

SPROUT

From Farmer to Franklin

IN THIS ISSUE: Expansion Update • Cold & Flu Remedies • Bananas • Co-op Bulk



From the GM



Sean Doyle, General Manager

Solidarity: an Essential Co-op Value

The first step in the evolution of ethics is a sense of solidarity with other human beings.

— Albert Schweitzer

In early November, we were all saddened by the closure of North Country Co-op (NCC). Founded in 1971, NCC was the first co-op in the Twin Cities. Seward Co-op opened a year later. Many of our founders were NCC members. Since the closure, we have welcomed NCC members to join the Seward Co-op. The board instructed staff at the Nov. 27 meeting to offer complementary membership to NCC members. We invite all to join.

This invitation is a reflection of an essential cooperative value — solidarity. This value is manifested in many ways at Seward. One of our goals is to work with other co-ops to bring greater fairness in the sourcing of our products. Oké Bananas is a wonderful illustration of economic collaboration through cooperation. Additionally, we want to bring fairness in the economy close to home. Later this spring, we will be hosting our 7th annual CSA (Community Sustained Agriculture) Fair. This is a great opportunity to support our farming friends by buying a share of their farms with the coming growing season.

Supporting our community through education is a critical focus of our co-op. For the last four years, we have sponsored of the Midwest Food Connection (MFC). MFC is a joint venture with four other local co-ops to bring classroom instruction about fresh food to elementary school children across the Twin Cities. Individually, none of our co-ops could do this, but together we have developed a remarkable program that introduces many children to the fun of cooking flavored with the bounty of fresh and local produce.

With our new store, we hope to extend to all of our members the educational opportunity to have fun with food. We have hopes for a second-floor culinary kitchen classroom. In previous newsletters, I indicated that construction would start in December. There have been several delays due to permitting and financial issues. We finally solved all of these issues in early January, and that has allowed the project to move forward.

To reach closing, we had to reduce our initial budgets. We removed items from the plan that we would prefer to still have in our future home. None of the reductions was critical to the core grocery operations or our goal to be LEED certified. One reduction is the culinary classroom fixtures. Additionally, we removed skylights and a backup generator. These and other items totaled about \$400,000. Later this spring, we will be mailing information to you to consider investing in our co-op. Please think about joining the 200-plus members who invested more than \$1.1 million in 2007.

On the Cover: Russ Henry (right), Seward Co-op's award-winning gardener (see Co-op News), adds a little green to the winter landscape, while Beckett helps out during our December groundbreaking at Franklin and Riverside. (Photos by Kari Goodnough)

Seward Co-op Staff Picks

If you've recently heard a friend or co-worker hoarsely muttering "something's going around," between coughs and sneezes, you'll want to pay close attention to the co-op staff's helpful tips for treating — and preventing — cold and flu.

Boiron Oscillococcinum homeopathic for flu

This works so well that I have often questioned after I took it whether I had actually been getting sick. And, in a bathtub, mixed in oil as a chest rub, dabbed under the nose or diffused in the air, Eucalyptus Essential Oil has antiviral properties and helps to clear the sinuses. It's the perfect cold-season essential oil. — Toni

The Ginger Man

The staff at Seward Co-op know my cold/flu all-purpose remedy. I've been tagged as the "Ginger Man." Fresh (and from our own Produce Department when available), I prefer organic yellow ginger root from Hawaii. Peeled and chopped into bits, it's everpresent in my pocket. Be extremely careful, though, as it is hot! I often keep a "pinch" in my cheek and, like time-release medicine, chew every so often to manage its healing heat. It is very soothing to a sore throat. Ginger provides a mild energy boost when you're suffering from the tiredness that accompanies a cold, too. It is also known to be good for arthritic joint pain, digestion, motion sickness, nausea, vomiting and more. — Leo

Yin Qiao and Beyond!

