

CULTIVATE A SEASONAL GUIDE TO YOUR CO-OP COMMUNITY





A LETTER FROM THE CEO

I became a Wedge shopper over 20 years ago. Back then, I was drawn to the amazing food available at the Wedge and still believe today that the Wedge and Linden Hills Co-ops have the best food in town. Our co-ops have always been the source of the highest quality ingredients for food-lovers and chefs alike. Over the years, I have chatted in the aisles with popular local chefs like Tim McKee, Sean Sherman, and Brenda Langton – all here seeking out the best ingredients for their next delicious dish. Whether you are new to cooking or a seasoned home chef, you can always find the quality ingredients you need to make your culinary creation taste best. We're proud to be the neighborhood grocery store "Where Chefs Shop" and are excited to shine a light on some of our foodie-favorite products, unique recipes, and exclusive finds with a new campaign. Look for the "Where Chefs Shop" emblem in our stores and digital communications in the coming months for tips, ideas, and culinary inspiration.

We are kicking off this campaign with a spotlight on local chef Yia Vang, head chef and owner of Union Hmong Kitchen and a James Beard Award finalist. Yia just launched an amazing line of sauces and spices available exclusively at the Wedge and Linden Hills.

Delve into this issue of Cultivate to learn about Yia's authentic Hmong cooking and the stories behind his food. Explore gourmet products from around the world (made available from our friends at Great Ciao) and find recommendations from our co-op staff.

Through my time at the co-op, I have learned that good food builds great connections. Share your own food stories, favorite products, and recipes at the link below and we will share them with the co-op community.

Happy cooking!



Our new Where Chefs Shop program celebrates delicious food, where it comes from and the folks who make it. Look for Where Chefs Shop in upcoming issues of Cultivate, on our shelves and through our digital channels (email newsletter, Facebook, Instagram and Twitter @wedge_linden_hills_coop).

Where Chefs Shop Community Submissions link: forms.office.com/r/ZPN2b9JNDJ

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NEW & NOW

CO-OP COMMUNITY CONVERSATIONS SERIES: JUNETEENTH EVENT!



WHY WE MUST CHANGE THE NARRATOR: AN EVENING WITH IN BLACK INK

Thursday, June 16 | 6-7 p.m. | Zoom

Join us for an evening with *In Black Ink*, whose mission is to "create spaces where the stories and voices of people from African heritage are celebrated, documented and archived." We'll hear from co-founder Rekhet and a local Black author who will read an excerpt. Register on the Classes & Events page at msmarket.coop.

The event series "Co-op Community Conversations: Exploring the Intersection of Racial, Social, and Food Justice" is presented by Eastside Food Co-op, Mississippi Market Co-op, Seward Community Co-op, and Twin Cities Co-op Partners as a way to examine and connect our cooperative values with social justice movements.

WE'RE LOOKING FOR OWNERS TO JOIN OUR BOARD OF DIRECTORS! LEARN MORE ON PAGE 15.

THANK YOU TO OUR CULTIVATE EDITOR

Leigh McCarren has been the editor of Cultivate for the past five years. This is her last issue. Leigh started working on the Rolling Oats Journal at Linden Hills Co-op in 2015 and has been an important member of our marketing team ever since. We are very grateful for everything Leigh has done for the co-op, and wish her the best of luck in the future.

COMMUNITY CONNECT ENDING

In 2020, we launched a partnership program with local businesses offering discounts and perks to co-op owners. Due to low redemption, this program will close on June 30, at the end of our fiscal year. Thank you to our partners in this program!



PRONOUN PIN PROCEEDS TO GENDER JUSTICE

Sharing your pronouns is a great way to build a culture of inclusivity and help others feel seen. At the co-op, we sell pronoun pins (he/him, she/her, and they/them). All proceeds are donated to local advocacy organization Gender Justice.

YOUR 1% BACK REBATE IS COMING SOON!

Every year, co-op owners get 1% back on the purchases they made during our fiscal year, July 1–June 30. In 2021, co-op owners received over \$319,000 in 1% rebates. You'll receive a mailing in July with your earnings amount. Your rebate will be available to redeem as store credit at the register on August 1.

RECEIVE CULTIVATE DIGITALLY

Did you know that you can get Cultivate delivered right to your email inbox?

SIGN UP FOR CO-OP PERKS

to receive extra savings and coupons digitally! We're making it easier to save at the co-op.

