

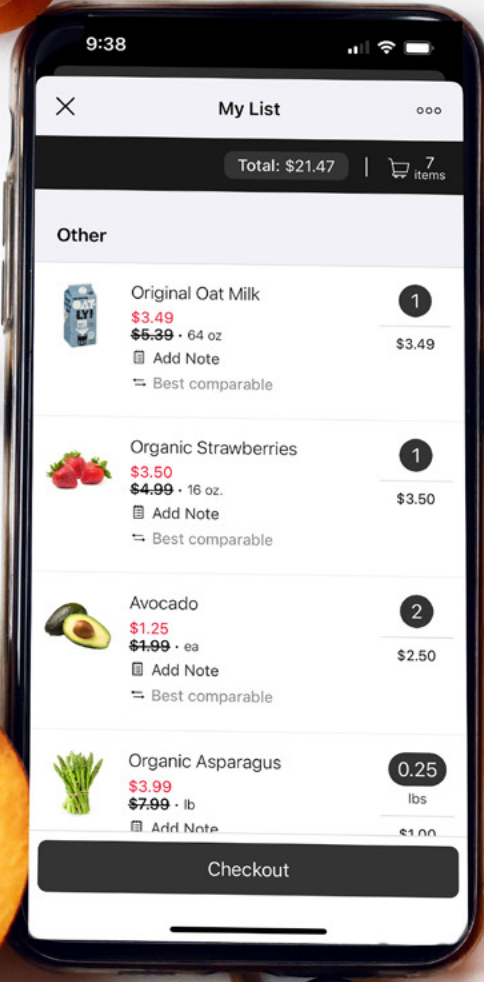
Volume 2, Issue 6

the Garlic Press

July/August 2022

**PFC
AT YOUR
FINGERTIPS!**

**SHOP
ONLINE**



- 3 Upcoming Department Sales
- 5 Meet the Sushi Chef: Neng Vue
- 6 Seafood Summer
- 10 Fruit & Veggie Grilling
- 14 Local: Lyfe Gardens



www.pfc.coop

a note from the CEO

At the Co-op recently there has been extra excitement as we got ready to “go live” with the new [PFC shopping site](#). On it you can see what’s on sale, shop, and make lists of favorites in prep for your next trip. It’s been a big deal to put it together, requiring evolution of processes and technology throughout the organization. I am proud and grateful to our team who’s brought [shop.pfc.coop](#) into being.

On the go-live day, a friend shared with me an essay by Robin Wall Kimmerer, called “Corn Tastes Better on the Honor System.” I turned on the audio right away and soon was amazed by the plant technology Wall-Kimmerer was exploring. And I was humbled. Plants are a universe of natural technology, programmed to respond with amazing degrees of efficiency, and to evolve in relationship with other organisms. In contrast, humans often praise “built” technology for advancing efficiency or connection, without regard to the powerful technology embedded with the plants which sustain us.

Considering this, I realized what we’re excited about at the Co-op is expanding your connection to good food and good health. Through convenient access to our offerings, you have another connection to the foods that sustain you.

Why is the Co-op important to this community? First, our grocery stores serve to increase the well-being of people throughout the tri-state region. Choice is essential to well-being but finding meaningful choices in a grocery store can be challenging! People’s Food Co-op intentionally seeks products from hundreds of suppliers – both local and around the world – and doesn’t limit choices to a few giant distributors.

Big box grocers order product from few distributors and might buy directly only from producers who have enough volume for their large stores. That definitely excludes many amazing producers, creators and growers. At People’s, we don’t think that’s ok! We want to provide you quality choices from people who don’t always get opportunities with the “big guys”.

Something else that goes unnoticed at big box grocers is unfair economic relationships with the suppliers. In many companies the supplier must buy their opportunity to get shelf space. Due to this structure, the consumers’ ability to “vote with your wallet” is devalued; your interest in a product isn’t as important when the company is making money from the vendor! At People’s, that “buy the shelf” system does not exist, and we have a fair-pay relationship with every single company we work with, big or small. We select products because they’re worth it FOR YOU. And when you vote on a product with your grocery dollars, it really matters to us.

Whether your next visit to the co-op is in person, or via the [website](#), remember that YOU MATTER at People’s Food Co-op. We are working side by side to create a better world through good food and strong relationships. Co-op grocery stores are places where individual actions collectively build an equitable food system and a resilient community.