We have three basic Chinese herbal formulas that address colds and the beginning of the flu: Yu Ping Feng San (Jade Wind Screen) is a great formula for preventing colds and flu if you feel you catch them easily. It's best taken when everyone else is coughing and you aren't yet. It does not help you kick out an established cold or flu and should stop being taken at the first signs of either. Gan Mao Ling, a modern formula that can be taken for all signs of cold or flu right at the beginning of symptom onset, is good for chills, fever, headache or an itchy throat. Yin Qiao is best for sore throat, stuffy nose or mild fever. It should be taken until symptoms are resolved and is best taken at the first signs of illness. An old standby for the Chinese for the last 200 years! — George (HBC & Chinese medicine student)

Herb Pharm Tinctures: Echinacea and Astragalus

My favorite remedy for the person who feels too busy and does not want to get sick: tinctures of astragalus and echinacea. I keep them on hand and take them whenever I am

beginning to feel run down or think I've
been exposed to a virus. Astragalus has
been used since ancient times as an
immune-system tonic in traditional Chinese
medicine, while Western herbalists treasure
echinacea as an antiviral, antimicrobial
immune-stimulant. Together, these two herbs
make the saying "an ounce of prevention is
worth a pound of cure" mean something!

— Jennifer (HBC)



Ginger: the all-purpose remedy

Citrus

Citrus is the largest fruit industry in the world and, for our sunless, Midwestern void, the benefits of citrus couldn't come at a more helpful time. Citrus fruits are remarkable in their wide range of healing properties but, in general, they are effective cooling agents — be it from heat, a fever, physical exercise or a hot flash. Citrus is a tonic for poor appetite and contains 58 known anticancer agents. The fruit is extremely rich in sources of vitamin C, potassium and citric acid, and the pith contains bioflavonoids, needed by the body to absorb vitamin C (so juice as much of the white pith as possible when you cut an orange for juicing). There's nothing more intended by nature to fight the cold and flu season. — Travis

Deep Health by Herbs, Etc

Several years ago, a runner friend of mine turned me on to the herbal extract (in grain alcohol) Deep Health by Herbs, Etc. He said he'd often get sick after marathons. until he started using this product. Since then, I've used it during times of schedule overload or when I'm on the edge of getting sick, and I consider it a truly magical remedy. My husband and I both use it for long airplane trips and for the disruptions to sleep and diet that come with travel. The main ingredients are reishi and shitake mushrooms, both known for their rejuvenating qualities. It also contains astragalus (well known in Chinese medicine as a tonic herb), ashwagandha (central to traditional ayurvedic medicine) and many other herbs. You can dilute it in water if the taste is too strong or, like me, just take it straight. — Liz





"C" Us Grow! As we begin construction on

Seward ExpansionMinneapolis, MN

2008 Timeline

FEB Demolition

MAY Rough carpentry

MAY Alley construction

JUN Interior rough-ins

(pipes, ducts, wiring, etc.)

SEP Exterior paint

SEP Finish carpentry

OCT Landscaping

NOV Store set up

DEC Opening day

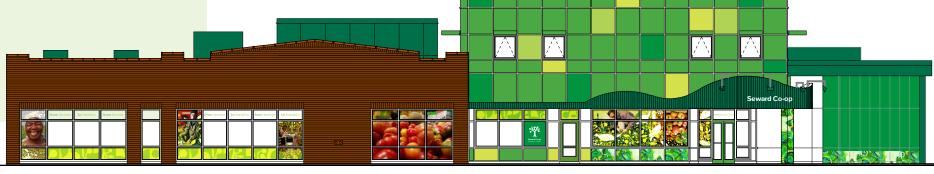


top: Seward Co-op General Manager Sean Doyle is joined by members of the Board of Directors during the December groundbreaking. **bottom left:** Minneapolis City Council Member Cam Gordon discusses the importance of the co-op to the Seward neighborhood. **bottom right:** Russ Henry, the co-op's gardener, and Shaunna McBride join dozens of other Seward neighborhood residents to celebrate the groundbreaking.

As we begin construction on our new building, we are still offering our members the opportunity to purchase Class C Stock. Shares are \$500 and will build equity to finance the new store. In return, owners of Class C stock are eligible to receive an annual dividend.

photos by Kari Goodnougl

For more information on buying Class C Stock, pick up a brochure at Customer Service or contact Tami Bauers at tbauers@seward.coop or 612-436-2850, ext. 8.



Expansion Project Update

above: artist's rendition of the completed north façade of the new store.

