



the carrot

SUMMER 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

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.

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.



A Summer Update from the Board



Dear members and future members,

I'm so excited to be communicating with you all during my favorite time of year, Summer! If you're like me you've been waiting all year for the plans that you've made for the brightest season to get outdoors and connect with people. Whether that means grabbing your canoe and heading to the Boundary Waters, driving to a lake cabin, having a picnic in a nearby park, or even staying at home to host a BBQ with friends and family, it feels great to connect with people outside after a long Winter (not to mention a lengthy and not-so-nice Spring) of being cooped up.

I feel grateful to live in a state that has vibrant communities and rich natural resources. I appreciate being part of a co-op that is both connected to the community and demonstrates environmental values. Eastside offers compostable packaging, supports local agriculture, and ensures that it is maximizing its energy efficiency, just to mention a few. Speaking of energy efficiency and sun, we (the Board) have heard loud and clear that you all care about renewable energy. The Board has voted to go forward with a solar project to replace the aging array on top of the building. We're still in the early learning phase so we aren't quite sure yet what it will look like. We are currently exploring our options. I can't think of a better way to celebrate the Summer sun than to capture its energy to run our co-op!

Relatedly, and in the spirit of coming together; someone asked me recently what I thought was the best thing about the co-op. Easy. It's all of you! I'm a passionate believer of the cooperative model and coming together for a common goal (it's the main thing that inspired me to run for the Board). At Eastside our business goals are defined by our triple bottom line (people, planet, and profit). Our long-term profitability ensures sustainability into the future so that we can continue to support people and the planet simultaneously.

Lastly I wanted to remind you that we Board members are voted in by you, the owners. We are always seeking feedback so consider this an open invitation to attend our Board meetings or drop us a line via email. We always love to hear from members and non-member customers alike!

Kind Regards,

Sadie Paschke
Eastside Board of Directors

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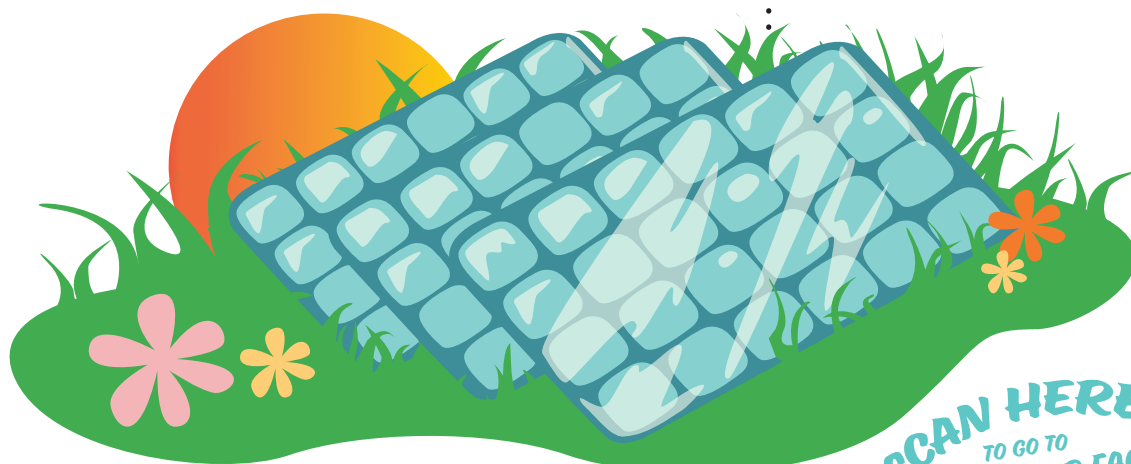
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Learn More!

EASTSIDE BOARD SOLAR PROJECT

<https://www.eastsidefood.coop/eastside-solar-project>

SCAN HERE
TO GO TO
OUR SOLAR FAQ



what's in season

"GO OUTSIDE IMMEDIATELY
WITHOUT HESITATION OR REMORSE"

LOCAL BOUNTY

It's the best time of year, in case you didn't know. Yes, the weather is great and the long weekends are splendid but we're talking about what we like to call LOCAL BOUNTY SEASON. There's a plethora of Minnesota and Wisconsin's best produce arriving weekly now; each Summer month beholds it's own splendor!

