

# pea soup

Autumn 2018

## All Things Apples

Use our apple guide to navigate through autumnal recipe ideas

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## Board Election

Two open board seats & bylaw changes

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## Grand Reopening & More!

Page 17

# Board News & Views

Mike Link, VFC Board President

As we near the end of the huge undertaking of our co-op expansion, many thanks are needed. Thanks to the owners and shoppers who have supported us during the major shifts, both within and outside our co-op. Thanks to the employees who have worked diligently in moving stock, again and again, to accommodate the contractors' efforts – and keep smiling during challenging times. Thanks to the management for tirelessly dealing with the myriad of details and long hours to bring this project to completion. Thanks to the investors who allowed our co-op the ability to afford such a formidable investment in our local food system. And thanks for having faith that our shared future is bright here in our community.

In November, after the last nail is hammered and the last bit of dust is swept away, we are hosting a Grand Reopening Celebration (page 17). Please join us to celebrate this major step in our shared history. Our Capital Campaign is successful and has raised the necessary capital to complete the construction and buy the new equipment. With a significant continued interest, we are happy to offer additional shares in order to complete our solar upgrades and further enhance our fiscal position (page 11).

The VFC Board Election begins September 10 and all VFC Owners are encouraged to vote for Board candidates as well as updated changes to the VFC Bylaws. The Board has worked for several months with our attorney to refine our bylaws and recommends approving the changes. Board Q&A sessions about bylaw changes are scheduled for August 28 and September 8 so you can be fully informed during the vote. We invite all owners to the **Annual Owners Meeting on Thursday, October 11**, to review the past year's fiscal and operating performance. More event details are on page 16-17.

L to R: Peter Bergquist, Aurora Boyd, Eric Snowdeal, Mike Link, Eric Newman, Karen Mischel, Larry Homstad



## BOARD OF DIRECTORS

Mike Link, *President*  
Karen Mischel, *Vice President*  
Peter Bergquist, *Secretary*  
Eric Newman, *Treasurer*  
Larry Homstad  
Eric Snowdeal III  
Aurora Boyd

The Board meets on the 3rd Wednesday of each month at 6:30pm at VFC's offsite office. Changes are posted on the VFC website. To make a presentation or ask questions at the meeting, please contact a Board member 10 days in advance. Contact the Board at: [vfcbod@viroquafood.coop](mailto:vfcbod@viroquafood.coop)

## PEA SOUP PUBLICATION TEAM

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*Design, Writing, Editing, Advertising*  
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*Photography, Editing, Design*  
Bjorn Bergman  
*Research, Writing, Editing*

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## Co-op IQ: Equity

Eric Newman, VFC Board Treasurer

“The equity of a co-op comes from its membership and serves multiple benefits.... Building our equity is an important part of our balance sheet and long term financial health.”



Due to my work at CROPP Cooperative (aka Organic Valley), and my longtime work with and dedication to retail cooperatives for my sustenance and community, I am constantly thinking about how we can build and grow a “cooperative movement.” What does that even mean, how are co-ops manifesting themselves today, and what can we do to encourage more?

According to the International Cooperative Alliance, [www.ica.coop](http://www.ica.coop), there are over 300 million cooperatives with 1.2 billion members globally. Vernon County, Wisconsin is a hot bed of co-op business – with many significant cooperatives representing farmers, banking, energy, communications, entertainment, art, health, and retail grocery. The membership and equity structures are

different, but there is a common theme as cooperatives are a dynamic economic and democratic engine organized to achieve specific benefits for their membership and the communities they serve.

Cooperative businesses represent a unique alternative to the public market in terms of their long-term goals and their democratic control. The equity of a co-op comes from its membership and serves multiple benefits as it ensures the initial investment needed to capitalize the business and a stake in the success of the enterprise comes from the members. Building our equity is an important part of our balance sheet and long term financial health.

One important financial instrument we wield is our Class C preferred stock. This stock, which only VFC Owners who reside in Wisconsin can purchase, pays a fixed rate of interest when issued by the Board. The Viroqua Food Co+op, in addition to its existing membership equity of over \$272,000, has also raised over \$1 million in Class C stock in the expansion funding drive (page 11). This is an incredible sign of the commitment from our membership and our community. If you are interested in investing, we are specifically raising funds to finance the installation of a solar array on the building. Contact VFC’s Outreach & Ownership Coordinator Bjorn Bergman for more information at [bjorn.bergman@viroquafood.coop](mailto:bjorn.bergman@viroquafood.coop), or call General Manager Jan Rasikas at the Co-op with any further questions.

As I complete my term as a VFC Board Member this fall, I will still be involved with the Viroqua Food Co+op and the global cooperative movement, in my work and personal life. I’m always open to a discussion of co-op principles and business, so don’t hesitate to reach out to me with your thoughts and ideas.



