

the heart beet

June 2021

A Pulse on What's Happening at the **Viroqua Food Co+op**



Summertime Events

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Run for the VFC Board of Directors

Elizabeth Tigan, VFC Board Vice President



Greetings Dear VFC Community!

As I write this, fields are being worked, greenhouses are filling up, and sheep and cows are being let out on pasture. It has been a long winter and a long year and our efforts are turned toward the growing season. As a food co-op, we place our greatest aim on providing our members and community with healthy food. Our co-op and Garden Center are here to help grace our gardens and tables with the sweet summer celebration of flowers, fruits and vegetables.

As we prepare our gardens with our thoughts already on the harvest, it is also time for the VFC to steer our minds toward preparing for the annual meeting and the autumn election for the Board of Directors (BoD).

It seems early to think about these things, but with a membership of now over 4,200 people – planning ahead is necessary! **We accept applications for the Candidacy until June 30, 2021.** There are some requirements to be eligible for candidacy. For instance – you must be a member in good standing (ownership must be in your name), and you must attend at least one

board meeting before the beginning of the election! We have at least 10 annual meetings; only the June & August meetings remain before the election begins. The position is also a three-year commitment, not to be taken lightly. The Co-op Board is primarily responsible for the financial well-being of the VFC, so having some business background is helpful but not required. Most importantly the BoD acts in the best interest of the Co-op members.

Please review the information provided in our updated candidacy packets – available in store and online at: www.viroquafood.coop/board-of-directors. Reach out to me if you are interested in running. I am happy to walk you through the steps and discuss requirements. There are many benefits to running for the VFC Board, but most importantly we are glad to spend time in service to the community and the membership as a whole, ensuring the Co-op meets the goals set forth in our ends statement! The VFC exists so that our community is empowered.

The election cycle for the Co-op runs so that every year we have two or three people running for three-year terms. This year, Peter Bergquist and I are up for re-election. We both hope to be able to continue our work with the Board and both hope to continue to serve the members of the Viroqua Food Co+op.



BOARD OF DIRECTORS

Peter Bergquist, *President*
Elizabeth Tigan, *Vice President*
Eric Snowdeal, *Treasurer*
Aurora Boyd, *Secretary*
Olive Reynolds
Julie Tomaro
Lizzy Haucke

GENERAL MANAGER

Jan Rasikas

The Board meets at 6:30pm on the 3rd Monday of each month. Meetings are currently hosted online. Changes are posted on the VFC website. To make a presentation or ask questions at a meeting, please contact a Board member 10 days in advance. Contact the Board at: vfcbod@viroquafood.coop

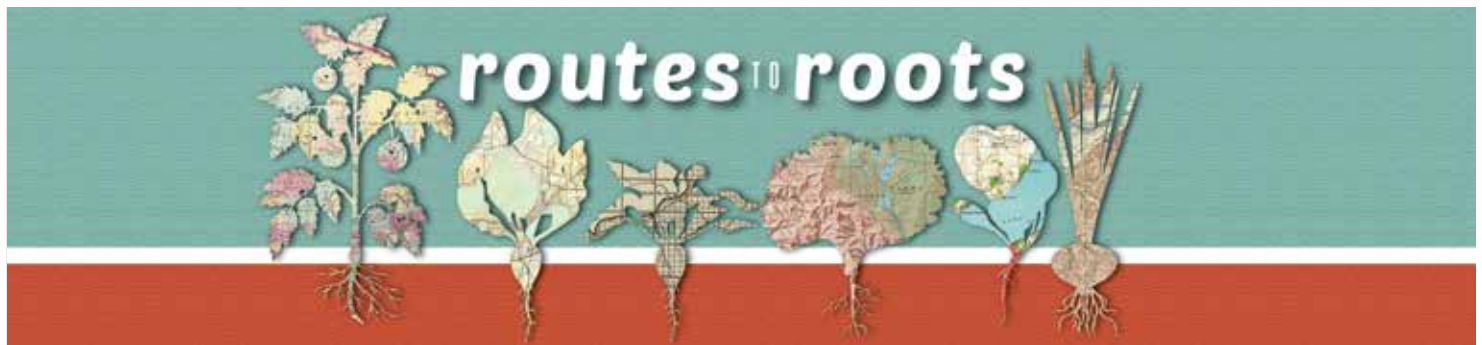
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The Heart Beet is intended as a vehicle for communication among VFC Owners and shoppers. Articles pertaining to health and nutrition are presented for informational purposes only. VFC recommends consulting a healthcare professional for medical problems and advice.

