

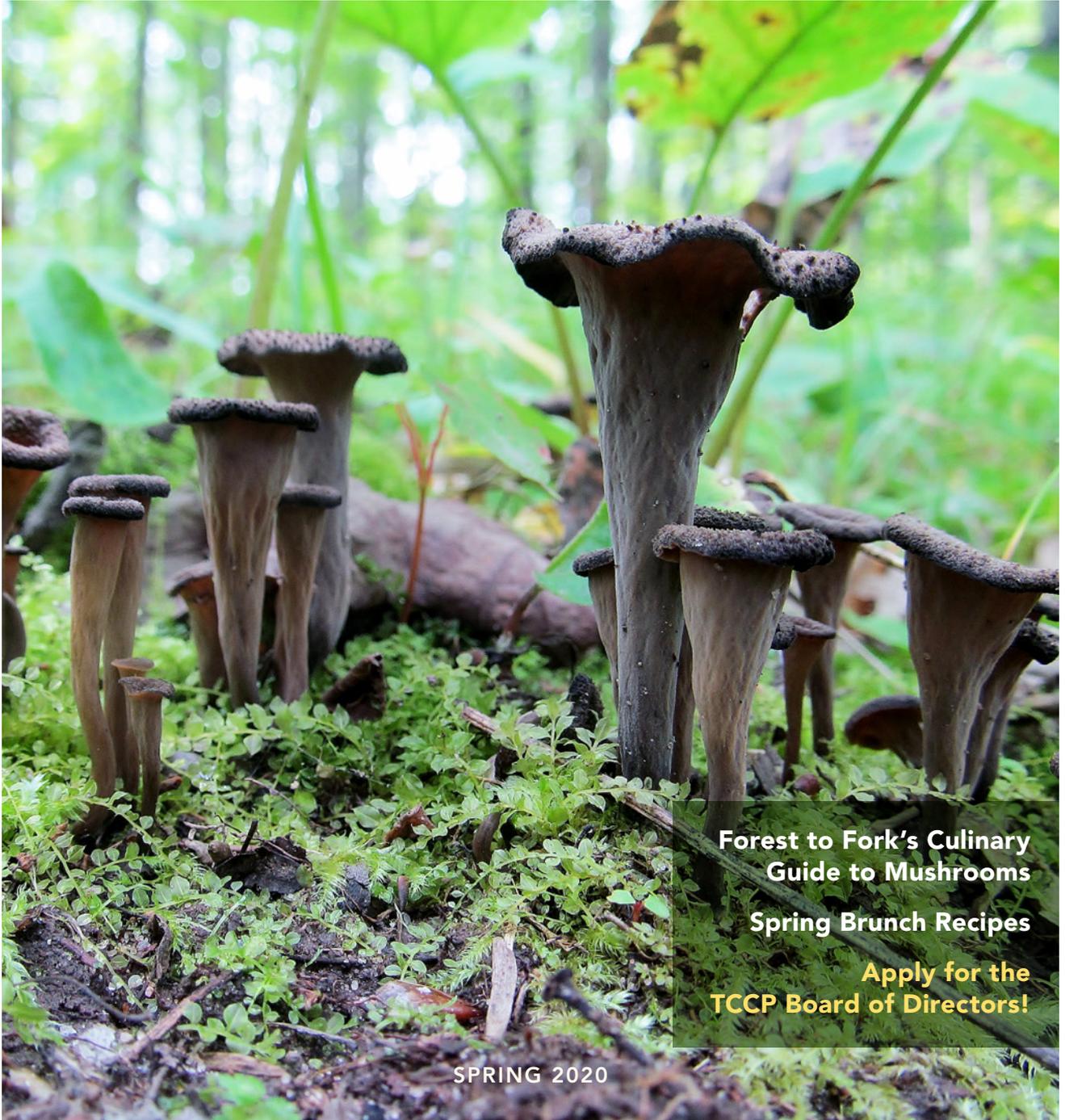


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# CULTIVATE

A SEASONAL GUIDE TO YOUR CO-OP COMMUNITY



**Forest to Fork's Culinary  
Guide to Mushrooms**

**Spring Brunch Recipes**

**Apply for the  
TCCP Board of Directors!**

SPRING 2020

**TWIN CITIES  
CO-OP PARTNERS  
LEADERSHIP TEAM**

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CEO

**DEB KERMEEN**  
CFO

**SCOT DESTASIO**  
COO

**MISSY SMITH**  
Director of Culinary Operations

**TOM RODMYRE**  
Director of Co-op Partners  
Warehouse

**ADAM GOWER**  
Director of Human Resources

**REBECCA LEE**  
Director of Purchasing and  
Merchandising

**AMY FREESE**  
Director of Marketing

**DEAN SCHLADWEILER**  
Store Director – Wedge Lyndale

**DOUG PETERSON**  
Store Director – Linden Hills

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*The Mindful Hapa*



*Above photo by Chelsea Korth of Co-op Partners Warehouse.  
Cover photo by Mike Kempenich, The Gentleman Forager.*

During these constantly changing and uncertain times, we ground ourselves in things we know to be good and true — the coming of spring, local food grown by passionate farmers, and our thoughtful and caring community. In times like these, our co-op is committed to remaining your trusted resource for high-quality food, safe and sustainable products, and friendly faces amid the chaos. We truly appreciate your support and commitment to the co-op as we move toward brighter days. In this issue of *Cultivate*, you'll find spring recipes, stories from our immigrant neighbors, a guide to culinary mushrooms, and more. Enjoy reading and remember, we're all in this together. See you soon at the co-op.

