

Volume 2, Issue 2

# the Garlic Press

December 2021

*save the date!*  
**UPCOMING  
DEPARTMENT  
SALES**  
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[www.pfc.coop](http://www.pfc.coop)






## *a note from the CEO*

Each year's end is a new beginning – an opportunity for change, for goal-setting and reflection.

I personally have a 2022 goal of getting back to making music with friends, something that was pushed aside by demands of pandemic work. At People's Food Co-op, we've just capped off the fiscal year with our annual staff gatherings – a place to recognize the work we've done in 2021, and to discuss our future plans. We spend time hearing concerns from staff and building shared understanding of our mission.



Maintaining a safe and supportive workplace - by fostering real relationships among team members and by improving pay and benefits - has been a high priority and will continue to be critical to being a great co-op. The symptoms of the national workforce shortage mirror our own challenges with turnover; we are renewing efforts to retain our great staff so that shoppers have a fantastic service experience, so team members enjoy a supportive workplace.

Throughout this year we have celebrated the return of our deli and bakery services after a long COVID-related pause. We are thrilled that our sandwich makers, burrito builders and salad slingers are able to serve you great convenient food. The bakery and deli sales increased by 33% to 50% over the previous year, thanks to our awesome prepared foods team.

We're also very proud to expand our owner community. In the past year, the total number of owner shoppers increased by 550 households. The increase in owner equity means that MORE of our company is owned by MORE people and that is the beauty of a cooperatively-run business – we each have a stake in our success because we all own it!

In the year ahead we are very excited to bring you more great food and more ways to get it! We are rolling out a made-to-order sushi service in Rochester in January, and a few months later we'll be launching a greatly improved online shopping service. With the help of the PFC mobile app, and with access to great groceries, we are sure that you'll find new ways for the co-op to fit into your life.

If you want to jumpstart your 2022, become a PFC owner today. It is fast ([www.pfc.coop/become-an-owner](http://www.pfc.coop/become-an-owner)), worthwhile (get lots of extra discounts on great groceries) and important to our community: the business we build together is wealth which stays here, for our farmers, our neighbors and our families.

From all of us at People's Food Co-op, we wish you a safe and merry December, and a new year full of hope.

Cooperatively,

*Lizzy Haywood*

follow us!    



### **Holiday HOURS**

**Fri. 12/24: 8 a.m.–6 p.m.**

**Sat. 12/25: CLOSED**

**Fri. 12/31: 8 a.m.–9 p.m.**

**Sat. 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.

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**KNOW YOUR BOARD**

- Meredith Davis vice president
- Hunter Downs
- Johanna Ficatier
- Peter Gorski treasurer
- Elizabeth Leighton
- Sarah Miller
- Andrea Niesen secretary
- Verna Simon president

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





Easy Gift Idea:

# DIY Lip Balm

Delight someone special with a homemade gift! Surprisingly simple to make, lip balm is also a cinch to customize with essential oils for endless scent combinations.



**M**aking your own lip balm is beyond easy. In a matter of minutes, you can craft a few tubes to give as gifts (and one to keep for pampering yourself). What makes DIY lip balm so great? Not only can you make it just the way you like it, you can control the ingredients and use simple, natural ones — no petroleum found here!

You should be able to find most of the supplies you need for this project in the co-op's health and body care section, or online in larger quantities. A local craft store is a good place to look for tins and tubes to hold the finished product.

To make the balm, follow this general recipe, and customize to your tastes from there. We've included a few of our favorite scent combos for inspiration.

## Lip Balm Recipe

Makes four 1/2 oz. tubes.

- 1 tbsp beeswax pearls (or grated, unbleached beeswax)
- 1 tbsp shea butter
- 2 tbsps carrier oil (sunflower, castor, almond or jojoba)
- 10 – 15 drops essential oil
- 1 tsp honey (optional)

1. Melt beeswax, shea butter and oil together in a small bowl in the microwave. Or use a double boiler or a heat-safe bowl over simmering water.
2. Stir until ingredients are liquid, then add essential oils and optional honey. Mix well.
3. Transfer to a large eyedropper, syringe, or container with a spout, and divide liquid among four 1/2 ounce lip balm tins, jars or tubes.

