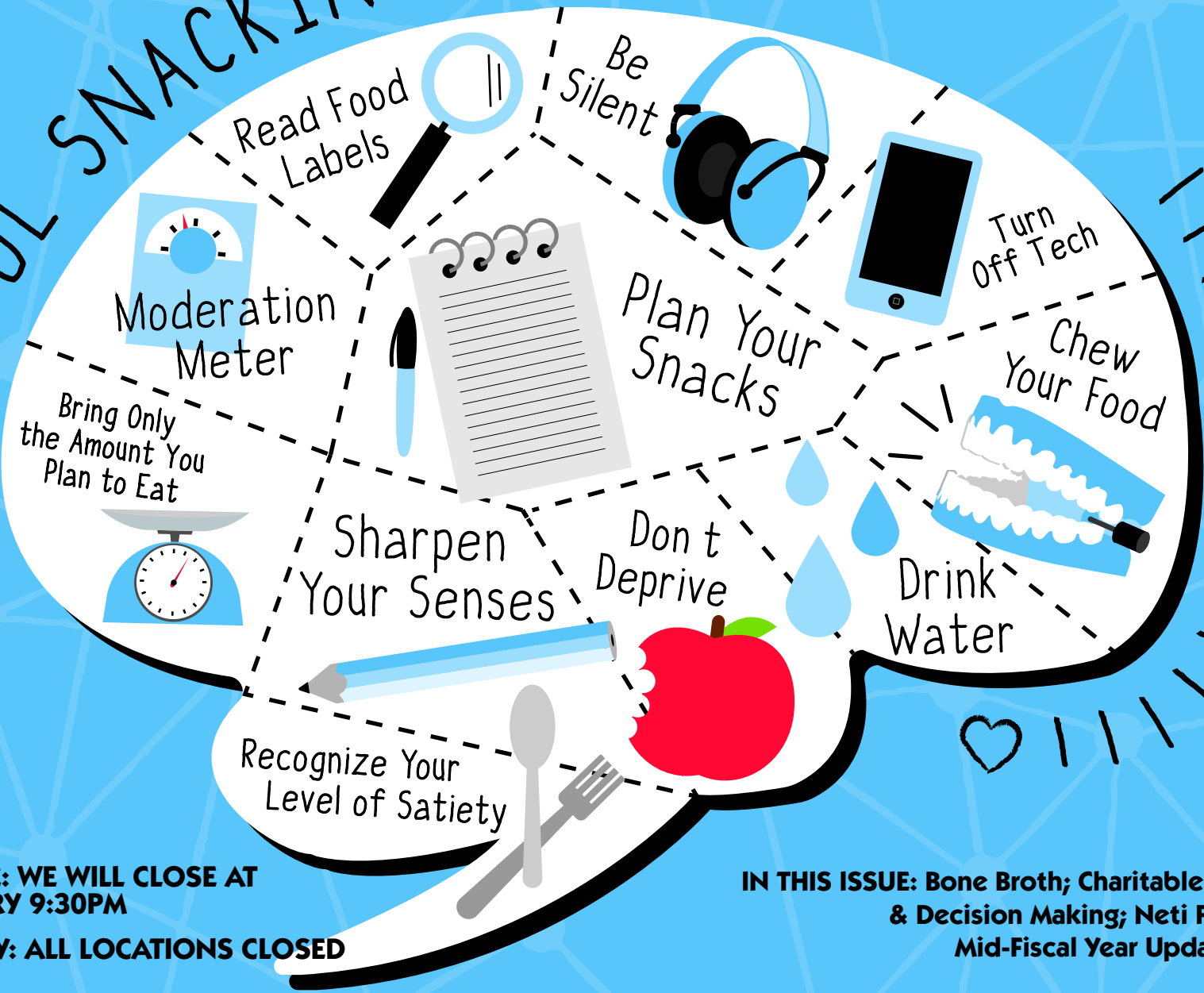


willy street co•op

# READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI  
VOLUME 44 • ISSUE 1 • JANUARY 2017

## WINDFUL SNACKING



**NEW YEAR'S EVE: WE WILL CLOSE AT OUR CUSTOMARY 9:30PM**  
**NEW YEAR'S DAY: ALL LOCATIONS CLOSED**

**IN THIS ISSUE: Bone Broth; Charitable Opportunities & Decision Making; Neti Pots; EMV Chip; Mid-Fiscal Year Update; and MORE!**

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# READER

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The Willy Street Co-op *Reader* is the monthly communications link among the Co-op Board, staff and Owners. It provides information about the Co-op's services and business as well as about cooking, nutrition, health, sustainable agriculture and more. Views and opinions expressed in the *Reader* do not necessarily represent those of the Co-op's Directors, staff or Ownership. Willy Street Co-op has not evaluated the claims made by advertisers. Acceptance of advertising does not indicate endorsement of the product or service offered. Articles are presented for information purposes only. Before taking action, you should always consult a professional for advice. Articles may be reprinted with permission from the editor.

## SUBMISSIONS

All advertising submissions must be reserved and arranged with the editor by the 10th of the month previous to publication. All advertisement copy must be submitted by the 15th of the month. Submissions should be emailed to l.wermcrantz@willystreet.coop or mailed to Willy Street Co-op's Central Office according to submission requirements.

**CUSTOMER SERVICE:** EAST: 608-251-6776 WEST: 608-284-7800 NORTH: 608-709-5445

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**WEBSITE:** www.willystreet.coop

**BOARD EMAIL:** board@willystreet.coop

**STORE HOURS:** 7:30am to 9:30pm, every day

East Juice Bar: 7:30am to 6:00pm; West Juice Bar: M-F: 7:30am-7:00pm

& Sat-Sun: 7:30am-6:00pm.

Deli: 7:30am to 9:00pm

Seafood Center-East and West: Monday-Saturday, 8:00am to 8:00pm; Sunday, 8:00am to 6:00pm.

## WILLY STREET CO-OP MISSION STATEMENT

The Williamson Street Grocery Co-op is an economically and environmentally sustainable, cooperatively owned grocery business that serves the needs of its Owners and employees. We are a cornerstone of a vibrant community in south-central Wisconsin that provides fairly priced goods and services while supporting local and organic suppliers.

## WILLY STREET CO-OP BOARD OF DIRECTORS

Holly Fearing, President  
Holly Bender, Vice President  
Mike Martez Johnson  
Miguel Zamora  
Dave Pauly  
Kathy Kennitz  
Jess Pernsteiner  
Patricia Butler  
Bruce Slaughenhoupt

### BOARD CONTACT INFO:

board@willystreet.coop

all-board@willystreet.coop (includes the GM, Executive Assistant and Board Administrator)

## BOARD MEETING SCHEDULE

ALL MEETINGS BEGIN AT 6:30pm UNLESS OTHERWISE NOTED

January 31st: Regular Board Meeting  
March 14th: Regular Board Meeting  
April 25th: Regular Board Meeting  
June 6th: Regular Board Meeting  
July 18th: Regular Board Meeting and Election Special Session  
August 15th: Regular Board Meeting



"Like" us on Facebook or follow @willystreetcoop on Twitter to get updates, reminders, news & fun stuff!

## IN THIS ISSUE

3	Customer Comments	8-9	Charitable Opportunities & Decision Making	17	New Products
4	Willy North; Ownership Referral; Mid-Fiscal Year Update; & More	10	EMV Chip at the Registers	18	Bone Broth
4-5	Board Retreat; Meet Jess Pernsteiner	11	Game Day Produce	18	Neti Pots
5-7	Community Room Calendar	11-12	Drink More Water!	19-21	Mindful Snacking
		13-15	SPECIALS PAGES	22-24	Recipes and Drink Recommendations
		16	January Flash Sales	25-27	Staff Picks

# CUSTOMER COMMENTS

## Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to [customer.comments@willystreet.coop](mailto:customer.comments@willystreet.coop) or fill out a Customer Comment form in the Owner Resources area. Each month a small selection is printed in the Reader. The rest can be found in the commons or in the binder near Customer Service. Thank you!

### ONE HUNDRED DOLLARS

**Q: Please Do Not accept one hundred dollar bills. at they can be fake and be used For drugs. Thank You**

A: Thanks for sharing your concern for us! We appreciate it. We do not wish to turn anyone away due to they type of cash tender they offer, and so we continue to accept anything from pennies and up. Any bill of \$50 or more that we receive is swiped with a counterfeit pen at the register to ensure that it scans as a legit form of payment. Please let us know if you have any other questions we may answer for you. -Kirsten Moore, Director of Cooperative Services

### DOUBLE DOLLARS DAYS

**Q: Please consider either—changing the day for shopping \$20 w/EBT = \$5.00 coupon for produce to any day—OR at least include a weekend day—Many ppl. Working M-F Cannot make it here on a Tuesday.**

A: Thanks for writing. I'm sorry that Tuesdays aren't days that work well for you, and I'm sure that any day (or days) of the week we select for issuing Double Dollars coupons would not be serviceable for all of our customers. While I wish we currently had the means to expand the program or change the days, we do not have that option at this time. The \$40,000 we received for the program through the USDA was designed to last through the end of March 2017, and we know from shopping statistics that in order to make the funds last, we can only offer the program once per week. When we designed the pilot and wrote the grant, the day of the week we settled on was Tuesdays and we are committed to carrying out the program per the design that was approved. We are currently working with our grant partners to devise plans for future funding and that includes determining how much funding we would need to continue the program and what it would take to expand the days of the week that people can receive the Double Dollars Coupons.

We're so glad to hear that you are interested in the program. I am personally aware that it can be hard to stop at the store before, during, or after work. Please keep in mind that we are open from 7:30am-9:30pm every day including Tuesday. I hope that you will be able to find a way to take advantage of

the Double Dollars opportunity either during its pilot phase or sometime in the future. In the meantime, know that we are keeping track of all the feedback we receive about the program, and this will help us make improvements moving forward, so thanks much! Please let us know if there is anything else we may do for you. -Kirsten Moore, Director of Cooperative Services

### OPEN ON THANKSGIVING

**Q: So disappointed to see that you are open on Thanksgiving Day —your employees deserve a COMPLETE day to give thanks**

A: Thank you for sharing your concern with us. I appreciate that you want to make sure we are taking care of ourselves.

Holidays are a topic we discuss frequently as staff. We stay open, as other grocers do in Madison on Thanksgiving, for a few reasons, one being that there are customers who enjoy being able to come here, whether it's for that forgotten ingredient, or whether it's to grab something and maybe even spend some time in our Commons because they don't wish to cook. We also have a number of staff, who in previous discussions, have revealed that they would rather work that day, either for the monetary benefits, or because they may not have a lot of family around on Thanksgiving, or for other personal motivations. We pay time-and-a-half to work that day or give the option to take either unpaid or paid time off. All of our teams are very flexible to make sure that those who want off can be off, and those who want to be here can be here. So, for now, we will continue to be open on Thanksgiving day, unless we have the discussion again and decide as a team that our feelings have changed.

Please let us know if there is anything else we may do for you, and I hope that you have a happy Thanksgiving. -Kirsten Moore, Director of Cooperative Services

### PATRONAGE REFUND

**Q: Please take the "rebate" you send out and give to your employees. I would feel better supporting a place that pays a living wage!**

A: Thanks for writing. Our patronage refund is not something we offer every year, we only offer it to Owners when we have earned more profit in a Fiscal Year than we have budgeted to receive, thanks to Owners choosing to shop the Co-op even more than we anticipated. We do offer profit share quarterly to our staff and since the overwhelming majority of our staff are also Owners, they receive both profit share and the patronage refund in exceptionally profitable years. In FY 2016, staff received profit share for the last three quarters. The Board has not allocated a patronage refund for Owners since FY2014.

I checked in with our Director

of Human Resources, Kerrie Lentz about the living wage. She said, "we currently start entry level staff at or above \$10.69 per hour. This was the living wage when we calculated last year, however we have since made the decision to use an updated model and calculate a more realistic wage that we call "livable" and that used more realistic numbers to reflect the costs of housing and phone use, which the older model hadn't. The new livable wage for Madison is a 27 percent increase (from \$10.69 to \$13.62) and not a jump we can financially achieve immediately. Our HR and Finance teams are determining a plan to get us to the new livable wage over 2-3 years' time. This plan will account for wage compression of current staff and result in yearly wage increases over the next several years as we budget for the ability to pay the livable wage."

Please let us know if you have further questions. Thanks! -Kirsten Moore, Director of Cooperative Services

### SHOPPING CART ISSUES

**Q: You guys should seriously consider putting security features on your shopping carts. I live down the street on Calypso and there are at least FIVE of your carts there. Just wanted to let you know.**

**\*\* UPDATE. There are now six.**

A: Thanks for the tip! We received a grant from the City to order extra carts so that we could experiment with allowing customers to take a cart home to get their groceries there. Customers interested in taking a cart should ask Customer Service before taking. This is a work in progress, and we are in consultation with the Northside Planning Council and area property managers about getting some corrals for borrowed carts at their buildings. In the meantime, we will send someone out to Calypso to grab the carts. -Kirsten Moore, Director of Cooperative Services

### HOUSEMADE ALMOND MILK

**Q: I wanted your juice bar almond milk, but you were out of it. Maybe you could freeze some as a way to have more supply on hand all the time. I freeze it at home and it freezes very well.**

A: I'm glad to hear the almond milk freezes well; we have thought about this but never tested it out. I like the idea behind this, but I'm not sure that all Owners would be okay with getting a previously frozen product. We like to keep most of our product from the Juice Bar fresh. I see your comment was submitted on Sunday. This weekend we ran into a supply issue with the company we get our bottles from. If there was no almond milk available that day, that was the reason. Sorry about the lack of almond milk! Cheers, Dustin Skelley, Deli Assistant Manager—East

### HELPFUL SERVICE

**Q: Thank you for the friendly helpful service you provide every day. I am a personal chef and in the store several times per week for clients and many days for myself. Every department from produce to meat, to gen merch to health & beauty, the front end folks, customer services... everyone is a delight. You have gone out of the way to be of assistance with big weekly meat orders, checking in back to see I there is more of an item, streamlining pre-orders, sorting through house charge balance questions, and the list goes on. You are my community in many ways and I feel so thankful for the gift that this co-op provides to me personally and to the community at large. I have met many a friend here both serendipitously in the aisles or by design. Thank you for the space, the place, the staff (and of course, the food and products). With much appreciation and gratitude.**

A: Thank you for sharing your kind words! We pride ourselves on giving great customer service and it is so awesome to hear that you appreciate what we do. I really enjoy working for the Co-op and I think that comes across in our hard work and dedication to our products and growing our knowledge so we can better give customer service. I too have created some really amazing friendships by shopping and working here. Let us know if there is ever anything else we can do for you. I hope this message finds you well! -Amanda Ikens, Owner Resource Coordinator—East

### LOCAL PRODUCE IN THE WINTER

**Q: I have been frustrated lately with how little Wisconsin/Midwest produce is available to purchase at the east side location. I understand seasonality can be an issue but I don't think the Co-op is prioritizing its buying around local economies. I would be eager to hear your perspective. Thanks.**

A: Thanks for your comment expressing concern regarding the East Produce department's commitment to supporting local economies.

At this time of the year, we are limited to what those farms are able to supply us with. We are offering a variety of local winter squash, storage items, apples, root vegetables, sprouts and micro-greens. You may see greens available at area farmers' markets, but due to the lack of heat and light, production is such that it is economically more feasible for the farm to sell it at a premium price at farmers' markets than to the Co-op. If there are specific local produce items you feel we should be offering at this time of the year, or can provide some specifics as to why you feel the East Produce department is not prioritizing supporting local farms, please feel free to elaborate. Sincerely, Andy Johnston, Produce Manager—East

## GENERAL MANAGER'S REPORT

# Willy North; Ownership Referral; Mid-Fiscal Year Update; & More!



"And now we welcome the new year. Full of things that have never been."