**2020 Board of Directors**

ALEX SLICHTER  
EMILY PAUL  
TOM PIERSON

STEVE SHARE  
EMILY ANDERSON  
ME'LEA CONNELLY

LISA FITTIPALDI  
SARITA PARIKH  
JANE SCHOMMER

# NEW & NOW

## OUR COMMITMENT TO YOU DURING COVID-19 & ALWAYS

Twin Cities Co-op Partners is committed to remaining a trusted destination in serving our community and providing necessary resources for shoppers and staff. To better serve you during this time of constant change, we have made improvements to the Wedge, Wedge Table, and Linden Hills Co-op. Please visit our website for the most current information:

[tccp.coop/coronavirus-updates](https://tccp.coop/coronavirus-updates)

Follow us on Instagram and Facebook to keep updated as well.

## ANNUAL LINDEN HILLS LIBRARY BOOK DRIVE CANCELLED

The Friends of the Linden Hills Library has cancelled book donations at Linden Hills Co-op to support the safety of the community and decrease non-essential traffic to the co-op. No donations will be collected until further notice. From the Friends, "many thanks to the co-op community for your support of our library for the past 14 years."

## ST. CROIX CSA PICKUP LOCATION AT WEDGE TABLE

St. Croix Valley CSA is a cooperative of small family farms near Baldwin, Wis. Their CSA boxes focus on customer favorite vegetables and fruit. All produce is organically grown and almost all is certified organic.

Sign up for a CSA share on their website at [ugraze.com](https://ugraze.com). Pickup is at the Wedge Table on Thursdays between 11:30 a.m. and 8 p.m. (June 25–Oct. 15). CSA members receive special Wedge

Table coupons with every box!



## REGISTER ROUND-UP TO SUPPORT COMMUNITY MEMBERS AFFECTED BY COVID-19

As thousands of people in our community are affected by the rapid changes due to the spread of COVID-19, our co-op is actively trying to respond to the immediate needs of the community however we can.

During April and May, round-up donations will support several organizations that are providing food options for families affected by COVID-19.

Our slated calendar of 2020 Change Matters partners will resume on June 1.

## SIGN UP FOR DIGITAL COUPONS AND CULTIVATE

At the co-op, we're always looking for ways to expand on our commitment to sustainability. Join us in this effort by opting-in to receive your owner coupons and *Cultivate* newsletter digitally, instead of through the mail. Sign up at [tccp.coop/digital-opt-in](https://tccp.coop/digital-opt-in) or at Customer Service.

Please note, opting-in to digital coupons and *Cultivate* means that you will no longer receive a paper version in the mail. Digital coupons will be emailed to you and automatically available at the registers (no barcode needed). Printed copies of the coupons and *Cultivate* will also be available in the store.

WE HEARD YOUR REQUESTS!  
DIGITAL OWNER COUPONS  
NOW AVAILABLE!



## BOARD MEETING UPDATE

Amid the COVID-19 pandemic, the board is holding all meetings virtually until further notice. They continue to respond to owner questions and concerns. Please call 612-871-3993 (x1817) or email [board@tccp.coop](mailto:board@tccp.coop) to contact them.



## 'THANK YOU. YOU'RE A PART IN A STORM.'

### NOTES TO STAFF FROM OUR COMMUNITY

In March, our co-op became busier than ever with the arrival of the global pandemic. TCCP staff continues to work together to keep our shelves stocked, shoppers happy and everyone safe. Our cherished community of co-op staff is the reason that many of you shop at the co-op. These "thank you" messages to them were pulled from our Instagram and Facebook pages.

"I was at the Wedge this past weekend. With the sale and the pandemic worries, you guys were the calm in the storm. Your staff was/is AMAZING! Thank you so much for all you provide to the community. You fill our bellies and uplift our souls!!"

"Thank you! We appreciate the great service now and always."

"Between the pandemic pantry shoppers and the bulk sale, it could not have been easy to do your jobs! Yet every one of you we interacted with Saturday, and every day, really, was pleasant, helpful, and in good humor. You're the best. Thank you!"

"Endlessly grateful for the wonderful staff at both The Wedge and LH co-ops! Thank you so very much!"

"Thank you all — we so appreciate your hard work!!"

"To each of you, thank you for caring. The smallest gestures mean so much."

"Thank you for providing our family yummy food each week."

"THANK YOU! You are seen and appreciated."

"Bless you all and may you all stay very healthy!!"

"You all are amazing, thank you."

"Thanks so much for your hard work, dedication, and helping all of us during this challenging time."

"Thank you — we love our co-ops!"

"I was there during the bulk sale last week and things were CRAZY and yet all the staff were super calm and friendly and helpful as always! Thanks for being so great, during this stressful and challenging time, and always."

"Thank you for staying at it in these difficult times."

"What would we do without the Wedge!? THANK YOU"

"You have all been so kind, helpful and empathetic during what has been a really scary time. The Wedge is where I've always gone to shop for a little comfort and remind myself of all the lovely people on earth. That has been even more important this last week."

"Thank you for continuing to provide this community with quality foods. I'm beyond grateful to the staff for staying strong through this."

"Thanks for supporting our community in times of need!"

"Thank you to everyone! All of you are as important as our doctors and nurses! Thank you!"

"Thank you for providing us with the nutrition and connection food offers us."

"We see you and appreciate your hard, vital work. Let us know how we can help you. Love to you all!"

"You rock, we appreciate your work. Be safe!"

# enjoy our new family meals

FOR PICKUP & DELIVERY!



