

Volume 5, Issue 2

the Garlic Press

December 2022

coming soon!

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BOGO
Deals**
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www.pfc.coop

a note from the CEO

Digging through the library archives for material to share during next year's 50th anniversary celebrations, I had to pause and acknowledge just how far we've come in these past 50 years. The PFC seed was planted in Don Atell's basement in La Crosse, in March of 1972, with a few refrigerators, an unmonitored money box and the desire to provide the community with a variety of natural food choices. By 1977 the co-op sprouted into a small storefront (on the corner of Eighth and Adams), where the 100 members paid \$5/year and worked 4 hours per month to keep the store open from 2-6pm Monday-Saturday.

During that same decade folks in Rochester were also organizing to get access to unprocessed organically grown goods. The Rochester network developed out of the public library, and during the following decade survived flood and fire to create the Rochester Good Food Store.

Incorporating our Rochester location in 2012 allowed our co-op to grow its branches, providing delicious food, good jobs and community growth across the region. And we continue to grow today, adding exciting new products to our shelves and friendly new faces to our team.

Our co-op crew works hard to weather the storms that come and go across the grocery landscape; most recently preparing for a blizzard of uncertainty when new grocery competition entered the La Crosse area. The new grocery store hasn't had the level of damaging impact we expected, with early indicators of people continuing to make PFC part of their weekly shopping plan, while new owners are investing in the Co-op every month. We thank you for this continued support and we love having you as a part of our family.

Now get ready to celebrate! We'll kick off the 50th Anniversary year with a delicious spread and some photo booth fun at the Annual Meeting on January 26th. Please join us there and help welcome Elizabeth Gamble, Thomas Halada, and Robin Roberts to the Board of Directors. 50th Anniversary events are in planning for the entirety of 2023.

As we move into 2023, expect to see more changes for our co-op. Expect to taste new flavors, some savory, some sweet. Expect to meet new people, hear old stories, and experience each day with an open heart as we set foot on the path that will lead us through the next fifty years.

Cooperatively,

Lizzy Haywood

follow us!  

Holiday HOURS

Sat. 12/24: 8 a.m.–6 p.m.

Sun. 12/25: CLOSED

Sat. 12/31: 8 a.m.–9 p.m.

Sun. 1/1: 10 a.m.–6 p.m.



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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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Contact the board at board@pfc.coop

Buy One, Get One **FREE** Deals at the Co-op!



Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



Buy One, Get One **FREE**

Field Day
Grapefruit Flavored
Sparkling Water
6 pk-12 fl. oz. cans, selected varieties
Limit 2 BOGO offers per customer



Buy One, Get One **FREE**

Field Day
100% Recycled
Paper Towels
3 ct.
Limit 2 BOGO offers per customer



Buy One, Get One **FREE**

Field Day
100% Recycled
Bath Tissue
12 ct.
Limit 2 BOGO offers per customer

The co-op has BOGO deals you can't resist.



Buy One, Get One
FREE

Field Day
Organic Spaghetti
16 oz., selected varieties
Limit 2 BOGO offers per customer



Buy One, Get One
FREE

Field Day
Organic Olive Oil
1 liter
Limit 2 BOGO offers per customer



Buy One, Get One
FREE

Field Day
Organic Crushed or Diced
Tomatoes
28 oz.



Buy One, Get One
FREE

Field Day
Organic Macaroni & Cheese
6 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Brown Rice
32 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Tomato
Basil Pasta Sauce
24 oz., selected varieties
Limit 2 BOGO offers per customer

Stock up on pantry favorites from the co-op.



Buy One, Get One
FREE
Deals at the Co-op!

Save on products you love from brands you trust! Look for the BOGO (buy one, get one FREE) deals signs throughout the store.



