

Volume 2, Issue 4

the Garlic Press

March/April 2022

HOLIDAY DINNERS heat & serve

.....
pgs. 10 & 11

- 4 Local Wollersheim Winery
- 6 Get Your Greens
- 12 Demystifying Sugar
- 14 Little Green Thumbs
- 16 Owner Drive



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a note from the CEO

Welcome, Spring! Anticipating this light-filled celebratory season, I took extra relish in biting into a King Cake last week (No, there was no hidden baby to make me the next party host!). At People's we are busy planning for St. Patrick's Day parties, for the recognition of Lenten and Ramadan seasons, and we can't help but note there's just two Fridays until the Spring Equinox! With all the celebration comes good food and great opportunities to spend time together.

With that in mind, it was wonderful to welcome MOSES Organic Farming Conference back to La Crosse after a pandemic hiatus. In its 33rd year, the MOSES conference provides unparalleled support and leadership in organics. I find it an awesome time to commune with friend and colleagues from all over the U.S. It is truly an honor to host these agricultural leaders in our town.

Some co-op staff will soon be attending another important event in agriculture and local food: FEAST! Local Foods Network. Through the FEAST! tradeshow we connect with producers and makers of all kinds of goods. We love bringing delicious food and drink back for you to purchase at our stores throughout the year. Thank you to Southern Minnesota Initiative Foundation, Renewing the Countryside and MN Department of Agriculture for developing this rich opportunity for food entrepreneurs. Some of our favorite farmers from CannonBelles, Ferndale Market and The Bee Shed are part of this year's planning.

We recently released the Annual Report for our 2021 fiscal year. It is now available on the website, and we'll put a copy in the mail at your request – just send me a note.

Owners will have a chance to connect with board members for informal chats at the upcoming Coffee with the Board sessions. The next session is on April 10 in La Crosse. More details will be available on the event calendar on our website and on facebook. While email and board meeting attendance is good, it is not the same as getting to know each other in person. I hope some of you are able to attend these chats and share what's on your mind.

Thank you for making People's Food Co-op part of your life! You make a difference to workers, farmers and our local community just through your purchases at the co-op. As always, I look forward to hearing from you – stay in touch!

Lizzy Haywood

follow us!    

**SAVE THE
DATES!**

.....
**OWNER DRIVE
APRIL 1-30**

see pg 16 for details

SAVE THE DATES

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OTHERS!

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**30% OFF
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Sale good while supplies last. Subject to availability and quantity limits.
No volume discounts. No pre-orders.

APRIL 22-24

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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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Wollersheim Winery

Supplier to PFC since 1990's
Location: Prairie Du Sac, WI
114 miles from PFC—La Crosse
181 miles from PFC—Rochester



by Kevin Ducey



People's Food Co-op has carried Wollersheim wines since the 1990s. Wollersheim winery has a long and storied history.

Wollersheim occupies the land where one of the first wineries in Wisconsin was founded. In the early 1840s, outside of the town of what is now called Prairie du Sac, a Hungarian nobleman, Count Haraszthy, planted European vines and hops in the wilderness. After a half dozen Wisconsin winters, the Count gave up on the Wisconsin idea and took his vines to California in 1849 – along with the rest of the gold rush crowd.

The vineyard was sold to a German immigrant, Peter Kehl. The Kehls, after building the massive stone winery, eventually gave up the battle to grow European wine grapes in Wisconsin. After an exceptionally cold winter in the 1890s, Peter's children took out the vines and planted corn.

In 1972, Robert and JoAnn Wollersheim bought the farm from Peter Kehl's great-grandson to restore it to a working winery. Bob Wollersheim was an engineering professor at UW–Madison who enjoyed home winemaking. The Wollersheims re-planted the hills with grapevines, furnished the limestone cellars with oak barrels and converted the old carriage house into a store.

The Count and the Kehl family weren't completely wrong about producing wine in Wisconsin. The soil in that region is good for grape vines, but the Wollersheims had something the previous wine makers did not, cold-hardy grapes. Wollersheim winery no longer attempts the classic European vines that Haraszthy imported but grows new hybrid vines that produce excellent wines and can survive winters in North America's Upper Midwest.



In 1984, Philippe Coquard arrived at the winery from the Beaujolais region of France in 1984, on an agricultural exchange. Coquard has degrees in winemaking, viticulture, and wine-marketing. He became Wollersheim Winery's winemaker in 1985. Philippe and Bob's daughter, Julie, married, and the two of them now run the winery.