LOOK OUT FOR...

JULY

nectarines
berries
plums

apricots
cherries

AUGUST

colorado peaches
pickling dill
pickling cucumbers
berries
tomatoes

SEPTEMBER

apples
undipped mangos
carrots

squash
beets

a?
?



COLORADO

Peaches

INSPIRED BY COMMUNITY

If you've visited Eastside recently and happened to cruise by the North side of the store, then perhaps you've witnessed our incredible new community-focused mural. This project was a group effort with support from NEMAA, the Northeast Minneapolis Chamber, and Public Functionary. We are so thankful for each of these organizations' involvement, the spirit and talent from all the artists involved and for all the generous community feedback we received at the start of this project.

Painting began in earnest the week of Art-A-Whirl and wrapped in early June. Working collaboratively from the start, nine artists came together from Creatives After Curfew and Four Story Collective to create one of Northeast's largest murals. We loved the energy and excitement that they brought to our block while

painting was underway. We're equally pleased with the beautiful work they have left us with for all to enjoy.

Next time you visit Eastside we urge you to take a moment to experience our new mural for yourself.



**Extra special thanks to: Hibaaq Ibrahim, Witt Siasoco, Taylan De Johnette, Martzia Tometz, Silent Fox, Leslie Barlow, Reggie Leflore, Tricia Heuring, Maiya Lea Hartman, Alexander Smith, Jordan Malcom Hamilton, Christine Levens, and Anna Becker.*



1 IN THE LIME LIGHT



MN TOOL LIBRARY

The Minnesota Tool Library (MTL), located in the Thorp Building in Northeast Minneapolis, can claim themselves as one of the largest tool libraries in the world. The nonprofit organization was founded seven years ago by Thomas Ebert and Zach Wefel, who together identified the Northeast community's need for accessible tool and skill sharing. MTL's extensive library features over 7,000 tools for rent, including power tools and equipment for home improvement and gardening. MTL's model is cooperative, and volunteer driven, and their mission is "to cultivate a more resilient and equitable community and reduce waste by empowering residents with access to tools, training, and workspaces". MTL's executive director, Kate Hersey, grew up learning and growing in her father's world of painting and carpentry which instilled in her a strong passion for trade skills.

MTL uses a system of membership- members pay a flat rate yearly and can have access to all that MTL offers throughout the year. Most memberships are shared within households, and last year MTL had around 1,100 household memberships. The Minnesota Tool Library feels very passionately about providing access to tools for anyone, not just experienced tradespeople. Hersey says, "we are an access point no matter where you are". MTL members come from all walks of life and identities; and share one thing in common- the desire for sharing and cooperation.



MTL is currently undergoing an expansion of their Northeast branch, increasing the maker's space from a "2 car garage" to a "3 car garage". This means more space for making, more space for lending, and up next is the creation of a discrete tool repair zone, "Repair Lair", (waste is reduced in all avenues at MTL). MTL strongly believes that their model increases community resiliency, equity, and environmental sustainability through eliminating the need for individuals to purchase many expensive, specialty tools that often are used only for short periods of time and then discarded (fun fact: most drills are only used for 14 minutes over the course of their ownership!). MTL's model allows people to take ownership over their lives, whether they are repairing

something in their home that causes issues or are learning to build a cutting board with their own two hands.

The Minnesota Tool Library can be found online at mntoolibrary.org, and in person at 1620 NE Central Avenue #126, Minneapolis, MN 55413. If you want to support, memberships can be purchased online or in person, and monetary and tool donations are also accepted.

SAVE THE DATE



EAT LOCAL
**CO-OP
FARM
TOUR**

SATURDAY, JULY 16 FROM 10 AM - 4 PM

-  MEET YOUR LOCAL FARMERS!
-  FREE EVENT!
-  FUN FOR THE WHOLE FAMILY!
-  CHOOSE YOUR ADVENTURE!
-  GUIDEBOOKS AVAILABLE AT LOCAL CO-OPS!
-  VISIT MULTIPLE FARMS AND MAKE A DAY OF IT!



