



# Co-op Shopper

Winter 2018/19

LA CROSSE • ROCHESTER • WWW.PFC.COOP • FRESH PRODUCE • GROCERY • DELI • BISTRO



**Election Issue!**  
Electronic Voting!  
Candidate Statements  
inside!



*Season's greetings from PFC!*

3 Groveland Confections  
14 Class listings  
17 PFC board elections

The *Co-op Shopper* is published by the People's Food Co-op of La Crosse and Rochester, 315 Fifth Avenue S, La Crosse, WI 54601 and 519 1st Avenue SW, Rochester, MN 55902.

The *Co-op Shopper* serves to educate shoppers about food issues, community activities and events, co-ops in general, and membership in the PFC. The views expressed are those of the writers and do not necessarily represent those of the People's Food Co-op or its membership.

The *Co-op Shopper* is printed on recycled paper. All articles and pictures submitted for publication become property of People's Food Co-op. PFC reserves the right to refuse publication of any article for any reason.

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## KNOW YOUR BOARD

Heidi Blanke **secretary**

Wale Elegbede

Tessa Leung **president**

Laurie Logan

Monica Lunde **treasurer**

Andrea Niesen

Verna Simon **vice president**

Paul Sims

Lisa Wiste

Contact the board at board@pfc.coop

## Upcoming board of directors' meetings

November 27, 4:30: La Crosse  
(Powell Place)

December 27, 4:30: Rochester

January 24, 4:30: La Crosse  
(Powell Place)

# TAKE OWNERSHIP

**Our Mission:** To build community, grow a loyal and thriving ownership, and be the best fresh food market in the country.

Become a member/owner of La Crosse and Rochester's only community owned grocery store!

## OWNERSHIP BENEFITS

- A 5% discount on 12 shopping trips per year.
- Monthly member/owner only specials. Preorder by the case and take an additional 10% case discount.
- Reduced rates on co-op cooking, gardening, and wellness classes.
- Have a say! Vote on co-op issues and elect or run for the board of directors.
- Share in our profits. Profits from our co-op go back into our business, back to our community, or to owners in proportion to how much they spend (patronage refund)!
- The *Co-op Shopper* mailed to your door. Learn about local farms and food, stay up to date on co-op happenings, community classes, owner specials, and more! The *Co-op Shopper* is published quarterly.
- Two stores, one co-op. Use your ownership benefits at both La Crosse and Rochester locations!
- Ownership is yours! If you decide not to be a member/owner any more, simply request an equity refund with a simple form.

## IT'S EASY TO JOIN

- **Household:** Make a \$100 one-time payment for the primary member, plus \$25 each for up to two additional adults living in the same household who wish to utilize ownership benefits. The primary member/owner may make changes to the ownership at any time. An installment plan is available.
- **Business/Organization:** Business owners who use the co-op for their business purchases may want to choose this option. Make a \$100 one-time payment for the primary member/owner, plus \$25 each for up to two additional adults.
- **Special Circumstance:** PFC is committed to food access for all. Therefore, PFC offers full member/owner benefits for a one-time payment of \$25 to people for whom \$100 is a barrier.

## STUDENT MEMBERSHIP

College students with a valid student ID may sign up for a one-year membership (September–August). Cost is \$10 per year. Students receive all owner benefits except the right to vote, run for the board, and receive patronage refunds.

**Join Today!** Ask any cashier for a member/owner packet. It's quick and easy to sign up!

**Cover photo:** Staff of Rochester and La Crosse People's Food Co-op wish you a fearless holiday season of intense joy and delicious food.

# GROVELAND CONFECTIONS

## Something sweet from Minnesota

**T**hursday in late September, Andrea Pesses, owner of Groveland Confections, is busy making nut tarts on the stove. Amanda, her assistant, is dipping macaroons in dark chocolate. The world headquarters for Groveland Confections is in a small storefront in Minnetonka, Minnesota. They no longer do many retail sales out of the front of the store; their wholesale business has taken off in the last few years.

“We’re doing more baked goods now,” Andrea says. “A lot of almond things, tartlets and galettes, roasted bourbon walnut bars. Lots of goodies.”

They’ve been in business for ten years. Andrea always enjoyed cooking as a hobby, but after a couple of business careers she decided to follow her dream and open her own confectionery/bakery. “We turn out 7,000 to 8,000 pieces of candy a week, but in our busy season, it’s more like 20,000.”

“It’s always fresh. We make everything to order. People’s Food Co-op sends us the order on Friday and we make it that next week and get it back to you. We do a lot of events, and work with a lot of the co-ops in the Twin Cities.”

She pauses to pour bourbon into the thickening nut mixture on the stove. “We cook a lot with Jack Daniels,” she says.

“When we first started, we only sold at the Minneapolis Farmers’ Market. I went down there at 4 a.m. to get a booth. I had six terra cotta platters of things to sell: moo-pies, turtles, caramel bars, toffees, salted nut rolls.... We sold out that first day. And ever since then it’s taken off. We still do the St. Paul Farmers’ Market on Saturdays and most Sundays. We do bakery items—little cakes, scones, apple turnovers. They’re awesome.”

Groveland Confections has three full-time employees (including Andrea) and four part-timers. Amanda, busy dipping macaroons, interrupts Andrea as we talk as the busy daily production schedule continues: “We need one more Seven-Layer.” Amanda says that working in a bakery is a dream job for her and she still loves chocolate after working with it day after day.

Chocolate takes special handling. The temperature has to be just right when you work with it or it will go out of temper. “You’ve probably had bad chocolate bars that have a white dusting to them—



Groveland Confections. Dark chocolate raspberry pistachio bark.



Andrea Pesses of Groveland Confections.

that’s chocolate that’s lost its tempering,” Andrea says. “I use all five senses when I sample a chocolate. Does it snap? How is its texture? Its appearance? There’s a lot that goes into a chocolate bar.”

Groveland Chocolates are available at both PFC locations.

# APPLE PIE CONTEST WINNERS

## Congratulations

### ROCHESTER

1st Place: Michelle Curnow  
2nd Place: Rebecca Muarry  
3rd Place: Ellie Sander

### LA CROSSE

1st Place: Presley Rhode  
2nd Place: Jen Barney  
3rd Place: Trish Downs



#### Thank you to La Crosse contest judges

Our intrepid panel of judges included Josh Wolcott, Larry Vangen, Jacline McKimmy, Adrian Lipscombe, Tan Pham, John McWilliams. They showed admirable dedication to the task and did a fine job with the 14 pies entered.



First place Rochester apple pie winner Michelle Curnow.