Eric Hatting, Project Manager

It's a new year, and Seward Co-op is moving forward with our expansion into the former site of the Riverside Market on the corner of Franklin and Riverside avenues. If you have been by the project site lately, you have probably noticed some changes. After many intense months of planning and design, we are off and running beginning this past December with a snowy groundbreaking.

Late last month we became lease tenants at the current store location after completing the sale to Shega Bakery. A day later we closed on the four new properties — the former Riverside Market and East End Auto as well as the two houses to the south — which have been combined as 2823 Franklin Avenue. After completing the environmental remediation work, we received permits and demolition began on the site. The full demolition of the two houses and partial demolition of the Riverside Market building is expected to be completed in late February, at which time security fencing will be placed around the entire perimeter of the site. Work on the new store also will begin in February and will be completed in time for a December 2008 opening.

While planning the new store we attempted to maximize the available budget to design the "greenest" building possible while focusing on providing expanded selection, such as a new meat and seafood counter, and overall convenience for our shoppers. In doing so, we used the guidance of the U.S. Green Building Council's Leadership in Energy and Environmental Design rating system (see <code>usgbc.org/LEED</code> for more details). This system awards "credits" to design elements that contribute to constructing and operating environmentally sound buildings. When construction of the building is completed, our LEED® design credits will be validated and totaled, and the project will be assigned a certification level in the range of Certified, Silver, Gold or Platinum.

The most notable design feature of the new store will be the dramatic increase of green space for trees and plantings. The inclusion of the 2016 29th Avenue property to the site plan allows for retention of nearly all rain water into a rain garden and a large infiltration bed beneath the parking lot. Although structural costs — coupled with the late addition of the second house to the site plan — prevented us from installing a green roof (which retains rain water), we now are able to reallocate those budget dollars towards other green designs, primarily energy efficiency.

The heating and cooling systems for the new store were designed to be at least 21 percent more efficient than traditional standards. The refrigeration system will use state-of-the-art high performance cases and has been engineered to use the smallest amount of energy possible. In addition, 35 percent of the electricity the co-op pulls from the local grid will be replaced with wind power, through the purchase of renewable energy certificates (see *green-e.org* for more details). The new store will feature numerous bike racks and an employee shower, as well as priority parking for high-efficiency vehicles. We also have designed the store's electrical system for future inclusion of photovoltaic solar panels and a generator that will be used for peak demand "load shedding," as well as during outages.

As the current project budget and design stands, we are expecting to be awarded a Silver certification from the LEED® program — just two credits shy of Gold. Please visit seward.coop to see the latest project updates and to learn more about investment opportunities. Your help is needed to help us reach a higher level of certification and greater energy efficiency!



Photos courtesy Oké USA

An Oké Ecuadorian grower, such as this man, earns a share of the profits from the bananas he grows.

Fair-Trade Bananas Are Oké

Hilary Johnson, Produce Assistant Manager

Every day, produce workers at Seward Co-op unload eight to fourteen 40-pound cases of bananas and put them out for sale. In fact, we sell more bananas than anything else in the store. Bananas are staples of the American diet, yet no one grows them commercially in the U.S. Where do bananas come from? Who grows them and who picks them? What does it take to get them here?

Bananas in Twin Cities Co-ops

Twin Cities co-ops first started getting organic bananas from southern Mexico in the early 1980s. Rick Christianson, the buyer at Co-op Partners Warehouse, says they arrived in wooden crates from L.A. and "every third load was either cooked or chilled." Bananas are picked green and gassed with ethylene, a ripening agent, upon their arrival in the U.S. Once they start to ripen, they must be protected from chilling, which causes their skins to turn gray. The fruits must also be protected from too much heat and moisture, which can cause rot.

Once local wholesalers arranged for organic bananas to be gassed in St. Paul, rather than in L.A., quality improved. But according to Christianson, southern Mexico isn't the best growing region for bananas — it's just where there happened to be a fairly good transport chain. As the market for organic bananas grew, they gradually became available from other countries.

Bananas in Latin America

The vast majority of bananas grown in the world are eaten where they're grown, and there are hundreds of varieties. The U.S. imports most of the bananas exported from Central and South America. U.S.-based companies, which exploited the natural and labor resources of Central America for the better part of the 20th century, also profit the most from these bananas.

