

Wedge
COMMUNITY CO-OPS

CULTIVATE

Know Your Food | Know Your Farmers

WINTER WARM UP

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Slow Cook
Sundays

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Citrus Sets
the Stage

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50 Years
& Counting



WINTER 2025



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Letter from the CEO

I was recently listening to a story on NPR about Yelp's 20th anniversary. A line in the story that stood out to me concerned people moving away from online reviews for restaurant ideas to asking people directly for their recommendations. Personally, I take this approach whenever I travel, and when I am at a new restaurant, I always ask the staff for what sells well and what they like. One of my biggest learnings since becoming CEO at the Wedge is the same. You can't go wrong with staff product recommendations. My favorite recent example is a staff recommendation that I try Wild Carrot brand facial moisturizer and toner to keep my face happy and moisturized all year round. The seemingly bottomless bottle of spray has kept my face hydrated and comfortable during the transition to colder, chapping temperatures. What new wonders can our staff introduce you to? All you have to do is ask!

Thank you to all the owners who attended our Annual Meeting and Local Fest in October. It was a perfect night to

gather inside of St. Mary's to catch up with old friends, hear updates on what's happening at the co-op, and enjoy a feast of local foods from the 21 vendors who provided delicious samples of their products. We look forward to keeping Local Fest as a signature Wedge event!

The United Nations has declared 2025 as the UN International Year of the Cooperative. This increased focus on cooperative awareness coincides with The Wedge celebrating our 50th anniversary (technically it's the 51st of Wedge Lyndale and 49th of Wedge Linden Hills, so we are splitting the difference). Look for events, promotions, and the sharing of stories from our co-op's proud history and join in our 50th anniversary celebration!

Wishing all a warm, healthy winter!

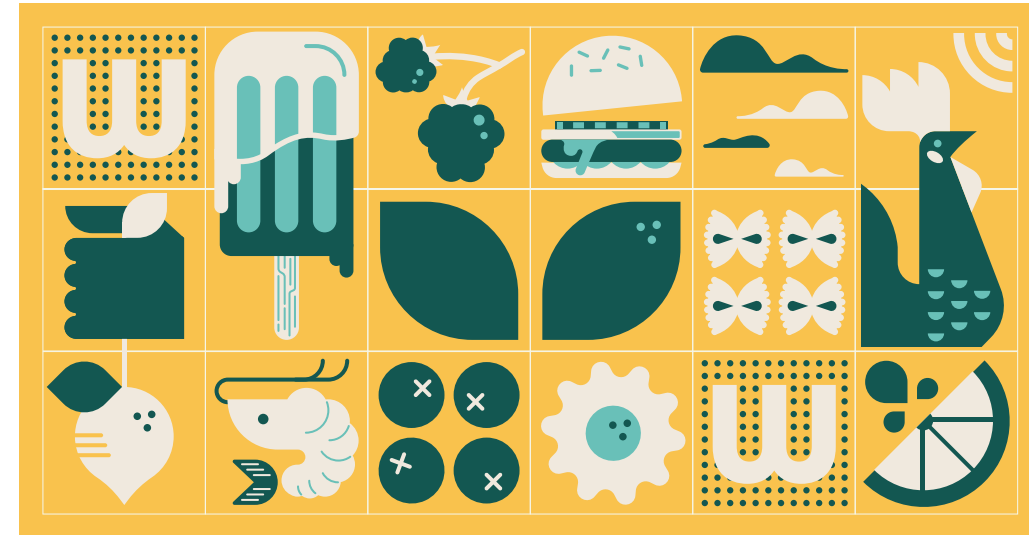


In cooperation,
Nick Seeberger

Check It Out

Save the Date

Upcoming Events



March 1-31

MARCH OWNER DRIVE

Become a Wedge owner! Your investment in our co-op supports local agriculture and locally made products, empowering positive change — for our people, our communities, and our planet.

Learn more at wedge.coop/join

Upcoming Owner Exclusive Deals*



Jan 8-14
20% OFF ALL PRODUCE



Feb 19-25
20% OFF ALL BULK



March 12-18
10% OFF ONE ENTIRE SHOPPING TRIP

**owner deals are one time use*



Our Upcoming Change Matters Partners

January

Elpis Enterprises assists young people as they create an employment pathway that will move them beyond homelessness and toward greater self-sufficiency and an improved quality of life.

