

Volume 1, Issue 3

# the Garlic Press

December 2020

## Garlic Press IS GOING DIGITAL

.....  
send your email  
address to  
[ann.mull@pfc.coop](mailto:ann.mull@pfc.coop)

6 Local Cheese Boards  
10 Brunch for a Bunch  
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14 Holiday Entrées  
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[www.pfc.coop](http://www.pfc.coop)

## a note from the CEO

A season of thanks, like none that's come before. As a community we should raise gratitude wherever we can, while we convene to face a public health crisis. At the co-op we are all grateful to be serving you, ensuring that you've got food to make any occasion – any day! – special.

I am grateful to each and every one of my coworkers in 2020, who have plowed their abilities, time and passions into making the co-op so powerful.

I am grateful for each of our shoppers for choosing the co-op. You prioritized good food, prioritized well-being, prioritized local producers.

I am grateful for every one of our owners. You believe that our community-owned business makes us stronger, and you invested to bring the benefits of the co-op to thousands of people.

### Safe Holiday Shopping

Thank you to everyone who shopped at PFC in November. We saw many new and familiar faces in stores and online. This Thanksgiving was the first year we've taken your event orders online, and it was definitely successful! New offerings of candies and pies were big hits and we'll continue to offer them through New Year's Day.

We have many new team members ready to serve. The impacts of the virus in La Crosse and Olmsted counties mean that at any one time we may have several people out due to need to isolate. To fill in, we have hired some people who will be here through December, ensuring we're providing great service during these busy shopping times. Lines at the registers are deeper due to 6' distancing rules; thank you for waiting at a safe distance.

### Shop the Co-op Now

We need you to shop the co-op as often as you can so that we can sustain and grow benefits for staff and services for our community. To meet the fluctuating sales volume, we have been making ongoing adjustments to staffing levels and will continue to do so. Due to factors like the ongoing consolidation of outings and downtown offices remaining unoccupied, sales have decreased compared to last year.

Since the pandemic began, PFC has unilaterally raised entry-level wages, added mental health benefits, and maintained contributions to our employees' 401k funds. The impact of higher wages goes beyond the wellbeing of our current team; improving entry-level wages also improves economic equity in our communities. Maintaining 401k benefits and good health insurance means employees have more control of their health and their long-term life plans. We are proud to be a retail employer offering a comprehensive compensation package – working together to build a sustainable community while treating all people with kindness and fairness.

You may have noticed that we have begun welcoming shoppers to bring your reusable bags to the co-op for your groceries. Please bring bags when you can – It helps control costs when we've spent more money this year on sanitation supplies, and it makes a difference in climate sustainability efforts. Together we can control our carbon footprint and control costs for the co-op.

I welcome you to contact me directly with questions or comments on anything at the co-op. Please email me at [liz.haywood@pfc.coop](mailto:liz.haywood@pfc.coop) or call 608.784.5798, ext. 1000, to provide feedback which can help improve our co-op. Truly, we are stronger together.

Lizzy Haywood

follow us!    

## Holiday HOURS

Thu. 12/24: 8 a.m.–6 p.m.

Fri. 12/25: CLOSED

Thu. 12/31: 8 a.m.–9 p.m.

Fri. 1/1: 10 a.m.–6 p.m.

don't forget!  
CO-OP GIFT  
CARDS  
AVAILABLE  
IN-STORE

## Nifty Gifts

Let your holiday shopping start here. We have a great selection of handmade, fair trade and/or locally crafted gift item that you can feel good about giving.

The *Garlic Press* 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 *Garlic Press* serves to educate shoppers about food issues, community activities and events, co-ops in general, and ownership in PFC.

The *Garlic Press* 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

Cynthia Carr treasurer  
Meredith Davis  
Hunter Downs  
Laurie Logan vice president  
Andrea Niesen secretary  
Verna Simon president

Contact the board at [board@pfc.coop](mailto:board@pfc.coop)

# Nordic Creamery



*Supplier Since:* 2010

*Location:* Westby, WI  
20 miles from La Crosse

Nordic Creamery has been working with PFC—La Crosse for about ten years. Sarah and Al Bekkum make cheese on the Westby dairy farm that Al's great-grandparents, immigrants from Norway, founded in 1917.

Sarah Bekkum reports that this is what happens when a farm girl marries a cheesemaker. They started a creamery. They were married 17 years ago and started Nordic Creamery a few years later.

They work with other family farms who have small herds. These are grass-fed, grazing herds. Sarah finds that the grass-fed summer milk creates the most amazing flavor in their cheese.

They're particular about the milk supply for their cheese. "The milk's flavor profile directly affects your cheese," as Sarah says. "You need good milk to make good cheese."

Al has won numerous awards for his cheese- and butter-making skills. The ready availability of fresh milk gives him plenty of material with which to work. Besides milk cheeses, Nordic Creamery also makes goatcheeses and cow and goat milk blends, such as their Capriko Cheese.