Gratefully,

Lizzy Haywood

follow us!    

PS – I’m excited to tell you that a conversation with Robin Wall Kimmerer is coming to Minnesota. Mark your calendar for an event on December 7, created by the [Land Stewardship Project](#). People’s is proud to be a sponsor of [LSP’s 40th anniversary activities](#) throughout 2022.

SAVE THE DATES!

DON'T MISS
THESE SALES &
OTHERS!

subscribe here!

AUGUST 26–27

BULK DEPARTMENT

(excludes herbs and spices)

20% OFF
for owners

Sale good while supplies last. Subject to availability and quantity limits.
No volume discounts. No pre-orders.

SEPTEMBER

(dates announced in late July)

Co-op Basics

20% OFF
for everyone

Sale good while supplies last. Subject to availability and quantity limits.
No volume discounts. No pre-orders.

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.

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.

contributors Lizzy Haywood, Ann Mull, Kevin Ducey, Johanna Ficatier
editor Ann Mull
design Ann Mull
photography Ann Mull, Kevin Ducey

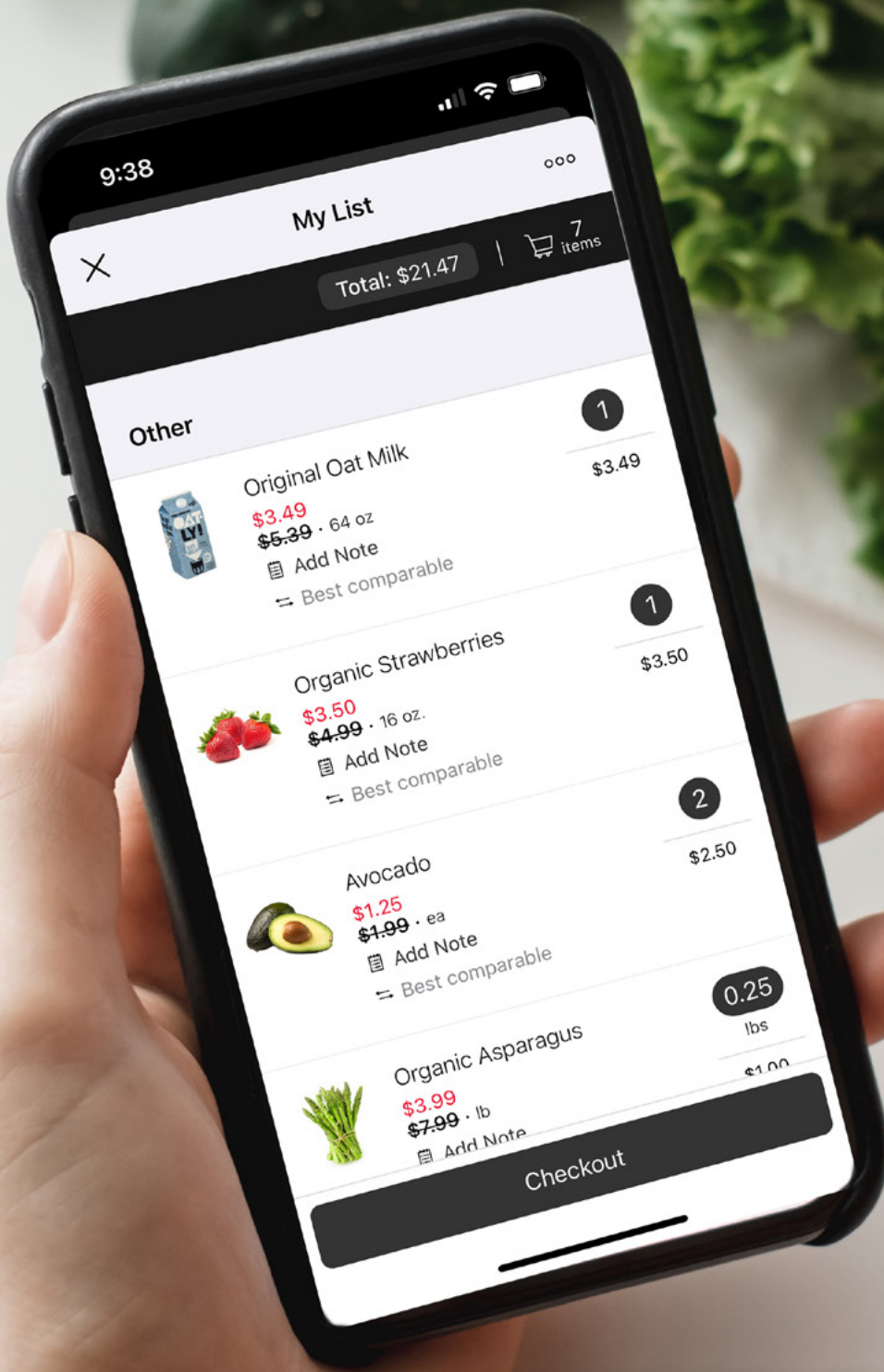
All rights reserved. No part of this publication may be used or reproduced without prior permission of the editor. Opinions expressed herein are strictly those of the writers and are not an endorsement by, or official position of, the co-op, its board, managers, or owners, unless identified as such. Nutrition and health information is for educational purposes and not a substitute for consultations with licensed health or dietary professionals. ©2022 People's Food Co-op.

