

grapevine

WINTER 2025

CHEQUAMEGON FOOD CO-OP

VOLUNTARY
PEN
BERSHIP

DEMOCRATIC
MEMBER CONTROL

AUTONOMY & INDEPENDENCE

A History of Co-ops

It's International Year of Co-ops

All Weather Foods

Freeze-Dried Foods on the Go

Over the Moon

Cheese Buyer Loves Dairy

MEMBER

ECONOMIC
PARTICIPATION

FOR THE
COMMUNITY



grapevine

A quarterly publication of the
CHEQUAMEGON FOOD CO-OP

Editing & Design: John Adams
Printing: ProPrint - Duluth

700 Main Street West, Ashland, WI 54806
(715) 682-8251
chequamegonfoodcoop.com

OPEN DAILY

WINTER: 7:30 a.m. - 8 p.m.

SPECIAL HOURS

Christmas Eve: 7:30 a.m. - 4 p.m.

Christmas Day - Closed

New Year's Eve - 7:30 a.m. - 4 p.m.

New Year's Day: CLOSED

STORE UPDATES

We say hello to:

Eleanor Bolich, deli assistant
Angela Emrich, personnel admin.
Abby Suchan, produce assistant

We goodbye to:

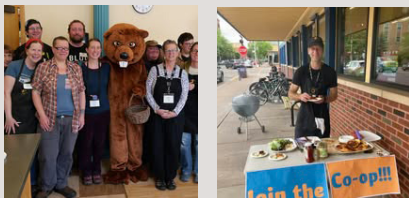
Ruth de Jesus

And anniversaries:

Aaron Bruney, 6 years
Anna Stone, 4 years
Dar Zar, 4 years
Janice Nelson, 4 years
Michael Martin, 3 years
Jessica Fauver, 2 years
Eric Bruskotter, 1 year

SUNFLOWER SEED -

Receive our weekly newsletter!
Send us an email if you're not -
marketing@cheqfood.coop to get on
our list!



FOLLOW US!  



Fall - the season for giving,
and our anniversary nears

Kiersten Galazen
General Manager

Hello Cooperators!

I hope everyone was able to thoroughly enjoy this fall...It was the fall that seemed to last forever with so many dry, golden days. Fall is always my favorite season, so I was particularly grateful to enjoy an entire month off over September/early October. This was my Co-op paid sabbatical for 20 years of service...just one of our many awesome benefits that we enjoy as employees of the coop! I spent my freedom camping, playing in my garden and crossing farm projects off my list. I am grateful to our board and our amazing team who held down the fort. This allowed me much needed, and uninterrupted time away!

Hopefully the long fall allowed many of you to increase the production from your kitchen gardens. I know mine kept going. And going. Though we have been donating as a business for years, I recently discovered that the Brick accepts donations from home gardens. I may have darkened their door a time or two this fall, laden with zucchini. It felt better than foisting them, unwanted on neighbors. Unfortunately as we move in to winter, the government shut down and subsequent freeze of SNAP benefits has made life extra challenging and uncertain for many folks. Chequamegon Food Co-op is working closely with the Brick, as our most local food bank, to share community resources information. We are donating to and accepting donations for the Brick along with the two local tribal food pantries. Pack the Pantry bags of Field Day brand organic staples are an easy and available at the registers. We will make sure they reach their intended pantries. New programing at the registers makes it easy to accept monetary donations as well.

The holidays are of course a time of gift giving and extra special foods. It is a fun time to be in a grocery store because we get to see everyone's culinary creativity coming out through their shopping choices. Being that we live in the land of so many possessions, let me make my annual plug for giving the gift of good food. It's hard to go wrong when gifting favorite meals and snacks. We all eat after all. Done with intention, our holiday shopping can serve to help our loved ones in ways they need while supporting our friends, neighbors and the local economy along the way.

2026 marks our 50th anniversary of bringing good food to Northern Wisconsin! Plans are slowly but surely taking shape for a year of celebration. Keep your ear to the ground ...updates to come. And if you want in on planning the fun, please holler.

Stay warm!

Bbq Sauce

Stevens Point Sauce Co.

Check out this local-ish sauce made with maple syrup and used in our Deli for our bbq chicken.



Kids Animal Hats

Andes Kids

Perfect holiday gift: soft, warm and fun, these hats made in Peru are handmade!



Energy Water

Hiball

A caffeinated sugar free beverage, this boasts no calories or sweeteners, just sparkles and refreshment.



Aperitif

Ghia

This non-alcoholic mixer is best with bubbles and each bottle has 17 servings. Made with herbs but with no sugar or caffeine added.



