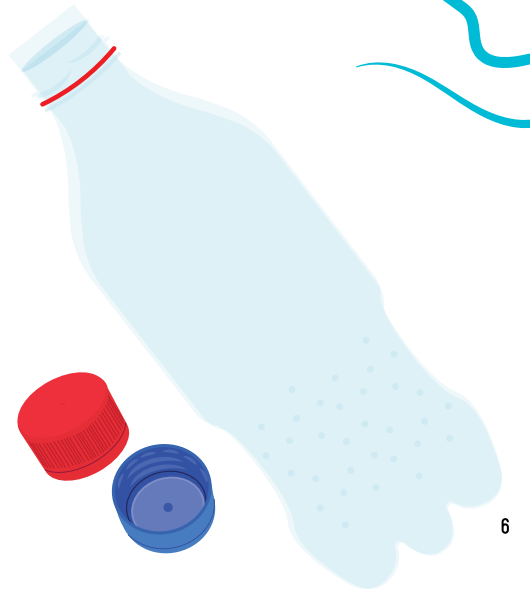
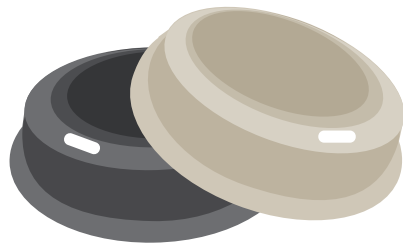
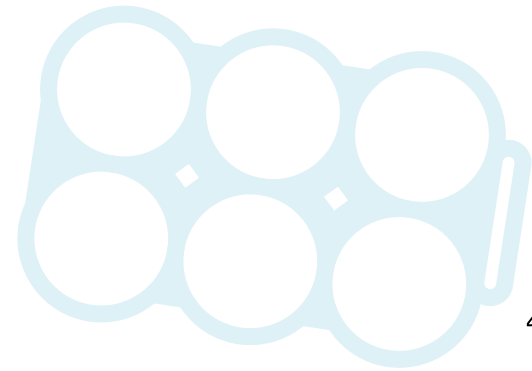
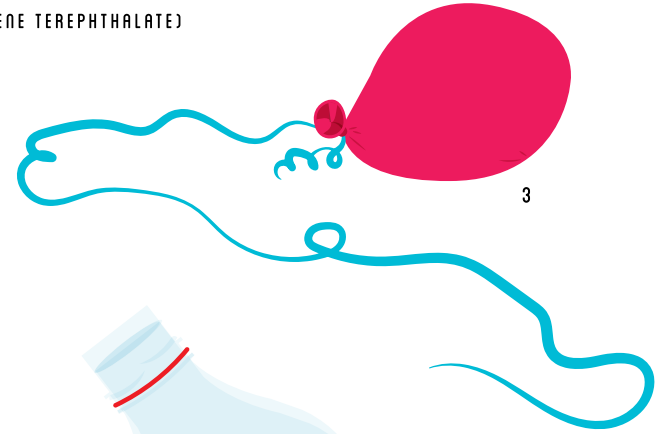
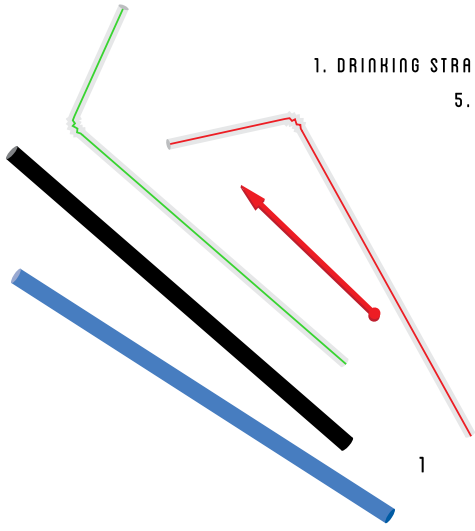


READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 45 • ISSUE 7 • JULY 2018

CREATURES OF THE ORDER OF PLASTICS

1. DRINKING STRAW (POLYPROPYLENE) 2. PLASTIC BAG (POLYETHYLENE) 3. BALLOON (POLYCHLOROPRENE) 4. SIX PACK RING (POLYSTYRENE)
5. BEVERAGE LIDS (HIGH-DENSITY POLYETHYLENE) 6. BOTTLE CAP & BOTTLE (POLYETHYLENE TEREPHTHALATE)



WHAT DOES THE FUTURE HOLD FOR PLASTICS AT THE CO-OP?

SPECIAL STORE HOURS
JULY 1 & JULY 4 CLOSING EARLY AT 7:30PM

IN THIS ISSUE: Board Candidate Statements and Your Ballot; Annual Meeting & Party Information; Probiotic Beverages; Pudge Pie Recipes; Indies for Independence Day; and More!

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willy street co-op 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: 608-471-4422

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

SEAFOOD CENTER: EAST: 608-294-0116 WEST: 608-836-1450

GENERAL EMAIL: info@willystreet.coop

GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

PREORDERS: EAST: es.preorders@willystreet.coop; WEST: ws.preorders@willystreet.coop; NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: 7:30am-9:30pm, every day

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

& Sat-Sun: 7:30am-6:00pm; North Juice Bar: 7:30am-7:00pm

Deli: 7:30am to 9:00pm

Seafood Center-East and West: Monday-Saturday, 8:00am-8:00pm; Sunday, 8:00am- 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
Patricia Butler
Bruce Slaughenhaupt
Jeannine Bindl, Vice President
Brian Anderson
Meghan Gauger
Emma Cameron
Stephanie Ricketts

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

AMP July 12th
July 17th

As always, Board meetings are held at the Central Office beginning at 6:30pm.

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CUSTOMER COMMENTS

Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to 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*. Many more can be found in the commons or in the binder near Customer Service. Thank you!

HOME DELIVERY

Q: *I'm unable to find info on website re home delivery service. Several yrs ago when I placed orders online, I found Willy website very cumbersome to navigate. I was told that aspect of website was slated for upgrade and improvement. Was this done? Thank you.*

A: We have not upgraded our online ordering system yet; however, we are currently working on an E-Commerce project to do just that. We are focusing on quality and our goal is to create a user-friendly shopping experience. While we don't have a definitive timeline and the project is taking longer than originally anticipated. This is a project we are committed to and we are looking forward to providing this improved service to our Owners! Thanks for taking the time to reach out! -Matt McHugh, Logistics Director

LEAN/FAT

Q: *PLEASE, PLEASE post on your product description/price sign what the ratio of lean to fat is on your ground beef, ground round, etc. - for example, 80/20, 90/10, etc.. I MUST know this because of the diet I am on. VERY important.. Thank you so much!!*

A: Thank you for taking the time to write. We do sell ground beef with the fat to lean ratio that you are requesting. We sell them in 1-lb pre-packs from Wisconsin Meadows, we sell both 90/10 and 80/20.

Unfortunately, we do not make any claims to the fat-to-lean ratio of our fresh ground beef. The reason for this is that we do not have the

equipment to test the ratios. The kits we would have to use run between \$2,000-\$6,000. We would then have to test each batch of fresh ground beef then adjust each batch until it is within +/-2% of our claimed ratio, then document and maintain the records for 1 year. If we were to be audited by the FDA or the Wisconsin Department of Agriculture and we were off by as little as 3% we could face heavy fines. To avoid this we label our fresh grounds as either lean (approximately 80/20) and extra lean (approximately 90/10). Thank you, Jeremy Johnson, Meat & Specialty Category Manager

BUSINESS MEMBERSHIPS

Q: *Just wondering if you have a business membership? We are opening a restaurant and were inquiring...*

A: Thank you for inquiring about opening an account for your restaurant. Businesses are not eligible to invest equity and become Owners; however, the Co-op does offer a Business Account, which offers limited shopping benefits, such as a discount on pre-ordered cases and the ability to have a pre-paid charge account if desired.

I will refer you to see someone at Customer Service desk at any store location to sign up for a Business Account. Thank you! -Robert Halstead, Owner Records Administrator

VEGAN BREAKFAST

Q: *I had a great vegan breakfast from your buffet yesterday morning. After two mediocre vegan meals at other eateries in Madison the day before, I was delighted by the blueberry French toast, the breakfast potatoes and the biscuits and gravy. Other vegan items were already sold out when I arrived at 10am, but all three of these made the best breakfast I've had out in months. Next time I visit Madison, eating at your buffet will be a no brainer for me and friends.*

A: Thank you for taking the time to write in and share your positive experience dining at the hot bar. It's always nice to hear kind words and you can be sure I will share them with the staff. We look forward to seeing you

in the store again on your next Madison visit! Best, Katie O'Connell-Jones, Owner Resources Coordinator West

CO-OP BASICS

Q: *I'm not totally clear on the Co-op Basics tag/labeling system. Is that something on sale? I get the 2-week sale tags, etc., but Co-op Basics is not something I understand. Thank you.*

A: Thanks for your question! Co-op Basics products are our best quality products at our best prices. They are not on sale, but almost every one is at the listed price for at least three months, and some have been at that price for years! They are a collection of staple products, many of which we can provide at reduced pricing thanks to the buying power of National Co-op Grocers, of which we're a member. Aside from some produce Co-op Basics items that change seasonally, there are few products that leave this program; we more typically add products, and now have over 450 on the program. If you have any further questions, please let me know! -Brendon Smith, Communications Director

THANKS EAST MEAT!

Q: *I just wanted to say thanks to East Meat Department staff for yet again helping me out with a selection of meat. The Top sirloin suggestion for Kabobs worked out wonderfully! Bonus that it was super budget friendly! You all always help me out in choosing the best product to use while teaching me new tips! 5 stars!*

A: It's so awesome that you took the time to write in and give a shout out to the Meat department. We all know what a difference hearing some kind words can make. -Katie O'Connell-Jones, Owner Resources Coordinator—West

MANGO MAN SALSA

Q: *A few weeks ago, I was looking for Mango Man Salsa at North. It was my understanding that after Tony's tasting promo, the Coop would be selling his salsa. Even with staff assistance, we did not locate it. Interestingly, I recently found it! YAY! However, it was only by*

chance b/c it was located with the marinades, ketchup, bbq sauces, etc. Please consider moving these fabulous, local salsas to a more appropriate area. In addition, Tony's chips will also soon be available. Can't wait! Thank you!

A: Thanks for reaching out and I'm sorry you had such a hard time finding one of my all-time favorite salsas, marinades, all-purpose delicious sauces! Obviously, it's a new addition for us so staff are not quite used to where it lives. As to its location in the store, this product is a tough one to make sense of where it should live. It has so many uses and in my interactions with Tony, he has always mentioned it as a tremendous marinade (which it most certainly is!), hence its location in with the marinades. I do understand the confusion because it also makes sense with salsa, the Latin American set and the condiments. I guess it just depends on how you choose to use it and we don't want to put the same product in 3-4 different places, as that might get extra confusing for customers and staff.

In my merchandising experience with products that have multiple uses, the best solution is to try and find a location that captures the most uses (in this case with marinades, condiments and hot sauces) and do our best to share/show that location with customers so they know where we ended up putting it. We failed in helping you find it, so for that, I apologize. Hopefully next time there won't be any problem finding it!

I hope this helps to share a little insight into why we put it where it is. Honestly, it is quite difficult to place product in a way that naturally makes sense to everyone, especially for items that have more than one use.

All the best, Michael Burns, Product Placement Manager

BEER BRATS

Q: *I just wanted to say that I bought some of the Beer Brats Anna Gilberts (northside Meat GURU) made and they were so delicious!!! Super tasty and not at all dry. My only complaint is that I can't buy them at all stores! I will most certainly be back for more, and to try*

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some of her other new sausages. So so SO good!

A: Thank you for taking the time to write in and share your feedback about those tasty beer brats. I will make sure to pass your kind words on to Anna and the team at North. Yay for grilling and summer!! -Katie O'Connell-Jones, Owner Resources Coordinator—West

BASIC COOKING CLASS

Q: A basic cooking class using herbs and spices would be awesome.

A: Thank you for the suggestion! I have sent your question on to our chef instructor to develop into a class. I'm hoping to have this class on the schedule this fall. Best, Liz Hawley, Education & Outreach Coordinator

GREENS PRICING

Q: Why are organic greens from California in clamshells significantly cheaper than bulk? I'm trying to avoid products in plastic. Plus I wonder how organic they really are. Are you sure they're not irrigated with frac water? It's happening!

A: Thanks for writing with your concerns regarding the pricing of our organic salad mix, and the organic integrity of these products.

Like most things in the Produce department, the pricing for bulk salad mix is generally slightly higher than the packaged. Bagged apples, potatoes, and onions are priced similarly compared to their bulk counterparts. The idea is that if you purchase more of the product, you get a better price - whereas with the bulk product you have the option to get as little as you want.