## WINNING PIE RECIPE—ROCHESTER

### Apple Pie—Michelle Curnow

#### Ingredients

- ½ cup unsalted butter
- 3 tablespoons all-purpose flour
- ½ cup water
- ½ cup white sugar
- ½ cup packed brown sugar
- ¼ teaspoon ground cinnamon
- 8 Granny Smith apples (or any apple you prefer)—peeled, cored, and thinly sliced

#### Directions

1. Preheat oven to 425° F.
2. Place the bottom crust in pie pan. Fill with apples, mounded slightly. Cover with a lattice-work crust and place in refrigerator to chill while preparing the sauce.

3. Melt butter in a medium saucepan. Stir in flour to form a paste. Add water, white sugar, brown sugar, and cinnamon and bring to a boil stirring continuously. Reduce temperature and let simmer for about 5 minutes, stirring occasionally.
4. Gently pour the sugar and butter mixture over the crust. Pour slowly so that it doesn't run off.
5. Bake for 15 minutes in the preheated oven. Reduce the temperature to 350° F and continue baking for 35 to 45 minutes, until the apples are soft.

#### Butter Flaky Pie Crust

#### Ingredients

- 1 ¼ cup all-purpose flour
- ¼ teaspoon salt

- ½ cup butter, chilled and cubed
- ¼ cup ice water

#### Directions

1. In a large bowl, combine flour and salt. Cut in the butter with a pastry cutter, until the mixture resembles coarse crumbs. Stir in the water a teaspoon at a time. You may not need all of the water. Then form the dough into a ball, adding a couple of extra teaspoons of water if needed. Wrap the dough in plastic wrap and refrigerate for 4 hours or overnight.
2. Roll out dough onto a well-floured surface to fit a 9-inch pie plate. You will need about an 11-inch circle. Transfer crust into the pie plate. Place the dough evenly into the bottom and sides of the pie plate and trim.



First Place La Crosse pie by Presley Rhode.

## WINNING PIE RECIPE—LA CROSSE

### Rhode's Maple Apple Pie—Presley Rhode

#### Ingredients

##### Crust:

- 4 cups flour
- 1 teaspoon baking powder
- 2 teaspoons salt
- 1 teaspoon cinnamon
- 1 <sup>3</sup>/<sub>4</sub> cup shortening
- 1 beaten egg
- 1 tablespoon vinegar
- 1/2 cup ice water

##### Filling:

- 1 1/4 lb Ecker's Bakers Blend Apples
- 4 tablespoons flour
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- Pinch of allspice
- 3/4 cup maple syrup
- 6 tablespoons butter
- 6 oz bourbon

##### For the Streusel:

- 2/3 cup pecans
- 1/2 cup (1 stick) butter
- 1 1/4 cup flour
- 3 tablespoons granulated sugar
- 1/2 cup dark brown sugar
- 1/4 teaspoon salt
- 1 cup maple flakes
- 2 oz bourbon
- Pinch cinnamon



#### Directions

##### Crust:

1. Mix flour, baking powder, and salt together in bowl. With a fork or pastry blender, work shortening into flour mixture until the shortening is in pea-sized chunks.
2. Add beaten egg and vinegar. Mix slightly. Then add the cold water in small increments until the dough comes together. *Do not overwork dough.*
3. Roll dough into a circle and place in pie plate. Place finished dough in fridge until filling is complete.

##### Filling:

1. Peel and slice the apples, and then toss in a large bowl with the cornstarch, flour, cinnamon, salt, and allspice.
2. In a small, heavy-bottomed saucepan over medium-high heat, heat the maple syrup until it's 280° F. Add the butter and whisk together, making caramel.
3. While maple syrup is heating, simmer the bourbon until it reduces by half and then add to the caramel.
4. Pour the caramel over the apples and mix well. Pour the apple-caramel filling into the prepared pie shell and place in the refrigerator once more.

##### Streusel:

1. Sprinkle the pecans on a baking sheet and toast for 5 minutes. Remove and set aside until cool enough to handle, then chop.
2. In the same small saucepan you used for the caramel, melt the stick of butter over medium heat, stirring frequently. Cook until the butter turns golden-brown. Set aside.
3. Whisk together the flour, sugar, dark brown sugar, salt, maple flakes, and cinnamon. Mix in the pecans. Drizzle in the browned butter (which should now be slightly cooled) add bourbon and mix until crumbs form.
4. Crumble the streusel mixture on a rimmed baking sheet and place in the refrigerator for 15 minutes.

##### Assemble:

1. Preheat oven to 350° F.
2. Remove the filled pie pan and the streusel from the refrigerator. Crumble the streusel over the pie filling until the pie filling is completely covered. Before putting the pie in oven, put a baking sheet underneath, as it will most likely bubble over and make a mess! Bake for 45 minutes or until the crust is golden brown and the caramel is bubbling.
3. Cool for at least 3 hours. If sliced without allowing it to cool and set, you'll end up with a gooey mess!

First place La Crosse apple pie winner Presley Rhode.



# PFC BOARD REPORT



Monica Lunde

**H**appy Fall! It's time to say goodbye to the beautiful green of summer and hello to those fantastic colors that come with the falling leaves. It's a time to welcome transition and a chance to leave room for gratitude and thoughts of the New Year ahead.

Your Co-op has now ended its "fiscal year," an accounting period that does not align with the calendar year. This means all the sales and expenses are now "in" for our 2018 year and final numbers are being calculated. Once everything is accounted for by the team, final numbers for the year are released.

These numbers then go through an audit by an outside firm (one not affiliated with the co-op) that assures the proper accounting procedures were followed through the year and all checks and balances were in place. Every step of this process is looked over by your board of directors as well as Lizzy Haywood (CEO), Dan Reckase (controller) and the team you have entrusted to keep your

co-op viable. Finally, the audited information is released to you at the Annual Member Meeting.

If you have not attended our Annual Member Meeting before, consider spending the evening with us and hearing about the 2018 financials and our exciting plans for the year ahead.

Be sure to watch for the electronic ballot coming to you in November so that you can vote for your board of directors; the voting concludes the day after the Annual Meeting. We're looking forward to hosting the Annual Meeting at our Hackberry's Bistro in La Crosse with a happy hour get-together, beginning at 5:00 on Thursday, December 13th.

The board and I are so thankful for you, our co-owners. Whatever your commitment level is to People's Food Co-op (PFC), you are truly appreciated. The most important thing you can do for your co-op is to keep locally sourced and organic foods in your community by shopping at PFC. Your money supports small suppliers, fair trade items, and pure organics.

