



the carrot

SUMMER 2023





LETTER FROM THE EDITOR

CONTRIBUTORS

TUCKER GERRICK
Marketing Manager

ZOE HUOT-LINK
Marketing Design
Coordinator

NATALIE DUSEK
Community and Communications
Coordinator

2023 BOARD OF DIRECTORS

AMANDA DEGENER
President

DESIRÉE OLSON
Vice President

SAMANTHA BAILEY
Secretary & Treasurer

KRISTEL PORTER

JOLEEN BAKER

THERESE GENIS

MICHELLE SPANGLER

SARAH BAEVERSTAD

SETH KUHL-STENNES

EASTSIDE FOOD CO-OP STEERING TEAM

JOHN LACARIA
General Manager

TUCKER GERRICK
Marketing Manager

JULIE ENGLE
Human Resources Manager

ANNE GAZZOLA
Store Operations Manager

FOLLOW US!
@EASTSIDEFOODCOOP



As adults, the name of the game is order, structure, and routine. Conversely, as young people we naturally resist these constraints as we grow, develop, and expand beyond what we were even just the day before. When I think back on the brilliant and blinding openness which was my youth in summertime, I am transported to a world without boundaries and full of seemingly endless opportunity.

This is the kind of powerful memory that reminds me that I'm still at the helm of this life I'm living now, much older and shrouded in layers of responsibility. This spirit of discovery and openness is what we're embracing as we celebrate summer with this special "Youth" issue of The Carrot. It's chock full of fun for kids of all ages and much of what's inside is centered around a playful, light-hearted ambition for the whole family. We've got a NE scavenger hunt, crossword puzzle, and some tasty recipes that kids are sure to approve of. We also slipped a temporary tattoo sheet in the issue for anyone to enjoy.

I hope that the following pages remind or inspire in you to find that spark, that joy, that need for squeezing out as much enjoyment during this season as you possibly can. Remember, right now is all we've really got.

In cooperation,

Tucker

TUCKER GERRICK
Marketing Manager



COVER PHOTO CREDITS:
KADI KAELIN

A Summer UPDATE FROM THE BOARD



It's Summer and I couldn't be happier about it! Summer is my favorite time of year: I love the hot weather, endless shades of green, and getting to enjoy Minnesota's many beautiful bodies of water. It also leaves more time for myself and my kids to play outside. We spend as many hours of the day as possible in nature, which give me a sense of calm and instantly improves my mental health. For my kids, it encourages creative play and healthy development. And this summer we've embarked on a new adventure and decided to get baby chicks to raise for egg laying. I love the idea of being as close to my food as possible, which is part of what motivated me to try out back yard chickens, and also why I am ecstatic it's gardening season, and of course why I love to shop locally at Eastside coop. I also hope to pass along my passion for food systems to my children. Here are 3 ways that we have found to successfully engage our kids in the food system, and thought you might enjoy trying them with the youth in your lives this Summer:

1

Support and get to know a local farm or food producer. This could look like touring a farm with your kids, purchasing a CSA, or researching the farms that you see selling at Eastside Co-op and the farmers market. See if they need volunteers and engage in conversations with your youth about why it's good to support locally grown food.

2

Forage. Teach your kids about the plants growing around them, in the yard or on walks in the parks. There is such an abundance of wild foods and medicine. My daughter loves to ask me about plants and try and pick out ones she knows are safe to eat. This is a great learning opportunity and makes for creative snacking and cooking. This year we've tried dandelion cupcakes, lambs quarters in our smoothies, and ramp herb butter for our bread.

3

Make mealtime fun and interactive. This can be leading up to the meal by getting their help meal planning, creating the grocery list, or meal preparation. Make mealtime special by having a picnic somewhere fun. Create your own traditions with your family that make mealtime meaningful. We love to use dinner as a time to connect and we always talk about each persons' highs and lows of the day as well as share some things we are grateful for.

Cheers to relishing every last morsel of our delicious and fleeting Minnesota summer and engaging our youth in the food system.

