

November 2022

# heart beet

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



## Locally Inspired Gatherings

Jan Rasikas, General Manager

It's the wide variety of local foods offered in the Driftless that can fulfill every ingredient for your holiday table.

November, following Wisconsin's harvest season, is when many families and friends prepare to gather for one of the biggest meals of the year. The traditional Thanksgiving meal is centered on seasonal items and the Co-op has a bounty of your locally produced favorites to share at your table!

It's no exaggeration to say that our community knows how to eat local. We proved it last Fiscal Year with 28% of our sales coming from products grown and produced within 100 miles of Viroqua. And again, with strong support for our Eat Local Challenge this October. Supporting local growers is no accident, it is central to the Mission of our Co-op that states, "We emphasize organic and local foods to promote the long-term health of individuals and the environment."

As you plan your holiday menu, make local the star of your table. From whole wheat flour to apples and sunflower oil to cured meats the wide

variety of local foods offered in the Driftless can fulfill every ingredient you need.

Not cooking? No problem. Consider a gift for your host or hostess like local beeswax candles or a special bottle of wine.

No matter how you plan to celebrate, the Co-op has you covered. You can, make your meal from scratch with fresh local ingredients (and the recipes you'll find inside), preorder your sides and pies from the Deli, or stop in on Thanksgiving Day to enjoy a traditional meal from the Hot Bar. We're open 7am to 2pm on Thanksgiving Day for that item you forgot, an extra pie, regular shopping, or a hot meal for one.

Many thanks to our local farmers for a bountiful harvest, to our owners and shoppers for supporting our mission and to our staff for the work they do to bring it all together.

### BOARD OF DIRECTORS

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

### 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: [www.viroquafood.coop/board-of-directors](http://www.viroquafood.coop/board-of-directors)

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](http://viroquafood.coop/newsletters)

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## Season of Giving

Drop off new or gently used hats, gloves, and scarves at the Co-op for those in need.

# Thanksgiving Preorders

Let us do the cooking (and dishes) for you - order with the Deli today!



## Choose

Select items for preorder

**Take & Bake Tins:** 6-8 Servings

- WF** **Vg** Sweet Potato Crunch
- DF** Walnut Sausage Stuffing
- Vg** Green Bean Casserole

**Heat & Serve Sides:** 6-8 Servings

- WF** **Vn** Classic Cranberry Sauce
- WF** **Vg** Buttermilk Mashed Potatoes
- WF** **DF** Chicken Gravy

**Bakery Sides:**

- Vg** Mini Croissants, 6-pk
- Vg** White or Wheat Dinner Rolls, 6-pk

*Save \$1 on preorder pies!*

**Pie Varieties:** all available in Wheat Free or Traditional Crusts

- Vg** Classic Pumpkin
- Vg** Apple Crumb
- Vg** French Silk
- Vg** Lemon Meringue
- Vg** Brown Butter Pecan



## Order

**Call:** (608) 637-7511

**Website:** [viroquafood.coop/thanksgiving-orders](http://viroquafood.coop/thanksgiving-orders)

Don't forget to reserve your pickup date!



## Pickup

**Pick up your holiday order in-store.**

Did you forget to order something? Stop by our Grab 'n' Go case in the Deli for last minute sides, pies and more!

## Holiday Hot Bar

**Thursday November 24th**  
**9am-2pm**

- WF** Carved Turkey Breast
- WF** Grilled Chicken Pieces

- WF** **Vg** Sweet Potato Crunch
- DF** Sausage Walnut Stuffing
- Vg** Green Bean Casserole
- WF** **DF** Chicken Gravy

- WF** **Vg** Buttermilk Mashed Potatoes
- WF** **Vn** Classic Cranberry Sauce
- Vg** Dinner Rolls
- Vg** Cran-Apple Crisp

**Turkeys are Arriving**

frozen arriving November 2





Locally Inspired:

# Harvest Side Dishes

Make local ingredients the star of your holiday table.

