

pea soup

Spring 2019

**Go Green
at the VFC!**

First reduce, then reuse,
and then – recycle!

Board News & Views

by Karen Mischel, VFC Board Vice President

Hello VFC Owners! Can you believe it's time to start talking elections again? This has been an incredibly busy and successful year for the Co-op. I speak for the Board of Directors when I say we are so very proud of the dedicated work that has been done to get us to where we are. People are taking note of what we've done here, and it's all because of the exceptional leadership and teamwork that is in practice every single day at the VFC.

Those successes can also be attributed in part to our owner-members. We need your support to keep it all going! So here's where you come in. Now that the expansion is complete, it's time to start looking forward to what's next. How do we maintain this momentum that we've built and continue to offer the quality people have come to expect? As the Board, we need dedicated members on our team, too.

This autumn, there are three open seats on the VFC Board. Each one serves a 3-year term. If you have any questions about running for the Board, find more about the position – and contact me directly by going to this page on our website: www.viroquafood.coop/run-for-vfc-board

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 28. If you are interested in running for the Board, starting March 30th you can download a 2019 Prospective Board Member Packet on our Board webpage (link above).

Voting begins 30 days before the Annual Owners Meeting. Check the 2019 Summer Pea Soup for details about the election and the meeting.

I hope when you walk through the doors of our beautiful new store, you feel the same sense of pride that I do. But the store is only our building, it's the Cooperative that builds our community far and wide. Please join us!



BOARD OF DIRECTORS

Mike Link, *President*
Karen Mischel, *Vice President*
Peter Bergquist, *Secretary*
Larry Homstad
Eric Snowdeal
Aurora Boyd
Elizabeth Tigan

The Board meets on the 3rd Wednesday of each month at 6:30pm in the Co-op Community Room. 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

PEA SOUP PUBLICATION TEAM

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Research, Writing, Editing, Photography

ADVERTISEMENTS

Ad space is limited and available on a first come, first served basis. Ad sizes and prices are as follows:
1/8 page: 3.5" w x 2.25" h – \$50
1/4 page: 3.5" w x 4.75" h – \$100
Ad deadline for Summer: April 29
Email: marketing@viroquafood.coop

Pea Soup is intended as a vehicle for communication among Co-op owners and shoppers. Articles pertaining to health and nutrition are presented for informational purposes only. VFC recommends consulting a healthcare professional for medical problems and advice. Ads printed in this publication are not necessarily endorsed by Viroqua Food Co-op.

The Pea Soup is published quarterly and printed on recycled paper.

Cover Photo Credit: Bjorn Bergman

DOWNLOAD THE PEA SOUP

viroquafood.coop/members/vfc-publications/

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Every Day is Earth Day

Jan Rasikas, General Manager

Earth Day is approaching and it's our annual reminder to redouble our efforts to reduce, reuse and recycle. More than ever, our commitments to sustainable practices can be supported by our choices at the Co-op.

The VFC community makes it clear that we must prioritize ways to reduce our impact. One of the largest contributions to CO₂ emissions is food rotting in landfills. Our food compost and coffee grounds never go into the landfill, but rather go directly to local farmers and gardeners.

Did you know that VFC is the only grocery store in Vernon County that doesn't use plastic bags at the checkout? We banned plastic grocery bags at the checkout in 2006! Our paper and plastic containers are getting an overhaul this year. All paper and plastic containers will move to a fully recycleable and compostable composition (with no plastic liner for the hot bar; soup containers have already changed over). Lids for deli soup and drinks are also fully compostable now. Cold specialty drinks are served in compostable cups and sippy cup tops, therefore

eliminating the need for straws made of plastic altogether.

When we launch the new Smoothie Bar this spring, we'll try several types of paper straws until we find one that's hardy enough. Some single-use plastic containers are moving to a paper-bottom and compostable top, like the burrito bowls at the burrito station. Of course, washable dishes and flatware have returned to our deli now that construction is complete.

