

Compliments of Kowalski's

August – October 2021  
THE JOY OF GOOD FOOD

# KOWALSKI'S AT HOME

## THE *Minnesota* ISSUE

**REALLY  
WILD RICE**

**LOTS OF  
LOCAL**

**CELEBRATING THE  
STATE FAIR**

*Fried Cheese Curds  
(page 21)*



The Family Grocery Store with the Family Still in It

# Thoughts from the KOWALSKIS

We've been spending a lot of time the last few months thinking about *why food matters*. To us, food is a joy. It sustains our health and impacts our economy, but beyond that, food has a special function in connecting us to our world. It bonds us together – at the table, in our communities and around the globe. That's perhaps never more evident than at this special time of year, when we are flush with the bounty that is Minnesota Grown. These special products come to us from people we've met – in their homes, on their farms and in our stores. Their food matters to them, to us and ultimately, we hope, to you.

Accordingly, we're devoting this entire issue of *At Home* to celebrating all things Minnesota and Minnesota Grown. That means local partners, unique local products and a local recipe roundup. It also means a deep dive into one of our state's most beloved products, wild rice, and a nod to the great get-together that is one of the country's best State Fairs.

Speaking of celebrating, we're celebrating the return of the party! As many of us strive to make up some of the precious socializing we lost last year, we're looking at what's trending in

catering and sharing a story of a dinner party done right. (Take a peek at the amazing menu on page 5!)

One of the best things about Minnesota is our beautiful landscape, not just dotted with but covered in lakes and rivers as far as the eye can see. On page 6 we're sharing a bit about our partnership with Great River Greening and their efforts to stabilize, restore and conserve all that's magnificent about living here. Every time you reuse a bag in our stores, you have the option to help support their good work, too.

Finally, Culinary & Branding Director Rachael Perron is helping us get to know yet another of the best among us, our wonderful Bakery & Private Label Director, Russ Tourville. He's kind of a big deal around here, and on the next page, you'll see why we think he's simply the best.

*As always, we love sharing the Joy of Good Food!*

*Many thanks,*

*Mary Anne Kowalski and  
Kris Kowalski Christiansen*



Mary Anne & Kris at Kowalski's annual company picnic, June 2021

**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.



On any given morning, you may bump into Becky Bogart at our Excelsior Market, where she pops in for coffee (on Fridays her son, Gannon, joins her for donuts). Earlier this year her morning routine inspired a persuasive writing project that Mrs. Bogart assigned her third graders at Bluff Creek Elementary. These clever 8- and 9-year-olds were tasked with convincing Kowalski's bakers to create a new donut. Store Manager Luke Holt and Bakery Manager Macie Ilaug delighted in the dozens of letters they received from these imaginative authors asking for everything from donuts flavored like 7UP to donuts for dogs. In addition to surprising the kids at school with a couple dozen of their more unique suggestions – *Spring Raspberry*, *Cookies & Cream* and *The Rainbow* – Luke and Macie gave Excelsior customers a chance to enjoy the students' donut creations, too.

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FIND YOUR LOCAL MARKET AT [KOWALSKIS.COM](http://KOWALSKIS.COM)

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# STAKEHOLDER SPOTLIGHT

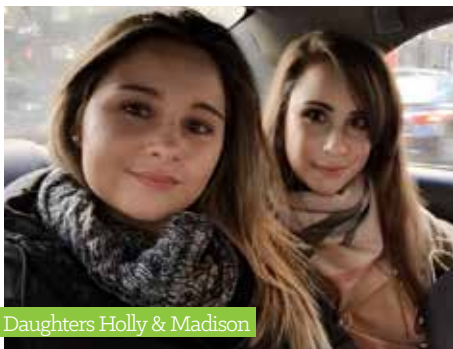
## Russ Tourville: from terrible student to terrific teacher



Russ & wife Tammy



Russ & daughter Madison



Daughters Holly & Madison



One of Russ' "boys," Homer

**I** was a horrible student.” In the course of a one-hour conversation, Russ Tourville, Kowalski’s Bakery Director, repeats this no less than four times. “Literally, I hated everything about school,” he says. “Except art,” he proudly qualifies. “In art, I got all A’s!” Teenage Russ might not have loved the classroom, but he loved being outside, whether it was exploring, building something or playing sports. His grocery career started as many do – he bagged groceries – but the Bakery Department became home. “I’ve done every bakery job you can imagine,” he says. “Apprentice, journeyman, assistant, manager. I like a challenge, and I believe if you’re going to do anything, you should do it well.”

“By the way,” he interjects, “my donuts were incredible.”

Yet for Russ, something wasn’t quite right. “In the 14 years I worked at my prior employer, I never once met the owner,” Russ says. “But in 2001, I was interviewed by Jim Kowalski himself. He asked me, ‘If I throw you the keys to this place, what are you going to do with them?’ I was so scared, I’m not sure what I said, but it was something along the lines of ‘I’m going to make Kowalski’s the best bakery in town.’”

As for how he made his promise to Jim come true, Russ pauses to reflect. “No one else does bakery like we do it,” he says. “I hate to call our stuff simple – we mostly make stuff you would bake at home – but therein lies the difference. We make it. *From scratch*. I guess that’s where I draw the line: we don’t buy things, we bake them. And that’s where a lot of grocers go wrong.”

Of course, Russ does buy some unique items from specialty bakers, including one of his personal favorite desserts, tiramisu from Desserts by Alighieri. Such inimitable items – like humidity-sensitive meringues from Bistro Meringues, gluten-free baked goods from Brody’s 579 and chocolate-covered treats from Hudson-based Knoke’s Chocolates – are chosen very selectively, and always from local partners, if possible.

Russ’ appreciation for local, scratch-made, top-quality food has grown significantly in his time at Kowalski’s. “Until I became a Director, I’d never even tried wine. I’d never traveled or even left the stores before then. All of a sudden, I was traveling and networking, going out to eat. The exposure to new foods was staggering. I didn’t use to consider myself a foodie, but it’s funny how Kowalski’s brings that out of you.”

For the last seven years, Russ has been splitting time between his work in the bakery and leading the company’s Private Label team. “At the time I joined, Private Label was small but growing, and I saw it as a chance to grow myself.” The line may grow more slowly than other markets’ lines, but the Kowalski’s team works differently than competitors, says Russ. “We have strict criteria, and we look for the best stuff we can find. It makes for a diverse product portfolio but one that the entire team genuinely loves and buys for themselves. I am proud of that.”

Five years ago, Russ added another line to his business card. Student became teacher when Russ volunteered to head up Kowalski’s internal leadership development program. “Teaching gives me more satisfaction than any other part of my job,” he says. It’s also earned him the nickname “Professor” from some of his peers – pretty ironic for a guy who claims school wasn’t his thing.



Rachael Perron  
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## COOKING AT HOME: ANNIVERSARY DINNER

This month marks 10 years I've been working at Kowalski's. If I had to sum up my time here in one word, it would have to be "recipes." Yes, there's lots, lots, lots more to it than that, but when I recently thought to add up how many recipes I've written since 2011, I was shocked (and stopped counting) when I reached 1,648.

