

SEPTEMBER & OCTOBER 2022



INSIDE THIS ISSUE

CO-OP EDUCATION
Maximize Your
Grocery Experience

2

CO-OP COOKS
Co-op Recipes

4

CO-OP GOODNESS
Featured Products:
Bulk Up

6



1% FRIDAYS

Hey SPA Co-op members, it's that time of the year again; we are calling for nominations for our 1% Fridays program in 2023! If you have an organization that is near and dear to your heart, and you'd like them to be on our fall nominee ballot, let us know. To do so, please email Jessica at JessicaL@spacoop.com or call 715-341-1555 (ext. 318) with the following information:

- Organization name
- What they do
- Why you chose them
- Their current contact information

2023 recipients will be notified by mid-December and the membership will be provided a list of organizations and their assigned month in the January/February newsletter.

For more information about our General Membership meeting, please email Bod_Spac@spacoop.com.

UPCOMING EVENTS

9/5 Labor Day:
Reduced Hours
7:00 AM - 6:00 PM

9/27 Board of Directors
Meeting 5:30 PM

9/30 Reduced Hours
7:00 AM - 6:00 PM

10/25 Board of Directors
Meeting 5:30 PM

10/31 Halloween

Unfortunately, nominations without this information can not be accepted.

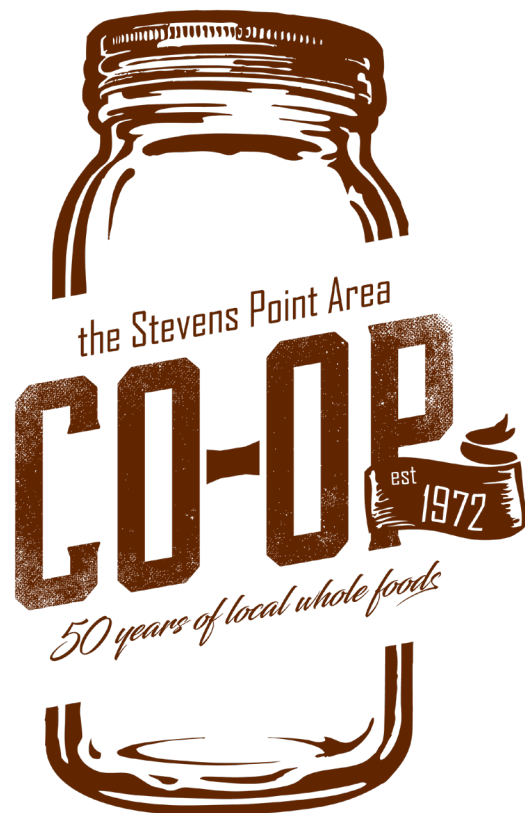
Submissions will be accepted through October 2nd.

Once you've submitted your nominee (or nominees), join us at our Fall General Membership Meeting on October 9th to cast your votes. If you can't join us, absentee ballots will be made available in-store and online.

CONTACT US

715-341-1555

info@spacoop.com
www.spacoop.com



MAXIMIZE YOUR GROCERY EXPERIENCE

Many of us have been looking to save money on our food bills lately; every time we fill up our carts the total seems to grow and grow and grow. While there is a lot going on that contributes to the rising cost of our grocery bills, much of it is often out of our control. What we can control, however, is how we respond and change our habits, our foods, and our menus. Luckily for our community, we have a helping hand with a community owned food co-op - oh wait, you already know about it because you're reading its paper! Let's look at some habits and opportunities to realize some cost savings utilizing our super power that is a Co-op membership!

Start With Bulking Up

Our Co-op has one of the largest bulk foods departments in the area. Grains, spices, coffee, pastas, legumes, nuts, seeds, and even chocolate covered espresso beans! Okay, that last one maybe isn't as essential, but they are delicious. The Co-op probably has it all and if they don't, ask for it and it can likely be found and ordered just for you! I personally appreciate how shopping in the bulk section helps me cut down on packaging waste. I bring clean glass jars to weigh and then fill with our favorite bulk ingredients. Check out the bulk spices and seasonings section for mega savings! Have you seen the prices for those little jars at the big box grocery store? Do the math, only buy what you need, and realize those savings in bulk!