The best way to reduce any kind of packaging is to cook from scratch! Shopping predominately in the produce and bulk section is the best way to avoid plastic bags and containers. Bulk sections across the country are recording declining sales, including at VFC. I encourage you all to recommit to buying fresh nuts, flours, beans, honey, maple syrup, dried fruits, spices, shampoos, lotions, and so much more in VFC's bulk sections.

Reducing the impact of plastic on our environment has never been more important to the health of our planet.

Here are some ways to "shop the Co-op" that can reduce your consumption of paper and plastic:

- Bring your own cloth bags – VFC sells cloth and recycled content bags for reuse.
- Bring your own reusable or glass containers for the bulk department. If you forget, we have empty glass jars for sale.
- Save 15¢ every time you bring your own coffee mug for use!
- Buy laundry detergent in boxes to avoid big plastic bottles.
- VFC recycles paper egg containers back to our local egg farmers.
- Buy freshly sliced meat and cheeses wrapped in paper from the deli.
- Buy unwrapped, locally-made bars of soap to avoid the plastic bottle that comes with liquid soap.
- Choose fresh ground peanut or almond butter in the bulk section and utilize your own reusable container.
- Buy toilet paper that comes wrapped in paper versus plastic.
- Use cloth napkins, which you can find for sale at the VFC.
- We reuse most of our cardboard boxes at the checkout to reduce the use of new paper bags.
- Bring in your own 24 oz. or less water container and fill it for free at the RO (reverse osmosis) filter water station in the seating area.

Thank you for all your efforts to reduce, reuse, and recycle. Each and every choice we make helps us celebrate Earth Day every day!





Local Producer Profile

Westby Co-op Creamery

We are truly lucky to be located right in the heart of the Driftless region, which has a wealth of local farmers and producers. One of the local producers we are grateful to have right in our neighborhood is Westby Co-op Creamery. They are one of the oldest dairy cooperatives in Wisconsin!

The humble beginnings of this co-op date back to its founding in 1903 in Westby, Wisconsin. A small group of dairy farmers banded together to start a creamery to focus on turning their milk into high quality butter. Westby Co-op Creamery was built on the foundations of hard work, small batches, and quality. They are still founded on those same values 116 years later and now have over 200 farmer-members. Their farmers hail from Western Wisconsin and Southeastern Minnesota.



In 2018, Westby Co-op Creamery introduced organic sweet cream butter to their organic product line.

One unique aspect of the Westby Co-op Creamery is how they have both conventional, as well as organic farmer-members. In 2007, their Board made the move to accept milk from certified-organic dairies. Today, about half the membership is certified organic, and the milk they supply accounts for 70% of the milk going to the Creamery. Most of that milk goes to make organic dairy products for private label brands. In 2017, Westby started its own organic brand which now includes organic cottage cheese, sour cream, and French onion dip. In late 2018, they introduced organic sweet cream butter to that product line.

In the city of Westby, the Westby Co-op Creamery has been a prominent business for decades. Today they have two buildings within the city limits. The first one is in the center of Westby and is the heart of the business. This location receives all the creamery milk and processes it into a variety of delicious dairy products like sour cream, dips, cottage cheese, cheese curds, hard cheese, yogurt, and cream cheese. In fact, this building houses the only cottage cheese plant in Wisconsin. This led the Governor of Wisconsin to naming the city of Westby as the Cottage Cheese Capital of Wisconsin in 2018.

Westby Co-op Creamery's second building, which was built in 2012, is the location of their distribution center and administration offices on the northwest edge of Westby. This recent addition houses all of their retail-ready product which streamlines distribution and increases efficiency, eliminating the need to store all product in onsite refrigerated semi trucks.

The addition of this building has fueled growth of the Creamery. Over the past 12 years, the Westby Co-op Creamery has more than doubled its milk production. Last year, the farmers produced 165 million pounds. Finished dairy products from their processing plant has more than tripled. Over the past 10 years, they've gone from 7 million pounds to over 26 million pounds of finished products.

"I've always felt that the Westby enterprise embraces the fabric of the family farm, and it's a win-win situation for my family when I can market our milk locally to them. My family and I believe the progressive philosophy and advanced manufacturing technology that is used at the Westby Co-op Creamery ensures that our consumers receive quality products," says Marvin Amundson of Amundson Jerseys (Westby, WI), who is a farmer-owner of Westby Co-op Creamery. "The end result for both the co-op and my family creates a dual support line for the community and the surrounding areas where Westby products are sold."