KNOW YOUR BOARD

Lana Christian
Hunter Downs
Elizabeth Leighton *treasurer*
Sarah Miller *vice president*
Andrea Niesen *secretary*
Verna Simon *president*
Meghann Southwick

Contact the board at board@pfc.coop

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



shop.pfc.coop



GET IT ON
Google play



Download on the
App Store

Sushi made
fresh every day
in Rochester!

Meet the Chef Neng Vue

Neng Vue is PFC–Rochester’s ACE Sushi chef. She’s been making sushi for about four years. She picked up her culinary training working for Hennepin County Hospital as a caterer and a friend introduced her to sushi cooking. She found sushi preparation wasn’t hard to learn with the experience she already had.

ACE Sushi is a franchise operation in PFC. Neng and her husband Seng Yang own the business. Neng loves owning her own business, though it is a lot of work. “I quit my nine-to-five job to work seven days a week, all day long. I get to choose what sushi I put out daily. It’s a bit more freedom – but not really,” she says. She also enjoys working with her family. Besides Seng, their daughter, Cathleena, works part time with her.

The sushi at People’s is made with organic ingredients. Neng finds the taste better than any other sushi she’s sampled in the area. The tuna is wild-caught, and the salmon is raised in Norwegian fjords. She likes the organic ingredients that PFC has on hand that she uses in her cooking. “We use organic cucumbers, avocado, carrots, lettuce, and other ingredients. It’s a little more expensive, but the taste is superior.”

Sushi is a great, low-calorie fast food. Not all sushi includes raw fish. Neng’s current favorite is the Golden Dragon Roll stuffed with imitation crab meat, avocado, cucumbers, spicy

mayonnaise, and coated with crunchy fried onions. The Golden Dragon may also be one of the prettiest rolls on offer.

If you’re not familiar with sushi, Neng recommends the California Roll or the Tempura Shrimp Roll – both very tasty introductions to the world of sushi. We’re hoping Neng can come up with a Rochester-themed roll.

We talked about the possibility of a University of Minnesota–Rochester roll using maroon and gold ingredients. Neng promised to look into it.

She also finds that their poke bowls are very popular. Poke bowls are a bit like de-constructed rolls – you get your sushi in a bowl without the nori (seaweed) wrapper. They offer salmon and tuna bowls, but Neng will make you up a veggie bowl, or other custom order.

Sushi is all about freshness and unadorned taste of the ingredients. Mix a dab of wasabi in with a tablespoon of soy sauce and that’s all the condiment you’ll need with Neng’s delicious sushi rolls.





Make it a Seafood Summer

Salmon Veggie Packets

Serves: 4. Prep time: 30 minutes; 15 minutes active.

- 1 tbsp olive oil
- 1 small red bell pepper, chopped
- 1 small red onion, slivered
- 8 large green olives, pitted and chopped
- 1 tsp dried thyme
- 1/4 teaspoon salt
- 4 6-oz salmon fillets

1. Heat oven to 375°F. Get a baking sheet with a rim to hold the packets. Cut 4 square sheets of parchment, about 14 inches long, then fold each corner to corner to form a triangle, and crease the paper. Open each sheet and place on the work surface.
2. In a medium bowl, combine the olive oil, red pepper, onion, olives, thyme and salt.
3. Place a salmon fillet along the fold of each parchment square, leaving at least an inch and a half around the edge closest to you

uncovered to seal the packets. Place a quarter of the veggie mixture on top of each fillet. Fold over the parchment to enclose the food. Starting at one corner of the packet, fold short sections of the edges of the parchment to crimp the edges of the packet closed.

