



the carrot

FALL 2023



EASTSIDE
FOOD CO-OP

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Minneapolis, MN 55418
eastsidefood.coop
612-788-0950
Open daily 8 AM - 9 PM

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Prefer to receive an electronic copy of The Carrot? Subscribe online at eastsidefood.coop/subscribe

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EASTSIDE FOOD CO-OP STEERING TEAM

ANNE GAZZOLA
General Manager

TUCKER GERRICK
Marketing Manager

JULIE ENGLE
Human Resources Manager

FOLLOW US!
@EASTSIDEFOODCOOP



Eastside Food Co-op

is your community owned grocery store in the heart of Northeast Minneapolis. We specialize in fresh, local, and organic foods sourced from farmers and producers who care about the health of people and our planet. Proudly serving all our neighbors since 2003, Eastside is **Here for Good.**

The Carrot is Eastside Food Co-op's quarterly publication. It's your guide to every season at the co-op! We invite you to discover new products, find inspiration from our recipes, get to know the people behind your food, and learn about good things happening at the co-op and in your community.

Letter from the Editor

Happy 20th anniversary, Eastsiders!

We're so incredibly fortunate as a community to have a co-op of our own right here in Northeast. Eastside is here because of your continued support; that needs to be said first and foremost. Twenty years of business in retail is no easy feat to accomplish, and we've certainly seen our fair share of hurdles along the way. Year after year you have shown us that you shop with your values front and center.

When Eastside opened, Central Avenue (and Northeast, more broadly) was a different place. In our time we've seen such incredible growth and change, and we'll certainly see much more in the years to come. Through all the change that time has brought, one thing has remained constant: our commitment to nourishing the community in which we reside. We say it all the time, but we mean it more with each passing year-

Eastside is Here For Good.

One more thing! In the spirit of celebration, we've tucked a scratch-off card in each issue of the Fall Carrot. Scratch to see if you will win one of over a hundred prizes, including the big one- a \$500 gift card to Eastside!

Thank you, as always.

Tucker

Tucker Gerrick
Marketing Manager



A Fall Update from the Board



As my fourth year on the board draws to a close, I've been reflecting on all the change that's happened since I was first elected in 2019. COVID felt like a direct hit, not just for my family, but also on the board, as we began to meet remotely and struggled to create the same sense of camaraderie we felt before. (A struggle we all shared during that crazy time!) As with our personal lives, the board has been reevaluating its values and priorities as we shift to focus our attention on what's most important to us and our owners.

Community, good food, and service is what has drawn each of us to serving on the Board of Directors at Eastside Food Co-op. This fall we're excited to lean into our values of good food and community and share a family-style meal before each monthly board meeting. I've learned that change begins with us and the best way to begin is for our actions to match our values, infusing intentionality throughout our work.

As Eastside Food Co-op celebrates its 20th year, I want to thank our community members who worked hard to bring their dream of a cooperatively-owned, natural foods grocery store to the heart of Northeast Minneapolis. Eastside has seen a lot of changes in its first 20 years...from the expansion in 2016 to changing general managers, each who has brought their own vision and creativity to shape Eastside into the store we love.

John Lalaria, our most recent general manager, led Eastside through incredible post-expansion growth and through challenging times like COVID and the civil unrest when our city was rocked by the murder of George Floyd. Through it all, John led with integrity and compassion, and despite challenging financial times, Eastside can boast over 8.7% sales growth this last fiscal year! Of course Eastside is just as proud of its more than \$25,000 in donations to our Seedlings recipients and more \$400,000 in discounts to employees, owners, seniors, and FARE participants.

The co-op continues to be a positive force for growth and connection in Northeast as it evolves to serve the changing community. Eastside's great sales record means that it can continue to support its values: community, sustainability, and equity. I'm proud of Eastside's past, but I'm even more excited and hopeful for Eastside's future. In 20 years, Eastside Food Co-op will still be here for good.

Michelle Spangler
Eastside Board of Directors



2023 BOARD OF DIRECTORS

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DESIRÉE OLSON
Vice President

MICHELLE SPANGLER
Secretary & Treasurer

KRISTEL PORTER

JOLEEN BAKER

THERESE GENIS

SARAH BAEVERSTAD

SETH KUHL-STENNES

ENDS STATEMENT

Eastside Food Co-op is....