-Rainer Maria Rilke

by Anya Firszt, General Manager

**O**ur first Wellness Wednesday (Willy Street Co-op

Owners get 10 percent off all wellness and bodycare items) of the new year falls on January 4th; plan ahead for deeper savings on products to help you with your New Year's resolutions. And, if you are looking for ways to eat better, see page 16.

## WILLY NORTH UPDATE

We have added many new changes to our operation in the last few months since opening Willy North in mid-August. Willy North now offers hundreds of new products thanks to requests we have received from customers. If you have a favorite we don't currently stock, please fill out a customer comment in one of our stores, or submit through our website at [willystreet.coop/contact](http://willystreet.coop/contact).

We began accepting WIC (Women Infants and Children) at Willy North, and have launched the Double Dollars program at all three retail locations as long as grant funds remain or through mid-March. Every Tuesday customers using their FoodShare/QUEST card to purchase groceries can receive up to \$20 worth of Double Dollars coupons. Coupons can be redeemed any day in any amount. To learn more about this program, check out Kirsten Moore's October article, available at online at [willystreet.coop/doubledollars](http://willystreet.coop/doubledollars).

Your Co-op has hundreds of new Owners since opening Willy North. We now have over 34,400 Owners and we are adding more all the time. Anyone can become an Owner—a single Fair Share is \$58, which can be paid in one installment or over as many as seven years. Fair Share is an equity contribution to the Co-op, which is just one way we are able to finance expansions or maintain operating cash.

If you qualify for a financial assistance program, you may qualify for your Access Discount Program, and gain Ownership for only \$4 a year. For more information, see [willystreet.coop/ownership](http://willystreet.coop/ownership) or stop at the Customer Service desk in the store.

## OWNERSHIP REFERRAL PROGRAM

Have you heard about our Owner Referral program? If you have friends or family that aren't yet Co-op Owners that you think would like to try us out, when they sign up for Ownership, they can mention your name and you will receive a \$25 gift card.

## NO MATTER WHERE YOU ARE FROM...

Yard signs that say "No matter where you are from, we're glad you're our neighbor" in English, Spanish, and Arabic are now available at each of our retail stores. It has been a long time since we have sold yard signs. That said, we have long been supporters of providing an outlet to take non-partisan and secular action. We opted to sell these signs because they had a message that is in line with the Cooperative Principles, benefits the entire community, and is not politically partisan. Signs are \$10 and benefit FairShare CSA Coalition.

## MID-FISCAL YEAR UPDATE

We are six months into Fiscal Year 2017; six months to go. Sales are slightly under budget for the year. Willy North is meeting budgeted sales; however at Willy East and Willy West, sales are down slightly. Whichever of our stores you chose to shop, East, North or West, your purchases contribute to our overall continued success.

In the coming weeks and months, you will see a few new pieces of equipment at each of our stores that will support sales or improve efficiencies. Willy East will soon have a rotisserie oven and hot case merchandiser in the Deli department; Willy West will have a new hot case merchandiser in their Deli; and Willy North will have a new refrigerated case for Willy Pack (repacked bulk items) and refrigerated bakery. Willy West Produce will get a refreshed look with new shelving, and more/brighter lighting in the department. Outside seating at Willy North will happen later in the spring once the snow melts.

A few behind-the-scenes items include new recipe costing software to support the Production Kitchen, and also financial software to support more streamlined processes for the Finance department.

## ANNUAL REPORT

By now you should have received your Willy Street Co-op Annual Report, which was delivered mid-December. I hope you were as excited as I was to read about our many successes in our last fiscal year.

## CHIP

Chip—not the Community CHIP—but finally, your Co-op is EVM chip-reader ready! See related article on page 10.

Until next month, stay bundled up!

## BOARD REPORT

# Board Retreat; Meet Jess Pernsteiner



Kathy Kemnitz, Board Member

It wasn't our New Year's resolution, but your Co-op's Board of Directors has been working on our self improvement. In November, we met as a group for our annual two-day retreat focusing on our team dynamic.

We are a fairly young Board with over half of us having served for about a year or less, so we spent some time getting to know each other and how we will work together. Rose Marie Klee of CDS Consulting joined us as a facilitator and helped us decide what we would like to achieve and how we might reach our goals.

Two of the topics we worked through were how to better monitor our policies and how to monitor the Board's performance.

We as a Board recently reworked the policies through which we govern, and at the retreat we practiced a new technique of monitoring compliance while reviewing an audit of the Co-op's Human Resource Department. While it was so helpful to have the extra time to do this important work, you can tell this wasn't a recreational retreat.

Historically, our policies on evaluation of the Board focused primarily on only the President's performance for the past year. Our new policies are expanded to monitor not only each of the members, but also how we all work together. We spent a large amount of time (although not enough, in my opinion) on how to monitor each Board member as well as our contributions as a group, on a more frequent and routine basis. We would like to be doing so in such a way that we can make improvements as we can (and need to) rather than waiting for the end of the year.

As I said, we are a fairly young Board and I am happy to introduce one of our newest members.

**JESS PERNSTEINER**  
What are you most excited about in being a



*new Board member, and what do you see as the biggest opportunities and challenges the Co-op will face over the next few years?*

I'm most excited about the opportunity to learn more about the workings of the Co-op, and gaining a greater understanding of what Owners expect from their Board. This is my first opportunity to serve on any Board, and I'm also interested to see how this group of nine individuals can come together and function as one entity. I'm excited about the work that has been done with Willy North, and eager to see how the approach that has been taken with the third store serves the community. As the past Board has already seized the opportunity to open North, I think the current focus should be to understand what the Owners and members of the north side are looking for, and to ensure that North fulfills those expectations.

*How did you first learn about cooperatives? And what was the first cooperative you joined?*

I first heard of cooperatives when I became a member at REI about six years ago. I didn't think much of what it meant to be an Owner at that time, and it wasn't really until I joined Willy Street Co-op after moving to Madison in 2011 that I realized how important co-ops can be for a community. This was the start of my true relationship with co-ops, and needless to say, it has been a good one. Along with REI and Willy Street Co-op, I've also been a member of Group Health Cooperative, and employed at Just Coffee Cooperative. As I've gained a greater understanding of co-ops, I've felt that many communities could be improved by the presence of a few more co-ops or cooperatively-minded businesses. For me, it just reinforces the fact that by working together, collectively, we can have a greater impact.

*What do you rely on Willy Street Co-op for? And when you're hungry, what are your top three Willy Street Co-op foods you must have?*

One of the most important things about the Co-op to me is the feeling of belonging that I have, every time I step through the doors. When I first moved to Madison in 2011, I had a very small network, and was really seeking for ways to connect and feel

NEW YEAR'S EVE:  
CLOSING AT OUR  
CUSTOMARY 9:30PM

NEW YEAR'S DAY:  
ALL LOCATIONS CLOSED

that I was a part of my community. I didn't realize how quickly those feelings would come from becoming part of the Co-op.

Hmmmm, that's a tough question for must-haves! I love the abundance of offerings in the bulk aisle, and am so grateful for all of the wellness items I can purchase on Wellness Wednesdays! Co-op made juices, particularly Green Zinger and Caribbean Queen, are staples if I even so much as think that I might be getting sick. I love that bulk NessAlla is on tap! Sassy Cow Chocolate Milk is an indulgence during Frisbee season. I think I'm secretly (or maybe not-so-secretly) addicted to the Vegan Cowgirl Cookies produced by Willy Street Co-op's Production Kitchen. I also love the variety of locally sourced bakery—that I can pickup a Batch baguette or Stalzy's roll right at the Co-op!

#### **What are your favorite food traditions?**

I love that food brings people together. Cooking with family and friends is always special, because it allows for us to slow down and better connect—with each other and the food that we are fortunate enough

to have. I've had the opportunity to share food with others in many settings—living and traveling abroad, working for a homeless shelter, and with past jobs in food service. Each of these experiences has helped shape my understanding of our relationship to food and to each other.

#### **Is there anything else you'd like our Owners to know?**

I just wanted to again express my gratitude for being selected to represent my fellow Owners on the Board. I've been able to take in so much, but still have much to learn. I know that the Co-op is important to so many in our community, and I want to try to do my best to serve. I hope that Owners feel that they can contact anyone on the Board at any time with questions or concerns. I know that the biggest challenge is making sure that staff and Owners feel their voices are heard. Also, I would like to send a heartfelt thank you to all of the farmers and producers of the food and goods sold at the Co-op. Having spent a significant amount of time employed at farms, and participating in a Worker Share for a local CSA veggie farm, I know that farming is tough stuff. While

fulfilling in so many ways, it is also difficult, demanding and exhausting. In our society, I've found that it's too easy to forget the time and energy

used behind everything that we buy; and frankly, gratitude is something that we can all spend a little more time on.



**The Northside Planning Council awarded your Co-op with a North Star Award for "challenging conventional grocery models and committing to community partnerships" by opening Willy North. In this photo, left to right: Abha Thakkar, Interim Executive Director of the Northside Planning Council along with Anya (General Manager), Paige (Director of Finance), Ben (Executive Assistant) and James (Willy North Project Manager/Director of IT).**

## Community Room Class Calendar

Please see class descriptions for fees. Owners enrolled in the Access Discount Program receive a 10% discount. Payment is required at registration; please register by stopping at the Customer Service desk or by calling Willy West at (608) 284-7800 or Willy East at (608) 251-6776. For more information about individual activities and classes, see [willystreet.coop/calendar](http://willystreet.coop/calendar).

Refund Policy: Unless otherwise specified in the description of the event, registration for events that Willy Street Co-op cancels will be refunded in full. Individuals who wish to cancel their registration must contact Customer Service with 72 hours notice to receive a full refund or transfer their registration to another class. No refunds or transfers will be granted for cancellations within 72 hours of an event. In order to cover costs incurred, there are absolutely no exceptions to the Refund Policy.



### VEGAN CREAM PIES

Location: Willy West Community Room  
 Tuesday, January 24th, 6:00pm–8:00pm  
 Instructor: Cara Moseley  
 Ages: 13 and older; adult supervision not required  
 Fee: \$20 for Owners; \$30 for non-owners

The Green Owl's Vegan Pastry Chef, Cara Moseley, will demonstrate how to make her coconut cream pie recipe and how to create many flavors using the basic recipe, including a banana and chocolate version. She will discuss other ways to use this vegan cream filling in many other desserts, like Crème Brûlée. Students will sample desserts and take home recipes and ideas from class discussion. Vegan and gluten-free.

### SUCCESSFUL SOURDOUGH

Location: Willy West Community Room  
 Wednesday, January 25th, 2017, 6:00pm–8:00pm  
 Instructor: Linda Conroy  
 Ages: 13 and older; adult supervision required  
 Fee: \$22 for Owners; \$32 for non-owners

Join traditional food aficionado Linda Conroy for this practical workshop. You will learn to start, feed and maintain a sourdough starter. We will explore the best flour as well as proofing and baking techniques. Participants will leave with a starter, recipes and the confidence to make delicious baked goods at home. \*\*Please bring a pint jar to take your starter home.

### LADONIA CAFE TEACHES VEGAN TIRAMISU AND CHOCOLATE TRUFFLES

Location: Willy East Community Room  
 Tuesday, February 7th, 6:00pm–8:00pm  
 Instructor: Amie Swanson  
 Ages: 13 and older; adult supervision not required  
 Fee: \$20 for Owners; \$30 for non-owners

Join Amie Swanson of Ladonia Cafe to learn how to make tiramisu and chocolate truffles just in time for Valentine's Day!



### COOKING WITH CHEF PAUL: MAKING TOFU FROM SCRATCH

Location: Willy East Community Room  
 Tuesday, January 17th, 6:00pm–8:00pm  
 Your Co-op's Own Instructor: Paul Tseng  
 Ages: 18 and older  
 Fee: \$10 for Owners; \$20 for non-owners

Making tofu at home is easy with fewer than three ingredients. Join Chef Paul to learn to make this versatile product, and then use it to make Braised Tofu with Seasonal Vegetables. Vegan, gluten-free and grain-free.

### LADONIA CAFE TEACHES TAMALES

Location: Willy West Community Room  
 Thursday, January 19th, 6:00pm–8:00pm  
 Instructor: Amie Swanson  
 Fee: \$20 for Owners; \$30 for non-owners  
 Ages: 13 and older; adult supervision not required

Amie Swanson of Ladonia Cafe will demonstrate how to make tamales in this hands-on class. Learn how to make the masa, shape the tamales and then enjoy the final product. Vegan and gluten-free.

### COOKING WITH CHEF PAUL: BAOZI—HOMEMADE STEAMED BUNS

Location: Willy West Community Room  
 Thursday, January 26th, 6:00pm–8:00pm  
 Your Co-op's Own Instructor: Paul Tseng  
 Ages: 18 and older  
 Fee: \$10 for Owners; \$20 for non-owners

The fragrance of baozi coming out from a bamboo steamer is simply delightful. In this classic Chinese yeast dough class, participants will learn how to make a dough and the fillings as well as how to use a bamboo steamer.

### HEALTHY EATING ON A BUDGET

Location: Willy East Community Room  
 Thursday, January 26th, 6:00pm–8:00pm  
 Your Co-op's Own Instructor: Ben Becker  
 Ages: 13 and older; adult supervision not required  
 Fee: \$10 for Owners; \$20 for non-owners

Feel empowered to prepare fresh healthy foods, even when limited by the size of your wallet. Through participation in discussion, food preparation and tasting, participants will explore strategies for procuring nourishing and affordable food, how to recognize healthy, fresh choices, and tasty and versatile preparation methods.



### LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room  
*Wednesday, January 11th, 6:00pm–8:00pm*  
Your Co-op's Own Instructor: Paul Tseng  
Ages: 18 and older  
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with.

### THE HOME CREAMERY SERIES: CULTURED MILK, KEFIR, YOGURT AND MORE

Location: Willy East Community Room  
*Wednesday, February 1st, 6:00pm–8:00pm*  
Instructor: Linda Conroy

Ages: 13 and older; adult supervision required  
Fee: \$22.50 for Owners; \$32.50 for non-owners. Sign up for the entire series as an Owner and get the fifth class free.

Join veteran home cheesemaker Linda Conroy for this fun and inspiring class. We will make and sample yogurt, kefir, cultured cream, and cultured butter. After transforming milk into these cultured products, we will learn to transform them into soft spreadable cheese. Participants will leave with recipes and a culture to get them started at home! For the complete list of classes in the series, see our website [www.willystreet.coop/events](http://www.willystreet.coop/events).

### THE HOME CREAMERY SERIES: MOZZARELLA AND RICOTTA

Location: Willy East Community Room  
*Wednesday, February 8th, 6:00pm–8:00pm*  
Instructor: Linda Conroy

Ages: 13 and older; adult supervision required  
Fee: \$22.50 for Owners; \$32.50 for non-owners. Sign up for the entire series as an Owner and get the fifth class free.

Join veteran home cheesemaker Linda Conroy as we curdle milk and stretch the curd. This class will provide a hands-on opportunity for participants to make two styles of ricotta, traditional and whole milk, as well as fresh mozzarella. Everyone will leave with recipes and cheese made in class. For the complete list of classes in the series, see our website [www.willystreet.coop/events](http://www.willystreet.coop/events).

### THE HOME CREAMERY: FETA AND FARMER CHEESE

Location: Willy East Community Room  
*Wednesday, February 15th, 6:00pm–8:00pm*  
Instructor: Linda Conroy

Ages: 13 and older; adult supervision required  
Fee: \$22.50 for Owners; \$32.50 for non-owners. Sign up for the entire series as an Owner and get the fifth class free.

Join veteran home cheesemaker Linda Conroy as we transform curds into two similar but different styles of cheese. We will see each stage of the process, learn the nuance of each cheese, how to store them and when to add herbs. Participants will leave with recipes and cheese to take home. For the complete list of classes in the series, see our website [www.willystreet.coop/events](http://www.willystreet.coop/events).



