THANK YOU so much for being part of Fresh Energy’s first-ever virtual benefit breakfast.

As a supporter, you know that Fresh Energy is a proven leader in crafting solutions in the face of challenge, using public policy as a lever for achieving change at the scale of the climate problem. We are a team of policy experts, economists, attorneys, and advocates—and we are also optimists.

At this moment, with recent wildfires, hurricanes, and COVID-19 laying bare the challenge in front of us, Fresh Energy is here to make positive change.

Together, we can create a future rooted in an economy that is carbon-free and equitable.

In 2020, Fresh Energy developed a new strategic framework to guide our work. Fresh Energy has doubled down on making incredibly ambitious change, moving our economy off of fossil fuel as fast as we can, speeding new job-creating investments in clean energy, building a big tent for collaborative action, and centering equity as we move toward a just, zero-carbon economy by mid-century.

Your support is vital to Fresh Energy as we seize this moment to prove to the world: We can and we must achieve bold positive change now.

In gratitude,

Michael Noble
Executive Director

Jeffrey Broberg
Breakfast Chair

P.S. While we will miss sharing breakfast in-person this year, we hope you can use the enclosed coupon to enjoy breakfast with us in spirit! Make a delicious breakfast at home using one of the enclosed recipe cards, or stop by Birchwood Cafe for a treat on us.
8:00 AM - Welcome
Fresh Energy’s Michael Noble
and Janiece Watts
Discussing the One Minnesota Path to Clean Energy
Governor Tim Walz
Michael Noble
Getting Results in a Virtual World
Fresh Energy Staff
Moment of Inspiration
Ted Contag, CFP®, Parable Wealth Partners
Featured Speaker with Discussion and Audience Q&A
Leah Stokes, Ph.D.
Michael Noble
8:40 AM - Closing Remarks and What’s Next

Save the Date!
Join us October 27 for our Virtual “Fare” of the Future
featuring Minnesota Chef Mateo Mackbee of New York Times fame
demonstrating how to fry an egg on an induction cooktop at our Clean Cooking with Induction webinar.
Chef Mateo will be joined by guest experts on induction cooking and electrification to answer audience questions!
RSVP required: fresh-energy.org/goinduction
FOUR FACTS ABOUT Dr. Leah Stokes

We’re proud to welcome internationally recognized clean energy thought leader Dr. Leah C. Stokes! In her new book, *Short Circuiting Policy*, she delves into how states can use policy to create more jobs, cleaner air, and a brighter future. If you’re not already familiar with Dr. Stokes, get to know her with these four facts:

1. **She led the charge on analyzing presidential candidates’ climate plans.**
   In late 2019, Dr. Stokes rolled up her sleeves and dug into the feasibility of the many climate plans released by Democratic presidential candidates. Already well-known among climate scientists and clean energy experts, Stokes became a Twitter sensation after live-tweeting CNN’s climate town hall in 2019.

2. **She pulled back the curtain on Ohio’s coal industry bailout.**
   In July of 2019, before the true depth of the corruption scandal in Ohio was known, Dr. Stokes wrote a scathing op-ed in The Guardian branding Ohio’s House Bill 6 as the “worst yet” attack on clean energy laws by a state.

3. **She is a go-to climate policy analyst for media.**
   With Dr. Stokes’ background, it’s no surprise that major media outlets call upon her to weigh in on the Green New Deal, climate plans, and climate impacts of COVID-19. Stokes is deeply steeped in climate and energy science, and has her master’s degree in political science and PhD in public policy from MIT.

4. **She didn’t pull any punches and named climate change as the cause of California wildfires in The Atlantic.**
   Dr. Stokes has a knack for telling the stone cold truth, but also empowering people to make change. Her recent article in The Atlantic was no exception; it was widely circulated and brought the real-time impacts of climate change to the forefront.
Special thank you to our Event Chair, Jeffrey Broberg!