## Local Producer Profile

# Organic Valley

October is Co-op Month! In celebration, we are featuring a local farmer-owned cooperative – Organic Valley! Organic Valley (CROPP Cooperative) has humble roots in Vernon County that date way back to 1988 and extend through today. This year they celebrate their 30th Anniversary producing and selling high quality organic dairy products, eggs, meat and produce. They employ over 900 people, a majority of which work at their offices and production facilities in La Farge, Cashton and Chaseburg, as well as have over 2,000 farmer-owners across the United States.

VFC is a champion for Organic Valley products. We love to stock our favorite organic milk, meat and dairy products from OV, but it goes further than that. Organic Valley and VFC are partners in strengthening the cooperative model in our communities. We've served together on co-op projects, and through the years a variety of OV Staff Members served vital roles on the VFC Board of Directors.

All Seasons Dairy (see next page) is just one of over 400 Organic Valley farmer-owners located in Wisconsin (of which 110 reside in Vernon County).



*“The heart of the farm is the organic dairy. The way we farm is very similar to what our parents and grandparents did; the difference now is we are entirely grass-based. There is still plenty to learn. We’re going to be experimenting for a while.”*

Calling **All Seasons Dairy** a “family farm” doesn’t quite do it justice. Four generations and two sides of the family, plus friends and neighbors, contribute to the care of Becky and Tucker Gretebeck’s farm in Cashton, Wisconsin. Becky calls it a “community farm.”

When asked how Tucker and Becky decided to farm, Tucker responds, “We never quit farming. Both of us grew up farming. Once we got married, we did things together. We grew tobacco, tried organic pullets, and many things before we began transitioning Becky’s family’s farm to be organic.” The farm was certified organic in 2006, and they bought and began milking cows that same year.

A few years later, they took it a step further and decided to add 100% grass-fed to their farm management style. So the milk from 50 mostly Red Holstein and crossbred cows is destined exclusively for Organic Valley’s Grassmilk label.

Over 150 acres of the farm are dedicated to pasture, with additional forages coming from the hay fields and special grasses such as sorghum, Sudan grass, oats, and barley. The oats and barley are harvested as grasses before they form grain heads.

Over the years the Gretebecks have refined their grazing practices to include intensive rotational grazing. This means the cows are moved to fresh pasture more frequently to ensure they’re eating plants that are at maximum nutritional and taste profile and getting the complete nutrition they need.

As most all-grass farmers will tell you, without the heavy carbohydrate load cows get from all-grain or supplemental-grain diets, they don’t produce

quite as much milk, but Becky feels they are more than compensated by the fact that the cows have far fewer health issues because they’re consuming their natural diets. Studies show that milk from 100% grass-fed cows has appreciably higher levels of beneficial omega-3 fatty acids and conjugated linoleic acid (CLA), too. Apparently it’s true that what’s good for cows is good for people. With a degree in food science, Becky understands this all too well.

The Gretebecks’ energy and enthusiasm for their way of life are reflected in the scope of projects on the farm. In addition to the dairy, a pick-your-own pumpkin patch means that every fall several thousand people pass through to get a pumpkin and have a wagon ride. For fun, Becky raises dairy goats to show and sell. Oh, and did she mention the llamas? “I keep them on the farm to guard the goats.”

Thank goodness plenty of friends and family live nearby and are willing to help. Because in addition to working the land on Becky’s home farm, the Gretebecks are also working Tucker’s home farm ten miles away. The two farms pool labor and machinery on occasion, and Tucker’s friends help frequently with field work.

But, Tucker says, “The heart of the farm is the organic dairy. The way we farm is very similar to what our parents and grandparents did; the difference now is we are entirely grass-based. There is still plenty to learn. We’re going to be experimenting for a while.”



# Apples Anytime

Ah, autumn – perfectly embodied in the humble apple. More than 17,000 varieties of this tempting fruit have been identified, and Red Delicious is only the beginning.

At the Co-op, you'll find apple varieties that boast wide-ranging flavor profiles, from the oh-so-tart to satisfyingly sweet. Some are ideal in a lunch box, while others shine in baked goods. Explore an array of possibilities for savoring this versatile fall favorite at every meal with these recipes. You'll quickly discover that “an apple a day” isn't nearly enough!



## French Toast with Warm Apple Pecan Compote

Servings: 6. Prep time: 60 minutes.

