



THE Garlic Press

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SUMMER 2025

For the Love of Local

At People's Food Co-op, our mission has always been to nourish our community — not just with fresh, quality food, but through lasting relationships that support our local economy and environment. Local food isn't just a part of what we do — it's our foundation.

When you choose local produce, dairy, meats, and goods from our shelves, you're doing more than feeding your family. You're helping a nearby farm stay in business. You're supporting a neighbor's small enterprise. And you're reducing the distance food travels — which means fresher taste and a lighter impact on the planet.

We're proud to partner with hundreds of local farmers, artisans, and food makers who share our commitment to quality and sustainability. Their hard work, dedication, and passion are what make our co-op so special. Every apple, loaf of bread, and jar of honey tells a story — and we're honored to help share it.

In this summer edition of The Garlic Press, we're celebrating everything local! You'll find behind-the-scenes stories from **Easy Yoke Farm** and **Deep Rooted** — plus tomato recipes you'll be rotating through well into fall.

The PFC Board of Directors is looking for passionate individuals to run for the board! Serving on the board is a great way to support PFC's mission, help shape its future, and keep our community-owned, values-driven organization strong and thriving. See **page 5** for more information and link to the application.

Catch us out and about at local events in both of our communities. Check out **page 6** or **visit the calendar** on our website for all the latest.

In the spirit of supporting local we're excited to announce that our People's Food Community Fund is now open to local organizations whose missions align with ours. See **page 18** for application details.

Thank you for shopping with us, for supporting local, and for being part of our shared commitment to a healthier, stronger community.

Here's to a summer full of fresh flavors, local connections, and good food shared.

Cooperatively,

Ann Mull

Interim GM



Hidden Stream Farm
- Elgin, MN



Hare & Tortoise Farm
- Zumbro Falls, MN



Featherstone Farm
- Rushford, MN



Deutsch Family Farm
- Osseo, WI



Ferndale Market
- Cannon Falls, MN



River Root Farm
- Decorah, IA

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608-784-5798

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Rochester, MN 55902
507-289-9061

MARK YOUR CALENDARS!

July 1-31

Summer Wine Festival | La Riojana Co-op

Celebrate summer with our La Riojana wine selection.
Save on wine, stock up, and sip sustainably!



August 6 – September 2

Dollar Days

Our Fresh Deal flyer will look a little different for the month of August. Select items will be in whole dollar increments, capped at \$10. Shop smart, save big—all month long with simple pricing you'll love.



August 8-10

3 Days Sale

Save big on 6-10 select items
for 3 days only. Check online
or in-store for items on sale.
Stop in and stock up



August 15-16

Bulk Sale

Owners save 20%,
non-owners save 15%
Fill your pantry with
co-op staples.



To be Announced

Fall Meat Bundle

Watch for a fall meat bundle release in late September! Fill your freezer with our carefully curated bundle of the best local pork and beef.

August 27 – September 2

Labor Day Meat Sale

Celebrate the the end of the season with grill-ready meats and more—perfect for Labor Day plans and parties!

August 20 – September 2

BOGOs | Co-op Deals

Buy one, get one on select grocery items. Shop the sale and double the value on your favorites or new co-op finds.



September 3-30

September Wellness Reset

Ready to feel your best again? Whether you're bouncing back from a busy summer or just need a fresh start, our Wellness Reset is designed to help you reconnect with your mind, body, and energy.

run for the **BOARD** OF DIRECTORS

The application period to run for the PFC Board of Directors is coming up - and we'd love for you to consider stepping into a leadership role in our co-op community. Serving on the board supports the mission of PFC, helps shape our future, and ensures we continue to thrive as a community-owned and values-driven organization.

- **What is the Board of Directors and what does it do?**

- The Board of Directors is the governing body for the owners of People's Food Co-op (PFC). It is composed of up to
- **nine people**, all owners of the People's Food Co-op. Board members are elected
- by co-op owners for **three-year terms**.

The PFC board focuses on being **strategic and visionary**. This big picture view looks toward the long-term future of the co-op rather than focusing on only the short-term. The board works to anticipate trends and values that may have an impact on our relevance, survival, and maximum benefit to our owners. The role of the board includes financial oversight, strategic planning, owner linkage, and community outreach.