Saado Abboud
Donna W. Allan
Nina Axelson
Anjali Bains
Jeffrey Broberg
Libby Buckley
Ryan Buege
John Buffington
Hugh Cherne
Margaret Cherne-Hendrick
Merritt Clapp-Smith
Sarah Clark
Josh Colton
Mike Conley
Ted Contag
Rob Davis
Joe DeVito
Anita S. Duckor
Greg Erickson
Justin Fay
Nicholas Garbis
Allen Gleckner
J. Drake Hamilton
Susan Hammel
Lani Hanson
Liz Hatfield
Dan Haugen
Bud and Carol Hayden
Sam Holsen
Jacqueline Johnson
Anna Johnson
Will Kaul
Jamal Knight
Therese LaCanne
Jim Ladner
Mat Larson Krisetya
Meggie LaValley
Rich Lehman
Jim Lenfestey
Cotty Lowry
Casey Merkwan
Teresa Morrow
Trent Mostaert
Charles Nadler
Annemarie Nemo
Michael Noble
Christopher O’Brien
Joanna Olson
Leigh Onkka
Ellen Palmer
Eric Pasi
Ben Passer
Ken Paulman
Hannah Payne
Beth Pearlman
Kristel Porter
Ben Rabe
Willie Rahr
Raj Rajan
Isabel Ricker
Federico Rossi
Deepinder Singh
Carrie Slater Duffy
Braden Solum
Natasha Taylor
Jillian Theuer
Andrew Twite
Hannah Wagner
Janiece Watts
Julian White
Ron Zweber
Fresh Energy is your clean energy champion, working toward a just, prosperous, and resilient future powered by a shared commitment to a carbon-neutral economy. We’re driving ambitious policy change to move Minnesota and the Midwest off fossil fuel and toward a future powered by clean renewable energy.

Working 100% in the public interest, Fresh Energy’s team is advancing progress through six key program areas:

- Clean Power
- Electric Cars and Buses
- Better Buildings
- Energy Access & Equity
- Energy News Network
- Center for Pollinators in Energy

The clean energy landscape is changing rapidly and our experts are quick to evaluate and shape new solutions that will get us where we need to go: a carbon-neutral economy by mid-century.
As a result of donor investments in Fresh Energy, in 2019-20, we were able to ensure...

**21M Tons Less Carbon**
will be emitted due to new “seasonal idling” operations and planned coal plant closures beginning in 2022.

**20 States**
now have pollinator-friendly solar projects.

**$62,600,000**
has been committed to programs serving under-resourced and rental households in Minnesota, a 23% increase over the previous cycle.

**51 Expert Testimonies**
by Fresh Energy policy staff and specialists in support of electric transportation, better buildings, and clean energy at the MN Legislature and Public Utilities Commission.

**2,000 Minnesotans**
submitted comments to testify in support of clean car standards and rulemaking in December 2019 alone.

**2.5x More Clean Energy Jobs**
were created and the sector grew faster than the state’s overall employment.

“As a wealth advisor, I understand what it means to invest in the future. I believe that an investment in clean energy will pay dividends for generations to come.”

Ted Contag, Founding Partner
Parable Wealth Partners
MATCH POOL SPONSORS
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Will and Claudia Kaul
James P. Lenfestey
Raj V. Rajan and Kavitha Sitaram
VIRTUAL BENEFIT BREAKFAST

Thank you for your support!

All proceeds raised will benefit the programs of Fresh Energy, an independent nonprofit organization. Now more than ever, we need bold change toward a just, prosperous, resilient clean energy future. **Your support can make it happen.**

Thanks to the generous support of our Match Pool Sponsors, **all gifts of $250 or more will be matched, dollar-for-dollar!**

WAYS TO GIVE

- Text 2020FRESH to 44-321.
- Return the below form in the enclosed remit envelope.

☐ My check is enclosed.

