

Wedge
50 | **50 YEARS
& COUNTING**
WEDGE COMMUNITY CO-OPS

CULTIVATE

Know Your Food | Know Your Farmers



SUSTAINABLE COOPERATION

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Regenerative
Farming

SPRING 2025



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Letter from the CEO

Driving, walking, and biking are best accomplished with eyes forward. Leading a co-op is similar in that regard, but every once in a while, it's important to take the time to survey how far you've come. This year, we will examine the terrain the co-op has crossed over the last 50 years while turning an eye to the horizon. I invite you to join the kick-off of a year of celebration in April at our Earth Day Events (more information on page 3). All summer long we will find ways to celebrate and reflect on our past. The celebration will culminate with a terrific party at our annual meeting in the fall, and all owners are invited!

Did you know that the Wedge owns and operates Co-op Partners Warehouse (CPW), our organic produce distribution warehouse located in Saint Paul? At CPW we count other co-ops, grocery stores, institutions, and buying clubs among our customers. Recently we have had leadership changes at CPW and are excited to welcome three women to key positions at the warehouse.

Everyone needs to eat. At the co-op we support food access in all we do.

At the most basic level we stock our shelves with the best foods we can find. Through our CAP program, we offer every day 10% discounts to shoppers who are participants in government assistance programs so their food dollars can go even farther – last year this was almost \$300,000 in discounts! We also select non-profits for Change Matters (our register round-up program) with an emphasis on work that improves food access in our immediate community. Please join me in making your change matter by rounding up at the registers!

The next three months at the co-op will be a busy and exciting time! I look forward to seeing you at the many events we are hosting and participating in, or in the aisles of the co-op getting the best local and organic food available.



In cooperation,
Nick Seeberger

Check It Out

Save the Date

Upcoming Events

Upcoming Owner Exclusive Deals*



April 9-15
20% OFF
COFFEE



May 21-27
20% OFF
MEAT & SEAFOOD



June 11-17
10% OFF
ONE ENTIRE SHOPPING TRIP

**owner deals are one time use*

April Sustainable Events in Partnership with Reuse Minnesota

Learn more about these events we're co-hosting with Reuse Minnesota on page 11!



April 12th

Book Swap
Wedge Lyndale



April 19th

Tees to Totes
Wedge Linden Hills

Visit wedge.coop/sustainable-events for more information.



Our Upcoming Change Matters Partners

April

Reuse Minnesota
Builds partnerships and supports a vibrant network of reuse practitioners through education, advocacy, and promotion.

May

East Phillips Neighborhood Institute
A community-led project building a brighter future & environmental justice in Minneapolis' East Phillips neighborhood.

June

QUEERSPACE Collective
Creating space for LGBTQ+ youth to feel safe and empowered to be their true selves.

Responsible Retailing for 50 years

Both of our stores were started by community members who wanted to have access to inexpensive, good quality organic food without having to drive or take a bus miles out of their neighborhood. They wanted to buy in bulk to curb the amount of packaging they used. They wanted to be on the forefront of the organic natural food movement and fight to keep pesticides, GMOs, and chemicals out of our bodies and out of our soil. These are things that still matter to the core of our shoppers.

Buying and selling local products is one of the biggest sustainable efforts co-ops promote. By buying local we are creating a smaller carbon footprint, from mitigating the amount of gas used to ship products across the country to reducing the emissions from refrigeration. It also gives consumers a fresher, quality product that wasn't harvested while vastly underripe.

Another a top priority for co-ops is organic farming, which means more checks and balances for a quality product, less pollution in the land and rivers, concern for our farmworker's health, and in the case of regenerative farming, it builds soil health and increases its ability to capture and hold carbon from the atmosphere.

1999

the Wedge started Co-op Partners Warehouse to buy more local produce and help local farmers and producers grow, prepare, and deliver their products for bigger markets.

At each of our locations we compost all of our food and paper towel waste, recycle plastic bags, and donate food that is almost out of date to local community food shelves.



Our Lyndale location hosts a community compost drop-off site that has 1,575 community members signed up, and both locations have plastic bag recycling drop-offs that collected 36,926 lbs of plastic last year.

2008

The Wedge bought the historic Gardens of Eagan and transitioned it into a certified organic farm.



