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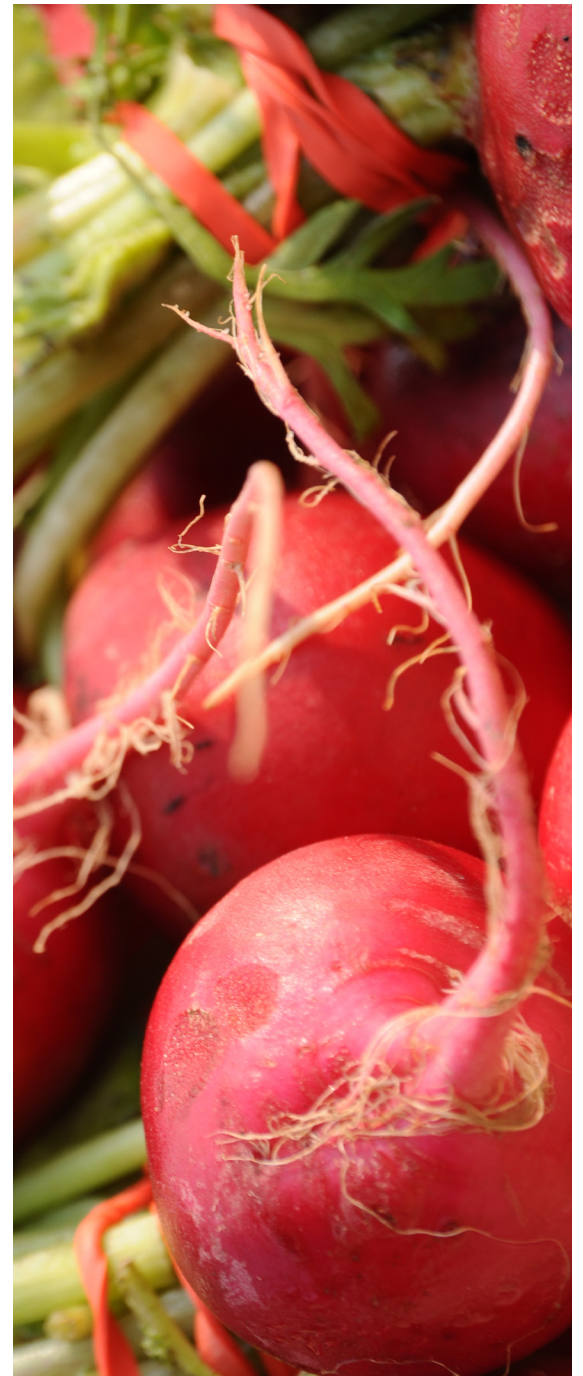
THE CO-OP COOKBOOK

It's no secret: we love providing you with local, organic, whole foods. We love it so much, in fact, we've been doing it for almost 50 years! Can you believe that in 2022 the Stevens Point Area Co-op will be turning 50?!

The Co-op has had an incredible ride over the last 50 years. A never ending parade of faces signing up for memberships, renewing memberships, becoming working members, becoming employees, becoming friends, becoming families. We have loved watching the connections being built at our store and we want to celebrate the best way we know how: with great food.

We want to hear from our members how you enjoy our food. Is there a recipe you make with Co-op ingredients that you bring to every pot luck? Is there a soup recipe you make for dinner where you can ONLY get the specific spice at the Co-op? Tell us your super-secret in-season smoothie recipe. Send us all your Co-op recipes! We'll be selecting recipes and combining them into a cookbook, available for purchase only at SPAC. Upon submitting your recipe, you'll be placed into a drawing to win a SPAC gift card! Email your recipes to newsletter@spacoop.com, or submit your recipes to any cashier. Be sure to provide us with your name and contact information.

We can't wait to hear from you and see what delicious recipes you've been cooking for the last 50 years!