We're fortunate to feature many of Nordic Creamery's fine cheeses in both stores.

*"The milk's flavor profile directly affects your cheese. You need good milk to make good cheese."*

Find a selection of Nordic Creamery's fine cheese in our La Crosse and Rochester Cheese department.

# Redhead Creamery

*Supplier Since:* 2017

*Location:* Brooten, MN  
200 miles from Rochester

Redhead Creamery's Alise Sjostrom knew from a young age that she wanted to grow up to work on her parents' dairy farm. On a high school 4-H visit to Crave Brother's Farmstead Cheese, she found her calling. After study at the University of Minnesota and work for cheese makers Grafton Village in Vermont and at Crave Brothers in Wisconsin, she came home to Minnesota and started her own business.

They are a farmstead creamery, which means they use the milk from their own dairy herd to make their cheese. Alise's parents' 187 dairy cows supply her adjacent creamery with a literal pipeline of fresh milk for her operation.

The family dairy herd has been bred for high butterfat and protein production since the 1980s. Alise also credits the quality of the cheese to the nutrition of the cows. The high fat and proteins in the milk are ideal components for the cheeses Redhead Creamery produces. The cows produce exceptional milk in the fall and this is the creamery's busiest time of year.

"We are all about full-fat, full-flavor foods," Alise says. "And we do our best to highlight those qualities in our cheeses. We continue to learn how to be better cheese makers and



how to best use the milk that our cows produce."

PFC—Rochester carries the creamery's Little Lucy Brie—named after Alise and Lucas' daughter, Lucy. Redhead Creamery says the cheese is delicious baked, grilled, or simply at room temperature. Enjoy with a glass (or two) of Chardonnay or Frontenac, or perhaps a glass of St. Pepin wine from Rochester's Salem Glen Winery.

Besides their brie, the creamery also makes a cloth-bound cheddar, a whiskey washed Munster, a honey chipotle cheddar, and other adventurous varieties. Don't forget the cheeses for your holiday gatherings!

*"We continue to learn how to be better cheesemakers and how to best use the milk that our cows produce."*

Find a selection of Redhead Creamery's fine cheese in our Rochester Cheese department.



Add variety with your favorite snacks or dried fruit from the bulk department.

# Local Cheese Boards

We paired some of our favorite local cheeses with an assortment of delicious nuts & fruits for this delicious cheese board. Building your own board is easy. Pick a few of your favorite cheeses, then accent with a variety of sweet and salty snacks. Shopping our bulk department is a great way to add a lot of variety to a board without having to buy a lot of extra food.

- 1 **Tamari Roasted Almonds**  
*from the Bulk department*
- 2 **Nut Thins**  
*on sale Co-op Deals 12/16-12/29*
- 3 **Holiday Grapes**
- 4 **Garlic Sesame Sticks**  
*from the Bulk department*
- 5 **Alessi Bread Sticks - Sesame**
- 6 **Organic Black Mission Figs**  
*from the Bulk department on sale Co-op Deals 12/16-12/29*
- 7 **LaClara Family Farms Garlic and Herb Goat Cheese** Local
- 8 **Velvet Bees Honey Butter** Local
- 9 **Mt. Vikos Organic Feta**  
*on sale Co-op Deals 12/16-12/29*
- 10 **Milton Creamery Prairie Breeze**
- 11 **Dried Apricots**  
*from the Bulk department*
- 12 **Chocolove Extra Dark Chocolate**  
*on sale Co-op Deals 12/16-12/29*
- 13 **Carr Valley Gouda** Local
- 14 **Mediterranean Garlic Stuffed Olives**  
*on sale Co-op Deals 12/16-12/29*
- 15 **Bruschettini Rosemary and Olive Oil**
- 16 **Curry Cashews**  
*from the Bulk department*

**Weekly Owner SPECIAL**  
12/14-12/20  
**10% OFF CHEESE**



# Local Cheese Boards

Charcuterie boards are a great starter for your holiday celebration. Pile your board high with local cheeses, tasty meats, and preserves. Then let guests get creative making their own unique tasty bite combos. Charcuterie boards are a great way to spotlight local producers and create a truly unique appetizer.

- 1 Marcona Almonds
- 2 Raincoast Crisps
- 3 Maple Leaf Cranberry White Cheddar *Local*
- 4 Sartori Parmesan Merlot Bellavitano *Local*
- 5 Organic Black Mission Figs  
*from the Bulk department  
on sale Co-op Deals 12/16-12/29*
- 6 Divina Fig Spread
- 7 St. Rocco Triple Creme Brie
- 8 Milton Creamery Prairie Breeze
- 9 Holiday Grapes
- 10 Driftless Provisions Salami *Local*
- 11 Deer Creek Blue Jay *Local*
- 12 Potter's Crackers Winter Wheat *Local*
- 13 Bellentani Prosciutto

*Don't forget the wine!*  
Stop by our wine department for a selection of unique wines - to fit any budget and palette!

