



the carrot

FALL 2022



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

CONTRIBUTORS

TUCKER GERRICK
Marketing Manager

ZOE HUOT-LINK
Marketing Design
Coordinator

NATALIE DUSEK
Community and Communications
Coordinator



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

Find The Carrot online at
eastsidefood.coop/newsletter

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.

.....



Greetings, fellow Eastsiders!

I'm writing this letter to you on a calm, early fall evening, wondering about and wishing for a proper fall season ahead. To me, Autumn represents the absolute best time of year. Between the cooler nights and the crispy air that follows, this time of year represents a delightful and needed slower pace to my life. School is back in session, there's something delicious baking in the oven (finally! summer was too hot!) and there's likely a pot of some sort of soup on the stove. Not to mention the pesky summer bugs have all retreated, thankfully.

This year we've centered this Fall issue of The Carrot on community. While we regularly do our best to, "keep it local" as much and wherever possible in The Carrot, we took it a little farther this issue. Our recurring "In The Bag" article leans heavily into local with the help from our Cheese Supervisor Ixchel Gillman. She hand-selected the incredible (and robust) array of local cheeses featured within. We also spent a day with the friendly folks of the FOOD BUILDING. There we learned that it takes talent, passion, and a helping of good timing to make the gears turn at all of the brands within the collective. We also recap a selection of Northeast events & activities and gathered some favorite recipes from Eastside Owners for our new "Neighbor's Flavors" article.

It's this season of transition that always has me looking back and forward all at once. It's the moment in time I take stock of the year thus far and whip up plans for the one ahead. As we at Eastside do similar work from a business perspective, it's an exciting time for us to envision what's next and "what if". In the spirit of the latter, you hopefully noticed that we decided to make this issue a special one (and, perhaps...a little "old school") by turning it into a newspaper. We hope you enjoy the temporary switch in formats and the extra room it afforded us. Don't get too comfortable with it though, we've got more switcharoos ahead.

Lastly, and in the spirit of community, I would like to personally ask you to vote in this year's Eastside Annual Election. Hopefully you're feeling inspired after reading the letter Secretary of State Steve Simon penned for us this election season (page 5). Vote in Eastside's election by heading to eastsidefood.coop/election. The polls close at midnight Friday, October 7th (the night of our Annual Meeting & Gathering!).

Sincerely,

Tucker Gerrick
Marketing Manager

A Fall Update from the Board



Wow, am I loving these cool fall nights! It is my favorite time of year – enjoying handfuls of tomatoes from the garden daily, sleeping with the windows open, cherishing bonfires and outdoor meals surrounded by friends and family. This is the time of the year that I find myself thinking often and fondly of my neighbors; seeing folks out doing all the things I love and sharing spaces with those they hold dear. How do you find yourself holding space and love for those who surround you?

It can be challenging in late summer when we start to see the shift in seasons – peaches and grapes to apples and pears – but by the time the apples arrive, I'm reminded why I love the fall so deeply. My personal favorite fruit this

time of year are the Evercrisp apples from Barnard Farm and Orchard in Door County, Wisconsin. Jim Barnard has been growing fruit out there for decades and has won over the hearts and taste buds of staff at Eastside who herald the Evercrisp as the best apple you can get. (You may have had Jim's cherries this year as well. I know I always opt for the local dark sweet cherries; so tasty!!)

I also find many of my favorite fall foods at the Northeast Farmer's Market on University and 7th. Have you been there? They host incredible features from local visual artists, and music performances as well as sell ready to eat food, coffee (!!) and, of course, lots of local food. Eastside is proud to support the Northeast community, and has been as a title sponsor of the farmer's market for the past 10 years. Farmer's markets bring us together in a tale as old as time – through food!

So, whether you're gathering around the last local muskmelon from Wisconsin Growers, the final tomato from your backyard garden, or a delicious Evercrisp bought at Eastside, look around and find thanks and grace for those who surround you. Every day and in every way our lives are better when we are surrounded by a support system of friends and neighbors who love and care for us. Find them, keep them, and hold them as we walk with our heads high into another season bristling with opportunity.

Joleen Baker

Eastside Board of Directors

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

ANNUAL MEETING AND FALL GATHERING

WHEN: Friday, October 7th,
from 5-9pm

WHERE: Eastside Food Co-op

RSVP: eastsidefood.coop/election
(or scan the election QR code below)

VOTE

IN EASTSIDE BOARD ELECTION
& FOR 2023 SEEDLINGS



Voting ends
at Midnight
Friday,
October 7th.

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.

I' IN THE LIME LIGHT



FOOD BUILDING

We recently spent a day visiting with our friends at the FOOD BUILDING to learn about what they do and the importance of local food production. We left feeling enlightened, inspired, and motivated. Read on to discover a little bit about the (food) magic happening right here in Northeast.

