

Rolling Oats Journal

Fresh News from Linden Hills Co-op

June | July 2016



Fresh Times at Linden Hills Co-op

After four months of construction we are proud to showcase our new store features and products

Leigh Huck, Education & Community Outreach Coordinator

Our 2016 remodel brought us expanded meat, cheese, and deli departments, a new dining area and an overall improved shopping experience. We're excited about the new items that we can now offer with the same quality ingredients you love. I've talked with our meat manager and cheese buyer to get the scoop on what's new with their departments.

Cheese

Our cheese department has moved to the new island across from the deli. It shares its space with an expanded olive and salad bar. With a larger space, our cheese buyers are able to bring in more delicious local cheeses! Here's what Hannah has to say about her new department.

Which new cheese are you most excited about?

One new cheese that I'm excited about is our Petite Nuage (a fresh sheep cheese) from Landmark Creamery in Wisconsin. I'm currently working with Heidi, our new assistant cheese buyer, to find new items to round out our selection.

What factors do you consider when bringing in new cheese?

When bringing in new cheeses, I look for balance between animal land stewardship, cheese type and flavor (does it round out our case profile?), as well as affordability. I shoot for local first and as much as possible. However, because organic certification is so expensive in the US, it's difficult for smaller dairies to get organic certification. Even if they are as clean and responsible as can be, often it's not worth the trouble for them. So our best local farmstead and sustainably made cheeses are often not certified organic. The more I know about a creamery's practices, the more comfortable I feel buying more of their cheese. I work with a couple local vendors who tip me towards the most exciting local cheeses.

How many varieties of cheese do we carry?

We currently offer about 250 cheeses. More than half of our cheeses are local.

What are your personal favorites?

I'm always down for the nutty, stinky Alpine style cheeses like the Surchoix from Emmi Roth or Moonshadow from Cosmic Wheel Creamery. A few small bites go far with these, and they pair well with just about any beverage, craft or boxed. I think they have the most complex and exciting flavor profiles and have a lot of attitude once heated a bit.

When it's hot out, I'm eating chevre and ricotta with almost every meal; with something sweet for breakfast, like toast and jam, or blended into pasta with peas, garlic and Parmesan for dinner.

Fresh cheeses are light and versatile, so they're probably what I'm eating the most.

Please stop by our new cheese department and talk to the staff! We all love cheese and enjoy talking to customers about our opinions and experiences with our different cheeses.

Meat

Our expanded meat department offers more selections of fresh meat and seafood and a greater variety of cuts. Charlie, our meat manager, talked with us about the excitement in his department.

It's grilling season! What new products can customers expect to see in the next few months?

My personal favorites are the house-made Lemon Habanero brats. They are delicious on the grill or tossed into pasta. We're also making onion and beer brats, which are perfect for grilling season. We make the brats in-house with Surly Bender beer. I also recommend our new house-made Mediterranean marinated lamb chops for a delicious weeknight dinner that's full of flavor.

What are some of the most exciting changes that occurred in the meat department during the remodel?

I'm excited about the extra space we gained in our seafood case, which allows us to bring in a greater variety of fresh seafood.

With expanded cooler space and a larger and more efficient prep room, our meat employees can work more efficiently and offer more unique cuts and LHC-made products. *What are some of the most important factors you consider when bringing in a new meat vendor?*

We consider many factors when we're bringing in new products. Ideally, we're looking for local vendors who treat their animals well, use sustainable practices and don't use growth hormones or antibiotics. We prefer small companies, grass fed and organic. In the end, we have to weigh all of these factors into our decision while keeping affordability, customer demand and product diversity in mind.

Our meat department staff loves to talk about meats and seafood! Say hello next time you're in the store!

Our Expanded Deli

Our freshly remodeled deli department now offers more prepared salads, a variety of pre-made sandwiches, more gourmet individual baked goods, and a new made-to-order sandwich menu. Visit the new deli case to try a salad or enjoy a hot sandwich fresh out of the oven or off the panini grill.