THERESE
Eastside Board of Directors

Ends Statement

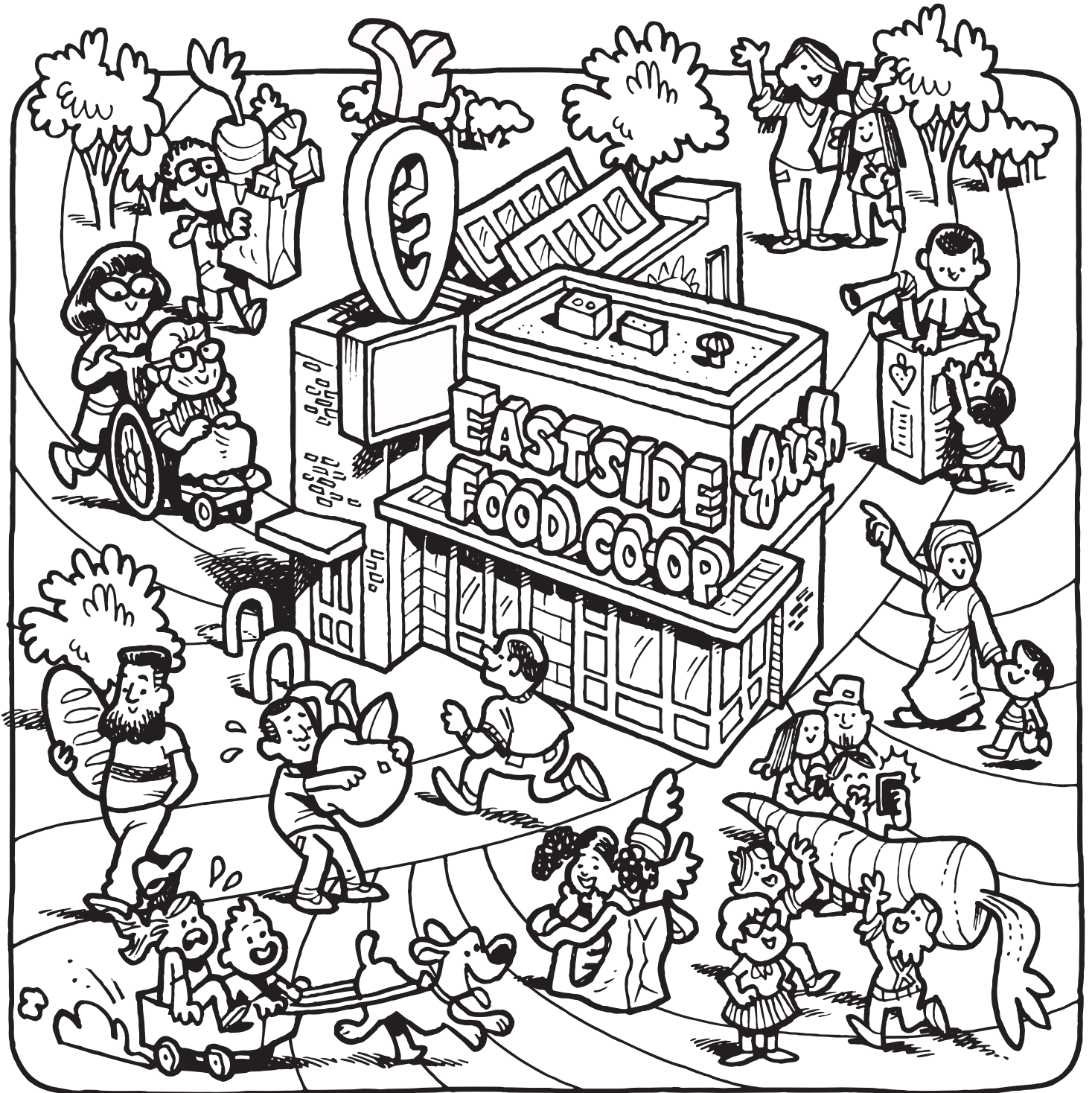
Eastside Food Co-op is....

- 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.



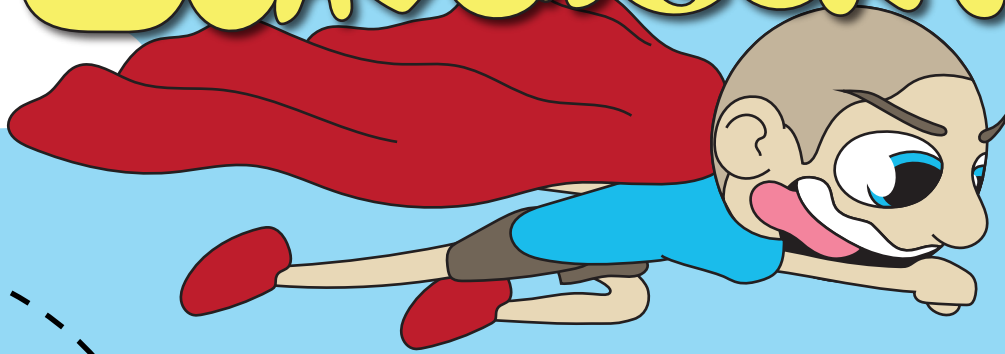
Contest open to kids 13 and under. Please take picture (or scan) of your coloring sheet and email to info@eastsidefood.coop no later than 7/30. Winner will be contacted at same email used for submission. Grand prize is a 60 second shopping spree at Eastside for entrant. **HAPPY COLORING!**

Eastside COLORING contest



name: _____ age: _____

NORTHEAST SCAVENGER HUNT



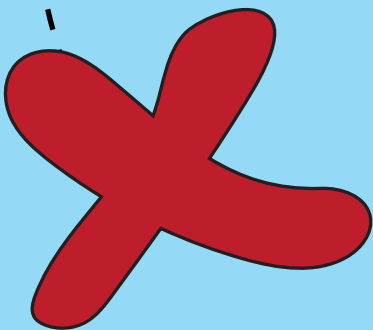
1. Visit an artist studio in the Northrup King Building.
2. Visit the _____ Market on University. (Did you

know: this group was created to raise funds and involvement for the future Eastside store way back in the 90's!)

3. Spot three different color train cars at the Shoreham Train Yard.
4. Take a selfie with the Mississippi River behind you at Mississippi Watershed Management Organization.
5. Visit the oldest surviving frame home in the Twin Cities.
6. Choose your own adventure:
 - a. Give or take a book from Eastside's Little Free Library.
 - b. Take a selfie with your favorite part of Eastside's Mural.
 - c. Pick up and throw away one piece of trash from Eastside's rain garden or parking lot.

Rules:

1. In order to prove your completion, take a photo at each location of the scavenger hunt, post on Facebook or Instagram (Instagram stories will not be considered as an entry) and tag Eastside @eastsidefoodcoop so we know you did it!
2. Of those that enter, one person will be randomly selected to win a \$100 Eastside gift card. If selected, Eastside will reach out to you on the platform where you posted. Randomly selected winner to be chosen no later than July 30th.



