



# the carrot

SPRING 2022



2551 Central Ave NE  
Minneapolis, MN 55418  
eastsidefood.coop  
612-788-0950  
Open daily 8 AM - 9 PM

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## EASTSIDE FOOD CO-OP STEERING TEAM

JOHN LACARIA  
General Manager

TUCKER GERRICK  
Marketing Manager

JULIE ENGLE  
Human Resources Manager

ANNE GAZZOLA  
Store Operations Manager

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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.

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### Hello, fellow Eastsiders!

It's with much enthusiasm that I'm writing you today. But before I get into all the exciting things happening in and around our Eastside community, I wanted to introduce myself (finally). My name is Tucker Gerrick and I joined the Eastside team last May as Marketing Manager. I come to Eastside directly from our thriving MN brewing industry but have spent many years in other industries doing branding, strategy, and marketing. As an Eastside owner myself, I'm thrilled to be doing work that brings our community together, lifts it up, and helps highlight all the good that Eastside does. Speaking of good, let me share with you some of the good stuff in this issue.

Our Spring issue is about dialog and perception as much as it is about protecting our planet. There is a present and overdue need for us all to acknowledge it's time to "live WITH the land, not ON the land". It's a not-so-subtle shift in how we frame up our relationship with the

provider of all providers: Mother Earth. In this issue we hear from experts in a range of fields including municipal recycling, farming, and regenerative agriculture. We also illuminate the bounty of local produce coming around the corner in our "What's In A Season" article.

We took our theme and applied it to the recipes we're providing as well for this issue. Eastside's very own Deli Manager Tashi Gleason created a trio of recipes that tread lightly on the land but do a happy dance all over our tastebuds. She proves that eating Earth-friendly foods does not have to be synonymous with sacrificing taste.

And finally, we met with local artist Emma Eubanks to talk about her process, what it means to live in connection to one's environment, and commissioned her to make some original illustrations for Eastside. Her energy and positivity was absolutely contagious and we couldn't be happier about the project she's working on with us. You can see a portion of it in this issue's fun activity sheet. Did someone say, "coloring contest"?

We hope this issue finds you on a sunny Spring day and helps inspire you to embrace the season AND the challenges of a changing world. There's still so much good all around us and so much valuable work to be done in preserving that goodness.

Cheers to Spring!

*Tucker*

# A Spring Update from the Board



I'll be the first to state the obvious here – it's been a draining two years. Not just because of the pandemic, but also the divisive debates it unearthed while we felt imprisoned by the four walls of our homes. I don't need to recount this experience to you – you lived (and are still living) it.

Despite the circumstances, look at what we have achieved when we perceived ourselves to be at our most vulnerable and helpless states: sparked our government to make up for our financial losses, weathered both the roles of parent and teacher for months, cultivated a mental escape for ourselves through learning new skills and crafts (how many loaves of sourdough did you bake?), and find new

and foster old relationships with loved ones. All of this, accomplished during a time that we too often perceive as “lost.”

The strength and resilience we demonstrated also reinforces what we're capable of when we put our minds and hearts into achieving something for ourselves and our community. And I don't mean the ephemeral social-media driven care-about-this-today fad, but the things we all share a passion for as owners of Eastside: community, wholesome produce, fair trade, supporting local farmers, and sustainability to name but a few. We can flip the script on what is “lost” and what we “can't do” through the collective will to right certain environmental wrongs we've either made or inherited. When we view these challenges as opportunities, we collectively choose to prioritize what we now must do to better live with our land rather than on it.

There's some great actionable items in this issue about recycling, waste reduction, regenerative agriculture (super cool!), and how our co-op is supporting sustainability at a community level. I, for one, am excited to learn more about steps my family and I can take to further reduce waste and better practice recycling and composting. If my two year old daughter can get excited about something as small as tossing a banana peel into compost, I guarantee there are similarly little, yet exciting, ways we can all contribute.

Cooperatively we can create a sustainable future (or something like that).