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### Compote

- ¾ cup water or apple juice
- ¼ cup brown sugar
- ¼ cup maple syrup
- ½ tsp cinnamon
- ¼ cup raisins
- ¼ cup chopped pecans
- 3 cups apple, peeled and cut into ½-inch pieces
- Pinch of salt
- 1 Tbsp cornstarch
- 2 Tbsp butter

### French Toast

- 2 tablespoons butter
- 5 large eggs
- 1 cup milk
- 2 tablespoons maple syrup
- Pinch of salt
- 1-pound loaf of soft-crustured bread (such as brioche or challah) cut into 1-inch thick slices

1. To make the compote, bring the water, brown sugar, maple syrup, cinnamon and raisins to a boil in a saucepan. Add the pecans, apples and salt. Bring the mixture to a simmer and cook for about 15 minutes, stirring occasionally. Add the cornstarch and butter and simmer another 3 to 5 minutes until slightly thickened. Keep warm while preparing the French toast, or prepare the compote the night before and reheat.
2. Heat the oven to 300° F. Place a metal rack in the oven to keep pieces of finished French toast warm while the rest is cooking. Melt a little of the butter in a large skillet (or two skillets to make the process go faster) over medium-low heat. Whisk the eggs, milk, maple syrup and salt in a large bowl. Soak each slice of bread in the egg mixture for about 30 seconds on each side. Place in hot skillet and cook each side for 3 to 4 minutes until golden brown. Add more butter for each new piece of toast added to the pan. Slice French toast into triangles and serve topped with warm apple compote.



## Waldorf Salad with Yogurt and Honey

Servings: 4 – 6. Prep time: 30 minutes.

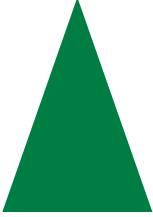
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- 1 lemon, juice and zest (about 2-3 tablespoons juice)
  - ½ cup Greek yogurt
  - 1 tsp honey
  - Salt and pepper to taste
  - 2 cups apple (1 large apple), cut into bite-sized pieces
  - 1 cup seedless grapes, halved
  - 1 cup celery (2-3 ribs), cut into ½-inch pieces
  - ½ cup toasted walnuts, coarsely chopped
1. In a small bowl, whisk together the lemon juice, zest, yogurt and honey. In a large salad bowl, gently toss the apples, grapes, celery, and walnuts with the dressing. Season to taste with salt and pepper. Substitute nonfat Greek yogurt for a lower-fat version if you like.

*Breakfast, lunch and dinner – or anytime in between – there are endless ways to enjoy apples all day. Visit [StrongerTogether.coop](http://StrongerTogether.coop) to find more delectable apple recipes.*

# A Guide to Apple Season

Always ask our produce staff for a sample when you need to make sure you get the most suitable variety for your particular recipe!

 sweet	<b>Fuji</b>	fresh salads	fresh apples
	<b>Honeycrisp</b>	fresh salads sauces baked	apple
	<b>Gala</b>	fresh salads	apple slices
	<b>Red Delicious</b>	fresh salads	red apples
	<b>Golden Delicious</b>	fresh salads sauces baked	yellow apples
	<b>Piñata</b>	fresh salads sauces baked	red apple slice
	<b>Pink Lady</b>	fresh salads sauces baked	red apple
	<b>Sweetango</b>	fresh salads	red apple
	<b>Braeburn</b>	fresh salads sauces	red apples
	<b>Jonagold</b>	fresh salads sauces	red apples
<b>Granny Smith</b>	fresh salads sauces baked	green apple	
tart			





# Things We Love

The VFC Staff is quite “hard core” when it comes to gourmet snacks! Check out what we like to pair with apples this season.



## Homemade Crème Fraîche

If you’ve already got these items just sitting in your fridge, be sure to skip store-bought sour cream and make your own to explore the various delicious options! Use a sterilized jar, fill it 3/4 full of heavy cream and add a few tablespoons of buttermilk (with “live

cultures”). Cover with a cloth or coffee filter and leave out at room temperature for 24-48 hours. Once it’s thickened, refrigerate for one more day, then use generously.

This goes great with so many comfort foods. I use it in place of sour cream but you can use a dollop to enrich soups and sauces. Try sweetening it with your favorite sweetener and whip with a hand mixer to make the best whipped cream that doesn’t lose its volume! It’s so good on pancakes with your favorite fruit compote. Or, try it with a slice of pie or apple crumble dish... It’s super complementary to all your autumnal baked goods!  
*Laura Burnham, Dairy & Frozen Foods Buyer*

## Ciders & Aged Cheeses

In my opinion, the best hard ciders we carry at the VFC are from The Cider Farm. They grow hard cider-specific apples on their farm near Mineral Point, Wisconsin. The juice pressed from these specialty apples has the perfect balance of sugar, acid and tannins that, when fermented, makes an outstanding hard cider. Both their Classic Dry and Cyser (apple with honey) are exceptional.