**Weekly Owner SPECIAL**  
12/21 - 12/27  
**10% OFF WINE**



Check out our full selection of house-made, freshly baked Co-op's Own™ bread.

We used local B & E's Bourbon Maple Syrup for the frosting!

# Brunch for a bunch

Make ahead egg dishes are an amazing way to make any morning special. Try our delicious and decadent, Maple Bourbon Cinnamon Roll Bake. Or let the Co-op do the cooking for you with a delicious Co-op's Own™ Quiche—many delicious flavors to choose from.

**Co-op deals**  
Dec 2–Dec 15  
Bulk Raisins

**Co-op deals**  
Dec 16–Dec 29  
Organic Valley Eggs,  
Vanilla Extract

## MAPLE BOURBON CINNAMON ROLL BAKE

makes 4-6 servings

### Ingredients

1 cup of raisins • 1 1/2 cups bourbon • 1 loaf of Co-op's Own™ artisan sourdough bread, unsliced, cubed into 1/2 inch pieces (about 13 cups) • 6 large eggs • 1 cup of milk • 1 tsp vanilla extract • 1/2 tsp nutmeg • 1/4 cup sugar • 2 tsp cinnamon • 1 tbsp maple syrup • 1/4 cup butter • 1/4 cup brown sugar • 1/2 tsp cinnamon • 1/2 cup pecans, chopped • 1/2 cup powdered sugar • 3 tbsp maple syrup

### Directions

1. Place raisins and bourbon in a small bowl. Cover and refrigerate overnight.
2. Preheat oven to 350 degrees. Grease a 9 x 11 baking dish.

3. In a large bowl, whisk together eggs, milk, vanilla, nutmeg, sugar, cinnamon, and maple syrup.
4. Combine bread with egg mixture. Gently stir in boozy raisins. Spread into baking dish.
5. Combine butter, brown sugar, cinnamon, and pecans. Spread over top of bread mixture.
6. Bake for 40 minutes or until the bread is golden on top.
7. While baking, make the maple frosting. Whisk maple syrup and powdered sugar until mixture is smooth.
8. Drizzle on top right before serving.

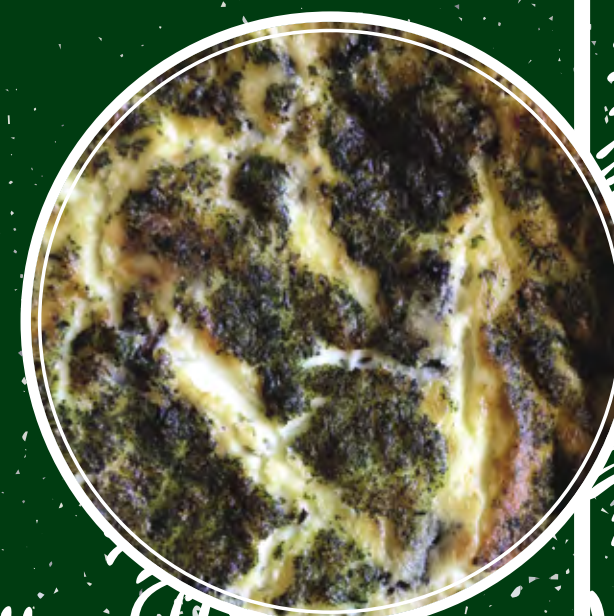
**Co-op's Own™**

## Co-op's Own™ Portobello Mushroom Quiche

makes 4-6 servings

Made fresh in our kitchens, with the best ingredients. Ready to heat and eat. Bake at 325 degrees for 25-30 minutes.

Check out our assortment of flavor combinations in our Grab and Go.





### FESTIVE CRANBERRY SPINACH PINWHEELS

#### Ingredients

8 oz. Neufchatel, softened • 1 cup Feta crumbles • 1/2 cup baby spinach, chopped • 1 cup dried cranberries • 1/2 cup toasted pecan pieces • 4 flour tortillas

#### Directions

1. In a medium bowl mix Neufchatel and feta until smooth. Stir in spinach, cranberries, and pecans.
2. Spread evenly on tortillas, leaving one half inch on all sides.
3. Roll tortillas up and refrigerate wrapped in plastic wrap 30 minutes to an hour.
4. Cut into 1" slices and serve.



## Bits and Bites



### BACON WRAPPED DATES

#### Ingredients

Delreal Organic Medjool Dates • Local bacon • Saint Rocco Triple Creme Brie

#### Directions

1. Preheat oven to 350 degrees.
2. Remove the pit from the date. Slice down one side of the date. Stuff about 1/2 tsp (depending on size of the date) with Brie.
3. Wrap with bacon and use a toothpick to connect the two ends.
4. Bake for 20-25 minutes, checking every 10 minutes to rotate if needed.




