

Compliments of Kowalski's

March – April 2023
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

CELEBRATING OUR 40TH YEAR

cravings

better
FISH TO FRY

FARM FIELD TRIP

SAY ***Cheddar*** CHEESE!

Beer Cheese
Soup (page 9)

The Family Grocery Store with the Family Still in It

Thoughts from the KOWALSKIS

CELEBRATING 40 YEARS!

The joy of good food starts with having good choices to pick from. At Kowalski's, we strive to offer the best selection in the Twin Cities in every single aisle and department. Our Meat & Seafood Department, for one, provides options for everyone: grass fed, local, organic, pasture raised, Waygu, Prime, sustainable, wild caught and farm raised. Each and every choice you can make is a good one, and all are choices you can feel good about.

Visiting our farmers and ranchers in their fields and on their farms is critical to making these choices possible. It allows us to see firsthand the conditions in which our food selections are grown, raised and harvested. In this issue of *Kowalski's At Home*, we continue our "Farm Field Trip" series with a visit to Nebraska and our new partners from Spring Lake Ranch, producers of our Signature 100% Organic Grass-Fed Beef program. You can read more about Spring Lake Ranch and these premium meat choices on page 11.

Our Produce Department also offers choices galore, even for something as simple (and delicious) as cabbage. On page 8, Culinary Director Rachael Perron explains the difference between some of the most popular types and helps us understand how to best use this wonderful winter vegetable.

We have an extensive selection in our Specialty Cheese Department, too. Cheeses made with every type of milk and

from every corner of the globe are right at your fingertips. On page 9, we explore one of the most popular cheeses in the world: Cheddar. Be sure to watch for great pairing ideas and Cheddary recipes all season long on our social media pages!

Our Gift Department selection is always changing to suit the seasons, occasions and people we celebrate throughout the year. Our kids' area is a little gem within the midst of it all. From stuffies and games to crafts and books, it's an area beloved by many, many customers (and us, too!). On page 6, we're happy to introduce a particularly familiar face (and name!) and share his first children's book with you. It's a sweet story we think you'll want to share with the little ones in your life.

Elsewhere in this issue of *At Home*, we proudly introduce you to some special members of our team, this time from the Meat & Seafood Department. These are some of our most experienced and skilled stakeholders, and, as you'll read starting on page 4, they're a lot of fun, too!

Food Matters! Truth Matters!

Mary Anne Kowalski and
Kris Kowalski Christiansen



KOWALSKI COMPANIES IDENTITY STATEMENT: Kowalski Companies is a civic business. All stakeholders are obligated to organize, educate and set policy according to democratic principles and standards. We do this in partnership with other demonstrations of the Midwest Active Citizenship Initiative to renew and sustain democracy and to create a world that is abundant and just.

PRODUCTION

ART & CONTENT DIRECTOR
Rachael Perron,
Kowalski's Markets

PROOFREADER
Rachel Sitko,
Kowalski's Markets

DESIGNER
Audra Norton,
Kowalski's Markets

PRINCIPAL PHOTOGRAPHER
Phil Aarrestad
philaarrestadphoto.com

FOOD STYLISTS
Maggie Stopera
Susan Telleen

PRINTER
Visual Expressions
printatve.com

CONTRIBUTORS: Sue Moores, M.S., R.D., Mare Klassen – Kowalski's Markets

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FIND YOUR LOCAL MARKET AT KOWALSKIS.COM



better fish to fry

In 2019, Kowalski's became the country's first retailer to be recognized as a Smart Catch Leader by the James Beard Smart Catch program. The James Beard Foundation's Smart Catch program is a seafood sustainability program aimed at helping restaurant chefs make good, sustainable decisions in procuring seafood for their menus. Kowalski's features a wide variety of sustainably caught fresh seafood and receives shipments from around the world every single day, offering up to 40 fresh fish choices in total. Most, if not all, of Kowalski's seafood is flown directly to the Twin Cities, resulting in fish that is five to seven days fresher than seafood arriving by truck at other local markets. Because at Kowalski's, it's all about the joy of good **seafood**!