### SERVSAFE FOOD PROTECTION MANAGER CERTIFICATION

Location: Willy East Community Room  
*Monday, January 30th, 8:00am–5:00pm*  
Your Co-op's Own Instructor: Ben Becker

Ages: 14 and older; adult supervision not required  
Fee: \$120

Learn about foodborne illness, how to prevent it and how to train employees

### INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy West Community Room  
*Wednesday, January 11th, 2:15pm–5:30pm*  
Location: Willy East Community Room  
*Tuesday, January 31st, 2:15pm–5:30pm*

An individual nutrition consultation is your opportunity to learn how the correct food choices for your body can enhance your well-being. A one-on-one session with Katy Wallace of Human Nature includes a consultation regarding your health goals, as well as lifestyle and food choice suggestions geared toward addressing health goals and developing sustainable change.

Appointments are confirmed upon payment. Payment is due at the time of scheduling; otherwise, the appointment will be released to other interested parties. Payment is non-refundable and non-transferable unless notice of cancellation or rescheduling is provided seven (7) or more days prior. To register for the next available opening, email [info@humannaturellc.com](mailto:info@humannaturellc.com) or call 608-301-9961.

in food sanitation. Earn the nationally accredited food safety certification from the National Restaurant Association. This class will serve as a review of the material culminating with the Certification Exam.

### NATURAL SOLUTIONS FOR LEAKY GUT SYNDROME

Location: Willy West Community Room  
*Tuesday, January 17th, 6:00pm–7:00pm*  
Instructor: Katy Wallace

Fee: Free; walk-ins welcome  
Ages: Any; adult supervision required

Do you have aches, pains and swelling throughout the body? Increasing frequency of food reactions? Or frequent bloating after meals? Studies are showing that leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and autoimmunity. We can help! Join Katy Wallace, Traditional Naturopath, to discuss natural approaches that work.

### HEALTHY EATING ON A BUDGET

Location: Lakeview Library  
*Tuesday, February 7th, 6:00pm–7:00pm*  
Your Co-op's Own Instructor: Ben Becker

Ages: 13 and older; adult supervision not required  
Fee: Free; registration required

Feel empowered to prepare fresh healthy foods, even when limited by the size of your wallet. Through participation in discussion, participants will explore strategies for procuring nourishing and affordable food, how to recognize healthy, fresh choices, and tasty and versatile preparation methods.



### HERBS AND FOOD FOR HEART HEALTH

Location: Willy West Community Room  
*Monday, February 6th, 6:00pm–8:00pm*  
Ages: 13 and older; adult supervision not required  
Fee: \$15 for Owners; \$25 for non-owners

Join herbalist Linda Conroy to learn ways to incorporate herbs and food into your diet to promote heart and overall cardiovascular health. Participants will take home an herbal remedy created in class.



### KIDS IN THE KITCHEN: SENSATIONAL SUSHI

Location: Willy West Community Room  
*Tuesday, January 10th, 4:30pm–5:30pm*  
Ages: 5–8 years old; adult supervision not required  
Location: Willy East Community Room  
*Tuesday, January 24th, 4:30pm–5:30pm*  
Ages: 9–12 years old; adult supervision not required

Instructor: Lily Kilfoy

Fee: \$10 for kids of Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Did you know that sushi means rice and not fish? Kids will learn this, plus a whole lot more, in this popular class that Lily usually only teaches in the spring. Participants will prepare a variety of delicious fillings, and create their own sushi rolls using rice, nori, and a bamboo sushi mat. Vegetarian, gluten-free and dairy-free.

### KIDS IN THE KITCHEN: PIZZA PARTY

Location: Willy East Community Room  
*Friday, January 13th, 4:30pm–5:30pm*  
Ages: 5–8 years old; adult supervision not required  
Location: Willy West Community Room  
*Friday, January 20th, 4:30pm–5:30pm*

### LEARN ABOUT AND REGISTER FOR FOODSHARE WITH SECOND HARVEST

Location: Lakeview Library  
*Monday, January 2nd, 10:00am–2:00pm*  
Location: Willy West Community Room  
*Wednesday, January 4th, 9:00am–1:00pm*  
Location: Willy East Community Room  
*Tuesday, January 10th, 8:00am–12:00pm*

Is money tight? You may be eligible for FoodShare benefits on a QUEST Card! FoodShare is a federal benefit, like social security, that provides extra money for groceries to low-income individuals and families. The benefits comes on an easy-to-use debit-like card that can be used at the Willy Street Co-op, many farmers' markets, and most major grocery stores. The income guidelines are higher than you might think: individuals earning \$11+ per hour and working 40 hours per week may qualify. To find out if you may be eligible, please call 1-877-366-3635 for a confidential screening and to schedule an appointment to apply at Willy Street Co-op. During your appointment, a FoodShare Outreach specialist will assist you with an application, answer questions, and connect you with other great community resources. Walk-ins welcome. Se habla Español.

Ages: 9–12 years old; adult supervision not required

Instructor: Lily Kilfoy

Fee: \$10 for kids of Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. In this class, participants will season sauce, grate cheese, prepare toppings, and stretch dough as they each create their own personal pizza. Recipes will also include Chickpea Salad and Raspberries & Cream Smoothie.



### **SIMPLY BULK: AN INTRODUCTION TO THE BULK AISLE**

Location: Willy West Community Room

Tuesday, January 10th, 1:30pm–2:30pm

Your Co-op's Own Instructor: Katie O'Connell-Jones

Ages: 14 and older; adult supervision not required

Fee: Free; registration required

This discussion and tour of our bulk department gives shoppers a chance to learn the layout of the aisle and discover a little bit more about our diverse bulk offerings. This class will prepare Owners to shop more effectively and learn some tips and tricks for saving money in this popular section of the store.

### **SIMPLY COOPERATIVES: A BIG PICTURE LOOK AT COOPERATION AND OUR CO-OP**

Location: Willy East Community Room

Thursday, January 12th, 6:00pm–7:30pm

Your Co-op's Own Instructor: Kirsten Moore

Ages: 13 and older; adult supervision not required

Fee: Free; registration required

Join Co-op Services staff to learn about cooperative structure and principles throughout history, receive a brief primer on food co-ops and find out more about our cooperative as part of that global history and the economic future.

### **SIMPLY MEAT: AN INTRODUCTION TO THE MEAT DEPARTMENT**

Location: Lakeview Library

Wednesday, January 25th, 6:00pm–7:00pm

Your Co-op's Own Instructor: Robert Halstead

Ages: 13 and older; adult supervision not required

Fee: Free; registration required

Join Co-op Services staff to learn about the farmers who supply our Meat department and their animal welfare practices. We will discuss our different offerings in the meat case and coolers, including some lesser-known cuts. We'll also provide tips on how to prepare different cuts of meat.

### **SIMPLY LOCAL: HIGHLIGHTING OUR LOCAL FOOD PRODUCERS**

Location: Willy West Community Room

Tuesday, February 7th, 6:00pm–6:30pm and 7:00pm–7:30pm

Your Co-op's Own Instructor: Katie O'Connell-Jones

Ages: 13 and older; adult supervision not required

Fee: Free; walk-ins welcome

Supporting the local food system is one of Willy Street Co-op's main missions. Join Co-op Services staff to learn about what local means to us and for a tour through the Co-op that features local businesses and products.

### **SIMPLY OWNERS: AN INTRODUCTION TO OWNERSHIP AT THE WILLY STREET CO-OP**

Location: Willy East Community Room

Thursday, February 9th, 6:00pm–7:30pm

Your Co-op's Own Instructor: Robert Halstead

Ages: 13 and older; adult supervision not required

Fee: Free; registration required

Join Co-op Services staff to gain a better understanding of the rights, benefits and history of Ownership at Willy Street Co-op.

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References upon Request

**NEW YEAR'S EVE: CLOSING AT OUR  
CUSTOMARY 9:30PM**

**NEW YEAR'S DAY: ALL LOCATIONS  
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**WINTER CLASSES:** 8 Mondays, Jan. 23 - Mar. 13, 2017, 7:15 - 8:30pm --- \$120

Free introductory video precedes first class at 6:45pm on Jan. 23

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# WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

They build a local movement for social and environmental justice.

Your gifts support Community Shares of Wisconsin and its 66 member nonprofits.



1000 Friends of Wisconsin and the Sierra Club-John Muir Chapter partnered with a coalition of organizations that included Community Shares members ACLU of Wisconsin Foundation, Wisconsin Council of the Blind and Visually Impaired, Disability Rights Wisconsin, Wisconsin Network for Peace and Justice, and Coalition of Wisconsin Aging Groups to host 15 community transportation forums across the state. The forums brought together diverse voices to demonstrate the importance of investing in our public networks to build strong communities.



In the last two years, **Housing Initiatives** has created 42 affordable housing units and ended homelessness for 53 people in Dane County who, like Sylvester (pictured), struggle with mental illness. With stable housing, Sylvester can manage his challenges and live independently.



During their three-month-long Gear Up to Vote campaign, the **League of Women Voters of Wisconsin** drove 6,500 miles, participated in 33 events around the state, and engaged more than 200 volunteers—all to register hundreds of voters and educate them on their rights.

CHIP gifts are 1% of your bill, or 10 cents on a \$10 purchase.

Thank you!



The Community CHIP® program is part of Community Shares of Wisconsin—your gift can be tax deductible.

Learn more at [www.communityshares.com](http://www.communityshares.com)

**NEW YEAR'S EVE:  
CLOSING AT OUR  
CUSTOMARY 9:30PM**

**NEW YEAR'S DAY:  
ALL LOCATIONS CLOSED**



"Like" us on Facebook or follow @willystreetcoop on Twitter to get updates, reminders, news & fun stuff!

## COOPERATIVE SERVICES NEWS

# Charitable Opportunities & Decision Making



by **Kirsten Moore,**  
**Director of Cooperative Services**

It's no secret that we work a lot with our community, and it's one of the most enjoyable and heartwarming aspects of belonging to the Co-op. It's not always easy to make decisions about which causes to support. The resources of the Co-op do not belong to a limited few; there

are over 34,000 people who make our ability to give possible, and there are probably just as many causes that are important to all of you. Funds are limited, so it's important that we are good stewards of the resources you collectively provide. That means we have to apply some strict criteria. If you are curious about all the different ways we support the community or how your organization can find support, here's a round-up of the many avenues we offer and some insights into our decision making.

### COMMUNITY CHIP®

Let's start with the program you hear about every time you check out: Community CHIP, our flagship register campaign. The Community CHIP program is a partnership between our Co-op and Community Shares of Wisconsin (CSW), a membership nonprofit addressing social, economic, and environmental problems through grassroots activities, advocacy, research, and public education. When you say "yes" to CHIP, the cashier adds a 1% donation, or a value of your choosing to your purchase. The Co-op collects the money and sends 100 percent of the contributions to CSW to support their member nonprofits. Because the Community CHIP program is a part of CSW, all CHIP contributions are tax deductible. Last fiscal year, we donated almost \$250,000 to CSW thanks to your contributions.

There are about 60 to 70 501(c)3 nonprofits in CSW, and CSW is re-

sponsible for accepting member organizations. The Co-op takes no part in selecting participants. We occasionally receive feedback from our customers regarding specific organizations who are members of CSW, and we redirect that feedback to CSW. The majority of your feedback has been positive, and your continued strong support through the registers demonstrates the Community CHIP program remains worthy of our support. If you are uncomfortable supporting CSW due to a particular organization's participation, you may contact CSW directly at [csw@communityshares.com](mailto:csw@communityshares.com), and if you would like to make a larger donation to a specific CSW member, CSW makes it really easy to do via their website, where you can make either general contributions to CSW or contributions to individual or multiple CSW members. Find out more at [www.communityshares.com](http://www.communityshares.com).

### REGISTER CAMPAIGNS

Occasionally we provide opportunities to make additional contributions at the checkout line. We do not offer additional register campaigns often, and we limit the types of causes that are eligible for register support. Causes for additional register campaigns are limited to natural disasters, and very specific campaigns that focus on efforts of a local 501(c)3 nonprofit, 170(c)(1) government entity or a Wis. Chapter 185 cooperative that relate directly to our mission or ends.

All requests or suggestions for these types of register campaigns are reviewed on a case-by-case basis, and we do not fundraise for individuals; only the types of groups listed in the paragraph above are eligible. Sometimes requests are denied purely due to timing. For example, we made a decision this past summer to support the efforts of Greater Baton Rouge Food Bank when Louisiana was recovering from severe flooding that left many food insecure. Your generosity raised \$30,000 for that cause within six weeks, which was simply amazing. Unfortunately, while we were raising money for Louisiana, other events oc-

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curred around the world: earthquakes in Italy, and Hurricane Matthew, for example. We were unable to support these causes at the registers because we didn't want to further dilute the commitments we had already made by offering too many causes at the registers for support. We've learned from experience that too many choices at the registers creates confusion, and sometimes that leads to providing less or no support. We are always more than happy to help you find resources for personally giving to whatever cause matters most for you, regardless of whether it's a campaign we can feasibly organize in our facilities.

## COMMUNITY REINVESTMENT FUND

Since 1992, the Willy Street Co-op has contributed \$367,000 to local nonprofits and cooperatives to support developmental and educational projects for our community. The fund is seeded when Owners who have become inactive and have not claimed their equity after three years either abandon or donate their Fair Share equity to our Co-op. Community Reinvestment Funds (CRF) are allocated annually by the Board of Directors in accordance with our bylaws that stipulate unclaimed or donated equity that has been abandoned be dedicated to educational and charitable purposes. Grants are awarded to 501(c)3 and/or cooperative organizations working on projects benefiting Dane County with priority given to projects benefiting the Madison and Middleton metropolitan areas, organizations with limited access to funding, and projects that have not been funded by CRF previously.

The Board of Directors has allocated \$35,000 total funding for Fiscal Year 2017. Grants are competitive, and we typically fund about half of the applying organizations. Over the last three years, the average award provided to each organization has been \$2,175. Decisions are made by a committee that includes one to two Board Directors, two employees, and three Owners-at-large. Applications are available on our website and the deadline to apply is February 28th. For more information, visit [www.willystreet.coop/community-reinvestment-fund](http://www.willystreet.coop/community-reinvestment-fund).

## DONATIONS

We also offer small donations to 501(c)3 nonprofits, 170(c)(1) govern-

ment entities, and cooperatives. We receive an average of 400-500 requests for small donations such as gift giveaways and catering each year. All organizations seeking donations for events are required to submit requests through our online donation form with at least three weeks' notice to process each request. While that sounds like a long time, there are a few things that we need to consider for each request: which departments and staff are involved in providing what was requested; when those departments have staff available to complete the request; and if, or when, we will have enough product available to make the donation without depleting the supply we have available for our customers.

All organizations are strongly encouraged to read our Donations Policy prior to applying. We give directly to organizations and we refrain from contributing to third-party fundraisers, teams, ad hoc groups and individuals. Since we budget a specific amount for donations each year, it is possible that donations may be turned down due to the number of times one organization has asked for funding in the budget cycle. The average small donation we make each year per organization is \$200. Visit [www.willystreet.coop/donations-policy](http://www.willystreet.coop/donations-policy) for more information.

## COLLECTION DRIVES

Each store supports two neighborhood food pantries: East supports the Goodman Community Center Fritz Food Pantry and Wil-Mar Neighborhood Center, North supports Bread of Life Food Pantry and The River Food Pantry, and West supports Lussier Community Education Center and Middleton Outreach Ministry. As we reported in November, in the last fiscal year, your nonperishable food donations provided just over 9,000 pounds of food to the community.