## Customize Your Creation

**To tint or color lip balm**, add 1/8 teaspoon of lipstick to the solid ingredients when melting (just take a tiny dab off the end of a purchased lipstick). You can also use a drop or two of natural red food coloring, or a small amount of beetroot powder or a loose mineral powder (like blush).

**To make lip balm super shiny**, adjust the recipe by adding one teaspoon more of carrier oil. Note that this formulation will not be suitable for tubes, since the end result will not be firm enough.

## Scent Ideas

Aroma	Essential Oils and Ingredient Substitutions
Chocolate mint	7 drops peppermint, replace shea butter with cocoa butter
Cinnamon-sugar donut	4 drops vanilla, 4 drops cinnamon, 2 drops nutmeg oil
Coconut	Use coconut oil as the carrier oil
Vanilla orange	5 drops vanilla, 5 drops sweet orange
Root beer float	3 drops anise, 3 drops spearmint, 2 drops vanilla
Vanilla rose	5 drops vanilla, 5 drops rose
Medicated (has antibacterial properties)	5 drops tea tree, 5 drops peppermint



Recipes courtesy of  
*National Cooperative Grocers and [grocery.coop](http://grocery.coop).*





*Field Roast*  
**Plant-based**  
**Mini Corn**  
**Dogs**

*Hoyo*  
**Lentil**  
**Sambusa**

*Feel Good*  
*Foods*  
**Vegetable**  
**Pot Stickers**

*Feel Good*  
*Foods*  
**Vegetable**  
**Egg Rolls**

*Good Catch*  
**Plant-based**  
**Crab Cakes**



# Party Apps & Bites

Skip the big meal, and create your own appetizer board! Choose from a great selection of frozen bites that prep and cook in less than 20 minutes. Pair with some of our house-made Co-op's Own™ dips and salads – available in our Grab and Go.

Co-op's Own™  
Onion  
Dip



Co-op's Own™  
Spinach and  
Feta Dip



Co-op's Own™  
Artichoke  
Hearts Dip



Co-op's Own™  
Smoked  
Salmon Spread



*Let us do the hard work!*

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

608-784-5798 x2047  
507-289-9061 x3041



Another variation of this butternut squash, shiitake mushrooms, farro and toasted walnuts!

Head to [grocery.coop](https://www.grocery.coop) for a Winter Squash Guide with selection guide, cooking tips, and recipes!

The Co-op carries several *Field Roast* plant-based roasts - available in our frozen department.



# Be Merry & Eat Good Food

Set your holiday table with delicious meals that start with the best ingredients. From quick and easy to extra fancy, we have some great ideas for holiday meals and sides that you can make at home. No matter how you celebrate, we wish you a happy holiday season filled with laughter, love, and delicious food.

**coop deals**  
Dec 2–Dec 14  
Zoe Organic  
Olive Oil

**coop deals**  
Dec 15–Jan 4  
Bulk Organic  
Salted Pistachios

## STUFFED ACORN SQUASH with WILD RICE AND CRANBERRIES

makes 4 servings

### Ingredients

2 acorn squash, halved • 2 tbsp olive oil • 15 mushrooms, sliced • 2 small garlic cloves, minced • 1/2 small yellow onion, diced • salt and pepper to taste • 1/2 cup wild rice • 3 cups, vegetable broth • 1 tsp fresh thyme • fresh parsley and crushed pistachios for garnish

### Directions

*For the squash*

1. Preheat oven to 400 degrees.
2. Cut squash in half and scoop out seeds and flesh. Brush flesh with olive oil. Place flesh side down on lined baking sheet. Bake for 30 minutes. Remove from oven and set aside.