I'M IN THE LIME LIGHT



Marty's Deli occupies a busy and charming corner of Northeast Minneapolis. Located on the intersection of Lowry and 4th, Marty's Deli was founded in 2022 by Martha (Marty) Polacek. Prior to the outbreak of Covid-19 in 2020, Polacek was living in New York City, and was working in restaurants. When Covid hit, she and her partner packed up & relocated to Minneapolis (where much of her family resides). When she first moved to Minneapolis, she spent time collaborating with local organizations to cook and deliver donated meals. Through being inspired by this work, and by her restaurant experience, Marty's Deli was born.

Nowadays, Marty's Deli boasts an Instagram following of over 15,000 and a lot of local celebrations. However, its beginnings were humbler. Marty's began as lunchtime sandwich pop-ups across the Twin Cities, using storefronts and restaurants as its daily-shifting temporary home. Polacek's pop-ups began in November of 2020, when in her words, "we [collectively] didn't have anything going on". The cold weather and desire for connection led Marty's pre-order sandwiches to be a success right from the start. For two years, sandwiches travelled across the city, landing in locations such as Bar Brava on the North side, and Bench Pressed Letterpress in Seward. Towards the end of Marty's pop-up endeavors, an announcement was made that a brick-and-mortar sandwich shop was coming. Pop-ups continued throughout the restaurant build-out and were only paused for six weeks in advance of the shop's grand opening.



On January 9, 2023, on a frigid 1-degree day, Marty's officially opened their doors to the public. This first day proved to be a huge success, foreshadowing Marty's success in the months since. Clad in deep royal blue aprons, Polacek gestures to her staff, and emphasizes just how deeply they make Marty's what it is. She tells us that Marty's front end manager, Margaret, has regulars Polacek doesn't even know (she's just that welcoming!). Marty's is absolutely not a solo endeavor. With Polacek's family nearby, they show their touches across the shop. Polacek's sister, Catherine, is a graphic designer, and designed all the merchandising and assisted with interior decorating in the shop. Polacek's father, Dave, takes up residence as Northeast's #1 Notary once a week, on Wednesdays from 8-10 am to notarize documents free of charge. Need a sandwich and a document notarized at the same time? Marty's has got you covered! Marty's recently added breakfast sandwiches to their menu, and they're constantly rotating seasonal sides specials depending on what's available locally. Right now, Polacek is focused on keeping her employees and customers happy and content and making delicious sandwiches. Sounds like a recipe for success to us.

Check out Marty's for sunny vibes, and delicious artisanal sandwiches 5 days a week on their quaint little corner of NE. Their hours are Wednesday-Friday 8am-3pm, and Saturday-Sunday 9am-3pm. Follow them on Instagram @martysdeli.



Bet's Kids Cook!

You are going to love cooking—

or maybe you already do. Either way, this cookbook is a great place to start. The delicious recipes we've collected here are designed to teach you basic cooking skills and help you develop a set of good meals that you'll be able to improvise from as you learn more. If you think of the kitchen as a lab, then cooking is really just one big, tasty experiment. Sometimes it's going to go well and you'll end up with a great meal, and sometimes you'll have a flop. Maybe you'll burn an egg or you'll make a pot of soup that's not as delicious as you might hope. But mostly you're going to need to do a lot of tinkering. It's also a good idea to consider the basic principles below.

Do it. Get an adult's permission, and then make a single snack recipe, pick a night that you'll make dinner with an adult every week, start packing your own lunch, volunteer to make breakfast on the weekend, or invite a friend over to cook with you.

Get inspired. Look through this magazine and use sticky notes to mark recipes that make your mouth water. Or do it in reverse: Go to the supermarket or farmers' market, find the freshest and most appealing ingredients, and then pick a recipe that uses them.



Wash your hands before you start

	Give them a good scrub before you do any cooking or after you touch raw meat. If you are wearing jewelry, take it off.
1	Wet your hands with warm water.
2	Add soap and rub your hands together.
3	Scrub the backs, palms, fingers, between your fingers, and under your nails. Sing all the way through the "Happy Birthday" song as you do it.
4	Rinse well.
5	Dry your hands with a clean dish towel or paper towel.

Open your mind.

There might be ingredients or flavors in here that you think you don't like, but we encourage you to open your mind and try them again. Tastes change.

Use all your senses.

Cooking requires you to look, listen, touch, smell, and taste—all the time.

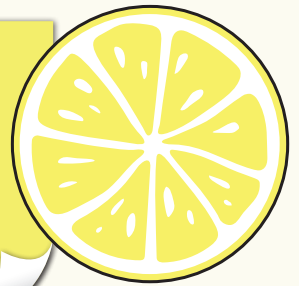
Taste. And taste again.

Taste as you cook to see if you need to add more of anything to make it taste better. One caveat: Don't taste meat, chicken, or eggs when they are raw. The tasting will need to happen later in the cooking process. More herbs? Another squeeze of lemon or a grinding of pepper? What matters is what you like.

Read through the whole recipe.

before you start. You want to be sure you have all the ingredients and equipment you need and to know if a step will require help from an adult.

If you think of the kitchen as a lab, then cooking is really just one big, tasty experiment.



Plan ahead. Figure out when you want your food to be done, then look at the total time required for the recipe and work backward.