Westby Co-op Creamery, founded in 1903, is one of the oldest dairy cooperatives in Wisconsin and currently has over 200 farmer-members.

Things We Love

One plastic utensil, styrofoam container, or paper cup at a time — let's first reduce, then reuse, and only then recycle!

The easiest way to eliminate bringing home all those single-use containers? Create a habit of putting cloth bags, tupperware containers, and servingware in your backpack, purse, or vehicle so you know you've always got it with you next time you're at the grocery store or even a restaurant!



Standard polyethylene bags and plastic cling wrap *don't biodegrade, they photodegrade*. Although — modern landfills are lined to keep waste from escaping into the soil, and are covered daily with a layer of earth to reduce odor — hence why the estimate for plastic breakdown ranges from 450-1,000 years. So help our landfills from mummifying our plastic by using a reusable wrap to preserve your stored food!



We get the issues folks all around our globe have taken up over plastic straws. They were once a staple but together we're figuring out ways to avoid single-use plastics. While we're on the subject of single-use items, think of how many trees we've chopped down with use of paper towels and napkins within our lifetimes... Consider swapping any of these things out as an easy way to save!



With these fun tools, you not only reduce single-use items in your pantry, like coffee filters, boxes, tea bags & wrappers – you get to have fun doing it! Bring in spare jars or sealable bags to fill up in the bulk tea section. It's like mixing & matching a magic potion of therapeutic teas according to your needs. Plus, who doesn't want an adorable sloth-tea-infuser hanging off an afternoon cup of tea?!





Wisconsin Cheese Madness

March 16-30: Active Cheese Demos at the Viroqua Food Co+op

For the second time, VFC is putting a cheesy spin on March Madness by hosting Wisconsin Cheese Madness! We've identified eight delicious and unique Wisconsin cheeses from our cheese department and are matching them up head-to-head, March 16-March 30. Every Monday and Friday (2-5pm), as well as Saturday (11am-2pm), customers are invited to stop by VFC to try two cheeses and then vote for their favorite.

The cheese with the largest number of votes advances on to the next round. Additionally, all of you are invited to sign up to win two pounds of the winning cheese each day you participate. We hope you can swing by the store often to help us crown VFC's best Wisconsin cheese this March!

2019 Eight-Cheese Bracket

Customers who sample these are invited to sign up each day to win 2 pounds of the winning cheese!

Round 1 Goat Milk Cheese

Saturday, March 16, 11am-2pm

Raw Milk Sharp Goat Cheddar

Mt. Sterling Co-op Creamery - Mt. Sterling, WI

Grumpy Goat

Nordic Creamery - Westby, WI

Round 2 Sheep Milk Cheese

Monday, March 18, 2-5pm

Marisa

Carr Valley Cheese - La Valle, WI

St. Dorian

Capri Cheese - Blue River, WI

Round 3 7-Year Cheddar

Friday, March 22, 2-5pm

7-Year Cheddar

Deer Creek Cheese - Sheboygan, WI

7-Year Cheddar

Hook's Cheese Company - Mineral Pt, WI

Round 4 Gouda

Saturday, March 23, 11am-2pm

Grassfed Gouda

St. Brigid's Meadows - Coon Valley, WI

Big Ed's Gouda

Saxon Creamery - Cleveland, WI

Semi-Final - Part 1

Monday, March 25, 2-5pm

Semi-Final - Part 2

Friday, March 29, 2-5pm

FINAL CHAMPIONSHIP

Saturday, March 30, 11am-2pm

VS.

WINNER:

VFC News

Co-op to Co-op Products Help Build Vibrant Communities



The Viroqua Food Co+op is launching a new “co-op to co-op (C2C)” logo

so you can easily identify cooperatively-produced foods. The C2C logo identifies products that are produced or manufactured by cooperatives or marketed by a cooperative of producers.