4. Place the packets on the sheet pan and bake for 20 to 25 minutes, until the packets are puffed and the salmon is cooked through. Place each packet on a plate and serve so that diners can open the paper packet and release the fragrant steam at the table.
5. Variations: Change up this dish to suit your family's taste and incorporate seasonal veggies. Combine cauliflower florets, chopped tomato, capers, basil and olive tapenade, or try snap peas, carrot, tamari and toasted sesame oil. The key is to chop or slice the vegetables small enough so they will steam quickly inside the packets.



Citrus-marinated Shrimp Skewers

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

2 pounds extra-large shrimp, peeled and deveined, patted dry

1/4 cup extra virgin olive oil

2 tsps orange zest

1 tsp lemon zest

2 tbsos orange juice

2 tbsps lemon juice

1 clove garlic, pressed

1 tsp minced ginger

2 tbsps fresh parsley

1/2 tsp salt

1/2 tsp freshly ground black pepper

1. Skewer the shrimp, four shrimp per skewer, and place in a baking pan or similar container.
2. In a cup, whisk the olive oil, orange zest, lemon zest, orange juice, lemon juice, garlic, ginger, parsley, salt and pepper. Pour the marinade over the shrimp and turn to coat.
3. Refrigerate the shrimp for 30 minutes to 1 hour.
4. Preheat the grill. Pour a tablespoon of vegetable oil into a cup, then use a wadded paper towel, held with tongs, to oil the grate. As you take each skewer out of the marinade, let it drip for a few seconds, then place on the oiled grate. Discard the marinade. Cook for about 2 minutes per side, until the shrimp is browned and cooked through. Transfer to a plate and serve.



Chipotle-lime Grilled Arctic Char

Serves: 4. Prep time: 1 hour, 30 minutes; 25 minutes active.

4 6-oz arctic char fillets

4 cloves garlic, peeled

1 cup cilantro or parsley leaves

2 tbsps fresh lime juice

3 tbsps extra virgin olive oil, divided

1 tsp salt

1/2 tsp chipotle powder

Lime wedges (for accompaniment)

1. Pat dry the char and let it come to room temperature.
2. In a food processor, combine the garlic and cilantro or parsley. Process to mince finely. Add the lime juice, 1 tablespoon olive oil, salt and chipotle powder and process until smooth. Reserve.
3. Preheat the grill to medium heat on one side (leave one side with no coals underneath if using a charcoal grill). Just before grilling, pour a couple of tablespoons of olive oil in a cup and use tongs and a wadded paper towel to swab the cool side of the grate with oil. Place the fish on the heated grate, skin side down, and close the lid; cook for 4 minutes. Carefully turn the fish and place on the cool side of the grill for about 2 to 3 minutes, or until the fish is cooked through but still a little pink in the middle. Turn again, flesh side up, and drizzle with the prepared sauce.
4. Transfer to a platter and serve.



Coconut Curry Cod and Veggies

Serves 4. Prep time: 35 minutes; 15 minutes active.

- 1 cup coconut milk
 - 2 cups cauliflower, small florets
 - 1 large carrot, thinly sliced
 - 1 pound cod, halibut, salmon, or other fish, about 1-inch thick, cut in portions
 - 1 tbsp curry powder
 - cayenne, optional
 - $\frac{1}{2}$ teaspoon salt
1. Heat the oven to 375°F, and set up a steamer for the vegetables. In a cup, mix the coconut milk, curry powder, cayenne to taste (if using), and salt.
 2. Steam the cauliflower and carrots for 2 minutes, then let cool.
 3. Place the fish in a 2-quart baking dish and cover with cauliflower and carrots, then pour over the sauce. Bake at 375°F for 20 minutes. When the fish is cooked through and flakes easily when pierced with a paring knife, serve.

.....

Coconut milk mixed with a flavorful curry powder creates a creamy sauce with enough complexity to turn a simple piece of fish into an exciting meal.



Roasted Salmon and Vegetables in Pesto Broth

Serves: 4. Prep time: 35 minutes; 20 minutes active.

