



Winter Wellness

Valentine's Day

Domestic Fair Trade

Party Food

sprout!

Seward Co-op will sustain a healthy community that has

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

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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

International Cooperative Principles

Voluntary & Open Membership
Democratic Member Control
Member Economic Participation
Autonomy & Independence
Education, Training, & Information
Cooperation Among Cooperatives
Concern For Community

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FROM THE GM



Sean Doyle
General Manager

Great opportunities to help others seldom come, but small ones surround us every day. — Sally Koch

In the past few issues of the *Sprout!*, I have been discussing the International Co-operative Alliance (ICA) Statement of Cooperative Identity. This often is referred to as the “cooperative principles.” These principles instruct co-ops to work towards a more cooperative economy. The international statement articulates seven principles of cooperation, which includes Concern for Community (referred to as the seventh principle). This principle guides a co-op and its members in developing a sustainable community. The principle is further clarified by the 11 values of cooperatives. In particular, self-help, social responsibility and caring for others all speak to Concern for Community.

At Seward Co-op, the seventh principle in action takes many forms. It influenced our development of P6, which directs us to select products that are from local, small or cooperative producers. It has compelled us to support initiatives to develop domestic fair trade. It has driven us to be clearer about how we measure our multiple bottom lines through the Seward Scorecard.

In the past few years, we have asked shoppers periodically to contribute at the registers to help others in need. Over the years, we have raised thousands of dollars to aid those less fortunate. These donations have benefitted the victims of global catastrophes, in the form of tsunami relief, or very local tragedies, as with the Seward Market Family Fund. During the Franklin Frolic on the first weekend of December, we raised more than \$1,200 for the Brian Coyle Food Shelf.

In March, we once again will participate in a metrowide effort with Minnesota FoodShare and the Emergency Food Shelf Network to help replenish food shelves depleted during this long winter. Often food shelves lack natural foods or options for people with special dietary needs. This food drive will mark the beginning of a new and permanent effort to raise funds at the registers. Our focus will be on collecting donations to support our community, with an emphasis on helping those with food and nutritional needs. We also will address topical crises (natural disasters, such as Hurricane Katrina) and community development needs, such as sustainable agriculture. Ask at the Customer Service desk how you can nominate a recipient of this fund-raising.

Additionally, in the coming months, we will be addressing concerns we have heard from members about how we can make the co-op more accessible to those of modest means. We are investigating how to create a scholarship fund to help low-income individuals and families join the co-op. We also will be evaluating the senior discount to determine if we can restructure it to be needs-based, regardless of age. These are all small steps towards welcoming all to the co-op. By working together and sharing what we have with those less fortunate, we build a stronger cooperative and a healthier community.

SEWARD CO-OP STAFF PICKS

The holidays may be over, but that doesn't mean we all should retreat into our domiciles for the next several weeks. If anything, we need to celebrate, rather than hibernate. Call up a few friends, put on some tunes and let the co-op's staff help you prepare the perfect food for a winter get-together.

Party Time!

The caramelized onion dip from the Deli, spread onto a Rustica baguette (cut into small disks and toasted in the oven), is wonderful. Top it off by adding a sliced grape on top. Sweet and savory, fatty-rich and fresh! — Ian O.

Toast a Rustica baguette with sliced apple, and either chipotle cheddar or the Quicke's mature cloth-bound cheddar. Place on a cookie sheet and broil until the cheese is melted or slightly browned. If you are feeling snazzy, add a little stone-ground mustard before adding the apple and cheese. — Ned



Photo by Philip Fuller

All Mine

The amazing juustoleipä, or bread cheese, is addictive. We have both goat's and a cow's milk versions, depending on your tastes. After heating up this bad boy on the stove (never nuke it), serve it with a few jams as side options. I recommend cherry, blueberry or the local spicy pepper blueberry jam. Warning: you may not want to share. — Claudia

Get Fancy

Seared endives with blue cheese crumbles, toasted walnuts, chopped pear, a sprinkle of balsamic vinegar, and black pepper are perfect for a special occasion. — Lori Y.

Better than Chips & Salsa

I love the Food for Life chocolate tortilla chips with Salsa Lisa's hot salsa. The chocolate in the tortilla chip isn't overly sweet, and when combined with a hot salsa, it has a mole flavor. It's far more exciting than showing up at a party with regular chips and salsa, but just as easy. — Robin

Say 'Cheese'

For family gatherings, I've become known as the guy who brings great cheese. I always focus on local cheese, especially from areas close to where my in-laws live. Cheeses such as Friesago sheep cheese from Nerstrand, Minn.; Sartori cheese from Plymouth, Wis.; and from La Crosse, Wis., cranberry cheddar. Ironically, I'm bringing cheese from where my relatives live, and they have a hard time acquiring it locally... go figure! — Leo

St. Angel brie, warmed and spread on a Ryvita cracker, is the most delightful thing I have ever tasted! I was skeptical about the Ryvita, but it's surprisingly good. Then again, I could eat anything smothered in triple cream brie. — Robin