Update your preferences at tccp.coop/digital-opt-in





How would you describe Hmong food to people who haven't experienced it yet?

In Hmong food, there are always these four elements: the protein, the sticky rice, some veggies, and the hot sauce. The fourth element, this sauce, really is like the glue that holds all these elements together. Even something as simple as sticky rice with Tiger Bite Sauce– it can completely change the flavor and texture of the rice.

When I ask my mom what Hmong food is, the only word she uses is "balance." Hmong food is all about balance—if you think about protein, rice, vegetable, and hot sauce—all four elements balance each other. When you eat grilled pork and dip it into our Tiger Bite hot sauce, it gets very spicy. That's the moment when you take the sticky rice, which balances out the spice and mellows out that savory saltiness from the grilled pork. Sometimes, the fattiness of the pork may seem overwhelming, but then you've got the fresh veggies that cut through that pork's fattiness. Every one of those elements reflects the philosophy and ethos of the Hmong people, this symbiotic cohesion of working together.

Tell us about the importance of spice in Hmong culture.

Different spices—I'd call it, "heat"—is really important when it comes to Hmong food. With spices you have these specific tastes—savory, sweet, umami—and you add the heat, it's like an orchestra, it's these beautiful notes and flavors and tones. The heat, the peppers, are so important in Hmong culture. The most basic pepper sauce is nicknamed "the daughter-in-law pepper sauce" which means that this is the basic sauce that a new daughter-in-law should know how to make. When it comes to heat, some Hmong parents want their kids to have a certain tolerance to heat, so for a baby, they'd break a Thai chili and put it on their baby's lips to build that tolerance. Heat and spice bring so much depth and flavor to our food.

Plus, for us, these specific spices are really versatile. The Shroomami Salt is an homage to the ramen packet, you know. Plus it's this rich flavor that can be added on easily to things like fresh grilled vegetables and even popcorn. Our Szechuan Coffee Rub is the same way—it goes great with all kinds of meats especially when you're grilling.

What inspired you to package your spices and sauces?

You know, growing up I never thought these sauces were all that special because they were just a part of our everyday life. But now, as I share them with more people, I see that these are so familiar to me because they are the "glue" of the dish, that always brings everything together.

Packaging these and making them available to more people helps us explain more about Hmong food and how it comes together. Every time someone comes and eats at another Hmong household, we ask each other about the hot sauce, the "kua txob," the pepper sauce. Each family has their own version of it.

What distinguishes your products from other hot sauces on the market?

Every family has their own recipe, each Hmong house, and this is my family's recipe. The Tiger Bite sauce is one of the most common hot sauces that's made in every Hmong household—and that's because all the Tiger Bite ingredients are common ingredients found in many Hmong households. But the way we each make it—the ratios, the specific flavor notes are different to each family.

You have lots of exciting projects in the works! What's the best way for us to stay informed?

We love to have people come and visit our restaurant, Union Hmong Kitchen in Minneapolis, so we can cook for you and share a favorite meal of ours. You can also find us online at our website, on social media (@unionhmongkitchen), or keep in touch with us as part of our newsletter. We're always cooking up something new, changing up our menus, or hosting an event!

"HMONG FOOD IS ALL ABOUT BALANCE"









YIA VANG'S YAKITORI GRILLED CHICKEN

INGREDIENTS:

2 lb. boneless chicken thighs

2 Tbsp. Lemongrass Scallion Dressing

1 Tbsp. fish sauce

2 Tbsp. oyster sauce

1 Tbsp. Shroomami Salt

1 Tbsp. black pepper

For the marinade, mix together the lemongrass scallion dressing, fish sauce, oyster sauce, Shroomami salt, and cracked black pepper.

Cut the chicken thighs into smaller pieces for skewering.

Let the chicken marinade in the mixture for at least 2 hours, or overnight.

Place on skewers and grill over fire or hot coals until cooked through. Turn skewers as they cook to evenly cook on all sides.

Serve with rice, romaine lettuce for wrapping, UHK sauces for dipping, and garnish with sliced radishes, or other favorite veggie toppings.



NEW PRODUCTS FROM IINION HMONG KITCHEN

Find these exclusive products on the shelves near the salts and seasonings and with the refrigerated marinades and sauces.