When Kieran Folliard bought the building at 1401 Marshal Street back in 2013, it lacked electricity, plumbing, and even a roof. What it did have was four walls and a location in a great neighborhood that Folliard believed in. The FOOD BUILDING was inspired by an observation that Folliard and collaborator Mike Phillips had made together; They noticed that raw materials were being grown in Minnesota but were being sent to other states to be processed, and then were being sent back to Minnesota. This conflict led to Folliard and Phillips founding the FOOD BUILDING. In addition to production spaces, the FOOD BUILDING includes a café and event spaces, where the creations of the makers in the building are highlighted in delicious combinations. For this issue of the Carrot, we got a chance to sit down with all the makers in the FOOD BUILDING, and learn about them and their products.

ALIMENT PASTA CO

As a teen, Alex Dayton of Aliment Pasta Co moved to Florida, got a job in a restaurant, and his life changed forever. Once he discovered the world of restaurants and food,



Folliard himself grew up on a farm in Ireland, and spent his childhood working in his family's garden, and enjoying his mother's baked goods. The combination of his life experience and passion for craft led to the FOOD BUILDING you see today. Folliard's favorite part of his role at the FOOD BUILDING is the creativity he has, and the creative people he gets to work with.

he found his passion, and has been using it ever since. Through various positions in restaurants far and near, Dayton discovered the magic of fresh pasta, and took off running. When asked about his favorite part of what he does, Dayton smiled and shared, "I just love eating pasta!". One other large motivator in Dayton's life both in and out of Aliment is his

family. When starting Aliment, he wanted to be able to have a healthy balance between his work and his family, while still doing what he loves. Dayton shared that one of the reasons he fell in love with cooking, and fresh pasta making specifically, was the combination of creativity and science that he gets to interact with daily. All of Aliment's pasta is made with fellow FOOD BUILDING makers. They use Baker's Field's flour, and they collaborate with Alemar Cheese Company to create the age old and delicious combination: pasta and cheese. Aliment offers wholesale pasta ordering as well as meal-kits that customers can pick up in Northeast. Eastside is proud to offer three varieties of Aliment pasta in our store: Roasted Butternut Squash and Brown Butter Ravioli, Ricotta & Parmesan Ravioli, and Spinach & Ricotta Ravioli.



BAKER'S FIELD FLOUR & BREAD

Since 2015, Baker's Field Flour and Bread has been a staple in the FOOD BUILDING. Baker's Field's approach to flour and bread is foundationally based on their desire to bring stone milling back to the world of bread. Stone milling is a method of milling grain that leaves the grain with greater nutritional value and flavor than commercially milled grain. With this foundation in place, Baker's Field makes a range of breads and flours with the in-house milled grain. Patrick Wylie, Head Baker, shared that he entered the world of baking through home experimentation and a natural intuition that baking was something he would succeed in which led him to joining



Baker's Field in 2017. Baker's Field prioritizes the experience of the customer as well as their partner farmers in their process. All of Baker's Field's breads are made with flour that is less than two days old, and the farmers that provide the grain are paid two to three times the commodity price for grain. Wylie shares that one of the most special parts of Baker's Field is the personal connection they foster with customers and farmers. Wylie also emphasized that Baker's Field encourages their consumers to allow bread to take up a healthy space in their diet and recognize that bread can be made in a healthy, sustainable way that can provide value to people's diets. Get a taste of all Baker's Field has to offer at the FOOD BUILDING, and in-store at Eastside.



ALEMAR CHEESE COMPANY

Alemar Cheese Company can boast that they have the second-best brie in the United States, according to the American Cheese Society. That's no small feat! Founded in Mankato in 2008, Alemar made the move to Minneapolis joining the FOOD BUILDING in 2019.

Hyper-locality is Alemar's language, as they source all their milk from a small family farm in the region where the cows are grass-fed all year long (yes, even in Minnesota). Head Cheesemaker Charlotte Serino joined Alemar in 2021, and prior to joining Alemar, Serino worked on a goat farm in Pennsylvania making cheese. Alemar offers a range of cheeses including Bent River Camembert, Good Thunder, Blue Earth Brie, Saint James Tomme, Fromage Blanc, Sakatah, and newly launched; a cheese called Apricity. Apricity, which is a word that means the warmth of the sun in winter, is a slight departure from Alemar's historical cheese personality and has a unique texture that is both crumbly and fudgy. One of the many ways that Alemar uses its

hyper-local focus to its advantage, Serino explains, is that the flavor of cheese will change depending on the location where it's made. One could use the same recipe, but if a cheese was made in two different locations, it is going to taste different and be a different experience. Serino also shared that, in cheesemaking, "the very human relationship between people and the cheese" is forever present and that flavor is influenced by the human touch.