Despite processing & distributing massive quantities of food, Co-op Partners Warehouse throws next to nothing away. Waste materials are composted, adding up to 22,363 lbs of food waste diverted from landfills last year.

BRUNCH SOURCED RIGHT

Brunch Salad

Find the recipe at
wedge.coop/recipe/brunch-salad

OWNERS
SAVE
20% OFF
ALL COFFEE
APRIL 9-15

Mocha Breakfast Rolls

Northern Waters Smokehaus

Located in the heart of Duluth, this famed fish house and sandwich shop is a must-stop when visiting Duluth or passing through on the way to or from the North Shore. Everything is made fresh onsite daily, including cured meats and, of course, smoked fish.

Sustainability leads their business efforts, ensuring fair wages, paid time off, and retirement savings for employees. Their Smoked Lake Trout is currently the best, most ethical choice for our brunch bagel.

Learn more about Northern Waters Smokehaus and their sustainability efforts on our website:
wedge.coop/northern-waters-smokehaus

Weekend brunch is the easiest meal to share, and when the components are sourced locally, sustainably, and deliciously, your friends might stay all day. Both Wonderstate Coffee and Northern Waters Smokehaus are featured here, and both local brands are leading their industries with sustainable sourcing and ethical business practices. Your morning is that much more delicious.

Mocha Breakfast Rolls

SERVES 8-10

Dough:

- 3 cups flour
- 3 tablespoons sugar
- 2 teaspoons dried yeast
- 1 teaspoon salt
- 1/3 cup milk
- 3 large eggs
- 1 stick butter

Filling:

- 1/4 cup butter, room temperature
- 1 tablespoon unsweetened cocoa powder
- 1/4 cup packed light brown sugar
- 1 tablespoon very strong brewed coffee
- 3 ounces dark chocolate, finely chopped

Glaze:

- 1 stick softened butter
- 2 cups powdered sugar
- 3 tablespoons very strong brewed coffee
- 3 tablespoons heavy cream or whole milk

For the dough:

In a medium saucepan over low heat, warm milk, butter, and sugar until butter is melted. Cool slightly and pour into the bowl of a stand mixer fitted with a dough hook. Add yeast

and let stand 5 minutes. Add eggs and mix for 1 minute. Add flour and salt and mix (knead) for 5 minutes until a soft dough forms. Transfer to a large, greased bowl and cover with a towel, let rise for 30-45 minutes. Dough may be refrigerated overnight.

For the filling:

In a medium bowl, add butter, cocoa powder, brown sugar, and coffee. Mix until smooth. Set aside.

To assemble:

On a floured surface, roll the dough into a 15"x22" rectangle, about 1/8" thick. Spread the filling over the surface, leaving 1/2 inch all around. Sprinkle the chopped chocolate over the filling. Roll the dough toward you. Using a very sharp knife, cut roll into 8-10 equal pieces. Transfer rolls to a buttered baking dish or rimmed baking sheet. Cover with a towel and rest 45 minutes. Preheat oven to 350 F. Bake rolls for 20-25 minutes until golden brown.

For the glaze:

In a medium bowl, whisk together butter, powdered sugar, coffee and cream until smooth. Pour over warm rolls and serve with – of course – coffee!



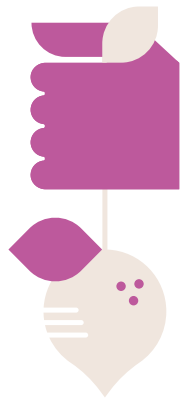
Wonderstate Coffee

Viroqua, WI

Wonderstate Coffee in Viroqua, WI focuses on planet and people first.

Coffee beans are sustainably sourced and roasted in a 100% solar-powered facility. They track their carbon emission footprint and offset this with donations to climate resiliency groups.

Additionally, 3 cents per pound of coffee they purchase is donated to regenerative agriculture practices and farmer education. Best of all, a majority of their coffee is purchased from cooperative growers!