After the Party

A batch of buttermilk scones makes a sweet, delicate treat. I make mine from scratch and add blueberries, but the co-op also carries several mixes. Slice open the scones and serve with mascarpone cheese and jam. — Cara

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On the Cover: Even when the temperatures dip, the co-op provides a place for community to gather. Here co-op staff Hilary Johnson and Aaron Hoffmeister stop to chat on a crisp, blue winter's day. *Photo by Chris Bohnhoff*



(Left) AK puts the finishing touches on a delicious fruit tart, freshly made in the co-op's own bakery. (Top) Assorted Valentine's Day-themed cakes, handmade by the co-op's Bakery staff. Look for these pre-packaged in the grab 'n' go cooler, as well as in the bakery display case. (Bottom) Frosted vanilla shortbread cookies, handmade by the co-op's Bakery staff. Photos by Chris Bohnhoff.

Valentine's Day at the Co-op: That's Amore!

By Allison Meyer, Communications Specialist

Whether you're planning a special meal to enjoy with that special someone or just want to indulge your sweet tooth, the co-op has you covered this Valentine's Day — from fresh flowers and chocolates to local gifts and artisan cheeses. We even have that last-minute card for your sweetie. What's not to love?

Produce

The floral case in the Produce Department will be full of local, greenhouse-grown roses from Len Busch for Valentine's Day. Stop in on Sunday, Feb. 13, between 1 and 7 p.m., or on Monday, Feb. 14, from 4–7 p.m., for complimentary bouquet wrapping to make your gift extraordinary. Or, how about a living bouquet? We'll have miniature rose bushes and cyclamen plants, too.

If you prefer an edible treat, we always have an abundant supply of apples and citrus in February, which also happens to be American Heart Month. Give someone you care about a gift for good health.

General Merchandise

Share Principle Six (P6) products with those you love! These gifts are made by small producers, co-ops and local companies. We carry Tru Mélange "love" candles in pillars, tins and recycled glass jars. Also look for fair-trade jewelry and heart-shaped boxes from ALSADU co-op, and candle holders from SERRV (a nonprofit with a mission to eradicate poverty by supporting artisans and farmers worldwide). Don't forget our local, handmade, recycled (and P6) Valentine cards by Miriam Simmons.

Grocery

Brian McElrath has been in the food business for a long time, working as a chef in various nationally recognized Midwest venues for 18 years. He brought his focus and dedication to the burgeoning artisanal chocolate market in the mid-'90s, which proved to be an ideal platform for his culinary creativity. Tap into the local treasures from B.T. McElrath for Valentine's Day and woo your sweetheart with seasonal truffle assortments, including the distinctive "Love Notes" and "Passion Hearts" truffles.

Deli

Head baker Mary Jo and her highly skilled bakery staff prepared a number of new Valentine's Day delights this year. The frosted heart cookies



(Left) Ashley, Produce staff, stocks and arranges the floral cooler. Photo by Allison Meyer. (Right) B.T. McElrath's nine-piece signature dark chocolate truffles. Photo from www.btmcelrath.com.

Flowers & Chocolate

Chocolate Tasting

Sunday, Feb. 13, 2–4 p.m.

Join us for our fourth annual Valentine's Chocolate Tasting. We will sample four of our top-selling dark chocolates from Chocolive, Divine, Green & Black's and Equal Exchange.

Wrapped Bouquets

Sunday, Feb. 13, 1–7 p.m.

Monday, Feb. 14, 4–7 p.m.

Visit the Produce Department for complimentary flower wrapping by our staff.

(pictured bottom left) are very tasty vanilla shortbread; heart-shaped mini cakes come in two sizes, a larger devil's food with chocolate ganache, and a smaller marquise (dark chocolate mousse) topped with ganache (pictured top left). Also look for bags of small almond spritz cookies, packaged at the Deli counter with an accompanying Valentine's heart label. Though the history behind exchanging sweet treats on Valentine's Day isn't entirely clear, chocolate's aura as an aphrodisiac does make it a logical gift. Indulge and share a locally baked cookie or cake from Seward Co-op with that special someone in your life.

Cheese

If you're planning on staying in for Valentine's Day, fondue is the perfect meal for two. Not only is it a special meal, rich and delicious, but it also requires very little effort to prepare. The preparation it does require can be done together at the table. The co-op's Cheese Department

carries a selection of traditional fondue cheeses, including Gruyère (Swiss and local), Emmental and Comté. You can get creative, however, and use other cheeses if you prefer. It is an old tradition of fondue cookery that if a woman drops a piece of bread into the fondue pot, she has to kiss all of the men at the table. Good to know at a Valentine's Day meal!

Meat & Seafood

A dinner cooked at home with local ingredients often can show your love more than an expensive night on the town. And Seward's Meat & Seafood Department offers quality, sustainably raised meats — such as delicious steaks from Hill and Vale Farm or Grass Run Farm — for a fraction of the price you'd pay in a swanky restaurant. So skip the over-packed, overpriced establishments, set a table for two at home, and let the co-op provide you with a perfect dinner.