The actual number is probably over 2,000 and is in part the reason why my family has rarely had the same meal twice in a decade. Prolific churning out of new ideas means I have little time for repeats on my menu. That said, there are some recipes that I keep coming back to over and over and over again. One in particular stands out – *Perfect Herb-Baked Salmon* – and gets requested repeatedly at home. Over the years I've made some changes to it. The most common tweak I've tried is changing up the topping (especially when I don't feel like chopping a bunch of herbs), but I always use the base cooking method. It's fast, foolproof and makes for the moistest, most evenly cooked fish you can dream of. Here I'm sharing the way I make it most often, in a "new" recipe, because, well, recipes are kinda my thing.

Warmly, *Rachael*

P.S. You can find the recipe for *Perfect Herb-Baked Salmon* (plus the rest of my Top 10 favorite recipes from the last 10 years) at [kowalskis.com](http://kowalskis.com).

### SALT-ROASTED SALMON GF DF SERVES 3

½ tsp. kosher salt, plus more for the pan

1 lb. salmon fillet, cut into 3 portions

- Kowalski's Extra Virgin Olive Oil, to lightly coat the fish
- ¼ tsp. freshly ground Kowalski's Black Peppercorns

- chile oil and/or Kowalski's Signature Kickin' Kalbi Sauce, for serving (optional)

- garnishes, to taste: thinly sliced green onion, red pepper flakes and/or sesame seeds (optional)

Line a rimmed baking sheet with parchment paper; cover with a thin, even layer of salt. Place fish on top of salt bed, skin-side down. Very lightly rub salmon with oil; sprinkle with salt and pepper. Bake in a preheated 325° oven until fish is opaque and flakes easily with a fork (about 25 min.). Remove from oven; let stand for 5 min. Drizzle with chile oil or Kalbi; sprinkle with garnish(es).

#### A note about gluten:

When chile oil is used instead of Kickin' Kalbi Sauce, this recipe is gluten free.





# Catering

BY KOWALSKI'S

# EASY EVENTS

Whether your gathering is outdoors or in, formal or casual, Catering by Kowalski's will help you plan the perfect custom menu and enjoy your event to the fullest. Here we're sharing inspiration from a recent dinner party for a group of close friends in Woodbury celebrating their friendship and the host's new home. The occasion featured wine pairings from the Wine Shop for each specially selected course, served up (and cleaned up!) by our experienced and professional team. Make up some of the precious socializing lost last year and host a no-hassle get-together of your own – and let Kowalski's handle the details. They're our specialty!

## Menu

### Onion Tart

Caramelized onion, bacon and Jarlsberg cheese in a savory crust

*Veuve Clicquot Brut Champagne*

### Sweet Potato Vichyssoise

Puréed sweet potato and leeks with white wine, crème fraîche, sweet potato haystacks and fried sage

*Château Mont-Redon Châteauneuf-du-Pape*

### Beef Roulade

With feta, spinach, oven-roasted tomato and pesto

*Hautes-Côtes de Beaune*

### Macadamia-Crusted Halibut

Coconut curry sauce, cilantro-lime basmati rice and baby bok choy

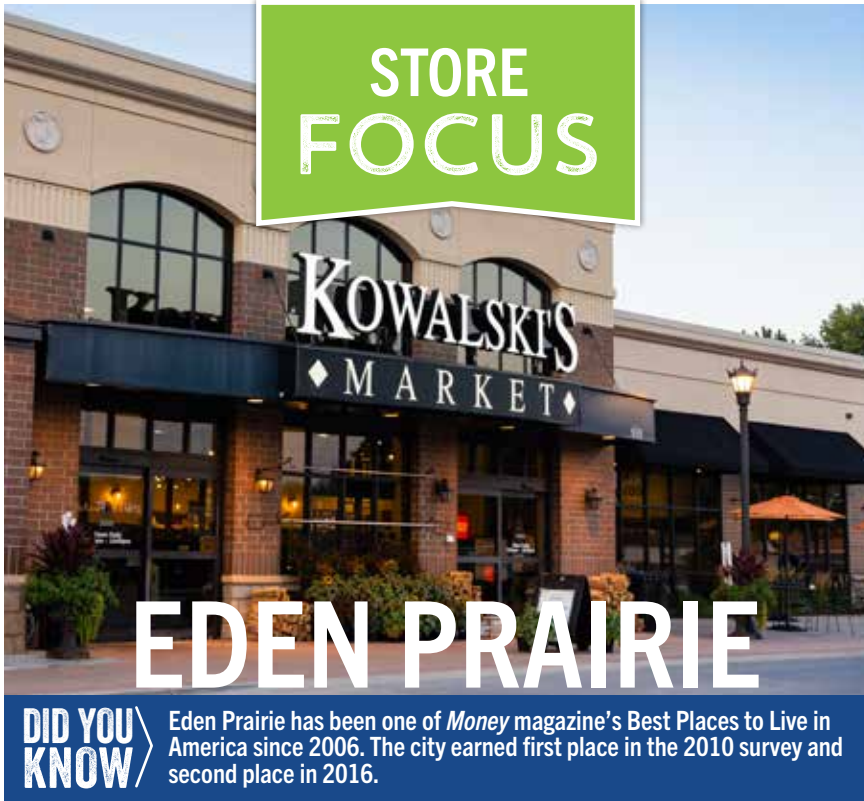
*Domaine Bott-Geyl Gewurztraminer Les Éléments*

### Dessert Trio:

Crème brûlée, French silk pie and apple compote with phyllo ruffle

*Taylor Fladgate 10 Year Old Tawny Port*





**K**owalski's Eden Prairie Market is located at the corner of Main Street and Eden Prairie Road. As one of the midsize Kowalski's Markets, it features most hallmarks of a typical Kowalski's, including expanded Specialty Cheese, serviced pastry case, fresh sushi, made-to-order hibachi and pasta bars, hot wings and a burrito bar, plus indoor and outdoor seating. First opened in 2004, the Eden Prairie Market was remodeled as recently as 2019, when a full-service pastry case was added.

Named for its distinguishing prairie landscape, Eden Prairie is one of the Twin Cities' most beautiful (and greenest) suburbs. Just 12 miles southwest of Minneapolis, with rolling hills and bluffs overlooking the Minnesota River, Eden Prairie is home to nearly 10,000 acres of parks and open spaces, including Staring Lake Park and Bryant Lake Regional Park, plus numerous hiking and biking trails. In all, this community provides a perfect balance of small-town feel and big-city amenities (including some wonderful restaurants) amongst some of our area's most lovely residential neighborhoods.

**DID YOU KNOW** Eden Prairie has been one of *Money* magazine's Best Places to Live in America since 2006. The city earned first place in the 2010 survey and second place in 2016.

**R**eusing paper, plastic and canvas shopping bags significantly reduces both emissions and waste. This is why we offer a 5¢ refund for every bag you bring in and use to bag your groceries at our markets. But this small step can make an even greater local impact when you opt to donate your refund to **Great River Greening**, a nonprofit working to restore and conserve our Minnesota lands and waters.