February

Northside Residents Redevelopment Council's goal is to bring about positive social changes, to foster self-determination, and empower residents to serve as a vehicle for active community involvement in North Minneapolis.

March

Kiwi Cares works on improving maternal health outcomes in Minnesota by offering weekly CSAs, access to childcare for behavioral or physical health appointments, car seats and strollers.



Chickpea Tagine

**Cover
Feature**
**Cacao Chili
Bean Soup**

wedge.coop/recipes

From Field to Fork

Cooking with Dried Beans & Legumes

If ever you've admired our bulk bean selection, in its beautiful array of color and shape, but wondered how to cook with them, let us be your guide. Dried beans are preferred by chefs and home cooks alike for their enhanced texture and flavor. When you shop bulk beans, you can buy just as much as you need, get inspired by new-to-you legumes, and cook recipes from scratch using time-honored techniques. Not only are they beautiful displayed in your kitchen, dried beans are a must-have, protein-packed pantry staple.

Chickpea Tagine

with Olives and Preserved Lemons

SERVES 4-6

- 2 cups chopped carrots
- 1 white onion, *thinly sliced*
- 2 cloves garlic, *minced*
- 1 small red chili pepper, *sliced*
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 4-6 cups vegetable broth
- 2 cans chickpeas, *rinsed and drained (can use dry, see sidebar for preparing dried beans to cook, about 3 cups)*
- 4 cups fresh spinach
- 1 preserved lemon, *halved and sliced*
- 1 cup green olives, *pitted and halved (castelvetrano)*
- 1 cup dried apricots, *halved*
- 1 teaspoon each Salt and pepper

½ cup chopped cilantro

Prepared couscous or rice
for serving

Directions: in a large tagine or dutch oven, heat olive oil over medium. Add onion, garlic, carrots, add 1 teaspoon each salt and pepper, and sauté for 10 minutes. Add chilis and sauté 5 minutes more. Add cumin, coriander, cinnamon, and ginger and sauté, toasting the spices for a few minutes. Add broth and chickpeas, and one teaspoon each salt and pepper, reduce to a simmer and cook for 15 minutes. Add spinach, lemon, olives, and apricots. Cook for 15 minutes more, adding more broth if needed. Serve in bowls over rice or couscous, and garnished with cilantro.

HOT TIP



Prepping Dried Beans

Rinse beans, look for any dirt or stones and discard.

Place in a large bowl or pot, and cover with 2x water. Allow to soak 8-12 hours.

Drain and rinse and ready for recipe.

Quick Prep:

put clean beans in a large pot, add water to cover by a few inches. Bring to a boil, turn off heat, cover and let sit for one hour. Drain and rinse, ready for recipe.

**OWNERS
SAVE
20% OFF
BULK**
Feb 19-25

Slow Cook Sundays

Dishes to simmer & savor

Taking time on a weekend or day off to braise, simmer, or roast a delicious meal is a winter pleasure. Plan your day around a main protein, a starch, and plenty of vegetables. Leftovers can be transformed into meals throughout the week. Your Tuesday self will thank your Sunday self, we promise!



**Lemongrass Ginger Roast
Chicken** recipe can be
found at
wedge.coop/recipes

Classic Roast

with Horseradish and
Root Vegetables

SERVES 4-6

**1 4-5 pound beef chuck
roast, or pork shoulder
roast**

**2 tablespoons canola
or avocado oil**

**1 teaspoon each salt
and pepper**

**3 tablespoons prepared
horseradish**

**1 tablespoon whole
grain mustard**

**1 tablespoon Dijon
mustard**

**1 tablespoon maple
syrup**

1 teaspoon dried thyme

2 teaspoons salt

1 teaspoon pepper

1 cup sour cream

**1 bag Harmony Valley
Soup Mix**

1 large onion, chopped

**1 cup beef broth or dry
red wine**

Wash vegetables in soup mix, trim or peel if needed, and cut into 1 ½ inch pieces. Set aside. In a small bowl, combine horseradish, mustards, maple syrup, thyme, and ½ teaspoon each salt and pepper. Reserve half of the mixture. Mix the other half with the sour cream and cover and refrigerate.

In a large dutch oven, heat oil over medium high heat. Season roast

with 1 teaspoon each salt and pepper. Sear roast on all sides in the pot, forming a nice brown crust, approximately 3-4 minutes per side. Remove roast from pot and lower heat to medium. Add a bit more oil if needed. Sauté onion in oil for 5 minutes. Add chopped vegetables and sauté 5 minutes more.

