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CSA Fair  
Little Flower Farm

### Know Our Grower

The New Deli  
Summer Grilling and Camping  
CSA Recap

## 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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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](mailto: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

### SPROUT! Printing policies

This issue of Sprout! is printed with Seward Co-op's mission of sustainability in mind. It is printed on recycled content paper, with at least 50% recycled content. The dyes are water-based and non-toxic. We encourage you to recycle this paper. You can always opt out of receiving the paper version of Sprout! by contacting [kbinning@seward.coop](mailto:kbinning@seward.coop). Find Sprout! at our website [www.seward.coop](http://www.seward.coop), "sprout."

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## FROM THE GM



Sean Doyle  
General Manager

We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are. — Adelle Davis

With the success of our new store, we have taken some time to solicit feedback. At the annual meeting in October 2009 we asked members to share their thoughts on barriers that prevented the co-op from serving more people. In January we invited members to participate in a survey. The results of the survey are now online at [www.seward.coop](http://www.seward.coop). In both cases we received some excellent feedback. We appreciate your ideas and are looking at ways to address some of these concerns.

At the annual meeting and in the member survey we heard concern expressed on the price of food at the co-op. In the survey, we received the lowest marks for satisfaction with regards to price. At the annual meeting, it was more nuanced. We heard that price was a barrier for many but could be managed by changing one's shopping patterns.

We struggle daily with the issue of pricing at the co-op. To help, we have brought in new products, such as Field Day, that are organic but at a lower price point. We also feature local producers who may not be organic, but are still good stewards in their production methods. We do extensive price surveys on our fastest moving products to make sure we are pricing competitively. We offer classes on how to shop at the co-op on a budget. And we work with other co-ops to do joint purchasing to bring down the cost of goods.

It is a challenge, however, to balance the co-op's commitment to economic fairness with lower pricing. Our employees, our producers and our environment cannot be exploited in order to have lower prices. At the risk of over generalizing, the real issue is driven by two things: economies of scale and federal farm policy. Both issues affect production and retail pricing.

With our packaged natural products, a single store doing \$20 million annually has a very hard time competing with wholesalers who do billions a year in sales. When compared to conventional products, the price of natural is even higher because it isn't cheapened by subsidized commodity goods like corn and soy. Additionally, most conventional products are sold by even larger companies than in the natural foods business.

With our fresh products we buy mostly from smaller local producers, several of whom are featured in this Sprout! These growers care about the quality of their soil and the food they produce. Their small scale production makes for a higher unit cost and a higher quality product. They don't benefit from subsidy; their earnings are derived from their sales. We will pay them a sustainable price because we believe it nourishes a healthier community.

Still, the question of price is challenging when considering those of modest means. Both the management team and the board have struggled with this question. If a food budget can't afford fairly priced products, the issue is bigger than the co-op. The board decided at its spring retreat to focus on learning more about the Farm Bill and how Seward Co-op and its members can impact it to support sustainable agriculture.

Our store and our community continue to grow. Our choices of what we eat ripple beyond our tables. They nourish us as we continue to build on our notion of sustaining a community premised on equitable economics. We are more than a geographic community; we are a community of shared values. These are premised on a vision. The ethical basis of this includes fairness in trade, concern for the environment, dreams of a sustainable local economy and food we can trust.

## SEWARD CO-OP STAFF PICKS

### Beat the Heat

When the mercury soars, the co-op offers dozens of dust cutters. Whether you're relaxing in the shade or heading out into the blazing sun, consider one of these cool suggestions.

Cold press coffee I make with Peace Coffee's Yeti Blend, mixed with Cedar Summit milk and a dash of agave syrup to sweeten it up a little. I love sitting on my porch on summer mornings with my glass of ice-cold cold press and the daily crossword puzzle. — Claudia

Sake and either Newman's Own or Columbia Gorge lemonade. It's the new gin and tonic —refreshing and perfect for the hot days. — Mike

Hoch Orchard & Gardens grows four main varieties of organic strawberries: Noreaster, honeoye, jewel and Albion. The strawberries are everything a Minnesota berry should be — bright, plump and freshly delivered from the garden. (They're often picked the day before they're delivered.) The flavor is unmistakably Minnesota's finest. —Travis

My favorite summer time cooler is the Growing Blue Flowers Sage Aroma Mist. I carry one with me all summer long. When I feel stressed, flushed or start to sweat, I spritz my face and neck for a relaxing cool down. It can be used over the entire body, as well. — Kathryn

I bring a huge salad bowl full of cut-up watermelon outside in the backyard, and then I take turns feeding bites to myself and throwing chunks to the dog. She jumps to catch 'em, which is total entertainment! — Aurora

We will have local savoy spinach in stock as much as possible until it gets too hot to grow. The savoy spinach is so much better than the baby spinach from California. It's textured, flavorful and good for salads or cooking. We are getting it from four different local farms right now, and each crop is a little different, but it's all delicious. — Snow

I mix one of my favorite bottled juices (Knudsen's 100-percent cranberry or Simply Nutritious' lemonade) with water (one part juice to three parts water) and serve over ice. Adding a splash of gin takes them halfway to heaven. — Susan

