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GOOD-BYE 2017, WELCOME 2018

As the year comes to an end and we look toward the next, it's time to reflect on the work that occurred at the Co-op this last year.

2017 was a year of continuing transitions spearheaded by our Board and staff, and supported by our members. Our collective management team dedicated an amazing amount of time and energy to keep the Co-op running effectively. Policy is continually being reviewed and if needed, rewritten for the sake of equity and resiliency. Many new, innovative ideas have been implemented this past year, thanks to the hard work of our management circles. Our management circles include staff, Board, and members, and have gotten the ball rolling on projects like the Snowball Effect workshop series, our food audit, student memberships, extending our storefront hours, Produce for the People, hosting new outreach events at the Co-op, our working member program, and many other initiatives.

At our Fall GMM, we heard the concerns and questions of our members, which included broader accessibility to the Co-op—both physically and monetarily. These are concerns shared by other members, staff, and Board, and they can be tackled, especially if we have the involvement of our members as we address these issues.

If you want to help propose and implement changes for the betterment of the Co-op, your voice can be heard. You can join any management circle, where you will create and help implement policy; we keep a schedule of our meetings on our website, in our store foyer, and by the register. This spring, you will be able to vote and/or run for the Board of Directors, and if elected, help continue the change. You can also attend our next General Membership

Meeting in May, and join the discussion with other members.

The Board thanks you for your continued support as a member of our local food cooperative, and we look forward to working with you this next year.

- *Danny Werachowski, Board member*



Pictured: The Co-op. (Taken by Anne Morgan)

UPCOMING EVENTS

| 1/1 | 1/2 | 1/4 | 1/18 |
|--------------------------|--|--|--|
| Closed for New Years Day | Opening at 12pm (Storewide Inventory) | Snowball Effect Series, Farmshed and Local Food, 6pm | Snowball Effect Series, Making Meals Workshop, 6pm |
| 1/23 | 2/1 | 2/18 | 2/27 |
| Board Meeting, 6pm | Snowball Effect Series, Eating Seasonally, 6pm | Snowball Effect Series, DIY Body Care, 6pm | Board Meeting, 6pm |

CONTACT US

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NEW HOURS

Monday–Friday
7am–8pm
Saturday–Sunday
8am–6pm

HELLO, HELLO

Hello, my name is Roberta Bie. I've thought about joining the Co-op team for years, finally inquiring and applying recently. I'm so happy I did! While I am originally from Milwaukee, my husband and I moved to Stevens Point in 2000 after falling in love with the area. I have worked as an Occupational Therapy Assistant for several years.



Pictured: Roberta B. (Taken by Anne Morgan)

The values I grew up with—family, community, and nature—show up in what I do daily. I am involved in a few civic organizations and enjoy hiking, camping, and bicycling. Buying local is important to me and I frequent our neighborhood businesses and farmers' markets for most of my purchases.

Much of my spare time is spent researching recipes, cooking, and preserving foods in multiple ways.

Although I have only worked at the Co-op a short while, I have been a long-time member, and feel very connected. I look forward to meeting you all!

- Roberta B.

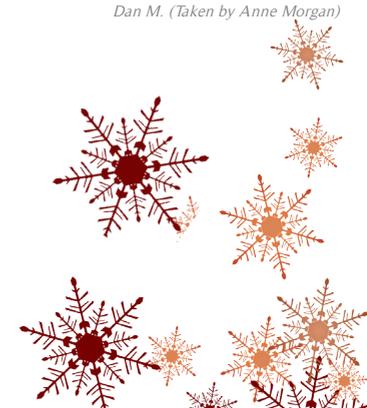
Hello SPA Co-op members, I'm Dan. A fairly recent arrival to the Stevens Point area, I moved with my parents to a small farm near Amherst in January 2017. I spent the past growing season as a field manager for a local, organic farm while working part-time to start my own farming operation.



Pictured: Dan M. (Taken by Anne Morgan)

Moving forward, I'm excited to play a continuing role in the Stevens Point local food network as part of the Co-op team! When I'm not in the store or in the field, you'll find me raiding the library shelves or enjoying the local trout streams. Thank you for the opportunity to introduce myself—I look forward to meeting you all!

- Dan M.



HELP BEAUTIFUL FOODS PICK YOUR PRODUCTS THIS WINTER

Happy winter to all! As the Beautiful Foods circle continues to work on the food audit, we invite members to help us find locally-sourced replacements for some of our products.

We've compiled a list of over 50 grocery items that we would like to replace with cleaner options.