COOKING  HOME:

family fish fry

GOOD TO KNOW:

This season, find fried fish in the
Hot Foods Case every Friday.

Long before my family became the fish fanatics they are today, the only fish I could get any of them to eat was beer-battered cod. All fish lovers start somewhere! These days, I only fry fish at home once or twice a year. Even for me, the process is a little overwhelming. Going in, I just have to accept that I'll be able to smell the cooking oil for a day or so afterward, and I'll have to deal with the unpleasantness of disposing properly of said oil. I'd argue these small inconveniences are totally worth it.

There are three keys to a great fish fry. First is a light, crispy coating. Don't open your beer (or other bubbly liquid) until just before you use it to maximize the air bubbles in the batter. Second is temperature control (with a thermometer!). Oil that's too hot is likely to burn fried food; too cool and that same food will be greasy. Finally, there's the choice of fish. I like the big flakes and clean taste of wild-caught Alaskan cod, but you can get equally good results with this recipe using other similarly textured white fish, such as catfish or tilapia.

Warmly, *Rachael*

Rachael Perron,
Culinary & Branding Director
rperron@kowalskis.com



BEER-
BATTERED
COD



STAKEHOLDER SPOTLIGHT

meat the team

Our Meat & Seafood Counter is the best in town, and so are our team members! We asked a few of them to share a little about themselves and their personal favorites. Steak, specifically rib-eye, was obviously at the top of their lists!

GRAND AVE.



Jody Kendall

Expertise: 24 years in the meat business – all at Kowalski's!

Home: The Grand Avenue neighborhood of St. Paul, just blocks from the store!

Fave cut of steak: Akaushi New York strip.

"Kowalski's Rotisserie Chicken is hands down the best anywhere around. My family craves it!"

WHITE BEAR LAKE



Kyle Gage

Expertise: I have 24 years in the business. This last year is my first at Kowalski's.

Home: Cobblecrest neighborhood in St. Louis Park.

Fave cut of steak: Prime rib-eye.

Fave seafood: Mussels are tops, but I love Skuna Bay salmon, scallops and trū shrimp, too.

What I cook at home: Braised brisket with fresh pasta and red sauce made from vegetables from my own garden.

"With my family's background in farming and hunting, butchery was a way of life; it gave me a deep respect for animals. While cooking in restaurants for about 16 years, I found I really enjoyed working with charcuterie, salumi and sausages. I transitioned into specialty retail about seven years ago and haven't looked back because I thoroughly enjoy talking with people about cooking, food and drinks."

SHOREVIEW



Tim Bowers

Expertise: 17 years at Kowalski's, 20 years total in food and retail.

Home: Bradford Township in Isanti County.

Fave cut of steak: Prime rib-eye.

Fave seafood: Red king crab legs are a favorite. I also love shrimp.

What I cook at home: I really enjoy cooking at home. I bake cod with mushrooms, garlic and onions; smoke salmon on a pellet smoker; and make a homemade spice blend for tacos and fajitas. I make a great chicken bacon ranch salad, too.

"My free time is spent on home projects, cooking and hunting. I really enjoy outdoorsy vacations."



"GONZO" BRAZO

OAK PARK HEIGHTS

Expertise: 17 years in the grocery biz!

Home: White Bear Lake.

Fave cut of steak: Akaushi rib-eye. I also love our Smokehouse Pulled Pork, Chicken and Beef and our new Meatball Skewers and Buffalo Chicken Skewers.

Fave seafood: Sadly, I'm allergic.

What I cook at home: I do 90% of the cooking at home. One of my favorite dishes to make is pot roast. I use Akaushi chuck roast, and every time I make it, it turns out good.

"OBVIOUSLY, I LOVE MEAT, BUT I ALSO LIKE OUR BAKERY'S DONUTS. IT IS SO HARD TO PASS BY AND NOT BUY ONE! ANOTHER ITEM I LOVE IS THE TURKEY MEATLOAF FROM OUR DELI. IT IS ONE OF THE BEST TURKEY MEATLOAVES I'VE EVER HAD!"