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OUR FEATURED P6 PRODUCERS

Together with Seward Co-op, these featured Principle Six producers strengthen our local economy by building cooperative supply chains. To qualify for P6 designation, producers must meet two of three criteria: local, small-scale and cooperatively owned/nonprofit. Throughout 2011, look for items at the co-op from our featured P6 producers.

Rochdale Farms

Rochdale Farms products are made at K&K Creamery of Cashton, Wis., and other locations. The milk for their cheese comes from small dairy farms, which include nearly 300 Amish family farms in Vernon County and Green County, Wis. Cows are hand milked and the average herd size is between 15 and 20 cows. Not only do Rochdale Farms cheeses taste great, but the company also operates ethically. “We pay our farmers a fair price for their milk to help them make a living,” Mary Bess Michaletz, a Rochdale Farms co-founder, says. “We provide a clean, wholesome product at a good price for co-op consumers.” Rochdale Farms is unique in that they sell exclusively to co-ops. At Seward, look for Rochdale Farms butter, sharp organic Cheddar, cave-aged blue and aged goat cheese.

LaBore Farms

LaBore Farms, founded by grower Michelle Keller in 2004, grows hydroponic lettuce, mixed greens and cress. No pesticides are used on these tender greens, and all products are handpicked and delivered within 24 hours. The plants retain their roots, so the lettuce is still a living plant when purchased. It comes minimally packaged in plastic bags with white labels — look for them in the greens section of the Produce Department. Because it is possible to carefully monitor the amount of nutrients and water used for growing, a hydroponic system uses, on average, about one-tenth the amount of a field crop, making it an environmentally friendly option for your winter salad bowl.

Jack and the Green Sprouts

Jack and the Green Sprouts, a family-owned business for more than 35 years, provides Seward Co-op with all manner of health-giving sprouts: alfalfa, daikon, broccoli, sunflower and bean mix, as well as wheat grass. Located in River Falls, Wis., the environmentally responsible company uses certified-organic seed and well water for growing their sprouts, and even has installed solar panels to aid in energy production.

Wyndmere Naturals

Aromatherapy aficionados Robin Block and Cyndi Trachi started Wyndmere Naturals, Inc. in 1996, with the philosophy of bringing high-quality, pure, therapeutic-grade essential oils to the market at reasonable prices. For more than a decade, Wyndmere Naturals has purchased its indigenous, organic, ethically wild-crafted, pesticide-free plant ingredients from the same growers. Their oil blends, soaps, bath products, and body lotions are produced locally in small batches and never tested on animals.

Faces of Siberia

Locally run nonprofit Faces of Siberia developed the Orphan Card Shop, a greeting card program featuring the artwork of Russian orphans. A creative outlet for children, the art initially was sent as a thank you for Faces of Siberia’s donations to Russian children’s hospitals, shelters and schools. Proceeds from card sales now help fund programs dedicated to children in need in the city of Ekaterinburg, Russia. The back of each greeting card lists the artist’s name, age and orphanage.

Horse-drawn farming equipment at one of the Wisconsin farms that supplies milk to Rochdale Farms.
Photo provided by Mary Bess Michaletz.



OUR FEATURED P6 PRODUCERS

Callister Farm

Just south of the metro in West Concord, Minn., resides the Callister family farm, where they raise what we call the tastiest chicken in the entire world. This sixth-generation family farm raises poultry and eggs, and it is unique for having their own



Alan and Lori Callister of Callister Farm.

USDA-inspected processing facility right on the farm. The Callisters have been active in the progress and success of small farm legislation and the local slow-food movement. Their grassroots approach consists of hard work, marketing their products at farmers' markets and, now, distributing to local metro retailers. Buy a whole Callister chicken and roast it for your family — you will experience a depth of flavor not commonly associated with poultry.

Angelica's Garden

Guided by her experiences of eating off the land while growing up in Carr Valley, Wis., Angelica Hollstadt has crafted a vision for an organic farm and processing kitchen. In 1997, she began working with organic

farmers to gain hands-on experience. In 2002, she and her husband, Mike, purchased land in Pierce County, Wis., and Angelica's Garden was born. All of Angelica's products start in her four-acre, pesticide- and hormone-free vegetable garden. After a time, her sauerkrauts, pickled veggies, and kimchi bring farm-fresh veggies to our tables in novel and delicious ways. Angelica continually impresses us with her commitment to quality and dedication to sustainable practices. Enjoy her products with abandon, knowing they are sourced and produced locally and responsibly.

