

CULTIVATE

Know Your Food | Know Your Farmers



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Cool Weather
Wellness Routines

FALL 2024



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Letter from the CEO

I'm Nick Seeberger, and I am honored to introduce myself to all the members of the community as the CEO of Twin Cities Co-op Partners (Wedge Community Co-ops and Co-op Partners Warehouse). I have been preparing for this role for 24 years, gaining experience at other local co-ops and completing my Masters of Management, Co-ops and Credit Unions degree from St. Mary's University in Halifax, Canada.

I'm excited to bring my history to the co-op and even more excited to learn our history from the community, board, and staff. I look forward to sharing a few stories from my time so far, discussing what's next for the co-op and hearing from all of you at our upcoming Annual Owner Meeting.

There are many things to love about Wedge Community Co-ops - our friendly staff, great local products, and being part of a place that is owned by and committed to the community. The thing that has surprised me most is how

good our produce departments smell! At both Wedge Lyndale and Wedge Linden Hills, the aroma of the produce department floods my mind with memories of my favorite meals - Vegetarian Shepherd's pie filled with a mélange of differently textured mushrooms from R&R Cultivation, Featherstone Farm carrots and Sno Pac peas, topped with whipped-up Driftless Yukon Golds. With the fall harvest season in full swing, I hope your trips through the produce departments inspire your next great meal. For a little more inspiration, check out recipe ideas throughout this issue of Cultivate.

Thank you for all the support of your local co-op, I hope to see you at our Annual Owner Meeting on October 22 from 5:30 - 8:30 at St. Mary's Greek Orthodox Church, 3450 Irving Avenue South in Minneapolis.



In cooperation,
Nick Seeberger

Check It Out

Save the Date
Upcoming Events



Oct. 22nd
ANNUAL OWNER MEETING

Board Election results, a look into our financial fiscal year, Local Fest food, music and more! Board Election and Annual Owner Meeting registration opens September 23rd.



Nov. 1st
HOLIDAY DELI & TURKEY ORDERS

Orders open October 18
Order online at
wedge.coop/gather-give-thanks

Owner Exclusive Deals



Oct. 9-15
20% OFF BULK



Nov. 13-19
20% OFF CHEESE
(+ Plant-Based)



Dec. 11-17
10% OFF SHOPPING TRIP



Dec. 18-24
20% OFF GIFTS & HOME

Oct. 24-27
SUPPLEMENT SALE

All Shoppers
Pre-shop Oct. 16-23



Our Upcoming Change Matters Partners

Every Meal October

Every Meal fights child hunger by focusing on filling the food gaps children face, especially on the weekends, when they're not able to eat school meals. Through their multiple food gap programs, they provide children and families experiencing food insecurity with access to good food.

Kilimo Minnesota November

Kilimo Minnesota is an organic incubator farm with a mission to empower emerging farmers of African descent, socially and economically through mentorship, farmland access navigation, education, and community building.

Owner's Vote! December

Vote between these three organizations on your Board Election ballot.

Reuse Minnesota Youth Link Legal Rights Center

2025 Change Matters Applications open Oct 1st!

Apply 10/1 - 11/1 at wedge.coop/change-matters

Baking Season

Crisp days and chilly nights are perfect for warming up the oven and baking sweet and savory treats for your lunchbox, hike, or gatherings at home. Using seasonal ingredients and new products from the co-op, you'll be glad you baked a double batch. Explore flavors like za'atar, cardamom, and tahini!

Owners Save 20%

on all BULK October 9-15

Stock up now for holiday baking!