EDEN PRARIE

Expertise: 7 years in the meat business.

Home: South Minneapolis.

Fave cut of steak:

Prime boneless rib-eye. Another favorite of mine is our Pulled Pork Wellington.



Sean Borst

Fave seafood:

Skuna Bay salmon.

What I cook at home:

I skin and cube Skuna Bay salmon and toss it in blackening seasoning before cooking. Mixed with a Caesar salad kit and wrapped in a tortilla like a wrap – boom! It's a healthy dinner done in just 10 minutes.

"Fun fact about me: I've also worked as a bartender for 14 years!"

LYNDALE AVE.

Expertise: 16 years with Kowalski's.

Home: South Minneapolis.

Fave cut of steak:

Our amazing Prime rib-eyes!

Fave seafood: Skuna Bay salmon is my go-to fish. It's buttery, flaky and perfect!

What I cook at home: A classic homemade pot roast using our Akaushi chuck roast, seared and slow-roasted with root vegetables!



Ben Wilson

"I love the hands-on work in the Meat Department! It's a high-energy, fun environment, and I really enjoy helping people find the joy of good food!"



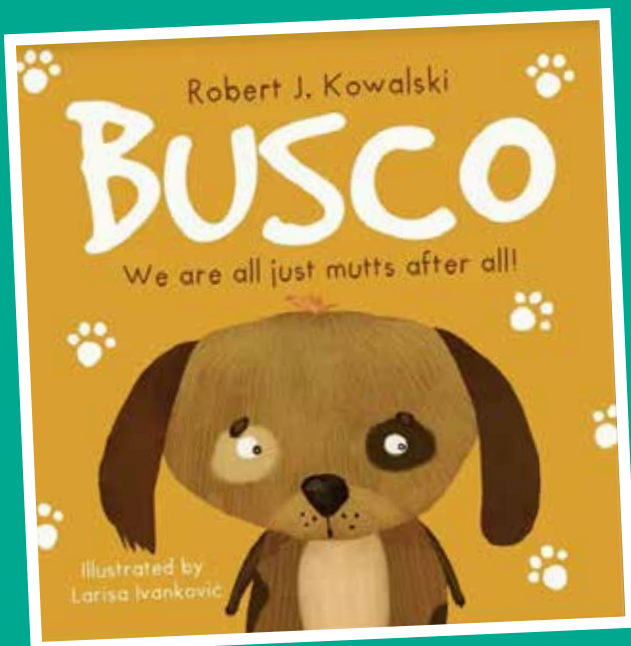
PAN-ROASTED STEAK

NEW

MAKING THE CUT

Our Meat Department now offers premium cutlery to enhance your at-home meat experience. Look for Hammer Stahl knives and cutlery sets in your local Kowalski's Market. Hammer Stahl's razor-sharp blades are made from high-carbon German stainless steel and feature a comfortable grip and excellent balance in the hand.

- A quad-tang design means the knife's steel is driven down through the handle and exposed on all four sides, providing exceptional balance, superior comfort, better force and maximum leverage.
- A 20° bevel angle on the blade is ideal for normal kitchen usage.
- A Rockwell hardness of 55-57 provides a superior edge and lasting durability.
- These knives are engineered with a sloped bolster for maximum ergonomic comfort.
- A Pakkawood handle infused with phenolic resins combines the beautiful look of wood with the durability of plastic.
- All Hammer Stahl products are protected by a lifetime limited manufacturer's warranty.



meet Busco!

This season, Kowalski's is featuring a special book in our Gift Department by an author we know well: Robert J. Kowalski, brother of Kowalski's late co-founder Jim Kowalski. Inspired by a stray dog the author met in Bussaco, Portugal, Busco tells the story of a special little puppy who learns that there's a place for everyone in the world.

"Basically, it's a story of being lost, scared and then being found again in a better spot," says Bob. "And at its heart, Busco is about compassion."