Roelli Cheese Dunbarton Blue is an extremely unique and delicious cheese that is produced in Schullsburg, Wisconsin, by Chris Roelli. Imagine a marriage between aged cheddar and your favorite blue cheese. Layer it with a thinly-sliced crisp apple atop toasted sourdough bread (like in photo above).

*Bjorn Bergman, Outreach & Ownership Coordinator*



# VFC News

## Calling Local Nonprofits: Apply for VFC Cooperative Community Fund Grant Today!

We are pleased to announce that applications are now available for our first ever **VFC Cooperative Community Fund (CCF) Grant!**

Local nonprofit organizations are invited to apply for a VFC CCF Grant October 1-31, 2018 for any amount up to \$1,000. Priority is given to grant requests for educational projects, development projects, and local events that match VFC's mission and focus on but are not

necessarily limited to: food and food systems, nutrition, health and well-being, cooking education, sustainable agriculture, cooperative education, and social change.

We established the VFC Cooperative Community Fund in 2016 with the specific goal of providing grant funding to local nonprofit organizations that have a mission consistent with the Viroqua Food Co-op. VFC CCF is an endowment that is administered

through Twin Pines Cooperative Foundation (501(c)(3)), which makes tax deductible donations to the VFC CCF. As more money is added to the fund, we accrue more interest and can give out larger grants. Be sure to round up your purchases at the register during October 2018 to contribute to the VFC Cooperative Community Fund and help make a bigger impact!

Learn more and download an application here: [viroquafood.coop/ccf](http://viroquafood.coop/ccf)

## Answers to Frequently Asked Questions Regarding VFC's Parking Lot!

### Why does the parking lot have some concrete and some blacktop?

Instead of creating a planted watershed area, we created two strips of pervious asphalt to slow down rain water, which accomplishes DNR watershed requirements. We recognize our location is in a residential area and still want to

make as many parking spaces as possible to take parking pressure off of our neighbors. The rest of the parking lot is concrete; it lasts a long time and eliminates the need to spread petroleum year after year for maintenance.

**Are you getting new bike racks?**  
Yes! We will install these soon, along

with a bicycle fix-it station with a variety of bike tools and a pump to keep you riding in comfort.

### Can parking spaces be closer (besides the handicap spaces) for those who can't walk far?

We realize that parking feels different than our old lot, and we worked to keep some spots close. Our nearest spots are approximately 27 yards from the front door. For reference, Quillin's non-handicap nearest spots are approximately 25 yards from the door and Walmart's near spots are approximately 23 yards from their front door. Handicap parking has specific placement requirements.

### Can you plant more trees for shade in the parking lot?

Yes! We plan to complete most of our landscaping in the spring and summer of 2019 since construction will push us too far into this year to ensure our new landscaping can survive the winter.



## VFC Capital Campaign Update!

In the first phase of our Capital Campaign, 107 VFC Owners invested \$942,000 in Class C stock to make Phase I a huge success!

Phase II is well underway. So far, VFC Owners have purchased \$74,000 of the \$300,000 of remaining Class C stock available.

As many of you know, Phase II investments go toward our **Solar Power Project** goal of \$80,000, as well as the remaining \$220,000

portion of our Class C stock. The first portion finances the installation of 130 solar panels on our south-facing roof (installation to occur this September-October) in partnership with Ethos Energy. These panels will generate 13.6% of our energy needs. **Will you help us reach our goal?**

Investing in Class C stock is a win-win! Your money is put to work locally helping grow the VFC. You invest your money and earn a great

return (3% for investments \$500-\$9,999 and 4% for investments \$10,000 and up). When our cooperative grows, it helps create a flourishing local food economy by creating more jobs and selling even more local food!

### **Still interested in investing?**

Reach out to VFC Outreach Coordinator Bjorn Bergman at [bjorn.bergman@viroquafood.coop](mailto:bjorn.bergman@viroquafood.coop) or call General Manager Jan Rasikas at the Co-op with any further questions!

## Time to Talk Turkey!



In November we are offering local organic turkeys from Organic Prairie. They are raised by cooperative family farmers who are serious about the health of the land and their animals. The birds roam freely, have access to plenty of fresh sunshine and air, and are fed 100% certified organic feeds!

Ferndale Market Turkeys are free-range, antibiotic-free, and raised in Cannon Falls, MN., and available in both fresh and frozen. Frozen turkeys

arrive the first week of November and fresh turkeys come the week of Thanksgiving.

**No need to call ahead unless you would like a specific size and variety of turkey.**

### *New low price!*

Organic Frozen Turkeys	
Organic Prairie	\$2.99/lb
Free-range Fresh & Frozen	
Ferndale Market	\$1.99/lb

## New Give Where You Live Ballot – Making the Donations Ballot Simpler!

In 2009, VFC initiated an owner-led donations program, in response to owner survey results. Since then, we have conducted a yearly ballot to determine the monthly recipients of our “One Percent Wednesday” program.