Buy One, Get One
FREE

Field Day
Organic Classic
Unsweetened Coconut Milk
13.5 fl. oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Semi-Sweet
Chocolate Chips
10 oz.
Limit 2 BOGO offers per customer



Buy One, Get One
FREE

Field Day
Organic Light Brown Sugar
24 oz., selected varieties
Limit 2 BOGO offers per customer



Buy One, Get One
FREE

Field Day
Organic Coconut Flour
16 oz.
Limit 2 BOGO offers per customer



Buy One, Get One
FREE

Field Day
Organic Cane Sugar
24 oz., selected varieties
Limit 2 BOGO offers per customer

Stock up on pantry favorites from the co-op.

SEASONAL Favorites

These are some favorites from PFC staffers and their families.



Angie's Boom
Chicka Pop
Dark Chocolate
Kettle Corn
5.5 oz



Califia Farms
Peppermint Mocha
Latte
48 oz



Republic of Tea
Seasonal
Varieties
2.8 oz



Andes
Fair Trade
Winterwear



Pacha Bar
Soaps
Seasonal Varieties
4 oz



Zum Kiss Stick
Seasonal Varieties
.1 oz



Watkins
Decorating
Sugars
4.7 oz



PFC
Gift
Cards

Quebracho

Supplier to PFC since 2021

Location: St. Paul, MN

152 miles from PFC-La Crosse

82 miles from PFC-Rochester

Local

Quebracho has been supplying Argentine-style empanadas to both PFC stores since 2021.

Quebracho's owner and chef

Belén Rodríguez moved to Minneapolis in 2012 from her native Argentina. She initially worked at a hospital in the Twin Cities as a translator. To relieve her homesickness, she started cooking the foods that she used to make with her grandmother back home.

“Quebracho” (kay-bracho) is the name of a particular hard wood used for grilling meats in Argentina. Belén's father, a cattle broker, used the wood in the family weekend cookouts. Argentina has a long, storied history of cattle ranching, similar to North America's myths of cowboy and vaquero.

In addition to the hospital work, Belén started cooking in Twin Cities' restaurants and began selling her home-made empanadas at farmers markets. She discovered she enjoyed the work and the empanadas sold well. She made a couple dozen empanadas at a time – rolling out the dough, crimping the pastries by hand – but the demands of the farmers market soon had her making 15 dozen every week. Her business plan foresaw the gradual growth of the empanada and catering business, but that



pictured: Belén Rodríguez

all changed with the pandemic. She was furloughed from her hospital job and the catering work she'd picked up all dried up. While she'd always planned to sell her wares to groceries eventually, with the advent of Covid19, she had to speed up her timeline and Quebracho empanadas made their debut at People's Food Co-op.

Quebracho empanadas are made in St. Paul's Minnesota Foodcrafters facility, a business incubator, in a kitchen shared with other Twin Cities small businesses.

Quebracho currently makes three flavors of empanada—chicken, beef, and spinach with cheese. Because she works with meat, the sanitation is stringent. A USDA inspector visits every production day. The hardest part of setting up her business, Belén discovered, was getting the paperwork settled. It took 15 months to get the license from the government.



Quebracho makes a point of sourcing local ingredients. They add no sugar and use non-GMO flour.

pictured: Chicken and Spinach Empanadas.

On the other hand, the State’s Agricultural Utility Research Institute was a great help getting Quebracho off the ground. The institute’s mission is to help bring value-added agricultural products to the Minnesota market. They supplied Belén with a range of expertise, including consulting on nutrition information, marketing, and manufacturing.

The most critical piece of the business puzzle, however, was supplied by Belén’s grandmother, Laia, who provided the recipes and inspiration for Quebracho’s empanadas. The spinach-cheese filling, for example, was based on Laia’s cannelloni. The chicken empanada filling was also from her grandmother’s recipe – using a béchamel sauce with lemon herbs and red bell pepper. “The region where I come from,” Belén says, “is not known for spicy food. Laia’s parents were Czech. Argentina has a very rich cuisine with mild, but flavorful food. Italian, Spanish

cuisine in Mendoza Province and German cooking to the south. I grew up with Mediterranean and Eastern European flavors.”