Explore local sustainable and organic farms as they open their doors for a day full of fun, learning, and discovery brought to you by your local food co-ops. This year 21 urban and rural farms are offering exciting activities such as farm goods for sale, farming demonstrations, u-pick berries, and more. It's a free, self-guided event, so no need to sign up!

For more information visit coopfarm-tour.com or find guidebooks available at your local food co-op. Please check the farm tour website regularly for updates about this event.



Upcoming Events at Eastside



Ask a Dietician with Ranelle Kirchner

July 12th and August 16th

3:30pm-4:30pm

Free

No registration required

Come chat with Chef and Licensed Registered Dietitian **Ranelle Kirchner**, who will be in-store at 3:30 pm on July 12th and August 16th to answer your most pressing nutrition questions. Stop by her table to say hi and learn how to fuel up with local foods that fit your body and lifestyle!



Late Summer **Wellness** with Chinese Medicine

August 20th

10:00-11:00am

\$10/Owner registration

\$15/Non-owner registration

Join us in Eastside Co-op's Community Room on Saturday, August 20th at 10am to learn how to care for yourself during these late summer months according to Chinese medical principles. This class is taught by **Tatum Fjerstad**, a licensed acupuncturist with Constellation Acupuncture & Healing Arts, located not too far from the co-op.

In the Chinese medicine Five Element system, each element corresponds with a different season, taste, emotion, energy meridian and more. During this warm, humid time of year, we are in the element of Earth, which correlates to much of the digestive system. This 60-min workshop will focus on supporting our health and digestion using the Earth 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.

*Please Note: Masks are required/highly encouraged for this event.

STORM WATER

MINNEAPOLIS was once the home of prairies and woodlands that absorbed rain with deep roots from native plants and trees, filtering the excess and returning a small portion of the water to the nearby lakes and rivers to feed back into the water cycle.

Fast forward to 2022. Did you know that the Minneapolis' watershed is entirely artificial, an engineered system of pipes that quickly and efficiently drain our streets during rain or snow-melt events? This unfiltered water is funneled directly to the Mississippi River.

That stormwater carries a lot of stuff with it into the River. Trash and plastics have been getting a lot of attention lately, but other things that are considered "natural" also pose a threat to our water. Although they make great compost for our gardens, leaves decompose into nutrients that cause our lakes and rivers to turn green and slimy and can lead to greater fish mortality and dead zones.

Sediments like the sand put on our roads over the winter can accumulate toxins which are then released when the sediment reaches the river. Sediment also adds additional stress on fish and aquatic life that are already at risk because of climate change.

Not only do contaminants in our storm water hurt the River, but the amount of water entering our River at a given time matters too. Too much water pouring into the River through artificial storm drains causes erosion along the riverbank, further deteriorating water quality and leading to an increase in flooding. With climate change, scientists predict that the Upper Mid-West will experience more intense rain events with periods of drought in between. That's a pretty big burden to put on our mighty Mississippi.

Our own health is intertwined with the plants and animals that are dependent upon the Mississippi because, as Minneapolis' residents, our drinking water is sourced from the River. Since Minnesota is the birthplace of the Mississippi, we have a responsibility to be a good caretaker of our mighty River so that river communities downstream, like St. Louis where I spent my childhood, can enjoy clean, healthy water too.

One of the many reasons I'm proud to be an Eastside owner is that it lives out its mission: "caring about the health of people and our planet." With the expansion project that finished in 2016, Eastside invested in an underground infiltration system that captures 100% of the stormwater from the new build right here on our land. Water from the roof and grounds enter drains and a catch basin in our parking lot where the sediment settles out. That treated stormwater enters our rain garden where the long roots of native plants filter and absorb the water leaving it clean again.