Rub half of the horseradish mixture over the roast. Move vegetables to the sides of the pot and place the roast in the middle. Add 1 cup broth or wine, cover the pot, and roast in the oven at 325 for 1-2 hours. Test for tenderness at 1 hour, adding more liquid if needed.

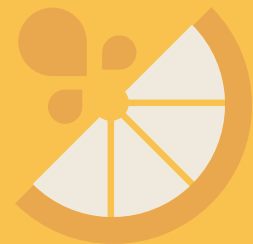
When done, remove roast and vegetables to a platter and cover with foil to keep warm. Serve with the horseradish mustard cream sauce, and over mashed potatoes if you like.

Optional:
Strain cooking liquid and use as a sauce.

Next Day:

Add leftover shredded meat, vegetables, and liquid to a pot, add enough beef broth to make a soup.

OWNERS
SAVE
20% OFF
PRODUCE
Jan 8-14



Buck Brand

Porterville, CA

Just south of Fresno, California, Buck Brand grows unique, organic citrus fruits. Specializing in exotic varieties like the African Shaddock Pummelo and Makrut Lime, Buck Brand is a pillar farm for sourcing all our favorites throughout citrus season.

Johansen Ranch

Orland, CA

A multi-generational farm since 1910, Johansen Ranch is an 80-acre, organic farm in Northern California. Their most popular citrus variety is the juicy & sweet Satsuma Mandarin.

OWNERS
SAVE
20% OFF
PRODUCE
Jan 8-14

Grapefruit Olive
Oil Cake

Recipe Feature

CITRUS SETS THE STAGE

The star of winter produce is citrus, hands down. Colorful varieties are loaded with vitamin C and a burst of flavor that's welcome on cold, dark days. Citrus can take a turn in recipes from sweet to savory, depending on what you love and how much time you have. A simple stovetop marmalade makes a bright sauce for meatballs, perfect for your game day spread or a quick dinner. And cake! Bring this impressive but simple Grapefruit Olive Oil Cake to a party or serve it for brunch – everyone will love it.

Grapefruit Olive Oil Cake

SERVES 8

8 inch cake pan,
buttered and floured,
bottom lined with
parchment

2 cups all-purpose flour

1 teaspoon kosher salt

½ teaspoon baking
soda

¾ teaspoon baking
powder

2/3 cup fruity extra
virgin olive oil

1 ¼ cups whole milk

3 large eggs

1 cup sugar

2 tablespoons grated
grapefruit zest

2 teaspoons chopped
fresh rosemary

1/3 cup fresh grapefruit
juice

For bottom of pan:

8 thin slices of
grapefruit

3 tablespoons butter

¼ cup sugar

1 Tablespoon grapefruit
juice

1 sprig rosemary

Topping: in a shallow skillet, heat butter, sugar, and grapefruit juice. Add rosemary and grapefruit slices and cook gently for 10 minutes. Remove grapefruit slices and arrange on bottom of prepared cake pan. Reserve syrup for later. Discard rosemary sprig.

Cake: Combine flour, salt, baking powder, and baking soda, set aside. In a mixing bowl add olive oil, milk, eggs, and sugar, and beat until blended, 3 minutes. Add grapefruit zest, chopped rosemary, grapefruit juice and mix until combined. On low speed, add flour mixture until smooth.

Pour batter carefully over grapefruit slices in cake pan, smoothing top. Bake in a 350 oven for 65-80 minutes until cake tester comes out clean. Cool 15 minutes and carefully turn cake out onto a cake plate, fixing any grapefruit slices that are out of place. Serve with remaining syrup.

Stovetop Marmalade

MAKES 3 CUPS

4 pounds oranges,
scrubbed and divided
into two groups

1 lemon, juiced

½ cup water

3 cups sugar

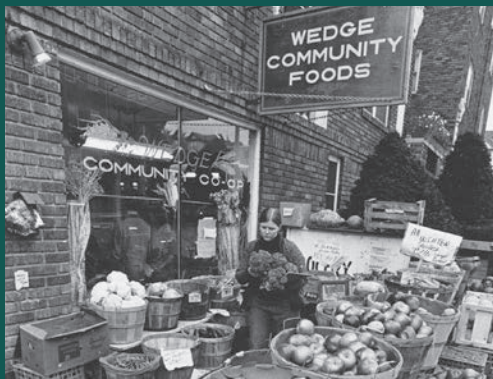
1 teaspoon vanilla

Find the full recipe at
wedge.coop/recipes



LOCAL TIES & NATURAL VIBES FOR 50 YEARS

Our co-ops were started by our communities. People came together with a passion for affordable, nutritious foods with minimal processing and packaging. While those are no longer “radical ideals,” it wasn’t always that way. Co-ops fought their way into the mainstream and we have our community of shoppers, employees, makers, and farmers to thank for our 50 years of service.



