

Spring 2018

# pea soup

## It's Trout Season

What makes for a great weekend in the Driftless?  
See page 4 for details!



# Board News & Views

By Karen Mischel, VFC Board Vice President

Hello, fellow VFC Owners! As you can see, the expansion is in full swing. Isn't it exciting to see the size and shape of our future Co-op? There is a lot more construction ahead and your patience is appreciated. Believe me, it will be worth it.

The Board of Directors put in years of planning for the expansion and the result is fantastic, but the work doesn't stop there. What's next for our Co-op? Have you ever wanted to be directly involved in carrying out the fiscal and fiduciary oversight of the Co-op? Do you have a particular skill set or expertise that you feel is valuable to the Board? Well, now is your chance to be involved!

This autumn, there are two open seats on the VFC Board and each one is a 3-year term. If you are interested in running for a seat on the Board, download a 2018 Prospective Board Member Packet, which will be available by March 30<sup>th</sup> at: [www.viroquafood.coop/board-of-directors](http://www.viroquafood.coop/board-of-directors)

## There are three qualifications to become a Board candidate:

- Ownership paid in full and in applicant's name
- Commitment to attend monthly meetings beginning in September
- Read Prospective Board Member Packet and fill out the application

Applications are due by Friday, June 29. If you have any questions about running for the Board, please feel free to contact me via email at [karen.mischel@viroquafood.coop](mailto:karen.mischel@viroquafood.coop) or in person.

Voting begins 30 days before the Annual Owners Meeting. Check the 2018 Summer Pea Soup Issue for details about the meeting and election.

I have served on the VFC Board for two years and can tell you it is a rewarding opportunity. The additional outreach events that the Co-op has provided for the Board to hear directly from our owners has been particularly beneficial and always enjoyable. This is an exciting time for the Co-op as we enter this new phase of growth. The store is only our building, the cooperative is what builds our community far and wide. Please join us!



Peter Bergquist, Aurora Boyd, Eric Snowdeal, Mike Link, Eric Newman, Karen Mischel, Larry Homstad

## BOARD OF DIRECTORS

Mike Link, *President*  
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Peter Bergquist, *Secretary*  
Eric Newman, *Treasurer*  
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Eric Snowdeal  
Aurora Boyd

*The Board meets on the 3rd Wednesday of each month at 6:30pm. Location, dates and any changes are posted on the VFC website calendar page. 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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The Pea Soup is published quarterly and printed on recycled paper.

## DOWNLOAD THE PEA SOUP

[viroquafood.coop/members/vfc-publications/](http://viroquafood.coop/members/vfc-publications/)

**ABOUT THE COVER:** Organic agriculture and thriving streams go together like a trout on a fly! **Photo credit:** Driftless Angler Fly Shop located on Main Street in Viroqua, WI.

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# In the Zone

## Andrew Anderson, VFC Operations Manager

After a tremendous amount of dialogue, organization and planning, we finally broke ground on the Viroqua Food Co+op addition to serve the ever-expanding needs of our community, owners and staff. The plans for a phased project mean that we continue serving our community while simultaneously and literally building a new store around us. On paper, this process looks manageable – but planning and implementation are two very different things. As our staff will attest, it isn't easy to work in a construction zone.

We've teamed up with the Wieser Brothers-General Contractors again for this project. As the design-build firm for our initial project, and a small back stock expansion a few years ago, Wieser understands our existing building better than anyone. Working alongside their crew has proven to be a remarkable experience. They make accommodations daily to their tasks at hand so we can keep the Co-op open and maintain the quality of service that our community has come to expect.

I have had the opportunity to spend the last nine years in a variety of different roles at VFC; from IT to Store Management, to Prepared Foods Manager, and now as the Operations Manager. I've gotten to know and love our staff and dedicate a substantial part of my life to contributing to the experience that makes our Co-op special. It is more than just brick and mortar, it's the steadfast, smart and considerate staff that make us who we are.

Now more than ever, our employees prove each and every day that they are willing to go to great lengths, no matter how challenging, to keep our community fed. They waded through the construction site to stock those beautiful local carrots. They walk miles each day to keep our dairy case full and packaged grocery shelves abundant. They navigate a maze of temporary doors and dimly lit corridors to secure our building every day. They work in confined spaces so that you can get a hot meal any time of day. The Viroqua Food Co+op is full of extraordinary employees who go above and beyond, every single day, to bring you the food and services that you value most.