Once Covid restrictions were eased, Belén traveled back to Argentina, bringing her empanadas back home for the ultimate test. Belén sat down with Laia for a meal and Laia declared the empanadas delicious. PFC shoppers are fortunate to have the opportunity to sample Argentine cuisine at the co-op. Quebracho makes a point of sourcing local ingredients. They add no sugar and use non-GMO flour.

The company currently has two employees and Belén is considering adding more products to the mix. “How would you feel about bite-sized empanadas for appetizers?” she asks. Yes, please.

- Kevin Ducey

Pump up the Jam and Cheese

In search of an appetizer for easy entertaining? Pairing jam and cheese offers endless possibilities.

By Mandy Makinen

In the tradition of foods that hit that harmonious spot between sweet and salty comes an idea so easy, so elegant, yet based on two staples most Americans have on hand: cheese and jam. This may sound like an unlikely duet, but after you sample a few of these pairings you might just change your tune.

These combinations work for an elegant cheese plate, served with crackers or slices of baguette, but some pairings are also nice for a jazzed-up grilled cheese sandwich. While most jams and jellies are made with fruits, savory preserves like pepper jelly, tomato jam and red onion marmalade are also excellent natural pairs for a variety of cheeses.

Look for these specialty items in the jams and jellies aisle, but be sure to check out the cheese department for unique spreads as well.



A strong combination

Generally speaking, strongly flavored cheeses pair well with assertively flavored jams, and the opposite is also true: Mild cheeses marry well with delicately flavored jams. If you neglect this rule, you run the risk of one flavor dominating, thus losing some of that magic that happens when good flavors complement each other. Try these assertive combinations:

Bold pairings

Blue cheese or Gouda with marmalade, black currant, peach, plum, or red onion jam

Aged cheddar with apple jelly, apple butter, huckleberry or tomato jam

Manchego cheese with blueberry jam or its traditional Spanish pairing, quince jelly (membrillo)



Easy, breezy brie

Similar to goat cheese, the mild flavor and luxurious mouthfeel of brie cheese pairs well with nearly any sweet or savory jam. When in doubt, go with red fruits:

Brie and red fruits

Brie and strawberry jam is a perennial favorite with or without a glass of Champagne

Brie and cherry preserves — try them baked together in puff pastry

Brie with red currant jelly is perfect on a fresh baguette

Go for the goat

Fresh goat cheese, or chevre, seems like it was made for jam — a spreadable, smooth cheese with just enough tang to keep it on the savory side. In a pinch, nearly all jams pair with goat cheese, here are a few favorites:

Goat cheese combos

Goat cheese and fig jam (add caramelized onions and you've got the makings of a sandwich)

Goat cheese with cranberry sauce or jelly is excellent on a turkey sandwich

Goat cheese and marmalade (orange, lemon or grapefruit)

Cheesy dessert ideas

Mascarpone, a rich and smooth fresh Italian cheese, is delicious with just about any jam. It's less tangy and more spreadable than cream cheese and has a mild, creamy flavor. Here are some suggestions for pairing this delectable cheese:

Elegant desserts

Mascarpone with blueberry jam and fresh baguette or brioche buns

Mascarpone with strawberry jam and shortbread cookies

Mascarpone with lemon curd and oat crackers

You can experiment with new combinations using whatever cheeses and preserves you have on hand at home until you find the combo that hits all the right notes.



Pan-tastic!

Sheet pan dinners simplify mealtime with easy prep and quick cleanup.

Sheet Pan Cod with Sweet Potatoes and Olives

Serves 4. Prep time: 55 minutes; 15 minutes active.

- 1 pound sweet potatoes, sliced $\frac{1}{3}$ inch thick
- $\frac{1}{2}$ cup Kalamata olives, halved
- 1 15-ounce can of artichoke hearts, drained and rinsed
- 1 tablespoon fresh rosemary, chopped
- 2 teaspoons fresh lemon zest
- $\frac{1}{4}$ cup extra virgin olive oil, divided
- $\frac{3}{4}$ teaspoon salt, divided
- 4 6-ounce cod fillets
- 1 tablespoon fresh lemon juice
- $\frac{1}{4}$ cup fresh parsley, chopped
- Black pepper

Heat the oven to 425°F. Add the sweet potatoes, olives, artichoke hearts, rosemary and lemon zest to a sheet pan, then drizzle with three tablespoons of the olive oil. Sprinkle with $\frac{1}{2}$ teaspoon of the salt and toss to coat.

