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CULTIVATE

A SEASONAL GUIDE TO YOUR CO-OP COMMUNITY

LET THE SUNSHINE IN



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Summer Sides
with Local Produce

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Kids in
the Garden

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Milkjam
is Here!

SUMMER 2023



TWIN CITIES CO-OP PARTNERS LEADERSHIP TEAM

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Anyone who is a long-time fan of the local restaurant scene knows the ABCs of the excellent restaurants we have lost over the years. From Auriga to Bobino to Café Brenda, many of my all-time favorite restaurants have come and gone. One of the most unique and delicious fine dining restaurants to ever exist in Minneapolis was the wonderful Saffron Café, which closed in 2016. The dynamic brother duo Sameh and Saed Wadi wowed diners for years with award winning modern Mediterranean and Middle Eastern cuisine and warm hospitality.

I was surprised but probably shouldn't have been that their encore to Saffron was the always-popular World Street Kitchen and scoop shop, Milkjam Creamery – a half mile south of the Wedge on Lyndale Avenue. But now that it has been around for almost 7 years, it makes total sense. What could be better than the creativity of a James Beard Award winning chef using top quality ingredients applied to redefine our favorite food: ice cream.

At Twin Cities Co-op Partners we are all about supporting the best local businesses. So when we heard that Milkjam was taking their amazing ice cream from their own scoop shops and packaging it in pints to sell at retail, we

said, "How fast can we get it?" It is not hyperbole to say that this is one of my favorite product launches ever. I love ice cream, and I really love Milkjam Creamery ice cream.

We will be featuring 7 of their most popular flavors (4 dairy-based, and 3 vegan) on our shelves at the Wedge and Linden Hills. My personal favorite is Ridin' Duurty; I have been a fan of Oreo ice cream since I was a kid and this is next level – Oreo milk base with Oreo chunks and salted peanut butter! The flavor Black will make the most hardcore dairy-based ice cream lover craving vegan with this incredible dark cocoa rendition. And what I love is, even flavors that might not occur to me taste incredible; last summer I sampled the pineapple lychee sorbet on a whim and I'm now hooked.

So next time you're at the Wedge or Linden Hills Co-op, treat yourself to a pint or three of Milkjam Creamery ice cream...you deserve it!



Josh Resnik
Josh Resnik,
TCCP CEO

CHECK IT OUT

ANNUAL OWNER MEETING: SAVE THE DATE!

OCTOBER 9

St. Mary's Church

Watch your mailboxes later this summer for a special mailing regarding the Board candidates, election, and meeting information.

TWIN CITIES CO-OP CLASSES

Mark your calendar for our upcoming class series in September: Hispanic Heritage Month! We're excited to present this in collaboration with Eastside Food Co-Op, Mississippi Market Food Co-Op, and Seward Community Co-Op as a way to examine and connect our cooperative values with food, equity, and social justice. Dates and details will be posted on our website and social media.

OUR UPCOMING CHANGE MATTERS PARTNERS

Your round-ups at the register will make a positive impact on:

TWIN CITIES FOOD JUSTICE

July

Reducing food waste and hunger



AVENUES FOR YOUTH

August

Housing and support services for youth



TAMALES Y BICICLETAS

September

Strengthening the Latino community



SAVE THE DATE

Upcoming deals, exclusively for owners!



JUNE 14 - 20

10% OFF

One Entire Purchase



JULY 12-18

20% OFF

All Ice Cream



AUGUST 9-15

20% OFF

All Local Produce



SEPTEMBER 13-19

10% OFF

One Entire Purchase

NOT AN OWNER?

Join today and start saving:
tccp.coop/ownership

WHAT'S NEW AT THE CO-OP

Refresh and revitalize your summer shopping routine—with fresh products found on our shelves! As always, our goal is to bring you the most exciting food and wellness products to make your daily routine better, more sustainable, and more delicious.

Enjoy our current favorites and happy shopping!

BABA'S PITA PUFFS

Dip these puffs in your favorite hummus, use them as a delicious appetizer base, or tear and toast for a crunchy salad topping.

