



VIROQUA FOOD COOPERATIVE

Bringing Natural and Organic Foods to Viroqua

August 2005

We're in! We're open! We did it!

Jan Rasikas, General Manager

We've spent our first glorious month in our new digs and what a month it was. Sales were off the charts. Thank you owner-members and Viroqua area for supporting your community owned Co-op.

Many thanks to the volunteers who worked in the weeks before the opening. As member-owners you built shelves, stocked them with food, washed coolers, moved goods from the old to the new store, built cupboards, hung shelves, installed coolers, washed windows, hung the quilt, washed chairs, built cafe tables, moved things in and out of storage, cleaned the upstairs and downstairs of the old store, put desks together in the office, moved stainless steel tables, swept and cleaned and wiped and scrubbed. You cut counter tops, hung bulletin boards, placed price tags, fixed the outdoor tables and chairs, planted pots, stained the produce bins, built sign holders, watered the new landscaping, wired computers and set up the checkout stands. You hauled and lifted, dragged and pushed. With your help and talent (and your tools!) we're open and going strong. Thanks again for your sweat equity in your new Co-op.

Hats off to our fantastic, hard working staff! After months (years, even) of planning and talking about how things will be in the new store, we're finally here. It took many long days and a lot of extra work to keep both stores moving. Letting go of the old and getting used to the new takes courage and focused effort. Our staff has achieved success with professionalism and grace. Like most moves, it'll take some time to get a feel for the new store and layout. We'll hone our systems and polish our ordering to serve you better. Let us know how we're doing and please congratulate your dedicated staff members on a job well done. They deserve our heartfelt thanks!

We've had many questions from members about some of the specifics of our new store. We hope you'll

give us a little more time to finish the important details. The Community Bulletin Board is up in the front door vestibule, a garbage for the outdoor patio is on the way, the salad bar is open and filled with delicious hot and cold items, a bench is planned by the front door as well as newspapers from the region, we have some beautiful local art planned for the seating area, the member services area by the front door will get a makeover... these are just a few of the finishing touches! In many ways, the Co-op will show our personality as we make our own.

Thank you goes to our board members for their leadership throughout the project. Every one of our board members brings a special talent to the relocation. A very special thanks goes to VFC board member Bob Lake for the beautiful wood carvings of our new peas-in-a-pod logo. When you enter the Co-op, look up at the stone columns to see this magnificent work of art. Thanks Bob.

Thank you everyone. We have a lot to be grateful for.



Viroqua Food Co-op Mission Statement

The Viroqua Food Cooperative combines a commitment to natural foods, superior customer service and the building of a cooperatively run business. We emphasize selling organic and local foods and products to promote the long-term health of individuals and the environment. As member-owners and as a center for community, we offer the opportunity to create together a work of enduring value.

Member Specials for August 2005

Deep discounts on selected items for VFC members only

Nature's Path
Bulk Granola
 4 Flavors

Reg. \$3.45 per lb. **\$2.39 lb.**

Garden of Eatin Organic
Tortilla Chips
 White or Blue

22 oz.
 Reg. \$5.05 **\$3.99**

After the Fall
Juices
 5 Flavors

32 oz.
 Reg. \$3.15 **\$1.99**

Barbara's
Fig Bars
 Raspberry or Fig

12 oz.
 Reg. \$4.19 **\$2.89**

Maranatha
Almond Butter
 Creamy Roasted

16 oz.
 Reg. \$9.69 **\$6.99**

Dr. Bronner's
Castille Soap
 5 Varieties

8 oz.
 Reg. \$5.09 **\$3.49**

Your Board of Directors

Dave Ware, President..... 608-634-3028
 dware@mwt.net

Don Hodges, Vice President 608-637-7718
 hodgesartstudio@frontiernet.net

Bill McDonald, Secretary608-637-3538
 macdon@frontiernet.net

Cecil Wright, Treasurer..... 608-637-7255
 cecil.wright@organicvalley.com

Jerry McGeorge, Finance Committee608-637-2080
 mcbit@frontiernet.net

Bob Lake, Membership/Marketing..... 608-637-6720
 mjlake@mwt.net

Missy Hughes, Outreach/Education.....608-637-6757
 melissa.hughes@organicvalley.com