Apple Cheddar Thyme Muffin recipe can be found at wedge.coop/recipes



Za'atar Shortbread

Tahini Chocolate Chip Cookies



Za'atar Shortbread

with Goat Cheese and Za'atar Honey

SERVES 12-15

- 1 stick butter, softened
- 3 oz grated parmesan cheese
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 Tablespoon sugar
- 1 teaspoon za'atar*

- 1 ¼ cups all-purpose flour
- 1-2 Tablespoons water, if needed to bind mixture
- 4 oz Donnay chevre (goat cheese)
- 2 Tablespoons Grlk Za'atar Honey**
- 1 teaspoon za'atar

In a mixing bowl, cream butter until light and fluffy, 3 minutes. Add dry ingredients and mix briefly. Add up to one tablespoon water if needed to hold mixture together. Remove from bowl, shape into a 1 ½ inch round log, wrap and chill for at least 30 minutes. Preheat oven to 350 degrees. Using a sharp knife, slice log into ¼ inch rounds. Place on parchment lined baking sheet and bake 15-20 minutes until edges are just barely golden brown. Cool, then top with a bit of chevre and a drizzle of honey.

*found in bulk

**local & new at the Wedge!



Tahini Chocolate Chip Cookies

MAKES 2 DOZEN

- 1 cup tahini
- ½ cup granulated sugar
- 2/3 cup brown sugar
- 2 large eggs
- 3 Tablespoons cold water
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract

- 1 teaspoon salt
- 2 teaspoons cardamom
- ¾ teaspoon baking soda
- 2 cups all-purpose flour
- 1 ½ cups chocolate chips
- 2 Tablespoons white sesame seeds
- 2 teaspoons coarse or flaky salt

In a mixing bowl, cream tahini and both sugars together until smooth. Add eggs, cold water, almond and vanilla extracts. In a medium bowl, sift together salt, baking soda, cardamom, and flour. Add to the wet mixture and mix until just smooth. Fold in chocolate chips.

Drop by tablespoons onto a parchment lined baking sheet, 2 inches apart. For big cookies, use ¼ cup measure. Sprinkle with sesame seeds, press gently. Bake at 375 for 8-11 minutes until just set. Remove from oven and immediately sprinkle each with a pinch of flaky salt. Serve warm.

Celebration Entrees

The time of gathering, entertaining, and feasting is here. When dinner calls for something special, these hearty recipes featuring mushrooms, wild rice, herbs, pumpkin, and pork all proudly showcase the best of the season. One vegetarian, one meat-forward, both are flavorful and worthy of a celebration.

Mushroom Wild Rice Pie recipe can be found at wedge.coop/recipes



NEW!

We're excited to have **Vikings & Goddesses** frozen pie crusts and croissants in our freezer section. This local bakery sources ingredients from Minnesota farms to make their products, and now you can bake your favorites at home.



Make it Ahead!

Stews are always better made a day ahead. Make and serve in a colorful Dutch oven for an impressive centerpiece and simple cleanup.

Pork & Pumpkin Posole Stew

Vegetarian Pumpkin Posole Stew



Vegetarian Stew recipe can be found at wedge.coop/recipes

Pork & Pumpkin Posole Stew

SERVES 8-10

- Dried peppers:** 6 anaheim, 4 ancho, stems and seeds removed
- 6 cloves garlic
- 2 pounds pork shoulder, cut into 1 ½ inch pieces
- 2 teaspoons salt
- 3 teaspoons cumin
- 1 teaspoon black pepper
- 2 Tablespoons oil
- 1 white onion, chopped
- 1 green bell pepper, chopped
- 6 cups chicken broth
- 2 cups water – if needed
- 1 15 oz can pumpkin puree
- 2 teaspoons dried oregano
- 1 30 oz can hominy, drained and rinsed
- 1 15 oz can pinto beans, drained and rinsed
- Cilantro and avocado for garnish

Place dried chilis in a medium bowl and cover with boiling water. Let sit for 30 minutes. Reserve ½ cup of the soaking liquid. In a blender, add chilis, reserved water, and 3 cloves of garlic. Puree until smooth.