*For the wild rice*

1. In a medium pot, bring vegetable broth to a boil. Add in wild rice. Reduce to medium low heat and simmer for 30 minutes - or until rice is al-dente. Drain.
2. In a medium skillet, heat olive oil over medium heat. Once hot, add onions and mushrooms. Cook for 5 minutes - or until onions are translucent. Add in garlic and cook an additional minute. Add fresh thyme and salt and pepper to taste. Remove from heat and add in wild rice and dried cranberries. Stir to combine.
3. Spoon wild rice mixture back into squash. Cook an additional 15 minutes in oven at 400 degrees.

## FIELD ROAST CELEBRATION ROAST

recipe courtesy of *Field Roast*  
makes 6-8 servings

### Ingredients

1 Field Roast Celebration Roast • packet of mushroom gravy (comes with roast) • 2 cup + 2 tbsps water, divided

### Directions

1. Preheat oven to 350 degrees.
2. Remove plastic packaging, coat roast with oil and place in an oiled baking pan and cover tightly with lid or foil.
3. Bake for 45 minutes, remove lid or foil and bake until roast is heated to 165 degrees, about 15 minutes.
4. Cut into slices and serve.

Visit the  
***Field Roast*** website  
for more recipe  
inspiration!





## TAKING SPECIAL ORDERS ANYTIME!

Fresh premium meats and  
fish, cut to order, packaged  
and ready for pickup!

### SALAD RECIPE

local greens • radicchio  
• fresh orange slices •  
Parmesan shavings •  
pepitas •  
Salad Girl Citrus  
Splash Vinaigrette



### ROAST COOKING TEMPERATURES

120-125 degrees = rare  
130-135 degrees = medium rare  
140-145 degrees = medium  
150-155 degrees = medium well  
160 degrees = well done

Swap the Gruyere  
and Parmesan in  
this recipe for your  
favorite cheese  
combination!





### COOKING TIP

For the best flavor, generously salt the roast 24 hours before cooking.



### COOKING TIP

Roast will cook an additional 5-10 degrees once removed from the oven.

## GRASS-FED BONELESS RIB ROAST

makes 4 servings

### Ingredients

2-2.5 lbs grass-fed, boneless rib roast • 1 1/2 tbsp fresh rosemary, chopped • salt and pepper

### Directions

1. Remove roast from fridge about an hour before cooking and let sit at room temperature.
2. Preheat oven to 500 degrees.
3. Place meat on roasting rack. Cover with fresh rosemary, salt, and pepper. NOTE: If you salted ahead of time, omit the salt. Roast at 500 degrees for 5 minutes.
4. Reduce heat to 325 degrees and continue roasting. For best results, use a thermometer to monitor the temperature. See chart to the left for desired cooking temperature. Insert thermometer through the side of the cut, tip in the center, not touching bone or fat. Keep in mind, roast will cook 5-10 degrees as it rests.
5. Once it reaches desired temperature, remove from oven. Tent and let rest for 30 minutes.
6. Slice and serve.

## THREE CHEESE AND HERB SCALLOPED POTATOES

makes 4-6 servings

### Ingredients

2 tbsps butter • 1 small yellow onion, thinly sliced • 3 garlic cloves, minced • 1 cup whole milk • 1/2 cup heavy whipping cream • 1 1/2 tbsps cornstarch • 2 1/2 tps fresh thyme • 3 lbs Yukon Gold potatoes, peeled, sliced into 1/8" • 1/2 tsp paprika • 2 cups sharp cheddar cheese, shredded, divided • 1/2 cup Gruyere cheese, shredded, divided • 1/2 cup Parmesan cheese, shredded, divided • salt and pepper to taste • fresh parsley and thyme for garnish

### Directions

1. Preheat oven to 400 degrees. Grease a 9 x 11 oven safe baking dish. Set aside.
2. In a medium skillet, melt butter over medium heat. Once butter is melted, add onion and sauté for 5 minutes - or until onions start to soften. Add in garlic and cook an additional minute.
3. In a small bowl, whisk together milk, heavy whipping cream, cornstarch, paprika and salt and pepper to taste. Pour into skillet with onions. Add in fresh thyme. Gently stir until combined. Simmer until sauce thickens around sides. Remove from heat.
4. In greased dish, spread half of the potatoes in an even layer on bottom of dish. Pour half of sauce over layer of potatoes. Sprinkle with one cup of cheddar, 1/4 cup of Guyere, and 1/4 cup of Parmesan. Evenly place final layer of potatoes and cover with remaining sauce and cheese.
5. Cover with aluminum foil, and bake for 30 minutes. After 30 minutes, remove foil and bake another 25-30 minutes, or until potatoes are cooked through. Sprinkle with additional shredded cheese of choice, fresh parsley, and thyme.



