



the carrot

WINTER 2022



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Minneapolis, MN 55418
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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.

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Hello Eastside Shoppers and Owners,

I've found myself recently reflecting on the previous year. During this year of challenge and grief I often found solace on my bicycle as I prepared to take on a personal challenge. I registered for the Day Across Minnesota bike race in January of 2021. In this event held on August 14th, riders raced across MN, riding 240 miles of MN gravel roads in a single day. Gravel bicycle riding is a passion of mine that is often a solo journey. I spent hours spinning my pedals alone on August 14th through Western MN farmland as the Perseid meteor shower provided entertainment overhead. However, this bicycle race was not a solo journey. My dear friend Andrew was driving my car to meet me at our three pre-arranged support points. Plus, I had the 100s of hours of support my wife, Sara, provided me as she watched our two children while I went on weekly training rides throughout the spring and summer.

And it's on this idea of support and community that I have dwelled. I certainly wouldn't have been able to complete the Day Across Minnesota without the support of my wife, Andrew, and a whole host of others' encouragement (or without the brat on a grilled cheese sandwich bun Andrew had ready for me at mile 200!) Likewise, I like to think Northeast Minneapolis wouldn't be Northeast without its community-owned grocery store, Eastside Food Co-op. I feel so honored to have the privilege of leading this organization that is here for good.

If you are reading this note you are likely one of the more than 10,000 members of our community that has decided that owning a piece of their food supply chain is a way to make a positive difference. I'm so proud to tell you that because you shop at Eastside, we have over 100 employees, all of whom live within 20 miles of the co-op. Because you shop at Eastside, we are able to provide employees with a minimum starting wage of \$15.25 and offer full-time employees affordable health insurance options. Because you shop at Eastside we have hundreds of local farmers and producers who receive a fair price for their products and a trusted partner who helps tell their story and give them access to people like you and me. You are making a difference in my life and countless others'. I can't thank you enough for caring about your community and the local farmers and producers that your purchases support. Here's to wishing you a healthy and rewarding 2022. I can't wait to see you in the store soon!

John Lacaria
General Manager

A Winter Update from the Board



Happy New Year!

As we enter 2022 with three newly-elected board members, Joleen Baker, Smita Dolan and Sadie Paschke, our thoughts naturally shift toward the idea of turning over a new leaf. These owners who decided to take their co-op involvement to the next level bring new perspectives, passion and talents to our board mix. Eastside continually benefits from this turning-over of board members and this renewal is one way to stay in tune with our growing owner base.

One of the board's responsibilities is to determine the strategic direction and priorities for the co-op in the next 5 to 10 years. To that end, the board has spent the past year exploring several areas of investment, including solar installations. In October, we conducted a dot survey about this project and others at our annual owner

gathering. The results confirm that many owners are supportive of having a solar installation at the co-op. We want to maximize the return we can achieve from our location on Central Avenue and continue to provide leadership in sustainability initiatives both in our store and in the community.

As we consider our work for the year ahead, we will hold board retreats, community engagement sessions and provide more announcements on the planning process as we move forward on this sustainability initiative. This is truly a new green leaf we will be turning over and we look forward to sharing more with owners as we progress.

Additionally, the board is currently working on re-evaluating our committee structure and charters to ensure we are focusing on the right tasks. Because most of the work of the board is done in committees, it's vital we adjust to meet the changing needs of the board. We would like to have more owner representation on our committees, so be on the lookout for invitations to join the board committees in the future.

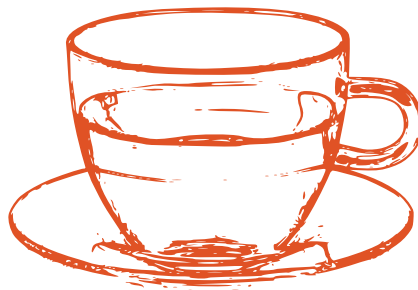
We continue to focus on Diversity, Equity and Inclusion (DEI) with a new chair for our Owner Engagement & DEI committee, Therese Genis. She will ensure the board continues its DEI education and progresses toward achieving a diverse board reflective of ownership.