Our journey is just beginning. While we have felt the pinch of expansion, we are now entering a phase of opening up the walls of the existing space to integrate with the new store. This is going to be even more challenging for staff and customers as we set and reset our layout multiple times to allow construction to move throughout the building. It will challenge us all, but I am confident that our staff and community are the type of individuals that will persevere and will make the best of a hard situation to see our Co-op flourish and blossom into something greater.

The Co-op is open daily throughout the construction. As the project proceeds and products get relocated – be sure to ask for any assistance. We're happy to help however we can!



(Left to right) Wieser Project Manager Andy Towner, VFC Operations Manager Andrew Anderson and Weiser Superintendent Nick Feuerhelm hold a strategy session in the new expansion area.



(Left to right) Grocery Manager Jonah Curley takes stock of relocated items while Grocery Staff Mike Palen transfers products to rolling carts to restock shelves in store.



(Left to right) Prep Cook Bridget Niemyjski, Cheese Buyer David Beutler and Meat Buyer Melissa Stussy all work together to get their different jobs done in the small space of the old Deli Kitchen.

# Things We Love

Whether you're a visitor or seasoned local angler, here are some treats for a weekend in the Driftless



## Housemade Coffee & Baked Goods

A great way to start your day! We offer both traditional as well as wheat-free bakery options and they are unbeatable in both flavor and texture. Our coffee bar has four rotating organic, fair trade coffee varieties at any given time.

## Milton Creamery Prairie Breeze Cheddar

This is sweeter than your typical cheddar with lots of flavor, crumbly yet creamy with a little crunch from the calcium crystals developed during the aging process. The tang of this cheese pairs well with a floral India Pale Ale or a fruity cider.



## Darn Tough Socks

There's something so luxurious about a new pair of socks! This Vermont-based brand helps you withstand whatever the weekend has in store for you. Plus – fishing flies, squiggles, stripes and nautical star designs make perfect accessories to your weekend adventures.



## Viroqua Creative Workshop LLC

### Driftless Trout Stickers

While Mister Koppa is a local favorite collage artist, he also provides us with humorous stickers and magnets that celebrate regional pride and/or amuse the general public!



### Udi's Gluten Free Everything Bagels

Grab a bag of these bagels if you are accommodating both sensitive eaters and foodies, alike! Find them in our freezer section, while other varieties are available in the bread section.



### Hidden Springs Creamery Sheep Milk Cheese with Fresh Basil & Olive Oil

See pages 6-7 to read more about this local farmer. Plus, see the photo below to help “up your sandwich game!”

### Rushing Waters Smoked Atlantic Salmon

This salty and smoky filet really takes whatever dish you are eating to the next level! Add this quick and easy addition to bagels and a cheese smear, on top of a bed of scrambled eggs or in a green salad. See page 14 to read more about this regional fishery.



Pictured: We combined the three items above to create an open face sandwich, then added pickled garlic scapes and sliced avocado on a bed of mixed greens... Now THAT'S healthy fast food!



Photo credit: Becca Dilley

## Local Producer Profile

# Hidden Springs Creamery

**S**ometimes people seek professions, and sometimes professions call to an individual. Cheesemaking found Brenda Jensen.

In 2001, Brenda and Dean Jensen took a leap and bought 50 sheep and started milking them. As is common with people getting into farming, they were milking sheep on the side and both working full time during the weekday. At first, the business was hard, and they weren't able to sell their milk locally. "We were selling our milk to a business in New York for yogurt. We knew we had great milk

and wondered if we could hire a cheesemaker to make cheese for us," said Jensen.

In 2005, Brenda began investigating the cheesemaking industry and took a course through UW-River Falls. "I wanted to be able to speak the language to hire a cheesemaker..." On the third day of the course, Jensen's mindset changed as she learned the art of cheesemaking. "I loved the smell of the milk warming, cutting the curd and the magic of the whole process." She realized that she had a calling to be a cheesemaker.



Over the course of the next year, Brenda dove into the world of cheesemaking. She took vacation days to take more classes. Her employer thought cheesemaking was just a phase. But it wasn't. When she put in her notice, they offered to let her work three days a week and get full pay. She took her employer up on the offer, but it wasn't enough. She wanted to spend all her time running a farmstead creamery. Soon thereafter, she took the leap and became a full-time farmer and cheesemaker.

