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UPCOMING EVENTS

5/24 Board of Directors
Meeting 5:30 PM

5/29 Absentee
Voting Open

5/30 Memorial Day
Reduced Hours
7:00 AM - 6:00 PM

6/5 General Membership
Meeting 6:00 PM

6/28 Board of Directors
Meeting 5:30 PM

6/30 Reduced Hours
7:00 AM - 6:00 PM

CONTACT US

715-341-1555

info@spacoop.com
www.spacoop.com

GENERAL MEMBERSHIP MEETING

Our Spring General membership Meeting will take place Sunday, June 5th at 6PM outdoors at the Co-op! In case of inclement weather, we will move indoors to the upstairs of the Co-op. As we have learned in the past two years, plans for group events are subject to change based on current CDC recommendations. Please keep an eye on our Facebook page as we get nearer to the event for any updates on location!

The GMM provides food, fun, and an open forum for our members to discuss what they'd like from their Co-op in the future. With the future of our storefront and our property to the north heavily on our minds, we invite you to join us in discussing the future of the Stevens Point Area Cooperative, view rebranding plans, and enjoy the growing excitement of celebrating our 50th anniversary!

Elections for 4 of our Board of Directors will also be held at the GMM. Terms will be assigned based on the popular vote of our members. All candidates will have the opportunity to speak at the General Membership Meeting on June 5th, 2022. Each active Stevens Point Area Co-op member household is entitled to one vote in the annual Board of Directors election.

Each year at the Board of Directors meeting following the GMM, Executive Committee positions are up for election. While current directors are able to run for reelection, the process is open to all. Positions open to non-staff members include Chairperson, Vice Chair, Financial Officer, and Secretary.

If you can't make it to the GMM to vote in person, absentee voting will be open from May 29th to June 5th. Physical absentee ballots are available at the Stevens Point Area Co-op and need to be brought back to the store by Saturday (6/4), or directly to the General Membership Meeting.

Eligible candidates must be members of the SPA Co-op and attend at least one BOD meeting prior to the election at the GMM. BOD Meetings are currently held in person on the 2nd floor of the Co-op or virtually. You can find the virtual links to the meetings on our website at <http://www.spacoop.com/board-of-directors> near the bottom of the page in the agendas. The remaining BOD meeting before the GMM is Tuesday, May 24th at 5:30 PM.

Candidates must submit their written nomination including a 150 word biography and photo to Communications@spacoop.com by Sunday May 15, 2022

More than ever, with the incredible opportunities in front of us at the Co-op, it is important that invested and interested parties take a seat at the table and become a part of the future of our beautiful Co-op community. If you have any questions or are interested in claiming your seat, please contact bod_spac@spacoop.com.

Join us in this wonderful celebration of the Stevens Point Area Cooperative and let your voice be heard!

-Celia Sweet, Chairperson

ENERGY FAIR: 2022

From 1990 to 2019, The Energy Fair brought people together. In the sun and pouring rain, with 5,000 to 18,000+ attendees, and through every shift of focus in the clean energy industry, faces new and familiar gathered at the fairgrounds to demonstrate, learn, and connect. As we all know, everything shifted in 2020. From supply chains and employment demand to perspectives and daily lives. We cannot welcome the Fair back without acknowledging all that has changed and challenged us.

We know that a lot of work lies ahead, but within that action lies hope. The intended theme for the 2020 Fair was "The Future is Electric." The future is now here along with the time to reconnect and commit to clean energy and sustainable living for all. We are so honored to finally host The 31st Annual Energy Fair with the theme of "Powering the Just Energy Transition."



The MREA (Midwest Renewable Energy Association) invites you to join us in this celebration and exploration of renewable energy and sustainable living. Each year, the Fair brings 11,500+ attendees together to learn about clean energy, connect with others, and take action toward a just energy transition. The Energy Fair features all things sustainable with exhibitors, workshops, Energy Professional CECs, live music, inspiring keynotes, camping, food trucks, solar-brewed beverages, and activities for the whole family.

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If you have attended the Fair in the past, you will likely recognize the event in its historic structure, but with some additions and adjustments to our offerings and the layout of the fairgrounds that will, in a way, reflect some of the changes from the last two years. With the intention of creating an accessible and inclusive Fair to serve as a celebratory space of belonging, we hope to not only bring new messages to our longtime attendees, but to also bring new attendees to this shining Energy Fair community and all its resources.