The Heart Beet is printed and available in-store monthly. A digital copy is available online at: viroquafood.coop/vfc-publications

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Register now for 2021 Routes to Roots

Returning for another year – VFC is a proud sponsor of FairShare CSA Coalition's immersive food & farms experience, *Routes to Roots* summer fundraiser!

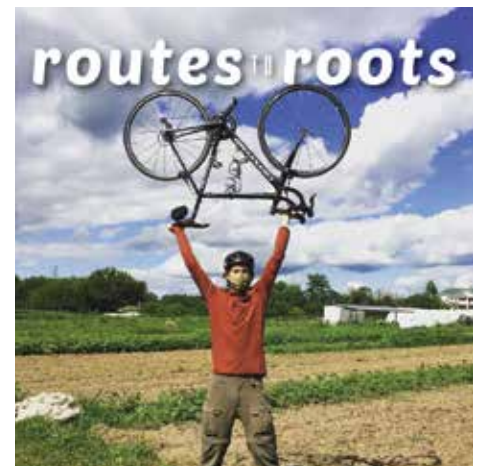
Registration begins on June 1st and unlocks 10 custom biking, walking, and driving tours that invite you to explore Wisconsin's local food and farm landscape at your own pace.

With a variety of route lengths, a calendar of activities from June-September, audio commentary from local farmers, festive music, fundraising

opportunities, scavenger hunts, pop-up challenges, and more, you will never be bored this summer!

Three months of an immersive food & farms experience begins 6/1/2021 with new custom routes released throughout the summer. Sign up for notifications and get access to two tours immediately when you register at: www.csacoalition.org/routestoroots

Can't participate this year? You can still help this fundraising cause by making a donation at: <https://fairshare.kindful.com/>



All proceeds support FairShare CSA's critical work of helping local farmers thrive while making it possible for all families to afford fresh organic veggies.

Winners announced for 2021 Vernon County Co-op Association Scholarships

Each year, the Vernon County Cooperative Association (VCCA) awards \$500 scholarships for area high school seniors to continue their studies at a two- or four-year institution of higher education. Applicant's parents or guardians must be members of, or employed by, a VCCA Member (see list*).

With the uncertainty of the past year, the Association wanted to go out of its way to support students seeking to continue their education beyond high school. They aimed to make three

\$500 scholarships available. With the generous donation of an extra \$500 by VCCA Member, Compeer Financial, they were able to award four \$500 scholarships in 2021.

The 2021 VCCA \$500 Scholarships Recipients are:

- Grace Bendel – Westby H.S.
- Katrina Koppa – Viroqua H.S.
- Annie Schreier – Cashton H.S.
- Audrey Wirts – La Farge H.S.

Please join VCCA in congratulating

these four students and wish them the best as they continue their studies!

*Vernon County Co-op Association Members include: *Farmers Union Co-op, Organic Valley, Westby Co-op Creamery, Westby Co-op Credit Union, Vernon County Farmers Union, Vernon Electric Cooperative, Viroqua Food Co-op, and Vernon Communications Co-op.*

Learn more on the VCCA Scholarship website here: <https://www.viroquafood.coop/vcca-scholarship>

Essentials for Grilling Season

Get outside and enjoy the sunshine – it's grilling season!
Here are our best kept secrets to being the Master of the Patio.