Have a Plan

Planning out a week or two in meals is perhaps the most effective way to reduce not only your overall food cost, but also reduce waste at the same time. Setting a week's menu ahead of time and then only buying ingredients for that menu helps by cutting out extra meals that you possibly don't need. It also reduces ingredients in the pantry or refrigerator that you might not be using, which means you won't have to clean out your fridge when the smell starts to keep you up at night. Adding some structure to your week will get you cooking more, eating better, and avoiding any pre-packaged meals or trips to the drive thru.

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Buy Local

Aside from adding some structure to our meals, let's also consider getting more of our foods from local producers. Wait, isn't local food more expensive? NO! Investing our dollars in locally grown and produced food not only supports our farmers and local grocery, it also increases food security in our area. More people purchasing locally = more local producers = more local food = healthier local food economy. An area where you can shop for local food and get some cost savings would be direct farm to table options. I'm talking about farmers markets, our Co-op's veggie cooler, and Community Supported Agriculture (CSAs). Being a member of a CSA usually involves putting up a little money during the winter season, giving the farmers needed feedback and capital so they can plan the next year's crop. Once it's harvest time you pick up your box full of fresh locally grown produce at a specified interval. I have been part of a local CSA over the past several years and it has just been wonderful. You can find out more information about CSA's from Central Rivers Farmshed right here in Stevens Point. They are doing amazing work to grow a resilient local food economy. I encourage you to check them out at farmshed.org, and check out their Farm Fresh Atlas for all local food news and opportunities. It's free and we might just have some here at the Co-op!



When we spend our dollars locally at the Co-op we are pairing our purchasing choices with our values. While you don't have to be a member of the Co-op to shop in the store, there are serious benefits to membership. Members are able to be active in the leadership of our Co-op. Members provide feedback, apply to take part in Management Circles, as well as receive 15% off retail purchases. 15% adds up quickly - if you just spent about \$20 a month at the Co-op it would pay for itself in short order. The Stevens Point Area Co-op also has memberships for students, and other assistance programs for those who qualify. Check out the website for details or ask a store employee when you come in. A Co-op membership also makes a great gift!

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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.

If 15% savings isn't quite cutting it let me tell you about the Working Member Program! It's the same program that I've been part of for most of the last three years and my direct connection to our Co-op. Working members commit to 6 hours a month helping out with various tasks around the store, and also in support of Co-op initiatives. Working membership is a great way to save money on your membership. Working members don't pay membership fees. They ARE the membership and qualify by completing their 6 hour monthly commitment. They also get that Working Member 25% off every order. The cost savings adds up, but the real benefit is the amazing people you will meet and work side by side with. That is something that money truly cannot buy.

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Shopping for local, organic foods doesn't have to break the bank when you leverage all of the benefits of Co-op membership. Getting involved in Co-op initiatives, shopping in bulk, and buying local are all great ways to reduce waste, maximize your savings, and contribute to a more dynamic and resilient local food economy.

-Anders Gilbertson

CO-OP RECIPES

Crispy Chicken Thighs with Chickpeas and Olives

From *To the Last Bite* by Alexis DeBoschnek

We all have different weeknight dinner routines, but I think this recipe fits most: it comes together in one pot, in less than one hour. Chicken thighs are seared until golden brown. Spiced chickpeas are toasted, doused in white wine and melted chicken fat, then spooned over those crispy chicken thighs. This is a rich and hearty dish, so I've added a handful of Castelvetrano olives—you can use any green olives in your pantry—and lemon juice, which both add some brightness.