If you can participate, join Beautiful Foods every second Thursday of the month and get an additional 5% discount for your involvement with the Co-op; we appreciate your help!

- Melissa H.





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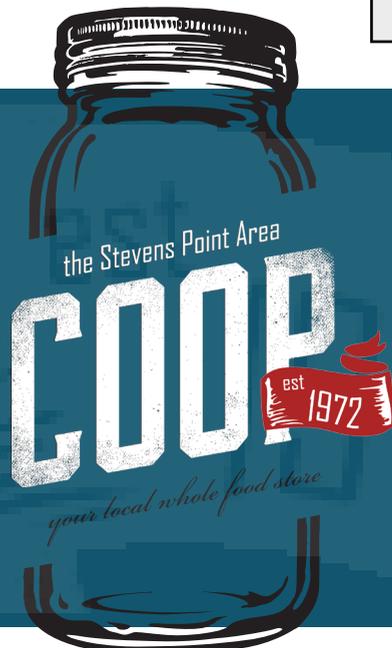
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tomatoes. There are resources for canning, preserving, and storing food through UW-Extension, and you can team up with others to boost your variety. If you can salsa, maybe your friend or neighbor will make Italian sauce, and you can trade. Invest in items that make preserving more efficient: a food processor, large cutting board, canning jars, crates, etc.

Try new recipes. Remember those storage crops you were so excited about in September? The true challenge is not keeping these items from rotting, but how you can still be excited about roasted root veggies (again). Creativity is the best—and possibly only—way to stay sane while we patiently await the first spring salad. Share ideas with friends, host a potluck, dig deep into the internet and the library for new ideas, and truly put yourself up to the challenge.

Take advantage of our own community resources. Carpool to the Winter Farmers' Market, and come into the Co-op, where

we challenge ourselves every day to offer even more locally-sourced foods. Items like beets, parsnips, turnips, and carrots are things we have on our shelf from local farms as close to year-round as it can be provided. If you want to learn more about eating seasonally and meet others doing the same, come to our February 1 workshop with Ashley Chrisinger at 6pm, upstairs at the Co-op.

The root of the matter is that not much has changed about what grows here in Wisconsin since refrigerated transportation, and the skills, resources, and discipline to eat seasonally are still among us. Respect your homegrown goods and love what is available to you. Challenge yourself to make lifestyle changes that give credence to what our environment provides us. I dare you to commit to eating seasonally. Your local farmers, your community, and your body will thank you.

- Melissa H.

The Snowball Effect
An Event Series by the Stevens Point Area Co-op

Farmshed & the Local Food Movement
Learn More About Local Food Events in the Community and How You Too Can Get Involved
January 4th at 6pm

Making Meals with the Co-op's Anne & Melissa
Learn How to Make and Sample Different Meals that Cost \$5 or Less
January 18th at 6pm

Eating Seasonally
A Hands-On Talk by Ashley Chrisinger from PC Can's Fruit and Veggie Works
February 1st at 6pm

DIY Body Care
Learn to Make Your Own Body Care Products Using Natural Materials and Unique Essential Oil Combinations
February 18th at 6pm

January

\$0.75 OFF

any Essential Oil

VALID 1/1/2018-1/31/2018

\$0.25 OFF

Montello Fresh Romaine or Kale

VALID 1/1/2018-1/31/2018

\$1.00 OFF

Kleen Kanteen or Life Factory Water Bottle

VALID 1/1/2018-1/31/2018

\$0.75 OFF

Amy's or Hilary's Veggie Burgers

VALID 1/1/2018-1/31/2018

\$0.75 OFF

Boxed Tea

VALID 1/1/2018-1/31/2018

FREE

45TH ANNIVERSARY TEE

February

\$0.75 OFF

any Chocolate Bar (2.8-oz. or larger)

VALID 2/1/2018-2/28/2018

\$0.50 OFF

Applegate or Plainville Sliced Deli Meat

VALID 2/1/2018-2/28/2018

\$0.25 OFF

\$1.00 OFF

Black Umami Garlic (limit 2)

VALID 2/1/2018-2/28/2018

\$0.50 OFF

any Toothpaste

VALID 2/1/2018-2/28/2018

1.5-lb. Earthcrust Bread with purchase of \$5 or more (redeemable at Co-op register)

VALID 2/1/2018-2/28/2018

with purchase of \$45 or more (while supplies last)
VALID 1/1/2018-2/28/2018



ATTEND THE 2018 LOCAL FOOD FAIR

Join the celebration of local food and businesses at the 2018 Local Food Fair. This year's event will be held at Sentry World on Saturday February 17, 2018 from 11am to 3pm.