Co-op's Own™ Spinach Artichoke Dip

Co-op's Own™ Roasted Red Pepper Hummus

Co-op's Own™ Roasted Beet Hummus

Co-op's Own™ Smoked Salmon Spread

Check out our Grab and Go for a full selection of dips and spreads! Special order any for your holiday gathering!



Elevate your mashed potatoes with a little heavy whipping cream, or crème fraîche.

Dress up your sprouts with a little balsamic dressing or brighten with lemon juice at the end.

Swap the Parmesan for Asiago or Parmigiano Reggiano, for a different flavor!

This brisket is so tender it falls apart. Make day-of or make ahead - either way it will impress.

# Be Merry & Eat Good Food

Set your holiday table with delicious meals that start with the best ingredients. Sharing food grown and prepared with care is one of the best ways to celebrate any holiday. From quick and easy to extra fancy, we have some great ideas for holiday meals and sides that you can make at home. As well as some of our favorite Co-op's Own™ products for you to buy and try. No matter how you celebrate, we wish you a happy holiday season filled with laughter, love, and delicious food.

**Co-op deals**  
Dec 2–Dec 15  
Muir Glen Organic Tomatoes

## HOLIDAY BRISKET

makes 4 servings

### Ingredients

2.5 lb grass fed beef brisket • 14.5 oz fire roasted diced tomatoes • 2 large garlic cloves • 1 tbsp Worcestershire sauce • 1 tbsp dark molasses • 1 cup beef broth • 3 tbsp red wine vinegar • 1 tsp black pepper • 1/2 tsp paprika • 1 large onion, sliced • 1 tbsp olive oil • 1 bay leaf

### Directions

1. Preheat oven to 300 degrees. Pull meat out of the refrigerator a half an hour before you start prepping.
2. In a blender, combine the diced tomatoes, garlic cloves, Worcestershire, molasses, beef broth, red wine vinegar, black pepper, and paprika. Blend on medium high for about 20 seconds. Set aside.

3. In a large skillet, add olive oil. Once heated, add meat and sear for 2-3 minutes per side. You're not looking to cook this all the way through - just brown the edges.
4. In a baking dish, place the seared brisket and pour the sauce over. Add the sliced onions on top. Add the bay leaf to the sauce.
5. Cover with tin foil. Bake for 4.5-5 hours - or until the brisket is tender and falls apart.
6. Brisket can be served immediately. Or, can be made ahead, and reheated at 350 degrees for 30-35 minutes.

*Note: grass fed beef takes a bit longer - but trust us - it's worth the wait!*

## MASHED POTATOES

makes 4 servings

### Ingredients

1 lb. russet potatoes, peeled, cut into cubes • 1/2 tsp salt • 2 tbsp butter • 1/3 cup milk

### Directions

1. Place potatoes and salt in a saucepan and cover with cold water. Water should be 1" above the potatoes. Bring to a boil, then reduce heat and cover. Simmer potatoes until soft - 15 to 20 minutes.
2. Drain potatoes and set aside.
3. In the same pan melt the butter and stir in the milk. When butter is melted, return potatoes to the pan.
4. Mash with a potato masher or fork until light and fluffy.

## BRUSSELS SPROUTS

makes 4 servings

### Ingredients

1.5 lbs of brussels sprouts • 2 tbsp olive oil • salt and pepper • Parmesan cheese

### Directions

1. Preheat oven to 425 degrees.
2. Trim stems and slice brussels sprouts in half. Place in a medium bowl. Add olive oil, salt and pepper. Stir to combine.
3. Pour brussels sprouts onto a baking sheet and bake for 20-25 minutes. Garnish with freshly grated Parmesan cheese.





Find the cornbread recipe on our blog: [www.pfc.coop/recipeblog](http://www.pfc.coop/recipeblog)

Remove chicken from packaging the night before to help dry out the bird and produce an extra crispy skin!

## HONEY PAPRIKA CHICKEN

makes 4 servings

### Ingredients

1 whole chicken, Gerber's Amish Raised • 1 large yellow onion, thinly sliced • 1 tbsp white wine • 1/2 tsp salt • 1/2 tsp pepper • 1/2 cup chicken broth • 1 tbsp local honey • 3 tbsp butter, melted • 1 tsp paprika

### Directions

1. The night before cooking, remove chicken from packaging and let sit in dish in the refrigerator uncovered overnight. One hour before cooking, pull out chicken. With a kitchen shears, cut down each side of the spine. Discard spine.
2. Preheat oven to 375 degrees.