Busco has been well-received in the book lovers' community, in part for the story's celebration of diversity and inclusivity. What's more, a portion of the proceeds from the book's sales has been donated to children's hospitals and animal rescue shelters, including Coco's Heart Dog Rescue in Somerset, Wisconsin.

Learn more about *Busco: We are All Just Mutts After All!* at meetbusco.com.



cash in with CABBAGE

Cabbage is an unsung food hero. It lends itself to all sorts of tasty makings. It's economical, highly versatile and can stay fresh for up to two months when stored properly in the refrigerator. Its big-time health benefits are the final (and prized) feather in its cap.

WHAT'S GOOD IN CABBAGE?

Body-building vitamins – There are several B vitamins in both green and red cabbage that help your body create energy from the foods you eat. One cup of chopped cabbage contains one-half of the vitamin C and K you should get in a day. Both are necessary for strong bones. Our bodies also need vitamin C for a robust immune system. It helps your body better absorb the iron in plant foods and helps make collagen, which is important for building and repairing every cell in your body. Getting an adequate amount of vitamin K has been shown to help improve insulin sensitivity in people with diabetes and may slow the stiffening and clogging of arteries.

Core-critical fiber – Most of us get less than half the fiber we should in a day. It's crucial to creating a healthy bacterial community in our guts. That microbiome influences many aspects of our health, including how we absorb calories and nutrients. It supports memory, mental health and the strength of our immune system. It can also lower the risk of certain cancers. Fiber keeps us feeling full and our digestive processes moving along smoothly. One cup of chopped cabbage has 2 grams of fiber.

Widely protective phytonutrients – Phytonutrients are substances found only in plants. Their role is to protect plants from environmental threats or disease, and they can do the same for us. Several phytonutrients are found in cabbage. Some are anti-inflammatory, protecting cells from oxidative stress caused by factors such as excess weight, tobacco products, high alcohol consumption, poor sleep, pollution and other environmental influences. Some are protective against gastrointestinal issues, including ulcers, irritable bowel syndrome and acid reflux. Some even reduce the risk of certain cancers.

HOW TO GET THE MOST FROM CABBAGE

Researchers have found that preparation techniques can greatly influence the amount of nutrients in cabbage. Chopped or coarsely shredded cabbage retains most of its nutrients. Finely shredding it can reduce nutrient content, including phytonutrients, by as much as 75% over several hours, so it's best served immediately. Boiling cabbage results in significant nutrient loss. Preferred cooking methods are steaming, microwaving and stir-frying.

Come on around to "cooking" with cabbage. Its dividends can pay off handsomely.



Susan Moores, M.S., R.D.
smoores@kowalskis.com

TASTE

Craweable CABBAGE

Cabbage is a great winter vegetable in hot and cold dishes alike – it isn't just for corned beef and cabbage! From sauerkraut, slaw and kimchi to cabbage rolls and soups, cabbage is a versatile and tasty choice. Look for these delicious cabbage varieties in the Produce Department this season:



Green Cabbage

With tight, round heads, common green cabbage is peppery and pleasantly bitter, getting sweeter as it cooks. Often used in slaws and stews, it's increasingly appreciated as a side dish. Braise or roast cabbage wedges to bring out their sweet side.



Red (or Purple) Cabbage

Very similar to green cabbage, red cabbage has tight leaves, round heads and a satisfying crunch. Its color makes it an antioxidant-rich immune booster. It will lose its rich color and turn slightly blue when cooked for a long period of time. Adding an acid during cooking, like lemon juice or vinegar, may help mitigate this a bit.



Napa Cabbage

Perhaps the most popular type of Chinese cabbage, napa has an oblong shape and light green to yellow-green leaves. It is mild and sweet with tender leaves.



Savoy Cabbage

This crinkled, emerald green head is looser and milder than green cabbage. It is generally considered the sweetest cabbage variety.



Bok Choy

Bok choy has a crunchy white base and slightly bitter green leaves on a bulbous head. It resembles a head of mustard greens and tastes like a cross between cabbage and celery. The adorable baby bok choy is a younger bok choy that is even milder and sweeter than the full-size variety. Both are great in soups and stir fries and make an elegant side dish.