The Viroqua Food Co+op purchases from farmer-owned and worker-owned co-ops that provide a wide variety of products: fruits & vegetables, milk, cheese & other dairy products, coffee, bread, nut butters, beer, herbs & spices, seeds, and more.

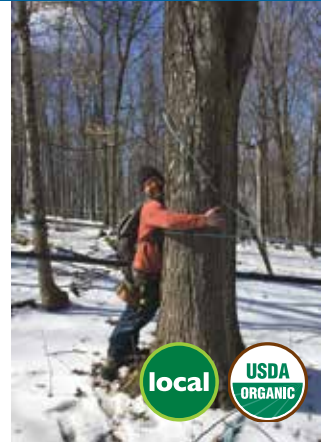
Last fiscal year VFC owners purchased over \$1.5 million (22% of total sales) of cooperatively-produced foods – many of them from close to home. We are

excited to have a new way of pointing out all the great products we offer that are co-op made.

Maple Valley Cooperative

Maple Syrup Cooperative
Cashton, Wisconsin

Each and every farmer, employee, and customer who makes up Maple Valley Cooperative plays a part in delivering a hand-crafted, gluten & allergen free superfood that is vegan and kosher. So get sappy and enjoy the 54 vitamins, minerals, and antioxidants in our syrup. Healthy has never been so sweet!



Co+op basics Just Got Better!



While VFC has offered everyday low prices for years on over 200 items through the **co+op basics** program, basics just got better! More products have been added to basics, and some have new lower prices.

You may already have noticed that the basics price on Thousand Hills 100% Grass Fed Ground beef has been lowered to \$5.99/lb, saving \$1 per pound. In addition, VFC is adding six other cuts of Thousand Hills beef to the basics program, including Top Sirloin Steak, Ribeye Steak, New York Strip Steak, and Beef for Stew.

In the produce department, the basics price for a 5-pound bag of local organic carrots has been reduced from \$7.99 to \$6.99. Bulk apples have been reduced to \$1.99/lb (apple variety varies throughout the year). Plus, check out the new varieties of Equal Exchange coffee now offered as basics items.

Co+op basics brings you everyday low prices on the products you use the most, while staying true to our co-op values.

It's super easy – just look for the purple tags, and find affordable natural and organic foods throughout the store.

The Viroqua Food Co+op is a member of the National Co-op Grocers, along with 148 other food co-ops across the country. By joining together with other co-ops, we are able to purchase predominantly certified organic Field Day products and other brands as one large group in order to lower costs – and in turn, pass that savings on to you through co+op basics!



VFC Garden Center

2019 Garden Center Timeline

Now: Seed Racks, Bulk Cover Crop Seeds, Seed-starting Soil (small bags for seed trays)

Mid-March: Soils and Composts (more varieties and quantities)

Late-March: Certified Organic Seed Potatoes

Mid-April: Greenhouse Seedlings

May: Hanging Flower Baskets, Shrubs, Trees, Flowering Annuals

The growing season is almost here and the VFC Garden Center is coming back – bigger and better than ever. We are offering a large selection of certified organic seeds, organic growing mediums (compost, soil, and fertilizing soil amendments), certified organic seed potatoes, organic greenhouse seedlings (annuals, perennials, fruits & veggies), shrubs, trees, and more. We are excited to offer you all you need to grow your own food in your garden. Be sure to check out our new Garden Center to get all of your organic gardening supplies from us this year.

True to our buying guidelines, you can count on the VFC to provide local and certified organic products whenever possible. We are supporting the same fantastic local organic growers we have in the past and plenty more, thanks to our new space. We look forward to helping you grow your own great food this season.

Power Up Your Breakfast

Rise and shine! Fuel your day with these healthy, high-protein breakfast options.



Kale and Chickpea Mini Frittatas

Servings: 12. Prep time: 45 minutes; 15 minutes active.

