

# Wedge CULTIVATE

Know Your Food | Know Your Farmers

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Connect to  
your Growers

SUMMER 2024





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After a thorough and thoughtful nationwide search, the Twin Cities Co-op Partners Board of Directors is pleased to introduce Nick Seeberger as our new CEO. Nick will begin working at TCCP on August 5th.

Nick comes to TCCP from Valley Natural Foods Co-op in Burnsville, MN where he has been the CEO since 2017. Prior to working at Valley Natural Foods, Nick worked in various positions at the Seward Co-op from 2001-2017. Nick brings a strong work ethic and deep understanding of and passion for cooperative business. He is committed to ensuring that TCCP is a great workplace and a strong and valued part of our community.

With his background and experience in co-op operations and finance, Nick has led organizations through expansion, growth, and change. His demonstrated commitment to cooperative culture and values aligns with TCCP's mission to build community by developing a strong local food system. Our retail (Wedge Community Co-ops) and warehouse and distribution (Co-op Partners Warehouse) companies are excited for his expertise and leadership.

"Nick Seeberger has a first-rate track record in the co-op natural foods space," says Sarita Parikh, TCCP Board President. "His successful history with operational excellence, financial management, people leadership, impactful DEI work, and community engagement, coupled with his commitment to co-ops and his strategic acumen, make him an excellent choice for TCCP's future."

Nick holds a Master of Management Cooperatives and Credit Unions degree from St. Mary's University in Halifax, Nova Scotia. He lives in a multi-generational home in St. Paul with his wife, three children, and mother-in-law. His bowling league average last year was a personal best of 182, he enjoys estate sale shopping for art and records, and his favorite co-op produce item is a banana. In fact, Nick recently slipped on a banana peel on a sidewalk, proving that once in a while it does happen!

Please join us in welcoming Nick Seeberger to TCCP in early August and plan to attend our Annual Owner Meeting on October 22 to meet Nick and explore the vision and plans for our co-op's future!

*In cooperation,*  
**The TCCP Board of Directors and TCCP Leadership Team**

# Check It Out

## Save the Date

Upcoming Events



### July 13, 10 am- 4 pm CO-OP FARM TOUR

The Co-op Farm Tour brings a unique opportunity to visit and discover Minnesota and Wisconsin farms bringing fresh food to your table. You'll get the chance to connect with growers and be inspired to continue supporting our local, sustainable food system.  
[coopfarmtour.com](http://coopfarmtour.com)



SAVE  
THE  
DATE

### October 22nd ANNUAL OWNER MEETING

*St. Mary's Church, Mpls*  
Keep an eye out for a special mailing regarding the Board candidates, election, and Annual Owner Meeting information-coming in September.



### Our Upcoming Change Matters Partners

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

#### Frogtown Farm July

rooted in values of social equity, justice, and interconnectedness, this urban farm serves as a model for multicultural community engagement and a catalyst for economic development, wealth creation, community pride and sustainability.

#### The Good Acre August

unlocks economic opportunity for farmers in our region through a unique combination of personalized support and market development.

#### COPAL Education Fund September

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.



July 10- 16  
20% OFF  
ICE CREAM

& Novelties



August 14- 20  
20% OFF  
PRODUCE



September 11- 17  
10% OFF  
ONE ENTIRE

Shopping Trip



**Not an owner?** Join today and start saving: [wedge.coop/join](http://wedge.coop/join)

**Subscribed to our Co-op Perks program?** Owners receive exclusive offers, straight to your inbox. Sign up here: [wedge.coop/digital-opt-in](http://wedge.coop/digital-opt-in)



COOL DRINKS FOR HOT DAYS

# SUMMER SIPS



Summer Heatwave



Creamy Mint Limeade





Fresh herbs, chilis,  
fruit, and zest  
make the best  
garnishes  
for any drink!

Quench your thirst and cool down with these quick to assemble, hydrating summer beverages. After a bike ride, day at the beach or in the garden, unwind and replenish with an ice-cold beverage that beckons you to put your feet up and relax. Using local ingredients really sweetens the deal.



## Creamy Mint Limeade

**MAKES 4**

- 4 limes, sliced, plus more for garnish**
- 1 can full fat coconut milk**
- 2/3 cup cold water**
- ½ cup sugar**
- ½ cup mint leaves, plus more for garnish**

Add all ingredients to high-speed blender. Blend on high until everything is combined. Strain through fine mesh strainer, discard solids. Pour over ice, garnish with sliced limes and fresh mint leaves.