UPCOMING EVENTS

7/4 Independence Day
Reduced Hours
7:00 AM - 6:00 PM

7/26 Board of Directors
Meeting 5:30 PM

8/23 Board of Directors
Meeting 5:30 PM

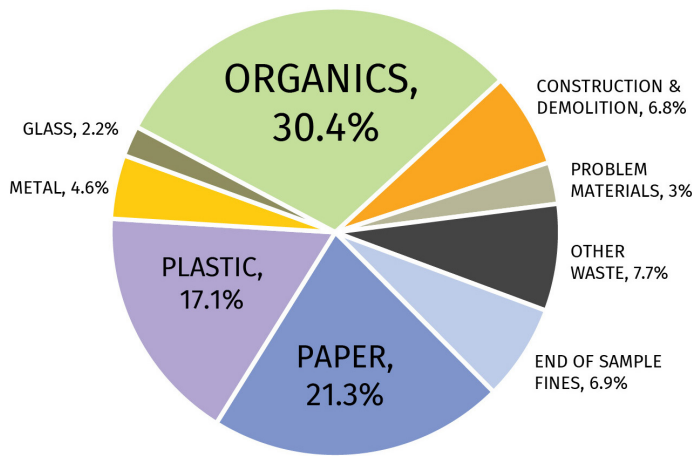
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BUCKET RUCKUS

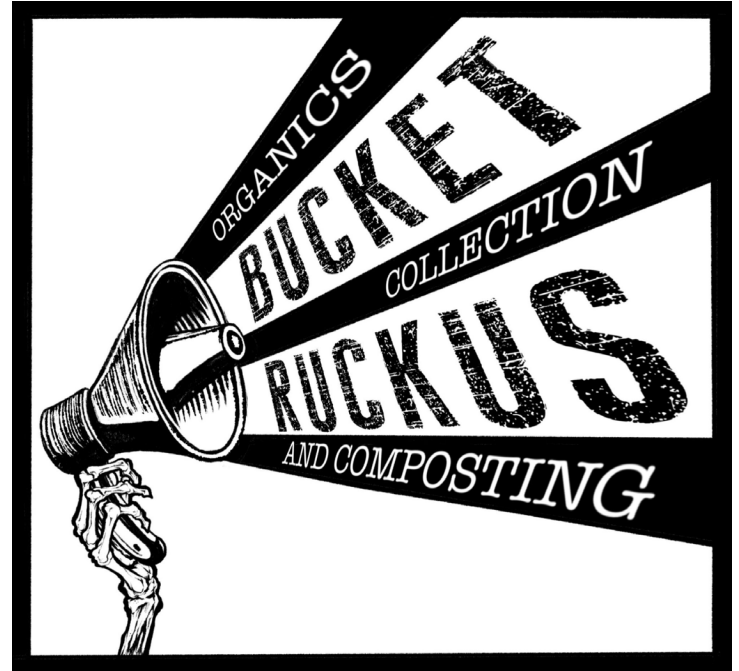
Wisconsin is one of several states in the US that bans yard waste from landfill disposal. That's why in Stevens Point, and many municipalities, you can take your yard waste to a municipally owned site for free where they will either manage the material there or make other arrangements for it. This mandate came into effect during the development of solid waste management and disposal regulations in the 1980s. The Resource Conservation and Recovery Act, RCRA, was first signed into effect in 1976, with standards for sanitary landfills being defined (and amended) later on in the 80s and 90s. RCRA was an amendment to the Solid Waste Disposal Act of 1965 which was the nation's first attempt at improving solid waste disposal methods throughout the country.

These steps were taken because our society was experiencing an unprecedented increase in municipal and industrial wastes during the latter half of the 20th century. When these new disposal standards were put into effect it became clear that many disposal sites would have to either implement drastic changes to meet the regulations or close. In an attempt to preserve as much land disposal space as possible, states started banning yard waste. This is because it's a very bulky material and has a relatively simple alternative disposal method: decomposition.



While household food waste may not have the same bulk density as yard waste, it is still a material that is generated in great volume by our society and could therefore save significant landfill space if disposed of in a different manner. In 2020 the Wisconsin DNR contracted a private environmental consulting firm, SCS Engineers, to carry out a statewide waste characterization study. They spent the next year auditing several different sectors of waste generation, from residential households to apartment buildings, and institutional locations to construction and demolition projects. Across all these sectors, organics were a third or more of all waste. Organics refers to matter made of carbon, or derived from living matter; commonly used to describe food and yard waste. This pie chart shows the results from overall municipal solid waste, or MSW. I recommend checking out this study (Wisconsin Waste Characterization Study 2020). As you can see in the chart, organics are not the only material being landfilled when it could otherwise be resurrected for another life.