Brun-uusto bread cheese is my summer cheese because you can cook it on the grill and it won't melt. It does, however, get warm, soft, oozy and wonderful. It is a great appetizer at a barbeque. — Scott

When I need to quench my thirst, I go for a Honest Tea Pear-fect Tea. Cool and refreshing with just enough sweetness to satisfy my sweet tooth. — Rebecca

Cucumber and watermelon are among the most cooling foods. I like a cold yogurt soup my mom learned how to make in Iran when she was a kid. Combine yogurt (my favorite is Seven Stars Farm), a little cream (Cedar Summit is the best), raisins, cucumber chunks, dill, parsley and a chopped hard-boiled egg. Stir it up, salt to taste, throw in some ice cubes or chill in the fridge, and garnish with chives and ground pepper. — Hilary

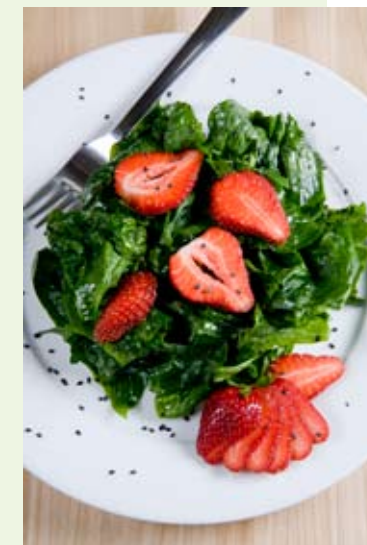


Photo by Chris Bohnhoff

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**On the Cover:** At Seward Co-op's ninth annual Community-Supported Agriculture (CSA) Fair, Chiara Dowell of Little Flower Farm explains the unique features her farm offers to those who purchase a share in her CSA. **Cover photo by Kevin Davis**



## Summer's Here!

By Kari Binning, Marketing/Membership Assistant

It's possibly an understatement to say that we Minnesotans know how to appreciate the summer. Gardeners itch to get their fingers in the dirt before we've even experienced the last frost. Bikers leave their gloves behind once the sun rises a little earlier—never mind that it's only 40 degrees. We itch to be outside. So when summer really hits, when the air is hot and air conditioners hum, many of us stay choose to stay outdoors—even for meals.



### Grilling

Grilling season might very well be the favorite time of year for the folks in our meat & seafood department. They've got steaks, burgers, sausages, fish – you name it! Our staff is always happy to give recommendations too. Directly across from the Meat & Seafood department you'll find a wide array of grilling accessories – grill cleaning brushes, tongs, basting brushes, cedar planks, and bamboo skewers. Add flavor to your grilling with Daddy Sam's grilling sauces and salmon glazes, Nantucket Off-Shore spice rubs, Spectrum grill and finishing sauces or smoking chips. Of course, we have an assortment of buns, condiments, charcoal and clean fire starter.



### Picnics

We have what you need to build your environmentally-friendly picnic basket this summer: sturdy, fair-trade picnic baskets, New Wave Enviro stainless steel containers, To-go Ware bamboo utensil sets, and cloth napkins. Fill your basket with the season's finest local produce, Deena's hummus, your favorite local cheese, smoked fish, and a Rustica baguette.



### Camping

The bustle in the bulk department increases as people start packing up their bags to head out of town. It's the perfect place to stock up on the right amount of trail mixes, dried fruit, granola, and nuts. It's also home to dry dinner mixes that are easy to pack and easy to make, such as falafel and split pea soup. Our grocery department as a wide variety of energy bars, granola bars, juice boxes and boxed coconut water. We also have everything you need to make s'mores over the campfire – marshmallows, graham crackers, and your pick of chocolate bars.

### Summer Safety

Visit our Wellness department for safe products to keep your family well during this busy season. Look for Alba sun and after-sun care products, Buzz Away natural mosquito repellents, Caribbean Sun tanning lotions, and aloe. Badger now provides a new water-resistant, anti-bug sunscreen with Spf 30. A longtime favorite of our Wellness staff, Badger's products are incredibly pure and effective.

Hyland's homeopathic Arnisport provides natural relief for over-extended muscles and we can help you find what you need to care for cuts and bruises.



Seward Co-op offers everything you need to fire up your backyard grill this summer. From tongs, cedar planks and bamboo skewers to sauces and rubs and charcoal, too, it's all here. Photo by Chris Bohnhoff

Want a little variety on the grill? Try adding some fresh fruit. Photo by Chris Bohnhoff

## Pan Bagnat

### Ingredients

- ¼ red onion sliced
- ½ cup olive oil
- 1 tablespoon red wine vinegar
- 1 can (6 ounces) tuna packed in olive oil
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 4 large lettuce leaves (either green or red leaf)
- 1 large tomato sliced
- 2 eggs hard-boiled and sliced
- 1 small can anchovy fillets, drained
- ½ cup pitted Nicoise or Kalamata olives
- Sliced radishes and scallions (optional)
- 2 baguettes, cut in half

### Method

In medium bowl, combine onion, olive oil, red wine vinegar, tuna, lemon juice. Add salt and pepper to taste. Slice baguettes in half and scoop out center part of bread. Fill with tuna mixture. Add lettuce, tomato, egg, anchovy fillets. Sprinkle with olives, radishes, and scallions. Makes 4 sandwiches

## Grill Giveaway

Stop in between May 28 and June 18 to enter our drawing for a FREE grill. First prize will be a charcoal grill with accessories, charcoal, steaks, and beverages. We'll also be giving away a cedar plank salmon package and a local hot dog & potato salad package. If possible, could this have a photo with it for greater impact?