More Prepared Salads

Our new deli counter offers vegan, vegetarian, protein and pasta-based salads to meet every kind of dietary restriction and need. Whether you're planning a party or just looking for a snack, our salads are the perfect solution. **(Continued on page 4)**



Staff

Leaders

General Manager
Luke Schell

Human Resources Manager
Megan Petrowski

Finance Manager
Deborah Kermeen

Marketing & Member
Service Manager
Madeleine Isaacson

Operations Manager
Jolene Parker

Grocery Manager
Nick Auzenne

Health & Body Care Manager
Emily Kaster

Produce Manager
Marshall Wright III

Meat & Seafood
Manager
Charlie Shandley

Prepared Foods
Manager
Perry Jurek

**Board of
Directors
2015-16**

Alex Slichter,
President

Albert Kolman-Stich,
Secretary

Ann Ferreira,
Vice President

Sarita Parikh
Treasurer

Scott Devens

John Hatzung

Lindsey Powell

Matthew Larson

Board Meetings are held the third Wednesday of each month and any co-op member is welcome to attend. Please email or call the co-op three days in advance at board@lindenhills.coop or 612.279.2451

Rolling Oats Journal is a bi-monthly newsletter of Linden Hills Co-op. The opinions expressed herein are those of the authors and not necessarily those of Linden Hills Co-op or its members. For information about submitting articles call Madeleine Isaacson, Marketing & Member Services Manager; 612-279-2450 misaacson@lindenhills.coop.

Be Part of Planning Our Co-op's Future: Apply for Our Board of Directors

“Can we serve our owner-members and the broader community more effectively? How can we differentiate ourselves from competition that sells nearly the same product mix? How can we strengthen the farm-to-table connection? How do we educate the public about the co-op difference?”

Our co-op is more than just a grocery store! As part of our cooperative business model, these are some of the big picture questions the board strives to answer.”

At Linden Hills Co-op, our board of directors represents nearly 9,000 owners. The board has the very important job of making strategic plans and goals for the co-op and ensuring sound management of its resources, all while staying true to the interests and needs of the member-owners. The board is made up of 9 directors with rotating 3-year terms. Each year, 3 new seats are open on the board to allow for fresh perspectives and accurate representation of our community. We are now accepting applications

for the 3-year term beginning November 2016. A qualified board candidate is a co-op member with a passion for our community. They are a strong leader, not afraid to voice their opinions and bring their unique perspectives and skills to the conversation. They are willing to put in the time necessary to attend board meetings and co-op events and remain connected to the greater co-op community.

Interested members are invited to fill out a board application, available on the co-op's website and at the customer service desk. All applications are due to the co-op by Sunday, July 17th at 9pm. The board nominations committee will then review the applications and create a slate of candidates that will be introduced to the membership. Member-owners will elect the new board directors at the annual meeting in October.

Learn more about the role of our board on the co-op's website, lindenhills.coop. Questions may be directed to the board via email at board@lindenhills.coop.

Letter from Our Board President

Board Corner

Dear fellow LHC owners,

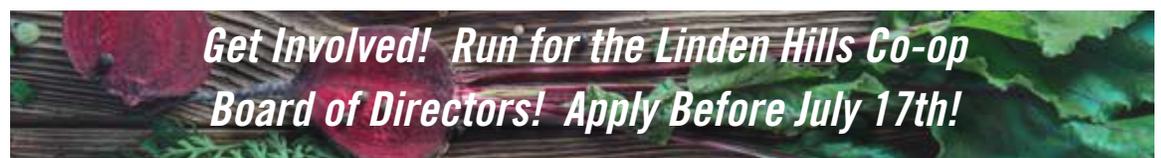
By the time this newsletter reaches you, we'll be putting the finishing touches on our remodel project. A lot of work has been done since we started on February 4th but it also feels like the past few months have flown by.

First of all, I'd like to thank you for your patience during the construction. There were a lot of moving pieces during this remodel and our members and shoppers remained positive and cooperative throughout. An especially big thank you goes out to our co-op staff and construction crews for working together to deliver an improved store and shopping experience. I am very excited about the changes that have occurred at the co-op.