The Fair includes a local chef competition, fun and educational kids' activities, the release of 2018 Central Wisconsin Farm Fresh Atlas, and a marketplace filled with goods for sale from farms, local businesses and organizations.

As Farmshed's primary outreach event, the Local Food Fair brings together producers, consumers, local businesses, and educators to celebrate community and the food that's grown within it.

The Fair serves to introduce people to local food resources within Central Wisconsin, generates increased demand for local and sustainably produced food, supports the growth and development of local farms and food-related business, and encourages friendly competition between local chefs, as they try their hand at making a one-of-a-kind potato dish unique to their style.

For more information on the region's largest local food celebration, contact Farmshed at info@farmshed.org, or call 715.544.6154.

Hope to see you there!

AT THE EARTHCRUST COUNTER

Welcome to the New Year! We have been reading your suggestions and appreciate your taking the time to submit your feedback.

Using your input, we've been keeping the classics rolling while adding in some new flavors and items. We have had success with our recent introduction of blueberry muffins and will continue to utilize your suggestions.

Also new at Earthcrust is our wild rice cranberry bread. Our classic coarse-grain sourdough base pairs with the light crunch of wild rice, adding in the semi-sweet taste of cranberry to make a delicious and wholesome flavoring. You can enjoy it on its own, or savor this flavor by trying it toasted, paired with hummus, dipped in soup, or used for grilled cheese.

This most recent addition to our bread line is the brainchild of Casey Clark. We are ecstatic to

have added Casey to our team. You can see him busily baking up a storm and serving customers in our little bakery alongside Mary, Margaret, Donna, and Joan.

Stop in for lunch Tuesday, Wednesday, and Thursday or come by anytime to see what we bake up next.

As a reminder, you can purchase items located outside of our glass counter (like our bread and cookies) directly from us or at the Co-op register. We package up many of our special counter items for sale in the Co-op freezer, so you can get your cinnamon roll or veggie pastry fix even if we're not open.

With 41 years and counting, we sincerely want to thank you for your continued support as we head into 2018!

- Margaret Witt



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TO YOUR HEALTH WEALTH: SEASONAL EATING

Once winter sinks deep into our bones, I begin to question whether I really should be making the fresh fruit smoothie I'm craving. As I grow weary of eating squash, I tell myself to barrel through it, put the Argentine citrus down, and eat another spoonful.

Eating locally all year round wasn't always a defiant act. That's just what was available: homegrown food, straight from the community. The staples you had were what you spent all summer growing and, if you had the time, canning and preserving it.

Today's reality is that you can get almost any food at any time of the year—whether it be butternut squash in July or tomatoes in January—thanks to low oil costs, interstate highways, and refrigeration.

Some believe that buying and relying on food from far away is ecologically unsustainable, while, when we buy local, we become a political force in our own local economies and ecologies. When we see where our dollar goes, we can feel this shift and perhaps even jab the corporate food system's pocketbook. So how do we do it?

Create a food plan. How much does your family eat throughout the winter? What can you grow yourself? What will you seek out from your local farmers? Give yourself time to fine-tune your diet by taking notes or keeping a food journal. Running out of strawberry jam in January means you might want to make more next July.

Preserve your harvest. It is deeply satisfying to eat spaghetti sauce in January made from summer's

2018 1% FRIDAYS AND PRODUCE FOR THE PEOPLE RECIPIENTS ANNOUNCED

Thank you to all who attended our Fall General Membership Meeting in October. During the meeting, votes were cast for our 2018 1% Friday and 2018 Produce for the People nominees.

We are excited to lend our support to 12 community organizations in the new year through our 1% Fridays program. During each month, these organizations will receive 1% of our Friday sales, along with any change, or bag credits our members and customers donate. Additionally, we will again be participating in the Holiday Basket during the month of November, where members and customers can donate spare change and other items for a local family. More information about each organization can be found on our website or at the register each month.

New this year, Produce for the People is donating the sales of our discount produce bin to two hunger prevention programs. From January through June, all proceeds will be donated to the Portage County Mobile Pantry, while UWSP's The Cupboard will receive the donations from July through December.

Thank you to all who donate to our community through these programs.

If you have a nonprofit you would like to nominate for 2019 1% Fridays, please submit the name, contact information, and a brief description to jessical@spacoop.com. All Produce for the People nominations should include the same information, and should be sent to melissah@spacoop.com.

