

June & July 2022

the heart beet

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



Celebrate Summertime

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Get on Board

Elizabeth Tigan, VFC Board Vice President



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Greetings Dear VFC Community,

Spring is finally here, and summer is not far behind. I am overwhelmed with gratitude when I think about the long winter and now look around and see green grass and kids on bikes! There are so many things to enjoy in this season, outdoor gatherings, digging in the earth and celebrating the bounty of fresh local produce!

At VFC this is also the season where we call for candidates to run for the Board of Directors for the upcoming fiscal year. The Board of Directors (BOD) is made up of seven VFC Owners and has three primary responsibilities:

1. To set long range goals and to plan for the future
2. To act as trustees on behalf of VFC owners
3. To ensure sound management of Co-op resources

Most importantly, the BOD acts in the best interests of coop members to ensure the health and longevity of our cooperative enterprise. In the cooperative business model, the election and the work of the

Board of Directors, elected by the cooperative's membership ensures that our economic democracy stays intact.

There are a few qualifications that prospective BOD candidates must meet. You must be a VFC Owner in good standing and you must attend a VFC Board meeting before the beginning of the election.

Being elected to the BOD does take commitment. Board Members are elected for three-year terms and are expected to attend 10 board meetings per year. Board meetings occur every month except for July and December.

Applications are accepted for board candidacy until June 15th, 2022. You can find one on our website www.viroquafood.coop/board-of-directors, or ask for one the next time you are in the store.

The VFC Board Election occurs each year for 30 days starting in September and ending at the Annual Meeting in October.

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 Board, but most importantly we are glad to spend time in service to the community and membership, ensuring the co-op meets the goals set forth in our ends statement. The VFC exists so that our community is empowered!

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, with the exception of July and December. 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

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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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Staff Picks

Our Favorite Summer Refreshers

Stay hydrated this Summer with delicious beverages from VFC. Our staff weighed in on some of their top picks from the grab and go cooler.



Hibiscus Lemon Balm by GIST

"It's a nice sparkling, fruity tea. It's not too sweet and it tastes great!"

-Macy, Cheese Buyer



Elderberry Macqui Sparkling Botanical Tea by Rishi

"The first thing that struck me was the beautiful color! A passionate purple from a variety of antioxidant fruits. It has lots of flavor without sugary sweetness. And a new plant to learn about! Maqui from Patagonia!"

-Arwyn, Wellness Buyer



Raspberry by Forage Kombucha

"I love how light and fresh this kombucha is. Not too sweet, Forage Kombucha of Fitchburg, WI offers several flavors, many of which are certified organic. The cans are great to take on hikes or picnic. They aren't heavy and I don't have to worry about glass breaking. I feel really fortunate to have a WI made Kombucha, brewed with healthy ingredients, right here at the VFC."

-Kat, Grocery Manager



Hearty Woodsman Ginger Kombucha by Bootlegger Brewing

"This beverage is the gateway to probiotic heaven for traditionally non-kombucha drinkers! This 'bouch is exactly what the can says: *uff da, it's good.*"

-Haley, Marketing



Alo by Enrich

"This is a perfect choice for a hiking day! The aloe vera + pomegranate + cranberry has a mixture of sweetness, freshness and natural flavor to revitalize you and continue your day. I love the tiny pieces of aloe that are included on it! My favorite cold beverage of summertime!"

-Gabriela, Marketing



Orange Mango Chili + Lime by Culture Pop

"I love it because it's sweetened with a juice blend and not too sweet. It has probiotics for the body and belly and is just overall refreshing."

-Crystal, Mercantile Buyer

VFC Board candidacy applications due soon!

Are you a VFC Owner who would like to run for the Board – or simply learn more about it? Start by grabbing a brochure at our customer service desk.

