements that were made to their heating system — involving a new energy-efficient furnace, re-venting and sealing the ducts and insulating the rim of their home — Louise and Neal find that they are now paying a third of the heating costs they were prior to the remodel — for a space that is more than 30 percent larger.

To meet the various GreenStar components, the couple looked to other local businesses. They installed a dual-flush toilet from Natural Built Home, an eco-friendly building supply center on Minnehaha Avenue and found their low-VOC paint at Abbott Paint on Grand Avenue in St. Paul. For their bathroom, they used salvaged tile, picked out by their daughters, from the Reuse Center.

They hired Wood From the Hood (WFTH), a business that salvages lumber from fallen local

hardwood trees that would otherwise be burned or mulched, to install the hardwood floor. The new landing is made from an elm tree that came down right in the neighborhood. WFTH also built the bathroom cabinet out of sustainable materials, such as bamboo and sunflower seed board.

In an effort to reuse as much lumber as possible, builders brought in salvaged wood from other projects and worked to save all of the wood from the old Robinson-Cuthbert home's roof. The results can be seen everywhere.

The beautiful staircase that connects the original home to the new addition is made from the rafters of the old roof. Neal built all of the house's shelving using recycled wood from the remodel and doors he found at the Reuse Center. "It is amazingly satisfying to reuse all that wood," says Neal. "We burned the wood that we couldn't use in construction for heat in our wood-burning stove. We were heating the house with the house!"

Once the addition was finished, Louise and Neal continued to be mindful of how they furnished their new space. Much of the furniture in the new rooms comes from their parents' homes. These pieces, combined with the parts of the old home used throughout, grounds the new addition and gives the impression that the home simply grew with the family.

The addition was completed in 2008 and received a gold certification from Minnesota GreenStar. "We were originally shooting for bronze," says Louise, "but we kept learning about ways we could improve."

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WOOD FROM THE HOOD

Reclaiming Wood From Your Neighborhood

Urban Greenhouse

By Kari Binning, Marketing/Membership Assistant

Louise Robinson and Neal Cuthbert stumbled upon their home by accident while driving down River Road, showing some friends around the city. They don't recall whose idea it was to go to the open house, but they remember their reaction to the view of the Mississippi from the living room. "We realized we didn't have to move to Hastings to be near the river," says Neal. "We could be right here in Seward!"

When Louise and Neal bought their home 17 years ago, it was a two-bedroom ranch with a tiny kitchen and no storage space. Two years later,

their twin girls came along and the kitchen started to feel even smaller. They hired Seward-based Buck Bros. Construction to connect their home to their garage, making the kitchen bigger and allowing for a mud room. "Bob [Buck] looked at the space," remembers Louise, "and he said, 'You know, you really should be adding on up top.' But we weren't ready for that."

However, as the years passed and their kids grew, Louise and Neal started planning for a remodel that would indeed go up. They waited 11 years to add on a second story that would give them

all more room and more storage. And when they were ready, they called Buck Bros. Construction again. Buck Bros. proposed the idea of doing the project with the goal of getting Minnesota GreenStar certification. This program looks at the environmental conditions in Minnesota and provides home remodelers and builders with the tools to create energy-efficient housing that benefits homeowners and communities. The third-party certification from Minnesota GreenStar gives homeowners the confidence that their project will improve the quality of their home and their community.

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Riding Together Toward a Better Minneapolis

By Lars Christiansen

This June, Minneapolis will join Paris, Lyon, Montreal and Barcelona with the introduction of a major public bicycle-sharing system called Nice Ride. Managed by the nonprofit Nice Ride Minnesota, this new bicycle-sharing system will bring 1,000 bicycles to Minneapolis, specifically to Seward, Cedar-Riverside, the University of Minnesota, Downtown and Uptown. In the future, the system likely will be expanded to include Northeast Minneapolis and other neighborhoods in South Minneapolis.

Approximately 70 kiosks will be located throughout the initial service area. One of those kiosks will be right next to Seward Co-op, most likely on 29th Street near Franklin Avenue. Other nearby locations will include Birchwood Café (on 25th Street), Augsburg College (on Riverside Avenue), and the University of Minnesota (various locations on both the West and East Bank). For a full view of all 70 Kiosks, visit www.niceride.com and click on "Phase 1 Map."