Roast the sweet potato mixture for 15 minutes. The sweet potato slices should be tender when pierced with a paring knife. Turn the potato slices with a spatula, then top with the cod fillets. Drizzle the cod with the remaining olive oil, sprinkle with remaining salt, then return to the oven for 10 to 12 minutes, or until the fish is opaque and flakes easily.

Drizzle the fish with lemon juice, sprinkle with parsley and pepper, and serve one cod filet and about one cup of vegetables per person.



Italian Sausage with Fall Veggies

Serves 4. Prep time: 1 hour; 15 minutes active.

- 2 medium parsnips, peeled and sliced
- 1 small sweet potato, cubed
- 1 small red onion, thinly sliced
- 4 cloves garlic, peeled and chopped
- 1 tablespoon fresh sage (or 1 teaspoon dried)
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons vegetable oil
- 1 pound uncooked plant-based or Italian meat sausages
- $\frac{1}{2}$ bunch kale, stemmed and chopped

Heat the oven to 400°F. In a large roasting pan, combine the parsnips, sweet potato, red onion, garlic, sage, pepper and salt, and drizzle with vegetable oil. Toss to coat. Pierce each sausage link four times on one side with a paring knife, then turn over and pierce four more times. Place the sausages on the vegetables and cover the pan tightly with foil.

Bake for 20 minutes, then uncover the pan, stir and turn the sausages, and roast for 15 minutes longer, uncovered. The vegetables should be tender when pierced with a paring knife; if the vegetables are in larger chunks, they may need more time to cook. When the vegetables are tender, add the kale to the hot pan and stir, then roast for 10 minutes longer. Serve hot.

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coop deals
 Dec 14–Jan 3
 Mt. Vikos
 Feta Cheese

Roasted Cauliflower and Potatoes with Feta

Serves 4. Prep time: 45 minutes; 15 minutes active.

- 1 small cauliflower
- 2 medium Yukon Gold potatoes, unpeeled
- 1 large carrot
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 4 ounces feta cheese, crumbled
- 1/2 cup chopped parsley

Heat the oven to 425°F. Slice the cauliflower into large florets with a knife so that the flat side of the florets can make full contact with the pan and caramelize during baking. Dice the potatoes into 1/2-inch cubes and slice the carrots crosswise, about 1/3-inch thick.

Place on a large rimmed baking sheet, drizzle with olive oil and sprinkle with paprika and salt. Toss vegetables to coat and spread out on the pan.

Bake for 30 minutes, shaking and turning the pan halfway through. When the vegetables are tender and easily pierced with a knife, remove from the oven and toss with feta and parsley. Serve hot.



coop deals
 Nov 30–Dec 13
 Lucini Italia
 Balsamic Vinegar

Sheet Pan Steak with Blue Cheese and Broccoli

Serves 2. Prep time: 20 minutes.

- 8 ounces button mushrooms, halved or quartered
- 1 small red bell pepper, cored and sliced vertically
- 3 cups broccoli florets
- 2 tablespoons olive oil, divided
- 1 tablespoon balsamic vinegar
- 1 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper
- 8-ounce ribeye or strip steak, about one inch thick
- 2 tablespoons crumbled blue cheese

If your broiler element is at the top of the oven, move the top rack to 6 inches below the broiler. Place the mushrooms, peppers, broccoli and half the salt on the sheet pan and drizzle with half of the olive oil. Toss to coat. Move the vegetables to the sides of the pan, making room in the center for the steak. If desired, cut the steak into two even portions. Rub the steak with the remaining olive oil and sprinkle both sides with remaining salt and pepper. Place in the center of the pan.