**Great River Greening's** restoration projects are aimed at improving natural resources by strengthening ecological systems and promoting stewardship and management of critical lands and waters. They inspire, engage and lead local communities in conserving and caring for the land and water that enrich our lives.

**Great River Greening** works in partnership with a large variety of conservation partners throughout the Twin Cities metro – municipalities, counties, nongovernmental organizations, federal and state agencies, corporations and private landowners – to restore ecological health to critical natural areas. Their work started in 1995 with a massive volunteer planting project on the Saint Paul riverfront. Working alongside ecologists, over 44,000 volunteers have helped restore over 25,000 acres of natural habitat at nearly 400 sites throughout Minnesota. They choose their projects based on conservation need, ecosystem services provided and community benefits.

**PROJECTS**

- Native planting designs for developed and natural areas.
- Restoration and stabilization of shorelands and ravines.
- Ecological inventories and restoration management plans.
- Plantings of native trees, shrubs, wildflowers and grasses.
- Restoration and management activities, including exotic species removal, prairie seed collection and sowing, and prescribed burns.
- Conservation practices on farmland for water quality.

Visit [greatrivergreening.org](http://greatrivergreening.org) to learn more about Great River Greening's mission and how you can get involved. >





Susan Moores, M.S., R.D.  
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# MELON MAGIC

**L**ight, delicious, cooling and refreshing, melons are the perfect summer fruit – and, no surprise, they're also remarkably good for your health! Check it out:

## CANTALOUPE

- 1 cup has 120% of the vitamin A and all the vitamin C you should have in a day.
- 1 cup is a good source of potassium, a nutrient important for heart health, normal blood pressure and strong bones.
- Some of the nutrients in cantaloupe support the health of your eyes and vision and can lower your risk for age-related changes in eyesight, such as macular degeneration and cataracts.

## HONEYDEW

- 1 cup contains half the vitamin C you should have in a day and is a good source of potassium. Your nerves and muscles appreciate getting both.



## WATERMELON

- These melons are rich in lycopene, a phytonutrient that helps calm inflammation in the body. It is important for heart health and potentially benefits your bones.
- Watermelon contains citrulline, an amino acid that, through a series of interactions in the body, can help improve blood flow by relaxing blood vessels. Preliminary research suggests it may also help improve the metabolism (breakdown and use) of fat and glucose in the body, potentially reducing excess accumulation of fat in fat cells.
- Watermelon is a good source of vitamins A and C.

## BONUS POINTS

Melons are known for their high water content, a feature that may help with weight control. Some research suggests that the weight of a food can affect your sense of fullness and satisfaction in a meal or snack. Foods with high water content are heavier and more filling than foods with little water, such as popcorn or pretzels. Net out: High-water foods allow you to achieve a sense of fullness while consuming fewer calories.

**DID YOU KNOW**

**GF**

GLUTEN FREE

**LW**

LIVE WELL

**V**

VEGETARIAN

**VE**

VEGAN

**DF**

DAIRY FREE

### CHILLED MELON SOUP **GF LW V VE DF**

SERVES 4-6

- 2 lbs. (about 6 cups) watermelon, cantaloupe or honeydew chunks, chilled
- 3 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- freshly ground Kowalski's Pink Himalayan Sea Salt, to taste
- Kowalski's Fig Balsamic Vinegar, to taste

Add about ½ of the melon to a food processor or blender; purée. Add remaining melon to the blender; process until mixture is completely smooth. If a smoother texture is desired, strain through a fine-mesh strainer. Stir in lime juice; season with salt and stir again. Chill until ready to serve. Divide soup among 4-6 shallow bowls or small cups; drizzle with vinegar.

# + PAIRINGS +

## CHEESE AND HOT SAUCE

Our own Kelsey Pass, Cheese Specialist at our Grand Avenue Market, put her palate to the test with these cheese and local hot sauce pairings. As she searched for cheeses that wouldn't be overwhelmed by the heat of peppers and the sting of vinegar, she discovered matches that really brought out the best in each. We appreciate her suffering for her art and offer up her final suggestions below.



Kelsey Pass



**1 DOUBLE TAKE SIGNATURE HOT SAUCE + 6 TICKLER ENGLISH CHEDDAR WITH CHILIES**

*This combination feels like you're enjoying all the comforts of Texas BBQ!*

**2 FOLLY COFFEE HOT SAUCE + 7 MURRAY'S MAPLE LEAF SMOKED GOUDA**

*The earthiness of the coffee in this hot sauce made finding a cheese pairing difficult (I was shocked!). However, the smokiness of the cheese brought out the chipotles in adobo, the second ingredient in this hot sauce. Delightful! It made me want a taco. And who doesn't want a taco?*

**3 CRY BABY CRAIG'S HABANERO & GARLIC HOT SAUCE + 8 DEER CREEK VAT 17 WORLD CHEDDAR**

*Vat 17 goes with everything. The acidity and richness of the Cheddar mixes so well with the pickled habaneros. Your palate starts off with a little heat from the hot sauce, a little salt from the cheese and a little sweet from the sauce. It ends with the signature full finish that's characteristic of Deer Creek cheeses, which mixes with a hint of garlic from the hot sauce.*

**4 LUCKY'S RIPE JALAPEÑO HOT SAUCE WITH GARLIC + 9 HOOK'S TRIPLE PLAY EXTRA INNINGS**

*This sauce is cool. Very versatile, approachable and fruity with a medium-level heat. It goes well with a sweeter cheese. The hot sauce enhances every milk! My palate was buzzing. I would love to try this as a grilled cheese; I think this combo would be incredible melted.*

**5 LOLA'S CAROLINA REAPER HOT SAUCE + 10 KÄSEREI CHAMPIGNON'S GRAND NOIR**

*The acid in the vinegar plays well with the richness of this cheese, and the blue funk marries the heat perfectly.*



# LOCAL LOVES

When it comes to local, we're on board! Here we've selected a party-perfect combination of some of our top picks from local partners to bring a real down-home vibe to any late-summer get-together.

• **KOWALSKI'S CRUNCH CANDY POPCORN**  
(from Knoke's Chocolates & Nuts)

• **PATTI'S ROSEMARY ROASTED NUTS OR NUTCRACK CANDIED PECANS**

• **UNTIEDT'S VEGETABLE FARM CHERRY TOMATOES AND BLANCHED GREEN BEANS**

• **PLUCKY PICKLE DIP IN ORIGINAL DILL**  
(from the Deli Department)

• **KOWALSKI'S SIGNATURE SEASONED POTATO CHIPS** (from the Deli Department)

• **SHEPHERD'S WAY FARMS FRIESAGO CHEESE** (from the Specialty Cheese Department)

• **KOWALSKI'S HONEY CRACKED WHEAT ARTISAN BREAD**

• **RAW HONEYCOMB**

• **POTTER'S SIX SEED ORGANIC CRACKERS**

• **RED BARN FAMILY FARMS CUPOLA CHEESE**

• **HUMBLE NUT BUTTER IN SUNDRIED BASIL CASHEW**

• **RICH CBD CHOCOLATE IN WHITE CHOCOLATE DREAMSICLE**



## LOCAL FOCUS

# T-REX COOKIES



### T-REX COOKIES

Tina Rexing spent almost 20 years working in corporate America, but in late 2014, she left in search of a new adventure. An avid baker and 17-year veteran of Minnesota State Fair baking competitions, Tina launched T-Rex Cookie Company in February 2015, and her incredible half-pound cookies have since gone on to national acclaim! T-Rex has appeared on *Shark Tank* and NBC's *Today Show*, and Tina's Sea Salt Caramel Chocolate Chip Cookie has been named #1 Cookie in the Country by *Time Out* magazine and the *New York Post*.