### 1st prize

- 1 Charcoal grill
- 1 bag Mali's lump charcoal
- 1 bag Mesquite or Apple wood chips
- 4 pack Hill & Vale ribeye steaks
- 4 pack of Virgil's root beer
- Stainless steel grilling tongs
- Set of 4 stainless steel skewers
- Apron

### 2nd prize

- 1 Simple Gifts Salmon fillet
- Cedar plank 2 pack
- 1 Daddy Sam's fish glaze

### 3rd prize

- 1 package Grass Run Farm hot dogs
- 1 package Rudi's organic hot dog buns
- 1 lb. of Seward Co-op Deli potato salad

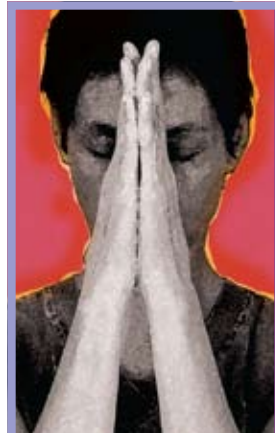


## Grilled Fruit

Grilling isn't just for meat and vegetables anymore. Wow the neighbors, trip-up the tailgate and charm the denizens of the backyard BBQ by touching the flames to this fruity delight:

### Honeydew, Muskmelon, Galia and Pineapple

Chunk melons into skewerable pieces, lightly drizzle with honey, sprinkle with cayenne and skewer like kabobs. Ripe melons are divine but melons with a bit of crunch are super-fine.




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## Know Our Grower

For nine consecutive springs, Seward Co-op's Community-Supported Agriculture Fair has provided a meeting point between rural and urban folks committed to the local food economy. This year, we continue to build upon this connection. Beginning in June, 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 throughout the summer until September. Reap the benefits with two-week-long member specials in the Produce department on every product from participating farms. And be sure to check our website, [www.seward.coop](http://www.seward.coop), for up-to-the-minute dates of grower visits, demos and produce specials.

Here's a little bit of information about the growers who will be visiting the co-op in June and July

**Sunday, June 13 and Saturday, June 19**  
Riverbend Farm, Delano, Minn.

Greg Reynolds is living his lifelong dream. He and his wife Mary own and operate Riverbend, a certified-organic farm that they started on the western edge of the Twin Cities metro area in 1994. Committed to community building and organic sustainability, Riverbend's 40 acres of vegetables are grown with the help of "green manure" and cover crops. They are sold exclusively to natural food co-ops; independent, chef-driven restaurants; and a Community-Supported Agriculture group within 50 miles of the farm. Check out some of Riverbend's delicious fresh produce — right here at the co-op! Some of our favorites are arugula, mizuna, French breakfast and red radishes, mustards greens and eggplant. More information at [www.rbfcsa.com](http://www.rbfcsa.com).



Greg Reynolds of Riverbend Farm

## Know Our Grower Schedule

**Riverbend**  
Sunday, June 13 and Saturday, June 19

**Wisconsin Growers Co-op**  
Saturday, June 26

**Keewaydin**  
Sunday, July 11

**Featherstone Fruits & Vegetables**  
Saturday, Aug. 14 and Saturday, Aug. 21

**Rock Spring Farm**  
Saturday, Sept. 11

**Hoch Orchard & Gardens**  
Sunday, Oct. 3 ne 19



**Saturday June 26**  
Wisconsin Growers Cooperative  
Various Locations in Western Wisconsin

The Wisconsin Growers Co-op was founded in 2006 to help 20 family farms maintain ownership of their land. They are dedicated to the idea that if farmers take "good care of the soil, the soil will pay back with high-quality produce." This mindset has proven effective, as the co-op has traditionally been the first area farm of the year to provide in-season vegetables in April and the final one to stop selling them in November. The keys to this growing season longevity are labor-intensive, fossil-fuel-free farming methods. On nearly 40 acres of the co-op land, farmers plant, tend and harvest crops exclusively using horses, horse machinery and hand tools. In addition to more popular produce items, such as potatoes, onions and radishes, the Wisconsin Growers Co-op offers unique heirloom squash varieties, including Queensland Blue, Long Island Cheese and Baby Blue Hubbard.



Photos by Mette Nielsen

**Sunday, July 11**  
Keewaydin Farm, Viola, Wis.

At the end of Haucke Lane in Southwestern Wisconsin, you'll find Keewaydin Farm, home to four acres of organically certified market garden produce, maple sugaring operations, a 40-cow dairy, grass-fed chickens, heritage turkeys, and a herd of swine. Founded in 1976 by Richard and Mary Haucke, Keewaydin Farms is now owned and operated by Richard and Mary's children: Jacob, Rufus and Jessica Haucke. You can find Keewaydin's turnips and beets in the Produce department!