Women's Counseling
In LaCrosse
Bobbi Rathert, M.A.
Counselor

Counseling and Guidance for Individuals and Couples
 For Women and Men

*Please call for a brochure, an appointment, or for information.
 I would be happy to answer you questions.*

Suite 406, 115 5th Street South, LaCrosse, WI 54601 608.793.1662

Fitness Choices
 Jane Schmidt
 608-625-6230 fitnesschoices@yahoo.com 

THE COOL WAY TO GET FIT!



Join the excitement!
Mondays and Wednesdays
Super 8 Pool in Viroqua, 5 pm

Welcome to the Viroqua Food Co-op Deli

The Viroqua Food Co-op Deli is committed to providing the community with the highest quality nutritious whole foods. To accomplish this, we use organic ingredients whenever possible, provide seasonal and ethnic foods, and offer the best possible quality and value. We also use filtered water when preparing food and coffee.

Fresh fruit and vegetables processed at VFC for the salad bar contain 90% organic and/or local ingredients that are washed in filtered water. Salad bar selections are determined on a rotating and seasonal basis.

We hope you enjoy the fresh foods prepared by our knowledgeable and friendly staff.

Let us know how we're doing!

Deli Packaging that's Compostable, Non-petroleum and Biodegradable

We are pleased to announce that our clear deli containers are made from 100% renewable resources. NatureWorks™ PLA doesn't look that different, but the production of these non-GMO corn based containers uses up to 50% less fossil fuels and contributes approximately 40% less greenhouse gases to the atmosphere than traditional plastic products.

You can purchase items from our deli and throw this packaging right onto your compost heap! NatureWorks™ PLA breaks down naturally, adding no harmful chemical residues to the soil. (Unfortunately, it won't work for hot foods.)

This packaging represents another triumph, too. It's produced by Cargill Dow, a corporation that is now responding to customer demand for more environmental accountability. You can learn more about this at their website: www.cargilldow.com.

Windemere INSTITUTE OF HEALING ARTS

<p>Practitioner of Healing Arts</p> <p>Professional Massage Training</p> <p>Decorah, IA: classes begin in March or September</p> <p>Madison, WI: classes begin in February or August</p>	<p>Soul Mentoring</p> <p>Living a Spirit Inspired Life</p> <p>Personal and Professional Studies of Living & Serving a Spirit Inspired Life</p> <p>Course begins September, 2005, Decorah, IA</p>	<p>Divine Warrior Training</p> <p>Living Out Our Legacy From the Breath of God</p> <p>Series of 4 Workshops</p> <p>Madison, WI</p> <p>Register now for September Workshop</p>
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For more information and to register: 1-800-874-0905 or www.windemere.org
Thailand Thai Massage Tour • March 9-21, 2006



New Store Hours

7 AM - 8 PM Everyday



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Shirley McClaine on Chakras	National Velvet
What the Bleep Do We Know	Funny Face
Carolyn Myss on Healing	Little Rascals
Ramtha	Betty Boop
The Gods Must Be Crazy	Little Lulu / Little Audrey
Iron Jawed Angels	

LOCATED INSIDE RAINBOW OASIS
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213 S. MAIN STREET IN VIROQUA

Email your suggestions to: freespirtvideos@hotmail.com

Maque Choux

This delicious Creole side dish is the ultimate accompaniment to grilled food.