Occasionally, 501(c)3 nonprofit organizations request to collect other non-food-related items for community members, and we support offering those opportunities in our foyers (for example, just recently, Autonomous Solidarity Organization collected presents for children through their Santas Without Chimneys drive). Interested organizations are encouraged to contact us in advance, as we only allow for one collection drive at a time. During certain times of year there may not be enough room in our foyers to accommodate requests.

## TABLING OUTSIDE THE STORES

Many 501(c)3 nonprofits take advantage of the opportunity to greet customers outside the stores and talk about their causes. Interested organizations may table any day for up to four hours between 11:00am and 7:00pm, and we require at least one week's advance notice to make the reservation and notify staff. Reservations are first come, first served and may be denied or restricted due to scheduling priorities or other reasons. Some organizations choose to collect items or food for their causes while tabling, or choose to table in conjunction with other efforts for their organization at the Co-op (to raise awareness about Community CHIP, or the Pantries of Plenty Campaign, for example). Some organizations also ask to sell items. When approved to sell product, we ensure the organization is fundraising for themselves. When approved to sell food, we ask that the food is produced in a commercial facility and in accordance with preparation and packaging standards for public sale.

## STREET PULSE

Street Pulse is Madison's Homeless Cooperative Newspaper. We are proud to partner with Street Pulse and provide space for their vendors to sell their paper to our community. Vendors who are cooperators in Street Pulse sell the paper as a means of professional development. The face-to-face time they spend talking with you about the paper and selling the paper directly to you is part of their business model. As it says on their website, "A Vendor is a person that have [sic] chosen to help themselves. They are homeless or marginalized and are trying to work their way up into a better position in their life." Vendors sign an agreement at the location of their choosing, and select a shift from 10am-12pm one day a week per location. If you see a vendor outside the store, make sure to say hello, and if you have questions about Street Pulse, you are welcome to contact Executive Director Robert Huffar at [exdirector@gmail.com](mailto:exdirector@gmail.com).

## POP

Our third annual holiday Pantries of Plenty Campaign just came to a close. At the time of writing, we

raised \$7,885 for the six neighborhood food pantries we support all year through our food donation shelves. These pantries will each receive one-sixth of the total funds raised in Co-op gift cards to purchase products that are hard to come by during the winter season. Thanks for your support! We look forward to sharing with you the final total from the campaign in February.

## "GLAD YOU'RE OUR NEIGHBOR" YARD SIGNS

A few weeks ago, we began selling \$10 yard signs that say "No matter where you are from, we're glad you're our neighbor," in English, Spanish, and Arabic. The signs originated from a Mennonite Church in Virginia, and with their permission Geneva Campus Church (GCC) has been reproducing the signs in Madison. The \$10 fee covers the cost for the sign, plus 50¢-\$1 extra to cover any additional cost (shipping, etc.) so that the church does not take a loss on producing the signs. Any additional monies raised will support FairShare CSA Coalition, a local nonprofit that promotes community supported agriculture. The Co-op will be sending all money to FairShare CSA, who will then disburse money to the church as they need it to produce more signs. We opted to sell these signs on GCC's behalf because they had a message that is in line with the Cooperative Principles, benefits the entire community, and is not politically partisan. If you are part of an organization producing yard signs, post-cards, stickers, buttons, or something else to support your cause and space allows, we would gladly entertain your proposal. All proposals are reviewed case-by-case.

## FUTURE GIVING PROGRAMS

We are currently investigating even more creative opportunities for our Co-op to give, either through purchases, at the registers or via our annual budget, and we are excited to be close to having some new opportunities to share with you soon. We look forward to providing you with new avenues to support your community. Thank you so much for supporting your Co-op and for providing us these many wonderful opportunities to give to important causes. Have a charitable new year, everyone!



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## IT NEWS

# EMV Chip at the Registers



by **James  
Phetteplace,**  
Director of IT

**B**y now, most of you who have credit and/or debit cards have been issued new cards that include a “chip.” Perhaps you have even paid for some purchases at a retail store using the “chip reader” on a credit/debit pin pad. You may have noticed that some retailers require that you use the Chip payment method, while others still use the good ol’ “swipe” method (with the magnetic stripe). I am pleased to announce after working on this concern for over two years that Willy Street Co-op is scheduled to implement EMV Chip at the registers this month!

## HERE IS A LITTLE OF WHAT TO EXPECT

- We will be upgrading each store one at a time. It takes about a day per store to complete.
- There will be problems. The change to the software at the point-of-sale (POS) is new, and very complicated. Therefore, we will probably have to deal with a few problems for a few days. Your patience is appreciated.
- If your card has an EMV Chip, the POS will require you to use it, rather than the swipe method.
- Since we participate in the Community CHIP® program, things could get a little confusing. Which “chip” are we talking about? That’s why I refer to the credit/debit Chip as EMV Chip.
- EMV stands for “Europay, MasterCard, Visa.” Those are the three companies that originally developed the technology.

## WHAT IS AN EMV CHIP ANYWAY?

- It’s a microprocessor chip, which in theory makes the card more secure from theft when compared to the old magnetic strip technology.
- The EMV Chip creates a unique code for every transaction. So, even if a criminal were able to somehow steal that code, it’s basically useless. Further, it can’t be traced back to your “static” credit/debit card number.

## WHY AREN’T ALL RETAILERS USING EMV CHIP?

- Well, it’s complicated. Each retailer needs updated POS hardware, software, firmware—all of that is expensive and difficult to change. It will take about two to three years before we reach a tipping point in the U.S. where the majority of credit/debit transactions will be completed using an EMV Chip. A few other benefits will be coming with this upgrade:
- The confusing screen that ambiguously asks “Yes or No” is going away. Hooray!
- We will also be implementing Apple Pay, Samsung Pay, and Android Pay (mobile phone apps) at all three stores. I look forward to getting this implemented!

## SPECIAL STORE HOURS

**NEW YEAR’S EVE: CLOSING AT OUR CUSTOMARY 9:30PM**

**NEW YEAR’S DAY: ALL LOCATIONS CLOSED**



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**PRODUCE NEWS**

# Game Day Produce



by **Megan Minnick,**  
Director of  
Purchasing

**A**t my house, football Sundays are a big deal. The TV is in our basement rec room, and during the game most of the family is totally content to stay down there, tossing a football around and cheering on their team.

While I'm not one to get in the way of the fun, feeding

them can often be a challenge. The traditional game day foods: chips, chicken wings, pizza, and others are just so heavy and devoid of nutrition. While my family is certainly not above indulging on this type of thing periodically, it's not necessarily what I want to be eating every Sunday in January.

So, in search of some healthier vegetable-based game day options, I reached out to my coworkers at Willy Street Co-op to see if they had any ideas to share. Below is a sampling of the recipes I got from them—I for one can't wait to try them all!

### KALE CHIPS

*Contributed by Willy Street Co-op staff member Juniper Grayson*

Super easy, crispy, salty (perfect alternative to chips).

1 or more bunches of kale (any type)  
Olive Oil  
Salt  
Curry Powder

**Directions:** Preheat oven to 275°F. Wash the kale, take the big stalky vein out and tear it into small pieces. Drizzle it with oil. I top mine with some salt and curry powder (you could use any spices). Lay on a baking sheet and crisp in the oven for about 20 minutes. Eat hot and fresh—keeping them may make them soggy.

### ROASTED DELICATA SQUASH AND A DIP THAT IS DELICIOUS ON ROASTED DELICATA SQUASH

*Contributed by Willy Street Co-op staff member Amy Draper*

3 delicata squash thinly sliced into discs  
Olive oil  
1/2 c. mayo  
2 Tbs. tomato paste  
1 1/2 tsp. fresh grated horseradish  
1/2 tsp. smoked paprika  
salt

**Directions:** Preheat oven to 375°F. Line baking sheet with parchment paper. In a bowl, toss squash with olive oil and some salt. Lay out squash slices evenly. Bake for 15 minutes and flip, then bake for an additional 10 minutes

In a small bowl combine mayo, tomato paste, horseradish, seasoning and a pinch of salt. Use this as a dip for the baked squash.

### HOMEMADE MINI BELL PEPPER POPPERS

*Contributed by Willy Street Co-op staff member Emily Greenall*

8 oz. cream cheese, softened  
1/2 c. shredded cheddar cheese  
1/2 c. grated Parmesan cheese  
2 scallions, minced  
1 Tbs. minced fresh herbs (whatever you have on hand: parsley, basil, chive, thyme)  
Salt and pepper to taste  
10-12 mini sweet peppers; cut the top off, core, seed, and save the stem end

**Directions:** Place all ingredients except peppers in a large bowl. Mix well and season with salt and pepper. Fill sweet peppers with the cheese mixture, stick the stem end back on the top, and place on a baking sheet. Bake at 350°F for 8-10 minutes, or until cheese is melted. Let the peppers cool and enjoy!

### BUFFALO CAULIFLOWER BITES

*Contributed by the Willy West Deli—look for it on the hot bar!*

6 c. fresh cauliflower florets  
1 Tbs. butter, melted  
3/4 c. Frank's RedHot hot sauce (available in the grocery department)

**Directions:** Preheat oven to 450°F. Spray a baking sheet with cooking oil. Mix the melted butter and hot sauce in a large bowl. Add the cauliflower florets and toss until they're well coated. Spread on a baking sheet and bake for 20 minutes. Serve with ranch or blue cheese dressing.

### FRIED ZUCCHINI SLICES

*Contributed by Willy Street Co-op*

*staff member Ansley Knoch*

1/2 c. canola or other high heat oil  
1 c. panko breadcrumbs  
1/2 c. grated Parmesan cheese  
1 zucchini, thinly sliced, preferably with a mandoline  
1/2 c. flour  
2 large eggs, beaten

**Directions:** Heat oil in a large skillet over medium high heat. In a large bowl, combine breadcrumbs and cheese; set aside. Working in batches, toss zucchini slices in flour, dip into egg, then dredge in breadcrumb mixture. Add zucchini rounds to the skillet and cook until evenly golden and crispy, about 1 minute on each side. Transfer to a paper towel-lined plate. Serve immediately, with so many dipping sauces.

## GENERAL MERCHANDISE NEWS

# Drink More Water!



by **Mike Burns,**  
Merchandise

It's the time when people reflect back on the past year that passed and set their focus on the year ahead. That means about half of all Americans (45% according to most statistics out there) will be setting New Year's resolutions, most of which have something to do with what we

consume. What if I told you that there was one specific thing you could focus on that would not only impact resolutions, but could possibly turn out to be one of the most important things you do in your daily routine? Well, there is, and it is very simple. Drink more water! So let's resolve to drink more water and get ourselves away from sodas and all sugary drinks. Then we can check off the other major resolutions like improving our well-being, weight and overall health as well.

### FILTERS AVAILABLE AT THE CO-OP

The key to drinking more water is

quality and availability. No one likes to drink water that smells like pool water and tastes terrible. You are also not going to drink water if all you have available is soda or other sugary beverages. The best investment one can make for your health and water-drinking habits is to buy a water filter and reusable water bottle. The Co-op has expanded its water filter offerings over the past year to include more options. There are countertop filters, pitcher filters and even shower filters, all of which are made by New Wave Enviro. The company is family-owned and started in 1993 to create environmentally friendly products that center around quality water.

The pitcher filters are an affordable option that allows portability. We carry three different options, all of which are BPA-free, dishwasher-safe and WQA (Water Quality Association)-certified. We carry the Twist Filter Pitcher, the Eco Filter Pitcher and



**Twist Filter Pitcher**

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With hard work, determination, enthusiasm,  
honesty, and integrity



-First joined Willy St Co-op in 1976-

the Alkaline Filter Pitcher, which all use the same filter. The Twist and Eco vary in capacity but have the



same carbon-based filter that removes most of the chlorine, copper, cadmium and mercury, while improving overall taste. The Alkaline pitchers uses the same filter but also raise the pH of the water to 8.5-9.5 by adding the perfect balance of naturally ionized magnesium, potassium, calcium and sodium.

New Wave also offers “enhanced” replacement filters that fit all the pitchers. The Anti-Arsenic filter can remove arsenic as well as the other pollutants filtered by the standard model. There is also the UI-

tra which is “backcountry rated” as it can filter out 99.99% of naturally occurring bacteria and cysts found in surface water.

My personal favorite filter that the Co-op offers is the countertop 10 Stage Water Filter by New Wave Enviro. I have personally used this system for about six years and will attest to its greatness. It is certainly an investment but well worth it. The system attaches to your faucet and diverts tap water through the 10 stage filter and out of the system’s faucet. They also make an under-the-counter attachment to save counter space and give a cleaner look. That you’d have to purchase online as an extra.

The filter lasts about a year, but that depends on your use. It is rated for a three-to-four person household for one year and filters out most of the chlorine, trihalomethanes, organic arsenic and mercury, lead, PBCs, giardia, cryptosporidium, floating solids, asbestos, pesticides and herbicides. Pretty solid stuff. If

you do not have a water softener, you will still have hard water with the filter so make sure to clean it out with vinegar once a year.

### WATER CONTAINERS

Now all you need is a good reusable water container. The Co-op sells Klean Kanteen and Life Factory bottles, as well as some larger New Wave Enviro containers. I personally have a well-dented Klean Kanteen



10 Stage Water Filter

bottle that I’ve had for about seven-to-eight years. The average American uses about 167 “disposable” plastic water bottles a year. That means that if I followed that trend, I would have saved about 1,336 bottles from using my Klean Kanteen. And I always have clean, fresh water to drink.

People who explicitly make specific resolutions are 10 times more likely to attain their goals than people who don’t. Broad resolutions or goals are difficult to follow as they usually focus on large shifts in many aspects of our lifestyle. If we focus on one aspect of our lives that can effect change on many loftier goals like losing weight, being healthier or even improving our mental health, that one aspect can make an impact on all of the goals. More bang for your buck, so to speak. I choose to focus on increasing my water intake and eliminating the beverages containing sugar. I sure hope you join me!

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[www.wilystreet.coop](http://www.wilystreet.coop)

**willy street co-op**

**willy street co-op**  
**community reinvestment**

**Community Reinvestment Fund (CRF) Grants Available**

Since 1992, the Willy Street Co-op has contributed \$367,000 to local nonprofits and cooperatives to support developmental and educational projects for our community.

Grants from the Community Reinvestment Fund may be awarded to projects supporting food justice or access, cooperative development, sustainable agriculture, health and well-being, and/or social change. Grant applications and further details can be downloaded from [www.wilystreet.coop/charitable-giving](http://www.wilystreet.coop/charitable-giving).

The deadline for applications is February 28, 2017

# coop™ deals

# JANUARY

Our weekly Owner Rewards specials are listed in an in-store flyer, on our website, or are available by email. We are doing this to be able to be more flexible with our sales and offer better sale pricing. For more information, including how to sign up for the email flyer, see [willystreet.coop/Owner-Rewards](http://willystreet.coop/Owner-Rewards).

## HEALTH & WELLNESS co-op deals: January 4–17



### ALBA very emollient body lotion

Original Unscented

**\$10.99/tx**

32 oz • was \$17.49/tx



### CLEANWELL hand sanitizer

Original, Orange

**2 FOR \$5/tx**

1 oz/ea • was 2 for \$6.98/tx



### NORDIC NATURALS postnatal omega-3

**\$27.99/tx**

60 sg • was \$41.99/tx



### ACURE argan oil towelettes

**\$4.99/tx**

30 pc • was \$6.49/tx



### DR. BRONNERS toothpaste

All Kinds on Sale!

**\$3.99/tx**

5 oz • was \$5.99/tx



### ALACER emergen-c

Super Orange, Tangerine, Raspberry

**\$9.99/tx**

30 pc box • was \$11.99/tx



### NUBIAN HERITAGE bar soap

All Kinds on Sale!