Organic Iodine

Lugol's Iodine

This dose at 2,000 the %DV is a 2% solution for those metabolic, immune and thyroid functions that need a boost in the winter.

Calendar & Stickers

Alex Lehner

local

See the digital art wildlife scenes on her calendar and stickers all crafted on an iPad.



Lactose Free Milk

Organic Valley

An organic whole milk with the lactose removed, this new milk is an easier to digest option for those sensitive to milk's natural lactose.

THINGS YOU'LL Love

coop events WINTER

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See our website's Events page to pay and reserve your spot in a class.

December



Christmas Parade on Main

Saturday, 6th // 4:30 p.m.

Join the fun and we'll give out hot chocolate and hot roasted nuts out on Main St. to keep hands warm out front of our Community Room.

Where Stress Lives: Neck, Head & Jaw Relief Class

Wednesday, 10th // 6 - 7:30 p.m.

Instructor: Jill Gibbon, PT, Owner PWR Physical Therapy



Cost: Free but call to reserve your spot or go online

Learn how stress shows up as neck pain, headaches and jaw tension - and what you can do about it. This

class offers simple tools to ease existing discomfort and prevent future tension.

Scones Class

Thursday, 18th // 5 - 6:30 p.m.

Instructor: Lars Dukowitz

Learn the buttery methods of a light and crisp edged pastry. With the right dough and temperatures we will go over all the details for making this breakfast classic.



Christmas Eve - Close at 4 pm

Christmas Day - Closed

New Years Eve - Close at 4 pm

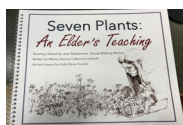
New Year's Day - Closed

January

Seven Plants: An Elder's Teaching

Thursday, 8th 5:30 - 7 p.m. // Free but call to reserve your spot or go online.

Instructor: Marina Lachecki



Marina has worked with plant relationships for 50 years and is a published author in the field of spirituality and nature.

In this class, participants

will develop worksheets on developing relationship & knowledge about plants.

Build Your Herbal Home Medicine Cabinet

Wellness Wednesday - the 14th // 5:30 - 7 p.m.

Free but call to reserve your spot or go online.

Instructor: Erica Macrum

Discover how to stock your home with effective herbal remedies for coughs, tummy troubles, sleep, stress, minor injuries, and more. In this interactive class, we'll cover key herbs, when to use them, when to choose conventional medicine, and shop the co-op together to build your own wellness apothecary at home.



20% Off Bulk Sale

Thursday - Sat. // 15th -17th

Start the new year off right, and resolve to buy more bulk on your way to ridding your cupboard of plastic. Save on flours, spices, granola, beans, soap, & more! Exceptions include coffee and already on sale items.

Sushi Rolls Class

Thursday, 22nd // 5 - 6:30 p.m.

Instructor: Lars Dukowitz



This favorite Japanese dish made with vinegar, rice and seafood was originally a fermented meal to preserve fish. Now a staple, try putting together this dish for a great sour-umami combo flavor.

Strong through the Shift: Muscle and Peri-Menopause Class



Instructor: Jill Gibbon, PT, Owner PWR Physical Therapy
Wednesday, 28th // 6 - 7:30 p.m.

Cost: Free but call to reserve your spot or go online

Discover how strength

training supports your body through peri-menopause - boosting energy, bone density, and confidence. This class blends science, movement and empowerment in a welcoming space.

February

Valentine's Day Drawing

Come in early February and get entered in the drawing for Valentine's Day. We'll be giving away Chocolate, Flowers and a Gift for your sweetheart or yourself!



Pan Roasted Fish Class

Thursday, 26th // 5pm - 6:30

Instructor: Lars Dukowitz

Learn the techniques, pans and frying oil for making the perfect fish fillets into a tasty fried up meal.

NCG Group Will Again Donate to Native Food Org.

In recognition that the story of the first Thanksgiving perpetuates an inaccurate and harmful version of history, NCG (National Cooperative Grocers) food co-ops across the country will be making a collective donation to North American Traditional Indigenous Food Systems (NĀTIFS). The promotion, donating \$0.05 for every Field Day product sold, last year totalled \$139,000 for NATIFS.

Co-op Bags Make Donating Easy

In November the Co-op started taking donations for at the registers for The Brick, Red Cliff and Bad River Food Pantries and have raised over \$600 by mid-month! Thank you! We also started selling bags of staple food items for \$12 that can be rung



up at the registers for a convenient food donation which we will deliver. We sold 18 bags in one weekend so we are off to a generous start. The bagged items are all part of the Field Day products fund raiser detailed above. Thank You!