Ingredients:

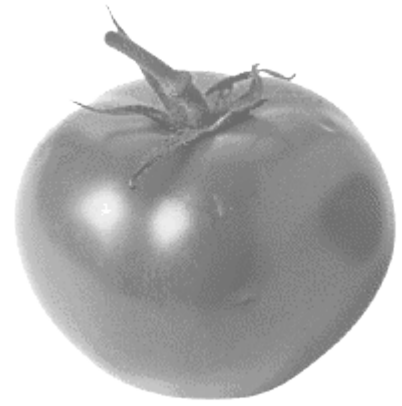
- 1/2 cup unsalted butter or 4 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 green bell pepper, finely chopped
- 1 small hot pepper, finely chopped (optional)
- 1 large clove garlic, finely chopped
- 4 cups corn kernels (preferably fresh corn, cut from the cob -- about 4 ears or 1 1/2 pounds)
- 1/8 teaspoon cayenne pepper (or to taste)
- 2 medium tomatoes, peeled, seeded, chopped
- 1 cup chicken stock (or vegetable broth)

Preparation:

Melt butter over medium heat. Add onion, peppers, garlic and sauté for 5 minutes, until onions are translucent.

Stir in corn, tomatoes, pepper and cook 5 more minutes, stirring occasionally.

Pour in stock. Reduce heat to medium low. Cover partially and cook until all the liquid is absorbed (about 45 minutes.) Stir occasionally.



Eternal Light[®]

THE COMPLETE SYSTEM

OF HEALING WITH DIVINE ENERGIES

Yvonne Verasdonck Master Healer from Holland, will be visiting La Crosse and Viroqua to give individual healings and a healing training workshop from Sept. 23 - October 2. Yvonne channels healing energies from etheric, emotional, mental, and spiritual bodies. Yvonne, a humble, practical, down-to-Earth healer will teach the *Gaia I Technique* Oct. 1 & 2 at the Franciscan Spirituality Center in La Crosse.

Healing treatments from Yvonne are by appointment only in La Crescent. Please call 507-643-5167 to reserve an appointment.



Friday, September 23, 6:30 p.m.
Slippers
219 Main Street, Viroqua, WI
608-780-7445

Sunday, September 25, 1 p.m.
Franciscan Spirituality Center
920 Market Street, La Crosse, WI
608-791-5295

For information on lectures and healings please call 507-643-5167

Local Produce at the Viroqua Food Co-op

After such a hectic spring moving into our beautiful new store it's hard to believe it's the middle of summer already! For weeks now the local produce has been flooding in the new back doors and out into the store. This time of year the produce department feels almost like a full-time farmer's market because we can really start stocking mostly local veggies and some fruits.

We are truly blessed – spoiled, actually - here in Viroqua to be surrounded by so many wonderful organic farms. It's important to us here in the produce department to buy local whenever possible. In fact it's an integral part of the VFC's mission statement: "We emphasize selling organic and local foods and products to promote the long-term health of individuals and the environment". *By buying locally produced organic products you're directly using your money to sustain good jobs and healthy ecosystems in your community.* Since this is the first newsletter out of our new store we'd like to introduce a few of the lovely farms we buy produce from here at the VFC.

Harmony Valley Farm is a family owned, diversified farm with over 30 years experience growing certified organic produce and pastured beef. They are located about 15 miles northeast of Viroqua in an isolated valley, farming nearly 75 acres. Their employees are the life blood of the farm - a diverse group of twenty or more in the summer. In the winter 5 – 7 of people stay on and wash and pack their specialties – roots of all kinds. They pack and deliver over 500 boxes of mixed produce weekly to their CSA (community supported agriculture) members and serve stores and produce companies across the Upper Midwest. You can find them every Saturday at the Dane County Farmer's Market in Madison. Owners Linda Halley and Richard de Wilde were proud to be the first recipients of MOSES Organic Farmers of the Year in 2003.

Avalanche Organics is located along the Kickapoo River in rural Viola. They farm 35 acres of beautiful valley bottom land. They have supplied a wide variety of certified organic vegetables to wholesalers, retailers, and restaurants in the Midwest for over 8 years. They specialize in salad mix and baby spinach, onions & garlic, and extended season greenhouse vegetables. Owners James and Kristin Welch employ 15 people full-time in the season.

