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CULTIVATE

A SEASONAL GUIDE TO YOUR CO-OP COMMUNITY

GO GREEN

Earth Month
Celebration
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Ann Ahmed
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SPRING 2023



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Certain smells and flavors transport us in time - not to a different year, but at least a different time of year. For instance, whenever I smell basil – I am transported to my screened porch in the summer eating a caprese salad with local basil and tomatoes. There are two smells that I most associate with spring. One is the smell of mud – but in a good way. I have fond memories of visiting several of the farms we work with early in the season and seeing the starter plants going into the earth and the smell of mud and earth representing the hope of a new season.

But the other smell I most associate with spring is fresh herbs. As we slowly come out of the winter doldrums and have longer, brighter days, I have an almost instinctual desire for fresh herbs. One of my favorite recipes to celebrate spring and fresh herbs is Alice Waters' salsa verde. Alice Waters is the founder and chef of Chez Panisse in Berkeley, CA and she has influenced the way America eats in the last quarter century – through her commitment to quality local ingredients, seasonal eating, and simple recipes, her salsa verde is bright, fresh, and versatile. It's great drizzled on grilled fish, chicken, vegetables, or you can even dip hunks of bread in it. Enjoy!



Josh Resnik,
TCCP CEO

Adapted from Alice Waters's
"The Art of Simple Foods":

INGREDIENTS

1/3 cup of chopped parsley
Grated zest of 1 lemon
1 small garlic clove
1 Tbsp capers, drained and
coarsely chopped
½ tsp salt
Fresh ground black
pepper to taste
½ cup olive oil

RECIPE

Combine all of the ingredients in a small bowl, give it a good whisk, and let sit for a few minutes for the flavors to blend. The beauty is you can easily improvise and get a similar result. I will often let my mini food processor do the chopping. Feel free to sub cilantro or mint for parsley - use what you have on hand. I personally like to add the juice from the lemon as well, but I have also done the recipe with lime or vinegar as my acid. A small shallot would be a nice addition.

Don't love capers? Then leave them out, though I have to say it's better with them, they give an extra depth. This recipe is perfect for spring when I am back outside grilling several times a week and I can drizzle it over everything coming off the grill.

For more great recipes that celebrate spring and delicious herbs, see pages 10-13 in this edition of Cultivate.

CHECK IT OUT

EARTH MONTH CELEBRATION

We're partnering with Neighborhood Forest to give away free trees! Join us at our Earth Month celebration on April 29 to grab your free tree and learn from great local organizations dedicated to caring for the earth in meaningful ways.

- **The Wedge** 10am - 1pm
- **Linden Hills** 2pm - 5pm

LEARN FROM LOCAL CHEFS

Twin Cities Co-op Classes highlight food, traditions, and cultures through a series of cooking and lecture workshops. This class series is presented in collaboration with Eastside Food Co-op, Mississippi Market Food Co-op, and Seward Community Co-op to examine and connect our cooperative values with food, equity, and social justice.

Next Up: Asian American Pacific Islander Heritage Month class series. Community instructors will generously share recipes from the AAPI community. Classes will cover Okinawan Cooking, Vegetarian Bibimbap, and Japanese Cooking with Family Recipes.

Register at msmarket.coop/events

CO-OP EXPLORERS

Calling all kids! Co-op Explorers makes co-op shopping trips fun for kids 12 and under. Stop by our customer service desk for coloring pages, a healthy foods passport, and a special Co-op Explorers membership card. Our adventurous Explorers will receive a surprise in the mail during their birthday month—and they're invited to enjoy a free piece of fruit from the Co-op Explorers stand in our Produce department!

SAVE THE DATE

Upcoming deals, some exclusively for owners!



Owner Sale

APRIL 19 - 25

20% OFF

All House Plants



Owner Sale

MAY 24 - 30

20% OFF

Meat & Seafood

(including plant-based proteins)



All Shoppers

MAY 11 - 14

25% OFF

Body Care:
Open to All Shoppers

Pre-Shop May 3-10



Owner Sale

JUNE 14 - 20

10% OFF

One Entire
Shopping Trip

MAY 12 - 29

GARDEN SALE

Outdoors and open to the public
at both locations

NOT AN OWNER?