- ① Part of a fair and equitable food system.
- ② A well-run cooperative business that serves its community.
- ③ A trusted provider of high-quality consumer choices.
- ④ A diverse network of people connected through shared values.



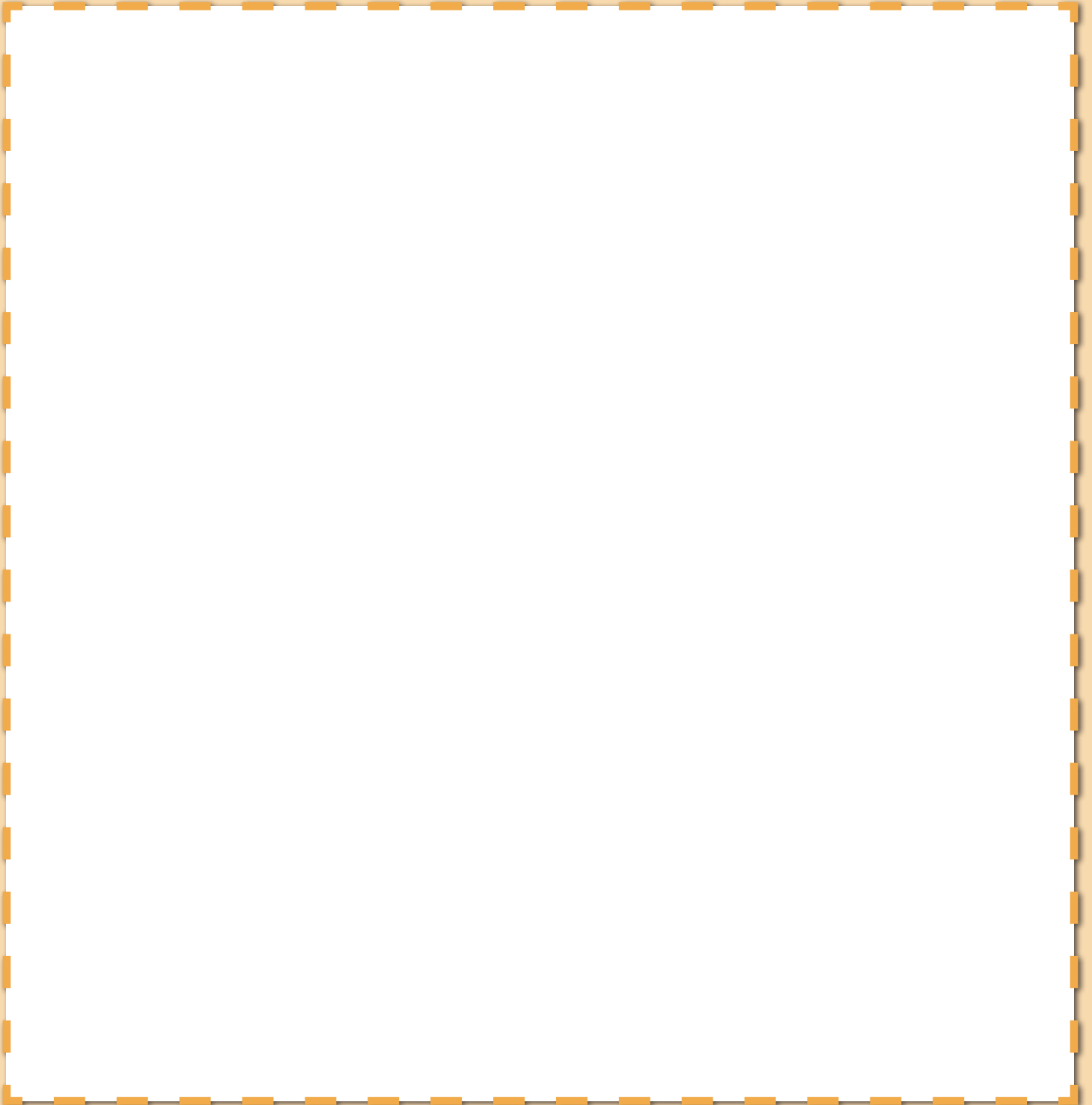


HAPPY BIRTHDAY
To Us!