3LECHE

3LECHE, pronounced, "Tres Leches" is, in the words of Marco Zappia, "a collective cooperative of rad people doing rad stuff". 3LECHE makes fermented botanical beverages in a renovated storage closet in the FOOD BUILDING. The fact that the minds behind 3LECHE had the insight to use a storage closet as their production space is just a taste of the innovation present in their organization. 3LECHE is comprised of Marco Zappia, Dustin Nguyen, and Adam Witherspoon at the helm of a small group of collaborators who all bring unique qualities to make 3LECHE what it is. Zappia, Nguyen, and Witherspoon were drawn to headquarter in the FOOD BUILDING because of the environment of creativity and innovation that flows through the space. Zappia describes the FOOD BUILDING as a, "magical little fortress of fermented creativity" (we agree 100%!). 3LECHE got their start upcycling byproducts like citrus rinds from bars and restaurants to make fermented beverages among other products. Their main product offering now is a line of fermented botanical beverages, which are similar to kombucha, but with more depth and nuance. In the past, 3LECHE has used botanicals sourced outside of the Midwest in some of their products but are now moving their sourcing inward and working towards using botanicals and perennials native to Minnesota in their ferments. At the time of publishing, 3LECHE's botanical ferments are available at bars and restaurants across the Twin Cities, and in Kieran's Kitchen & Market inside the FOOD BUILDING. Keep your eyes peeled for these beverages in other locations across the metro soon!



KIERAN'S KITCHEN & MARKET

Kieran's Kitchen assembles all the distinct flavors found in the FOOD BUILDING into a café, deli, and events menu open to the public. Kieran's Kitchen & Market also includes a neighborhood market where individual offerings from the FOOD BUILDING's makers can be purchased. If you haven't yet visited the FOOD BUILDING, General Manager, Erin O'Neil, highly encourages you to take some time to explore. Before Katie Shepherd, who works on the event sales & management side, worked at the FOOD BUILDING, she didn't know it was open to the public; this is one of the points she wants to make clear to as many people as possible. Patrons are welcome to take a self-guided or a Katie-guided tour of the FOOD BUILDING during its business hours and enjoy a meal or snack in the café. Kieran's Kitchen chef Micah Lemmens shares that he loves Kieran's Kitchen and the FOOD BUILDING because of the extensive access to fresh and local products that are made within the same four walls as the kitchen. This is a very unique setup - most restaurants do not get the vast majority of their products made in house. Through a conversation with O'Neil, Shepherd and Lemmens, they all strongly emphasized the unique nature of the FOOD BUILDING, and why it's such a special place. The FOOD BUILDING is fully bookable for events or meetings and can be booked at foodbuilding.com. The FOOD BUILDING is open Tues-Thurs 8am-6:30pm, Friday 8am-6:30pm, Saturday 11am-6:30pm, and Sunday 8am-4pm.



IT'S VOTING SEASON, MINNESOTA!

It's no secret that I take pride in Minnesota's outstanding record of voting. We've been #1 in the nation for voter turnout, three elections in a row. I'm often asked what's in the water here – what makes us so committed to exercising that right? I like to say there are two reasons for it: our laws and our culture.



Steve Simon
Minnesota Secretary of State

In Minnesota, we have good laws governing everything from our access to the ballot, to how voting works before and on Election Day, to the accuracy of the election results. These laws were passed over decades of bipartisan work, and they're truly the envy of the nation.

My mission as Secretary of State, and the most important value in my role as chief elections officer, is to make it as easy as possible for every eligible person to cast their vote. And that mission, in practice, is stewardship, support, and expansion of our voting laws.

The culture of voting here is a little harder to define. Sure, it's a tradition and a civic duty for some. But I also believe that Minnesotans have a deep understanding of the connection between the right to vote, and the desire to change the world around them into a better place. The never-ending struggle toward prosperity, equality, and community.

And that's what our shared democracy has in common with the cooperative model. It's no surprise that our state has flourishing co-ops like Eastside. We understand that choosing our own way forward in a democratic process, electing leaders who share our values and can make real changes in our daily lives, is a tremendously powerful right.

And now is the time to make those choices! Your co-op elections are ongoing, and so is early voting, ahead of the statewide general election on November 8. Elections really matter at every level: from the top of the ticket, to your city government, to those who will lead your co-op community through its next big decisions.

Our nation's democracy has endured serious challenges in the past few years, and there are more to come. But I'm a long-term optimist. I know our institutions are strong, and our voters believe in the system. The fundamental promise of that system is the same as that of the co-op: you have a voice. You have the power to determine where we go from here. This year, and every year, I encourage you to participate—use that power and exercise your rights.

Upcoming Dates

September 23

Start of Early Voting

Any eligible voter can vote early by mail or in person

October 7

Last day for voting

in Eastside Co-op Election

October 18

Register to vote by October 18 to save time on election day

November 8

Election Day!

Make a plan to vote!

Minnesota Voters Have The Right...

To take time off work to vote without losing pay or vacation time!

To vote if in line by 8 p.m. on Election Day!

To get help voting!

**I
WILL
VOTE**

Everything you need for Voting Season is at mnvotes.gov!