- **What are the requirements for running for the Board?**

- Directors must be owners of the People's Food Co-op who are in good standing,
- without substantial conflict of interest resulting from an affiliation with any enterprise that is in competition with the co-op, pass a criminal background screening, and be **recommended** by the
- Board based on a four-step process.

Important Qualifications Include:

- willingness to work cooperatively and closely with other board directors
- commitment to providing the time and energy needed to fulfill the role and complete the term on the board
- understanding of financial statements
- organizational skills
- genuine interest in issues related to cooperatives.



For more information, please visit:
<https://www.pfc.coop/board-of-directors>

If you have any more questions,
feel free to reach out to the board at
board@pfc.coop.



Summer Outreach Calender

JULY

S	M	T	W	T	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST

S	M	T	W	T	F	S
31					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SEPTEMBER

S	M	T	W	T	F	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Sustainability Youth Camp

August 4/5 | 9 AM–3 PM | La Crosse

Learn to Live Local is a FREE 2-day youth camp (ages 9-12) on Monday, August 4th and Tuesday, August 5th from 9AM–3PM that focuses on healthy, low-carbon food choices, sustainability, and how to reduce waste while having fun! This new 2-day camp will be based out of La Crosse People's Food Co-op.



Thursdays Downtown

August 14 | 11 AM–3 PM | Rochester

Thursdays Downtown is back! People's Food Co-op will be there on select dates throughout the summer as a Lunchtime Sponsor. Come say hi and snag a high five!



Family Fun at the Farmers Market

August 16 | 7:30 AM–12 PM | Rochester

Stop by our booth to plant an organic seed (straight from the co-op!) in nutrient-rich **Purple Cow Organics** soil—just like what we carry in-store. You'll pot your seed in a compostable container to take home and grow. It's a fun, hands-on way to connect with where your food comes.



Viterbo Welcome Back Bash

August 28 | 1–3:30 PM | La Crosse

Stop by our booth at Viterbo's Welcome Back Bash where we will be handing out PFC color-changing cups to new and returning students and faculty! This is a wonderful opportunity for students to connect with community members and learn about student involvement and engagement opportunities.



Dogs Downtown

September 20 | 11 AM–3 PM | Rochester

Join People's Food Co-op at the Rochester Downtown Alliance's Dogs Downtown event! We'll be there celebrating our furry friends with fun giveaways just for pups. Stop by our booth for some tail-wagging treats, free goodies, and good vibes.

All events & classes have

Hyperlinks 

Click on the titles and they'll take you where you need to go!



Pie Making Contest

October 4 | La Crosse

**SAVE THE
DATE**

To celebrate DMI's Historic Days, PFC is excited to bring back the annual pie making contest! Contestants can enter a pie in one or both categories: fruit and non-fruit. Entry fee is \$5 per category. Proceeds will be donated to a local non-profit organization. Winners will receive a \$100 PFC gift card. Runner-ups will receive a PFC cookbook. Stay tuned for more details!

Reoccurring Events:



Yoga at the Co-op

Every Saturday | 7–8 PM | Rochester

PFC is partnering with The Amethyst Yogi to bring accessible, donation-based yoga to the downtown community! This 60-minute vinyasa-style class is open to all levels and takes place in the co-op café.



Off Season Striders Run

Third Sunday each Month | Morning Start | Rochester

Join Rochester Running Club's Off Season Striders for a community run starting at People's Food Co-op! This informal, all-levels running group meets year-round on weekends. Enjoy the run and connecting with others.



ALL IN THE *Family Farm*

A Conversation with
Hannah Miller of Easy Yoke Farm
Written by: Greg Lovell

With five children and a full time produce farm, Daniel and Hannah Miller know the value of hard work and family. For them, work and family overlap every day.

The Millers are the owners and operators of Easy Yoke Farm located 20 miles northeast of Rochester in Zumbro Falls, Minnesota. Easy Yoke produces a wide range of organic vegetables and some fruit, all of which is available for sale at The People's Food Co-op in Rochester and the Rochester Farmers Market.

"Our general vision is to steward the land well, to grow healthy food to feed our neighbors, and to raise our family working together in a place of beauty at a pace that we can sustain long term," - Hannah Miller

Indeed, this mix of family and farming has helped the Millers provide delicious produce to the Rochester area for over a decade.