- Jessica L.

| | | | |
|-----------------|---------------------------------|------------------|---|
| JANUARY | Very Young Composers | JULY | Tomorrow River Community Charter School |
| FEBRUARY | Ice Age Trail | AUGUST | Project Fresh Start |
| MARCH | Big Brothers Big Sisters | SEPTEMBER | Backpacks for Hope |
| APRIL | Camp Hope | OCTOBER | Empty Bowls |
| MAY | MREA | NOVEMBER | Central Rivers Farmshed |
| JUNE | North Central Conservancy Trust | DECEMBER | Wisconsin Bookworms |

REACHING OUT: A MISSION STATEMENT CRAFTED IN COMMUNITY AND WARMTH

I remember walking into the Co-op for the first time when I was a teenager. The thing that stood out most was the warmth. It was not just the warmth of the heater, but the bright colors, the heat from the fresh pastries, and the friendly faces. I was new to town, and yet it felt familiar and comforting inside this building. And after many years away, it was this very warmth that drew me to be a bigger part of this place when I returned home.

Our Co-op is a fixture in our town, aiming to nourish, support, and engage our community with what they put into their bodies. Everyone who is involved in the Co-op—staff, Board, members, vendors, and visitors—puts forth a great deal of effort and passion to ensure our mission, products, vision, and all we do are aligned to meet our community's needs.

The process of updating the Co-op mission statement was no different. It is amazing how much thought can go into a sentence, especially when it is such a meaningful representation

Our Mission:

The Stevens Point Area Co-op is member-owned and serves its community by providing high-quality products with a strong focus on local and organic options.

of what we do. Through numerous meetings, discussions, and a great deal of revision, we worked to answer a few questions, mainly: How do we best distill all that we do and believe in into one sentence? We knew we wanted to keep this mission as a bridge to our Statement of Purpose. We knew that organic and local are central to our organization, but even more, so are our members and our community as a whole. We want people from all walks of life to be comfortable coming through our doors, feeling that warmth, receiving the highest quality products we can provide, and knowing they can come back again and again.

The process of revising our mission statement has impacted much more than its own existence; the deeper we delved into answering the questions it brought up, the more ideas we've put into action. First and foremost, we are finding ourselves looking at the ways we can reach more people, and engage those who we have reached even more. The collective voices of our Board guide and challenge our organization, trying things we might not have thought of individually. Members and non-members who come through our doors share their thoughts, which we always appreciate—and try to put into action whenever possible.

Having member, staff, and Board involvement in our management circles gives us a variety of perspectives to help us create stronger goals and achieve steps like the working member program, our food audit, and yes, our mission statement. And as our behind-the-scenes teamwork and vision have become stronger, our community outreach has grown. The completion of the first round of events in the Snowball Effect Series is one example of this. Having our community join us to learn more about our past and cooperative history is just the beginning of what we have in store this winter, and as we step into the new year.

The dedication, love, and passion we all have for our community never ceases to amaze me. Thank you for another year of letting us be that heart in our community. We look forward to stepping into another year together and hope to see you soon. Happy New Year and thank you.

- Meg M.

NEW AROUND THE CO-OP

Co-op Unisex Jar Sweatshirts (blue and black)

These 100% organic cotton American-made sweatshirts feature our classic jar logo, screen-printed by Offbeat Press.

Kalona Greek Yogurt (plain)

This 16-oz. certified organic Greek yogurt is made in small batches from pasture-raised cows' milk.

Maple Hill Creamery Drinkable Yogurt (blueberry)

This breakfast in a bottle is made with certified organic ingredients including 100% grass-fed pasteurized whole milk, wild blueberries, cane sugar, and vanilla extract, with added cultures.

Against the Grain Gourmet Pizza (Pesto)

Flavor is not sacrificed for dietary needs with this pesto pizza. The natural properties of real food are used to create a yummy entree free of gluten, yeast, and nuts.

Nature's Way Sambucus Elderberry Zinc Lozenges (original, honey lemon, and mint flavors)

These organic cough drops are made with full spectrum black elderberry extract for optimum potency. Gluten-free, Kosher, and vegetarian, with no artificial ingredients.

La Reyna Refrigerated Queso Dip

From an authentic Mexican kitchen, this white cheese has a subtle kick that keeps you coming back. Family-owned and operated since 1991.

