

Wedge
COMMUNITY CO-OPS

CULTIVATE

Know Your Food | Know Your Farmers



BRIGHT NEW YEAR

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Black History Month
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2024 Change Matters

WINTER 2024



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It was one of the first days of winter, just as the temperatures were starting to drop. I could feel a tickle in my throat, and my nose was getting a little stuffy. I knew exactly what to do – I made a batch of my new favorite “Asian-inspired Health Soup”. Admittedly, I am not sure the soup is authentically Asian, and I am not certain it has officially approved health benefits. But just like my grandmother would make matzah ball soup to make you feel better, my favorite remedy is this soup.

The beautiful thing about the soup is that not only did it make me quickly feel better, but it is delicious, and it cooks up in less than 30 minutes. You can find the recipe at wedge.coop/recipes. But I encourage you to think of the recipe as more of a suggestion – if you’re vegetarian, sub out vegetable stock for chicken. Love ginger – add more ginger. If you like turmeric – toss that in too. Want a little crunch, add some snap peas or bok choy. The one must have for me is the Napa cabbage. I don’t know what it is, but whenever I eat Napa cabbage – I feel better. Nothing marks the beginning of the new year

and new resolutions, like an easy soup that makes you feel good.

And speaking of a new year, 2024 marks the 50th anniversary of the Wedge Community Co-ops. We will have more information coming soon on our celebration later this year, but it is going to be a big party that honors our amazing owners, employees, farmers/vendors, and the community – everyone who makes the Wedge such a special unique place. Our co-op started half a century ago by passionate people in the neighborhood who were reacting to the corporatization, industrialization, and homogenization of our food supply. They opened a small co-op with the promise of selling healthy, high-quality foods to the neighborhood at a fair price – and it was a business owned by the community. While our offerings have expanded over the years and our stores are a little more polished, the same principles are very much at the core of what we are about today.



Josh Resnik
Josh Resnik,
TCCP CEO

Check It Out

Save the Date

Upcoming deals, exclusively for owners!



January 17–23
20% OFF
PRODUCE



March 13–19
10% OFF
ONE ENTIRE
SHOPPING TRIP



February 21–27
20% OFF
BULK



March
OWNER DRIVE
TELL YOUR FRIENDS!



Not an owner yet? Join today and start saving: wedge.coop/ownership

Subscribed to our Co-op Perks program? Owners receive exclusive offers, straight to your inbox each month. Sign up here: wedge.coop/digital-opt-in



Our Upcoming Change Matters Partners

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

SACA Food Shelf *January*

provides a pathway to stability and self-sufficiency while offering essential services with dignity and respect.

BIPOC Foodways Alliance *February*

uplifts, preserves, and archives stories of BIPOC communities through the lens of food while simultaneously breaking down barriers between cultural communities.

Neighborhood Roots *March*

brings neighbors together to buy, eat and learn about local food. We support local farmers and small businesses, promote vibrant communities, and affect significant changes in food and agriculture policy.

FEBRUARY IS BLACK HISTORY MONTH



FEATURED BLACK-OWNED BRANDS

Alafia Body Care

West Indies Soul Sauces

Hoyo Sambusas

Mr. B's Chili Sauce

Sweet Troo-Vi Cookies

TRY CHEF LACHELLE'S RECIPES

Explore Chef Lachelle's recipes at wedge.coop/recipes and learn more about her work at cityfoodstudio.com



Lachelle Cunningham

Chef Lachelle Cunningham has been a dynamic staple in the Twin Cities' food scene since 2012 and is known and beloved for her global-inspired comfort food. Lachelle launched Chelles' Kitchen in 2012 and became founding Executive Chef of Breaking Bread Cafe in 2015, where she received recognition for her food creativity.

Chef Lachelle is the founder of the Healthy Roots Institute, an organization focused on healing and social justice through food education, culinary arts, and entrepreneurship. She is also the founder of City Food Studio, a shared-use commercial kitchen space in the Twin Cities.

We had the distinct honor of spending time with Chef Lachelle, learning more about her passions, projects, and what's next for her.

Q: How did you get your start as a chef?

A: I got my start as a chef through a lifelong journey intertwined with food and family. My parents played a significant role in shaping my culinary path. I have fond memories of spending time in the kitchen with them, learning the basics of cooking, and developing an appreciation for flavors and ingredients. Cooking was a shared family activity that brought us together.