Working the Fields Together

Daniel grew up in Minnesota, but Hannah is a South Carolina transplant who moved to Minnesota to work on her sister and brother-in-law's farm in 2009.

The couple met that summer and began seeing each other, with Hannah deciding to stick around Minnesota one year longer than she initially planned. Soon thereafter, Daniel proposed—in Hannah's picturesque flower garden nonetheless—and the wheels for Easy Yoke Farm were set in motion.

After getting married, Daniel and Hannah bought the property coincidentally located next to her sister and brother-in-law.

"Those first few years were kind of wild," recalled Hannah. "We farmed with draft horses and got a few animals, even though we didn't know what we were doing."

Yet, both Hannah and Daniel had some prior experience farming, so they weren't entirely new to the farming game. They soon shifted their focus to produce.

"We saw vegetable farming as an amazing opportunity to support a family and work together," said Daniel.

In fact, Easy Yoke no longer needs outside employees as they have one big advantage: kids!

"Daniel and I and our five children all pitch in to get the work done," said Hannah. "Everyone does a little of everything."

A Way of Life

Daniel says the lifestyle is what they love most about Easy Yoke Farm.

"Being able to work together as a family makes the work very meaningful and fun—most days!" said Daniel with a laugh.

Hannah agrees, saying more time together as a family out in the sunshine and fresh air is a huge benefit.

"Kids love to work," said Hannah. "They are so proud and pleased to be involved in something tangible and meaningful. Our farm has been a place to give that opportunity to them."

The Power of Community

Looking ahead, Daniel says they hope to inspire others along the way as they continue to plant and harvest the fields of Easy Yoke Farm.

"Our hope for the farm is that it will inspire our children and other friends to start their own farms. We would like to see more people buying local produce."

Indeed, the community has shaped the Miller's lives and even Easy Yoke Farm itself.

After a fire burned down one of their main buildings, the surrounding community rallied to help them rebuild and continue produce farming. Within one year, the structure was rebuilt better than ever.

"It was a humble thing, and also very encouraging, to see how strong that community can be when we had a need," said Hannah.

In many ways, the Millers are helping produce the future of a community they've been a part of for years.

"Selling at the market and at the Co-op is a very intimate community where you really get to know the people who buy your vegetables."



**Find Easy Yoke Farm's
tomatoes, carrots,
greens, zucchini, and
even more at the co-op!**



Deep ties TO FARMING

*A Conversation with
Tiffany Cade of Deep Rooted
Written by: Greg Lovell*

No one could have predicted how a vacation trip to the Virgin Islands in 2012 would lead Tiffany Cade to meet her husband and ultimately re-plant herself on the farm back home in Westby, Wisconsin.

Tiffany and her husband Jimmy Fackert own Deep Rooted, a certified organic farm located near Westby that specializes in flowers, tomatoes, microgreens, and vegetable and herb seedlings.

Deep Rooted sells over **30,000 pounds of tomatoes** yearly—and all within a 60 mile radius.

“Products are harvested and delivered the very next day to ensure our customers are receiving the highest quality of produce available,” said Tiffany.

Deep Rooted sells their products on site, online, and to local grocers and restaurants. They also offer a cut flower subscription service similar to a CSA.

Since opening in 2013, Deep Rooted has been partnering with The People’s Food Co-op, bringing tasty and nutritious produce to the area for well over a decade.

Returning to Their Roots

Tiffany and Jimmy met in 2012 while on vacation in the Virgin Islands. After the trip, they stayed in touch and eventually started dating despite being miles apart. Jimmy was in Detroit finishing school while Tiffany was in Chicago working for a CSA farm and spearheading urban agriculture projects in the city. Both were interested in organic food production.



Then tragedy struck one year later with the sudden passing of Tiffany's stepfather.

With Tiffany's family needing extra support back home in Westby, both Tiffany and Jimmy found themselves at a crossroad. Ultimately, they decided to relocate to the 20-acre farm her stepfather had owned just outside of Westby.

