

# Wedge CULTIVATE

Know Your Food | Know Your Farmers



BULK BOWLS  
TO NOURISH  
ALL SEASON

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 COVER WORTHY  
Cook the cover recipe at  
[wedge.coop/recipes](https://wedge.coop/recipes)

WINTER 2026



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Co-op Partners  
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## Letter from the CEO

New year, new happenings! At the Wedge, we are ringing in 2026 with investments in the co-op and the community.

In February, Wedge Linden Hills will undergo some exciting improvements as we reconfigure the produce, bulk, and wellness departments! We are opening the sales floor for a more inviting and easier-to-navigate shopping experience. Several existing fixtures will be replaced with more modern, energy efficient equipment to better control the temperature and humidity in the store and in the coolers. In addition, we will be adding three new self-checkout lanes to our staffed lanes to help customers move through more efficiently during peak business times. The store will remain open during construction, and we appreciate your patience during this time!

Since its inception, Wedge shoppers have donated more than one million dollars to community organizations through our Change Matters program. Every penny raised at the registers is passed on to that month's cause or organization. Two causes I am

excited about for this year are our Co-op Affordability Project, and Midwest Food Connection. One breaks down financial barriers to shopping at the co-op, and the other provides food educational opportunities in local schools for our youth. Read more about these programs on page four, and remember to round-up your next purchase at the co-op. Your change really does matter!

Finally, it's January, and for me, that means it is time to bulk up my pantry. Check out the recipes starting on page six for delicious meal ideas featuring bulk ingredients. I love the bulk section to use less packaging in my shopping, buy the exact amount of product I need, and indulge in unique snacks. Two of my favorites are our chocolate covered ginger and dried mango. Give them a try, and we'll see you in the bulk aisle!



*In cooperation,  
Nick Seeberger*  
*Nick Seeberger*

# CHECK IT OUT

## UPCOMING EVENTS

## SALES



### Blood Drive

January 21, 2026 • Memorial Blood Center  
8am - 1 pm at Wedge Lyndale

[SIGN UP HERE](#)



### Owner Appreciation Month & March Owner Drive

Owners save 10% on the shopping trip of your choice in March!

[Not an owner? Learn more and join at \[wedge.coop/join\]\(#\)](#)



**JANUARY**  
**Legal Rights  
Center**

**FEBRUARY**  
**Tubman**

**MARCH**  
**Minnehaha  
Food Shelf**



### 20% Off Bulk Sale

**January 14-20**

All shoppers save,  
multi-use!



### 40% Off Nordic Naturals Supplements

**February 18 - March 3**

All shoppers save,  
multi-use!

# CHANGE MATTERS

Building community by developing a strong local food system

Every year, a committee of co-op staff gathers together to review and vote on the non-profits our organization will partner with for the coming year's Change Matters program. We are excited to announce our Change Matters slate for 2026!

Change Matters is a program that generates funds for local, non-profit and community-enrichment organizations by collecting donations at the register. We focus on organizations that are local to our stores, empower historically under-represented communities, address hunger relief, work to end homelessness, and promote sustainability and food education.

Since 2017, Change Matters has raised over one million dollars, and 100% of those funds goes to the non-profit organization. When your cashier asks, "Would you like to round up?" rest assured every cent goes toward our mission of building community by developing a strong local food system.



## PRODUCT PARTNERS

Each month, we partner with purpose-driven brands that donate a portion of their sales to our Change Matters non-profit partner. Whether it's a percentage or a dollar per product, every purchase helps fund that month's cause.



## 2026 Change Matters Partners:

JANUARY

### 1. Legal Rights Center

seeks justice and promotes racial equity for those to whom it has been historically denied.

FEBRUARY

### 2. Tubman

supports people facing relationship violence, sexual exploitation, homelessness, mental and chemical health challenges, and other trauma.

MARCH

### 3. Minnehaha Food Shelf

provides food for those facing food insecurity in our community.

APRIL

### 4. Urban Roots MN

operates youth development programs, and is one of the largest youth employers on the East Side of Saint Paul.

MAY

### 5. Hmong American Farmers Association

advances the economic, social and cultural prosperity of Hmong American farmers.