Q: What projects are you working on right now?

A: My main work focus revolves around City Food Studio, which has

become a hub for various activities and initiatives that align with my mission to impact people through food. City Food Studio is at the heart of my efforts. It serves as a space where I can create job opportunities through our catering company, ensuring that we're not only feeding people but also providing employment.

Q: How do you see yourself inspiring other Black chefs and makers?

A: I hope to lead by example. I want them to see that there are no limits to what they can achieve, no ceilings to hold them back. I want to empower them to pursue their dreams with audacity and a sense of purpose, just as I do. I want them to take their craft seriously and approach it with love and authenticity. I aim to dispel myths, change perspectives, and inspire people to approach food with an open mind, and to appreciate the richness of the culinary journey.

Q: What food says family to you?

A: My family has southern roots, even though we're in the Midwest, so when I think of family and culture, a few dishes come to mind. At the top of the list are black eyed peas and collard greens. These classic dishes have a special place in my heart and are often the stars of family gatherings. I prepare them in various ways, sometimes vegan, and other times with turkey tails or turkey necks for that rich, comforting flavor.

Q: What would you like people to know about you?

A: I want to emphasize my unwavering passion for my work. It's not just a job for me; it's a calling and a deep-seated love. I am committed to serving and giving back to the community through my culinary endeavors. Building, engaging, and growing with the community is at the core of my mission, and I wholeheartedly appreciate the support and collaboration of the community in all the work I do. Together, we can create a stronger, more vibrant food community that uplifts and enriches the lives of those we serve.



Vegan Black-Eyed Pea Waffles

with Pan-Fried Mushrooms
& Harissa Caramel Sauce

SERVES 3-4

Pan-Fried Mushrooms

1 lbs Mushrooms (oyster, maitake, or lion's mane) rinse, air dry and cut in half
1 ½ teaspoons salt
1 teaspoon Cajun Seasoning
½ cup flour
1-2 Tablespoons Cooking Oil, and more as needed

In a bowl, toss mushrooms with 1 teaspoon of salt and 1/2 teaspoon of cajun seasoning. Allow the seasoned mushrooms to marinate for 10 minutes.

Meanwhile in a bowl, add the flour with ½ teaspoon of salt and ½ teaspoon of cajun

seasoning, whisk it together. Add seasoned mushrooms to the bowl with the flour mixture, and toss until lightly and evenly coated (does not need to be caked in flour).

Heat 1-2 tablespoons of cooking oil in a pan, preferably a cast iron skillet.

Before adding each mushroom to the pan make sure you shake off the excess flour. Fry the mushrooms on all sides in batches until golden-brown (3-4 minutes per side), adding oil between batches as needed. Once the mushrooms are golden brown remove them from the pan and let them drain on a cooling rack or paper towels. Keep the fried mushrooms warm until you're ready to serve.

Find all the recipes at wedge.coop/recipes

Cozy Baking Day

A plate of fresh scones - nothing smells better or tastes better than something warm and comforting from your oven. Add a comforting hot drink, and watch the snow fly outside your kitchen window. Follow our basic scone recipe and explore the wide world of flavors and mix-ins for your next breakfast or brunch.

Find many of these ingredients in our Bulk Department

Owners Save 20% on Bulk February 21-27

BEETROOT LATTE

Find the recipe at wedge.coop/recipes



Basic Sweet Scone

MAKES 8-12 SCONES

2 cups all-purpose flour
 ½ cup sugar – granulated or packed light brown
 1 teaspoon salt
 3 teaspoons baking powder
 ½ cup (1 stick) unsalted butter
 ½ cup cream or whole milk
 1 large egg
 1 cup mix-ins

· Whisk flour, sugar, salt, and baking powder in a large bowl. Using a box grater, grate cold butter on largest holes, into the flour mixture. Toss with a fork to combine well, until pea-sized crumbs are formed.

· Whisk cream and egg together in a small bowl. Drizzle over dry ingredients and add mix-ins. Stir gently until

everything is moistened.

· Form dough into a ball, roll or pat out on a floured surface, and cut into triangles, circles, or squares. Place scones 2 inches apart on a parchment lined baking sheet. If desired, brush with a little extra cream and sprinkle with a bit of sugar. Bake at 400 for 18-24 minutes, until golden brown. Cool for 10 minutes before eating.