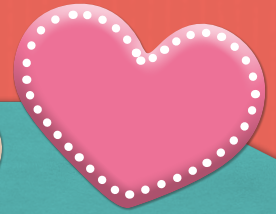
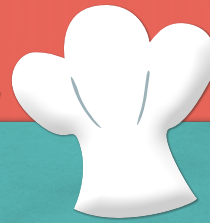
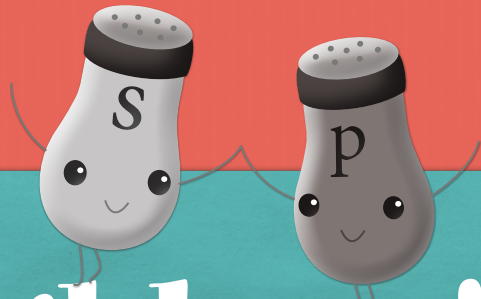
Take your time. This is another good reason to plan ahead: You never want to rush. It's not safe, and it's not even fun. It's better for dinner to be a half hour later than you planned than for you to hurry.

Pay attention. Don't look out the window while you're chopping onions. Keep an eye on a sizzling pan. Reread the recipe as you go so that you don't forget any steps or ingredients. (Although you will definitely forget something at some point, and that's part of the process, too.)

Clean up. That's pretty basic advice, but it's important. Your family is going to offer you way more encouragement (and thanks) if there isn't a sink full of pots and pans after every cooking experiment you try.

Write in this magazine. Make notes in the pages or on sticky notes about what you liked (or did not like), what changes you made or would want to make next time, and what ingredient substitutions you think could work.





Neighbors' Flavors



EASY STRAWBERRY CREPES

Servings: 4 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

INSTRUCTIONS

For the Crepes:

1. Grease a large skillet and heat on medium to high heat (closer to high).
2. In a medium bowl, combine the coconut flour, eggs, pure maple syrup and unsweetened almond milk. Whisk really well for 1-2 minutes.
3. Pour 1/4 of the mixture into the hot skillet.
4. Let cook for 1-2 minutes then use a silicone spatula to flip the crepes, pressing out any remaining batter.
5. Cook for 1-2 more minutes until golden brown. Remove from pan.
6. Continue with the remaining batter until all of the crepes are finished.

INGREDIENTS

For the Crepes:

- 2 tbsp. Wildly Organic Coconut Flour
- 2 eggs
- 1 tbspn. pure maple syrup
- 1 tbsp. unsweetened almond milk (or milk of choice)

For the Chocolate Sauce:

- 2 tbsp. Wildly Organic Chocolate Syrup
- 1 tsp. Wildly Organic Centrifuge Extracted Coconut Oil
- 1 cup fresh strawberries chopped and lightly mashed

For the Chocolate Sauce:

1. Heat the coconut oil in a small saucepan over low heat.
2. Whisk in the chocolate syrup until combined and smooth. Remove from heat.
3. Line each crepe with strawberries and roll them up.
4. Top with the chocolate syrup and enjoy!

SAVORY ROASTED CAULIFLOWER

Servings: 4 servings

Prep Time: 5 minutes

Cook Time: 45 minutes

INGREDIENTS

- 1 head of cauliflower cut into small florets
- 1 tsp. Wildly Organic Onion Granules
- 1/2 tsp. Wildly Organic Garlic Granules
- 1 tbsp. Wildly Organic Refined Coconut Oil
- 1 scant tsp. Wildly Organic Himalayan Pink Salt
- 1/2 tsp. Wildly Organic Ground Black Pepper
- 3 tbsp. grated parmesan cheese (optional)



INSTRUCTIONS

1. Preheat oven to 400° F.
2. In a large mixing bowl combine all of the ingredients and toss to combine.
3. Spread the mixture out onto a baking sheet or two. If the pieces are too close together and touching then the cauliflower will steam more than it will roast, affecting the texture.
4. Bake for 35-45 minutes, flipping halfway through, or until the cauliflower is tender and dark golden brown in areas. Enjoy!

HIGH PROTEIN GRANOLA

Servings: 4 servings

Prep Time: 5 minutes

Cook Time: 45 minutes

INGREDIENTS

- 1 1/4 cup gluten-free rolled oats
- 1/2 cup gluten-free steel cut oats
- 1-2 tbsp. Wildly Organic Coconut Syrup
- 3 tbsp. Wildly Organic Cold Pressed Coconut Oil, melted
- 1 cup Wildly Organic Mixed Nuts
- 1/2 cup Wildly Organic Pumpkin Seeds
- 1/4 tsp. vanilla extract
- 1/8 tsp. organic ceylon cinnamon

INSTRUCTIONS

1. Preheat oven to 300° F. In a large bowl mix together all of the oats, Wildly Organic Coconut Syrup, melted Wildly Organic Coconut Oil, cinnamon, and vanilla extract.
2. Line a baking sheet with parchment paper and lay the mixture in one even layer. Put in oven.
3. Bake for 10 minutes.
4. Stir and add in the Wildly Organic Mixed Nuts and Wildly Organic Pumpkin Seeds
5. Optional: Top with 1/2 tbsp. of Wildly Organic Coconut Syrup to sweeten nuts.
6. Bake for 10 minutes.
7. Most important step: Open the oven door about 10 inches and TURN OFF THE OVEN. Let granola rest in the oven for at least 1 hour. This is how it crisps up without burning.
8. Store in an airtight container and enjoy!




I
LOVE

WE ASKED NEW EASTSIDE OWNERS TO TELL US WHY THEY JOINED. HERE'S A FEW THINGS THEY HAD TO SAY!




OWN
IT!