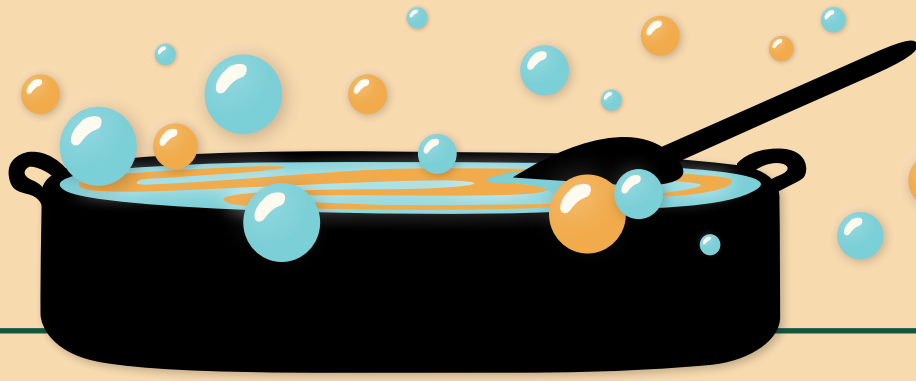
***Big Thanks to the community for
the last 20 years. Show us what
the next 20 years of Eastside
looks like to you:***



BIRTHDAY



Feel free to use this space to draw, write, brainstorm, map, or... whatever gets your gears grinding. We want to hear from you! Take a picture of your creations and email them to info@eastsidefood.coop for a chance to win an Eastside Giftcard.



THE LITERAL AND METAPHORIC MELTING POT OF NORTHEAST MINNEAPOLIS

BY AMY REA

PRESENTED BY THE HEAVY TABLE

Conventional wisdom has it that Minnesota was largely settled by Scandinavian and German immigrants. There are generations of people with surnames that sound straight out of northern Europe all over the state as many of those immigrants headed to the countryside for farming and logging opportunities. But they're far from the only regions of the world where people decided to leave, whether because of religion, war, or lack of opportunity, and come to America. Northeast Minneapolis has come to represent one of the most diverse communities in the state, and its food scene reflects that.

EARLY IMMIGRANTS

While some Scandinavian (especially Swedish) and German immigrants made their home in Northeast Minneapolis, the area originally known as St. Anthony (before Minneapolis annexed it) initially largely became the home of immigrants from eastern Europe, including Russia, Poland, and Ukraine.

These immigrants often arrived with little to no knowledge of English and faced the daunting task of earning a living. The growing milling industry along the Mississippi River provided entry-level jobs by the river, with many of the immigrant workers living in the then-named Bohemia Flats (today the West Bank of the U of MN along the river) before starting to set up housekeeping in Northeast. Wages weren't much—laborers earned between \$1-1.50 a day, which is only about \$23 in 2023 dollars. But if they were coming from war-torn or jobless areas, it was enough to build a new life.

Between 1860-1890, the city tripled its population every decade. Eastern European immigrants continued to stream in, attracted by the promise of plenty of work that didn't require experience or specialization. They overlapped with the arrival of Chinese immigrants between 1876-1910, many of whom spent time on the West Coast before heading to Minnesota. Italians had a smaller surge of immigration between 1905-1920, which led to Italian-owned grocery stores and saloons. Greek immigrants began arriving by 1910, followed by Syrians and Lebanese, many of whom congregated in Northeast.

Vestiges of those early generations can be found in the names of former food and drink businesses, companies founded directly by immigrants or likely by their descendants, including Sikora's Polish Market, Nye's Polonaise Room (now known as Nye's Bar), and Schmidler Meats. Among those still around are Surdyk's, which was founded by Polish immigrant Joseph Surdyk shortly after the end of Prohibition when he thought selling liquor with groceries would be a good business model, and Kramarczuk's Sausage Co., opened in the late 1940s by Ukrainian immigrants Wasyl and Anna Kramarczuk.

It can be difficult to determine whether restaurants were opened by immigrants due to the lack of reliable records from a century ago. A restaurant with a Russian or Polish name might have been started by an immigrant, but records are such that there might be an obituary that shows the person's death but doesn't mention where they were born. Searches of public records to try and find out those details were frequently dead ends. Librarians who assisted with research for this story speculated that the dead ends could reflect how often immigrants changed their names upon arrival (or had their names changed for them whether they liked it or not).