But U.S. banana companies have begun to unload their plantations. Chiquita, formerly United Fruit Company, and Dole, formerly Standard Fruit, once owned vast tracts of Latin American land. These companies have learned to lighten their financial and ethical burdens by subcontracting and even selling off entire plantations. Subcontracting to "national producers," i.e., wealthy elites, allows the U.S. companies to avoid the risk of crop failure or natural disaster and take no responsibility for labor issues.

Banana Work

Banana work is hard. Field workers cut and carry 100-pound green banana stems. They may also apply fungicides and insecticides, many of which are so toxic they're banned in the U.S. At the packinghouse, workers, many of them women, cut the stems into clusters, wash them, apply stickers and box them. Here they may be exposed to postharvest chemicals, especially fungicides. Banana plantations are usually sprayed with various chemicals weekly and sometimes almost daily.

Dana Frank, author of *Bananeras*, says Ecuador produces one-fourth of all bananas consumed in the U.S. More than half of all Latin American banana workers live in Ecuador, where they "receive as little as one-fifth the wages and benefits of banana workers elsewhere in Latin America." Workers trying to unionize face challenges in many Latin American countries, and Ecuador is no exception. Organizing activity has been violently repressed in Ecuador, as recently as 2002. Legal restrictions also make unionizing nearly impossible, and big growers' employment practices ensure that workers never stay on one plantation long enough to organize.

Under these circumstances, reform seems unlikely. But the fair trade and co-operative movements are converging in Ecuador to improve conditions for some workers.

Fair Trade Bananas

Conventional, non-fair trade bananas earn their growers between 80 cents and \$3 per 40-pound case. In fair trade contracts, growers are paid "a fixed price above that," a price which is renegotiated every year and depends on the grower's country, says Isaac Grody-Patinkin, formerly an organizer for Oké USA, a Massachusetts-based fair trade banana co-op. Oké's Ecuadorian growers, a farmers' co-operative of small- to mid-sized producers, earn \$9.50 per 40-pound case of organic bananas. The fair trade premium goes into improving production methods and directly into the community, paying for children's school fees and supplies, and for healthcare.

The farmers also own 30 percent of Oké, earning a share of the profits. The other owners (Equal Exchange, Red Tomato and Agrofair) use their shares of the profits to promote fair trade through their own work.

Fair trade involves standards for both producers and buyers. On the producer side, there are minimum requirements for labor standards, worker representation and environmental protections. On the other side, buyers pay the fair trade premium and agree to a long-term relationship with fairly predictable sales. But, according to Grody-Patinkin, there's a difference between fairtrade-certified plantations and the fairtrade-certified co-operatives that own Oké. At El Guabo, the Ecuadorian farmers' co-operative, "having ownership in the final company gives co-op members a sense of pride and long-term vision." They're "making a livelihood possible for generations."

Oké is not the biggest fair trade company in the market, nor is it anywhere close to making a significant dent in the banana market. Grody-Patinkin says that Oké imports two containers of bananas per week (about 38,400 pounds of bananas per container), compared to about 4,000 containers per week for the total U.S. banana market. One of those containers is distributed on the East Coast, and the other comes here, to the Twin Cities. In other words, the fair-minded shoppers of Minnesota make up half this fledgling cooperative's business.



Fair trade stresses minimum requirements for labor standards.



The Ecuadorian cooperative is "making a livelihood possible for generations."



Banana Bread Pudding with Rum Caramel Sauce

Claudia Rhodes, Demo Coordinator

Ingredients	½ cup brown sugar	Ingredients for rum caramel sauce
8 ounces French bread,	1 teaspoon cinnamon	½ cup butter
cut into 1-inch cubes	dash of nutmeg	2 tablespoons dark rum
4 eggs	3 bananas:	¾ cup brown sugar
2 tablespoons rum	2 very ripe, 1 firm	1/
2½ cups milk		½ cup heavy cream