T-Rex Cookie Company is one U.S. Bank Stadium's inaugural local food vendors, and the cookies are a staple at Minnesota Orchestra Hall. Last year, T-Rex opened at Ridgedale Mall, and this year marked the retail launch of T-Rex Frozen Cookie Dough with Kowalski's. Each package of frozen dough pucks makes four half-pound cookies, gooey and fresh-baked straight from your own oven!

*Find them in the Frozen Foods Aisle.*

### SAILOR MERCY

In the fall of 2017, Stillwater resident Dani Dircks was looking for a homemade remedy to help prevent her four children from constantly getting sick. Her research resulted in a wealth of information about elderberry syrup, a substance with antiviral properties that some people believe to have immunity-boosting benefits. Combining her research with a love of cooking, Dani came up with an original recipe that both she and her kids loved.

Sailor Mercy Elderberry Syrup comes in three varieties: *Traditional*, *No Spice* and *Vegan*. Each is packed with valuable antioxidants and ingredients to help support your immune system. They're made without preservatives or thickeners and crafted in small batches.

Sailor Mercy's Fire Cider is the newest addition to the Sailor Mercy lineup. It is a sweet and spicy apple cider vinegar elixir infused with organic superfoods and steeped for 28 days. It's intended to boost immune function and stimulate digestion.

*Find Sailor Mercy Elderberry Syrup and Fire Cider products in the Grocery Department.*





### MORNINGSTAR COFFEE

Jose Vido, son of a third-generation coffee grower from Italy, grew up on his father's small coffee plantation in Brazil. His upbringing on the farm sparked a passion for great coffee, which led Jose to open Morningstar Coffee Company in 1996. A Twin Cities-based organic, fair-trade coffee roaster, Morningstar has led the Twin Cities' coffee scene with their commitment to delivering sustainable, superior-quality coffee.

Morningstar Coffee buys certified organic coffees from all over the world. They select shade-grown, fair-trade coffees from growers who employ the same methods of hand-picking and drying beans that Jose's own family has been practicing for generations. These standards make for not only better-tasting coffee but coffee that's socially and ecologically responsible as well.

Morningstar also blends, roasts and grinds small batches of Kowalski's Signature Coffees. Every batch is prepared to order to ensure maximum quality and freshness.

*Find both Morningstar Coffee and Kowalski's Signature Coffee in the Grocery Department.*



### THREE FARM DAUGHTERS



Having grown up together on a farm in North Dakota, the Sproule sisters understand clearly the desire to connect with and know where your food comes from and how it's made. Today Annie Gorder, Mollie Ficocello and Grace Lunski have combined forces to bring better wheat from the field to your kitchen. **Three Farm Daughters** is their new line of pastas and flour made with premium 100% natural wheat. After attending Bethel University in the Twin Cities, the girls came to know and love Kowalski's, and we're excited to be the first to introduce their product to the Twin Cities retail market.

There are thousands of wheat varieties grown around the world, and each one has unique properties. Three Farm Daughters uses premium GoodWheat varieties, which are naturally nutrient-dense. With attributes like high fiber, more protein, fewer calories and less gluten, they work harder and better to nourish you and your family.

*Find Three Farm Daughters pastas and flour in the Grocery Department.*



### HUMBLE NUT BUTTER

Minnesota's own Jessica and John Waller named their nut butters *Humble* for a few reasons. Sure, it's an admirable quality in a human, but as it relates to food, they believe food should also be humble – honest, real and made with minimal ingredients – and, of course, nutritious and tasty!

Humble Nut Butters are available in three unique flavors: *Truffle Herb Walnut*, *Sundried Basil Cashew* and *Turmeric Maple Pecan*. They're wonderful as an ingredient or a simple snack paired with vegetables, crackers, sandwiches or cheese. Every single jar is made by hand and contains no palm oil, preservatives or stabilizers – just gluten-free, vegan, Non-GMO certified, all natural ingredients. You'll find certified organic herbs and spices in each of these creamy blends, and certified Fair Trade organic cashews in their cashew butter.

*Find Humble Nut Butters in the Specialty Cheese Department.*



LOCAL

# cool CUKES

Local produce is a year-round effort at Kowalski's, but this season is always a special time for Minnesota Grown. We have corn, tomatoes, zucchini, peppers and all the Minnesota staples in stock this season. We're also celebrating some of the more unique offerings Minnesota Grown has to offer in our Produce Department. From Black Diamond watermelons, Sugar Cube melons, pickling dill, fingerling potatoes, shishito peppers and Epicurean Delight yellow onions, we'll have something new and delicious for you to try every time you shop.

Here, however, we're focusing on the humble cucumber, a staple of Minnesota Grown season and good for more than just pickles! Their crisp, clean taste is great in all kinds of cool ways, including this very refreshing berry-infused beverage.

## BLACKBERRY-CUCUMBER COCKTAILS **GF** **V** **VE** **DF** MAKES 2

- 8 blackberries, plus more for garnish
- 2 slices peeled cucumber, plus more for garnish
- 4 large mint leaves, plus more for garnish
- 3 oz. gin
- 3 oz. Kowalski's Simple Syrup
- 2 oz. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- ice
- tonic water, to taste
- 2 lime wedges, for garnish

In a cocktail shaker, muddle blackberries, cucumber and mint; add gin, simple syrup, lime juice and ice. Shake to combine (at least 30 sec.); strain evenly into 2 lowball glasses over ice. Top glasses evenly with tonic water; garnish each glass with a small sprig of mint, a lime wedge, blackberries and sliced cucumber.



**GRANDMA PUNKY'S REFRIGERATOR PICKLES**

GF LW V VE DF

SERVES 20

- 1 2/3 cups sugar
- 1 cup tarragon vinegar (such as Heinz brand)
- 1 tbsp. celery seed
- 6-7 cups sliced cucumbers
- 1 cup thinly sliced onion
- fresh tarragon, for garnish (optional)

In a medium mixing bowl, mix sugar, vinegar and celery seed well until sugar is dissolved. Add cucumbers and onion. Refrigerate for at least 24 hrs. before serving. Garnish with fresh tarragon, if desired.