In 2006, Brenda and Dean moved their operation to their current farm between Cashton and Westby, Wisconsin. That same year, Jensen made her first retail cheese and her first customers were Viroqua Food Co-op and People's Food Co-op in La Crosse.

Fast forward 12 years and Hidden Springs Creamery has ridden a wave of success. The Jensens now have an on-farm creamery and about 700 sheep on their farm, half of which are milked throughout the year making cheesemaking possible every day. Their cheese offerings have grown to nine different types of sheep cheese, many of which we carry at the VFC, including:

- **Driftless:** a soft spreadable sheep cheese that comes in a variety of flavors
- **Ocooch Mountain:** an alpine-style raw sheep milk cheese
- **Bohemian Blue:** a dry and crumbly sheep milk blue cheese
- **Wischego:** a manchego-style cheese aged for six months
- **Feta:** French-style sheep milk feta

A number of these cheeses have won Jensen awards from the American Cheese Society (ACS) and World Championship Cheese Contest over the years.

When it comes to creameries, Hidden Springs is very unique. By rough estimates, there are about 250 sheep milk dairy operations in North America (the majority are concentrated in Ontario and Quebec Provinces in Canada), which makes Hidden Springs a very unique type of farm business. Also, Hidden Springs is a farmstead creamery, which is a cheesemaking operation where the milk is produced and the cheese is made at the same

farm. This setup allows cheese to be made more frequently and in smaller batches, which yields fresher and more delicious cheese.

Hidden Springs sells its cheese mainly to retail outlets in Wisconsin, Illinois and New York. "My goal is to sell all our cheese locally," said Jensen during a recent interview. Do your local cheese maker a favor. Support Hidden Springs Creamery next time you shop at VFC and try one (or all) of their cheeses.

To give you some ideas, Brenda shared some of her favorite ways to use her Hidden Springs Creamery cheeses:

- *I love to eat Driftless with fresh carrots or beets. Driftless also melts well. I love it on pizzas or with warm pasta.*
- *Ocooch Mountain is very good with crackers or bread.*
- *I love Bohemian Blue melted over a good steak, a burger or with crackers.*
- *Feta really adds flavor to a greens salad or with paired with watermelon.*



*"If you take good care of the land, sheep, and the people you work with, they will take good care of you!"*

**Brenda Jensen**



# Legumes 101

Legumes are a versatile and healthy food! From red beans in burritos, to kidney beans in chili, to lentils in daal, to hummus made of chickpeas – they are found in many kinds of delicious foods the world over. For centuries, they have been an important part of the world’s food supply because they are nutritional powerhouses. They are packed full of protein, fiber, antioxidants, vitamins and minerals.

Best of all, legumes are one of the cheapest forms of protein – especially when it comes to legumes from our bulk section! At \$1.79/lb to \$3.29/lb, you can make a meal for a fraction of the price when compared to the cost of meat. One cup (approximately one pound) of dry legumes actually yields two to three cups when cooked.

Now let’s talk about the elephant in the room when it comes to legumes... flatulence. We’ve all experienced

it or been in the presence of someone that experiences the results of the musical fruit. So, why do we get gas from eating legumes? They contain a type of sugar called oligosaccharides that our digestive system cannot break down. These undigested sugars are then fermented by naturally occurring bacteria in our digestive system, which results in gas. Flatulence is a natural part of digestion, but potentially embarrassing.

**Consider using any of these beneficial techniques below to make legumes more digestible:**

- soak all beans and discard soaking water before cooking
- add strip of Kombu (sea vegetable) while cooking
- add tablespoon of vinegar toward the end of cooking
- only salt legumes at the end of cooking (adding salt too early can make their skin tough/harder to digest)

## How to Prepare Legumes

To avoid mushy legumes, refrain from vigorously boiling. Determine doneness by sampling, and take care not to stir legumes close to end of cooking in order to retain shape.

### Beans

- Rinse in colander, then place in pot for soaking.
- Black, garbanzo, great northern, kidney, navy, pinto and red beans benefit from being soaked prior to cooking. To do this, add beans to large pot and cover with water 2" over the top of beans. Pick out any floating beans. Soak for 4-6 hours, or overnight.
- Strain off soaking water. Fill pot with fresh water. Bring to a medium simmer and cook until beans are tender (see cooking times on right). Strain excess water from beans.