According to Paul Chellsen of the City of Minneapolis Public Works Department, Eastside "effectively manages their stormwater providing a significant reduction in the volume of water: 750,000 gallons of water and along with all the suspended pollutants [from its] 40,000 square footprint." As an owner, you can be proud that your investment is making such a big impact on the health of our River.

Michelle Spangler
Minnesota Water Steward

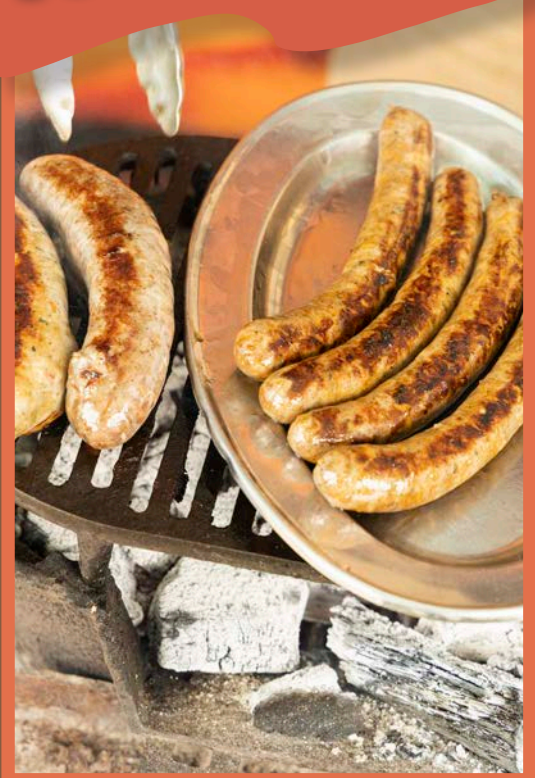
.....
Secretary & Treasurer; Policy Governance Chair
Board Assistant
Eastside Board of Directors

WHAT ELSE CAN YOU DO TO PROTECT THE MISSISSIPPI RIVER?

1. Adopt a storm drain
2. Plant native plants and trees
3. Install a rain garden
4. Pick up pet waste promptly
5. Keep shopping at the co-op!



offerings to the Grill Gods



Karl

We'd like to introduce you to Eastside's Meat & Seafood Manager, **Karl Gerstenberger**. Karl comes to us with a multitude of food experience via a winding and inspiring past in co-ops and the California slow-food movement. The grandson of an early cooperative movement grocer, his appreciation and commitment to food done right (and done well!) is a guiding principle in his professional life.

With much of his working life spent in kitchens both near and far, he's honed a passion for learning that influences his whole approach to life. If you've ever caught him behind his service case, you know that he loves to bend an ear, too. He and his entire team exude a friendly generosity of advice and inspiration to any customer willing to engage.

For this season's Carrot, we asked Karl to fire up one of his personal grills and cook up some of his favorite offerings from his department. We had a blast grilling with him while he discussed what being a "whole animal shop" entails. Needless to say, we have a newly enhanced appreciation for whole animal butchery and the excitement of cooking with fire.

Mixed Grill



The Art of Fire

You'll notice we used lump charcoal for this article's fuel source of choice (as opposed to briquettes). There's no right or wrong when you're grilling outdoors but whatever your heat source it's important to keep the old adage "the higher the heat, the closer you stay" top of mind. Cooking with high heat increases your ability to add texture (re: crust) but puts timing firmly in the driver's seat. Keep in mind that doneness is subjective and is comprised of both personal preference and food safety.

As Karl puts it, "A mixed grill is perhaps the best way to appreciate the value of the whole animal, the art of cooking, and the craft of meat cutting. We couldn't agree more with this trifecta philosophy. Every cut has it's distinctive culinary attributes depending on the function of the muscle so how you cook it is not a one-size-fits-all approach. Our mixed grill was comprised of three lamb cuts focused on different muscle



- **Locomotion** (Leg & Shoulder)
 - Muscles that work in mechanical opposition of one another. How we cut these is defined by grain and direction, yielding very flavorful cuts.
- **Holding** (Rib Loin & Short Loin)
 - These are large muscle groups with very little connective tissue. These are the tenderest of cuts.
- **Support** (Belly and "Hanging" meats)
 - Care is the operative word here. With careful cutting, considered recipe selection and attention to cooking (techniques) you're on your way. The results? Amazing.