As we move forward with our new and improved store, we are seeking applicants for the open seats on our board of directors. We are looking for strong leaders with community connections and fresh perspective. Amongst an increasingly competitive market, the co-op strives to remain relevant to our members and connected to our community. We need to hear your ideas in order to ensure that we are maintaining a co-op where you can be proud to be a part owner.

I'm looking forward to celebrating our remodel project with you at our grand opening on June 25th! See you there!

Yours in cooperation,
Alex Slichter



Teachers Are Awesome Learners

Ginger Pearson, Midwest Food Connection Educator

This was the best year yet for the seedlings started by the children in all 5 of the 2nd grade classrooms at Lake Harriet Elementary School. When I returned for the 2nd week's lesson, every child's cup had a couple of pumpkin, squash, bean, or cucumber seeds sprouting and mightily reaching for the sun on the window ledge.

I was amazed and really a bit surprised, as this has not often been the case in years past. Usually, several broken-hearted children greet me at the door telling me their cup of seeds didn't grow. When I check their cup, it is usually seriously dry or overly wet. We then would have the conversation about how and why this happened and of course I'd tell them we would start again. But this year, WOW, 100% seeds sprouting! Five classrooms full of happy children and a very proud teacher!

So, I ask, why did all the seeds sprout this year? Were the seeds or the soil better? Was the window light optimal? Maybe, but I don't think so.

I think it's because of the teachers! They really are my best students. They kept a close watch over these seeds. For several years I've been hauling my soil, seeds, watering cans, trays and worm castings into their classrooms and teaching our spring series of lessons we call "Urban Farming." Linden Hills Co-op provides much of the funding for these supplies along with the Lake Harriet School PTA.

These teachers have been paying attention. They have gained a fair amount of confidence in seed sprouting and have become invested in the outcomes. Several have started gardens of their own and this year Lake Harriet will have its own schoolyard garden.

The teachers have come to value this learning and when they communicate this to their students, the students become better caretakers of the plants too. Learning how to grow vegetables is engaging, exciting and encompasses many valuable lessons in the natural sciences. Gardening also teaches children how to care for and take responsibility for their plants, which is an important skill that transfers to many other aspects of growing up.

As you may know, there's a gardening craze happening in our city and in cities all over our country. Many urban dwellers are becoming gardening savvy and of course our kids are joining right in. Knowledge of vegetable gardening is re-entering our collective consciousness. People want to get their hands in the soil and raise a few herbs and tomatoes. Once a person develops a taste for fresh local vegetables, it can be a slippery slope toward growing vegetables of one's own to attain an

even fresher taste. Our children pick up on this and in some cases are leading the way. I know of families who have started gardening at their child's insistence.

When Midwest Food Connection first started teaching gardening 8 years ago, I would ask kids in my class to raise their hand if they had a garden at home or had some experience growing vegetables. Maybe one or two hands would go up. This year when I posed the question well over 50, maybe even 75 percent of the kids had their hands up. Such a groundswell of enthusiasm!

Now this is not to say we need not teach these lessons anymore. As gardeners know, there is always more to learn. This is why each child starts and keeps a garden journal while at school. Their journal will go home along with their plant at the end of the series. They learn the importance of recording what they do with their plants so they can add to their knowledge from year to year. Smart gardeners learn from their mistakes as well as their successes.

I have begun to wonder if lots of kids nowadays might just be born with green thumbs! Parents are often in awe of how fast kids pick up on new technologies, but put kids in a garden and they pick up on this knowledge quickly too. These kids are growing gardening skills at a lightning pace. It's as if this information has permeated the cultural gestalt. Kids take pride in their plants and in learning to garden. It's hip and cool and they like to eat what they grow.

This spring we added a new activity to our lessons. We started a small container of micro-greens growing in each classroom to be harvested in time for our final lesson when the children make and share a spring salad. It's composed of early garden delights such as baby lettuce leaves, radish slices, chives, and rhubarb topped with the micro-greens and a lovely sweet dressing. Lots of kids want more and so we add this recipe to our garden journals.

