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Letter from the CEO

Happy 50th Birthday Wedge Community Co-ops! All summer we celebrated our 50th with events, throwbacks, and storytelling. I must admit that the Minnesota Dairy Labs exclusive Wedge 50th ice cream a delightful dairy-free combination of strawberry rhubarb with a granola crumble - has quickly become a favorite end of day treat! Our year of celebration culminates at the Annual Meeting on October 21 with special guest Yia Vang, delicious food and drinks, and a new meeting space -Glass House in Minneapolis. This event will be fun for the entire family, we hope to see you there!

Did you know that the Wedge is a sponsor of the Mill City Farmers Market (MCFM)? MCFM is a non-profit organization, founded in 2006, that brings over 100 local farmers, food makers and artists to the north edge of Downtown Minneapolis. Our mission is to "Build Community by Developing a Strong Local Food System" and we see our support of this market as a great example of the many ways we live that mission. The Wedge provides financial support for the Mill City Cooks chef demo stage, with our Marketing Director Jill Holter "cheffing" twice during the season. It's just one of the ways we lift up local farms and makers

outside the walls of our co-ops.

"Would you like to use your monthly discount?" In July we changed our discount structure to be more flexible and of greater benefit to our owners. Starting July 1, owners get 5% off of the transaction of their choosing each month. Previously, we had a variety of owner discounts on specific departments, or once a quarter for a week only. Based on feedback from our owners, you want flexibility and simplicity with discounts, so we listened and we're excited about the change.

There are more than temperature changes in the air at the Wedge. In the coming year look for exciting announcements on improvements at both the Lyndale and Linden Hills locations. We will be installing new gardens at Lyndale and giving the parking lot a much-needed repaving. At Linden Hills we are investing in a new generator to keep the co-op running when power in the neighborhood is out. We want to keep our co-op in tiptop shape for our 60th anniversary!

Have a wonderful fall everyone.



In cooperation,
Nick Seeberger

Check It Out

Save the Date Upcoming Events



Board Candidate Meet & Greets:

Saturday, Sept 27, 2-4 pm Wedge Lyndale

Saturday, Oct 4, 2-4 pm Wedge Linden Hills



Linden Hills Fall Festival:

Live music, food & drink, kids activities, and more

Saturday, Sept 27, 12-6 pm



Gather & Give Thanks

Pre-order local turkeys and made-from-scratch pies and sides

Oct 17 - Nov 20

Order at wedge.coop/gather-givethanks



Annual Owner Meeting

Board Election results, financial reporting, catered dinner, live music, guest speaker Chef Yia Vang, kids activities, and more. Board Election and Annual Owner Meeting registration opens

September 22. Owners watch your mailboxes for a special Board Election mailer!

Tuesday, October 21, Glass House Minneapolis • Doors Open at 5:30 pm

Voting and registration open September 22 at wedge.coop/board-election

Upcoming Sales



Supplement Sale 25% OFF

All supplements, vitamins, protein powder & more

Oct 30 - Nov 2 Pre-shop Oct. 22- 29



Gifts & Home Sale

20% OFF

All gifts, kitchenware, candles, socks, & more

Dec 19-24



Our Upcoming

Change Matters
Partners

October Sisters' Camelot

Volunteer-run nonprofit focused on food justice, waste reduction sustainable living, community building, and youth education.

November Groveland Emergency Food Shelf

Provides emergency groceries for those in need. Located blocks from our Lyndale location.

DecemberOwner's Choice

Agate Housing and Services

Division of Indian Work

The Aliveness Project





LOOKING BACK ON A YEAR OF CELEBRATION

What a year! We have had such a fun year celebrating our co-op's rich history. It's a good reminder of why the Wedge is still thriving - it's our community! The same community that came together as neighbors at an apartment on Aldrich Ave in July of 1974 and started the Wedge Co-op. The same community that raised over \$4,000 to open the Linden Hills Co-op in 1976. The same community that saw the opportunity to create a regional warehouse and distribution company in 1999, Co-op Partners Warehouse. They shared the same beliefs that our owners and shoppers still hold and carry on today.

From looking back at our history in Cultivate articles and recipes to recreating some really fun throwback merchandise, it has been an exciting year, but the greatest thing has been the community events we've held. These events are an opportunity for us to connect with each other and see how the belief in a community-owned co-op brings us all together.