EACH ITEM SERVES 4

NO ARTIFICIAL  
COLORS,  
SWEETENERS OR  
PRESERVATIVES

WHOLESOME,  
LOCALLY-SOURCED,  
ORGANIC  
INGREDIENTS

MADE BY OUR  
TALENTED  
CULINARY TEAM



## entrées

ROTISSERIE CHICKEN **GF**  
\$9.99

PULLED PORK\* **GF**  
\$14.99

THREE-CHEESE LASAGNA\*  
\$19.99

BLACK BEAN ENCHILADAS\*  
\$19.99

**\*Want to stock up?  
These items freeze well.**

**V - VEGAN  
GF - GLUTEN-FREE**

## sides

LOCAL MAC\*  
\$9.99

BUTTERMILK MASHED  
POTATOES\* **GF**  
\$8.99

CLASSIC COLESLAW **GF**  
\$8.99

APPLE KALE QUINOA **V/GF**  
\$8.99

GARLIC LOVER'S PASTA SALAD  
\$8.99

CREOLE YAM WEDGES **V/GF**  
with spicy mayo  
\$9.99

CORNBREAD\*  
\$5.99

## order today

**CALL** 612.465.8840 • **EMAIL** [catering@tccp.coop](mailto:catering@tccp.coop)

All items are sent out cold with reheating instructions.  
Serviceware not included.

**PICKUP AVAILABLE** from the Wedge Table,  
Wedge Lyndale and Linden Hills Co-op between 9 a.m. and 8 p.m.

**DELIVERY AVAILABLE** Ask our sales staff for further details.

# support local businesses with community connect!

These cafés, shops, credit unions, and services share our values and believe in our community. Supporting your neighborhood businesses is more important now than it has ever been. Shop local and let them know you're a Wedge and Linden Hills Co-op owner for extra perks!

## HOW TO SAVE

1. Explore a list of amazing partners at [tccp.coop/community-connect](http://tccp.coop/community-connect)
2. To redeem an offer, show your co-op owner card at the time of purchase. If you need a new card, Customer Service can help!

## EXPLORE A CURRENT LIST

of our amazing partners and discounts by picking up a handout at Customer Service or visit [tccp.coop/community-connect](http://tccp.coop/community-connect).

**OUR PARTNERS**  
offering curbside  
pick-up, delivery or  
online services\*.



**FRANCE 44**

WINES & SPIRITS | CHEESE | BUTCHER | DELI

\*As of press time.



# REMEMBER, Co-op Owners get 1% back this summer!

By Josh Resnik, CEO

Last July, we introduced a new set of owner benefits reflective of feedback we received from TCCP owners in last spring's survey, as well as in ongoing conversations over several years. Over the past nine months, we have heard from a lot of owners who really like our 10% off quarterly owner celebrations, and others who do not — and wish we could go back to monthly discounts up to \$5. Others have suggested changes to how coupons are distributed (electronic vs. paper), time windows for redeeming discounts, and other proposals. Know that we are listening to all of you and plan to implement digital coupons with the next owner celebration. In terms of other, more significant changes, we want to have a full



year of information before re-evaluating the owner benefits.

I want to focus on a key benefit that owners have not seen the value of yet, but that we believe is the most significant change to the program. At the end of the year, every owner will receive a 1% refund on the amount of all co-op purchases over the course of the year. This benefit was loosely based on REI Co-op's cash back at the end of the year

**Know that we are listening to all of you and plan to implement digital coupons with the next owner celebration.**

— and was the most popular benefit in the survey. Additionally, this was meant to mimic the traditional patronage refund that many longtime co-op owners have missed since the amounts reduced several years ago. We will still offer patronage refunds on top of the 1% in years we have a profit to distribute, but the

difference with the 1% is that it would be a guaranteed payout.

So as the end of the fiscal year approaches (June 30), know that you will be receiving a refund refund of 1% of total purchases. The 1% credit will be available at the register — and our goal is to have it available by Aug. 1.

**This benefit was loosely based on REI Co-op's cash back at the end of the year – and was the most popular benefit in the survey.**

We will send more information on the amount of your refund and how to redeem it after the fiscal year ends. As Minnesota turns to spring and we approach the end of our fiscal year, please come shop at the co-op, support local independent businesses, and know that you will soon receive a 1% credit for all of your annual purchases.

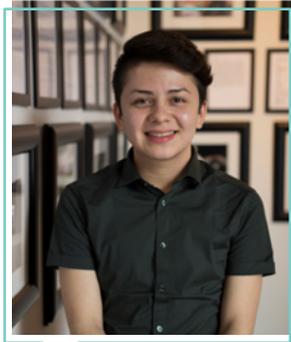
# Green Card Voices: We're Here. We Have a Story.

## A PERSONAL NARRATIVE FROM A MINNEAPOLIS IMMIGRANT LUIS ANGEL SANTOS HENRIQUEZ

I was born in San Salvador, El Salvador. Since I was a child, I faced many challenges with my family and society.

I was bullied because of the way I expressed myself and my sexual orientation. At home, I not only experienced rejection but also witnessed violence coming from my dad towards my mom. I have always thought that I grew up in a broken family, but to be honest no family in this world is perfect.

My parents used to transfer me from one school to another because of various reasons but it affected me in many ways that stopped me from enjoying education. It was really hard for



me to find friends; I have always been a very shy person, and that instability made it worse. I used to get bullied every day. Kids would touch me inappropriately, insult me, hit me, call me names, throw things at me, etc. At home, my family tried so hard to “change”

my behavior. Often, I was reminded that who I was wasn't okay, and I needed to change in order to be a normal human being.

I got to the point of madness when I was thirteen and I tried to commit suicide.