Speaking of turning over a new leaf, I am always on the lookout for a new tea to enjoy in the winter and recently found one, White Chocolate Puer, right here at the co-op. I look forward to trying a mug with our new kitty, Vinny. I hope you get a chance to enjoy a warm drink and a snuggle with a loved one this season.

Have a great winter,
Sue Jaeger
Board Vice President

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

UPCOMING EVENTS AT EASTSIDE

EASTSIDE BOARD MEETING
Monday, January 10
and every 2nd Monday at 6 pm
Eastside Community Room

ASK A NUTRITIONIST
January 11 | February 15 | March 8
Starting at 4 pm
Eastside Food Co-op

NEW OWNER HAPPY HOUR
January 18, 6-8 pm
Fair State Brewing Cooperative

WINTER WELLNESS WITH CHINESE MEDICINE
Sunday, January 23, 1-2 pm
Eastside Community Room



Our Seedlings program makes it simple for shoppers to support organizations making a positive impact in our community! When you make small donations at the register, they add up to meaningful contributions to nonprofit organizations whose work aligns with the co-op's mission. Last year, Eastside shoppers raised an impressive \$29,208 for area nonprofits through our Seedlings program. Owners vote to select each year's recipients. Check out the 2022 calendar of Seedlings to see who we're supporting this year!



JANUARY DIVISION OF INDIAN WORK

Division of Indian Work empowers American Indian people through culturally based education, advocacy and leadership development. Their programs nurture and guide youth, provide services to elders and address hunger issues in our community.



FEBRUARY TWIN CITIES FOOD JUSTICE

TC Food Justice increases access to fresh, nutritious food for Minneapolis' food insecure individuals. They partner with co-ops, grocery stores and farmers markets to redistribute their unsalable foods to local hunger relief organizations.



MARCH LITTLE KITCHEN FOOD SHELF

Little Kitchen Food Shelf is a no-boundaries, no-restrictions food shelf. They stock dog and cat food and run a produce distribution program each summer with local and organic fruits and vegetables.

APRIL TREE TRUST

Tree Trust transforms lives and landscapes by engaging people to build skills for meaningful careers, inspiring people to plant trees and making our community a greener, healthier place to live. Tree Trust's goal is to replenish the tree canopy through community and school tree-plantings and municipal tree distributions to property owners.

MAY NORTHEAST FARMERS MARKET

The Northeast Farmers Market is dedicated to bringing local and organic food into the Northeast Minneapolis community, supporting the health and well-being of the community and the livelihood of local farmers and producers.



JUNE SOMALI AMERICAN FARMERS ASSOCIATION

SAFA was founded in 2020 to support Somali and immigrant farmers who focus on culturally specific, organic produce and indigenous African farming practices. SAFA directly addresses the disparities experienced by immigrant and low-income communities by providing education and training on the topics of indigenous African food and farming practices and regenerative agriculture.



JULY NORTH COUNTRY FOOD ALLIANCE

NCFA is a cooperatively-run nonprofit dedicated to eliminating commercial food waste and increasing access to fresh produce in the Twin Cities. NCFA rescues and redistributes food that businesses typically waste, builds community gardens and collaborates with neighborhood kitchens to provide hot meals to vulnerable populations.

AUGUST YOUTH FARM

Since 1995, Youth Farm has helped youth flourish physically, socially and emotionally, using food as a catalyst for social change, community engagement and leadership development.

SEPTEMBER SISTERS' CAMELOT

Sisters' Camelot is a collectively run nonprofit founded in 1997 that is focused on food justice, waste reduction, sustainable living, community building and youth education. They rescue food that would otherwise be wasted and share free organic groceries and meals with their community.

OCTOBER EASTSIDE FOOD CO-OP COOPERATIVE COMMUNITY FUND

Eastside's Cooperative Community Fund is an endowment, similar to a scholarship fund, administered by Twin Pines Cooperative Foundation. The interest earned each year supports local organizations working in the food access, agriculture and environmental sectors.

NOVEMBER KILIMO MINNESOTA

Kilimo Minnesota is a certified organic incubator farm in Cambridge, Minnesota with a mission to empower emerging and African immigrant farmers, socially and economically, through mentorship, land access and community engagement. Founded in 2020 by Minnesota farmers and Kenyan immigrants Moses and Lonah Momanyi, Kilimo supports African immigrant farmers' transition to farming in Minnesota.