### Split Peas and Lentils

- Lentils and split peas require no soaking prior to cooking.
- Add lentils and split peas to water in a medium pot. Bring to a medium simmer and cook until tender (see cooking times on right). Note: split red lentils cook much faster than other lentils and split peas.

COOKING TIMES & YIELDS			
Legume Name (one cup dry)	Quantity Water (cups)	Simmer Time (minutes)	Approx. Yield (cups)
Black	3	45–60	2
Garbanzo	4	90–120	2½
Great Northern	4	60–90	2¼
Kidney	3	90–120	2
Lentils, brown	2½	45–60	2
Lentils, green	2	30–60	2
Lentils, red	3	20-30	2
Mung	2½	45–60	2
Navy	3	60–90	2½
Pinto	3	120-150	2½
Red	3	45–90	2½
Split Peas	3	45–60	2½

Adapted from <http://strongertogether.coop/article/beans-guide>



# Legumes in the VFC Bulk Section

## Beans

These come in all shapes, sizes and colors; they require soaking prior to cooking (see beneficial techniques on page 8).



### *Black Beans* (a.k.a. turtle beans)

Stands up to bold seasonings like chilies and savory herbs; nice change of pace from pinto beans in Southwestern specialties like tostadas and tacos. Popular in Mexican, South American and Cuban cuisines.



### *Mung Beans*

Firm, dense texture and complemented by curries, chilies and ginger. Can substitute for lentils or adzuki beans in many recipes. Delicious additions to vegetable stir-fries/Asian or Indian cuisine when precooked or sprouted.



### *Garbanzo Beans* (a.k.a. chickpeas)

Versatile with mild and nutty flavor. Popular in Middle Eastern dishes like falafel and hummus; also great in salads with fresh herbs, onion and garlic.



### *Navy Beans*

Typically used to make baked beans – an American picnic staple! They soften when cooked and work well in soups and stews.



### *Great Northern Beans*

Medium white bean commonly found in soups; mild flavor with creamy texture. Purée and use to thicken soups and milk-based chowders or serve on their own as an elegant side dish.



### *Pinto Beans*

Light brown with dark brown streaks; common with rice, in soup, in stews and Mexican food. Typically used when making refried beans.



### *Kidney Beans*

Some of the most popular in the U.S. and often used in chili, soups and marinated bean salads. Bigger than red beans but interchangeable.



### *Red Beans*

Firm, flavorful red beans are a key ingredient in the Creole/Louisiana classic dish of red beans and rice. Very popular in the U.S. and similar in size and shape to pinto beans.

## Split Peas and Lentils

All split peas and lentils are fast cooking and do not require presoaking.



### *Split Peas*

Most commonly used to make soup because when cooked, they break down. Can be used to substitute split red lentils in a pinch.



### *Green Lentils*

Super versatile; shape holds well when cooked and great in everything: soups to salads to stews, along with adding a great texture to veggie burgers.



### *French Green Lentils*

Firm and peppery lentils that hold their shape when cooked. Works best in salads either as base or sprinkled over the top as a garnish.



### *Red Lentils*

Whole variety can be used the same as green lentils. Split red variety cooks quickly, breaks apart and becomes creamy. Great for thickening soups and stews or making red lentil hummus.



# Lighten Up with Legumes

Legumes lend protein to these satisfying, low-fat main dish recipes.

Reprinted by permission from StrongerTogether.coop. Find these and other recipes, plus information about your food and where it comes from at [www.strongertogether.coop](http://www.strongertogether.coop).

## Lemony Lentil Spinach Soup

Serves: 4. Prep time: 10 minutes active; 6 hours, 10 minutes total.

- 1 cup lentils
- ½ large lemon, seeds removed
- 2 large carrots, chopped
- 4 cups water
- 1 teaspoon oregano
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 cups fresh spinach, chopped
- ½ cup fresh parsley, chopped

1. Place the lentils, lemon half, carrots, water, oregano, salt and pepper in the slow cooker. Cover and set on low, and cook for 6 hours.
2. At 6 hours, take off the lid and stir in the spinach and parsley. Stir for 1 minute to wilt, adjust seasonings and serve.

*Add oregano and a crumble of feta to give this lemony soup a Greek flavor profile. Serve with pita wedges and hummus.*





## Crockpot Red Beans and Rice

Serves: 4 – 6. Prep time: 15 minutes active; 7 hours, 15 minutes total.

