



+



CULTIVATE

A SEASONAL GUIDE TO YOUR CO-OP COMMUNITY

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+ Shopping Bulk

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with Ayurveda

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Seasonal and
Sustainable Living

WINTER 2023



CITRUS was my entry point to the co-op. It was 20 years ago, and I was really frustrated with the flavorless, boring citrus selection at conventional retailers. Desperate, I ordered a “gourmet citrus pack” from a local cooking store. I loved it! I loved it so much that I called the citrus grove listed on the side of the box to place my next order directly from them. By my third order, the woman at the grove said, “You are welcome to keep ordering from us. But if you live in Minneapolis, you might want to check out a place called the Wedge that sells our citrus.” When I followed her advice, little did I know I was going to fall in love with a grocery store and end up running the company a decade later.

There is a certain beauty to eating seasonally. With each new season comes the joy of being reunited with favorite foods that are almost like old friends you have not seen in a year. One thing I love about shopping at the Wedge and Linden

Hills is that we carry many specialty citrus varieties that are difficult to find elsewhere. Some of my personal favorites are the TDEs (boring name, amazing complex taste), Algerian mandarins, Melo Gold grapefruits, and Pixie tangerines. Part of the fun of being a citrus fan is trying all the different varieties through the season. In fact, some people even have a party to celebrate the glories of citrus season. A friend and co-op owner organizes an annual citrus party where she and her husband will bring people together to taste up to 27 kinds of citrus at once. I love it! So, when you are feeling down about winter in Minnesota, come visit us at the co-op for Page mandarins, blood oranges, and all the wonderful varieties that provide a ray of sunshine this time of year.



Josh Resnik,
TCCP CEO



TWIN CITIES CO-OP PARTNERS LEADERSHIP TEAM

Josh Resnik
CEO

Deb Kermeen
CFO

James Collins
Senior Director
of Supply Chain

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CHECK IT OUT



FRESH CUT FRIDAY

Save 10% off all meat and seafood on the last Friday of every month at Wedge and Linden Hills Co-op on Fresh Cut Friday.

Sourced locally wherever possible from farmers we know, meats are sustainably and humanely raised. Fish and seafood are carefully sourced from trusted partners to ensure the freshest and best quality. Our full-service butcher shop carries a wide variety of unique cuts of meat, sliced deli favorites, and housemade sausages.



UPCOMING DATES

JANUARY 27
FEBRUARY 24
MARCH 31



WELLNESS WEDNESDAY

Save 10% on all supplements, protein powders, body and skin care, makeup and more the first Wednesday of every month at Wedge and Linden Hills Co-op.

We carefully source from trusted suppliers and companies that are transparent in the ingredients they use. Products for the whole family include bath and body, vitamins and minerals, homeopathic remedies, aromatherapy, and cosmetics.



UPCOMING DATES

JANUARY 4
FEBRUARY 1
MARCH 1

MARK YOUR CALENDARS

for upcoming exclusive owner deals!



FEBRUARY
20% off Bulk

2/22 - 2/28



MARCH
10% Off One
Entire Shopping
Trip

3/15 - 3/21



APRIL
20% Off House
Plants

4/19 - 4/25



2023

CHANGE MATTERS ORGANIZATIONS



▲ SHARING OUR ROOTS

In 2022, our co-op community raised over \$120,000 for Change Matters!

Thank you for rounding up to support BIPOC empowerment, hunger relief, and emerging farmers. Some of our 2022 Change Matters partners would love to share how the funds from this program are making a difference in their organizations:



▲ BIG RIVER FARMS

“The Change Matters funding was great for us. We plan to use the money to support programming for our College Fellows. Currently, we support 28 College Fellows who are at nine different institutions. Last year, our men rated the fellowship and belonging they feel being a part of our program as more important than scholarships, and we will use this money to deepen that support.” - **Black Men Teach**

“Change Matters funding supported individualized services for 276 women, non-binary people, and children experiencing homelessness or other crises. These services, offered in our supportive housing and shelter programs, directly empower BIPOC women and children to achieve their goals and build healthy, stable

lives through regular one-on-one support and advocacy, weekly mental and chemical health support groups, housing navigation, tutoring and educational support for children, and social outings and enrichment opportunities for residents and guests. Thanks again for your support!” - **Haven Housing**

“With the generous funds received from TCCP Change Matters, Sharing Our Roots developed multilingual outreach materials for our Community Connectors initiative and held numerous educational trainings on natural pest control strategies and growing East African crops in Minnesota’s climate. Remaining funds will cover travel expenses for farmers and gardeners to attend the 2022 Emerging Farmers Conference.” - **Sharing Our Roots**

2023 ORGANIZATIONS



January: **Tubman** provides comprehensive services to families and individuals throughout the Twin Cities.