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Co-ops over the Centuries

National Cooperative Grocers

The earliest cooperatives appeared in the United States and Europe in the late 18th and early 19th centuries, during the Industrial Revolution. As people moved from farms into the growing cities, they had to rely on stores to feed their families because they could no longer grow their own food. Working people had very little control over the quality of their food or living conditions. Those with money gained power over those without. Among white people, early co-ops were organized by the less powerful members of society — workers, farmers and producers — as a way to protect themselves and survive.

Meanwhile, in the United States, cooperatives and mutual aid societies were instrumental in the earliest efforts of the Civil Rights movement to end slavery. The first documented mutual aid society was the Free African Society, founded in 1787 by Absalom Jones and Richard Allen to aid newly freed Black people.

There were other forms of early Black-led co-ops, such as mutual insurance and cooperative farming, but the most famous is the Underground Railroad, a cooperative network of people of all races, classes and genders that worked together illegally to help enslaved people escape to freedom in Canada, Mexico, the Caribbean and Europe.

An Alternative Store: The Rochdale Equitable Pioneers Society
In 19th century England, people were frustrated by the abuses of store owners, many of whom adul-

terated products to increase their profits. In many cases, workers' wages were paid in company chits — credit that could be used only at the company's stores. The average consumer had very few choices and little control.

Groups of people began experimenting with various methods of providing for their needs themselves. They decided to pool their money and purchase groceries

mediate and pressing areas of their lives. They believed they needed their own food store as an alternative to the company store. Twenty-eight people founded the Rochdale Equitable Pioneers Society.

After saving money for more than a year, these pioneers opened their co-op store at 31 Toad Lane on a cold December evening in 1844. Although the founders agreed to sell just butter, sugar, flour and



ONE OF THE EARLIEST FOOD CO-OPS IN THE U.S., THE PUTNEY FOOD CO-OP IN VERMONT BEGAN IN 1941 DURING FUEL SHORTAGES DUE TO WWII.

together. When they purchased goods from a wholesale dealer and then divided them equally among themselves, they were surprised at the savings and higher quality of products they were able to obtain. In 1843, workers in the textile mills of Rochdale, England, went on strike. When the strike failed, the millworkers began to look for other ways to improve their lives. Instead of calling for another strike or asking charitable groups for help, workers decided to take control of one of the most im-

portant areas of their lives. When they purchased goods from a wholesale dealer and then divided them equally among themselves, they were surprised at the savings and higher quality of products they were able to obtain. They were forced to buy candles because the gas company refused to supply gas for the new group's lights. The founders bought candles in bulk and sold what they didn't use to their members.

The Rochdale Pioneers weren't the first group to meet their needs cooperatively, but they were the first to develop an economic business model that would succeed and endure. They developed a list of operating

See CO-OPS next page

CO-OPS

principles governing their organization, forming the basis for today's cooperative principles. Rochdale is considered the birthplace of the modern cooperative business movement.

Farmers Grow Cooperation in the United States

Most early American co-ops failed due to insufficient capital (money invested by the owners), poor management and a lack of understanding of the cooperative principles by their members. It wasn't until the early 1900s that co-ops began to have true, long-lasting success in the U.S.

At that time, most co-ops were formed for the benefit of White farmers. Some co-ops helped farmers keep their costs low through joint purchases of supplies, such as feed, equipment, tools or seed. Some marketing co-ops helped farmers obtain the best prices for their goods by combining their crops and selling in large quantities. Others, such as grain elevators or cheesemaking co-ops, provided storage or processing services.

Since Black farmers were not accepted into White farmer co-ops, they organized the Colored Farmers National Alliance and Cooperative Union in 1886 in Texas. Later, in 1922, to increase Black farm ownership, Black farmers organized the National Federation of Colored Farmers.

Consumer Co-ops Make Waves

People in the U.S. began taking note of the early British food and supplies co-ops and the success of American farmers who worked together. They began forming "consumer protection associa-

tions."

In rural and urban areas, consumer co-ops were first organized to give people control and to fight the unfair and/or racist practices of private and company stores. The first of these waves began in the early 1900s with what was called the Rochdale plan. Under this plan, consumers organized buying groups to purchase from a cooperatively owned wholesaler. The wholesaler would then gradually help these buying clubs convert their operations into

retail outlets by supplying management, inventory and capital. In 1920 there were 2,600 consumer co-ops in the United States — all but 11 were general stores — and 80 percent were in towns with populations of less than 2,500. Combined annual sales volume for these stores was about \$260 million, or in today's dollars, over \$4 billion. Unfortunately, when the wholesalers began having

See co-ops page 9



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All Weather Foods

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Claire Grande
WEBSITE

LOCATION
Ashland
Product
Freeze-dried
Foods

John Adams
Marketing & Outreach



A sleek new building took shape recently on the Golden Fleece Farm just outside Ashland housing All Weather Foods - a freeze dried food business. Claire Grande, the 18-year old owner is no stranger to the entrepreneurial spirit. Growing up next to the family farm she witnessed several businesses and she has been selling pumpkins to the Co-op for several years.