TIGER BITE

Hot Hot Sauce! Our version of the most common hot sauce made in every Hmong household. Lime juice, Thai chilis, scallions and cilantro are blended to make this acidic, garlicky and herbaceous sauce. It pairs well with everything from steak to chicken to eggs to rice.

KRUNCHY CHILI OIL

This scoopable condiment is made with dried Thai chilis, garlic and shallots, adding the perfect amount of heat and crunch to any dish. We love adding it to eggs in the morning, fried chicken sandwiches, and stir-fry dishes!

GRILLED LAMB MEATBALLS

INGREDIENTS:

- 1 lb. ground lamb
- 2 Tbsp. Krunchy Chili Oil
- 1 Tbsp. fish sauce
- 1 Tbsp. salt
- 1 Tbsp. black pepper
- 2 Tbsp. finely chopped garlic

Mix together the Krunchy Chili Oil, fish sauce, salt, black pepper and garlic. Add in the ground lamb.

Roll into 10-12 meatballs and skewer.

Grill over fire or hot coals until cooked through, turning as they cook to evenly cook on all sides.

Serve with rice, romaine lettuce for wrapping, and UHK Sauces for dipping, and garnish with sliced radishes or other favorite veggie toppings.



LEMONGRASS SCALLION DRESSING

Our most versatile sauce brings brightness to grilled meats and a deep, rounded flavor to rice and noodles. This dressing is made with aromatics like lemongrass, ginger, garlic, and shallots.



SHROOMAMI SALT

Reminiscent of an old-school ramen flavor packet, our Shroomami salt is great for noodles, stir fry, eggs, french fries, popcorn, or whatever you want to add a boost of umami flavor to. This blend is made with salt, dried shiitake mushrooms, MSG, garlic powder, dried cilantro leaves, and sugar.

SZECHUAN COFFEE RUB

We paired dark roast coffee (from our friends at Folly Coffee!) with a spice blend of Szechuan peppercorns, cumin, coriander, allspice, and anise to make this flavorful rub—it's great on both meats and vegetables.





TASTE THIS!

At the co-op, we are committed to sourcing the best and most delicious foods for our customers. Partners like Great Ciao seek out small scale, artisan producers from around the world and help bring them to our stores.



Great Ciao is a small, focused importer and wholesale distributor. It serves specialty grocery stores and restaurants offering a range of specialty products including pasta, oils, vinegars, imported and domestic artisan cheeses, sweets and more. Owner Scott Pikovsky has owned and operated Great Ciao since 1996.

Scott seeks out foods with complex and balanced flavors accentuated by rich aromas and long, lingering finishes. Many of the items available through Great Ciao are sustainably produced in an artisan manner, farmstead or estate grown, made in small batches and often by hand. Scott spends a lot of time tasting, and then tasting again. Due diligence involves talking with producers, visiting production facilities, and asking many questions about sources and methods to find the most delicious and highest quality products.

Learn about some of Scott's favorites that are sure to elevate your meals!



NORTHERN LIGHTS RAW MILK BLUE CHEESE

MINNESOTA

Northern Lights blue is a medium strong, creamy blue cheese. The milk used for the Northern Lights Blue is from a small dairy farm, just west of the Twin Cities metro. Approximately 50% of their dairy cows are Brown Swiss, the other 50% are Holstein. Brown Swiss cow milk is higher in fat than Holstein milk (which is most often used for cheese), making it wonderful for cheese making. Northern Lights Blue is made in small batches of just one hundred wheels and aged just a little longer than typical blues, allowing its full flavor to develop.



LIQUID SHIO KOJI HANAMARUKI FOODS

JAPAN

Shio koji a traditional Japanese ingredient used to marinate, tenderize, and increase the umami of meats. It is made with fermented rice (koji), water and salt. Hanamaruki goes a step further by taking the shio koji, which typically has a porridge consistency, putting it in sake bags and then pressing it. What remains is all the enzymes that make shio koji so wonderful. You can use Liquid Shio Koji as a marinade, a flavor addition to your broths or dumpling fillings, and even your cocktails.



PRESERVED LEMONS, LES MOULINS MAHJOUB

TUNISIA

From the family farm of Majid and Onsa Mahjoub come Moulins Mahjoub Preserved lemons. An essential ingredient in North African kitchens, both as a garnish and as a key ingredient, preserved lemons are extremely versatile and can be incorporated in many dishes. These lemons are made with two simple ingredients—lemon and coarse kosher salt, which acts as a curing and preserving agent.