THE RISE OF BREWERIES

Besides the mills, breweries kept many people employed. In 1850, John Orth, an immigrant from France (although he later claimed he was from Germany) opened Orth's Brewing in Northeast. It was Hennepin County's first brewery and only the second one in the state (the first being Schell's Brewery in New Ulm). By 1868, he had another immigrant competing with him—Gottlieb Gluek founded Gluek Brewing in Northeast. By 1958, it was the state's longest-continuously running business.

Orth went on to merge with three other breweries (Heinrich, Germania, and Norenburg) to become Minneapolis Brewing Company in 1890. The merged companies eventually changed the name to Grain Belt Breweries in 1967 and set up shop on Marshall St. NE. The breweries provided good jobs and stable employment, much needed as the sawmills and lumber factories began to decline.



The Grain Belt Building, c/o The Library of Congress

A VIBRANT INTERNATIONAL COMMUNITY

Northeast had a remarkably broad immigrant population by the early 20th century. People from Scandinavian countries, France, Ireland, Germany, Ukraine, Slovakia, Russia, Lebanon, and Polish made up a large part of the community. A 1913 study of the Northeast population found that 80% of residents were either foreign-born or had immigrant parents.

Some of these immigrants began looking at running their own businesses. One can only imagine how disparate the diets were among the various cultural groups and what each thought of the others' traditions. Aside from larger-scale breweries and small corner groceries, some of the immigrants began opening eateries, sometimes focused on the foods of their homeland, sometimes taking what they considered a more American approach with foods they hoped would appeal to all.

LATER ARRIVALS

While Chinese immigrants arrived in the 19th century, immigrants from other parts of Asia didn't arrive in Minnesota until the second part of the 20th century. Vietnamese immigrants began arriving in the mid-1970s, as did Hmong, both escaping war and persecution. In 1980, Que Viet Vietnamese opened in Northeast, only the second Vietnamese restaurant in the state at the time and now the longest-running.

They didn't remain a rarity for long. Central Avenue became a haven for immigrants wanting to cook the foods from home and sell them to others. Various Asian eateries appeared and flourished, some working to appease Minnesotan appetites, but others working to re-create favorites they'd learned from family in other countries.

LATIN AMERICANS

It wasn't until the late 20th century that the Mexican population in the state, including Northeast, began to skyrocket. A study late in the century found that Mexicans made up 15% of workers in meat-and-poultry-processing plants, bars, and restaurants. The latter in particular provided valuable on-the-job training that later manifested in people like Gustavo Romera, the owner of Nixta Tortilleria & Mexican Takeout. Romera brought heirloom ingredients and time-honored techniques to Northeast in 2020. He said that he expected others to do the same; people who worked their way up from washing dishes to cooking in other people's cafes would eventually want to showcase their own abilities and food preferences, often in ways not yet explored in the Twin Cities.

Romero wasn't the only one. Former Ecuadorian Marcos Pinguil is the owner and chef of Chimborazo, where he's spent more than a decade educating local diners about the wonders of Ecuadorian dishes.

It's not just meals, but baked goods sold from Mexican panaderias, such as Central Avenue's Durango Bakery or Panaderia Ecuatoriana "Charita."

Today, much of the world is represented just in a few miles across Northeast. There may be crossovers coming; Kramarczuk's Ukrainian roots have been planted here for decades, but now there are new refugees coming. But no matter where in the world they come from, they're more than welcome to join in the Northeast melting pot.

FEEDING COMMUNITY: NORTHEAST FARMERS MARKET

Northeast
EST. 2002
FARMERS
MARKET

Way back at the beginning of the long history of Eastside Food Co-op, years prior to opening an actual store, organizers and board members had a dual challenge before them: raising awareness of the coming store and soliciting new owners. Serendipitously, there was a young college student living in NE who was studying natural resource management and environmental education who happened to bump into some EFC supporters at the first plant sale. That college student was Stephanie Lundeen, a future EFC Board member and, for all intents and purposes, the founder of the Northeast Farmer's Market.

With support from her fellow board members and with help from Jeff Settler, Stephanie organized what would be the first community-based farmers market in the city. Her schooling and an "all in" approach to things she's passionate about aligned in such a way that she was able to bring together farmers and makers from the area to create one of the top farmers' markets in the country.