To prepare bread pudding

- 1. Place bread cubes in a single layer in a casserole dish. Set aside.
- In a large bowl, beat eggs with rum. Stir in milk and brown sugar, mixing well.
 Add cinnamon and nutmeg, stirring until spices are thoroughly mixed into liquid.
 Pour mixture over bread cubes. Cover and refrigerate for one hour.
- 3. Generously butter a 9×5×3-inch loaf pan.
- 4. Heat oven to 350° F. Remove bread/egg mixture from refrigerator. In a medium bowl, mash the two very ripe bananas. Stir into bread mixture and spoon mixture into a prepared loaf pan. Bake for 45 minutes or until done, i.e., when a knife inserted in the center comes out clean.
- 5. Let cool 15 minutes. Invert onto serving platter.

To prepare rum caramel sauce

Melt butter with rum in a medium-size sauce pan over medium heat. Stir in sugar. Increase heat to medium-high and bring to a boil. Boil, stirring constantly with a wooden spoon, for five minutes. Remove from heat and let cool for five minutes. Stir in heavy cream. If mixture thickens before using, you may heat at medium setting in a microwave.

To assemble

Diagonally cut firm banana into slices and distribute over pudding.

Spoon rum caramel sauce over bread pudding, allowing the sauce to drip down sides, and serve.

Serves 10

88 MEMBERS

Food for Thought

Haruko Ruggiero, Midwest Food Connection

Making smart eating choices is an art, with a lot of science, tradition and practice behind it. With education (and a little effort) eating healthfully can become second nature to a child.

Midwest Food Connection (MFC) teachers and board members, drawn from sponsoring area co-ops, are optimistic that children, when educated early, can be taught a healthy defense against an eye-catching, yet empty diet; one packaged and marketed relentlessly, with the aim of ensnaring kids in a web of highly refined sugars and simple starches.

Children have fun with the lessons, responding to the content and format. The lessons tell a story, and the illustrations in our stories are examples of real foods — from the co-op — that they can touch and eat. The text is interactive. Oral tales, songs and discussion illuminate the concepts: "This is the food we're talking about today. Here is how it grows. Here is how people eat it. Here are a few ways that it is good for you and, yes, we can try it today."

For example, MFC teaches a lesson in the elementary schools on wild rice. The kids get excited about the harvesting, cooking and eating of wild rice, a complex starch with a rich history. This holistic approach to showing children the integral value of basic, natural, unrefined food resonates deeply with them. During the four weeks of program visits, the three MFC program teachers hear countless stories from children who say they talk about the lessons at home with their families.

It's unfortunate that most co-op members don't get to see this. Every day, we're privileged to watch children develop the power to choose what goes into their mouths. The children are instructed to try a new food twice, using small "tasting bites." If, after two bites, they don't like the food, they are told that's fine. They are encouraged to keep an open mind in the future, and told they can take pride in the fact that they have been curious food-tasters.

Above all else, MFC tries to instill the idea in children that, throughout their lives, they are food-choosers. In a sense, they are learning a basic human responsibility — to one's self, to one's family and to the future. Witnessing a child accepting this responsibility is truly moving.

The Midwest Food Connection is an elementary school program in nutrition and sustainable agriculture. MFC is a not-for-profit organization that receives funding from five natural food co-ops in the metro area. This fall, on behalf of the Seward Co-op, MFC has taught children at Bancroft, Dowling, Hiawatha, Seward, Southside Family and Sullivan schools.

Our website is midwestfoodconnection.org.



Haruko Ruggiero teaches children a healthy defense against an eye-catching, yet empty diet.



MFC instructors encourage children to keep an open mind and teach them they can take pride in the fact that they've been curious food-tasters.

Photos courtesy Midwest Food Connection

Keeping Score

The 2007 Seward Co-op Scorecard is now in print. It's a demonstration of how we've impacted the world in years past and an indicator of how we will continue to affect it in years to come. Many members of the Seward staff contributed ideas and time to the production of the scorecard — a symbolic representation of how we're measuring up to the standards we set for ourselves — so please pick up a copy to see what they've helped produce. Copies are available at the Customer Service Desk. The scorecard is also online at seward.coop/scorecard.