- Register to vote
- Request an absentee ballot
- Find your polling place
- View your sample ballot
- Resources in many languages



mnvotes.gov

VOTE! IN EASTSIDE BOARD ELECTIONS AND FOR 2023 SEEDLINGS



THE ALIVENESS PROJECT



ANNEX TEEN CLINIC



APPETITE FOR CHANGE



AUDUBON NEIGHBORHOOD ASSOCIATION



CHILD DEVELOPMENT LABORATORY SCHOOL



CYCLE SISTERS



DIVISION OF INDIAN WORK



EASTSIDE MEALS ON WHEELS



EVERY MEAL



LITTLE KITCHEN FOOD SHELF



KRISTEL PORTER
CANDIDATE

I am working in partnership with the MN Dept. of Commerce to streamline access to energy efficiency upgrades and renewable energy resources for Minnesotan residents who are receiving energy assistance. With my connections and experience working with organizations, government, and community all over the state, my network will serve as an asset to our cooperative.



SAMANTHA BAILEY
CANDIDATE

I work directly with worker owned, housing and community owned food cooperatives to finance projects large and small. I have a special interest in linking goals for community outreach with a sustainable financial vision. It is of the utmost importance that Eastside continues to offer food at a range of price points to meet the needs of all neighbors and a solid financial plan is foundational.



SETH KUHL-STENNES
CANDIDATE

As a skeptic of the long-term viability of consumer co-ops and former employee, I feel we must evolve into a multi-stakeholder cooperative. The decisions we make as a board and organization impact more than consumers. Other stakeholders must be part of the ownership and governance structure.



AMANDA DEGENER
CANDIDATE

My previous experience on three other boards and owning my own business has been useful in working with budgets and contributing to Eastside's strategic vision. We supported our staff during Covid and are taking an offensive stance to address inflation so we can continue to provide access to healthy food. We are generating community wealth through jobs and backing small farmers and fair-trade practices.



MIDWEST FOOD CONNECTION



MINNEAPOLIS TOY LIBRARY



MINNESOTA TOOL LIBRARY



NORTH COUNTRY FOOD ALLIANCE



NORTHEAST FARMERS MARKET



OPEN ARMS



ROOTS FOR THE HOME TEAM



SAFA



SAVE THE BOUNDARY WATERS



SHERIDAN NEIGHBORHOOD ASSOCIATION



SISTERS' CAMALOT



SPARK-Y



TAMALES Y BICICLETAS



THE FOOD GROUP



TREE TRUST

what's in season

fall



winter



fall

spring



summer



key

Fall: (1) Radish (2) Cranberries (3) Carrot (4) Apple varieties: Zestar, SweetTango (5) Onion varieties: Shallot, Red Onion, Yellow Onion (6) Pear (7) Squash varieties: Pie-Pumpkin, Kabocha, Blue Hubbard, Red Kuri, Delicata (8) Potato varieties: Russet, Red Pots, Blue Potato, Garnet Yam (Not pictured: Squash varieties: Butternut, Acorn, Carnival, Sweet Dumpling, Turban, etc; Potato varieties: Yellow Potato, Japanese Sweet Potato; Apple varieties: Honeycrisp, Evercrisp, Keepsake, Haralson, etc.; Onion varieties: Green Onion, White Onion, Sweet Onion, Cipollini, Vidalia)

Winter: (9) Satsuma Mandarin (10) Navel Orange (11) Cara Cara Orange (12) Heirloom Navel Orange (13) TDE Mandarin (14) Blood Orange (15) Murcott Mandarin (16) Meyer Lemons (17) Mandarinquat

Spring: (18) Garlic scapes (19) Cilantro/Parsley (20) Fresh Herbs: Sage, Mint, Oregano, Rosemary, Thyme, Chives (21) Kale (22) Chard (23) Bok Choy (24) Kohlrabi (25) Ramp (26) Green Onion (27) Lettuce (28) Spinach (29) Radishes (30) Green Beans (31) Asparagus (32) Broccoli (33) Strawberry (34) Cabbage

Summer: (35) Sweet Corn (36) Colorado Peaches (37) Tomato varieties: Heirloom, Roma, Grape (38) Basil (39) Raspberries (40) Blueberries (41) Cantaloupe (42) Eggplant (43) Undipped Mango (44) Grapes (45) Cucumber (46) Dill (47) Watermelon (48) Beet (49) Bell pepper (50) Hot pepper varieties: Jalapeño, Anaheim (51) Pluot (Not pictured: Cherry, Spinach, Spring Mix, Broccoli, Chard, Kale, Parsley, Green Onion, Cabbage, Nectarine, Plum, Apricot, Watermelon varieties: Yellow, Orange, Red, Heirloom; Winter Squash varieties: Butternut, Acorn, Spaghetti Squash; Carrot, Bell Pepper varieties: Red, Green; Hot pepper varieties: Poblano, Serrano)

IN THE BAG!