I definitely understand your desire to eliminate as much plastic as possible, which is why we offer the bulk salads at all. Increasingly, grocers are turning away from this product entirely because it is hard to manage, and can lead to significant product loss. We believe that we need to preserve the option for customers such as you, and we will continue to offer it at the best price we are able to.

Regarding the organic integrity of the salad mix. It, and all of the organic produce in our Produce departments, is USDA Certified organic, meaning that it has been inspected by a third-party organization, ensuring that it meets minimum standards for organic set by the USDA.

The concern, I believe, with some California crops is that they may be irrigated using waste water from oil-fields, and the USDA organic regulations are not crystal clear in their prohibition of this practice. I am hopeful that they will address this issue in the near future as I know there are lots of people upset about this issue.

Though I can't say with certainty that California grown salad mix is not subject to this irrigation, I can tell you that salad crops are not generally grown in the region of California where this is a concern (in and around Kern County). Kern County is in the Southern part of California's Central Valley, and salad mixes are generally grown in the Central Coast regions in the summer months, and in the Southern Desert region in the winter months.

Hopefully very soon we'll have local salad mix on our shelves, which will eliminate the issue for the coming season!

I hope this information is helpful to you. Best Regards, Megan Minnick, Purchasing Director

PRICING

Q: Can you please explain the 15% increase in price of the vegan sheba bars. This is a rather significant price increase, even for a processed food product.

A: Thanks for your comment regarding the price hike on Sheba Bars. It was a move that I felt very reluctant to make.

The truth is rising food ingredient costs precipitated the rise. I identify this usually through a weekly cost audit of our prepared foods that informs me of ingredient price rises. The Sheba bar was an item whose cost was trending upward for quite some time, but I chose to keep the retail price stable for much of that time due to its popularity. I also began looking at other ingredient options to see if I could lower the cost.

Ultimately, I was not able to make up for the smaller profit margins that Sheba and like products were making in this way. I also was not able to source ingredients that were cheaper and still maintained our purchasing standards, which in this case are:

- Fair trade, slavery free, allergen free chocolate made with organic ingredients
- Organic puffed rice
- Organic rolled oats
- Organic brown rice syrup
- Organic peanut butter
- Organic flour
- Organic sugar

These are all products that are very difficult to find lower-cost alternatives for. In the end, I simply had to raise the price.

I hope this helps illustrate my thinking. I never take raising prices lightly. I know the impact it has on you. I felt like, in this case, I did due diligence and was left with the least desired outcome. If you have any more questions, feel free to respond to me directly here. Thanks for your comment. -Patrick Schroeder, Prepared Foods Category Manager

GENERAL MANAGER'S REPORT

Fiscal Year Wrap-Up; Willy West Expansion; and More



by Anya Firszt, General Manager

Welcome July —the beginning of our new fiscal year.

June marked the end of Fiscal Year 2018, and what a banner year we had! We will be able to report at our upcoming Annual Meeting & Party sales greater

than budgeted, planned losses less than budgeted, and that we finally topped the \$50 million annual sales milestone.

In Fiscal Year 2018, we opened the outdoor seating area and the Juice and Coffee Bar at Willy North; at Willy West we installed a new bulk liquid fixture, and started our remodel and expansion work at that site (plus we raised \$640,000 in Owner bonds to pay for the West expansion). We replaced two refrigerated produce cases at both Willy East and Willy North to support improved energy efficiency and product quality standards. We added beer, wine and cider at Willy East, which rounded out our offerings to now be similar at all our retails. On the employee side of our operation, we increased starting wage, reinstated staff evaluations, awarded pay-for-performance raises, and updated pay ranges with pay adjustments. Whew!

At their June meeting, the Board approved the Fiscal Year 2019 Operating and Capital Budgets as recommended by the Co-op's Finance Committee. The coming year's budget allows for reinvestment back into the organization, at the same time outlining financial expectations to ensure financial sustainability for the Co-op in the future.

This year we will focus first and foremost on wrapping up the Willy West expansion and remodel work in the fall, as well as a few other key projects. These projects are designed to improve your shopping experience (for example, refrigeration case upgrades at all three retails and the production facility). Willy North will see an additional cash register lane; Willy East will see new flooring in their Commons, remerchandising of some sub-departments, and installation of an outdoor busing station. A more complete detail of the Fiscal Year 2019 will be shared with you in an upcoming edition of the *Reader*.

CUSTOMER EXPERIENCE (PILOT) SURVEY COMING SOON!

We're working with our partners at National Co-op Grocers to develop a way to get timely feedback from you. In late July, randomly selected shoppers will begin to receive a survey

invitation on their receipt (this includes receipts Owners have requested be emailed to them). Shoppers are invited to rate their experience with specific departments and the store overall, and have the opportunity to add specific comments or request to be contacted. When shoppers complete the survey within three days, they receive a validation code to print on their receipt. Then they can use this receipt as a coupon for \$5 off a purchase of \$25 or more on a future shopping trip. The coupon expires one month after the receipt date.

WILLY WEST EXPANSION

Work continues as planned and on schedule. You will soon see work happening in the existing retail space that will require the remerchandising of some product to allow for areas to be closed for construction. The project team has done an incredible job planning as much access to products as you are accustomed to buying, while creating space for the contractors to do their job. I have confidence the end result will be worth the hassles along the way. Stay tuned!

FINAL REMINDER! BOARD OF DIRECTOR ELECTIONS JULY 1-17, 2018

The time has come to exercise your Ownership rights and cast your ballot for our new Board members! Ballots are due no later than Tuesday, July 17th at 6:00pm! Results will be announced at the Special Owner meeting that same evening.

The Annual Meeting & Party (AMP) is scheduled for Thursday, July 12th in Madison's McPike Park. Festivities begin at 4:00pm. Five-thousand meal tickets are available starting July 1 at any of the retails.

FINANCE COMMITTEE SEEKING NEW MEMBER

The Board's Finance Committee has a vacancy to fill. We are looking for candidates with financial experience who are committed to Willy Street Co-op and its ideals. The average time commitment is five to six hours each month. Please contact Ben Becker (b.becker@willystreet.coop) if you are interested and would like to volunteer.

SPECIAL STORE HOURS: JULY 1 AND JULY 4

All stores will close at 7:30pm on Sunday, July 1st for our year end physical inventory count, and at 7:30pm on Wednesday, July 4th in observance of Independence Day.

Face-to-face time with the GM in July has been postponed from July 15 to August 19 from 12:00–2:00pm. You can also reach me by calling me at my direct line: 608-237-1210 or emailing a.firszt@willystreet.coop.

willy street co-op

FOLLOW US ON:



BOARD REPORT

Thank You for Being Part of My Community



by
Holly Fearing,
Board President

Hello and welcome to July! I know it's hot and muggy at times here in July, but summer is truly my favorite time of year in Madison. I often joke that it's impossible to move out of this part of the country because in winter, who would

be crazy enough to try moving during whatever wicked weather we might get on any given day; but then in the flip of a switch we have full-on summer, and who would be crazy enough to move away before enjoying all that we have waited out the winter for, like our neighborhood festivals. We're fortunate to have so many thriving community events.

Speaking of thriving community, I want to thank you all for being part of the Co-op's and by way of that, my, life for the past six years that I have been a member of the Co-op's Board of Directors. I am terming off this month and making way for new voices to drive our Co-op forward. I have learned so much and have been grateful for the experience of serving for this great Co-op. A few key themes about the Co-op have emerged for me.

EVERYTHING STARTS WITH YOUR VOTE

Every vote has a big and small impact. I will never forget when I was walking into my first Board meeting, I ran into an Owner who said, "Are you Holly? I voted for you!" That small gesture meant so much to me and really put into context the responsibility that sat on my shoulders from there on.

The cooperative structure exists to maximize equality and fairness across the stakeholders of the business. Owners have the responsibility to elect Board members; Board members have the responsibility to represent the voice of Owners in directing governance and delegating operational duties of the business; and the Operational teams have the responsibility of working toward achieving that vision. The system all starts with Owners placing their vote for Board Directors. That's a big deal, and nothing happens without it.

All Owners are called to that responsibility right now! As my fellow Board Director, Stephanie, mentioned in her article last month, voting for Directors begins July 1 and runs through July 17. You have 17 days to read through the candidate statements that are printed in this *Reader* (and online) and to select the three

candidates you choose to carry the Co-op forward in the best interest of all stakeholders fairly and equally. You'll have an opportunity to hear directly from candidates and place your votes during this year's Annual Meeting & Party on July 12.

WE DO GREAT THINGS

At a recent Board meeting, we spent some time focusing on "generative governance"—the practice of looking forward and asking the right questions about where we are going and where we want to go as a Co-op. We started with a quick statement from everyone answering the question, "If you can shop anywhere, why choose the Co-op?" No answers were unexpected, yet all were humbling and inspiring. We all had similar sentiments about the efforts this Co-op makes to reinvest in community, create relationships between people and our food, grow health in individuals and groups, give voice and opportunity to all, work together for something greater than the sum of our parts. All of these reasons and more were standing behind our choices to be part of the Co-op despite other options. It caused me to reflect on the big picture. We may not do everything 100% perfect every day, but the Co-op has a vision, a shared outcome we aim for and work toward with genuine effort day in and day out. That is pretty cool to see in action.

WE ARE MADE OF GREAT HUMANS

From Co-op staff to Owners to Directors to farmers, vendors, producers and every human involved in the work we do, there is an energy around what we are doing. We agree that this Co-op matters and that we're better with it than without it. I have personally worked and interacted with many of these people over the years, and the passion for what the Co-op does is always evident. We may not always agree on everything, but it's clear that we show up and we speak up because we care to do our best and keep it going. I want to thank you all once again for showing up and caring about the opportunity we have to affect positive change in the world through our Co-op. And please remember that it all starts with your vote.

I hope I will see you July 12 at the Annual Meeting & Party!

WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

They build a local movement for social and environmental justice.

Your gifts support Community Shares of Wisconsin (CSW) and its 65 member nonprofits.

Legal Action of Wisconsin (LAW) provides free legal services to community members who could not otherwise afford representation. Earlier this year LAW began the Eviction Defense Project in Dane County. The aim is to provide representation to more tenants

facing an eviction and homelessness by defending against unlawful evictions and negotiating settlements in other cases that will allow clients to remain in housing or to find new housing. In its first three months of operation, this project has already assisted 61 households.



Photo: Legal Action of Wisconsin

The Wisconsin Wetlands Association (WWA) provides training, technical support, and field-based outreach to help communities understand and act on opportunities to put wetlands to work to improve local water and watershed health. Recently, WWA worked closely with partners in Mequon identifying opportunities to protect and restore wetlands and other open spaces, and to conduct outreach to build broad public support for the city's plan for open space protection.



Photo: Wisconsin Wetlands

Housing Initiatives works to end homelessness in Dane County, one person at a time. In order to deepen the support they can offer their clients, Housing Initiatives launched a new housing first program for 15 chronically homeless clients with mental illness. What makes Housing Initiatives' programs unique, is that clients are housed



Photo: Housing Initiatives

within reach of services to support their wellness and healing. The new program launched this year takes this a step further and offers a full continuum of care for clients, including crisis stabilization services and an on-site office for support.

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STORES CLOSING EARLY

SUNDAY, JULY 1 AT 7:30PM FOR OUR YEAR-END INVENTORY

WEDNESDAY, JULY 4 AT 7:30PM IN OBSERVANCE OF INDEPENDENCE DAY

WILLY STREET CO-OP BALLOT

One Ownership, one vote!

VOTE!

You can also vote at the Annual Meeting & Party (July 12)!

Ballots are due by Tuesday, July 17 at 6:00pm! Online voting ends Sunday, July 15 at 11:59pm. They will be counted at the Special Membership Meeting at the Central Business Office (1457 E. Washington Ave. Madison), beginning at 6:30pm that night. Drop your ballot off at the kiosk near the Customer Service desk at any of our stores, vote online via the unique ballot link emailed to you (if we have your current email address), or mail absentee ballots in the envelope inserted in this issue of the *Reader* (stamp needed). Candidate statements appear on pages 6 to 8 of this issue. Please vote for up to THREE candidates. Ballots with more than THREE votes will not be counted. Only Owners' votes are valid. One vote per Owner account. If both Owners on a Household Account vote, only the Primary Owner's vote will be counted. Candidates are listed in alphabetical order. (If you would like your ballot to remain anonymous, use the following procedure: 1. Place completed ballot in envelope and seal. 2. Write your name and Owner number and sign across the seal. 3. Mail or deposit in the ballot box.)

Please vote for up to THREE candidates. Ballots with more than three votes will not be counted.

BOARD OF DIRECTORS

- EMILY AMANN
- TREVOR BYNOE
- MICHAEL CHRONISTER
- STEVE FINE
- STEPHANIE RICKETTS

Owner name (please print):

Owner Signature:

Owner Number:

Today's Date:

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1129 E. Wilson Street

YOUR BOARD CANDIDATES

In the candidate application, we required candidates to attend a Board meeting, to collect 20 Owner signatures supporting their candidacy and to attend a Board Candidate Information Session.