3. Heat a large cast iron skillet on medium. Add onions and sauté for 4-5 minutes or until the onions start to brown. Add in white wine, chicken broth, salt, and pepper and stir to combine.
4. Place flattened chicken on top of onions.
5. Combine the honey, butter, and paprika in a small bowl. Whisk until combined.
6. Brush chicken with honey-butter mixture.
7. Bake for 50-60 minutes, until skin is golden brown and chicken has an internal temperature of 165 degrees.

## BACON CORNBREAD STUFFING

makes 4 servings

### Ingredients

1 cornbread recipe from [www.pfc.coop/recipeblog](http://www.pfc.coop/recipeblog), cut into 1/2" cubes • 5 strips of local bacon, cooked • 1/3 cup of pecans, chopped • 2 scallions, chopped • 3 tbsp butter, melted • 1/4 cup chicken broth • 1/2 cup Pepper Jack cheese, shredded

### Directions

1. Preheat oven to 350 degrees. Grease a 4-quart oven safe dish.
2. Fry bacon in a Dutch oven over medium-low heat, until bacon is just crisp, and fat is rendered, stir frequently to prevent burning. When bacon is crisp, remove from pan and reserve leftover bacon fat (for collard greens recipe.)
3. In a large bowl, combine the cornbread, bacon, pecans, scallions. Add in the butter and broth. Stir to combine. Gently stir in the cheese.
4. Pour into dish and cover with tin foil. Bake for 15 minutes. Uncover and bake an additional 20 minutes.

## COLLARD GREENS

makes 4 servings

### Ingredients

6 cups of collards, rinsed and chopped • 3 cups of water • 3 cups of vegetable broth • 1 garlic clove • 1/3 cup onions, diced • 1 1/2 tbsp bacon fat (reserved from bacon cornbread stuffing) • 1 tsp apple cider vinegar

### Directions

1. Bring water and broth to boil.
2. Add garlic clove, onions, bacon fat, and apple cider vinegar. Stir to combine all the ingredients.
3. Bring to a boil. Once boiling, add collards, reduce to a medium simmer and cook for about 15 minutes.



*Did you know - you can email us ahead of time to cut your meat to order!*

## BEEF AND BLEU CHEESE PINWHEELS

makes 4 servings

### Ingredients

Thousand Hills Grass fed beef flank steak (1.5-2 lbs. butterflied) • 5 oz. Deer Creek Blue Jay Bleu Cheese, crumbled • 2/3 cup minced mushrooms • 1 tbsp olive oil • 1 clove garlic, minced • Salt and fresh cracked pepper

### Directions

1. Preheat oven to 350 degrees.
2. Place steak between plastic wrap and flatten to 1/2" thick. Next evenly distribute cheese and mushrooms over meat, leaving a 1-inch border around the edge of the steak. Season with salt and pepper.
3. Roll the steak lengthwise and tie with butcher's twine about every two inches.
4. Combine garlic and olive oil in a small dish. Brush the outside with garlic oil and season with salt and pepper.
5. In a hot cast iron skillet, sear meat on all sides. Then place in oven and bake for 35 to 40 minutes or until the internal temperature reaches 130-140 degrees. Remove from the oven and let rest 15 minutes before slicing 1" thick pinwheels.



## SWEET POTATO AU GRATIN WITH CARAMELIZED ONIONS AND GRUYERE CHEESE

makes 4 servings

### Ingredients

4 tbsp butter, divided • 2 large, sweet onions cut into thin slices • 2 sweet potatoes, peeled and cut into thin slices • 2 tbsp flour • Pinch of cayenne • 1 tbsp fresh sage, minced plus more for garnish • 1 tbsp fresh rosemary, minced plus more for garnish • 2 cups milk • 1 1/2 cups Gruyere cheese, shredded and divided • Salt and pepper to taste

### Directions

1. Preheat oven to 350 degrees.
2. Melt 2 tablespoons butter in a large skillet add onions and cook for 5 minutes at medium high heat, stirring frequently. Reduce heat to low. Continue to cook stirring occasionally until onions cook down and caramelize approximately 30 minutes. While cooking if the pan becomes dry, add water 1 to 2 tablespoons at a time to prevent onions from burning and to encourage caramelization. Set aside.
3. In a saucepan melt remaining 2 tablespoons butter. When butter is melted, stir in flour, and stir constantly over medium heat for 2 to 3 minutes or until flour begins to smell
4. Whisk in milk, sage, rosemary, and a pinch of cayenne until smooth. Cook stirring frequently until bubbles begin to form on the surface then cook 2 minutes more. Remove from heat and stir in 1 cup cheese until cheese is melted and well combined.
5. In a buttered casserole dish alternate layers of sweet potatoes, then caramelized onions until all are used up (starting with and ending with sweet potatoes). Salt and pepper in between layers.
6. Pour cheese sauce over the top.
7. Bake covered for 45 minutes. Remove the cover, top with the remaining cheese, then bake another 15 minutes or until the top is golden brown.
8. Let stand at least 15 minutes before serving.
9. Garnish with rosemary and sage.