I was not only battling with society, but I was so disappointed I did not have the support and love I needed from my family. People were extremely hateful, and I lost hope. I talked to my mom about getting help, but she did not listen to me. As time went by, life got better. I started to have a better relationship

with my parents. They started to understand that this is who I am, and they cannot do anything to change me. I became a more secure person and now I was able to defend myself. I started to have more supportive and loving friends.

At the beginning of 2012, my family started to hear more from the U.S. embassy about the possibility of coming to the U.S. I knew that greater things were coming, but it also meant that I was going to leave everything and everyone I love behind.

A lot of people from the LGBT community come to the U.S. as a way to escape from the dangerous situations not only from El Salvador but around the world. Many of them die trying to reach the American Dream. In my case, it was different, I got the opportunity to come here without worrying about how dangerous the journey was going to be. I consider myself to be

## LEARN MORE ABOUT GREEN CARD VOICES

Green Card Voices is a South Minneapolis organization committed to sharing the stories of immigrants locally and across the U.S. They've published six books, created hundreds of videos, designed a card game and have recently launched a podcast. Simply, they hope to introduce immigrants to their neighbors in as many ways as they can.

## STORY STITCH, A CARD GAME

Story Stitch was co-created in 2018 by the Green Card Voices team and 70 diverse community members. The goal is to build deep connections between immigrants and their neighbors by telling stories, opening minds, and encouraging people to get to know one another. “It is our hope that the card game will foster deeper conversations and generate a breakthrough in how immigrants are perceived, treated, and accepted.”

Find the Story Stitch card game at your local book store or on their website at [greencardvoices.com](http://greencardvoices.com).

**SUPPORT  
Green Card Voices  
during their Change  
Matters month in  
June.**

# We Play a Role.

a very lucky person. I truly see this opportunity as a gift from God.

When I first got to the U.S. I was shocked and fearful. Everything was so different, and I felt like the American Dream was going to be hard to reach. But I knew that it would be better than in El Salvador. Here there is less homophobia and transphobia. People from the LGBT community get to live a better life.

When I came here, I didn't speak any English. It took me a couple of months to start absorbing the language and communicate with others. School definitely helped me. I met people who were in the same situation I was. So, we shared our experiences and helped each other in any way we could. The process of adapting to this new life was somewhat painful but I knew that the pain was going to go away.

Looking back, I see how much I have been through and I think "Wow, that was tough, but you made it." I am in a better place that's not only safe but that offers me many opportunities that

I couldn't have if I was in El Salvador. I am in a place where I can express myself without fear of being killed.

—  
*Luis Angel Santos Henriquez was one of 30 students from Wellstone International High School whose personal essays were published in Green Card Voices Youth Voices: Immigration Stories from a Minneapolis High School, the first book published by Green Card Voices. Since graduating from high school, Luis Angel completed their associate's degree in human services at Minneapolis Community and Technical College and are currently pursuing their bachelor's degree in Human Services at Metropolitan State University in St. Paul, Minnesota. Luis Angel became a U.S. citizen on March 9, 2020. They have continued to tell their story, and helped others to tell their own. Today, in addition to being a student, Luis Angel is a public speaker and Story Stitch Circle facilitator.*



## FADUMO YUSUF

*"There were a lot of opportunities [and] challenges. The idea that I could become anything I wanted to was mind-boggling to me. The idea that there are scholarships out there that are specifically tailored to help people that might not be able to afford school was incredible."*

**Read more about Fadumo's story at [tccp.coop/article/fadumo-yusuf/](https://tccp.coop/article/fadumo-yusuf/)**

**GREEN CARD VOICES PODCAST**  
A podcast sharing first-person stories of immigrants and refugees living in the United States.



**AVAILABLE NOW**

Available on Spotify, Apple Music, and Play Music.



## GREEN CARD VOICES, THE PODCAST

The Green Card Voices podcast features first-person narratives of immigrants and refugees: stories of their upbringing, stories of coming to the United States, and stories of adjusting to and thriving in their new home. Produced to foster empathy for immigrant experiences and to counter xenophobic rhetoric, our mission is to bring these authentic and diverse stories to a broader audience of listeners.

Listen on Apple Podcast, Spotify, Youtube, or your favorite podcast app. Join the conversation on our Instagram @gcvpodcast.

# STAFF PROFILES

By Leigh McCarren, *Ownership & Outreach Specialist*

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## MEET FRANNY

COMMISSARY  
ASSISTANT MANAGER

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photo by Travis Anderson

### What is your culinary background?

My parents worked at a restaurant when I was young, and I often spent Sunday mornings watching in the kitchen and playing with leftover bread dough. I worked in that same restaurant through college and on my family's organic farm, A to Z Produce and Bakery. I'm lucky to have spent my life surrounded by fresh, local, and organic food and to have learned the value of growing, cooking, and eating local food from a very young age. I love that working in this field allows me to express my creativity as well as be involved in sustainability, seasonal eating, supporting small farmers, social justice and food equity.

### How did growing up at A to Z Produce and Bakery inspire your career in local food?

Growing up on a small farm and being involved in a food business was a driving force in the way I think about food. At the farm, I ate and worked with foods that had been harvested mere hours before. I was taught the

importance of organic, sustainable agriculture and saw firsthand the effect that CSAs can have on a community. I have a trove of food memories from mornings spent harvesting vegetables to plentiful midday meals, from foraging for morels and ramps in the spring to that first slice of hot pizza at the end of a busy night. I feel a closeness to food, the way you might feel about a dear friend, that comes from spending so many years intimately involved in its creation from the seed up.

### At our co-op, we source the best local and in-season ingredients and feature them in our housemade foods. How does that play into your recipe-development process?