The Seward Co-op Scorecard is a symbolic representation of how we're measuring up to the standards we set for ourselves. The measures have been determined based on the suggestions and ideas of dozens of Seward Co-op staff members. The 2007 fiscal year has served as a baseline year, giving us an idea of what we're doing well and what we need to improve upon. Some areas we've been able to measure, others we will continue to monitor and revise. And because the scorecard is designed to be a dynamic tool, the board of directors, management and staff will implement future goals based on our findings as we expand

Seward Co-op exemplifies cooperative principals and practices that contribute to the economic, social and environmental sustainability of the communities we serve. Our comm include the Seward workplace (staff and their families and partners), our neighborhoods (members, customers and neighbors), local relationships (farmers and vendors in the five-state area), the global community and other co-ops' employees.

We measure our success by how well we live up to these commitments.

We cultivate a diverse, respectful and caring workplace.

We operate with intentional respect for the environme

We commit to financial goals that allow us to maximize our profits in the support of our mission, our values and our community,

We improve the quality of life in the communities we serve.

We cultivate a diverse, respectful and caring workplace.

Seward Co-op has a responsibility to its workers. We're concerned with making the co-op a feasible place to work and earn a livable wage. As of the end of fiscal year 2007, 84 percent of full-time staff members, who have been employed at least one year, were earning a living wage. In years to come, as we expand and our staff grows, we will continue to evaluate our pay scale and try to ensure that the maximum number of employees earns a livable wage.



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than just the financial success of the co-op. They guide us in how to use our profits to support our goals and the cooperative principles.

For more detailed scorecard information, please visit



Seward Co-op GROCERY & DELI Wine & Food Show Thursday, March 13 6-9 p.m. at the Cedar Cultural Center

416 Cedar Ave S, Minneapolis

Tickets: \$30, on sale through Zipp's, Seward Co-op or the Cedar, and online at: localwineevents.com/Twin-Cities-Wine/event-162054.html

From the Board



David Hoffman-Dachelet Board President

"A lot of people are worried that we'll lose 'something' in our new store," said Ali, a Seward Co-op Front End staffer, as he scanned my groceries. Between us, we couldn't precisely define "something," but decided that major ingredients are: friendliness, responsiveness, neighborliness and intimacy. I glibly suggested to Ali that it would be up to him and the rest of the staff to make sure that they transported the good feelings of the current store into the new. Later, I realized that Ali's "something" was the creation of an entire Seward Co-op community; and the job of packing it up and hauling it down the street to the 2800 block of Franklin will fall on all of us.

Losing "something" is a concern I first heard when the board began expansion discussions several years ago, and it's been restated by members, employees and members of the board throughout the expansion process. But, I think many underestimate the strength of our cooperative to suggest that after more than 30 years of hard work and nurturing, that "something" can't follow us in a seven block move.

The first step in making truth of this optimism is the recognition of why co-ops are different and, frankly, better, than other businesses. We exist to meet the needs of our members and our community. Not just the simple needs for adequate parking, 13,500 square feet of shopping space, an expanded deli, fresh meat counter and enough bulk selections to provision a Mars expedition, but also the needs of our members to create a food economy that makes sense, is fair to the growers, producers and workers, and provides healthful, sustainably produced food.

Over the years, in a variety of ways, our cooperative has stated our goals and the values that motivate them. Our current board has committed to use that history to create a formal Ends Statement, which will articulate our desires to be a socially and economically responsible organization, democratically controlled, and which improves the condition of our community. This Ends Statement will not only be the goals that we set for our co-op, but also the means by which we hold our business responsible to our members and how we identify the "something" we all think is important.

Our staff, already out in front, has developed the Seward Co-op Scorecard to use numbers and measurements of real action towards the achievement of our goals. It is proof of how they are making the "something" of Seward Coop real. All of which makes me confident that the "something" we grow into in the new building will be even better than the "something" we already have.





photo by Paula Keller

Nicolas Collard, Seward's Bulk Buyer, sees bulk as an anchor of the co-op business model.

Q&A: Bulking Up

Nicolas Collard, Seward Co-op's Bulk Buyer, sees the Bulk Department as an anchor of the co-op business model. "Historically, bulk has been an essential part of what co-ops are," he says. With that in mind, he strives to provide full bins as much of the time as possible, saying: "We want to respect the place bulk serves for the co-op community."

