

May 2022

the heart beet

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



Spring Celebrations

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Find your Career at VFC

“The staff is very helpful and works hard to provide high quality items. The Viroqua Food Co+op is the heart of Viroqua!” - Anonymous via Customer Survey

VFC is a Great Place to Work!

The Co-op is so much more than a grocery store. We're a big part of a caring community, pooling our change to support non-profits, and putting local farmers first in our efforts to build a local and organic food economy – right here in Viroqua!

Grow With Us!

As a part of the team, you'll learn a lot – about the products we carry, the community organizations we support, and you'll meet wonderful people along the way. It's not uncommon for employees to 'grow a career at the Co-op.' 74% of our management team moved up to their positions through the departments.

Fair and Considerate Workplace

We really work at creating a fair, fun and considerate workplace with good pay and excellent benefits including flexible scheduling. And there are always free goodies in the breakroom!

Reap the Benefits

Our favorite benefits? A 20% discount and paid breaks! For employees who work 32 or more hours per week there's Medical, Dental, Vision, and a 401k match. For everyone there's a Flexible Spending Account (FSA) with a match, earned Personal Time Off (PTO), time and a half pay on holidays, and 2 paid holidays. VFC also pays for an Employee Assistance Program (EAP), short term disability, and a life insurance policy.

How to Apply

We are currently hiring in multiple departments. Check out our website at viroquafood.coop/employment for open positions. If you aren't sure what to apply for, fill out an application and we can work with you to find the right fit!

Applying is easy! Either pick up an application at any register the next time you visit the store or apply online at viroquafood.coop/employment.

Come grow with us!

BOARD OF DIRECTORS

Peter Bergquist, *President*
Elizabeth Tigan, *Vice President*
Aurora Boyd, *Secretary*
Lizzy Haucke, *Treasurer*
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 hosted virtually for now. 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

PUBLICATION TEAM

Jen McCoy
Writing, Editing
Haley Stafslie
Photography, Design, Editing

The Heart Beet is intended as a vehicle for communication among VFC Owners & 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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In Fiscal Year 2022, VFC will pay \$2.6 million to wages and benefits that strengthens our Co-op staff families and the community.

VFC News

New VFC Gift Cards are Here

We are excited to announce a new gift card program exclusive to the Viroqua Food Co+op! If you have a card that says, “Co+op Stronger Together” on the front we ask that you stop in before June 30, 2022, to use your old gift card or transfer the balance to our new cards.

While the previous cards could be used at any participating NCG Co-op, the new cards are valid only at VFC.



If you have gift cards pictured right:

1. Bring your gift card into the store.
2. Use or transfer the balance of your gift card at any register by June 30, 2022.
3. Use your new VFC gift card at the Viroqua Food Co+op



Co-ops Helping Co-ops - An Update from CDF's Disaster Recovery Fund

As of April 4, 2022 donors from Co-ops around the country to the Cooperative Development Foundation's (CDF) Disaster Recovery Fund, along with the generous match from Frontier Co-op and National Co+op Grocers, collectively raised \$163,998.30 to aid Co-ops in Ukraine.

Another generous match of \$15,000 from HomeWorks Tri-County Electric Cooperative, headquartered in Portland, MI, challenged rural electric cooperatives to join this effort.

As a result of these donations, in early April, CDF worked with two organizations in Ukraine – COOP Ukraine and PARD – to begin distributing funds to those in most need. COOP Ukraine is actively involved in arranging accommodations

and meals for internally displaced Ukrainians. The hostels of cooperative educational institutions and homes of cooperators, when possible, are being used to house internally displaced Ukrainians. COOP Ukraine has also joined the government's relocation program to move businesses and enterprises from combat zones to safer regions.

PARD is currently providing support to two shelters in Vinnytsia and

coordinating first aid training with the Vinnytsia Regional Center for Emergency Aid. With our support, they will provide aid to two additional shelters that are located on college campuses.

Information and updates: www.cdf.coop/disaster-recovery-fund



100 percent of money donated to the Disaster Recovery Fund will go to support efforts. CDF does not charge and administrative fee or fund management.



9 inch key lime pie

6 inch vanilla layer cake with vanilla frosting

vanilla and chocolate cupcakes with corresponding buttercream frostings

vanilla snack cake with caramel buttercream

Spring Celebrations Made Easy

Each and every cake, cookie, muffin, scone and pie are made from scratch in-house featuring organic and local ingredients whenever available.

Make your Spring celebration a stress-free success with sweets and treats made just for you by our bakery team. From Mother's Day to Graduation, we offer a delicious selection of bakery items to order ahead and customize for your special event.

View our full Special Order Menu on our website: viroquafood.coop/deli

All orders must be placed a minimum of 72 hours in advance.

Call to order! (608) 637-7511

half sheet cakes ————— \$39.99

All available for letter customization for your event.
Wheat free options available upon request. Serves 48.

Step 1: choose your cake

- Vg** Chocolate
- Vn** Mexican Chocolate
- Vg** Gingered Carrot
- Vg** Vanilla

Step 2: choose your frosting

- Vg** Simple Buttercream
- Vg** Vanilla Swiss Buttercream
- Vg** Caramel Swiss Buttercream
- Vg** Chocolate Swiss Buttercream
- Vg** Cream Cheese Frosting
- Vn** Vegan Chocolate Frosting
- Vg** Raspberry Cream Cheese

Step 3: place to order

Call our Bakery at (608) 637-7511 to place your order. Orders must be placed at least 72 hours in advance.



vanilla half sheet cake
with message & vanilla
swiss buttercream



Not finding what you're looking for?
View more options on our website!

Marvelous Mushrooms

Foraged or farmed, mushrooms bring an earthy umami flavor to these delicious dishes.