**3 FOR \$9.99/tx**

5 oz/ea • was 3 for \$14.37/tx



### TERA'S WHEY rbgh-free whey protein powder

Plain Non-Organic, Vanilla Non-Organic,  
Chocolate Non-Organic

**\$15.99/tx**

12 oz • was \$20.49/tx



### MEGAFOOD megaflora

**\$41.99/tx**

90 cap • was \$62.99/tx



## HEALTH & WELLNESS co-op deals: January 18–31



### ANDALOU 1,000 roses exfoliating pearls

**\$9.99/tx**

2 oz • was \$13.99/tx



### ONE WITH NATURE bar soaps

All Kinds on Sale!

**3 FOR \$9.99/tx**

7 oz/ea • was 3 for \$14.37/tx



### XLEAR xylitol nasal spray

**\$9.99/tx**

1.5 oz • was \$13.99/tx



### DESERT ESSENCE dental floss or tape

**2 FOR \$5/tx**

1 ea • was 2 for \$7.58/tx



### NUTIVA hemp protein powder

**\$13.99**

16 oz • was \$18.29



### OREGON'S WILD HARVEST organic ashwaganda

**\$16.99/tx**

90 cap • was \$24.99/tx



### TOM'S OF MAINE deodorant stick

**\$4.99/tx**

2.25 oz • was \$6.99/tx



### SOUTH OF FRANCE hand soap

All Kinds on Sale!

**2 FOR \$6/tx**

8 oz/ea • was 2 for \$8.58/tx



### COUNTRY LIFE superior b12

3000 mcg

**\$13.99/tx**

50 ct • was \$19.99/tx



All Specials Subject to Availability. Sales Quantities Limited.

# coop™ deals

co-op deals: January 4-17



## TURTLE ISLAND FOODS tofurky meatless sausage

Beer Brats, Italian Sausage, Kielbasa

**\$2.99**

14 oz • was \$4.49



## BOB'S RED MILL organic flour

Whole Wheat, Unbleached White,  
Whole Wheat Pastry

**\$6.49**

5 lb • was \$8.49



## CASCADIAN FARM organic frozen juice

Apple, Cranberry, Grape, Lemonade,  
Orange

**\$3.00**

12 oz • was \$3.79



## WILD PLANET wild sardines in spring water

**\$1.99**

4.375 oz • was \$2.79



## ALMOND DREAM vanilla bites

**\$3.00**

6.6 oz • was \$4.79



## GREEN MOUNTAIN GRINGO organic salsa

All Kinds on Sale!

**\$3.69**

16 oz • was \$5.29



## HILARY'S EAT WELL veggie burgers

All Kinds on Sale!

**\$2.50**

6.4 oz • was \$3.49-3.79



## EARTH BALANCE kettle chips

Sea Salt, Vegan Cheddar,  
Sour Cream & Onion

**\$2.99**

5 oz • was \$3.99



## DANG original coconut chips

**\$3.00**

3.17 oz • was \$4.29



## LATE JULY snack chips

Sea Salt, Ranch, Mild Green Mojo

**\$2.00**

5.5-6 oz • was \$3.19



## ENVIROKIDZ eco pac organic cereal

All Kinds on Sale!

**\$5.99**

23-25.6 oz • was \$7.49



## WALLABY organic greek yogurt

Whole Vanilla Bean, Whole Plain,  
Non-Fat Plain, Low-Fat Plain

**\$5.69**

32 oz • was \$7.29-7.49



## EVOL burritos

All Kinds on Sale!

**\$2.00**

6 oz • was \$2.79



## SAFFRON ROAD simmer sauce

Harissa, Korma, Tangine, Tikka Masala

**\$1.99**

7 oz • was \$2.99



## JOVIAL brown rice pasta

Capellini, Fusilli, Penne, Spaghetti

**\$2.69**

12 oz • was \$4.29



## NATURE'S PATH organic instant oatmeal

Variety Pack, Original, Flax Plus, Apple  
Cinnamon

**\$2.50**

14 oz • was \$4.49



## ORGANIC VALLEY soy milk

Chocolate, Original, Vanilla,  
Unsweetened

**\$2.99**

64 oz • was \$3.49



## SEVENTH GENERATION bath tissue

**\$6.99/tx**

12 pk • was \$9.99/tx



The specials on this page are valid January 4-17

All Specials Subject to Availability

# JANUARY

co-op deals: January 18-31



## KII NATURALS crisps

All Kinds on Sale!

**\$4.49**

5.3 oz • was \$5.79



## WOODSTOCK FARMS organic frozen mangoes

**\$2.99**

10 oz • was \$4.49



## KIND bars

All Kinds on Sale!

**\$1.29**

1.4 oz • was \$1.99



## ALEXIA FOODS yukon gold julienne fries with sea salt

**\$2.79**

15 oz • was \$3.49



## ANNIE'S NATURALS organic ketchup

**\$2.39**

24 oz • was \$3.79



## MUIR GLEN organic tomatoes

All Kinds on Sale!

**\$1.00**

14.5 oz • was \$1.99-2.29



## ESSENTIA WATER electrolyte enhanced water

**\$1.65**

50.72 oz • was \$2.49



## RUDI'S ORGANIC BAKERY super seeded bread

**\$4.29**

24 oz • was \$5.29



## SEVENTH GENERATION dish liquid

All Kinds on Sale!

**\$2.50/tx**

25 oz • was \$3.79/tx



## ORGANIC PRAIRIE organic ground turkey or chicken

**\$6.99**

12 oz • was \$9.29



## PAQUI tortilla chips

Jalapeño, Nacho Cheese, Sea Salt, Very Verde

**\$2.29**

5.5 oz • was \$3.29



## STONYFIELD FARM greek yogurt

Plain, Vanilla, Super Fruit

**\$1.25**

5.3 oz • was \$1.99



## BARBARA'S BAKERY cheese puffs

Original, Jalapeño

**\$2.00**

7 oz • was \$2.99



## BIONATURAE fruit spread

All Kinds on Sale!

**\$2.99**

9 oz • was \$3.99-4.79



## LUNDBERG rice cakes

All Kinds on Sale!

**\$2.99**

8.5 oz • was \$3.99



## FRONTERA lime tortilla chips

**\$2.49**

10 oz • was \$3.29



## GOMACRO energy bars

All Kinds on Sale!

**\$1.99**

1.8-2.5 oz • was \$2.79



## CASCADIAN FARM organic cereal

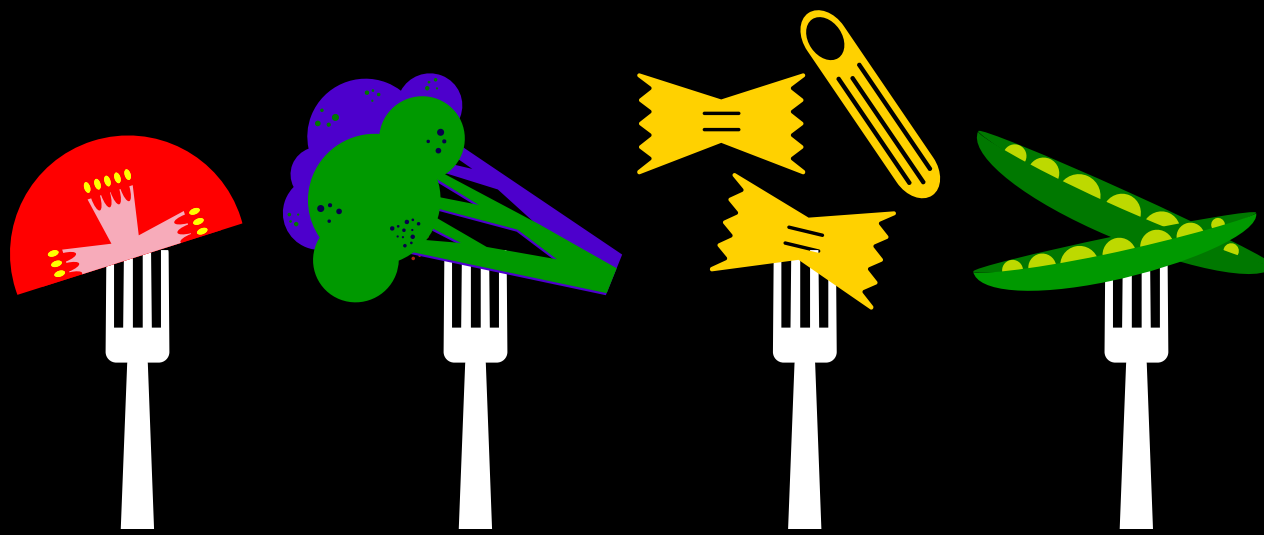
All Kinds on Sale!

**\$2.50**

8.6-14.6 oz • was \$4.99



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## We can help with your New Year's resolution to eat better!

Making New Year's resolutions is easy; keeping them...not so much. That's why we're offering you tips, classes, samples and recipes to help you eat better. Whether you want to eat more nutritious food; make more of your own food; reduce gluten, sugar, or meat in your diet; or make other changes, we can help. Plus, Owners can save a lot with a week of Flash Sales!

# JANUARY FLASH SALES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan. 2nd	Jan. 3rd	Jan. 4th	Jan. 5th	Jan. 6th	Jan. 7th	Jan. 8th
2pm-6pm	2pm-6pm	ALL DAY	2pm-6pm	2pm-6pm	2pm-6pm	ALL DAY
<b>50% OFF</b>	<b>57% OFF</b>	<b>33% OFF</b>	<b>50% OFF</b>	<b>20% OFF</b>	<b>43% OFF</b>	<b>20% OFF</b>
<b>Organic Green Kale \$1/bunch</b> Limit 6 Regular Price: \$1.99/bunch	<b>3lb Bag Pink Lady Apples \$2.99/bag</b> Limit 4 Regular Price: \$6.99/bag	<b>Alacer Emergen-C Super Orange \$7.99/box</b> Limit 4 Regular Price: \$11.99/box	<b>Ferndale Fresh Ground Turkey \$2.99/lb</b> Limit 10lb Regular Price: \$5.99/bag	<b>All Frozen Fruits and Vegetables</b> - Excluding Potatoes, Juice, Frozen Desserts	<b>Organic 4lb Bag Navel Oranges \$3.99/bag</b> Limit 4 Regular Price: \$6.99/bag	<b>All Bulk - Grocery &amp; Gen Merch</b> Excluding Coffee .....
		.....			.....	<b>9am - 1pm</b>
		<b>ALL DAY</b>			<b>ALL DAY</b>	<b>44% OFF</b>
		<b>42% OFF</b>			<b>10% OFF</b>	<b>Organic Hass Avocados 6 for \$5 (or \$.99/ea)</b> Regular Price: \$1.49/ea
		<b>Tera's Whey rGBH Free 24 oz Vanilla \$19.99</b> Limit 2 Regular Price: \$34.49			<b>All Cutting Boards</b> While Supplies Last	



Flash Sales for Owners Only.

For a list of tips, classes, samples and recipes, see

[www.willystreet.coop/new-year-2017](http://www.willystreet.coop/new-year-2017)





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**CARMELLA'S BALSAMIC-SMOKED UNCURED BACON JAM**

We've carried this family-owned, Appleton-based Italian bistro's tomato sauces for a couple of years. Now try their bacon jam! What do you do with bacon jam? Add it to pork chops, burgers, roasted chicken or steak for a delicious smoky taste. You can also serve as a flavorful addition to a cheese plate or spread it on a hearty rustic bread. Available at East, West and North.

**NEW GT'S KOMBUCHA VARIETIES**

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Are you a fan of thin crust pizza? You'll want to give these a try. Handcrafted from scratch and par-baked in a wood-fired oven, these pizzas feature 100% organically grown wheat crusts and are topped with fresh herbs, vegetables and cheeses that are rBST growth hormone-free. No preservatives, artificial colors or flavors. Look for it in the freezer aisles. Available at North and East.

**AMY'S KITCHEN SONOMA VEGGIE BURGERS**

A new veggie burger from Amy's Kitchen. Named after their hometown of Sonoma County, California, this vegan burger is made with organic vegetables, mushrooms and quinoa. Free from dairy, gluten and soy. Available at East, West and North.

**NORDIC NATURALS ULTIMATE OMEGA 2X**

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10% off all Wellness and Bodycare items for Owners the first Wednesday of every month.

**THIS MONTH'S WELLNESS WEDNESDAY IS JANUARY 4TH**

**HUGE Sale!!**  
through JANUARY



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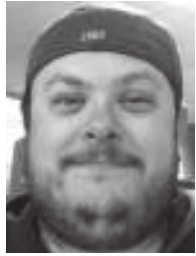
We are proud to be a supplier in the growing local food system. When enjoying our products, you are supporting 14 family farms, 6 hardworking employees, 2 family entrepreneurs, and one small town.

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## Bone Broth



by **Jeremy Johnson,**  
Category  
Manager—  
Meat & Deli

**B**roths made from bones have been used across the globe throughout human history. Nearly every traditional society boiled bones to make a nutrient-rich broth and stock—from Vietnamese pho to Italian brodo to American chicken noodle soup. A flavorful, meaty broth is at the base of

some of the world's most comforting dishes. But in the last couple of years, nutritionists and health food junkies have begun promoting broth not for its delicious warming properties but for its numerous health benefits. According to many, broth made primarily with animal bones and simmered for hours and hours is a magical superfood that can heal digestive issues, revive tired muscles, and make brittle hair and nails a thing of the past. Unlike commercially prepared broth which relies on harsh cooking methods and questionable additives, traditional bone broth, otherwise known as stock, retains all the benefits of unhurried cooking and natural ingredients.

### HOW TO MAKE BONE BROTH

Homemade, nutrient dense broth is incredibly easy and inexpensive to make. Most recipes for making stock use only chicken or beef bones, but it can be made using bones from any animal you enjoy eating. In selecting the bones for broth, look for high-quality bones from grass-fed cattle, pastured pork, or free-range poultry. Since you'll be extracting the nutrients and consuming them in concentrated form, you want to make sure that the animal was as healthy as possible.

In my experience customers want to use femur bones. Femurs are great

as they contain a ton of marrow but very little collagen. You want a good mix of bones and joints; I suggest using a 1:1 ratio of bones to joints. This will almost guarantee you achieve that jello-like consistency.

The first step in making broth is roasting the bones. This browns and caramelizes them, and we all know what browned and caramelized means: better flavor. Don't be afraid to really take the bones to the limit. Crank the oven up high a bold 450°F. You have to put in ample oven time. Take those bones right up to the edge of too done. Once you're ready to boil the bones, don't waste the crisped brown bits on the bottom of the pan, loosen them with a little water and a metal spatula, and add those to your stockpot. This adds flavor to the finished broth. A good bone broth doesn't need much more than bones and a few choice aromatics, like onions, carrots, celery, black pepper, and a few bay leaves. The last two ingredients are cider vinegar (this helps to pull minerals from the bones) and last but not least is filtered water.

Once you have all of your ingredients ready, you can add them to your stock pot. Start by adding the roasted bones and bits, then the aromatics and cider vinegar, then move it all to the stove, then add the filtered water. You want to add enough water to cover the bones plus one inch. Cook on high and bring to a boil, then reduce the heat until it drops to a simmer, and let simmer for 24 hours. Once the broth is done cooking, use tongs to remove as many of the bones as you can and then strain using a fine mesh strainer. Let cool and refrigerate overnight. In the morning you will have a nice layer of on top of the broth; this fat is full of flavor and works great for sautéing vegetables, caramelizing onions or pan-frying burgers. It will also make a great roux for gravy or thickening soups or stews. Once refrigerated; your broth will be good for five to sevendays or frozen for up to six months.

## Neti Pots



by **Angela Pohlman,**  
Category  
Manager—  
Wellness

**U**sing a Neti Pot could be a great addition to your winter health routine! I know, it sounds a bit strange—putting this teapot-looking thing up your nose. It is worth it if you have sinus issues!