How about taking your loyalty one simple step further? With each credit card transaction, PFC pays a percentage of your total sale to the credit card company. Undoubtedly, this is one of PFC's fastest growing expenses. Consider using your debit card, which has a lower fee, or even use cash. Make things even easier by purchasing a gift card (with cash) and shop without the need to carry cash each time. Whatever option you choose, shopping at PFC keeps your dollars in our community.

I end this article with my thanks to the staff, co-owners and fellow members of the board of directors for another wonderful year of supporting small and local suppliers and creating a sustainable, nonjudgmental harbor in our communities.

—Monica Lunde

P.S. I also personally would like to thank whoever makes those wonderful cinnamon rolls from the bakery case! Seriously, those are the best around. Have a blessed holiday season.

## Holiday Open House



SUNDAY, NOVEMBER 4, 1–4 P.M.  
PFC — ROCHESTER

**J**oin us for a preview of Thanksgiving! Tempt your taste buds with Co-op's Own™ items from our holiday menu. Meet with local farmers and producers and sample their treats and goods. Order your holiday dinner or sides, reserve your turkeys and pies and shop our mercantile department for gift ideas.

*Everyone is welcome.*



# GENERAL MANAGER'S REPORT



Lizzy Haywood,  
general manager

**W**ishing all of you a peaceful and healthy season! From all of us working in Rochester and La Crosse, we thank you for being part of this endeavor. We are grateful for our co-op family—for the friendship you provide to one another, for offering support during challenging times, for the continual dedication to working together for a sustainable community. The fabric of the People's Food Co-op community is strong.

## Celebrations!

It was awesome hanging with you at the People's Picnics in October! We brought a lot to the "picnic" table—there was dancing and local farmers and excited children and enthusiastic pie bakers and birthday cake and of course delicious Co-op's Own food. These were far and away our best-attended picnics ever—*thank you for joining us!*

And we hope you can join us in the next few months for more fun: the Rochester holiday open house is Sunday, November 4 from 1 to 4 p.m. with *more* local food and *more* great deals. Bring your family and friends to sample some of the holiday dishes that should absolutely be on every holiday table. Pre-order for convenience—all you'll need to do during a busy season is drop in to pay and pick up; we'll have it ready for you to heat and eat. Co-op's Own holiday meals consistently get rave reviews—if you haven't tried any yet, make this your year. We'll make you look good!

## Annual Meeting and remodel news

On December 13, we'll host the Annual Member-Owner Meeting in Hackberry's Bistro in La Crosse. At this event you can speak with your board of directors and learn about the co-op's business—both past and future. No need to have any special involvement with the co-op to attend the meeting—only that you are a member-owner!

At that meeting we'll hear from each of the candidates for the 2019 board. If you haven't already voted, you can vote there. I am truly looking forward to discussing *our* co-op's business with owners that evening; I hope you'll join me.

Rochester staff and owners can ride the bus that afternoon and you'll be able to see the renovations we've completed in La Crosse. This project is one-third finished. We have heard nothing but great things about the improved flow through the express lanes and customer service areas. The next phase begins just after the new year, with the expansion of the deli.

That phase will be a big one—involving moving freezers and coolers and installing the hot bar and redesigning the deli counter. There will be periodic closures of some services, but we will not let you down on the basics. For example, we'll offer coffee and hot soup during the deli closure; frozen pizza and ice cream will still be available while we're moving the freezers. Our classroom will accommodate people when the deli seating area is unavailable. Do keep an eye on our social media and on our weekly email updates (sign up at [www.pfc.coop](http://www.pfc.coop)) for details.

By the end of February we will have completed the renovations and added some services to the Rochester deli, too! I think you'll love the new deli options we'll be providing in both stores, and not just for the convenience. We are adding options that feature the very *best* of Co-op's Own food: made from scratch in our stores, every single day, with wholesome ingredients.

No other grocers in La Crosse and Rochester are making food from scratch like we do. Put bluntly: we cook, and they don't. Isn't *that* the food you're seeking? From sausages to sourdough bread to baked goods to side dishes to entrees and everything in between, there's simply nothing like it. Our cooks put thousands of hours into preparing delicious food for you. As Rochester Kitchen Manager Jena Erie says, "I like cooking for people because it's my way of giving them a gift; it's my way of nourishing people; it's my way of putting some kindness out into the world."

That's the People's Food Co-op way. Let's eat!



# NEWS AND UPCOMING EVENTS

## DNA Vintners—La Crosse

DNA Vintners will be at PFC La Crosse with samples of their delicious, fruity wines on Friday, November 16 and again on Friday, December 7. Both sampling events will be from 4 to 7 p.m.

## Feminism on Tap—La Crosse

Feminism on Tap—a fun networking group sponsored by the YWCA, will meet Wednesday, November 14, in the PFC second floor classroom. Attendees will be able to purchase beverages in the store and take them to the classroom. The topic in November is “Women in Farming,” with a panel of local women who farm. Appetizers will be provided by PFC using ingredients raised and produced by women! 5 p.m. to 7 p.m.

## Sample the Holidays! La Crosse

Join us for deliciousness on a toothpick! We have very special sampling events planned in December! Friday, December 7, is the date to sample the best holiday cheeses, selected meats, hor d’oeuvres and beverages we have to offer this season. Peggy, Linda, and Patrick will sample from 11 a.m. to 2 p.m. and then again from 4 p.m. to 7 p.m. We are here to help with ideas and recipes and take orders for custom baskets.

## Lefsa alert—La Crosse

December 13 and 14: After a few years of learning to make lefse from expert Norwegian lefse makers, Member Services Manager Linda Riddle is ready to take it to the floor! Linda will make lefse live in the store from 11 a.m. to 2 p.m. on Thursday, December 13. You can watch, you can

help, you can taste! Then, on December 14, we’ll switch to Denmark for a holiday recipe! Linda will make traditional Danish abelskiver live starting at 11 a.m. until 2 p.m. or so for your sampling pleasure!

## Schools and PFC—Rochester to partner in food drive

Riverside and Friedell schools are partnering with the People’s Food Co-op to do a monthly food drive the third Tuesday of every month.

Students from Friedell Middle School and Riverside Elementary will join in partnership to support our Family Resource Rooms. Students will be working in partnership to hand out short lists of items that are most often used in our community schools. Look for the students from 12–2 p.m. to help the community. Thanks for your support of these students.



**Saturday, December 1st, 2018 | 10 A.M. – 4 P.M.**  
**Rochester Mayo Civic Center**


- Sip, sample and stock up on locally-made foods, from Iowa, Minnesota, and Wisconsin.
- Discover new flavors made with local ingredients to stock your pantry or gift your favorite foodie!
- Spring for a VIP wristband to sample locally-crafted beer, wine, and hard cider!
- Over 100 booths!