See recipe page 6

15 count • \$4.99

BLAKESVILLE CREAMERY CHEESE

From Port Washington, Wisconsin, these farmstead goat cheeses are made using sustainable farming practices. A delicious slew of flavors include Afterglow, Lake Breeze, Linedline, St. Germain, and Barnum Blue

Size varies • \$21.99 - 24.99 / LB.

DERVISH MAZZA

Mediterranean dips locally made in Minneapolis, inspired by Egyptian recipes by Mo Kotb, and now available for your kitchen! Choose from Silk Road, Muhammara, Olive Tapenade, Feta Mint, and Tomato Provencal.

*Linden Hills only

6 oz • \$6.99

MILK JAM ICE CREAM

Made down the street from the Wedge, we're the first co-op to carry these amazing ice creams and sorbets—and we're stoked about this special partnership with Sameh & Saed Wadi and Milk Jam Creamery. Look for flavors like Black, Pineapple Lychee, Toasted Coconut, Ridin' Duuurty, C.R.E.A.M., Uma, and the original Milkjam.

See how we serve these on page 12

16 oz • \$11.99

Wedge & Linden Hills PRODUCT STANDARDS

We prioritize:

Organic and local whenever possible

Sustainable agriculture practices

Humanely raised animal products, free from growth hormones and antibiotics

No artificial preservatives, flavors, colors, hydrogenated oils, and trans fats

Produced or distributed by cooperatively owned vendors

No animal testing

BKIND NAIL POLISH

A rainbow of colors made in non-toxic formulas. Whether you're heading to the park or the beach, these polishes are the perfect update to your mani-pedi routine this summer.

*Wedge only

15 ml • \$13.99



SUMMER ON THE GO

With the arrival of summer, it's time to explore your favorite warm weather destinations: picnics, boating, backyard gatherings, and lazy weeknight meals al fresco. To make the most of the warm temperatures, we've put together three favorite recipes—all using fresh, bright summer flavors and the very best of local Minnesota produce.

Plus, these meals are easy to make and take on the go—and somehow even more delicious when served at room temperature. Pair these with your summer adventures and make the most of it!

FATTOUSH WITH SUMAC LEMON VINAIGRETTE

GOCHUJANG GREEN BEANS

FARRO CHICKPEA SALAD

All recipes can be found at
tccp.coop/recipes



Fattoush with Sumac Lemon Vinaigrette

8 SERVINGS

- 1 package Baba's Pita Puffs, torn into bite-sized pieces
- 2 Tbsp olive oil
- 1 Tbsp za'atar*
- 1 tsp salt
- 1 pint cherry tomatoes, halved
- 1 English cucumber, cut into bite-sized pieces
- 1 yellow bell pepper, cut into bite-sized pieces
- 1 cup sliced radishes
- 4 scallions, thinly sliced
- 2 cups fresh Italian parsley leaves
- 3 Tbsp chopped fresh mint

DRESSING

- 3 Tbsp freshly squeezed lemon juice
- 1/3 cup olive oil
- 2 tsp sumac*
- 1 tsp salt
- 1 clove garlic, grated or finely minced
- 2 tsp pomegranate molasses or honey

Toss pita pieces with oil, za'atar and salt. Place on a baking sheet and toast in a 425-degree oven for 10-12 minutes, tossing once. Set aside to cool.

Place all salad ingredients in a bowl. Whisk dressing ingredients in a jar, pour over salad. Add pita right before serving.

*find these spices in our bulk aisle!

SHORT ON TIME?

Pick up one of our made-from-scratch deli salads: Golden Beet and Kale, Thai Potato Salad, Puget Sound Artichoke Salad, and more!

Easy to grow, fun to eat - edible flowers are perfect for young gardeners

GETTING KIDS IN THE GARDEN

Gardening isn't just for adults! We love to see gardening and the appreciation for fresh food passed on throughout generations. Bring the littlest members of your community into the garden this summer and start exploring!



Help watering the plants.

Show your kids how to water plants and watch them grow throughout the summer. You can also harvest small veggies, like peas, radishes, or cherry tomatoes, and eat them right out of the dirt.