The Bad Axe Farmers Alliance is a group of three local farms that work cooperatively to supply a 145 member CSA. Individually, they market their produce from Viroqua to LaCrosse to the Twin Cities. Cate and Mat Irsefeld-Eddy run Ridgeland Harvest, a 70 acre ridgetop farm rural Viroqua where they raise 5 acres of certified organic veggies. They grow especially beautiful lettuces. Annake Witkop owns Roots Down, growing 7 certified acres of vegetables with 3 employees 15 miles West of Viroqua. One Sun Farm is a biodynamic farm focusing on perennial fruits and vegetables. Owners Dave and Erin

Varney just built a commercial kitchen at their farm – you can buy their bread and baked goods in our new bakery section. All three farms can be found at the Viroqua Farmer's Market on Saturdays.

Brothers Josh and Noah Engel have been growing certified organic potatoes under the name of Rainbow Potatoes in rural Soldiers Grove since they were little spuds themselves. They still grow tons of potatoes, and have expanded to grow all sorts of vegetables on 20 acres. They have a new name, too: Driftless Organics. They currently have 2 employees besides themselves and have grandiose visions for the future. They sell to wholesalers & retailers in the Twin Cities and Madison and at the Dane County Farmer's Market.

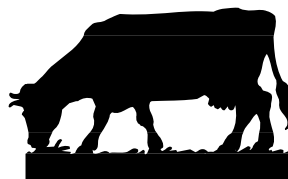
Moonrose Farm is located outside of Hillsboro. Owners Brandt and Carly King farm 5 acres of veggies, specializing in asparagus and nightshades (tomatoes, peppers, potatoes, etc.). They've been certified organic since 1998. They market their beautiful vegetables to restaurants and sell at the East Side Market in Milwaukee and the Fox Point Market in Maquon.

Dave Miles is a one man farming machine, growing 4 acres of organic vegetables in rural Viroqua. He started farming in 2001, and it seems there's nothing he cannot grow. If he can find someone to help him, you might find him at the Viroqua Farmer's Market this summer. Otherwise his only market is the VFC and some neighbors.

Keewaydin Farms was started up by brothers Rufus and Jacob Haucke and their sister Jessica a couple of years ago on their family's farmstead outside of Viola. They're growing about two and a half acres of certified organic produce that they're marketing to co-ops here and in LaCrosse, the Twin Cities, Richland Center, and Madison.

So there you have it, a sampling of the main farms we buy produce from at the Viroqua Food Cooperative. There are many more lovely farms in the area you can support – check out the business directory at the back of our newsletter, go to the Viroqua Farmer's Market on Saturday mornings, and please choose local food when you have the opportunity. Produce from local farms will be highlighted in orange on store signage for easy recognition.

herbal pastures/hay
humane treatment
heritage breeds
wildlife habitat
no hormones
no antibiotics
no chemicals



go against the grain...

go grassfed!®

at Viroqua Food Co-op
or at the farm

find out why chefs and families like yours rave about

our 100% grassfed Beef & Lamb

isn't it time you tried some? sold by the piece, or in bulk

Rainbow Homestead Viroqua 608-637-2544



Folks sit outside the Co-op on a sunny Sunday morning, enjoying the brunch now offered by the Deli at 10 a.m. every Sunday.

From the comment box:

Hi. We were on our way through town and were delighted to stumble on your store. Great Food. Thanks.
-Erin, Iowa City

Your new store is beautiful! Congrats!
- Hannah, Davenport

LOVE IT! Can't hardly believe how wonderful it is!
- Chris, Wisconsin

**Crystal Bowl
Sound Meditation Concert**
with *Rahbi Crawford*
6:30 pm, Sunday, August 7, 2005
at the home of Randy & Lyrea Crawford
in the LaFarge/Hillsboro area.