Last year we renamed the program “Give Where You Live” and added the feature of rounding up at the registers.

We also changed the timing of the program to a calendar year, rather than VFC’s fiscal year.

That said, voting for the **Give Where You Live** program is switching to an online format, similar to our annual Board election. To simplify the ballot for both owners and staff, we will no longer use points to vote. Owners will select up to five of their

preferred organizations from the ballot. The top eleven-voted nonprofits will be the Give Where You Live recipients for 2019. The schedule will be announced on our website and in the Winter Pea Soup.

VFC Owners will receive an email and/or a postcard with instructions on how to vote. Watch for yours and be sure to participate!

# VFC Election

Vote from September 10 - October 11, 2018

VFC Owners with a current email address on file will receive a link via email to the online ballot that is open for voting starting September 10.

All other owners will receive a postcard with a link to the voting site. Paper ballots will be made available in

the store by request. In addition, there will be two “Meet the Candidate” events that include a VFC Election Q&A session where owners may ask current board members any questions about the proposed bylaw changes. See the bottom of this page for more details.

## Vote for 2 Open Seats on the VFC Board

### Peter Bergquist INCUMBENT

I have served on the VFC Board of Directors for almost three years as Secretary. The VFC is an integral part of our vibrant community and plays an important role in our local food economy.

As a Board member and representative of its member-owners, it is a privilege to serve the interest of the VFC mission to provide access to healthy and sustainable food products. Having access to high quality and local food products is what brought me to this community; it is our responsibility as members of the community and the VFC to sustain and grow the value we create together....



### Elizabeth Tigan NEW CANDIDATE

I am interested in serving on the VFC Board because I really love our co-op. It is in my best interest that the VFC continue to be an integral part of our community; one of the things that

keeps our economy so vital is the success of our co-op. It is important for all aspects of my life – my health, my family, my job, and my community! I am excited to take part in the Co-op’s commitment to its principles and to make sure it remains fruitful.

I am grateful for this place, both where it has come from and where it is heading right now....



View full candidate profiles and proposed bylaw changes online at:  
[viroquafood.coop/board-of-directors/board-election](http://viroquafood.coop/board-of-directors/board-election)

*Save the dates!*

## VFC Election Q&A

**Tuesday, August 28 • 5-7pm \* Saturday, September 8 • 9-11am**

Meet the VFC Board Candidates & learn more about the proposed bylaw changes.

*VFC Deli Seating Area*

## VFC Annual Owners Meeting

**Thursday, October 11 • 5:30-8:00pm**

*see page 16 for details*

# VFC Board Recommends Bylaw Changes

Board Secretary Peter Bergquist and Board Treasurer Eric Newman, in consultation with Attorney George Wilbur, worked diligently to evaluate which of the VFC Bylaws were in need of updating. The Board of Directors recommends approving the following bylaw changes. These changes

are recommended in order to protect VFC membership interests and the Co-op's long term viability and security.

There are seven proposed changes to the articles and bylaws. Owners will vote Yes or No on each item.

The new language is in green text below.

**Item 1:** Article V: Additional Class A and B Shares added to allow addition of new member-owners. Currently we have almost 4,000 members. Currently we issued 10,000 Class A shares and 5,000 Class B shares (each member is issued two Class A shares and one Class B share).

#### Article V New Language:

The cooperative is organized with capital stock in the following classes:

Class A: **14,000 shares**- \$25.00 par value per share

Class B: **7,000 shares**- \$25.00 par value per share

**Item 2:** It is recommended that the cooperative adopt language to reallocate membership equity upon termination of a membership in the cooperative.

#### Section 9.8 New Language:

**“9.8 If a member-owner voluntary or involuntarily terminates membership in the cooperative, and fails to inform the cooperative of his or her mailing address, then the equity and patronage dividend amount allocated to that member-owner will be retained by the cooperative or donated to a non-profit to the extent authorized by state law.”**

**Item 3:** It is recommended that the membership have the right to transfer Class A ownership shares and retained patronage as approved by the Board of Directors on a case-by-case basis.

#### Section 3.2 New Language:

**“Class A ownership shares and retained patronage refunds are non-transferable, except as approved by the Board of Directors.”**

**Item 4:** It is recommend that the quorum clause under Section 4.6 is moved to an appropriate location in Section 6.5 under General membership meetings.

#### Existing Section 4.6, Now Section 6.5:

Moved language, “A quorum is defined as 10% of first 100 owners, plus 5% of additional owners.”