JUNE

### 6. Wildflyer Coffee

creates employment opportunities and cultivates life skills to empower youth experiencing homelessness and housing instability.

JULY

### 7. Brightside Produce

eliminates food insecurity in urban areas by bridging communities through people and fresh produce.

AUGUST

### 8. Midwest Food Connection

inspires young people to deepen their relationship with food, benefiting their bodies, their communities, and the earth.

SEPTEMBER

### 9. YouthLink

connects young people with a community of resources and support for over 45 years.

OCTOBER

### 10. Co-op Affordability Project (CAP)

A Wedge program for shoppers enrolled in government assistance programs to receive 10% off every grocery trip, for a \$10 owner investment.

NOVEMBER

### 11. Community Emergency Services (CES)

transforms lives by serving food insecure neighbors, sharing resources, and being a place where people come hungry and leave hopeful.

DECEMBER

### 12. Whittier Alliance

builds community, strengthens small businesses, and brings resources to the Whittier neighborhood of Minneapolis.

# Bulk Bowls

## Nourishing Recipes for the Winter Season



Grain bowls are the ultimate comfort food, bringing together hearty staples with vibrant flavors into one nourishing dish. By leaning on bulk-bin ingredients, you can create meals that are affordable, sustainable, and endlessly versatile. Find three inspired recipes, including fragrant Multigrain Curry Rice with Jerk Chicken, indulgent Chocolate Breakfast Grits, and Creamy Vegan Ramen (featured on the cover) to nourish you through winter. Each bowl celebrates the simplicity of bulk ingredients, with flavorful combinations you'll crave all season.



### Multigrain Curry Rice with Jerk Chicken

SERVES 2-4 PEOPLE

#### JERK MARINADE

1 small onion, roughly chopped  
1 small cored apple, quartered  
3 scallions, roughly chopped  
1 large bunch of fresh thyme  
2 inch piece of ginger with skin, roughly chopped  
5 garlic cloves  
1 orange zest and juice  
1 scotch bonnet pepper, stem removed. More if you love the heat  
1/4 cup soy sauce  
1/4 cup white vinegar  
2 Tbl brown sugar  
2 tsp all spice, ground  
1 tsp nutmeg, ground  
1tsp cinnamon  
1 tsp salt  
1tsp fresh cracked black pepper  
8-16oz chicken breast 4oz per person more or less

#### CURRY RICE

2 Tbl coconut oil  
1 medium red onion, minced  
3 garlic cloves, minced  
2Tbl ginger, minced

#### 2Tbl curry powder

1/2 tsp salt  
1 cup short grain rice  
1/2 cup tri colored quinoa  
1/4 cup red lentils  
1/4 cup pumpkin seeds  
1 large red or yellow pepper, diced  
1/2 cup cilantro, roughly chopped  
1 green onion, thinly sliced  
1/2 cup raw cashews

1. For the marinade, add all of the ingredients (minus the protein) into a blender. Blitz till smooth. Taste and adjust seasoning to your liking. This sauce will keep in the fridge in an airtight container for up to a week.

2. Massage half of the marinade onto the chicken.

3. Seal in an air tight container and let marinate for several hours or overnight.

4. Mix the rice, quinoa and lentils together and rinse till the water is clear.

5. Add 3 cups of water and rice mix to a heavy bottomed saucepan and let sit for about 30 minutes.

6. Preheat oven to 425 degrees fahrenheit.

7. In a medium sized skillet, over medium heat, melt coconut oil down and saute red onion. Once translucent add minced garlic and ginger. Cook until fragrant, about a minute. Mix in curry powder and salt, cook until fragrant, about another minute. Remove from heat and set aside.

8. When the 30 minute soak time is up, bring rice mix to a boil, stir in onion mix, cover with a tight fitted lid and reduce heat to a simmer. Cook for about 15-20 minutes.

9. Place chicken onto a lined sheet tray and bake for 18-20 minutes or until fully cooked through with an internal temp of 165.

10. Once rice is cooked, stir in peppers and cilantro. Steam 10 more minutes.

11. When chicken is done, move them to a cutting board and roughly chop into rough uneven pieces.

12. Plate up. Finish with roasted cashews and sliced scallions.



# From Groceries to Gathering:

## Wedge Co-op as Vital Third Space

**As we celebrated our 50th anniversary this year, many owners shared stories of meaningful connections built with our Front End staff, considering our co-ops to be their “third spaces.”**

Our cashiers, baggers, and Customer Service staff share their perspectives on how person-to-person connection and investing in co-op ownership builds and strengthens community care.