Broil the steak for 4 minutes, then take the pan out and turn the steak, and broil for 5 minutes longer. Remove from the broiler; transfer the steak and vegetables to plates, and sprinkle steak with bleu cheese.

One Pan Lemon Chicken

Serves 4 to 6. Prep time: 5 hours total; 20 minutes active.

3 tablespoons olive oil

2 tablespoons fresh lemon juice

1 tablespoon lemon zest

1 tablespoon fresh rosemary, chopped

1/2 teaspoon salt

1/2 teaspoon black pepper

2 pounds boneless, skinless chicken thighs
(about 6 to 8)

1 medium sweet potato, unpeeled,
cut crosswise in 1/2-inch slices

1 large parsnip, sliced in rounds

1 large onion, cut in 8 wedges

1/2 cup chopped fresh parsley

Make endless combinations of oven-roasted vegetables and proteins: The sheet pan method works well with fish, chicken or beef, and you can always take the veggies-only route. In a storage container large enough to hold the chicken pieces, whisk the olive oil, lemon juice and zest, rosemary, and salt and pepper. Add the chicken and toss to coat. Marinate overnight or at least 4 hours.

Heat oven to 425°F. Spread the prepared vegetables in a large roasting pan. Drain the marinade from the chicken into the pan and toss with the vegetables. Place the chicken on top and put in the oven. Roast for 40 minutes, shaking the pan to loosen the vegetables every 10 minutes. When the chicken pieces are browned, test for doneness by inserting an instant-read thermometer into the thickest part of a thigh. It should read 160°F. When the chicken is fully cooked and the vegetables are tender, place them on a serving platter and top with parsley.



The Best of Chocolate Barks



coop
deals
Dec 14–Jan 3
Field Day
Chocolate Chips

Milk Chocolate Pretzel Bark

- 1 cup milk chocolate chips
- 1/4 cup crushed pretzels
- 1/8 cup toasted slivered almonds
- 1/8 cup raisins

Melt chocolate in microwave in 30 second increments, stirring between each time until chocolate is mostly melted. Remove from microwave and continue to stir until chocolate is smooth.

Spread 1/4" thick on a cookie sheet lined with parchment paper.

Distribute remaining ingredients on chocolate and gently press into the chocolate.

Chill in the refrigerator for 20 minutes or until chocolate is set.

Break or cut into pieces.



coop
deals
Dec 14–Jan 3
Equal Exchange
Organic Chocolate
Chips

Dark Chocolate Ginger Orange Bark

- 1 cup Equal Exchange Bittersweet Dark Chocolate Chips
- 1/4 cup crystallized ginger, chopped
- 1/4 cup toasted slivered almonds
- Zest of 1/2 orange

Melt chocolate in microwave in 30 second increments, stirring between each time until chocolate is mostly melted. Remove from microwave and continue to stir until chocolate is smooth.

Spread 1/4" thick on a cookie sheet lined with parchment paper.

Distribute remaining ingredients on chocolate and gently press into the chocolate.

Chill in the refrigerator for 20 minutes or until chocolate is set.

Break or cut into pieces.



coop deals
 Nov 30–Dec 13
 Lily's White
 Chocolate
 Chips

Double Layer Peppermint Bark

- 1 cup Equal Exchange Bittersweet Chocolate Chips
- 8 oz high quality white chocolate bar or chips (like Ghirardelli)
- 6 small candy canes, crushed

Melt dark chocolate in microwave in 30 second increments, stirring between each time until chocolate is mostly melted. Remove from microwave and continue to stir until chocolate is smooth.

Spread evenly on a cookie sheet lined with parchment paper. Chill for 10 minutes.

Meanwhile, melt white chocolate in microwave in 30 second increments, stirring between each time until chocolate is mostly melted. Remove from microwave and continue to stir until chocolate is smooth.

Stir in candy cane pieces into the white chocolate, reserving some for the top.

Gently spread white chocolate on top of the dark chocolate.

Sprinkle remaining candy cane pieces on top.