Despite owning a Neti Pot for years, I am only a recent graduate of the Nasal Rinsing

School of Nosecraft and Sinusry. My doctor recommended it for some ear issues I was having, and after a week or so of daily use, my symptoms were relieved! One other benefit that I have noticed—I typically have nose bleeds and pain during the wintery months—I have not had any issues since I started using the neti pot regularly.

So what is it? Basically, a neti pot pours saline water through your sinuses up one nostril and out the other—rinsing out not just mucus, but any allergens or pathogens that may be hidden in there.

### IS IT SAFE?

The main concern with using a Neti Pot is the water. The FDA and companies that sell Neti Pots all recommend using distilled or boiled (for a few minutes and then cooled to room temperature) water. Water out of your tap may be safe to drink, but it could contain bacteria or amoebas that would be killed by your stomach acid; however, if you pour it into your nose, you could risk infection. You should also wash your hands and follow the manufacturer's instructions for cleaning your Neti Pot regularly. The only other concerns that I have seen are potentially feeling stinging if you don't have enough salt in your water

### HOW DO YOU DO IT?

It depends on what kind of Neti Pot you have—they all come with instructions. Here are the instructions for the brand I have—Baraka:

1. Fill your neti pot just below lip with distilled or boiled water—cooled to room temperature.

2. Add a heaping 1/2 tsp. of mineral sea salt. Stir until thoroughly dissolved. (Don't use iodized salt; it can be irritating.)
3. Bend over sink and turn your head to one side.
4. Keeping pot level, place spout into your top nostril until it fits snugly.
5. Breathe through your mouth and slowly tip your head downward allowing warm water to travel up through your sinuses and out the other nostril.
6. You may need to adjust the angle of your head slightly in order to allow the water to flow out the other nostril.
7. Use half the water and repeat on the other side.
8. Blow your nose gently to remove excess water and mucus.
9. Once you're done, it is helpful to bend over at the waist (with top of your head pointed towards floor) and exhale to release any trapped water.

How often? Well, that depends on your schnozz. Here is what Baraka recommends:

The answer is simple—listen to your own body—but it requires you to experiment a bit. Below are a few suggestions on how to do this:

For maintenance: Some people benefit from rinsing daily as it opens up their sinus passages. Others may find it too drying. See what works best for you.

For colds: Rinsing two to four times a day can be helpful to flush out infection and liquefy mucus. Do this for the duration of your cold.

A few things that can help you kick colds and infections faster:

1. Rinsing with 10 oz. (a full neti pot) on both sides.
2. Double the amount of salt (add 1 tsp.) in your neti pot. This is called a hypertonic rinse.

For allergies: Rinsing at least once a day will help you flush out the pollen. In addition, people get relief from using a hypertonic rinse.

For chronic sinus problems: Listen closely to your body. Everyone is different. Some people benefit from rinsing daily, while others do it once a week.

I've been using a Neti Pot in the morning and at night; my toddler likes to watch me. Like I said, I have a Baraka Neti Pot because it is beautiful and makes me want to use it. I have created a little Neti Pot area in my bathroom with my salt in a container, my bottle of distilled water, and my half-teaspoon scoop. I have to make it really easy or I won't keep it up! I will say it is really satisfying to watch something be visibly dislodged and come out of my nose.



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# MINDFUL SNACKING

by Charity Bingham, Newsletter Writer

**P**lanning and preparing a meal can be a daunting task for anyone. When we don't have the time or ingredients for preparing an elaborate meal, having a thoughtfully selected snack can help fill in the nutritional gaps and leave us feeling full and satisfied. The key to snacking and simultaneously filling in our nutritional gaps is to consume the essential nutrients that our bodies need, even when snacking. Snacking is a key tool in weight management and overall health. The important aspect of using snacking as a tool rather than a hindrance is selecting nutritious foods and snacking mindfully.

Mindfulness is the practice of considering our individual thoughts, actions and motivations as they're happening. When applied to eating and snacking, this translates into being aware of our nutritional needs and how we can best meet them conscientiously. To start this process, we need to remember a few key principles:

## PLAN YOUR SNACKS

Take time to consider what you'll eat before you're in the midst of eating. Think about how you're feeling at that moment. If you're experiencing hunger, proceed. If it's any other sensation driving you to eat, stop what you're doing and take a moment to dwell on your motivations for snacking in that moment.

## CHEW YOUR FOOD

Digestion begins in the mouth. Mechanical digestion is an important step in the body's digestive dance. The more you chew your food, the more you're helping your digestive system and the little guys inside your gut do their jobs; chemically digesting your food.

## DRINK WATER

Our bodies use water in large quantities for their most important func-



tions. Drinking water before, during and after eating can help provide more accurate sensations of satiety, or feeling full.

## RECOGNIZE YOUR LEVEL OF SATIETY

It can take up to 20 minutes for feelings of fullness to set in. Take your time while eating to accurately gauge when enough is enough. "Enough" is not indicated by feelings of fullness; it's when we no longer feel physical sensations of hunger. This will vary based on activity level, basal metabolic rate, and typical caloric intake. Part of being mindful is considering these individual factors for yourself and being aware of and being mindfully involved in your nutritional decisions.

## TURN OFF TECH

Devices are devised to distract with dynamic diversions. It's as simple as that. It's easy to eat more than intended, less than intended, or not at all when you're not paying attention and focused on your tech rather than sustenance. Staring at all of our new-fangled devices means we're spending less time looking at what we're eating and with whom we're eating. Take time to set devices aside and mindfully participate in your body's ingestion and digestion processes.

## BE SILENT

Technology isn't our only distraction from our thoughts when eating. Be mindful of distractions that keep you focused on things other than what you're eating.

## SHARPEN YOUR SENSES

Let your senses be your guide. Pay attention to the smell, texture and taste of your food. Consider the nutritional value of your food and how it fits your nutritional needs. Every human experience is unique; take the time to become aware of how you experience food.



## BRING ONLY THE AMOUNT YOU PLAN TO EAT

Put snacks into portioned containers. Become more mindful of how much you're consuming with some extra effort and investment in reusable containers. Anything with a lid that isn't absorbent and is recyclable can be re-used for snack containers.

## DON'T DEPRIVE

No matter what you're craving, there are equally as satisfying healthful options without the adverse effects experienced from mindless snacking. Munching is well within your rights and is essential to preventing long-term return to previous, undesired habits. Satisfy your urges by creating a list of foods that will both satisfy your nutritional needs and your cravings. You deserve good things; that includes good food. Choose one a modest serving of a special treat and plan to eat it later in the day after your other, perhaps less crave-worthy, meals. It gives you something to look forward to as well as a continued path to mindful eating.

## READ FOOD LABELS

Packaged food with ingredients that you can read and understand are usually a safer bet than the ones with ingredients that don't suggest a visual image of any particular food group. However, even the clearest labels may use synonyms or variations of unwanted ingredients, so be mindful of selecting options with the simplest ingredients.

## MODERATION METER

Whatever you're snacking on, snack in moderation. Some things can be eaten in larger quantities than others. The key is to focus on your nutritional needs and whether the things you're eating, especially those that you're eating in large quantities, are meeting those needs in addition to some of your desires. The more varied your diet, the closer you are to determining your body's optimized input and output, in terms of food to energy processing.

## SNACK IDEAS

Here're some snacks that can

satisfy any craving that may arise, and happen to fit a variety of dietary needs:

## When you're in the mood for something savory:

**Roasted seaweed:** Initially, these thin, green strips of translucent seaweed may be visually off-putting. But once you place a sliver on your tongue, it melts in your mouth and you're swept into the current of an oceanic sensory experience. Seaweed is umami, savory, in a way that is distinctly unique to these edible algae we know as "seaweed." Without being what we typically consider "seafood," it must be experienced first-hand to truly appreciate it. As an added bonus, seaweed is a good source of Vitamin C, an essential antioxidant. At the Co-op GimMe Organic Roasted Seaweed Snacks Teriyaki flavor are my go-to, but there are tons of varieties, including wasabi and sesame flavored options.

**Hummus:** Hummus is a deliciously creamy and savory treat that is both high-protein and high in the type of fats that are heart-healthy. The primary ingredient in hummus, chickpeas, are a good source of fiber. If mindfully selected, the ingredients should be as simple as chickpeas, tahini, and olive oil. If you're feeling adventurous, try hummus flavored with garlic, roasted red bell pepper, and combinations of other veggies, herbs, and spices. You can make your own hummus using the recipe below or try my absolute favorite hummus ever: Banzo's Hummus. Banzo is a local Madison company where they hand-make their sensational hummus with simple ingredients. This makes a great sugar-free option and provides some of the essential components of our diets that keep us healthy and satisfied.

## HUMMUS

*Adapted from The Best Recipes in the World by Mark Bittman*

2 c. drained well-cooked or canned chickpeas, liquid reserved  
1/2 c. tahini (sesame paste), optional, with some of its oil  
1/4 c. extra-virgin olive oil, plus oil for drizzling  
3 cloves raw, peeled garlic, or 5 cloves roasted garlic (recipe below)  
Salt and freshly ground black pepper

to taste  
 1 Tbs. ground cumin, curry, or paprika, or to taste, plus a sprinkling for garnish  
 Juice of 1-2 lemons, plus more as needed  
 Chopped fresh parsley leaves or mint for garnish

**Directions:** Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree. Taste and adjust the seasoning (adding more lemon juice can kick up the flavor as well). Serve, drizzled with the olive oil and sprinkled with a bit more of the spice combination of your choosing and some parsley or mint. Makes 8+ servings.

## ROASTED GARLIC

*Adapted from Authentic Kicked-Up Syrian Hummus by Mary*

5 cloves whole raw garlic with paper skin intact  
 1-2 Tbs. olive oil

**Directions:** Pre-heat oven to 450°F. Place 5 cloves whole raw garlic with paper skin intact in the center of a large square of aluminum foil. Drizzle with olive oil. Fold aluminum foil into a packet. Roast in foil packet until soft and golden brown, about 10-15 minutes. Remove from the oven and allow to cool slightly. Once slightly cooled, squeeze the garlic out of peels.

## VEGGIES

Carrots are a great option for dipping into hummus or any other dip variety. They're minimally processed and contain high amounts of beta-carotene, the antioxidant responsible for Vitamin A production during digestion. For a colorful snack packed with vitamins and minerals, try Cal-Organics' Organic rainbow baby carrots. They're great for taking with you on the go and provide a dose of subtle sweetness along with a vegetable serving. They're cut and peeled and washed and ready to eat, which makes for a quick snack option with no prep required.

Sweet bell peppers are also a good option for hummus dipping, minimally processed and high in Vitamin C as well. Wash them and slice them into slivers ahead of time and they also make a great on-the-go snack, plus another great

option for a vegetable serving. Aim for a variety of colors; bell peppers come in a wide array: red, orange, yellow, green, and even purple! For some palates, there is no difference in flavor between the different color varieties; for others, there's a world of difference. Try them all and discover which are your favorites.

Sugar snap peas are full of Vitamin A, C, K, manganese, and potassium. They're a high-impact snack that work well on the go, alone or used as a vessel for dip, like hummus.

Celery makes a great vessel for hummus, peanut butter and tons of other sweet and savory combinations. It's high in Vitamin C as well as Vitamin A, which is important for vision, immune system, and heart functions. You can buy celery in bulk at the Co-op; meaning you can get just the amount you need and avoid wasted produce that may otherwise spoil. Try a washed and scrubbed stalk dipped in hummus or slathered in a nut butte or sunflower seed butter. In the co-op's bulk department, you'll find raisins bursting with flavor: flame raisins, which pair very well sprinkled on top of celery stalks and mounds of nut butter or sunflower seed butter, a classic "ants on a log" rendition, with an ever-important vegetable serving.

## NUTS & SEEDS

Nuts and seeds are the original fast food. If you don't have a tree nut or peanut allergy, they are an excellent source of protein and are pre-packaged to go, by nature. When it comes to a savory snack with a valuable bang for your buck, these little delights take the cake.

Cashews are mild and creamy and work well in cooked dishes as well as on their own as a protein boost and a great natural source of iron. Try the raw, no-salt-added cashews in the Co-op's Bulk department in whatever amount you want. The Cajun and Curry Cashew varieties are a great treat, if sodium isn't of concern for your diet.

Macadamia are another great nut/seed variety that lend a smooth and mild flavor profile to any dish, or can be enjoyed alone. They too are high in essential (required for proper biological func-

tion) vitamins, and minerals, including; Vitamin B1, Vitamin B6, and Manganese. Enjoy a pre-portioned serving while on the go and see what a difference they make when you're in a pinch. The Royal Hawaiian Or-

chards Sea Salt Macadamia Nuts or Willy Pack Macadamia Nuts are a great option for sourcing macadamias that are minimally processed and devoid of the common fillers and preservatives used by some companies to cut costs.

Sunflower seeds make a great inexpensive option for rushed snack times and they are chock full of fiber, Vitamin E, Vitamin B1, protein and iron. Vitamin E provides "distinct antioxidant activity... which protect cells from the damaging effects of free radicals. [Free radicals] might contribute to the development of cardiovascular disease and cancer." Scientists are working to fully understand the nature of free radicals, so have some sunflower seeds in the meantime, just to be on the safe side. Sunflower seeds also provide benefits through essential amino acids that aid in the production of serotonin and melatonin, the bodies mood and sleep regulators. There are tons of varieties of sunflower seeds out there, so be sure to check sodium and additive content if purchasing anything other plain seeds. You should always check first with your healthcare provider before adding any potential food allergen triggers to your diet. Fortunately, for some people with tree nut or peanut allergies, they may be an alternative snack option to tree nut and peanut butters.

Trail mix, typically enjoyed on the hiking trail, is meant to serve the purpose of providing hungry

hikers nutritionally dense calories while on the go. It can be a mixture of your own making or a pre-packaged variety. The mixture can contain any ratio of nuts, seeds, dried fruit, chocolate chips, or really any number of shelf-

stable additions. Trail mix is a custom experience. The co-op offers a huge variety of trail mix with different optional additions. The Co-op's Student Trail

Mix is my go-to because it's full of the vitamins and minerals previously praised, plus it gives me the carbs and protein combo I need to power through a long school or work day. Try a small amount of the bulk mixes or use your preferences to create your own mixed masterpiece. Happy trails and good snacking!

## CHEESE

String cheese makes a good option for those on the go, with its high calcium and protein content. Cesar's String Cheese is by far the best string cheese I have ever had. It's salty and tangy, with just the right amount of chewiness. It's made in the traditional hand-stretched Oaxacan style, so expect serious stringiness with this string cheese.

When you're in the mood for something sweet:

## FRUIT

Whole fruit is one of the best choices that you can make for yourself when it comes to selecting a snack. Citrus fruits are a great addition to any dietary repertoire for their abundance of Vitamin C and their naturally sweet flavor profiles. Satsumas and mandarins are little balls of bright, juicy citrus flavor that pair well with cottage cheese or alone as a perfectly portioned travel snack. If you're interested in a bigger snack, try a grapefruit, rich in fiber, Vitamin A, and Vitamin C. Conversely, if you're looking for a tiny snack and you're in a big rush, kumquats are your best option. They're about the size of a quarter and look like miniature oranges but are eaten whole, skin and all. The skin lends a slightly sweet and bitter note to the very tart juicy inner flesh. If you've never had a kumquat, they're worth trying just for the experience of the diversity that citrus fruits have to offer. There's something for everyone in this fruit family.

Berries are a quick snack staple. Their varieties of colors and flavors are impressive and are biologically beneficial as well. Antioxidants, vitamin C, and iron abound. Blueberries, blackberries, strawberries, raspberries and even aronia berries are a great source of nutrition, so enjoy them at your leisure! Eat them alone or paired with yogurt, cereal, or even sparingly as a special treat with Sassy Cow Whipped Cream or So Delicious Non-Dairy Whipped Coconut Topping.