Wollersheim Winery grew rapidly and garnered national media attention with the introduction of its Prairie Fumé wine in 1989. As Wollersheim Winery's wine list grew, so did the Prairie du Sac winery. In 1994, a fermentation room was built, allowing the fermentation tanks to move out of an old barn and a bottling room and case storage space was also added. In 2008, the Coquards built a new building that mimicked the historic winery allowing more visitor space with views of the hillside vineyards. In 2013, they renovated the historic hillside wine cave — originally

started by Harazsthy and completed by the Kehls — into an exhibit dedicated to the winery's history. Finally in 2015, the Coquards added a distillery to the property which allowed not only dedicated space to distill spirits, but also more fermentation space to make wine to be distilled into brandy.

Agriculture is a major part of the Wollersheim's business, and so is preserving the environment. Wollersheim prioritizes green practices in the vineyard, like mulching, environmentally friendly herbicides, and using organic cow manure as fertilizer. The winery promotes good stewardship of the land by managing their water resources wisely and repurposing old wine casks and furniture for use around the winery.

People's Food Co-op is fortunate to carry Wollersheim's Prairie Fumé, Domaine du Sac, and many other varieties.



Get Your Greens!

It's no secret that green and leafy vegetables are good for you. But while a side of steamed broccoli is nutritious, it lacks ... excitement. Even salads, with their endless potential for variety, can begin to feel too familiar.

Liven things up! To enjoy more of those glorious greens, start by making small additions to your daily diet: Snack on crunchy cucumbers and snap peas, or add a pop of flavor with fresh herbs. Toss leafy greens into any soup, smoothie, stir-fry or curry. Hungry for more ideas? Give these simple, green-themed recipes a try.

BABY KALE STIR FRY

Serves: 2. Prep time: 15 minutes.

- 1 tablespoon tamari
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 tablespoon avocado oil
- 1 small carrot, sliced diagonally
- 1 5-ounce package baby kale

In a small bowl, stir the tamari, rice vinegar and honey; set aside.

Place a wok or large saute pan over medium-high heat for a couple of seconds, then drizzle in the oil.

Add the carrot slices and stir for 1 minute, then add the kale and stir. As the kale starts to wilt, after about 1 minute, drizzle in the tamari mixture and stir to coat. Cook until kale is softened, about 1 minute longer.

Serve hot.

Nutrient-dense dark leafy greens like kale, spinach and collards are an excellent source of vitamins A, C and K, minerals, antioxidants and fiber.



GREAT GREEN GODDESS SALAD

Serves: 4. Prep time: 20 minutes.

- 1 clove garlic
- 1 small anchovy (optional)
- $\frac{1}{2}$ cup lightly packed fresh parsley
- 2 medium scallions, white and green parts separated
- $\frac{1}{2}$ teaspoon dried tarragon
- $\frac{1}{4}$ cup plain Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon white wine vinegar
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons olive oil
- 5 ounces baby spinach, washed and dried
- 1 medium cucumber, peeled and sliced
- 1 medium avocado, sliced

For the dressing, in the food processor, combine the garlic, anchovy (if using), parsley and the white parts of the scallions. Process to mince very finely. Scrape down and process again. Add the tarragon, yogurt, mayonnaise, vinegar and salt and process until smooth. With the machine running, drizzle in the olive oil until well mixed. Transfer to a pouring cup or jar; keeps for 4 days, tightly covered, in the refrigerator.

For the salad, spread the spinach on a platter or four small dinner plates. Cover with cucumber and avocado, and drizzle with dressing, then chop and sprinkle the scallion greens over the salads. Serve immediately.



MINT PEA SOUP

Serves: 6. Prep time: 30 minutes.

- 1 tablespoon olive oil
- 2 tablespoons butter
- 1 cup yellow onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 6 cups fresh or frozen peas
- 2 green onions, diced
- 2 tablespoons fresh mint, minced
- 1/4 cup sour cream
- Salt and black pepper to taste

Pesto

- 1/2 cup fresh parsley leaves
- 1/4 cup fresh mint leaves
- 1/4 cup pine nuts
- 1 lemon, zest and juice
- 2 ounces Parmesan cheese, shredded
- 2 tablespoons olive oil

Heat 1 tablespoon olive oil with the butter in a large stock pot over medium-high heat. Add the onions and saute 5 to 10 minutes until onions are soft and translucent. Add half the minced garlic, and cook another minute, then add the vegetable broth and bring to a boil. Add the peas, return to a boil, and simmer for 1 to 2 minutes. Remove from heat, then stir in the green onions, mint, sour cream, and a pinch of salt and pepper. Puree the soup in a blender until smooth. Taste for salt and pepper.