## Brussels Sprouts with Pomegranate Glaze

Serves 4. Total time: 45 minutes

- local 1 pound Brussels sprouts, trimmed and halved
  - 1 tablespoon olive oil
  - Pinch each of salt and black pepper
  - 2 tablespoons pomegranate juice
  - 1 tablespoon balsamic vinegar
  - 2 tablespoons pomegranate seeds
1. Preheat the oven to 375°F.
  2. Toss the Brussels sprouts with the oil, salt and pepper, place on a rimmed sheet pan and roast

in the oven for 20 minutes. Remove the pan from oven and pour the pomegranate juice and vinegar over the Brussels sprouts, stirring well to coat. Return the pan to the oven for another 15 minutes, stirring the Brussels sprouts halfway through baking. Remove from the oven when the sprouts are tender and the pomegranate vinegar glaze has been absorbed. Toss with the pomegranate seeds and serve warm.

### Support these local producers:

Hidden Springs, Jason Thimmesch, and Justin Trussoni.

*The sweetness of the pomegranate juice caramelizes these festive and delicious Brussels sprouts.*



## Cranberry Pecan Skillet Stuffing

Serves 6. Total time: 1 hour; 20 minutes active

- local 4-5 cups vegan multigrain bread, cut in 1/2- to 1-inch cubes and toasted
  - 2 tablespoons olive oil
  - local 2 garlic cloves, peeled and minced
  - local 2 cups onion, diced
  - local 1/2 cup carrots, diced
  - local 3/4 cup celery, diced
  - 1/4 cup green bell pepper, diced
  - 1 cup button mushrooms, sliced
  - 1 teaspoon dried sage
  - 1 teaspoon dried rosemary
  - local 1 teaspoon dried thyme
  - 1 1/2 cups vegetable broth
  - local 1/3 cup dried cranberries
  - 1/3 cup pecans, chopped
  - 1/2 teaspoon salt
  - 1/4 teaspoon ground black pepper
1. Preheat oven to 375°F.
  2. Heat 2 tablespoons olive oil in a large iron skillet over medium-high heat and saute the garlic, onion, carrots, celery, and green pepper for 5 minutes. Add the mushrooms and dried herbs and continue to cook for a few more minutes until mushrooms are tender. Stir in the vegetable broth, cranberries, pecans, salt, pepper, and toasted bread cubes. Cover with aluminum foil and bake for about 30 minutes, then uncover and bake another 5-10 minutes. Let the stuffing sit for 15 minutes before serving.

### Support these local producers:

Rhythm Bakery, Hidden Springs Produce, Levi Miller, Stolzhus Farm, Jacob Byler, New Traditions Homestead, Driftless Organics, Rausch, and Sundance.



## Garlic Parmesan Smashed Sweet Potato Rounds

Serves 4. Total time: 35 minutes; 15 minutes active

- local 4 small sweet potatoes
  - local 1/4 cup unsalted butter, divided
  - local 4 cloves garlic, pressed
  - local 1 tablespoon fresh rosemary
  - 1/2 teaspoon salt
  - Freshly ground black pepper
  - local 1/4 cup grated Parmesan cheese
1. Heat the oven to 400°F. Use about one tablespoon of butter to grease a large rimmed baking sheet. Score the skin of each sweet potato with a paring knife, cutting four evenly spaced lines from tip to tip. This will make it easier to flatten the rounds after baking. Cut into 1 1/2-inch-thick rounds. Place the rounds on the sheet pan, cover tightly with foil or another baking pan, and roast for about 20 minutes, until soft when pierced with a paring knife. Remove the pan from the oven, and set the oven on broil. Use a fork to flatten each slice to about a 3/4-inch-thick round.
  2. Melt the remaining butter in a small pan; add garlic and rosemary, and stir for a few seconds. Use a spoon to drizzle a little bit of the butter mixture over the sweet potato rounds. Sprinkle with salt, pepper and Parmesan cheese, and place under the broiler for 2 minutes or so, until crispy and browned. Serve hot.

### Support these local producers:

Levi Miller, Westby Co-op Creamery, Organic Valley, and Nordic Creamery.

Locally Inspired:



# Harvest Desserts

Delectable desserts begin with fresh, local ingredients.