- 1 cup dried kidney beans
- 5 cups water
- ½ cup long grain brown rice
- 1 large red bell pepper, chopped
- 1 large carrot, chopped
- 2 tablespoons Cajun seasoning
- 1 bunch collard greens, chopped
- 1 teaspoon salt

1. Heat a pot of water to boiling, add kidney beans and boil beans for ten minutes. Drain beans.
2. Combine 5 cups water, drained kidney beans, brown rice, bell pepper, carrot and Cajun seasoning in a slow cooker. Cover and set on low, and cook for 6 hours.
3. Open the cooker, add the collard greens and salt, and stir. Cover and cook for another hour.
4. When the beans are tender, serve or transfer to containers to refrigerate or freeze.

*This New Orleans classic is incredibly easy to prepare in a slow cooker. Try it as a side dish to roasted chicken, or as an entrée with a slice of cornbread.*



## Split Pea Soup with Spinach

By: Robin Asbell

Serves: 4 – 6. Prep time: 30 minutes active; 2 hours total.

- 1 ½ cups split peas
- 7 cups water
- 1 medium potato, cubed
- 3 ribs celery, chopped
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 bay leaf
- 1 teaspoon thyme
- 1 teaspoon salt
- 4 ounces baby spinach, chopped
- ½ teaspoon black pepper

1. Pick over the peas for any stones or twigs, if necessary, then put in a large pot with the water and bring to a boil. Reduce to a simmer, and add the potato, celery, onion, carrot, bay leaf, thyme and salt. Simmer for an hour and a half, checking occasionally to stir and add water if needed.
2. When the split peas are falling apart, stir in the spinach and simmer just until the spinach is wilted. Add black pepper. Serve hot.

*Paired with a hunk of crusty bread, creamy split pea soup is comfort food that will warm you from the inside out.*

# VFC News

## Welcome Chef Chelsea Brannan, VFC's New Prepared Foods Manager



Chelsea started cooking professionally at the age of 16 and has moved through the workings of the kitchen as her career developed over the last 20+

years. She has cooked in many cities and states, learning different styles of cuisine, working in a variety of settings including fine dining, small cafes, bakeries, grocery store delis, farmers markets, catering and as a cooking class instructor.

Originally from Chicago, Chelsea moved to the Driftless area with her parents as a teenager and graduated from Kickapoo High School. Chelsea went on to graduate with honors from Le Cordon Bleu College of Culinary Arts in Chicago with degrees in Culinary Arts, Pastry & Baking and Culinary Business Management. She came back to the area about five years

ago and worked for People's Food Co-op in La Crosse as a pastry chef and baker, and at Harmony Valley Farm as the farm chef.

A little over a year ago Chelsea joined the VFC Deli Team as the Deli Assistant Manager. In November of 2017, she was promoted to Head Chef as the Prepared Foods Manager.

"I am happy to be back home, working with wonderful local ingredients and friendly co-workers at the Viroqua Food Co+op," said Chelsea. "I'm looking forward to our new store and especially the new deli kitchen!"

## VFC Receives Focus on Energy "RECIP Grant" for Solar Panels

Great news! VFC received the Renewable Energy Competitive Incentive Program (RECIP) – Focus on Energy Grant to add a solar component to the expansion project! The \$25,000 grant covers approximately 23% of the project – from the solar panel costs to the installation of the 122 panels on the south facing roof of the Co-op. The remainder of the costs will be financed with additional owner

investment. (New Investment Opportunity Coming Soon!)

The solar panels will save about 62,500 kilowatt hours per year, which is equal to about seven average US homes and is approximately 10% of the Co-op's total electric usage. We are so excited to finally implement solar power as part of our green initiatives with our expansion project. With the use of onsite energy, VFC joins other

local businesses using solar energy and affirms that Viroqua is truly a progressive community.

The expected date for the project to be completed is October 2018. Currently we are working with Kish Electric of La Crosse and Ethos Green Power of Viroqua. The final designs for the solar panels are very close to approval and are already in the plans with the roof construction.

The RECIP Grant covers 23% of the cost to install 122 solar panels on VFC's south-facing roof.