Experience flowing improvisation with crystal bowls tuned to the chakras and acoustic instruments tuned to the organ meridians, facilitating healing in the physical and subtle bodies. Donations are gratefully accepted.

Additional info at www.mwt.net/~makesmusic/
or (608) 637-6784. For directions call (608) 549-2023.




Liberty Ridge Farm


Pastured broilers raised on organic pasture and organic grain

Pastured pork raised on organic pasture: 1/2 or whole

Both available in October Call to order



Chuck and Laura Kauffman
675-3146
liberty@mwt.net



To all of you generous wonderful helpful and charming workers here ~ It was my first visit! I am so excited! How different to have the world at our feet (So vastly different than 30 years ago!) Thank you.

-Rondi

CLASSIFIEDS Free to VFC Members

House for Sale, Viroqua. 3 Bedrooms, large updated kitchen, large bathroom, central A/C, high efficiency furnace, laundry on ground level, 100 Amp, deck overlooking quiet back yard and garden, front porch, 1 car garage, quiet neighborhood close to downtown, 2 blocks to the Co-op. \$86K, 637-6506 or jeremylopezprius@yahoo.com

House in LaFarge. For sale or rent. Perfect for a small family. 3br (1 large and 2 small), full basement, detached garage, large lot. \$59,000. Call 625-6178 or surlyrabbit@yahoo.com

Lots for sale: Lot (1) 5 acres with beautiful south-west view, great site for walkout, access to HWY 82. \$35K. Lot (2) 5 acres with southern view, walkout potential, on private road. \$30K. Phone 608-675-3397 mornings to 8 & evenings or 608-637-7092 day 9-5.

PRESCHOOL OPENINGS 2005 - 2006 SCHOOL YEAR: O'Cooch Kinderhaus is offering a Waldorf-inspired, home-centered, preschool environment for 2 1/2-5-year-olds. If you are interested, please call Sorel Haruf Arnold at 637-6857

Sunny Cabin For Rent - beautiful hilltop setting, 5 miles south of Viroqua, rent \$400 includes lp gas heat. Call Bezins 629-5572

Susan Louise available for summer house sitting. Schedule early. Ph: 634-2214 or cell: 608-606-1404 invite any ethnic Singers, Dancers & Musicians to donate a performance. We'd like to see people sharing their cultural heritages with craft demos, etc. For more info, call 637-3846 or 637-1912

5 acre farmette, 3 bedroom house, newly remodeled, many upgrades, 60 x 70 pole barn and 36 x 80 barn and loft. \$145,000. Phone 608-675-3397 evenings or 608-637-7092 days 9-5.

Bad Axe Farmer's Alliance CSA: Start thinking about becoming a CSA member for 2005! Together, One Sun Farm, Ridgeland Harvest and Roots Down offers members summer produce shares and winter produce shares. Contact us at rootsdown@mwt.net or 675-3225 for our brochure. www.badaxefarmers.com

Community Soccer. Every Tuesday at 7PM get your feet moving at the soccer fields just south and down the hill from the High School. Everyone welcome. For more info call Jeremy at 637-6506.

Sophia Institute www.sophiainstitute.us
Conrad Rehbach, 608-637-6445
sauerkraut@mwt.net

Furniture For Sale: "Electric Hospital Bed for Sale" Push button control, Trapeze unit & water-proof mattress. Call: 637-3846

Harmony Valley Farm CSA is taking memberships for 2005. Deliveries begin in May. Enjoy our huge array of sparkling, flavorful, organic produce in weekly or every other week boxes, or sign up for fruit boxes. Information at www.harmonyvalleyfarm.com or 483-2143.

Hawaiian Hula & Polynesian Dance for Kids. Summer Session to begin in June. Slippers Dance Studio. To sign up, call Rose (637-3846)

Video Salon 2nd Thursday every month. View a video of political, social or spiritual significance. 675-3866. 7 miles SW of Viroqua.