## Smita Dolan

Eastside Board of Directors



## International Cooperative Principles

- 1 Voluntary & Open Membership
- 2 Democratic Member Control
- 3 Member Economic Participation
- 4 Autonomy & Independence
- 5 Education, Training & Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community

## 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.

## 2022 BOARD OF DIRECTORS

AMANDA DEGENER  
President

SUE JAEGER  
Vice President

MICHELLE SPANGLER  
Secretary & Treasurer

DESIRÉE OLSON

JOLEEN BAKER

SADIE PASCHKE

SETH KUHL-STENNES

SMITA DOLAN

THERESE GENIS

## DATES TO REMEMBER AT EASTSIDE

### BOARD CANDIDATE APPLICATION DEADLINE

Friday, July 1 at 5:00 pm  
Find the application online at [eastsidefood.coop/board](https://eastsidefood.coop/board)

### SEEDLINGS APPLICATION DEADLINE

Friday, July 1 at 5:00 pm  
Find the application online at [eastsidefood.coop/support](https://eastsidefood.coop/support)

**EASTSIDE PLANT SALE**  
Saturday, May 7-Monday, May 30  
in the Eastside Food  
Co-op Parking Lot

**ALL TOGETHER NOW!  
EASTSIDE FOOD CO-OP  
DURING ART-A-WHIRL**  
Saturday, May 21  
12 pm-6 pm  
in the Eastside Food  
Co-op Parking Lot

# Upcoming Events at Eastside

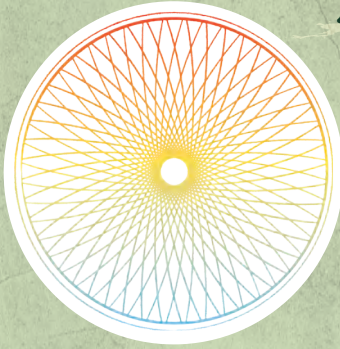


## Spring Wellness with Chinese Medicine

SATURDAY, APRIL 23 | 1-2 PM | EASTSIDE COMMUNITY ROOM

\$10 EASTSIDE OWNER | \$15 NON-OWNER

In this 60-min workshop, Constellation Acupuncture & Healing Arts will guide you through supporting your health using the Wood Element through some gentle movement, meditation, self acupressure, and food therapies that you can take home and use when you need to call in the healing powers of the element in your daily life.



## All Together Now! Eastside During Art-A-Whirl

SATURDAY, MAY 21 | 12-6 PM

EASTSIDE FOOD CO-OP PARKING LOT

FREE EVENT | OPEN TO THE PUBLIC

Join us in celebrating our vibrant Northeast arts community during Art-A-Whirl! Come visit and support local artists, grab food and drinks from Fair State Brewing Cooperative and food trucks on-site and enjoy live music during one of the most exciting weekends of the year!



## Spring Foraging Workshop with Ironwood Foraging Co.

SUNDAY, MAY 29 | 10 AM-12 PM

RIVERFRONT REGIONAL PARK

\$64 EASTSIDE OWNER | \$69 NON-OWNER

Explore the vast edible landscape along the Mississippi River with Tim Clemens, founder of Ironwood Foraging Co., for a hands-on learning experience identifying edible and medicinal wild plants and mushrooms in the urban green spaces of the Twin Cities. This workshop is open to participants ages 16 and up.



## Eastside's Little Free Library Kickoff

SATURDAY, JUNE 4 | 12-3 PM

EASTSIDE FOOD CO-OP PARKING LOT

FREE EVENT | OPEN TO THE PUBLIC

At Eastside, food and community are at the core of what we do. Stop by to donate a cookbook to share with your neighbors, peruse the library for cooking inspiration and enjoy light refreshments on us!



## The Nourished Womb: Optimal Nutrition for Fertility, Pregnancy & Postpartum

SUNDAY, JUNE 26 | 1-2 PM | EASTSIDE COMMUNITY ROOM

\$10 EASTSIDE OWNER | \$15 NON-OWNER

In this workshop with Integrative Nutrition Health Coach Becky Kleive, you'll learn why nutrition for fertility, pregnancy and postpartum matters, obstacles that will keep you from focusing on nutrition (and how to overcome them), as well as simple tips to nourish your body from fertility through postpartum so that you can have the healthiest body, pregnancy and baby possible!

Learn more about upcoming Eastside events and sign up for a class today at [eastsidefood.coop/events](http://eastsidefood.coop/events)

# Run for the Board!

A co-op's board of directors sets the course for the future and represents the diverse needs and priorities of its owners.

**Are you a leader with a passion for community, food systems, equity, and co-ops?**

You could be a great board candidate! Run for the board and help lead Eastside to its ten year vision!

**Considering running for the board?**

Join in at one of our upcoming board meetings to ask questions and learn about the Eastside Board of Directors and board service.

MONDAY, MAY 9 | 6-8 PM

SATURDAY, JUNE 13 | 6-8 PM

Email [board@eastsidefood.coop](mailto:board@eastsidefood.coop) to RSVP.

**Ready to take the next step?**

Candidate information and board member application available at customer service and at [eastsidefood.coop](http://eastsidefood.coop).