Claire said she took the pumpkin selling money and put it into the building. The two-story building holds a typical commercial kitchen but also a couple of high-tech freeze dryers which preserve food without artificial preservatives. She runs the dryer



THE TWO FREEZE DRYERS THAT PULL THE LIQUID FROM FOODS MAKING THE PRESERVED WITHOUT HAVING TO ADD ANY INGREDIENTS FOR PRESERVATION .

for 50-75 hours and then stores it in an air-tight bags. Sounds easy but it wasn't all smooth at first.

"One dryer had to go back on the semi to Utah," Claire said ruefully. "There isn't anyone around here who can repair them." The second one has been operating smoothly and both fit snugly on the kitchen counter. The building is built as a rentable kitchen or house as the business grows or doesn't she said, keeping



CLAIRE EXPLAINING THE ENERGY USAGE OF THE DRYERS BEING RELATIVELY MODEST COMPARED TO THE ENERGY USED BY THE KITCHEN'S COOLERS.

her options open.

Building out the space was a family effort. Claire's dad is handy with steel and with her mom Sarah, built the straw bale house she grew up in. The steelwork came in handy when building a splash guard for the sink. Claire didn't like the Dairy Wall Panel option - typical of a white, washable wall in commercial kitchen space. The steel panels nicely frame a view out the picture window above the sink overlooking the farm.

The long, tall building suits a kitchen space from top to bottom

with a root cellar below and storage on the second floor.

Each dryer load can roughly produce 15 bags of meals or 30 bags of fruit varying from in time to completion based on their moisture content. Once bagged and dried the meals only weigh several ounces and are ready to be hydrated and eaten somewhere down the trail.

Claire is handy in kitchens and simply modified a lot of her home recipes to get the balance right for freeze drying. The art of cooking becomes more exact when the food then needs to be freeze dried. She translates all her recipes into grams for the more precise calculations. Once



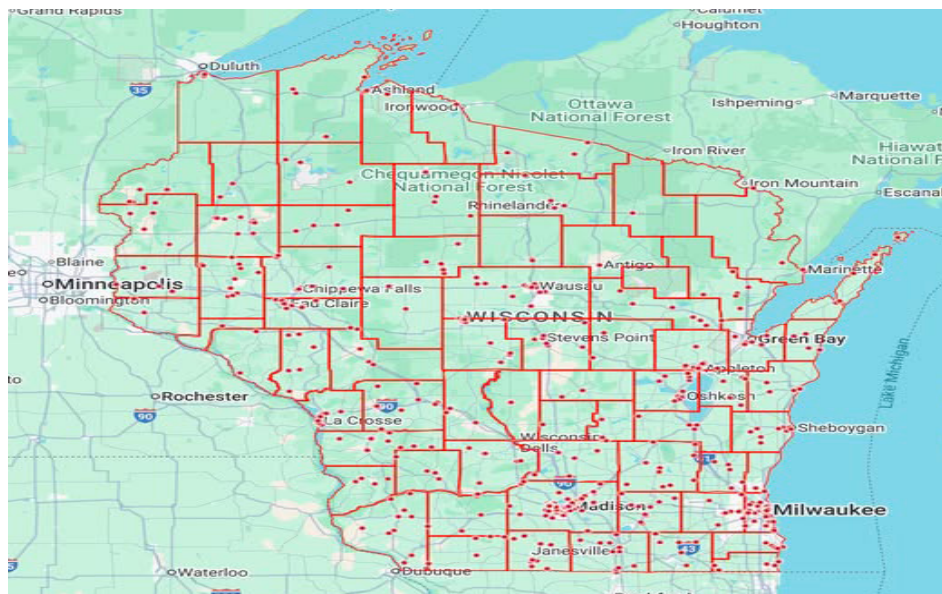
THE VIEW OUT THE KITCHEN SINK WINDOW OF THE FARM. CLAIRE'S DAD CUT THE STEEL FOR THE BACK SPLASH.

food has been dehydrated she calculates how much water is needed to be added back to the bags to make them ready to eat. Find them in our grocery aisle near the bulk foods.

problems due to rapid growth, the system crumbled, and most co-ops were closed within the decade. The first Rochdale plan co-op organized by Black people started in 1901 in Ruthville, Va., called the Mercantile Cooperative Company. In 1919, Black people in Harlem, New York, opened a small grocery store called the Pioneer Cooperative Society. It wasn't until 1930, when civil rights activist and author, W.E.B. Du Bois, created the Negro Cooperative League, that Black-owned co-ops really took off. The league was a cooperative of many small groups that supported and promoted the growth and development of local consumer cooperatives.