Like what you see? More recipes available at [www.pfc.coop](http://www.pfc.coop).



For a twist, use fresh pasta from our refrigerated section.

## From our Kitchen to Yours

Let our talented staff at the co-op, make up your vegetarian main dish. Try our Co-op's Own™ Lentil Loaf or our tasty risotto cakes. When you shop Co-op's Own™ you are supporting local jobs and real food made with great ingredients, from scratch - right from our kitchens in the co-op.



### Co-op's Own™ LENTIL LOAF

Loaded with flavor and made fresh in our kitchen, ready to heat and eat in less than 20 minutes.

Available in the Grab and Go or special order by calling:  
608-784-5798 x2047  
507-289-9061 x3041



### Co-op's Own™ ROASTED RED PEPPER RISOTTO CAKES & BUTTERNUT SQUASH RISOTTO CAKES

We've never met a risotto cake that we didn't like. These are a few of our favorites. Serve with a big salad of greens drizzled with fresh vinaigrette.

Available in the Grab and Go or special order by calling:  
608-784-5798 x2047  
507-289-9061 x3041

### SHRIMP SCAMPI

#### Ingredients

1/2 lb. linguine pasta cooked according to package directions • 1/2 tsp salt • 1 tsp sugar • 2 cups water • 3 tsp butter, divided • 8 oz medium or large shrimp, peeled and deveined • 1/4 tsp red pepper flakes • Salt and pepper, to taste • 4 cloves garlic, minced • 1/2 cup dry white wine • 1 1/2 tsp lemon juice

#### Directions

1. Combine sugar, salt, and water in a medium bowl. Rinse shrimp and add to the bowl to brine 15 minutes. Remove shrimp and pat dry.
2. Heat 2 tablespoons butter in a skillet over high heat. Add shrimp, red chilis, salt, and pepper. Sear shrimp on both sides approximately 1 to 2 minutes each side or until shrimp turns pink. Remove from pan and set aside.
3. Reduce heat and add garlic. Sweat over low heat 1 to 2 minutes, stirring frequently.
4. Add wine and lemon juice, turn heat up to high when sauce starts to bubble reduce heat and simmer to reduce sauce for 1 to 2 minutes more.
5. Add remaining 1 tablespoon butter. Stir in until melted.
6. Return shrimp to the pan and cook for 1 minute more.
7. Serve tossed with linguine and garnished with fresh parsley and Parmesan cheese.



Find the caramel recipe on our recipe blog: [www.pfc.coop/recipeblog](http://www.pfc.coop/recipeblog)

# Sweet Holiday Treats

Decadent sweet treats are the hallmark of the holidays and we have some great options for you to try. For a sweet morning treat try your hand at making biscotti, extra crispy cookies loaded with fruit and nuts and perfect with your morning coffee. For dessert try a delicious cranberry cake with homemade caramel sauce. And for everything in between you can rely on Co-op's Own™ cookies and candies to add a touch of sweet to your celebration.



## CRANBERRY ORANGE CAKE WITH CARAMEL SAUCE

### Ingredients

2 cups flour • 1 tsp baking powder • 1 tsp baking soda • 1/2 teaspoon salt • 1 cup sugar, plus 1 tbsp • Zest of 1 orange • 1/2 cup butter, soft • 2 large eggs, at room temp • 1 cup plain Greek yogurt • 1 tsp vanilla • 2 cups fresh cranberries, halved • 1 tsp cinnamon.

### Directions

1. Preheat oven to 350 degrees. Grease an 8x8 square pan.
2. In a medium mixing bowl whisk together flour, baking powder, baking soda, and salt.
3. With an electric mixer cream butter, 1 cup of sugar, and orange zest.
4. Add eggs, one at a time, beating between each addition.
5. Then add vanilla and Greek yogurt and mix until just combined.
6. Toss cranberries in flour mixture and stir just until mixed.
7. Fold flour mixture into liquid in three parts, turning until just combined.
8. Pour into pan.
9. Combine remaining 1 tablespoon sugar with 1 teaspoon cinnamon. Mix, then sprinkle evenly over the top of the cake.
10. Bake for 40 -45 minutes or until a toothpick comes out clean.
12. Serve with a scoop of vanilla ice cream, drizzled with homemade caramel sauce.



Check out our full selection of Co-op's Own™ cookies, candies & treats!