**Besides the market, you’ll also enjoy...**

- Cooking demos featuring locally sourced recipes...
- Our Feast! People’s Choice contest returns: vote your favorite for a chance at a local gift basket!
- Children’s activities area featuring exhibits from the Rochester Children’s Museum

**For details see [www.local-feast.org](http://www.local-feast.org)**

## Any changes in your life?



Have you moved? Has your name, email address, or phone number changed? Have you had a change in who constitutes your household members?

Keep your membership data up to date by letting us know what has changed. You can send updates to Brad Smith at [brad.smith@pfc.coop](mailto:brad.smith@pfc.coop) or Linda Riddle at [linda.riddle@pfc.coop](mailto:linda.riddle@pfc.coop), or use the “comment” form on our website.

We want you to stay informed with the latest news about your co-op, and that can happen only with accurate information.



# WHAT'S NEW AT PEOPLE'S FOOD CO-OP

## *Staff picks for new items in the store!*

**P**eople's Food Co-op staff would like to call out some new products in the store that you may not be aware of. Adam O'Connor, La Crosse front-end assistant manager, hopes these new products will help keep you cozy this winter season.

### **Co-op's Own™ ciabatta rolls**

New to PFC—La Crosse's bakery department, these made-from-scratch ciabatta rolls are delicious! Excellent choice for sandwiches or just add butter! Try them toasted and then drizzled with olive oil and smashed garlic for a yummy side, or for dipping into a soup. (Adam's pick.)

### **Miyoko's Vegan Mozz (organic, vegan)**

New to PFC—La Crosse's refrigerated grocery department, a tasty vegan mozzarella-style cheese for the win! Miyoko's Mozz melts, bubbles, and browns to perfection. An essential addition to your next DIY vegan pizza. Also tastes great paired with crackers or tossed into a caprese salad! You'll find Miyoko's Mozz in the refrigerated grocery case with the bagels. (La Crosse Cashier Klay McGough's pick.)



Adam's new product pick: PFC's ciabatta rolls—fresh from the bakery.



Ben Leinen's (PFC La Crosse cashier) pick: CBD oil full spectrum hemp extract: "This stuff's got me counting sheep!"



Karl's pick: Bourgogne Pinot Noir "Vieilles Vignes"

Karl Erie, PFC—Rochester's Wine, Beer, & Spirits manager, recommends the Bourgogne Pinot Noir "Vieilles Vignes" (old vines). The wine is crafted from grapes grown on vines that are between 25 and 30 years old. Older is better! The vintner says you'll find this wine has an appealing palette of fruity aromas (blackcurrant, redcurrant, plum). Fleshy and balanced on the palate with oaked notes and a pleasing finish. This wine is a fine match for roasted or grilled meats, poultry, vegetables and mild cheeses. Perfect for your holiday table.

# WE'RE LISTENING!

**T**hank you to our shoppers in Rochester who have provided feedback via a survey on the receipt. Your comments have been so helpful to improving our service and products.

We have now added this to the La Crosse register receipts as of November 2018.

At the co-op, we know that our relationship with owners and shoppers is key to our success. We take pride in the service we provide and continually look for ways to improve it.

This is an invitation, generated at random, to complete a short survey using a link printed on your receipts. Shoppers who complete the survey will receive a coupon for

\$5.00 off a future purchase of \$25 or more.

This is in addition to all the other ways you can share your ideas or questions.

- Website: Use the Contact Us button to send us a message
- Phone: Give our stores a call anytime!
- Social media: Share your co-op stories with us on Facebook, Twitter, Yelp, Trip Advisor, and Instagram.
- In person: Chat with us about what you love and how we can do better
- Comment cards: Request a product, raise a concern or cheer, or ask a question.

We value your feedback and we look forward to hearing more of it!



## CHEESE RUSH

Once again this year, People's Food Coop is honored to offer Upland's Cheese Rush Creek Reserve to our customers at both stores. Our first delivery of this local delicacy will be the week of November 1. The price remains the same as last year at \$24.99 per wheel and tastings will be offered throughout the holiday season. Supplies are limited, so if you wish to reserve a wheel please contact the cheese department in either La Crosse or Rochester.



Cassie (r), new PFC owner and winner of the wine basket during October's Member Drive: "We are dairy farmers, going organic, so being a member here is really important to me. Us little people gotta stick together."

# Holiday Kitchen

Co-op's Own™

## APPETIZER PLATTER

- Spinach Artichoke Dip Bread Bowl \$30
- Boursin Cream Cheese Bread Bowl \$30
- 18" Hummus Pita Chips Platter \$40
- 12" Fruit & Cheese Platter \$40
- 12" Meat & Cheese Platter \$30
- 12" Veggie Platter with Dill Dip \$30

## HERB-ROASTED TURKEY

Quality Ferndale Market boneless turkey breasts prepared and cooked to perfection by our deli kitchen with our special herb seasoning! We recommend planning for 1/2 lb to 3/4 lb per person. Just reheat!

Roasted turkey breasts are \$11.99/pound.

## ORDERING

Order by 10 a.m., Monday, November 19.  
No substitutions.

**Order pickup:** All orders must be picked up by Wednesday, November 21, at 6 p.m.

**La Crosse: 608.784.5798 ext. 2047**

**Rochester: 507.289.9061 ext. 3041**

Let us do the hard work!  
Full dinner or fill-in sides,  
made from scratch in our kitchen.

## TRADITIONAL DINNER

- Creamy Mashed Potatoes
- Green Beans with Mushrooms and Toasted Walnuts
- Baked Squash with Wild Rice Stuffing
- Pumpkin Wild Rice Soup
- Co-op's Zen Stuffing
- Cranberry Relish
- Turkey Gravy
- Dinner Rolls
- Pumpkin Pie

\$99.99  
**SERVES  
4 TO 6!**

## VEGETARIAN DINNER

- Lentil Loaf
- Green Beans with Mushrooms and Toasted Walnuts
- Baked Squash with Wild Rice Stuffing
- Pumpkin Wild Rice Soup
- Co-op's Zen Stuffing
- Herb Roasted Root Vegetables
- Mushroom Gravy
- Dinner Rolls
- Pumpkin Pie

Both dinners are \$99.99 • Save \$22.86!  
• Serves 4-6 • Turkey sold separately  
Don't need the whole dinner? Special order  
any side dish with 24 hours notice!

# Co-op's Own Pies

Co-op's Own™

Freshly made  
in our bakery  
with the best ingredients.

**Reserve your holiday pies!**  
Apple • Apple Cranberry • Blueberry  
Sour Cherry • Pumpkin • Pecan

## Co-op's Own Pies

\$11.99 each / pecan \$13.99  
Gluten-free pies and cakes are available  
by special order.