DECEMBER DREAM OF WILD HEALTH

Dream of Wild Health restores health and well-being in the Native American community by recovering cultural knowledge of and access to healthy Indigenous food through farm production, educational garden programs and employment and leadership opportunities for Native youth.



DON'T WAIT, LET'S COOPERATE!



EASTSIDE'S ANNUAL OWNER DRIVE IS BACK!

It's no secret that we've got something different going on here in Northeast. Our cooperatively-owned grocery store is here for us all, and from our perspective: the more, the merrier.

We've steadily grown Eastside ownership over the years because of the great selection of healthy foods, a clean and welcoming environment and the exceptional service our staff provides to each person who steps foot in the store. But most of all, we've been successful because of our community, which includes **YOU!**

Each Eastside owner contributes by voting in our annual board election, participating in the local economy and sharing feedback about what matters most to you. Without you and your patronage, Eastside would simply not be the special place we all know and love. Thank you!

To spark the cooperative spirit in us all, we're looking for your help to bring in new owners during the month of January. To sweeten the deal, you'll be entered into a raffle for every new owner you refer!

YOU COULD WIN:

**2022 MN STATE
PARKS PASS**

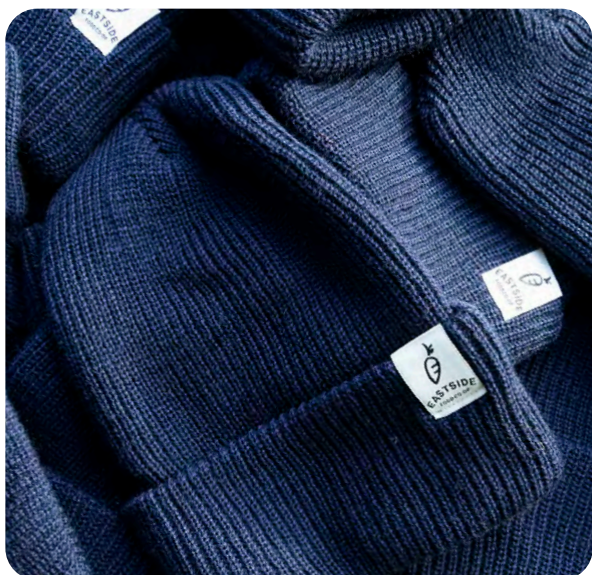
**WEBER SMOKEY
JOE® GRILL**

**EASTSIDE
PICNIC PACK**
FULL OF DELIGHTS!

There is no limit to how many referrals you can make. So tell your friends, neighbors, extended family, coworkers, mail carrier, barber... just make sure those who you refer write your name down when they sign up!



EASTSIDE IS
HERE TO KEEP
YOU COZY THIS
SEASON! PICK
UP SOME OF
OUR NEWEST
BRANDED MERCH
TO STAY WARM
AND KEEP IT
COOL.



JOIN US AT THESE UPCOMING OWNER EVENTS!



NEW OWNER HAPPY HOUR

TUESDAY, JANUARY 18 | 6-8 PM
FAIR STATE BREWING COOPERATIVE

Stop by Fair State for our New Owner Happy Hour! Get to know the Eastside community over a drink from our cooperative neighbors across the street. The first 50 owners who show up get their first pour on the house!

Can't make it on the 18th? Fair State has you covered! Every Monday is Co-op Monday, when members of any co-op get half off their first beer.

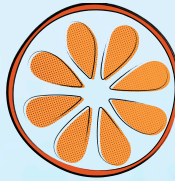
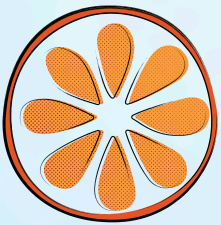


WINTER WELLNESS WITH CHINESE MEDICINE

SUNDAY, JANUARY 23 | 1-2 PM
EASTSIDE COMMUNITY ROOM
\$10 OWNERS | \$15 NON-OWNERS

In the Chinese medicine Five Element system, each element corresponds with a different season, taste, emotion, energy meridian and more. During this snowy, cold time of year, Water takes center stage in a very gentle way. In this 60 minute workshop, Constellation Acupuncture & Healing Arts will guide us in supporting our health using the Water Element. We'll focus on 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.

what's in a season?