Wild Rice Mushroom Soup

Servings: 6

Make time: 1 hr 30 mins total

Ingredients

2 tablespoons vegetable oil	½ cup white wine
1 cup diced yellow onion	1 cup wild rice (or wild rice blend)
½ cup diced celery	6 cups vegetable broth
½ cup diced carrots	1 cup roughly-chopped spinach
½ cup diced red bell peppers	1 cup whole milk (or cream, if preferred)
3 cloves garlic, minced	Salt
1 pound button mushrooms, sliced	Ground black pepper
2 teaspoons dried thyme leaf	

Preparation

1. In a large Dutch oven or stockpot, heat the oil over medium-high heat.
2. Sauté the onion, celery, carrots and bell peppers for 5 to 10 minutes before adding the garlic, mushrooms, thyme, white wine and a pinch of salt. Cook for a few minutes until the mushrooms start to soften.
3. Add the rice and broth and stir well. Bring to a boil, reduce the heat, cover and simmer 30 minutes or until rice is tender.
4. Add the spinach and cook for a few more minutes.
5. Stir in the milk and season to taste with salt and ground black pepper. Serve warm.

Suggestions

The rustic, hearty flavors of this soup complement simple roasted meats or poultry. Feature the soup as an entrée accompanied by a crisp Waldorf salad or garlic bread. Toasted pine nuts make a nice garnish.

Recipe used with permission – PLUS – more great tips & tricks from: <https://www.grocery.coop/recipes/wild-rice-mushroom-soup>





Wild Mushroom Linguine

Serves: 4

Make time: 15 mins active; 20 mins total

Ingredients

12 ounces dried linguine	1 ½ cups half and half
¼ cup unsalted butter	1 cup grated parmesan cheese
8 ounces cremini, shiitake or morel mushrooms, sliced (or 1½ ounces dried mushrooms; see tips below)	½ cup fresh parsley, chopped
4 cloves garlic, chopped	½ teaspoon salt
1 teaspoon fresh lemon zest	Freshly ground black pepper

Preparation

1. Put on a pot of salted water to boil for the pasta, and cook the pasta according to package directions, about 10 minutes. Drain pasta and set aside.
2. In a large saute pan, melt butter over medium heat, and add the mushrooms. Stir until the mushrooms are softened, lightly browned and nearly dry, about four minutes. Add the garlic and lemon zest and stir for about a minute.
3. Add the half and half and bring to a boil; reduce heat so it won't boil over, but let it simmer vigorously for two minutes to thicken slightly. Stir in the parmesan until melted, then remove from heat.
4. Add the drained pasta, parsley, salt and pepper to the pan, and use tongs to turn in the sauce until well mixed. Serve immediately.

Suggestions

Serve with a side of roasted broccoli, asparagus or a leafy green salad. If using dried mushrooms, place the mushrooms in a heat-safe cup or bowl and cover with boiling water. Let stand for an hour, until the mushrooms are completely hydrated and tender. Drain, saving ½ cup of the soaking water. Slice the mushrooms and proceed, reducing the sauteing time to two minutes. Add the reserved mushroom soaking water and bring to a boil until the pan is nearly dry. Then proceed with the garlic and lemon zest.

Recipe used with permission – PLUS – more great tips & tricks from: <https://www.grocery.coop/recipes/wild-mushroom-linguine>



Mushroom Miso Ramen

Serves: 4

Make time: 45 mins total

Ingredients

4 cups low sodium vegetable broth	1 tablespoon tamari
4 small dried shiitake mushrooms	1 ½ cups thinly sliced cabbage
1 inch piece fresh ginger, sliced	10 ounces dry ramen noodles
4 large eggs	2 tablespoons red miso
1 cup shredded daikon radish	1 cup warm water
1 large carrot, chopped	2 small scallions, sliced
5 ounces fresh shiitake mushrooms, stems removed, sliced	Sriracha sauce (optional)
	Kimchi (optional)

Preparation

1. In a large pot, combine the stock, dried mushrooms and ginger and bring to a boil over high heat. Reduce to low and simmer, covered, for at least 10 minutes.
2. Use a slotted spoon to remove the mushrooms and ginger, and discard. While the stock simmers, place the eggs in a pot of cold water and bring to a boil. Remove from the heat and let stand for 10 minutes for a soft yolk, or 14 minutes for a hard yolk. Drain and rinse with cold water. Peel when they are cool.
3. Add the daikon, carrot and shiitakes to the simmering stock. Cook for about 2 minutes, just to soften the veggies. Add tamari, salt, sliced cabbage and ramen, return to a boil, and cook for 4 minutes or until the noodles are done. Whisk the miso into a cup of warm water, then whisk into the simmering soup.
4. Serve in in four large, wide bowls. Halve the boiled eggs lengthwise and float two halves in each bowl of ramen. Season with Sriracha and kimchi, if you prefer.

Suggestions

Use leftover baked marinated tofu or extra-firm tofu cubes instead of the eggs; add spring peas (with or without the pod); or substitute fresh spinach for the cabbage.

Recipe used with permission – PLUS – more great tips & tricks from: <https://www.grocery.coop/recipes/mushroom-miso-ramen>

Give Where You Live

“Round Up” at the registers for local nonprofits!

Round up during the month of May for
**WDRT 91.9FM - Driftless
Community Radio**

WDRT 91.9FM is a listener-sponsored, volunteer-driven community radio station serving the Driftless Region, offering a broad mix of cultural programming, and providing opportunities for members of the public to produce their own programming.



coffee & **C+**nversation

with the
**VFC Board
of Directors**

Saturday, May 14th

9 AM TO 11 AM • SEATING AREA



Everyone is welcome to shop at the co-op!