At the time, Tiffany's stepfather was growing annual bedding plants for sale locally, so the property already featured four greenhouses. Soon, the vision for Deep Rooted Organics gained momentum and the business became official, with Jimmy and Tiffany eventually marrying later on.

"Our first year we grew just a few different types of tomatoes and had a garden center," Tiffany recalled. "We transitioned the farm to be certified organic and put up two outbuildings and a high tunnel."

Deep Rooted continued to expand and diversify, adding an orchard in 2023 as well as additional varieties of tomatoes and cut flowers.

Core Values in Bloom

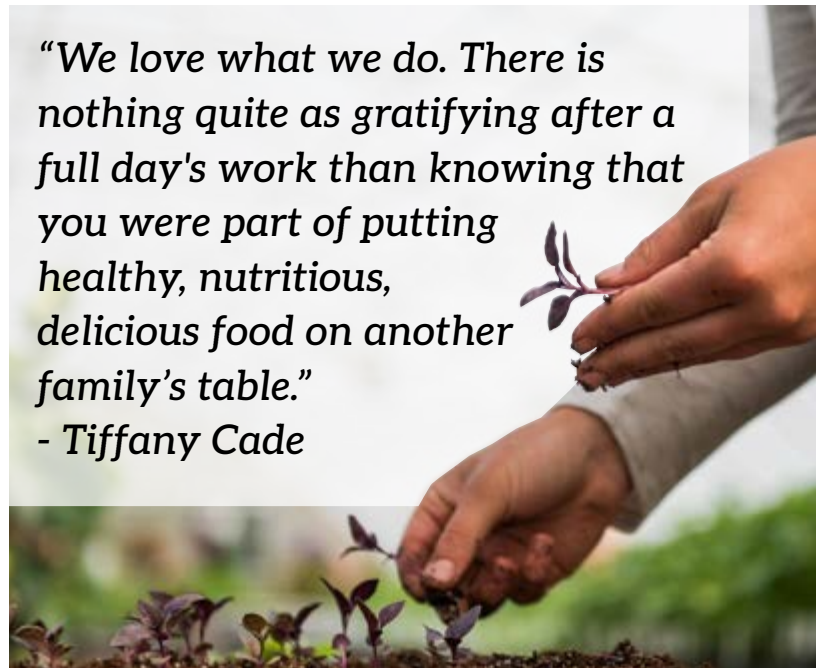
Tiffany and Jimmy both had long valued organic

farming, so the transition to a certified organic farm marked a significant step in turning those values into action.

Today, Deep Rooted grows **40 different varieties of tomatoes** and a wide variety of bedding plants. They offer the area's largest selection of Certified Organic vegetable and herb seedlings. Amidst planting, tending, and harvesting, Deep Rooted also offers classes, workshops, and other events on the farm to expand their ethos and help others learn.

"We love what we do. There is nothing quite as gratifying after a full day's work than knowing that you were part of putting healthy, nutritious, delicious food on another family's table."

- Tiffany Cade





Future Growth

Despite having a successfully established business, Tiffany and Jimmy show no signs of slowing down as they eye future possibilities.

"In the short term we plan to continue to produce high quality produce and grow our local cut flower market," said Tiffany. "We hope to build out a commercial kitchen on the farm and develop a value added line of canned products."

"Over time, we intend to incorporate more regenerative agriculture practices into our farm and increase our perennial food crops. We would also love to integrate some livestock into our farm system," Jimmy added.

Through it all, the couple relishes the challenge of running an organic farm.

"Farming is a lot of work with very long days, but it is rewarding," Tiffany said. "No day is exactly like the previous day or the next day. We love that farming is always evolving and there is always so much to learn."

Any way you slice it, Deep Rooted Organics is a testament to the power of working with a purpose in mind—not just in terms of tomato production, but for the wellbeing of the broader community.



Speaking of families, Deep Rooted will host their **10th Annual Tasty Tomato Festival on August 31st** later this summer. The Tasty Tomato Festival is a fun, family-friendly, end-of-season event celebrating a love for tomatoes and thriving local food communities. The event features tomato tasting, live music, greenhouse tours, children's activities, local vendors, and more.

Visit the **Events** page on Deep Rooted Organics' website (<https://www.deeprootedorganics.com/>) for more information.