Chill for 20 minutes more or until chocolate is set.

Break or cut into pieces.



coop deals
 Dec 14–Jan 3
 Organic Roasted &
 Salted Pistachios

Holiday White Chocolate Bark

- 4 oz. high quality white chocolate bar or chips (like Ghirardelli)
- 1/8 cup raisins
- 1/8 cup crystallized ginger, chopped
- 1/8 cup salted and shelled pistachios

Melt chocolate in microwave in 30 second increments, stirring between each time until chocolate is mostly melted. Remove from microwave and continue to stir until chocolate is smooth.

Spread 1/4" thick on a cookie sheet lined with parchment paper.

Distribute remaining ingredients on chocolate and gently press into the chocolate.

Chill in the refrigerator for 20 minutes or until chocolate is set.

Break or cut into pieces.

Let us do the hard work!

Crunched for time but still want that made from scratch flavor? From decadent candies to classic cookies - made fresh in-house.

Find more
 sweets and treats
 on our recipe blog:

pfc.coop/recipeblog

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!

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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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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

Staff Favorites

Recommendations from the heart from our experts.



**Noble Made
Buffalo Dipping
Sauce**

Brad
La Crosse
Produce Department



**Co-op's Own™
Salsa**

Jason
La Crosse
Store Manager



**Co-op's Own™
Fajita Mix**

Eli
Rochester
Meat Team Member



**Majestic Garlic
Creamy Garlic
Spread**

Mike
Rochester
Front End



a note from the Board

Happy Holidays fellow owners and thank you for voting!

I am so happy to welcome new perspectives and more knowledge to the board. All of us on the board are here to represent our member-owners. Our work is to monitor operations and performance to fulfill fiduciary responsibilities to the owners, -but wait there's more! Our work is to also shape the Co-op's vision and Ends (as in "Means to the Ends") and monitor the Co-op's progress toward the Ends. These Ends are for the benefit of the members and our broader communities.

Our Ends are:

- 1) Educate, expand, empower and engage a community centered on food, health and sustainability.
- 2) Provide high-quality, safe food, at fair prices, with an emphasis on local, organic, fairly traded and natural goods.
- 3) Achieve and maintain profitability while operating in accordance with the eight cooperative principles.

Voting is an essential component to monitoring the Ends and providing feedback on how the Co-op is doing in pursuit of the Ends – it brings in new people from our community who bring their perspective and histories.

But wait there's more! We also appreciate hearing directly from our member-owners and would love your feedback on how you think the Co-op is doing. Would you like to see the Ends change to better reflect your needs and the community's needs? Hearing your feedback directly helps us create Ends and a better Co-op for all of us.

You are always welcome to write questions or comments to board@pfc.coop, leave a comment card at the front, give feedback on surveys, and attend a board meeting. Time is always made to hear from our community members.

But wait there's more! January 26th is the Annual Meeting where we will be providing information on how the past year went and introducing our new board directors. We are excited to announce that the Annual Meeting will be conducted in person in La Crosse this year. There will be a link provided to those who want to join virtually.

We're happy to have the chance to enjoy your company in person and maybe chat with you one on one to hear your thoughts! Please join the Annual Meeting and help us welcome our new board directors!

Cheers and may your holidays be merry and bright!

Elizabeth Leighton

contact the board at: board@pfc.coop

UPCOMING BOARD MEETINGS

December 15, 5:00 p.m..

Please email perrin.iacopino@pfc.coop

BY NOON ON THE MEETING DAY;