☐ I will be recommending a grant to Fresh Energy from my **donor advised fund** or **family foundation**. Amount $________

☐ I plan to transfer a **gift of stock** to Fresh Energy—please contact me to provide instructions. Approximate amount $________

☐ I will contribute a portion of my required minimum distribution from my **IRA account**. Amount $________

☐ I am interested in learning more about supporting Fresh Energy as a Legacy Circle member with a **bequest** or **planned gift**.

☐ My employer offers a matching gifts program and I would like to be contacted about how to increase the impact of my donation.

Name: __________________________________________
Email: __________________________________________ Phone: __________

Questions? Contact Meggie LaValley, Director of Individual Giving, at lavalley@fresh-energy.org or 651 726 7561 for more information.

PLEDGE TODAY!
Your investment in Fresh Energy will support our work to build solutions for the clean energy economy of our future. Here are a few ways your gift will make an impact:

$5,000 Research fellow to analyze data on energy efficiency, renewable power, or electric vehicles

$2,000 Expert leadership advancing clean energy transmission

$1,000 Energy workshop for business and community leaders

$250 Educational webinar presentation on climate solutions

$125 Social media campaign to reach 3,000 new people with climate-driven action items
We’re pleased to share a $15 gift certificate to Birchwood Cafe with each of our Virtual Benefit Breakfast guests! This gift certificate must be redeemed between October 15 and December 31, 2020.

Birchwood Cafe is a restaurant serving up local, sustainable, organic food in South Minneapolis since 1995. Birchwood Cafe has set the pace for other Twin Cities eateries by installing a solar roof in 2014, implementing fair wage share in 2019, and more.

Redeem your gift certificate!
1. Visit birchwoodcafe.com and click “Place Order Here.” Select the Seward Location.
2. Build your order.
3. When you’re done selecting your items, click “Checkout” and enter your details. Type “freshenergy” in the “Promo Code” field.

Note: We invite each registered guest to use the promo code once for $15 off an order. Only one coupon code can be entered per online order. This coupon code is not redeemable for merch, catering, or holiday food orders.
For Spelt English Muffins

**Ingredients**
- 500 grams spelt flour (I use baker’s blend)
- Splash of canola oil
- 5 grams dried yeast
- Handful of polenta for sprinkling
- 10 grams salt
- 325 milliliters warm water

**Equipment**
- Electric mixer
- Cast iron pan

From the kitchen of Dr. Leah Stokes

from edibleethics.com for Fresh Energy’s 2020 Virtual Benefit Breakfast
Instructions

1. Kneading by hand: mix flour, yeast, salt, and water in bowl to form sticky dough. Mix in a splash of oil and turn the dough out on to a clean work surface. Knead until smooth.

2. Shape dough into a round, coat with a little extra oil and place in a clean bowl. Leave to rise, covered with a plastic bag, until doubled.

3. Tip dough out onto work surface and press all over to deflate.

4. Divide into 9 pieces, shape each into a round and flatten to about 1-2 centimeters. Dust them with polenta.

5. Leave to prove on linen cloth or wooden board, covered with plastic bag until doubled in size.

6. Heat up oven to about 350° F.

7. Heat your cast iron pan on medium heat.

8. Place the muffins into pan to cook, making sure not to put in too many as you will need to flip them.

9. Cook for about a minute and then gently turn over.

10. Cook slowly for a further 10 minutes, turning occasionally (you may need to adjust heat if they seem to be colouring too fast, or not fast enough).

11. Place muffins onto a tray and cook for a further 5 minutes in oven just to make sure they are cooked through.

12. Repeat the cooking process with remaining muffins.

13. Leave the muffins to cool on a rack.

14. Slice, toast, and cover in your favourite topping and enjoy!

Notes

Total rising time is approximately 1-2 hours.
For Savory Vegan Oatmeal Porridge

Serves 4

Ingredients
- 1 cup organic steel cut oats (also known as pinhead oats or Irish oats)
- 4 cups water
- 1/4 teaspoon Pink Himalayan rock salt
- 1 teaspoon chia seeds
- 1 teaspoon flax seeds
- 2 tablespoons peanuts (or broken cashews) pan roasted in a trace amount of sesame oil
- 1/4 teaspoon asafoetida* powder
- 1 tablespoon chopped cilantro