WEDGE BRANDS COMMITTED TO REGENERATIVE FARMING:

- Lundberg
- Seven Sundays
- Alec's Ice Cream
- Frontier Co-op
- Guayaki
- Harmless Harvest
- Lotus Foods
- Nature's Path
- Thousand Hills



Photo credit: S.A. Johnson Photography, Abby Lillback, and Thousand Hills

Laying the Groundwork: Regenerative Farming with Thousand Hills



Matt Maier, Owner



Practicing regenerative farming is "...the single greatest solution to the climate crisis,"

according to Paul Hawken, author of *Drawdown: The Most Comprehensive Plan Ever to Reverse Global Warming*. These practices draw carbon from the air and pull it underground, where it can be stored and can rebuild soil health. Thousand Hills Lifetime Grazed is a longstanding, trusted partner of Wedge Co-ops for top quality, local grass-fed beef. They are committed to land management and

grazing strategies that restore natural resources- instead of depleting them. Thousand Hills has focused on nourishing the soil, plants, cattle, and people by holistically grazing cattle for their lifetime since 2003. "What began as a passion to simply share the nutritional benefits of Lifetime Grazed 100% Grass Fed Beef has evolved into a full embrace of regenerative agriculture- with its many critical benefits to people and planet," explains Matt Maier, Owner & "Chief Regenerative Renegade."

Healthy land means healthy cows. With regenerative grazing, cattle graze naturally- living outdoors and not confined in commercial feedlots. The highest humane standards include a lifetime diet of diverse grasses.

Certification from The American Grassfed Association verifies that all animals are raised with the highest grazing standards to support animal welfare through humane and healthy treatment. Diverse forage has been shown to benefit the health of the animal and increase the nutrient density in beef. Higher nutrient

content leads to more delicious & flavorful meat.

With bold changemakers like Thousand Hills leading the way, the return to regenerative growing philosophy inspires the future. Their vision is to repair our food system by applying these growing practices nationwide. "Regardless of what you value: human health, animal welfare, water cycles, soil health, wildlife and pollinator habitat, carbon, food security...—regenerative agriculture is a major part of the solution.

By transitioning practices from conventional to regenerative we don't need a silver bullet. We simply need to begin implementation on our existing agricultural land, in every country," Says Maier. "We want to share this message with as many [shoppers] as possible. Voting with your dollar is the engine that drives the change."



Read the full interview with Thousand Hills on our blog:
wedge.coop/regenerative-farming

Skillet Flat Iron Steak with Italian Salsa Verde



- 2 Thousand Hills flat iron steaks
- 1 teaspoon each salt and pepper
- 2 tablespoons grapeseed or avocado oil
- 1 tablespoon butter

Heat cast iron or other heavy pan over medium high heat. Season steak on both sides. Add oil to pan, and when shimmering, add steak. Cook 2-4 minutes on each side, depending on thickness, until an internal temperature of 145 F is reached. Right before the steak is finished, add the butter to the pan, and baste the steak with the melted butter. Remove from heat and let sit for 5 minutes. Slice against the grain and serve with the Salsa Verde.

SALSA VERDE

- 1 tablespoon capers, *rinsed*
- 3 anchovy filets
- 2 cloves garlic
- ¾ cup extra virgin olive oil
- 1 cup fresh Italian flat-leaf parsley, *chopped*
- 6 basil leaves, *chopped*
- 2 tablespoons minced fresh chives
- ¼ teaspoon salt
- 2 tablespoons fresh lemon juice

In a food processor, add capers, anchovies, and garlic with 3 tablespoons of olive oil and process until smooth. Transfer to a medium bowl. Add all the herbs and enough of the remaining olive oil until it becomes a thin, chunky paste. Season with salt. Add lemon juice right before serving.

The Power of Reuse for a SUSTAINABLE WORLD



The 55th Anniversary of Earth Day is being celebrated globally on April 22 with the theme “Our Power, Our Planet.” Sustainability is a legacy tenet of our co-op, and a guiding value in the decision-making of our growing co-op community. Our recent conversation with Reuse Minnesota inspires us to reuse, repair, and repurpose what we already have!

In 2012, Reuse was founded to showcase the benefits of a reuse economy in Minnesota. Their mission is to build partnerships and support a reuse network through education, advocacy, and promotion in regenerative communities that protect the environment.

We spoke with Emily Barker, Executive Director of Reuse Minnesota, about their definition of a reuse economy. “Reuse is anything that extends the life of resources and decreases demand for new production,” says Barker. This includes activities like thrifting,

repairing, refurbishing, upcycling, borrowing, lending, and more.