Eastside Made

Don't Forget! Eastside's handmade sausages are raw and need to be cooked with a little more attention than a fully cooked or smoked sausage. Finished cooking temp for lamb, pork and goat is 140°. For poultry varieties finished temp is 165°.

What does it mean to be “house made” in 2022? In the case of our in-house sausage making, it means that our Meat & Seafood department's talented staff is all-in on the entire process from sourcing, recipe development, and execution. The practiced hands at Eastside especially responsible for our delightful sausage selection are Dom and Damen. If you happen to catch either at our service case sometime ask them to recommend one of their creations based on your protein preferences. In the meantime, here's the big 3 from our lineup.



- **Banh Mi**
 - Sambal, Sriracha, Cilantro and Green Onion married with delicious heritage pork for a truly unique flavor profile.
- **Merguez**
 - Just enough heat to carry a whole dish in a pleasantly “lamby” direction (yes, you just read “lamby”). Works great with a mixed grill and is exceptional with rice or potatoes.
- **Fair State Lager Brat**
 - With a hint of subtle malt character from Fair State's Vienna Lager, these are a versatile sausage that works well with a multitude of your fave condiments and toppings.

IN THE BAG!

1. PAQUI CHIPS

An Eastside staff favorite, meet your new favorite chips! Paqui chips come in a range of flavors and spice levels catered to everyone's taste buds. Careful, you aren't going to want to stop snacking on these.

2. BEE'S WRAP

Another sustainable swap for plastic food storage, Bee's Wrap offers cloths coated in both beeswax, and vegan plant-based wax. Warm the cloth with your hands to seal around food and lock in freshness without single use plastic.

3. HOP WATER

Hailing from very close to home (right down the street from Eastside), Fair State Brewing recently launched this alcohol-free refreshing beverage. With 3 hop varieties to choose from (Mosaic, Centennial, Galaxy), this is a great option for an afternoon in or a night out.

4. EASTSIDE FOOD CO-OP ORGANIC CHA CHA CHIA CHUNKS

Eastside's very own creation- these energy bites will keep you going all the way through that grueling hike to see the summit, or, closer to home, can keep the kiddos full at summer camp. Find these in Eastside's bulk department.

5. BOBO'S OAT BARS

Started by a mother-daughter baking bond, these bars are unlike your traditional granola bar (in the best way). Chewy, oaty, and filling with an array of flavor options, these bars are great for breakfast on the go, or for snacking any time of day.

6. STASHER

Made from food grade silicone, these reusable bags are a great environmentally friendly alternative to plastic bags for packing lunches or snacks for a summer day on the go! These bags are also microwave, stove top, freezer, dishwasher, and oven safe, and can serve many purposes both in and out of the kitchen.

13. EASTSIDE FOOD CO-OP'S PREMADE SALADS

From the minds of Eastside's deli staff come these easy to grab and go salads. Pictured here are the Feta Quinoa and Garlic Lover's Pasta Salad, but the choices in the deli case almost feel infinite! These salads are great grab & go options for picnics, beach trips, and anything in between.

12. SEEDLESS MINI WATERMELONS

We know it, we love it, a juicy and sweet summer staple perfect for stashing along on road trip adventures, picnics, or enjoying even just in your very own backyard!

11. BABA'S HUMMUS

Local to Minnesota, Baba's is made by two siblings sharing their Palestinian-American roots through family recipes. Pictured here is the sriracha flavor, but there is an array of flavors to choose from. Delicious as a dip or on sandwiches.

10. EPIC JERKY & PRIMAL SPIRIT VEGAN JERKY

Options for both meat eaters and non-meat eaters alike - we think jerky is a Summer essential for a protein packed snack.

9. PRANAROM FOREST AND FIELD DEFENSE SPRAY

Harnessing the power of essential oils, Pranarom created this spray to defend against bugs found in forests and fields. The specific blend pictured is not to be used by children 12 and under, however Pranarom also offers a child safe bug defense spray.