**Applications due by Friday,  
July 1, 2022 at 5:00 pm.**



## It's time to apply for Seedlings

We're now accepting applications for our 2023 Seedlings! Nonprofit organizations working in the food access, agriculture and environmental sectors are encouraged to apply.

**What is Seedlings?**

A simple, yet powerful way for shoppers to support organizations making a positive impact in our community through donations made at the register.

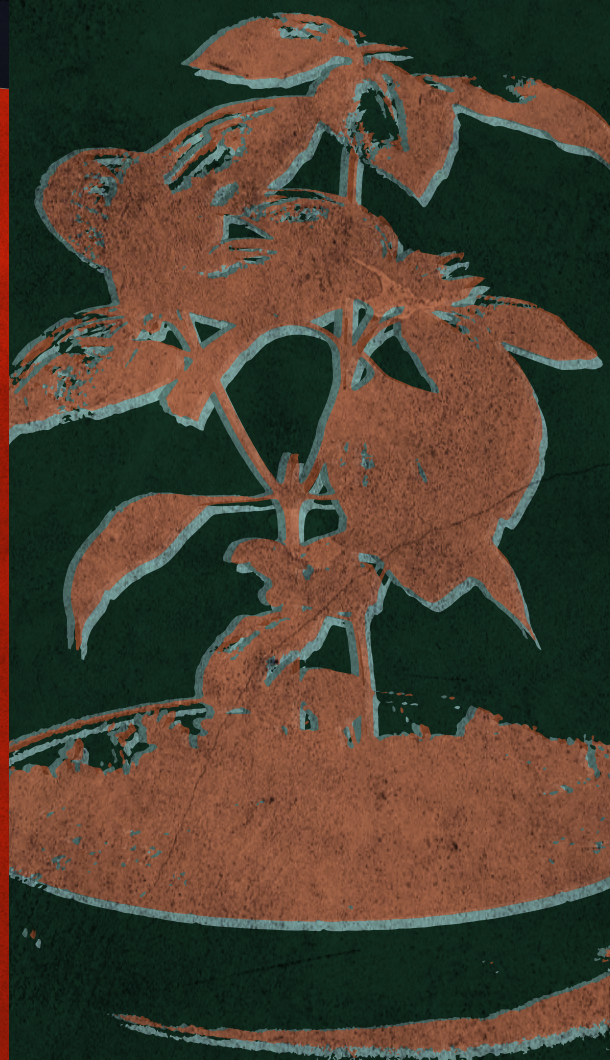
**Applications due by Friday,  
July 1, 2022 at 5:00 pm.**

Information and application available at [eastsidefood.coop/support](http://eastsidefood.coop/support).

# EASTSIDE PLANT SALE

Saturday, May 7-  
Monday, May 30

IN THE EASTSIDE FOOD  
CO-OP PARKING LOT



# THE DIRT ON



Since their founding in 2003, Thousand Hills Lifetime Grazed has been focused on one mission: To nourish the soil, the plants, cattle, and people by holistically grazing cattle for their lifetime. What began as a passion to simply share the nutritional benefits of Lifetime Grazed 100% Grass Fed Beef with more people has evolved into a full embrace of regenerative agriculture—with its many critical benefits to people and planet.

We all are becoming increasingly aware of the urgent change in climate and the need for a cleaner environment. At Thousand Hills, changing the way they farm from not only sustaining but regenerating the land is at the core of who they are and what they represent.

By using regenerative agriculture practices and managed rotational grazing, Thousand Hills is able to build soil organic matter, sequester carbon, increase biodiversity and improve watershed on each of their 50 family farms across the United States totaling over 500,000 acres nationwide!

Along with being certified by the American Grassfed Association (AGA), all their products have received the Land to Market seal through The Savory Institute. Thousand Hills is also extremely excited to announce that all the land they source from is now Ecological Outcome Verified (EOV).