- 12 large egg whites
- ½ teaspoon salt
- 1 15-ounce can chickpeas
- 4 leaves kale, chopped finely
- 1 large tomato, chopped
- ¼ cup chopped fresh parsley
- 1 teaspoon dried thyme

1. Heat the oven to 350°F. Line a 12-cup muffin pan with paper liners, or grease with shortening or butter, and set aside. (The egg whites will stick if you don't line or grease the pan well.)
2. Whisk the egg whites and salt in a medium bowl; reserve.
3. Drain the chickpeas in a wire strainer and place in a large bowl. Add the kale and tomatoes to the chickpeas. Add the parsley and thyme and mix well, then divide mixture between the muffin cups, placing the items loosely so the egg whites can flow around them. Divide the egg whites between the muffin cups, about ¼ cup of egg per muffin. Tap the pan on the counter to settle the ingredients.
4. Bake for 25 to 30 minutes, until the eggs are set and firm. Cool on a rack before refrigerating or freezing in an airtight container or plastic freezer bag.

Bake these low-fat frittatas ahead of time and store them in the fridge. They're easy to take along as you run out the door on a busy morning!

Peanut Butter Berry Smoothie Bowl

Servings: 2. Total time: 15 minutes.

- 1 cup plain nonfat Greek yogurt
- ¼ cup peanut butter
- 1 large frozen banana
- 1 cup frozen strawberries
- 2 tablespoons strawberry jam

Toppings

- 2 cups fresh strawberries, sliced
- 1 cup granola
- 2 tablespoons chopped roasted peanuts
- 2 tablespoons chia seeds

1. Place the yogurt, peanut butter, banana, strawberries and jam in a blender; and secure the lid. Puree until smooth. Divide the smoothie between two low, wide bowls and spread mixture evenly. Arrange the sliced strawberries on each bowl, then garnish with the granola, peanuts and chia seeds. Serve immediately.

A bowl so delicious, it's almost like having ice cream for breakfast — but with nutritious protein and fruit you can feel good about eating.



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Find these and more great power breakfast recipes
at: www.strongertogether.coop



Avocado and Egg Brown Rice Bowl

Servings: 2. Prep time: 15 minutes.

- 1 ½ cups leftover cooked brown rice
 - 2 teaspoons canola oil or butter
 - 2 large eggs
 - 1 large avocado
 - Optional garnishes: Sliced pickled ginger, kimchi, toasted sesame seeds, sautéed greens or leftover cooked vegetables, shredded cheese, hot sauce
1. Reheat rice gently in a small pan with a few drops of water, or in the microwave. Divide the heated rice between two wide bowls. Heat a cast iron or non-stick sauté pan over medium heat for a minute, then add the oil or butter

to the hot pan. Crack each egg into the pan and reduce the heat to medium-low. Cover the pan and let cook for about 2 minutes, until the whites are set and the yolk is jiggly when you shake the pan gently.

2. While the eggs cook, cut the avocado in half lengthwise, and remove the pit. Use a paring knife to slice each avocado half in the shell, then scoop the slices out with a spoon. Fan half of the avocado slices over each bowl of rice, and place a cooked egg on each bowl. Serve with optional garnishes for a hearty breakfast or lunch.

For an even heartier breakfast, add sausage, cubed tofu or bacon crumbles to this whole-grain dish.

Peanut Butter Pancakes

Servings: 4 (12 pancakes). Prep time: 30 minutes.

1 cup whole-wheat pastry flour
1 tablespoon sugar
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 large egg
½ cup creamy peanut butter, divided
½ cup nonfat Greek yogurt
1 ¼ cup milk or almond milk, divided
1 teaspoon vanilla
3 tablespoons maple syrup
1 teaspoon coconut oil
Bananas, grapes, strawberries or
lightly sweetened cranberries

1. Heat the oven to 200°F, to keep the pancakes warm while you finish cooking.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda and salt, and whisk to mix well. In a medium bowl, combine the egg, ¼ cup peanut butter, and yogurt and stir to a smooth paste. Whisk in a cup of the milk gradually, then

the vanilla, until smooth. Stir the egg mixture into the flour mixture, just until combined.