In a large Dutch oven, heat oil over medium high heat. Season pork with salt, pepper, and cumin. Brown in batches for 2-3 minutes per side, removing with a slotted spoon to a plate. If needed, add a bit more oil to the pot and add onion, green pepper, and garlic. Lower heat to medium low and stir mixture until softened, 7 minutes. Add chicken broth, water, and oregano, and bring to a simmer. Add pumpkin and chili puree, stir until smooth. Add pork to mixture. Lower heat to a simmer and cook, covered, for 1 hour. Check frequently and add more water if it seems dry. After one hour, add hominy and beans, stir to combine. Cook, covered, one more hour, stirring and checking liquid level. Taste for seasoning and add more salt and pepper if needed. Serve in individual bowls and garnish with chopped avocado and cilantro.

Fall Wellness Routine




Stave Off
Sickness




Good Sleep
Starts Here



Stock up & save at our
Supplement Sale


25% OFF

Oct 24-27

Open to All Shoppers

(Pre-shop October 16-23)




Find Your
Focus

Recalibrate Your Supplements for Fall

Prepare for the fall season and beyond with supplements crafted to support immune, sleep, and brain health. Whether your household follows a school calendar or not, we find fall to be a great time to reset routines and recalibrate mindsets. Use these tips to personalize your own fall routine!



Stave Off Sickness

Whether you were just around someone who was sick, or you're simply feeling "off," now is the time to double down on proactive daily practices to support your immune system. First, focus on eating a variety of nutrient-rich foods and hydrating with plenty of water (herbal tea counts!). Frequently washing your hands and managing stress through rest and movement are also key.



Good Sleep Starts Here

From melatonin to valerian root, many products on the market advertise a good night's sleep. There's little worse than lying awake at night wishing you could catch the z's you need. Sleep hygiene is a trending topic promoting wind-down habits like keeping a clutter-free and cool bedroom, turning off your phone (or at minimum, switching it to dark mode), dimming lights, and reading a few pages of a book before bed.



Find Your Focus

As much as we wish we could show up to the task at hand every day feeling 100%, with the clarity we need, that perfect scenario can be hard to come by. Support your brain function and mental health by slowing down, turning off notifications, and setting timers to focus on one task at a time, also known as single-tasking. Set your top three priorities each day to make your goals realistic and optimize your brain's capacity. Batch-tasking similar types of work can keep you efficient and your brain engaged.

*In addition to these, our experienced Wellness staff suggests integrating **Gaia Black Elderberry Syrup**, which is filled with antioxidants to support your immune health and has been used for generations to help the body's natural defenses.*

*To complement these nighttime routine practices, our Wellness team recommends **Natural Factors Stress-Relax Extra Strength Tranquil Sleep** to support relaxation and sleep quality.*

*Supplement these tips with **Natural Stacks Magtech Magnesium Complex**, our Wellness team's top pick to support cognitive function, brain health, learning, and memory.*



Ask the Expert

Aili

Wellness Category
Manager

Sleep: Natural Factors Tranquil Sleep

"This is one of the best sleep supplements I've tried, and I've tried a lot! The blend of 5HTP, Suntheanine (a patented version of L-Theanine), and Melatonin is the perfect combination to help me drift off to sleep. This is my go-to formula when I'm tossing and turning and can't shut my brain up!"

Brain: Natural Stacks Magtech Magnesium Complex

"Natural Stacks uses magnesium with the highest absorption rates developed by MIT scientists that's proven to cross the blood brain barrier. It can help promote quality sleep and healthy cognitive function."

Immunity: Gaia Elderberry Syrup

"This is not only a great way to help boost your immune system, but it's really a delicious syrup. Gaia uses USDA Organic Elderberries, with each serving being the equivalent of 14.5 grams of elderberries! Elderberries are a great source of Vitamin C and contain anthocyanin, an antioxidant which can have an anti-inflammatory effect."