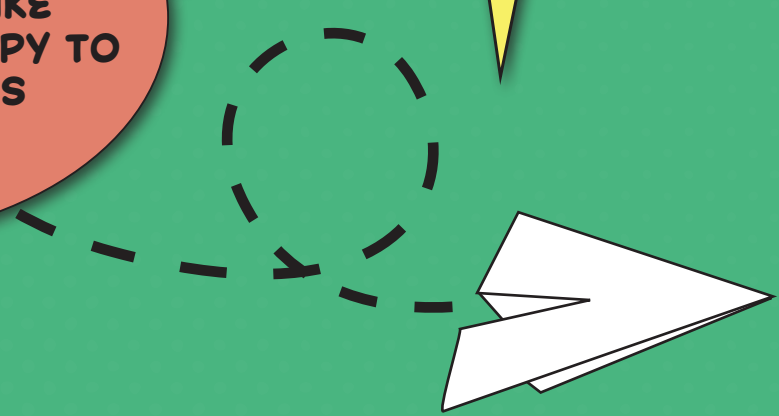
MAKE EVERY DAY A
GOOD DAY, SMILE
FREQUENTLY AND
ALWAYS BE OPEN TO
CHANGE. IT IS A
GROWING PROCESS

- THERESA



ALTHOUGH I'M A NEWER
MEMBER, I'VE NEVER QUITE
BEEN IN A PLACE LIKE
EASTSIDE. I'M SO HAPPY TO
BE A PART OF THIS
COMMUNITY.

- LIZ



EASTSIDE HAS TRANSFORMED MY VIEW OF THE
GROCERY SHOPPING EXPERIENCE. EVERY STAFF
MEMBER IS FRIENDLY, HELPFUL AND FEELS LIKE A
FRIEND. BEING ABLE TO REQUEST CERTAIN ITEMS BE
STOCKED IN STORE IS SO AWESOME AND MY SON
LOVES TO COME ALONG AND HELP MAKE
SELECTIONS. HE ALWAYS LEAVES FEELING LIKE A
SUPERSTAR :)

- MEGHANN



DON'T WAIT, LET'S COOPERATE!

MY FIANCE AND I BOUGHT OUR FIRST HOUSE IN HOLLAND LAST AUGUST AND WERE THRILLED TO HAVE A CO-OP SO CLOSE TO US. NOW EASTSIDE HAS BECOME REGULAR STOP FOR US, WHETHER WE'RE LOOKING FOR A SPECIALTY ITEM OR NEED A QUICK DINNER INGREDIENT.

- LIU



EASTSIDE HISTORY

VOL. 16, NO. 13
SEPT. 13-26, 2000
771 RAYMOND AVENUE
ST. PAUL, MN 55114
www.womenspress.com

Co-op idea simmers in N.E. Minneapolis

MWP Special Section
Food for Thought

by Jennifer Thaney

As summer gardens give way to fall harvests, the promise of fresh produce draws people out of supermarkets and into co-ops and farmers' markets.

Until recently, residents of northeast Minneapolis and its suburbs had to fight freeway traffic in order to find these markets. Then, in June, the Eastside Food Cooperative (EFC) opened a farmers' market at the corner of University and 7th Ave. N.E., offering residents organic produce and meats in their own backyard. Local artisans also sell crafts at the market, which is open through October every Saturday from 8 a.m. until noon.

If EFC board members have their way next year, the end of fall won't mean the end of fresh food for northeast and north Minneapolis. Plans to open a co-op on Central Avenue N.E. are well under way, with a grand opening scheduled for October 2001.

"Now is the time," said Stephanie Lundeen, EFC board member and coordinator of the farmers' market. "People have been wanting this for a long time. They realize that every community should have a natural foods

store nearby, and they are willing to support that."

Efforts to open a co-op in northeast Minneapolis are 10 years old, Lundeen said. Each time one group grew weary, another one took its place; now, with 300 paid members, EFC is more than halfway to its goal of recruiting 500 members. Next steps include securing funding and a site. While the exact location of the store is undetermined, Lundeen has her eye on a stretch of Central Avenue between 20th and 27th avenues. "Central Avenue seems to be a central location for all of northeast" that is accessible to people of all income levels and neighborhoods, she said. "We want anyone to feel welcome shopping there."

The northeast farmers' market introduced the community to the value of organic and natural foods, Lundeen said, and helped generate interest and support for the proposed store. "There are a lot of non-traditional farmers [in Minnesota] who are turning to organic and sustainable agriculture as they look at the importance of our food safety," she said. "Supporting those farmers is good for the economy and those small-scale farmers, it's good for our own health and it brings satisfaction."

Virginia Sutton's co-op membership is driven by those same

CO-OP, FROM 11

It's about time for a co-op northeast.

principles. A resident of northeast Minneapolis, Sutton has been working to open a store for several years. "Our country's whole food system is being conglomerated," she said. "As seed companies and distribution systems get locked up into gigantic corporate entities, people are losing control of the quality and pricing of their food. ... If we know where the food is coming from, if we can see that chain from the farm to the [co-op] to our table, we have more control and we can think more sensibly about what we are putting into our bodies."

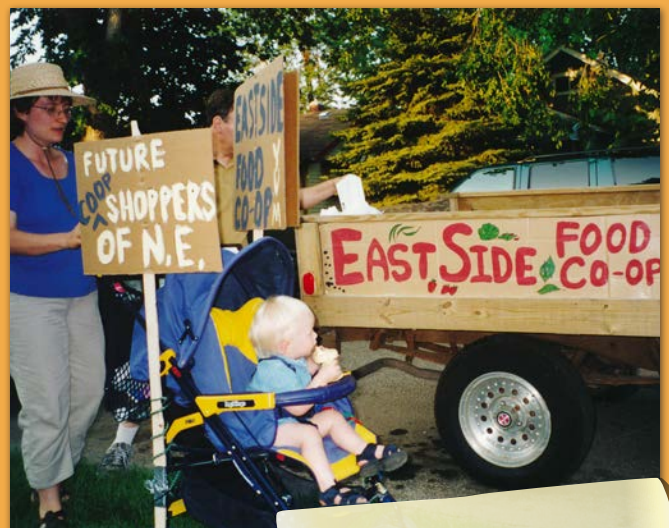
The co-op will also provide residents with a sense of community, said Betsy Mitchell. "Because we have paid to become members, we will go to the store and use it. We will know each other. When you go to places like Rainbow, Cub and Byerly's, you see faces, not neighbors."