SATSUMA MANDARIN

EARLY NOVEMBER
Juiciest mandarin variety out there! Balanced sweet-tart flavor. Generally seedless, though you might find one or two along the way.

CARA CARA ORANGE

NOVEMBER
Traditional orange flavor with berry and floral notes. Distinctive rosy, pink flesh. Like tasting a ripe juicy orange with a subtle hint of strawberry jam.

TDE MANDARIN

EARLY DECEMBER
Triple cross of tangerine varieties. Bright orange flesh, fully acidic, yet fully sweet. This mandarin is bursting with flavor.

MANDARIN QUAT

DECEMBER
Hybrid of mandarins and kumquats. Can be eaten whole, rind and all! Tastes like a slightly tart mandarin. The vibrant orange rind is very sweet.

MURCOTT MANDARIN

JANUARY
Incredibly sweet flavor. Very easy to peel, so they're a winner for kids! Sometimes known as 'Honey Murcotts' thanks to their rich, honey-like sweetness.

NAVEL ORANGE

EARLY NOVEMBER
Juicy, tender, seedless oranges. Navel oranges are aromatic and sweet and contain low acidity which provides a sweet yet slightly tangy flavor.

HEIRLOOM NAVEL ORANGE

EARLY DECEMBER
Incredibly sweet and juicy. Traditional orange flavor with very low acidity, making it one of the sweetest tasting oranges you'll ever have.

BLOOD ORANGE

DECEMBER
Distinctive blood red flesh. Subtle orange flavor that seems infused with grapefruit, with hints of tart cherry and raspberry.

MEYER LEMON

LATE DECEMBER
Much sweeter, juicier, and more floral than your average lemon. Classic lemon flavors with tangerine notes and a tangy finish.



HELLO SUNSHINE!

GO BEYOND THE PEEL WITH SOME OF OUR FAVORITE WAYS TO GET MORE CITRUS IN YOUR LIFE THIS SEASON

Candy the rinds for a drink or baking garnish

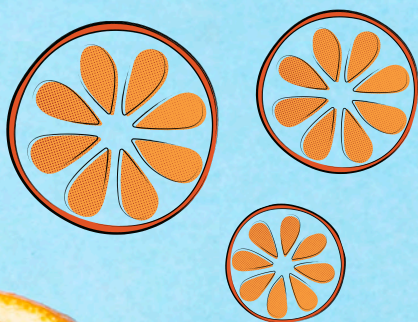
Slice or peel segments into a salad or slaw

Squeeze juice onto meat to help tenderize

Dehydrate peels & grind into a powder for adding to soups, drinks, dips and more

Swap out some vinegar with citrus juice in a dressing or marinade

Infuse zest into sugar for aromatic baking recipes



GETTING TO THE ROOT OF IT WITH RANELLE KIRCHNER



Meet Ranelle Kirchner, our friend, collaborator and neighbor. She's a registered dietitian, chef, writer and education specialist. When she's not providing diabetes education services at **Neighborhood HealthSource** she's busy hosting workshops, teaching cooking classes or writing recipes for her website and cookbooks. This season, Ranelle shared some of her go-to root vegetable recipes for the cold weather months. You can find these recipes and more in her first cookbook, **The 30-Minute Prediabetes Cookbook**.

Visit with Ranelle when she joins us in store for her upcoming event series, where she'll answer your specific nutrition questions and offer healthy and delicious meal ideas for the new year. You can stop and chat with her during your shopping trip on these dates.



ASK A NUTRITIONIST
at Eastside Food Co-op

JANUARY 11 | FEBRUARY 15 | MARCH 8
STARTING AT 4 PM STARTING AT 4 PM STARTING AT 4 PM

To learn more about Ranelle's work visit ranellekirchner.com.

CELERIAC is celery root, the overlooked vegetable.



Look familiar? If not, you're one of many who have overlooked these gnarly bulbous vegetables at the market. They go by several names, including turnip-rooted celery, knob celery, celeriac and celery root - regardless of the name, they are the same delicious plant. With the heartiness of a root veggie, but with the distinct savory hint of celery flavor, this gnarly bulb is a hit all year long.