AIR-FRIED
CABBAGE
STEAKS



SAVOY
CABBAGE
ROLLS

CHEESE CLASSICS:

cheddar

SHARP CHEDDAR
BEER CHEESE SOUP



Celebrate March with one of the world's most popular cheeses: Cheddar! Originating in the English village of the same name, Cheddar is one of the world's most popular cheeses. Its versatility and range of flavors make it a frequently used choice for both snacks and recipes. It can be mild when young to very sharp when aged, in colors ranging from a natural buttery white to pumpkin orange (due to the addition of annatto – see our *Good to Know* note below). Cheddars are typically firm with a melt-in-your-mouth consistency but can also be made “farmhouse style,” which is somewhat crumbly and has more of a crystalline crunch. Cheddars are traditionally made with cow's milk.

GOOD TO KNOW

- **Annatto** is a natural, flavorless, plant-based coloring that is commonly used to give Cheddar its distinctive orangey hue. The practice started centuries ago as a way for cheesemakers to replicate a color that naturally occurs in cheese when cows feed on summer grasses very high in carotene. Because orange tones were associated with a higher-quality product, the practice of coloring cheese became more widespread. Today, many artisan cheesemakers have backed away from coloring their Cheddars to reinforce the image of their more “natural” cheeses.
- **Calcium lactate**, found on the surface of many aged Cheddars, forms when lactic acid and calcium carbonate react with one another. Not only is the crystalline compound safe to eat, but some people also enjoy the mild crunch it contributes to the cheese.



PERFECT + PAIRINGS +

Our Cheese Specialists will be sharing their favorite Cheddar picks this season in all our markets. Two noteworthy standouts:

Margaret - Parkview

Deer Creek's Vat 17 World Cheddar with PRiMO Raspberry Habanero Jam on locally made Canistrelli White Wine Biscuits. (**foreground**)

Amy - Shoreview

Sartori Cherrywood Smoked Cheddar with Griottines cherries atop a Gluten-Free Toast for Cheese Cherries, Almonds and Linseeds cracker from The Fine Cheese Co. (**background**)

SIGNATURE

ABOUT *organics*

USDA-certified organic foods are grown and processed according to federal guidelines that address factors such as soil quality, animal husbandry, pest and weed control, and the use of additives. Organic produce is grown in soil that's had no prohibited substances, such as synthetic fertilizers and pesticides, applied for three years prior to harvest. Organic meat regulations require that animals are raised in living conditions that accommodate their natural behaviors, like the ability to graze on pasture. Organic livestock are fed 100% organic feed and forage, and antibiotics or hormones are not administered.

GOOD TO KNOW: BEYOND THE LABEL

We are proud to offer pesticide-free hydroponic and soil-free selections, which are not eligible for certified organic inspection and certification. We also work closely with small growers and producers that may not yet be able to afford the costs associated with organic accreditation.



Kids and kids at heart love Kowalski's Organic Peanut Butters! They are easier to stir than most natural shelf-stable peanut butters, making them a great choice for PB&Js, cookies and just licking off the spoon! Made in small batches, our **Creamy** and **Crunchy** varieties are lightly sweetened with coconut sugar and feature a touch of pink Himalayan sea salt. Find them in the Grocery Department.

We also offer organic peanut butters in the Dairy Department.



ORGANIC SIGNATURE PRODUCT FOCUS

Our selection of organics extends to our Signature collection, where we continue to add organic choices every season. Some of our most popular Signature picks are certified organic, including these:

MAPLE SYRUP

GRASS-FED BEEF

EGGS

DRY HERBS AND
SPICES

KANSAS CITY
CLASSIC, HICKORY
BOURBON AND
BLACK GARLIC BBQ
SAUCES

CRUNCHY MUNCHY
TRAIL MIX

FRESH HERBS AND
PREPARED PRODUCE

FAIR TRADE
COFFEES

IMPORTED ITALIAN
DRY PASTAS

FRESH AND
SHELF-STABLE
PEANUT BUTTERS

We're thrilled to announce the return of two cult favorites this season: **Bourbon Maple Syrup** and **Blueberry Maple Syrup**! Find them alongside our Organic Maple Syrup near the pancake mixes in the Grocery Department.