**Item 5:** Section 6.1: Additional language is recommended to clarify the notice required for Annual Owners Meeting.

#### Section 6.1 New Language:

**“6.1 There shall be an Annual Owners Meeting in the fall of each year with thirty (30) days advance notice.”**

**Item 6:** Section 6.2: It is recommended to change the existing language, “Additional Annual Owners Meetings” to read, “Special Meetings” in accordance with State statutes.

#### Section 6.2 New Language:

**“Special Meetings may be held if a majority of the Board calls for it. Such meetings must be announced to the ownership at least ten (10) days in advance, along with the reason for the meeting. Notice of such meetings must be posted in the Cooperative and announced in a direct mailing to owners.”**

**Item 7:** It is recommended to remove Section 6.4. Section 6.4 of the Bylaws could cause significant legal problems and is unworkable in practice. Many board actions are contractual decisions with banks, unions, suppliers, and others. If this section was known by such entities, they might hesitate to enter into a contract with VFC if it could be arguably unilaterally cancelled.

#### Section 6.4 Remove Language:

~~Any action of the officers or Board of Directors may be reviewed and amended or reversed by a vote of a quorum at any Annual Owners Meeting, provided it is published on the agenda appropriately.~~

Find VFC Bylaws and Articles in their entirety online at:  
[viroquafood.coop/board-of-directors/vfc-bylaws](http://viroquafood.coop/board-of-directors/vfc-bylaws)

Find proposed bylaw changes & candidate profiles at:  
[viroquafood.coop/board-of-directors/board-election](http://viroquafood.coop/board-of-directors/board-election)

## VFC Supports Future Organic Farmers

# Jessica Bahr Receives FFA Organic Agriculture Grant

This past spring, the Wisconsin Future Farmers of America (FFA) Foundation awarded \$26,780 in Supervised Agricultural Experience (SAE) Grants to a total of 48 Wisconsin FFA student-members. Through the SAE Program, students apply concepts learned in the classroom to real-world challenges and work experiences.

The 2017-18 Wisconsin FFA Foundation SAE Grants were awarded in five categories: dairy, grain production, livestock, organic agriculture, and start-up. Successful candidates were chosen based on the level and scope of their SAE in accordance with their age, future goals and plans for the program, as well as financial need.

For the third year in a row, Organic Valley and the VFC sponsored the Organic Agriculture SAE Grant. Jessica Bahr, a sophomore at Randolph High School and member of the Randolph Cambria-Friesland FFA, was awarded the \$500 grant to grow organic vegetables and sell them through a farm stand run by a local farmer.

"This grant will push me to fully learn and understand the benefits and values of organic agriculture," said Jessa Bahr. "I want to thank the Viroqua Food

Co+op for the support they give FFA members with their sponsorship of these grants."

Through sponsorship of the Organic Agriculture SAE Grant, VFC aims to support and

cultivate future organic farmers in Wisconsin. VFC would like to congratulate Jessica on receiving the grant and her continued interest in organic agriculture.



*"This grant will push me to fully learn and understand the benefits and values of organic agriculture and I want to thank the Viroqua Food Co+op for the support they give FFA members with their sponsorship of these grants."*

# “Round Up” for Local Nonprofits to Make a Bigger Impact

## Give Where You Live



**MAY 2018**  
**Community Hunger Solutions**  
 VFC's Outreach Coordinator, Bjorn Bergman, presents a donation of \$788 to CHS Program Manager Jeanette Burlingame.

**JUNE 2018**  
**McIntosh Memorial Library**  
 Bjorn Bergman presents a donation of \$564 to Trina Erickson, MML Executive Director.

**JULY 2018**  
**Vernon Trails**  
 Bjorn Bergman presents a donation of \$1,230.45 to Vernon Trails Board President Pete Taylor.

See the 2017-18 Give Where You Live donation schedule, along with extra nonprofit information, by visiting our website at: [viroquafood.coop/community-outreach](http://viroquafood.coop/community-outreach)

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# Calendar of Events

September 2018

## VFC Owner Event Meet the candidates/ Board Q & A

Meet the candidates for VFC Board of Directors. Current board members will answer questions about bylaw changes.  
**Saturday, September 8, 9am-11am**  
Location: VFC Deli Seating Area

## Savings for Owners Owner Discount Days

15% off Frozen Dept. (including meat)  
**September 11-13**

## Give Where You Live Youth Initiative High School

1% of sales are donated to YIHS on  
**Wednesday, September 12**  
[viroquafood.coop/community-outreach](http://viroquafood.coop/community-outreach)

## In-store Savings Wellness Wednesday

10% off all supplements, homeopathic & herbal formulas from the wellness aisles  
**Wednesday, September 19**



