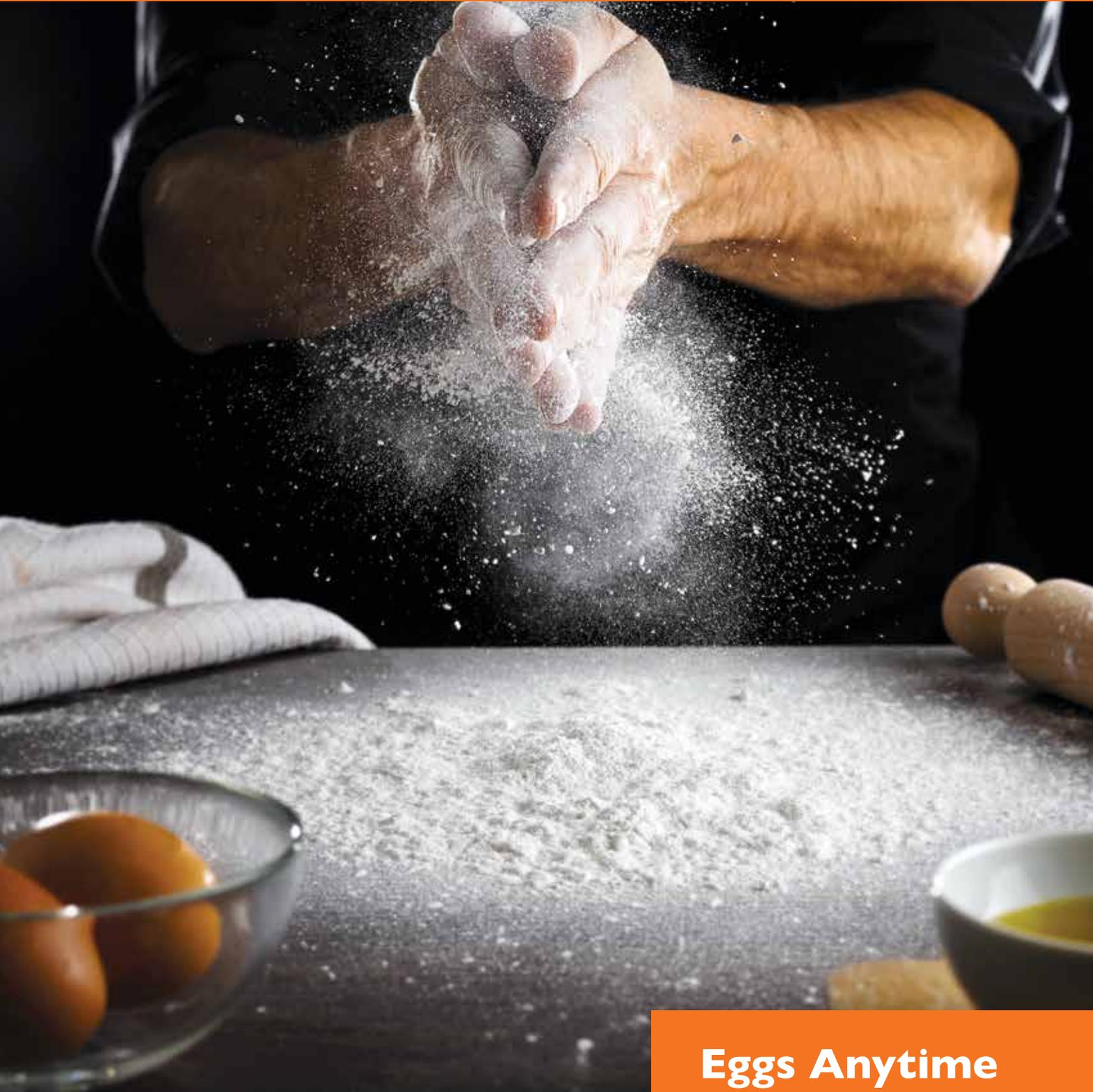


the heart beet

March 2021



Eggs Anytime

Breakfast, lunch or dinner – page 4-8

Cooperation Will Get Us Through

Aurora Boyd, VFC Board Secretary

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



Hello Dearest Community!