Please Note: Cooking times and temperatures may vary with method of preparation, size and shape of the roast, and your desired degree of doneness. Test for doneness using a meat thermometer or instant-read thermometer.



# Celebrations from the Sea



## COOKING TIP

Before cutting the lemon open, use your microplane to grate the rind and use it for holiday cookies.

## TUNA BITES

makes 6-8 servings

### Ingredients

2 lbs tuna steaks, cut into 1" cubes • 10 oz (1 bottle) San-J teriyaki sauce (gluten free) • 3 oz toasted sesame oil • 1 tbsp fresh ginger, minced or grated • 1 tbsp fresh garlic, minced or crushed • 1 lemon, juiced • 1 T sugar (optional, but will lead to a better toasted result) • *For garnish, your choice of any of the following:* 1 tbsp white or black sesame seeds, lightly toasted • local microgreens, such as these from Deep Rooted

### Directions

1. Keep the tuna cold until ready to dunk in marinade. Combine all ingredients for marinade. Cover tuna with marinade mixture and stir so pieces are completely coated and covered. Let sit in refrigerator for 30 minutes.
2. After 30 minutes, remove each piece from the liquid and set on a plate beside the stove.
3. Prepare a large skillet with 3 T canola or peanut oil until it is shimmery. Keep heat on medium throughout cooking.

4. Set the pieces quickly and carefully into the hot oil. Sear for a minute on each side, and then use tongs to turn and sear on another side. May have to work in two batches. Don't worry if not all sides of the tuna get seared perfectly. Cook no more than 3 minutes total per cube. Should be pink inside, for a good tender result.

5. Remove the pieces to a clean plate.

6. Reduce heat slightly and pour the marinade mix into pan. Cook it for a few minutes until it is reduced and sticky, like a thin barbeque sauce.

### To serve:

Place 5-7 tuna pieces in a bowl. Garnish with sesame seeds and microgreens and drizzle some reduced marinade for flavor and color.

Serve with fresh chunks of bell peppers and green onions





**ALL FRESH and  
FROZEN SEAFOOD  
and FISH at the Co-op  
is sustainably sourced  
and eco-friendly.**

**Co-op  
deals**  
Dec 1–Dec 14  
Spectrum Naturals  
Organic Olive  
Oil

## SEARED SEA SCALLOPS over MUSHROOM RISOTTO

makes 4 servings

### Ingredients

1 cup risotto • 1 large shallot, finely diced, divided • 5 cups vegetable broth • 5 tbsps olive oil, divided • 1/2 cup dry white wine • 3/4 cup Parmesan cheese, finely grated • 3/4 cup Fontina cheese, finely grated • 1/3 lb of mushrooms, thinly sliced • 2 tbsps grapeseed oil • 1 lb scallops • black pepper and salt to taste • fresh thyme for garnish • optional: squeeze of fresh lemon

### Directions

1. In a medium sauce pan, bring 5 cups of vegetable broth to a simmer.
2. Heat 3 tbsp olive oil in a 3 quart pot over medium heat. Add in shallots and cook until translucent, stirring occasionally. Should take about 2-3 minutes.
3. Add in risotto and stir until coated in oil. Continue to stir for about 3 minutes. Then add wine. Bring to a simmer and stir occasionally until wine has nearly evaporated.
4. Reduce heat to medium and add in vegetable broth 1/2 cup at a time - stirring constantly. Once liquid has been absorbed, add another 1/2 cup. Repeat until rice is al dente. *Note: It should take between 2-3 minutes between additions. The grains should be tender - but not mushy and the consistency should be more of a liquid than a thick solid. The whole process should take between 25-30 minutes.*