Make a fresh-from-the-garden snack.

Teach your kids how to pick, wash, and arrange veggies on a plate—then serve with a bowl of hummus or your favorite dip. This is the best way to see where our food comes!



Don't forget the fun!

Jose Luis Villasenor, Executive Director of Tamales y Bicicletas (Our September Change Matters partner) says that the best gardening tips for kids are: Have fun, get your hands dirty, and always share the food you grow!



Encourage healthy eating this summer!

Visit the Mill City Farmers Market and watch a cooking demo on a Saturday morning (see page 14 for more information about our partnership with MCFM). Give kids a chance to help make the shopping list for the market and pick out their favorite fruits and veggies from local farmers.



Explore the world of edible flowers

Do you have any pansies, calendula, marigold, violets, or lavender in your garden? These are edible! Use the petals to decorate cookies, cupcakes, or add even more color to your veggie tray.



**SCAN THIS QR CODE TO PRINT
A FUN KID'S COLORING PAGE!**

Make a color copy, and we'll proudly display it in our café area, designed by Katrina Kubeczko, Wedge Front End Manager

FOOLPROOF FISH ON THE GRILL

by Cecka Parks



Summer means keeping meals simple and enjoying the flavor of fire and fresh food. One of the best pieces of advice I could give you for cooking during this season is to keep it simple. Overthinking, over-seasoning, and overcooking your fish is far easier than you might think.

FOLLOW THESE THREE BASIC STEPS FOR SUCCESS EVERY TIME:

1. Buy good ingredients and fish that are sourced well (*either farmed or wild are great*).
2. Know what technique (such as using a cedar plank, whole fish, filet, or skin off) you want to use before buying your fish or firing up the grill.
3. Don't spend too much time on the marinade or seasoning (the fish and the fire will give you most of your flavor).
4. Keep in mind that fish cooks quickly and overcooks even more quickly (145° is recommended by FDA). Using indirect heat is a good way to grill your fish, especially if you are cooking filets directly on the grill grate. To use indirect heat, move your fish to the side of the grill or move your coals to the side of your fire to disperse the heat.

Simple Grilled Spatchcock Chicken

- 2 Tbsp chopped fresh oregano
- Zest from 1 lemon
- 1 garlic clove, grated
- 3 Tbsp olive oil
- 2 tsp salt
- 1 tsp pepper
- 1 lemon, cut in half

Combine all ingredients and rub on both sides of the chicken. Preheat your grill to medium high and place chicken, skin side down over direct heat. Grill for 5 minutes, turn heat to low and flip chicken. Continue to grill until juices run clear and the thermometer reads 165, 40-45 minutes total cooking time. Grill lemon, cut side down, for the last 5-10 minutes.

Remove from the grill, squeeze lemon juice all over the bird, and let rest 10 minutes before carving.



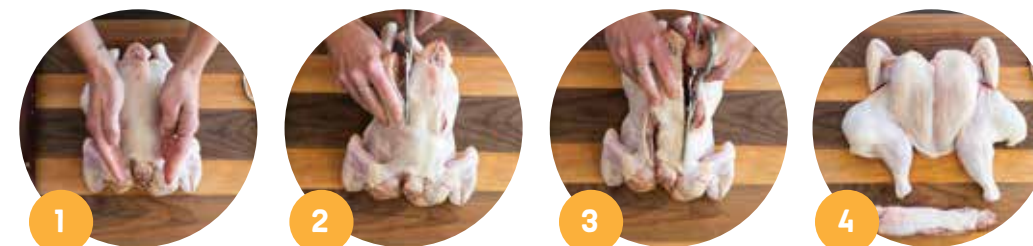
SPATCHCOCK A CHICKEN

BY CECKA PARKS

Spatchcock—what a word! This modern English phrase most likely derives from an 18th-century Irish phrase which essentially means to whip up a quick chicken dinner. But today, it's a common verb used to describe a method of preparing chicken, similar to butterflying.

