

IN THE NEWS

Our \$3 Community Meal program was featured in the Laker Pioneer by reporter Megan Smith.

Monthly community meals now offered at Harvest Moon

Harvest Moon Natural Foods Co-Op is a local grocery store located in Long Lake. This natural foods store recently began offering community meals for \$3 per person. The meals have been well received, so the co-op decided to repeat the program monthly, and it will now be offered from 4-7 p.m. on the second Thursday of every month.

Along with the meal, a flash sale will take place at the grocery store on these days, and they will have vendors and employees there to talk about their products and what makes them unique, and they hope to begin incorporating an entertainment aspect such as acoustic musicians or a magician for a kids night.

“It’s something that a lot of co-ops cross country have adopted. I think that just to increase some awareness and get new people to come into the co-op and understand that everybody is welcome here, everybody can shop here,” says Harvest Moon General Manager Cerise Ligneel. “I think that a lot of the misconceptions that we have is that you have to be a member to shop here or that we’re some scary, weird kind of grocery store or that not everybody’s welcome or they won’t fit in. So I think a lot of the reasoning behind it is to try to just let people know that they can come in here.”



A new meal will be offered each month, and will often be built around themes based on upcoming holidays or seasonal items. The meal will also include vegetarian or vegan options, and the meals will even be available to go.

“In this community we have a lot of families with kids, and I think it’s just hard to get meals when you have activities at night, and it’s also hard to get things affordable if you have multiple children. So this is also a way to give them a good, quality healthy meal,” adds Ligneel.

“We’d like to become kind of a gathering place for people in the community where they can come and visit with each other and we have a really nice atmosphere here,” says Harvest Moon Operations Manager Briana Dread.

Another unique aspect of Harvest Moon that they hope to emphasize at their community meals is how much emphasis they put on sustainability and locally grown products. “To me it’s a lot of fun to bring new people in here and have them asking a lot of questions and to explain different things to them and having really great conversations with them about what it means to source things locally, and how fun it is to be able to see our farmers that we buy the products from shopping in the store.

“They’re here and their products are also here and they live that close. I guess it’s a feeling that you don’t get anywhere else. You shop anywhere else and you’re not going to see those same kind of things where you can come in and actually interact with the person who grew your food. So I think just being able to get more people in that fold and understand that it’s a special connection that you can’t get anywhere else,” says Ligneel.

To learn more about these \$3 community meals offered on the second Thursday of every month, stop by Harvest Moon Natural Foods Co-Op located at 2380 Wayzata Blvd. W in Long Lake, MN.