Sometimes in the past the teachers have been my biggest challenge as they are very busy people and often the care and feeding of the plants falls on their shoulders, especially when there has been little time during the school day for plant tending. But this year the teachers did an awesome job. WOW 100%! I think these plants are in very good hands, big and small.

If you are a parent of a 2nd grade gardener at Lake Harriet, please let me know how his or her plant is growing at home this summer. Find Midwest Food Connection on Facebook. We'd love to know!



Green Patch Program Grows into the Seedling Fund



Our Seedling Fund logo
Look for this icon
in-store to learn more

In 1996, the co-op started the Green Patch program. For the past 20 years, co-op members have been donating their 5-cent bag credits to local environmental groups that they've elected to support through member vote. Our green patch totals have added up to over \$45,000 given to green groups in need of financial assistance. The co-op community has supported Youth Farm, Fruits of the City, Sustainable Farming Association, Climate Generation: A Will Steger Legacy, and Cool Planet just in the last few years. Linden Hills Co-op is proud to maintain a program that does so much good for the environment and our community.

As we celebrate the 20th anniversary of the Green Patch program, it's time for the program to evolve. As of July 1st, we are renaming the Green Patch program the Seedling Fund. The new name reminds us to stay rooted in our commitment to the environment and continue to help local environmental groups grow. As a part of this change, we are transitioning to electronic "green patches." At the registers, your cashier will simply ask you if you would like to keep or donate your bag credit at the end of your transaction. If you choose to keep your bag credit, 5 cents per reusable bag used will be taken off your bill. If you choose to donate

your bag credit, those credits will go to the current member-elected environmental group. On your receipt, you'll see your donation listed by the name of the organization you're supporting, yet there will be no extra charge. The money for the Seedling Fund comes from the co-op. Our members decide how much the co-op gives our environmental groups based on how many bag credits are donated throughout the year.

The nomination and election process will remain the same. Members are invited to nominate environmental groups to be recipients of the Seedling Fund now through August 21st. Nomination forms can be found on our website and at the customer service desk. Members will elect two nominated groups to support during the 2016-17 fiscal year at the Annual Meeting in October.

Thank you for your support of our local environmental organizations over the past 20 years! We're looking forward to continuing the support with the Seedling Fund!

Our Community Giving

In addition to the Seedling Fund (formerly the Green Patch Program), the co-op offers several levels of community donations totaling over \$40,000 annually. We encourage local, community-based non-profits to apply for our community contributions and grants. Applications can be found on the Community Giving page of our website and at the customer service desk.

Community Contributions- donations for events and fundraising initiatives in amounts of \$25 to \$100, issued monthly.

Community Grants- event sponsorships and/or general financial support, issued quarterly.

Abundant Apple \$400
Bountiful Beet \$750
Caring Carrot \$1,000

Learn more about our giving program on the Community Giving page on our website or email Leigh Huck, Community Outreach Coordinator, at lhuck@lindenhills.coop.

(Continued from page 1)

All prepared salads are sold by the pound, so you can get as much or as little as you'd like.

New Made-to-Order Sandwiches

Visit our deli counter for a full menu of delicious sandwiches, perfect for a quick and tasty lunch at the co-op. Our new sandwiches can be heated in the oven or on a panini grill.

New Hot Sandwich Options:

Chicago Italian Beef
Mojo Pork Cubano
Bulgogi-Style Short Rib & Kimchi
Louisiana Muffuletta
Five Spice Chicken Banh Mi
Five Spice Tofu Bahn Mi
BBQ Chicken, Bacon & Cheddar

Your made-to-order favorites from our previous menu can still be found pre-made in the deli case next to the prepared salads.

Gourmet Desserts

You'll find our dessert case in the corner of our deli department full of beautiful and delicious treats. All of our baked goods are made in-house every day.