5. Add Parmesan and Fontina cheese and black pepper to taste. Stir to combine and remove from heat.
6. In a medium skillet, heat 2 tbsps olive oil in a medium skillet over medium. Add in mushrooms - stirring occasionally. Cook for 5 minutes. Add in shallot and cook an additional 2 minutes. Add in 1/2 tsp salt, 1/2 tsp pepper and fresh thyme to taste. Remove from heat.
7. Using a paper towel, pat sea scallops dry. Sprinkle one side with salt and pepper. In a medium nonstick skillet, heat grapeseed oil on medium. Once oil is hot, add in sea scallops (might have to do this in batches) - salt and pepper side down. Don't crowd too much. Sprinkle on another round of salt and pepper. Cook about 2-3 minutes per side - being careful not to move them. Flip the scallops and cook an additional 1-2 minutes or until cooked through. Remove from heat.
8. To plate: Start with risotto on the bottom, add in mushroom mixture, then add scallops. Finish with fresh thyme, cheese, and a squeeze of lemon.











**SUSHI COMING  
TO ROCHESTER  
IN JANUARY 2022!**



## SHRIMP SCAMPI

makes 4 servings



### *Ingredients*

1/2 lb. linguine pasta cooked according to package directions • 1/2 tbsp salt • 1 tbsp sugar • 2 cups water • 3 tbsps 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 tbsps 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.



# Cheers to the New Year!

If you're looking for something a little extra special to ring in the New Year - look no further. From sparkly to creamy - we've got something to please everyone. Cheers!



## POMEGRANATE COCKTAIL

1/4 cup pomegranate juice or juice blend  
2 tbsps fresh pomegranate arils (seeds)  
1/2 cup chilled Prosecco or champagne

In a large wine glass, combine the pomegranate juice and seeds. Pour in the Prosecco just before serving.

Recipe courtesy [grocery.coop](http://grocery.coop)

## SWEET DREAM MARTINI

3 oz salted caramel Irish Creme  
3 oz peppermint rum cream  
2 oz heavy whipping cream

Pour all ingredients into a shaker full of ice. Shake well. Pour into martini glass and garnish with chocolate pieces.



## WHISKEY CRAN APPLE

1 oz pure cranberry juice  
2 oz apple whiskey  
lemon and lime soda  
slice of orange and fresh rosemary for garnish

Add ice to a low ball glass. Add in juice, whiskey and lemon/lime soda to taste. Garnish with a slice of orange and fresh rosemary.



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



# 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:  
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507-289-9061 x3041

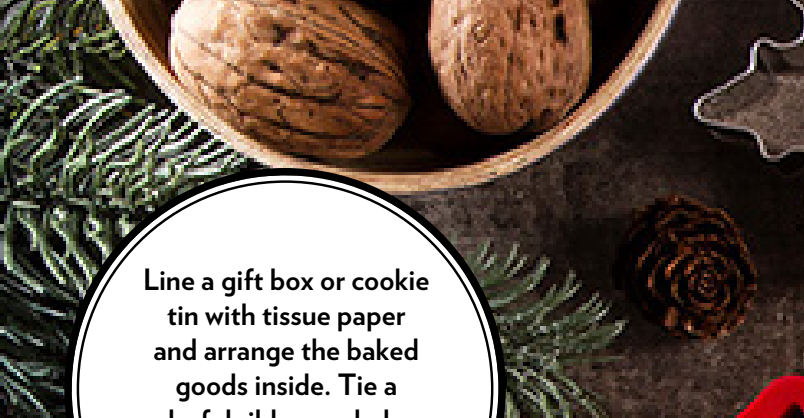


## Co-op's Own™ ROASTED RED PEPPER RISOTTO CAKES & BUTTERNUT SQUASH RISOTTO CAKES

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





Line a gift box or cookie tin with tissue paper and arrange the baked goods inside. Tie a colorful ribbon or bakers twine around the outside for a festive flourish.



**coop**  
**deals**  
Dec 15–Jan 4  
Frontier Organic  
Vanilla Extract



### Peanut Butter Snickerdoodles

Servings: 32 cookies.