Oh, how we miss you all. At our recent board meetings, we've been reminiscing of times past when we could all gather for grill-outs, coffee or beer with the board, annual owner's meetings, and open houses for the holidays. We miss gathering with the community, or even just gathering with each other for our meetings. Human contact is such a treasured commodity these days, and we sure miss being able to see our community's smiling faces, and to hear the contagious laughter fill the spaces. We miss live music and frequent run-ins with neighbors and friends through the aisles. So many good times and shared experiences... it almost feels like it might not ever be the same.

But it will! Spring is arriving, and we are all eager to get back outside to enjoy a little sunshine, slush, and the teasing of a warm summer breeze. This spring is sure to be different from the last. One of our Board Members recently shared that she got teary-eyed reading the banner that sits outside the Co-op: "Cooperation will get us through." The support that the VFC offers so many of us – whether

it be nutritional, educational, or social, has been a pillar for all of us in this community. We are so fortunate to have such a loving, supportive community surrounding the Co-op, and then to see the Co-op turn around and do amazing things for the community: it's a real blessing.

We have been so lucky to have each other, and to have the incredible strength and resiliency of the staff at the VFC. Without their continued vigilance and efforts to maintain a clean and sanitary environment, we wouldn't have the security and assurance that we do to be able to shop at the Co-op. Our staff and management teams have been making hourly, daily, weekly, and monthly efforts to gift us the peace of mind to shop in a clean and well-maintained store.

Our community is more than just shoppers; it's a growing group of individuals who are committed to working together. And together, we can provide our area with the best natural foods market around. We are so grateful for all of you.

Lastly, can we talk about the new format of this publication? **The Heart Beet monthly newsletter is now an 8-page guide to the pulse on what's happening at the VFC.** Be sure to pick up a copy in store, or find it on our website. It's our way of offering delicious food recipes, relevant events, and important news happening at the Co-op. Keep an eye for it next time you shop at our community-owned Co-op!

BOARD OF DIRECTORS

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

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

PUBLICATION TEAM

Charlene Elderkin
Design, Writing, Editing
Shana Meshbeshier
Editing, Design, Writing,
Photography
Bjorn Bergman
Research, Writing
Haley Stafslieen
Photography, Design

The Heart Beet is intended as a vehicle for communication among Co-op owners and shoppers. Articles pertaining to health and nutrition are presented for informational purposes only. VFC does recommend consulting a healthcare professional for medical problems and advice.

The Heart Beet Newsletter is now a monthly publication. Limited issues available at the beginning of each month and printed in store, as well as published digitally online at: www.viroquafood.coop/members/vfc-publications

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VFC News

Now is a Great Time to Become a Co-op Owner

The Viroqua Food Co+op is a grocery store owned by the shoppers – and by you, if you choose. Unlike corporate chains, a co-op is completely independent and owned by the people who shop there.

Becoming an owner is easy! You join with a one-time investment and you get a lifetime of savings, as well as a vote to help guide us on our mission to strengthen our local community, and make sure everyone has access to healthy, delicious food.

Here are a few of the benefits of becoming an owner of the Viroqua Food Co+op:

- \$10 store coupon to use anytime, for anything!
- \$20+ worth of product coupons for new owners only!
- Free canvas bag when you pay in full!
- Receive Owner Appreciation Days discounts
- Discounts on select Driftless Folk School Classes



It's easy to join. Just sign up at the customer service desk or online at: www.viroquafood.coop

When you become a VFC owner, you're helping create a vibrant local economy by keeping your shopping dollars in our community. Plus, you're supporting local producers while enjoying fresh, delicious foods and sustainable products that are good for everyone!

2021 VFC Microloan Awarded to Thoreau's Garden

Thoreau's Garden is a full-service greenhouse and retail shop run by students and faculty of Thoreau College. They are located at 520 East Terhune Street in Viroqua, which they lease from Pleasant Ridge Waldorf School.