*Recipe courtesy of Untiedt's Vegetable Farm of Waverly, Minnesota.*



**SALMON WITH YOGURT AND CUCUMBER SALAD**

GF LW

SERVES 4

- 1 lb. salmon fillet, cut into 4 portions
- 1 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for serving
- 1/2 tsp. kosher salt, plus more for seasoning
- 1/4 tsp. freshly ground Kowalski's Black Peppercorns, plus more for seasoning
- 1/2 cup full-fat plain Greek yogurt
- Fast Cucumber Salad
- fresh dill fronds, for garnish

Brush fish lightly with oil; season with salt and pepper. On a grill preheated to medium-high heat, grill fish, skin-side down until flaky and opaque throughout (10-15 min., depending on thickness of the fish). Meanwhile, smear an equal amount of yogurt on each of 4 serving plates; drizzle with oil and sprinkle with salt and pepper. When salmon is done, transfer a piece to each plate on top of yogurt, leaving skin behind. Top fish with cucumber salad; garnish with dill fronds. Serve immediately.

**FAST CUCUMBER SALAD**  
SERVES 4

In a small mixing bowl, whisk together 2 tbsp. each rice vinegar and superfine sugar until sugar dissolves. Add red pepper flakes, chopped fresh dill, kosher salt and freshly ground Kowalski's Black Peppercorns to taste. Add 1 peeled, thinly sliced English cucumber and 1 small, peeled, thinly sliced shallot; toss to coat. Let stand for at least 10 min. before serving.



**TASTY TIP**

When Minnesota Grown produce is not in season, other selections may be substituted in equal amounts.

**TZATZIKI**

GF LW V

SERVES 8

- 1/2 peeled cucumber, seeded, grated and well drained (seeds discarded)
- 1 cup full-fat plain Greek yogurt, such as The Greek Gods brand
- 1/4 cup sour cream
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- 1/2 tsp. garlic purée
- 1/2 tsp. kosher salt, plus more to taste
- 1/4 tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste
- 1 tbsp. finely minced fresh mint
- 1 tbsp. finely minced fresh dill (optional)

In a medium mixing bowl, combine first 8 ingredients (through pepper). Adjust seasoning to taste. Stir in herbs. Chill in the refrigerator for 2 hrs. to allow flavors to develop. Store in the refrigerator, covered, for up to 1 week.



This assortment of seasonal snacks is just perfect for ghosts and goblins of all ages. Our Halloween Grazing Board is comprised of salty, sweet and savory finger foods, including specialty cheeses and crackers, holiday candy and, of course, some of our favorite Minnesota Grown goodies.

# GHOULISH GRAZING



**Kowalski's Pumpkin Pie Almonds**  
(from the Bulk Foods Section)

**Kowalski's Sour Gummy Pumpkins**  
(from the Bulk Foods Section)

**Kowalski's Gummy Worms**  
(from the Bulk Foods Section)

**Caves of Faribault Felix Blue Cheese**  
(from the Specialty Cheese Dept.)

**Ka-Pop! Red & Green Sriracha Popped Chips**

**Caves of Faribault Fini Cheddar**  
(from the Specialty Cheese Dept.)

**Driftless Provisions Salami**  
(from the Specialty Cheese Dept.)

**34 Degrees Crackers**  
(from the Specialty Cheese Dept.)

**Kowalski's Plant-Based Buffalo Dip**  
(from the Produce Dept.)

Mini bell peppers, grapes and blackberries

# best DRESSED

Make the Best-Dressed List this season with casual fashion clothing and smart accessories from these select boutique brands, available in the Gift Department. (Other brands and styles are available and vary from store to store.)



**LYSSÉ**

Lyssé specializes in urban-inspired apparel to live in. Their beautiful, classically inspired wardrobe essentials are crafted in modern fabrics and fits meant for active lifestyles.



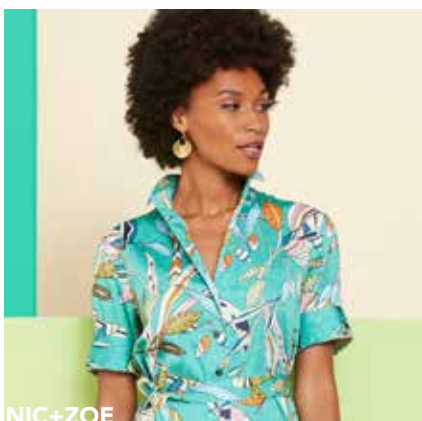
**DESIGUAL**

Known worldwide for their graphic prints and optimistic, colorful clothing, Barcelona's Desigual makes vibrant, playful, fashion-forward pieces for the young and young at heart.



**P.J. SALVAGE**

This California brand epitomizes luxury comfort apparel. In soft fabrics, modern silhouettes and contemporary prints, P.J. Salvage loungewear, sleepwear and sportswear is particularly easy to wear.



**NIC+ZOE**

NIC+ZOE is a mother-daughter duo known for upscale knitwear. Look for soft and cozy sweaters and other wardrobe essentials made from the highest quality yarns and fabrics that are both beautiful and versatile.



**MARLYN SCHIFF**

Best known for charm necklaces and mix-and-match bracelet stacks, Marlyn Schiff fashion jewelry features a unique and distinctive mix of textures, materials and semi-precious stones. These polished, pretty, on-trend pieces are designed for smart, sleek and stylish fashion lovers.



**SORUKA**

Each year, an incredible volume of leftover leather ends up in the landfills and waterways of our planet, creating huge environmental problems. As a zero-waste manufacturer, Soruka designs stunning, one-of-a-kind, modern bags and leather accessories exclusively from recycled and remnant leather from other leatherworkers and fashion houses.



**LOCAL FOCUS**

**NAMAKAN FUR**

Minnesotans Maggie Davis, Molly Mogren Katt and Liz Doyle Skophammer teamed up to create this unique brand that bridges the gap between cold-weather comfort and sophisticated style. Look for their signature faux fur ruffs, neck warmers, hats, mittens and more in the coming months.

# A STEP outside THE BOX



Many wine drinkers find themselves buying the same types of wine, if not the exact same labels, over and over again. It's great to have favorites, but if you'd like to step a pinky toe outside your comfort zone, we have some suggestions. When it comes to whites, if you find yourself reaching time and again for a Pinot Grigio or a Sauvignon Blanc, you may find one or more of these four whites also to your liking:

## VERMENTINO

One of the most underrated Italian white wines is Vermentino. The best examples come from vineyards planted close to the sea in the regions of Liguria, Sardinia and Tuscany. Sleek and zesty, the ocean influence gives them a minerality and salinity that sparks the appetite. Vermentino is a wonderful partner for antipasti, pesto and fresh seafood.

## PICPOUL

Picpoul is one of the oldest grapes in the south of France. Its name literally translates to "lip stinger," due to its zingy acidity. Modern versions have more charm; the crisp palate is complemented by citrus and green fruit flavors, with aromas of blossom. Picpoul is an affordable addition to your next picnic or served with a simple basket of fried calamari.

## GRÜNER VELTLINER

These dry Austrian whites are also high-acid and citrusy. They often have spicy white-peppery notes and tart stone fruit flavors, too. Light and easy to drink, Grüner (pronounced *groo-ner*) is known for two things: its nearly miraculous ability to pair with just about anything, and hitting your palate, as one critic put it, like a mouthful of Pop Rocks.