## Summer Heatwave

**MAKES 2**

Light and fresh, this mocktail made with Jinx Tea Heatwave is the perfect warm weather refresher. The passionfruit and high-elevation oolong in Heatwave are perfectly complemented by pineapple and coconut water in this tropics-inspired concoction. Learn more about Jinx Tea on our blog: [wedge.coop/blog](http://wedge.coop/blog)

- 12 oz can Jinx Tea Heatwave**
- 2 oz Coconut Water**
- 2 oz Pineapple Juice**

*Garnish: Orange Peel, Mint, Fresh or Dried Thai Chili Pepper (optional)*

**STEPS TO MAKE IT:**

- In a cocktail shaker or large glass, combine Jinx Tea Heatwave, coconut water and pineapple juice.
- In two small glasses, muddle (crush) orange peel and mint to release flavor.
- Pour liquid over muddled orange peel and mint.
- Add ice and Thai chili pepper. Serve.

*\*Add gin, rum, vodka, or your favorite spirit to create a cocktail version.*



## Chill Out Slushie

**MAKES 2**

- 1 cup ice**
- 2 cups fresh berries plus more for garnish**
- 3 Tablespoons lemon juice**
- 1 can sparkling THC or CBD seltzer**

**STEPS TO MAKE IT:**

*In blender combine 2 cups berries, 1 cup ice, ½ can of seltzer. Blend at high speed until smooth. Stir in remaining seltzer, pour into 2 glasses, garnish with additional fruit.*



The Sweetness of Summer

# Sweet Summer Fruit

Peak fruit season in Minnesota is July – September. The local berry season comes and goes quickly, but stone fruits like plums, peaches, and apricots are at their best all summer. Say yes to stone fruits in desserts like pies and tarts, but fruit also plays a starring role in grilled salsa.

## Grilled Fruit Salsa on Salmon Cakes

**SERVES 4**

**2 nectarines or peaches,**  
*halved and pitted*  
**2 pineapple rings or**  
**spears**  
**1 red bell pepper, cored,**  
*seeded and halved*  
**1 jalapeno, halved and**  
*seeded*  
**½ red onion**  
**1 lime, halved**  
**Olive oil**  
**Salt and pepper**  
**Handful of chopped fresh**  
**cilantro or parsley**

Brush all ingredients with oil. Grill cut side down over medium heat until just starting to char. Turn pineapple and jalapeno half way through. Remove from heat and allow to cool. Chop nectarines, pineapple, jalapeno, and onion. Squeeze grilled limes over all. Season with salt and pepper to taste; add cilantro. Serve with any grilled fish, seafood, or chicken.



**Easy Salmon Cakes recipe can be found at**  
[wedge.coop/recipes](http://wedge.coop/recipes)





## Cherry Ginger Slab Pie

### SERVES 4

One full basic pie dough recipe\*  
2 pounds fresh pitted cherries (2 pounds after pitting)  
1/3 cup corn starch  
1/3 cup sugar  
1 tsp vanilla extract  
2 Tbsp grated fresh ginger  
2 Tbsp milk  
Additional sugar for sprinkling



Find our basic pie crust recipe at

[wedge.coop/recipes](http://wedge.coop/recipes)

Divide portions into 60% and 40%.

Roll 60% into a 11x16 rectangle. Place into 10x15 jelly roll pan, pressing dough up sides of pan. Mix cherries, corn starch, sugar, vanilla, and ginger in a large bowl, tossing to combine. Add filling and spread evenly. Roll 40% into 10x15 rectangle and place on top of filling. Pinch top and bottom crust edges closed. Cut decorative slits or shapes in top crust. Brush with milk and sprinkle with sugar. Bake at 375 for 1 hour or until golden brown. Cool 20 minutes before cutting and serving. Top with a scoop of your favorite ice cream or whipped cream.



## Chai-Spiced Peach Chia Pudding

### SERVES 4

1/2 cup chia seeds  
2 cups milk of choice  
3 tbs local maple syrup or honey  
2 tsp chai or garam masala spice  
1 pinch sea salt  
1/2 peach, diced

Whisk ingredients to combine in a medium bowl, transfer to 4 individual serving containers, cover and refrigerate overnight. Serve chilled, topped with diced peaches, and any additional desired toppings, such as chopped pecans and bee pollen.