Please give 24 hours notice for all  
reservations and special orders.  
Ask at the deli counter or call

**La Crosse: 608.784.5798 ext. 2042**

**Rochester: 507.289.9061 ext. 3041**

# Ferndale Turkey

Fresh, never frozen,  
and ready for roasting.

## COOKING TIPS FROM FERNDALE

### The basics of roasting your turkey

Few things are more central to family traditions than food, and we know there are many methods to prepare a great-tasting turkey—ovens, grills, and fryers,

brined or buttered—the options seem endless! No matter how you prepare your bird, here are some general tips for making sure your turkey is moist and delicious.

#### 1 Fresh turkey

PFC sells both fresh, never frozen, birds and frozen turkeys. With Ferndale's fresh Thanksgiving turkeys, you do not need to worry about thawing! Store these turkeys in the back of the fridge, where it is the coldest. Fresh turkeys cook more quickly than frozen, so decrease cooking times slightly.

Remove the bag of giblets and neck from the body cavity. Pat the bird dry with paper towels, and let rest at room temperature for 30–50 minutes. The plastic hock lock is oven safe, so no need to remove it.

or

#### Thawing your frozen turkey

If you've bought a frozen bird, the best way to thaw it is in the fridge. The turkey will thaw about 4 lbs per day. Short on time? You can thaw your bird using the Cold Water Thaw: submerge the unopened turkey in cold water and change the water every 30 minutes. This method thaws 2 lbs per hour.

Once fully thawed, remove the bag of giblets and neck from the body cavity. Pat the bird dry with paper towels, and let rest at room temperature for 30–50 minutes. The plastic hock lock is oven safe.

#### 2 Roasting

1. Now that you have your thawed, dried and rested bird, melt butter and rub it on the outside of the bird. Sprinkle the whole bird with salt and pepper. If you would like to add a more distinct flavor to your turkey, feel free to add other herbs and spices at this time.

2. Preheat the oven to 325° F.

3. Place the turkey, on a roasting rack:

- **breast side up**

Place a piece of tin foil tented over the breast. This creates a crispy-skinned bird that looks beautiful on the table, but keep an eye on the breast temperature so it does not dry out.

- **breast side down**

This exposes more heat to the thighs so they cook to their 170–175° F temperature more quickly. The juices pool in the breast, keeping it moist. The skin on the breast will not crisp this way. If you want to

crisp the breast skin, you can flip the bird for the last few minutes of cooking.

4. Cover the bottom of the roasting pan with broth to add moisture to the turkey while cooking. Place the bird and roasting rack into the roasting pan. Place the pan in the center of the oven and cook for about 14 minutes per pound.

5. Near the end of the cooking time, begin checking the temperature of the breast and thigh. The center of the breast should reach 165° F and the thigh 170–175° F. (A high-quality meat thermometer is very important for an accurate temperature reading.)

6. Remove the turkey from the oven and let it rest for 30 to 40 minutes in the pan so the bird absorbs the juices released during cooking. Use the drippings in the roasting pan to make gravy.



# ORDERING

Reserve your turkey by 10 a.m., Monday, November 19. Stop in or call the co-op and ask for the meat department. Don't feel like cooking a whole turkey? Order deliciously prepared Ferndale Market turkey breasts from our deli (details page 11).

**Order pickup:** All orders must be picked up by Wednesday, November 21, by 6 p.m.

**La Crosse: 608.784.5798 x2031**

**Rochester: 507.289.9061 x3032**



*“We treat our turkeys like they’re part of the family. Because since 1939, they have been.”*

- NO additives
- Free-range
- Healthy diet
- Locally grown
- NO antibiotics
- Family farm

Preorder your fresh (never frozen), antibiotic-free, locally grown Ferndale Market turkey by Monday, November 19.

Turkeys are in the 10- to 24-pound range and are \$2.49 per pound. Stop in or call the co-op and ask for the meat department.

# Winter

## COMMUNITY CLASSES

La Crosse location

### The great Northwest: wines of Oregon and Washington State

Tuesday, November 6 • 6–7:30 p.m. • PFC classroom with Todd Wohler, Purple Feet Wines

Explore the wine world north of Napa! This class will delve into the highly rated reds and whites of Oregon and Washington. Learn about the family history of the winemakers and taste what makes wines from these regions different from California styles. Enjoy samples of tasty foods from across the co-op while you taste the wines. Must be 21 to attend this class. \$20 members; \$30 nonmembers.

### Lefse making with the experts!

Thursday, December 6 • 5:30 to 7 p.m. • PFC classroom with Inez and Irene, lefse makers extraordinaire

Inez and Irene have been making lefse together since childhood! They love to share their expertise with our friends at PFC. They bring all the equipment, the recipe and we go “hands on” in the PFC kitchen: mixing, rolling, baking, and tasting fresh lefse! There will be some to take home! This is an excellent holiday class to do with teens, middle school kids, grandkids. Share and pass on holiday traditions! \$15 members; \$25 nonmembers.

### Big reds—heavy hitter wines from around the world!

Tuesday, December 11 • 6–7:30 p.m. • PFC classroom with Todd Wohler, Purple Feet Wines

Nothing will warm you better on a cold Wisconsin winter night than a glass of a big red wine! This class will take you around the world and explore big hearty wines—some you are familiar with, some not! Once again, we will make sure you have the best of PFC’s amazing food to sample while tasting the wines! You must be 21 to attend this class. \$20 members; \$30 nonmembers.



**Class policies:** All classes require preregistration. Classes with fewer than eight registered 24 hours before class time will be canceled or rescheduled. All cancellations made by preregistered participants must be made 48 hours before class time to qualify for a refund. Dishes may be subject to change at instructor’s discretion.

La Crescent - Hokah  
**Community  
Education**

CLASSES THROUGH  
LA CRESCENT COMMUNITY ED

Register online: [www.isd300.k12.mn.us](http://www.isd300.k12.mn.us)  
click on “Community” tab

### What is a food co-op anyway?

Thursday, November 15 • 6–7 p.m. • with Linda Riddle

Have you ever wondered what a food co-op is? Here is a free opportunity to learn the “ins and outs” of the co-op model: ownership, benefits, environmental commitments, and local, community support—plus, of course, great food! Linda Riddle is the outreach, education, and membership manager at People’s Food Co-op in La Crosse and she welcomes an evening of conversation that will introduce PFC to the community. Everyone is welcome! Snacks provided. La Crescent Middle School Conference Room 1.