More information at [www.keewaydinfarms.com](http://www.keewaydinfarms.com)

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**Mischief Maker Chai**

Along with espresso drinks and mochas (pictured left), the Deli counter now serves Mischief Maker Chai, an organic chai produced right here in Minneapolis. It is hand-delivered as a packet of delicious-smelling spices. Our cooks then steep it in a concentrate that is used to make chai lattes. You can also find smaller packets in our Grocery department, so you can make it at home. For more about this local chai, visit [mischiefmakerchai.com](http://mischiefmakerchai.com).

*Photo by Chris Bohnhoff*

## Welcome to New Deli—in Seward

By Eric Hatting, Initiatives Manager

It wasn't long after we opened our new store in the winter of 2009 that it became evident that there were a few important changes that we needed to make in order to improve our customers' shopping experience. We believe that it was critical that we identify and invest the necessary resources to address the elements of the store that were falling short of meeting the needs of our customers. So, this past April, we made a few adjustments.

The most significant change was in the Deli. A new, simplified yet expanded menu was developed to include made-to-order sandwiches and burritos, espresso (along with a gleaming new espresso machine) and other specialty beverages to accompany our coffees, juices and smoothies. The look, feel and functionality were also improved by adding a customer-friendly order counter, in addition to clearer, more-readable menus.

Another area of the store where you might notice a change is in the dining area. In addition to softening the colors and lighting, we moved the trash and recycling containers to a more visible location. We then placed them into new easy-to-use, sanitary enclosures. Look for the graphic icons above the containers to help you determine what goes where.

We also made some changes to the visual appeal of the interior of the store. Earlier this year, we enlisted the help of lighting specialist Chris Brandewie to help us refine our lighting, making it more efficient. The result was the removal of unnecessary florescent lighting and a significant reduction in

the quantity of traditional spot lights. We then dramatically improved the quality of the lighting by installing a smaller number of high-efficiency LED product lights.

Finally, we unified the appearance of much of the signage in the store in order to help customers quickly and easily navigate our products and services. The most noticeable visual elements of the remodel are the addition of the graphics to the entryway, north wall and dining area. Local design gurus Spunk Design Machine created the graphics, which carry the co-op's leaf motif throughout the welcoming entryway and into the seating area. The "Nourish" wall in the seating area reflects the numerous ways — in addition to providing healthful foods — that the co-op helps nourish the Seward community.

Spunk also conceived the north wall mural, showing the evolution of Seward Co-op over its nearly-40-year history, from our first location at 2201 E. Franklin Ave., to our current home at 2823 E. Franklin Ave. Alongside the co-op images are several other Twin-Cities icons, including the Minneapolis Light Rail, the Weisman Art Museum and the Playwrights' Center. The vibrant vinyl graphics were printed by St. Paul-based Vomela.

We had a lot of fun designing these images, which we hope communicate Seward Co-op's commitment to being a welcoming, community-oriented business.

*(Left)* Seward Co-op's newly remodeled Deli counter makes it easy to order a hot or cold specialty sandwich or espresso drink. *Photo by Chris Bohnhoff*

*(Right)* The co-op's colorful new entryway graphics, designed by Spunk Design Machine, welcomes shoppers to the store. *Photo by Chris Sheehan*



DELI MENU	
<b>Hot sandwiches</b>	
Reuben	
Ruby	
Turkey Pepper Melt	
Local Ham & Swiss	
Mock Duck Ciabatta	
Fancy Grilled Cheese	
Pesto Melt	
<b>Cold sandwiches</b>	
Turkey, Avo & Sprouts	
Hummus & Veggies	
Seward Salad	
Sammies	



*(Above)* A turkey, avo and sprout sandwich, one of the new made-to-order sandwiches now available at the Deli counter. *Photo by Chris Bohnhoff*

*(Left)* The new lighting and paint job makes our seating area even more welcoming. The Nourish wall expresses Seward's commitment to good food and a healthy community. *Photo by Chris Sheehan*

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Joe and Bonnie Austin (left) of Hill & Vale Farms in Kykoff, Minn., provide the co-op with the majority of our beef. They raise their stock without antibiotics or hormones. Seward Co-op's Meat & Seafood department's grassroots approach to purchasing 100-percent locally raised meats directly from farmers stimulates local economies; is safer, more beneficial to the farmer, and better for the environment; and, most importantly, offers a superior product to consumers.

## Grassroots Meat: Thinking Outside the 'Box Beef'

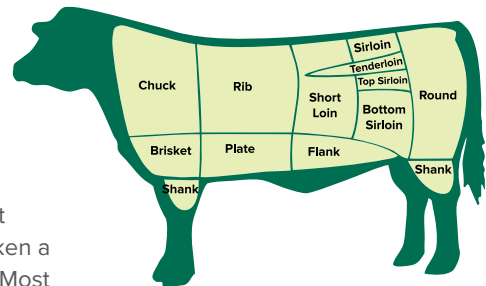
By Chris Dick, Meat & Seafood Manager

When I was asked to help create Seward Co-op's new Meat & Seafood department, I envisioned a unique operation. We purchase 100-percent locally raised meats directly from farmers and process whole animals at the store level. This grassroots approach stimulates local economies; is safer, more beneficial to the small farmer, and better for the environment; and, most importantly, offers a superior product to the consumer. This is a highly labor-intensive and challenging example of our commitment to you as the customer.