During the Great Depression of the 1930s, economic hardship initiated another great wave of co-op organizing in cities and rural areas of the U.S. President Franklin Roosevelt's New Deal supported the growth of urban co-ops. During the Depression, Black cooperatives formed for just about everything — there were cooperative grocers, gas stations, credit associations and health insurance.

Cooperation as a practice still thrives. Each wave of cooperative growth produces renewed enthusiasm for a time-tested idea and innovations that prove successful in the consumer marketplace. Food co-ops continue to be organized by communities across the U.S. today, anywhere people are interested in exercising more control over the kind of food they're able to buy. In particular, Black-led food co-ops are resurging to counter food apartheid, the result of discriminatory policies and systemic injustice that has left many Black communities without access to fresh, nutritious food.



DID YOU KNOW THERE ARE 683 COOPERATIVES IN WISCONSIN? THEY'RE IN AREAS INCLUDING INSURANCE, AGRICULTURE, HOUSING, ARTS & CRAFTS, HEALTHCARE, FOOD, ELECTRICITY, SOLAR POWER, WINE-MAKING, TRANSPORTATION—EVEN MARTIAL ARTS! FIND THEM LISTED IN THE UW CENTER FOR COOPERATIVES WISCONSIN COOPERATIVE DIRECTORY. [HTTPS://UWCC.WISC.EDU/WISCONSIN-CO-OP-DIRECTORY](https://uwcc.wisc.edu/wisconsin-co-op-directory) WHO HAS THE CO-OP

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For a monthly subscription fee, homeowners receive a bucket, bucket liners, and a simple set of instructions for diverting household food waste and other organic materials. When the bucket is ready to be emptied, it can be brought to one of our many drop-off locations, unlock the bin, and deposit your food scraps.

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322,000 LBS.
OF WASTE FROM GOING TO THE LANDFILL



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NCG Donates \$100,000 to Equal Exchange Program

National Cooperative Grocers' purchasing and advocacy departments recently collaborated to donate \$100,000 to support the farmer cooperatives that supply long-time food co-op brand partner Equal Exchange. This donation reflects NCG's advocacy guidelines to support cooperatives, promote an inclusive economy and improve racial equity within our supply chain.

NCG made this donation in response to fundraising efforts by Equal Exchange that began shortly after they learned that their contracted \$4.9 million in U.S. Agency

for International Development (USAID) grant funds would not be available for cooperative development projects due to an executive order by the Trump administration that effectively ended USAID programming with few exceptions. USAID's primary goals were to partner with other countries to reduce poverty, promote democracy and improve human health globally.

Developing Climate Resilience, Self-reliance and Democracy For 15 years, Equal Exchange partnered with USAID's Cooperative Development Program to admin-

ister grant programs that taught farmers climate-friendly methods to produce higher yields on the same amount of land while maintaining organic certification, economic self-reliance, and skills for effectively managing democratic organizations like co-ops. Grants also supported farmer co-ops to develop youth participation and practice gender equity.

According to data from the most recent Food Co-op Impact Report, NCG member food co-ops sell more Fair Trade Certified products than any other grocer as a percentage of our total sales.



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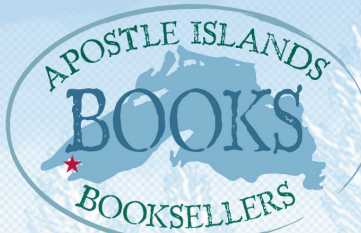
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the store





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Aaron Bruney, 'What cheese is the moon?'

By Eleanore Manley :) edited by Aaron Wember.

An interview with the man, the myth, the legend and Dairy and Cheese buyer Aaron Bruney was conducted. We learned things not only about Aaron himself, but also... the Moon.

We started out with questions regarding himself.

Interviewer: "What's your favourite Cheese?"

Aaron: "Not one particular favourite. I have been eating a lot of Cady Creek sharp cheddar lately. I like cheddar."

Interviewer: "What is your favourite hobby?"



AARON WITH HIS CURRENT FAVORITE CHEESES, CADY CREEK SHARP CHEDDAR AND DEER CREEK'S VAT 17 AGED CHEDDAR.

ite hobby?"