In order to spatchcock a chicken (or turkey or duck), you need a bird, a board, and a sharp pair of kitchen shears or a sharp knife or cleaver. The process takes a few minutes—but it will cut down on your cooking time by quite a bit. I highly recommend you go buy yourself a whole chicken - we love Kadejan Farms - and give it a try!

Our meat and seafood counter can spatchcock your bird for you as well — just ask!



6 STEPS TO SPATCHCOCK A BIRD

1. Place the bird breast side down on the cutting board.
2. Find the opening through the neck or the tail end. With knife or shears, start cutting down one side of the spine. If you have a knife, it is easier to start the top of the chicken and cut downward. If you have shears, it is easier to start cutting at the base and moving to the top. Go about ½ way down and stop. Then move to the other side and cut about ½ way down. Doing both sides this way will help you by keeping the bird from opening up too much.
3. Finish cutting the rest of the way and rotate your bird. If you're finding a lot of resistance, double-check to make sure you are cutting through the ribs and not the spine.
4. Once the back is removed, you should see the inside of the chicken "butterflied" before you. Flip it over so that the chicken breasts are facing you and the legs are on either side.
5. Gently place your hands on the top of the breastbone and press down, using a little bit of force. The bird should flatten easily. If not, you may need to flip the bird back over to make a cut inside the breast cavity to ease the break.
6. Congratulations! You just spatchcocked the chicken, and you are well on your way to a wonderful meal on the grill or in the oven.



MEET CECKA

How did you get involved in butchery?

I've always been a co-op member, but it wasn't until I started working at the butcher counter in my mid-30s that I developed a deep interest.

What's it like being a woman in a mostly male-dominated field?

A constant feeling of needing to work harder at first, but I have found acceptance and inclusion in this industry. There are a lot of femme/non-binary folks who cut meat which helps create space for more to enter the craft.

What's your favorite cut of meat?

Chuck eye steak (beef)

Where can people find your content and classes?

mplsmeatcollective.com
IG: @meat_musings

ICE CREAM DREAMS

Nothing quite speaks to the nostalgia of summer like nibbling on a frozen treat. Whether you prefer a creamy cone, rainbow rocket pop, or freezing your own fruit blends into popsicles, chilling with an icy treat is a daydream we all love on a hot summer day.



Milkjam Creamery, our neighbors on Lyndale, brought their modern, delicious, and seasonal ice creams to our co-op shelves this spring! We're thrilled to be the first co-op selling this uptown favorite from local chef Sameh Wadi. Who doesn't share his consuming love of this summer time, and year round, favorite treat!

ICE CREAM SALE

OWNERS SAVE 20% OFF
ALL ICE CREAM (+ Plant Based)

JULY 12 – 18



Marionberry Citrus
Ice Cream Sammy

1



Marionberry Citrus Ice Cream Sammy

Van Leeuwen's Marionberry Cheesecake and our housemade citrus shortbread cookies

Take a tip from Aaron and treat yourself to this decadent French-style ice cream. To make it even more enjoyable, place a scoop between two of our housemade citrus shortbread cookies.

2



Pineapple Lychee Ginger Float

Feat. Milkjam's Lychee Pineapple Sorbet and Wisco Pop's Organic Ginger Soda

One of the newest additions to our frozen family is an array of uniquely delicious dairy and non-dairy ice creams from Uptown's own trendsetting darling: Milkjam Creamery. We now carry seven of their specialty flavors, including Black (the darkest cocoa), Milkjam (Caramelized goat's, cow's, and sweetened condensed milks), and Toasted Coconut. Try one (or all) next time you're in the frozen aisle, and trust us, you'll be a forever fan.

3



Strawberry Thyme C.R.E.A.M. Dream

Milkjam's C.R.E.A.M. ice cream, fresh strawberries, fresh thyme, balsamic vinegar

In a small sauce pan, simmer 1 cup sliced strawberries with 2 teaspoons sugar. Add a teaspoon of balsamic vinegar, simmer for a few more minutes. Add 1 teaspoon of fresh thyme leaves and serve over **Milkjam's C.R.E.A.M.** ice cream.