After moving to Wisconsin soon after the creation of the market, Stephanie shifted her time and attention to establishing roots in her new community. Not long after, the market spun off as its own non-profit entity. For almost 10 years, the market was run by both paid and volunteer managers until 2012 when Sarah Knoss took the reigns as the full-time manager. Sarah was looking for a change from the film and video production work she had been doing and jumped at the opportunity to get more involved with her community.

The market has doubled in size in the last 10 years with Sarah at the helm. This has afforded opportunities to bring in more prepared foods and open vendor applications to a more diverse range of farmers, artists, bakers, and more. Anyone who's attended the market (or just driven by it) can attest to its popularity and vibrant energy. With only 23 Saturdays to stock up, the community

shows up each weekend in droves to support for nearly half the year.

When asked why she thinks the NEFM is so important to Northeast, Sarah said caringly, "NEFM is more than just a place to buy groceries, it's a community resource that nurtures economic, environmental, and social well-being." The Northeast Farmer's Market, like the community it serves, is a testament to what can be achieved when passion, purpose, and people come together. Here's to the thriving spirit of the NEFM and the bright future it continues to cultivate.

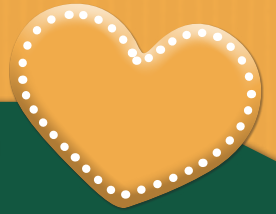
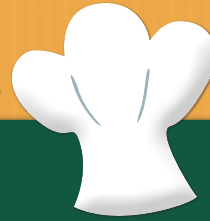
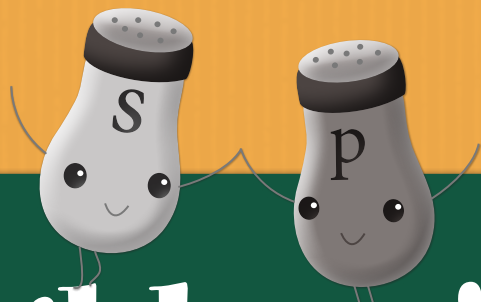


Stephanie Lundeen



Sarah Knoss

A favorite recipe
from
Paul Wood



Neighbors' Flavors



ABOUT MILLET

Though often disparaged as simple bird food, millet has been cultivated and eaten by humans for thousands of years. Probably because it is one of the most nutritious grains you can eat.

Gluten-free, easy to digest, rich in B vitamins, amino acids, phosphorus, calcium, zinc, and with an iron content higher than any other grain except amaranth and quinoa, it also grows well in the midst of a drought which could make it a valuable crop for growing populations as the climate continues to change. For all those reasons the United Nations has proclaimed 2023 to be the, "International Year of Millets." What better time to try it.

The organic millet we sell in bulk at Eastside Food Co-op is grown by farmers on the high plains of eastern Colorado. Add one cup of grain to 2 ½ cups of water, bring it to a boil, lower it to a simmer and after 20-25 minutes you'll have 4 cups of fluffy, separated grain. Use as a stuffing for vegetables, poultry and fish, make it into a desert, or add it to soup like I do in the following recipe.

For more information and (millet) recipes, visit goldenprairie.com.



LOOK HOW YUMMY THE
MILLET LOOKS IN THIS DISH!

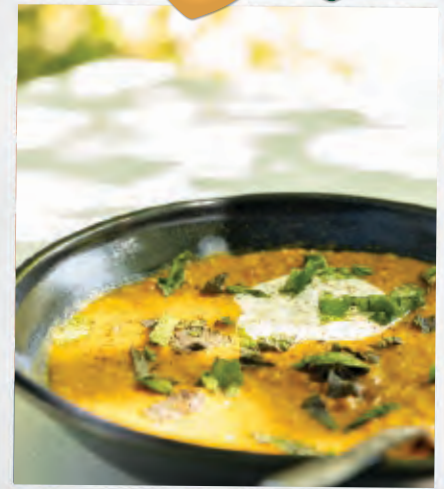
MILLET SWEET POTATO SOUP

INGREDIENTS

- 1 tbsp. canola oil
- 1 medium onion, chopped
- 2 tsp. curry powder
- pinch of cayenne pepper
- 3 cups dark skinned sweet potatoes, peeled and chopped
- 1/2 cup millet
- 3 cups of chicken or vegetable stock
- 1 cup of whole milk or coconut milk
- 1/2 tsp. salt
- 1 cup plain yogurt
- 1/2 cup fresh mint leaves, sliced