& PEACH & TOMATO PANZANELLA *salad*

Serves: 4 | Prep Time: 20 min | Total Time: 30 min

This vibrant summer salad is the perfect way to celebrate local in-season flavors!

INGREDIENTS:

For Salad:

3 cups rustic bread, cut into 1" cubes
2 ripe peaches, sliced into wedges
2 cups cherry or heirloom tomatoes, halved
1/4 cup small red onion, thinly sliced
1 ball fresh mozzarella or burrata, torn
1/4 cup fresh basil leaves, torn
1 Tbsp mint leaves, chopped
2 Tbsp extra virgin olive oil (for bread)
salt and pepper to taste

For Dressing:

3 Tbsp extra virgin olive oil
1 Tbsp white balsamic vinegar or champagne vinegar
1 tsp honey or maple syrup
1 small garlic clove, minced or grated
salt and pepper to taste

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Toss the cubed bread with olive oil, salt, and pepper. Spread on a baking sheet and toast for 10-15 minutes, or until golden and crisp on the edges, but still a bit chewy inside. Let cool slightly.

Place red onion slices in a small bowl of cold water for 5-10 minutes to reduce sharpness. Drain before using.

Whisk together the olive oil, vinegar, honey, garlic, salt, and pepper in a small bowl or jar.

In a large bowl, combine the toasted bread, peaches, tomatoes, red onion, and mozzarella (if using). Drizzle with the dressing and toss gently.

Allow the salad to sit at room temperature for 10-15 minutes to let the bread soak up the juices.

Add the fresh basil and mint, toss lightly, and taste for seasoning. Serve immediately or slightly chilled.



BACON TOMATO jam

Yields: ~ 2 cups | Prep Time: 10 min | Cook Time: 45-60 min | Total Time: ~ 1 hour

INGREDIENTS:

8 oz thick-cut bacon, chopped
1 medium yellow onion, finely diced
2 garlic cloves, minced
1.5 lbs fresh whole cherry tomatoes
1/4 cup brown sugar (light or dark)
2 Tbsp apple cider vinegar
1 Tbsp balsamic vinegar
1 tsp smoked paprika
1/4 tsp chili flakes (optional)
salt and pepper to taste

INSTRUCTIONS:

In a heavy skillet or saucepan over medium heat, cook chopped bacon until crisp and browned, about 8-10 minutes. Remove with a slotted spoon and drain on paper towels. Leave about 1 Tbsp of bacon fat in the pan.

Add onion to the pan and cook over medium heat until softened and lightly caramelized, 8-10 minutes. Stir in garlic and cook for 1 more minute.

Stir in chopped tomatoes, brown sugar, both vinegars, smoked paprika, chili flakes (if using), salt, and pepper.

Add the bacon back to the pan. Simmer uncovered over low heat for 30-40 minutes, stirring occasionally, until thick and jammy. It should reduce and become glossy and spreadable.

Taste and adjust seasoning. For a smoother texture, pulse it a few times in a food processor or with an immersion blender (optional – some prefer it chunky).

Let cool, then store in a clean jar in the fridge for up to 2 weeks. Flavors deepen after a day or two.



field DAY®



everyday items

Now for Less

We've dropped prices on over 80 *Field Day* basics to help you cook, snack, and save smarter.



About Field Day

Since the introduction of our Co+op Basics program, you may have noticed that many of these more affordable choices are from the Field Day brand. We selected these products as part of our commitment to expanding our assortment so that everyone can find affordable products that meet their individual needs.

Field Day offers everyday low prices on many popular grocery and household items, from cooking oils to dry goods. We love Field Day because most of their food products are certified organic and made in the USA (some items may have imported ingredients). To be certified organic, a product can't contain GMOs, but for those products that are not certified organic, Field Day has made a commitment to non-GMO sourcing, as well.

Including Field Day items in our product selection is just another way we are working to increase access to healthy, delicious food and make the co-op an option for more people so they can discover all that we have to offer.