To make the pesto, put the parsley, mint, remaining garlic, pine nuts and lemon zest and juice in a food processor and blend until smooth. Add the Parmesan cheese and blend. Slowly drizzle in the olive oil until blended well.

Top each bowl of soup with a large spoonful of pesto, and serve warm or chilled.

This vibrant, refreshing soup can be served warm or chilled. Spread any extra pesto on toasted baguette slices or whole-wheat pita wedges, then top with a sprinkle of feta cheese.

STUFFED COLLARD GREENS

Serves: 8 rolls. Prep time: 1 hour; 30 minutes active.

8 collard leaves, large stems removed
1 tablespoon olive oil
1 cup diced yellow onion
1 celery stalk, diced
1/2 red or green bell pepper, seeds removed, diced
2 cloves garlic, minced
1/2 pound ground turkey or plant-based crumbles
1 teaspoon chili powder
1/2 teaspoon dried thyme
Pinch of cayenne (optional)
3/4 cup chicken or vegetable broth
1 1/2 cups cooked rice
Pinch each of salt and black pepper
3/4 cup Carolina-style barbecue sauce

In a large skillet, heat the olive oil over medium-high heat and saute the onion, celery, bell pepper and garlic for 5 minutes. Add the turkey and spices and cook another few minutes until the turkey is almost cooked through. Add the broth and rice and cook another few minutes until the broth is absorbed. Season the meat with salt and pepper to taste and remove from heat.

Gently lay out a collard leaf on a dry cutting board, stem end facing away from you. Divide the turkey mixture into eight portions. Place one portion of turkey near the stem end of the leaf. Fold in the side edges of the leaf and roll up the collard around the filling, like a burrito. Place the collard roll in the casserole dish, seam side down. Repeat with the rest of the collards and filling. Drizzle barbecue sauce over the top of the rolls, cover with aluminum foil and place in the oven. Bake for about 30 to 40 minutes until the collard rolls are tender. Serve warm.

Heat the oven to 350°F. Oil or butter an 8 x 8-inch casserole dish.

Bring a large pot of water to a boil. Gently place the collard leaves in the water and cook for about 3 to 5 minutes until just tender.

Remove the leaves, drain and cool.



DINNERS
AVAILABLE
IN THE
GRAB & GO



Veggie
Korma over
Cilantro
Lime Rice



Lamb
Meatballs over
Mediterranean
Orzo
Salad



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(servings for 4)

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KORMA
OVER
CILANTRO
LIME
RICE

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LAMB
MEATBALLS
OVER
MEDITERRANEAN
ORZO SALAD

26.99

WHAT IS Co-op's Own™?

Co-op's Own™ fresh food made every day in our kitchens. And it starts with the ingredients - selected the way you would if you were making it in your own kitchen. Co-op's Own™ is food you can feel good about - that nourishes your body and protects the planet. And the taste - well - it's delicious!

TO ORDER

La Crosse: 608-784-5798 x2047

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Dinner orders due
by 10 a.m on
Thursday, 4/14.



Demystifying Sugar and 8 Painless Ways to Cut Down on It

by Lana Christian, PFC Board member

A tried and true health tip is to eat whole foods low in refined sugar. People have many reasons to reduce their sugar intake—from personal preference to medical necessity. Twenty years ago, I fell into that latter category when I battled a life-threatening illness. Today, eliminating sugar is a lifestyle choice.

Most people don't need to go to such lengths to gain health benefits from a reduced sugar intake! But here's the rub: some "healthy" foods can be detrimentally sugar-full as well.

Why food choices matter

What you eat needs to work for you, not against you—because food is more than nutrition. It's *information*. What you eat can change the way your body communicates on a cellular level.

Too much sugar, regardless of its source, can:

- Disrupt the balance of beneficial bugs in your gut
- Promote leaky gut syndrome
- Change your metabolism
- Cause inflammation
- Increase the risk of chronic illnesses and cancer

Here's the scoop on sugars and how to dial them down without disrupting your lifestyle.