"I have high expectations for results. Confident in my ability to produce, I do the work necessary to tilt odds so the best will happen."

Attended Board Meeting? Yes
Collected Signatures? Yes
Attended Board Candidate Information Session? Yes

EMILY AMANN

1. Why do you believe Owners should choose you to represent them?

I believe in the significance of the Human Condition. As a Shared population, it is essential for collaboration and cooperation to coexist in order to Thrive.

I serve the WSGC community as a Front-End Clerk (Cashier), of which I love. I believe that the relationships I maintain with both Owners and Employees offer unique insights unparalleled. As a Board Director, I will work daily to ensure that communication channels are open on both ends, policy accurately reflects Owner feedback within the framework of Policy Governance, and results portray the amalgam of the whole.

2. What skills and experience do you bring to the position of Board Director?

Prior to moving to Madison, I had worked with the Teach for America-Chicago team, wherein I bridged the connection between neighborhood and community needs and my endeavors in curriculum innovation, strategy, and networking partnerships and the needs of the future scope of the education landscape in Chicago.

I can offer you three years of experience as the founding environmental science educator and science department team lead for UNO Major Hector P. Garcia High School, motivating both students and adults to create data-driven solutions to self- and team- assigned issues of interest. While at UNO, I leveraged resources and relationships to build a rooftop community garden complete with environmentally-conscious curriculum across grade levels and content areas. Financed by a \$100,000 grant from AT&T, with training and support from Honeywell's Green Boot Camp for Educators, I was able to foster community support and partner with neighborhood initiatives to maximize health and wellness- (as well as environmental-) based initiatives to maximize impact on students and their families.

This experience led me to the financial industry, where at MassMutual I continued my work empowering low-income individuals and families to build portfolios that would secure assets for an array of immediate and future needs.

I have an educational perspective shaped both by the medical sciences and the heuristics of science communication via social and mass media, with majors in Genetics and Science Journalism from the University of Wisconsin-Madison. I have excellent project-management skills, communicate succinctly and effectively, strategize non-linearly, and maintain an honest eye for detail, all of which should make me an ideal candidate for this opening.

3. WSGC is founded on the seven International Cooperative Principles. Please choose one of the principles and describe how you think the Board can encourage and foster that in our Cooperative.

The WSGC was founded to fill a need identified by the Madison community in 1974. Much has changed since then, and to continue to meet the current needs of this new and changing Madison landscape, Policy (7) Concern for the Community should be of focus.

Indeed, development at new sites has provided access to a service, but does not necessarily adequately incorporate the needs of the surrounding community. To better identify, understand, and accomplish positive ends, the Board must work by entering and engaging in the community, rather than operate with an 'open door' mindset.

That said, I'm quite certain local neighborhoods, schools, nonprofits and businesses would respond to a door knock. Grassroots efforts often require a different approach.



"I'm interested in helping the Co-op explore creative strategies for promoting equitable opportunities within our community while remaining financially prosperous."

Attended Board Meeting? Yes
 Collected Signatures? Yes
 Attended Board Candidate Information Session? Yes

TREVOR BYNOE

1. Why do you believe Owners should choose you to represent them?

Since moving to Madison last summer, I've become a loyal customer of the Co-op and am thoroughly impressed by its ability to effectively balance profitable operations with a strong commitment to sustainability, community building and philanthropy. As a relative newcomer to the Co-op and to Madison, I'm confident that I could bring a unique perspective to the Board's work around Co-op strategy and governance. As a finance and accounting professional with over 13 years of experience in both for-profit and nonprofit organizations, I am also very interested in serving on the Board's Finance Committee and believe that I could offer valuable insight and analysis regarding the financial sustainability of major Co-op initiatives and strategies.

2. What skills and experience do you bring to the position of Board Director?

I'm excited to leverage my skills and experience in for-profit and nonprofit finance and accounting on the Board to help ensure that the Co-op remains well-positioned for sustained success and growth.

I currently work for the City of Madison's Finance Department, where I am helping to lead the rollout of a citywide performance management system that will instill more transparency and inter-agency collaboration into City operations, and support resource allocation decisions with more reliable data and analysis.

Prior to moving to Madison and joining the City, I was fortunate to serve as Finance Director for Hot Bread Kitchen, a nonprofit in East Harlem focused on workforce development and business incubation for underrepresented food entrepreneurs. HBK operates a full-scale commercial bakery and trains low-income women to become professional bakers and then places them in full-time positions with benefits. As Finance Director, I managed all aspects of financial performance and accounting for both the bakery and programs, and worked closely with the organization's executive team and Board on a multitude of financial and strategic initiatives.

I have also worked in a variety of analytical roles in public accounting, mergers and acquisitions consulting, corporate finance and public education, and each of those experiences strengthened my ability to work effectively in diverse teams and to adapt quickly to changing organizational needs.

3. WSGC is founded on the seven International Cooperative Principles. Please choose one of the principles and describe how you think the Board can encourage and foster that in our Cooperative.

Concern for the Community: As a thriving Madison business that owes the majority of its success to Madison's residents, I think it's critical that the Co-op is continuously exploring creative ways to leverage its clout and resources for the good of the community. Disparities in wealth and quality of living continue to grow in our area, and it is incumbent upon forward-thinking institutions like the Co-op to lead the charge in providing more inclusive and equitable opportunities for all of our City's residents. The Board can play a key role in ensuring that the Co-op's philanthropic efforts are being appropriately targeted towards addressing the most critical issues affecting our community, while also exploring new ways that the Co-op can mobilize its resources (e.g., capital, collective know-how and willpower of Owners, etc.) to effect positive change in the Madison area.

Social Media: <https://www.linkedin.com/in/tbynoe/>



"I support the mission of Willy Street Co-op and will work to sustain its success."

Attended Board Meeting? Yes
 Collected Signatures? Yes
 Attended Board Candidate Information Session? Yes

MICHAEL CHRONISTER

1. Why do you believe Owners should choose you to represent them?

The Willy Street Co-op has a strong mission statement and ends policies. I believe in these policies and feel as a member of the Board of Directors I can help the Co-op attain the goals that have been laid out.

As a long time Madison resident I have seen the changes taking place in our city and within our Co-op. In order to sustain the Co-op in changing times we need to stay focused on the mission.

2. What skills and experience do you bring to the position of Board Director?

I have extensive knowledge of cooperatives having worked at the UW Center for Cooperatives doing research on the economic impact of cooperatives throughout the country. I am very familiar with the form and function of cooperative boards and also of policy governance, which is the model that Willy Street Co-op uses. I was a founding member of the Dane Cooperative Alliance that was forming to foster cooperation among co-ops throughout southern Wisconsin. The goal of this group was to combine resources and knowledge to further expand the cooperative structure as a viable business model. Ultimately the alliance did not take root but by working on its formation I learned a great deal about group decision making and working with a diverse group having many differing opinions and goals.

3. WSGC is founded on the seven International Cooperative Principles. Please choose one of the principles and describe how you think the Board can encourage and foster that in our Cooperative.

Cooperative Principle number 2 is Democratic Owner Control. At Willy Street Co-op this is accomplished through elections for the Board of the Directors by owners with each owner number receiving one vote.

Democratic elections are a cornerstone of this country yet most eligible voters do not take the time to choose their representatives. The Co-op is no different. Only about 8% of owners participate in the election for their Board of Directors and other referendum or bylaw changes. I think the Co-op can do better and if elected will work to raise our owner participation rates.

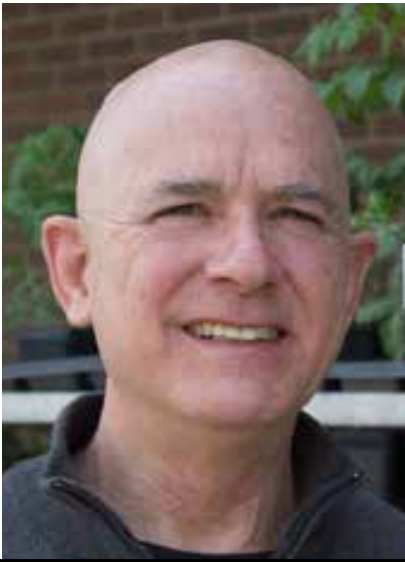


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“The Coop is a major catalyst for good and I know the wisdom, and experience I have gained as a father, coach, organization & business [25-word limit reached]”

Attended Board Meeting? Yes
 Collected Signatures? Yes
 Attended Board Candidate Information Session? Yes

STEVE FINE



“Vote Ricketts for historical Willy Street Co-op knowledge, financial acumen, driven Board leadership, and a commitment to Owner engagement and our cooperative democracy!”

Attended Board Meeting? Yes
 Collected Signatures? Yes
 Attended Board Candidate Information Session? Yes

STEPHANIE RICKETTS

1. Why do you believe Owners should choose you to represent them?

My hope is that members will recognize the value of the experience, creativity, knowledge, energy and awareness that I would be contributing if elected.

I am a father, grandfather and husband, which has taught me the power and importance of listening, discussion, negotiation and compromise. Joining Willy Street was first on our ToDos when arriving in Madison in 1987, to continue shopping cooperatively and eating healthy as we did in Stevens Point.

As part of the Stevens Point Area Food Co-op community, I was involved in its growth and relocation, volunteering and serving on the board of directors for one year.

Additional board experience came facilitating the transition from a state entity to centralized administration with the national organization of ManKind Project, during which I served as president-steward.

Self-employed in a variety of industries, I have engaged a large stratum of our community, through profit and nonprofit entities. My awareness of people’s needs have grown along with the knowledge of how to serve those needs. I have had the opportunity to call upon businesses in Madison learning their hiring requirements and coaching employees on how to get and keep a job.

A certified life coach, my focus is on relationships with money, with our partner, and with our bodies. I have worked with servant leaders, business leaders, small groups and large classrooms. Each of these call for creativity in order to accomplish the objective at hand. I am a people person while cherishing my alone time to handle the details.

I like to kayak, swim and bike. I play in my garden and experiment in my kitchen. I maintain a little free library and an AirBnB site. And I’d like to serve on the board of directors of the Willy Street Grocery Co-op.

3. WSGC is founded on the seven International Cooperative Principles. Please choose one of the principles and describe how you think the Board can encourage and foster that in our Cooperative.

Recognizing and acting on our role as an integral part of the community is paramount to the vibrancy of a business. The relationships that we build through financial support not only serve community members, they also model behaviors that lead to a just and sustainable society.

The significant contribution that is made by Willy Street, each time a shopper is asked if they’d like a CHIP, is authentic and true to both our philosophy and principles, while influencing the world one question at a time. I truly love that the Community Reinvestment Fund is seeded with unclaimed dollars, it just feels right.

I would like to see both a more informed response from the cashiers about what CHIP supports as well as more visible opportunities to participate in CSW programs. This might mean simply providing a prominent space for CSW organizations to manage.

Social Media: www.LivingReal.net

VOTE!

1. Why do you believe Owners should choose you to represent them?

1 - I am a passionate supporter of cooperatives, especially our Willy Street Co-op. I believe in the power of cooperatives to bend food systems and economies toward justice and equity. I believe WSGC is a formidable force for good in our community, and it has the potential to do much more. It is the Board’s role to do the big strategic thinking to figure out how to make that happen. That requires electing Board members (like me!) who value and prioritize this work.

2- I am comfortable monitoring reports and financial statements, which is a big part of the Board’s work. Over the past year I have been trained on Co-op finances, building on my previous experience assisting the Board and Finance Committee in my role as Executive Assistant (2008-2015), as well as my work running a non-profit.

3- I have a deep well of historical knowledge that most candidates do not possess. For 7 years I served as Executive Assistant to the Board and GM, aiding in most aspects of the Board’s work. This is particularly useful when the Board has experienced huge turnover, particularly last year when 5 new Directors were elected to the Board. This year our Board President is stepping down, which leaves the longest tenure on the Board at —3 years. I bring valuable context to conversations and a longer view to policy monitoring than the average candidate.

4- I am an active and engaged Board member, who is just getting started! In my short tenure on the Board, I have chaired the Policy Committee, sat on the Board Development Committee, and am a champion for more Owner Engagement. This has begun with the monthly Board tabling sessions at each site, and I have plans for growing the Board’s outreach to owners and the community at large.

2. What skills and experience do you bring to the position of Board Director?

Financial acumen. Deep familiarity with the Cooperative principles and workings of WSGC. Group facilitation, public speaking, outreach, writing. Social media savvy. I am smart, capable and willing to work hard to make the Co-op successful.

3. WSGC is founded on the seven International Cooperative Principles. Please choose one of the principles and describe how you think the Board can encourage and foster that in our Cooperative.