- 2 pounds salmon fillets, cut in 4 even portions
 - 1 tsp extra virgin olive oil
 - $\frac{1}{2}$ tsp salt
 - $\frac{1}{2}$ tsp freshly ground black pepper
 - 2 cups vegetable or chicken stock
 - $\frac{1}{2}$ cup dry white wine
 - 2 medium Yukon gold potatoes, unpeeled, cut in $1\frac{1}{2}$ -inch chunks
 - 8 oz green beans, trimmed and cut in 1-inch pieces
 - $\frac{1}{4}$ cup jarred pesto
 - 4 sprigs basil (optional)
1. Preheat the oven to 375°F. Line a baking sheet with parchment and place the salmon portions on it. Drizzle with olive oil and sprinkle with salt and pepper.
 2. Pour the stock and white wine in a medium pot and bring to a boil over medium-high heat. Add the potatoes and return to a boil, then cover and reduce heat to hold at a simmer for 10 minutes. Add the green beans and cook, covered, for about 5 to 7 minutes, until the potatoes are tender when pierced with a knife. Uncover and keep warm.
 3. Roast the salmon for 10 to 15 minutes if wild caught, 15 to 20 minutes if farmed. When cooked through, remove from oven and, if desired, use a metal spatula to lift the flesh of the fillets off the skin.
 4. Stir the pesto into the warm potato and bean mixture, and divide the broth evenly into 4 bowls and serve, topped with a fillet of salmon. Garnish with basil, if desired.



Catch of the day:
An almond crust gives
homemade fish sticks
a healthier touch.

Baked Fish Sticks with Tartar Sauce

Serves: 4. Prep time: 30 minutes.

Tartar Sauce

- 1/4 cup fat-free plain Greek yogurt
- 1/4 tbsp mayonnaise
- 1 tbsp capers, drained
- 1 tbsp sweet pickle relish
- 1 tsp fresh lemon juice
- 1/4 tsp kosher salt
- Freshly ground black pepper

Fish Sticks

- Vegetable oil for pan
- 1 cup whole almonds
- 1/2 tsp paprika
- 1/4 tsp salt
- 2 large eggs, lightly beaten
- 1 tbsp Dijon mustard
- 1 pound skinless Alaskan cod fillet, about 1-inch thick (thawed if frozen)
- 4 buns or lettuce leaves

1. Combine yogurt, mayonnaise, capers, pickle relish, lemon juice, salt and pepper in a small bowl; set aside. Heat the oven to 425°F. Lightly oil a sheet pan and reserve.
2. In a food processor, pulse the almonds until they are ground to the size of coarse breadcrumbs. Transfer to a medium bowl and stir in the paprika and salt. In another medium bowl, whisk the eggs and Dijon mustard. Divide the fish fillets into pieces about 1 inch wide and 4 to 6 inches long. Dip the fish into the egg mixture, then the almond mixture and place on the oiled pan. If there is any almond mixture left over, pat it on top of the fish to fill in any gaps.
3. Bake for 10 minutes, then check to see if a piece of fish will flake when pierced with the tip of a paring knife. When the fish is cooked through, cool on a rack. Serve the fish on a bun or in a lettuce leaf, with the tartar sauce.

The Fruit and Veggie Grilling Guide

Giving fresh vegetables, stone fruit, and even lettuce a turn on the grill will intensify their flavor, with delicious results.

By Tara Duggan

While most people associate outdoor grilling with burgers, hot dogs and steaks, the grill imparts big flavors to fruits and veggies, too. A wide array of produce paired with spice rubs, marinades and sauces galore will keep your patio table overflowing with delicious additions to your grilling repertoire.

Seasonal summer vegetables just happen to be perfect for grilling: zucchini, eggplant and bell peppers are naturally tender and become even sweeter on the grill. Slice these vegetables about 1/4-inch thick and toss them in an easy marinade for 30 minutes (or better yet, overnight) before grilling for a few minutes per side.

A simple combination of wine vinegar, olive oil, chopped garlic and herbs, and salt and pepper are all you need for a tasty marinade. This easy mix will turn grilled vegetables into Italian antipasti to serve with bread, olives and cheese. Or change the blend to vegetable oil, sesame oil, soy sauce, rice vinegar, and chopped garlic and ginger for Asian-flavored vegetables that are delicious with rice. Store-bought dressings with a vinegar base make wonderful marinades as well.