February: **In Black Ink** seeks to create spaces for intergenerational stories about Minnesotans of African heritage.

March: **Food for the People** distributes free CSA boxes full of fresh, nutrient dense food to Black, Indigenous, and communities of color.

April: **Grand Risings Farm** farms with love and seeks to revitalize ancestral roots through organic, accessible, and communal agricultural practices.

May: **Midtown Farmers Market** creates a vibrant forum in South Minneapolis that connects community residents and nearby rural food producers.

June: **Urban Roots** cultivates and empowers youth through nature, healthy food, and community.

July: **TC Food Justice** works to reduce food waste and hunger in the Twin Cities by partnering with grocers, bakeries and farmers to divert excess produce and bread to our neighbors in need.

August: **Avenues for Youth** partners with youth experiencing homelessness to achieve their dreams.

September: **Tamales y Bicicletas** is dedicated to strengthening our Latino and immigrant communities.

October: **The Immigrant Law Center of Minnesota** enhances opportunities for immigrants and refugees.

November: **The Division of Indian Work (DIW)** supports and strengthens urban American Indian people.

DECEMBER:

Owner's Choice Vote during 2023 Election

"Your generous gift to Good in the 'Hood enabled us to feed over 3,800 neighbors in need with 7 days of groceries. Your support made many happy faces and gave the important peace of mind to families who otherwise couldn't put enough food on the table. Thank you, Change Matters!!!" - **Good in the 'Hood**

"With funding from Change Matters in 2022, The Link was able to support youth experiencing homelessness like Amber. One of The Link's Street Outreach Workers connected with Amber while she was living in her car. Amber worked with her Case Manager at The Link to get basic needs supplies, receive support services, and was able to move into stable housing! Thank you so much for all the co-op is doing to positively impact our community!" - **The Link**

GOOD IN THE HOOD



HAVEN HOUSING



BLACK MEN TEACH



PEAK PICKS OF **CITRUS SEASON**

**WARM
CITRUS VINAIGRETTE**

Winter is peak citrus season.

Growers like Beck Grove in Fallbrook, California grow 15 varieties of biodynamic and organic citrus. Limes, tangerines, pomelos, and kumquats are all picked to order and shipped fresh to our co-op produce departments. Helene and Robert Beck steward the land, soil, and water on their farm to ensure these groves will be vibrant for years to come.

**WILTED BITTER
GREENS**

**PAN SEARED TUNA
WITH GRAPEFRUIT
AVOCADO SALSA**





Pan-Seared Tuna with Grapefruit Avocado Salsa

SERVES 2

INGREDIENTS

- 2 grapefruits, segmented and diced**
- 1 small jalapeño pepper, seeded and finely diced**
- 2 Tbsp. finely diced red onion**
- 3 Tbsp. chopped cilantro**
- Juice from 1 lime**
- ½ tsp. salt**
- ½ tsp. pepper**
- 1 avocado, cored and diced**
- 2 tuna steaks, 4-5 oz each**
- 3 tablespoons avocado oil**
- 1 teaspoon salt**
- ½ teaspoon black pepper**
- Juice from ½ grapefruit**
- ¼ cup chopped macadamia nuts**

1. In a medium bowl, combine grapefruit, jalapeño, red onion, cilantro and lime juice. Toss gently. Add salt and pepper and toss again. Right before serving, gently fold in avocado. Set aside while preparing the fish.

2. In a medium skillet, heat avocado oil over medium high heat until almost smoking. Season fish with 1 teaspoon salt and ½ teaspoon black pepper. Sear in pan, 3-5 minutes per side. Turn off heat and drizzle with grapefruit juice. Remove to a plate, top with salsa.

3. In a small skillet, toast nuts over medium low heat until fragrant, about 3-5 minutes. Sprinkle over fish and salsa, and serve immediately.



Wilted Bitter Greens with Warm Citrus Vinaigrette

SERVES 4-6

INGREDIENTS

- 8 cups chopped bitter greens – kale, radicchio, endive, mustard greens, escarole are all good**
- 4 tablespoons extra virgin olive oil**
- 3 tablespoons hazelnut or walnut oil**
- 2 tablespoons minced shallot**
- 1 tablespoon whole grain mustard**
- 2 teaspoons honey**
- 1 teaspoon salt**
- ½ teaspoon black pepper**
- 4 tablespoons orange juice**
- 2 tablespoons lemon juice**
- ¼ cup chopped hazelnuts**
- Segments from one orange or grapefruit**

1. Place greens in a large bowl.

2. In a medium skillet over medium-low heat, warm oil. Add shallots and gently heat until just starting to soften. Add mustard, honey, salt, and pepper. Whisk gently to blend. Remove from heat and add orange and lemon juice. Whisk again.