Whereas others have complicated the way in which meat ends up on your table, we have taken a very natural and simple approach. Most supermarkets bring in what is referred to as "box beef" from all over the country, trending towards mass production primarily based on price and efficiency. We are taking a step back in time, focusing on simplicity while keeping an ages-old trade alive. The work being done at Seward Co-op requires the knowledge and skill

of a master butcher, a skill set very few people possess. Cutting "box beef," on the other hand, requires little skill and offers less flexibility in the varieties of cuts.

Another advantage of our style of buying is dealing with smaller local processors. Our main line of beef, Hill & Vale Farms from Wykoff, Minn., is processed at Geneva Meats, where in



a week they will handle a total of only 50 animals. Compared to a large slaughtering facility, where they will do 50 animals in an hour, smaller facilities are safer because they aren't forced to work under stressful

situations at a breakneck pace. These animals are cared for personally at the farm level, at the processor and at our retail location.

There is also a level of pride in one's work that is immediately lost in a high-volume situation.

This means the risk of contaminants is reduced and the meat is safer to eat. The other claim we can make, that many others can't, is that our ground beef all comes from one animal. This fact is extremely important when talking about traceability. "Box beef" cutters can't tell you how many thousands of animals go into their grinder. Freshness is also increased greatly; our meat is a mere five days old when we receive it, versus the 21–40 days old that is standard in a conventional operation.

The advantages of this form of sourcing benefit not only Seward Co-op, as a retailer, but also the small farmer involved. When we purchase animals directly from a farmer, we are able to pay the farmer almost three times the amount he or she would receive if he or she were to sell the animal on the commodity market. Since there are no middlemen involved, the cost to us is much lower than if we were to purchase it from a wholesaler or packer. Lastly, all the money in the transaction stays within a small rural community, helping small or independent businesses survive.

## Here Comes the Sun

This summer, Seward Co-op will be catching some rays — solar rays, that is. The co-op has entered a long-term partnership with Solarflow Energy to install a 32-kilowatt photovoltaic system on the roof of our store. It will be comprised of 140 panels that will generate about 37,250 KWh per year. Installation is targeted to be finished by the first week of June. Please come to our commissioning party on Thursday, June 17, from 4–6 p.m.

Solarflow is a Minnesota-based company located in Seward that offers the first-of-its-kind solar lease in the Twin Cities metropolitan area. In 2008, Solarflow started offering custom-designed solar systems for homes and small business. Their business model is based on capturing grant monies to cover most of the installation costs. Remaining costs, including maintenance, are covered by a lease paid by the energy savings generated by the solar panels.

The co-op's system will be made possible by American Recovery and Reinvestment Act federal stimulus dollars and Xcel Energy's Renewable Development Fund. The co-op lease will be for 18 years. After five years, the co-op will begin to capture some of the savings from the energy generated by the panels.

This lease will allow the co-op to realize our vision of being at forefront of environmental sustainability by using our rooftop for solar energy production.

"This is a great opportunity to realize solar without significant cost to the co-op," General Manager Sean Doyle says. "Installing solar was envisioned but was not financially feasible with our recent expansion. It is a win-win situation and great for the environment."

More information about Solarflow is available at [www.solarflowenergy.com](http://www.solarflowenergy.com).



## FROM THE BOARD



By Madeline Kastler,  
Board Member

The Seward Co-op Board of Directors has several responsibilities.

One of the most exciting and interesting is the opportunity to teach ourselves about the issues that affect the co-op and our community. As we look to the future of the co-op, we need to understand the world around us. To accomplish this, we asked ourselves at our recent annual Board retreat: What are some of these burning issues and questions? What do we need to know so that we can move closer to meeting our goal of sustaining a healthy community?

To help us decide on the direction for our study, we reflected on input gathered from you at previous annual member-owner meetings. While there were many themes and topics that have come from members, one in particular stood out for us; the economics of our food system — locally, regionally and globally. This ties together many diverse issues and is something that affects all of us on our weekly (or daily) trips to the co-op. It affects the choices we make between different products. It affects our perception of the cost of food and the actual cost of food. Understanding the economics of our food system is important to us as consumers and vital to us as a cooperative.

Our first step on the road to understanding the economics of our food system will come with an understanding of the Farm Bill. Up for review and reauthorization in 2012, the Farm Bill covers a huge range of policies that affect what we eat, where it comes from, and how much it costs. From corn subsidies to agricultural trade; from organics to industrial agriculture; from environmental conservation to food safety; the Farm Bill will set the stage for our food system.

Minnesota 7th Congressional District Representative Colin Peterson chairs the House Agriculture Committee and has already begun to hold hearings. As Minnesotans and as co-op members, we have a unique vantage point from which to see the Farm Bill in action and a unique position from which to understand it. The more we know about the economics of our food systems, and the more we understand about this mammoth bill, the better our chance will be to participate in the dialogue.