Chad Johnson

Charlie Johnson

Starting from Seed: A Homegrown Orchard



Nothing announces the arrival of fall quite like that first crisp bite of a Minnesota-grown apple. Or should we say the First Kiss? Bringing the highest-quality local apples to your table is always our priority, beginning with sourcing. What better way to know your food & know your farmers than to hear directly from them? In celebration of apple season, we spoke with Charlie Johnson, founder of Whistling Well Farm in

Hastings MN, to cut to the core of what makes his orchard special. **(Wedge) Tell us your story in connection with this orchard.**

(Charlie Johnson): I always wanted to live on a farm and in 1972 was able to purchase a 20 acre farm in Washington County/Denmark Township dating back to 1865. With help from great farm neighbors we started growing produce and raising chickens. We soon realized that was not enough to support the farm and decided to integrate apple trees. We now own over 100 acres, with over 40 devoted to 18,000 apple trees.

(W) What is it like operating an apple orchard in the home state of the University of Minnesota?

(CJ) As apple growers we are very fortunate to be associated with the University of Minnesota. The U

of M has the number one breeding program in the nation. Minnesota growers have immediate access to new varieties upon release and have exclusive rights to some. We're required to sign contracts on those varieties. Some require paying annual lease agreements with half going to the U to support their breeding program. Trees are usually ordered from commercial growers in Washington. Come planting, it's usually 3-5 years before any apples can be harvested. Some varieties have been tested for 25 years!

(W) What is "IPM" certification, and how does the practice look at Whistling Well each growing season?

(CJ) Integrated Pest Management is a science and sustainability-based process combining pest biology,

environmental data, and technology to mitigate pest damage in a way that minimizes economic costs and risks to people, property & the environment. Our examples include trapping 7 insect varieties and reporting results to the Minnesota Department of Agriculture and hosting a national weather station managed by Cornell University.

(W) Will you share the lore about the "whistling well"?

(CJ) Our farm is less than a mile from the St. Croix River. Since we have a very old well, air flows through the cracks in the bluffs and reaches it. Under certain barometric conditions, air is sucked up to the surface giving off a whistling sound. That became the unique name for our farm.



Can't make the trip to Hastings?

Find their apples in our produce department. Try the Apple Cheddar Thyme Muffin recipe on page 4-5 of this issue!

Check out their upcoming events



SCAN ME

Daily tasks are determined by season, weather conditions and what needs to get done.



January - April

Is pruning time. Every tree usually needs pruning & we have approximately 18,000 trees.



April

We complete pruning and set traps & monitor for pests.



May

We get the bees in the orchard and look for a nice bloom.



June

We thin apples from overly laden trees and look for rain. We use trickle irrigation but that doesn't replace rain.



August

We start harvesting and delivering First Kiss apples in the third week and hope to deliver many varieties into December.

Why Change Matters

A small amount of change can make a big impact on local nonprofit organizations! Learn how your pennies, nickels, and dimes add up to so much good.

For over 40 years the Wedge has partnered with organizations that are doing amazing things, from building community gardens and feeding families in need, to bringing fresh, local produce into local classrooms. These donations are from customers “rounding-up” their totals at the register, and from local brands partnering to donate a portion of their sales for the month.

Last year our Change Matters program helped raise over \$116,000 for local nonprofits. That’s a lot of change!

If you know of an awesome nonprofit that you would like to see as a Change Matters partner ask them to apply!

Applications are open Oct 1 – Nov 1.

Apply online at wedge.coop/change-matters

We are looking for organizations that are investing in our local neighborhoods, addressing the hunger crisis, and uplifting communities that are often underserved — particularly Black, Indigenous, Immigrant, Refugee, and other communities of color.



Impact Stories

How your change REALLY matters

The SEAD Project

our May 2024 Partner

How much we raised: \$9,778

How they used it:

Supporting their summer youth program Sea Change Lab which supports a local cohort of emerging Asian artists, building up their leadership and artistry professionalism through identity based workshops.

schools where they teach children about local, healthy foods through storytelling, sensory experiences, and hands on activities.