3. Pour over greens in bowl, toss, and add citrus segments and hazelnuts.



5 Ways to Bring Citrus to your Kitchen

1.

Use freshly squeezed citrus in place of vinegars in homemade salad dressings.

2.

On the grill, add a few cut lemons or limes (grill cut side down), and squeeze the juice over grilled meats, fish, or vegetables when they come off the heat.

3.

Mix equal parts of your favorite freshly squeezed citrus juice and local honey, plus chopped mint or cilantro, and drizzle over a fresh fruit salad.

4.

Pack orange peels into a quart mason jar, cover with plain white vinegar. Store in a cool dark place for 2 weeks. Fill empty spray bottle with orange vinegar and add water to fill. Use as a non-toxic, all-purpose cleaning spray in your kitchen.

5.

Add peels from citrus, plus a cinnamon stick or two, to a pan of gently simmering water on your stove for a natural air freshener.

SUSTAINABLE PRACTICES FOR THE NEW YEAR

As the new year begins, chances are you're considering ways to simplify, cleanse, and detoxify your life. It's no wonder, as every January brings with it a natural sense of renewal as the holiday frenzy calms and we settle more deeply into winter. Collectively we have a genuine need to wipe the slate clean across all elements of life - the home, the calendar, the habits, the diet. There are countless opportunities to lessen your environmental impact, reduce your waste, and live more sustainably.



Did you know that you can bring your plastic bags to Wedge and Linden Hills Co-op to recycle?

If you can push through the plastic film with your thumb and it stretches, it can be collected for recycling at our stores. Bins can be found at the Wedge, inside the north entrance; and at Linden Hills outside the front door.



Big news - TerraCycle has returned to Wedge Co-op!

TerraCycle is a brand-sponsored recycling and reuse solution that keeps trash out of landfills and gives discarded, everyday items new life by turning their materials into new products. These are common household items that are not recyclable at home and that pile up in landfills. We're currently collecting toothpaste tubes and caps, toothbrushes, deodorant containers and caps, soap packaging, and floss containers.



A visual reminder of which plastics are recyclable in Hennepin County: Plastics 1, 2, and 5 are the only ones that can be recycled in Minneapolis. Remember this by saying "I love you" in sign language.

- Cindra, TCCP Sustainability Committee

Reminder: black plastics are not recyclable in Hennepin county.



Stasher Bags are washable, durable, food-grade silicone bags. They're dishwasher safe and leak-free. Switching to Stasher replaces up to 260 disposable plastic bags a year.



Be Inspired - Stock Up on Bulk

Our February owner deal is 20% off the entire bulk department 2/22- 2/28!



Shopping the bulk section is a way to reduce waste while shopping. You can find many staple cooking and baking ingredients, a delicious array of healthy snacks, nuts, candy, herbs, spices, and teas. Take it a step further by bringing your own clean containers or bags. Directions on using your own containers are next to the bulk scales.



Food Huggers fit snugly on citrus, avocados, tomatoes & more, saving the other half of your produce. Food Huggers are made of silicone, are dishwasher safe, and replace the need for baggies or plastic wrap!

Curry Diva's Cardamom Squash

- 1/4 cup ghee or avocado oil
- 1 tbsp of brown mustard seeds
- 1 medium onion, chopped
- 2 tbsp chopped fresh garlic
- 1 tbsp chopped fresh thyme
- 3 tsp ground cumin
- 3 tsp ground coriander
- 1 1/2 tsp ground turmeric
- 3 tsp ground cardamom
- 1/2 tsp crushed pepper
- 1 1/2 teaspoons salt
- 1 5.4 oz can coconut cream
- 3 cups water
- 1 cup shredded unsweetened coconut
- 5 cups peeled and cubed winter squash or yams
- 1/4 cup thinly sliced scallions

Heat ghee in large skillet over low heat, add mustard seeds and cook 1 minute, increase heat to medium and add onions and garlic and sauté 5 minutes. Add thyme, cumin, coriander, turmeric, cardamom, and red pepper, and cook, stirring, for a few minutes until spices look toasted. Add in the coconut cream and 4 cups water, squash, coconut, and salt. Simmer 10-15 minutes or until squash is tender. Taste for seasoning, serve over rice, garnish with scallions.