Maple Hill Creamery Yogurt (maple)

Certified organic and made with whole milk from 100% grass-fed cows, this tasty yogurt imparts maple syrup flavor and sweetness!

Good Earth Summer Sausage

Certified organic and made with 100% grass-fed beef and organic spices, this sausage from Milladore, Wisc., doesn't contain any preservatives.

Hail Merry Bites (dark chocolate, salted caramel, cookie dough, and vanilla)

These coconut-based treats are raw, gluten-free, dairy-free, non-GMO, Kosher, and certified vegan, making them an addictive treat that meets many dietary needs.

Sustain Natural Latex Condoms

Free of nitrosamine, a carcinogen found in most condoms, these Fair Trade ultra-thin, triple-tested condoms are vegan, cruelty-free, non-GMO, and FDA approved.

Thirty Two Degrees Coconut Water Kefir Shots (blueberry pomegranate, lime, and mango pineapple)

These little kefirs pack a probiotic punch and are dairy-free, soy-free, gluten-free, non-GMO, and organic!

Gitto Wheat Tortillas

Certified organic without preservatives, this tortilla hails from Watertown, Wisc.

So Delicious Cocowhip

A vegan, natural, and oh-so-tasty alternative to that questionable mainstream whipped topping.

Duluth Coffee

This coffee returns to our shelves with a new look, quality, and roasting style!

Nelson & Pade Aquaponic Greens (lacinato kale and green romaine)

Certified naturally grown out of Montello, Wisc.

Rainbow Research French Green Clay Powder

This fragrance-free powder is super absorbent, "drinking" oils, toxic substances, and impurities. It stimulates the skin, revitalizes the complexion, tightens pores, and helps clear problem skin.

WHAT'S NEW IN WELLNESS AND BODY CARE

Greetings from the land of Wellness and Body Care! There are exciting things in store for these departments for 2018, and I can hardly wait to share with you!

But first, let's quickly reflect on the year we've just wrapped up. 2017 was a great year for Wellness and Body Care. Topping the best sellers list of 2017, elderberry zinc lozenges and ear candles were the most popular items in Wellness and Body Care, respectively.

Have you seen the sharp new packaging for Acure? The high-quality organic botanicals in this facial and body care line make this a top notch choice for lotions, hair products, and facial items.

We also added new local options throughout the departments, including Borealis Holistics and Cacklebee, along with new items

from local favorites, Lusa, Pharm Aloe, and American Provenance.

I am so excited to continue to bring you fresh and new options in the upcoming year. Keep a lookout for our new bulk body care—including liquid castile soap, lotions, and more! Let us know if there are specific bulk products in this area you would love to see.

I also look forward to continuing to research and seek out more local and responsibly-made products with pure, clean ingredients. We want to bring the best possible ingredients to our shelves and your beautiful bodies. Please continue to share your input and knowledge so that together, we can make our wellness and body care departments the best that they can be. Cheers to another great year!

- Sara P.

CASTLE ROCK AND BOTTLE DEPOSITS: HOW THEY WORK

As you might have noticed, we have increased the amount of offerings from Castle Rock in the Dairy department, including some in neat glass bottles with the embossed Castle Rock label.

Did you know that if you purchase one of these glass bottles, you'll receive cash back for the bottle once you return it to our store, through our bottle deposit program? Castle Rock is able to recycle these bottles back into their production and will fill them with more tasty dairy for your enjoyment!

Here's how it works:

The price on the shelf already includes the \$2.00 deposit. This makes the price seem a bit higher than you might expect. You purchase the dairy-filled bottle at the register and the \$2.00 bottle charge is included.

You bring it home and use it!

Bake with it, put it in your coffee, it's up to you. Then, return your clean bottles to the Co-op and receive your \$2.00 back at the register!

Please note: bottle deposits for other products, like Nessalla growlers and honey buckets, differ in their deposit amount, however the process for paying for them and receiving your deposit back is the same.

At this time, our current Castle Rock selection includes: 2% milk quarts, heavy whipping cream pints, and half & half pints on the shelf. There are an assortment of sizes and other offerings from Castle Rock available, so if you're interested in something in particular or a different size of what we have on the shelf, please let us know and we will do our best to find it. Special orders for Castle Rock are available.

- Keely S.

WARM, COZY, AND VIBRANT: CRANK UP YOUR COMFORT FOOD

Mmmm, comfort food. 'Tis the season for warm sustenance that seeps into your bones, replacing winter's chill. But some of that food can feel a little too solid, a little too rich, and a little too bland after a while. So let's indulge in comforts that are not only soul-nourishing but have some nutritious benefits and unique flavors to them, too.