Principle 2- Democratic Member Control Cooperatives are democratic organizations controlled by their members, who actively participate... My focus on Board/Owner engagement stems from my commitment to Principle 2. If you are reading this and voting in this year’s election, BRAVO! You are one of the —7-9% of Owners (if this election cycle is like the past 2 years) who are actively participating in your co-op’s democratic process. Democracy, as we see on all levels of government, needs to be cultivated, supported and actively encouraged, including here at WSGC. That means identifying and removing barriers to voting, reaching out to the community to build stronger connections between Owners and their cooperative, and growing the Board’s understanding of what Owners need, value and prioritize for our Co-op, so we can better represent and engage them in its governance.

STORES CLOSING EARLY

SUNDAY, JULY 1 AT 7:30PM FOR OUR YEAR-END INVENTORY

WEDNESDAY, JULY 4 AT 7:30PM IN OBSERVANCE OF INDEPENDENCE DAY



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.

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.



COOKING WITH CHEF PAUL: SUPERFOOD FACE-OFF: AVOCADO VS. QUINOA

Location: Willy East Community Room
 Wednesday, July 11, 6:00pm–8:00pm
 Ages: 18 and older
 Instructor: Paul Tseng
 Fee: \$10 for Owners; \$20 for non-owners

Join Chef Paul Tseng to explore many ways to use these superfoods together or separately. From appetizer, salad, main course to dessert, Chef Paul will demonstrate how to make a black bean quinoa burger with cilantro sauce; quinoa crackers with chili avocado and sweet corn dip; and chocolate and avocado ice cream. Vegetarian.

SINGAPORE STREET FOOD WITH MADAME CHU

Location: Willy East Community Room
 Monday, August 6, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision not required
 Instructor: Josey Chu
 Fee: Free; registration required

Madame Chu's Southeast Asian condiments are unique and flavorful. Join Josey, Madame Chu herself, as she demonstrates one of her favorite Singaporean street foods—fresh spring rolls commonly known as Popiah by street vendors. This Popiah is served with Madame Chu's condiments. Come and learn how to cook her family recipes passed down through many generations. Non-vegetarian, vegetarian, vegan and gluten-free options.



COOKING TOGETHER: FLAVORS OF FRANCE

Location: Willy East Community Room
 Friday, July 13, 5:30pm–6:45pm
 Ages: 5 and older; registration for adults and children required
 Instructor: Lily Kilfoy

INDIVIDUAL NUTRITION CONSULTATIONS

Location: East Community Room
 Friday, July 6, 2:15pm–5:30pm
 Friday, July 20, 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 or call 608-301-9961.

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

Join Chef Lily Kilfoy in this hands-on cooking class for families. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare a marvelous meal inspired by the flavors of France—creamy cheeses, fantastic fruits, savory herbs, crusty baguettes, prolific produce and more. Vegetarian.

COOKING TOGETHER: TASTE OF SPAIN

Location: Willy East Community Room
 Friday, August 10, 5:30pm–6:45pm
 Ages: 5 and older; registration for adults and children required
 Instructor: Lily Kilfoy
 Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families and learn about different foods, how to follow recipes and how to use a variety of tools. There is a lot to love about the tantalizing taste of Spain—grapes, lemons, olive oil, eggplant, rice and, of course, tapas! In this class, participants will learn to cook Chef Lily's take on a homemade meal with a Spanish flair. Vegetarian.



NATURAL SOLUTIONS FOR LEAKY GUT SYNDROME

Location: Willy East Community Room
 Wednesday, July 18, 6:00pm–7:00pm
 Ages: Any; adult supervision required
 Instructor: Katy Wallace
 Fee: Free; walk-ins welcome

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.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Lakeview Library
 Wednesday, August 1, 6:00pm–7:30pm
 Ages: 18 and older
 Your Co-op's Own Instructor: Paul Tseng
 Fee: Free; registration required

Once your knife skills have improved, your cooking will be more efficient and more delicious. Join Chef Paul for a demonstration on how to dice, julienne, and chiffonade vegetables and fruits. Chef Paul will also discuss how to choose, care for and sharpen knives. Vegan.

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Lakeview Library
 Thursday, July 5, 10:00am–2:00pm
 Location: East Community Room
 Thursday, July 19, 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.



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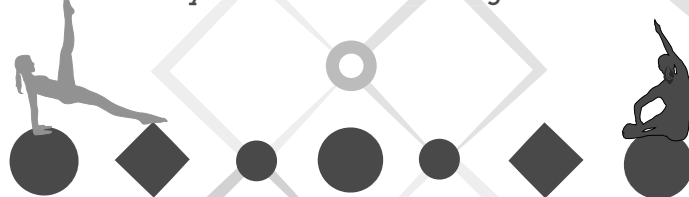
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INTERNAL CLEANSING WITH FOOD

Location: Willy East Community Room

Wednesday, August 8, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Michelle Jolly

Fee: Free; walk-ins welcome

This program is an introduction to the food-based cleansing process. Join Michelle Jolly, Health Coach of Human Nature, LLC, to learn new ways to get healthy by assisting the body's major elimination and toxin-removing organs (liver, kidneys and digestive tract) with food and herbs that allow for internal cleansing. Vegan, gluten-free and grain-free.



EXTENDING THE GARDEN SEASON: HARVESTING IN THE SNOW

Location: Willy East Community Room

Tuesday, August 7, 6:00pm–8:00pm

Ages: 15 and older; adult supervision not required

Instructor: Megan Cain

Fee: \$25 for Owners; \$35 for non-owners

Even in Wisconsin you can harvest from your garden all year round! August is the month to take action to extend your harvests past the fall frosts, serve produce from your yard for holiday dinners, and continue the harvest into 2019. Learn the best planting dates for fall vegetables, cold weather varieties, and how to use season extension techniques like row cover, cold frames, and low tunnels.



WILD FOOD/WILD MEDICINE PLANT WALKABOUT

Location: Lake View Hill Park

Saturday, July 14, 10:00am–12:00pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$20 for owners; \$30 for non-owners

Join herbalist and forager Linda Conroy to explore the wild plants that grow around us. We will learn about common and uncommon wild plants that can be used for food and medicine. Identification techniques, as well as ways to prepare plants for optimal nutrition and healing, will be discussed. Dress appropriately for the weather and wear comfortable walking shoes. This class will take place at Lake View Hill Park, 1202 Northport Drive, Madison. Meet in the parking lot; the tour leaves promptly at 10:00am.



KIDS IN THE KITCHEN: SENSATIONAL SALADS!

Location: Willy East Community Room

Tuesday, July 17, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this exciting hands-on cooking class. Salad is a delicious dish that can be made from a vast variety of vittles—pasta salads, fruit salads, green salads, bean salads and more. What other types of salads can you think of? In this class, participants will prepare multiple sensational salads. Vegetarian.

KIDS IN THE KITCHEN: FROSTY FAVORITES!

Location: Willy East Community Room

Tuesday, July 24, 4:30pm–5:30pm

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

Location: Willy East Community Room

Friday, July 27, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this exciting hands-on cooking class for kids. When the weather gets hot, there is nothing better than an icy cold treat to cool things down—smoothies, sorbets, ice creams and more! In this class, participants will make multiple fun, frosty favorites. Vegetarian.

KIDS IN THE KITCHEN: SUMMER PICNIC

Location: Willy East Community Room

Tuesday, August 14, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this exciting cooking class for kids. When summer gets really hot there is nothing better than eating outdoors—wraps, salads, sides, skewers, dips, fruits, lemonade and more! Participants will work in groups to create a superb summer picnic. Vegetarian.



PRESERVING WITH CHEF PAUL: STONE FRUIT PRESERVES AND PIE

Location: Willy East Community Room

Wednesday, August 15, 6:00pm–8:00pm

Ages: 18 and older

Your Co-op's Own Instructor: Paul Tseng

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

At the end of the growing season, we'd love to retain the bounty of the harvest, and canning is one way to do so. Join Chef Paul Tseng to learn how to can using basic raw pack, hot pack and boiling water methods. We will also make a fresh peach and apricot pie to celebrate! Vegetarian.

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GROCERY NEWS

Probiotic Beverages at Your Co-op



by
Melissa Reiss,
Purchasing
Assistant

Over the past few years, the probiotic drink and fermented food category has grown to where it seems like there are new products popping up every day. There's good reason for that, as the more we find out about gut health, the more we see how it affects overall health. Maintaining a good culture of beneficial bacteria in the gut is thought to be the first step towards overall health.

As far as new and exciting products go, check out the probiotic drinks section when you're shopping your Co-op; there's often something new to discover there, whether it's a seasonal variety or a new flavor altogether.

Let's take a closer look at the different types of beverages you'll find in this section.

KOMBUCHA

The vast majority of what makes up this set is kombucha. Kombucha is a fermented tea with a long history; the first recorded use of it is in 221 BC in China. Its origins are also attributed generally to Eastern Europe, Russia, and Japan.

Fast forward to 2005. Ten years after starting his company brewing kombucha at home, GT (short for George Thomas) Dave's line of organic kombucha beverages began distributing nationally. Kombucha became more of a household name in the United States, which paved the way for other brewers of kombucha. Still made in small batches and never filtered or pasteurized, GT's kombucha elixirs are often blended with organic fruit juice, herbal infusions, and/or chia seeds to create

flavors like Cosmic Cranberry and my personal favorite, Gingerberry (blueberry and ginger). The chia seeds absorb and expand, taking away the "fizz," and totally changing the consistency of the drink. It can be an acquired taste for some, but those who enjoy the kombucha + chia line of drinks benefit from the added boost of energy the chia seeds provide.

To brew kombucha, you need a SCOBY—or Symbiotic Culture of Bacteria and Yeast. The yeast in the SCOBY feasts on sugar during the brewing process, creating the effervescence. The drink is naturally dairy-free, gluten-free, and vegan. Kombucha has become somewhat of a polarizing drink—you either love and crave it, or you steer clear at all costs. The latter may be due in part to the remnants of the mother culture in each bottle. Many consumers have grown to embrace the SCOBY and consume it. Others strain it out and still continue to enjoy the drink—it's a matter of personal preference! The SCOBY is chock-full of probiotic strains, but you'll still get a heaping dose even if you choose to filter it out.

LOCAL 'BOOCH

In addition to GT's, we stock three local rockstar brewers of kombucha, well-known and loved NessAlla, Tapuat from Door County, Wisconsin, and Forage Kitchen. NessAlla is based here in Madison, and their line (with year-round flavors such as Juniper Rose and Peach Blush) has a rotating seasonal offering, as well as new flavors that spring up from time to time. We also carry their kombucha in bulk at each store! Forage Kitchen is new for us, and you'll find their first two distributed flavors—raspberry and ginger—in 12 oz cans. Forage's is one of the fizziest, and out of all the cans I've had, do not contain the 'mother' or any SCOBY bits. So if you're new to the world of kombu-

cha, and the thought of catching a bit of SCOBY in your gulp isn't appealing, this may be the 'booch for you to try. Their kombucha is a product of their health-driven restaurant on State Street which "was started by two UW grads looking to bring healthy, fresh and fast food to their alma mater." Their nutrient-dense menu also includes grain-bowls, signature salads, and cold-pressed juices.

KVASS

The Co-op shelved its first kvass by Angelica's Garden, a small woman-owned company in Elmwood, Wisconsin. Her kvass is made using high-quality ingredients, including organic produce grown on her ecofarm, and sourced from other organic farms. The drink does not contain any sugar or flavorings, and is made by fermenting the vegetables. Find her original Beet Kvass as well as her newer Lime Kvass at all stores.

ETC!

GT's Probiotic Ciders: If you love the idea of healthy, fizzy beverages brimming with probiotics, but can't get down with the SCOBY bits in your bottle, give these a try. With a base of apple cider vinegar and slightly sweetened with Grade B maple syrup, these bevies still contain healthy mushroom adaptogens—but different than what kombucha consists of. Reishi, chaga, and turkey tail are the medicinal mushrooms in these ciders, and you'll find some minimal sediment (as well as a bouquet of probiotics) in the bottle, but without the pancake-like SCOBY.

Kevita's Sparkling Probiotic Drinks are essentially a type of water kefir—a naturally dairy-free probiotic beverage with a fruit-forward taste. According to Cultures for Health, water kefir grains consist of bacteria and yeast existing in a symbiotic relationship. The term "kefir grains" describes the look of the culture only. Water kefir grains contain no actual "grains." Try Kevita's tropical-inspired flavors for a light, dairy-free, effervescent bevvy full of probiotics without any sediment.

GoodBelly Probiotic Fruit Drink: Rounding out our line-up of probiotic potables, we have GoodBelly drinks. These drinks are also vegan, but not effervescent. They contain just one strain, the Lactobacillus Plantarum 299v. Made with organic fruit juice, they do contain low levels of gluten from barley and/or oat flour. There are four servings per carton.

Cheers to your gut!

Got Extra Breastmilk?

Don't let it go to waste!