The concept of a “third space” as we interpret it here comes from the sociologist Ray Oldenburg. With the home acting as the first place and the workplace as the second, his “third place” theory describes a wide variety of public places playing host to informal gatherings. Oldenburg, a Minnesotan, believed that mental health and social wellness depend on a healthy sense of community. Farmer’s markets, neighborhood parks, and local co-ops are therefore vital to nurturing healthy, connected communities.

As the department that every shopper engages with, Wedge Front End staff see this play out daily in their interactions. “What I see is customers and employees building long-term connections that sometimes span generations.” Says Nathan, Front End Assistant Manager at Linden Hills. “A lot of people... come in not just to shop, but to talk to and see other people, whether it’s about sports, music, TV shows, or grandchildren.” Running into old friends or neighbors while stopping in for

butter adds a sense of belonging as well. Kieran, a Front End Coordinator at Linden Hills, believes “a smaller store like the Wedge creates a community-oriented space that promotes relationships... [allowing] those seeking connection a safe space where they feel included.”

“Linden Hills is very much a “neighborhood” store” muses Nathan. “That’s palpable as soon as you walk through the doors. It starts with our amazing staff and ripples out to our customers... Our staff are amazing and deliver probably the best customer service I’ve ever seen. We have something special here.”

Co-op ownership not only supports growers and makers in your community, it further strengthens that sense of belonging.



**“Becoming an owner is more than just access to our awesome deals,” says Luigi, Customer Service staff at our Lyndale store. “Wedge owners contribute to the community [by] donating to local nonprofits or purchasing local product.”**

Libby, Front End Coordinator at Linden Hills, explains “co-ops support local agriculture and local makers [through] exposure and market power...

Re-investing into and intentionally strengthening our local communities is key to moving forward in these difficult times.”

Throughout March we’re hosting an Owner Drive. If you’re unsure if ownership would be valuable for you, take a page from Libby’s book. “We spent decades as a collective... incorporating “self-care” into our busy lives. [These days,] “community care” is a powerful antidote... bringing people together to share resources, support, and find new ways to care for each other.”

**Not an owner?**  
Learn more and join here: [wedge.coop/join](http://wedge.coop/join)

**Why become a Wedge owner?**

JUST ASK OUR STAFF!



**Kieran**

**“[ownership] is a life-time commitment to building a strong local food system that is mutually beneficial to everyone involved.”**



**Libby**

**“I love that Co-ops support local agriculture and local makers.”**



**Nathan**

**“It makes financial sense! We have...a wide variety of discounts and promotions for owners. Once you join, you’re an owner for life.”**

Thanks  
IN THANKS FOR INVESTING IN THE CO-OP,  
**OWNERS GET 10% OFF**  
ONE ENTIRE SHOPPING TRIP IN MARCH\*

\*One-time use coupon



## Wedge Linden Hills Store Remodel:

We're excited to share that the Wedge Linden Hills store is getting a refresh! Our team has been looking forward to this moment, and we've put a lot of thought into the details. The goal is to make the co-op feel more open, welcoming, and easy to move through—so your everyday visits feel a little lighter.

You'll notice updates throughout the store, including a more inviting café, a brighter produce area, and a reconfigured wellness department that feels clearer and easier to browse. We're adding three new self check out lanes, in addition to our staffed lanes. We're also refreshing the gifts, floral, and home

### CONSTRUCTION WILL TAKE PLACE JANUARY-MARCH 2026.

The store will remain open for shopping during this time. We will be celebrating our store refresh with a party in April 2026. Stay tuned for more details!



**LISA COYNE**

STORE DIRECTOR

*Wedge Linden Hills*

**"I'm so excited for our customers and staff to experience this remodel! A more welcoming entrance and curated front of store will set the tone, while Produce, Grocery, and Wellness get cleaner, fresher, and easier to shop layouts. Best of all, it still feels true to Linden Hills - warm, local, and community centered."**

section to highlight items we're genuinely excited to share with you.