Reuse connects those looking to reduce consumption with those already practicing reuse, whether in business or their personal life. Reuse Minnesota’s website features a directory of organizations in renovation, repair, resale, refill, and rental spaces, encouraging people to use what they have and find new purposes for old items.

Many of Reuse’s programs focus on education in schools and communities.

“Supporting Minnesotans in learning about reuse is both our passion and expertise,” says Barker. They emphasize considering a product’s lifecycle, both upstream and downstream. While recycling or donating helps, reducing resource extraction, processing, and manufacturing has a far greater environmental impact. “When we choose reuse, we avoid those steps,” encourages Barker.

Though considering an object’s lifecycle can feel overwhelming, reuse is an easy solution! “Love fashion? Try visible mending to extend your garments’ life and add unique flair. Tired of single-use bags? Bring a reusable one to The Wedge—or grab one from the ‘Bring a bag, take a bag’ bins! Have a broken lamp? Check Reuse’s website for the next fix-it clinic and make a plan to go! The possibilities are endless, and we’re here to help,” says Barker.

Sustainability-Focused Events

All are welcome to join us for these sustainability-focused events in collaboration with Reuse in April!

Free, family-friendly, and no registration required to attend!

**Saturday, April 12th
Book Swap
at Wedge Lyndale 2-5pm**

**Saturday, April 19th
Tees to Totes
Reusable Bag Making
at Wedge Linden Hills 2-5pm**

Find more information on our website at wedge.coop/sustainable-events



Reuse Minnesota is our Change Matters partner in April!

Round up your change at the register to support reuse education and hands-on repair events across Minnesota.

➔ [Learn more at reusemn.org.](http://reusemn.org)



HAIR LOVE

At the Wedge we are all about uplifting and caring for hair of all textures, lengths, treatments, and locations! Looking for a lightweight, moisturizing styling cream to enliven your curls? In search of a repairing shampoo/conditioner combo? On the hunt

for a softening & strengthening oil suitable for facial hair, body hair and your tresses? We've combed through our vast body and hair care selection for standouts to help you love your hair.



Castor oil, long revered in India and Africa, is a powerhouse for hair, skin, and nails. Derived from castor beans, it's rich in ricinoleic acid, providing deep hydration and softness—ideal for dry, brittle, or growing hair. With anti-inflammatory and antibacterial properties, it soothes conditions like eczema. Try **Giovanni Castor Oil Shampoo & Conditioner** for nourishment or **Sola's Butters Hair Oil*** for deep moisturization.

* Local + Woman-Owned + Black-Owned



For coarser hair and beards, **Badger's Argan Hair Oil** is the way to go. USDA Organic, made with renewable energy, and packaged in a recyclable bottle, this protective oil is brimming with proteins, vitamins, and essential fatty acids to condition and soften. Argan excels at repairing damaged hair, and baobab oil strengthens the hair cuticle and elasticity.

* Woman-Owned



For our curly, wavy, textured friends, we recommend the highly nourishing, plant-based recipe behind **I-N Beauty's Bell Curve Curl Cream**. With 97% natural origin ingredients like aloe juice, larch tree resin, and safflower oil this cream hydrates and defines natural texture while taming frizz. A little dab goes a long way, so it is worth the splurge. I-N Beauty focuses on clean, plant-based ingredients responsibly produced for minimal environmental impact.

* Local + Woman-Owned



Herbalist formulated **Fat and the Moon's Spirit and Salt Mist** rounds out our list. It enhances shine while nourishing the scalp and enlivens all textures. Rosemary and Saw Palmetto tone the scalp and add integrity to locks. The light herbaceous scent grounds the senses while encouraging texture and wave in fine to medium hair.

* Woman-Owned



BODY CARE SALE

Stock up on hair care and more during our annual

25% Off Body Care Sale

May 8- 11

Pre-shop
April 30- May 7

Open to All Shoppers





Our Produce Team

Featured left to right.