Apples are obvious choices for a snack, but don't let the standard com-



mercialized Red Delicious convince you that apples are all one note. For a tiny snack, try crabapples, silver dollar-sized apples that fit well into any snack bag. For an average-sized tart, sweet and crisp apple try Honeycrisp, Pink Lady, or Fuji. Apples are great enjoyed whole, with nut butters, as an addition to oats or baked. Baked apples are de-cored without going completely through to the other side of the apple and creating a well in the center. You can then sprinkle the inside of the well with cinnamon, sugar, and any other spices of your choosing. Bake at 350°F and enjoy when cooled. This can also be made in the microwave, on high for 3-4 minutes, with the prepped apple in a covered casserole dish. A baked apple on a cold winter morning makes for a quick, simple and nutritious snack to start your day off mindfully.

Grapes—red or green, take your pick—are a fast-fruit snack high in fruit sugars that act as a quick pick-me-up for on-the-go activity. Try them frozen for a unique texture experience.

Bananas are a quick and simple snack packed with Vitamin C. Ripe bananas even contain dopamine, serotonin, and norepinephrine, which are neurotransmitters related to mood, memory, pleasure, and vigilance. Those benefits alone are enough to make bananas a worthy snack. When you add those benefits to the benefits you can get from pairing some foods with bananas, you get even more bang for your buck. You can add them to cereal, you can turn them into banana chips with a

dehydrator or oven, you can cook them in a pudding or enjoy them frozen and mashed like ice cream; the possibilities are limitless, but some options are better than others. Be mindful of your consumption and enjoy the health benefits that come with this delicious snack.

For a quick fix and nutritionally dense snack, try a banana with Yumbutter Nut Butter. Yumbutter is a local Madison nut butter company that specializes in artisanal nut butters and offers many flavors in a to-go squeeze pouch. The pouches are especially great for taking to work, school, or out to play, as they transport easily and can be squeezed on top of a peeled banana with ease and without tools or prep. The cashew butter squeeze pouch is a star in the line-up, but they also offer an almond butter, sunflower seed butter, and classic peanut butter variety. Peanut butter is naturally high in vitamin C, a good source of iron, and is rich in monounsaturated fats, which help reduce the risk of heart disease. Add being a “good source of vitamins B3 and E, magnesium, folate, and dietary fiber” to the list of peanuts’ benefits and you’ve got yourself an inexpensive multi-purpose snack. Be sure to look out for Yumbutter’s seasonal flavors; since they’re limited edition offerings, they fly off the shelves!

If you find yourself with an abundance of fruit and no way to consume it in a reasonable amount of time, try (peeling if needed) cutting them into quarters, blending until mostly smooth, spreading on a non-stick cookie sheet and cook-

ing it at your oven’s lowest temperature setting (while still being turned on) for a few hours, checking it intermittently. It’s ready when you poke it and it no longer separates to reveal the sheet underneath, or it’s firm but pliable. This will leave you with the sweet



gooey-ness of homemade fruit leather—thin sheets of blended fruit that contain all the goodness of the fruit with an even more portable package. Add sugar and spices to your personal fruit blend, as you see fit.

Dehydrated fruit is a good option for a sweet treat to go and can be enjoyed sparingly. Try the Co-op’s sliced mango in the Willy Pack cooler. They’re tangy and tart but sweet and chewy, a flavor profile that most can’t resist. While you’re at it, check out the apple slices, dried pineapple, dried apricots, or dried bananas for equally tantalizing options. These options have beneficial health offerings and are easy to grab when running low on time. Some are, however, pre-sweetened, so enjoy them in moderation for the sake of your daily sugar intake. When it

comes to sugar intake, don’t spend it all in one place.

Dehydrated fruit lends itself well to being added to oatmeal, a hearty and filling breakfast staple. You can take it with you anywhere if you prepare overnight oats. Place a 1:1 combination of rolled oats with milk, water, or a milk alternative in a mason jar. Stir the combination to ensure oats are saturated and add toppings of your choosing. Cover with a lid and let it sit in the fridge for at least six hours or overnight. Enjoy your Overnight Oats in the morning, prepared and ready to mindfully start your day.

Now that we’ve explored the abundance of options for snacking mindfully, with your body’s well-being in mind, enjoy these snacks and treats knowing that you’re benefiting your body and your mind. Understanding how your dietary choices affect you is an essential component in optimizing your health and therefore your future. Remember the tips and snacks when you’re in a bind at work or school and are preparing to provide your body with nourishment; you are now equipped to mindfully enjoy your nourishment. Bon appétit!

## What’s for lunch?

Our Deli hot bar menus are updated daily at [willystreet.coop/menus](http://willystreet.coop/menus).



Avocado  
TLT wrap

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## RECIPES AND DRINK RECOMMENDATIONS

Take 10% off recommended beverages... Just show your Willy Street Co-op Owner card at Star Liquor!

### Marinated Collard Salad with Sausage over Grits

*Adapted from [www.food52.com](http://www.food52.com).*

You'll have a delicious dinner on the table in less than 30 minutes with this simple, fresh recipe.

1 c. coarse cornmeal (polenta/grits)

1 c. grated Gruyere

Salt

Pepper

1 Tbs. olive oil

1/2 lb. Italian sausage

2 tsp. apple cider vinegar

2 scallions, white and green parts separated, chopped

1 bunch collard greens, stems discarded, leaves torn into 2-inch pieces

**Directions:** Combine the cornmeal with 3 cups of water in a medium saucepan over medium heat. Cook, stirring occasionally, for about 15 minutes, until the grits are tender and creamy. Stir the grated cheese into the grits, and season with salt and pepper. Cover to keep warm.

Heat the olive oil in a large skillet over medium-high heat. Add the sausage and cook 4-6 minutes, breaking up the sausage with the back of a spoon, until browned. Use a slotted spoon to transfer the sausage to a plate. Remove all but 2 tablespoons of fat from the skillet, and lower heat to medium. Add the white parts of the scallions, and cook for 1-2 minutes, until softened. Remove from heat and stir in the apple cider vinegar. Place the torn collard greens in a large bowl, and pour the warm dressing on top. Toss the greens to coat in dressing, and use your hands to massage the collards until they wilt, 2-3 minutes. Sprinkle with salt and pepper. Add the green parts of the scallions and toss to incorporate.

Serve the grits topped with the collards and sausage. Makes 4 servings.

**Star Recommends:** *Coltibuono Roberto Stucchi RS Chianti Classico—Coltibuono Chianti Classico "Roberto Stucchi" or "RS" is a Sangiovese made from grapes selected in the best Chianti Classico zones. It is intense and fruit-forward, ready for drinking immediately, but over time it gains an added complexity. Luminous ruby color with forest berries, spices, leather, moist earth and dried plum are layered in the aroma. Soft, round taste, well-balanced acidity and clean and persistent aftertaste make this wine very pleasing and ready to drink.*

### Grapefruit Campari Sorbet

*Adapted from [www.davidlebowitz.com](http://www.davidlebowitz.com).*

Rio Star grapefruits are at their peak now, so this is the best time to tuck into this liqueur-infused frosty treat. The Campari helps the sorbet stay scoopable, but if you want to substitute it with orange juice (or grapefruit juice), or omit it entirely, that is fine.

3 c. freshly squeezed Rio Star grapefruit juice (about 6 grapefruits), divided

3/4 c. sugar

1/4 c. Campari

**Directions:** Combine 1 cup of the grapefruit juice with the sugar in a small saucepan over low heat, stirring, until the sugar dissolves.

Pour the remaining 2 cups of grapefruit juice into a bowl, and stir in the grapefruit-sugar mixture. Add the Campari and stir to combine. Refrigerate until completely chilled, then freeze in an ice cream maker, according to the manufacturer's directions. Makes 4 cups.

**Star Recommends:** *Belaire Brut—A refreshing, crystalline sparkler made exclusively from Chardonnay grapes—an authentic French Blanc de Blancs bursting with elegance and style.*



### Collard Greens and Kale Pesto

*Adapted from [www.epicurious.com](http://www.epicurious.com).*

Fresher and brighter than collards that are simmered for hours, this is a pesto that you'll want to put on everything. Try on pasta, of course, but also stirred into minestrone, spread on toast or as a topping for burgers.

1 small bunch collard greens, stems removed

1 small bunch Lacinato kale, stems removed

3 cloves of garlic, chopped

1/2 c. grated Parmesan (1 1/2 ounces)

1/2 c. unsalted roasted peanuts

1 Tbs. finely grated lemon zest

1 Tbs. lemon juice

1 c. olive oil

Salt

Black pepper

**Directions:** Fill a large bowl with ice and cold water. Bring a large pot of salted water to a boil, and blanch the collards and kale in the boiling water for 45 seconds, until bright green and tender. Use tongs to transfer to the ice water bath, and submerge to stop the cooking. Drain well, squeezing out as much liquid as you can.

Coarsely chop the greens and place in the bowl of a food processor. Add the garlic, grated cheese, peanuts, lemon zest, and lemon juice. Pulse to combine. With the motor running on low, slowly drizzle in the olive oil, and process until creamy (some texture is good). Season generously with salt and pepper. Makes 2 cups.

**Star Recommends:** *KRIS Pinot Grigio—With enticing aromas of acacia flowers, lime, tangerine, and hints of apricots and almonds, KRIS Pinot Grigio is bold but clean and refreshing on the palate, and offers a long finish tinged with orange blossom and honey.*

### Black-Eyed Peas with Collard Greens

*Adapted from [www.cooking.nytimes.com](http://www.cooking.nytimes.com).*

For good luck all year long, here's what to eat on New Year's Day. With bay leaf and dill, and no ham hock, this version is Greek-inspired, not Southern.

1/2 lb. black-eyed peas, picked over and rinsed

1 large onion, chopped, divided

4 cloves garlic, minced, divided

1 bay leaf

2 Tbs. tomato paste

3 Tbs. olive oil, divided

Salt

1 large bunch collard greens, stems discarded, chopped or sliced into ribbons

1/4 c. chopped fresh dill, plus up to an additional 1/4 cup, to taste

Black pepper

Lemon wedges

**Directions:** Place the black-eyed peas in a large pot and cover with 2 inches of water. Bring to a boil, then drain. Return the black-eyed peas to the pot, add half of the onion and half of the garlic, and cover with 2 inches of water. Set over medium-high heat and bring to a simmer. Add the bay leaf and reduce heat to medium-low. Cover and simmer for 30 minutes, until the black-eyed peas are just barely tender. Set a colander over a bowl, and drain, reserving all the cooking liquid.

Preheat oven to 350°F. Place the tomato paste in a small bowl, and add 1/2 cup of water. Whisk to combine. Set aside.

In a large Dutch oven or other oven-safe pot, heat 2 tablespoons of the olive oil over medium heat. Add the rest of the chopped onion and sauté for 5 minutes, until tender. Stir in the rest of the garlic, and cook another 30 seconds. In batches, stir in the collard greens, stirring and letting each batch wilt before adding more. Stir in the tomato paste and water mixture, and

**please drink responsibly.**

season with salt. Add the cooked black-eyed peas, and pour in enough of the reserved cooking liquid to just cover everything. Place the pot in the oven, and cook for 30 minutes, until the collards and black-eyed peas are very tender.

Return the pot to the stovetop over medium-low heat. Add some more of the cooking liquid if it seems dry. Stir in the last tablespoon of olive oil and chopped dill. Cover, and simmer for an additional 10 minutes. Season with salt and pepper to taste. Serve hot, with lemon wedges. Makes 6 servings.

**Star Recommends: Joseph Carr Cabernet Sauvignon—Notes of black currant, tobacco, coffee, black cherry, and toffee. Full-bodied, plush tannins and integrated acidity lead to a persistent finish.**

## Pork Chops with Roasted Parsnips, Pears, and Potatoes

*Adapted from www.foodandwine.com.*

Marinating in olive oil, lots of garlic, rosemary, and lemon zest makes these pork chops tender and flavorful.

3/4 c. olive oil, plus 2 tablespoons, divided

12 cloves garlic, smashed

4 sprigs rosemary, cut into 2-inch lengths

Zest of 3 lemons

Black pepper

8 pork chops, 8-10 ounces each, 3/4 to 1-inch thick

6 parsnips, quartered lengthwise

6 Bartlett pears, firm but ripe, quartered lengthwise, cored

3 lbs. Yukon Gold potatoes, sliced into rounds 1/3-inch thick

**Directions:** In a large roasting pan, combine 3/4 cup of the olive oil, the garlic, rosemary, lemon zest, and 1/2 teaspoon of black pepper. Place the pork chops in the pan, and turn to coat them in marinade. Arrange them in a single layer, and marinate the pork chops for 1 hour at room temperature, or up to 12 hours in the fridge. (Return to room temperature before roasting.)

Move oven racks to the top and bottom of oven. Preheat oven to 425°F.

Transfer the pork chops to a platter, scraping off any marinade bits back into the roasting pan. Set aside.

Set the parsnips, pears, and potatoes in the roasting pan, and toss to coat in marinade. Season with salt. Transfer the vegetables to 2 large rimmed baking sheets. Roast 40 minutes, stirring occasionally, until very tender, rotating the sheet pans midway through cooking.

Heat 1 tablespoon of olive oil in each of 2 large skillets. Place the pork chops in the skillets and season with salt. Cook over high heat until golden brown, 2-3 minutes on each side. Arrange the pork chops on the two baking sheets when the vegetables are finished roasting, setting the pork chops right on top of the vegetables. Roast for 5 minutes for slightly pink meat. Transfer the pork chops and vegetables to a large serving platter and enjoy hot. Makes 8 servings.

**Star Recommends: Domaine la Manarine Le Carignan—Popular as a blending grape in the Southern Rhône, Carignan rarely gets its chance to shine as a proper varietal wine. The Domaine la Manarine's Le Carignan is 100% Carignan and shows the depth and character that's possible with careful viticulture. Translucent black plum in the glass, Manarine's Carignan conveys the varietal's woody, gamy charm with vibrant loganberry fruit accented by notes of salumi, tar and lavender.**

## Vegetable Cottage Pie

*Adapted from www.sundaymorningbananapancakes.yummly.com.*

Cottage pie is a traditional Irish dish made with lamb and potatoes, much like shepherd's pie. This vegetarian version is made with plenty of vegetables and lentils, simmered with fresh rosemary. It's such a perfect dinner for a cold winter's evening; don't wait until St. Patrick's Day to enjoy it.

4 Yukon Gold potatoes, peeled

1/4 c. non-dairy milk

1 Tbs. margarine

1 tsp. salt, divided

1 tsp. olive oil

1 medium carrot, peeled, sliced into rounds

1 large parsnip, peeled, cut into large dice

1 small red onion, chopped

1 portobella mushroom, stem removed, gills scraped out, diced

1 c. torn kale leaves

1 c. dried lentils, picked over and rinsed

2 tsp. minced fresh rosemary leaves

4 c. vegetable broth

1/2 tsp. white pepper

**Directions:** Place the potatoes in a saucepan and cover with cold water with a pinch of salt. Bring to a boil, then reduce to a simmer and cook until tender. Drain, then return to the pot. Add the non-dairy milk, margarine and 1/2 teaspoon of the salt. Mash with a potato masher. Taste, and add more salt as needed. Cover and set aside.

Preheat oven to 350°F.

Heat the olive oil in a large sauté pan with a lid over medium heat. Add the carrot, parsnip, onion, and mushroom, and sauté for 4-5 minutes, until barely tender. Add the kale, lentils and rosemary and sauté for another minute, until the rosemary is fragrant. Add the vegetable broth, remaining 1/2 teaspoon of salt, and white pepper. Cover, reduce heat to low and simmer for 20-25 minutes, until the lentils are soft.

Transfer the lentil mixture to a small baking dish or pie plate. Top with the mashed potatoes and spread into an even layer. Set on a rimmed baking sheet and bake for 15-20 minutes, until the potatoes begin to turn golden. Remove for oven and let rest for 5 minutes before serving. Enjoy! Makes 6 servings.