8. NANTUCKET SPIDER BUG REPELLENT

This bug repellent is 99% effective in repelling mosquitos, without the use of DEET. The pictured variety is specially created for safe use on children and does not include citronella. Nantucket Spider offers bug repellent formulas with and without citronella to suit many needs. Spray on body, clothes, hair, and gear before entering areas where bugs are biting.

7. CAPRESE SALAD

Grab all you need for this staple summer dish from Eastside's produce and cheese departments. Fresh tomatoes, basil, and Crave Brothers fresh mozzarella come together as a perfect pairing. Try adding olive oil or balsamic vinegar for additional flavor. Mozzarella can be swapped with vegan cheese for a plant-based alternative.



community in COLLORI!



Artist Spotlight of **MAGDALENA MORA**

Our Summer Carrot artist spotlight is on Minneapolis-based artist **Magdalena Mora**. Magdalena, in her own words says, “I was always drawing as a kid. Always.” As early as 5 years old, she wanted to write and illustrate books. After spending some time in the non-profit sector, she made the leap to full time artist and hasn’t looked back since. Her work now adorns not only children’s books but also includes work with NPR, Pollen Midwest, Make Minnesota, and now Eastside!

Following a childhood filled with travel and new scenery (she lived in Mexico, California, Texas and Chicago) she finally landed in Minnesota to attend school at Macalester. She still spends significant time back in Chicago, but happily calls South Minneapolis her home. This summer she’ll be traveling a bunch, focusing on wrapping up another book project and hopefully spending a little more time and energy on “me time”.

Be on the lookout for a Summer-inspired window display created by Magdalena coming soon to Eastside.



Check out her work at:

 [magdalena.i.mora](https://www.instagram.com/magdalena.i.mora)
magdalenamora.com

Summer Plans:

“ Hopefully I’m focusing on working a little less...I want to be outdoors with friends. And sun! ”

-Magdalena



SUMMERTIME FUNTIME:

CAMPS AND EVENTS:

Cast Metal & Make Jewelry

July 7

1-4pm

Age: at least 11 but less than 18
Northeast Park

Lupient Waterpark Swim Lessons

Age: All

Northeast Park

Nature Nuts: Nature Play Group

June 15-July 20, July 27-August 24

9:30-10:30am

Age: At least 1.5 but less than 6
Northeast Park

Nite Owlz (Teen Programming)

June 3-August 19, September 9-December 30
7-10pm

Age: At least 12 but less than 19
Northeast Park

Pickleball (ActivePass Program)

Multiple sessions all Summer and Fall

Age: Any

Northeast Park

Princess and Knight Camp

July 11-July 14

Age: at least 3 but less than 6
Northeast Park

Teen Open Gym (ActivePass Program)

June 23-August 18

Age: At least 13 but less than 19
Northeast Park

Youth Soccer/Tball/Volleyball

Multiple sessions

Multiple age ranges

Northeast Park

Free Sport Camps through the Sanneh Foundation

Variety of sports

Variety of locations

Family Storytime

July 5, 12, 19, 28, August 2, 9

10:30-11am

Northeast Library

MOVIES IN THE PARK:

Field of Dreams

July 11 @ 8pm, Northeast Park,

Ice Cream Social and Outdoor Movie: Sing 2

July 12, 7pm-11:15pm, Waite Park

Clifford the Big Red Dog

July 18 @ 8pm, Bottineau Park

The Addams Family 2

July 22 @ 8pm, Folwell Park

Soul

July 23 @ 8pm, Windom Park

Space Jam: A New Legacy

August 1 @ 8pm, Bohanon Park

Spider Man: No Way Home

August 2 @ 8pm, Beltrami Park

Isle of Dogs

August 11 @ 8pm, North Mississippi Regional Park

Ghostbusters: Afterlife

August 18 @ 8:30pm, Logan Park

PLACES TO GO:

Jim Lupient Waterpark
Waite Park Wading Pool

Fletcher's Ice Cream
MN Nice Cream



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