Aaron Nytroe
Grocery Manager
Linden Hills Co-op

Aaron Nytroe knows his way around the Wedge and Linden Hills. Beginning with the Wedge in 1999, his career has spanned 24 years and both stores—from starting in the Wedge Meat Department to working his way up to Grocery Manager of Linden Hills since 2019.

Of all our departments, Aaron has a particular penchant for our vast array of frozen treats. From creamy-rich Brooklyn-crafted creations to vegan MN-made popsicles, our sweet treats include something for every palate.

When asked about his current favorite frozen treat at The Co-op, Aaron found it difficult to choose just one.

"There are so many wonderful frozen treats to choose from that are both dairy and dairy-free," he says. But when pressed, there's one (ice) cream of the crop.

"MY FAVORITE DAIRY ICE CREAM IS VAN LEEUWEN'S MARIONBERRY CHEESECAKE ICE CREAM,"



And this isn't any run-of-the-mill ice cream. What sets Van Leeuwen's apart, Aaron explains, is the ingredients. "This one is particularly rich, because it's crafted with twice as many egg yolks as standard ice cream, and the Marionberry is mixed with a perfect amount of house-made graham cracker," he says. Marionberry is an especially succulent type of blackberry, grown only in Oregon.

The best setting to enjoy a heaping scoop of Marionberry Cheesecake, according to Aaron? "Anytime! But I enjoy it most after doing some grilling in the backyard," he says.

SATURDAY MORNINGS AT THE MARKET

One of the best parts of summer? Enjoying your local farmers’ markets—and the Mill City Farmers Market is your go-to for fresh, seasonal produce, hand-made gifts, and local meats and dairy products.

This summer, we’re excited to sponsor the Mill City Cooks live cooking demos! Join us at the market on the first and third Saturday morning of each month to learn from a local chef. Stay for the demo, pick up some of the featured ingredients at the market, and finish your shopping at the co-op.

WE WILL SEE YOU THERE!

- JULY 1
- JULY 15
- AUGUST 5
- AUGUST 19
- SEPTEMBER 2
- SEPTEMBER 16
- OCTOBER 7
- OCTOBER 21

Featured Chefs: **Jenny Breen, Nettie Colón, Beth Jones**

Mill City Farmers Market exists to inspire and nurture a healthy community by building a local, sustainable, and organic food economy in a vibrant experiential marketplace. Learn more at millcityfarmersmarket.org



Letter from the Board

Lisa Fittapaldi, Board Treasurer

Growing season is in full swing in Minnesota and we’re seeing favorites like romaine, bib lettuce, and local asparagus on the market.

One of our long-time partners for many of these wonderful summer veggies is Featherstone Farms. Featherstone Farm is a 250-acre certified organic farm located in Rushford, Minnesota. Founded in 1994, Featherstone Farms produces around 70 varieties of natural and organic fruits and vegetables. It’s exciting to see all the different veggies that come in throughout the summer and early fall growing season.

And nothing says summer like ripe, delicious strawberries. While our Co-op Partners Warehouse is fortunate to have multiple sources for fresh organic strawberries, one of our favorite suppliers for berries is

BOARD TIMELINES

August 1:
Candidate Slate
Announced

Mid-September
Board Election
Voting Begins

October 9:
Annual Owner Meeting

Watch your mailbox for a special mailing regarding the Board Election and Annual Owner Meeting

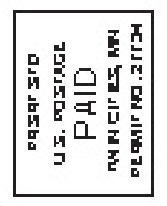
Coke Farms. Coke Farms connects small and mid-size farms—over 100 of them—to supply fresh and organic foods to co-ops like ours. They are the only supplier I know of that packages these fragile berries in biodegradable packaging versus a plastic clamshell, diverting nearly 35 tons of packaging from landfills.

What else happens in spring and summer? We’re busy recruiting qualified applicants to serve on the TCCP Board.

If you’re interested, attend a Board Meeting on June 26th and see first-hand what it’s like to serve. All TCCP owners are welcome to attend. For more information, contact our Board Coordinator, Molly, at info@tccp.com.



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



TCCP.COOP



Wedge Community Co-op

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