Seasonality plays heavily into my recipe-development process. I'm a vegetable enthusiast. Through our recipes, we can showcase vegetables that people don't think they like or know what to do with, and by using a unique spice, herb or cooking method, we open a whole new world of flavors.

### Where do you get your inspiration for developing recipes?

I start by looking at what is missing from our menu and what produce is in season. I consider food trends, new ideas and fresh twists on familiar dishes. I find inspiration in cookbooks, food websites and conversations with our cooks. I also consider large-scale production. It's easy to come up with amazing recipes when you're cooking for three or four, but it's a lot more complicated when you're making 100 pounds at a time. I'm fascinated by the process of making recipes work on a large scale.

**AZ** PRODUCE  
and BAKERY

Visit Franny's parents at A to Z Produce and Bakery Farm in Stockholm, Wis. Every Tuesday night during the summer months, they serve hot pizza made of farm-fresh ingredients and baked in their wood-fired pizza oven.

[atozproduceandbakery.com](http://atozproduceandbakery.com)

Co-op Partners Warehouse is TCCP's organic and local produce and grocery distributor, located in St. Paul.

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## MEET ERIN

### QUALITY CONTROL SUSTAINABILITY SHIFT LEAD

---

**You recently got promoted to the Quality Control Sustainability Shift Lead at Co-op Partners Warehouse (CPW). What brought you to this role?**

Being the co-founder of Zero Waste Saint Paul, I am especially passionate about reducing food waste. I knew I had to make changes once I had been at CPW a little longer and gotten to know how all the departments worked.

**What sustainability initiatives are currently in place at the warehouse?**

Recently, I helped CPW get a grant from Biz Recycling through Ramsey County. With the grant, we were able to get a second organics bin with a twice weekly pickup, streamline our rubbish bins and reduce our trash pickup from three days to two. By doing all of this, we are saving around \$250 a month. In the future, I hope to reduce the size of our trash dumpster.

I've strengthened our relationship with the commissary kitchen, delis, and juice bars at our stores to filter short-dated product, ripped bags of flour and sugar that get taped right away, and blemished produce for immediate use. It excites me to see produce that is not good enough for store shelves get new life in soup, stock or smoothies.

The warehouse has a host of organizations like Sisters' Camelot, Twin Cities Food Justice, Provision Restaurant, and First Nations Kitchen that "shop" our food bank to get good organic food to people in need. This program has been in place since the beginning of CPW, but now as the sustainability lead, I'm working to deepen those relationships and make sure the product is not wasted and is usable for our partners. In the future, I would love to work with

local breweries to get unsaleable fruit made into delicious beverages.

**Do you have any tips and tricks for living more sustainably at home?**

I always say start simple and do your best. No shame in the zero-waste game.

- Carry a travel coffee mug. If I don't have my reusable mug, then I don't get coffee to go, ever.
- Pack a mess kit. I carry my own chopsticks, eating utensils, and a cloth napkin wherever I go. In our family van, we have a "mess kit" containing plates, cups, utensils, and cloth napkins for those unexpected food stops, potlucks, or community meals.
- Bring your reusable bags to carry your goods, produce and grains.
- Shop in bulk. Our co-op stocks eggs, rice, oatmeal, pasta, nuts, snacks, even shampoo and conditioner. We have everything you need with little to no packaging downstream if you bring your own carton or container to refill.

Food is always best eaten, no matter what packaging it comes in. Buy only what you need, avoid waste by sharing what you don't like with neighbors and friends, and remember that your freezer is your friend. I gather all my vegetable and herb scraps in a bag in the freezer and when it is full, I make stock. I also freeze leftovers for those nights I don't want to cook.

In the end, many people doing zero waste imperfectly is better than a few doing it perfectly.



photo by Travis Anderson

# CLIMATE CONSCIOUS KIDS' CUISINE

By Uli Koester, Executive Director of Midwest Food Connection

A recent *Washington Post* headline\* shouted: "Kids are terrified, anxious and depressed about climate change." The article discusses deep concerns many youth have about the world's future, and what they can do about it.

At the Midwest Food Connection (MFC), we have one simple but powerful answer: Food! Teach children and youth to take care in what they buy and consume, in how they cook and plan their meals.

In 2017, we launched our Climate Conscious Cuisine curriculum and find ourselves well prepared for the "anxious and depressed" students of 2020. Climate Conscious Cuisine is one of our four seasonal units, taught from November to January.

Every day, our educators fan out across Twin Cities schools, activating young minds and hands to learn more about food and to consider their choices. Of course, not everyone we teach has deep fears about climate change.

But we notice that many, even in the primary grades, are quite sensitized. No wonder, then, that children are eager to try our Seaweed Salad recipe and learn how seaweed beds not only change carbon dioxide to oxygen, but also clean pollution out of waters. Little wonder they want to discover how to waste less in our Conserve Food Creatively lesson.

Families can absolutely activate and support young people to take action on climate change right now. Here are our four top picks, which you and your young ones can put into action today!

1. **LEFTOVER SOUP:** Check your fridge for a mix of veggies, grains, and meats. Let your kids add dried herbs of their choosing!
2. **FRUIT TEA:** Steep peels of bananas or mangoes in hot water for a treat.
3. **SEAWEED SALAD:** Check out our recipe! It's fun to make and tasty!
4. **HAVE CHILDREN CHOOSE** three fruits or vegetables for consistent organic purchasing.

\*National Weekly 2/16/20



## ABOUT MIDWEST FOOD CONNECTION

MFC inspires young people and their families to deepen their relationship with food, to benefit their own bodies, their communities and the earth. They teach many topics, from cultural traditions to local foods to urban gardening.