**Star Recommends: Teutonic Riesling—2014 vintage for this wine is solid. It's slightly drier than past vintages but every bit aromatic, mouth watering with a lingering finish. Made in the true Teutonic style—fermented with wild yeast from the vineyard in neutral oak barrels and cold stabilized outside during the winter months. This is natural winemaking at its best!**

## Roasted Vegetables with Caper Vinaigrette

*Adapted from Plenty by Yotam Ottolenghi.*

A lemony vinaigrette gives roasted parsnips, onions, and sweet potatoes a brightness and freshness that is welcome in the middle of winter.

1 1/2 lbs. parsnips, peeled, sliced in half lengthwise, or in thirds if large, then chopped into 2-inch lengths

4 red onions, peeled, each sliced into 6 wedges

1/2 c. olive oil plus 2 tablespoons, divided

4 sprigs thyme

2 sprigs rosemary

1 whole head of garlic, sliced in half horizontally

Salt

Black pepper

1 1/4 lbs. sweet potato, ends trimmed, sliced into large chunks

30 cherry tomatoes, sliced in half

2 Tbs. lemon juice

4 Tbs. capers, roughly chopped if large

1/2 Tbs. maple syrup

1/2 tsp. Dijon mustard

**Directions:** Preheat oven to 375°F. Set the parsnips and onions in a large bowl, and add 1/2 cup of the olive oil, the thyme, rosemary, garlic, 1 teaspoon of salt, and a pinch of pepper. Toss to coat in olive oil and transfer to a large roasting pan, spreading the vegetables in a single layer. Roast 20 minutes. Add the sweet potatoes to the roasting pan, and toss to combine. Return to the oven and cook an additional 40-50 minutes, until the vegetables are tender and golden. Add the tomatoes and roast an additional 10 minutes.

In a small bowl, whisk together the lemon juice, capers, maple syrup, mustard, and last 2 tablespoons olive oil.

Pour the dressing over the vegetables as soon as you remove them from the oven. Toss to coat in dressing, and add more salt, pepper or lemon juice as needed. Enjoy hot. Makes 4 servings.

**Star Recommends: Failla Chardonnay—With a spine of vibrant green pineapple and a crystalline salinity, the silky mid-palate displays fresh rolled oats, lemon custard and a nervy, mouth-watering finish. The Sonoma Coast Chardonnay provides an honest display of all the wonder found in 2014, a vintage of delicious fruit, texture and energy.**

## Scallop Tacos with Spicy Grapefruit Salsa

Adapted from [www.prevention.com](http://www.prevention.com).

Enjoy the classic combination of citrus and seafood in these fast, easy tacos. Be sure to start cooking the scallops quickly after tossing with grapefruit, as the citrus juice will turn them mushy if they sit for a while.

1 large Rio Star grapefruit  
2 tsp. ground cumin  
1/2 red bell pepper, minced  
1/2 red onion, minced  
1 small jalapeño, seeded and minced  
salt  
1 1/2 lbs. scallops, large  
1 Tbs. olive oil  
Warm tortillas  
Chopped fresh cilantro  
Lime wedges

**Directions:** Zest the grapefruit, then peel and chop the flesh.

In a small bowl, mix together the bell pepper, onion, jalapeno, chopped grapefruit and any juices. Season with salt to taste. Set aside.

In a large bowl, combine the scallops with the olive oil, grapefruit zest, and ground cumin. Toss to combine. Heat a large skillet over medium-high heat, and add the scallops. Cook until golden brown and no longer opaque, about 2 minutes on each side. Slice each scallop in half.

Serve the scallops in warm tortillas with grapefruit salsa, chopped cilantro and a squeeze of lime. Makes 4 servings.

**Star Recommends: Domaine de la Pouy Côtes Gascogne—This is smooth and fresh, its yellow apple flavors edged with grape skin spice. Use of organic manure and a reduction in the use of sulfites. The estate also features a water treatment facility. Additionally, the Domaine uses partially de-mineralized water with a lowered pH level to dilute active ingredients. The results are enlightening; pesticide treatments have been cut by 40%.**

## Grapefruit Rosemary Olive Oil Cake

Adapted from [www.dessertsforbreakfast.com](http://www.dessertsforbreakfast.com).

Fresh rosemary is an unexpected ingredient in desserts, and it adds a warm, complex note in this simple and straightforward grapefruit cake. Use the nicest olive oil you can.

1 small Rio Star grapefruit

2 1/2 c. sugar, divided  
3 c. all-purpose flour  
2 tsp. baking powder  
1 tsp. baking soda  
1 tsp. salt  
2 1/2 Tbs. chopped fresh rosemary  
4 eggs, at room temperature  
6 Tbs. olive oil  
Confectioners' sugar, for dusting

**Directions:** Slice a small sliver from the top and bottom of grapefruit to reveal the flesh. Set the grapefruit in a small saucepan and cover with water. Bring to a boil, and cook for 1 minute. Drain. Repeat these steps two more times (covering with water, boiling, cooking for 1 minute, and draining).

Place the blanched grapefruit in a medium pot with 1 cup of the sugar and 3 cups of water. Cook over medium heat for 20-30 minutes, until you can easily pierce the grapefruit rind with a fork and the sugar has dissolved. Use tongs to remove the grapefruit from the pot, and place on a plate to cool. Reserve the sugar liquid, setting it aside to cool.

Preheat oven to 350°F. Grease and flour a 10-inch round cake pan, set aside.

In a mixing bowl, whisk together the flour, baking powder, baking soda, salt, and chopped rosemary. Set aside.

Slice the cooled grapefruit in half and scoop the flesh into the bowl of a food processor. Scrape out most of the pith from the rind, and discard. Slice the rind into large chunks and add to the food processor. Add the eggs, and pulse to combine, until you have a chunky purée. Add the olive oil and the last of the sugar, and pulse to incorporate. In batches, add the flour mixture, pulsing after each addition to combine. Don't overmix.

Transfer the batter into the prepared cake pan. Bake 40-50 minutes, until the top and edges begin to turn golden brown, and a toothpick inserted into the center comes out clean. Set on a wire rack. Use a pastry brush to brush some of the reserved grapefruit-sugar liquid on top of the cake. Let cool on the rack for 15 minutes, then remove from pan and cool completely. When cool, dust with powdered sugar, and slice and serve. Makes 1 10-inch cake.

**Star Recommends: Bos Wildflower Oaked Mead—This uncarbonated (still) mead is made with wildflower honey and is aged with French oak chips for a sophisticated and complex fusion of flavor. Dry and sophisticated.**



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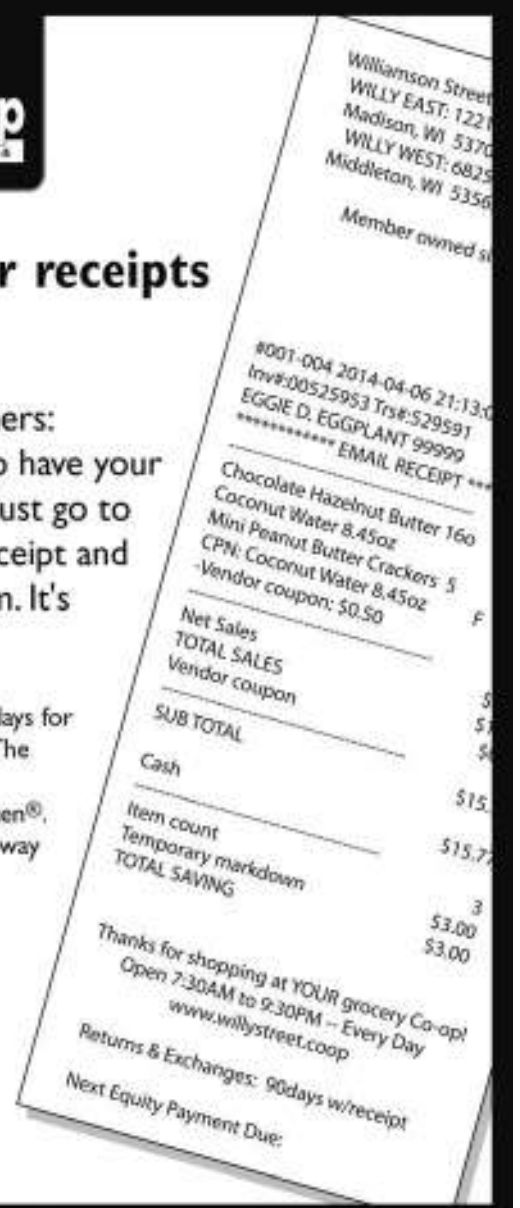
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# Staff Picks



## KIRSTEN MOORE

### Hampton Creek Just Mayo

It tastes great, I can use it in recipes of any kind (including vegan) and it doesn't have bazillions of unreadable ingredients.



## SHARON PUTTMANN

### Brightside Gentle Tea Cleanser

I have tried numerous face washes, and this one tops the list. It cleans thoroughly yet gently—no fussy fragrance involved. My face never feels tight and dry after use. Best yet, it is the brainchild of a local woman and produced right here in Madison.



## AMY HENDERSON

### Willy Street Co-op Broccoli Florets

These are great to add in to mac and cheese or stir-fry. I love that they are produced and processed locally through the FEED Kitchens.

### Twisted Oaks Farms Whole Muscle Beef Strips

This is the Cadillac of jerkies. I can't think of a better choice for a road trip, a day at the park, or really just any day I feel like eating steak but not cooking. The taste is amazing and it's a local product.



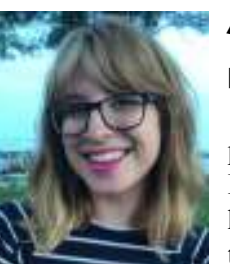
## GIANOFRER FIELDS

### Willy Street Co-op Samosa Pocket

Cause it's DELICIOUS! Paired with a small salad, it's perfect for lunch or dinner.

### Klean Kanteen (insulated)

It keeps my Joe piping HOT! Seriously, it's been known to keep my drinkypoo hot for hours.



## ANNA SISSON

### Peach Mango Klarbrunn

I was never one of them, the "Klarbrunn people." I didn't understand the obsession and I never thought I'd fall into that lifestyle. But here I am buying multiple cases a week. Since that first sip I am addicted and I cannot stop. It's crisp and refreshing and I can't get enough.



## KJERSTIN BELL

### Latte with maple syrup

Another Co-op employee turned me onto this. Espresso and maple syrup (99¢ extra) complement each other very well and make for a deeply flavorful, yet not too sweet, latte. Yum.



## ANNA GEISTHARDT

### Gluten-Free Pumpkin Apple Muffins

These muffins are super-delicious. They have juicy chunks of baked apple and a delicious and crunchy crumble crust top.



## KATHY KEMNITZ

### Herbs Etc. Rocky Mountain Osha Root Cough Syrup

This is my go-to for any chest congestion or cough (also known as bear root).



## SARA REBARCHIK

### Rishi Jasmine Green Tea

I love Rishi Jasmine tea because it isn't just jasmine-flavored but contains actual jasmine blossoms. I drink it every day. Also, Rishi is local (from Milwaukee) and has the best tea around in my opinion.



## PHILIP RENNER

### Tapuat Kombucha - Ginger

This delicious effervescent kombucha will cure a funny tummy in no time!



## PYGN KREITZER

### ShiKai Borage Therapy Borage Bar

This non-soap cleans you up but doesn't dry out or disrupt the natural balance of your skin. I have very sensitive skin, especially in the dry winter months, and using a non-soap has really made my sensitivities much more manageable.



## KATHERINE KORNELY

### Bubbies Kosher Dill Pickles

Bubbies are the absolute perfect pickle. They are fresh and crisp, just salty enough and with a tiny hint of spice. I always have a jar of these in my fridge.



## GABE GARCIA

### New Glarus Serendipity Ale

It's sweet and tart in the best way, and very refreshing. As someone who is picky with beer and wine, I really recommend this. I even had a friend from California take some home since she loved it so much! Available at West and North.





**JULIA GENGENBACH**

**Cheese Curds**

Microwave those puppies for about 10 seconds for an amazingly gooey and flavorful snack.



**SUMMER PADLEY**

**Guayaki Yerba Mate Revel Berry**

It's the perfect kick of energy I need after studying all night, without the horrible crash I get from Red Bull.



**CAITLYN TOMPKINS**

**Veriditas Hydrosols**

The Rose, Orange Blossom, and Lavender Hydrosols from Veriditas are essential for me in winter when my skin is at its driest. A healthy spritz goes a long way before bed, after a shower or whenever you need a pick-me-up!



**ANGELA POHLMAN**

**Nature's Dynamics Vegan Garden Gummies For Kids**

My son's favorite gummy vitamin! I love that it is gelatin-free and completely plant-based and certified organic.



**MAX WILKE**

**Concorde Pears**

Folks, this might just be the best-tasting pear that we carry! They have the most wonderful flavor notes of vanilla and honey. It can be eaten at nearly any point of ripeness, from firm all the way to soft. I personally prefer them with a slight give under the pressure of my thumb, roughly the same feel as cold butter, for example. Give one a try now; they won't be around the whole year!

**Japanese Sweet Potatoes**

Sweeter, denser, and drier, this white-fleshed sweet potato is a great change-up to the more common orange fleshed varieties. It lends itself best to simple preparation. My favorite way is to bake it whole, and then smash it and lightly sprinkle it with salt. Nothing else needed!



**ANDY GRICEVICH**

**Kumquats**

The kumquat might be my favorite fruit of the year—a burst of citrus radiance in a compact, orange, ovoid package. Eating the skin is essential; that's where the sweetness that balances the bright sour flesh is concentrated. Great as a little palate-cleanser during a big meal. I give the noble kumquat credit for helping me to get through the winter with no more than a little sniffle now and then.

Healthy for body and spirit.

**Old Sugar Distillery's Queen Jennie Sorghum Whiskey**

Simultaneously sweet and dry (which I fail to understand), Queen Jennie makes a fine digestif (you know, after dinner)... and it's pretty good at any other time as well. I like it neat, maybe with just a few drops of water added. It's made here in Madison from sorghum, a grain friendly to environmentally sustainable growing practices here in the upper Midwest. A great locally focused holiday gift! Available at West and North.



**Sartori Extra-Aged Goat Cheese**

This masterpiece from Sartori gains complexity and richness, rather than funkiness, from its goat milk base--so, even if you think you don't like goat cheeses, think again. Its tangy fruitiness resembles a mellow version of a true Parmesan, and it sits right between a hard grating cheese and a perfect snack to slice with fruit, good bread and wine.



**KRISTI JO MCCLOSKEY**

**Willy Street Co-op Hot Toddy Concentrate**

This simple blend of fresh ginger, lemon and honey is my go-to for when I'm feeling under the weather. I freeze it into ice cubes and add to hot tea. A great remedy for a common cold.



**RACHAEL GROENING**

**Willy Street Co-op Salted Caramel Bars**

These are heavenly. I could eat 12 if someone would allow me to. Chocolate, salted caramel and a crunchy cookie crunch...what more could you need?



**BARBARA JUSTICE**

**Asian Pear**

Asian Pears are amazingly delicious! They have a nice, crisp texture. Their flavor is a long-lasting mild sweet flavor. They are a great snack by themselves or paired with a rich cheese. They will also go nicely in a fruit salad! They are definitely one of my favorite fruits.



**KELSEY FOSTER**

**Woodstock Organic Tri-Colored Peppers**

As much as I love cooking with fresh produce, it can be pretty pricey when not in season. These frozen organic peppers are a delicious and affordable alternative



to fresh peppers during winter.

**Dr. Bronner's Peppermint Organic Lip Balm**

This lip balm is fantastic, and it's way more affordable than many other organic lip balm brands. It keeps my lips from getting chapped during the dry, windy winter months. I love the peppermint, but there are lots of other great scents, too.



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