- 1 PFC | Travel Bamboo Cutlery, 4 piece set
- 2 Crazy Fresh | Organic Kale slaw
- 3 Salad Girl | Blueberry Basil Vinaigrette & Marinade
- 4 Dana's Kitchen | Mushroom Seasoning
- 5 Watkins | Smoked Maple Rub
- 6 Fizzleology Foods | Bad Axe Curtido
- 7 Thousand Hills | Uncured Hickory Smoked Beef Hot Dogs
- 8 Ferndale Market | Cheddar Bratwurst
- 9 Flackers | Sea Salt Flax Seed Crackers
- 10 Co-op's Own™ | Smoked Salmon Spread
- 11 Hidden Springs Creamery | Fresh Basil & Olive Oil Marinated Sheep Cheese
- 12 La Riojana Co-op | Torrontes Riojano
- 13 Co-op's Own™ | Classic Coleslaw
- 14 LüSa Organics | Fly and Gnat Body Mist
- 15 Badger | Aloe Vera After Sun Gel
- 16 Badger | Active Mineral Cream, SPF 30
- 17 Fat & the Moon | Bite and Burn Spray
- 18 Spring Grove | Orange, Rhu-berry & Cream Soda Pop
- 19 Fayze's | Zesty Spinach Herb Sourdough
- 20 Whole Grain Milling Co. | Organic Tortilla Chips
- 21 Chip Magnet | Garlicious Salsa
- 22 PFC | Klean Kanteen
- 23 Field Day | Cola Sparkling Soda
- 24 Ecologie Danica | Reuseable Beeswax Wraps





PARTY WITH
Purpose!

Working Together for a More Sustainable Future

We're committed to reducing our environmental footprint and finding smarter ways to use resources—because every small change can make a big difference. At the same time, rising operational costs challenge us to think more responsibly and creatively. Fortunately, sustainability and efficiency go hand in hand. By aligning thoughtful choices with responsible practices, we can build a future that benefits both our planet and our community. We're grateful for your support in this shared effort.

Here are a few simple, meaningful ways we can work together:



Bring Your Own Reusable Bags & Containers

Skip the single-use plastic/paper and packaging by bringing your own clean reusable grocery bags, produce bags, jars, or containers.

Don't have one with you? No worries—we offer reusable options in-store. Every bag and container helps reduce waste at checkout and behind the scenes.



Choose Debit Over Credit

When you pay with a debit card instead of a credit card, you help us save on processing fees—between 0.5% and 2.5% per transaction.



Shop Local

Buying local is a powerful way to support the environment and the people around you. Local products mean fewer transportation emissions, less packaging, and more support for local farmers, artisans, and small businesses. Your choices help build a more resilient, self-sufficient community. Look for the red local signs at the shelf!



Buy in Bulk

Our bulk department is packed with opportunity:

- Cut down on packaging waste
- Buy just what you need
- Explore new products
- Save money on unbranded, package-free goods

Bring your own containers and shop in a way that's better for the planet and your wallet.

These small changes really do add up. Together, they allow us to reinvest more into our store, our staff, and the community programs that matter. By making thoughtful choices, we're not just cutting waste or costs—we're helping build a more sustainable, community-focused future. Every mindful action you take brings us one step closer—and we're truly grateful to have you with us.

Thank you for being part of the change.

Message to Shoppers!

Sustainability Update: Changes to Bags at PFC

To support sustainability and reduce our environmental footprint, we're making some positive changes to bags at PFC. If you already bring your own bags—awesome! Thank you for helping us cut down on waste.

To reduce our environmental impact and encourage mindful habits, we will begin charging a fee for paper and reusable grocery bags. Here's why:

Less Waste, Less Impact:

Approximately 80% of single-use paper bags end up in the landfill. Even paper bags require resources to produce and transport. By reusing bags, we can significantly reduce waste and conserve materials.

Encouraging Reuse:

Bringing your own bags is one of the simplest ways to live more sustainably. It cuts down on single-use items and keeps valuable resources out of the landfill.

Aligned with Our Values:

As a community-owned co-op, we aim to lead by example in making environmentally responsible choices — and this is one small step with a ripple effect. Our 12-month paper bag usage is around 293,000 bags.

Starting **August 18th**, we'll offer a variety of bag options to suit your needs:

- All single-use paper grocery bags: 25¢ each (this is our cost!)
- Reusable brown PFC branded bag: \$5
- Reusable Co+op green bags: \$1.50
- Boxes (available in bins in the front of store) - FREE
- Bring your own bags - FREE

Bag or box, we're always happy to help you carry your groceries to your car. Thank you for supporting this effort to reduce waste and care for our planet, one shopping trip at a time!