Although you don't have to be on the Board of Directors to be a part of these conversations (board meetings are open to anyone!), it is one of the benefits of being a board member. If these topics interest you, consider running for the board.

For more details, or if you are interested in attending a board meeting, please email us at [board@seward.coop](mailto:board@seward.coop). Information about how to run for the board is available on our website at [www.seward.coop](http://www.seward.coop) and at the Customer Service desk. The deadline for submissions is Monday, Aug. 23, 2010. The board election will be held in the fall leading up to our annual meeting on Oct. 19, 2010.

## Apples & Twigs

A hearty snack everyone will love while on the trail.

### Ingredients

- 1 apple
- 2 Tbsp. peanut butter
- 2 Tbsp. granola
- 2 Tbsp. mini semi sweet chocolate chips

### Instructions

At home, pack the granola and chocolate chips in a snack bag. For a backpacking trip, pack the apple inside a cup or mug to protect the fruit from bruising. For day trips, slice your apple and toss with a little fresh lemon juice to prevent browning, then pack it in a small bag. For ease in on-site preparation, pack a small sheet of parchment paper on which to work.

### On trail

Lay slices of apple on the parchment paper. Spread on the peanut butter evenly. Dip the slices in the bag full of granola and chocolate chips and enjoy!

### Notes

For best results use a small-sized granola ( you can run it through a food blender, too).

## Super Food Trail Mix

### Ingredients

- 2/3 cup dried apricots
- 2/3 cup dried blueberries\*
- 2/3 cup dried goji berries\*
- 2/3 cup dried cranberries
- 2/3 cup almonds\*
- 2/3 cup walnuts\*
- 2-3 1/2 oz. dark chocolate bars\* chopped into squares

### Instructions

Mix all ingredients together and pack in an airtight bag. If you're camping, you'll have to try to keep the trail mix in your drink cooler or as cool as possible.

*\*All deemed antioxidant-rich super foods. The dark chocolate you choose should contain at least 60 percent cacao for all of the antioxidant benefits.*

# Easy Meals for Happy Campers

By Philip Fuller, Graphic Designer

One of the more enjoyable aspects of summer camping is sitting down to a restorative meal. There's nothing like a warming stew on a cool night, grilled fish caught only hours before or the simple hotdog that takes on the smoky flavor of an open fire. Just as we value buying and consuming local foods, eating outside reminds us of our connection to where all our food comes from. It's easy to forget but, not long ago, most of our meals would have been cooked outside, with ingredients harvested from what was within reach.

Today's camp cook can range between serving a ready-to-eat meal, such as a silver bag of tuna casserole or, on the other end of the spectrum, a five-course gourmet meal. Most of us fall somewhere in the middle. The foods you cook, and the preparation required, often depend on the type of camping you're doing. It makes sense to have ready-to-eat meals on a long hike when fatigue and time constraints leave little time and energy for cooking. Conversely, a leisurely trip to the woods or the lake means there's time to forage for wild edibles, fire up the grill, make a salad and eat throughout the night. In both cases, Seward Co-op can help you find the perfect food that will make the meal memorable.

For the exhausted hiker, there are plenty of home-made options to rival some of the best ready-to-eat packets. Soups should be the mainstay for the camper looking to keep a light pack. For a simple base recipe, heavily season thin strips of beef or turkey with your favorite bouillon or spice mix (just imagine how these spices would work as broth) and dry in a food dehydrator or oven set very low. Vegetables and mushrooms can be prepared and dried the same way. Combine your ingredients in a resealable bag with a quick-cooking grain like quinoa, millet or noodles.

On the trail, simply throw everything in hot water and cook until the meat and vegetables are reconstituted and the grains are tender. For vegetarians, or to get that extra serving of protein, make an African or Indian soup base and add a large handful of cashews or peanuts to your soup. If you have a little more time on the trail, don't leave out fresh vegetables. Many vegetables hold up well in a ventilated backpack, and the moisture they carry means needing less water to make your soup or stew.

When weight and backpack space aren't a consideration, bring as much fresh food as possible. In a cooler, many fresh vegetables will keep for some time. Red bell peppers, mushrooms, and zucchini are excellent skewered with meat or tofu and seared on the grill over hot coals. Fresh ears of corn in their husks can also be laid right on the coals. Or make foil packets of root vegetables and a can of cream soup and cook for about 45 minutes to an hour. Sometimes the simplest meal can be the best; and for that, try a Grass Run Farm hot dog skewered and cooked over the flames.

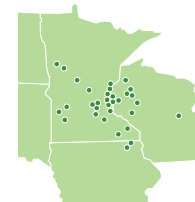
Between meals, look for the wide variety of trail mixes available in the Bulk department. Fresh fruits should be packed whether the camping trip is vigorous or leisurely. They're refreshing after a hike or long time in the sun, and they're easy to pack. Add some peanut butter and they almost become a meal. Some varieties of cheese, such as aged Gouda and Parmigiano Reggiano, pack and pair well with fruits and vegetables, and they can be easily added to soups and quick-cook meals. Ask a staff person in the Cheese department for recommendations.