Your Favorite Deli Staples & New Dishes

We've added a soup to your daily selection! Now you'll have 6 to choose from.

We've moved our rotisserie chickens to a convenient grab-and-go location near the hot bar. You'll also find our new barbecue ribs there, ready for a quick and savory lunch or dinner. Find more pictures and information about our new offerings on our website!



Cheese options galore on our new cheese island



Our salad bar increased by 6 feet



Many more healthy meal solutions in our deli

The Eat Local Farm Tour is Saturday, July 16th!

It's all about the real people behind the real food. The Twin Cities area food co-ops have come together once again to bring you the Eat Local Farm Tour. The Eat Local Farm Tour is a day dedicated to you, local food, and the farmers who bring you the delicious foods you find at the co-op.

Join us on Saturday, July 16th, as farmers throughout central Minnesota open their gates and barn doors to the public to share the stories and experiences behind their fruits, veggies, meats and dairy. Spend the afternoon hopping around to a few urban farms in the cities, or load the car up with snacks and sunscreen and make a day of it traveling to the farther-reaching pockets of central and southern Minnesota.

This tour is free and self-guided. Pick up a guide at the co-op (available starting mid-June) and tailor your tour to your needs and interests. There are 29 farms featured on the Eat Local Farm Tour this year.

Tips for enjoying the tour:

- > Visit farms only during tour hours. Because GPS can be spotty in rural areas, check your directions on Google Maps before heading out.
- > Bring a cooler to store all the farm-fresh goods you find.
- > Stay on established paths, and don't pick produce without the farmer's permission.
- > Leave pets at home.
- > Swing by the local food co-op for snacks and drinks.

Along with Linden Hills Co-op, sponsoring food co-ops include: Eastside Food Co-op, GrassRoots Co-op, Just Food Co-op, The Wedge Co-op, Lakewinds Food Co-op, Mississippi Market Natural Foods Co-op, People's Food Co-op, River Market Community Co-op, Seward Community Co-op, St. Peter Food Co-op and Valley Natural Foods. Find the Eat Local Farm Tour on Facebook to stay updated about the tour!

At the co-op, we work with several farms that you'll find on the tour. Here are a few of our favorites:

Thousand Hills Cattle Company

Thousand Hills Cattle Company works to provide 100% grass fed beef while nourishing soil, plants, cattle and people by holistically raising cattle. THCC is based in Canon Falls, MN but buys grass fed beef from a variety of small scale midwestern farms. They are committed to providing beef that is free of hormones, antibiotics, GMOs and grain-based diets and ensure that the cattle used in their meats were treated humanely and 100% grass fed for all of their lives.

Linden Hills Co-op is proud to carry several Thousand Hills products. You'll find their smoked, uncured summer sausage, beef sticks, hot dogs and franks prepackaged in

our meat department. In the meat case, you'll find their beef short ribs. Recently, our meat department started cutting the short ribs crossways, which makes them easy to use for Korean-style dishes.

Stop by the Thousand Hills Cattle Company during the Eat Local Farm Tour to check out their warehouse and visit one of their cattle farms.

Featherstone Farm

At the co-op, Featherstone is famous for their delicious fall carrots that often supply our local food-loving customers through February. Featherstone Farm is a 250-acre organic vegetable farm in Rushford, MN. Featherstone is dedicated to building soil, protecting resources, creating renewable energy and enhancing the rural environment in which it operates. Their farm supplies lots of local produce for many Twin Cities co-ops throughout the growing season in addition to offering summer, fall and winter CSAs. Throughout the summer season, you'll find delicious Featherstone Farm vegetables in our produce department. Look for their kale, sweet corn, broccoli, melons, carrots and more!

Visit the farm during the Eat Local Farm Tour to see where your vegetables are grown!

Shepherd's Way Farm

In Nerstrand, MN, just an hour south of the Twin Cities, you'll find Shepherd's Way Farm. Shepherd's Way is a small family farm that combines creativity, hard work and respect for the land and animals to create delicious artisan cheeses. Shepherd's Way has approximately 200 ewes that make milk for their cheese, all made in small batches on the farm.