The PFC Team and Board of Directors



PEOPLE'S FOOD CO-OP COMMUNITY FUND

Apply
Now!

The People's Food Co-op Community Fund (PFCCF) was established by the People's Food Cooperative in 2003 with the specific purpose of providing supplemental or project-specific funding to local, non-profit organizations having missions that are consistent with the mission of the People's Food Cooperative.

Priority consideration will be given to grant requests for educational projects, developmental projects, and events that have a focus on, but are not necessarily limited to:

- Food and Food Systems
- Nutrition
- Health and Well Being
- Sustainable Agriculture
- Cooperative Education
- Social Change & Inclusion

Black, LatinX, Asian, Indigenous, LGBTQ, and women-run organizations are strongly encouraged to apply.

For 2025, the PFCCF is proud to announce that it will award two or more grants for a combined total of \$4,000, allowing applicants the opportunity to receive up to \$2,000.

More Information at:

<https://www.pfc.coop/pfccf-application-form>

DEADLINE: AUGUST 1, 2025

2024 PFCCF RECIPIENTS:

Grow La Crosse

Grow La Crosse, a non-profit organization that provides educational programs and resources to promote healthy eating and sustainable agriculture. Grow has various programs and initiatives, including school gardens, field trips, farm camps, and cooking challenges.

WAFER

WAFER, the largest food pantry in the La Crosse area. Wafer helps people in need of food assistance. WAFER serves thousands of people each year and provides food packages, meals, and other resources. They also partner with other organizations to help fight hunger. WAFER is committed to helping everyone in the community, including those in rural areas.

The Landing

The Landing MN operates a day center for the members of our community experiencing homelessness. Part of the program is providing a free meal every evening. There is no other place in Rochester where those in need can get a free evening meal. The Landing also provides a variety of services to its guests, including hygiene, clothing, health and wellness services, and social services. Additionally, the center offers a sense of community and belonging through events and activities.

Pamoja Women

Pamoja Women is an organization that empowers East African women and their families. They offer a variety of programs and services, including women's circles, health education, fitness classes, art classes, and youth programs. They also have a team of volunteers who help to provide services to the community.

GIVE **WHERE YOU** LIVE

* SUMMER RECIPIENTS *

July

La Crosse

Rochester

- **Friends of La Crosse River Marsh**

<https://www.friendsofthelacrosserivermarsh.com/>

Our mission is to preserve and enhance the La Crosse River Marsh through community action, advocacy, and education.

- **Friendship Place (Olmstead Outreach)**

<https://www.olmstedoutreach.org/friendshipPlace.html>

The mission of Friendship Place is to provide a safe, caring environment where people of all races, ethnic groups, and religions can always find a friend.

August

- **New Leash on Life Dog Rescue**

<https://newleashdogrescue.com/>

We are a foster based dog rescue, committed to rescuing dogs of all ages, sizes, and breeds. We work with local shelters, take owner surrenders, and rescue dogs from shelters out-of-state.

- **Family Service Rochester**

<https://familyservicerochester.org/>

Founded in 1965 as a nonprofit organization with a staff of three and the mission to support and enhance the dignity and quality of life for individuals and families in our community.

September

- **Coulee Reading Center**

<https://couleereadingcenter.org/>

The Coulee Reading Center is a non-profit organization with the mission of helping people who are learning to read, or struggling academically.

- **Community Food Response**

<https://www.communityfoodresponse.org/>

We are a non-profit, volunteer-rich organization serving hungry adults and children in the Rochester area since 1993 by rescuing extra food from local area kitchens, thereby keeping this food out of our waste stream; this is a win-win for us all!

View All Recipients at:

<https://www.pfc.coop/community-involvement>



Call for Photography!

**Want to see your photos featured in
The Garlic Press?**

We're looking for stunning shots that showcase the beauty of our community—scenic landscapes, local farms, seasonal moments, and all the little details that make our region special.

Guidelines:

- No people, please!
- High-resolution images preferred
- Send submissions to marketingteam@pfc.coop

**Show us your perspective—we'd love to
feature your work!**

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