## Driftless Folk School Class Rabbit Butchering & Sausage Making

\$10 off for VFC Owners  
**Sunday, September 23, 9am-12:30pm**  
Instructor: Ryan Wagner  
Location: DFS Campus, La Farge  
[driftlessfolkschool.org](http://driftlessfolkschool.org)

## Driftless Folk School Class Making Mead

\$10 off for VFC Owners  
**Sunday, September 23, 1pm-4:30pm**  
Instructor: Bjorn Bergman  
Location: DFS Campus, La Farge  
[driftlessfolkschool.org](http://driftlessfolkschool.org)

## Driftless Folk School Class Making Hard Cider

\$10 off for VFC Owners  
**Saturday, September 29, 1pm-4:30pm**  
Instructor: Bjorn Bergman  
Location: Viroqua  
[driftlessfolkschool.org](http://driftlessfolkschool.org)



## Driftless Folk School Class Traditional Cooking with Organ Meats

\$10 off for VFC Owners  
**Sunday, September 30, 9am-12:30pm**  
Instructor: Laura Poe  
Location: Viroqua

## 2018 Annual Owners Meeting

**Thursday, October 11**  
Rooted Spoon Kitchen Table  
219 S Main St, Viroqua, WI

**All VFC Owners are invited!**

### Schedule:

5:30-6:30pm: Light meal prepared  
by Rooted Spoon Culinary  
6:30pm: Voting ballots close  
6:30-8:00pm: Business meeting

### Agenda:

- Information about proposed bylaw changes
- Board Report on Fiscal Year 2017-2018
- Microlending report
- Co-op Community Fund report
- Election results
- Question & Answer

**Please RSVP if you plan to join us for the meal at:**

**[viroquafood.coop/board-of-directors/board-election](http://viroquafood.coop/board-of-directors/board-election)**

Each owner needs to RSVP separately. No need to RSVP if you only plan to attend the business portion of the meeting.





## October 2018

### Driftless Folk School Class **Fall Foraging & Tree Identification**

\$10 off for VFC Owners  
Saturday, October 6, 9am-4:30pm  
Location: La Farge  
[driftlessfolkschool.org](http://driftlessfolkschool.org)

### Savings for Owners **Owner Discount Days**

15% off Wine & Spirits (excluding beer)  
October 9-11

### Give Where You Live **Cooperative Community Fund**

1% of sales are donated to CCF on  
Wednesday, October 10  
[viroquafood.coop/community-outreach](http://viroquafood.coop/community-outreach)

### VFC Owner Event **Annual Owners Meeting**

Thursday, October 11, 5:30pm-8pm  
(Election closes at 6:30pm)

### In-store Savings **Wellness Wednesday**

10% off wellness aisle products  
Wednesday, October 17

### Driftless Folk School Class **Hog Butchering**

\$10 off for VFC Owners  
Saturday/Sunday, October 20-21  
[driftlessfolkschool.org](http://driftlessfolkschool.org)

### Driftless Folk School Class **Beyond Cabbage:**

**Fermentation for the Season**  
\$10 off for VFC Owners  
Sunday, October 28, 9am-12:30pm  
Location: Viroqua  
[driftlessfolkschool.org](http://driftlessfolkschool.org)

## November 2018

### Driftless Folk School Class **Herbal Goat Milk Soap Making**

\$10 off for VFC Owners  
Friday, November 2, 9am-4:30pm  
Location: Gays Mills  
[driftlessfolkschool.org](http://driftlessfolkschool.org)

### Driftless Folk School Class **Home Creamery: Cultured Milk, Mozzarella, and Feta**

\$10 off for VFC Owners  
Saturday, November 3, 9am-4:30pm  
Location: Gays Mills  
[driftlessfolkschool.org](http://driftlessfolkschool.org)

### Driftless Folk School Class **Home Creamery: Cheese Curds, Gouda, & Cheddar**

\$10 off for VFC Owners  
Sunday, November 4, 1pm-4:30pm  
Location: Gays Mills  
[driftlessfolkschool.org](http://driftlessfolkschool.org)

### Give Where You Live **Bland-Bekkedal Center for Hospice Care**

1% of sales are donated to BBCHC on  
Wednesday, November 7  
[viroquafood.coop/community-outreach](http://viroquafood.coop/community-outreach)

### Savings for Owners **Owner Discount Days**

15% off Bulk Foods  
November 13-15

### Driftless Folk School Class **Deer Butchering**

\$10 off for VFC Owners  
Saturday, November 24, 1pm-4:30pm  
Location: Coon Valley, WI  
[driftlessfolkschool.org](http://driftlessfolkschool.org)

# Save the date!

## Grand Reopening Celebration

### November 8, 9 & 10

The celebration begins at noon on Thursday, November 8<sup>th</sup>, with a Ribbon Cutting Ceremony outside the entrance. The fun and fantastic savings carry on through Saturday – with exciting giveaways, lots of free samples, cooking demos, flash sales, live music, kids activities, and more!