Join today and start saving:
tccp.coop/ownership

EARTH MONTH

CELEBRATE WITH US

In every corner of our stores, warehouse, and offices, Twin Cities Co-op Partners takes big and small steps to care for the Earth that provides so much for us. From composting and reducing food and water waste, to sourcing locally whenever possible and partnering with brands that use sustainable packaging, we aim to make good on our promises.

This year, we're ready to celebrate the Earth in fun and impactful ways.

On Saturday, April 29, join us for a special Earth Month Celebration at both Wedge and Linden Hills Co-ops. There will be things to do and learn for the whole family, along with a special tree giveaway with our friends from Neighborhood Forest. If you've got a space to plant a tree, we've got a tree for you. These seedlings come ready to grow—with planting, watering, and care instructions to ensure your tree grows to healthy maturity.



JUST BY PLANTING ONE TREE, YOU...

Beautify your neighborhood

Reduce your carbon footprint

Provide shade for grass and soil

Offer home and shelters for birds, squirrels, insects, and pollinators

A DEEP ROOTED PARTNERSHIP



Our partnership with Neighborhood Forest has deep roots going back to 2010, their first year of business, when the Co-op sponsored their inaugural free tree giveaway to local elementary school children. Since then, **between our two stores, we've helped Neighborhood Forest plant 3,500 trees**, getting them into the hands of school children across the Twin Cities metro area.

By creating access to free trees, kids learn lifelong lessons of giving more than taking, purifying more than polluting, and creating beautiful landscapes and whole ecosystems that, in turn, build joy. Neighborhood Forest's mission is to give every child an opportunity to plant

and watch trees grow—and they are on track to reach 1 million children by 2026, and every child in America within the next 10-15 years!

Just ask Founder Vikas Narula who has been a Linden Hills Co-op owner and shopper for over 20 years. "I love the people, the products, and the coziness of the co-op," he shares. "The reason we sought out the co-ops early on in our journey is because I always felt there was alignment between our organizations: A love for people and planet, good health, good food, and an unwavering focus on organic farming and sustainable products. It's a perfect partnership."



CELEBRATE EARTH MONTH

AT WEDGE
& LINDEN HILLS CO-OP

SAT, APRIL 29

WEDGE
10AM - 1PM
LINDEN HILLS
2PM - 5PM



**Pick up the tree you
ordered from
Neighborhood
Forest**

*Visit our website for
more info. Additional trees
may be available on a first
come, first served basis*



**Learn about topics
like composting,
recycling, and gardening**

*for all types of yards, decks,
patios, and skill levels*



**If you walk or ride
your bike to the
event, enter
a drawing**

*to win a reusable bag filled
with products from amazing
local brands*



BETTER PRACTICES MAKE FOR BETTER BRANDS



As the melting snow reveals new growth in the soil underneath, the start of spring inspires us to take a fresh look at the products available at the co-op. In this spirit of supporting our Midwestern birds, buds, and bees well into future generations, here are some local brands actively practicing ecological and social consciousness.

Whole Grain Milling, Co.

Based in southwest Minnesota, Whole Grain Milling has grown USDA Certified Organic grains for over 30 years. Their crops include rolled oats, buckwheat flour, high lysine cornmeal, flour, and whole corn. Their grains grown right here in Minnesota reduce the overall carbon footprint, and by purchasing them in bulk, packaging waste is avoided as well.

"Their rolled oats are especially unique... they are milled without heat ever applied and typically rolled the day before they fill the bulk bins at our co-op."

- Mike Otto, Wedge Grocery Operations Manager

Just Coffee Co-op

Just Coffee Co-op is a Fair Trade, organic, and employee-owned roaster based in Madison, Wisconsin. Born of a desire to work with Zapatista coffee farmers in Chiapas, Mexico, Just Coffee is committed to transparency in trade, environmental sustainability, and human dignity. In addition to fostering long-term Fair Trade relationships with over 15 coffee farmers globally, Just Coffee supports organic and agroecological practices, carbon neutrality, and employee health.

Bolton Bees

In 2014, Travis and Chiara Bolton established Bolton Bees in St. Paul, Minnesota, a family-owned, business. On a mission to be the best source for high-quality, Minnesota-hardy bees and raw honeys, they collaborate with solar energy developers to create "pollinator habitats" around ground-mounted solar panels. This enriches the soil by fostering deeper root systems, producing Bolton's famous "SolarHoney."



Grand Risings Farm is our Change Matters partner in April!