Three categories of sugars

First, let's define what we're dealing with.

Refined sugars come from processing sugar cane, sugar beets, corn, or rice to extract their sugars. Sneaky names for refined sugar include cane syrup, corn syrup, molasses, high-fructose corn syrup, caramel, brown rice syrup, barley malt, maltose, maltitol, and dextrose. Desserts, cereals, box mixes, jam/jelly, some sauces (like BBQ), and other processed foods are usually high in refined sugars.

Natural sugars are found in fruits, some veggies, and milk. Natural sugars (fructose, sucrose, lactose) don't spike blood glucose levels like refined sugars do, but you can still overdo your sugar intake with "healthy" alternatives.

Engineered sweeteners can be completely synthetic or altered natural products. Synthetic sweeteners include aspartame, saccharin, cyclamate, and sucralose. (Think diet soft drinks.) Synthetic sweeteners change the texture of food, so manufacturers add bulking agents like maltodextrin (a starchy, artificial food additive) to compensate. Artificial on top of artificial is not good.



Altered natural products start with the sugar in a fruit (such as grapes, figs, peaches, pears) then tweak it and/or add other products to it. Examples include erythritol and allulose. Some—but not all—of those products contain fewer calories than regular sugar. Each product has a different sweetness level, so you may not be able to substitute it 1:1 for sugar in recipes.

Tolerance for using sugar replacements depends partially on your gut health. The farther from nature a sugar product is, the more likely your gut won't know what to do with it. Engineered sweeteners are convenient for baking but may cause gastric distress. One way to enjoy natural sweeteners without all their calories is to use a small amount of honey or maple syrup plus some liquid stevia or a pinch of monk fruit in your baking.

How to spot hidden sugar in food

1. Read labels.

- Anything packaged in a box, bottle, or can may contain hidden sugar.
- Look for ingredients named in this article.
- Ask yourself if you want to eat unpronounceable ingredients (sugar or otherwise).
- Yogurt with fruit (in syrup) on the bottom can contain as much sugar as a candy bar.

2. Beware of gluten-free products.

Gluten gives breads and desserts glorious texture; removing gluten changes the texture. To compensate, manufacturers add sugars. Many gluten-free foods, including most protein bars, are high in sugars.

3. Know that some foods are high in natural sugars.

- All dried fruits are high in concentrated natural sugar. (Easy low-sugar swaps: mixed nuts or veggies and dip)
- Berries contain less sugar than most other fruits.
- Juice boxes are a kid-friendly but high-sugar snack.
- Winter squashes and veggies that grow underground (beets, sweet potatoes, etc.) are fairly high in natural sugars.

Shop and eat smart

1. Shop the perimeter of your co-op.

The outermost aisles contain produce, dairy, and meat. The middle aisles contain canned, packaged, and processed foods; many of those contain added sugar.

2. Bake smart: eliminate refined sugar, carefully select alternatives.

3. Eat more veggies and lean protein.

Their dense nutrition and slow metabolism fuel your body better than a fast, nutrient-deficient glucose spike from refined sugars.

4. Don't use food as a reward.

That can be tough, but get creative!

5. Drink more water.

"Hunger" pangs are often actually a sign of thirst. Drink a full glass of water then reassess your hunger in fifteen minutes.

With a few transitions and a little practice, you can cut your sugar intake, banish its cravings, and strengthen your gut health!

NO SUGAR/ LOW SUGAR BRANDS

Good to Go Bars, Bhu Foods, Live Soda, Alter Eco, Raos Pasta Sauce, Lily's Chocolates, Primal Kitchen, Sweet Leaf Liquid Stevia.



STARTER PLANTS

Coming in May!

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Nurturing Little Green Thumbs

By Eve Adamson

When my two sisters and I were youngsters, my dad had a great idea. One warm May day, as the three of us stood in the grass of our big backyard watching and wondering what he was up to, he cut 15 six-foot lengths of molding left over from our recent basement remodel, stuck them into the warming dirt of our garden in three circles, and lashed the tops of each together with twine to make three “teepee” forms. Next, he tore open a packet of pole bean seeds and gave us each a small handful. He showed us how to plant them around each wooden stake, and then he watered the soil with the green garden hose, while we ran through the spray.