CREAMY CELERIAC & POTATO SOUP

INGREDIENTS

SERVES 6

1 medium celeriac,
cut into 1 inch cubes
3 waxy potatoes,
cut into 1 inch cubes
2 cloves garlic
1 bay leaf
2 Tbsp dried lavender
¼ cup coconut milk
2 Tbsp olive oil
1 whole onion, diced
½ Tbsp thyme, dried
salt and pepper

SUBSTITUTIONS

lavender ⇨ rosemary
coconut milk ⇨ milk, cream
olive oil ⇨ grapeseed oil

DIRECTIONS

In a large pot, combine celeriac, potatoes, garlic, bay leaf, and lavender. Fill with water, just enough to cover the vegetables. Add a large pinch of salt. Bring to a boil, reduce to a simmer, and cook for 20 minutes or until potatoes & celeriac are cooked throughout.

Meanwhile, sauté onions in olive oil with thyme.

Strain the vegetables when cooked, reserving the cooking water. This water will be used to thin the soup to the desired consistency. Discard the lavender and bay leaf.

In a blender, combine vegetables, cooked onions, and coconut milk. Purée until desired consistency is reached using the reserved water. Season according to taste with salt and pepper.

Garnish with celery root leaves and olive oil drizzle.



PARSNIPS

are a cream colored, conical shaped root vegetable prized for their naturally sweet and nutty anise flavor. In Europe, parsnips were a source of sugar long before cane and beet sugars - that's how sweet they are. And when prepared correctly, they can just as easily serve as a sweet snack as well as something savory.

Given their rather sweet nature, it's a good thing that they are loaded with fiber, low in fat, and are a good source of folate, vitamin C and manganese. These nutrients are essential in maintaining a healthy immune system, good for heart and gut health, healing wounds and building bones.



PARSNIP SEED LOAF

INGREDIENTS

MAKES 1 LARGE
OR 3 SMALL LOAVES
2/3 cup parsnip, grated
1/3 cup carrot, grated
3/4 cup pear applesauce
3 Tbsp cooking oil
1 large onion, minced
4 cloves garlic, minced
1/2 tsp dill seed
2 Tbsp sesame seeds, toasted
1 Tbsp fennel seeds, toasted
3 Tbsp sunflower seeds
2 Tbsp poppyseeds
1 Tbsp chopped thyme
2 large eggs, whisked

DIRECTIONS

Grease your loaf pan with oil or cooking spray. Sauté grated parsnip and carrot in 2 Tbsp oil for 5 minutes, then add pear applesauce. Remove from pan and place in a large mixing bowl. Add remaining oil into the pan and sauté onion until translucent. Add garlic and sauté for another 1-2 minutes. Remove from pan and add to mixing bowl, adding salt and pepper to taste. Add seeds, thyme and eggs into the mixing bowl, stir to combine and spoon into prepared loaf pans. Bake at 400°F for 40-50 minutes until cooked throughout.



CARROTS

were first domesticated in Afghanistan, and this refined version of Queen Anne's Lace, a common weed, first began to spread far and wide during the Middle Ages - available in white, yellow, violet, burgundy and plum. The orange carrots we know and love today became available when the Dutch got ahold of them sometime in the 16th century, as a nod to the royal House of Orange. These - of the *Nantes* and *Imperator* varieties - are now the most common, bright orange carrot with a delicious, earthy sweetness.

There are only slight nutritional differences between carrot varieties. In general, they all contain high levels of vitamin A, are rich in fiber and have a modest amount of vitamin K, vitamin C and potassium. Carrots are good for your eyes, skin, teeth, immune system and digestive health.

The key is the color. Flavonoids found in purple or black carrots have antioxidant, anti-inflammatory and anti-microbial properties, while some red carrots may have more beta-carotene and lycopene, which is linked to reduced risk of heart disease and some types of cancer.