Your round-ups at the register will make a positive impact on their farm.



Learn more about Zedé and Degen at grandrisingsfarm.com

Follow @grandrisingsfarm on social media for more details on employment and volunteer roles and new ways to provide land opportunities to other aspiring Black and Brown farmers.

GROWING WITH GRAND RISINGS FARM

90 minutes north of the hustle and bustle of the Twin Cities, you'll find a peaceful section of farmland cared for by a family with deep roots and big dreams. Raised by a mother who instilled the value of fresh, accessible food for all people, Zedé grew up seeing the work that went into advocating for food justice. With that foundation, Zedé and her partner Degen jumped into life as farmers by starting Grand Risings Farm in early 2021. Fueled by changing the statistic that only .03% of Minnesota farmers are Black, Grand Risings Farm is committed to providing education about growing food and land ownership, to the community. They also distribute organic produce to low income families across the metro.

Zedé also reflected on the process of growing food and the time and energy that goes into producing food. "As a farmer, it's amazing to see how many materials go into growing just one vegetable," she says. "Groceries give this false assumption that food is easily grown and that is not the case at all. In fact, it's extremely stressful to accelerate past just the seedling phase."

Ultimately, Grand Risings Farm is committed to honoring the land and stewarding what has been passed down. "Stewardship, to me, is about reclaiming a relationship with the land and elements that were historically forced, tainted, violent, and nonconsensual for my ancestors and lineage," shares Zedé. "It's about protecting the old practices of caregiving to our land and adjusting the internal dialogue we have with ourselves. Working the land and growing produce for my family and community has impacted us in a great manner. We have learned deeper love, respect, and honest living by becoming farmers."

Staying present and mindful of the land isn't a practice only for farmers. When asked what steps a person could take to live in a more earth-friendly way, Zedé keeps it simple: "We encourage everyone to take any step in being friendly to our earth. First, it's supporting your local farmers. This may mean becoming a CSA member or even volunteering on their farm to lend an extra hand. Being conscious of your food waste and consumption is major too. No matter where you live, you can take care of our earth!"

DREAM GREEN

EVERYTHING YOU NEED
FOR A THRIVING GARDEN

GARDEN SALE!

Join us in May for our 15th annual Garden Sale!

Celebrate the beginning of summer with locally grown organic plant starters from our grower partners, Twin Organics and Humble Pie Farm. Whether you have an apartment patio with pots, or a larger plot to tend, we have herbs, strawberries, flowers, lettuces, tomatoes, peppers, and more to fill your garden. Selection varies between locations.

GARDEN SALE MAY 12–29

or while supplies last

HOUSEPLANT SALE

Craving lush, green indoor plants to tide you over until May?

**Shop our 20% off House Plant
Sale April 19–25!**

OWNERS ONLY



START YOUR GARDEN RIGHT



Grower Profile:

Humble Pie Farm

Their farm started as part of our Gardens of Eagan incubator program. In 2015, after feeling a pull to live closer to the land, Jennifer and Mike bought sixteen acres on the Eau Galle River Valley in Western Wisconsin. They grow a variety of organic flowers, herbs, and vegetables, bringing a diversity of soil food to their thriving land. In 2020, they began growing greenhouse garden starter plants.

Growing Tips from Humble Pie

1. Urban gardeners can grow greens, lettuce, peppers, herbs, and flowers really well in containers. Tomatoes and cucumbers work too—but you will need a big pot! Our best advice is to use organic fertilizer as the plants get bigger, and water really well, at least twice a day.
2. Flowers and flowering herbs, like mint and basil, attract lots of pollinators. We grow zinnias and tithonia and the butterflies and bees love them! For shadier areas, we grow impatiens and coleus, which make a lovely shade-loving pot.
3. Many people water their plants way too little, then wonder why they don't grow. Little plants in starter pots need to be watered twice a day—unless it's rainy and cool, then once a day is fine. Sing "Happy Birthday" to the plant while you're watering it to ensure it's getting enough. Plus, plants love when you sing to them—seriously!



Grower Profile:

Twin Organics

Twin Organics is a certified-organic vegetable farm run by brothers Jacob and Andrew Helling focused on supplying restaurants and co-ops in the Twin Cities with the highest quality organic produce and plant starts.

Growing up on a small farm in South Dakota, Jacob and Andrew learned the importance of healthy soil and organic, sustainable farming practices.