When last visited a few years ago, the Mahjoubs were working on eliminating mechanical farming practices and going back to horse/donkey pulled plows. Women are the majority of the workforce at Moulins Mahjoub and their employment is considered an honor to them in their community.

BALSAMIC VINEGAR COMPAGNIE DEL MONTALE

ITALY

Scott worked closely with this producer to get this balsamic condiment just right in texture and flavor. It is very viscous and will hold its shape when drizzled on a plate. This blended vinegar is aged in cherry and juniper wood barrels for eight to ten years so that the sweet and sour flavors are highlighted by notes of the same. An excellent ingredient for vinaigrette, this balsamic is also a beautiful accompaniment to aged Parmigiano Reggiano cheese, tossed with fresh strawberries, or drizzled over ice cream. A favorite of many chefs in the Twin Cities.

MANCINI PASTA, LE MARCHE

Pastaficio Mancini built their pasta-making facility in the middle of their wheat field. While most Italian pasta producers purchase wheat from North America for pasta production, Mancini grows and harvests one hundred percent of the wheat used to produce their pasta on site. Choosing a variety of seeds that are best suited for the variety of micro-climates around their property, their wheat is sustainably grown and harvested without drying agents. These wheat varietals are chosen to create a blend that, once made into pasta, will not absorb too much water in cooking and still absorb enough sauce when serving. Bronze dyes are used for extruding their pasta which is then slow dried at low temperatures to create a coarse exterior texture for catching sauce, a lovely nutty and wheaty flavor, and when cooked al dente, a nice chew. Find several varieties of Mancini pasta in bulk!



FAVORITE FINDS

FROM OUR STAFF

Co-op staff are the first to know about the newest and most delicious products on the market. Our purchasing team and buyers curate our selection with input from customers, resulting in a unique array of products from everyday staples to specialty items.

Here are just a few staff favorite products on our shelves right now.



MIKE OTTO Wedge Grocery Manager

When I started at the Wedge in 2008, I could barely fry an egg. The food knowledge and education I've gained working for the co-op has given me the confidence to cook any meal in my home kitchen, no matter how intimidating. Everyone has been through a lot the last few years, cooking a nice meal for myself or someone I care about is a simple joy that has helped keep me centered and healthy. I hope everybody is hanging in there, if you see me in the store don't hesitate to say hi and tell me what you're cooking tonight!

One of my favorite products for this time of year is The Cornish Sea Salt blends. We carry 3, but the winner for me is the Four Pepper and Coarse Sea Salt blend. It's the only thing you need on a steak before you throw it on the grill!"



BAKER'S FIELD BREADS

This bread has been a top pick since the first day of having it on our shelves. I love having it as a daily bread or bringing it to parties (oh how I miss those) with a fantastic selection of cheeses. The slight sourness of the bread coming from the naturally leavened process really sets this bread apart. You can often find me snacking on a Filone loaf with some small cheese samples almost any day of the week.



Look for more staff picks around the store!



complement not only salad greens, but also pasta

Salad Girl Dressing to taste—our favorite pairings include Lemony Herb, Citrus

Arrange greens on salad plate, bowl or platter. Sprinkle with cheese and decorate with sugar snap peas, julienned carrots, pea shoots or microgreens, radishes, and sunflower seeds. Just before serving, drizzle with your choice of Salad Girl Organic Dressing, and Enjoy!





RUHEL ISLAM IS A BANGLADESHI IMMIGRANT

and the owner and Executive Chef of the former Gandhi Mahal, an award-winning Bangladeshi/Indian restaurant dedicated to embodying environmental sustainability and the peaceful principles of Gandhi.

RUHEL HAS SERVED as the President of Lake Street Council, Board of Directors of Green Card Voices and currently serves on the Board of Minnesota Interfaith Power & Light & Longfellow Rising. He has also appeared on the Food Network's Diners, Drive-In's & Dives as well as Guy's Grocery Games. His newest business venture is Curry in a Hurry located on 31st & Franklin in Minneapolis.





HEAR RUHEL'S STOL

Ruhel's Khichuri

Pair this traditional Bengali dish with seasonal stir-fried veggies for a healthy and delicious meal.

INGREDIENTS

3 tbsp ghee or oil of your choice

1/2 tsp fenugreek seeds

1/2 cup yellow dal or lentils of choice

1 cup basmati rice

4 cups water

1/2 tsp turmeric

1 tsp salt

1 tsp chopped ginger

INSTRUCTIONS

Add 1 tbsp ghee or oil to a pot.