Café Paradise for Sale TurnKey Low Start up! Main Street Station, Downtown Viroqua
Call Rebecca 637-8865

Liberty Ridge Farm Pastured broilers raised on organic pasture and organic grain. Pastured pork raised on organic pasture: 1/2 or whole. Both available in October. Call to order.
Chuck and Laura Kauffman 675-3146
liberty@mwt.net

VFC Member Business Directory

Owners / Members – List your business for free – contact Jan at 637-7511. All phone numbers are in the 608 area code unless otherwise noted

Arts & Entertainment

Avalanche Looms
Susan Johnson 634-3636

Beading Classes & Stained Glass

Windows M'Lou Wilkie 624-3437

City Ceramics Deborah Yahn. 637-7518

Carol F. Hanson, Fiber artist
Mother13@mwt.net 637-6943

Dy Pottery Pottery classes.
Dpottery@frontiernet.net 637-7518

Fifth House Fabrics
Carol Anne Kemen 637-3647

Harper's Land School & Concerts
Liz Cifani 637-6849

Lioness - Custom Creations Main St. Station. Susan Louise 606-1404

Liberte Decorative Painting and Interior Design, Don Lampert 735-4535

Little Tree Archery
Brad Merkel 625-2556

Roberta's Sewing Corner
Sewing, repairs, alterations ... 634-2107

Rosemarie Knutson, Hawaiian, Polynesian & Intern'l Folk Dance 637-3846

Sandra Berger, Artist
sbergerart@hotmail.com 637-7989

Seven Roads Gallery
Folk art & handmade body care products
Linda & Robert Miller 606-4211

Building & Landscape

Arrowhead Carpentry
Brad Merkel, Jeff Miller 625-2556

Designscapes
Ann Morrison, Jim Schaffer ... 637-2562

Green Peper Building
Natural Building Consultant
& Design 675-3866

Feng Shui Consultant John R. Fergus
jrfs9@mwt.net 647-5432

Read's Creek Nursery
Bill Kappler & Lisa Ashley.... 629-5553
www.readscreeknursery.com

Sacred Ground Landscape Design & Installation
Rebecca Wainscott 637-8215

Turtle Shell Construction
Aaron Corbin 624-3525

Zen Building & Landscaping
Aaron Schwaller 629-5923

Counseling & Education

Art Therapy—Individual/Group
M'Lou Wilkie 624-3437

Creative Integration through Ethical Wills and Legacy Writing.
Consulting, Research, Investigation
legalstuga@aol.com
Joe Rising, J.D. 637-7719

Essential Skills Outdoor School LLC
Bill Humphrey 637-6475

Marriage & Family Therapist
David Dati LMFT, LCSW
Richland Center 647-7688

Nutritional Counseling for Life
Anne-Marie Fryer 637-7600

Wholistic Counseling
Jack Ingersoll, CICSW 637-6899

Not-For-Profits

Pachamam Inc. Community Shamanism
www.pachamama.cc
Jaes Seis 647-6036

Valley Stewardship Network
www.kickapoovsn.org
Jeremy Lopez 637-3615

Farm, Forest & Food

Avalanche Organics
James & Kristin Welch
welch@mwt.net 629-5296

Blackberry Ridge, LLC
Eco Farm & Ranch
Janice Blair & Bill Cobb 637-6727

Culinary Experiences
monique@mwt.net
Monique Hooker 648-3574

Flowing River Flower Services
Ryan Evans 634-2745
Flowerman1111@yahoo.com

Harmony Valley Farm
Linda Halley and Richard de Wilde
harmony@mwt.net 483-2143

LaBelle Berry Farm
U-Pick Strawberries
Dave & Donna LaBelle 634-2506

Lange Farm: Organic Beef, Pork, Chicken
Rich Lange..... rjll3@mhtc.net

Liberty Ridge Farm
Pasture raised organic broilers and pork
Chuck and Laura Kauffman...675-3146
liberty@mwt.net