Growing Tips from Twin Organics

1. Almost all vegetables and herbs love sunlight, the more the better! Locating taller plants to the north side of your garden will result in less shading of your shorter plants.
2. Try to avoid expensive commercial potting soils and compost. Buy from a trusted, local source.
3. To avoid overcrowding, at least a foot in each direction is a good starting point for a lot of plants. Even if you only have a small space, crowding plants will likely result in each plant performing poorly. The bigger the plant gets, the more space it needs at planting time to achieve a good yield.



PAN-FRIED WALLEYE

with Capers & Dill

Kick off grilling season
with our

**MEAT & SEAFOOD
SALE!**

Owners save 20%
from May 24–30

(This includes plant-based proteins!)



Need a specialty
cut or seafood
variety?

Just ask at the counter!



OUR STANDARDS

You'll never find hormones
or antibiotics in our
products, but our standards
go deeper than that.

**Local, sustainable, ethical,
humane**, we hang our
butchers' aprons on these.



GRILLED STEAK

with Moroccan Chermoula

NEW SPRING CLASSICS

We have a long, close relationship with our farmers and producers, and we source our meat, fish, and seafood carefully through these trusted relationships. Many started farming around the same time our co-ops were founded, nearly 50 years ago. We've grown up together, learned from each other, and shared a relentless commitment to bringing the best foods we can to our communities.

Pan-Fried Walleye with Capers and Dill

4 SERVINGS

½ cup all purpose or gluten-free flour
1 tsp salt
½ tsp pepper
4, 4-6 ounce walleye filets
¼ cup high-heat oil
(grapeseed or avocado)
1/3 cup dry white wine,
or vegetable broth
2 Tbsp capers, drained
4 Tbsp butter
Juice from one lemon
2 Tbsp fresh chopped dill, divided
Additional salt for seasoning

In a shallow dish, combine flour, salt and pepper. Dredge fish, coating on both sides.

Over medium heat, heat a cast iron skillet, large enough to hold all fish, add oil. Add fish to skillet, presentation-side down, and cook 4 minutes. Flip and continue cooking another 2-3 minutes until fish is opaque.

Set fish aside on a warm plate. Wipe out skillet with paper towel.

Return skillet to heat, add wine (or broth) and simmer for 3 minutes. Add capers and butter, simmer 2 more minutes. Add lemon juice and 1 Tbsp of the dill. Heat through. Taste and add salt if needed. Pour sauce over fish, garnish with remaining dill.

Grilled Steak with Moroccan Chermoula

4 SERVINGS

1 tsp ground coriander
2 tsp ground cumin
1 Tbsp ground sweet paprika
½ tsp chili flakes
1 cup packed fresh Italian parsley
1 cup packed fresh cilantro
3 cloves garlic
¼ cup freshly squeezed lemon juice
½ tsp salt
½ cup best-quality olive oil
4 steaks, 6 ounces each –
we used New York Strip
Salt and pepper to season
Oil for grill or pan

For Chermoula: In non-stick skillet over medium heat, toast coriander, cumin, paprika, and chili flakes for 30-60 seconds, moving around with a spatula, until just fragrant. Remove from heat and cool.

In food processor or blender, place parsley, cilantro, garlic, lemon juice, and salt. Pulse to chop and combine. Add toasted spices, blend for 15 seconds. With motor running, add olive oil until combined. Set chermoula aside.
For steaks: Season steaks on both sides generously with salt and pepper. Heat grill, or grill pan, to medium high and brush with oil. Cook steaks on both sides until internal temperature reads 145 for medium doneness.

Remove steaks, let rest for 5-10 minutes. Slice and serve drizzled with chermoula.

Find all these spices in our bulk department.



Aurelio Sandoval,

Meat Cutter

Wedge Meat & Seafood
Department

Aurelio has been with the Wedge since 2021. He started his career in a tiny meat department at the back of a small local market, gaining knowledge of processing all cuts of meat, making fresh sausage, and mastering knives and other butcher shop tools.

Aurelio's favorite part of his role is spending time with coworkers and making sure shoppers and owners have a positive experience. "Being a customer myself, I understand that the meat department can be pretty intimidating at times," he says. "When I'm the guy behind the counter, it makes me feel good when I can answer a question and hopefully make someone feel more confident when buying and preparing meat and seafood."

