

NEW ITEMS AT LAKEWINDS, MAY 2023

GROCERY



Fika Espresso 61

Fika's coffee is roasted at their brick-and-mortar café on scenic Highway 61 on Lake Superior, so you can enjoy North Shore vibes from the comfort of your own home. This full-bodied espresso is dark and sweet, the ideal companion for a tart, fruity pastry.

\$15.99-16.99  LOCAL



Peace Coffee pollinator & black squirrel blends

The Black Squirrel from local Peace Coffee is stiff competition for the best new espresso blend at the co-op. It's a bright, medium roast for those who like their coffee nice and balanced. Spring also heralds the return of the popular Pollinator seasonal blend. Made from lightly roasted Peruvian and Ethiopian beans, this fruity coffee with caramel notes is best sipped while planning your spring gardening.

\$13.99  LOCAL



Wonderstate Coffee - seasonal spring blend

We're swapping out the Winter Solstice blend from this local, eco-friendly roaster and bringing in the spring Bloom blend! Like its namesake, this citrusy organic blend is brimming with the vibrant energy of the season. Available in bulk and prepackaged.

\$14.99-16.99  LOCAL



Omsom sauces and marinades

Omsom is your shortcut to restaurant-quality Southeast Asian cooking at home! Inspired by the founders' Vietnamese mother's cooking, these condiments pack a ton of flavor. Look for tangy miso, spicy bulgogi, lemongrass BBQ, and savory chili garlic.

\$3.29

(cont. on next page)

GROCERY (CONT.)



Watkins beef stew & pot roast seasoning mixes

These organic dried spices will elevate your next slow-roasted beef dinner. Each packet contains all the dried flavors you need, so making dinner is easy. The hard part is waiting!

\$2.49  LOCAL



South River miso

Back on shelves, these bold, unique miso pastes have been a nationwide co-op favorite since 1979. Choose from more traditional varieties like sweet white and brown rice, to more adventurous options like Azuki bean and chickpea.

\$13.99-15.99



Vital Farms liquid eggs

Skip right to making your favorite scrambles and omelets with pre-whipped eggs. Just measure out 3 tablespoons for each egg and add to a buttered and heated skillet. Vital Farms' hens are fully pasture-raised with plenty of outdoor space to call home.

\$6.99



Big Mountain Foods soy-free tofu

Big Mountain makes big promises: cruelty-free, non-GMO, soy-free, and gluten-free, to name a few. In addition to those verifications, they also make delicious plant-based proteins and meat alternatives. Look for their soy-free tofu and vegan crumbles made from lion's mane mushrooms.

\$5.99-7.99

(cont. on next page)

GROCERY (CONT.)



Violife vegan dips

The new-to-the-co-op French onion and spinach artichoke dips from plant-based Violife are perfect for backyard BBQs and patio parties. In addition to being 100% vegan, these dips are soy-, gluten-, and nut-free. Don't forget a bag of your favorite plant-based chips or veggie sticks for dipping!

\$5.29




Sun Noodles fresh ramen

While dried noodles are great for keeping in the pantry, fresh noodles will always win in a taste test! These fresh, craft ramen noodles come with a soup base to get your meal started. From there, you can add your favorite veggies, protein, and garnish to build the ramen bowl of your dreams.

\$3.99-6.99

New Teas

- **Equal Exchange** – Green tea with ginger, Rooibos chai, spearmint, \$4.49
- **Rishi** – Green jasmine, Everyday Matcha, Ceremonial Matcha, \$8.99-14.99  LOCAL
- **Republic of Tea** – Emperor's Choice white, turmeric ginger green, oolong dragon, oolong peach blossom, \$9.99-14.99
- **Yogi Tea** – Turmeric Vitality, Everyday Immune, \$4.99
- **Traditional Medicinals** – spearmint, herbal reishi, \$5.79
- **Oregon Chai** – original chai concentrate, \$4.39



Sweet Nothings spoonable smoothies

Perfectly portioned for a light breakfast or snack, these smoothie cups are plant-based, organic, and have no added sugar. Add a spoonful of your favorite granola for extra goodness!

\$6.99

(cont. on next page)

GROCERY (CONT.)



ChunkChunk ice cream treats

These indulgent desserts are made using many local, co-op favorite ingredients like Baker's Field flour and Kalona Supernatural cream. Now that the weather's getting warm, treat yourself to something cold and sweet like the butterscotch almond fromage sandwich or Giggle Bar, packed with salted caramel ice cream, fudge, soufflé cake, and candied pretzels.

\$4.99  LOCAL

Frozen burritos and breakfast items

- Amy's – tofu scramble wrap, \$4.49
 - Sweet Earth – Protein Lover's breakfast burrito and breakfast bowl, \$3.99-5.99
 - Tuscan Tamale – breakfast sausage and cheese tamale, \$3.69
 - Lopaus Point – chocolate chip and wild blueberry frozen waffles, \$7.99-11.49
 - Annie's Homegrown – strawberry shortcake and birthday cake frozen waffles, \$5.49
 - Swapples – cinnamon and blueberry frozen waffles, \$7.99
 - Van's – frozen protein waffles, \$4.49
-

MEAT & SEAFOOD



D'Artagnan duck fat

Roast your potatoes and fries the French way with rich, flavorful duck fat! The high smoke point of duck fat makes it perfect for frying, roasting, and sautéing just about any meat, seafood, or veggie. D'Artagnan is a pioneer in sustainable and humane meat and is a favorite of chefs around the world.

\$9.99