At the co-op, we carry several varieties of Shepherd's Way cheeses. We're proud to offer their Friesago, Hidden Falls Brie, Big Woods Blue and Shepherd's Hope cheese. If you fall in love with Shepherd's Way cheeses, they offer a year-long CSA!

On the Eat Local Farm Tour, you'll have the opportunity to meet some of the ewes and buy their cheese fresh from the source. Heritage chickens and pigs will also be there to greet you, and maybe a few friendly farm cats.



IN SEASON+LOCAL



June

Strawberries **6**
 Hyrdoponic Tomatoes **2 4**
 Cucumbers **1 3**
 Fennel Bulb **7**
 Bunched Spring Onions **7**
 Garlic Scapes
 Green + Red Leaf Lettuces **1**
 Green Lacinato + Red Kale **1**
 Field Grown Basil

July

Special Variety Eggplant **3 5**
 Green + Yellow Zucchini **5**
 Broccoli
 Cauliflower
 Green Beans
 Yellow Wax Beans

Late July

Sweet Corn

- 1 Featherstone Farm** | Rushford, MN | 132 miles
- 2 Living Waters Farm** | Wells, MN | 112 miles
- 3 Harmony Valley Farm** | Viroqua, WI | 188 miles
- 4 Tomato King** | Albany, MN | 88 miles
- 5 Riverbend Farm** | Delano, MN | 29 miles
- 6 State Line Farm** | Lime Springs, IA | 131 miles

7 Shared Ground Farmers Cooperative is a marketing and distribution cooperative owned by five farms in the Twin Cities area. It is a resource for farmers to make a stable, living wage through participation in this member-owned operation. Their produce is sold to co-ops, restaurants, the Minneapolis Farm to School program, and also through a CSA.

Grilled Fish Tacos with Cilantro Lime Slaw

Get creative when serving this dish! Cook brown rice or quinoa and serve as a bowl, or warm up some corn tortillas on the grill and serve as traditional tacos.

Ingredients

- 1 lb firm white fish, like cod or mahi mahi

Marinade

- half of one medium lime
- 1 medium garlic clove, finely chopped
- ½ tsp ground cumin
- ½ tsp chili powder
- 2 tbsp oil, plus more for oiling the grill

Slaw

- ¼ cup oil
- ¼ cup water
- ½ cup cilantro leaves
- 1 large clove of garlic
- ½ tsp salt
- juice of 2 limes
- ½ cup sour cream or greek yogurt
- 3-4 cups shredded cabbage

Directions

Slaw | Pulse all slaw ingredients together except for sour cream and cabbage until chopped and combined. Add in the sour cream and pulse again until just combined. Add sauce to cabbage a little at a time, as you may have extra sauce and stir to combine. Let slaw rest in the fridge while you prepare fish.

Fish | Place the fish in a baking dish and squeeze a lime half over it. Add the garlic, cumin, chili powder, and 1 tablespoon of the oil. Season with salt and pepper and turn the fish in the marinade until evenly coated. Refrigerate and let marinate at least 15 minutes, but no more than 30. Brush grill with oil and heat to medium-high heat. Remove fish from marinade and place on grill. Cook about 3 minutes per side, without moving the fish between flipping. Transfer to plate.

Serve | Either scoop some grains into 4 bowls and top with 1/4 of fish, a scoop of slaw and any additional topping of your choosing, e.g. slices of avocado, cojita cheese, and drizzle of extra sauce on top.

5 ingredient fish marinades

Soy-Ginger Grilled Fish

- 1/4 cup soy sauce or tamari
- 1 tbsp grated ginger
- 1 tbsp sesame oil
- 2 scallions, thinly sliced
- 1/4 tsp crushed red pepper

Mediterranean Grilled Fish

- 2 tbsp olive oil
- juice of 1 large lemon
- 2 medium cloves garlic
- 1 tsp salt
- 1/2 tsp each oregano, rosemary and thyme

Use 1 lb salmon, steelhead trout or tuna with either of these marinades. Marinate for at least 15 minutes, but no more than 30 minutes.