AURELIO'S TOP FIVE:

1. **New York Strip steaks from Thousand Hills**
our featured recipe in this issue
2. **Walleye from Canada**
or Red Lake Reservation when we can get it
3. **Bulgogi Short Ribs**
our housemade sauce on Thousand Hills meat
4. **Atlantic Salmon**
Canada, Norway, and Scotland all produce amazing salmon
5. **Kadejan Bone-in, Skin-on Chicken Thigh**
the most versatile meat we carry

Bring your cast iron pan out to the grill, over the campfire, or onto the shore for a quick, delicious elevated Minnesota fish fry

OUR FAVORITE SPRING FLAVORS

Asparagus

Radishes

Microgreens

Mint, cilantro, parsley

Arugula
and spinach

Mushrooms,
mushrooms,
mushrooms!

Tender lettuces
like bib and red leaf

Ann Ahmed in her
restaurant Khâluna

MEET CHEF ANN AHMED

Ann Ahmed is the Chef and Owner of Khâluna, Lat 14, and Gai Noi, a new concept opening in Loring Park this spring. Chef Ann's story begins in the kitchen, helping her mother and grandmother cook—both of whom had escaped a war-torn Laos and emigrated to the United States. From those early years, the kitchen has always symbolized home and served as both sanctuary and fertile ground for Ann's evolution and creative expression.

Although her path to becoming a James Beard-nominated Chef and owning three restaurants was far from linear, the years spent with her family in the kitchen solidified her strong and unshakable foundation. Inspired by travel and motivated to honor her heritage and cultural traditions, Ann's goal is to feed people and welcome everyone around the table. You can find Ann in the kitchen at Khâluna, Lat 14, and Gai Noi, her newest restaurant.

See two of Ann's favorite recipes from Khaluna on the next page, and on our website.



Sakoo Yut Sai

See the recipe
at tccp.coop



PLANT-FOCUSED COOKING TIP:

Finishing almost any dish, both savory and sweet, with a fresh green herb will give major rewards in color, flavor, and nutrients. Try mint, dill, pea shoots, and other bright greens.



Yellow Curry
Bangladeshi Style

YELLOW CURRY BANGLADESHI STYLE

- ½ cup canola oil
- 1 Tbsp ground Indian chili
- 1 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 Tbsp ground turmeric
- 1 tsp sea salt
- 2 bay leaves
- 1 cinnamon stick
- 3 cloves
- 3 cardamom pods
- 1 ½ cups yellow onion
- 2 tsp each minced garlic and ginger
- 1 1/2 cups Roma tomatoes, sliced
- 3 cups coconut milk
- 4 Cups of peeled and cubed butternut squash
- 2 Tbsp vegetarian or traditional fish sauce
- 1 Tbsp sugar
- 2 Tbsp of coconut cream for garnish

ADDITIONAL INGREDIENTS

Feel free to take creative liberties with your curry and add in additional veggies that you and your family like, keeping or subbing the butternut squash listed in the primary ingredients. In the springtime, this curry would be delicious with cooked summer squash, green beans, asparagus, and spinach.

INSTRUCTIONS

To the base of a heavy-bottomed pot, add canola oil, heat over medium/high heat. While the oil is heating, make a sachet of the hard spices using cheesecloth or an empty tea bag. Once the oil begins to ripple, add sachet of hard spices, and allow to

bloom for 2-3 minutes. Add onion and cook until tender and slightly golden brown. Add ginger + garlic and ground spices, cooking until aromatic, and stirring frequently to prevent burning. Add tomatoes, cooking until softened and the mixture becomes a rich, paste-like consistency. Add coconut milk and remaining ingredients. Bring to a low boil. Remove the hard spice sachet.

Optional: blend using an immersion blender.

ROASTING

Preheat oven to 400 degrees and line a large baking sheet with parchment paper. Place the cubed butternut squash in a bowl and drizzle with canola oil and a little salt. Spread the seasoned squash onto the baking sheet and roast 30-35 mins, or until slightly golden and tender.

PLATING

Scoop the roasted butternut squash into a soup bowl and then ladle the yellow curry broth over the top. Garnish with taro chips, roasted pepitas and coconut cream and herbs of choice – we like basil and cilantro.



SPRING INTO A NEW ROUTINE!