TIP: Before baking, chill scones in the refrigerator for 15-30 minutes. This helps prevent spreading of dough when baking.

Make ahead: Unbaked scones can be frozen on a sheet for 2 hours, then placed together in an airtight freezer bag or container and frozen for up to a month. Bake from frozen, adding a few extra minutes to baking time.

OUR FAVORITE MIX-INS:

SWEET

Lemon Walnut: 2 teaspoons grated lemon zest, 1 Tablespoon lemon juice, ½ cup chopped walnuts

Chai Currant: 1 Tablespoon bulk chai tea, 1/2 cup sliced almonds, 1/2 cup dried currants

Cherry Cacao: ½ cup chopped dried cherries, ¼ cup cacao nibs

SAVORY

Chorizo & Cheese: ½ cup diced Lowry Provisions chorizo, ½ cup shredded cheddar cheese, 1 Tablespoon minced chives

Hot Honey: 1/3 cup diced medium-hot peppers (jalapeno, serrano, or Fresno), 3 Tablespoons minced shallot, 2 teaspoons chipotle powder. After baking, drizzle with honey.



Family Hot Toddy

In a saucepan on the stove:

This delicious and warming drink will chase away the sniffles, a bad day, or the winter chill. Bonus? The simmering aroma will fill your whole house!

10 cups water
 1 lemon, thickly sliced
 1 orange, thickly sliced
 2 cinnamon sticks
 One “hand” of fresh ginger, cut into 1-inch pieces
 Local raw honey to serve

Over low heat, gently heat all ingredients for 15-20 minutes. Ladle out the liquid into mugs. Add honey to taste. Continue to add fresh water to the pot throughout the day, leaving the solids in the pot. Flavors will continue to intensify, and your fourth cup will be better than your first!



ANOTHER YEAR OF CHANGE

NEIGHBORHOOD ROOTS

In 2023, our co-op community raised over \$100,000 for Change Matters in register donations! Thank you for rounding up your shopping trips to support BIPOC empowerment, hunger relief, and emerging farmers.

Throughout this year, our partnerships have not only been beneficial to the participating organizations but have also contributed to building stronger and more resilient communities. Together, we have made a meaningful difference in the lives of many. We are excited to continue this journey of positive impact on our community and look forward to even greater impact in the future.

We are excited to introduce you to the organizations you can round up for at the registers in 2024!



BIPOC FOODWAYS ALLIANCE

January: SACA Food Shelf (Southern Anoka Community Assistance) provides a pathway to stability and self-sufficiency while offering essential services with dignity and respect.

February: BIPOC Foodways Alliance uplifts, preserves, and archives stories of BIPOC communities through the lens of food while simultaneously breaking down barriers between cultural communities.

March: Neighborhood Roots brings neighbors together to buy, eat and learn about local food. They support local farmers and small businesses, promote vibrant communities, and affect significant changes in food and agriculture policy.

April: Midwest Food Connection inspires young people to deepen their relationship with food in ways that benefit their bodies, their communities, and the earth.

May: The SEAD Project (Southeast Asian Diaspora) is an accessible creative hub that provides streamlined workshops and tools to engage and share knowledge in Khmer, Hmong, Lao and Viet diaspora communities.

June: Brightside Produce eliminates food insecurity in urban areas by improving access to affordable fresh produce.

July: Frogtown Farm enriches the world by cultivating soil and community in Frogtown, St. Paul.

DECEMBER:

Owner's Choice Vote during 2024 Election

Reuse Minnesota

Youth Link

Legal Rights Center

August: The Good Acre unlocks economic opportunity for farmers in our region through a unique combination of personalized support and market development.

September: COPAL Education Fund - Comunidades Organizando el Poder y la Accion Latina is a Latine-led, statewide organization that works to build collective power, transform systems, and create opportunities for Latin Americans to have a dignified life in Minnesota.

October: Every Meal fights child hunger through community and school partnerships.

November: Kilimo Minnestoa empowers emerging farmers of African descent, socially and economically through mentorship, farmland access navigation, and community building.