*We pride ourselves on offering 100% grass-fed beef without any confinement feeding, GMOs, grain, grain byproducts, antibiotics, or artificial hormones. Instead, the cattle are raised in open pastures for their lifetime so they can express their natural, instinctive behaviors.*

*This approach to mimicking nature is also beneficial for the land, as natural grazing promotes healthy, living soil. Thousand Hills is committed to leading the 100% grass fed beef industry with honest labeling and net positive and measurable outcomes on the land.*

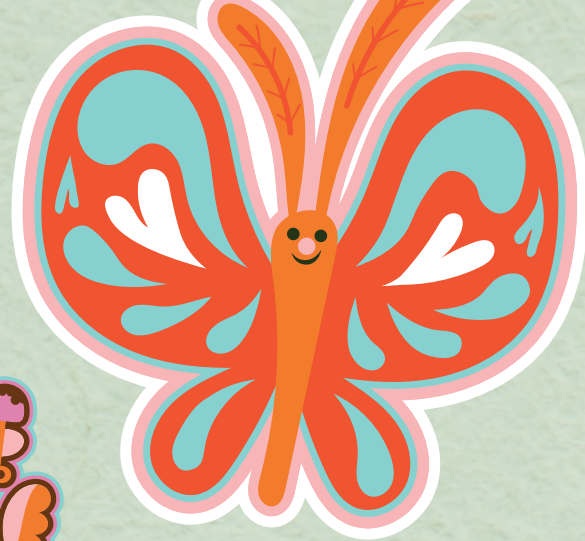
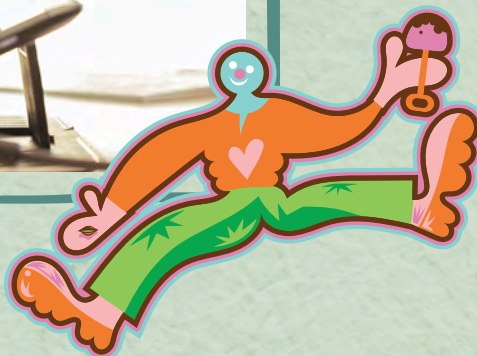
**-Matt Maier**

Owner and Chief Regenerative Renegade

EOV is an outcome-based certification that measures and trends key indicators of ecosystem function providing critical data to the farmer. When visiting each farm to obtain such a robust certification, many different indicators are measured, including live canopy abundance, living organisms, plant diversity, water erosion and more. Each of these indicators is significant to land health and the regeneration of farmland.

Gaining the EOV seal means the land on every Thousand Hills farm continues to improve each year. They will continue to work with each of their farmers going forward to ensure that the land they are stewarding is not only sustaining, but regenerating, truly leaving the land better than they found it. All while creating a delicious Land to Market product for you to enjoy.

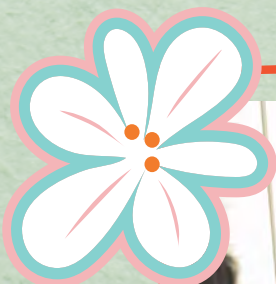




Meet our friend and local artist Emma Eubanks! Emma is a Minneapolis-based Illustrator and Designer and we couldn't be happier about the artwork she created for this issue of The Carrot. We recently spent an afternoon with her in her studio watching her work and chatting away about food allergies, making art, discovering food in the natural environment and where to find the best tacos on Lake Street. You've no doubt caught a glimpse of her work around town for organizations and brands such as Clutch Brewing, Target, All-City Cycles, Fulton, and The People's Library to name but a few.

Growing up with up with some severe food allergies shaped and defined her personal relationship with food that's stuck with her all these years. She says, "I've always treated food as a thing that I never got excited about...like, oh I feel excluded. Or, this could be a trip to the hospital". Until the pandemic hit, she hadn't really considered this troubled relationship to food through any other lens or filter. But when the world locked down to keep the spread of Covid-19 at bay, she had a bit of an eye-opening moment. "...at 23 it was kind of mind blowing to realize I can just go into my backyard and now I have sustenance. I knew I could do that, but until I actually tried it I didn't realize how much power there was in having that choice. It felt good to be in my backyard and see it as a resource."

With a newfound appreciation for her surroundings and many projects to keep her busy this Spring, Emma is looking forward to a world of opportunity in the year ahead. We'd like to thank her for the incredible work she did for us in this issue. For all the Eastside kiddos out there, be sure to color up the coloring contest sheet Emma made for us and submit by April 20.