*Congratulations  
to Bree and Eric  
of B&E's Trees.  
Learn more about  
the Microlending  
Initiative at:  
<http://s.coop/1v82ze>*



## 2018 Microloan Recipient **B&E's Trees**

Congratulations to B&E's Trees, the recipient of the 2018 VFC Microloan!

B&E's Trees is a local certified organic maple syrup producer located outside Cashton, WI, and co-owned by Bree (B) Breckel and Eric (E) Weninger. They are best known for their delicious, certified organic Bourbon Barrel Aged Maple Syrup, which is made in collaboration with Central Waters Brewing Company of Amherst, WI. The brewery sources freshly used bourbon barrels, which B&E's repurposes to age certified organic maple syrup at the Food Enterprise Center in Viroqua. When their syrup is mature, they return the maple-soaked barrels to Central Waters to age their limited release Maple Barrel Stout. Demand for both the maple syrup and the beer have far exceeded production.

B&E's received a \$3,500 one year no-interest microloan from VFC to turn a space at the Food Enterprise Center into a maple syrup aging rickhouse. A rickhouse is a traditional facility where whiskey is aged in barrels, taking on the smoky, vanilla flavors naturally found in charred white oak barrels. This project allows them to increase their maple syrup aging capacity, which allows them to more closely meet the demands for their delicious maple syrup. Learn more about their ongoing projects at: [www.bandestrees.com](http://www.bandestrees.com)



The B&E's team makes their daily commute to the office.  
Photo credit: B&E's Trees



## Wisconsin Producer Profile

# Rushing Waters Fisheries, LLC



*Look for Rushing Waters fresh trout, smoked trout, trout spread and salmon spread in the VFC meat case. Traditional and Italian salmon burgers are located in the freezer case. For your dog, we have Cranberry and Sweet Potato Dog Treats!*

Rushing Waters Fisheries, Wisconsin's largest trout farm, lies nestled on 80 acres of pristine forest and valleys at the edge of the Southern Kettle Moraine State Forest in Palmyra, Wisconsin.

The story of Rushing Waters begins in the 1940s when the property was originally a fox farm, raising trout as supplemental fox feed. A few years later the farm changed its focus to bringing its fresh fish to Navy Pier in Chicago.

In 1994, the property was purchased by Bill Graham, with a vision of changing the farm into a unique fishery. In 1997, Graham hired Peter Fritsch who had just completed a fisheries biology major at the University of Wisconsin – Stevens Point. Eventually, Fritsch became partner to Graham, and now manages the day-to-day operations at the farm.

### Kamloop Rainbow Trout

Rushing Waters raises an exceptional strain of rainbow trout called *Kamloops*. Fish begin life on the farm as fertilized eggs, which are tended to in their hatchery for two weeks before hatching.

During their life, the fish are constantly sorted and graded according to size. The very cold 49°F water year-round temperature causes slower growth, insuring premium quality, texture and flavor. They are fed a specially formulated trout diet rich in natural proteins (no animal byproducts or antibiotics) and have access to wild food they find in the water as well. Trout at Rushing Waters will reach one-pound size in eighteen months. Harvesting the fish by hand year-round ensures a consistently high-quality fish that has the flavor and texture that customers prefer.

### All-Natural Smoked Fish

The on-site smoke house combines the

best traditional methods and modern technology to transform freshly harvested Rainbow Trout, Farm-Raised Atlantic Salmon and Wild Alaskan Salmon into moist, tender and delicious hot-smoked fish.

Each fish is brined in a savory blend of salt, sugar and spices, then finished with the smoke of northern hardwoods. No artificial flavors or chemical preservatives are used.

### From Pond to Table

Consider taking a day trip to Rushing Waters, only 150 miles from Viroqua. Visit the crystal-clear ponds and raceways full of rainbow trout. The public fishing pond is a fun and educational way for the entire family to relax and unwind. Fish the ponds any time of year – no entrance fee or fishing license is required, and you only pay for the fish you catch. You can even have the on-site restaurant, The Trout House, prepare your catch (Wednesday-Sunday, 11am-3pm).

Although, you don't have to catch fish in order to have a delicious meal. The Trout House is a unique, mouthwatering, farm-to-fork, culinary experience. The menus celebrate local and seasonal ingredients sourced on-site from the fishery and the area's bountiful farms.