Maple Ridge Farms
Free Range, Organically Fed Poultry
Domingo 654-5994

Kickapoo Sustainable Woods, L.L.C. Rhett Adams 625-2067

Misty Ridge Farm
www.mistyridgefarm.com
Rick & Judy Williams 637-8836

Moonrose Organic Farm
Brant & Carly King 489-4152

Ocooch Mountain Acres Maple Products & Guest House
Ruth Gerber Rupp 634-6228

One Sun Farm & Bakery
Dave & Erin Varney..... 637-6895

Rainbow Homestead
John & Virginia Goeke 637-2544

Ridgeland Harvest
Cate & Mat Irsfeld-Eddy
rharvest@mwt.net 675-3855

Roots Down Organic Farm
Annake Witkop
rootsdown@mwt.net 675-3225

Sugar Creek Lamb & Wool Farm
Shelly Johnson 734-3498

Trillium B & B Stay on an organic farm
www.trilliumcottage.com 625-4492

Yonder Farm
Dave Hoyt 675-3768

Health & Body Care

Center For Creative Living
David K Banner Ph.D 637-8596

Certified Massage Therapist
Erin Martin 624-5944

Fitness Choices
fitnesschoices@yahoo.com
Jane Schmidt 625-6230

Gaia's Magic Herbal Body Care & Organic Home Spa Events
Radha Crawley.....608-629-5923

Healthy Cooking
Jim Young 637-2954

The Little Red Hen House
offering Hot Rock Massage Therapy
Sarah Caldwell, CMT 634-3179

Morning Star Herbs

Carol Willis
msherbs@mwt.net 634-3640

Network Chiropractic
Drs. Susan & David Breitbart
Suite 103 Landmark 637-7516

Prodigal Gardens - Medicinal herbs + wild foods. Rose Barlow-Allsup
www.prodigalgardens.info ... 637-3074

Psychiatric Associates

Counseling Center
Anita Zibton 637-2511

Quality of Life Chiropractic
Dr. Paul S Grenier 637-6767

Solverson Chiropractic Office
Dr. Odell V. Solverson
211 North Main Street 637-7656

Transforming Hearts
Transformational Facilitators,
Licensed Massage Therapy and more.
www.mwt.net/~growchi/
Randy & Lyrea Crawford 549-2023

Transition Point Holistic Services
Daniel Marko 637-6435

Vernon Clinic of Chiropractic, Inc
Kris N Erlandson, D.C.
Jerry L Johnson, D.C.
vernonchiropractic.com 637-8111

Viroqua Athletic Club
Nancy Rhodes 637-MOVE

Viroqua Healing Arts Center
Ellen Arndorfer,
Licensed Acupuncturist, NatBoard Cert
Kathy Doerfer, Cert Massage Therapist
Bill Humphrey,
Rebirthing, CertLevel II Breathworker.
Kathy Lofton, Certified Massage Practitioner.
Susan Nesbit, Certified Massage Therapist.
Jen Shepard, Licensed Massage Therapy.
Susan Kopp Townsley,
CICSW, Family Counseling Services.
224 E Court St Viroqua 637-7600

Yoga For Life
Carol Anne Kemen 637-3647

Personal Services

EMPOWERMENT thru Hypnosis
NLP, Soul Retrieval,
Spirit Communication, Shamanism
Carole Bigbee Daly 637-3329

Kristin Schiltz
painting by commission, illustration and logo design. Call 624-3525

Prism Path
Metaphysical Counseling/ Channeling
Brenda Hill 625-4255
www.prism-path.com

World of Astrology
newworldofastrology@yahoo.com
Nathan Elderkin 624-3240

Professional & Business

Auto Repair, General
Richie Galindo 637-8315

Bellissimo International Cafe & Deli
Open Tues-Saturday for lunch & dinner
Main St. Station.....637-6605