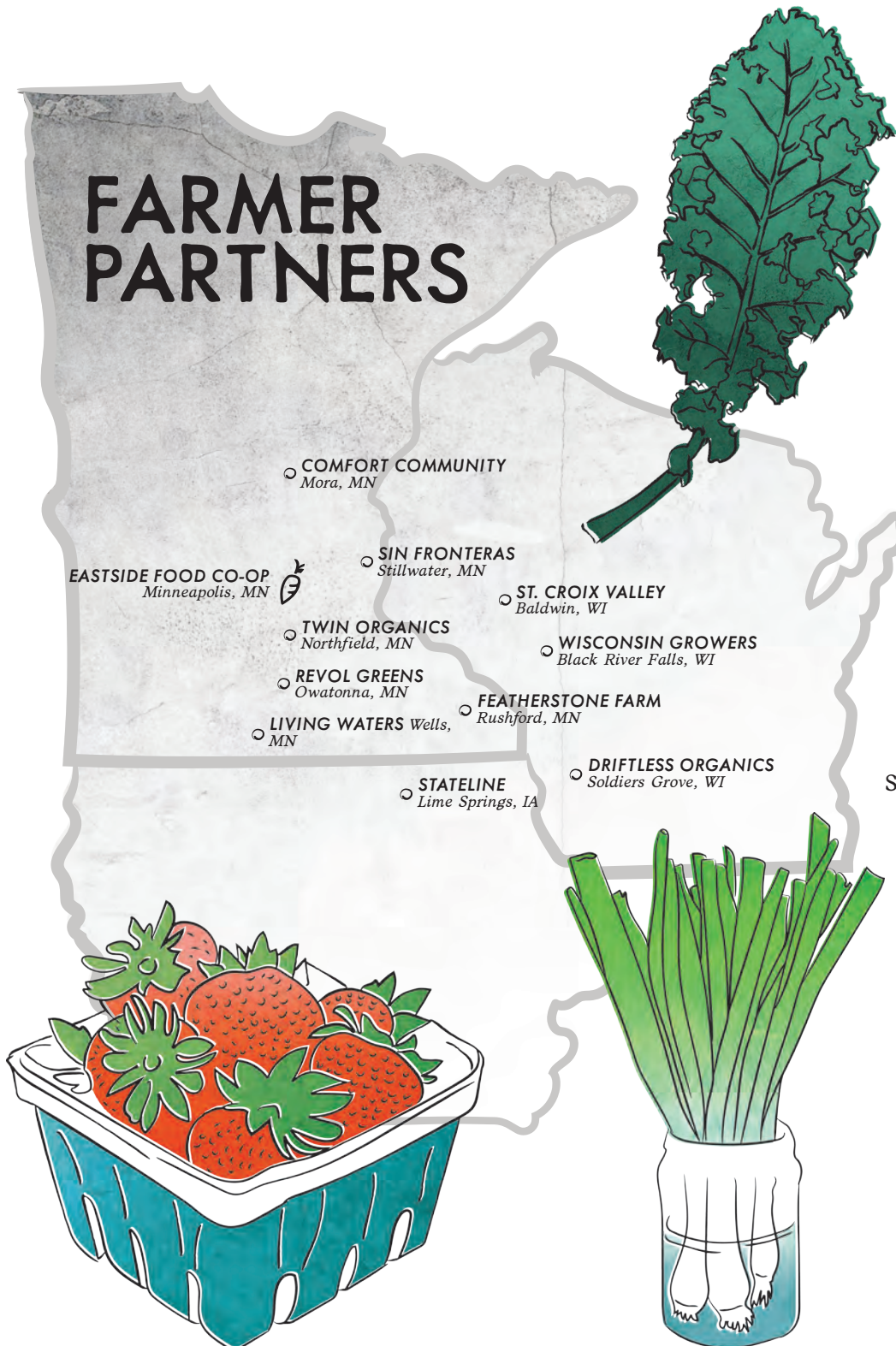


# community in COLORADO!



# what's in a season?

As the ground thaws, we return to filling our shopping carts and gardens with local produce. Sourcing midwest-grown veggies, fruits & herbs is a great way to make the most of what's growing nearby while reducing our environmental impact.



## APRIL

Ramps  
Garlic Scapes  
Cilantro  
Parsley  
Kale  
Chard  
Tomatoes  
Green Onions



## MAY

Asparagus  
Radishes  
Spinach  
Bok Choy  
Fresh Herbs  
Sage, Mint, Oregano,  
Rosemary, Thyme,  
Chives



## JUNE

Broccoli  
Cabbage  
Green Beans  
Lettuce  
Kohlrabi  
Strawberries  
Hot Peppers





# LIGHT ON THE LAND

Meet **Tashi Gleason**, Eastside's very own Deli Manager! Born and raised in Minnesota, Tashi's connection to local food goes back to her roots. Her mom owned Three Sister's Bakery (named for Tashi and her siblings) inside a small grocery store in Alexandria, MN. Her father is equally passionate about cooking and eating tasty things, and her parents spend their summers baking for their local farmers market.