Other special events at Rushing Waters Fisheries, LLC include wine tastings, fish boils, farm tours, culinary classes and more. Private parties, events and catering are also available. For more information, visit their website at:

[www.rushingwaters.net](http://www.rushingwaters.net)

### Sources:

Bordsen, John, "Fun fishing at Wisconsin's Rushing Waters trout farm – no license required," *Chicago Tribune*, August 31, 2017. <http://s.coop/260j1>  
Mix, Rhonda, "Reel in Some Fun," *At the Lake*, May 25, 2015. <http://s.coop/260j2>



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

## Give Where You Live



**NOVEMBER 2017**

### Pleasant Ridge Waldorf School

Bjorn Bergman,  
VFC's Outreach Coordinator,  
presents a donation of \$1,359 to  
Cynthia Olmstead of the  
PRWS Development Office



**DECEMBER 2017**

### Bethel Buttik Food Pantry

Bjorn Bergman presents a \$1,433  
donation to Pastor Gary Daines of  
the Bethel Buttik Food Pantry



**JANUARY 2018**

### The Ark Art Center

Bjorn Bergman presents a  
donation of \$635 to  
Johanna Solms,  
The Ark Board Chair

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

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# Calendar of Events

For more details, visit our event calendar at: [www.viroquafood.coop/about/events](http://www.viroquafood.coop/about/events)

## March 2018

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

15% off wine & spirits (no beer)

March 6 - 8

### VFC Board Event **Coffee with the Board**

Free coffee and scones with the Board

Location: VFC Seating Area

Saturday, March 10, 9:00 - 11:00am

### Give Where You Live **Passages, Inc**

Round up any day this month.

1% of sales are donated to Passages on

Wednesday, March 14

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

10% off all supplements, homeopathic & herbal formulas from the wellness aisles

Wednesday, March 21

wellness wednesday

**10% off**



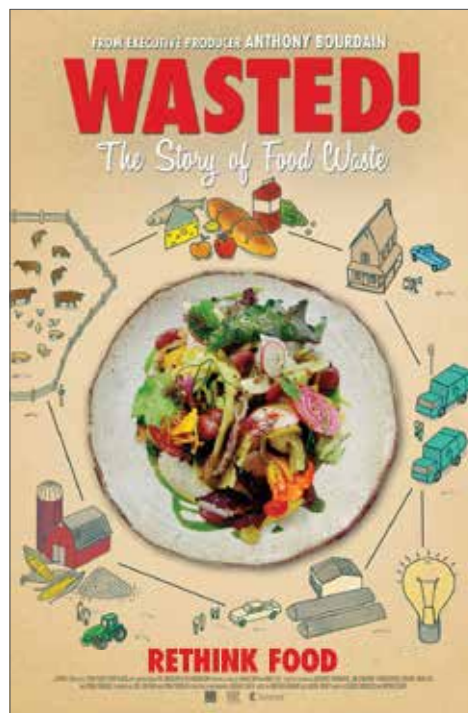
### Free Film Screening **Wasted! The Story of Food Waste**

Through the eyes of chef-heroes like Anthony Bourdain, Dan Barber, Mario Batali, Massimo Bottura and Danny Bowien, audiences will see how the world's most influential chefs make the most of every kind of food, transforming what most people consider scraps into incredible dishes that create a more secure food system. WASTED! exposes the criminality of food waste and how it's directly contributing to climate change and shows us how each of us can make small changes – all of them delicious – to solve one of the greatest problems of the 21st Century.

Location: The Ark, Viroqua

Friday, March 16, 7:00pm

Free entry & popcorn; all ages welcome



## April 2018

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

15% off hot bar & salad bar

April 10 - 12

### Driftless Folk School Class **Fruit Tree Grafting**

Location: Gays Mills, WI

Saturday, April 7, 9:00am - 4:30pm

[driftlessfolkschool.org](http://driftlessfolkschool.org)

\$10 off for VFC Owners



### Driftless Folk School Class **Restorative Fruit Tree Pruning**

Location: Viroqua, WI

Sunday, April 8, 9:00am - 4:30pm

[driftlessfolkschool.org](http://driftlessfolkschool.org)

\$10 off for VFC Owners

### Give Where You Live **Driftless Humane Society**

Round up any day this month.