To kick off the year we’d like to set the scene of Minneapolis in the 1970’s.

The 70’s introduced a huge wave of change everywhere, especially in Minnesota. Six women were voted into the Minnesota State Legislature, Minnesota State Senator Alan Speer came out as one of the first openly gay senators in America, environmental activism was gaining attention, the first Earth Day was celebrated in 1970, a young political science teacher at Carleton College named Paul Wellstone began community organizing with the working poor and other politically disenfranchised communities that would lead to him becoming a State Senator, the IDS Center was finished in 1973, and Minneapolis native Prince released his first album For You in 1978. It was a time of growth and foment. One of the most heated movements that grew from the era was the Co-op Movement!

that didn’t have the consumer’s or the community’s best interests in mind. Co-ops gave power back to the shoppers to decide what the store would sell, they kept profits in the community, they also supported local farmers who were fighting competition from factory farms, the ever-changing weather patterns, and bank payments. Since then, in the spirit of the sixth cooperative principle “Cooperation among Cooperatives,” 148 independent food cooperatives have banded together under National Co+op Grocers which is head-quartered in St. Paul. While the Seven Cooperative principles go all the way back to 1844, they still remain the basis of our business structure, and have guided co-ops worldwide to flourish and prosper.

Our co-ops started in the 1970’s as a protest to the commercialized mega food marts

We’ll be celebrating Wedge 50 all year long, with events and celebrations in our stores and in the community.



Keep an eye out for events throughout the year!

Dates coming soon!



We would love our owners to celebrate with us all year long!

If you have any historic Wedge or Linden Hills merchandise, photos, or stories please send them to marketing@wedge.coop



The Business of Hope

with Elpis Enterprises

When sourcing our newest item of branded merch- the timeless hooded sweatshirt- we aimed to find a small local company to partner with. A longtime operations staff suggested Elpis Enterprises for screen printing. Located a stone's throw from Co-op Partners Warehouse, this modest St. Paul nonprofit has flown under our radar for 20+ years facilitating job training, experience, and placement for young people affected by homelessness. Their aim is to "foster youth employment and career pathway building through social enterprise."



Executive Director Paul Ramsour & Business Development Manager Phil Schwarz



It all began with a bird feeder.

In 1994, founder Paul Ramsour volunteered to construct simple wooden feeders with youth in the Whittier neighborhood. "Part of the program was to do something entrepreneurial. They started making bird feeders and selling them," says Ramsour. With a background in Youth Development Leadership, Ramsour recognized an opportunity for meaningful change through skill-building with youth. "The screen-printing press was added, and those two activities were transferred to a new program design... with a focus on social enterprise and youth employment." Thus, Elpis Enterprises was born.

The Greek word for "hope," Elpis engages young people ages 16- 24 in businesses prioritizing positive social impact above profit.

"In 2002, the mission was redefined to work with youth experiencing homelessness," explains

Ramsour. "In 2014, components were added to focus on work readiness and more referral agencies were added. Today we work with approximately 14 referring agencies."

The two primary avenues are a full-service imprint business (custom screen printing and embroidery) and a wood product manufacture business using upcycled cedar fencing to build bird feeders and nesting boxes. Throughout the referral-based program, participants build transferable soft skills, receive hands-on training and paid work in all facets of a small manufacturing business, and meet weekly with a career counselor to map the next steps to their desired career path. Working with fellow trainees and Elpis staff nurtures trust and belonging alongside employment readiness. Participants then bring their skills into

the community through educational workshops, networking events, and a yearlong coaching program.

By the end of the program, trainees obtain jobs aligned with their career goals or seek further education through the "Earn and Learn" program. These are Full time, 12-week long positions at local businesses. During this time Elpis continues supporting the trainee and the business partner.