Tashi enjoys and appreciates the power of sharing a meal as a way to connect with loved ones and community, be it in the form of intimate family dinners, potlucks with friends, or catering for memorable events and occasions. She has been at the helm of Eastside's deli since 2018, and has spent the last decade bringing her creativity to the deli & catering kitchens of co-ops across Minneapolis. She also has worked in London, catering for a movie crew – yes, we're jealous! Aside from cooking, she has a deep love of travel, music, movies, and good local beer.

This season, we're embracing ways to go light on the land, while still enjoying the rich flavors of life. These recipes focus predominantly on plant-based ingredients, which is a great way to reduce environmental impacts. Sourcing produce and chicken locally is another way to lighten the carbon footprint of these dishes. The pantry items can be found package-free in our bulk department. These recipes are relatively simple to prepare, but require some prep work in chopping and cooking various ingredients. We believe that when we are involved in the process of preparing the foods we eat, we can gain appreciation and gratitude for all of nature's gifts.



## INGREDIENTS

½ cup sorghum or whatever grain you like best!

1 large beet, about ¾ lb

1 medium carrots, about ½ lb

1 medium turnip, about ½ lb

1 medium sweet potato, about 1 lb

2 Tbsp olive oil

1 tsp salt

½ tsp black pepper

¼ cup pumpkin seeds, toasted

¼ cup chimichurri sauce recipe on opposite page

arugula optional



## DIRECTIONS

Cook beet whole in an oven-safe dish filled halfway with water and covered with a lid or foil. Cook at 425° for 1 hour, or until fork tender. Allow to cool until easy to handle. Skin should be easy to remove by rubbing the beet with a paper towel. Run beet under cool water to remove any small pieces of skin remaining. Dice into small pieces and set aside.

While the beets are in the oven, cook the sorghum in 2 cups of water, bringing to a boil then reducing heat to a simmer and cover. Cook for approximately 45 minutes or until tender. Drain any excess liquid.

Peel carrot, turnip and sweet potato and dice into small pieces. Toss in olive oil, salt and pepper and roast at 425° for 25-30 minutes, or until fork tender. Toast raw pumpkin seeds for 4 minutes.

Toss cooked grain, roasted vegetables, pumpkin seeds with chimichurri sauce. Eat as is, or place on a bed of arugula.

Store in the refrigerator for up to 5 days.

# ROASTED ROOT VEGETABLE SALAD

MAKES 6  
SERVINGS

# CHIMICHURRI SAUCE

MAKES 1.5 CUPS



This can be used as a salad or roasted veggie dressing, meat marinade or a dipping sauce for anything and everything – trust us, you'll have to resist drinking it straight out of the container! Store in the refrigerator for up to 1 week.

## INGREDIENTS

- 1 bunch parsley
- 1 bunch cilantro
- 1 Tbsp fresh or 1 tsp dried oregano
- 1 medium shallot, about 2 Tbsp
- 3 cloves garlic, about 2 Tbsp
- 2 Tbsp lemon juice
- 3 Tbsp red wine vinegar
- ½ cup olive oil
- ½ tsp salt
- ½ Tbsp red chili flakes optional

## DIRECTIONS

Finely mince herbs, shallot and garlic. Add lemon juice, red wine vinegar, salt, and chili flakes. Next, add oil and stir until smooth. Allow to rest for 5-10 minutes. Stir before using or serving.



# ONE-POT CHICKEN AND RICE SOUP

MAKES 8 SERVINGS



## INGREDIENTS

- 1 large yellow onion, diced
- 3 large celery ribs, chopped
- 3 medium carrots, peeled & chopped
- 1 whole chicken, 3½-4 lb
- 1 cup brown rice
- 1 Tbsp salt
- 3 quart water
- ½ Tbsp black pepper
- ¼ cup minced parsley

## DIRECTIONS

Combine onion, celery, carrots, chicken, rice and salt in a large pot. Add water and bring to a boil, then reduce heat, cover and simmer for 1 hour. After simmering for 1 hour, carefully remove the chicken. When the chicken is cool enough to handle, remove meat and chop into bite size pieces, discarding bones and skin. Return the meat to soup and add parsley and salt & pepper to taste. Store in the refrigerator for up to 5 days or freeze leftovers.





Our friends at Klean Kanteen have outdone themselves again! They've brought another industry first to market with their new 90% post-consumer recycled 18/8 steel. This transition to a more sustainable material begins with their flagship TKWide products, with a shift in the majority of their product line by late 2023.

These bottles are made for life with chip-resistant Klean Coat finish and come in an array of compatible lids. Their award-winning Climate Lock™ double-wall vacuum insulation keeps cold stuff cold and hot things hot, so this is the perfect companion for all your seasonal adventures.