Aaron: "My favourite hobby? These are hard questions, maybe long boarding right now.

Interviewer: "Do you have any pets?"

Aaron: "I have a cat named Coo-Coo."

Interviewer: "What is your favourite beer?"

Aaron: "Founders Immortal Bloom, it's fruity and floral like a hazy IPA."

Interviewer: "Do you have a favourite spot around the bay?"

See **CHEESE**, page 13

Olivia Heads to Flint, to Bring New Co-op to Life

The community of Flint Michigan recently brought a new cooperative into the National Cooperative Grocers family of co-ops in Michigan's North Flint neighborhood.



OLIVIA WITH THE PRODUCE CREW AT NORTH FLINT MARKET CO-OP AND NCG CONSULTANT.

Recently two national grocery chains pulled out of the area leaving a large part of the city without the convenience of a local

grocery store. The visionaries for the Co-op have been raising money and memberships for over ten years. The store opened in November and has a mix of conventional and organic items and feature a large deli and meat case along with all the usual co-op items. The store resides

next to a convention center and hopes to capitalize on the visitors to the center for catering and snacks. The North Flint Food Market Co-op took a long time to come to fruition in a city that has struggled after the automotive industry collapsed there and a subsequent water crisis plagued the city for years and was only recently resolved. Unfortunately, Olivia said everyone they saw was still drinking bottled water. The importance of a community-owned co-op in Flint is hard to overstate.

The funding for the Co-op was partially came from a large grant from the Steward Mott foundation as the Co-op sputtered after breaking ground four years ago during COVID. The grant nearly totalled \$3 million and came in two large infusions after a request to the city for financial assistance to open the store was denied. Congrats North Flint!

- Editor

Join the Cheeky Monkey Club!

Kids twelve and under can join the Cheeky Monkey Club and receive a free carrot, apple, banana, or other in-season fruit during each visit!

Ask a cashier during your next visit to sign up.

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2025 Schedule ROUND FOR PARTNERS

JANUARY: Ashland School District Angel Lunch Fund Raised

funds went toward paying off students lunch debts and other student needs.

THE NUMBERS ARE IN !
We Raised
\$1038

FEBRUARY: CORE Resources

Core works to alleviate food insecurity among Seniors in Bayfield County through a food pantry, consignment shop and community wellness events at their location in Bayfield.

THE NUMBERS ARE IN !
We Raised
\$836

MARCH: Bayfield School Gitigaan (Garden)

Funds will go toward the planting of pawpaw, peach trees and blueberry bushes.



THE NUMBERS ARE IN !
We Raised
\$907

APRIL: Chequamegon Theatre Association

Raised funds will help bring two professional actors to direct a one-week summer day camp, culminating in a play for the community. The actors are from a touring company based in Missoula, MT.

THE NUMBERS ARE IN !
We Raised
\$998

MAY: Friends of the Apostle Islands Funds

will help pay for the Wave Watch Program which places buoys throughout the Islands to monitor waves and conditions.

THE NUMBERS ARE IN !
We Raised
\$1112

JUNE: Friends of North Pikes Creek Wetlands

The Friends will be putting on six programs throughout the season to build support for wetland conservation and focus on how beaver ponds help retain water in the soil and in ponds to battle climate change.

THE NUMBERS ARE IN !
We Raised
\$1059

JULY: Welcome Home

A program of the Northwest Wisconsin Workforce Investment Board, funding for this program will assist in housing for those returning to the community after extended incarceration with things like transportation and temporary housing.

THE NUMBERS ARE IN !
We Raised
\$811

AUGUST: 97.7 Cheq Bay Radio

Funds will go toward building out a studio location that will be centered in the community and open to volunteers to host shows on various themes of interest or genres of music that fit the bay region on

THE NUMBERS ARE IN !
We Raised
\$843

SEPTEMBER: Bay Area Swim Team

Funds will go toward assistance for kids to participate on the swim team. Approximately one-third of youth require funding.

THE NUMBERS ARE IN !
We Raised
\$845

OCT: Chequamegon Humane Association

Funds will help pay for prepping animals for adoption such as vaccines, spaying and micro-chipping.

THE NUMBERS ARE IN !
We Raised
\$1207



NOVEMBER: Madeline Island Garden

Funds will be used for materials to build a larger shed on the garden site for storing vegetables and garden tools. The garden rents community plots and provides food to the school and pantry on Madeline Island.



DECEMBER: The BRICK Ministries

The funds will assist with the Food Shelf Program which operates in Ashland, Cable, Mellen and Cornucopia which served a monthly average of 1,037 people in 2023, a 24% increase from 2022. The BRICK assists with other necessities such as personal care items, transportation, clothing and emergency help with utilities and housing.