Contact the Mothers' Milk Alliance to donate!

www.mothersmilkalliance.org

Support local wealth for local health

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REEDIKULUS ARTS CRAWL

JULY 27 & 28, 2018

NEW



CHRYSALIS POPS

Cool down with some locally made popsicles! According to their mission statement, Chrysalis “promotes mental health recovery in our community by supporting work opportunities that encourage hope, healing, and wellness.” Chrysalis Pops is one program under their umbrella which offers individuals the opportunity to

gain meaningful, paid work experience, and while helping them transition into competitive employment placements, while addressing community mental health stigma and access to local, organic produce. Organic ingredients are used in their pops! Available at all stores, however, flavors do vary by location. Also check them out around town at farmers’ markets and festivals—look for their Pops-cycle - their popsicle bike trailer! Available at East, West and North.

GT’S PINK LADY BASIL KOMBUCHA

This flavor was originally made as a special “on tap” offering, but it was loved by consumers so much that they decided to bottle it. Fresh-pressed juice from Pink Lady apples lends a crisp hand to the marriage with aromatic basil for a uniquely delicious concoction. Available at East, West and North.



THRIVE CULINARY ALGAE OIL

An everyday culinary oil for use in any recipe! A great source of good fats and super low on the bad fats—with a light, neutral taste! Vegan, gluten-, soy- and GMO-free! Available at East and North.



TULA HATS

These stylish hats are crafted out of 100% sustainable palm fiber, which is grown along the Mexican coast. They are handwoven in a village in Mexico where these types of hats have been produced for centuries. The hats were tested for their Sun Protection Factor at the California Polytechnic State University and received a high score of UPF 50+, which is a zero UV transmittance score. Check out the selection of styles available at East, West and North.



COMMON PASTA MAC N CHEESE SAUCE

Common Pasta got its start as a food cart down on the UW campus, serving up a menu of fresh pasta dishes that vary seasonally, along with its staple mac n cheese, which has turned out to be a customer favorite. And for good reason—it’s incredible. With fresh, made-from-scratch pasta, herbs, optional spicy pork sausage, and the decadent sauce (more on that in a bit), chefs Brian Baur and Thomas Durbin crafted a mac n cheese dish that is truly out of this world. They approached the Co-op some months ago looking for a way to sell the sauce separately—a trio of Carr Valley cheddar, Roth Kase Gouda (both local), and an imported Parmigiano-Reggiano—needing a bit of work to get retail packaging figured out. After diligent work and a fast turnaround, they succeeded—the sauce has landed at all locations. Use the recipe on the jar to recreate the magic in your own kitchen, and serve over pasta, or steamed vegetables, or as a dip, or... Available at East, West and North.



RP’S GLUTEN-FREE FRESH PASTA IS NOW TASTE REPUBLIC

The new packaging and name brand began rolling out Late May for RP’s Pasta’s gluten-free fresh pastas. Same high-quality products, still made right here in Madison. Look for the bright, eye-catching new look! Also keep your eyes peeled for their newest product coming soon- plantain linguini! Available at East, West and North.



WEDDERSPOON MANUKA HONEY IMMUNITY SHOT

Manuka honey is renowned for its healing and antibacterial properties.

These single-serve pouches are a boost straight to your immune system, containing propolis from honey and either superstar Elderberry or one hundred-percent of your daily value of Vitamin C from Acerola Cherries, respectively. Available in Elderberry with Watermelon Seedbutter or Tart Cherry with Sunflower Seedbutter. Available at East, West and North.



DR. BRITE TOOTHPASTE, MOUTH-WASH, TEETH WHITENING PENS

Dr. Brite is a women-owned company—started by two doctors, a dentist and a breast cancer surgeon. The toothpaste is a non-foaming activated charcoal-based paste without the messy black residue. The Get Brite Teeth Whitening Pen contains hydrogen peroxide, coconut oil, and non-acidic Vitamin C to swiftly whiten teeth two shades lighter in about two days without causing sensitivity. The Stay Brite Teeth Whitening Pen is formulated with activated charcoal from coconut, and without hydrogen peroxide. Both have a refreshing mint flavor and an easy, convenient pen applicator! Available at East, West and North.

VERIDITAS (BY PRANAROM) HARVEST PERFUMES

These perfumes contain organic and sustainable botanicals without any synthetics, additive, adulterants, or GMOs. Choose from three scents: Harvest Fleur—neroli and French lavender are combined for a light, floral scent. Harvest Bois—Balsam fir, cedarwood, balanced with sandalwood and vanilla. Harvest Citrus—bergamot blended with frankincense and sandalwood. All three are in a base of jojoba oil and packaged in a glass vial with stainless steel rollerball for convenient application. Available at East, West and North.



coop™ deals

JULY

Health & Wellness co-op deals: July 4-17

THIS MONTH: JULY 4!

Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!

SEE PAGE 17 FOR YOUR COUPON TO ENJOY 10% OFF WELLNESS AND BODYCARE PRODUCTS ONE TIME ANY DAY IN JULY





**Zum Bar
Goat Milk
Bar Soaps**
All Kinds on Sale!
3 oz • Save \$1
\$3.99/tx





**Megafood
Turmeric
Strength**
For the Whole Body!
60 ct • Save \$11
\$22.99/tx



**Ancient Nutrition
Bone Broth
Protein Powder**

Pure, Vanilla, Chocolate
445-504 gm • Save \$4

\$35.99/tx



**Alba Botanica
Very Emollient
Body Lotion**

Original, Unscented
32 oz • Save \$7.50

\$9.99/tx



**Dynamic Health
Organic Beet Juice**

Great for Athletes!
16 oz • Save \$7.50

\$9.99/tx



**Schmidt's
Toothpaste**

New! Wondermint, Activated Charcoal
4.7 oz • Save \$1.80

\$3.99/tx



**Dr. Bronners
Peppermint Everything!**

All Peppermint-Scented products.

at least
25% off



**Nordic Naturals
Ultimate Omega**

High potency!
120 ct • Save \$10

\$39.99/tx



**Avalon
Shampoos or
Conditioners**

All Kinds on Sale!
11 oz • Save \$4.50

\$5.99/tx



**Amazing Grass
Wheat Grass Powder**

Drink Your Greens.
8.5 oz • Save \$12.50

\$19.99/tx



co-op deals: July 18-31



**Jarrow
Golden Milk**

Delicious Iced!
9.5 oz • Save \$8

\$13.99/tx



**Alaffia
Deodorant**

All Kinds on Sale!
2.65 oz • Save \$1

\$4.99/tx



**New Chapter
Zyflamend
Wholebody**

Power of Turmeric!
60 sg • Save \$20

\$29.99/tx



**Andalou
Body Lotion**

All Kinds on Sale!
8 oz • Save \$2.30

\$6.99/tx



**Jason
Toothpaste**

Power Smile, Sea Fresh, Healthy Mouth
4.2-6 oz • Save \$1.80

\$2.99/tx



**Dr. Formulated
Organic Kids Probiotics**

All Kinds on Sale!
30 ct • Save \$1.50

\$17.49/tx



**Schmidt's
Bar Soaps**

All Kinds on Sale!
5 oz • Save \$1.30

\$3.99/tx



**Herb Pharm
Pharma Kava
Herbal Extract**

1 oz • Save \$4

\$13.99/tx



**Lifefactory
All Water
Bottles**

1 ea • Save 25%

25% off



**Seventh
Generation
Comfort
Applicator
Tampons**

New! Regular, Super
18 pc • Save \$1

\$5.99/tx



PURPLE = LOCAL

coop™ deals

co-op deals: July 4-17

Our weekly Owner Rewards specials are emailed. We are doing this to be able to be more information, including how to sign



Beyond Meat
The Beyond Burger
8 oz • Save \$1
\$4.99



Farmhouse Culture
**Spicy Wakame
Ginger Kimchi**
16 oz • Save \$1.80
\$4.99



Hi Ball
**No Sugar Sparkling
Energy Water**
All Kinds on Sale!
16 oz • Save \$1.58/2
2 for \$4^{tx}



Bearitos
**Organic Lowfat
Refried Beans**
16 oz • Save \$1
\$1.99



Earth's Best
Organic Baby Food
All Kinds on Sale!
3.5-4.2 oz • Save 96¢-\$1.76
4 for \$5



Hope Hummus
Organic Hummus
All Kinds on Sale!
8 oz • Save \$1.29
\$3.00



Chocolove
Chocolate Bars
All Kinds on Sale!
2.9-3.2 oz • Save 98¢/2
2 for \$5^{tx}



Alexia
**Organic Seasoned
Hash Browns**
16 oz • Save \$1.98/2
2 for \$5



Westbrae
**Organic
Canned Beans**
All Kinds on Sale!
15 oz • Save \$1.14
\$1.65



Earth Friendly
**Ecos Laundry
Detergent**
100 oz • Save \$3
\$8.99^{tx}



Green Mountain Gringo
White Tortilla Strips
8 oz • Save \$1
\$1.79



Harvest Bay
Coconut Water
33.8 oz • Save \$1
\$2.99



Beanfields
Bean & Rice Chips
All Kinds on Sale!
5.5 oz • Save \$1.98/2
2 for \$5



Green Valley Organics
**Organic Lowfat
Lactose-Free Kefir**
Plain, Blueberry Pomegrante
32 oz • Save \$1
\$3.99



WTRMLN WTR
Watermelon Water
Original
12 oz • Save 50¢
\$2.99



Blue Sky
Cane Sugar Soda
All Kinds on Sale!
6 pk • Save \$1.49
\$2.00^{tx}



Heartland Mill
**Organic
Steel Cut Oats**
Rndm wt • Save 30¢/lb
99¢



Kevita
**Organic Master Brew
Kombucha**
All Kinds on Sale!
15.2 oz • Save 50¢
\$2.29^{tx}



Wild Planet
**Wild Alaskan
Pink Salmon**
6 oz • Save \$1.10
\$3.39



Napa Valley Naturals
**Organic
Balsamic Vinegar**
12.7 oz • Save \$1.60
\$4.39



Stonyfield
**Organic
Whole Milk Yogurt**
All Kinds on Sale!
32 oz • Save 70¢
\$3.79



Udi's
**Gluten-Free
Hot Dog Buns**
14.4 oz • Save \$1.30
\$3.99



Once Again
**Nut or Seed Butter
Squeeze Packs**
Peanut Butter, Sunflower Seed
1.15 oz • Save 30¢
59¢



Three Twins
**Maxine's Organic
Ice Cream**
All Kinds on Sale!
48 oz • Save \$2.30
\$4.99



The specials on this page are valid July 4-17

All Specials Subject to Availability

JULY

co-op deals: July 18-31

listed in an in-store flyer, on our website, or are available by more flexible with our sales and offer better sale pricing. For up for the email flyer, see willystreet.coop/Owner-Rewards.



Talenti Gelato
All Kinds on Sale!
16 oz • Save \$2.29
\$3.50



Lightlife Organic Fakin Bacon Tempeh Strips
6 oz • Save 80¢
\$3.99



Good Belly Probiotic Fruit Drink
All Kinds on Sale!
32 oz • Save \$1.98-\$2.58
2 for \$5/tx



Guayaki Sparkling Yerba Maté Drinks
All Kinds on Sale!
12 oz • Save 98¢/2
2 for \$4/tx



Primal Kitchen Dressings and Vinaigrette
All Kinds on Sale!
8 oz • Save \$1.50
\$4.99



Mediterranean Organic Organic Olives
All Kinds on Sale!
8.4-8.5 oz • Save \$2
\$2.99



Blue Diamond Nut Thins
All Kinds on Sale!
4.25 oz • Save \$2.58/2
2 for \$4



Goodpop Frozen pops
All Kinds on Sale!
11 oz • Save \$1-\$1.30
\$3.99



KIND Bars
All Kinds on Sale!
1.4 oz • Save 99¢
\$1.00/tx



Alter Eco Organic Coconut Clusters
All Kinds on Sale!
3.2 oz • Save \$1
\$3.79



Just Mayo
All Kinds on Sale!
16 oz • Save 90¢
\$4.39



Blue Diamond Almond Breeze
All Kinds on Sale!
64 oz • Save 80¢
\$2.99



Organic Valley Grassmilk Yogurt
Plain, Vanilla
All Kinds on Sale!
24 oz • Save \$1
\$3.79



Lily's Sweets Stevia-Sweetened Chocolate Bars
All Kinds on Sale!
3 oz • Save \$1
\$3.29/tx



Alden's Organic Vanilla Ice Cream Sandwiches
14 oz • Save \$1.30
\$3.99



Sunshine Burger Company Organic Veggie Burgers
All Kinds on Sale!
8 oz • Save \$1.50
\$3.99/tx



Turtle Island Foods Tofurky Beer Brats
14 oz • Save 80¢
\$3.99



Woodstock Farms Organic Frozen Fruit
Raspberries, Mangoes, Dark Cherries, Pomegranate Kernels
8-10 oz • Save 99¢-\$2.29
\$3.50



GT's Organic Kombucha
All Kinds on Sale!
48 oz • Save \$1.30
\$5.99



Preserve Heavy Duty Recycled Plastic Cutlery
Dishwasher Safe!
Reuse Again and Again!
24 pc • Save \$1
\$3.79/tx



Late July Sea Salt Tortilla Chips
6 oz • Save \$2.38/2
2 for \$4



Rudi's Organic Bakery Honey Sweet Whole Wheat Bread
22 oz • Save 40¢
\$3.99



Seventh Generation Bathroom Tissue
All Kinds on Sale!
12 pk • Save \$3
\$6.99/tx



San Pellegrino Sparkling Fruit Beverages
All Kinds on Sale!
6 pk • Save \$1.30
\$4.49/tx



Quantity. Sales Quantities Limited.