A landfill is designed to keep all of its contents inside a given space, which results in it being an environment pretty devoid of oxygen. When organics, specifically food waste, break down without oxygen, or anaerobically, the result is methane gas: a greenhouse gas that is nearly three dozen times more detrimental than carbon dioxide. This means that composting your organics is an effort you can make that directly reduces your contributions to climate change.



I'm hopeful that the heyday for composting is coming, and soon more and more people and municipalities will recognize the irrefutable benefits and astonishing simplicity of diverting food scraps and other organics from conventional, or landfill, disposal. Interestingly, the US government has had to rely heavily on composting for management of the avian flu over these last few months. No doubt the value of the decomposition process is being recognized while upwards of 40 million domesticated birds have been and are being composted instead of wreaking havoc on sanitary landfills across the country.





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CO-OP EDUCATION

Composting is an essential component of life going forward, as we face the realities of a changing climate and an otherwise unpredictable world. Bucket Ruckus may be a new name to you and others, but we actually started in 2018 as a project of Rising Sand Organics. When we started within the farm context, the priority tended to be to make compost for our farm. The priority now is to reduce the amount of organics going to conventional disposal, and to create a sustainable business that can provide quality, meaningful jobs. We are picking up scraps from households, businesses, and institutions in the Stevens Point area while reaching a bit into Plover. We divert between 2,000 and 2,200 pounds of material per week from landfills and currently compost at Whitefeather Organics. We are so happy to be working with Trevor from Curbwise LLC, who swaps out most of our residential buckets with their tricycle and trailer. This was an obvious step for us, as we strive to maintain integrity and minimize cognitive dissonance displayed by our business. We look forward to eventually providing compost for purchase, hopefully sometime in 2023.

Do you know how...When you were a kid,

You were completely fascinated with nature?

Our school incorporates nature and the environment into lessons where students learn through hands-on projects, like growing food for their school lunches!



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If you are interested in getting on our pick up route but are unsure if you live within our radius, please contact Kelly: kelly@bucketruckus.cc. For those of you who have a neighbor that already composts with us, or otherwise know you fall within our radius, you can find links to sign up on our Facebook page (website in progress!). You can get a bucket swapped every other week for \$13/month, or weekly for \$24.25/month. So far in 2022, we have diverted 44,029 pounds of organics from conventional disposal, and instead to local composting. About a quarter of that comes from our residential composters, the rest coming from commercial clients and special events. 44,029 pounds of this material composted is equal to 22,554 pounds of CO₂e (carbon dioxide equivalents) mitigated. Huge thanks and shout out to all our composters out there who are participating in this work! Here's a list of all our commercial clients...feel free to tell these businesses and organizations that you appreciate them composting instead of landfilling their organics: Aging and Disability Resource Center (ADRC), Bound to Happen Books/Process General Store, Central Rivers Farmshed, Father Fats, Main Grain Bakery, Rockman's Catering, Rose House, Ruby Cafe, Segura & Sons Mushroom Farm, Stevens Point Area Co-op, and Wicked Willow.



Feel free to get in touch with me for questions about composting, whether you want to get on our route or start your own backyard pile. For other resources on composting you can check out Recycling Connections, and for information on recycling in Portage County, I highly recommend following the Central Wisconsin Recycling Collective.

Rot on,
Kelly J Adlington
Bucket Ruckus

Pie chart: <https://dnr.wisconsin.gov/newsroom/release/49226>

Stacked bucket photo: Kelly J Adlington

Bucket Ruckus logo by Kelly Ellet / IG: [killyfish](https://www.instagram.com/killyfish) / www.krillustrations.net/

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OUR CORNER STORE AND ITS PLACE

What is it about the SPA Co-op that draws people in, whether out-of-towners or regulars? Is it the whole foods options, the organics selections, the local produce and other local goods/foods, a well-connected member community, or is it the superior customer service? I bet most people suggest it's all of these and I agree. Yet, what's more is that our Co-op is a corner store, a unique sense of place within this northside neighborhood. As one of the last remaining local shops in Stevens Point that sits on the corner of a block and not along a commercial strip, this building and its subtle yet impressive door on the corner is a welcoming reminder of our sense of place.