This season, as colder temperatures begin to nudge us indoors, we're starting to dream up our perfect fall and winter

gatherings. We asked Eastside's resident cheese monger Ixchel Gillman to highlight some of the local cheeses we carry, because the key to any good gathering is a delightful cheese board, right!?

1. Deer Creek – The Fawn, The Stag, The Imperial Buck: Deer Creek cheddars are clothbound and aged to perfection in 20 pound wheels. Eastside carries three distinct ages of this signature white cheddar; from the delicate and sweet Fawn, to the flavor packed sharpness of the Stag, and finally the rich and complex Imperial Buck.

2. Alemar Creamery – Bent River, Good Thunder, St. James, Saketah, Blue Earth: A perpetual staff favorite, Alemar cheeses are produced in small batches in Northeast's own FOOD BUIDING. Each little jewel of local artisan cheesemaking offers something special. The original Alemar cheese, Bent River Camembert, is creamy, buttery, and earthy - amazing on a crusty Baker's Field Filone loaf.

3. Redhead Creamery – Little Lucy Brie: Little Lucy is one tasty little nugget of cheese. It's the perfect size to be cheese board centerpiece or tucked in with berries and a baguette for an easy and decadent picnic. Founded at the age of 19 by Alise Sjostrom, Redhead Creamery represents the next generation of local farmstead artisan cheesemaking – and it's delicious!

4. Caves of Faribault – St. Pete's Select Blue: Aged in the caves of Faribault Minnesota, St. Pete's is a lovely staple blue for anything from a cheese board to arugula salads, to pizza, to creamy dressings and sauces.

5. Shepherd's Way Creamery – Hidden Falls: This lovely little wheel of sheep milk brie is made just an hour south of Minneapolis at one of the longest operating sheep milk farmstead creameries in the country. If you are new to trying sheep milk cheese, Hidden Falls is the perfect gateway. Lusciously creamy, mild, and nutty - this one is a cheese board star.

8. Red Barn Creamery – Cupola: Sweet and nutty with notes of pineapple and caramel and finishing with a delightful crunch, Red Barn Cupola is one of our favorite original cheeses. Founded by a large animal veterinarian, Red Barn cheeses are produced with milk from small family farms and their mission includes an emphasis on animal welfare and fair trade practices.

11. Bare Honey Minis: Locally produced in Minnesota, Bare Honey has several delightful varieties of honey in the perfect size for a cheese or charcuterie board. Try the Lavender honey drizzled over a sharp white cheddar, or the Hot and Spicy over a creamy brie.

6. Marieke Creamery – Raw milk goudas: Founded by Marieke Penterman after she emigrated to Wisconsin from the Netherlands, these raw milk farmstead goudas are unbelievably creamy and unique. Eastside features a rotating seasonal array of her many goudas including Honey Clover, Bacon, and Truffle.

9. Northern Lights Blue: Minnesota cheesemaker Joe Sherman's signature blue cheese has a loyal following for very good reasons. This raw milk farmstead blue is a melt in your mouth flavor bomb. The milk is produced by a small herd of pasture grazed Brown Swiss cows and the result is a blue with gorgeous notes of sweet cream and fresh hay. Try it with crisp Minnesota apples.

7. Milton Creamery – Prairie Breeze: Who doesn't love Prairie Breeze! If you haven't tried it yet, ask our cheese staff for a sample and odds are you'll be instantly hooked. The richness and crunchy crystals and the perfect balance of sweetness and sharpness make for cheddar perfection. Try it with local apple or pears or melted over a burger.

10. Eichten's Creamery – Herb Gouda, Tomato Basil Gouda: Classics of Minnesota cheesemaking, Eichten's flavor packed goudas are some of our favorite snacking cheeses. Perfect for a late night (or anytime) cheese and cracker craving.

12. Velvet Bees Honey Butter: Once you try this honey butter, there's pretty much no going back. Equally amazing over blue cheese or brie as it is slathered on pancakes or biscuits. Family owned and operated in the Twin Cities, it's a staple item in our specialty cheese case and makes for an awesome gift if you can stand to part with it.



An Autumn Art-A-Whirl



What if I told you that there are actually two Art-A-Whirls—two open studio events that are like fraternal twins rather than exact copies of each other? There's the twin everybody knows; exuberant, colorful, and loud. This one loves crowds, noise, and excitement, reveling in the release of pent-up energy to welcome spring—finally! This twin had a party in May and about 70,000 of their friends came.

The other twin is quieter, though just as happy. Sitting as it does along the edge of fall and approaching winter, this one likes to keep things cozy. It is a little secretive. For observant people that recognize its worth, this one will whisper and draw you in close before illuminating treasures.