Then, reach out to the VFC Board with any questions. Or request a full candidacy packet from our staff. Interested VFC Owners: **apply by Wednesday, June 15.**





Local Producer Profile: Dreamfarm, LLC

Hidden in the verdant hills of Cross Plains, WI is a 25-acre gem known as Dreamfarm. This family farm is home to farmstead cheesemaker Diana Murphy, her husband, 28 lively goats, a flock of ducks and geese, two cows, three dogs, and two cats named Spinach and Tomato. Two of their daughters, Alicia and Clarissa, also come home to help with milking, cheesemaking, packaging, and delivery. It is here at their picturesque family farm that Diana has been perfecting the art of cheesemaking for nearly 20 years.

Farmstead refers to cheese that is made entirely from the farm. For Diana, the influence she has at every stage of production is important, from choosing the food her animals eat to monitoring the way each batch of cheese is made. Dreamfarm is small-scaled. They're so small-scaled that most of the processes are still done by hand including stirring a 100-gallon vat of milk and carefully folding herbs and flavorings into each batch of soft cheese. This small-scale farm-to-cheese way of life brings all



*"It is an honor to make food for people, especially when it is something they enjoy."
-Diana Murphy*

the things Diana loves full circle, from being outdoors surrounded by animals to working with her family to create a product that consumers love.

The Beginning

Diana has always been interested in agriculture and started her career working for a Madison area CSA. It was here that Diana had the opportunity and market to start producing and selling her cheese. At that time, she offered an egg and cheese share add-on to established CSA customers. The Dreamfarm milking facility was licensed by the state in 2003. The following year Diana became a certified cheesemaker and the creamery, (known as the “cheeserie” on Dreamfarm) was licensed as well. This is when on-farm cheese production began. Diana had good help along the way, and she attributes the quality and craft of her cheese in part to a mentorship with Wisconsin’s legendary goat cheese maker Anne Topham of Phantom Goat Farm.

Making the Cheese

The process of making soft goat cheese is relatively short. From milking the goats to packaging the cheese takes three days. Dreamfarm’s 28-goat herd is milked two times a day from mid-April through November, with the cheeserie typically in production from May until December. At the start of production, fresh milk from the milkhouse is transported across the driveway to the cheeserie where it is pasteurized in a 100-gallon vat that holds 860 lbs. of milk. After pasteurization, starter culture and rennet are added to the milk, then the mixture is left to sit overnight. The following day, Diana and her crew line baskets with cheesecloth which they use to separate the curd from the whey. The cheese is then divided into big bowls to craft a variety of flavors. Some batches are blended with savory herbs while others take on the sweeter notes of honey and apricot. The cheese is then carefully packaged and ready to ship for consumers to enjoy!

Diana’s delicious variety of soft goat cheese is newly available at VFC. Dreamfarm also makes small-batch mozzarella and queso fresco from cow’s milk plus, a specialty aged cheese called Table Bluff which is made from a blend of cow and goat milk. When asked what she wanted customers to know about her operation Diana said simply, “*It is an honor to make food for people especially when it is something they enjoy.*”





Berry-licious

A highly anticipated growing season of berries in the Driftless marks the true heart of summer and brings delicious warm-weather recipes.

Slightly spicy, slightly sweet blueberry barbecue sauce is a surprising but delicious complement to pork chops, steak, chicken or duck. Serve with coleslaw with a citrus-based or creamy dressing, or maybe a mango and black bean salad. Fresh berries and cream are ideal for dessert!

Grilled Pork Chops with Blueberry Barbecue Sauce

Serves: 6. Total time: 30 minutes

- 6 pork loin chops, bone-in or boneless
- 2 tablespoons vegetable oil
- ½ cup shallots, minced
- 2 tablespoons fresh garlic, minced
- 1 tablespoon ground ginger
- 1 teaspoon chipotle chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground black pepper
- ¼ teaspoon ground cinnamon
- 1 cup blueberries
- ½ cup ketchup
- ¼ cup rice wine vinegar or apple cider vinegar
- ¼ cup brown sugar
- 3 tablespoons water
- 3 tablespoons tamari
- 1 tablespoon stone-ground mustard

1. In a medium-sized skillet, heat 2 tablespoons

of the oil and saute the minced shallots and garlic over medium heat for 3 minutes. Add the spices and saute 1 minute more. Remove the skillet from the heat and place mixture into a food processor. Add the ketchup, vinegar, brown sugar, mustard, tamari and water, and puree the mixture, then add the blueberries and puree until smooth. Set sauce aside.