The specials on this page are valid July 18-31

willy street co^oop



ANNUAL MEETING & PARTY

Thursday, July 12th 🍊 4pm-8pm

At Milton McPike Park

(formerly known as Central Park)

**Owners: get your FREE tickets at the Customer Service desk.
We will have NO free tickets for Owners at the event!**

4:00pm–7:30pm: Kids' Activities

Including three "bouncers," a Ferris wheel (\$3 rides for Co-op Owners), balloon animals, Kids in the Kitchen cooking classes, face-painting and more.

4:30pm–???: Gift Bags

Gift bags for the first 1,000 Owners!

4:30pm – 8:00pm: Dinner

Serving 1,800 BBQ chicken sandwich meals, 1,400 Tamaleria el Poblano tamale meals, and 1,800 Bunky's Mediterranean meals. **Meal tickets free for Owners, but limited number available.** Beverage tickets needed for beer and wine but not for other beverages.

5:45pm–7:00pm: Business Meeting

Meet the Board Candidates, hear about the year in review, and enter to win prizes!

7:00pm–10:00pm: Music

7:00pm - Don't Mess with Cupid

8:45pm - Dwayne Dopsie & the Zydeco Hellraisers

+ Vote for the Board Candidates, Enjoy the city of Madison WaterWagon, FREE samples, and more!

**TICKETS
AVAILABLE
JULY 1ST**

SEE CUSTOMER SERVICE

GROCERY NEWS

Indies for Independence Day!



by **Angela Pohlman**, General Merchandise Category Manager, Dean Kallas, Grocery Category Manager, and Melissa Reiss, Purchasing Assistant

Working in the natural foods industry, it seems like every few months a brand that we love has been bought up by a large corporation (for better or worse). If you are paying attention to where your dollars are going, this can be frustrating. Luckily, there are still several companies that are independent, and we have some highlighted for you here.



LOTUS FOODS
RICE IS LIFE

This company focuses on whole grain heirloom rice varieties that are grown using the “More Crop Per Drop” method that dramatically increases yields without negatively impacting the environment or the farmers.

LOTUS FOODS

This company focuses on whole grain heirloom rice varieties that are grown using the “More Crop

ALAFFIA

Founded by Olowon'djo Tchala and Prairie Rose Hyde with one goal—to alleviate poverty in West Africa. Making bodycare products from local ingredients and creating employment for women in Togo, West Africa that is fair and empowering. Every purchase we make funds community programs address-

ing issues such as maternal health, education, female genital mutilation and reforestation.



EQUAL EXCHANGE

This worker-owned cooperative introduced the first Fair Trade coffee to U.S. grocery stores in the '80s, and continues to innovate and expand Fair Trade to other industries and markets.



NUTRI-GOLD

Family-owned supplement company with a focus on high-quality, efficacious products at an affordable price. They do not use magnesium stearate, and perform more third-party testing on all of their raw materials and finished products than are required by current Good Manufacturing Practices.



AMY'S KITCHEN

Family-owned, they began in the '80s to fill a void they found in the market for organic, vegetarian convenience foods. They call themselves Fiercely Independent—they don't even have shareholders!



REBBL

Rebbl's mission is: “To create real food products unparalleled in taste, function, and nutrition that support a unique business model with direct impact in

the fight against human trafficking.” They donate 2.5% of revenue to the program Not For Sale, that supports vulnerable regions of the world against human trafficking. Rebbl's “elixirs” as they call them, are true senses of the word—sublime beverage concoctions that are nutrient-dense and delicious. From cold brew coffees blended with Reishi, a.k.a. “the Divine Mushroom of Immortality,” to a turmeric golden milk to an ashwagandha chai—the coconut milk-based beverages are vegan and Certified Organic.

evanhealy® the skin breathes

EVANHEALY

Evan started this skin care company in 1999. She is an aesthetician, and studied Ayurvedic medicine, homeopathy, and aromatherapy. Ingredient sourcing is a very special part of her line—she not only

sources high quality ingredients, but also ones that will create deep relationships with growers and women's cooperatives.



ORGANIC VALLEY

A cooperative of over 2,000 small, family farms that produce dairy and egg products—much of it raised in the midwest. “We're Proudly independent. And we'll never sell.”



NATURAL FACTORS

This supplement company is based in Canada and has been around since the 1950s. They grow much of the food and herbs that are in their supplements! Sustainability is a huge focus for them, and we're proud to have them!

DELI NEWS

New Products in the Deli Every Month



We have a number of changes in our Delis this month!

WILLY NORTH

Willy North now has a made-to-order sandwich counter. It took us a little longer than planned to get this done. We know you've been waiting for sandwiches—we made over 20,000 of them for you at Willy East and Willy West last year! Thank you for your support of our sandwich making! We will be adjusting the Willy North menu again in the fall, so let us know what you like about it and what could be different.

by **Patrick Schroeder**, Prepared Foods Category Manager

WILLY EAST

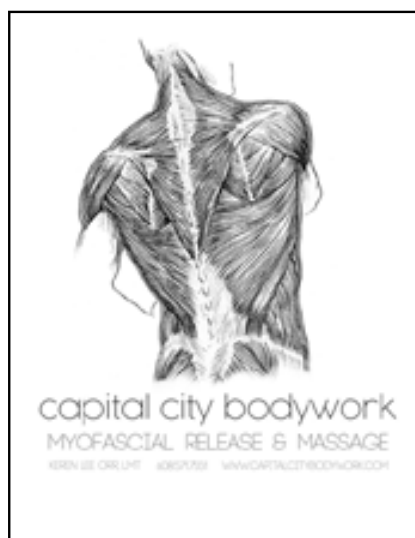
As of July 1st, 2018, we will be closing down our made-to-order pizza program. Why are we doing this? In 2014, we were looking for ways to increase our offerings at the Willy East Deli. At first, we had a wide vision of what we would produce with our new oven. As the realities of operation came home to roost, we realized we could really only get pizzas done regularly and done well. Over the years, we've grown pizza sales by more than triple, which is great! Unfortunately, it still hasn't proved to be enough to cover the costs of running the oven and staffing for it. We will be expanding the sandwich menu at Willy East to ensure you will still have many delicious lunch options an—later this month—serving pan pizzas from time to time on our hotbars. Our pizza dough, sauce, and cheese will continue to be available for sale in our Grab-n-Go for making great pizzas at home.

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Rosanne Lindsay, ND

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ALLERGIES • ADHD • DIGESTIVE DISORDER

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Natureofhealing.org



OWNERS ENJOY AN EXTRA 10% OFF WELLNESS IN JULY!

✂ Clip this coupon to redeem in stores, or pick one up ✂
in our wellness department!

willy street co-op Owners:
Enjoy 10% off
Wellness & Bodycare
products one time
ANY DAY in July

(Except Wellness Wednesday, July 4th, 2018)

Discount can only be used one time between July 1, 2018 and July 31, 2018 (except July 4th) per Individual or Household Owner account. Coupon will not work again on an Owner account after being used once, no matter the source (in-store, newsletter, online), please plan your purchases accordingly. No cash value.

DIVE INTO WELLNESS



TWO Great Offers for New Customers!



Open a New True Choices Checking Account and Get \$300 – Plus 3.00% APY on a 25 Month CD.

RECEIVE **\$300** when you begin a new banking relationship with Monona Bank and follow these easy steps:

1. Open a **True Choices Checking** account with at least \$100. We make banking simple with no minimum daily balance requirement or monthly service charge.
2. Start using at least two other qualified products and services which may include: online banking, debit card, Bill Pay, direct deposit, and other options.
3. Set up periodic monthly direct deposits from your payroll or Social Security checks. We really want to be your bank, and ask that you actively use your new debit card and checks and keep your account in good standing.

THE GOOD NEWS IS THAT YOU'RE PROBABLY ALREADY DOING ALL THESE THINGS!

Your **\$300 bonus** will be deposited into your new non-interest bearing account within 90 days after you complete these three easy steps. While we truly value our current clients, these special offers are only available to new client households that have not received a similar bonus in the past. Offer expires June 30, 2018.

EXTRA CD BONUS OFFER!

EARN **3.00%** Annual Percentage Yield (APY) when you open a new client **Certificate of Deposit** for 25 months at the same time you open your new checking account.

This special CD bonus rate is available on the **first \$5,000 deposited** with a minimum of \$500 to open the CD. Minimum to earn the 3.00% APY is \$0.01. The interest earned will be conveniently transferred into your new Monona Bank checking account. Naturally, you'll be charged a penalty fee if you withdraw your funds early and fees will reduce your earnings.

Talk to one of our experienced Banking Advisors to see how easy it is to customize a financial plan for you.

Visit mononabank.com to find a location most convenient for you.

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CAMPING NEWS

NO-FAIL PUDGIE PIE RECIPES



by **Jeremy Johnson**, Meat & Specialty Category Manager

Whether I am camping or sitting around the firepit in the backyard, cooking over the open flame is one of my favorite summer activities. While there are countless ways to do this, my favorite is using a pie iron. Here are my top five go-to recipes.

PUDGY PIE STUFFED FRENCH TOAST

- 2 Tbs. whipped cream cheese
- 1/4 c. blueberries
- 4 slices bread
- 1 large egg
- 1 Tbs. milk
- 1/2 tsp. vanilla
- Non-stick cooking spray

Directions: In a bowl, smash blueberries into the whipped cream cheese. Spread cream cheese mixture on two slices of bread. Top each slice with another bread slice. In a separate bowl, beat the egg with the milk and vanilla. Dip each side of the sandwiches into the egg mixture. Spray pie iron with cooking spray and place the french toast sandwich inside. Close the pie iron and cook for about 6 minutes flipping the iron every two minutes until bread is golden brown.

BANANA BREAD PB&J PUDGY PIE

- Banana bread cut into 1/4-inch slices
- Peanut butter
- Jelly or jam of your choice (I like strawberry.)
- Non-stick cooking spray

Directions: Spread peanut butter on one slice of banana bread to taste, jelly on the other slice to taste and spray pie iron with cooking spray. Place sandwich in pie iron. Close the pie iron and cook for about 6 minutes flipping the iron every two minutes until bread is golden brown.

BRAT PIE

- 2 slices of bread (I like caraway rye for this.)
- Bratwurst, cooked and sliced, about 4 per sandwich
- 1 Tbs. sauerkraut drained
- Mustard, to taste (I like a good horseradish mustard.)
- Butter

Directions: Butter one slice of bread and place buttered side down in pie iron. Add mustard, sauerkraut, and bratwurst. Butter the other slice of bread and place buttered side up. Close the pie iron and cook for about 6 minutes, flipping the iron every two minutes until bread is golden brown.

PIE IRON CHICKEN QUESADILLA

- 4 six-inch flour tortillas
- 1 c. cooked chicken, (or more) cut into pieces or shredded
- 1/2 c. onion, chopped
- 1/2 c. green pepper, chopped
- 1/2 c. shredded cheddar cheese
- 1/2 c. shredded pepper jack

Directions: If I'm camping, I like to do as much prep work as possible at home so there's less work to do on-site. Sauté the peppers and onions. You can even do this in your pie iron—just open the iron add a teaspoon of oil to each side then add the peppers to one side, and the onions on the other and cook over the fire until they show a little color, about three minutes giving them a stir about half way through. Once done remove iron from fire and spoon out the peppers and onions and set aside. Butter two tortillas put one butter side down in the pie iron and add the cheese, cooked chicken, and the onions and peppers. Next put the other tortilla butter side up and close the iron. Make sure to pull off any of the tortilla that is on the outside of the pie iron or it will burn. Cook for about 6 minutes flipping the iron every two minutes until golden brown.

PIE IRON S'MORES

- 2 slices cinnamon bread
- 2 Tbs. Nutella
- 1/2 a graham cracker crushed
- 1 Tbs. mini marshmallows
- Non-stick cooking spray

Directions: Spray pie iron with non stick cooking spray. Spread Nutella on one slice of cinnamon bread and place in iron sprinkle with graham cracker crumbs and mini marshmallows, top with remaining slice of bread and close iron. Cook for about 4 minutes flipping the iron every two minutes until golden brown.