POTATO, CARROT & GINGER SOUP

INGREDIENTS

SERVES 8

8 cups vegetable broth
1 cup barley, rinsed
2 Tbsp olive oil
1 Tbsp fennel seeds
2 onions, diced
3 cloves garlic, minced
8 carrots, chopped
1 lb potatoes, rough chopped
2 Tbsp ginger, chopped
1 pinch salt
1 pinch pepper
2 Tbsp freshly squeezed orange juice
Parsley

SUBSTITUTIONS

orang ⇔ grapefruit
barley ⇔ millet
ginger ⇔ turmeric root

DIRECTIONS

In a pot, add 4 cups vegetable broth and barley with a pinch of salt and bring to a boil, then reduce to a simmer and cook for 30-45 minutes.

Meanwhile, in another large pot, heat oil with fennel and add onions. Sauté until translucent, then add the carrots, potatoes, ginger and remaining 4 cups of vegetable broth. Add more water to submerge vegetables if needed. Bring to a boil, reduce to a simmer and cook until vegetables are tender, about 20 minutes. Purée the mixture in batches using a food processor or blender. You may need to add water or broth for a thinner consistency and easier blending.

Add salt, pepper, and orange juice to taste. Return to stove and keep warm until barley finishes cooking.

Drain the barley when it's tender and cooked throughout, and add to soup.

Serve soup with a parsley garnish.



We're Making A Change.

We're saying so long to single-use steel. Starting early in 2022, we will begin manufacturing our products using certified 90% post-consumer recycled 18/8 stainless steel. This monumental change will reduce our greenhouse gas emissions from stainless steel by 40%. And we're not stopping there. By 2023, 95% of our products will be made from our new recycled steel.

kleankanteen.com

① FERMENTATION STATION CARROT-Y CHOP!

Chef-crafted probiotic ferments can aid in digestion and gut health. These local delicacies are a great addition to winter plates and make for a tangy treat on a charcuterie board.

② FIERCE FERMENTS HONEY-TURMERIC FIRE TONIC

Apple cider vinegar is infused with a medley of immune-boosting ingredients including garlic, hot chiles and ginger. Taken as a healthful shot or diluted with honey & water, this warming concoction can help ward off colds or add a flavor boost to dressings, marinades and soups.

③ ROMI APOTHECARY QUEEN OF THE WINTER

A rich, resinous balm that protects the skin from Minnesota's winter elements while cultivating a connection to the land with thoughtfully harvested botanical infusions.

④ SUPERIOR CRAFT ELIXIRS

A fizzy, tangy, slightly-sweet alternative to soda, made in MPLS with apple cider vinegar, prebiotics and electrolytes. These make for a great refreshment or mixer without weighing you down with unwanted ingredients.

⑤ HOPLARK SPARKLING HOPTEA

A hopped sparkling tea beverage reminiscent of a craft IPA, without the heaviness or alcohol content. Stock up the fridge for a lovely libation during dry January (or any day of the year!)

⑥ DRIED MUSHROOMS

Incorporating mushrooms into winter dishes can bring out unexpected savory flavors, as well as provide much-needed vitamin D in the wintertime. We carry a variety of locally grown and foraged dried mushrooms which rehydrate beautifully in hot water or broth to add to your favorite recipes.

⑦ CRYSTALLIZED GINGER

A sweet treat from Eastside's bulk department, with nausea-fighting, anti-inflammatory properties. Have yourself a nibble or garnish a drink with a slice!

⑧ TAKING STOCK BONE BROTH

Slow-simmered and made with ethically-sourced ingredients, and it even comes in a microwave-safe pouch! This women-owned company is based out of St. Paul, MN.

⑨ GARLIC SESAME STICKS

Found in our bulk department, these are the perfect crunchy, salty snack for all your winter adventures. Remember – bulk is better when you bring your own container!

⑩ TEMPEH TANTRUM BLACK BEAN TEMPEH

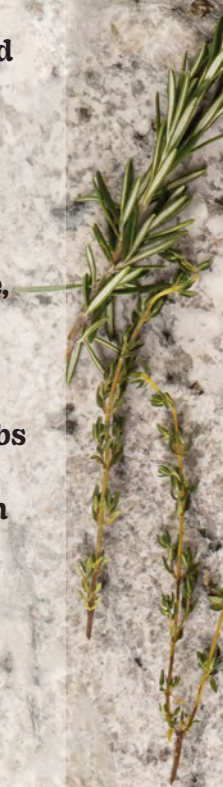
Inspired by a traditional food of Indonesia, this locally-made, fermented-bean protein source is a delicious way to go meat-free at mealtime this year. It's easy to cook and absorbs other flavors well – wonderful in a stir-fry, tacos, breakfast hash or a sandwich melt.