Get the most of out of any meal by making cooking part of the camping experience, whether you have 10 minutes or three hours. And when you buy local food from Seward Co-op, you get close to the feeling of living off the land, while appreciating what comes from it.



Apple & twigs, an easy, nutritious snack for the campsite.

# April Showers Make Way for Successful CSA Fair



The rain came down, cleared and gave way to a beautiful spring afternoon — a fitting scenario for Seward Co-op's ninth annual Community-Supported Agriculture (CSA) Fair. Hundreds of people stopped by the tent in the co-op parking lot on Saturday, April 24, to talk to the 30-plus farmers in attendance and find the right CSA for them.

The CSA Fair is the embodiment of many of Seward Co-op's values, strengthening the ties between consumers and their food, while supporting small farmers and local agriculture. As more and more people realize the importance of local, sustainable food sources, the CSA fair



continues to grow, year after year. This year, members and nonmembers alike were able to choose from a variety of shares, offering everything from produce to flowers to soap to honey to grass-fed beef and even duck eggs.

Perhaps best of all, those who bought shares left knowing they had contributed to the success of a small farm and can now look forward to months of fresh, local products to share with family and friends.

(For a complete list of farms at the fair, a few of which may still have CSA shares available, go to [www.seward.coop/2010-farmer-bios](http://www.seward.coop/2010-farmer-bios).)

*(top photo) Board President David Hoffman-Dachelet answers questions along with the co-op's Marketing and Membership Assistant Kari Binning at the event information table. Shoppers were encouraged to enter drawings for a Family Value Pack meat bundle from the Meat & Seafood department and a variety of cookbooks focused on seasonal foods.*

*(above left) More than 30 farms from Iowa, Wisconsin and Minnesota attended Seward Co-op's CSA Fair on April 24. The fair serves as a meeting point between farmers and urban residents interested in knowing where their food comes from.*

*(above right) The Adam Wozniak Trio performed light jazz in the co-op's seating area during the fair. Pictured are Adam (upright bass), Brett Bouillon (drums) and Park Evans (guitar).*

*Photos by Kevin Davis*

# June & July Classes



## Third-Thursdays Summer Film Series

*This summer, the co-op presents the Third Thursdays Summer Film Series, featuring a different movie every month. Join us in the classroom for a look at peak oil, the coffee trade and sustainable farming. There is no charge to attend the screenings, just register at Customer Service.*

### The Power of Community: How Cuba Survived Peak Oil

**Thursday, June 17, 7–8:30 p.m.**  
This American-made documentary explores the economic collapse, and eventual recovery, of Cuba following the fall of the Soviet Union in 1991. The film depicts the dramatic and empowering steps taken by both the Cuban government and citizens to reorganize. The major themes deal with urban agriculture, energy dependence and sustainability. Directed by Faith Morgan and released in 2006 by the Community Solution.

### Black Gold

**Thursday, July 15, 7–9 p.m.**  
Black Gold is a 2006 documentary about the international coffee trade and its ramifications for the farmers who grow coffee. Coffee growers of the Oromia Region of southern and western Ethiopia, the birthplace of coffee, speak about their lives and struggles trying to make a living in a world exploding with more and more coffee farmers earning less and less from their crops. Watch Tadesse Meskela, the general manager of the Oromia Coffee Farmers Cooperative Union (OCFCU), tour coffee-growing regions, a coffee-processing center, and a coffee auction house, on his way to England and the United States in an effort to promote Ethiopian coffee and eliminate numerous middlemen. Directed by two British brothers, Marc and Nick Francis.

Stay for a discussion with Lee Wallace, Peace Coffee director. Wallace and three members of the Peace Coffee staff visited the OCFCU and have hosted Meskela on his visits to the Twin Cities. Enjoy samples of two unique Ethiopian coffees from the Yirgacheffe and Sidamo regions.

### Farming Forward

**Thursday, Aug. 19, 7–9 p.m.**  
The need for food is one that connects the world. How we get that food, however, is rarely discussed. Gustavus Adolphus communication studies Professor Martin Lang and political science and English major Ethan Marxhausen spent the summer and fall of 2009 producing a documentary on sustainable agriculture. “It’s about the future of farming,” says Marxhausen. Lang adds: “It’s an optimistic view of the way things can be done.”