TIP:
Buy these spices and more in our Bulk Dept

CARDAMOM



CUMIN SEEDS



BROWN MUSTARD SEEDS



Curry Diva's Cardamom Squash



ACTIVATE YOUR SENSES WITH AYURVEDA

by Meghan Foley

What is Ayurveda, and who can practice it?

Ayurveda (pronounced "eye-your-vaydah") is a Sanskrit term that means "science of life." It encompasses daily and seasonal practices that align people with the seasons. Ayurveda is meant to be practiced by all, and incorporates specific foods, spices, oils, daily practices, yoga/breath techniques and much more to help people realign with the natural rhythms of the different annual seasons, as well as seasons of life.

How does Ayurveda approach different seasons?

By observing what is happening in our external environments, and paying close attention to the seasonal changes, we can become more attuned to the changes also happening within us and tailor our daily routine accordingly. Ayurveda takes very seriously the changing of seasons and incorporates different spices, foods, types of yoga or meditation and daily practices depending on what is happening seasonally. The two main laws of Ayurveda are: like increases like and opposites bring balance. Therefore, if the season is wet and cold for example, we should incorporate practices, foods, and spices that are drying and warming.

Which spices would be most nourishing this season according to Ayurveda?

We are currently in Vata season (the time of year governed by air and space elements). The qualities of this season are cold, dry, rough, subtle, mobile, clear, and light. Since opposites bring balance, this is the time of year to incorporate warming and grounding spices like turmeric, ginger, cumin, cinnamon, nutmeg, clove, allspice, black pepper, cardamom, garlic, and rosemary.

How can we integrate Ayurveda into our lives this season?

To stay balanced this winter season, incorporate these tips into your daily routine:

- upon waking, sip warm water to stimulate the digestive system and hydrate yourself
- incorporate warming spices like those mentioned above
- practice abhyanga (ayurvedic full-body massage done with warm sesame oil)
- incorporate moments of stillness and rest throughout your day
- favor root vegetables, stews, soups, and warm comfort foods
- give yourself permission to move a little more slowly and rest more if your body craves it



Join us for a free virtual Ayurvedic Yoga class taught by Meghan Foley

Wednesday, February 15 at 7pm

To register, use this QR code



Meghan Foley is a Minneapolis-based 1000hr Yoga Therapist, Ayurvedic Health Counselor, and Yin & Vinyasa Yoga Teacher and Teacher Trainer.
www.meghanfoleyyoga.com | @meghanfoleyyoga



Recipes by:

HEATHER JANSZ

Owner of
Curry Diva Mpls

The Ayurvedic style of cooking is to activate all the senses. Elements include Sweet, Sour, Salt, Bitter, Pungent, and Astringent. When I cook special dinners, I make sure that the meal hits on all these elements.

Most people activate the sweet, sour, and salt daily, but activating them all ensures every sense is engaged.

Some favorite spices:

BROWN MUSTARD SEEDS

pungent and great for digestion

CARDAMOM

a wonderful antioxidant

TURMERIC

anti-inflammatory and adds a warm color to food

CORIANDER

may support the immune system

CUMIN

also helpful for digestion

Learn More at:

<https://currydiva.com>

@currydiva

STAFF SPOTLIGHT



Petra Auzenne
Wellness Manager at Linden Hills Co-op

I have worked in the Wellness department at Linden Hills Co-op since 2011, and it is my favorite department in our store! I enjoy making connections with our shoppers on a personal level and I love that I am given the opportunity to help people every day. The part of my job that I find most rewarding is that I get to help people find products that fit their specific needs to improve their sense of well-being from the inside out. Whether you are looking for supplements, natural and organic body care, or natural household products and gifts, the Wellness department has something for everyone!



PETRA'S PRODUCT PICKS



**Vital Proteins
Collagen Peptides**
Vanilla



**Ben & Jerry's
Non-Dairy**
mint chocolate chip
cookie ice cream



**Dr. Hauschka
Revitalizing
Day Lotion**



Bitchin' Sauce
Cilantro Chili

MORE THAN *Hydration*

An increase in mindful consumption has boosted the popularity and variety of functional beverages on our store shelves. We want drinks that hydrate our bodies, and replace beverages that are high in refined sugars. In functional beverages, flavor and refreshment meet ingredients that tout mind and body benefits. Consider your sipping experience enhanced. Makers of

beverages both nationally and locally have embraced the trend of products with a boost of health benefits, like added vitamins, probiotics, CBD, adaptogens and herbs, that may help decrease stress, promote increased energy, and aid digestion. Find your new favorites in our beverage grab-and-go coolers, and bring this hydration trend home.