3. Preheat a griddle or a large non-stick or cast iron skillet over medium heat. When hot, brush lightly with oil. Use a ¼ cup measure to scoop portions of batter into the pan, leaving space between the rounds of batter. As the pancakes start to form bubbles on top, reduce the heat to medium-low. Cook for about 2 minutes on the first side, until the edges look cooked and the top is bubbled. Carefully flip each cake and cook for about 2 minutes longer. Transfer to a large, heavy platter and place in the oven as you finish the remaining pancakes.
4. Before serving, combine the remaining peanut butter, coconut oil, remaining ¼ cup of milk and maple syrup and stir over low heat just until warmed and pourable. Stack three pancakes, top with the peanut butter sauce and add sliced or whole fruit.





VFC Local Food Fest

Saturday, April 13, 10am – 4:30pm

You are invited to VFC Local Food Fest! Come by and celebrate all things local. This all-day event is a replacement for our much loved P6 Tailgate Party. Since we have so much more space inside our store, we've moved the party indoors.

We'll have a variety of local farmers and producers around the store offering free samples of their delicious products. There will be multiple free classes throughout the day in our Co-op Community Room as well as prize drawings! Family-friendly fun for everyone!

Viroqua Food Co+op has 200 local farmers and producers that supply our store with the most seasonal and delicious products you know and love. Join us to meet the maker and celebrate knowing your farmer, cheesemaker, maple farmer, soap maker, fermenter, herbalist, beekeeper, soda maker, brewer, mead maker, baker and more.

- **Free samples from VFC's local food producers**
- **Free classes in the Co-op Community Room**
- **Enter to win baskets full of local products**



Calendar of Events

For more details, visit our event calendar at: www.viroquafood.coop/about/events

March 2019

Give Where You Live Vernon Trails

Round up any day this month.

Savings for Owners Owner Discount Days

15% off Deli Prepared Foods.

March 5-7



Co-op Community Room Class Herbal Soups & Broths

Together we will create a delicious, immune-supportive soup using seasonal veggies, herbs and bone broth. Learn the benefits of homemade broths and herbal-based soups.

Wednesday, March 6, 6-7:30pm

Instructor: Jess Krueger

Cost: \$20 VFC Owners/\$25 Non-owners

Register at the Customer Service Desk



Co-op Community Room Class Vegetable Fermentation

Learn about the nutritional benefits of fermented vegetables. Laura will demonstrate three basic techniques for fermenting vegetables: sauerkraut, kim chi and brined vegetables. Participants will get to try several fermented vegetables and take home the recipes and a grocery list for making these foods at home.

Tuesday, March 12, 6:30-8:00pm

Instructor: Laura Poe

Cost: \$20 VFC Owners/\$25 Non-owners

Register at the Customer Service Desk



In-store event Wisconsin Cheese Madness

We've identified eight delicious and unique Wisconsin cheeses and are matching them up head-to-head. Mondays (2-5pm), Fridays (2-5pm) and Saturdays (11am-2pm).

Mon/Fri/Sat, March 16-30

Details on pages 8-9

In-store Savings Wellness Wednesday

10% off all supplements, homeopathic & herbal formulas from the wellness aisles
Wednesday, March 20

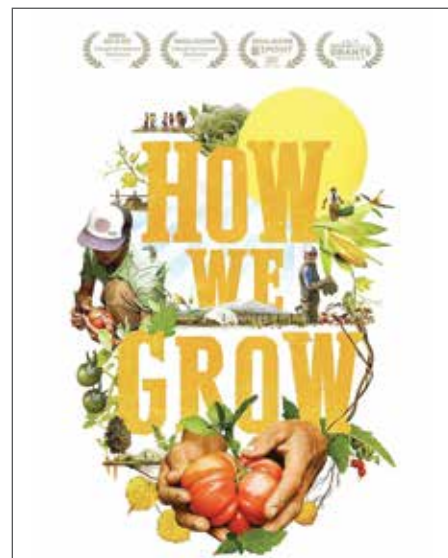
Free Film Screening How We Grow

This documentary film offers a template to communities, a guide to grow by, and a sense of hope that we have all the tools to reclaim our food.

Thursday, March 21, 6-8pm

Co-op Community Room

Cost: FREE!



Free Gardening Class Seed Starting

Join WI-Master Gardener Arwyn for this free class and learn the basics of how to start your own garden plants.

Saturday, March 23, 2-3pm

+ Tuesday, March 26, 4-5pm

Co-op Community Room

Cost: FREE!