For salmon and steelhead, grill for 10-15 minutes skin side down. For tuna, grill for 3-4 minutes per side.

New Items at the Co-op

1. Intelligent Nutrients | Rollerball Perfumes

Convenient, natural, and over 90% organic, these perfumes are a great addition to our Intelligent Nutrients line. Try *Seek*, with a complex and earthy scent, or *See*, which is bright and floral.

2. Juniper Ridge | Incense + Smudge sticks

Natural, wild-harvested fragrances, made from wildflowers, plants, bark, moss, mushrooms and tree trimmings.

3. Nordic Naturals | Expanded product line!

Probiotic Gummies + Vitamin D3 Gummies, both for kids!
Omega Curcumin | Omega-3s combined with curcumin antioxidants for a unique multi-purpose supplement.

4. Andalou Naturals | Hair Care products

You'll now find Andalou Naturals' line of Fruit Stem Cell Science® shampoos and conditioners in our wellness department.

5. Mrs. Meyers | Expanded product line!

Soy candles | Geranium, Lavender and Lemon Verbena scents.
Hand Soaps | We've added new hand soap scents which include Lavender, Rhubarb, Lemon Verbena, Honeysuckle, and Geranium.

6. D'artagnan | Expanded line of duck products!

Duck Confit | Slow and low cooked duck legs, full of flavor.
Duck Bacon | Great flavor with less fat than traditional pork bacon.
Duck Hot Dogs | A truly unique twist on a classic!

7. Cado | Avocado Ice Cream

Made in Iowa, the first organic, dairy-free avocado-based ice cream. Creamy, delicious, and with a whole avocado in each pint, you'll get to enjoy nutrients you wouldn't find in regular ice cream!

8. Santosha Chocolate | Organic, Vegan, Low-glycemic chocolate

Made with fair-trade, raw cacao beans, and low-glycemic coconut palm sugar. Santosha strives to create a minimally processed chocolate that maintains nutritional benefits.



Co+op Explorers



Co+op Explorers! It's time again for our Summer Reading Program with Wild Rumpus! Pick up a reading log at the co-op after Saturday, June 18th and track your minutes of reading or being read to through July 18th. Turn in your completed reading log at customer service during the month of July to receive a treat!

Parents! Purchase a book from the Wild Rumpus Reading List and have your Co+op Explorer show their reading log when checking out to receive a discount. Reading lists will be available June 18th!

Join us at



Saturday, June 18th, 2016 • 10am - 1pm

The 3rd Annual Kid Fest at the Lake Harriet Bandshell in Minneapolis!

Events include: live music, activities, face painting, kids yoga & more!

Find the Linden Hills Co-op tent to sample veggies and learn more about eating healthy!



3815 Sunnyside Avenue
Minneapolis, MN 55410
612.922.1159

Join Us for Our Grand Opening Celebration! June 25th, 8am-9pm

*We have remodeled our store to bring you
more fresh, healthy and quick food options*

Grand Opening 3 Day Sale

Come in for incredible savings
in all departments, **up to 40% off!**

Sale Dates:
June 25th-27th!

All Day Giveaways! Meat Grill Pack, \$50 Gift Cards, Honest Tea Kayak, Kid's Gardening Set, Woodstock Non-GMO Wagon, Badger Sunscreen Swap, Seventh Generation Natural Cleaning Gift Basket, Vendor Gift Baskets and More!

Grand Opening Day Events

8am-9:30am

- Ribbon cutting ceremony
- Free coffee from Peace Coffee and baked goods from our in-house bakery

12pm-3pm

- An outdoor cookout: Linden Hills Co-op house-made brats, chips, and soda
- Kids activity area with crafts, Co+op Explorers kids program activities and sign-up, face painting, bubbles, sidewalk chalk and more
- Vendor-led food demos from local farmers and producers
- Ample sampling of new products in our cheese and deli departments
- Ice cream, cake and balloons