REBBL Plant-Based Beverages

GIST Sparkling Herbal Prebiotic
LOCAL

BLNCB Sparkling CBD Water
LOCAL

Olipop Prebiotic Fiber Sodas

Two Good Sparkling THC Water
from Indeed Brewing
LOCAL

Trail Magic Hop Water
from Minneapolis Cider
LOCAL

Pop & Bottle Adaptogenic Oat Milk Lattes

North Vibes CBD Sparkling Water
LOCAL



Your TCCP Board of Directors

The Board has many roles in a co-op structure. They oversee the CEO, provide financial oversight for the organization, and set goals and long-range plans with the help of the staff leadership team. The Board differs from staff leadership in a few key areas – primarily related to checks and balances. Board Directors participate in the running of the co-op on a strategic level, not an operational level. Each Board member participates in committees as part of their Board duties that discuss and advise in the areas of finance, diversity, equity and inclusion, Board elections, co-op ownership, and more.

Another difference is that owners decide who serves on the Board through annual elections in the fall. Each Board Director has been elected by a quorum of co-op owners, and any owner in good standing is eligible to run for an open seat. Owners can also give feedback to Board Directors through email or in person at the Annual Meeting. Democracy is at the heart of co-op principles, and the TCCP Board. By electing leaders to serve as oversight and advisors, we ensure that the co-op reflects the will of the owners and is managed in a fair and equitable way.

Call for Owner at Large Board Candidate

One Owner at Large serves on the Board Nominations Committee each year. This role helps in the recruiting and interviewing of potential Board candidates.

Interested owners should send an email with qualifications to board@tccp.coop.

Deadline to apply is February 15; Owner at Large serves on the Board March – October

BOARD DUTIES 101

The Board of Directors has three primary duties:

1. To ensure sound management of the co-op
2. To act as trustees on behalf of the ownership
3. To set long-range goals and plan for the future

To fulfill these responsibilities, the Board of Directors focuses on four key areas:

- Hiring and evaluating the CEO
- Financial oversight
- Long-range strategic planning
- Recruitment of directors

BOARD OF DIRECTORS

Sarita Parikh- President
 Christine Page- Vice President
 Lisa Fittipaldi- Treasurer
 Emily Anderson- Secretary
 Sophia Nelson
 Steve Share
 Tom Pierson
 Yoshi Suzuki-Lambrecht
 Mark Greene



SOFIA'S FAVORITE PRODUCTS



Bulk Eggs

I can save waste of plastic/other cartons



Bulk Arugula

As much as I need for the week

Letter from the Board

Sophia Nelson, Director

Entering 2023 with two newly elected and three re-elected directors, the Board is collectively looking to the future. Having a mix of both new and returning directors gives us the opportunity to maintain continuity while also bringing fresh perspectives and new talents to the Board.

One of the Board's key responsibilities is to support the strategic direction and priorities of the co-op. You may often hear us refer to goals centering around a "triple-bottom line," balancing our efforts across the areas of people, planet, and profit. The Board understands that long-term profitability is foundational to supporting the mission and to ensure that we continue to build and support our community and our local food systems.

Last year the TCCP management team, along with the Board of Directors, developed the TCCP Long Range Plan (LRP), which included a series of goals, strategies and initiatives to support our mission, customers, communities, employees, and partners.

With the LRP in place, our strategic attention focuses on key areas such as Co-op Partners Warehouse's (CPW) growth model, further differentiating our retail brand, continued attention on retail sales, profitability, operations, and supporting the evolution of DEI priorities and growth of our organization and teams.

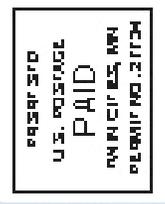
Board members are chosen by you! As representatives of co-op owners across the Twin Cities, we always are seeking feedback and we invite you to attend any of our monthly Board meetings (virtually or in-person) or to send us an email at board@tccp.coop. We love to hear from owners and non-owners alike.

As we enter this new year, we are grateful to you for supporting your local co-ops. Your dollars support sustainable agriculture, fair wages, and our local food system. We wish you and your loved ones a wonderful new year.

In Cooperation,
Sophia Nelson
Board Director



Wedge Community Co-op
2105 Lyndale Avenue S
Mpls, MN 55405

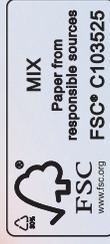


Take sustainability a step further, sign up to receive Cultivate digitally at tccp.coop/digital-opt-in



 **Wedge Community Co-op**
2105 Lyndale Avenue S
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 **Linden Hills Co-op**
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TCCP.COOP