## June

**Ask the Farmer: An Open Session**  
**Wednesday, June 2, 7–8:30 p.m.**  
\$5/\$3 members  
Linda Halley, Farm Manager, Gardens of Eagan

**Yogic Eating**  
Thursday, June 3, 7–8:45 p.m.  
\$17/\$13 members  
Mary Langfield, CHHC

**Chinese Medicinal Food Therapy for a Healthy Spring & Summer**  
**Saturday, June 5, 11 a.m.–noon**  
\$5/\$3 members  
John Pirog and Sarah Weaver, Northwestern Health Sciences University

**Sweet Nothings: Limiting Sugar in your Diet**  
**Saturday, June 12, 11 a.m.–12:30 p.m.**  
\$17/\$13 members  
Mary Langfield, CHHC

**Mineral Infusion**  
**Saturday, June 19, 1–2:30 p.m.**  
\$25/\$20 members  
Yael Grauer, Herbalist

**Your Kids Are What You Feed Them**  
**Wednesday, June 23, 6:30–9 p.m.**  
\$35/\$30 members  
Kelli Schulte, Educator

**Sweet Treats, Healthy Eats II**  
**Thursday, June 24, 6:30–8:30 p.m.**  
\$40/\$37 members  
Johanna Eager, Shine Health Counseling

**How to Shop the Co-op on a Budget**  
**Saturday, June 26, 11–11:45 a.m.**  
*Free to all. Preregistration at Customer Service required*  
Claudia Rhodes, Events Coordinator, Seward Co-op

## July

**What Does ‘Certified Organic’ Really Mean?**  
**Wednesday, July 7, 7–8:30 p.m.**  
\$5/\$3 members  
Linda Halley, Farm Manager, Gardens of Eagan

**Methods & Safety in Canning, Freezing & Pickling**  
**Thursday, July 8, 6–8:30 p.m.**  
\$15/\$13 members  
Deb Botzek–Linn, U of M Extension

**Sleep, Oh Sleep!**  
**Saturday, July 10, 1:00–2:30 p.m.**  
\$25/\$20 members  
Yael Grauer, Herbalist

**Nutrition in Pregnancy**  
Wednesday, July 14, 6–7 p.m.  
\$15/\$12 members  
Diana McCleery, Childbirth Educator

**Eco-Friendly Landscaping and Organic Home Gardening**  
**Saturday, July 17, 1–2:30 p.m.**  
\$7/\$5 members  
Russ Henry, Giving Tree Gardens

**Making Weight Loss a Lifestyle**  
**Thursday, July 22, 6:30–8 p.m.**  
\$17/\$15 members  
Johanna Eager, Shine Health Counseling

**Register for classes at Customer Service.**

**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

## New Clinics

People’s Center now is offering QuickClinics at the co-op. The clinics focus on preventive care, seasonal allergies, chronic care management, camp and sports physicals, and well-child checkups. Clinic hours are Wednesdays, 4–8 p.m. and Saturdays, 10 a.m.–2 p.m. See the insert in this issue for more information.

## March Food Drive Totals

This March, Seward Co-op and other Twin Cities Natural Food Co-ops joined Minnesota FoodShare’s food drive to raise money and food to restock our neighborhood food shelves.

Seward Co-op shoppers donated 740 lbs. of food and donated \$12,319 to the Brian Coyle Community Center Food Shelf in the West Bank neighborhood. Seward Co-op added an additional \$1,792 donation to the cause as part of a weekend match.

Thank you to everyone who gave food or money to the March food drive and the Brian Coyle Food Shelf.

## Run for the Board

The Seward Co-op Board of Directors is currently seeking applicants to run for the 2010 board elections. If you feel strongly about the cooperative business model and see it as a way to strengthen your community and provide an alternative and responsible way to do business, please consider running for the board of directors.

The deadline for submissions is Monday, Aug. 23, 2010. The board election will be held in the fall leading up to our annual meeting on Oct. 19, 2010. We hope you will consider running for the board.

For more details, please email us at board@seward.coop. Information about how to run for the board is available on our website at [www.seward.coop](http://www.seward.coop).

So we can keep everyone up to date about our election, please make sure we have your current contact information, including email address. Please email [cs@seward.coop](mailto:cs@seward.coop) to make any updates.

## Fourth of July Hours

Seward Co-op will be open on Saturday, July 4, from 8 a.m. to 6 p.m.

## Rain Garden Grants

Thanks to the Mississippi Watershed Management Organization (MWMO) and Xcel Energy for their respective grants that have allowed us to continue to improve our award-winning gardens. The MWMO grant and a supplemental grant from Xcel Energy funded much of the vegetation in the rain garden as well as our water-retention system. We would also like to thank Seward Redesign for administering these grants and Giving Tree Gardens for maintaining the gardens.

## Co-op Advantage

Look for new Co-op Advantage flyers coming soon — and more often! The flyer, which will feature the new “Co+” logo (left), will be printed biweekly. Future issues of the Sprout! will include two coupon sheets. And, as always, they’ll be available in the store at the Customer Service desk.



## Seward Co-op Community Fund

Applications are now being accepted for disbursement of the Seward Co-op Community Fund (SCCF). The program will provide grants up to \$2,000 to projects that protect the environment, support organic and/or local food cultivation, promote co-ops, and/or promote community development and capacity building. This year, the SCCF will also be supplemented by the Seward Co-op Visa credit card, which was launched in partnership with SPIRE Credit Union. Every time a member uses the Seward Co-op card (at Seward Co-op or anywhere else), a percentage of the transaction monies will be delivered to the SCCF in the form of a quarterly contribution.

To apply for an SCCF grant, pick up an application at the Customer Service desk or download one from our website at [www.seward.coop/grant\\_program](http://www.seward.coop/grant_program). The deadline for grant application is June 30, 2010. Grant recipients will be announced at the annual member-owner meeting in October.



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