This “other” twin is Fall Open Studios, a constellation of individual open studio events that in recent years have aligned themselves with the same weekend in November (4th—6th this year) as Northrup King Building's Art Attack. There's Open Casket at the Casket Arts Complex, California Dreamin' at California Building, Art Ache at Grain Belt Bottling House, Thorp Warp at Thorp Building, Art This Way at Solar Arts, Fall in Q.arma at Q.arma Building, Blok-Party! at 2010 Artblok, and more.

Much like Art-A-Whirl, hundreds of artists participate, showing off work created over the summer and kicking off the holiday shopping season. Neighborhood restaurants, bars, and breweries are open and some will have live music. Yet unlike Art-A-Whirl, Fall Open Studios is a more accessible event for those who shy away from massive crowds. Traffic is less congested and parking is easier to find. You can snag a table and service is faster at local food and beverage spots. It is



Art-A-Whirl before everyone knew about it, when it was a beloved neighborhood event for those in the know.

Now you know, too.

Northeast Minneapolis Arts Association (NEMAA) presents Art-A-Whirl (27 years running!) and Fall Open Studios, in addition to providing year-round promotional support, professional development, and fellowship to our 1,000+ members of artists and galleries, businesses, nonprofits, and community friends. Our popular online art show and fundraiser, NEMAA 10x10, launches on September 24th at 5pm.

For information about Fall Open Studios with dates and times, participating artists, event listings, maps, and dining/brew guides, you can visit NEMAA's website: nemaa.org/fall-open-studios. Printed brochures for the event will be available at Eastside Co-op starting mid-October. We hope to see you there!

Anna Becker

Executive Director, NEMAA



Add more Autumn Adventures:

Running Group

September 8-October 27, 2022, 6-7pm, Audubon Park, Age: At least 18 but less than 99

Twin Cities Harvest Festival & Maze

September 18-October 31st, Open daily

Basketball Skill Development Camp

October 2-October 30, 2022, Northeast Park, Range of age group offerings

Art in the Park: Parent and Tot Class

October 6, 13, & 20, 2022, 9:30-10:30am, Audubon Park

Owánni Falling Water Festival

October 8, 1-5pm, NEW Water Works Park & Mill Ruins Park

Autumn Brew Review 2022

October 15th, 2022, 1:30-5:30, Boom Island Park

5k Cider Run

October 22nd, 2022, 10am, Minneapolis Cider Co

Little Flippers Gymnastics

October 25-November 29, 2022, 6-6:45pm, Audubon Park, Age: At least 3 but less than 4

Art Attack

November 4 5-10pm, November 5 Noon-8pm, November 6 Noon-5pm, Northrup King Building

Bingo Bonanza

November 12, 2022, 1-2:30pm, Northeast Park

Fitness Workshop: Better Bones

November 15, 2022, 10-11:30am, Northeast Park, Age: 55 and up

Creative Movement

November 22-December 20, 2022, 6:15-7pm, Northeast Park, Age: At least 3 but less than 6

Gingerbread House Party

December 20, 2022, 6-8pm, Bottineau Field Park

ANNUAL OWNER MEETING & FALL GATHERING



SCAN
HERE

When: Friday, October 7th,
from 5-9pm

Where: Eastside Food Co-op

RSVP: eastsidefood.coop/election

The **Annual Meeting** portion is from 5-6pm and will be comprised of a FY22 financial overview, Board and GM highlights, and more. Your **RSVP** is requested. The **Fall Gathering** begins at 6pm and goes 'till 9pm. We'll have live music, art installations from Memorialize The Movement, free food, and craft beers from our neighbors at Fair State Brewing. We're also pleased to announce that the Eastside Board of Directors will be in attendance and so will our friends from FairVote.

SET TIMES:

♪ 6pm **Tender Ness**

♪ 7pm **Lamar**

♪ 8pm **The Envies**



Upcoming Events at Eastside



Fall Foraging Workshop with Ironwood Foraging Co.

October 1st | ages 16+ | 10:00am-12:00pm
Deming Heights Park | \$64 owners
\$69 non-owners | Registration required

Explore the vast edible landscape in Minnesota 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. Attendees will want to dress comfortably for any weather with closed-toe shoes, water, a phone/camera, and note-taking materials.



Grocery Store Tour with Ranelle Kirchner

October 18th, November 15th, & December 13th | 2:30pm-3:30pm | Free
Registration required

Join Chef and Licensed Registered Dietician **Ranelle Kirchner** for a tour of the Eastside Food Co-op. She will be a resource to answer your most pressing nutrition questions. She'll help you learn how to fuel up with local foods that fit your body and lifestyle!



Essential Oils for Digestion with Pranarom

October 13th | 7:00-8:00pm | Eastside Food Co-op Community Room | Free
Registration required

Our digestion is a key component to overall health, and Aromatherapy is one of the many ways of supporting the digestive system. Join us for a class on how essential oils can help keep your digestion on track including recipes and tips on which oils to use to support this vital bodily system.