Our Body Care Sale is here to help you refresh your spring self-care routine! Our experienced Wellness staff carefully vet each item according to our product standards, sourcing from trusted suppliers that are earth-friendly and toxin-free—perfect for your face, hair, and skin. Check out our favorite local, best-selling, and sustainably-packaged body care products.

Dr. Bronner's

Dr. Bronner's is an exemplar of social justice and equity in business, ecological, and social stewardship. Through Fair Trade sourcing, fair wages to growers, and loan and community development projects, Dr. Bronner's supports small-scale growers around the world. Product ingredients are grown using regenerative, organic practices, which can sequester carbon from the air back into the soil, restore soil fertility, and build resiliency to extreme weather conditions.

HiBAR

HiBAR is a Minnesota-based beauty company on a mission to end single-use plastics. Their salon-quality shampoo, conditioner, face wash, and deodorant support all hair and skin types and are easily recyclable in cardboard packaging.

Dr. Hauschka

Since 1967, Dr. Hauschka's products are made with ingredients exclusively of natural origin and completely biodegradable. 70% of their fresh plant materials are sourced regionally to their operation in the southern Black Forest. Dr. Hauschka has been utilizing 100% certified green electricity for the past two decades, including biogas from waste materials to heat their buildings.

Pranarom

Minnesota-based Pranarom makes certified-organic essential oils and skincare products. Each product begins with sustainably harvested organic plants, distilled into pure oils. Their product line includes oils, wellness formulas, hydrosols, virgin plant oils, diffusions, skincare, and other aromatherapy products.

Bryn Mawr Soap

Since 2000, Karen Soderberg and Steve Harvey have been crafting natural soaps by hand. Inspired to make soap to address their challenges with dry skin, what began as a hobby at home soon grew into a business. Bryn Mawr soaps contain superior levels of conditioning ingredients, including cocoa butter and castor oil. Plus, all soaps are plant-based, zero waste, and completely biodegradable.

Evan Healy

Evan Healy sources their ingredients from family farms, women's co-operatives, and co-operative villages around the world. Their products are certified-organic, inspired by the wisdom of nature, and formulated to support long-term skin health.

MamaP

Using compostable materials like bamboo and konjac root, MamaP's personal and home care products are low to zero-waste. They offset carbon in their operations, and 5% of every purchase benefits social and environmental justice groups, including the Xerxes Society for Invertebrate Conservation and The Innocence Project.



BOARD ELECTION KEY DATES

May 1:

*Call for Candidates,
June 15 deadline*

August 1:

*Candidate Slate
Announced*

June 15 – July 15:

Candidate Interviews

Mid October:

Annual Meeting

*Consider running for the TCCP Board of Directors. Learn more
and apply on our website: tccp.coop/board-of-directors*

Letter from the Board

Emily Anderson, Board Member

I returned to Minnesota in the mid-1970s but felt really at home when I began tilling and enriching garden soil with compost. Generous yields and yummy flavors followed. But when my broccoli starter plants turned out to be brussels sprouts, I was disappointed. My plan was for a special casserole: bright green, steamed broccoli floret “trees” planted in mashed potatoes. Thankfully, despite my garden fail, I was able to tempt my three-year-old “giant” to devour the brussels sprouts and relish new flavors.

Just in time, I discovered the Twin Cities co-op grocery network, where the produce flavors closely matched garden grown. I shopped, became a co-op member, and eventually was employed at a cooperative wholesale company, distributing healthy produce, diligently sourced from a new generation of farmers. Back then, many founding members of our co-op groceries were motivated by concern for immediate and lasting effects of synthetic chemicals. These precarious

start-up enterprises survived because of community ownership, shared costs and benefits. Over the years we have partnered with the community to advance diverse environmental and healthcare causes. Now, Black, Indigenous, and Immigrant entrepreneurs, chefs, gardeners, and community organizers are driving a fresh and inclusive gardening and food production and distribution movement. Our store and owners value and support these leaders through our purchases and giving back to community organizations.

Today, co-op shoppers are still motivated by both flavor and philosophy, as well as confidence in knowing TCCP and its retail co-op stores remain dedicated to honest sourcing of food enriched by natural sources and unadulterated by harmful chemicals.

In Cooperation,

Emily Anderson
Board Member



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

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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
Mpls, MN 55405 | 612-871-3993



@wedge_linden_hills_coop



Linden Hills Co-op

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@wedgeandlindenhills

TCCP:COOP