## Stone Fruit Faves

Cherries from Washington are excellent, but look for the short season of Door County, WI cherries in July. Is there a debate about peaches from Colorado or Georgia being the best? We'll take both sides because we love them all!





Make the Most of the Local Season

# Grill your Salad

Vegetables from the co-op, farmers markets, and your own garden should be the star of any summer dinner. You can grill a salad (yes, grill!), make a stunning yet simple tomato galette to impress your family, or pickle almost everything this season.

## Grilled Dinner Salad

### SERVES 4

- 2 heads romaine lettuce, cut in half lengthwise, core intact
- 1 head radicchio, cut in half, core intact
- 2 bulbs fennel, quartered, core intact (reserve fronds for garnish)
- 1 lemon, halved
- 6 tablespoons olive oil, divided
- 1 tsp salt
- 1 tsp pepper

Heat grill to medium. Brush cut romaine, radicchio, and fennel with half of the olive oil, season with salt and pepper. Grill fennel 10-12 minutes, and romaine and radicchio cut side down 5-6 minutes until edges are charred and cores are just tender. Grill lemons at the same time.

Remove to a large platter, cut radicchio into halves again. Squeeze lemon juice over all, drizzle remaining olive oil on top, and season with a bit more salt and pepper. Top with fennel fronds. Serve with grilled fish or chicken.

## Heirloom Tomato and Olive Galette

### SERVES 6

- 1 disc basic pie dough\*
- 1 each red, yellow, and green heirloom tomato, thickly sliced and patted very dry
- ½ cup kalamata olives, halved
- 1 teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons olive oil
- 2 tablespoons fresh oregano leaves
- 1 cup crumbled feta cheese

Roll crust out to a 10 inch circle. Transfer to a parchment lined rimmed baking sheet. Sprinkle half the feta on crust, then layer alternating slices of tomato, leaving 1 inch on edge. Scatter olives over tomatoes, add oregano, drizzle with 2 tablespoons olive oil, salt & pepper, and the rest of the feta. Fold edges of dough over outer edge of tomato slices. Bake at 375 for 40 minutes. Cool slightly, drizzle with remaining olive oil, and slice into wedges.

\*find our basic pie crust recipe at [wedge.coop/recipes](http://wedge.coop/recipes)



## You CAN pickle that.

Cucumbers of course, but also carrots and radishes, zucchini and summer squash, and beets all make great quick pickles. Onions, peppers, and garlic can all be pickled for garnishes or relish. A quick pickle of fruit like halved cherries, whole strawberries or blueberries, or pineapple can be fun additions to cocktails, ice cream, or salads.

**Cool brine before pouring over the fruit for best results.**



**Quick Refrigerator Pickle**  
Brine recipe can be found at [wedge.coop/recipes](http://wedge.coop/recipes)

Grilled Dinner Salad





Owners Save!

**20% Off  
All Produce**

August 14-20

Heirloom Tomato  
& Olive Galette







## Looking on the **BRIGHTSIDE**

Each year, we're inspired and humbled by the ongoing work of our Change Matters organizations. Every partner is mindfully selected by a committee of Twin Cities Co-op Partners staff to ensure your round up dollars benefit an array of Minnesota-based nonprofits working to uplift emerging farmers, support our BIPOC communities, and fight hunger.

We spoke with Justa Heinen-Kay, Co-Director of our June partner, Bright-Side Produce, about their work making fresh produce more available & accessible throughout the Twin Cities.







## July partner: Frogtown Farm

A nonprofit farm and park in the Frogtown neighborhood of St. Paul, Frogtown Farm is a grassroots urban demonstration farm with the mission of enriching the world by cultivating soil and community.



## August partner: The Good Acre

Minnesota's largest food hub works toward an equitable local food system by connecting emerging farmers to resources for a secure financial future like educational programming, operational assistance, and market development.



## W: Tell us about BrightSide's "self-sustaining" program model.

JHK: BrightSide was founded to help corner stores in underserved communities stock low-price, high-quality fresh produce. We've provided this convenient weekly service for 10 years, and serve 40+ corner stores in Minneapolis and St. Paul. But because we pay our employees a fair wage, keep prices low for the stores, and offer a "buyback" program, we lose money by providing this service. To fund this work, we offer a weekly fresh produce home delivery program where customers pay a small "food justice surcharge." By subscribing, customers fight food insecurity while enjoying a convenient service that makes it easier to eat more fresh produce. We also run a Pay What You Can branch of Home Deliveries, completely funded by donations & run by volunteers.