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CHEESE, FROM page 11

Aaron: "Little Sand Bay up on the Bayfield Peninsula or Friendly Valley Beach."

We then moved on to more cheese and work related questions.

Interviewer: "Who cuts the cheese?"

Aaron: "I cut the cheese. Other people have cut cheese also sometimes."

Interviewer: "What do you like about working here?"

Aaron: "I like the people."

Interviewer: "How long have you worked here? And have you always been the Cheese buyer?"

Aaron: "6 years in December. I've always been Cheese and Refrigerated."

Interviewer: "What's the newest cheese you've brought in for us to sell?"

Aaron: "We have two new ones that I put out today: a Smoked Swiss and a Buffalo Jack from Vernes."

Of course, we kept things fun by adding some rather silly questions that were suggested by coworkers.

Interviewer: "Nice, now a more difficult question, do you have pocket sand?"

Aaron: "Pocket sand? Like sand in my pockets? No."

Interviewer: "Are you Louis Pasteur's Biggest fan?"

Aaron: "One of his biggest."

Interviewer: "Cheese curds?"

Aaron: "Squeaky, they're great."

Finally, we had to ask the most important question of all:

"Is the moon made of cheese?"

Aaron: "Probably and it would be made of Swiss."

So you heard it here first, the Moon is indeed made of cheese, and not just any cheese, but swiss. Aaron was a great sport for this interview and we thank him for his willing participation.



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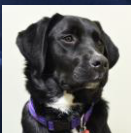
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Ava



Jon



Kimberly



Doug



Co-ops give to Curb Hunger

National Co+op Grocers (NCG), a cooperative of 167 community-owned grocery stores, recently announced new and ongoing efforts to support people who are experiencing hunger due to the national food insecurity crisis brought about by an interruption in funding of the Supplemental Nutrition Assistance Program (SNAP).

To address meeting the survival needs of people and families who are without means to purchase enough food, NCG will be making a \$50,000 donation to Feeding America, a national network of food banks, nutrition assistance and meal programs. At the same time, NCG recognizes poverty as a root cause of food insecurity, and so has chosen to make an additional \$50,000 donation to the Coalition on Human Needs, an alliance of national organizations working together to promote public policies which address the needs of low-income and other vulnerable populations.

Helping Meet the Immediate Needs of Hungry People

As community-owned grocery stores, food co-ops have strong relationships with local food pantries and community organizations that support people experiencing food insecurity. NCG food co-ops donate more than one million pounds of fresh, delicious food to food pantries in their communities each year and collectively, NCG food co-ops donate more than \$9 million in funds to local community organizations annually. Many food co-ops are currently mobilizing in

their communities creatively and in collaboration with local organizations to find ways to get food to those in need.

Prices on Grocery Basics Dropped at NCG Food Co-ops for Month of November

Offering even lower promotional pricing on their most affordable line of goods is one way food co-ops are ensuring more members of their community can afford nutritious, delicious food this month. Co-ops are offering promotional pricing on their value line of grocery basics--more than 300 Field Day brand products--from November 5 to December 2. Field Day products are part of NCG food co-ops' Co+op Basics program, which offers high-quality grocery staples at more affordable prices.

Addressing Root Causes of Food Insecurity

NCG's advocacy efforts seek to balance the alleviation of immediate suffering among those who are hungry while also prioritizing longer term efforts that address the root causes of food insecurity. NCG advocates for funding of the SNAP and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) at the federal level. SNAP is a necessity for 42 million people who rely on it and it is the most efficient way to feed people in need. For every one meal a food bank can provide, SNAP can provide nine. SNAP is a major component of our national economy and the money our federal government invests in meeting people's survival needs through

SNAP is circulated throughout our local businesses and communities.

About Coalition on Human Needs

(CHN) is an alliance of national organizations working together to promote public policies which address the needs of low-income and other vulnerable populations.

About Feeding America

Feeding America is committed to an America where no one is hungry. We support tens of millions of people who experience food insecurity to get the food and resources they say they need to thrive as part of a nationwide network of food banks, statewide food bank associations, food pantries and meal programs. We also invest in innovative solutions to increase equitable access to nutritious food, advocate for legislation that improves food security and work to address factors that impact food security, such as health, cost of living and employment.

About NCG

National Co+op Grocers (NCG), founded in 1999, is a business services cooperative for retail food co-ops located throughout the United States. NCG helps unify food co-ops in order to optimize operational and marketing resources, strengthen purchasing power, and ultimately offer more value to natural food co-op owners and shoppers everywhere. Our 167 member co-ops operate more than 241 storefronts in 39 states with combined annual sales of more than \$2.8 billion.