GUILT-FREE HOT BEVERAGES

SUPERFOOD HOT COCOA

adapted from thehealthymaven.com

- 2 C. milk of choice
- 2 Tbs. cacao or cocoa powder
- 1 tsp. maca powder
- ¼ tsp. ground turmeric
- ½ tsp. ground cinnamon
- 1 Tbs. raw honey, to taste
- 1 Tbs. coconut oil

Directions

1. Add milk to a medium saucepan and bring to a boil.
2. Lower to a simmer, add cacao powder and stir. Then, add in maca powder, spices, and honey, stirring until combined.
3. Add coconut oil and whip in until all chunks are melted and mixture becomes thick.

TURMERIC LATTE

adapted from frontiercoop.com

- 1 C. unsweetened vanilla almond milk
- 1 Tbs. honey
- 1 tsp. ground turmeric
- ¼ tsp. ground cinnamon
- ⅛ tsp. ground ginger
- ⅛ tsp. ground black pepper
- ⅛ tsp. ground cayenne
- ¼ tsp. vanilla extract
- 1 whole star anise (optional)

Directions

1. Bring milk to a slight boil on the stovetop, or microwave 2-3 minutes.
2. Pour milk into blender and add honey and all spices except star anise. Blend 10-15 seconds.
3. Pour into a mug, and garnish with star anise if desired.



Photo source: Mareefe via Pexels.com



Photo source: Brigitte Tohm via Pexels.com

VEGAN GINGERBREAD CREAMER

adapted from exsloth.com

- 1 15-oz. light coconut milk
- 2-3 Tbs. coconut sugar, to taste
- 2 Tbs. molasses, to taste
- 2½ tsp. ground ginger
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- Pinch of ground cloves

Directions

1. Combine all ingredients in a saucepan, whisk over low heat until combined and thickened, about 5 minutes.
2. Blend, or strain out excess spices, if desired. Store in an airtight container for up to 3 days and enjoy in coffee or tea.

COMFORT WITH FLAVOR AND HEALTH

SAFFRON PUMPKIN SAUCE

- 3 C. pumpkin puree
- 1 small onion, chopped
- 2 garlic cloves, diced
- 2 Tbs butter
- 1 pinch saffron threads
- 1 C. stock
- ½ C. cream
- 3 Tbs. orange juice
- 2 Tbs. grated Parmesan
- Salt and pepper, to taste
- Gnocchi, rice, or pasta, cooked

Directions

1. Heat butter in medium saucepot. Add saffron and simmer for 30 seconds.
2. Add onion and garlic, cooking until onions are translucent, then add pumpkin puree. Slowly stir in stock and cream, continuing to stir on high heat until sauce thickens.
3. Add orange juice, salt and pepper, and Parmesan.
4. Serve over gnocchi, pasta, or rice, adding more grated Parmesan on top if desired.



Photo source: Mareefe via Pexels.com

SARA'S ROASTED POTATOES

- 4-6 medium blue potatoes, chopped to bite-size pieces
- 1 delicata squash, chopped to bite-size pieces
- 2 Tbs. fresh rosemary, diced
- 2-6 cloves fresh garlic, diced
- 2 tbs. olive oil
- 1-2 tsp. five-spice powder
- Salt and pepper to taste

For the Glaze:

- ¼ C. white balsamic
- ¼ C. olive oil
- 2-4 cloves black garlic, crushed

Directions

1. Preheat oven to 425 degrees. Toss vegetables with spices and oil, coating well.
2. Spread evenly on a baking sheet, and bake 30-45 minutes until crisp and golden, flipping halfway through.
3. Meanwhile, combine glaze ingredients in a small bowl. When vegetables are done, toss with glaze and enjoy!

CAULIFLOWER FRIED RICE

- 1 cauliflower, chopped in food processor to rice-size kernels
- 2 Tbs. sesame oil
- 3 C. frozen veggies (peas, carrots, celery, etc.)
- 1 Tbs. ground ginger
- 2 eggs, beaten
- 1-3 Tbs. Tamari, to taste
- Salt and pepper, to taste
- Hot sauce (optional)

Directions

1. Saute cauliflower in sesame oil until soft and slightly browned, then add frozen vegetables and ginger. Cook until soft.
2. In a small pan, cook scrambled eggs, then fold them into the veggie mix.
3. Add tamari, salt and pepper to taste, and hot sauce, if desired.

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