Summertime peaches, apricots, nectarines and figs are delicious grilled. Cut fruit in half and remove any pits, then coat lightly with oil. For a sweet-savory side dish to grilled pork, chicken or lamb, sprinkle on a little salt, pepper and balsamic vinegar, then grill for a few minutes per side. And for dessert, dust with brown sugar, then place the halves on a clean part of the grill for a few minutes per side before serving with ice cream or pound cake (or both).

GRILLING TIPS

Use moderate heat, not high.

If it's a charcoal grill, move the charcoal to one side and grill your fruits and veggies on the other side, over indirect heat.

Oil your grill thoroughly.

Fruits and vegetables are high in natural sugars, which means they can easily burn and stick to the grill. Before you begin cooking, clean the grill well, preheat it, and then use several layers of paper towel dipped in vegetable oil to grease it.

Cut vegetables into the largest possible pieces.

This will prevent them from falling through the grill grate and avoid extra time spent flipping more pieces. For example, cut zucchini in slices along the length of the vegetable, rather than slicing into small rounds.

Give corn on the cob a head start.

Blanch it in boiling water for a few minutes, then grill for 5 to 10 minutes to finish cooking and add smoky flavor.



Grilled Pluots

Servings: 4. Total time: 25 minutes.

- 4 pluots
- 2 tsps water
- $\frac{1}{8}$ tsp cinnamon
- 2 tsps orange marmalade
- 1 cup vanilla ice cream
- $\frac{1}{4}$ cup cinnamon-flavored granola (optional)

1. Heat the grill to high.
2. Slice the pluots in half lengthwise, then twist to open and remove the pit. Set aside.
3. In a small bowl whisk together the water, cinnamon and marmalade until well blended, then brush the mixture onto each pluot half. Place the pluots, flesh side down, on the hot grill and cook for 3 to 4 minutes, brushing occasionally with more marmalade. Turn the pluots skin side down, brush the flesh with marmalade and grill 2 more minutes until tender and caramelized. Remove from the heat, place the grilled pluots on a dessert plate, top with ice cream and sprinkle with granola.



Grilled Fruit Kebabs

Servings: 6. Total time: 20–30 minutes.

- 1/2 cup ginger ale
- 2 tbsps honey
- 2 tbsps orange juice
- 1 tbsp vegetable oil
- 1/4 cup brown sugar
- 1/4 tsp ground allspice
- 2 sprigs fresh thyme, stems removed
- Pinch of salt
- Pinch of cayenne pepper (optional)
- 1 pound fresh ripe peaches and/or plums, pitted and cut into quarters
- 1 small pineapple (2–3 pounds), peeled, cored, and cut into 2-inch cubes
- 6 metal or bamboo skewers (soak bamboo skewers in water before using)

1. Prepare and heat the grill.
2. In a small bowl, whisk together the ginger ale, honey, orange juice, oil, brown sugar, allspice, thyme leaves, salt and cayenne pepper, if using.
3. Thread the fruit onto the skewers and place them on a rimmed sheet pan. Brush the fruit with some of the marinade. When the grill is hot, put the skewers on and grill on each side for 3 to 4 minutes, glazing the fruit with more marinade every couple of minutes.



Grilled Marinated Zucchini

Servings: 6. Total time: 50 minutes; 20 minutes active.

- 1 pound zucchini
- 2 tbsps olive oil
- 2 tbsps minced garlic
- Zest from 1 lemon
- 2 tbsps lemon juice
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- Salt and black pepper to taste
- 1/4 tsp crushed red pepper flakes (optional)

1. Remove the ends from the zucchini and slice them lengthwise into halves or thirds.
2. In a small bowl, whisk together the olive oil, garlic, lemon zest and juice, vinegar and spices. Place the zucchini in a large dish or on a rimmed sheet pan and pour the marinade over the zucchini. Let sit for 30 minutes or more, stirring occasionally.
3. Heat grill to medium-high heat. Grill the zucchini slices for 3 to 4 minutes on each side, basting with any remaining marinade when flipping. Serve warm.

Toss the zucchini with chunks of fresh tomato, feta cheese and cooked couscous for a light Mediterranean salad.

Grilled Romaine Salad

Servings: 4. Total time: 25 minutes.