Fall Wellness with Chinese Medicine with Tatum Fjerstad

October 22nd | 10:30-11:30am | Eastside Food Co-op Community Room | \$10 owners
\$15 non-owners | Registration required

Learn how to care for yourself during the cooler months of fall 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.



Nuts and Bolts of Food Preservation

October 27th | 6:00-8:00pm | Eastside Food Co-op Community Room
Free | Registration required

The Nuts and Bolts of Food Preservation is an introductory class designed to provide participants with research-based knowledge and scientific resources on the basics of food preservation. This class is presented as an overview of the various food preservation methods and is guided by specific learning objectives, with a focus on safety. Participants will learn about the proper equipment, procedures and storage methods for boiling water canning, pressure canning, jam/jelly making, pickling, fermenting, drying and freezing techniques. This class is brought to you by Hennepin County Master Gardener Volunteer Food Preservation Consultants from the University of MN Extension.

Co-op Community Conversations Presents: Indigenous Foods Class Series

The event series, "Co-op Community Conversations: Exploring the intersection of racial, social, and food justice" is presented by Seward Community Co-op, Eastside Food Co-op, Mississippi Market Food Co-op, and Twin Cities Co-op Partners as a way to examine and connect our cooperative values with social justice movements.

We are honored to partner again this year with local members of Indigenous-led organizations Dream of Wild Health, Division of Indian Work, Gatherings Cafe, and American Indian Family Center to share their knowledge through a series of cooking and lecture workshops.

These six classes will all focus on a different recipe using traditional ingredients. We will learn how to make delicious meals, drinks, medicines, and desserts as instructors share their expertise on sourcing, sustainability, and environmental impacts on local and native-grown foods.



Cushaw Squash, Walleye, and Blue Corn with Brian Yazzie (virtual class)

November 3rd | 6:00pm - 7:30pm
Free | Registration required



Wild Rice with Derek Nicholas and Hope Flanagan (virtual class)

November 7th | 6:00pm - 7:30pm
Free | Registration required



Squash and Maple Syrup with Vanessa Casillas and Hope Flanagan (virtual class)

November 10th | 6:00pm - 7:30pm
Free | Registration required



Wild Rice and Hazelnuts with Alanna Norris and Hope Flanagan (virtual class)

November 15th | 6:00pm - 7:30pm
Free | Registration required



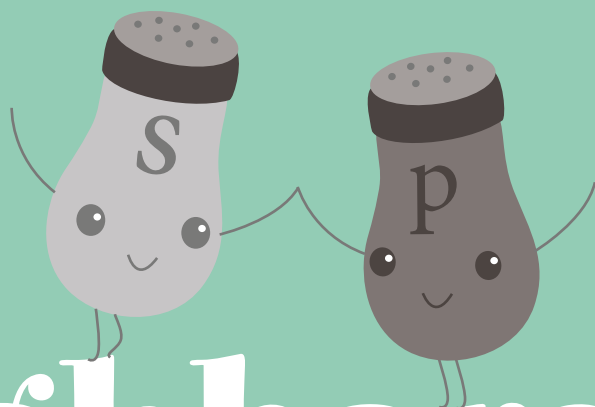
Nettles with Derek Nicholas (virtual class)

November 22nd | 6:00pm - 7:30pm
Free | Registration required



Squash and Maple Syrup with youth leaders with American Indian Family Center (virtual class)

November 29th | 6:00pm - 7:30pm
Free | Registration required



Neighbors' Flavors

Dessert Fit for Midwestern Royalty

a. Poached Pears

i. Ingredients

- 1) 4 pears
- 2) 1 Vanilla Bean
- 3) 2 1/2 cup Sugar
- 4) 5 cups water
- 5) 4 TBSP Butter

ii. Make It

- 1) Bring water to boil in medium sized pot. Split vanilla bean lengthwise along one side with sharp knife add to water with sugar and butter.
- 2) Peel and core pears, add to water and simmer at medium for 10-20 minutes (till tender).
- 3) Set pears aside to cool.
- 4) Reduce liquid by half and discard vanilla bean. Set aside until assembly.

b. Crumble

i. Ingredients

- 1) 2 TBSP Brown Sugar
- 2) 1/3 cup Shaved Almonds
- 3) 1/2 cup Old Fashioned Oats
- 4) 1 TBSP Sesame Seeds

ii. Make It

- 1) Preheat oven to 350.
- 2) In a bowl, mix the oats, almonds, and sesame seeds with brown sugar. Spread ingredients evenly on baking sheet and bake for 10-12 minutes, stirring and mixing occasionally for even baking.

c. Spread

i. Ingredients

- 1) 1/2 cup mascarpone
- 2) 3 Tsp sugar

ii. Make It

- 1) Whisk ingredients together till evenly mixed.

d. Assembly

- i. On small plate, smear spread.
- ii. Cut pears in half lengthwise and place face-down in spread.
- iii. Take crumble and sprinkle generously over pear and spread.