INSTRUCTIONS

1. Heat soup pot over medium
2. heat and when hot add oil. Add onion, sauté until softened and then lower the heat and cook until golden.
3. Add the curry, cayenne, sweet potatoes, and millet and stir until fragrant.
4. Pour in the stock, bring it to a boil, reduce to a simmer and cook for 20-25 minutes, or until potatoes are cooked through and the millet is the consistency of porridge.
5. Use an immersion blender or a blender and puree the mixture.
6. Stir in the milk, add the salt and when it's blended, ladle it into a soup bowl, top with a dollop of yogurt on top along with some shredded mint leaves and enjoy.



← A COZY FALL TREAT TO BOOST YOUR METABOLISM



EASTSIDE HISTORY

1985 NORTHEAST WHOLE FOODS CO-OP CLOSES.



1995

SMALL GROUP OF NE CITIZENS BAND TOGETHER TO CREATE MEMBERSHIP FOR A NEW CO-OP.

EASTSIDE POSTS PROFITS FOR THE 2ND AND 3RD QUARTER OF THE YEAR, THE FIRST TIME SINCE OPENING!

2008



2007

A RECAPITALIZATION PLAN IMPLEMENTED IN 2005 TO FIX CASHFLOW PROBLEMS HAD WORKED AND THE STORE HAD COURSE-CORRECTED ITS NEGATIVE CASHFLOW.

BOARD DISCUSSIONS CENTER AROUND FUTURE EXPANSION PLANS AS GROWTH BEGINS TO "STRAIN THE SEAMS" OF OUR PHYSICAL SPACE.

2009



PURCHASE OF THE NEIGHBORING LOVE LINES BUILDING IN PREPARATION FOR EXPANSION PROJECT. **MAY 2014**



OCTOBER 2010

20KW SOLAR ARRAY INSTALLED ON ROOF.



2013

EASTSIDE PAYS PATRONAGE REBATES FOR THE FIRST TIME.

2012

EASTSIDE JOINS THE P6 MOVEMENT, AN INITIATIVE TO PROMOTE "COOPERATION AMONG COOPERATIVES".



2012 EXPANSION PLANNING BEGINS.



STEPHANIE LUNDEEN SPEARHEADS THE CREATION OF THE NE FARMERS MARKET AS A WAY TO PROMOTE CO-OP MEMBERSHIP AND SHOWCASE THE TYPES OF PRODUCTS FROM LOCAL PRODUCERS THAT WOULD BE IN A FUTURE CO-OP.

FEBRUARY 2001

BOARD HIRED PROJECT MANAGER, KEN JEROME-STERN TO HELP FACILITATE THE NEXT STEPS IN OPENING A STORE.

2000

1999

THIS GROUP, SUFFERING BURNOUT, HANDS OFF PLANNING AND 135 MEMBERS TO A NEW ORGANIZING GROUP.

2001-2002

FUND RAISING CONTINUED WITH LOCAL NEIGHBORHOOD ASSOCIATIONS COMING ON BOARD IN SUPPORT OF EASTSIDE.

DECEMBER 4TH 2003 OPENING DAY!

MARCH 2003

PURCHASE OF BUILDING AT 2551 WAS FINALIZED!

APRIL 2003 EASTSIDE'S FIRST GM, AMY FIELDS, WAS HIRED.

2016 EXPANSION IS COMPLETED. EASTSIDE ALSO GOT A NEW LOGO, "THE CARROT".

SALES ARE STRONG, EMPLOYEE RETENTION IS SOLID AND THE FUTURE IS BRIGHT. WHAT WILL THE NEXT 20 YEARS LOOK LIKE? **2023**

2017

JOHN LACARIA BECOMES EASTSIDE'S 2ND GENERAL MANAGER.