Promoting Health and Urban Exploration

Nice Ride was founded to bring a public bicycle-sharing system to Minneapolis as part of the city's continuing efforts toward enabling healthful living while decreasing traffic congestion and pollution. Nice Ride is designed around the goal of providing residents, workers and visitors a new way to explore our city and experience it from the vantage point of two comfortable wheels.

How Much For a Nice Ride Rental?

Nice Ride bicycles will be available for rental on a yearly subscription basis for \$60, or for daily use at \$5. There will also be weekly options available.



Nice Ride bicycles will come with a front rack for small groceries, laptops, purses or tote bags. Each bicycle is equipped with a lighting system, and height adjustment is achieved through raising or lowering the saddle. These durable bicycles will be available on a seasonal basis, being "online" during all but the winter months.

Seward Co-op's Continuing Commitment to Transportation Choices

Seward Co-op has joined with Nice Ride, answering Nice Ride's call for support in a tough economy. Securing Seward Co-op's partnership was crucial because Nice Ride values organizations whose mission and vision are aligned with Nice Ride's. It is a priority for Nice Ride to seek partnerships with organizations that are helping to transform Minneapolis into an even more livable and healthy city.

Seward Co-op's partnership with Nice Ride is a material expression of the co-op's aims to sustain a healthy community that has equitable economic relationships, positive environmental impacts, and inclusive, socially responsible practices. Working with Nice Ride is also an extension of Seward Co-op's continuing commitment to transportation choices in Minneapolis.

Along with many bicycle parking spots that surround the store, the co-op also provides bicyclists with a state-of-the-art bicycle repair station (in partnership with Dero Bicycle Racks). In a joint-effort with the Hub, Seward Co-op is offering several bike-related classes this spring (see below and the Class Feature on page 13 of this issue). Seward Co-op also sells Metro Transit passes and has an HOURCAR parking spot.

You will be able to see and ride a Nice Ride bicycle at Seward Co-op's ninth annual Community-Supported Agriculture Fair, Saturday, April 24, in the co-op parking lot. For more information, contact Bill Dosset, Executive Director, Nice Ride Minnesota, at 612-747-4659.

Look for Upcoming Bike Classes at Seward Co-op in Cooperation with the Hub Bike Co-op on page 13.

Happy Mother's Day from the Co-op!

By Kari Binning, Marketing/Membership Assistant

Mother's Day is a big deal for moms — it's a day of recognition for all they do, day in and day out, to nurture their families. It's a day for moms to feel appreciated and maybe even get pampered a little.

The co-op has a lot to offer for Mother's Day. Our **Deli will prepare a special Mother's Day Brunch on Sunday, May 9.** We have **gift memberships** available at Customer Service. We also carry traditional gifts, such as **cards, candles, journals, soaps, lotions and flowers.**

For new moms, the first Mother's Day is extra special, a day that she'll remember in a year full of many firsts. On that first Mother's Day, a woman finds herself at a point between two generations, looking to her own mother while holding her new child. This Mother's Day, we want to introduce some of our items that honor the women who just became — or are about to become — new mothers.

Moms to Be

The Wellness Department has products for expecting mothers, such as New Chapter's & Seward Co-op brand **prenatal vitamins**, Oceans MOM **prenatal DHA** (high in omega-3 fatty acids), Weleda's **pregnancy body oil** and New Mama's **sitz bath**. Yogi Tea makes **Mother-to Be-Tea**, an organic herbal blend of peppermint and raspberry leaf. Also, something any mother would enjoy: **Burt's Bees coconut foot cream** or **peppermint foot lotion.**

Nursing Mamas

Throughout the store, you'll find products that help support new moms who choose to breastfeed, including Yogi Tea's **Nursing Support**, Traditional Medicinal's **Mothers Milk Tea** and **Healthy Lactation Tea**. Herb Pharm makes a tincture called **Mother's Lactation Tonic**, and Earth Mama Angel Baby makes a **Natural Nipple Butter** that contains zero toxins. Also, check out local producer Luci Daum's **Nursing Pads** — they're soft, absorbent and come in fun designs.