1% of sales donated to Driftless

Humane Society on

Wednesday, April 11



## May 2018

### Driftless Folk School Class Baking for Kids

Location: Viroqua, WI  
Saturday, April 14, 1:00 - 4:30pm  
[driftlessfolkschool.org](http://driftlessfolkschool.org)  
\$10 off for VFC Owners

### Driftless Folk School Class Fermented Beverages

Location: Viroqua, WI  
Sunday, April 15, 9:00am - 12:30pm  
[driftlessfolkschool.org](http://driftlessfolkschool.org)  
\$10 off for VFC Owners

### In-store Savings Wellness Wednesday

10% off all supplements, homeopathic & herbal formulas from the wellness aisles  
Wednesday, April 18

### Driftless Folk School Class Beginning a Fruit Orchard

Location: Gays Mills, WI  
Saturday, April 28, 9:00am - 4:30pm  
[driftlessfolkschool.org](http://driftlessfolkschool.org)  
\$10 off for VFC Owners



### VFC Co-sponsored Event Around the Farm Table Cooking Demo

Join Inga Witscher, host of the Wisconsin Public TV series Around the Farm Table for an educational and entertaining cooking demonstration. Inga teaches us how to make a Smorgastrata, a Scandinavian style sandwich cake. It's the perfect addition to your next party!

Location: Viroqua Public Library  
Saturday, May 5, 1:00 - 2:00pm  
<http://aroundthefarmtable.com>



### Driftless Folk School Class Spring Wild Edibles

Location: KVR, LaFarge, WI  
Saturday, May 5, 9:00am - 4:30pm  
[driftlessfolkschool.org](http://driftlessfolkschool.org)  
\$10 off for VFC Owners



### Savings for Owners Owner Discount Days

15% off all Cheese  
May 8 - 10

### Give Where You Live Community Hunger Solutions

Round up any day this month.  
1% of sales are donated to CHS on  
Wednesday, May 9

### In-store Savings Wellness Wednesday

10% off all wellness products  
Wednesday, May 16

### Driftless Folk School Class DIY Solar Oven

Location: LaFarge, WI  
Saturday, May 19, 9:00am - 4:30pm  
[driftlessfolkschool.org](http://driftlessfolkschool.org)  
\$10 off for VFC Owners

### Driftless Folk School Class Beginning Soap Making

Location: Viroqua, WI  
Saturday, May 19, 9:00am - 12:30pm  
[driftlessfolkschool.org](http://driftlessfolkschool.org)  
\$10 off for VFC Owners

### Driftless Folk School Class Intermediate Soap Making

Location: Viroqua, WI  
Saturday, May 19, 1:00 - 4:30pm  
[driftlessfolkschool.org](http://driftlessfolkschool.org)  
\$10 off for VFC Owners

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**Upcoming Classes with Lyrea Crawford**

**Wu Style Tai Chi Ch'uan**  
 With Qi Gong and Self Care Training  
**New Beginning Weekly Class Starts March 14, 2018**  
 Ongoing, Wednesdays, 4:45-6:30 PM



*T'ai Chi Ch'uan is a slow and gentle oriental form of exercise that is suitable for people of various levels of physical ability.*

Want to understand optimal alignment for the body?

**Aligned for Vitality**  
 3 day class  
**March 23-25, 2018**  
 CEU's for Massage Therapists and Yoga Instructors, but anyone can attend.  
 Class emphasizes yoga/self-care info.  
 20 NCBTMB CEU hours  
 20 Yoga Alliance CEU hours







Also check the website for Summer yoga classes!

*All classes taught by Lyrea Crawford at the Vitality Center in the LaFarge/Hillsboro area. A map and complete info at*  
**www.lyreacrawford.com • 608-383-3589**



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 Dinner following at Rooted Spoon Kitchen Table.  
 Call 632-2120 for reservations

March 1: **Kindred/Nicholas Gale-Wazee** - Hand crafted items  
 April 5: **Cathy Williams** - Charcoal drawings  
 May 3: **The Artists of the Winding Roads Art Tour**  
 June 7: **Doc Roddy** - Watercolors

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## owner discount days

**MARCH 6-8**  
**TUESDAY-THURSDAY**

# 15% off

**Wine & Spirits**

Now's your time to try a little something new!

**APRIL 10-12**  
**TUESDAY-THURSDAY**

# 15% off

**Hot Bar & Salad Bar**

Treat yourself by letting us cook lunch or dinner for you!

**MAY 8-10**  
**TUESDAY-THURSDAY**

# 15% off

**All Cheese**

While our cheese department is small, the flavor and variety is great!