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Call **(608) 371-3789**
for an appointment

Double Dollars Updates



by Katie O'Connell-Jones, Owner Resources Coordinator—West

The farmers' market season is in full swing! All around Madison and the surrounding areas shoppers have welcomed back the farmers' markets and rekindled the relationships they have developed with their favorite vendors. Shoppers understand that by supporting them they not only

create vibrant markets but they also get to know the food they eat. Local shoppers frequent the area markets to purchase their fresh vegetables and fruits, cheese, meat, honey, baked goods, soaps, plants and much more. Others come to stroll and enjoy the experience of being surrounded by beautiful flowers and visit with their neighbors. Some come to shop for delicious freshly prepared food and be delighted with the festive live music.

DOUBLE DOLLARS AT THE FARMERS' MARKET RETURNS!

One of the efforts the Co-op is most proud of is our support for the farmers' markets and our continuing involvement in the Double Dollars nutrition incentive program. As a refresher, Double Dollars help customers using FoodShare/QUEST benefits with purchases of more fresh nutritious products at the farmers' markets during the "season" and later at the Co-op from late fall to early spring. The program supports low-income families by increasing their buying power when making food purchases from local farmers, producers and from the Co-op. Foodshare/QUEST recipients may bring their EBT cards to these markets, make a withdrawal at the information booth, and receive a dollar-for-dollar match on their withdrawal for up to \$25 per market day to spend at the farmers' market

where the withdrawal was made.

In addition to the 10 markets around Madison, this year three more farmers' markets are adding the Double Dollars programs. These markets are the Elver Park Farmers' Market, Badger Rock Community Market, and the Troy Farm stand.

HEALTHY DANE FUNDERS MATCHING UP TO \$10,000 IN DOUBLE DOLLARS FUND DONATIONS

Now there is even more support for the Double Dollars program. Healthy Dane Funders is a community collaborative comprised of four Dane County hospitals—Unity-Point Health-Meriter, UW Health, Stoughton Hospital, SSM Health St. Mary's Hospital—and also Public Health Madison and Dane County. The group came together to assess the health needs of the community and they determined that supporting the Double Dollars program was one way they could help meet those needs. For every contribution you make during the month of July, Healthy Dane Funders will match your contribution twice, up to a maximum of \$10,000. For example, when you give your cashier one of the \$1, \$5, \$10, or \$25 scan cards at the register, Healthy Dane Funders will match it with a donation of \$2, \$10, \$20, or \$50. Another way to support the fund (and help the environment) is by shopping with reusable bags (the Co-op contributes 10¢ for each reusable plastic or fabric bag used and 5¢ for each paper bag to the Double Dollars Fund).

IMPACT OF THE DOUBLE DOLLARS PROGRAMS AT THE FARMERS' MARKETS

The fundamental goal of the Double Dollars program is pretty straight forward—help families eat healthier. A noble goal in and of itself, and there are other benefits that are not as obvious but worth touting.

Recently, I visited the Community Action Coalition for South Central

Wisconsin (CAC) to get their perspective on the program. There, Erica Anderson, Food Security Specialist, Mallory Swenson, Community Engagement Fund/Development Specialist, and Dawn Bradshaw, Foods Program Leader, discussed the impact of the Double Dollars Fund on the area farmers' markets. Dawn was excited to share with me that many people assume that shopping at farmers' markets is outside of their budgets and unaffordable. By taking advantage of the Double Dollars program, they are able to shop and make choices just like everyone else and no longer feel excluded or that nutritious fresh food is simply not in the budget. She feels that the program has most definitely increased foot traffic that would not otherwise be shopping at one of the farmers' markets. All of the vendors at some point will probably see Double Dollars being spent at their stand and thereby benefit from the program through increased sales. They are also meeting new customers and building relationships that they otherwise would not have.

Erica adds that key themes are apparent, "Folks like to support the local farmers." It has a community spirit element and feel to it. She said, "It's very unique to the market. People want to know where their food comes from. It's better quality, it's fresher and they are supporting people in our community who are working hard to grow and raise it." The Double Dollars program helps people feel healthier when they purchase fresh food at the farmers' market and that their diet is better. Erica also touted, "By using Double Dollars (at farmers' markets), people are able to afford items they wouldn't normally be able to purchase such as bread, meat, honey, and maple syrup." This makes "fresh produce" dollars go further, leaving money in the budget available for other beneficial foods that one may otherwise not normally afford. Another side benefit Erica noted was "people like being able to bring their kids to the market. They feel like it is a positive experience being able to teach them what it means to eat healthy."

HEARING FROM RECIPIENTS OF THE PROGRAM

So how do the beneficiaries of the

Double Dollars nutrition incentive program feel? A recent survey taken by the CAC recorded these responses:

"I love to support the local farmers! It improved my family's health. It gives me options/choices that I wouldn't otherwise have to buy local, organic food. It connects me to my community and provides good health to my family. Thank you to all who have made this program possible. It has made a big difference to my family."

"I love the chance to support the local economy and the families who create and support opportunities to eat well! Without Double Dollars, I am not sure that I would feel the incentive to venture out to the farmers' market, though I support the markets in theory! Double Dollars makes it possible to give my growing child what he needs to thrive. Double Dollars are a huge support for individuals and families!"

"Double Dollars are great because they allow me to access higher quality local foods that are fresh."

"I shop at the farmers' market for the food and the atmosphere. I enjoy the fresh produce and consider it necessary for a healthy diet. The Double Dollars program has made it possible for me to eat more healthy food. Last season I decided to start canning and used my Double Dollars for all the food. This made it last through the wintertime. Thank you for this program."

THANK YOU FOR YOUR CONTINUED SUPPORT

The Co-op continues to be proud to be involved with Double Dollars program. We want to thank the Owners who have generously donated to the Double Dollars Fund and reused bags to support the program. Your support helps to reduce food insecurity in our area while supporting our local farmers, a true win-win for our community! If you have any questions about the Double Dollars program, please visit our website and feel free to contact us at www.willystreet.coop/contact-information. We look forward to matching donations with Healthy Dane Funders throughout July and we also look forward to continuing to support Double Dollars at the farmers' markets and bringing Double Dollars back to the Co-op this fall.

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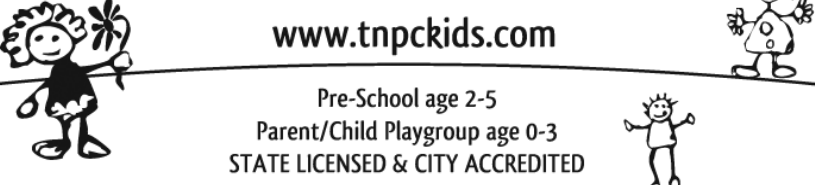
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WHAT DOES THE FUTURE HOLD FOR PLASTICS AT THE CO-OP?

by Ben Becker, Newsletter Writer

Amongst the peaceful blue waves drifting halfway between Hawaii and California floats an unintended monument to one of modern humanity's most necessary and indispensable materials. Buoyed by a density lower than that of water, soda bottles and other trash are carried by conspiring currents towards a mecca of refuse covering an area of the ocean's surface that dwarfs Texas in size.

The Great Pacific Garbage Patch collects many of the water bottles, other containers and unwanted items that we thoughtlessly discard every day into a respectable collection of over 1.8 trillion pieces with a combined weight of roughly 80,000 metric tons. Here they will bob under the gradual degrading effects of the sun, waves and ocean occupants that will reduce to them to microplastics dangerous to the local marine life.

With millions of tons of plastic entering Earth's waterways every year, The Great Pacific Garbage Patch is only the largest of these aquatic mega-dumps littering the planet's oceans. There are four other massive accumulation zones spread throughout the planet. The material resilience that allows the formation of these unsightly and dangerous monstrosities is the same attribute that has made these materials so valuable to human life.

While many Americans use these products without much thought, we often fail to understand that these items are, in fact, one of the modern miracles of science. Living in the 21st century, it is difficult to imagine a world in which plastics are not commonplace, but for most of human history, we

have had to get by with containers formed from ceramics and glass, which are heavy and easily demolished. Lightweight, cheap, flexible and resilient in the face of clumsy drops, it is the durability of plastics in resisting the ravages of moisture that defines its mettle. By virtue of being virtually impervious to water and numerous pests, plastics are ideal for storing and carrying food. While cardboard may be punctured or waterlogged, wood rotted away, paper torn, and metal corroded, the featherweight plastic endures, often taking on the forms and functions necessary to protect us from pests and pestilence that more old-fashioned materials might not. Because it is so resistant to moisture, the perpetual bane of food preservation, plastic has become essential in ensuring what we eat stays safe and doesn't turn into waste before we can consume it. For these reasons, in order to provide the services and selection of a full service grocery store, Willy Street Co-op has to rely on plastics.

WHY PLASTICS AT WILLY STREET CO-OP?

Bugs, rodents and micro-organisms not only make food less desirable but can also spread life-threatening diseases. These threats thrive on Earth's most abundant and precious resource—water. With plastic's ability to act as a barrier against moisture, it is an indispensable shield when maintaining food safety, thus making it a necessary component in a food retail establishment. Willy Street Co-op doesn't just rely on plastics because they are ideal for storing food safety, but also because we could not offer many of the prod-

ucts customers love without them. This extends to some of our most stand-out offerings, such as our bulk and produce sections, in which the provision of plastic containers is required by law in order to ensure the health and safety of consumers.

In addition to being safer, the ability of plastic materials to take on transparent structures also makes it ideal for storing food. By using clear clamshells, Willy Street Co-op allows our shoppers to observe the quality of an item before they buy it without having to break the seal.

While safety and convenience are often seemingly at odds with environmental responsibility, plastics do have attributes that make them the best choice in reducing resource extraction. Most notably is their light weight, which allows them to be shipped with less energy than other materials such as glass. When considering their total carbon footprint, plastics can often be less resource-intensive over the course of their entire lifecycle compared to their heavier counterparts.

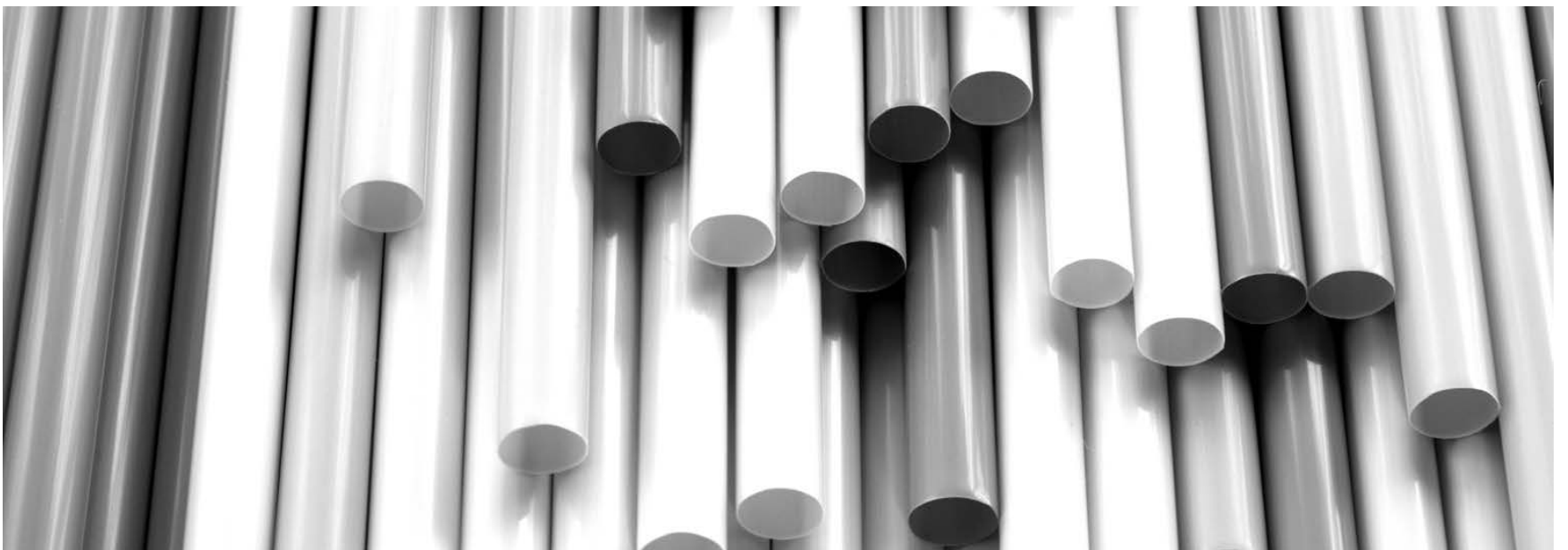
Plastics are also essential to avoiding food waste, which is a huge contributor to greenhouse gas generation. By keeping foods wrapped or contained within plastic, we can extend their shelf life, thereby avoiding the need to contribute much of our fresh product to our waste stream. Another advantage over other materials is that plastics are relatively inexpensive. This can be an especially important aspect when consumers demand disposable or recyclable containers which they will only use once. For Willy Street Co-op, sourcing affordable options allows us to keep prices low and avoid burdening customers with higher costs.