Reading Mamas

The co-op has **books for moms in all stages of parenthood.** For expecting mothers, we have books on pregnancy health, natural childbirth and nursery feng shui. We also have books to foster the mother-baby connection, such as *Baby Om*, by Laura Staton and Sarah Perron, and *Baby Massage*, by Alan Heath. Of course, we offer many **books on diet for pregnancy and babies:** *Healthy Eating for Pregnancy*, by Amanda Grant; *Blender Baby Foods*, by Nicole Young; *The Baby Food Bible*, by Eileen Behan; and *Vegetarian Baby* by Sharon Yntema.



Mamas for All Ages

For decades, women have looked to co-ops to find **whole, healthful food** to sustain themselves through pregnancy and to feed their growing



Seward member Jen Boss enjoys the mom-friendly offerings—for both her baby and herself—of the co-op. Photos by Katie Harris

families. Each of our departments offers **organic and sustainable food choices:** fresh produce; whole-fat dairy products; bulk whole grains, flours and nuts; Deli-prepared meals using the best, highest-quality ingredients; and low-mercury seafood options and all-natural, 100-percent traceable meats, including iron-rich liver.

Whether she's a new mom just getting settled in her new role, a seasoned veteran whose children have flown the nest, or somewhere in between, this Mother's Day, give her your love, give her your support, and give her the best. We're here to help.

Bircher Muesli

This famous health-conscious breakfast dish was created by Dr. Bircher in 1887 in Switzerland at his diet clinic. In 1924 it was named Bircher-Muesli and became a Swiss national tradition.

Ingredients:

- 2 cups yogurt
- 2 cups rolled oats
- 1 cup milk
- 3-4 spoonfuls of sugar, or sweetener of choice to taste
- juice from 1/2 lemon

Method:

- Stir the above together, then add:
- 2 chopped apples
- 2 bananas
- 1 orange

Also, add some nuts, flax seed, grapes, strawberries, or any other item such as pears, pineapple, blueberries, raspberry, or kiwi.

Combine everything to your taste. Refrigerate overnight. Add, if you like, some nuts, and raisins or fresh, whipped cream!

FROM THE BOARD



Sustaining a Healthy Community,
By Jill Randerson

In this fallow time of year here in Minnesota, it is alluring to think about the growing season to come. Seed catalogs are circulating and gardeners are staring longingly at the snow piles in our backyards, imagining the fertile planting beds that lie beneath. We start to think of the summer vegetable bounty, farmers' markets and those weekly surprise packages — Community-Supported Agriculture (CSA) boxes. This month at the co-op, we hold our annual CSA Fair, a chance for our members to meet local farmers offering CSA shares next coming growing season.

As a board, our work is grounded in the co-op's Ends statement. It steers our thinking and guides our decisions. The tone of the Ends is set in the first sentence: "Seward Co-op will sustain a healthy community..." It strikes me that the CSA fair embodies the intent of the Ends on many levels. Here is a rough checklist:

Healthy communities = healthy people = access to healthy food.

- ✓ CSA boxes full of a variety of fresh vegetables, delivered to your neighborhood.

Healthy communities = competition and variety within the marketplace.

- ✓ CSAs existing in tandem with the co-op's bountiful Produce department.

Healthy communities = interconnectedness of families and individuals.

- ✓ South Minneapolis residents being connected to local farmers through CSAs.

Healthy communities = healthy soil = diversity of crops.

- ✓ CSA farms producing the variety of crops that keep their members happy.

Healthy communities = opportunities for business growth and success.

- ✓ CSA "investments" give small-scale farmers a chance to get started and flourish in the farming business. But there is more to this one. A CSA membership is a way of becoming a shareholder in this year's harvest at the farm of your choice. You share the bounty, as well as the risk, with the farmer and other members. This relationship with the farmer is one based on values — we are willing to invest in them because we value their services to the extent that we will share the risk with them. That is a powerful decision.

So, when you sign up for your CSA this month, you can do so knowing that you have done more than just ensure your family an interesting variety of fresh vegetables. You also have been instrumental in sustaining our healthy community.