## PISTACHIO CRANBERRY BISCOTTI

### Ingredients

1/4 cup extra virgin olive oil • 3/4 cup sugar  
 • 1 1/2 tsp vanilla extract • 1 tbsp orange zest  
 • 2 eggs • 1 3/4 cups all-purpose flour • 1 tsp  
 baking powder • 1/2 cup dried cranberries  
 1 cup salted and shelled pistachios

### Directions

1. Preheat oven to 300 degrees. In a medium bowl mix together olive oil and sugar until well blended. Mix in orange zest and vanilla. Beat in eggs, one at a time.
2. In another bowl, whisk together flour and baking powder.
3. Combine wet and dry ingredients in two parts using a rubber spatula to turn. Do not over mix.
4. Fold in dried cranberries and pistachios.
5. Divide dough in two parts and place one part on a parchment lined cookie sheet. Dough may be a little loose and sticky. Using your hands shape into a 10" log. Cover with parchment and then flatten gently with a rolling pin so you have a 10" by 3" rectangle. Repeat with the second dough ball.
6. Place both rectangles 5" apart on a parchment lined baking sheet. Bake for 35 minutes or until the dough is golden brown.
7. Remove from oven and let rest 10 minutes.
8. Cut 1" pieces diagonally with a serrated knife. Place cut side down on the baking sheet. Bake for 8 minutes. Flip biscotti over and bake 5 minutes more.



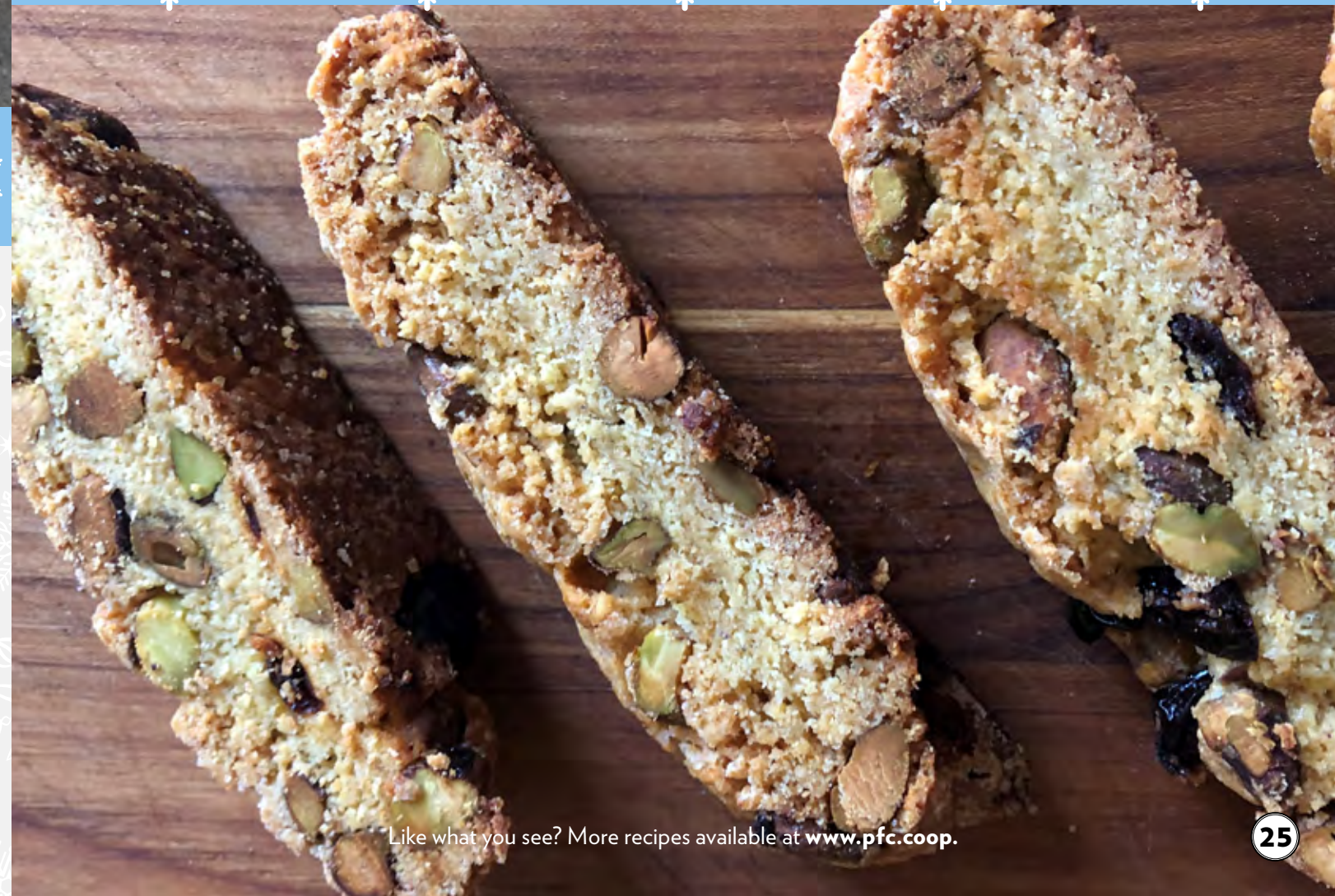
## CHOCOLATE CHERRY ALMOND BISCOTTI

### Ingredients

1/2 cup butter, softened • 3/4 cups sugar  
 • 2 tsp almond extract • 3 eggs, room temp •  
 3 cups flour • 2 tsp baking powder • 1/2 tsp  
 salt • 1/2 cup chocolate chips • 1/3 cup dried  
 cherries • 1/3 cup slivered almonds