SACA Food Shelf

our January 2024 Partner

How much we raised: \$9,283.67

How they used it:

The Change Matters donation from the Wedge community allowed them to purchase over 90,000 pounds of food for families in need. It made a huge impact for SACA as they kicked off 2024 - a year that we’re expecting to be our largest year yet in terms of pounds of food distributed and number of families served.

Midwest Food Connection

our April 2024 Partner

How much we raised: \$9,084.40

How they used it:

The money was put towards their Spring teaching in Minneapolis/St. Paul

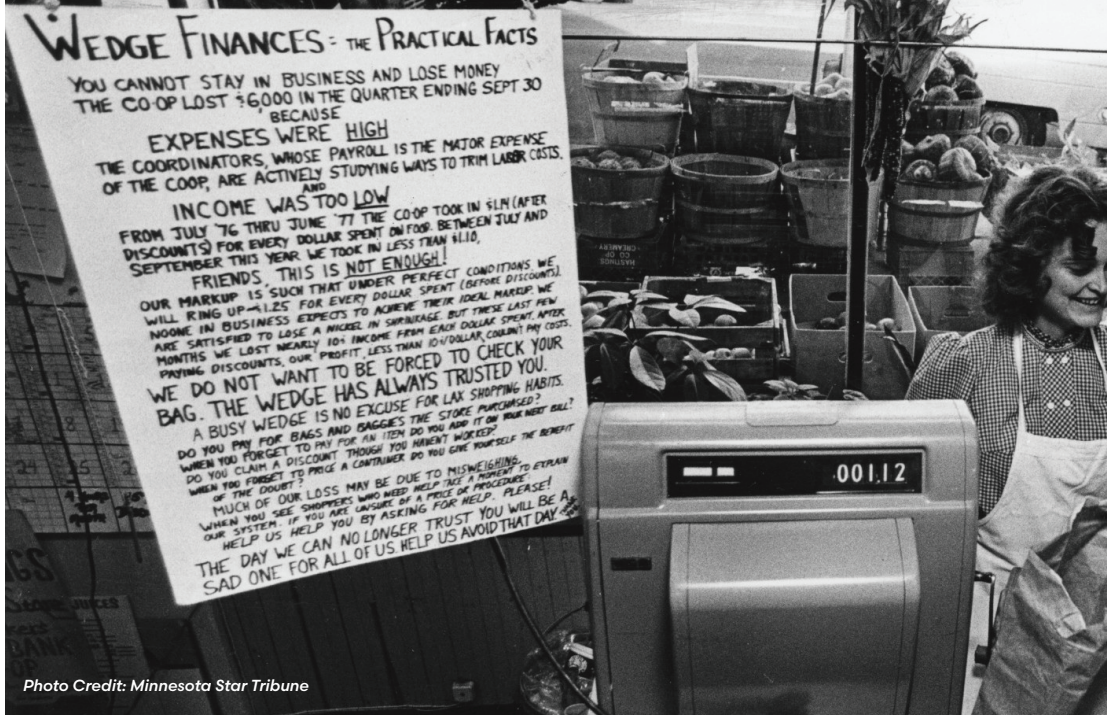


Photo Credit: Minnesota Star Tribune

Ways to Celebrate Co-op Month

1. **Become an Owner!**
Help shape your co-op and save money while you shop!
2. **Shop at co-ops!**
Minnesota has so many great stores to choose from! The money you spend there helps the community it's in.
3. **Join other co-ops!**
There are so many different kind of co-ops, whether it's a credit union, a health provider or even a co-op living space. Getting involved can make your community a better place!
4. **Buy co-op brands like Organic Valley, Equal Exchange, Frontier, & Bob's Red Mill.**

Celebrate National Co-op Month!

October is National Co-op Month! It's a great opportunity to celebrate and raise awareness of a community driven, democratically run business model that has thrived in our state for the past 50 years!