Since North Country Co-op (NCC) closed in November, you've seen an increase in demand for certain bulk items. What are a few products shoppers are requesting?

There's especially a demand for East African staple flours, including teff, millet, barley, corn flour and white rice flour. Similarly, some of our beans are selling better. I'm trying to meet the needs of the Ethiopian community by carrying an ample supply of these products.

What can members or shoppers do if they can't find the bulk products they want? We always have special order forms available for a product, whether we carry it or not. I want people to feel like they're able to come in to Seward and ask for what they need.

Since NCC closed, I'm trying to keep a back stock — particularly of East African staples - on hand at all times, even though we don't have the floor space for bulk pallets like NCC did. We also have a small space for a stack of these types of goods, especially teff, on the sales floor.

What has Seward done to accommodate the influx of NCC shoppers?

We made arrangements with NCC while they were closing to help them move some of their product out as quickly as possible. I made a trip to NCC and got our first large batch of teff from them, as well as a few unopened bags of other products. We were able to offer whole bags of teff on the sales floor for the first time. That's worked out really well, so I'll be continuing to offer it.



OR VISIT WWW.PLOUGHSHAREFARM.COM

What are some of the challenges that you, as a bulk buyer, face?

I had a period of time when I was between shipments of teff. It was the first time I had ordered such a large quantity of it direct for bulk. I've made arrangements with Co-op Partners Warehouse to store the teff. As the word gets out that we have these products, it gets tricky trying to anticipate the demand.

There will be some increase in bulk, and we'll have some more flexibility in labor and

and we're doing our best to keep up with it. I feel pretty good about how attentive we

space for whole cases. Right now, we have to work very hard to keep the bins stocked,

Another challenge is our lack of floor space and back stock space. We're expanding in a year, but I'm very limited as to what I can do in the meantime. I'm trying to accommodate the growth, just like every other person at the store. So it's a good thing that we're expanding.



* Early Spring Shares start in April.

What's the outlook for bulk in new store?

are to shoppers' needs.

Seward Co-op Pickup Available!

- * Winter Shares through December.
- * Specialty Certified Organic Fruit add-ons.
- * Our weekly Eat Better Newsletter includes original recipes from our own farm kitchen, designed to fit your busy life as well as ours! www.rsfarm.com 563-735-5613

Harmony Valley Farm Community Supported Agriculture



* Long Season: May-January * Fun Farm Events

Great Newsletter with Recipes by our Farm Chef * Wide Variety
* Exceptional Quality

Certified organic vegetables, fruit, coffee, cheese and beef! **First Delivery May 8!**

Delivery Sites: Powderhorn, North East, Lyn-Lake, Linden Hills, Bloomington, Plymouth, Maple Grove, Como Park and Rosemount

www.harmonyvalleyfarm.com * 608-483-2143 csa@harmonyvalleyfarm.com



photo by Kari Goodnough

Thank You, Members

Thanks to the co-op members who donated their patronage refund voucher to the Seward Co-op Community Fund (SCCF). The SCCF is an endowment fund established to help ensure the co-op's long-term ability to give back to our community. The fund grows over time, and once the principal reaches \$20,000, the interest earned will be donated to nonprofits and/or cooperatives in the community. If you would like to donate your patronage voucher, simply drop it off at the Customer Service Desk or give it to your cashier. The full amount will be applied to the fund. You also can contribute cash at the register — just let the cahier know you would like to make a donation to the fund. Contributions to the SCCF are tax deductible. Be sure to keep a record of your donation if you plan to take a tax deduction for your contribution.

"C" Us Grow!

As we begin construction, we are still offering our members the opportunity to purchase Class C Stock. Shares are \$500 and will build equity to finance the new store. In return, you are eligible to receive an annual dividend. For more information on buying Class C Stock, pick up a brochure at Customer Service or contact Tami Bauers at tbauers@seward.coop or 612-436-2850, ext. 8.

Food Shelf Donations

The next time you shop at the co-op, consider picking up a few items for someone in need of food and/or health and body care items. Seward Co-op accepts contributions for the Groveland Emergency Food Shelf located at 1900 S.