Every day, we went out to the backyard with my dad to check on our seeds. When the sprouts emerged, we cheered. He showed us how to pluck out the weeds and keep the soil moist. As the beans began to grow, in the impressively speedy way they tend to in the rich Iowa soil, something amazing happened. Without any prompting or guidance from us, vines sprouting leaves and bean pods began to wind around the wooden stakes until they reached the top. The leaves and tendrils grew thicker and denser, until one day, each of us could crawl inside our little green houses and be completely alone. I remember sitting in the cool dirt, quietly marveling at the way the vines filtered and freckled the bright July sun. It is one of my fondest childhood memories.

Sometimes I would pluck a tender raw bean and eat it. It tasted like spring to me — fresh and grassy. Or, I would collect them in a bowl and bring them into the kitchen, so my mother could make them for dinner. I didn’t even mind eating them too much — with a little butter. They tasted nothing like those mushy beans from the can we had to eat in the winter, and those fresh beans prompted me to try the garden carrots, lettuces and tomatoes, too.

There’s something about growing things that appeals to kids, and several casual studies suggest that when kids grow their own vegetables, they are more likely to eat vegetables. It was certainly true in my case. Decades later, my own son, who at 14 remains suspicious of most green things, finally became more open minded when his summer camp grew a vegetable garden.

If gardening is the way to get kids to eat more vegetables (not to mention spend more time with you), then why aren’t we all doing it? Even if you only have a small backyard plot, or room for a few containers on your deck or porch, you can get growing together.

Gardening with your kids gives them many gifts. They learn where food really comes from. They learn how to work together with others toward a common goal. They learn practical skills. They learn how fresh food tastes. They learn the feel and smell of wet dirt and mulch. And they learn that they have the power to take something as small and full of potential as a seed, and nurture it until it becomes everything it was meant to be. Just like you are doing with them.

Reprinted by permission from [grocery.coop](#).

Fun gardening projects with kids

Tube garden

Start your seeds and recycle at the same time. Toilet paper tubes are easy for small hands to manipulate. Plant tomato, pepper, pea or bean seeds in tubes filled with potting soil, in early spring. Prop them upright in a tray or flower pot. When the seeds sprout, pop the whole tube into the garden after the soil is warm.

Salad in a box

Any window box, bucket, basket or other container with drainage at the bottom will do. Fill it with potting soil and plant a variety of lettuces and spinach scattered over the top. Press into place and water lightly. Keep the soil moist. When the greens sprout, trim off a few leaves each day to include in a salad. For kids who don't like bitter tastes, butter lettuces are a good choice.

Mushroom garden

If your child has a daring palate, try growing mushrooms. Many companies sell mushroom growing kits that make it easy to spawn this fascinating fungus in a box at home.

Herb circles

A round container or a small circle dug out of your sod can become an herb circle. Plant basil, lavender, tarragon, thyme and edible nasturtium flowers in concentric circles. Your child can sample the different smells and tastes, and help you decide which herbs to add to which foods.

Flowers and fruit garden

For some kids, fruit is an easier sell than vegetables. Try planting watermelons, cantaloupe or honeydew melons, interspersed with native wildflowers, for a pretty and gastronomically satisfying garden experience.

Bean teepee

If you have the space, give your child a magical-seeming, ephemeral playhouse. You don't have to use leftover molding like my dad did; any thin wooden pole or bamboo rod will work. For each teepee, put five or six poles, about 5 to 6 feet long, in the ground in a circle, approximately 3 feet in diameter. Prop or tie the tops together. Plant pole bean seeds around each stake. Water and mulch, then watch as each teepee leafs out, creating a private space just for small people.

Salsa garden, pizza garden or spaghetti garden

Devote your garden plot to a food theme kids can relate to. For a salsa garden, plant tomatoes, tomatillos, bell peppers, jalapeno peppers, onions and cilantro. For a pizza garden, plant Roma tomatoes, onions, garlic, basil, spinach or whatever else you like on your pizza. For a spaghetti garden, try tomatoes, onions, garlic, oregano and thyme.

Pumpkin garden

Two or three pumpkin plants will sprawl and spawn just what you need for Halloween crafts as well as pumpkin pie, pumpkin butter, pumpkin bread, and pumpkin puree you can add to applesauce, smoothies, or even chili. Marigolds nestled between the vine make a prettier plot.



Find more ideas for gardening projects with kids and recipes for your harvest at grocery.coop.

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April 1-30

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