## ALBARIÑO

Like the aforementioned wines, Albariño is commonly citrusy and often tastes of stone fruit, but it is bone-dry with hints of lemon and green melon. It has a noticeable minerality and, again, acidity that pairs particularly well with shellfish – not surprising, given the grape is native to the Galicia region of Spain and Northern Portugal, where the cuisine relies heavily on the sea. You can also try it with light pastas and chicken. Spain's best examples of Albariño are produced in Rias Baixas and are always 100% Albariño grapes. In Portugal, where the grape is known as Alvarinho, it can be bottled on its own or blended into Vinho Verde, summer's ultimate patio pounder.

Stop by the Wine Shop at our Eagan, Excelsior, Grand Avenue, Oak Park Heights, Shoreview, Uptown or Woodbury Markets. Our Wine Specialists will help you find the perfect bottle.



# the PROPHECY of WILD RICE

More than a thousand years ago, the Anishinaabe, a group of First Nations that includes the Ojibwe, received a prophecy to travel west from the Atlantic coast to save their people and find their chosen land: at the end of their journey, they would find “the food that grows out of the water” to nourish their families for generations to come. As the Ojibwe migrated west, they found wild rice growing in many of the rivers and lakes in Minnesota and in the Great Lakes region. They eventually settled the land and began harvesting wild rice, which they call *manoomin*. Manoomin is commonly translated as “good berry” or “harvesting berry,” and the Ojibwe consider it a sacred gift from their Creator.

For centuries, tribes such as the Ojibwe have been harvesting this aquatic plant for food and gifts and as offerings in religious ceremonies. Their annual hand harvest on Minnesota lakes and rivers is a joyous event that preserves ancient traditions and strengthens their sense of community. It provides food security for the tribes as well as supplementary income. More than just a crop, it is part of the core identity of the Ojibwe people and is symbolic of their deep connection to the land.

Wild rice is very nutritious – low in calories and fat, higher in protein than other rices and a good source of vitamins and minerals. Although it is a distant cousin of Asian rice, it is technically a type of aquatic grass with a chewy outer shell and a soft inner grain. Because of this, wild rice requires additional processing in order to make it edible. The raw green grass seed is first

dried and then parched by quickly turning the seeds over a heat source. This process allows wild rice to be safely stored for long periods of time, which made it an essential source of nutrition during the long, cold Minnesota winters and why it is believed to be a strong proponent of the success of the fur trade in this region for early colonizers.

While hand harvesting of wild rice in our lakes and rivers has been occurring for centuries, cultivation in paddies began relatively recently in the 1950s. James and Gerald Godward were the first to officially cultivate wild rice on a one-acre meadow near Brainerd, Minnesota. The University of Minnesota began domesticating wild rice in the 1960s and developed a hybrid version that withstood mechanical harvesting methods. As wild rice cultivation and sales grew, Minnesota became the largest producer of wild rice in the world until the 1970s; it still remains a major export to this day.

The naturally growing wild rice in our lakes and rivers also provides homes to a diverse ecosystem of birds, mammals, amphibians and fish. It provides feeding and nesting areas for at least 17 different species that are listed by the Minnesota Department of Natural Resources as species that are of the greatest conservation need. Wild rice also improves the quality of the ecosystem it lives in by siphoning nutrients from the water to enrich the soil, reducing algae, forming windbreaks and helping to prevent soil erosion. Given all the nutritional, economic, cultural and ecological benefits of wild rice, it is easy to understand how it became Minnesota’s official state grain back in 1977.



FIND IT!

Experience the true joy of Minnesota Grown wild rice! Kowalski's Hand Harvested Wild Rice comes from the beautiful lakes and rivers in our state and has a wonderfully robust flavor and soft, pillowy texture. We also have two cultivated varieties, Long Grain and Cracked, that are perfect in everything from soup to stuffing. All our wild rice is grown and processed locally to ensure the highest quality and an authentic taste of home.

# WILD, WILD RICE

## HONEY-DIJON SEASONED SOUR CREAM

MAKES ABOUT ¾ CUP

In a medium mixing bowl, whisk together ½ cup sour cream and 3 tbsp. Kowalski's Champagne Honey Mustard. Season to taste with Kowalski's Signature Award-Winning Rotisserie Rub. Store in the refrigerator, covered, for up to 3 days.

In this collection of brand new wild rice recipes, we're branching out from the "same old, same old" and trying more modern, unique ways with Minnesota's most famous grain. The nutty flavor of wild rice is hearty and satisfying as the base of a crab cake-inspired appetizer and pairs beautifully with bittersweet greens, sweet fruit and salty cheeses. And with respect to a Minnesota classic, our newest wild rice soup recipe is blissfully brothy and light yet still feels rich and indulgent. Get wild!

## WILD RICE GRIDDLECAKES

LW V

MAKES ABOUT 8

- |  |   |
|--|---|
| 1 ½ cups Kowalski's Wild Rice, prepared according to pkg. directions, cooled | ½ cup plain Greek yogurt  |
| ¼ cup all-purpose flour  | 1 egg   |
| ¼ cup panko breadcrumbs  | 1 cup grated carrots  |
| 1 tsp. kosher salt   | ½ cup freshly grated Kowalski's Parmesan Cheese                   |
| ½ tsp. baking soda   | ¼ cup sliced green onion  |
| ½ tsp. baking powder   | - <i>Honey-Dijon Seasoned Sour Cream</i> , for serving (optional) |
| ½ tsp. dried thyme (or 1 tsp. fresh)   | - microgreens, for garnish (optional)                             |
| - freshly ground Kowalski's Black Peppercorns, to taste                      |   |

In a medium mixing bowl, stir together first 8 ingredients (through pepper); set aside. In a separate medium mixing bowl, whisk together yogurt and egg. Gently mix wet mixture into dry mixture until just combined; fold in carrots, cheese and onion. Heat a large nonstick skillet or griddle over medium heat; spray with cooking spray. Working in batches, scoop about ⅓ cup batter into skillet. Form batter into 3-4" circles, pressing down slightly; cook until edges are set and dry and bottom of griddlecakes are dark golden-brown (about 3 min.). Flip griddlecakes; cook until golden-brown on the other side (about 2 min.). Wipe skillet clean; respray pan and repeat with remaining batter. Top griddlecakes with seasoned sour cream; garnish with microgreens. Serve warm.

**FOUR SEASONS SALAD** LW V

SERVES 4

- |  |  |
|--|--|
| 1 tbsp. Kowalski's Extra Virgin Olive Oil                                | 1 ½ cups Kowalski's Wild Rice, prepared according to pkg. directions, cooled |
| 6 oz. raw butternut squash, peeled and seeded, cut into ¾" chunks        | ½ cup Kowalski's Organic Maple Vanilla Walnuts                               |
| 4.5 oz. pkg. Revol Greens Fresh Salad Greens (such as Mighty Spring Mix) | 4 oz. Kowalski's Israeli Feta Cheese   |
| - Honey Poppy-Dijon Dressing, to taste (find recipe at kowalskis.com)    | 6 tbsp. pomegranate seeds  |
|  | 6 tbsp. freeze-dried raspberries   |
|  | ¼ cup sliced green onion   |

Heat oil in a large skillet over medium-high heat. Add butternut squash; cook until tender (approx. 6-7 min.). Remove from heat; allow squash to cool to room temperature. Wash greens in ice-cold water; drain thoroughly in a salad spinner until very dry. In a large salad or mixing bowl, toss greens with dressing to taste. Top dressed greens with squash and remaining ingredients; drizzle with additional dressing to taste.