SPRING LAKE RANCH

FARM FIELD TRIP!

Kowalski's new 100% Organic Grass-Fed Beef comes to us from Spring Lake Ranch, a beef cattle ranch in the "Napa Valley" of grasslands, the Sandhills region of Nebraska. This area has a rich cattle-raising tradition, in part due to its long grazing season that provides both warm- and cool-season grasses for livestock.

Kowalski's Meat & Seafood Director Troy Schmeling had the opportunity to visit the ranch late last year as the program was getting off the ground. Spring Lake Ranch, named for the lake at its center, is located on one of the most ecologically diverse grasslands in the world. Ideally centered on the Ogallala Aquifer, the lake provides the cattle with an abundant natural source of water.

"It was an easy place to fall in love with," says Troy, "with rolling green hills as far as one could see, dotted with large, sprawling ranchlands and cattle scattered all across those acres."

Upon reaching the lake, Troy was amazed at the scene before him. "On one side of the lake were a couple hundred head of beautiful beef cattle drinking at the shoreline. On the other side was another herd of younger cattle doing the same thing," recalls Troy. "I remarked on the stunning vista as a flock of mallard ducks flew in from an evening feeding session and swans swam in the shallow bay."



KOWALSKI'S 100% ORGANIC GRASS-FED BEEF IS CHARACTERIZED BY:

- Incredible flavor
- Superior tenderness
- Best-in-class marbling



Ranch Manager Nick Tarpoff greeted Troy and company at the ranch house and offered insights into the success of this program. According to Nick, the ranch is a 20,000-acre organic

living laboratory, an innovative ecosystem in a real-life environment using iterative feedback processes to create a sustainable impact. Importantly, Tarpoff and team employ experts in regenerative agriculture to optimize grazing plans that improve soil and grass health as they work towards regenerative organic certification.

"What makes this program even more unique is that these animals spend virtually their entire lives in one place," explains Troy. "The beef processing plant that the animals are harvested at, as well as the finishing station that gets them prepared for harvest, are on-site. These logistics vastly reduce stress on the animals, making for not only an incredibly humane program but one that is producing a grass-fed product I've never seen before in terms of quality, marbling and consistency. The cherry on top of it all is that it's also certified organic."

KOWALSKI'S IS PROUD TO BE THE VERY FIRST RETAILER IN THE U.S. TO CARRY SPRING LAKE RANCH 100% ORGANIC GRASS-FED BEEF.

Read more about Spring Lake Ranch and Troy's trip at kowalskis.com

seasonal supper

Lamb may be a springtime favorite, but it is wonderful year-round. Kowalski's Naturally Raised 100% Grass-Fed Certified Humane Lamb comes from a co-op of fourth- and fifth-generation shepherds from Oregon that aim to produce the highest-quality lamb possible. Like all of Kowalski's Service Counter choices, the animals are never given added hormones or antibiotics – ever. Domestic lamb is a uniquely flavorful and surprisingly mild culinary experience. As with beef and poultry, cuts with bone impart flavor. Lamb chops are easy to prepare. Just cook them as you would pork chops!

PERFECT LAMB CHOPS GF DF

SERVES 4

The delicate, sweet flavor of lamb makes for a great spring supper.

- 8 (1 ¼-1 ½" thick) lamb rib chops or bone-in lamb loin chops (about 3 ½ lbs. total)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- sauce (your choice), for serving

DIRECTIONS:

1. Preheat a clean grill or grill pan to high.
2. Season chops with salt and pepper.
3. Arrange chops on preheated grill or grill pan; cook until slightly pink in the center and meat reaches an internal temperature of 140°, turning once when dark grill marks form and meat releases easily from grill grates (10-14 min. total).
4. Remove from heat; tent chops loosely with foil.
5. Let rest for 10 min. before serving with sauce of your choice.