Equipment
- 8 inch omelet pan
- 2 quart saucepan

From the kitchen of

Raj V. Rajan, Ph.D.
Fresh Energy Board Member for Fresh Energy’s 2020 Virtual Benefit Breakfast
**Instructions**

1. Soak steel cut oats with chia and flax seeds overnight in 2 cups cold water.
2. Bring 2 cups water and salt to a boil.
3. Add soaked oats, reduce heat to medium-low and cook, stirring occasionally, for 15 minutes.
4. Remove from heat and let sit for 2 minutes.
5. Pan roast shelled peanuts or broken cashews in sesame oil until they turn brown.
6. Sprinkle asafoetida on top of warm peanuts after turning heat off.
7. Add roasted nuts and chopped cilantro to cooked oats.

**Notes**

This recipe tastes better a little crunchy and less creamy.

*Asafoetida comes from the Ferula plant native to Afghanistan and Iraq. It is commonly used in Indian cuisine and is also referred to as “hing.” Asafoetida can be found in powdered form at Indian, Middle Eastern, and Asian markets. It has a strong smell, but becomes very flavorful when cooked and is often compared to leeks or garlic.*
# For Krewes Black Bean Burgers

**Serves 21**

## Ingredients
- 12-ounce can black beans
- 4 cups wild rice (cooked)
- 4 cups quinoa (cooked)
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons cumin
- 2 tablespoons smoked paprika
- 4 cups panko bread crumbs
- 21 sprouted wheat buns

## Equipment
- Large mixing bowl
- Waxed or freezer paper

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## From the kitchen of

**Chef Mateo Mackbee**

Co-founder of Krewe Restaurant for Fresh Energy’s 2020 Virtual Benefit Breakfast
Instructions
1. Prepare and cook wild rice and quinoa in advance. Let cool.
2. Drain and rinse the black beans.
3. Mix all ingredients together by hand in large mixing bowl.
4. Squeeze and press ingredients together until they form a patty shape.
5. Pan fry immediately or freeze separated by freezer paper or wax paper.

Notes
Visit Krewe Restaurant, a restaurant bringing to life the heritage of New Orleans in downtown St. Joseph, Minnesota. The menu changes with the seasons and includes a compelling mix of everything New Orleans culture has to offer, including Cajun, Creole, Italian, Vietnamese, and Irish-influenced dishes.

While Krewe Restaurant’s logo reads “est. 1944”—which is the year co-founder Mateo Mackbee’s mother, Mary Mackbee, was born—the restaurant opened in spring 2020.

Learn more about Krewe at krewemn.com.
**For Blue-Ribbon Plums in a Pie**  
**Serves** 6-8

### Ingredients
- 4 cups sliced fresh blue-ribbon plums*
- 1/2 cup sugar
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 tablespoon lemon juice
- 9-inch unbaked deep dish pastry shell

### Topping
- 1/2 cup sugar
- 1/2 cup all-purpose four
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3 tablespoons cold butter

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**From the kitchen of**

J. Drake Hamilton  
Science Policy Director, Fresh Energy  
for Fresh Energy’s 2020 Virtual Benefit Breakfast
Instructions
1. In a bowl, combine the first six ingredients; pour into a pastry shell.
2. For topping, combine sugar, flour, cinnamon, and nutmeg in a small bowl; cut in butter until the mixture resembles coarse crumbs. Sprinkle over filling.
3. Bake at 375° F for 50-60 minutes or until bubbly and golden brown. Cover the edges of crust with aluminum foil during the last 20 minutes to prevent overbrowning. Cool on a wire rack.
4. Serve with vanilla or cinnamon ice cream, as you wish.

Notes
This recipe is delicious for people who enjoy eating pie for brunch and makes for a tempting tart and beautiful pie! Not to mention it’s a terrific way to put bountiful summer plums to use.