THE CO-OP'S
CO-TO-GO
COOLER IS
FULL OF
DELICIOUS
GRAB & GO
MEALS

Through Euclidian (exclusionary) zoning codes, our cultural affinity for convenience, and the fossil fuel boom, our national development pattern has steered us away from corner stores as legitimate and vibrant spaces to do business and it's unfortunate. We're paying for this misstep because of the loss of history, this shift in mobility, and a misunderstanding of local needs - it has hurt our neighborhoods, made access to fresh and local foods/goods more difficult for everyone, and reduced the iconic character we typically adore. Yet, our SPA Co-op has remained present and resilient!

Let's tap into why the building's footprint is so important to our values and vision. Like a tall, artistic statue, the building stands there while always allowing passersby to see its façade. I'd call it "majestic" and maybe others would lean towards "old", "historic", or "antiquated", but its architectural character really does cause people to gravitate toward it. What's more, is it's third space (adjacent sidewalks) allows greater random interactions with each other - whether it's the member you say "hi" to every Friday afternoon or a neighbor you've been meaning to reach out to since you'd like to compliment them on their garden. These random public interactions are part of who we are as a species/culture, and as such, the SPA Co-op naturally fulfills some of our social/emotional needs. Sure, one can have random interactions at the big box parking lot but as you might agree, it's a bit different (and not as enriching). If not dodging trucks/cars, most are in a hurry to get out of the parking lot and into the store, either from fear of getting hit or just due to the busy lifestyles. Our corner store has a funneling effect along the sidewalk to the corner amplifying opportunities for social connections and community building.

We'd like to thank our kind friends at Pisarski Funeral Home for being thoughtful, generous neighbors for many years!



*Pisarski Funeral
Homes & Cremation Center*

Website: www.pisarskifuneralhome.com

Email: pdfh703@charter.net

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2911 Plover Road ~ Plover ~ 715-344-7454

David Pisarski ~ Frank Pisarski, Jr.

Another interesting thing about our location is mobility. According to WisDOT, traffic on 2nd St. and 4th Ave. nearby the Co-op has declined over the last 14 years. This reduced driving hasn't negatively impacted the Co-op. Instead, our focus on remaining a corner store coupled with supporting walking and biking has only strengthened our resilience and continues to build a neighborhood asset that we as members expect. I mean; it does make sense since customers that choose not to drive to shop at the SPA Co-op, save money on transport and can then spend more on food/goods. Further, the SPA Co-op's food/goods prices are lower than they would be if we hosted off-street parking (an onsite parking lot) and accommodated automobiles in other ways most grocery stores do (shopping cart corrals, cart balancing staff, lot property taxes, externalized costs, etc.). Luckily, our store hasn't had to endure inflated prices from this.

The SPA Co-op is such a wonderful asset to our neighborhood and city! I can't wait to celebrate 50 years of this majestic corner store! See you there!

-Trevor Roark

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SMALL BUSINESS SPOTLIGHT:

FIELDS & FLORA LLC

Dearest SPAC newsletter reader, we are proud to introduce ourselves to you as the freshest floral designers and flower farmers on this side of the Wisconsin River: Fields & Flora! Owned and operated by Ella Janson and Rosie Minster. Ella heads up the farm operations, she not only gets those seeds in line, but acts as our drip tape genius. Rosie heads the pressing and preserving of flowers, providing a steady hand and some very heavy books. Together, we are a flower powerhouse. Although we are not originally from Stevens Point, we are born and raised Wisconsinites. After graduating from UW- Stevens Point and falling in love with the surrounding beauty, we got together with a floral-centric plan. Leading us to building our business in February of this year – that's right, Fields & Flora LLC is an Aquarius!