Sunrise Creative Gourmet

Sunrise Creative Gourmet's story dates back to 1913, when Guilio Forti first opened the Sunrise Bakery in Hibbing, Minn. From there, Guilio delivered Italian and Vienna bread by horse-drawn carriage to the Iron Range mines. Since that time, the business has remained in the Forti family, and their product line has evolved to include the delicious pastas you'll find in our frozen-food aisle. Sunrise Creative Gourmet's focus has always been to carefully make a quality product using only quality

ingredients. Today, Tom and Mary Forti and their son are ushering Sunrise into its fourth generation. Their integrity and quality is demonstrated by their presence in every metro-area co-op. In season, you also can find them at the Minneapolis and St. Paul Farmers' Markets.

Seward Co-op Pizza & Chicken Wings

Seward Co-op Pizza is back with a new and improved crust! Our staff makes the crust, sauce and sausage for the pizzas in house using many local ingredients representing a number of P6 producers: Whole Grain Milling whole-wheat flour, Ames farm honey, Rochdale Farm cheese, Donnay goat cheese and Grass Run Farms and/or Pastures A Plenty pork. Pizza varieties include cheese, pepperoni, sausage and specialty.

We've also improved and repackaged our local Kadejan chicken wings in teriyaki, buffalo and jerk flavors, each with dipping sauce. Find both wings and pizzas in the Deli grab 'n' go cooler.

Kadejan chicken wings, prepared by the co-op's Deli, in teriyaki sauce. Photo by Philip Fuller.





Q & A: Seward Staff Chill Out

We know that physical activity, no matter the season, brings increased energy and focus. But balancing activity with work, family life and eating healthfully, is not always easy, especially in the cold winter months. We asked three of our staff to share how they stay active and embrace winter.

Questions:

What is your position and responsibilities at the co-op, and how long have you been working here?

Where did you grow up/where have you lived?

Have outdoor winter sports/activities always been part of your life?

Do you have any tips for people new to this activity?

What's your favorite local/P6 meal to cook after you've been out in the cold?

Valerie Poyer, hockey player

I have worked at the co-op for six years and currently manage the Front End. I am responsible for providing the tools and resources that my staff of 40 needs to provide customers with the best possible experience when they check out or need special services at the Customer Service desk.

I was born and raised in Madagascar, where the only ice I was exposed to was the cubes from the freezer. I lived in Paris, the Washington, D.C., area, Denver and the Rocky Mountains of Colorado, before moving to Minnesota. Here the outside temperature is often colder than that in my freezer!

I started ice skating when I was a teen living in Paris and did quite a bit of snowboarding in Colorado.

My son started to play hockey for the Minneapolis Storm at age 6, and after a couple of years, he could skate circles around me. I wasn't

satisfied being just a "hockey mom." So, I traded in my figure skates for hockey skates two years ago, took a few private lessons from the best — my friend and coach Mary Brown — and got hooked. Not only was it fun and great exercise, but thanks to all the gear (I love the gear!), falling was painless, unlike in figure skating. This year, I joined a Women's Hockey Association of Minnesota (WHAM) team, and we play a couple of games a week. I also play outdoors with my family and friends, and yes, my son still skates circles around me.

Girl's/women's hockey is one of the fastest growing sports in Minnesota. Get some used gear and do it. There are some great resources out there, teams of all levels, and a lot of fun and camaraderie to be had.

To eat after a game: root soup. The more colors, the better.

Valerie, just prior to a game at Minnehaha Academy's rink. Photo by Katherine Harris.



(Left) Chris and his dog Inga, pausing before they hit the trails at Columbia Golf Course. (Right) Mary, Ingrid and Scott on an especially snowy day at Matthews Park. Photos by Allison Meyer.

Chris Dick, skijorner

I'm the Meat & Seafood Manager, responsible for the smooth running of the department, and I've worked at Seward Co-op for more than two years.

I grew up all over — upper Michigan, Duluth, the southern metro — and I have a mother who at one time lived in Colorado, where I visited very often.

Outdoor winter sports have been a huge part of my life. I started downhill skiing at age 2, have been an avid snowboarder for more than 20 years, and have been cross-country skiing since I was 8. I played hockey as a kid, too, but that cut into skiing, so it had to go. I'm probably more active in the winter than in the summer.

I just started skijoring two years ago when I got my first dog. I had first seen skijoring a couple of years before when a guy flew past me on a trail while I was skiing. I was instantly intrigued by the speed and seeing how much fun the dog was having.

It's a lot easier than it looks, and your dog will know what to do. Search online for affordable gear. Once you get set up, it will get you out of the house and active during the cold winter months.

After an outing, we eat pasties made with delicious Hill & Vale ground beef. My wife takes really good care of me, and she has one of these warm and waiting for me upon my return. Inga, my dog, enjoys a fresh-cut Hill & Vale dog bone.

Scott Heard and daughters, Mary and Ingrid, sledders

My position here at the co-op is Cheese Buyer. I have worked at Seward for about five years. My responsibilities include product selection, purchasing products, cutting and wrapping cheese, and keeping the cheese case in tip-top shape.

I grew up in Austin (a.k.a. "Spamtown") in southern Minnesota. Since leaving Austin, I have primarily lived in Minneapolis but with significant time in San Francisco and Oakland, and brief stops in a few other places.