Learn more about MFC and how you can support their work at [midwestfoodconnection.org](http://midwestfoodconnection.org).



## SEAWEED SALAD

### INGREDIENTS

A handful of dried wakame (¼ to ½ oz.) found in the ethnic foods section  
2 stalks green onion  
1 small cucumber (or ½ a large cucumber)  
1 Tbsp. soy sauce such as tamari  
1 Tbsp. rice vinegar  
1 tsp. maple syrup  
1 tsp. sesame oil  
1 small piece of ginger, grated, and squeezed to make 1 tsp. of juice  
Sesame seeds, lightly toasted

### INSTRUCTIONS

1. Soak the wakame in water for at least 10 minutes.
2. Cut the cucumber and green onion into bite-sized pieces. Scoop out any large cucumber seeds.
3. Drain and chop the soaked seaweed.
5. Mix the soy sauce, rice vinegar, maple syrup, ginger juice and sesame oil.
6. Drizzle the dressing onto the seaweed, cucumber and onion.
7. Sprinkle on the sesame seeds.

# MEET YOUR BOARD

and their Product Picks

We asked the current board members about their must-have co-op products, and here's what they said...



- ALEX -  
Gerhard's  
Kasewurst



- SARITA -  
Housemade Kung Pao  
Brussel Sprouts



- STEVE -  
Featherstone Farm  
Carrots



- EMILY A. -  
Fresh Salad Bar



- LISA -  
WedgeMade  
Pumpkin Spice Boule



- TOM -  
Equal Exchange  
Fair Trade Bananas



- MELEA -  
WedgeMade Coconut  
Milk Soft Serve  
Ice Cream



- JANE -  
The Wedge's  
Tempeh Reuben



- EMILY P. -  
Rochdale Farms  
Hand-rolled Butter

photos by Travis Anderson

## TCCP Board Seeking Eligible Board Candidates!

The TCCP Board is seeking candidates who can engage in respectful debate and dialogue, bringing their unique perspectives and skills to the conversation.

As owner-elected stewards of the co-op, the TCCP Board of Directors supports the operations, staff and stakeholders who make up our food community. The board strives to support the co-op's pursuits of delivering profitability and reinvestment in the business; planning strategically for the future of the co-op; and overseeing each business unit of TCCP to create positive experiences for everyone we serve: owners, employees, vendors, and the community.

### An eligible board candidate is:

- A TCCP co-op owner
- Passionate about community
- A strong leader
- Open to collaboration

Eligible candidates must submit a completed application by the deadline below.

### The details:

- Each board member makes a time commitment of 10–20 hours per month.
- Every board member receives an annual stipend of \$7,302.

### 2020 Co-op Election Calendar

- **June 30:** Deadline for board candidate applications
- **July 1–17:** Eligible candidate interviews
- **July 31:** Board approves co-op election slate

Applications for this co-op owner opportunity and more details can be found online at [tccp.coop/board-of-directors/#become-a-candidate](https://tccp.coop/board-of-directors/#become-a-candidate), by emailing [election@tccp.coop](mailto:election@tccp.coop) or at Customer Service.

# good for you & kind for the planet

The aisles of our Health & Body Care department are filled with new and creative products that reduce our everyday plastic and packaging waste. From compostable products to plastic-free packaging, your daily wellness routine is ready for a refresh.

**+**  
**Pacha**  
Sustainably produced, beautiful bulk soaps offer an easy way to stock up completely packaging-free!

**+**  
**Woo Bamboo**  
Woo Bamboo's focus is to inspire us with better oral care products we use daily. Try their natural toothpaste in a plant-derived plastic toothpaste tube at the Wedge.

**+**  
**Meow Meow Tweet**  
Try their effective natural deodorant sticks in biodegradable packaging and skin care products, like the Tea Tree Charcoal Facial Soap in a paper, plastic-free box.

**+**  
**HiBar**  
Say goodbye to plastic packaging and hello to this local company that creates salon-quality, long-lasting shampoo and conditioner bars in paper containers.



photo by Michael Paynic

+  
**Radius**

This natural, biodegradable silk floss is free of plastic and toxins found in everyday dental floss, and uses biogradable silk for meticulously clean teeth.

+  
**Patch Bamboo Bandages**

The innovation of bamboo makes everyday boo-boos better with their high-quality, organic Natural Bamboo Adhesive Bandages at Linden Hills.

+  
**Bamboo Switch**

Items we use daily can accumulate into some major waste. Switch to Bamboo Switch's make-up remover pads, floss and toothbrushes at Linden Hills.

+  
**The Humble Co.**

This Swedish company is making your medicine cabinet more earth-friendly. Try cornstarch floss picks for starters!

+  
**Now Designs**

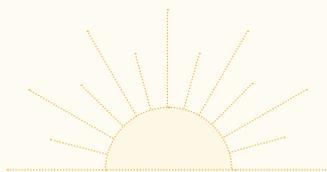
Pretty towels, washcloths and dishes that are packaged plastic-free to use throughout your home. Find them at Linden Hills.

+  
**SunLeaf**

Locally-made bath, body and home products that work well and smell amazing, all in packaging that aims to leave no trace.







# let's brunch!

Celebrate the fresh flavors of spring with these vegetable-forward brunch recipes that will please everyone at the table. Try these flavorful recipes for a weekend brunch, or make them ahead for easy weekday breakfasts and lunches. You can't go wrong with fresh, in-season vegetables, local ingredients and bright flavors.