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Fields & Flora's products are focused on location. This flower farm and floral business is centered around Wisconsin. Amherst, WI to be exact. We've got sunflowers, zinnias, amaranth, yarrow, and so much more planted. We're growing and foraging our own flowers, including different types of grass and sedge – flowers that are easily overlooked on your drive to work. Ella and I begin many mornings driving (a little too) slowly down the country roads, with our eyes peeled for the latest seasonal bloom.

Our goal as a blossoming business is to provide local and organically grown flowers and herbs to Central and Greater Wisconsin. We have a focus on not only what we've planted on our farm, but what is growing around us everyday. Our flowers, grains, and herbs will be hand-picked and distributed between farmers markets, special events, wholesale customers, and via CSA shares (...which are available for purchase at our website fieldsflora.com).

Take a little bit of summer home with you!
 Bouquets are now available at the Co-op.

This summer you can find us at the Appleton farmers market every Saturday, selling flowers, bouquets, floral jewelry and decor. You can also snag a Fields & Flora bouquet from your local Stevens Point Area Co-op! Why not grab a sweet-scented handful of flowers with your groceries? We also offer other products including: simple seasonal bouquets, experimental floral sculptures, floral bird feeders, and culinary bouquets. In addition to our fresh flower operation, we dry and preserve flowers and press flowers to be included in resin jewelry, decorations, and handmade stationary as well.



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Fields & Flora can provide wedding and event arrangements! We can arrange your bouquet, boutonniere, centerpieces, archways... you name it. Then, following your event, we can preserve these arrangements in resin, or by pressing them to be framed. We recognize the beauty and happiness that flowers can bring into your everyday life, and hope we can provide that for as many people as possible.

Since our business runs on the plants we grow, our busy season is the summertime when we are planting, growing, and harvesting fresh flowers. In the fall and winter, our focus will move towards herbal decorations, seasonal projects like wreaths and garlands, and the drying and preserving of flowers for further use. We hope you can enjoy the splendor of the flowers with us, and we can't wait to bring all things flowers to you!

-Ella Janson

FEATURED PRODUCTS: SUMMERTIME FUN

Enjoy your summer with these great products from the Co-op!

Core & Rind; Cashew Cheesy Sauce, Rich & Smoky, Bold & Spicy - Enjoy dairy free nachos, smothered veggies, macaroni and cheese, and so much more with this shelf stable cheese sauce. Made with real, whole, plant based ingredients you can feel good about covering everything with this cheese!



OregonTea, Butterfly Tea Powder - Turn your summer drinks into a beautiful blue color! By adding a tiny bit of acid (such as lemon juice), you can change the color of your drink using this butterfly pea powder. Sip in style!

Wildly Organic, Chocolate Syrup - This chocolate syrup is certified Fairtrade and vegan and has, get this, only TWO ingredients. Made with cacao powder and raw agave nectar, this all natural dairy free chocolate syrup is a great addition to all your summer events.



Good Earth Candles, Citronella - Love the summer but hate the bugs? Good Earth Candles citronella candle lets you enjoy the outdoors again! Made with non-GMO soy wax, these candles are biodegradable and environmentally friendly! They use a cotton fiber, lead-free wick to ensure a soot free burn. Great for picnics and barbecues!

Beauty Full Day, Swat Force Bug Spray - Did you know that most bug sprays contain additives like butane, propane, and DEET? Not this one! Swat Force is packed full of bug fighting essential oils like citronella, cedarwood, lemongrass, and peppermint. Spray away and keep those bugs at bay!

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CO-OP RECIPES

Paneer, Tomato, and Kale Saag

For years, I was in kale purgatory. I wanted to love it but I just couldn't. Each bite tasted like a hedge: stubborn and spiky. But as voices around the world mounted in support of kale, so did my desire to find a way to make the unlovable lovable. It took much experimentation, but finally the result is this. It's a recipe for 4 people, but I could easily eat the whole thing myself. It stands up as a "saag" by itself, but is all the better for some fried paneer.

Do you enjoy these recipes? Send us a picture with the hashtag #coopcooks and be featured on our social media!