As if eliminating single-use plastic and paper containers wasn't awesome enough, you can do all this while supporting Eastside, too! We've collaborated with Klean Kanteen to create our own co-branded **Insulated TKWide 20oz bottle**. Ours is decked out in Eastside-inspired sticker artwork, paying homage to our Northeast community, co-ops and the pastime of decking out reusable vessels in your favorite stickers. Ours comes in two lid options: **TKWide Café Cap** and **TKWide Loop Cap**. Pick one up for yourself while supplies last.

klean   
kanteen™

# IN THE BAG!

## REVOL GREENS

Quickly becoming a local staple for salad mixes, Revol Greens is a MN-based greenhouse growing organic lettuces all year long. They use rainwater for all their irrigation needs, saving millions of gallons annually compared to land farming. They use no pesticides or harsh chemicals, and deliver within 24 hours of harvest, ensuring quality and freshness.

## BLUEBERRY YOGURT COVERED PRETZELS

New to our bulk department and made with pure vanilla and no high-fructose corn syrup, these are a fun and fruity twist on yogurt-covered pretzels.

## SALAD GIRL DRESSING

Born out of a love for the art of crafting the perfect salad, these locally-made dressings add an artisanal touch to any bowl of greens. Committed to feeding healthy, organic foods to the Midwest community at large for the past 15 years, Salad Girl is here to dress up any dish – use in salads, as a veggie dip or to marinate your favorite proteins.

## MILTON CREAMERY MORNING HARVEST

This Iowa-based dairy farm is notable for their deliciously sharp Prairie Breeze White Cheddar, and now they've teamed up with family-owned dairy farms in Kentucky to bring us Morning Harvest. A unique treat, this subtly sweet cheese has a firm yet sliceable texture.

## SUSTAIN YOURSELF

Started locally by identical twin sisters, Sustain Yourself is committed to creating opportunities for zero-waste lifestyle choices. With a background in Global Studies, they consider the environmental impact of their practices in everything they do, from reusable packaging to hand-cut biodegradable labels to all-natural ingredients. They recently expanded from their mom's basement to a studio in Northeast, bringing their products even closer to the Eastside community.

## TREEFORT SODA

This locally-made soda company started as a high school project to emulate classic soda flavors with natural ingredients. Chock-full of natural herbs, spices and fragrant roots, these sodas are delightful for sipping or mixing!





## BEE GRATEFUL FARM

Bee Grateful Farm in Steamboat Springs, CO is passionate about soil health, biodiversity and pollinators. These delectable caramels are made with lavender and honey from their bees.

## BOTANICAL LUCIDITY

With the mission of supporting healing through botanical plant elixirs, these aren't your average drink mixes. Based in Minneapolis, Botanical Lucidity uses organic adaptogenic plants & fungi to provide nourishment and healing while creating sacred self-care moments.

## LATUNJI'S PALATE

Latunji Abram's mission of fostering positive change comes to life through her gourmet cobblers. Providing mentorship, skill-building and employment opportunities in the Minneapolis community, these sweet pies in a jar are built with purpose and fortified with love!

## ISADORE NUT CO. NUTS

These seasoned nuts are a tasty, gluten-free snack or a great salad topping. Named for founder Tasya Kelen's grandfather Isadore, this brand puts the idea of food as medicine at the forefront of their mission while supporting sustainable supply chains and equal opportunity employment.

## BRODERS ALFREDO SAUCE

Broders has been a family-owned Italian staple in Southwest Minneapolis for decades. Bring home their signature alfredo sauce for an indulgent pasta dinner. Add in sauteed mushrooms, asparagus or broccoli for some springy veggie power!

THE SEASON'S BEST  
TREATS, SWEETS & EATS  
TO TOSS IN YOUR TOTE



# BREAKING DOWN THE 3 R'S

BY KAITLIN STEINBERG FROM  
HENNEPIN COUNTY ENVIRONMENT AND ENERGY

Over 1 million tons of solid waste, which includes recycling, organics, and trash, are generated in Hennepin County every year. 1.24 million tons in 2020, to be exact. Of the total tons generated in 2020, 42% was managed as recycling and organics. The remaining 58% was managed as trash at a waste-to-energy facility or landfill. That's a lot of waste.

When thinking about ways to help make less waste, the phrase “reduce, reuse, recycle” is often the first thing that comes to mind. What many do not realize is that this not just a catchy phrase, but rather the preferred order of operations. First, reduce the amount of waste you create. Then reuse what you already have. And finally, recycle, or otherwise dispose of, the rest.