Find Kowalski's Organic Maple Vanilla Walnuts in the Bulk Foods Section.

Find Kowalski's Israeli Feta Cheese in the Specialty Cheese Department.

**MINNESOTA GOLDEN WILD RICE SOUP** GF LW

SERVES 4

- |  |  |
|--|--|
| 2 tbsp. Kowalski's Extra Virgin Olive Oil    | 2 cups Kowalski's Wild Rice, prepared according to pkg. directions, cooled |
| 4 oz. diced yellow onion                     | 1 cup chopped cooked chicken (white and/or dark meat)                      |
| 4 oz. diced carrot                           | 2 tbsp. heavy cream  |
| 4 oz. diced celery                           | 1 tbsp. fresh thyme leaves   |
| ½ cup diced red bell pepper                  | 1 tsp. ground turmeric   |
| 8 oz. Kowalski's Sliced Baby Bella Mushrooms | ½ tsp. ground sumac (optional)   |
| 1 tbsp. fresh minced garlic                  | 3 oz. dry sherry   |
| 32 oz. chicken bone broth                    | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste    |

In a large pot, heat oil over medium heat; sauté onion, carrots, celery and red pepper until tender (about 5 min.). Add mushrooms and garlic; sauté for 2 min. more. Add broth; stir in rice, chicken, cream, thyme, turmeric and sumac. Simmer until hot (about 15 min.), stirring occasionally (do not allow soup to boil). Remove from heat; stir in sherry. Season with salt and pepper to taste; serve immediately.

*A note about gluten:* When a gluten-free bone broth and gluten-free spices are used, this recipe is gluten free.

**LAND OF LAKES WILD RICE SALAD** GF LW DF

SERVES 6

- |   |  |
|---|--|
| 3 tbsp. Kowalski's Extra Virgin Olive Oil                                     | 1 ½ tbsp. Kowalski's Champagne Honey Mustard                               |
| 2 tbsp. apple cider vinegar   | 2 cups Kowalski's Wild Rice, prepared according to pkg. directions, cooled |
| 2 tbsp. Kowalski's Balsamic Vinegar   | 4 oz. chicken breast, cooked and diced, cooled                             |
| 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) | ½ cup diced Honeycrisp apple   |
| 1 tbsp. fresh thyme leaves  | ¼ cup sweet drop peppers (from the Olive Bar in the Deli Department)       |
| 1 tsp. garlic powder  | ¼ cup diced celery   |
| 1 tsp. kosher salt  | ¼ cup sliced green onion   |
| ½ tsp. ground ginger  | ¼ cup dried currants   |
| ¼ tsp. ground nutmeg  |  |
| - freshly ground Kowalski's Black Peppercorns, to taste                       |  |

In a medium mixing bowl, whisk together oil, vinegars, lemon juice and seasonings (through black pepper). Whisk in mustard; set dressing aside. In a large mixing bowl, add remaining ingredients; pour dressing over ingredients and toss to coat. Refrigerate for 30 min. before serving.





Fun with

# FAIR FOODS

Could there be anything more Minnesotan than our famous State Fair? As we get ready to return to the Midway, we're celebrating the return of fair food! These deep-fried delicacies are always top choices for fairgoers, but you can make them at home, too.

A large, deep pot and just a few inches of oil is a safer frying technique that also keeps splatters to a minimum and reduces the total amount of oil you'll need for these recipes. A thermometer is essential to success. Oil that's too hot is likely to burn your food; too cool and food will be greasy. Most foods cook in just a few minutes. The crispiest french fries require a two-step fry but can be cooked in either oil or an air fryer.

Whether or not you serve your homemade fair faves on a stick is up to you!

### AIR-FRIED FRENCH FRIES

SERVES 2-3 **GF** **V** **VE** **DF**

- 14 oz. Kowalski's Fresh State Fair Cut French Fries (from the Prepared Produce Section)
- water, cold
  - 2 tsp. canola oil, divided
  - fine salt, to taste
  - Kowalski's Classic Ketchup, for serving (optional)

In a large mixing bowl, cover fries with cold water; let soak for 45 min. Remove fries from water with a slotted spoon; let air-dry on paper towels for 30 min. Pat dry with dry paper towels. In a medium mixing bowl, toss ½ the fries with 1 tsp. oil; season with salt. Place fries in a single layer, with space between fries, in the basket of an air fryer preheated to 375°; fry for 10 min. Increase temperature to 400°; fry until fries are golden to dark golden and somewhat blistered (7-10 min. more). Remove hot fries from fryer and set aside; repeat the process with remaining fries. If desired, return first batch to the fryer with the second batch in the last 2 min. of cooking to re crisp and warm through.

*A note about gluten:* To avoid cross-contamination, use an air-fryer reserved for gluten-free cooking to make this recipe.



**FRIED CHEESE CURDS** (pictured on cover) **V**

SERVES 12

2 qts. canola oil  
1 cup flour  
¾ tsp. kosher salt  
¾ cup Pilsner beer  
2 eggs, beaten

¼ cup whole milk  
2 lbs. Ellsworth Cooperative Creamery Fresh Cheese Curds  
- Kowalski's Classic Ketchup, for serving (optional)

In a large, deep pot, heat oil over medium-high heat until it reaches 375°. While oil heats, whisk together flour and salt in a large mixing bowl; set aside. In a medium mixing bowl, whisk together beer, eggs and milk. Add wet mixture to dry mixture; whisk to form a smooth, fairly thin batter. Drop cheese curds, 6-8 at a time, into the batter; stir to coat. Scoop curds from the bowl with a wire mesh strainer or slotted metal spoon; shake gently to remove excess batter. Fry curds in hot oil until golden-brown (1-2 min.); remove from pan with a clean strainer or spoon. Drain on paper towels. Repeat with remaining curds and batter, monitoring the oil and adjusting the heat setting as needed to ensure the oil temperature stays at 375°. Serve curds hot with ketchup for dipping, if desired.

**MINI CORN DOGS**

SERVES 8

2 qts. canola oil, for frying  
1 cup flour  
1 cup cornmeal  
2 tbsp. sugar  
1 tsp. baking powder  
1 tsp. kosher salt  
½ tsp. baking soda

1 cup buttermilk  
2 eggs  
8 Akaushi beef hot dogs, cut into thirds crosswise  
- Kowalski's Classic Ketchup and yellow mustard, for serving (optional)

In a large, deep pot, heat oil over medium-high heat until it reaches 375°. While oil heats, whisk together flour, cornmeal, sugar, baking powder, salt and baking soda in a large mixing bowl; set aside. In another large mixing bowl, whisk together buttermilk and eggs. Add wet mixture to dry mixture; whisk until mostly smooth. Drop hot dog pieces, 6-8 at a time, into the batter; stir to coat. Scoop from the bowl with a wire mesh strainer or slotted metal spoon; shake gently to remove excess batter. Fry in hot oil until golden-brown (4-5 min.); remove from pan with a clean strainer or spoon. Drain on paper towels. Repeat with remaining hot dogs and batter, monitoring the oil and adjusting the heat setting as needed to ensure the oil temperature stays at 375°. Let corn dogs cool for 3 min.; serve with ketchup and mustard for dipping, if desired.