### Directions

1. Preheat oven to 300 degrees.
2. In a stand mixer beat butter and sugar until fluffy. Add almond extract. Next add eggs, one at a time, beating after each addition and scraping down the sides of the bowl as necessary.
3. In a separate bowl combine flour, salt, and baking powder with a whisk. Combine with wet ingredients until evenly moist. Do not over mix.
4. Stir in cherries, almonds, and chocolate.
5. Divide the dough in two and form each into a 10" log. With a rolling pin, gently widen each log until you have 10" x 3" rectangles. Place on parchment lined baking sheet approximately 5" apart.
6. Bake for 30 minutes or until dough begins to turn golden brown.
7. Remove from the oven and let cool 10 minutes.
8. Cut loaves diagonally into 1" slices with a serrated knife. Place each piece cut side down on a cookie sheet. Bake for 10 minutes or until bottoms turn golden brown. Flip and bake for 5 minutes more.





## a note from the Board

Love People's Food Co-op? Love People's Food Co-op so much that you care about how we are doing? Or love the Co-op so much that you have input on how we should change? Keep reading! Now is the time for you.

### Elections for 2021 Board of Directors

People's Food Co-op is run by a 9-member board which makes decisions on behalf of you, the owners. From November 30th to December 11th, you have the chance to vote for three new board members. Eight candidates seek seats on the board. You can find their candidate statements and links to short videos where they share their ideas and perspectives on our website. We will welcome our new board in January.

There is one seat which has been vacated and will be filled by appointment. This vacancy was created by a resignation recently by a person who's term started in 2020. (See chart on opposite page for chronology). Because that seat was vacated mid-term, the seat is not up for election. Instead, the board will appoint a director to fill the remaining two years; we have chosen to wait to make that appointment until the new Board is seated.

### Owner Meeting Coming Up

We all know 2020 has been quite a year. Our annual meeting on December 10th will be a chance to communicate with your PFC board. We will share the financial picture of our year and explain how the Co-op has weathered the 2020 changes. We will also make time for our owner's questions, ideas, and suggestions, especially suggestions on how the board can better engage our members. Your ideas and passion will help us thrive!

### The Voice of PFC Owners

Besides the election, our Annual Owner Meeting provides another opportunity to be involved with PFC. What we really want to know is what you care about. The annual meeting is usually one of several opportunities for owners to interact with board members. Other years, interacting in person with picnics and "I Love Local" events has provided an opportunity for owners to talk with board members, ask questions and give suggestions. The need to move online this year has hampered our ability to meet owners face to face.

We look forward to seeing many of you on December 10, and we wish all you good health in the month ahead.

*Laurie Logan*

Board Director

contact the board at: [board@pfc.coop](mailto:board@pfc.coop)

#### UPCOMING BOARD MEETINGS

December 17, 4:30 p.m..

January 28, 4:30 p.m

Please email [perrin.iacopino@pfc.coop](mailto:perrin.iacopino@pfc.coop)

BY NOON ON THE MEETING DAY;

we will provide a link to the meeting.

The PFC Board will provide a 2020 Financial Report at the Annual Owner Meeting on December 10, 2020, and in a separate publication to owners in 2021. Please watch your inbox and mailboxes, and if you've had a change to your contact information, update it on our website at [pfc.coop/owner-info-update](http://pfc.coop/owner-info-update). The January issue of the Garlic Press will announce the winners of the board elections.

The Board of Directors – Verna, Laurie, Andrea, Hunter, Meredith and Cynthia – want to recognize each of the PFC owners who are running for the Board. Your commitment to work with others for the good of our co-op is commendable, and one of the foundations of a cooperative's democratic system. Thank you.

DIRECTOR NAME	CURRENT TERM ENDS	TERM	COMMENTS
Laurie Logan	2020	1st	Not running again - seat is open
Lisa Wiste	2020	2nd	Resigned in July 2020 - seat is open
Jacob Davidson	2020	1st	Resigned in December 2019 - seat is open
Verna Simon	2021	2nd	
Andrea Niesen	2021	2nd	
Cynthia Carr	2021	1st	
Meredith Davis	2021	1st	
Hunter Downs	2022	1st	
Kayla Wilson	2022	1st	Resigned October 2020 - seat will be appointed



**Thursday, December 10, 5 p.m.**

Meet the board and learn about PFC business activities during 2020.

All owners welcome by video or phone.

Email [customerservice@pfc.coop](mailto:customerservice@pfc.coop) by noon on December 10 to receive your link or phone access.

# People's Food Co-op

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