People like Mitchell are not only purchasing memberships to the co-op, they are also pursuing Neighborhood Revitalization Program (NRP) money and grants from the Minneapolis Community Development Agency (MCDA) to fund the project.

That's good news for the EFC, which needs \$500,000 in order to open the store. Once half of that is raised, board members will apply for loans from individuals and banks. "As we get closer, it becomes a lot of work," said Lundeen, one of only four volunteer board members. "It feels like a second part-time job now, which is OK because I love it, but we definitely need to hire a program manager soon." Lundeen also hopes to recruit three more board members next month.

Despite the work still ahead, Lundeen has a good feeling about this latest attempt to bring a co-op to northeast Minneapolis. The neighborhood is an up and coming one, she said, with many revitalization efforts in progress and new families moving in all the time. "Northeast is becoming a kind of hip neighborhood, and a co-op sort of goes hand in hand with that. ... We think this is the co-op that will get a storefront and go."

For more information about the northeast farmers' market or co-op, call 612-789-0529 or visit EFC's web site at <http://tcfreenet.org/org/efc>. Contact writer Jennifer Thaney at thaney@womenspress.com.



CO-OP, TO 23

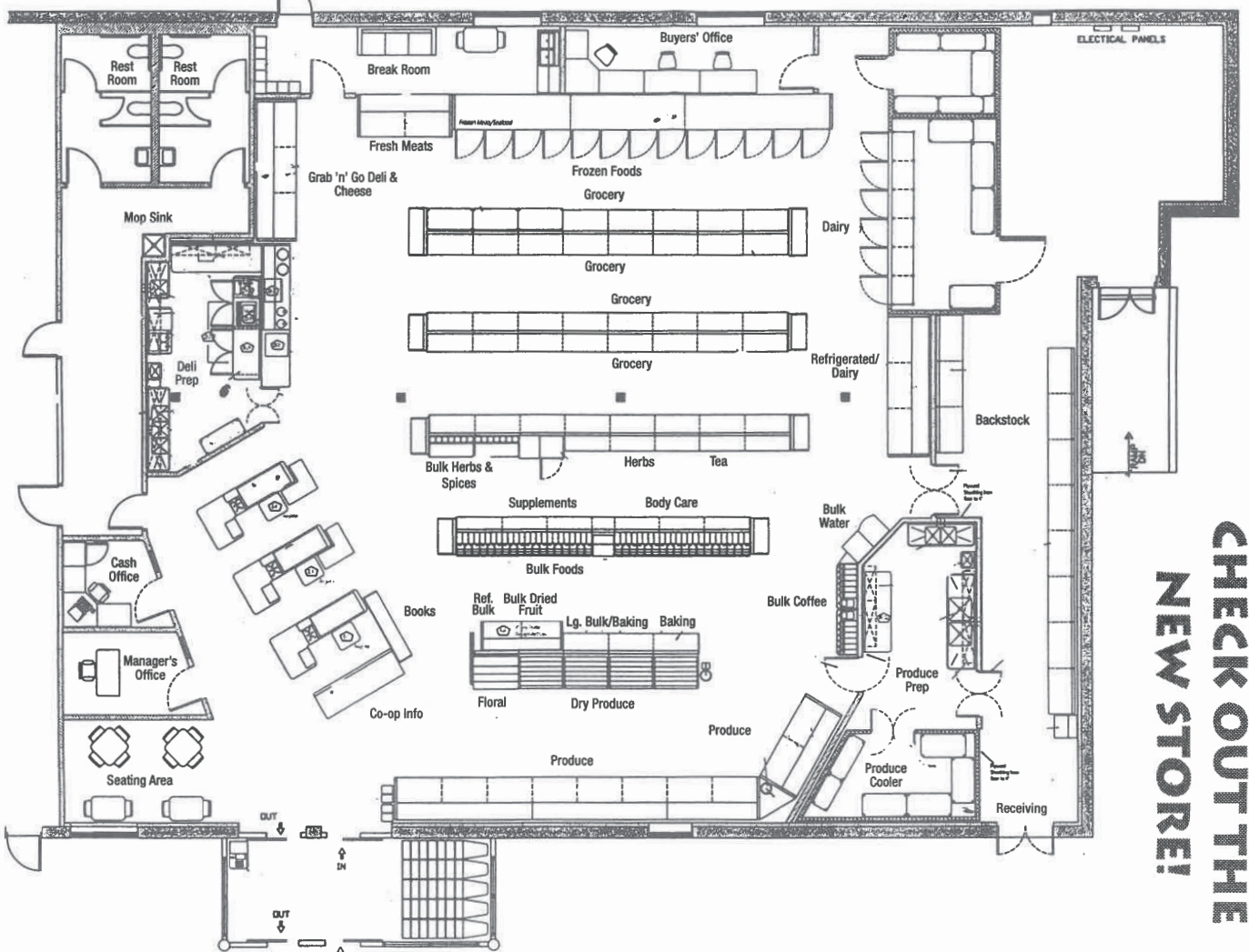


Columbia Heights Jamboree Parade

June 1992.