Kara Parr
Produce Buyer

Joleen Baker
Interim Director, Co-op
Partners Warehouse

Jaime Lehman
Sales Manager

Madeleine Hagar
Produce Category
Manager

Mackenzie Burke
Produce Buyer

Read the full article on
our website, [wedge.coop/
women-in-produce](http://wedge.coop/women-in-produce)



Since March of 1987, communities have gathered to celebrate the contributions of women both past and present. Wedge Community Co-ops is driven by a vision of a more sustainable and equitable food system, starting with inclusive curation of products grown, made, and owned by women.



WOMEN IN PRODUCE: Leading Change and Cultivating Growth

In an industry typically dominated by men, our Produce Team inspires with cross-departmental female leadership. Meet our experienced staff!

What do you see as the best way to uplift local farmers, especially female growers?

"The best way we can support local farmers is pretty simple: buy from them. Co-op Partners Warehouse's purchasing power is significant and has been transformative for many small farm businesses."

- Mackenzie Burke, Produce Buyer

What inspires you as a woman in leadership?

"I have the privilege of working with a team that is mostly women. We celebrate successes together, we acknowledge and learn from failures together, and I know that our perseverance paves the way for a world when women and non-binary folks can work hard and not have their accomplishments questioned or diminished."

- Joleen Baker, Co-op Partners Warehouse Interim Director

What advice would you give to women entering this industry?

"That things rarely go according to plan! The word "pivot" is an important part of the [produce] sourcing lexicon. Working in produce is definitely an exercise in flexibility, and there are ample opportunities to demonstrate empathy, patience, and understanding."

-Kara Parr, Produce Buyer

What does success mean to you within this field?

"A huge contribution to the current and future success of produce will be knowledge transfer along the entire supply chain. The more we can collaborate, learn from one another, and streamline our strategies, the more our local vendors, customers, and food system can thrive."

- Madeleine Hagar, Produce Category Manager

What's an important lesson you've learned in the produce industry?

"I learned the importance of bringing others along for the decision-making process and to share in the successes and struggles. Most importantly I learned that you can make a lot of positive change for yourself and others by having a good attitude and not being afraid to make mistakes."

- Jaime Lehman, Sales Manager



Letter from the Board

Joan Stockinger, Director

Wedge Community Co-ops and Co-op Partners Warehouse are celebrating 50 years in 2025. The Board is honored to recognize the formidable accomplishment this represents.

Our retail stores have over 21,000 active owners, 325 valued employees, hundreds of local farmers and producers, and support a dozen local non-profits each year through our round-up programs. We are a local presence in our neighborhoods. We have sustained. Sustainability is a core value which the co-ops embody economically, socially, and environmentally.

Economic Sustainability: We have survived 50 years of massive grocery consolidation. Most independent local groceries have been bought out or closed. Today, food is sold almost exclusively in large chains. Local, sustainable farmers and producers simply cannot sell into the existing food system – massive supply is required. As a result, huge retail has driven consolidation on the farm and in food processing. We are one of the few markets for local producers.

Social Sustainability: Our co-ops provide a social place in our communities for simple interactions among owners, shoppers, and employees. Our co-ops are a sign of hope in these uncertain times and prove that by working together we can adapt. Our cooperative model of community ownership demonstrates concretely that individuals can build something together to meet a need.

Environmental Sustainability: By sourcing from local, organic, and regenerative farmers, our co-ops support soil health, carbon sequestration, and biodiversity. The grocery business is energy intensive, and we invest in long-term ways to secure renewable energy whenever possible. Offering plastic-free alternatives throughout our extensive bulk and produce departments has been our commitment for decades.

Your patronage keeps this local miracle alive. We thank you!

KEY BOARD DATES

June:

Call for Candidates

July:

Candidate Interviews

August:

Candidate Slate Announced

September:

Board Election & Voting

October:

Annual Meeting & Election Results

Learn more at
[wedge.coop/
board-of-directors](http://wedge.coop/board-of-directors)



SUSTAINABILITY WIN:

As of February, Co-op Partners Warehouse and both Wedge retail stores are now 100% renewable energy certified! Xcel's Solar Connect Flex program charges a 1% premium on top of each unit's monthly bill which mandates that Xcel make an equivalent investment in the statewide energy grid.



Wedge Lyndale

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Mpls, MN 55405 | 612-871-3993



@wedge_community_coops

Wedge Linden Hills

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



@wedgecommunitycoops