

August 2022

heart beet

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

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Cooperative Principle #2: Democratic Member Control

Peter Bergquist, VFC Board President

Our community is more than just shoppers; it's a growing group of individuals who are committed to working together.



At Coffee with Board last May, we heard from Viroqua Food Co+op owners who were grateful that our co-op maintained its commitment to offering high quality and organic foods during the pandemic and that we added Co+op Curbside Pickup for those unable to shop in-person.

Hosting events where owners have a chance to converse with their representation is one important way that co-ops differ from other business structures. Owner feedback is important, and we look forward to more owner engagement events in the coming months.

Annual Election

It's election season! The VFC's Annual Election begins September 12th and ends on October 12th. This year, we have four candidates running to fill three vacant Board of Directors (BOD) seats with no bylaw changes.

Thank you to this year's candidates, for committing your time and talents to our cooperative. I encourage all owners to vote. Your role in setting policies and making decisions through our co-op elections ensure that we are a strong democratic organization. Find out more about each candidate and how to vote, in store and on our website at: viroquafood.coop/annual-election.

Meet the Candidates

Join us on the VFC patio from 4 pm to 6 pm on September 8th to meet the BOD candidates, celebrate local foods and kick off the Local Foods Challenge!

Annual Owners Meeting

VFC owners are invited to come to the Annual Owners Meeting on October 12th. Learn more about our co-op, our performance over the past year, our triumphs and the challenges we face. Enjoy a light meal and the camaraderie of co-op owners.

Reach out to the BOD directly anytime through the contact page on our website at: viroquafood.coop/board-of-directors.

BOARD OF DIRECTORS

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

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: viroquafood.coop/board-of-directors

PUBLICATION TEAM

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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/newsletters

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Board Elections



VOTING OPEN SEPTEMBER 12 - OCTOBER 12

The Viroqua Food Co+op's Board of Directors represents all 4,500+ owners and shapes the vision for the co-op while evaluating the performance of the business. Use one of your most powerful rights of

ownership and vote in our 2022 Board of Directors election! The Board of Directors is comprised of seven co-op owners who are elected by the general ownership and serve staggered three year terms.

How to Vote

All co-op owners with shares paid in full are eligible to vote. Voting will take place through a secure portal that will be accessible through our website and emailed to all owners who have

a valid email address with the co-op. Owners can update their email at: viroquafood.coop/we-own-it before September 1st.

Meet the Candidates

Voters can find out more about the candidates by attending our Meet the Candidates Event on September

8th, or by reading their full candidate statements on our website at: viroquafood.coop/annual-election.



Andrew Anderson (incumbent)



Olive Reynolds (incumbent)



Bjorn Bergman



Mike Link

Election Timeline

August 1st

View each candidate's introductory statement on social media and on our website.

September 8th

Join us on the patio to celebrate local food, kick off the Local Foods Challenge and Meet the Candidates for our 2022 Election.

September 12th - October 12th Annual Election

Wednesday, October 12th

Annual Owners Meeting and Board Election results finalized.

Questions

Election/Voting

Contact Jen McCoy, Marketing & Outreach Manager at (608) 637-7511 or outreach@viroquafood.coop

Board

Contact the Board of Directors through our website at: viroquafood.coop/board-of-directors



Cooking with Beer

Cheers! Your favorite brew is a surprisingly useful recipe ingredient.

From the darkest stouts to the lightest of summer ales, craft beers created at upstart breweries are undeniably popular. Beer lovers have grown increasingly curious about how to pair – and prepare – food with beer. Marinate and tenderize meat or caramelize vegetables using beer. Its carbonation makes the batter on fried foods light and crispy, and it helps to leaven baked goods, giving them a moist, tender texture. The alcohol acts as a solvent to break chemical bonds in other ingredients, intensifying the flavors we perceive from both the aroma and taste of food. Discover how deeply flavorful cooking with beer can be!

Turkey Vatapa

Servings: 4 to 6. Prep time: 45 minutes; 30 minutes active.

- 1 tablespoon vegetable oil
- 1 cup diced yellow onion
- ½ cup diced green bell pepper
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 2 tablespoons minced fresh jalapeño pepper
- 3 ½ cups diced tomatoes (1 28-ounce can)
- 12 ounces lager beer
- Salt
- ¾ cup peanuts, ground fine in a food processor
- 1 cup light coconut milk
- 2 ½ cups cooked turkey, skin removed, chopped
- Ground black pepper
- 3 tablespoons minced parsley
- 3 tablespoons minced cilantro
- 1 lime, zest and juice

1. In a large Dutch oven or stockpot, heat oil over medium-high heat. Add onion and bell pepper and saute for 5 minutes. Add the garlic, ginger and jalapeño and saute another few minutes.
2. Stir in the diced tomatoes, beer and a pinch of salt and bring to a boil. Cover pot, reduce heat to a simmer and cook for 15 minutes, stirring occasionally. Add the ground peanuts, coconut milk and turkey. Stir and simmer, uncovered, for another 5 to 10 minutes. Add salt and pepper to taste and stir in the parsley, cilantro and lime zest and juice.

Start simply: Try using beer in place of water or stock, as in this stew. Beers offer a wide variety of flavors, colors and intensity, and a stronger brew will produce a more flavorful dish. With heat, much of the alcohol evaporates, leaving behind the beer's complex flavors.