The Book Workshop
Anne Tedieschi 675-3486

Bookkeeping
Erika Broser 625-6166

Celeste Gibson, MBA, CPA
Certified Public Accountant...625-4604

Center for Conflict Resolution
Mediation, Facilitation, Workshops.
Phone 624-5269
cntrforconflictresolution@hotmail.com

Chimney Maintenance

Galindo Restoration
Richie Galindo 637-8315

City Styles
haircuts, color, facials, pedicures
Jenni Larson 637-3223

Clear View Window Cleaning
Don Cyrus 734-3793

Dairyland Printing
Mark & Colleen Troy 637-8301

Dolls and Chicks
Sherry Knapp 634-6299

Eckhart House Bed & Breakfast
Nancy Rhodes 637-3306

Freelance Graphic Design, Mural and Sign Painting
Peter Hodapp 625-6166

Jack Hill Photography & Design
Giclee Printing, Web Design, Portraits.
www.jackhillart.com..... 625-4255

John Tully - Decorative Painting
Phone 735-4669

Heritage Inn Bed & Breakfast
Nancy Rhodes 637-3306

Home Green Home
www.homegreenhome.biz
Michael, Patricia Schneider 606-3110

Landmark Center
Nancy Rhodes 637-3306

Liberte Decorative Painting and Interior Design
Don Lampert 735-4535

Linsco Private Ledger
Financial and Investment Planning
William Neil 800-822-4373

Main Street Station / Year Round Public Market!
www.viroquamainststation.com
Info@viroquamainststation.com
Vendors welcome!.....637 1912

Muddy Waters Trading Used Books and other Neat Stuff! Main Street Station, Viroqua

Owl Express delivery and errand service. Lori Gayle 637-8247

Paragon Associates Surveying, Engineering, Landscape, Architecture.
Paul Fairchild, RLS 888-738-5005
info@paragon-assoc.biz

Das Urban Cottage - Custom crafted furniture. Bjorn Leonards
Brie Lamers 634-6692

Quail Hill Carding Company
Georgia Mommaerts 528-4640

Queen Bee Creative Services
Videography, Photo Archiving & More.
Michelle Pedretti 629-5974
mmpjdp@mwt.net

Silent Brush interior & exterior house painting. Rob Drew 634-4840
Bob Bezin 629-5572

Splinter Associates
Gregory F Splinter, Architect
gregory@beautiarch.com 872-2317

Susan's Special Services, Cleaning, Cooking, etc. 606-1404, 634-2214

The Twisted Chicken Eclectic dining Lunch & dinner.....563-873-1515

Vet-Energy Acupuncture, Veterinary Spinal Manipulation.
Jan Schilling, DVM 625-4024

Vosseteig Funeral Home and Cremation Services
Jay & Cathy Vosseteig 637-2100



Viroqua Food Cooperative

609 N Main St. Viroqua, WI 54665
Voice 608-637-7511
Fax 608-637-8894
Email vfcoop@frontiernet.net

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The Viroqua Food Co-op Newsletter is published monthly. Business card size ads are \$10.00 per issue. 2 1/2 x 4 ads are \$20.00 per issue. Larger sized ads are possible. Business Directory listing and Classifieds are free to VFC members. The deadline for ads and articles is the 15th of each month. Articles and advertisements reflect the views of their authors, not the co-op. Call Jan at 637-7511 with any newsletter questions, ads, articles or community events.

New Longer Hours!!

Viroqua Food Coop is now open 7 days a week 7AM to 8PM.

Invest in your Co-op; It's as easy as ABC



A A member loan

B Be a paid-in-full member

C Class C, Series 1 investment stock

Do your part by paying any remaining **E**quity owed in your membership, urge your **F**ellow shoppers to become members and do as much of your **G**rocery shopping at the Co-op as possible. Every little bit **H**elps. Don't delay.

Ask any Co-op staff member for **Information today.**