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Here is some of what you can look forward to:

- Hundreds of clean energy and sustainability focused exhibitors. Attendees can learn from and connect with industry professionals, nonprofit organizations, and artisans. Whether you are looking to make your home more efficient, create change at the local level in schools or community, plan or enhance your garden, or even reconnect with nature, there is something for you.
- Included in this year's General Education Workshop Programming, we are excited to highlight presenters in topical categories including, but not limited to:
 - Clean energy and sustainable work force advancement
 - Justice, equity, diversity, inclusivity, and the just energy transition
 - E-Bike transportation and bicycle-focused business and city planning
 - Community and connection
 - Implementing sustainability into your existing lifestyle
- Keynote speakers and live music. From energy democracy and workforce development to Indigenous food systems and Kinship Time, the 2022 speaker lineup includes five incredible change makers who will inspire you to take action in your own life. We recommend bringing your dancing shoes to enjoy the Main Stage acts during the Fair, ranging from rock, bluegrass and rap. When you're ready for a peaceful break, head to the Forest Stage to grab a seat and enjoy some local acts. All entertainment is family friendly!

- The first Clean Energy Career Fair on Friday and Saturday night from 5-7 p.m. Midwest Technical Colleges and clean energy companies will be exhibiting during the Career Fair with the opportunity to learn about pathways into the industry or opportunities to advance into new positions. We will host a social hour from 6-7 p.m. to offer networking opportunities for Career Fair attendees and participants.
- The Rainbow's End Kid's Tent is a place for kids and their caregivers to gather and engage in workshops designed to educate and entertain kids along with opportunities to play outdoors. Nearby is a family changing and nursing station.
- Along with local food and drink, NABCEP continuing education credit courses, yoga, dance, and family fitness classes, the Fair is for all!



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Volunteers, MREA Members, and children under the age of 12 get into the Fair for free. Tickets are now on sale at theenergyfair.org/tickets where you can find information on Energy Fair camping, extended workshops, ticketed dinners, and MREA Memberships.

There are hundreds of opportunities for people to volunteer at the Fair from working the Front Gate to helping prepare the fairgrounds at the annual Move Some Earth Day volunteer event. To learn more or sign up as a volunteer and receive free admission, head to midwestrenew.org/volunteer.

The 31st Annual Energy Fair


Friday, June 24th: 9 a.m. - 11 p.m.
Saturday, June 25th: 9 a.m. - 11 p.m.
Sunday, June 26th: 9 a.m. - 3 p.m.

Location:
Midwest Renewable Energy Association
7558 Deer Road
Custer, WI 54423

Contact:
715-592-6595
energyfair@midwestrenew.org





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Do you know how...When you were a kid,
You were completely fascinated with nature?
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Tomorrow River Community Charter School

So Much More to Learn at
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If you want to stay up to date with all things Fair, there are a few options:

1. Subscribe to receive the monthly Energy Fair newsletter at midwestrenew.org/newsletter.
2. Follow the MREA on Facebook, Instagram, and Twitter
3. Listen to Season 3 of the Rise Up Podcast, powered by the MREA to be introduced to the Fair keynotes and MREA staff members. Learn more at riseupmidwest.org/podcast or tune in anywhere you listen to podcasts.

Whether you have attended every Fair since 1990 or 2022 will be your first time joining us in Custer, WI at the MREA headquarters, there are unlimited ways to learn, grow, and explore aspects of clean energy and sustainability.

We cannot wait to see you at the Fair June 24th-26th.

Shine on!

The Energy Fair Team
energyfair@midwestrenew.org

GROWING COLLECTIVE PLANT SALE

The days grow longer and the warmth of the sun sneaks in and out of the clouds. In a day's time it can be 60 degrees followed by a blanket of snow, reminding us that we live in Wisconsin. Our winters seem to linger forever, but spring is in the air and our thoughts turn to summer gardens. With the change in our season, many of us look forward to the amazing plants offered by the Growing Collective Plant Sale. With this being the ninth year that the Growing Collective members are hosting a plant sale, we anticipate a greenhouse full of healthy, organically-grown vegetables, herbs, edible flowers, and native plants for sale at the Central Rivers Farmshed Greenhouse.



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The Growing Collective is a small group of volunteers that work together to grow seedlings for its members and the public as a fundraiser for Central Rivers Farmshed programs and events. The preparation begins during our coldest days of winter by choosing new plant varieties and some old favorites. The seeds are sourced from small specialty companies, choosing heirloom and organic varieties whenever possible. Seed companies include: Fedco, Baker Creek, Johnny's, High Mowing, and Pinetree Gardens. Volunteers perform the many tasks necessary to grow tiny seeds to healthy plants ready to plant in your garden. Tasks include: preparing pots, planting seeds, transplanting, watering, and greenhouse maintenance. Monthly meetings keep Growing Collective members on schedule, bringing many ideas and talents together for one common goal.



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The Growing Collective is a diverse group of individuals, from first-time to experienced home gardeners, who enjoy working together and learning from each other to collectively take on the growing season. Anyone who wants to participate is welcome, regardless of knowledge or experience.