Winter sports have always been important to me. At various points in my life, my favorite winter sports have been hockey, cross-country skiing, broomball and snowball fights.

I started sledding as a wee lad at Skinner's Hill in Austin, introduced to the sport by my older brothers and an ancient toboggan.

My tips to sledding newcomers are to hang on tight and wear several pairs of socks.

You need a heavy meal after a challenging day of battling the vertical drop of the Matthews slopes. I favor Igl Farm russet potatoes roasted with slices of Seward's Own bratwurst and a nibble of Pastureland Farmdog blue cheese on the side.

A Movement for Fair Trade

By Allison Meyer, Communications Specialist

Fair trade is a trading partnership based on dialogue, transparency and respect, which seeks greater equity in international trade. It's one of a number of values the modern cooperative movement has steadfastly supported over the decades — along with our emphasis on local, organic and cooperatively owned enterprises.

At Seward Co-op, fair-trade items are available in many departments, including Produce, Bulk, packaged Grocery, Wellness and General Merchandise. You'd recognize them from the labels they often bear, such as "Fair-Trade Certified." While not all labels have the same set of criteria underpinning them, nearly all fair-trade certifiers and fair-trade membership organizations, to some extent, value the following principles: long-term direct-trading relationships; prompt payment of fair prices and wages; safe working conditions and reasonable work hours; investment in community-development projects; environmental sustainability; and traceability and transparency, in addition to others.



The concept of fair trade was developed as a means to build wealth and capacity in oft-exploited native communities in developing countries. Around the world, small farmers and producers routinely suffer from major price fluctuations on commodities, such as coffee, tea and cocoa, commonly exported to developed countries. As a result, fair-trade products historically have burgeoned in the tropical climate of the global south. They include crops such as bananas, cotton, sugar, nuts, and vanilla, and, increasingly, crafts, clothing and housewares. In fair trade, a guaranteed minimum floor price is paid to a producer, in addition to a social premium (often paid separately, even deposited into a different bank account). The premium is usually a percent of the product price and is reinvested in the farm, co-op or local community infrastructure that produced the good.

What about our local farmers?

The fair-trade movement has made great strides in uniting farmers, workers, traders and consumers with a message of equity in

international trade. Its success begs a question about the status of the farmers and producers nearer to us — our local growers many co-op customers so ardently support. Naturally, we value fair prices and safe working conditions for these hard-working producers, as well. As a result, in recent years, the concept of domestic fair trade has gained some momentum. Because we acknowledge the exploitation that exists in North America's agricultural, processing and manufacturing systems today, Seward Co-op is a member of the Domestic Fair Trade Association (DFTA).

The DFTA is a collaboration of farmers, farm and food-system workers, retailers, manufacturers, processors and nongovernmental organizations. Seward Co-op has been a member since the DFTA's founding in 2007, and currently, I represent our retail sector on the DFTA's board of directors. Together with these stakeholders, we work to advance the idea of domestic fair trade — a movement rooted in the principles of international fair trade but adapted to the concerns of domestic and regional production. Other familiar DFTA members include Organic Valley; Equal Exchange; Dr. Bronner's; Bluff Country Co-op in Winona, Minn.; Centro Campesino in Owatonna, Minn.; and the Organic Consumers Association.

DFTA exists to be a movement-builder, rather than a fair-trade certifier. They promote and protect the integrity of domestic fair-trade principles through education, marketing, advocacy and endorsement. As previously

mentioned, there are a number of fair-trade certifiers operating in the U.S. and internationally, each with their own set of standards and, often, labels. DFTA is considered a neutral party under which these certifiers can collaborate. Currently one certifier, Institute for Marketecology, is a DFTA member. Our members base their work on a set of principles that demonstrate the converging interests of family farmers, farm workers, organic advocates and fair-trade organizations (see "Principles" box below).

DFTA Annual Meeting

Early in December 2010, I had the opportunity to attend the DFTA's annual meeting in Santa Cruz, Calif., where I met many of my board colleagues and representatives from other member organizations for the first time. Thanks in part to the hard work of Executive Director, Kerstin Lindgren, the meeting was a great success. Throughout our days in Santa Cruz, DFTA members discussed the sort of picture we want to create when we think of fair trade in the United States, how different fair-trade certifiers relate to one another and how best to evaluate fair trade claims made in the marketplace.

Representatives of DFTA member Swanton Berry Farm were among the annual meeting's hosts. Our first afternoon in Santa Cruz, we enjoyed a tour from General Manager Jim Cochran and a delicious welcome meal at their farm stand. Swanton leases 200 acres of land along California's coastal Highway 1, on which they grow strawberries, olallieberries, blackberries, broccoli, cauliflower, artichokes, peas and kiwis.