EVERY MEAL



KILIMO MINNESOTA



COPAL EDUCATION FUND





IT TAKES A VILLAGE

Meet the Wedge Co-op Staff

Over 350 indispensable staff keep The Wedge Co-ops humming along each day. You've seen our knowledgeable, helpful team stocking shelves, preparing your made-to-order meals, answering your questions, or fulfilling orders at Co-op Partners Warehouse.

We're highlighting a few of our amazing team and their stories. Enjoy getting to know them better!



Meet **Johanna Cohn**
(Wedge Linden Hills)

What is your role?

I'm a buyer in the Wellness department at Wedge Linden Hills, with a focus on supplements—vitamins, protein powders, herbal remedies, omega-3s, you name it.

What led you here?

I've worked for TCCP in this role since the summer of 2021, after working for several years at La Montanita Coop in Albuquerque, New Mexico.

What is one thing that fulfills you about your work?

Shopping for supplements can be confusing, overwhelming and anxiety-provoking. I love helping customers navigate the process so that by the time they leave our store, they've been able to share their concerns and feel confident in their product choices. I'm also a huge herbalism nerd, so I especially enjoy talking with folks about tinctures and other plant-sourced remedies.

What is a food or drink that brings you joy and comfort during the winter?

Rishi's Masala Chai, available in our bulk herbs, spices, and teas section.



Meet **Phil Belknap**
(Wedge Linden Hills)

What is your role?

I'm a Grocery Stocker and I've been with TCCP since May of 1990—so 33 years—and I've been a stocker on the sales floor the whole time.

What led you here?

I started working for co-ops in 1976 in the little town of Greeley, Colorado. There, I was basically a "manager"—coordinating volunteers. I was the only employee! Everyone else was a volunteer. After that I became a traveling entertainer, then came back to Minnesota to be near family, and I wanted to be in a city with a good music scene.

What is one thing you appreciate about the culture at the Wedge?

I really like my coworkers, and I like working for an equitable company. I also really enjoy the long-term customers—and their kids. I used to see customers come in with their babies, then 18 years later, that baby would work here!

What is a food or drink that brings you joy and comfort during the winter?

Squash! I like buttercup squash the best.



Meet **Kanitha Ma**
(Accounting Department)

What is your role?

I am the Accounting Manager in the Finance Department. I've been with TCCP for 26 years. I started as a Cashier, then I was a Front-End Coordinator, a Reconciliation Clerk, a Scanning Coordinator, and after getting my accounting degree, I started working in the Finance department as an Accounting Specialist.

What led you here?

I lived in the neighborhood and was a customer at Wedge Lyndale. I started working here after getting laid off from my job. What keeps me here is our mission. My family and I are refugees from Cambodia having survived the Khmer Rouge's rule from 1975 to 1979. My family and I were sent to work in labor camps and were malnourished due to lack of food, so having access to nutritious quality food is very important to me.

What is a food or drink that brings you joy and comfort during the winter?

The porketta pork roast with roasted root vegetables and brussels sprouts is my ultimate comfort meal.



Meet **Christa Sorenson**
(Co-op Partners Warehouse)

What is your role?

My current role is Sales Manager at Co-op Partners Warehouse (CPW). I've been with TCCP for 20 years, was hired as office manager for CPW and was in that role the majority of my time here before stepping into the role of Sales Manager.

What led you here?

I met Edward Brown, the original manager/director at CPW. He connected with me and offered me the office manager position as the original office manager was going back to school.

What is one thing that you appreciate about the culture at TCCP?

The mission we all share and the camaraderie the warehouse workforce shares keeps me going!

What is a food or drink that brings you joy and comfort during the winter?

During the colder months, I'm very partial to the "Immunity" loose leaf tea from Sacred Blossom. It has echinacea, elderberry, and lemon balm to help bolster the immune system, and being warmed by the herbs makes me happy.



Connecting Farms and Co-ops:

Bridging the Gap

Co-op Partners Warehouse in St. Paul, Minnesota, is a unique, cooperatively owned distributor connecting local farms with co-ops, restaurants, and retailers for over 20 years. We're not just a distributor; we create connections between hearts and values.

Passionate about Food, Just Like You

We're certified-organic, cooperatively owned, and and serve the Upper Midwest across six states. We deliver exceptional food and beverages to over 400 customers across seven states, including co-ops, restaurants, and more.

What sets us apart is our unwavering commitment to our vendors, while we expand their markets and opportunities. We view our farmers as partners in a shared mission. We believe in the power of simple, human connections.