Dressing

- 1/4 cup freshly grated Parmesan cheese
- 1 tbsp lemon juice
- 2 tbsps extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1/4 tsp freshly ground black pepper

1. Make the dressing by whisking together the cheese and lemon juice in a small bowl. Add the olive oil, balsamic and black pepper and whisk again until incorporated. Set aside.
2. Heat an outdoor grill or stove top grill pan to medium-low, about 350°F.
3. Place the corn on the grill and grill for about 4 to 5 minutes per side until the kernels start to char. Remove from grill once the whole ear is slightly charred, cut the kernels off the cob and set aside.
4. While the corn grills, drizzle the bread with 1 tablespoon of olive oil and place on the grill for about 1 to 2 minutes per side until just slightly toasted and grill marks appear. Remove from the grill and cut into cubes.

Salad

- 1 ear corn
 - 2 slices day-old bread
 - 2 tbsps extra virgin olive oil, divided
 - 1 large head romaine lettuce
 - 1/4 medium red onion, thinly sliced
 - 1/2 avocado, chopped
5. Cut the head of romaine in half lengthwise, keeping the core intact. Wash each half thoroughly, gently shake off any excess water and dry well.
 6. Drizzle both halves of romaine (cut side) with the remaining tablespoon of olive oil. Place the lettuce halves on the grill, cut side down and grill for 1 to 2 minutes per side until the outer leaves just start to wilt and the core has some nice grill marks.
 7. Plate the grilled romaine on a serving platter, top with the grilled corn kernels, sliced red onion, chopped avocado and grilled croutons.
 8. Drizzle the dressing on top and serve warm.



Lyfe Gardens

Supplier to PFC since 2016

Location: Bangor, WI

20 miles from PFC-La Crosse

Local

Lyfe Gardens is a small hydroponic farm in Bangor, Wisconsin. Steve and Michelle Glandt have been supplying red, green, and romaine

lettuces to People's Food Co-op of La Crosse since 2016. Their ambitions are truly local. They harvest about 200 heads of lettuce a week. Besides the co-op, they also supply fresh lettuce to two local school districts. As Steve says, "Every town should have 100 family farms supplying local food needs instead of only one or two."

They began their small farm business in 2014, partly as a project to do with their four children. They built a 6,000 square foot aqua greenhouse, integrating a fish farming operation with the hydroponic vegetables. The plants are grown in nitrogen-rich water supplied by the tilapia fish raised in nearby tanks.

The Circle of Lettuce

The lettuces are germinated in gardeners' grow cubes, then transferred to flats or rafts with their roots suspended in the nutrient-enriched nursery pool. After a couple of weeks, the plants develop enough root that they can be moved to the Styrofoam flats in the main grow beds. As the older plants are harvested the flats are removed and the remaining flats are moved forward to allow room for new plants to be added. The fertilizer used to enrich the water is helpfully supplied by the tilapia in nearby tanks. And the water goes back to the fish after the nutrients are depleted. The entire water/nutrient system is largely self-contained, except for



Lyfe Gardens supplies their greens to the La Crosse location.

the fish food and about 1,000 gallons of water replaced weekly – the loss due to evaporation and cleaning.

Steve remembers reading about small acreage aqua-farming in the 1990s, "and by 2015, it seemed like everybody had a system that they were willing to show you on YouTube." They found someone in Montello, WI who gave seminars on the business aspects of aqua farming, and the Glandts were on their way.

It's Educational

Michelle and Steve are both schoolteachers and they find that the experience has been rewarding educationally. Local schools visit on field trips, and their own children received environmental scholarships when they went to college. The lettuce is a hit at the local schools. Kids have reported that Lyfe Gardens is "the only lettuce I'll eat," according to the farm's market research.



The Glandts are quick to point out that their produce is very fresh since it goes from farm to your table in hours rather than weeks. The lettuce roots are left on. They find this extends the shelf life of the greens in your refrigerator for up to two weeks.

Lyfe Gardens produces greens all year round – though they take a break in high summer because of the high heat. They are not an organic operation. Michelle reports that when they were setting up the farm in 2015 there were no organic grow cubes on the market that met their needs. At this point, they could go organic, but haven't seen a need to. They use no added fertilizers or pesticides. Such additives would unbalance the bacterial base of the recycled water system and would harm the fish. For pest control the farm brings in ladybugs to take care of any aphid problems.

The greenhouse does not require a lot of energy inputs. A wood burning stove heats the water throughout the winter, supplemented with about 500 gallons of propane.

“Every town should have 100 family farms supplying local food needs instead of only one or two.”