Do not pre-bake the pie shell.

*If you aren’t a State Fair blue ribbon-winning plum grower like J., no worries! Just buy the best red or purple plums at your food co-op.
For Bao Tse (steamed honey-filled buns)  Serves 6

**For the Dough**
- 1 cup warm water (110° F)
- 1 package active dry yeast
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4 cup oil
- 3 1/2 cups all purpose flour, divided

**For the Honey-Sesame Seed Filling**
- 4 tablespoons raw Solar Grown™ honey
- 1 tablespoon peanut butter
- 2 teaspoons sesame seeds

**Equipment**
- Large mixing bowl
- Electric mixer
- Wax or parchment paper
- Steamer

*From the kitchen of*

**Rob Davis**

Director of Fresh Energy’s Center for Pollinators in Energy

for Fresh Energy’s 2020 Virtual Benefit Breakfast
First, Make the Dough
1. Pour warm water into a large bowl; sprinkle with yeast. Add 1 teaspoon sugar and let stand until bubbly (5-12 minutes).
2. Add salt, oil, and 2 cups flour. Beat with an electric mixer at medium speed for 5 minutes.
3. Stir in 1 1/4 cups more flour to make a soft dough. Sprinkle about 1/4 cup more flour on a board. Turn out dough and knead until smooth and satiny (about 10 minutes—this is where I use the dough hook attachment for my electric mixer). Transfer to a greased bowl, turn over to grease top of dough, cover, and let rise in a warm place until almost doubled (about 1 hour).
4. Punch down dough. Turn out onto a lightly floured board and knead for 1 minute. Shape into a rectangle. With a floured knife, cut rectangle into quarters, then cut each quarter into thirds. Shape dough pieces into balls and let stand on a lightly floured board, covered, for about 20 minutes.

In the Meantime, Make the Honey-Sesame Seed Filling
1. Mix Solar Grown™ honey (crystallized may be easier to work with), 1 tablespoon peanut butter, and sesame seeds. Set aside until it's time to fill the buns.

Assemble and Steam the Buns!
1. Roll each ball into a 5-inch round. Lightly moisten edges of dough with water, add 1 tsp. of the filling, then pull edges up and twist at top to seal.
2. Place buns, sealed side down, on 2-inch squares of wax paper or parchment paper. Then set the buns, paper side down, in a steamer about two inches apart from each other. Steam the buns for about 15 minutes.
For Paleo Oven Pancakes (Pannekoeken) Serves 4

**Ingredients**
- 6 eggs
- 1/2 can full-fat coconut milk
- 1 teaspoon cinnamon
- 2 teaspoons pure vanilla extract
- 1 cup finely ground blanched almond flour
- 1/4 cup grass-fed butter or ghee
- Sea salt to taste
- Strawberries and maple syrup for topping

**Equipment**
- Large mixing bowl
- 8x8 inch baking dish (preferably glass)

From the kitchen of Michael and Patsy Noble from ourpaleolife.com for Fresh Energy’s 2020 Virtual Benefit Breakfast
**Instructions**

1. Turn the oven on to 400° F.

2. Put the un-melted butter in an 8 x 8 inch baking dish, preferably glass. Put the baking dish in the oven to melt the butter while the oven preheats.

3. While the butter is melting, whisk the eggs in a large bowl.

4. Whisk in the coconut milk, vanilla, and cinnamon until combined.

5. Add in the almond flour and whisk until smooth. You may have a few lumps from the coconut milk solids, it’s not a big deal if you don’t get them all.

6. Remove the baking pan from the oven (make sure you remove it before it browns or burns), swirl it around to coat the bottom and sides of the dish with butter, and pour in the batter.

7. Sprinkle some sea salt on top of the batter and put in the oven.

8. Bake for 25-30 minutes. Remove from oven when a toothpick inserted in the center comes out clean.

9. Slice and serve warm with pure maple syrup and sliced strawberries.

**Notes**

This recipe is best when served immediately after cooking.