

Getting to be involved with the Board of Breadroot Co-op represents the intersection of several important aspects of life that I want to make a difference in. Co-ops are all about strengthening communities economically, environmentally and aesthetically. Food co-ops support healthy lifestyles, local food/ ag producers and better equitable food access for all. To top off these other great things, since I love gardens and plants, visiting our awesome fresh produce and dried spice departments at Breadroot is just a treat for me.

I have been a Breadroot Member for close to 7 years, but I first connected to a food co-op way back in 1975! (That was in Madison, WI and that co-op is still thriving). I joined our Breadroot board when I retired from teaching classes in Food Systems and Environmental Sustainability for SDSU at Crazy Horse University. 2026 represents the 2nd year of my 2nd term serving on the Board of Directors. It's been a great and rewarding endeavor.

When I am not doing Breadroot things, I garden, swim, downhill ski and generally enjoy our Black Hills with my husband Mark, our dog Piper and some good friends. Mark and I have 2 grown sons; both happily married, who live on opposite sides of the country. Visiting with them and further traveling the world is another personal passion. I also volunteer for several advocacy organizations and do just a little bit of food systems contract work as well.

In cooperation,

A handwritten signature in black ink that reads "Rachel Lindvall". The script is fluid and cursive, with the first letter of each word being capitalized and larger than the others.