Investing in a Healthy Community

Over the past few months, the Seward Community has faced challenges and been presented with opportunities. Time and again, residents have stepped up and come together to support one another and various causes. Just a few have included:

- **The Seward Market Memorial Fund**, Seward Redesign and the Seward Neighborhood Group established this memorial fund for the families of the three individuals killed at the Seward Market on Jan. 6. Seward Co-op members and shoppers donated \$2,538 to the fund at the store registers, and the co-op contributed an additional \$1,500.
- **February Pet Food Drive**, done in partnership with The Pet Project MN. The goal of the drive was to keep pets with their families during economic hardship by providing pet food to food shelves and working with local veterinarians to provide basic, non-emergency services. Seward Co-op donated \$125, in addition to the \$1,375 and/or pounds of food donated by members and shoppers.
- **Minnesota Foodshare's March Food Drive**, Seward Co-op, along with 10 other Twin Cities Natural Food's Co-ops, participated in a coordinated effort to replenish the more than 260 food shelves across Minnesota. Seward Co-op pledged to raise \$25,000 and/or pounds of food to donate to neighborhood food shelf Brian Coyle. As of this writing, totals were not yet available, but they will be posted online at www.seward.coop.

Thank you to all who have donated time and money to keeping Seward a healthy community.

JUNE WORKSHOP SERIES
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taught by *Faye Berton*
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General Bones info at movementintelligence.org
LAUREL YOGA STUDIO 1895 LAUREL AVE, ST. PAUL (1 mile from Lake St. Bridge)

Solomon Bakery: An Experience in Bread

By Jared Hensel, Bread Replenishment Buyer

Solomon Bakery and Snacks has been a staple of Seward Co-op's local bread selection for years. The bakery takes its name from the son of owner and head baker, Veronica Anczarski, who started the operation in 2006. She currently operates in a small facility on East Hennepin Avenue with a staff of four.

Veronica's breads utilize locally sourced ingredients and can be found at area natural and ethnic food stores, farmers markets and, of course, here at Seward Co-op. Her seven-grain bread is hearty and dense,

while the whole wheat offers a lighter texture. The potato rosemary rolls are wonderful toasted with a little butter. The raisin anise rolls are a candidate for French toast (*see recipe*). As for the pumpernickel, I'll leave that description to Veronica, as she answers a few questions.

Tell us a little about yourself.

I began life in Africa. My dad was the descendant of Brazilian slaves who returned to Africa, and my mom was the descendant of Benin immigrants. I arrived in the United States in 1980. I graduated from DePaul University with degrees in business and fine arts. I now live in St. Paul and have four children.

How did your recipes originate?

I developed all my recipes myself, through trial and error. I make the kinds of breads that I like to

eat. I enjoy whole-grain breads. I have spent time in Europe, and I very much like the heavy, dense breads I encountered there. My pumpernickel bread is my favorite bread. I fashioned it after the breads of Germany, the Ukraine and Russia.

Most of the breads from these areas are eaten with meals or in open-faced sandwiches, and they are made mostly with whole-grain flours, especially rye. I love rye; it has a depth and warmth to it that I find most satisfying. It also has a lot less gluten than wheat and is easily digestible.

How did you get into baking?

My first baking job was in 1985 as a pastry chef for Cornerstone Café, a vegetarian restaurant in Chicago. I knew very little about baking. A friend of mine took me there and introduced me to the owner, who gave me the job on the spot. I have always loved baking. I had a collection of picture-filled cookbooks and always wished I could make some of the desserts in them. When I started this job, I plunged into it and emerged days later with an array of desserts that the owner loved. That gave birth to my new life as a baker.

What do you hope to achieve with your products?

Taste, quality and, above all, an experience.



Raisin Anise French Toast

By Claudia Rhodes, Events Coordinator

Ingredients:

- 1 cup half-and-half
- 3 large eggs
- 2 Tbsp. honey, warmed in microwave for 20 seconds
- ¼ tsp. salt
- 4 day-old Solomon Bakery raisin-anise rolls, cut in half, lengthwise.
- 4 Tbsp. butter

Method:

1. In medium-size mixing bowl, whisk together half-and-half, eggs, honey and salt. Pour mixture into a pie pan and set aside.

2. Preheat oven to 375° F. Dip bread into mixture and soak for 30 seconds on each side. Put on a cooling rack placed on a sheet pan and allow to sit for 1 to 2 minutes.

3. Over medium-low heat, melt 1 tablespoon of butter in a 10-inch skillet. Place 2 slices of bread at a time into the pan and cook until golden brown, approximately 2 to 3 minutes per side. Remove and place on rack in oven for 5 minutes. Repeat with all slices. Serve with warm, Wild Country Maple Syrup, whipped cream or fruit.