At our Book Swap and Reusable Bag Making events in April with Reuse Minnesota, we saw how much our community cares about sustainability. In March we had our most successful Owner Drive ever, welcoming 266 new Owners to the Wedge, which shows that our community is always growing! The Taste of Linden Hills brought food lovers together around delicious bites from our deli. At the Mega Mueller Market we saw our Wedge neighbors come together and raise money for LHENA, the neighborhood association. At our Pride Cookout in June we celebrated with our LGBTQIA+ community. At our birthday party





events in July, we celebrated our five decades of history while enjoying Wedge-made cake and our exclusive MN Dairy Lab Rhubarb, Strawberry and Granola ice cream.

We have throwback t-shirts and hats for sale at both our stores, and a new Wedge-50 canvas bag that was designed by one of our amazing staff members!

All of this is leading up to our Annual Owner Meeting which will be held at Glass House on Oct 21st from 5:30 – 9:00 p.m. There will be delicious food and drinks, live music from longtime Wedge employee David Huckfelt, giveaways, prizes and the results of our Board Election! Our very exciting keynote speaker is none other than local Chef Yia Vang, who will share his personal story of family, food, and the rich traditions of his immigrant community.





Meet the Artist of our new Wedge 50 Bag

Katrina Kubeczko

Katrina has worked at the Wedge for over 20 years! She has been drawing and crafting since she was little. Her design shows happy produce enjoying our beautiful lakes between our stores, with two Minneapolis skylines in the background. The lighter color shows the skyline from the 70's (when we were founded), while the darker color is today's skyline. Look for these limited-edition canvas bags near the registers while you're doing your next shop!

ALLIUMS

Alliums – the flavor-makers of the kitchen and the foundation of nearly every savory recipe. Many are at their delicious (and affordable) peak in the fall.

Garlic, onions of all types, scallions, and leeks make up this family of vegetables. They provide everything from background notes to a starring role, depending on the dish you're creating. Read more about each allium sibling and then try our recipe for a soup that uses ALL of them in one glorious pot of rich, comforting goodness.

All the Allium Soup SERVES 8-10

- **4 yellow onions,** thinly sliced 5-6 cups
- 1 large leek, white and light green parts,
- cut in half lengthwise and sliced
- 2 cloves garlic, minced
- 1 shallot, minced
- **8 scallions,** chopped; divided into white and green parts
- 3 tablespoons butter
- 2 tablespoons extra virgin olive oil
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 teaspoons sugar
- 1 teaspoon dried thyme
- 1/2 cup white wine
- **3 quarts beef,** or vegetable stock
- 1 baguette, thinly sliced
- 1 cup shredded gruyere cheese
- 1/2 cup grated parmesan cheese
- 12 chives, finely minced

In a large soup pot or Dutch oven over medium heat, add butter and olive oil. Sauté the onions, leeks, garlic, shallots, and white part of the scallions, plus 1 teaspoon salt, ½ teaspoon pepper, and 2 teaspoons sugar, until very soft and tender, about 30-45 minutes. Stir occasionally and lower heat as they soften and turn deep golden brown, without burning. Increase the heat to medium and add the wine and dried thyme. Simmer for 3 or 4 minutes. Add the broth and simmer for another few minutes. Taste for seasoning.

To serve: add 1 slice of baguette to each oven-safe soup bowl, ladle soup over it, and add a bit of green scallion tops. Add one more slice of baguette, 2 tablespoons shredded gruyere, 1 tablespoon shredded parmesan, ½ teaspoon minced chives. Place bowls on a baking sheet, then under a hot broiler for 2-3 minutes until cheese is bubbling. Serve.







LEEKS

Wash, trim, and slice. Use the white and pale green parts. Save the dark greens for stock.



CHIVES

Fresh snipped is best!
As perennial, these are easy to grow in your garden.



SHALLOTS

Mince finely for vinaigrette or recipes. Mild, sweet flavor—between onion and garlic.



GARLIC

Intense raw flavor or mellow cooked sweetness, use liberally in favorite recipes.



SCALLIONS

Add white parts to stir fry or saute, finish with green tops.



SPRING BULB ONION

Use the bigger purple or white bulb like an onion, and the tops are bright and versatile.



Gifts with a Mission

If you're looking for useful gifts that you can feel good about giving, you can count on the co-op. We prepare for months to bring you mindfully crafted gifts from mission driven makers. Here, our Gifts & Home buyer Anne-Marie shares her standout seasonal picks.