26TH STREET NE



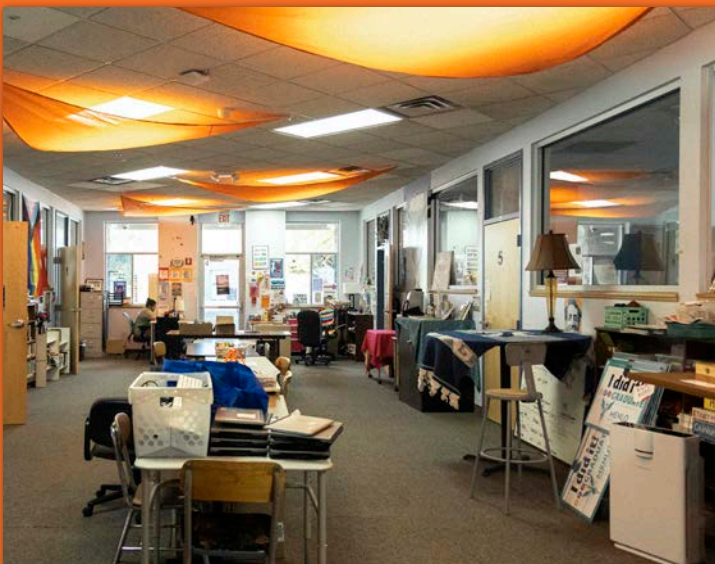
CHECK OUT THE
NEW STORE!

PARKING LOT

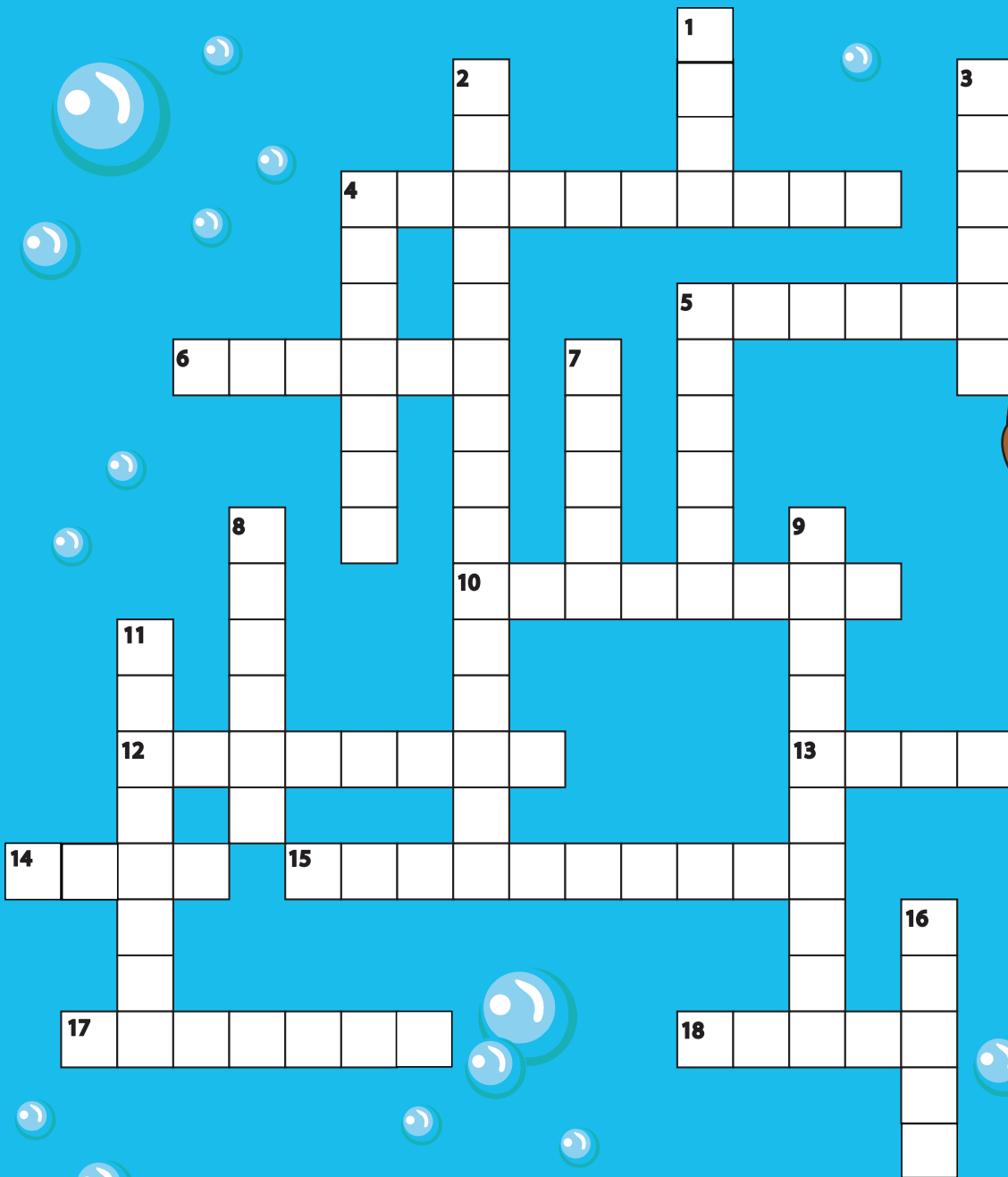
FEEDING COMMUNITY:

MENLO PARK ACADEMY

Menlo Park Academy is an alternative high school located within Eastside Neighborhood Services, a bedrock of the Northeast community for over a century. This school was established for students who require smaller classroom sizes, and alternative teaching methods to thrive in their education. Menlo serves up to 75 students yearly, so students can have very small class sizes and close proximity to teachers. Many of the students at Menlo transferred there from other high schools around the metro, where class sizes were many times larger, and the education style is not personalized to each student. We're proud to gap fund Menlo's lunch program in collaboration with Chow Girls. This program allows Chow Girls to provide breakfast and lunch to all the students at Menlo on a weekly basis. There's a wealth of established research that paints a troubling picture of how hungry kids' learning is affected. At Eastside we're driven to nourish our community in all the ways we're able. We feel fortunate to have the opportunity to help Menlo in this way.