Principles of Domestic Fair Trade

- Family-scale farming
- Capacity building for producers and workers
- Democratic and participatory ownership and control
- Rights of labor
- Equality and opportunity
- Direct trade
- Fair and stable pricing
- Shared risk and affordable credit
- Long-term trade relationships
- Sustainable agriculture
- Appropriate technology
- Indigenous peoples' rights
- Transparency and accountability
- Education and advocacy

—From the Domestic Fair Trade Association
(www.thedfta.org)

While there, I learned that Swanton was the first certified organic strawberry farm in California (1987) and the first organic farm in the U.S. to sign a contract with the United Farmworkers of America AFL-CIO (1998). Products from Swanton Berry Farm carry the union label and, in recent years, Cochran has opened the architecture of the farm to a new generation of farmers. Through a plan resembling employee stock ownership, a core group of employees are awarded stock bonuses. Over time, they will come to own a substantial part of the farm.

Another highlight of the annual meeting was its keynote speaker, Minnesota's own Winona LaDuke. Winona is a tribal member of the Anishinaabe White Earth Indian Reservation. I was asked to introduce Winona prior to her talk, and I was proud to acknowledge that Seward Co-op sells hand-harvested wild rice and maple syrup from White Earth. LaDuke spoke about how domestic fair-trade principles align with the ancient connections Native peoples have to their natural environments and the land. It seems that supporting cultural food production and investing in Native communities across the country are values also shared with the domestic fair-trade movement.

As a business, Seward Co-op's membership in DFTA demonstrates our belief in equity for small farmers everywhere. I look forward to being part of domestic fair trade's development and a day when all trade is fair.



(Top) One of the stakeholder groups of DFTA, representatives of farmworkers' organizations. Photo by Lisa Sass Zaragoza. (Bottom) Entrance to Swanton Berry Farm's farmstand, just north of Davenport, Calif. Photo by Allison Meyer.



Give a piece of Minneapolis history

"Honoring this ancient tree allows us to honor our connection to the earth..."
- Seward resident Rosemary Frazee

Whether a gift for family, friends, or yourself these ornaments are the perfect tribute to the Ancient Bur Oak. **Wood from the Hood** has crafted these beautiful commemorative ornaments from the reclaimed wood of this 333-year old tree.

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to see other gift ideas made from reclaimed wood
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By Greg Gustafson

Last year was a successful year for Seward Co-op. Principle Six (P6) was launched amid a great deal of excitement, the co-op received its gold certification in Leadership in Energy and Environmental Design (LEED), and we are once again profitable. If things continue like they have been, 2011 promises to be another dynamic year in the history of Seward Co-op. With that in mind, I would like to take a moment and look forward to the annual Community-Supported Agriculture (CSA) Fair on Saturday, April 16. My hope is that thinking of this will help us forget that it's 10 degrees outside and remind us that spring will come again.

Hopefully, you were able to spend the past few months seeing the ones you love and counting your blessings for all the things for which you're thankful. I want to use this article from the board to give thanks to all the members who make the Seward Co-op possible. It's easy to see the co-op as just a grocery store where you shop — which it is. However, it's also more than that. Try to imagine Seward Co-op

doesn't exist. Depressing, isn't it? Don't worry, it does exist, and in a world of uncertainty, it's a place where things are certain. You can count on the co-op to be there with food, bustling bodies, and smiles from staff, friends and neighbors.

To me, Seward Co-op is a special place where you can go, be yourself and feel like a part of something. It's a place where you make a little difference in this big, scary world. In short, it is a small (if you can even call it *small* anymore) corner of the world where everyone is actually welcome. I smile to myself almost every time as I'm walking in to work and see the "Everyone Welcome" sign out front. These are just a few of the many reasons I'm proud to call the co-op my place of employment and why I'm proud to serve on its board of directors. So, as a board member, I just want to say thank you for electing the board of directors to govern on your behalf, and thank you for making the Seward Co-op what it is, which would be nothing without each of its members.

Power Through Winter

By Allison Meyer, Communications Specialist

It won't be long until we're broadcasting spring events at the co-op and reminding our community of all the edible joys to come from local farms. Seedlings and sunshine aren't far away. In the meantime, though, we hardy Minnesotans must remain tough for a few more weeks. An active spring is built on habits established during our long winter, so develop and maintain personal wellness now. In the waning cold season, visit the co-op to connect with your community and take inspiration from our healthful resources and products.

When you visit the store seeking sustenance, choose to travel by foot, if possible. It can serve as your daily exercise. Focus on a few ways to get moderate exercise on a regular basis. Even if only for a few short intervals throughout the day, exercise gives the immune system a boost. Consider a brisk walk along nearby West River Parkway before you shop, or walk or ski the trails around the metro's many lakes. When the weather is cold, our bodies need to work

overtime to get warm, burning up to 50 percent more calories than during the same activity when the weather's warm.

Keep Your Body Hydrated, Inside and Out

Drinking eight glasses of water each day will keep you energized and make your mucous membranes more resistant to bacteria. Cold outdoor air and indoor heaters can dry out your skin, so use moisturizers throughout the winter. Anne K. from our Wellness Department recommends the Ojoba Collective Shea Butter. Not much is needed per application, so it lasts a long time. "This shea butter soaks in fully after 20–30 minutes, depending on how dry you are," Anne says. "I use it as hand and body cream, under-eye care and, sometimes, on face and feet."