Then add lentils, basmati rice, and fenugreek seeds and fry for 2-3 minutes.

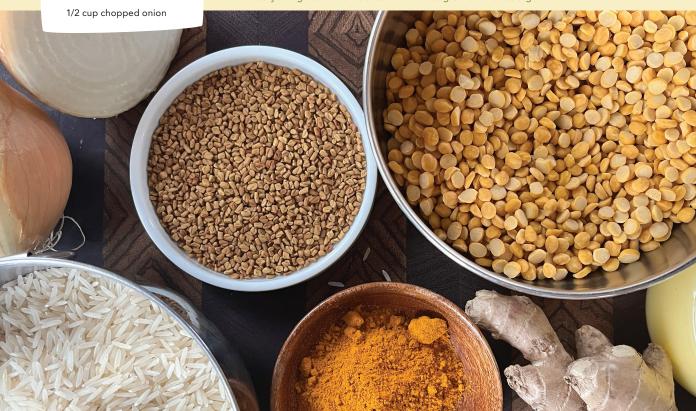
Add water, turmeric, and salt to pot and stir.

Cover the pot and cook about 20 minutes or until the rice and lentils are soft.

TADKA:

In a separate pan, add remaining ghee, chopped ginger and chopped onions and fry till golden brown. Add Tadka to the kichuri, stir and serve.

Green Card Voices is a Minneapolis-based nonprofit dedicated to building inclusive and integrated communities between immigrants and their neighbors through multimedia storytelling. Learn more about their work at greencardvoices.org.





EAT STREET BUILDING WILL CONTINUE TO SERVE UP DELICIOUS LOCAL FOOD

The owner of Centro purchased the former Wedge Table building and she's got big plans for the space.

After working in the hospitality industry since age 14, Jami Olson, along with executive chef Jose Alarcon opened Centro in the summer of 2018. This fast-casual taco restaurant in the heart of Northeast Minneapolis' arts district quickly became a popular staple among the neighborhood and greater Twin Cities metro.

As a first-time restaurant owner, Jami dove in head-first opening not just Centro, but Popol Vuh, Centro's more refined sister restaurant just two months later. This dual-concept restaurant allowed Jami and her team to be nimble when the pandemic hit in March of 2020. As Popol Vuh sadly shut its doors, the space was transformed into Vivir, a market and cafe concept that brought new life to the space. As Centro continued to see high demand over the past four years, Olson decided to expand the concept into other communities throughout the Twin Cities.

First up, Centro Kitchen will open on Eat Street, in the former Wedge Table building, in a phased approach. The new 15,000 square foot headquarters will act as the heart of the operation, with the majority of the food being prepared at the kitchen and sent out daily to existing and future locations. The kitchen will not only support consistency with the quality of food, it will allow Centro to introduce a delivery program and expand its existing catering operations. With the new space, the team will also package some of their salsas and sauces for retail sale and will start building its own tortilla production program.

Like Centro's original location, the 7,000 square foot dining room will house multiple concepts under one roof. Olson will pair Centro once again with an abbreviated version of Vivir, as well as introduce a new food concept yet to be announced. Guests can look forward to Centro's signature design elements including a large central bar, vibrant colors and custom murals and textiles. The food and drink menus will feature familiar favorites such as tacos, oysters and enchiladas as well as the now permanent Centro crunch (formerly "munchwrap.")

Centro Restaurant Group's goal is to combine the energy and sense of community that was in the former Wedge Table space with Centro's positive vibes, creating a vibrant experience for all to enjoy.

TCCP'S ANTI-RACISM JOURNEY UPDATE

IN OUR ON-GOING WORK TO BE A MORE PROACTIVELY ANTI-RACIST ORGANIZATION, we are sharing a progress report

on where we are focusing our attention, making progress, and noting the areas where further work needs to be done. First, it is important to reflect on our community and nation. While diversity, equity, and inclusion (DEI) conversations are more present and out in the open over the past two years than in the past, since our last update, there have been many more murders of innocent Blacks by police here and around the nation — just as we witnessed two years ago with George Floyd. The systems that allow for the mistreatment of and racism against the Black community continue. Looking at the inequalities in our education, housing, employment, and many other systems that many take for granted, there is a harsh reality of racism that exist toward our BIPOC population. And sadly, even with positive intentions and desires from many in the community, we seem to be in a perpetual one step forward, one step back.