2019

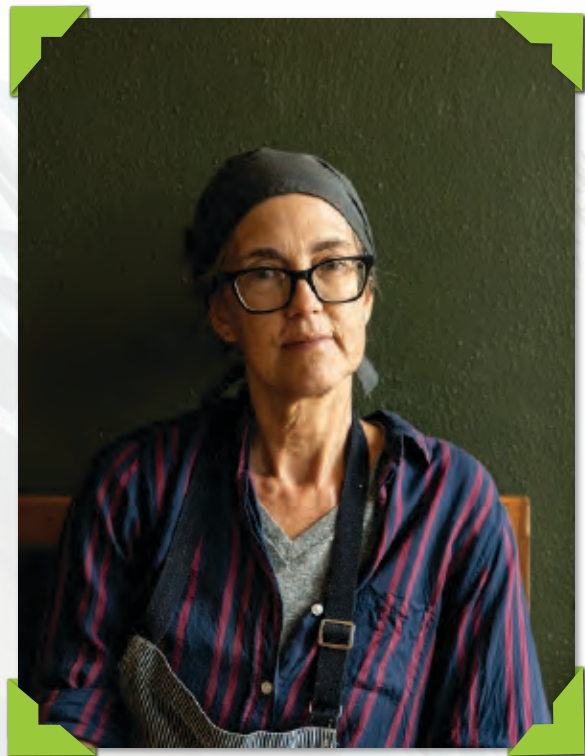
EASTSIDE INTRODUCES THE FARE PROGRAM TO ENABLE MORE PEOPLE TO AFFORD HEALTHY FOOD.

2022

WORKING WITH NEMAA AND THE NE CHAMBER, THE CO-OP COMMISSIONS A MURAL BY LOCAL ARTISTS TO COVER THE NORTH WALL OF THE STORE ALMOST ENTIRELY.



I'N THE LIME LIGHT



DUTCH BAR

— *Central and Lowry* —

Spend any amount of time talking with Patty Grell of Dutch Bar and you'll walk away from the conversation knowing one thing for certain- she loves Northeast. Patty and her husband Jim, having moved to the neighborhood in 1990, fell in love with the area and quickly recognized a personal drive to live and work in the community. A chance encounter led to a true friendship with the owner of Rabatin's Café, the previous restaurant in what would become one of Minneapolis' most beloved dining institutions: The Modern Café (Patty and Jim's first business). After a historic 21-year run, they closed the restaurant in 2015.

But that's where the story of the newly opened Dutch Bar begins. In Patty's own words, "We weren't ready to not be entrepreneurs...it's a tough thing to turn off." After the closure of The Modern, Patty and her family moved across NE and landed on Central Avenue, rehabilitating a building and becoming both residents and landlords. Some years later, as Covid was upending the hospitality scene, there were rumblings that the neighboring building was coming up for sale. Ever the spirited entrepreneur, Patty heard the call to invest in the block that they called home and set out to purchase the building and anchor it with one of her own businesses.

After a complete reimagining of the space (and a thoughtful build-out), Dutch Bar opened its doors in April of this year to much appreciation of the neighborhood. Beyond the tasty bites and delightful quaffs, what Dutch Bar serves up with regularity is good vibes. The visual and textural qualities of this cozy bar are a physical extension of Patty's intention with the space and her aptitude for hospitality. Sitting at the bar, sipping a cocktail, and bantering with other bargoers while the kitchen hums and churns out simple plates, the appreciation of a true neighborhood hangout feels palpable.

Visit Dutch Bar at 2512 NE Central Ave.
dutchbarnempls.com
@dutchbarnempls



IN THE BAG!

1. ACID LEAGUE VINEGAR

Elevate your culinary adventures with Acid League Vinegar, where classic flavors meet modern innovation. Their living vinegar, enriched with jammy Medjool dates, adds layers of complexity to your dishes.

2 TCHO CHOCOLATE

Satisfy your sweet tooth with luscious TCHO Chocolate. They're renowned for their diverse range of chocolate creations, from the straightforward to the wonderfully unconventional.

3. SCOUT! DILL RAINBOW TROUT

Revel in the delicious pairing of rainbow trout, fragrant dill, and cold-pressed sunflower oil, lightly seasoned with a touch of salt. Scout's trout is responsibly farm-raised outdoors in their natural environment with pristine spring-fed water.

4. LOWRY HILL SALAMI

From the brilliant mind of highly acclaimed chef-turned-butcher Erik Sather, these dry-cured offerings require no refrigeration due to the beauty of dry curing. They are perfect for charcuterie plates or after a day of outdoor adventures!

5. SOURCE NATURALS WELLNESS FORMULA

This herbal complex is packed with herbs, vitamins, and minerals to support immune health. Keep Wellness Formula on hand during cold and flu season!