### Dark chocolate truffles

Monday, December 3 • 5:30–7:30 p.m. • with Linda Riddle

Did you know dark chocolate can be a very healthy treat? Join Linda for a delicious, fun evening making dark chocolate truffles with a variety of fillings and coatings. We will learn about the chocolate industry and how to select high quality, conflict-free ingredients from PFC. We will share our creations within the class as we sample the truffles paired with a selection of local cheeses! Everyone will make a small box of delectable chocolate goodness to take home! HS FACS Rm. 72. \$19. Sign up through La Crescent Community Ed, not PFC!

- Register in person or by phone.
- Payment is due at the time of registration.
- La Crosse: 608-784-5798, Rochester: 507-289-9061

Check the PFC website for upcoming classes and events! [www.pfc.coop](http://www.pfc.coop)

## Rochester location

### DIY Bath Bomb Class

*Saturday, November 3, 9 a.m. and 11 a.m. • Hosted with Rochester Mom's Blog • Class meets at Bleu Duck Kitchen*  
Crystal, local soap and body care maker and owner of Scrub Your Butt Soap Company, will walk you through the process of making your own bath bombs using common household items including baking soda, corn starch, citric acid, and your favorite essential oil. Each participant will walk away with one bath bomb and the knowledge to make your own at home (think holiday gifts)! Take home kits will be for sale and pastries and coffee will be served. Tickets are \$10 and are limited, so make plans with friends for a fun morning and grab your tickets soon! There are two classes to choose from, so please purchase your ticket carefully. Reserve your ticket on the People's Food Co-op Facebook event page at the following link: [www.facebook.com/events/325170018242596/](http://www.facebook.com/events/325170018242596/)

### Make your own essential oil blends

*Tuesday, November 13 • 5:30-7:30 p.m. • with Ballerina Botanicals*  
This class will be making an oil blend specific to you. Ballerina Botanicals will be on hand to help determine what blend is right for you, including your everyday life, knowing the right oils for your skin, and everyday skincare. Participants will leave with their own customized essential oil roll. Class will be held at PFC Rochester. \$15 members; \$20 nonmembers.

### South African wine tasting

*Wednesday, November 14 • 5:30-7 p.m.*  
Join PFC and Libation Project for a once in a lifetime tasting event with South Africa's most acclaimed cult wine producers, Arendsig! We will be holding a focused guided tasting through their portfolio of beautiful terroir-driven whites and reds while discussing the organic, biodynamic, and natural wine making techniques that make these wines so pure and sought after. Come experience the wonders of the Robertson Valley's most exciting wines and meet the winemakers that make it happen! Must be 21 to attend this class. \$10 for nonmembers; \$5 for members.

### Kids Holiday cookie decoration

*Wednesday, December 5 • 10-12 a.m. • with Rachel Looney*  
Join local pastry chef Rachel Looney and bring your little ones for a fun morning of holiday cookie decorating. This class will be come and go as you please but registration is requested. Knowing Rachel's energy and a fun personality, parents may get some baking tips as well. \$5. Class meets in PFC's dining area.

### Poke demo with recipes

*Saturday, December 15 • 11 a.m.-12:30 p.m. • Grand Rounds Back Room*

Mike Mathiason will be doing what he does best—Poke! Guests will sample three types of Poke: hamachi, tuna, and octopus. Each dish will be paired with a beer sample. Wine, beer, and spirits available for purchase. \$25 nonmembers; \$15 members.

### New Year mind, body, and spirits with Yoga Tribe

*Saturday, January 12 • 11 a.m.-1 p.m. • Location TBD*

Start off the new year by treating your mind (essential oils), body (yoga), and spirit (mimosas!). Yoga Tribe will lead an hour of yoga, followed by mimosas with light food and information on essential oil usage and blending. A drawing will take place for a diffuser and oils. \$30 nonmembers; \$25 members.

### Upcoming offal class

Finally, adventurous eaters be on the look out. Plans are in place for PFC to team up with Tyler from Libation Project and Chefs Justin Schoville (Porch/Cellar), Zach Ohly (Cameo), and Jordan Bell (Bleu Duck), and others to do an offal dinner and wine pairing. Offal dinners are very unique, featuring uncommon meats typically wasted in food preparation. The event will take place in January or February. Be on the look out for more information.

### Inesscents Salvation CBD

*Friday, March 22, 3-6 p.m.*

Kirsten Hayman, Hippocratic Sales Representative, will be in our Rochester store to provide education and allow you to experience Inesscents Salvation CBD Skin Salves, Elixirs, and Beauty Care for yourself. Inesscents Salvation products are made with high potency CBD extract, organic locally grown herbs, and organic sustainably sourced essential oils. All Inesscents items will be sale priced at 20% off during both A & B sale cycle periods of March, so it's a great time to try them.

### Beer, Wine, Spirit Demos

*Thursday, November 1 • 4-6 p.m.*

Copper and Kings Brandy from Louisville.

*Tuesday • November 11 • 4-6 p.m.*

Surly Brewery from Minneapolis.

# Holiday Fair Trade Fair in the La Crosse Store December 2



## EDUCATION

IS THE MOST  
POWERFUL WEAPON  
WHICH YOU CAN USE  
TO CHANGE THE WORLD



Sunday, December 2, will be the 2018 Holiday Fair Trade Fair! The Classroom will be open from noon to 4 p.m. with a gorgeous selection of Fair Trade Items, homemade treats using fair trade foods and wine samples from La Riojana, a Fair Trade co-op. PFC will also have a selection of Fair Trade merchandise and food on sale in the store. Come find unique gifts and do good for impoverished communities across the globe. Merchants include Trades of Hope, Gundersen Global Partners, Set Me Free Shop and Hickory Wind Farm.



## People's Food Co-op

### HOLIDAY GIFT IDEAS



*Gift cards & baskets! Woolens,  
hats, jewelry, soaps and  
essential oils, kitchen items,  
in our housewares department!*



# PFC BOARD OF DIRECTORS

## 2018 Co-op Election

### Owners: Make your voice heard!

The 2018 Board of Directors election begins

**9 a.m. Saturday, December 1** and ends

**Friday, December 14 at 10 p.m. CST.**

Candidate statements are available on [www.pfc.coop](http://www.pfc.coop),

in the winter newsletter, and in-store.

Watch for a mailing and/or email with directions to cast your vote!

**P**FC's board is made up of nine directors. This year we have three open seats and four candidates. Owners may submit one ballot for candidates with either La Crosse or Rochester affiliation. Director elections begin 9 a.m. Friday December 1, and end at 10 p.m. Friday, December 14.