⑪ FRESH HERBS

Pantry staples rule during the wintertime, and it's easy to overlook fresh seasonings when we're not in the Midwest's growing season. For a bit of brightness on your plate, pick up a package of local fresh herbs to mix into sautés, soups and sauces. We love the poultry mix from Urbanize, which contains sage, thyme and rosemary!

⑫ SUN DRIED TOMATOES

High in the antioxidant lycopene and full of vitamin C, K, potassium and folate, these heirloom tomatoes are grown hydroponically by Living Waters in Wells, MN and are sun dried during their peak season. Add these to your favorite stew or pasta dish for a dose of summer sunshine!





IN THE BAG!

the season's best
treats, sweets & eats
to toss in your tote

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Amaranth

Considered a pseudocereal, amaranth is a plant grown for its starchy seeds and is not in the same botanical family as wheat or rice. Notably grown, consumed and used ceremonially by the Aztecs, amaranth was destroyed and banned upon the arrival of the Spanish. Some wild plants survived, and in the 1970s an interest in amaranth was revived. A few varieties were cultivated and grow commercially the United States, but amaranth can also be found in the wild, sometimes called “pigweed”. Similarly to quinoa, these itty-bitty round seeds are gluten-free, high in protein and contain all 9 essential amino acids. Easily digestible, amaranth is great as a porridge or popped and added to granola bars and chocolate barks.



Wild Rice

Minnesota is known for wild rice, but many do not realize that the stuff we often consume is actually a cultivated product. Black paddy rice is still a good grain, delicious in soups, pilafs, or used as a flour for baking. But the true wild rice of Minnesota, one of the only grains native to North America, is known in Ojibwe as *manoomin*, translating roughly to “good berry”. This long-grained rice is hand-harvested from lakes and processed through an intensive technique of parching (or roasting), dancing and winnowing the inedible chaff from the edible grain inside. An important food source for the Native people of this region, this plant also holds cultural and spiritual significance.



With a deep, nutty flavor and brown color, natural wild rice cooks in about half the time, and with half the water as cultivated wild rice. A gluten-free source of protein, fiber & manganese, the complex flavor of wild rice can enhance many winter dishes, but doesn't need major doctoring. Try it with a pat of butter, a drizzle of maple syrup, or perhaps with some sautéed mushrooms and dried berries. Wild rice is pricier than its cultivated relative due to the unpredictability of the season and laborious harvesting, but this truly local product is worth the splurge. We carry Autumn Harvest Ojibwe Wild Rice which is lake-harvested by members of the Leech Lake Band of Ojibwe.



Barley

Barley's domestication dates back at least 10,000 years and it is considered one of the founder crops of the Fertile Crescent. It has been an important plant for many cultures, with culinary, medicinal and ceremonial uses recorded throughout history. However,

its widespread use as a food source didn't take off in North America, with the majority of the barley in the United States used for animal feed and alcohol production. This crop likely played a role in the earliest human attempts at fermentation. It's high in fiber, and full of heart-healthy vitamins and minerals. Barley's chewy, tender texture is a lovely addition to soups, or in place of rice with whichever protein you like best.

Stop in to our bulk department to pick up our handy take-home guide with cooking instructions for all these grains – and more!

Kamut

Also known as Khorasan wheat, named after the largest Persian province (current-day Iran) where it grows natively and has been a staple crop for centuries. This unique grain travelled stateside in 1949, when a Montana farmer began growing and marketing it as “King Tut Wheat”. At first a regional specialty, it grew in popularity and you’ll now see this grain in bulk bins across the country. KAMUT is its trademarked name today, maintaining the true, unmodified, non-GMO grain of ancient times. In the west, it is mainly grown on organic farms of the Northern Great Plains region.

Millet

Millet is a gluten-free grain that has been cultivated in Asia and Africa for 6,000 years and has served as an alternative for rice for centuries in northern China, Korea and Japan. Drought resistant and able to grow in poor soil, it is very rich in amino acids, phosphorus and B vitamins, with an iron content that is higher than any grain except amaranth and quinoa. It can be cooked up into a fluffy polenta-style side dish, is great for stuffing vegetables, poultry or fish and can also be used to create a creamy nutritious soup. The millet at Eastside comes from Golden Prairie Farm, where they grow 20,000 acres on the high plains of eastern Colorado.