The entire system of fish-to-lettuce nutrient cycle is self-sufficient. The farm requires lettuce seeds, the grow cubes for starters, fish food, and packaging for the lettuce. The Glandts find that they're breaking even on the business.

Now that the kids are out of the house the farm has settled into a steady routine. Steve reports that he finds this project more interesting on weekends than sitting on a couch watching sports. It's a small operation, but they feel they're adding a benefit to their community and an alternative to the big farm foods typically on offer. “And we've never had a recall on our lettuce.”



a note from the Board

Dear members,

I hope you have been enjoying the longer and warmer days!

While for most this is the season of summer vacation, including travel with family and kids, this July I will be making a one-way trip to Sweden to follow a professional opportunity. I am excited to discover a new country, language, and culture (especially culinary culture)!

As I reflect on my time on the board, I cannot help but being thankful for the opportunity to serve. I have learned a lot about Co-ops history and how they work, learned about local farmers and producers who work so hard to bring us the most delicious and nutritious food. I got to spend time with other directors who shared the same values and passion for their Co-op, and got to know some of the Co-op employees a little better... Most importantly, I got to volunteer and give back for a cause I deeply care about.

If learning new things, meeting cool people and giving back to a cause you care about sounds like something you'd be interested in, then you should consider running for the board! Board directors help make big decisions, drive overall strategy and apply their individual skills and passions in the committees they elect to serve on.

What makes a good director? Openness to learn, comfort asking questions, good teamwork skills, and most importantly: interest for the Co-op business and its impact on the community.

Do you recognize yourself in this description? Join us! Applications are open, please go to <http://www.pfc.coop/board-candidate-application-form>. You are also welcomed to attend the July board meeting to see how we work before applying.

If you have any question, or simply would like to get more involved in a different way, please feel free to connect with us at board@pfc.coop.

Johanna Ficatier

Board Director

contact the board at: board@pfc.coop

UPCOMING BOARD MEETINGS

- July 28, 5-7 p.m
- August 25, 5-7 p.m
- September 22, 5-7 p.m
- October 27, 5-7 p.m

Please email board@pfc.coop BY NOON ON THE MEETING DAY; we will provide a link to the meeting.

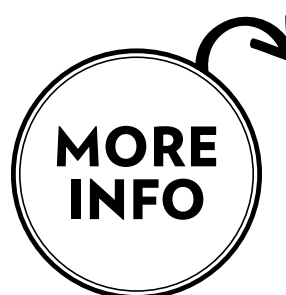


Applications must be received by
August 31, 2022
at 11:59 p.m.

Shape the future of your co-op

run for the
BOARD
OF DIRECTORS

- Further the co-op's mission to build a sustainable community, while treating all people with kindness and fairness.
- Collaborate with community members and represent over 11,000 owner households working toward a common goal.
- Receive \$1,200 in compensation - \$300 pre-loaded quarterly to your owner account.





JULY RECIPIENTS

La Crosse: Friends of La Crosse Library
Rochester: Rochester Public Library
Foundation

AUGUST RECIPIENTS

La Crosse: Cia Siab
Rochester: Legal Assistance of Olmsted
County

SEPTEMBER RECIPIENTS

La Crosse: GROW
Rochester: Bear Creek Services



EAT LOCAL CO-OP FARM TOUR

THIS SATURDAY!
July 16 from 10 a.m.–4 p.m.

Explore local sustainable and organic farms as they open their doors for a day full of fun, learning, and discovery brought to you by your local food co-ops. This year 20 urban and rural farms are offering exciting activities such as farm goods for sale, farming demonstrations, u-pick berries, and more. It's a free, self-guided event, so no need to sign up!

For more information visit www.coopfarmtour.com or find guidebooks available in our stores. Please check the farm tour website regularly for updates about this event.

Wines of the World

Tuesday, August 2
6-7:30 p.m.

La Crosse
Community Room

Join wine expert Todd Wohlert from Left Bank Wine as he takes us around the world sampling 8 wines. As with every wine, delicious and complimentary appetizers will be served. Must be 21 to register.

\$30 PFC OWNERS
\$45 NON-OWNERS



ROCHESTER

Fruit Sushi for Kids
at Thursdays on 1st
Thursday, August 11 and 18

Join sushi chef Neng Vue for a fun and delicious create your own fruit sushi mini class. Class is free!