## W: BrightSide was born from collaboration with Community Table Co-op and university students. How has the

## program evolved over the last decade, and how does collaborative partnership still guide the work today?

JHK: We've gone from college students volunteering on delivery runs to having quite a few part time staff and not only continuing to support corner stores, but also offering a home delivery program, managing farmers markets... and more. Bringing people together from diverse communities is still the core of BrightSide. Our employees are still mostly college students, recent graduates, and young adults from the communities we serve.

## W: What food do you source from local growers?

JHK: We offer free-range brown eggs [from Pleasant Valley Produce- an Amish farm collective in the St. Croix River Valley] as a year-round add-on for Home Delivery. During the growing season, we buy their radishes, squash, cucumbers, eggplant, kale and chard, onions, and tomatoes. Alstad farm [in Schafer MN] grows beautiful lettuce

and arugula, and we love including their apples in Home Delivery in the fall.

## W: What are some ways the Wedge co-op community can support and get involved with BrightSide's work?

JHK: Subscribe to our Home Delivery program. The "food justice surcharge" funds our food access work. Donations also go a long way in supporting our corner store operations and our Pay What You Can service. Volunteering is another great way to get involved!

## SUPPORT BRIGHTSIDE'S WORK AT

[Brightsidempls.org/  
collections/  
donations](https://Brightsidempls.org/collections/donations)

*Read our full  
interview with Justa  
at [wedge.coop/blog](https://wedge.coop/blog)*



# Pride

## ALL YEAR LONG



**They  
Them**

Minneapolis is home to a vibrant LGBTQIA+ community, starting with the original Twin Cities Pride parade steps away from our Lyndale store in Loring Park in 1972. Wedge Community Co-ops has been a thriving staple in the fabric of our community since 1974, and to us, the co-op is community. We believe in radical equality, people first, and community always. We uplift and amplify Queer voices, both of our staff, and the makers we support. Join us in celebrating Pride all year long!

One of the best ways to be an ally to our Queer community is to respect their preferred pronouns. We're excited to debut brand new pronoun pins reflective of our staff, and available for purchase! Look for them at both Wedge locations.

**All proceeds are donated to the local non-profit, Gender Justice.**





**Andrei**

*(they/them)*

Prepared Foods  
Asst. Manager

## What does Pride month mean to you?

"It's a time to celebrate the unique qualities every human has, while bringing history to the forefront and challenging stereotypes and misnomers that invade the space and create unsafe hostility."

– **Andrei** *(they/them)*

"Visibility, protest, and fighting for love. Simply existing and showing up every day as a brown trans person is radical. Here at the co-op, we serve all communities of the Twin Cities and I'm very proud to work in an environment that provides a safe place for folks like me to be themselves."

– **Chelsea** *(they/them)*

"A time to celebrate that we are here! A time to connect with chosen family and community. A time to give back. A time to support organizations that are fighting the good fight! Most importantly, a reminder to keep centering BIPOC queer and trans folks and protecting transgender youth who really need us right now."

– **Franny** *(she/her)*



**Chelsea**

*(they/them)*

Point of Sale Database  
Administrator

## How do you celebrate Pride?

"I celebrate by always taking Pride weekend off from work and truly devoting it to myself, as every queer-identifying person should. It's about you! This could mean watching the parade, sleeping in late, focusing on a spa day, or joining up with friends and family to celebrate the joys of being unapologetically ourselves in every sense of the word."

– **Andrei** *(they/them)*

## What does the co-op principle 'Concern for Community' mean to you as part of the Queer community?

"It means that I feel like I have a safe space here, am given the opportunity to voice any concerns, and be heard and seen. I think the Wedge's 'Concern for Community' shows up for me as an individual, and through the non-profits we support in our Change Matters program. As someone who is keen on watching this neighborhood prosper, having a business show

up and make the change they aim to commit to makes me proud."