With our distribution power, we reduce thousands of food miles per year by bringing more of the food you love to more stores, using fewer trucks from one location.

Connecting Hearts, Not Just Food

Our journey involves forging connections that transcend business. Farm tours bring us closer to the people who grow the food we distribute. We visited Twin Organics, Keepsake Cidery, Seeds Farm, and Thousand Hills, witnessing the passion, sustainability, and community spirit behind their products. Our experiences deepened our connection to our vendors and reinforced our dedication to the local food community.

Co-op Partners Warehouse stands as a testament to the power of bridging the gap between farms and co-ops, creating a sustainable and imaginative food system rooted in the warmth of community and the goodness of the earth.



New at the Co-op

Winters in Minnesota aren't for the faint of heart! As January settles in, we gravitate toward warm layers, nourishing meals, and an extra supplement or two to promote stamina of the body and mind. If you're resolving to support your mind and nourish your body, check out these new products that truly stand up to the cold.

Ancient Nutrition

1. Organic SuperGreens Alkalize & Detox

After the excess of rich food and drink that accompanies the holiday season, it's a good idea to take a break to cleanse and detoxify your system. One scoop of this mix-in supplement from the experts at Ancient Nutrition features over 25 superfoods, including alkalizing greens, apple cider vinegar, and a blend of fermented herbs.

MNMLST

2. MNMLST Salsa

If you crave the dynamic brightness of salsa year-round, check out MNMLST. These "squeaky clean" salsas blend under ten of the freshest ingredients and are available in a variety of flavors and spice levels.

Continued...

Wedge-Made

3. Chevre with Dried Flowers & Honey

With fresh goat cheese, local + organic honey, and the tri-tone beauty of rose, marigold and cornflower, this simple but darling treat will enliven your next cheese board and chase out the winter blues.

Pemmican Patty

4. Bisonberry Blends

Native-owned and North Dakota-made, two flavors of bars are a grain-free blend of bison and 100% grass-fed beef, berries, and other ingredients native to Turtle Island, the Indigenous name for North America.

Moon Valley Organics

5. Herbal Lotion Bars

Lotion is essential to soothe dry winter skin. Moon Valley Organics' highly nourishing herbal lotion bars bring all the deep, velvety moisture without the unnecessary excess packaging or plastic. In scents like Lemon Vanilla and Bergamot Geranium, this bar will soothe both your skin and your senses!

Additional Products Pictured:

Inesscents Afterglow Restorative Facial Butter in Rose

Jakeeno's Pasta Sauce

Eat Meati Classic Cutlets

Winnie Lou The Canine Co. Celebration Cookies



Letter from the Board

Mark Greene, Board Member

Bins brimming with squash of every size and color are making way for bright citrus in our produce department, a fresh new year and start for Twin Cities Co-op Partners (TCCP)—consisting of Wedge stores at Linden Hills & Lyndale and Co-op Partners Warehouse (CPW) in St. Paul.

At the conclusion of our successful Annual Meeting in October, owners elected two new Directors to the TCCP Board: Bao Vang and Jobin Kadapurath. Congratulations to Bao and Jobin as they bring their skills, energy, and vision to the Board! They join seven returning Directors to help shepherd the organization as it enters Year Two of a Long Range Plan created in 2022.

Several elements of that Plan are already bearing fruit.

First, as shared at the Annual Meeting, TCCP recently concluded a successful FY 2022-23, growing to reach record revenue and a new level of profitability. Many thanks to our 21,000 owners for their continued trust in—and patronage of—our Wedge retail stores.

Second, our retail business has rolled out our new Wedge brand, with a modern logo and look-and-feel—with favorable feedback from shoppers. New store signage and graphics will continue to be installed in the weeks and months ahead. Kudos to the team for a job well done!

Third, as part of our long-range efforts to modernize operations, CPW has begun converting to a new warehouse management software system. When completed in early 2024, the new system should improve productivity and enhance our ability to serve customers with the produce and grocery offerings they seek.

Collectively these initiatives are helping to prepare TCCP for expansion in the coming years. We look forward to updating you further as these growth plans take shape. As always, we welcome your feedback and suggestions.

Questions for the Board?

Contact board@tccp.coop



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

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

20% OFF
ALL PRODUCE

January 17-23

*owner deals are one-time use



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