- 1. **Darn Tough's** signature merino wool socks are warm, comfortable, and durable. Every pair is backed by their Lifetime Guarantee. Plus, they're committed to the Responsible Wool Standard, a certification of best practices around sustainable land management, social requirements, and animal welfare.
- 2. Using reclaimed wood from Twin Cities neighborhoods, **Wood from the Hood** upcycles discarded trees into useful, sustainable gifts like serving, cutting boards and bottle openers. Don't forget the **Mineral Bee Wood Conditioner**. Made from Minnesota beeswax!
- 3. Fair Trade Federation verified and largely crafted by women in rural communities, these handmade ornaments from **Silk Road Bazaar** and **Andes Gifts** bring humor and whimsy every year.



Celebrate 50 years of community with our limited-edition merch!

Featuring vintage logo tees (printed by local nonprofit Elpis Enterprises), retro dad hats, and a custom canvas tote designed by a Wedge staff artist.



Co-op shoppers are always seeking ways to save. We consulted Wellness Buyer

Johanna to share her favorite accessible and affordable ways to support your immune system heading into the colder

season.

1. When asked about a go-to immune support herb, Johanna exalts elderberry. She likes to keep the syrup or tincture around for times when she's feeling run down, traveling, or exposed to folks who have been sick. Try adding a dose of Wisconsin-based Four Elements' Elderberry tincture into your next mug of tea.

- 2. Frontier Co-op out of Iowa supplies the Wedge with everything you need to get creative with your own blends. Johanna's favorite comforting tonic is a warming lentil curry with turmeric, ginger, cardamom, and cayenne.
- 3. Beyond the foundation of adequate rest, balanced nutrition, and healthy stress management, Johanna recommends a daily multivitamin. The Wedge Basic Multi, expertly made for us by Vitamer Laboratories, is an excellent budget option.

Vitamer Labs, our trusted partner in supplements for over 30 years.

Every supplement is third-party tested for safety and accuracy, and our partnership keeps prices low so you save.



ROOTED IN THE LAND:

Reclaiming Indigenous Foods

Growing up in Mexico, Ismael Popoca Aguilar learned that food was more than sustenance—it was identity and connection to the land. Now a professionally trained chef and dedicated board member at the Wedge, he's blending childhood nostalgia and years of restaurant experience to shine a light on the importance of indigenous foods. Through his work at North American Traditional Indigenous Food Systems (NATIFS), he's helping others learn the value of food sovereignty. Read his story and make this recipe using all indigenous ingredients!

"NATIFS aims to foster awareness about the vital link between ancestral and local foods and the well-being and prosperity of our community. We disseminate this knowledge through events, publications, and newsletters, and by supporting Native and BIPOC chefs. We also partner with Indigenous producers, purchasing their products, ingredients, and services. We believe their success is our collective victory. The broader community can contribute to our mission by learning about food sovereignty and incorporating native foods and local ingredients into their daily diets."





Bison Three Sisters Stew SERVES 6-8

- 1.5 lb Bison Stew Meat, cubed*
- 2 Tablespoon Sunflower oil
- 1 Teaspoon Salt
- 1 Onion, diced
- **3 cups Butternut Squash,** ½" cubes
- 1.5 Cups Corn kernels
- 1/2 lb Green Beans, cut in 1" pieces
- 1 (14.5-oz) can Diced Tomatoes
- 1/2 Teaspoon Minced garlic
- 2 ½ Teaspoon Dried Basil
- 1/2 Teaspoon Dried Sage
- 1 Teaspoon Dried Oregano
- 1/2 Teaspoon Chipotle Powder
- 3 cups Turkey Broth
- 1. Preheat oven to 325°F.
- **2.** Pat bison cubes dry with paper towels to ensure proper searing.
- **3.** Sprinkle bison meat with 1 tsp salt and toss to coat evenly.
- **4.** Heat 2 Tbsp sunflower oil in a large Dutch oven. Once hot, add bison and cook for 5-10 minutes, turning to sear evenly.
- **5.** Remove bison from the pot and set aside.
- **6.** Add diced onion, butternut squash, corn, and green beans to the Dutch oven. Cook for approximately 5 minutes, or until the onion begins to soften.
- **7.** Stir in the minced garlic and all remaining spices. Cook for another 5 minutes.
- **8.** Pour in the turkey broth and cover the Dutch oven.
- **9.** Bake, covered, for 3 hours.
- **10.** After 3 hours, check the meat for tenderness. If not tender, cover and cook for an additional 30-45 minutes.
- **11.** Serve hot and enjoy!

*See a modification with ground bison at wedge.coop/recipes