Board Update

Sarah Adams
President



Hello Co-op Owners,

The National Weather Service, NOAA, has released its three-month outlook for Dec, Jan & Feb. Overall, temperatures will be warmer, but in our neck of the woods, they are predicting a lean toward colder and wetter. If you like snow, you're grinning at this prediction.

Living north of the 45th parallel, we expect, even desire some cold & snow in our winters, right? Many are probably familiar with the Danish concept of hygge (hoo-gah) where gathering together, getting cozy and comfortable, sharing time with good friends and family are ways to keep the darkness of winter from seeping into your heart or mind. Think beeswax candles, hot chocolate and alpaca socks.

One of the Co-op's ends statements is about sharing knowledge which goes right along with the spirit of hygge. Spending an evening with friends learning something new from a local expert is such a great way to feel connected and you also may feel productive in a self-care sense. Not sure how hygge it is to cultivate a sense of accomplishment, but for shy northern folk, attending a class with strangers and learning something new can be a step out of the comfort zone, which is a good thing in small doses.

Co-op classes range from preparing pierogies and krumkake to perimenopause and stress in the body to home-made pasta. Check the posters in the store, social media, or the website for up-coming class information. The community classroom can also be reserved for private endeavors like maybe a holiday cookie exchange between friends? Reach out to John Adams, marketing & member services for more information on using the classroom.

Having well trained staff to answer your questions or help you find solutions is another way the Co-op shares knowledge. All the managers seek training through conferences, workshops, and peer to peer exchanges, so it's the best products on the shelves and information about them in their heads. I would wager most members have spent a few minutes talking with an employee about what to do with a certain squash or a body oil best for dry winter skin.

My hope is the winter brings opportunities for sparkling lights, quiet gatherings, learning something new, and bountiful snow. As Robert Frost knew, a little unexpected snow can lift spirits.

The way a crow
Shook down on me
The dust of snow
From a hemlock tree
Has given my heart
A change of mood
And saved some part
Of a day I had rued.

Take Care, Sarah Adams

CHEQUAMEGON FOOD CO-OP BOARD OF DIRECTORS

Bruce Moore
Sarah Adams
Silas Westbrooks
Amber Wilson
Colleen Beagan
Phil Kraus
Anthony Pavkovich

BOARD INFO

Minutes and agenda are posted
in-store and on our website.

BOARD MEETINGS

Open meetings are the third
Tuesday of the month at 5 p.m. in the
Community Room and online. Please
call the store for a Zoom link if you
would like to attend via the Web.

CONTACT THE BOARD

board@cheqfood.coop

THE COOPERATIVE PRINCIPLES

1. Voluntary and open ownership.
2. Democratic owner control.
3. Owners' economic participation.
4. Autonomy and independence.
5. Education, training, and information.
6. Cooperation among co-ops.
7. Concern for community.

OUR MISSION

The Chequamegon Food Co-op is
dedicated to providing ecologically
sound foods and products, the
production and quality of which
promote the health of our members and
our community.

ENDS STATEMENT

Chequamegon Food Co-op exists to be
a core participant in the healthy local
food network, where: 1. Consumers
have access to a wide variety of locally
produced products; 2. Support is
provided to individuals, co-ops, and
other local groups in the production of
healthful goods in our community; 3.
Members take pride in their co-op; 4.
Chequamegon Food Co-op is a leader
in the fair treatment of workers; 5.
Knowledge is shared regarding healthful
living choices; 6. Our environment is
considered in all actions; Our goal is
to continue to expand our local food
economy and healthful food availability
to our community.

CHEQUAMEGON FOOD CO-OP

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OWNERSHIP? SCAN HERE TO
RENEW ONLINE!**



**THE
HALLOWEEN
CREW FROM
OUR DRESS
UP DAY IN
OCTOBER,
FRANKENSTEIN
WON THE DAY!**

**A PIC FROM
BOO BASH ON
A BEAUTIFUL
BUSY DAY AT
PRENTICE PARK
WITH CHRISTEL
AND SILAS
SERVING UP
THE TREATS**



Dec. 18th, 6 pm
Scones

Class

*Learn how to make these buttery
crispy pastries with just the right flour
ratios. See page 4.*

Jan. 15-17th
**20% OFF-
BULK SALE**

*Resolve in the new year to cut down
on packaging and fill the pantry with
bulk food for winter.*

FEB. 26th, 5 pm
Pan Roasted Fish

Class

*Learn the techniques for making a
crisp pan of fish*