## Thursday - Saturday

### FREE SAMPLES

- Enjoy 12 sampling sessions each day from our local farmers and food producers

### DAILY GIVE-AWAYS

- Organic turkey
  - Full cart of groceries
- Enter daily to win!*

### LIVE MUSIC

- Every day in store; TBA

### ACTIVITIES

- Free classes in the new Community Room

### FLASH SALES

- Sales change each day – you won't want to miss these!

Watch for a full schedule on our facebook page and on our website at:  
[viroquafood.coop/about/events](http://viroquafood.coop/about/events)

Learn Meditation with Lyrea Crawford

# Coherency Training

## October 5-7, 2018

**FREE Intro 7 to 8 PM on Oct. 5**

Restore balance, inner quiet and clarity. Move toward full system integration with these simple, yet profoundly effective meditative techniques.



*Our systems were designed to function in a coherent, integrated fashion, with calmness, clarity and healthy vitality. But stress can interfere with this way of being. This week-end training includes instruction in the usage of four simple techniques which powerfully catalyze the release of underlying stresses. It also provides information on how the mind functions, and a look at the various states of consciousness. This training is all that is needed to begin utilizing these very effective tools in your life. Once taken, the class may be repeated as many times as desired, at no additional cost.*

Taught by Lyrea Crawford at the Vitality Center in the LaFarge/Hillsboro area. A map and complete info at

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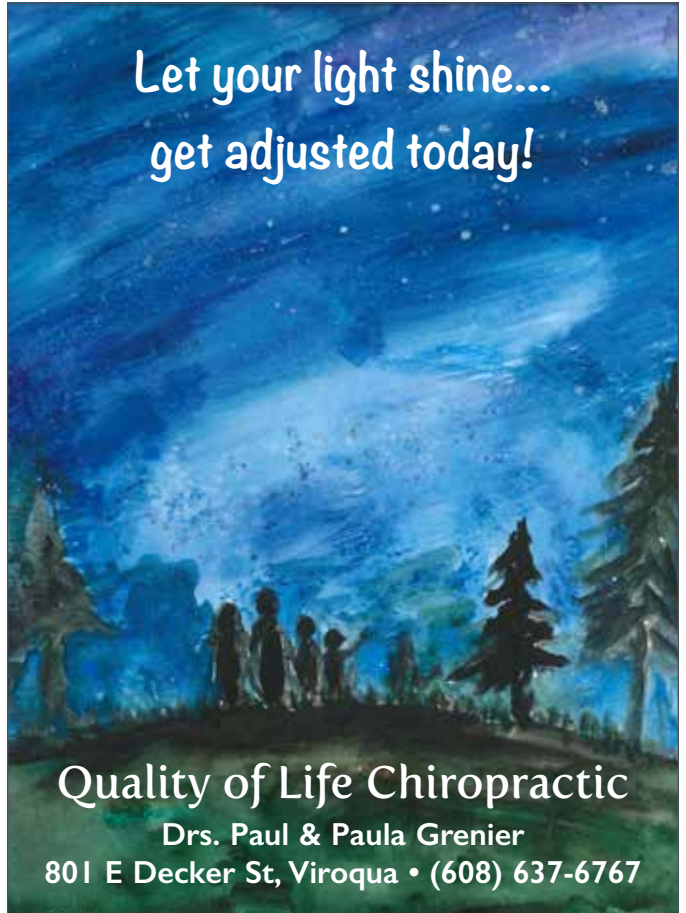
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### 1st THURSDAY Guest Artist Receptions 5-7 pm

Dinner following at Rooted Spoon Kitchen Table.

Call 632-2120 for reservations

Sept. 6th: **Susan Cushing** Walnut Ink & **Joann Shird** Poetry

October 4th: **Elliot Medow**- Portrait Paintings

November 1st: **Artisan Market**

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## owner discount days

**SEPTEMBER 11-13  
TUESDAY-THURSDAY**

### 15% off

**All Frozen Foods**

From prepared meals to ice cream, from frozen meat to GF breads, time to squirrel away for autumn!

**OCTOBER 9-11  
TUESDAY-THURSDAY**

### 15% off

**Wine & Spirits (no beer)**

As nights get longer, enjoy a nice wine or some bubbly. Or as evenings get chilly, savor some Wisconsin bourbon!

**NOVEMBER 13-15  
TUESDAY-THURSDAY**

### 15% off

**Bulk Department  
(no herbs, spices, coffee)**

Stock up on all your whole grains, nuts, legumes and granola!