2. Lightly brush the grill and the pork chops with a little oil; then season chops with salt and pepper. Grill the chops, covered, for about 6 minutes on each side or until they reach an internal temperature of 155 degrees F. Baste with the barbecue sauce during the final few minutes.
3. Remove the chops from the grill and let them rest, covered, for 5 minutes. Dress the chops with the barbecue sauce and serve with additional sauce on the side.

Recipe used with permission – PLUS – more great tips & tricks from: <https://www.grocery.coop/recipes/grilled-pork-chops-with-blueberry-barbecue-sauce>



Peach and Strawberry Bruschetta

Serves 4-6. Total time: 15 min

- 2 fresh peaches
 - ½ pint fresh strawberries
 - 1 tablespoon honey
 - ½ teaspoon smoked sea salt
 - ¼ cup chopped fresh chives
 - 1 teaspoon chopped fresh thyme
 - 1 teaspoon sherry vinegar
 - 2 tablespoons olive oil, divided
 - 6 ounces chèvre
 - 1 whole wheat baguette, sliced
1. Preheat the oven to 375°F.
 2. Peel the peaches by bringing a pot of water to boil. Cut a small “X” into the pointed end of each peach, and submerge in boiling water for approximately 30 seconds. Remove the peaches from the boiling water with a strainer or tongs, and drop into a bowl of ice water. The skin will slip off, or at least, be fairly easy to peel.
 3. Halve, pit and dice the peaches and stem and dice the strawberries. Stir in the honey, sea salt, chives, thyme, sherry vinegar and 1 tablespoon of the olive oil; set aside.
 4. Brush the baguette slices lightly with the rest of the olive oil, and place in a single layer on a baking sheet in the oven to toast for 15 or 20 minutes, turning once halfway through. Spread the warm baguette slices with chevre and top with the fruit mixture.

Recipe used with permission – PLUS – more great tips & tricks from: <https://www.grocery.coop/recipes/peach-and-strawberry-bruschetta>



Blackberry and Brie Frittata

Serves 6. Total time: 45 min (active: 10 min)

- 1 teaspoon butter for pan
 - 9 large eggs, lightly beaten
 - ½ teaspoon salt
 - ½ teaspoon dried thyme
 - 7 ounces ripe brie
 - 6 ounces blackberries, washed and patted dry
1. Preheat the oven to 375 F. Coat a pie pan with the butter.
 2. In a medium bowl, whisk the eggs, then whisk in salt and thyme. Tear the brie into small bits and drop into the egg mixture, then sprinkle in the berries. Gently fold in the brie and blackberries, then pour into the prepared pan.
 3. Bake for 30 minutes or until golden and puffed. Serve warm or chilled.

Recipe used with permission – PLUS – more great tips & tricks from: <https://www.grocery.coop/recipes/blackberry-and-brie-frittata>

If you haven't tried eggs and berries together, you are in for a treat. Frittatas are a fairly effortless way to serve eggs, and this recipe incorporates blackberries and gooey brie. The juicy, deep purple berries and creamy cheese will make this simple dish the hit of your brunch. Serve alongside sausage or crispy bacon and toast.

Give Where You Live

“Round Up” at the registers for local nonprofits!

Round up during the month of June for **Driftless Humane Society**

They aim to engage the hearts, hands and minds of our community by bringing positive change to the lives of people and animals. The DHS is an animal shelter funded mainly through private donations for the purpose of finding quality forever homes for stray, surrendered and neglected animals.



Round up during the month of July for **Pleasant Ridge Waldorf School**

An independent, joyful, holistic education for the head, heart, and hands. Providing a full Waldorf education, preschool through 8th grade.

wellness wednesday

We've expanded our Wellness Wednesday sale to include

ALL BODYCARE ITEMS!

Shop all Wellness & Body Care and save 10%. *No membership necessary.*

On the 3rd
Wednesday
each month!

Everyone is welcome to shop at the co-op!