Prep time: 25 minutes; 15 minutes active.

1 stick butter, softened  
1 1/4 cups light brown sugar  
1 cup crunchy peanut butter  
1 tsp vanilla  
1 large egg  
1 cup flour  
1/2 tsp salt  
1/2 tsp baking soda  
1/2 cup sugar, preferably turbinado (raw) sugar  
1 tbsp cinnamon

1. Preheat the oven to 375 F. Line two sheet pans with parchment paper and reserve.
2. In a stand mixer fitted with the batter paddle, or in a large bowl using an electric mixer, cream the butter. When soft and light, add the brown sugar and beat until fluffy, about 2 minutes. Add the peanut butter and beat to mix; scrape the bowl. Add the vanilla and egg and beat until smooth.
3. In a medium bowl, stir the flour, salt and baking soda. Then, with the mixer on low speed, stir into the butter mixture. Scrape the bowl and continue until well mixed.
4. In a medium bowl, mix the sugar and cinnamon and reserve.
5. Portion rounded tablespoon-sized scoops of dough, roll between your palms to make a ball, then drop each one in the cinnamon sugar and roll to coat. Place each dough round on the sheet pan, with 2 inches of space between. When all the balls are on the pan, use a fork to gently flatten each one, making a fork mark across the top.
6. Bake for 9 to 10 minutes, just until puffed and lightly golden. Cool on racks before storing. Stored in an airtight container, the cookies keep for a week at room temperature.



# Home-baked Gifts

Looking for a simple, thoughtful gift idea?  
These irresistible holiday treats are sure to delight.





**coop deals**  
 Dec 15–Jan 4  
 Bonne Maman  
 Preserves

### Strawberry Thumbprints

Servings: 36 cookies.  
 Prep time: 2 hours; 1 hour active.

By Robin Asbell

- 1 1/2 cups all-purpose flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 stick unsalted butter
- 1/2 cup sugar
- 1 large egg yolk
- 1 tsp pure vanilla extract
- 1/4 cup strawberry jam

1. Line two baking sheets with parchment paper. In a large bowl, whisk together flour, baking powder and salt. In a separate bowl, beat butter and sugar with a mixer on medium-high speed until light and fluffy. Beat in egg yolk and vanilla. Reduce speed to low. Add flour mixture, and mix until combined.
2. Roll dough in 1-inch balls, and place 2 inches apart on parchment-lined baking sheets. Press an indentation in each cookie with your thumb. If the edges crack a little, just press them gently back together. Chill the pans for 30 minutes. While the cookies chill, preheat the oven to 350 F.
3. Use a teaspoon to fill the indentations with jam. Bake for 8 minutes, then switch the position of the pans between upper and lower racks and bake for about 8 to 9 minutes more, until the cookies are lightly golden on top.
4. Place the pans on racks and allow the cookies to cool for 5 minutes, then transfer the cookies onto the racks to cool completely. Store in an airtight container for up to one week.



**coop deals**  
 Dec 15–Jan 4  
 Equal Exchange  
 Organic Chocolate  
 Chips

### Salted Toffee Chocolate Bars

Servings: 24 bars.  
 Prep time: 25 minutes; 15 minutes active.

- 12 graham crackers broken into 24 squares
- 2 sticks butter
- 1 cup brown sugar
- 3/4 cup chopped pecans
- 1/2 tsp coarse salt
- 3/4 cup bittersweet chocolate chips

1. Preheat the oven to 350 F. Line a cookie sheet with aluminum foil. Place the crackers on the foil-lined sheet, with their edges touching. In a small saucepan, melt the butter over low heat, then stir in the brown sugar. Turn the heat to medium high, bring the mixture to a boil, then reduce heat to simmer, stirring occasionally, and cook for 10 minutes until the sugar has melted. Pour the sugar mixture over the graham crackers, and spread with a spatula to cover evenly.
2. Sprinkle with pecans and bake for 10 minutes, until bubbly. Place pan on a cooling rack and use the tip of a spatula to nudge the crackers apart. Sprinkle with coarse salt. When the pan has cooled, melt the chocolate and drizzle it over the crackers. Let cool until firm; remove from the pan, and break into pieces. Store, tightly covered, at room temperature for up to a week.