Ingredients:

- 6 bone-in, skin-on chicken thighs
- 1 ½ tsps. Kosher salt, divided
- Freshly ground black pepper
- 2 tsps. Dried oregano
- 1 tbsp. Olive oil
- 5 medium shallots, quartered
- 1 head garlic, cloves peeled and lightly smashed
- 31 ounces chickpeas (2 cans drained and rinsed, or make your own with Co-op's bulk option!)
- ½ tsp. Crushed red pepper flakes
- 1 tsp. Ground cumin
- ½ C. dry white wine, such as sauvignon blanc or pinot grigio
- ¾ C. pitted Castelvetrano olives, smashed
- ¾ C. low-sodium chicken stock
- 1 C. (½ bunch) roughly chopped parsley leaves and tender stems
- Juice of 1 lemon

1. Preheat the oven to 375°F

2. On a cutting board, pat the chicken thighs dry with a paper towel. Season both sides with ½ tsp of salt, the black pepper, and oregano.

3. Heat the olive oil in a large pan or Dutch oven that's big enough to fit all the chicken thighs in one layer over medium-high heat. Once the oil begins to shimmer, add the chicken thighs skin-side down and cook without moving until the skin is golden brown, 6 to 8 minutes. Flip the chicken thighs and continue cooking until golden brown on the other side, 2 to 3 minutes. Transfer the chicken thighs to a paper towel-lined plate.

4. Reduce the heat to medium. Add the shallots and garlic to the pan and cook until golden brown, two to three minutes. Add the chickpeas, the remaining 1 tsp of salt, the red pepper flakes, and cumin and stir to combine. Cook until the chickpeas begin to turn golden brown, about five minutes.

5. Increase the heat to high and add the wine, scraping up any brown bits on the bottom of the pan. Cook until the smell of alcohol burns off and the wine is simmering, about two minutes. Add the olives and stock and return to a simmer.

6. Place the chicken skin-side up on top of the chickpeas, then transfer to the oven uncovered. Bake until cooked through or the internal temperature reaches 165°F, 25 to 30 minutes.

7. Transfer the chicken thighs to a plate. Place the pan back on the stove over medium-high heat and reduce the chickpea mixture until the liquid has nearly all evaporated, about 1-minute. Add the parsley and lemon juice and stir to combine. Serve the chicken thighs topped with a scoop of chickpeas. The chicken can be stored in a sealed container in the refrigerator for up to three days.

Farro with Mushrooms

This is one of my favorite ways to eat mushrooms. With soy sauce and a healthy handful of Parmesan—two ingredients that deliver major umami—the mushrooms take on an intensely savory and delicious flavor. It's exciting enough to be served as a dish all on its own—like risotto—or you can serve it as a side dish. I love the nutty, chewy flavor of farro, but you could easily swap in another type of grain like rice, barley, millet, or quinoa.

Ingredients:

- 1 C. farro
- 2 tbsp. olive oil
- 1 large shallot, finely chopped
- 2-inch knob ginger, minced
- 1 lb. mixed mushrooms such as shiitake, cremini, oyster, and trumpet, roughly chopped
- 3 garlic cloves, minced
- 2 tbsp. Soy sauce
- ½ C. dry white wine, such as sauvignon blanc or pinot grigio
- 3 C. chicken or vegetable stock
- 1 C. grated Parmesan
- ¼ C. parsley leaves, roughly chopped.

1. Place the farro in a large fine-mesh sieve and run under cold water until the water runs clear.

2. Add the olive oil to a Dutch oven over medium-high heat. Once the oil begins to shimmer, add the shallot and ginger and cook, stirring often, until golden brown, about two minutes.

3. Add the mushrooms and cook, stirring occasionally, until they release some of their water and slightly wilt, about three minutes.

4. Add the garlic and soy sauce, and cook until the soy sauce evaporates and the mushrooms are fragrant, about two minutes.

5. Add the farro and stir to combine. Cook, stirring occasionally, until toasted and golden brown, about two minutes.

6. Add the wine and cook, scraping up any brown bits on the bottom of the pot, until the alcohol is burned off, about two minutes.

7. Add the stock, stir to combine, and bring to a boil. Place the lid on and reduce the heat to medium-low. Cook until the farro is tender and most of the stock has evaporated, about 55 minutes. Add the Parmesan and parsley and stir to combine. If not serving immediately, let cool to room temperature and store in a sealed container in the refrigerator for up to three days.