## sheet tray breakfast hash

with a cilantro-mint chimichurri

VEGAN & GLUTEN-FREE

5 cups sweet potatoes, peeled & cubed  
(2–3 large sweet potatoes)  
2 cups radishes, quartered (~14–16 large radishes)  
1 package of tempeh, crumbled  
3 cups thinly-sliced brussels sprouts (~5 oz.)  
3 Tbsp. olive oil, divided  
½ tsp. salt, divided  
½ tsp. freshly ground black pepper, divided  
2 avocados, peeled and sliced  
¼ cup raw sunflower seeds  
optional: fresh cilantro and sliced radish for garnish

### CILANTRO MINT CHIMICHURRI

2 garlic cloves, peeled  
1 tsp. salt  
⅓ cup olive oil  
1½ cups fresh cilantro leaves, packed (~2–3 bunches)  
½ cup fresh mint leaves, packed (~2–3 packages)  
1 tsp. crushed red pepper flakes

### shortcut!

Packaged chimichurri is available in our Grocery department!

## instructions

1. To make the chimichurri, blend garlic, salt and olive oil in a food processor until creamy. Add cilantro, mint, and red pepper and pulse 2–3 times until herbs are rough-chopped — make sure not to over pulse!
2. Preheat oven to 400°F.
3. In a large bowl, mix together sweet potato, radishes, 2 Tbsp. of olive oil, and ¼ tsp. salt and ¼ tsp. black pepper.
4. Spread the mixture in an even layer on a large-rimmed baking tray. Place radishes cut-side down so they get some nice browning. Move to the oven and bake for 20 minutes at 400°F.
5. To the same mixing bowl, add the crumbled tempeh, brussels sprouts, and sunflower seeds. Coat with 1 Tbsp. of olive oil, ¼ tsp. salt, and ¼ tsp. black pepper. Stir until combined.
6. After 20 minutes, remove the baking tray from the oven and add tempeh mixture. Stir and spread in an even layer. Bake for 15 minutes at 400°F.
7. To serve, top with avocado slices, and optional cilantro leaves and freshly sliced radish. Drizzle with chimichurri and serve immediately.



## spring vegetable frittata

VEGETARIAN & GLUTEN-FREE

1 cup new potatoes, diced  
2 cups shiitake mushrooms, sliced  
2 cups scallions, diced (~2 bunches)  
1 cup spinach, packed  
½ cup red radishes, cut in half, top to bottom, then sliced (~4–5 ea.)  
1 cup white cheddar cheese, shredded (~4 oz.)  
8 large eggs  
⅓ cup plain yogurt  
½ tsp. salt  
Pinch fresh ground black pepper  
Olive oil, as needed

### instructions

1. Preheat oven to 325°F. Grease a 10" cast-iron skillet\* with olive oil.
2. Add 1 Tbsp. olive oil to a medium fry pan and bring to medium heat. Once hot, add diced potatoes and a sprinkle of salt. Once browned, transfer potatoes in an even layer in the greased cast-iron skillet.
3. Add the shiitake mushrooms to the fry pan and a sprinkle of salt, adding additional olive oil to the pan if needed. Once browned, transfer mushrooms in an even layer over the potatoes in the cast-iron skillet.
4. Add spinach and scallions to the fry pan with a pinch of salt. Stir until spinach has wilted. Transfer cooked spinach and scallions in an even layer over the mushrooms in the cast-iron skillet.
5. Add sliced radishes to the fry pan. Lightly sprinkle with salt. Cook until radish is translucent. Remove fry pan from heat.
6. Sprinkle grated cheddar cheese over spinach and scallions in the cast iron skillet. Spread cooked radishes over the layer of cheese.
7. In a small mixing bowl, lightly beat eggs, yogurt, salt and black pepper together. Pour over vegetables and cheese in the cast-iron skillet. Bake ~45 minutes at 325°F until eggs rise in the middle of the skillet and edges have started to lightly brown.

**NOTES:** \*Can substitute any pan of choice, but cooking time will vary based on the size of the pan. To cook in an 8x8 pan, baking time will be ~50–55 minutes.

To make dairy-free, substitute dairy-free cheddar cheese for shredded cheddar, and plain dairy-free yogurt or sour cream for the plain yogurt.

## snap pea salad

VEGETARIAN & GLUTEN FREE

- 1 package fresh whole snap peas or 2 cups
- ¼ cup shaved Parmesan cheese
- ¼ cup pistachio nuts, roasted
- 1 Tbsp. lemon zest, finely chopped (do not grate)
- 1 Tbsp. olive oil

### LEMON DRESSING

- Juice from one lemon
- 1 tsp. salt
- 1 tsp. dijon or grain mustard
- 2 Tbsp. milk or unflavored, dairy-free alternative
- 1 garlic clove, small
- ¼ cup olive oil

### instructions

1. To make the dressing, blend all ingredients with a hand blender.
2. For the salad, chop snap peas across the length at a diagonal. Place all chopped snap peas in a heat-proof container and cover with boiling water.
3. Drain immediately in a sieve and rinse in cold water — this will bring out the brightness of the green color while still keeping them crisp.
4. Place snap peas in a serving dish and toss with olive oil (prevents browning).
5. Add lemon zest, nuts, and Parmesan cheese. Toss again.
6. Finally, toss with dressing and serve.

**NOTE:** To keep dairy-free/vegan, serve without Parmesan cheese.



recipes & photography by  
**Casey Colodny**  
**@TheMindfulHapa**



## Culinary Mushroom Guide



Most people are very surprised to find a **CHANTERELLE** has the aroma and flavor of apricot. Even more surprising is a mushroom commonly called a “candy cap,” which has the strong aroma and flavor of maple syrup.