- iv. With large spoon, drizzle the reduced vanilla-flavored pear syrup over top and enjoy.

e. Servings

- i. Makes 8 desserts.



Sunday Slow Braise

a. Slow Braised Pork Ragu with Pappardelle

i. Ingredients

- 1) 3lb Pork Shoulder
- 2) 2 qty 28 oz can crushed tomatoes
- 3) 2 garlic cloves, minced
- 4) 1 red onion, minced
- 5) 1 medium carrot peeled and minced
- 6) 3 TBSP olive oil or butter for browning meat
- 7) 1 cup red wine (we like a Barbara D'asti)
- 8) 1/8 cup Tomato paste+ (use discretion)
- 9) Grated Romano
- 10) Fresh thyme (2 sprigs)
- 11) Fresh Basil 6-8 leaves, minced (reserve a some for a color garnish)
- 12) Fresh Oregano (4 or 5 leaves, depending on size), minced
- 13) 1 TSP Fennel Seeds
- 14) 16oz of Dried Pappardelle noodles

ii. Make It

- 1) Heat your oven to 275° F.
- 2) In a large Dutch oven on your stovetop, brown all sides of a liberally salted and (black) peppered pork shoulder in the fat you chose.
- 3) Reduce heat and add onions, carrots, and garlic (in that order) giving a few minutes extra to the onions and carrots.

- 4) Add Tomatoes, wine, fennel, thyme, oregano, and basil.
- 5) Cover and place in oven.
- 6) Turn/stir after 1, 2, and 3 hours checking liquid level (don't let it get too low!) and checking taste.
- 7) Between 3-4 hours check to see if meat is fork-tender and tears off easily. Remove from heat and leave covered to rest for 10 minutes.
- 8) When you remove meat from oven get a large pot with 8 cups water, a few pinches of salt, and a glug or two of olive oil to a boil.
- 9) Once boiling, add noodles and move to next step.
- 10) Remove meat and pull apart with forks. Add back to liquid when done.

iii. Assembly

- 1) Add Romano and noodles to meat sauce, mix thoroughly.
- 2) Check taste and salt/pepper as needed.
- 3) Garnish with reserved basil and additional Romano or some Parm if you have some.

iv. Servings

- 1) Dinner for 4 plus tasty leftovers!





Minnesota Waldorf School PreK & Kindergarten Space Available Now!

Children are guided gently and joyfully through a day of work, play, and outdoor exploration on our beautiful 8-acre campus.

www.mnwaldorf.org

Nature Play • Screen Free • Arts & Music

Caregiver + Child Classes
3 & 5 Day Preschool
Mixed Age Kindergarten

NE WELLNESS

newellnessmpls.com
612-399-6322

10% OFF* When you mention you saw this ad in *The Carrot*.

Acupuncture • Ayurvedic Medicine • Craniosacral Therapy
Massage Therapy • Holistic Wellness

*Certain restrictions apply. Temporarily located at:
1700 Second Street NE, Eastside Neighborhood Services Building

The Big Sloppy



a. Homemade Sloppy Joes

i. Ingredients

- 1) 1lb ground beef (you could sub out the beef for beyond beef or tempeh)
- 2) 1/2 poblano pepper, small dice
- 3) 1/2 yellow onion, small dice
- 4) 4-5 garlic cloves, minced
- 5) 1/2 Jalapeño pepper, minced
- 6) 2 TBSP Tomato Paste
- 7) 2 tsp Chili Powder
- 8) 2 tsp Hungarian Paprika
- 9) 1-2 TBSP Worcester Sauce
- 10) 1/4 cup Ketchup
- 11) Brown Sugar to taste
- 12) Salt & pepper to taste
- 13) Soft and squishy hamburger buns

ii. Make It

- 1) Sauté onions, peppers and garlic in that order in wide, shallow sauce pan. Careful not to burn that garlic!
- 2) Add beef, salt, and pepper and brown meat.

- 3) Add Tomato paste and brown sugar, mix.
- 4) Add Spices and Worcester sauce.
- 5) Mix ingredients well, taste and adjust to your preference.

iii. Assembly

- 1) Spoon it up on your bun of choice. The more the merrier!
- 2) We love to melt some Bongards American Cheese on these.
- 3) Occasionally, if time allows, we'll take the other 1/2 of the yellow onion, cut it up into little matchstick-size pieces and fry till crispy. Makes for some great, crunchy topping.

iv. Servings

- 1) 4 generous sandwiches

NE
RE
Est. 2012

Your Friendly Neighborhood Realtors



YEARS OF EXPERIENCE!

WWW.NORTHEASTREG.COM

HONEST ADVICE!

Fall Open Studios

November 4-6

A celebration of
Studio Art across
Northeast Minneapolis

Full Details at
nema.org/fall-open-studios

Artwork by Suyao Tian



Eastside Food Co-op
2551 Central Ave NE
Minneapolis, MN 55418