Serves 4

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April / May Classes



Spring Bike Classes From the Hub

The Hub is a worker-owned, worker-managed bike shop.

They operate the only cooperatively run bike shops in the Twin Cities. Their focus is to provide excellent bikes for sale (new and used), bike parts and accessories, and repair services for all your biking needs.

Two Hub locations: 3020 Minnehaha Ave. (Lake and Minnehaha), and 301 Cedar Ave. (on the West Bank)

Spring Bike Tune-up Lecture/Hands-On

Thursday April, 15, 7–8:30 p.m.
\$5/\$3 members

Lucas Jenson, the Hub Bike Co-op
Get your bicycle out of storage and ready to roll for another summer with this simple course from a professional Hub Bike Co-op mechanic. Learn how to fix flat tires, adjust your brakes and derailleurs, clean and grease your bike, and more.

Bike Safety for the City Rider Lecture/Hands-on

Thursday, May 13, 7–8:30 p.m.
\$5/\$3 members

Jason Tanzman, the Hub Bike Co-op
Get tips on lighting your bike, positioning yourself in traffic lanes and avoiding crashes. Learn the techniques and the regulations to follow for riding safely and legally on Minnesota streets from a League Cycling Instructor certified by the League of American Bicyclists.

How to Fix a Flat Lecture/Hands-on

Thursday, May 27, 7–8:30 p.m.
\$5/\$3 members

Lucas Jenson, the Hub Bike Co-op
A flat tire is one of the simplest repairs on a bicycle and one of the most commonly needed. A professional Hub mechanic will show you how to keep your bike on the road and out of the repair shop with the most effective tools and methods to replace and patch tubes, check your tires and install new tires.

Register for classes at Customer Service.

April

Muffins in Minutes

Demonstration/Tasting

Thursday, April 1, 7–8 p.m.
\$10/\$8 members

David S. Cargo, St. Paul Bread Club

Bread Without Fear

Demonstration/Tasting

Monday, April 5, 7–8 p.m.
\$10/\$8 members

David S. Cargo, St. Paul Bread Club

Nutrition in Pregnancy

Lecture

Wednesday, April 7, 6–7 p.m.
\$15/\$12 members

Diana McCleery, Childbirth Educator

Yogic Eating

Lecture

Thursday, April 8, 7–8:45 p.m.
\$17/\$13 members

Mary Langfield, CHHC

Too Much Bread

Demonstration/Tasting

Wednesday, April 14, 7–9 p.m.
\$20/\$17 members

David S. Cargo, Saint Paul Bread Club

Spring Bike Tune-up

Lecture/Hands On

Thursday, April 15, 7–8:30 p.m.
\$5/\$3 members

Lucas Jenson, Hub Bike Co-op

How to Shop the Co-op on a Budget

Lecture/Tour

Saturday, April 17, 11 a.m.–noon

Free to all, Preregistration at Customer Service required, Claudia Rhodes, Events Coordinator, Seward Co-op

Kombucha 101

Demonstration

Monday, April 19, 6:30–8 p.m.
\$40/\$36 members

Barb Bredesen, Food Educator

Looking Toward Summer:

The Family First Aid Kit

Lecture

Wednesday, April 21, 7–8:30 p.m.
\$15/\$12 members

Jackie Krammer, Homeopath

La Vita Verde: Greens Cookery 101

Demonstration/Tasting

Thursday, April 22, 6:30–8 p.m.
\$25/\$20 members

Nick Schneider, Chef and Local Food Enthusiast

Greening Your Kitchen: From Tweaking to Gut Rehab

Lecture

Wednesday, April 28, 6:30–9:30 p.m.