This year, we will look forward to returning to our "normal" in-person Growing Collective Plant Sale. Our sale will last seven days, offering more opportunities to shop.

Farmshed Members only:

May 22nd & 23rd | 12pm – 7pm

Public

May 24th, 25th, 26th & 27th | 12pm – 7pm

Public

May 28th | 10am – 5pm

In addition to incredible plants, the Growing Collective Plant Sale will also sell compost products from Hsu's Growing Supply, seed potatoes from Whitefeather Organics, and compost bins and pails from Recycling Connections. There will be lots to check out at our in-person, week-long sale so mark your calendars!

Central Rivers Farmshed
1220 Briggs Court
Stevens Point, WI 54481

-Melissa Haack



SMALL BUSINESS SPOTLIGHT: WICKED WILLOW

Hey there Co-op friends! It's an honor to be included in the monthly Co-op newsletter! We love the Co-op and place weekly bulk orders with them. A lot of our core values as a business also align with the Co-op too. If you haven't heard of us yet we'd love to introduce ourselves. We are Wicked Willow, a vegan restaurant located right downtown, across the street from the old Fox Theater. Don't let the word "vegan" intimidate you. We offer a wide range of different style comfort foods that are organic and healthy all while maintaining the integrity and flavor of the dish. To give you a couple examples of some of our most popular dishes, we offer; Pad Thai, Nachos, Carrot Cake, Chili, and so so much more! Visit our website: wickedwillowllc.com to see our full menu.



As a vegan restaurant we strive very hard to make our restaurant as carbon neutral as possible. The very fact that all of our food is vegan brings our carbon footprint down tremendously. We compost all the scraps we collect. We use thrifted items whenever possible, our silverware, glasses, plates, napkins, even our chairs, tables and décor is thrifted. We special order our to go containers to make sure they are biodegradable, no Styrofoam in our restaurant ever! We buy organic whenever possible. We love to support local and utilize the Co-op every week, along with the farmers market and a few other local vendors.



Since we don't use any meat, butter, eggs, cheese, or dairy in any of our menu, our food is a lot lower in cholesterol and fat. Instead of butter we use a plant based substitute, for eggs we typically use tofu. Dairy and cheese substitutes are plentiful so we are blessed with a lot of options for those. We make our own mac n cheese sauce using cashews as the base. Cashews are also the base in our homemade cheesecake. We are proud to say we do not have a deep- fryer and we make all of our sides in house from scratch. So much of our menu is made in house from scratch; all of our soups, almost all of our sauces, desserts, even our gyro meat is made in house. We are a very allergy friendly restaurant, we mark our menu clearly so you can distinguish between gluten free, soy free and nut free options. We take people's allergies very seriously and always use clean utensils, cutting boards and pans when working with those tickets.

We love this town and love being able to offer the community something different for a dining experience. The atmosphere here is very relaxed and comfortable, we have a whole shelf of board games and encourage our guests to play a fun game with their friends and family while they wait for their meal or even after. Thank you for taking the time to read about us and learn a little bit about what we are all about, hope that you are able to come visit us soon!

-CJ Dewitt, owner

FEATURED PRODUCTS: SPRING CLEANING

Spring cleaning is upon us! Check out these products to help you green up your clean up!

If You Care, Reusable Paper Towel - One roll of these reusable paper towels will replace 18 rolls of conventional paper towels. If You Care reusable paper towels are remarkably durable, tear and abrasion-resistant, and reusable for at least a week! These paper towels don't leave fibers on surfaces like other reusable paper towels. They absorb liquids easily and can absorb up to 16 times their own weight in water. Go ahead and give these reusable paper towels a try!



TruEarth, Detergent Sheets, Linen & Fragrance Free - These strips are ultra-concentrated, hypoallergenic, and eco-friendly! They are tiny, pre-measured strip of liquidless laundry detergent that can just be tossed into the wash. TruEarth detergent sheets work in all types of washing machines and effectively seek out and dislodge dirt. Clean, green, and simple!

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

703 Second Street ~ Stevens Point ~ 715-341-4595

2911 Plover Road ~ Plover ~ 715-344-7454

David Pisarski ~ Frank Pisarski, Jr.

Ecos, AP Cleaner Spray, Parsley Plus - The cleaning power of parsley! Parsley has the natural ability to deodorize and will fill your home with an energizing scent when you use it. Made with ingredients that you can feel good about, this spray will eliminate dirt and grease in your home.



Fire Lake Soapery, Floor Soap Block - Small but mighty, this 8oz bar will last for months! This product is perfect for light cleaning on your floors, cabinets, and other wood surfaces! Say goodbye to those bulky plastic bottles and enjoy this beautiful hand stamped soap block made in small batches.