1

Reusable Metal Skewers

Keep the grilling party goin' all summer long with waste-free skewers. Perfect for veggies, fruits and meats alike. Great for camping, too!

2

High Quality Charcoal

There really is nothing like food flavored from a charcoal grill! Stock up with large bags of Woodstock Hardwood Lump Charcoal.

3

Artisan Meats from Our Butcher

Shop our Meat & Seafood Department for top-quality favorites and custom local cuts! Ask our Butcher Ethan for his recommendations.

4

Extra Flaky Grilling Salt

Perfect for seasoning anything on the grill. Find various sizes in our Bulk section. The extra big flakes bring your dishes to the next level!

5

Local, Organic Produce – including Fruit!

Our favorites to grill are zucchini, sweet corn, peaches & pineapple. Find more creative combos on our VFC Recipe Blog online.







season of
**Local
Berries**

*Whether cold in smoothies,
hot in pastries, or enjoyed right off
the stem in the garden, it's time to
take advantage of local berries!*



Mixed Berry Crumble

Active Time: 15 min Total Time: 40 min Serves: 8

- 1 cup rolled oats
- $\frac{3}{4}$ cup light brown sugar
- $\frac{3}{4}$ cup whole wheat pastry flour
- $\frac{1}{2}$ tsp salt
- 2 tsp lemon zest
- $\frac{1}{2}$ cup unsalted butter, melted
- 4 cups fresh strawberries, stems removed
- 2 cups fresh raspberries
- 1 cup fresh blueberries
- 2 Tbsp sugar
- 1 Tbsp arrowroot or cornstarch
- 1 tsp vanilla

1. Heat oven to 400°F. In a large bowl, combine oats, brown sugar, flour, salt, and zest.
2. Add melted butter and stir to mix. Reserve.
3. Place berries in a 2-quart baking dish, then sprinkle with sugar, arrowroot or cornstarch, and vanilla. Toss gently to coat, until well combined.
4. Crumble oat mixture over berries in the dish. Bake for 25 minutes, or until the topping is golden and juices are thick and bubbly all the way around the dish.
5. Let cool on a rack for 5 minutes before serving.

Vary the flavors by adding a teaspoon of cinnamon to the topping, or change the balance of berries in the mix. Substitute a gluten-free flour blend if you prefer. Serve warm with a scoop of ice cream or whipped cream and you can't miss.



Maple Whipped Cream

Prep Time: 5 min Total Time: 10-15 min Yields: 2 cups

- 1 cup heavy cream, chilled
 - 2 Tbsp maple syrup, chilled
1. Use either a stand mixer or hand mixer to make whipped cream. Chill mixing bowl, whisk/beaters, cream, and maple syrup in the freezer for 5-10 minutes prior to making.
 2. Add chilled cream to bowl (with high sides so it doesn't splatter) and whip on high speed until "stiff peaks" form, about 2-3 minutes.
 3. Add chilled maple syrup and whip for 30 seconds on high speed, or until fully blended.

Keeps for 2 days in an airtight container in the freezer. As long as you have a hand mixer or stand up mixer, you might make this version of whipped cream and never go back to the store-bought kind!

It is the absolute perfect accompaniment to fresh local strawberries, blueberries, or raspberries!

This pairs perfectly with any sort of berry bake, like the mixed berry crumble recipe to the left. Consider halving or doubling the recipe, depending on the size of your crowd – OR – depending on your love of fresh whipped cream!

Give Where You Live

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

Visit www.viroquafood.coop/community-outreach for a complete schedule.

Round up this month for Valley Stewardship Network

Valley Stewardship Network works to protect the lands and waters of the Kickapoo River Valley through stewardship, outreach and citizen action that result in healthy food & water for generations to come.



Community Events



\$10 off
for VFC Owners
Viroqua
food 

Featured Class:
Mushrooms from A-Z
Preparing & Growing
Fungi for Food & Medicine

See all discounted classes with QR code below!



in partnership with the
Driftless Folk School

DFS classes fill up fast so pre-register online today!