Are you inspired to use the remaining quiet days of winter to learn a new craft? Nourish yourself with knowledge by attending Anna Dvorak's skin and body care classes at the co-op.

"Winter is on my head, but eternal spring is in my heart." — Victor Hugo

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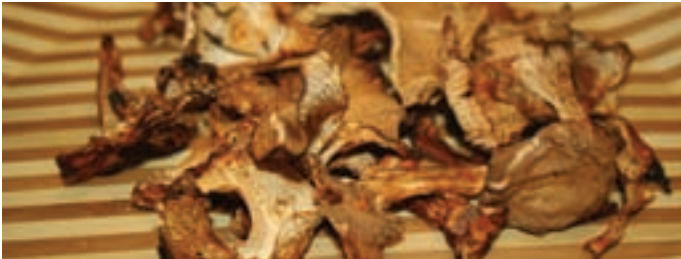
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Chard, dried mushrooms and shea butter will help power you through winter. Photos by Philip Fuller and Allison Meyer.

Using natural and botanical ingredients in simple recipes, you can affordably create your own premium skin care items at home. (See the next page for class details and an instructor biography.)

And, of Course, the Food

In cold months, choose foods from the co-op that are high in protein and vitamin D,

which provide our bodies with a source of energy and keep our bones and muscle tissue healthy. By eating small, frequent meals that include protein, our bodies will be prepped to greet springtime and the natural light it brings. Omnivores can purchase organic milk produced without growth hormones or antibiotics; shrimp, salmon

and catfish from the Meat & Seafood Department; and free-range, cage-free eggs. Vegetarians and vegans can focus on staples, such as dried mushrooms (a natural source of vitamin D), lentils, chickpeas, tofu, peas, peanut butter, soy milk, almonds, rice and whole-wheat bread; and produce, such as chard, spinach, potatoes, broccoli and kale.



Fresh Strawberry Hand & Foot Exfoliant

Strawberries contain a natural fruit acid that aids in exfoliation. Find coarse grain sea salt in the bulk department.

Ingredients:

- 8–10 strawberries
- 2 Tbsp. olive oil
- 1 tsp. coarse-grain sea salt

Method:

In a food processor, pulse together all ingredients until a paste forms. Massage mixture into hands and feet; rinse and pat dry. This recipe can be messy, so wear old or protective clothes.



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February & March Classes



Featured Instructor

Anna Dvorak is a personal guide for living a vibrantly healthy life. She teaches how healthier choices for our skin, home environment, and bodies can be attainable through natural products, organic ingredients, and balanced living. Her skin care classes focus on using natural and botanical ingredients in simple recipes, while her cooking classes focus on simplicity in vegetarian and vegan foods, highlighting organic, whole ingredients. Anna teaches at metro area co-ops, as well as at Kitchen Window, and she leads weekend retreats focused on exploring healthful, balanced living. She is certified as a nutrition and wellness consultant.

Winter Herbal Skin Care

Wednesday, Feb. 23

7–8:30 p.m.

\$28/\$25 members

Tackle dry winter skin using all-natural botanical ingredients and essential oils by making your own formulas at home. You'll get recipes and samples of an herbal healing salve and a dry-skin lotion bar, while learning simple methods for using herbs to create natural healing solutions.

Natural Body Care Basics

Wednesday, March 2

7–8:30 p.m.

\$28/\$25 members

Using all-natural healing ingredients and essential oils, learn to make your own basics for affordable, yet premium, skin care. Take home samples of and recipes for calendula body crème and the best-ever lip balm.

February

Seward Co-op Book Club

Wednesday, Feb. 2

7–8:30 p.m.

Free to all. Preregistration at Customer Service required.

Refreshments will be served.

Jump Start Your Metabolism

Thursday, Feb. 3

6–8 p.m.

\$30/\$25 members

Nutrition Educator from Nutritional Weight and Wellness

Make Your Own Nontoxic Cleaning Supplies

Saturday, Feb. 5

11 a.m.–noon

\$15/\$13 members

Hilary Cheeley

Multigrain Breads

Thursday, Feb. 10

6:30–8:30 p.m.

\$25/\$22 members

David S. Cargo, St. Paul Bread Club

Chocolate Bliss

Saturday, Feb. 12

11 a.m.–2:15 p.m.

\$13/\$10 members

Mary Langfield, CHHC

Third-Thursday Winter Film Series

Black Gold

Thursday, Feb. 17

6:30–8:30 p.m.

Free to all. Preregistration at Customer Service required.

Refreshments will be served.

Winter Herbal Skin Care

Wednesday, Feb. 23

7–8:30 p.m.

\$28/\$25 members

Anna Dvorak

Yeast Gone Wild

Thursday, Feb. 24

6:30–8:30 p.m.