## Pumpkin Puddings

Serves 6. Total time: 1 hour; 15 minutes active

- local Butter, for ramekins
  - 1 15-ounce can of pumpkin
  - local ½ cup maple syrup
  - ½ teaspoon salt
  - 1 teaspoon ground cinnamon
  - ¼ teaspoon allspice
  - ¼ teaspoon ground cloves
  - local 4 large eggs
  - local 1 cup heavy cream
1. Preheat the oven to 350 F.
  2. Butter six eight-ounce ramekins and place them on a baking sheet.
  3. Add the pumpkin, maple syrup, salt, cinnamon, allspice and cloves to a large bowl and whisk until smooth. Add the eggs and whisk to mix, then add the cream and whisk again.
  4. Pour the pumpkin mixture into the ramekins and smooth the tops. Bake for 40 to 45 minutes, until the custard is set but still wobbles a bit in the centers when shaken.
  5. Cool on racks and serve at room temperature with whipped cream or vanilla ice cream, or, if preferred, chill until cold and serve.

### Support these local producers:

Westby Co-op Creamery, Maple Valley Cooperative, B&E's Trees, Driftless Gold, Green Pastures Sugar Maples, Organic Valley, Circle JD Ranch, and Green Pastures Poultry Farm.



## Chocolate Pear Cake

Serves 16. Total time: 1 hour, 20 minutes; 20 minutes active

- local 1 ½ cups all-purpose flour
  - 1 ½ cups light brown sugar
  - ½ cup cocoa
  - 1 teaspoon baking soda
  - ½ teaspoon salt
  - local 2 large eggs
  - local ½ cup plain yogurt
  - ½ cup canola oil
  - 2 teaspoons vanilla
  - 2 cups chopped unpeeled pears, about 2 small
  - Powdered sugar
1. Heat the oven to 350°F. Grease a 9x9x3-inch square baking pan, reserve.
  2. In a large bowl, combine the flour, brown sugar, cocoa, baking soda and salt. Whisk to combine, crushing any lumps of brown sugar with your fingers.
  3. In a medium bowl whisk the eggs lightly, then add the yogurt, oil and vanilla and mix until smooth. Quickly stir the egg mixture into the flour mixture, and just as it comes together, stir in the pears. Spread in the prepared pan and smooth the top. Bake for 50 to 60 minutes, until a toothpick inserted in the center comes out clean.
  4. Let cool for 5 minutes on a rack before dusting with powdered sugar and cutting into 16 squares. Once the cake is completely cooled, it can be tightly wrapped and refrigerated for up to a week.

### Support these local producers:

Meadowlark Organics, Circle JD Ranch, Green Pastures Poultry Farm, and Organic Valley.



## Apple-stuffed Pumpkins

Serves 4. Total time: 1 hour; 20 minutes active

- local 4 mini-pumpkins
  - local 4 large apples, peeled and chopped
  - local ¼ cup maple syrup
  - 1 teaspoon ground cinnamon
  - 1 teaspoon vanilla
  - 1 pinch salt
  - local ½ cup granola
  - local Ice cream or whipped cream
1. Preheat the oven to 400°F. Lightly oil a pan large enough to hold the pumpkins upright.
  2. Slice the off tops of the pumpkins, creating little caps to put on top of the pumpkins once they're filled. Scoop out the seeds and pulp and discard. Place the pumpkins in the prepared pan.
  3. In a medium bowl, mix the apples, maple syrup, cinnamon, vanilla, salt and granola. Stuff the apple filling into the hollowed-out pumpkins. If they are not completely full, top off with a bit of extra granola.
  4. Bake for 35 to 40 minutes, until the pumpkins are tender when pierced with a knife.
  5. Cool slightly on a rack before serving with ice cream or whipped cream. Top with reserved pumpkin caps.

### Support these local producers:

Hidden Spring Produce, Jacob Byler, New Traditions Homestead, Hoch Orchard, Appley Ever After, Chicken Ridge, Maple Valley Cooperative, B&E's Trees, Driftless Gold, Green Pastures Sugar Maples, and Organic Valley.



## Round up this month for Community Hunger Solutions

Community Hunger Solutions (CHS) exists to connect locally produced food with community members who lack access. To accomplish this, CHS works with farms, food processors and others to source locally produced foods that would otherwise go to waste.



## Meet the 2022-23 Board of Directors



L to R: Julie Tomaro, Lizzy Haucke, Treasurer; Peter Bergquist, President; Elizabeth Tigan, Vice President; Andrew Anderson, Olive Reynolds, Secretary; Bjorn Bergman.



## Open Thanksgiving Day

Store Hours: 7am-2pm