#### Vote online!

- Look for a mailing in November with voting instructions.
- Paper ballots may be requested between November 30 and December 10 by calling the phone number on the mailing.
- For any owner needing internet access, a computer is provided at Customer Service from Saturday, December 1 to December 14.
- Deadline for registering your email for electronic voting is 3:00 p.m., Friday, December 14.
- Voting begins 9 a.m. on Friday, December 1, and closes at 10 p.m. on Friday, December 14. Paper ballots must be postmarked by December 14.

Please read the board candidates' full statements in the following pages.

## PFC'S ANNUAL MEETING 2018!

### Thursday, December 13, 5 to 7 p.m.

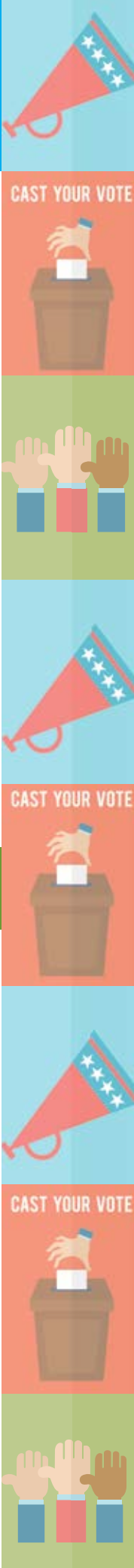
at Hackberry's Bistro,  
315 5th Avenue S., La Crosse, WI

Event begins at 5 p.m.; meeting starts at 5:30 p.m.

- Enjoy Co-op's Own™ fabulous appetizers and cake and cash bar.
- Chat with the CEO, current board members, board candidates, and fellow co-op owners.
- Hear a brief summary about PFC's past year from the general manager and board members.
- Hear from each board candidate.
- VOTE!

### Get on the bus!

Take a free bus with co-op staff and board members. Leave the Rochester parking lot at 3:30 p.m. for La Crosse. Return by 9 p.m. Reserve your spot by calling 507.289.9061 x 0.



# Candidate Statements

## Tessa Leung

### 1. Reasons for running

- The need to support our communities with food and through the business of truly local food.
- Servant leadership to our communities.
- The need to continually learn new skills and how to work within and for an organization that supports our communities.



### 2. Skills

- A strong, local business background.
- I have worked with and continue to work with high functioning teams that are community based.
- Listening and making sure what I heard is what the person communicating was truly trying to say.
- Breaking big issues and topics into manageable and executable stages.
- Not afraid of being wrong, it is always a chance for me to learn how to do something better!

### 3. Relevant experience

- CEO of local brewery and restaurant, 2015–current.
- Current PFC board of directors and president from 2016–present.

- Current national finance committee member of the Pink Boots Society.
- Former owner of local farm-to-table restaurant (Sontes) for eight years.
- Former Rochester Downtown Alliance board member for seven years.
- Former Rochester Area Chamber of Commerce board member for seven years.
- Former executive committee member of Rochester Chamber of Commerce as well as the lead for policy and bylaw committee.
- Former co-chair of the subcommittee for talent and retention committee for Journey to Growth.

### 4. Challenges for PFC

- Growing competition in the natural food market.
- Workforce.
- Differentiating ourselves clearly to our community.

### 5. Potential opportunities for PFC

- Differentiating ourselves in our community.
- Being able to act quickly to support our local growers and producers.
- Continuing to be a leader in the co-op world in terms of innovative ways of supporting the co-op community and thinking outside of the box to deliver our message and services.

## Cynthia Carr

### 1. Reason for running

- Help develop a strategy for moving forward in time of significant change in the industry
- Provide new energy and perspective
- Most importantly, to contribute my skills to the cooperative model which I strongly believe in and have participated in for over twenty years



### 2. Skills

Leadership, accounting, management, strategic planning, cooperative decision making

### 3. Relevant experience

- Bluff Country Co-op board of directors, 1998–2000
- Downtown Mainstreet, Inc., 2013–2017

- Catholic Worker Community, Winona, MN 1998–2000
- 30+ years in accounting and management

### 4. Challenges for PFC

- Growth of organic offerings in big box stores and supermarkets
- Fostering a sense of community among a diversifying member-base
- Providing a living wage
- Physical limitations of La Crosse People's Food Co-op

### 5. Potential opportunities for PFC

- Create online community and expand sales via online and/or delivery
- Restructure Hackberry's pricing/menu to better serve members (affordability)
- Expand members' participation opportunities
- Strengthen the relationship between consumer and producer
- Foster communication /relationship between members

## Jacob Davidson

### 1. Reasons for running

My family started going to The Good Food Store in 2005, and have enjoyed watching it grow. We see the importance of food in our life and community. During my family's trips to the Minnesota State Fair, we always toured the agricultural exhibits and our interest in organic food grew. In college, I took courses dealing with food policy, adding to my interest in local and ethically produced food.

### 2. Skills

If I am fortunate enough to be on the board, I would bring my enthusiasm for the success of the co-op movement, an analytical mind (as evidenced by my degree in mathematics), knowledge of economics and food policy (through extensive college coursework), demonstrated leadership skills as a student leader in high school and college, and experience coordinating data-based medical research in the nutrition field. In addition, I have a great work ethic!



### 3. Relevant experience

I have worked in food banks since I was a toddler (truly!). As a student, I was responsible for coordinating a production that generated thousands of dollars for our Physics Club, and I helped develop the Jewish Student Organization from a non-active campus group to one that held monthly interfaith dinner events. As a data analyst in nutrition research, I coordinated gathering and presentation of data that has resulted in multiple peer-reviewed publications.

### 4. Challenges for PFC

Undoubtedly, the most challenging aspect facing the co-op is to remain ethical while also remaining profitable in a free-market setting. Other challenges include: continuing to partner with ethical producers of co-op items, continuing to enroll new members, enrolling people across varying socio-economic groups, and expanding the co-op's visibility in our community.

### 5. Potential opportunities for PFC

I would love to see the co-op become active in our local schools to promote healthy lifestyles and education of ethical, sustainable food sources for the future. Further, actively advertising and providing possible discounts to local high school students who leave school campus each day and usually head to the fast food establishments.

## Lisa Wiste

### 1. Reasons for running

- I simply love shopping at these two stores! I've been a member since the 1990s and I am finishing my first term as board member.
- To continue the work on getting maximum benefits for PFC members.
- It offers me the opportunity to tell people about the rewards of shopping at the co-op. One of the board's jobs is to share with others on why they should join the co-op, or run for the board, or work for the co-op.

### 2. Skills

- Since 2002, I started and continue to run my own business. There are many similarities between the co-op and my business regarding market trends and competition. I've survived against big box stores and I believe the co-op can do the same.
- Ability to speak on what I believe while respecting the viewpoints of others.
- Level of commitment in working on the board's goals.