# Forest to Fork's Guide to Mushrooms

*By Mike Kempenich, The Gentleman Forager*

When I teach young students about mushrooms, I start by asking how many of them “like” mushrooms. Typically, one or two hands will go up in a group of 30. After finishing the class, and sampling many species of mushrooms, I ask how many now like at least one of the mushrooms sampled. In every instance, about 90% of the students’ hands go up. What they find is, contrary to popular belief, all mushrooms do not have the rubbery texture of the white button mushroom, and that all mushrooms taste different. When you stop and think about it, carrots don’t taste like broccoli and broccoli doesn’t taste like a potato. It would make sense that different species of mushrooms would be just as diverse in flavor and texture.



The **MOREL MUSHROOM** is of course the most recognized wild mushroom in Minnesota, and it is our state mushroom! It has a deeply umami flavor, which could be compared to savory. The umami factor enhances the flavor of all meats to which it is added to, in addition to its own deliciousness as a solo treat.





**CHICKEN OF THE WOODS** does not, as the name might imply, taste like chicken. Rather, it derives the name for the consistency, which is strikingly similar to chicken breast, making it a favorite of vegetarians for this reason.

**SHIITAKE** has a dense, meaty consistency, lending itself well to a wide array of cooking methods and recipes.



**BLACK TRUMPETS**, one of my favorites, have a deeply sweet aroma and can add an unbelievably dynamic flavor profile to any pasta dish, yet are versatile enough to be used as a substitute in any recipe that calls for mushrooms.



**OYSTER MUSHROOMS** are popular the world over for their delicate, slightly seafood-like flavor. They can be used in anything from soups, eggs and meat to a Minnesota hotdish.

**MAITAKE MUSHROOMS**, as well as chestnuts, have a definite crunch and a deeply savory flavor profile.



**LION'S MANE** has the flavor and texture of crab meat, believe it or not, and has also shown great promise in recent research in the fight against Alzheimer's and degenerative brain disease.



**HEDGEHOG** mushrooms have no gills but instead have unique looking spines. Their crunchy texture and nutty flavor will absolutely put a smile on your face.



## Why are mushrooms so good for us?

Mushrooms are one of the few foods that contain germanium, a trace mineral that helps your body use oxygen efficiently and prevents against the damaging effects of free radicals. Many mushrooms are also good sources of selenium, an antioxidant mineral, as well as copper, niacin, potassium and phosphorous. Additionally, mushrooms provide protein, vitamin C and iron. Because their cell walls are indigestible unless exposed to heat, you must cook mushrooms to get their nutritional benefits.

### *Nature's Adaptogen*

Mushrooms are a good source of both insoluble chitin and soluble beta glucans, each a form of fiber that has a role to play in human health. Insoluble fiber is crucial to proper digestion, while soluble fiber can slow the rise in your body's blood sugar after a meal and can also help moderate your blood pressure and cholesterol.

### *High in Antioxidants*

Antioxidants help protect the body from damaging free radicals that can cause conditions like heart disease and cancer. They also protect you against damage from aging and boost your immune system. Mushrooms are rich in the antioxidant called selenium. In fact, they are the best source of the mineral in the produce aisle.

Mushrooms especially recognized for their medicinal properties include Chaga, Reishi and Cordyceps. They are most often used to brew a tea but can also be found in a variety of supplements in the wellness department at the co-op. They are mild in flavor and high in nutritional and medicinal benefits.



### About Forest to Fork

Forest to Fork is a wild food grocer specializing, in exotic mushrooms (some grown at the store!) and foraged foods. They also carry a selection of preserved epicurean delights of many kinds, foraging supplies, books, tools and custom-made Gentleman Forager knives.

*Forest to Fork is located at Keg and Case Market, 928 West 7th Street, Saint Paul, MN 55102*

Learn more at [forest-fork.com](http://forest-fork.com).

### Who's the Gentleman Forager?

The Gentleman Forager is Mike Kempenich, owner of Forest to Fork.

He has more than 40 years of foraging experience, in addition to cloning and cultivating wild mushrooms, teaching at the University of Minnesota and University of Wisconsin Extension's Wild Mushroom Certification classes and providing content and photography for the *Minnesota Harvester Handbook*.





**HUMBLE PIE FARM**



**TWIN ORGANICS**



**RIVERBEND FARM**

JOIN US FOR THE ANNUAL  
*Plant Sale*

CELEBRATE SPRING WITH LOCAL AND ORGANIC PLANT STARTERS  
FOR HERBS, FLOWERS, VEGETABLES, BERRIES, AND MORE!

**WEDGE LYNDALE**

Friday, May 8 to Sunday, May 31

Visit the greenhouse in the south parking lot.

*Pick up plants from Riverbend Farm, Humble Pie Farm and Twin Organics.*

**LINDEN HILLS CO-OP**

May to June (while supplies last)

*Offering plants from Twin Organics.*



**HUMBLE PIE FARM**

is a longtime partner of the Wedge Co-op. Farmer Mike and Jennifer (along with the help of their son Earl) grow flowers and organic starter plants on their farm in Plum City, Wis.

**TWIN ORGANICS**

is owned by the Helling brothers who are growing organic vegetables for local restaurants and co-ops at the former Gardens of Eagan property in Northfield, Minn.

**RIVERBEND FARM**

is an organic vegetable farm in Delano, Minn. Farmer Greg Reynolds is passionate about organic farming and is an avid seed saver.

## WEDGE COMMUNITY CO-OP

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612 871 3993

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*your community hub, market & café*

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612 465 8844

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