Free to all, Preregistration at Customer Service required

Kel Heyl, Studio Rebus Incorporated

May

Seasonal Eating Calendar: Put Local, Seasonal Eating into Your Life

Lecture

Tuesday, May 4, 7–8:30 p.m.
\$15/\$12 members

Linda Halley and Jennifer Nelson, Gardens of Eagan

Bike Safety for the City Rider

Lecture/Hands-on

Thursday, May 13, 7–8:30 p.m.
\$5/\$3 members

Jason Tanzman, Hub Bike Co-op

Three Sisters Hands-On Garden Class

Demonstration/Hands On

Saturday, May 15, 1–2:30 p.m.
\$7/\$5 members

Russ Henry, Giving Tree Gardens

How to Fix-a-Flat

Lecture/Hands-on

Thursday, May 27, 7–8:30 p.m.
\$5/\$3 members

Lucas Jenson, Hub Bike Co-op

Co-op News

Ninth Annual Community Supported Agriculture Fair

Seward Co-op's ninth annual CSA Fair will be held Saturday, April 24, from 11 a.m. to 3 p.m. in Seward Co-op's parking lot. More information, and a list of all attendees, is available at www.seward.coop and at Customer Service. Also see the feature story in this issue on pages 3–4 for CSA profiles, recipes and information on special offers.

Future Clinics

Planning continues for the People's Center Clinic at Seward Co-op. Before the clinic opens later this spring, plans are underway to hold a couple of mini-clinics in March and April. Mini-clinics will most likely be focused on nutrition and medication assessments. Nutrition assessments include a review of one's current diet, how it can be modified to achieve weight and/or health goals or achieve a gluten-free diet. Medication reviews are designed to help individuals understand the side effects of their medications and possible interactions with supplements. More information, including dates of the mini-clinics, coming soon.

Member Survey

Thank you to all who participated in our recent survey, which was sent out via email to a random sampling of our members. We had a terrific response, with a total of 824 people taking the survey. We received very informative data and valuable comments that will help us with everything from product selection to the way we communicate with our member-owners. In coming weeks, look for the results to be posted at our website, www.seward.coop.

Bylaw Amendment Vote Results

The recent bylaw amendment, which proposed the allowance of electronic voting in co-op elections, passed by a wide margin. A total of 259 members voted in favor of the amendment, and 9 voted against it. Soon we will reprint the bylaws to reflect the amendment. Thank you to all who took the time to vote. We hope this change will make the voting process easier and increase the number of members who vote.

Seward/Zipp's Beer Tasting

Seward Co-op once again teams up with fellow Seward business Zipp's Liquors for a beer-tasting event on Tuesday, May 4, 6:30–9 p.m. at the Eagle's Club, located at 2507 E 25th St, Minneapolis. The extravaganza will feature great food prepared by the Seward Co-op Deli and offer a selection of more than 100 different brews from both near and far. More information at www.zippsliquors.com.

Know Our Grower

Beginning this summer and extending through the growing season, Seward Co-op will introduce "Know Our Grower," a new opportunity to bring co-op members and farmers together. We've invited seven of the region's savviest farmers to appear in-store, provide samples of their wares and field customer questions. "Know Our Growers" runs from June until September. Reap the benefits with two-week-long member specials on every product from participating farms. Check our website, www.seward.coop, for dates of grower visits, demos and produce specials.

May Day

The 36th annual MayDay Parade and Festival will be held Sunday, May 2. Four stages will be set up in Powderhorn Park (at the intersection of Bloomington Ave. S. and E. 35th St.), and once again, Seward Co-op is proud to sponsor the Family Stage. In celebration of MayDay, Seward Co-op's Deli will be serving a special brunch the morning of May 2. More details on the festival, produced by In the Heart of the Beast Puppet and Mask Theatre, at www.hotb.org.

Seward Preorders

With graduations approaching, and grilling season just around the corner, don't forget that you can preorder several items from the Meat & Seafood Department. Order smoked hams from Pastures-A-Plenty or lamb Hill & Vale lamb (legs, stew and chops). Hill & Vale also offers great steaks and burgers, as does Iowa-based Grass Run Farm. And remember to try Seward's Own homemade sausages.

For any special occasion, the Deli offers fresh-baked pies and cakes. They'll even personalize them with a special message at no charge!

Garage Sale Days

You can sell it or buy it at this year's annual Garage Sale Days, Friday, May 14, and Saturday, May 15, organized by Seward Neighborhood Group. Hit the sales and pick up your picnic fixings in the co-op's Deli, which also will be offering \$1 off hot sandwiches during Garage Sale Days. More information at www.sng.org.

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www.grassrunfarm.com/csa

IMPORTANT CLASS INFORMATION

Pre-register at Customer Service. Prepayment required. No refunds given for cancellations received less than 48 hours before a class. Questions? Please contact Claudia Rhodes at crhodes@seward.coop. For an updated listing, visit www.seward.coop.