Thoreau's Garden has three main goals as a social enterprise of Thoreau College:

1. Provide high quality houseplants, bedding plants, flowers, native plants, vegetable starts, salad greens, microgreens and other beautiful and delicious things to grow for the local community, using organic and biodynamic techniques.
2. Provide an educational environment where Thoreau College students can learn about ecology, sustainability, botany, organic and biodynamic agriculture, hard work and entrepreneurship including marketing and business

- management.
3. Generate revenue to support the Thoreau College Scholarship Fund.

With the \$3,500 VFC Microloan, Thoreau's Garden is purchasing a pickup truck, an essential piece of equipment for their business. The pickup truck will be used to transport materials like soils, rocks, containers, etc. as they make deliveries. Thus far, they have been borrowing vehicles

from various college staff and faculty, which wasn't sustainable.

Viroqua Food Co+op is excited to support Thoreau's Garden and we invite you to support them as well by purchasing their products from our plants department and our greenhouse later in the season.

Congratulations to Thoreau's Garden and the students and faculty of Thoreau College!



Eggs Anytime

An ordinary egg offers delicious versatility for breakfast, lunch or dinner.



Shakshuka with Spinach

Servings: 6. Prep time: 30 minutes.

- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1 red bell pepper, chopped
- 1 teaspoon smoked paprika
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground
- ¼ teaspoon red pepper flakes
- 1 teaspoon salt
- 1 teaspoon honey
- 1 15-oz. can crushed tomatoes
- 4 cups salad spinach, chopped
- 6 large eggs
- ½ cup parsley, chopped
- 2 oz. feta cheese (optional)

1. Drizzle the olive oil in a 12-inch skillet and place the pan over medium-high heat. Heat for a few seconds, then add the onions and stir until they start to sizzle. Reduce the heat to medium-low and sauté for about 5 minutes. Add the garlic and peppers and sauté for 5 minutes longer to soften the peppers. Add the paprika, cumin, coriander, red pepper flakes, salt and honey and stir, then stir in the crushed tomatoes. Raise the heat to bring to a boil, then reduce to a simmer and cook until thick, about 5 minutes. Stir in the spinach and cook until just wilted and dark green.
2. Use the back of a spoon to make 6 indentations in the sauce for the eggs. Crack each egg into a cup and then pour carefully into the indentations. Cover the pan and cook for about 8 minutes, until the whites of the eggs are set. Test by poking the whites with a paring knife. If you like your egg yolks firmer, cook longer.
3. When eggs are done to your liking, sprinkle with parsley and feta, if desired.
4. Serve 1 egg, with about a cup of the vegetable mixture, on each plate.

Shakshuka is a dish popular across North Africa and the Middle East. Enjoy the spiced tomato sauce over warm pita wedges.



Spicy Avocado Egg Salad

Servings: 4-6. Prep time: 25 minutes; 10 minutes active.

- 6 large eggs
 - 1 large avocado, divided
 - 2 tablespoons fresh lime juice
 - ½ teaspoon salt
 - ½ teaspoon chipotle powder
 - 2 medium scallions, chopped
 - 1 rib celery, chopped
 - 1 large jalapeño, chopped
 - ¼ cup fresh cilantro, coarsely chopped
1. Place the eggs in a medium pot, and add cold water to cover them by an inch. Place over high heat and bring to a boil. As soon as the water comes to a full rolling boil, remove from the heat, cover and let stand for 14 minutes.
 2. Drain the eggs, rinse with cold water, then place the cooked eggs in the refrigerator to chill completely. When cold, peel, rinse and chop the eggs. Place in a medium bowl.
 3. Halve the avocado and remove the pit, then scoop half of the flesh into a large bowl. Mash thoroughly, then stir in the lime, salt and chipotle powder.
 4. Add the scallions, celery, jalapeño, cilantro and chopped egg, and stir. Using the tip of a paring knife, cut the remaining avocado half into cubes in the shell, then use a spoon to scoop the cubes out into the salad. Fold into the egg salad, and serve.