Buckwheat

Buckwheat is a great example of how confusing etymology can perhaps keep us from enjoying nature’s gifts. Buckwheat is not a wheat at all. Another pseudocereal, its seeds are the part we eat. In fact, buckwheat is related to sorrel and rhubarb. Buckwheat is also a quick-growing cover crop whose flowers are integral to the health of honeybees. Its use dates back to Southeast Asia as early as 2600 BCE and was one of the earliest crops introduced by European settlers in North America.

The wheat grass stalk appears very similar to that of common wheat, but the grain kernel is 2-3x larger. It contains gluten so it’s not recommended for those with celiac disease, but there have been reports of KAMUT being more tolerable than common wheat for those with gluten sensitivities. Rich in protein, fiber, zinc, phosphorus, magnesium, vitamin B1 & vitamin B3, this is a great choice for grain-based salads or used as a flour for homemade pasta dough or crackers.

GOOD GRAINS

Bulk up the pantry and nourish yourself with some of our favorite grains from across the globe.

Rinse! This removes debris and extra starch, which helps you avoid mushy grains.

Get toasty. Lightly browning your grains in a dry skillet can bring out nutty, caramelized flavors - you’ll want to continually stir and monitor the stovetop so they don’t burn.

Cook in large batches for easy meal prep. Grains can add substance to everything from salads to soups to bowl meals.

You may be familiar with Japanese soba noodles or Eastern European kasha porridge, both made with buckwheat. Its prominence in North America died out with the introduction of nitrogen fertilizers, simply because corn and wheat responded more favorably. With a recently revived public interest in ancient grains, buckwheat has made a comeback and is definitely worth keeping in the pantry. Rich in fiber, protein, and gluten-free, it is great for pancakes, risottos, or to bulk up a homemade veggie burger.



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TUNA

is the star of the plate this winter as we seek out sustainable sources of healthy fats, lean protein and vitamin D. Uncooked seafood can seem intimidating to take on in the home kitchen, but this traditional Hawaiian poke preparation couldn't be easier. Relying only on raw ingredients and pantry staples, this can be a light and simple snack or the foundation of a fresh and filling lunch or dinner.

SO, WHAT IS POKE?

PRONOUNCED PO-KAY

Meaning "to slice" in Hawaiian, poke traditionally is made with raw octopus or skipjack tuna. In this recipe, we use ahi (aka yellowfin or bigeye).

Hawaiian fishermen began making their discarded fish cuttings into a snack while working on the water, which evolved into this nationally-celebrated dish. Fans of Italian crudo & carpaccio, Japanese sushi & sashimi, Peruvian ceviche or Scandinavian gravlax may notice that raw seafood dishes are enjoyed across the globe. Experiment with add-ins to fuse flavors from cultures near and far.



INGREDIENTS

SERVES 2-3

- 12 oz ahi tuna
- 1/3 cup soy sauce or tamari
- 1 Tbsp sesame oil
- 2 tsp rice vinegar
- 1/4 cup scallions
- 2 Tbsp sesame seeds
- 1/4 tsp grated ginger

Eastside is proud to source seafood from producers focused on sustainability & quality. We recommend consuming only sushi-grade fish raw. Our meat & seafood department can help you find your next dinnertime catch!

DIRECTIONS

Mix tamari, sesame oil, rice vinegar, scallions, sesame seeds & ginger in a medium bowl. Dice ahi tuna into small cubes using a sharp kitchen knife. Add tuna to bowl, mix and marinate in the refrigerator for 30 minutes to 1 hour.

In the meantime, prepare your additional add-ins. This dish can be enjoyed as a simple snack or appetizer with chips and raw veggies, or made into a hearty meal with the addition of rice.

ADD-INS

- lime juice
- grapefruit segments
- cucumber
- avocado
- bell pepper
- jalapeño
- cabbage slaw
- crushed cashews
- rice
- coconut flakes
- mayo
- pickled onion
- tropical fruits
- tortilla or plantain chips

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