Minnesota has always been a major driver in the co-op movement. The Twin Cities are home to 12 food co-ops in 14 locations which is the highest rate per capita in the US. The first official Co-op Month proclamation was signed by Minnesota Governor Luther Youngdahl in 1948. Now it's celebrated nationwide after former Minnesota Governor Orville Freeman, then U.S. Secretary of Agriculture, proclaimed a National Co-op Month in 1964.

Co-ops deserve a celebration! They're unique stores that aren't run by one person or team, they're owned and

shaped by the community that shops at the store. In addition to profits, co-ops focus on making their communities a better place by keeping money, jobs, and profits in the community while promoting local farmers and producers. Owners have voices in what the co-op carries, who is on the Board of Directors, how it expands, and how we conduct business. One of the most important and unique things about co-ops is the people who work there! Wherever you go, your local co-op will be filled with diverse people who all have a passion for local, organic foods.

We are so proud to be part of the largest co-op network in the U.S. Coming from our stores' humble beginnings in the mid-70s by community members joining together to create better access to organic and affordable foods within walking distance of their homes. We now have over 20,000 passionate owners, two community-unique stores and Co-op Partners Warehouse that distributes local, organic food throughout the Midwest.



Don't Forget to Vote in the Board Election!

Voting takes place in-stores and online
September 23 to October 22

wedge.coop/tccp-board-election-2024

Letter from the Board

Sarita Parikh, Outgoing Board Member

As I wrap up as Board Director and Chair of Twin Cities Co-op Partners, I find myself reflecting on the incredible journey our community has shared over the past ten years.

Since I began my time on the Board as a Linden Hills Co-op Director, we've witnessed remarkable changes in the industry, alongside an evolution in our own co-op: The merger of Linden Hills Co-op with the Wedge brought together two strong co-op organizations under one mission and operating structure. We weathered the challenges of a global pandemic, which tested our resilience and strengthened our commitment to the communities we serve. The profound impact of George Floyd's murder reinforced our dedication to diversity and equity. We've faced operational challenges, like the closure of the Wedge Table and the arduously tough rollout of a new warehouse management system at CPW—each challenge requiring us to elevate our operations and make difficult decisions. Since its inception, our Change Matters program has contributed nearly one million dollars to local organizations who share our mission of healthy community building. In 2023 alone, we've strengthened existing relationships and forged new ones with 484 of local producers and makers, putting 2,162,384.45 pounds of top-notch fresh produce into the community (that's more than 1,000 tons!).

And through all of that change, one thing has remained constant: Our unwavering commitment to our members, our staff, and the local producers and farmers who make our community so special. Twin Cities Co-op Partners strives to do right by people and right by the planet. Our knowledgeable and passionate staff keep the co-ops healthy, helpful, and delicious places to shop. Our strong relationships with farmers and vendors keep the warehouse, and the stores, full of high quality, trustworthy, local products. And we are ever grateful to our owners, who foster community up and down the aisles of our stores.

As I look ahead, I am optimistic about the future. We welcome a new CEO, Nick Seeberger, a top-notch leader in both people and operations. We also welcome our new Board President, Lisa Fittipaldi, with whom I've worked for many years and from whom I have learned much. With these two outstanding leaders, our first-rate Board, and our exceptional staff, I am certain that the Twin Cities Co-op Partnership will continue to thrive, evolve, and serve as a beacon of community in the years to come.

It has been an honor and a privilege to serve this co-op. I look forward to seeing its continued contributions to our community in the years to come.

In cooperation, and with gratitude, Sarita Parikh



Co-op Deals + Field Day BOGOS Benefitting NATIFS

From October 30 – December 3,

all shoppers enjoy BOGO deals on all Field Day products, storewide. Stock up on organic grocery items for your whole family. National Co-op Grocers will donate five cents for each product purchased to local Indigenous-led organization NATIFS (North American Traditional Indigenous Food Systems).



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