As staff, we've shaped this project by thinking about the places you naturally gather, the aisles that get busy, and the corners that could use more warmth. Many of the changes come directly from conversations we've had with shoppers over the years.

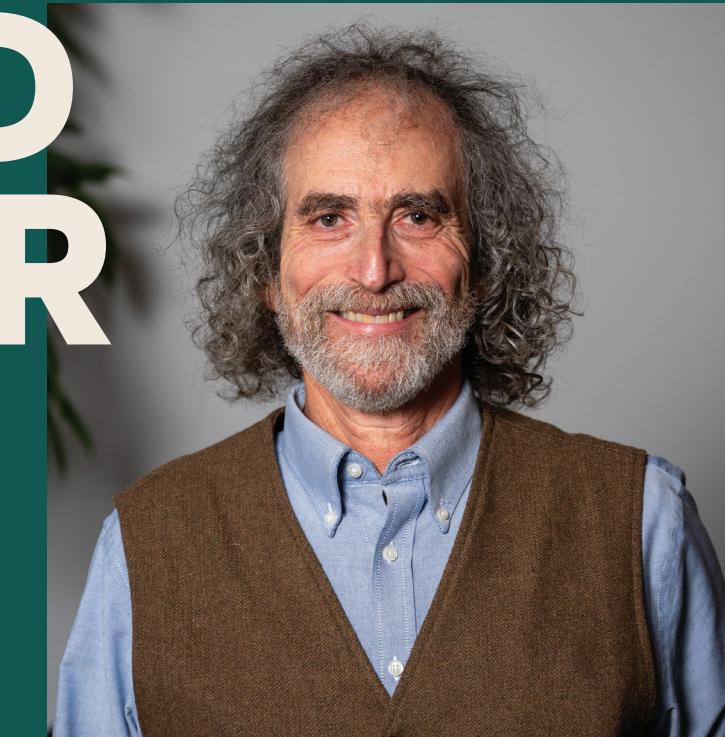
We're grateful for your patience during the remodel and can't wait to welcome you into a space that feels fresh, open, and truly reflective of our co-op community.

# BOARD LETTER



**STEVE SHARE**

BOARD DIRECTOR



By now, you may have heard the news shared at our co-op's annual meeting: the Twin Cities Co-op Partners Board of Directors announced a patronage refund, thanks to a profitable year. The fiscal year ending June 30, 2025 brought the first profitable year since the 2017 merger of Linden Hills Co-op and Wedge Community Co-op — also including Co-op Partners Warehouse — to form Twin Cities Co-op Partners.

Our annual meeting also celebrated the 50th anniversary of the founding of Wedge Community Co-op in 1974 and Linden Hills Co-op in 1976. The two co-ops' founders came together to open natural foods grocery stores rooted in their respective neighborhoods with a goal to serve their communities. Now, 50 years later, we continue together as Twin Cities Co-op Partners with the mission to build community by developing a strong, local food system.

Ending our fiscal year with a profit of nearly \$1 million allowed the Board of Directors to do two things. First, to declare a patronage dividend to share this profit with co-op owners. Second, reinvest the profit into improvements in our two retail grocery stores and our warehouse.

The result of these investments will be improving the shopping experience at our retail stores and strengthening the ability of Co-op Partners Warehouse to serve and grow its customer base of natural food co-ops across the Midwest.

We are a cooperative: our business model means we invest our profit in our community to further advance our mission. That distinction is what truly sets us apart from a for-profit grocery business or grocery chain, where profits enrich the owners or stockholders.

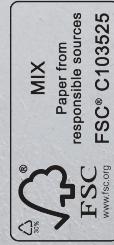
For my family, that's the major reason why we spend almost our entire grocery budget at Wedge Community Co-ops. We value the Wedge for its organic produce, local products, and knowledgeable staff. Please join me in continuing to shop at the Wedge so that your co-op can thrive, serve the community, pay future patronage refunds, and continue to reinvest in our community.

**wedge**  
COMMUNITY CO-OPs



IN THANKS FOR INVESTING IN THE CO-OP,  
**OWNERS GET  
10% OFF**  
ONE ENTIRE SHOPPING TRIP IN MARCH\*

\*One-time use coupon



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