– **Andrei** *(they/them)*

"Creating an environment that is welcoming and inclusive. As someone in a leadership role, I hope I can be a supportive presence for queer and trans folks who work here and that they know that I see, value, and respect them. It's always felt reassuring to me when I've had supervisors who were also queer, so to be in that role now feels like such a privilege."

– **Franny** *(she/her)*

## GENDER JUSTICE

is a Twin Cities-based non-profit committed to equity for all, regardless of gender, gender expression, or sexual orientation.

[genderjustice.us](http://genderjustice.us)







## Know your Farmers

The Wedge believes that knowing where your food comes from is one of the most important things when choosing the best of local. Our partnerships are more like friendships, and their stories are all our stories. Here are two opportunities this summer to Know Your Food and Know Your Farmers.

The partnership between the Mill City Farmers Market and Wedge Community Co-ops goes back many years. Our organizations work in harmony to build community by creating a strong local food system. When you visit the farmer's market on Saturday mornings, you have the chance to talk face to face with people who grow, raise, and make your food. Take some time to get to know these folks – many of them are immigrants who are growing food familiar to us, along with unique items found in their culture. Farmers and makers love to talk about their farms, their families, how they use what they grow, and share your enthusiasm for new things. Enjoy the sights, sounds, and smells of a market morning and find inspiration around every corner.

The only thing better than meeting your farmer is meeting your farmer AT THE FARM! The Co-op Farm Tour is back this summer, and you have an abundance of farms to choose from for in-person visits. You can stick close to home and visit some urban farms, or venture out further, even into western Wisconsin, to see the beautiful farms and the families who run them. You'll learn about herbs, vegetables, and flowers, goats, chickens, and other farm animals, as well as land stewardship and organic practices.



**It's a great day for the whole family.  
July 13, 10am – 4pm**

*Learn more and plan your day here:  
[coopfarmtour.com](http://coopfarmtour.com)*

The Wedge sponsors the Mill City Cooks program at the Mill City Farmers Market. Learn from chefs throughout the season, explore pantry options you can find at the co-op, and understand how to make the most of seasonal produce.

**We'll be doing the chef demos on June 29th  
and August 31st – stop and say hello!**





## 2024 TCCP BOARD ELECTION CALENDAR

### June 1:

Board candidate applications open on the [wedge.coop](http://wedge.coop) website

### July 1:

Board candidate applications due

### July 1 - August 15:

Candidate screening and interviews

### August 15:

Candidate Slate Announced

### September 23:

Voting Opens

### October 22:

Annual Meeting and Election Results Announced

## Letter from the Board

**Lisa Fittipaldi**, *Board Vice President*

Yahoo for summer – my favorite time at the co-op! There are so many exciting things to celebrate at the co-op this summer. First, we are pleased and excited to welcome our new CEO, Nick Seeberger who will join TCCP in early August. Nick brings a wealth of experience from his previous positions at Valley Natural Foods and Seward Co-ops. After a thorough search to find the right leader to take TCCP to the next level, we are confident that Nick possesses all the right skills to help stabilize the co-op and set it back on the path to solid growth. So welcome Nick!

I'd like to extend special thanks to our existing co-op leadership – the four members of the office of the CEO: Doug Peterson, Lisa Coyne, Alan Turkus, and Deb Kermeen, as well as Rebecca Lee, Jill Holter, and Adam Gower who round out our leadership team, for their dedication and hard work during this period of transition. I could not mean it more when I say we could not have done it without you!

In this issue of Cultivate, we celebrate “going local” at the co-op. From berries, melons and stone fruit to tomatoes, corn, and fresh greens – no one does local better than TCCP! Summer offers endless opportunities to connect with and support local growers by choosing from among the many unique and flavorful local food options available throughout the store. We are proud and blessed to have so many strong relationships with local farmers. Buying local serves everyone in the community by reducing the carbon footprint, keeping money in the local economy and creating a more sustainable local food system. And when it comes to freshness, locally harvested food picked at the peak of ripeness, is impossible to beat for crispness and flavor.

So let's hear it for summer. Get out there and enjoy – and we'll see you at the co-op!



20% OFF  
Ice Cream  
& Novelties  
July 10-16

Wedge Lyndale

2105 Lyndale Avenue S  
Mpls, MN 55405 | 612-871-3993

 @wedge\_community\_coops

Wedge Linden Hills

3815 Sunnyside Avenue  
Mpls, MN 55410 | 612-922-1159

 @wedgecommunitycoops