Nicollet Ave. in Minneapolis. Peanut butter, cereal, crackers, juice, shampoo, toothbrushes and toothpaste are just a few of the items needed. Donated items can be dropped off with staff at the Customer Service Desk.

CUE/Minneapolis Blooms Award

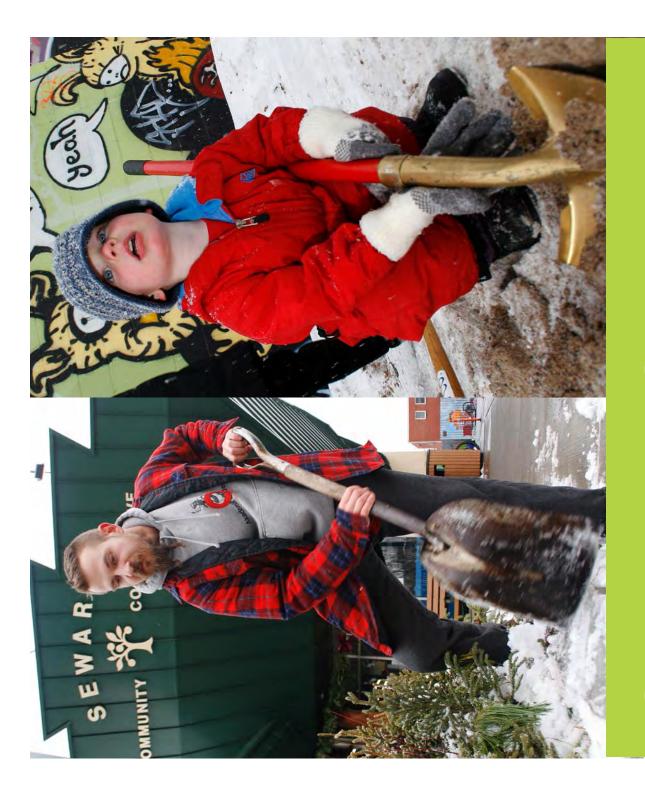
For the third year running, Seward Co-op has won a Blooms Award from the City Friends of the CUE/Minneapolis Blooms program. For the first time, the co-op also won the Best Garden Award. Evaluators reviewed more than 1,600 gardens for the competition, considering such factors as use of color, plant variety, design, maintenance and environmental stewardship. Congratulations goes to Russ Henry (pictured on the cover), Seward Co-op's gardener, and the Managers on Duty who helped maintain the gardens.

North Country Membership

We are saddened by the closing of North Country Co-op (NCC) last November, and we wish to extend an offer of membership in Seward Co-op to all active NCC members. In January, a postcard went out to NCC members, inviting them to sign up at Seward Co-op's Customer Service Desk.

CSA Fair

The seventh annual Seward Co-op Community Supported Agriculture (CSA) Fair will be held Saturday, April 19, at the co-op, from 11 a.m.—3 p.m. The CSA Fair offers the unique opportunity to develop a personal connection with local growers. With the purchase of a CSA membership — a share of the upcoming season's harvest — subscribers help cover yearly farm operating expenses. In return, CSA members get fresh, local produce delivered to Seward Co-op and other Twin Cities locations each week during the growing season. Each grower offers a different membership package, depending on their respective farm's length of season, goods offered, cost and drop-off locations. Growers will be at the CSA Fair to answer questions and discuss CSA membership.



From Farmer to Franklin

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Seward Co-op

Sprout! From Farmer to Franklin

Seward Co-op Grocery & Deli's mission is to serve our neighborhood, our member-owners and our world by:

- Providing healthful food;
- Offering environmentally sound and socially responsible product choices;
- Adhering to the cooperative principles; and
- Promoting community ownership.

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Sprout! is published bimonthly for the memberowners of Seward Co-op.

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

Members-owners are welcome to attend board meetings, usually held the last Tuesday of the month, 6:30 p.m. at Seward Co-op's conference room, 2002 South 23rd Ave. (behind 2nd Moon Café). 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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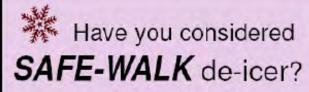
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