### 3. Relevant experience

- One term served as PFC board member; co-op member since the 1990s.



- Ten years of full-time self-employment in an online shopping business.

### 4. Challenges for PFC

- Meeting the needs of members in a rapidly changing market.
- Conveying that the co-op can be an affordable option for customers.
- Attracting and retaining employees has become very competitive. The emphasis needs to be on offering good wages and benefits, continuing education, and providing safe working conditions for employees.
- Being pro-active with competition. The co-op needs to strongly adhere to its mission of being "the best fresh food market in the country."

### 5. Potential opportunities for PFC

- Member outreach. PFC needs to strengthen the connection between itself and members. These stores, after all, belong to members! While it's up to members to let PFC know what their needs are, it's PFC's job to show members what channels are available for doing that. Getting that dialogue going between PFC and membership will only strengthen the co-op.
- Education. Learning is never done. PFC should continue to find new ways on educating the community about the benefits of the co-op.



CAST YOUR VOTE



CAST YOUR VOTE



CAST YOUR VOTE



# OWNER SPECIALS

## NOVEMBER

**KEMP'S**

**Local**



**Sweet Grass Meadows Milk**

**Sale \$2.99**

64 oz., reg. price \$3.99

**EMMI**

**Le Gruyere Cheese**  
**\$1.50 OFF**

5 oz.

**WINE SPECIALS**

**20% OFF**  
**Wine of the Month**

Look for the red tags in the wine department!

**HACKBERRY'S BISTRO**

**Salad Bar**  
**\$1.00 OFF**



**LOTUS FOODS**

**White Jasmine Rice**  
**80¢ OFF/lb**  
reg. price \$2.79/lb

## DECEMBER

**CARR VALLEY**



**10 Year Cheddar**  
**\$2.00 OFF**

7 oz.

**Local**



**SNO PAC**

**Local**

**Frozen Corn**  
**\$1.00 OFF**

10 oz., reg. price \$2.49

**HOLYLAND**

**Local**

**Hummus**  
**\$1.50 OFF**

12 oz., reg. price \$4.49

**HACKBERRY'S BISTRO**

**Equal Exchange Coffee**  
**HALF PRICE**



**BULK**

**Chipped Coconut**  
**\$2.49/lb**

## JANUARY

**BAGELS FOREVER**



**Bagels**  
**99¢ OFF**

11.5oz., reg. price \$1.99

**Local**

**NORDIC CREAMERY**

**Local**

**Raw Milk Goat Cheddar**  
**\$1.50 OFF**

8 oz.

**LOTUS FOODS**

**Pink Rice**  
**Sale \$1.69/lb**

**BULK**

**Water Refill**  
**HALF PRICE**

\$.18 a gallon, reg. price \$.39

**HACKBERRY'S BISTRO**

**Sodas and Kombucha**  
**\$1.00 OFF**

Take advantage of these sales all month long,  
or preorder by the case to take an additional 10% off!

**USDA ORGANIC** **SNO PAC** **Local**

**Frozen Green Beans**  
**\$1.00 OFF**  
10 oz., reg. price \$2.49

**USDA ORGANIC** **EARTH GROWN**

**Pico de Gallo**  
**Sale \$3.49**  
10 oz.

**ESSENTIAL OXYGEN**

**Oral Care Products**  
**HALF PRICE**

**Co-op's Own™** **CO-OP'S OWN**

**Vitamin D3**  
**HALF PRICE**  
5,000 IU, 120 count

**WHOLEGRAIN MILLING**

*"We've been taking it all the way from field to store since 2013."*  
— Doug Hilgendorf, Whole Grain Milling



**Yellow Corn Chips**  
**\$1.50 OFF**  
16 oz., reg. price \$4.99

**Local** **USDA ORGANIC**

**PRODUCE**

**Mixed in shell nuts**  
**\$1.50 OFF/lb**  
reg. price \$4.99/lb

**WINE SPECIALS**



**Wine of the Month**  
**20% OFF**  
look for the red tags in the wine department!

**TAPUAT**

**Kombucha**  
**\$1.20 OFF**  
16 oz., reg. price \$3.99

**Co-op's Own™** **CO-OP'S OWN**

**Mega Magnesium**  
**HALF PRICE**  
90 count

**SOOTHING TOUCH**

**Bath Salts**  
**HALF PRICE**

**WINE SPECIALS**

**20% OFF**  
**Wine of the Month**  
look for the red tags in the wine department!

**PRODUCE**

**Wonderful in-shell salted Pistachios**  
**\$1.50 OFF**  
8 oz., reg. price \$4.99

**USDA ORGANIC** **SNO PAC** **Local**

**Frozen Blueberries**  
**\$1.70 OFF**  
10oz., reg. price \$4.69

*"We were organic before organic was cool."*  
— Pete Gengler, Sno Pac



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<b>Soap</b> <b>\$3.99</b> reg. \$6.69	<b>Cream</b> <b>\$9.99</b> reg. \$18.99
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[www.yogalacrosse.com](http://www.yogalacrosse.com)

*If you are interested in advertising in the Co-op Shopper, please contact Kevin Ducey, marketing, @ 608.784.5798 x1009 or e-mail Kevin at [kevin.ducey@pfc.coop](mailto:kevin.ducey@pfc.coop)*

The Pump House Regional Arts Center Presents

# Art for Dinner

an inventive dining experience



With Guest Chef  
Shawn McManus

Thursday, October 11  
Thursday, February 14  
Thursday, April 4  
Friday, July 19

6:30 PM

## Pump House Film Society

Members of the film society gather monthly to view award-winning films from around the world, share a light meal, and enjoy discussion.

Screenings take place the first Sunday of each month at 5PM. Seating is limited. Join today!



119 King Street, La Crosse, WI  
thepumphouse.org • 608-785-1434

## Cameron Park Farmers' Market

### 2018 Winter Market at Myrick Park Center

Hosted by:  
**La Crosse Farmers' Market Association and WisCorps**

Sponsored by Mayo Clinic  
Fresh produce, canned goods, and handcrafted artisanal crafts, perfect for hosting parties and gift giving this holiday season!



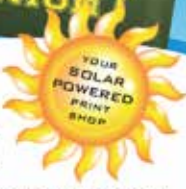
**Sundays**  
November  
4, 11, 18  
December  
2, 9, 16  
10 p.m.-1 p.m.

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MAY 15-22, 2019  
JUNE 1-8, 2019  
SEPT. 23-26, 2019

**BUS TOURS:**  
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SEPT. 9-10, 2019



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Kristen Morgan, MS, MA  
Professional Counselor  
Arts Facilitator

## People's Food Co-op

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