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



YOU'RE INVITED TO SPAC'S 50TH
ANNIVERSARY CELEBRATION ON
SUNDAY, OCTOBER 9TH, FROM
2:00 PM - 7:00 PM AT THE BUKOLT
LODGE. SEE OUR FACEBOOK EVENT
FOR MORE DETAILS!

FEATURED PRODUCTS: BULK UP

October is Harvest Days which means an additional 10% off of all of your bulk purchases!

Take a look at (just) some of the products we offer in bulk and get that extra deep discount the entire month of October!

North Bay Trading Company, Canadian Organic Wild Rice - Wild rice is an aquatic grass seed higher in protein than white rice and other grains. This wild rice is from Canada's pristine northern lakes and is certified organic. Enjoy it alone as a side dish or use it as a major ingredient in salads or entrees!



Frontier Co-op, Refried Pinto Beans - This mix can be prepared to accommodate all of your refried beans needs! From dips to soups to tortilla filling. These refried pinto beans are sure to be a hit at your next get together! And they're organic!



Frontier Co-op, Nutritional Yeast - You don't have to be a vegan or dairy free to love this stuff! It's got a robust flavor that is cheesy, nutty, and creamy. We've got it in many varieties: large flakes, mini flakes, powdered, CNV dried, and organic dried! This yeast is harvested, washed, pasteurized and dried with heat to "deactivate" it. Because it's inactive, it has no ability to leaven like baking yeast, but works great as a seasoning and non-dairy cheese substitute! Try it on popcorn and let us know what you think!



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Meadowlark Organics, All Purpose Whole Wheat Flour - This whole wheat flour works well for almost everything: cakes, cookies, biscuits, waffles, breads - you name it! The grain type is a blend of organic soft red winter wheat berries and organic hard red winter wheat grown on certified organic farms in Janesville and Ridgeway, Wisc., Altura, Minn., and Three Oaks, Mich. These whole wheat flours are stone milled which helps preserve the rich flavor and nutritional value of the grain. Meadowlark Organics are here to serve farmers, home bakers, culinary professionals and enthusiasts!

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Frontier Co-op, Mullein Leaf - While some may say that mullein is a weed, this herb is actually a powerhouse of medicine! These large, velvety leaves make a soothing herbal tea, great for respiratory ailments. In addition, mullein can be used in salves and poultices to have the same soothing effect on the skin.



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DELICIOUS
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MEALS

Maple Hill Farm, Mustard Seed - Just in time for pickling season, Maple Hill Farm has got you covered with their yellow mustard seed. Founded in 1995, Maple Hill Farm is a solar powered family farm that produces a variety of sustainably raised farm products. We currently carry their yellow and brown mustard seed, as well as mustard powder.



Have a suggestion? Have an idea? Feel free to email one of our board members with your thoughts!

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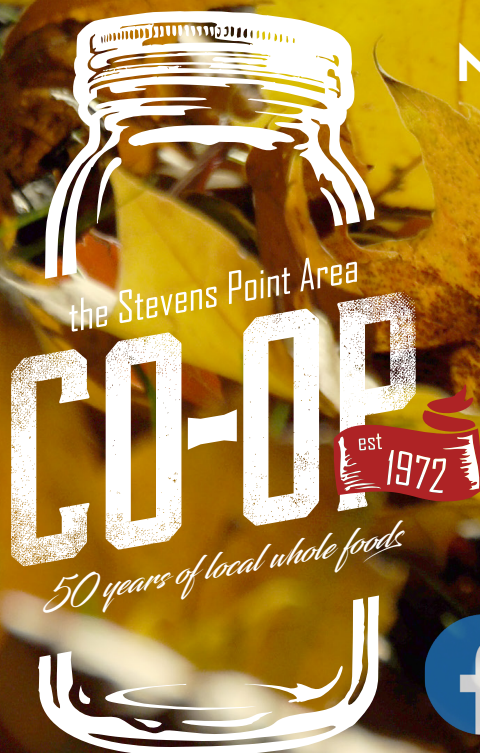
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