Breakfast Quesadillas

Servings: 4. Prep time: 20 minutes.

6 large eggs, lightly beaten
½ teaspoon salt
½ teaspoon pepper
Olive oil for the pan
1 cup shredded pepper jack cheese
4 8-inch whole wheat tortillas
1 cup arugula or spinach, chopped
1 medium avocado, cubed
Salsa

1. Heat oven to 200°F, if you need to keep the quesadillas warm until you serve them. Whisk the eggs in a medium bowl with salt and pepper, and set aside. Place a medium cast iron or nonstick pan over medium heat and oil or spray lightly with olive oil. Pour the eggs into the pan and cook, stirring occasionally, until they are softly scrambled and still moist. Transfer to a medium bowl and stir in the pepper jack cheese. Divide the egg mixture into four portions.

2. Place a large skillet over medium-high heat for a few seconds. Carefully place a tortilla in the pan, then spoon one portion of the eggs onto half of the tortilla; sprinkle with a quarter of the arugula or spinach and a quarter of the avocado. Fold the tortilla over to cover the filling, place another tortilla on the empty side of the pan, and assemble the second quesadilla in the same way. Press lightly to seal the ingredients inside the tortillas. Using a spatula, turn the first quesadilla after about 2 minutes, being careful not to spill the filling. The tortilla should be browned and crisp. Repeat with the remaining tortillas and filling. Turn the heat down to medium if the tortillas are browning too quickly. Transfer the finished quesadillas to plates, cut each quesadilla in three wedges and serve with salsa.

The satisfying scrambled eggs and greens in these quesadillas will energize you all morning long.

Crustless Quiche Lorraine

Servings: 6. Prep time: 1 hour, 10 minutes; 25 minutes active.

8 ounces bacon, chopped
1 cup chopped onion
6 large eggs, whisked
1 cup milk
1 cup shredded Swiss cheese, divided
½ teaspoon salt
½ teaspoon pepper
2 large scallions, chopped

1. Heat the oven to 350°F. Lightly oil a 9-inch pie pan.
2. Place the chopped bacon in a large skillet over medium heat. Stir occasionally, until bacon is crisp and brown, about 4 minutes. Transfer to

a large bowl, and pour off all but a tablespoon of bacon fat (you can save for another use, or discard.) Add the onions to the pan and cook over medium heat until soft and golden, about 5 minutes. Transfer to the bowl with the bacon. Add the eggs and milk to the bowl and whisk to combine, then stir in all but ¼ cup of the Swiss cheese, the salt, pepper and scallions. Pour into the prepared pan and top with reserved cheese.

3. Bake for about 45 minutes, until the quiche is puffed and golden. Let cool on a rack for 5 minutes before cutting. Keeps for 4 days, tightly covered, in the refrigerator.

Pair this classic quiche with a colorful fruit salad or mixed greens tossed with a light vinaigrette.



Give Where You Live

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



NOVEMBER 2020

Bethel Butikk Food Pantry

VFC Staff present a check for \$2,914 to representatives of the Bethel Butikk Food Pantry.

This community food pantry is sponsored by Bethel Home & Services, plus 18 local churches, which provide food and monetary assistance to eligible families.



DECEMBER 2020

Kickapoo Valley Reserve

VFC Purchasing Manager Sally Colacino presents a \$3,061 check to Kickapoo Valley Reserve Education Coordinator Jonel Kiesau.

The KVR Educational Programs offer hands-on environmental learning opportunities that promote positive environmental values to people of all ages.



JANUARY 2021

Living Faith Food Pantry

VFC Staff present a check for \$3,248 to Pastor Dale Toltzman, Director of the Living Faith Food Pantry.

LFFP distributes 6,000 pounds of food each week to 160 area households and has been recognized by Second Harvest Food bank as a leader in the distribution of fresh produce.

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

Round up in March 2021 for Pleasant Ridge Waldorf School

PRWS offers a vibrant, comprehensive education for children in Early Childhood through Grade Eight.

PRWS welcomes every family who is committed to providing a Waldorf education for their child(ren), regardless of income.