Recipes courtesy of  
*National Cooperative Grocers*  
 and *grocery.coop*.





## *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 2022 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 29th to December 13th, you have the chance to vote for three new board members. Four 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.

### **Owner Meeting Coming Up**

Our annual meeting on December 9th 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 2021 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**

Our Annual Owner Meeting provides another chance for our owners to connect with board and staff, to discuss our cooperative business. We'll be discussing the financial activities of the co-op in the past year, and expectations of the year ahead. We appreciate the comments and questions you share at this event; it helps us understand what is important to you in our shared business. If you're not able to participate in the meeting on December 9, you may request a video of it, or contact us with your questions.

We look forward to seeing many of you on December 9, and we wish all you good health in the month ahead.

### **People's Food Co-op Board of Directors**

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

#### **UPCOMING BOARD MEETINGS**

December 16, 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.



## **Thursday, December 9, 5:30 p.m.**

Meet the board and learn about PFC business activities during 2021.

All owners welcome by video or phone.

Email [perrin.iacopino@pfc.coop](mailto:perrin.iacopino@pfc.coop) by noon on December 9

to receive your link or phone access.



## Celebrating the Festival of Lights – Diwali

Diwali, the annual Festival of Lights, is both a religious and cultural holiday enjoyed by the Hindu- and non-Hindu-South Asian diaspora all over the world. Festivals are held over 5 days every autumn, between late October and late November (following the lunar calendar). This year, Diwali was celebrated in homes and temples from November 2-6, 2021. The name, also spelled Deepavali, comes from the Sanskrit words “deepa” (lamp or candle) and “avali” (row or series). It is one of the biggest holidays on the Hindu calendar, and celebrants enjoy dressing up in finery, gift-giving, eating sweets and lighting fireworks. Homes are cleaned and then decorated with colorful jhalar (decorative fabric garlands), rangoli (handmade patterns designed on a floor or a tabletop, and made of colorful flowers, sand, and/or rice flour) and many diyas (clay lamps filled with oil and cotton wicks).

For many, the religious celebration of Diwali brings a spiritual awakening. But beyond the religious significance, Diwali festivals bring communities positive energy. Lighting diyas symbolizes the triumph of light over darkness; of good over evil; of knowledge over ignorance. There is a mantra often chanted in meditation that sums up this sentiment:

Asato Ma Sad-Gamaya  
Tamaso Ma Jyotir-Gamaya  
Mrtyor-Ma Amrtam Gamaya  
Om Shanti Shanthi Shanthi

From ignorance, lead me to truth  
From darkness, lead me to light  
From death, lead me to immortality  
Om peace peace peace

I wish you and yours Peace and Happiness throughout this holiday season. Be well!

*Verna Simon*

Board Director



## 2022 GIVE WHERE YOU LIVE RECIPIENTS

Thank you to all who nominated and voted for our 2021 Give Where You Live Recipients! We have so many amazing non-profits in our communities doing important work to make our communities stronger. By rounding up to the nearest dollar at the register, you can contribute to the success of these organizations through monetary support. When it is all added up, a little bit from many makes a significant impact. Thank you for being a vibrant community that cares for others. Below are the recipients chosen by our ownership.

### LA CROSSE

New Horizons	Cia Siab
Grow La Crosse	Catholic Charities of the
Wafer	Diocese of La Crosse
La Crosse Jail Ministry	7Rivers LGBTQ Connection
People's Food Co-op	Women's Fund of
Community Fund	Greater La Crosse
Friends of the La Crosse	Diversity Council
Public Library	Franciscan Spirituality
	Center

### ROCHESTER

The Landing	Legal Assistance of Olmsted
Jeremiah Program	County
Project Legacy	Gift of Life Transplant House
Rochester Public Library	Bear Creek Services
Foundation	Diversity Council
Family Service Rochester	125 Live
People's Food Co-op	MN Food Share
Community Fund	



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