Driftless Folk School Class Fruit Tree Grafting

\$10 off for VFC Owners

Saturday, March 30, 9am-12:30pm

Instructor: Rikardo Jahnke

Location: Gays Mills, WI

driftlessfolkschool.org

Calendar of Events

...continued from page 17

April 2019

Give Where You Live Community Hunger Solutions

Round up any day this month.

Co-op Community Room Class Herbal Tea & More

In this class, we will explore the different ways to brew dried plants as teas, decoctions and infusions. There will be demonstration and sampling of brewed botanicals.

Wednesday, April 3, 6-7:30pm

Instructor: Jess Krueger

Cost: \$20 VFC Owners/\$25 Non-owners

Register at the Customer Service Desk



Co-op Community Room Class Homemade Condiments

Learn how to make simple sauces and condiments to use in your favorite recipes, including mayonnaise, salad dressing, chimichurri and more. Participants will get to try several sauces and will take home the recipes and a grocery list for making these foods at home.

Tuesday, April 9, 6:30-8pm

Instructor: Laura Poe

Cost: \$20 VFC Owners/\$25 Non-owners

Register at the Customer Service Desk

Savings for Owners Owner Discount Days

15% off any cheese

April 9-11



Free In-store Event Local Food Festival

Saturday, April 13, 10am-4:30pm

Free classes and samples all day!

Details on page 16

Free Gardening Class Garden Planning

A new year means a new garden. Learn how to help your garden be beautiful, productive, and low maintenance with WI-Master Gardener Arwyn!

Saturday, April 13, 2-3pm

+ Tuesday, April 16, 4-5pm

Co-op Community Room

Cost: FREE!



In-store Savings Wellness Wednesday

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

Wednesday, April 17



Driftless Folk School Class Bone Broth with Turkey or Lamb

\$10 off for VFC Owners

Saturday, April 20, 9am-12:30pm

Instructor: Laura Poe

Location: Viroqua, WI

driftlessfolkschool.org



Worldwide Event Annual Earth Day

We invite you to make every day a cause for Earth Day celebration!

Monday, April 22

May 2019

Give Where You Live Driftless Humane Society

Round up any day this month.

Co-op Community Room Class Spring Herbal Greens

Learn about the benefits of common plants such as Dandelion and Nettle and how to incorporate them into cooking and herbal remedies all year.

Wednesday, May 1, 6-7:30pm

Instructor: Jess Krueger

Cost: \$20 VFC Owners/\$25 Non-owners

Register at the Customer Service Desk



Driftless Folk School Class Spring Edibles

\$10 off for VFC Owners

Saturday, May 4, 9am-4:30pm

Instructor: Nicholas WazeeGale

Location: La Farge, WI

driftlessfolkschool.org

Free Gardening Class Transplanting

You've got lovely plants to put in your garden – we want them to thrive! WI-Master Gardener Arwyn will talk about tips for successful transitions.

Saturday, May 4, 2-3pm

+ Tuesday, May 7, 4-5pm

Co-op Community Room

Cost: FREE!

Savings for Owners Owner Discount Days

15% off plants & seeds

May 7-9



Driftless Folk School Class Holistic Vineyards

\$10 off for VFC Owners

Saturday, May 11, 9am-12:30pm

Instructor: Ann Ralles

Location: Westby, WI

driftlessfolkschool.org

Driftless Folk School Class Fermented Beverages

\$10 off for VFC Owners

Saturday, May 11, 9am-12:30pm

Instructor: Laura Poe

Location: Viroqua, WI

driftlessfolkschool.org

Driftless Folk School Class Making Mead

\$10 off for VFC Owners

Saturday, May 11, 1-4:30pm

Instructor: Bjorn Bergman

Location: Viroqua, WI

driftlessfolkschool.org



Free Gardening Class Container Planting

Is your porch or deck your only space to garden? Learn to create planters that are beautiful, edible, and successful with WI-Master Gardener Arwyn!

Saturday, May 11, 2-3pm

+ Tuesday, May 14, 4-5pm

Co-op Community Room

Cost: FREE!