**DEEP-FRIED FRENCH FRIES** **GF** **V** **VE** **DF**

SERVES 2-3

14 oz. Kowalski's Fresh State Fair Cut French Fries (from the Prepared Produce Section)  
- water, cold

- canola or peanut oil, for frying  
- fine salt, to taste  
- Kowalski's Classic Ketchup, for serving (optional)

In a large mixing bowl, cover fries with cold water; soak for 45 min. Remove fries from water with a slotted spoon; let air-dry on paper towels for 30 min. Pat dry with dry paper towels. In a deep pot, heat 2-3" of oil to 375°. Cook fries until they start to become tender (4-5 min.); transfer with a slotted spoon to paper towels to drain (fries will not be cooked through and will be pale). Heat oil to 400°. Return fries to the oil; cook until dark golden-brown and crisp (2-4 min.). Drain on paper towels; season with salt to taste.



# SEASONAL SIPPER

There may be no better way to wash down summer's best foods than with an ice-cold lemonade. Kowalski's Signature Freshly Squeezed Lemonade is a tasty and convenient option, but Kowalski's Freshly Squeezed Lemon Juice and Kowalski's Simple Syrup make mixing your own easy, too. Of course, you can always squeeze a few fresh lemons, if you prefer; but while you're at it, add other fruits, too! Flavored lemonades made with fresh fruits or prepared preserves are fun and fun to make.

## BLUEBERRY-BASIL GF V VE DF LEMONADE

SERVES 6

- ½ oz. (a generous handful) fresh basil leaves
- ½ cup blueberry jam (such as Bonne Maman Intense Blueberry Fruit Spread)
- 48 oz. Kowalski's Signature Freshly Squeezed Lemonade
- ice
- blackberries, fresh basil and lemon slices, for garnish

Place basil in a glass pitcher; use a wooden spoon to bruise leaves and release essential oils. Add jam and lemonade to the pitcher; stir until well combined (it may help to loosen the jam by heating it in the microwave for about 30 sec.). Refrigerate mixture for 2-3 hrs. Strain lemonade; discard basil leaves and blueberry solids. Serve strained lemonade over ice with blackberries, basil and lemon slices for garnish.

Find recipes for Strawberry Lemonade and Watermelon and Strawberry Lemonade at [kowalskis.com](http://kowalskis.com).

Selection and availability of products and ingredients vary by market.

**EASIEST FRESH LEMONADE**    

SERVES 4

4 cups ice-cold water  
 1 cup Kowalski's Simple Syrup  
 1 cup Kowalski's Freshly Squeezed Lemon Juice  
 (from the Produce Department)  
 - ice  
 4 lemon slices, for garnish

In a pitcher, combine water, simple syrup and juice; stir well. Serve over ice with lemon slices for garnish.

**SIGNATURE  
PRODUCT  
FOCUS****KOWALSKI'S SIGNATURE JUICES**

Our juices are squeezed fresh daily from the best produce available. Try our **Freshly Squeezed Orange Juice**, **Lemonade** and **Grapefruit Juice**, available in 16, 32 or 48 oz. jugs in the Produce and Dairy Departments. Also look for 8 oz. bottles of **Freshly Squeezed Lemon** and **Lime Juices**, perfect for all your summer beverages and other recipes.

**SIMPLY** *the* **BEST**

Kowalski's is proud to have recently been named one of *Star Tribune's* Top Workplaces of 2021!

Over the years, Kowalski's has been proud to receive many, many prestigious awards. In 2020, *Food & Wine* magazine named Kowalski's one of the 20 Best Regional Supermarket Chains of All Time. We've been a multiple-time winner of *Progressive Grocer's* Outstanding Independent Retailer and Top Women in Grocery awards as well as Minnesota Grown's Retailer of the Year. In 2016, we were awarded the EY Entrepreneur of the Year Award for the Heartland Retail Category and took third place in the National Family Business Category.

In addition, Kowalski's was the *first-ever* multilocation retailer to be Certified Humane by Humane Farm Animal Care and the *first-ever* retailer to achieve Leader Status in the James Beard Foundation's Smart Catch seafood sustainability program.

★ **StarTribune**  
**TOP  
 WORK  
 PLACES**  
 2021

**WORK FOR A WINNER!**

Calling all food lovers! Kowalski's is looking for **creative, hardworking, enthusiastic team members** with a passion for quality food. Not only do we sell the best products in town, but we have great customers and great co-workers, too! **Plus, we offer a 20% discount on all your Kowalski's purchases.** Prior experience in food service is welcome but not required. Apply today at [kowalskis.com](http://kowalskis.com).

When you become part of the Kowalski's family, you'll enjoy the benefits of working for a civic business that develops Active Citizens and Civic Leaders within the company and the broader society.

# SEASONAL SUPPER

A fast and easy grilled flatbread is a perfect late-summer supper, especially when it's loaded with seasonal zucchini and finished with fresh herbs. Kowalski's Cheese Specialist Matthew Guenther shares his family's recipe that features two types of salty imported cheeses (of course!), umami-packed Mediterranean touches like harissa paste and olives, plus preserved lemon, a not-to-be-missed gourmet condiment/ingredient found in the Specialty Cheese Department.

## MATT'S MEDITERRANEAN FLATBREAD LW V

SERVES 3

- 1 loaf Manoucher Fokachio or Barbaree (Sesame Seed) Bread
- ½ cup harissa paste
- ½ raw zucchini, thinly sliced (or ½ cup chopped canned artichokes)
- 3 oz. crumbled Israeli feta
  - freshly grated Pecorino Toscano or Parmigiano-Reggiano, to taste
  - toppings, drained and sliced, to taste: pepperoncini, Kalamata olives and oil-packed sun-dried tomatoes
- 1 tbsp. Kowalski's Balsamic Vinegar
- ½ preserved lemon
- 2 tsp. finely minced fresh rosemary
- 1 tsp. finely minced fresh dill
  - freshly ground Kowalski's Sea Salt and Black Peppercorns, to taste

Smear flatbread with harissa paste; scatter top with zucchini and cheeses. Add desired toppings. Grill flatbread over indirect heat on a grill preheated to high or bake in a preheated 425° oven (preferably on a baking stone) until cheese is melted and bubbly (7-9 min.). Drizzle warm flatbread with vinegar and the juice of the preserved lemon half; dice lemon and scatter over flatbread. Sprinkle with herbs; season with salt and pepper to taste.

**FIND IT!** Find Manoucher Bread in the Bakery Department.