Summer kids crossword



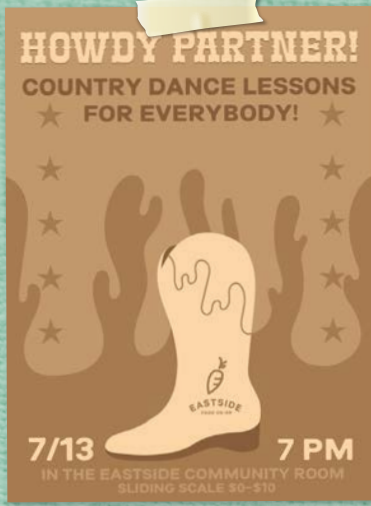
Across

4. A delicious red berry that grows in summer
5. What do some sea creatures live inside?
6. This year, I'm growing carrots in my _____
10. A sweet, cold dessert made from milk
12. What should you wear when you go for a dip?
13. Let's go sleep in the woods! Let's go _____
14. Color of the sky
15. Protects your eyes from the sun
17. What blooms in the spring and summer?
18. A big salty body of water

Down

1. Two big wheels and pedals that help you move fast!
2. Let's keep cool inside with _____
3. The third month of summer
4. Summertime shoes
5. This sport is called football in many other countries
7. A boat we all paddle together
8. Having snacks outside
9. Let's build a _____ on the beach!
11. Most people don't like these bugs that bite
16. What do bees make?

Upcoming Events at Eastside

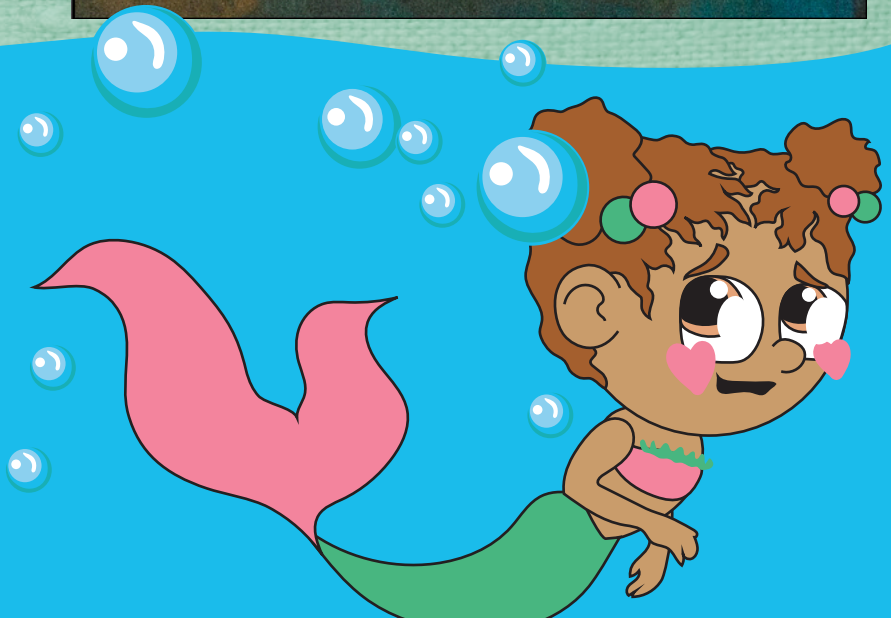


↖ 7/20



crossword answers

- | | |
|---------------------|----------------|
| Down | Across |
| 1. Bike | 4. Strawberry |
| 2. Airconditioning | 5. Shells |
| 3. August | 6. Garden |
| 4. Summertime shoes | 10. Icecream |
| 5. Soccer | 12. Swimsuit |
| 7. Canoe | 13. Camping |
| 8. Picnic | 14. Blue |
| 9. Sandcastle | 15. Sunglasses |
| 11. Mosquito | 17. Flowers |
| 16. Honey | 18. Ocean |



CENTRAL AVENUE LIQUORS



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

10% OFF

**A SINGLE ITEM AT CENTRAL AVENUE LIQUORS
EXCLUDES SALE ITEMS DISCOUNTED 10% OR MORE**

WE DELIVER!

CENTRAL-LIQUOR.COM | 612-781-3424

midwest juicery.



Enjoy being healthier!

12g NATURAL SUGAR



More healthy vegetables

5g NATURAL SUGAR



and 40% less sugar*

8g NATURAL SUGAR

*compared to the industry average



WHOLE 30 approved

WHOLE30.COM

midwestjuicery.com
 @midwestjuicery
 juice@midwestjuicery.com

 **CONSTELLATION**
ACUPUNCTURE & HEALING ARTS

\$20 off all new patient appointments

Acupuncture & massage in Northeast Minneapolis
 Book at constellationacu.com

Mention "Eastside discount" when booking.





CO-OP MONDAYS

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

**2506 CENTRAL AVE NE
FAIRSTATE.COOP**



Your Friendly Neighborhood Realtors.



Experienced, down to earth advice since 2012.

Northeast Real Estate Group | Jim Dripps
 763-464-4371 www.northeastreg.com