Co-op Community Room Class Sourdough Bread Baking

Learn the basics of creating and caring for a sourdough starter and making your own sourdough bread at home. Participants will get to try naturally-leavened bread, take home recipes and receive a grocery and supply list to make bread at home.

Tuesday, May 14, 6:30-8pm

Instructor: Laura Poe

Cost: \$20 VFC Owners/\$25 Non-owners

Register at the Customer Service Desk

In-store Savings Wellness Wednesday

10% off all supplements, homeopathic & herbal formulas from the wellness aisles
Wednesday, May 15

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

Give Where You Live



NOVEMBER 2018

Bland-Bekkedal Center for Hospice Care

VFC Marketing Manager Charlene Elderkin presents a \$1,067 donation to Donna Nelson, Vernon Memorial Healthcare Development Manager.



DECEMBER 2018

WDRT – 91.9FM Driftless Radio

Bjorn Bergman presents a \$1,463 donation to Jim Hallberg of WDRT, Driftless Community Radio. WDRT 91.9FM is a listener-supported and programmed, non-commercial, volunteer-run, educational radio station.



JANUARY 2019

Living Faith Food Pantry

Bjorn Bergman presents a \$1,182 donation to Pastor Dale. Living Faith Food Pantry offers a choice program where each participant makes food selections within categories that best meets their personal needs and tastes.

Find the 2019 Give Where You Live donation schedule, along with extra nonprofit information, by visiting our website: www.viroquafood.coop/community-outreach

Run for the VFC Board of Directors

Viroqua Food Co-op's Board of Directors invites VFC Owners to consider running for the Board. The election will be held late this summer/early autumn and all VFC owners are encouraged to run.

For the 2019 Autumn Board Election, there are three open seats – all of which serve a 3-year term.

Check out the benefits of becoming a Director on the VFC Board:

- Use your voice to move the Co-op forward!
- Monthly stipend for Board work!
- Education and training opportunities!



Left to Right: Aurora Boyd, Mike Link, Larry Homstad, Karen Mischel, Eric Snowdeal, Elizabeth Tigan, Peter Bergquist

Contact the Board with all inquiries:
www.viroquafood.coop/run-for-vfc-board

FOSTER PARENTS NEEDED!!



Kids need good homes

Family Works Programs, Inc is looking for people interested in becoming treatment foster parents.

We provide:

- Training
- Weekly Social Worker Contact
- Respite
- Monthly Support Groups
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- Compensation Based on the Needs of the Child

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 or 608-637-7600 ext 25

Viroqua Food Co-op Member Discounts

Laura Poe
 registered dietitian
 RD, LD



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and long lasting...

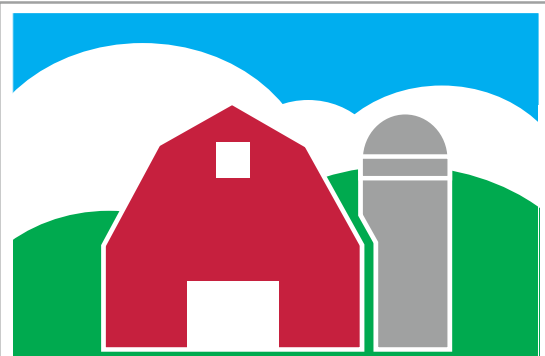


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**Saturday & Sunday
June 1 & 2, 2019
10am - 5pm**

Featuring artists and
studios in Viroqua, WI
and surrounding areas.

Tour Headquarters:
VIVA Gallery
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windingroadsart.com



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1st THURSDAY Guest Artist Receptions 5-7 pm
Dinner following at Rooted Spoon Kitchen Table.
Call 632-2120 for reservations
March 7th: **Mike Lind - Paintings**
April 4th: **People's Choice Winner Driftless Area Art Festival**
May 2nd: **Artists of Winding Road Art Tour**

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**APRIL 9-11
TUESDAY-THURSDAY**

15% off

All Cheeses

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**MAY 7-9
TUESDAY-THURSDAY**

15% off

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Let VFC help your garden grow with everything from organic seeds to locally-grown starter plants!