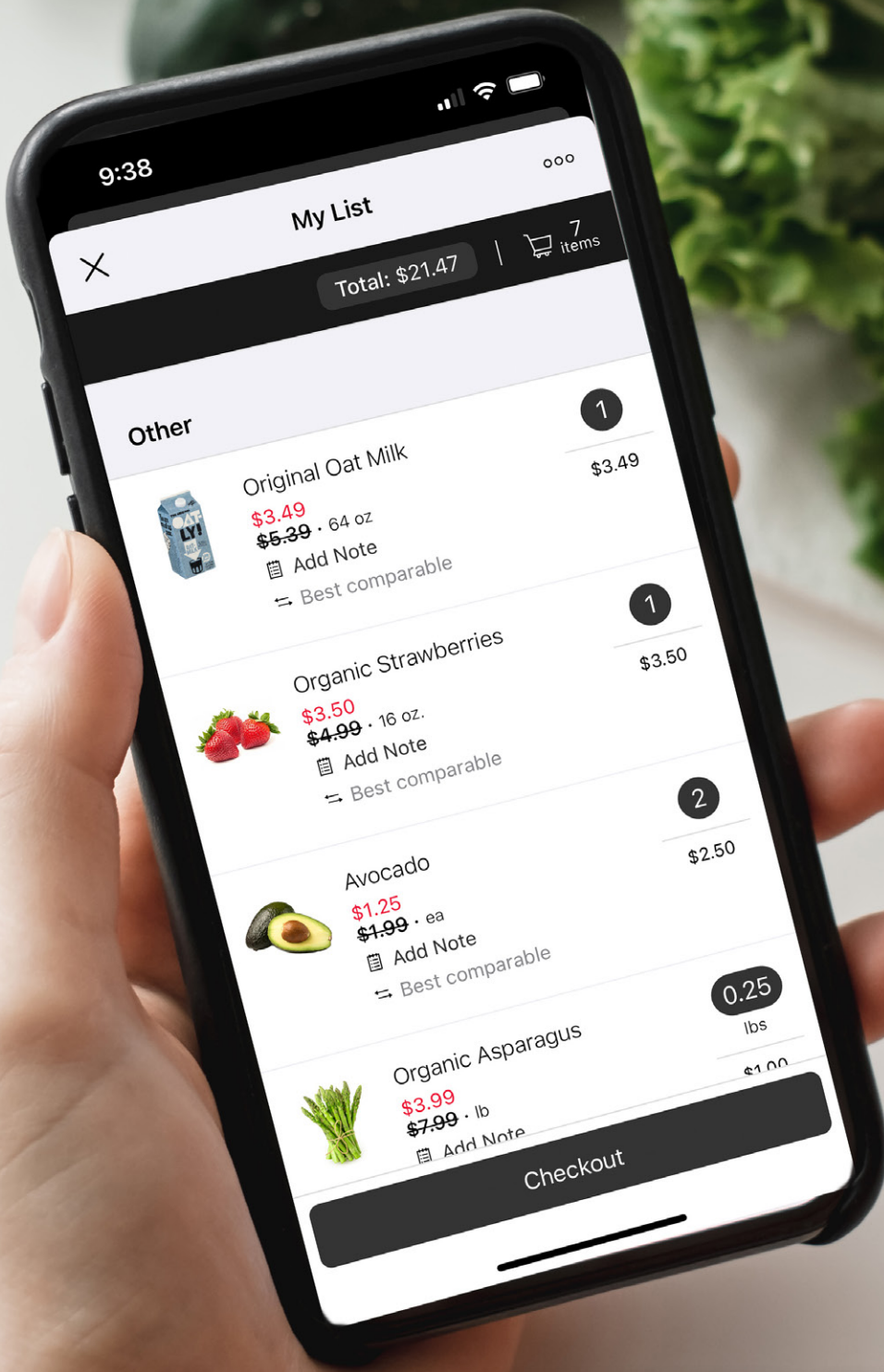
we will provide a link to the meeting.



Thursday, January 26 at 5 p.m.

Join us in-person at our La Crosse location for a delicious spread, door prizes and a photo booth! Or you can jump in virtually at our livestream gathering in Rochester, or from the comfort of your home via Zoom. Please RSVP to let us know how you plan to attend!

PFC at your FINGERTIPS



- Shop from anywhere
- Create shopping lists
- Scan pantry items direct to list
- View weekly specials
- Plan meals with recipe inspiration and add ingredients to your shopping list
- and more!

3 WAYS TO SHOP



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