Whole Wheat Beer Bread

Servings: 14 (1 loaf). Prep time: 1 hour, 15 minutes; 15 minutes active.

- ¾ cup water
- ¼ cup bulgur
- 1 cup unbleached flour
- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 1 ½ teaspoons salt
- ¼ cup molasses
- ¼ cup oil
- 12 ounces wheat beer or lager

1. Preheat oven to 350° F. Lightly grease a 9x5-inch loaf pan. In a small saucepan, bring the water to a boil, then add the bulgur and cover. Reduce the heat to low and cook for 15 minutes. Take off the heat, uncover, let cool.
2. In a large mixing bowl, combine unbleached flour, whole wheat flour, cooked bulgur, baking powder, and salt. In a medium bowl, mix the molasses and oil, and stir in the beer to mix. Pour into the flour mixture and stir until well-mixed. Scrape dough into prepared loaf pan.
3. Bake for 40 to 45 minutes, until a toothpick inserted into center of the loaf comes out clean.

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Chocolate Stout Sheet Cake

Servings: 12. Prep time: 1 hour; 15 minutes active.

1 stick butter, softened
1 ½ cups light brown sugar
2 large eggs
2 cups flour
¾ cup cocoa
1 ½ teaspoons baking soda
½ teaspoon salt
¾ cup plain yogurt
1 cup stout beer
Whipped cream

1. Preheat the oven to 350° F. Grease and flour a 9x13-inch baking pan and reserve.
2. In a stand mixer or a large bowl with an electric mixer, cream the butter, then add the brown sugar and beat until fluffy. Scrape the sides of the bowl and beat again to incorporate all the butter thoroughly. Add in the eggs and beat for 1 minute.
3. In a medium bowl, whisk the flour, cocoa, baking soda and salt. Measure the yogurt and stout and reserve.
4. Beat the flour mixture into the butter mixture, then scrape down, beat briefly, then add the yogurt and beat to mix. Add the stout last, beating to incorporate, scraping down and mixing one last time for a smooth batter.
5. Scrape the batter into the prepared pan and smooth the top. Bake for 35 to 40 minutes, until a toothpick inserted in the center of the cake comes out with only moist crumbs attached.
6. Let the cake cool completely on a rack. Serve squares of cake with lightly sweetened whipped cream.

Dark beers like porter or stout are rich with the flavors of chocolate, coffee and caramel, making them an ideal ingredient to enhance baked goods. The beer's bitter notes are balanced by the sweetness of this chocolate cake.



Oven-Roasted Pulled Pork

Servings: 12. Prep time: 4 1/2 hours; 30 minutes active.

- 4 pounds boneless pork shoulder
- 2 tablespoons brown sugar
- 1 teaspoon salt
- 1 tablespoon smoked paprika
- 2 teaspoons ground cumin
- 2 tablespoons vegetable oil
- 12 ounces lager beer or apple juice

Sauce

- 1 1/2 cups ketchup
- 1/4 cup apple cider vinegar
- 1/2 cup Dijon mustard
- 1/4 cup brown sugar
- 2 tablespoons Worcestershire sauce

12 buns

Bread and butter pickles, sliced sweet onions and pickled peppers (optional)

1. Preheat the oven to 300° F and adjust the racks so you can fit a Dutch oven with the lid on. If desired, trim some of the fat from the outside of the roast (the liquids will be used for the sauce, so all the rendered fat will be in the dish). The pork should fit in a large Dutch oven; if necessary, cut to fit.
2. In a small bowl, mix the brown sugar, salt, smoked paprika and cumin. Rub all over the pork.
3. Place the Dutch oven over medium-high heat and let heat for several seconds before drizzling in the oil. Let the oil heat for a few seconds and then place the pork in the pan. Let it brown for about two minutes before turning carefully to brown all sides. When the pork is browned, pour in the lager or apple juice. Stand back to avoid the steam and fat spatters that the liquid will create when added to the Dutch oven.
4. Cover the Dutch oven, place in the preheated oven and set a timer for 3 hours. After 3 hours, uncover the pan and use tongs to turn the pork over. Return to the oven for 1 hour, until the meat is easily pierced with a knife and some browned edges are visible.
5. Remove from the oven and transfer the cooked pork to a large bowl to cool, leaving the liquids in the Dutch oven.
6. In a medium bowl, combine the ketchup, cider vinegar, Dijon mustard, brown sugar and Worcestershire sauce, then stir them into the liquid in the Dutch oven. Turn the burner to medium-high heat and bring to a boil, stirring, then reduce the heat to keep the liquids simmering. Cook, stirring frequently for 10 to 15 minutes to thicken the sauce. Remove from heat.
7. When the pork is cool enough to handle, use two forks to shred the meat.
8. Stir the cooked meat into the sauce to mix and heat through.
9. Serve the pulled pork on buns with fixings, such as bread and butter pickles, sliced sweet onions and pickled sweet or hot peppers, if desired.

Give Where You Live

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

Round up during the month of August for Youth Initiative High School

The Youth Initiative High School is a private high school that started in 1996 as a collaboration between a group of students, teachers and parents. It is democratically run, with students receiving one third of the decision-making power along with parents and school faculty. The school emphasizes the development of student responsibility, initiative, and citizenship in all aspects of school life.



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