CO-OP RECIPES

Frugal Fennel-Frond Pesto and Pasta

This delightfully fragrant pesto and pasta mix will wow your family and friends: there's no need to tell them how easy it was to make! You can find almost all of the ingredients at your local farmer's market, your backyard garden, and, of course, right here at the Co-op!

Ingredients:

- Pesto
- ¼ C. raw nuts, such as walnuts, pecans, almonds, or hazelnuts
- 2 garlic cloves, smashed
- 1 C. fennel fronds
- ½ C. packed fresh parsley leaves
- ½ tsp. Salt
- ¼ C. olive oil

Pasta:

- 2 ½ C. (250 g) durum semolina
- ¾ C. (125 ml) hot, not boiling, water
- 1 tsp. Salt

Making the Pesto:

1. Toast the raw nuts in the oven at 350°F for 5 minutes and stir. Toast for another 3 to 5 minutes, until fragrant but not dark.
2. Place the toasted nuts, garlic, fennel fronds, parsley, and salt in a food processor. Pulse to make a paste. Scrape down the sides of the food processor if necessary.
3. With the processor running, stream in the oil in a slow trickle, until the pesto is well blended. Transfer to a large serving bowl. (If not using immediately, refrigerate or freeze in a wide-mouth jar.)

Making the Pasta:

1. Place the semolina in a large bowl and make a well in the center. Pour in the hot water. (Alternatively, you can make this directly on your work surface. For a beginner, you may prefer to use a bowl.)
2. With a fork, incorporate the flour from the edges of the well into the water. Continue until you've combined all the flour and water and have formed a crumbly dough.
3. Turn the dough out onto a floured surface. The bowl will likely contain enough unincorporated flour that you won't need more on your work surface. Knead the dough until it is smooth and elastic. It should spring back after you make an indentation in it with your thumb. If it doesn't spring back, keep kneading it. This can take about 10 minutes. Cover with a clean dish towel and let rest for 20 to 30 minutes.
4. Divide the dough into 2 equal portions; smaller portions are easier to work with. Lightly dust the work surface with semolina, if necessary, as you roll out each piece of the dough to about ⅛ inch thick.

5. Dust the dough with semolina. Roll each piece of the dough up into a very loose tube. You will be slicing the noodles from these tubes, so don't wind it too tightly. Cut ¼-inch-wide noodles from each roll.

6. Add the salt to a large pot of water and bring to a boil. Add the noodles and cook until tender, about 2 minutes. Reserve at least ½ cup of the pasta cooking water. Drain the pasta in a colander.

7. Whisk the saved pasta cooking water into the bowl with the pesto. Blend and toss the pasta in the pesto and serve.

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

Any-Fruit Crunchy Crumble

Because you can make this dessert with various kinds of fruit you have on hand —apples, berries, cherries, stone fruit, rhubarb, or any combination—and you don't want to waste any of that precious bounty, you almost have a duty to make and eat this. We all do what we must!

Ingredients:

- 5 cups chopped fresh fruit (your choice, see what we have fresh at the Co-op!)
- Juice of 1 lemon (about 2 tbsps.)
- ¾ C. (101 g) all-purpose flour
- ½ C. (54 g) old-fashioned rolled oats
- ¼ C. (45 g) pulp from your choice of homemade nut or seed milk
- 2 tbsps. (13 g) almond meal
- 6 tbsps. (75 g) granulated sugar
- ¼ C. (25 g) brown sugar
- ⅛ tsps. Ground cinnamon
- ⅛ tsps. Grated nutmeg
- Pinch of salt
- 4 tbsps. (½ stick; 57 g) unsalted butter or ¼ C. coconut oil, chilled
- ¼ C. (33 g) chopped toasted nuts

Directions:

1. Preheat the oven to 350°F
2. In a large bowl, toss the fruit with the lemon juice ¼ C. of the flour, and ¼ C. of the granulated sugar. Arrange the fruit in a 9-inch glass pie plate.
3. Combine the remaining ½ C. flour, the oats, nut or seed pulp, the remaining 2 tbsps. Granulated sugar, the brown sugar, cinnamon, nutmeg, and salt in a medium bowl. Cut in the butter with a pastry blender or two knives until the topping looks crumbly. Stir in the nuts.
4. Sprinkle the crumble mixture on top of the fruit filling. Bake until the topping is golden, the fruit is soft, and the juices are bubbling, about 25 minutes. Cover leftovers with a large, inverted plate or bowl and store at room temperature for about 2 days.

These recipes are taken from *Zero Waste Chef* by Anne-Marie Bonneau. This book is available for purchase at Bound to Happen Books located in Downtown Stevens Point.

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