6. 4TH & HEART GHEE

Experience the richness of ghee, a luscious and lactose-free alternative to butter and cooking oils. Indulge in the versatility of this delectable ingredient. Enhance flavors, experiment, and savor the goodness in every bite, just like you would with salted butter.

7. CARR VALLEY APPLE SMOKED CHEDDAR

This white cheddar is apple-smoked and hand-rubbed with paprika, lending a light smoky flavor balanced by the warmth of paprika. The Cook family knows what they're doing; Carr Valley Cheese Company is over one-hundred years old!



8. DANDELION NATURAL SOAP (NEW)

Dandelion Naturals makes small batch, handcrafted products made from pure, simple ingredients sourced from nature. These all-natural soaps will leave your skin feeling refreshed and nourished.

9. FORCE OF NATURE SAUSAGE

Take yourself on a mouthwatering, full-flavor journey with this sausage made from grass-fed, pastured raised venison, and regeneratively raised beef and bison.

8

9

10. SPOOKY BEESWAX CANDLES FROM BIG DIPPER

Elevate your autumnal ambiance with our 100% pure Beeswax Candles, intricately sculpted by Big Dipper in-house artisans. These candles are the perfect finishing touch for your spookiest tablescapes.

11. RED BARN CUPOLA

Cupola Artisan Cheese, an award-winning recipe made from raw milk, presents a delightful fusion of parmesan and gouda flavors. Made with love in small batches, Cupola impresses with its perfectly aged texture and pronounced caramel notes.

10

12. ANGELICA'S GARDEN PICKLED BEETS

Delight in the artisanal creations crafted by Farmer Angelica Hollstadt. These fermented beets are earthy and sweet and are enjoyable on their own or paired with cheese, nuts, or leafy greens.

11

12

13. SWEETANGO APPLES

SweetAngo apples are a harmonious blend of crunchiness, citrusy zing, honey-like sweetness, and a hint of spice—a delightful apple experience you won't want to miss.

7

13

14

14. BERGIN MIXED NUTS BULK (62021)

Founded in 1951 by Ray Bergin Sr., Bergin Fruit and Nut Company presents a deluxe mix of nuts which are a perfect way to refuel at any time of the day.

Thank you, John!



John Lacaria is an avid cyclist, proud dad and loving husband, board game player, and a teller of terrible “dad jokes”. Up until recently, he was also the General Manager of Eastside Food Co-op.

John dedicated the last 13 years to making Eastside what it is today: a successful, bright, and bustling hub where the Northeast Minneapolis community can gather, nourish, learn, and grow.

During his time as General Manager, John oversaw a huge period of growth and change. Sales grew by 27% and Eastside welcomed close to 4,000 new owners during his 7-year tenure. He successfully

participated in collective bargaining and developed a positive relationship with the union after staff voted to unionize in 2017. He led the co-op through the global pandemic and the civil unrest of 2020 with compassion and care for both staff and customers . Through it all, John provided steady, dedicated leadership, an open door and listening ear, and plenty of laughs.


John left Eastside better than he found it, and we wish him all the best on his next adventure! Thank you, John, and until we see you again, a few for the road:

What do vegan zombies eat? Graaaaaains

What did one ocean say to the other? Nothing, they just waved.

I bought the world’s worst thesaurus yesterday. Not only is it terrible, it’s terrible.

Anne Gazzola

CENTRAL 

AVENUE



LIQUORS

PRESENT A RECEIPT FOR YOUR PURCHASE OF \$10 OR MORE AT EASTSIDE FOOD CO-OP AND RECEIVE

10% OFF

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EXCLUDES SALE ITEMS DISCOUNTED 10% OR MORE

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**CO-OP
MONDAYS**

Every Monday, Eastside
members get half off their
first beer at the taproom!

2506 CENTRAL AVE NE
FAIRSTATE.COOP



CONSTELLATION
ACUPUNCTURE & HEALING ARTS

**\$20 off
all new patient
appointments**

Acupuncture & massage
in Northeast Minneapolis
Book at constellationacu.com

Mention "Eastside discount" when booking.





Do you love your co-op?

**EASTSIDE
FOOD CO-OP**
Neighborhood • Family • Friendly
Natural Foods Grocery Store
OPEN DAILY

*Pay in full today and get a
canvas shopping bag with our thanks!*