Partnering with a local youth-centric organization building job skills, trust, confidence, community, AND bird feeders, all while rescuing wood scraps from the landfill sure inspires "elpis" in us- how about you?



Connect with Elpis: Elpisenterprises.org



Wedge proudly presents:

Our limited edition graphic hoodies printed by Elpis! Available in pullover or zip-up, sizes S- 5XL.

Snag yours before they're gone! \$30/ea. Available at customer service.

Our Upcoming 2025 Change Matters Slate

January
Elpis Enterprises

February
Northside Residents
Redevelopment
Council

March
Kiwi Cares

April
Reuse Minnesota

May
East Phillips
Neighborhood Institute

June
QUEERSPACE
Collective

July
eQuality-Pathways
to Potential

August
Immigrant Law Center
of Minnesota

September
Somali American
Women Action Center

October
Sisters' Camelot

November
Groveland Emergency
Food Shelf

December
Owner's Choice Vote during
the 2025 Election

Agate Housing &
Services

Division of Indian Work
The Aliveness Project



1. SLOW BURN CANDLES

Enjoy the beautiful glow of these locally-sourced, 100% pure beeswax candles, hand-crafted in St. Paul, MN. Slow Burn's owner Sara is passionate about creating products that help people slow down and connect.

2. HAVANNA JUICES

Indulge in these refreshing, Caribbean-inspired tropical juices. Owned by the Alhouni brothers, these former (and current) athletes were inspired by the original Havana Juice in their hometown of Tripoli, Libya.

3. COSMIC WHEEL CREAMERY

Cosmic Wheel Creamery makes farmstead cheeses from 100% grass fed cows. Owners Josh Bryceson and Rama Hoffpauir specialize in raw-milk cheeses made from their ten cows in small batches.

4. SOLA'S BUTTERS

Abisola J-Peterson founded Sola's Butters in 2016 to find natural ways to soothe and heal her dry skin and eczema symptoms. Leaning on the powerful benefits of raw shea butter her mom used during her childhood in Nigeria, Abisola formulated her own line.

5. GRLK

You're likely familiar with St.Paul-based Peter Chehadeh's creamy garlic spreads using his family's Lebanese heirloom recipe. Peter has now launched a line of savory and hot honeys in flavors like Sumac, Piri Piri, and Za'atar.



Look for our "New"

sticker in store to designate the freshest products to hit our shelves. Step out of your routine and find a new favorite!

Our Purchasing team is always excited to discover something new! Fill out our new vendor application, or send this link to your favorite brand: wedge.coop/vendor-info



Letter from the Board

Jobin Kadapurath Board Secretary

As we enter a milestone year for TCCP, I am thrilled to share some exciting updates that mark a new chapter in our shared journey. This year, we celebrate 50 years of community, collaboration, and commitment to providing sustainable, locally sourced, and high-quality food. This incredible milestone is a testament to your unwavering support and dedication to our cooperative values.

I am pleased to introduce Joan Stockinger and Ismael Aguilar, who have been elected by our members and recently joined our Board of Directors. These individuals bring a wealth of experience, fresh perspectives, and a passion for advancing our mission. Their contributions will undoubtedly guide us toward continued success as we navigate the evolving needs of our community.

Additionally, I am excited for Nick Seeberger as our new Chief Executive Officer who joined in August. He comes to us with over 15 years of leadership in the cooperative and grocery industries, with a strong focus on sustainability

and member engagement. We are confident Nick will lead us into a future full of innovation and growth while staying true to the values that have made our co-op a cornerstone of the community.

As we celebrate 50 years since our founding, we're excited to celebrate this incredible milestone with you! Stay tuned for details about upcoming events, and opportunities to reflect on our history while envisioning the future of our co-op. Please celebrate and share with us any memories you may have had with TCCP over the years.

As always, our co-op's strength lies in its members. Thank you for being an essential part of this journey, and for supporting our mission to create a thriving, sustainable, and inclusive community through cooperation. I have personally come across members who have been part of our journey since the beginning of Wedge, a special thanks to your commitment to our mission.

Here's to the next 50 years of growth and collaboration!

Meet THE Board



Lisa Fittipaldi, President, Emily Anderson, Vice President, Mark Greene, Treasurer, Jobin Kadapurath, Secretary, Yoshi Suzuki-Lambrech, Bao Vang, Steve Share, Joan Stockinger, Ismael Popoca Aguilar

**OWNERS SAVE
20% Off BULK**
Feb 19-25



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