As TCCP enters the third year of our anti-racism journey, there are areas where we've seen success and made progress. We have increased our resources and focus on DEI with: 1) the hiring of Michael Hodges, our DEI manager, 2) the creation of an employee DEI committee, and 3) dedicated time at our guarterly manager meetings to focus on DEI issues. In the community, we have strengthened our relationships with the Du Nord Foundation and have focused our Change Matters giving on organizations serving the BIPOC community. Our purchasing teams at have expanded relationships with small farmers or aspiring vendors from traditionally underserved communities. Our marketing efforts have been more inclusive, and we have focused on broader representation within our events and storytelling. And we have made strides in improving our hiring practices to be more inclusive through changes in our job descriptions and partnerships with Twin Cities Urban League and Minneapolis Community Planning & Economic Development (CPED) — resulting in an increase in hiring of BIPOC candidates.

While there have been some wins, we will be the first to admit that we have not made the progress we need to. We learned that we need to reevaluate and redefine how we approach our initial initiatives. For instance, we talked early on about being a continuous learning organization. But, in honesty, we have not sustained our initial efforts around training; we were successful prior to Covid in providing all employee DEI training, but our training during Covid has been harder to execute for new and experienced employees — and we need a better system for ongoing learning opportunities. We are working on a comprehensive timeline for training and internal development. This will include formal training as well as informal conversations to better learn and understand each other. Next, we're digging deeper into our business partnerships. We understand there is work that needs to be done to fulfill on the promise of "Everyone Welcome Every Day." We are working with people from different communities to understand what they experience when they visit the co-op — and believe we need to go further to break down barriers. We're digging deeper into how we collectively create an environment that is equitable, inclusive. and diverse for those we seek. While our efforts have been focused on attracting new BIPOC employees to join the organization, we recognize that we need to place as much focus on what new

employees experience when they join and make sure they want to stay. And notably, we recognize that BIPOC employees are significantly underrepresented within our management ranks and on our board of directors.

This is hard work. But we are committed to doing the work and having the difficult conversations. And we want to invite our owner community into the dialogue. Whether it is through sharing feedback, attending events, or running for the board of directors, we want to hear from you. We are always striving to bring new perspectives into our conversations. We would love to have new people with new perspectives join our board. One of the best ways we can accelerate our work as an organization is by broadening our participation. We welcome you to visit: tccp.coop/board-of-directors/ to learn more about board service or reach out to board@tccp.coop to receive more information. We are a community organization, and we truly want to represent the whole community we serve — and we can only do it through your engagement.

JOIN THE TCCP BOARD OF DIRECTORS!

Are you a co-op member interested in building community by developing a strong, local food system? Are you passionate about working with diverse communities? Can you work collaboratively with a strategic approach? If so, you're invited to use your talents and skills to help shape the future of the Twin Cities Co-op Partners.

The Board of Directors supports Twin Cities Co-op Partners (TCCP) including the operations, staff and stakeholders in our food community. We're focused on delivering profitability and reinvestment in the business; planning strategically for the future; and overseeing each business unit to create positive experiences for everyone we serve: owners, employees, vendors, and the community.

An eligible board candidate is:

- A TCCP owner
- A strategic thinker
- Passionate about community
- Invested in Diversity, Equity, and Inclusion
- Open to collaboration

Eligible candidates must submit a completed application at $\underline{\text{tccp.coop/board-of-directors/}}$ before July 1.

THE DETAILS

Each board member commits to 10–20 hours of board work per month. Every board member receives an annual stipend of \$7,302.

2022 CO-OP ELECTION CALENDAR

May 1–June 30: Board candidate applications accepted

July 1–23: Candidate interviews

July 31: Board approves co-op election slate



JOIN US FOR THIS UPCOMING OWNER CELEBRATION

SUMMER OWNER CELEBRATION

May 23-June 19, 2022 10% off one purchase: 6/13/22-6/19/22

WEDGE COMMUNITY CO-OP

your bustling, vibrant urban market

2105 Lyndale Ave. S. Mpls., MN 55405 612 871 3993

LINDEN HILLS CO-OP

your friendly neighborhood store

3815 Sunnyside Ave. Mpls., MN 55410 612 922 1159

tccp.coop

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