Ingredients:

- 1 lb curly kale, ribs discarded, leaves roughly chopped
 - Vegetable oil
 - 1 lb paneer, cut into ¾-inch cubes
 - 2 medium onion, finely chopped
 - ¾ inch ginger, peeled and grated
 - 4 cloves of garlic, crushed
 - 2 green finger (or serrano) chiles, finely chopped
 - 1 14-oz can of petite diced tomatoes
 - 1 ½ tsp. Ground coriander
 - 1 ½ tsp. Ground cumin
 - ½ tsp ground turmeric
 - 1 ½ tsp salt
 - 1 stp agave syrup
 - 1 14-oz can of coconut milk.
1. Pop the kale into the food processor and whizz into little bits. You'll probably need to do this in two batches and stop halfway through each to push down the bigger bits with a spatula or spoon. Transfer to a big bowl and leave to one side.
 2. On a medium flame, heat 2 tbsps. Of oil in a large non-stick frying pan for which you have a lad and, when hot, add the paneer cubes. Fry for a couple of minutes on each side, until they are golden all over, then remove to a plate.
 3. Put another 2 tbsps. of oil into the same pan and place back over a medium heat. When hot, add the onions and cook for 10 minutes until soft and sweet, then add the ginger, garlic, and chiles. Cook for 5 minutes, then add the tomatoes. Cook the tomatoes, stirring every now and then, for 8 minutes, until they've reduced to a paste, then add the coriander, cumin, turmeric, salt, and agave syrup. Mix well.
 4. Add the kale to the pan in batches, stirring between each handful. It may seem like there is too much kale at first, but it will wilt quickly. Add the coconut milk, stir, and cover with the lid. Leave to cook over a low heat for 15 minutes, then put the paneer back into the pan and cook for another 10 minutes. If the saag seems dry at any point, add a little water, a couple of tbsps. at a time.
 5. Taste to check that the flavors have blended and the kale is tender before you take it off the heat. Service with hot whole grain chapattis or fluffy naan bread.

Caramelized Onion and Chile Ramen

From the outside, Japanese food can seem rigid, steeped in centuries of tradition. But the truth is that it is a story of continual innovation. Ramen, for example, is an adaptation of Chinese wheat noodles and was first introduced to Japan by Chinese immigrants in the early twentieth century. And although there is only one name to describe this soupy noodle dish, there are as many variations of ramen as there are cooks in Japan. My recipe evolved from an unlikely place, taking inspiration from a French onion soup I ate in a cafe in Paris. In my recipe, sticky onions combine with miso, stock, and sake to make a very special-tasting soup. If you can't find cooking sake, use Chinese rice wine or dry sherry instead.

Ingredients:

- Vegetable oil
- 1 large onion, finely sliced
- 3 cloves of garlic, finely sliced
- ½ tsp salt
- 1 bird's-eye chile, finely sliced
- 6 ½ C. vegetable stock
- 2 tbsp. Cooking sake
- 1 ½ tbsp. soy sauce
- 1 tbsp. brown rice miso
- 7 oz ramen noodles
- ½ lb choy sum, cut into 2 ½-inch pieces
- 4 soy eggs or soft-boiled eggs
- Chile oil, to serve (if you like it spicy)

1. In a large, heavy-bottomed saucepan, warm 5 tbsps. of oil over a medium heat. Add the onions, garlic, and salt, stir to coat in the oil, and cook for 8 to 10 minutes, until the onions become translucent.
2. Reduce the heat to its lowest setting and continue to cook for 30 minutes, stirring every 5 minutes. The onions will gradually caramelize and color, eventually breaking down to form a soft, sweet paste.
3. Add the bird's-eye chile and stock, bring to a boil, then reduce the heat to a simmer and add the sake, soy sauce, and brown rice miso, stirring well to combine. Check the seasoning and adjust if need be.
4. Cook your noodles according to the package instructions. Refresh in cold water and stir in a little oil to keep them from sticking together. Finally, bring the broth back to the boil, add the choy sum, and cook for 1 to 2 minutes, until tender.
5. To serve, divide your noodles between four bowls and ladle the broth and greens over the noodles. Halve the eggs and pop them on top of the bowls, and serve with some chile oil if you like.

These recipes are taken from East by Meera Sodha. This book is available for purchase at Bound to Happen Books located in Downtown Stevens Point.

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