\$25/\$22 members

David S. Cargo, St. Paul Bread Club

Countertop Fermentation: Winter Veggies

Saturday, Feb. 26

1–3 p.m.

\$25/\$23 members

Jan Grover

March

Natural Body Care Basics

Wednesday, March 2

7–8:30 p.m.

\$28/\$25 members

Anna Dvorak

Off-the-Grid Cooking Class

Thursday, March 3

6:30–8:30 p.m.

Midwest Mountaineering, Expedition Room

309 Cedar Ave. S.

\$20/\$18 members*

Bear Paulsen & Claudia Rhodes

*Co-op members should enroll for this class at Seward Co-op's Customer Service desk in order to receive a discount.

Garden Fertility: How to Grow Good Soil

Thursday, March 3

6:30–8 p.m.

\$15/\$12 members

Linda Halley, Gardens of Eagan

Knife Skills and Soup-making Basics

Saturday, March 5

1–2:30 p.m.

\$25/\$23 members

Jan Grover

Media, Body Image and Eating Disorders: A Comprehensive Dialogue

Thursday, March 10

6:30–8:30 p.m.

Free to all. Preregistration at Customer Service required.

Keri Clifton, the Emily Project

Feast of Flatbreads: Think Outside the Pizza Box

Wednesday, March 16

6:30–8:30 p.m.

\$25/\$22 members

David S. Cargo, St. Paul Bread Club

Third-Thursday Winter Film Series

The Power of Community: How Cuba Survived Peak Oil

Thursday, March 17

6:30–8:30 p.m.

Free to all. Preregistration at Customer Service required.

Refreshments will be served.

Fearless Pressure Cooking

Saturday, March 19

12:30–3 p.m.

\$26/\$24 members

Jan Grover

Seasonal Eating Calendar: How to Plan Your Life Around Local, Seasonal Foods

Thursday, March 24

6:30–8 p.m.

\$15/\$12 members

Jennifer Nelson, Gardens of Eagan

Important Class Information

Please preregister 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.

Co-op News

Early Closing

On Tuesday, Feb. 8, Seward Co-op will close at 8 p.m. for our annual staff party. Thank you for your understanding.

Minnesota FoodShare's March Campaign

Co-ops and their members, shoppers and suppliers have always been willing to lend a hand to benefit those less fortunate. This March, the Twin Cities food co-ops, including Seward Co-op, are banding together to raise donations of money and food for Minnesota FoodShare.

Stop by any co-op during March and donate at the register or the Customer Service desk. Donations received at Seward will go to stock the food shelves at Brian Coyle Food Shelf and benefit those in need in our community. More information will be available at www.seward.coop in the weeks to come.

Donate Throughout the Year

Following the March food drive, Seward Co-op customers will have the opportunity to donate to socially responsible causes and community-based organizations every time they shop — all year-round. The

recipients will rotate throughout the year, and shoppers can contribute at the registers. We'll announce the organizations to which donations will go in the *Sprout!*, at the registers and at www.seward.coop.

Bag Reduction Campaign

By shopping with reusable grocery bags, you can help Seward Co-op in our effort to reduce our environmental footprint and save thousands of dollars every year. In 2010, the co-op used more than 365,000 paper bags, or roughly 1,000 bags per day. That averages out to nearly 50,000 pounds of paper. Please remember to bring your reusable bag — or purchase one of several right at the co-op — and together we can reduce our impact on the environment.

Community-Supported Agriculture Fair

Seward Co-op's 10th annual Community-Supported Agriculture (CSA) Fair will be held Saturday, April 16, from 11 a.m. to 3 p.m. in Seward Co-op's parking lot. For a decade now, our CSA Fair has offered a venue wherein shoppers can learn about community-supported agriculture and choose a participating farm that best meets

their needs. Each grower offers different selections depending on their farm's length of season, crops grown, cost and drop-off locations.

Purchasing a share helps cover a farm's yearly operating expenses and connects you with the farmers who grow healthful, fresh, local food. More information, along with a list of all attendees, soon will be available at www.seward.coop and at the Customer Service desk.

Update Your Contact Information

Seward Co-op reminds you to update your contact information. You can us send your email address at cs@seward.coop or fill out a form at the Customer Service desk. The co-op frequently sends event updates and specials announcements via email; additionally, we will be conducting a member survey in the near future. Please make sure we have your up-to-date email address.

Seward Co-op Weekend Music Calendar

All music runs from 11 a.m. to 2 p.m.

Will King

Acoustic Spanish guitar
Sundays, Feb. 20, March 20 &
May 15
Saturday, April 16

The Too Guys

Familiar tunes by
Hoffman Guitar's own Ron Tracy
& Kevin Schwab
Sunday, March 6

Steve Seamans & Will King

Acoustic Latin, jazz and blues
Sundays, Feb. 6 & May 1

Reynold Philipsek

Gypsy jazz guitar
Sunday, April 3

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