**Preventing waste from happening in the first place is the first and most impactful step one can take when it comes to managing waste. But what does it really mean to reduce, reuse, and recycle?**



## REDUCE

When someone decides not to buy something or a company opts not to make a product, they are practicing waste reduction. To reduce means to take any measure that reduces the amount of waste that will require some sort of management, whether that be through recycling, composting, incineration, or landfill. If you don't buy it, you don't have to worry about how to reuse it or dispose of it later. The best way to practice waste reduction is to look at how you shop. Or rather, catching yourself before you shop. Ahead of your next purchase, try asking yourself the following questions:

- 1 *Is this an item I truly need and do not already have?*
- 2 *If yes, could I borrow or rent this item?*
- 3 *If no, could I get this item secondhand?*

You may be surprised at how often taking a pause to think through these questions will help prevent an impulse purchase or reveal an option you didn't previously see. Obviously, a certain degree of consumption is inevitable, but looking at our shopping habits is a great way to start practicing a waste reduction mindset. When we must buy something, we can reduce the environmental impact by purchasing durable products, looking for products with recycled content, choosing to reuse instead of buying new, and selecting products with minimal packaging.





# REUSE

Reuse means finding ways to put existing items back to their intended use and using things over and over again. Replacing disposable items with durable items, like reusable water bottles, is a common and easy way to get into reuse, along with repairing broken items and mending clothes. Another great way to practice reuse is to participate in the secondhand industry by buying, selling, giving away and donating clothing and other goods.

Keep in mind that reusable items don't need to be new and fancy, like getting a trendy reusable lunchbox or the latest stainless steel travel mug. In fact, practicing reuse often means becoming okay with ugly. A mismatched collection of jars in the pantry, a 5-year-old water bottle covered in stickers, a bunch of Cool Whip containers for storing leftovers – whatever it may be, remember that the best reusable item is the one you already have.

# RECYCLE

Recycling refers to systems that collect, separate, process and market materials from the waste stream so they can be manufactured into new products. By choosing to recycle, we reduce our consumption of fossil fuels, create jobs in Minnesota, conserve natural resources, and protect our environment. Recycling contributes an estimated \$8.5 billion dollars to Minnesota's economy each year.

The best way to support recycling is to make sure you are only recycling what you should be and leaving the rest out. Today you can throw recyclables together in your

cart, and a recycling facility does the sorting for you. While this system is convenient, it is not perfect. People often throw things in the recycling that they simply hope or wish will be recycled - this is called wish-cycling, and it is very common.

Putting non-recyclable materials in the recycling can slow the sorting process, damage equipment, and lower the value of other recyclables if they aren't caught and removed. Take the time to review what is recyclable where you live, and remember the phrase "when in doubt, leave it out".



Recycling has many benefits and is an accessible action people can take to help protect to the environment. It is also still a form of managing waste, not making less waste. Prevent waste from happening in the first place by focusing on the first two actions of that catchy phrase; "reduce, reuse, recycle".

# 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

## We Know Homes!



# SIWEK

LUMBER & MILLWORK

NE Minneapolis • Since 1933

## TWO FREE KEYS MADE

Offer redeemable by showing receipt of purchase from the Eastside Food Coop\*  
\*car keys are not included in offer



612-783-3333 

siweklumber.com 

2536 Marshall St NE




## CONSTELLATION

ACUPUNCTURE & HEALING ARTS

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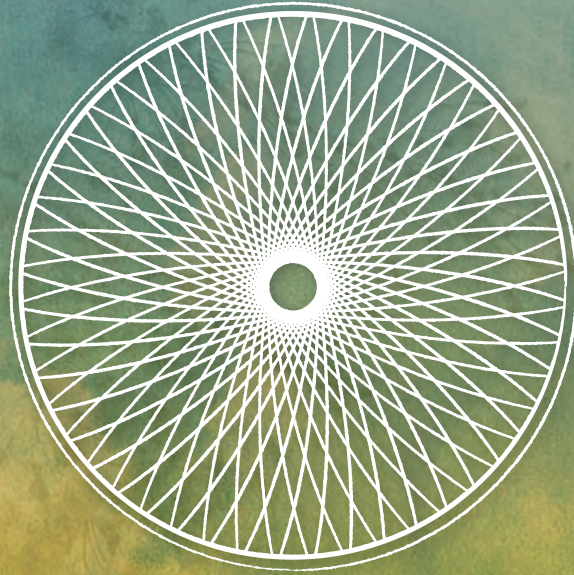
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