CONCERNS ABOUT PLASTICS

Despite these many advantages, plastic containers are still imperfect, especially in their potential for pollution and ecological interference, a problem greatly amplified by failure to dispose of these products correctly. Responsible environmental stewardship often means examining plastic use and identifying means for its reduction.

In recent years, Willy Street Co-op Owners have expressed their concerns about plastics being widely employed within our stores. One concern quite common to food-grade containers, particularly in the case of water bottles, is the presence of BPA. BPA, less commonly known as Bisphenol-A, is an industrial chemical that is used as a form of plastic coating on food containers such as metal cans. The most common fear related to BPA is that it may leach or seep into food, resulting in negative health consequences for those who unwittingly ingest it. According to the Food and Drug Administration, consumption of BPA is actually safe at low levels, but there are methods that can be used to reduce risks involved. One method is to avoid exposing BPA-lined containers to heat which can cause leaching, or to use BPA-free alternatives as much as possible. Many food containers, such as reusable water bottles, will note when they are BPA-free.

Additionally, many Willy Street Co-op Owners have expressed their preference for a store environment where there are little or no plastics in use. Balancing the many needs and offerings of our store makes the elimination of plastics entirely impossible, but we do work to address



customer concerns and explore possibilities for change when possible.

A notable example of this is the widespread concern over straw use in restaurants. The United States goes through over 500 million plastic straws every day. They are a major contributor to the harmful impact on marine life, and straws are one of the top ten pollutants found during beach clean-ups. Internationally, there has been a strong movement to ban straws in restaurants and tourist areas, with some governments placing heavy restrictions and bans on straws. In response to concerns over straws, your Co-op is in the process of transitioning to compostable straws—watch for this change in the next month or two. We will also continue to research new reusable straw options to add to our shelves. continues to explore alternatives to plastic straws. In addition, customers have also been more recently submitting comments about the compostability of plastics used. Using compostable materials is an essential part of strategy for nourishing and enriching the environment, and the desire to see composting as a solution is one we share with our community.

WILLY STREET CO-OP MEANS TO ADDRESS PLASTIC CONSUMPTION

Willy Street Co-op takes our commitment to environmental sustainability very seriously, and we continue to work towards reducing plastic waste where possible. “We heavily consider using plastic; we do not lightly throw anything into a plastic container,” states Patrick Schroeder, one of our Category Managers. The main plastic used at the Co-op is PET, or polyethylene terephthalate. This material is used most notably in plastic bottles due to its ability to resist moisture, but can also be found in clothing under the well-known moniker of polyester. Because the Co-op needs to maintain standards of food safety, maximize product quality and shelf life while minimizing the amount of food that ends up in the landfill, plastics like PET are necessary to our operations. However, this need is something we work to balance with our commitment to environmental stewardship, and so we strive to make the most responsible choices possible when obtaining containers, wrap, or other plastic products.

We source PET plastic containers from companies like Placon, which is located in Fitchburg, Wisconsin. We commend Placon’s adherence to both sustainability and transparency, taking the stance that sustainable plastics are recyclable. Through recycling post-consumer content into their product lines, Placon diverts over 120,000 pounds of plastic PET water and soda bottles from landfills every day. Placon ultimately converts over one billion bottles and other materials into their EcoStar plastic products. Through

this commitment to recycling, the plastic manufacturer reduces the need for raw material extraction by 75,000 barrels of oil.

To ensure these standards are met, Placon requires that each plastic they make consists of at least 35% post-consumer content. Because Co-op Deli containers are all made from this type of post-consumer content, we are not only helping to close the loop on resource extraction, but are also providing containers that are highly recyclable.

In order to ensure that we have these types of products available to us, Willy Street Co-op has worked with our suppliers to ensure they carry Placon whenever possible. In addition to recycling plastic, Willy Street Co-op also invests in compostable plastics, sourcing them from manufacturers like Eco-Products. These products may seem familiar if you have ever used disposable silverware in our commons, as it is biodegradable. Sadly, our local infrastructure does not have the necessary facilities available to fully process biodegradable plastics. Unlike food waste, which composts quickly with sufficient oxygen, vegetable-based plastics often need to be shredded and exposed to high temperatures to break down. This is a concern that we hope our Owners will join us in, by strongly encouraging Dane County businesses and governments to invest in compost processing.

We are also working to provide containers that more closely match our Owners’ preferences. To this end, Willy Street Co-op is introducing new plastic containers with fewer ridges, allowing easier food removal and less waste upon consumption. We are also carrying bioplastics as a means to ensure freshness for bakery and grab and go items. Cookie bags will keep these delectable items fresher and safer, helping to cut down on food waste within a more sustainable packaging solution.

STRATEGY FOR GREATER SUSTAINABILITY

While making plastics 100% sustainable may be a ways off, we still see their use as part of a strategy for greater sustainability. Plastic bags are necessary to our discount produce program, which allows us to sell product below our shelf standards at a steep price reduction.

This program, combined with wrapping individual product and providing packaged clam shells, all reduce food waste significantly compared to the amount we would have to throw away without these containers. While we offer more individually packaged products, we still take pride in our bulk offerings. Co-ops are leaders within the grocery industry when it comes to offering bulk items and options for reduced packaging. Our bulk grocery aisle boasts a number of spices, grains, and mixes, not to

mention the bulk salad mix options in Produce. When prudent, we utilize non-plastic containers, such as tomatoes in glass bottles which can be reused or recycled. In striking a delicate balance that often relies on plastics, we continue offering Owners as many options as possible, which ensures that as we provide a grocery shopping experience that can be inclusive to a diverse group of shoppers. Fortunately, our product selection reflects the demands of our customers. By purchasing products with reduced packaging, Owners can drive what suppliers will offer.

WHAT DOES THE FUTURE HOLD FOR PLASTIC?

Even as we work to reduce plastic use, and close the loop on future plastic production, innovation is needed to ensure the future of our planet’s oceans. Many of the plastics that have been discarded will be around for 100 years to 450 years. But there are some ways in which nature points to a solution. Some organisms such as wax worm caterpillars and mealworms are blessed with the digestive systems necessary to break down plastic into sustenance. Additionally, scientists have discovered a strain of bacteria that eats plastic used to make bottles and have engaged in experimentation to accelerate this process. The bacteria *ideonella sakaiensis* secretes an enzyme that allows it to digest PET in plastic bottles. By employing this enzyme, scientists hope to break plastics down into smaller, soluble chemical components which can be harvested and recycled into new plastics.

Currently, most plastic recycling involves merely mechanically shredding old plastics into new ones, resulting in a new material in a still-open loop. By separating PET into its chemical building blocks, an old PET bottle could become a new PET bottle, thereby creating a closed loop system of consumption and production while reducing the need to extract oil.

What makes plastic so useful to humans is that it is so hard to break down, and bacteria has only recently evolved to consume this artificial material. Because nature now seems to have a method to get through this protective material, the use of plastics in the future must be called into question. Will the plastics industry be unable to prevent contamination? While we must address the five trillion tons of plastic that are strewn about the ocean, killing wildlife and suffocating natural ecosystems, what will it mean if the ability of bacteria to consume our waste overcomes our ability to preserve our food and water from waste and disease? Could the solution be worse than the problem?



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**SUNDAY, JULY 1 AT 7:30PM FOR OUR YEAR-END
INVENTORY**

**WEDNESDAY, JULY 4 AT 7:30PM IN OBSERVANCE OF
INDEPENDENCE DAY**

RECIPES

Summer Squash Gratin

Adapted from 101cookbooks.com

Slicing the potatoes as thin as possible is essential to the success of this dish. They will turn luscious and creamy. If sliced too thick they'll take longer to cook than the squash.

- 1 Tbs. lemon zest
- 1 1/2 lb. summer squash (cut into 1/6-inch slices)
- 3/4 tsp. salt (divided)
- 1/4 c. oregano leaves (fresh)
- 1/4 c. flat-leaf parsley (fresh)
- 1 clove garlic (large)
- Pinch red pepper flakes (plus more to taste)
- 1/2 c. olive oil
- 1/4 c. butter (unsalted)
- 2 c. bread crumbs (whole wheat)
- 1/2 lb. potatoes (waxy, sliced transparently thin—a mandoline is great for this)
- 3/4 c. Gruyere cheese (coarsely grated)

Directions: Preheat oven to 400°F. Grease a 9x9-inch baking dish with olive oil, sprinkle with the lemon zest, and set aside. Put the summer squash in a colander in the sink and toss with 1/2 teaspoon of the salt and allow to drain for 10-15 minutes.

Using a food processor or a hand blender, purée the oregano, parsley, garlic, 1/4 teaspoon salt, red pepper flakes, and olive oil.

Melt the butter in a small sauce pan over medium heat. Heat until it turns brown and fragrant, 2-3 minutes, then add the bread crumbs and stir until they're well-coated. Put the drained squash in a large bowl, add the potatoes and two-thirds of the oregano-parsley sauce and toss to coat. Stir in the cheese and half the breadcrumbs. Taste and add more salt or red pepper flakes if needed.

Transfer the squash and potatoes to the prepared baking dish and sprinkle with the rest of the bread crumbs. Bake for 40-50 minutes, until the potatoes are tender. Serve warm from the oven, drizzled with the remainder of the oregano-parsley sauce. Makes 6 servings.

Braised Zucchini with Mint and Lemon

Adapted from www.thewednesdaychef.com

Slowly braised, zucchini turns rich, silky, and absolutely delicious. Just as nice at room temperature if you want a cool dinner.

- 2 lb. zucchini (ends trimmed)
- 2 Tbs. olive oil (extra-virgin)
- 1 c. onion (finely diced)
- 2 cloves garlic (thinly sliced)
- 2 tsp. lemon zest
- 1 tsp. salt (plus more to taste)
- 1 Tbs. mint (fresh, chopped, divided)
- 2 Tbs. lemon juice
- 2 Tbs. pine nuts (toasted)

Directions: Slice zucchini into quarters lengthwise, then in half crosswise for spears 2-3 inches long. Heat the olive oil over medium-low in a large skillet. Add the onion and sauté for 3-4 minutes, until soft and fragrant. Add the zucchini, garlic, lemon zest, salt, 1 teaspoon of the mint, and 2 tablespoons of water. Toss well. Cover the skillet and reduce the heat to low. Cook, stirring occasionally, until the zucchini is very tender and almost translucent, about 25 minutes. Raise the heat to high, remove the lid, add the lemon juice, and bring to a simmer. Remove from heat and allow to rest for a few minutes. Stir in the rest of the mint and add more salt or lemon juice as needed. Sprinkle with the toasted pine nuts and serve still warm or at room temperature. Makes 6 servings.

Grilled Turkey-Zucchini Burgers

Adapted from *Sunset* magazine, September 2012

- 1 lb. ground turkey
- 1 zucchini (medium, shredded)
- 5 mushrooms (large button or cremini, chopped)
- 1 tsp. coarse salt
- 1 tsp. pepper
- 1 Tbs. ketchup
- 1 Tbs. Dijon mustard
- 1 white onion (large, sliced into thick rounds)
- 6 sourdough English muffins (or your favorite burger buns)
- 6 lettuce leaves

Directions: Prepare grill for cooking over medium-hot charcoal (mod-

erate heat if using gas). In a medium bowl, combine the turkey, zucchini, mushrooms, salt, pepper, ketchup, mustard, and 1 tablespoon of water.

Form into six patties. Brush both the patties and the sliced onion with vegetable oil. Grill both, flipping once, until the burgers are cooked through and the onions are starting to brown, about 8 minutes. In the last few minutes of cooking, place the English muffins or buns on the grill to taste. Assemble the burgers on the English muffins with lettuce and grilled onion. Enjoy! Makes 6 burgers.

Chicken Apricot Kebabs

Adapted from www.bonappetit.com

These kebabs, marinated in a delicious coconut milk, lime, and peanut marinade, will definitely be a hit at your next cook out.

- 3/4 c. coconut milk (light, canned)
- 1/2 c. yogurt (plain, preferably Greek)
- 1/2 c. peanut butter (smooth)
- 1/4 c. lime juice (fresh)
- 2 tsp. brown sugar (light)
- 2 cloves garlic
- 3/4 tsp. salt (coarse)
- 1/4 c. cilantro (fresh, loosely packed)
- 2 Tbs. jalapeño (coarsely chopped, with seeds if you like more heat)
- 1 lb. chicken thighs (skinless, boneless, cut into 24 1-inch chunks)
- 12 apricots (small, firm, ripe, halved and pitted)
- black pepper
- 1/4 c. peanuts (unsalted, dry-roasted, chopped)
- 2 limes (cut into wedges)

Directions: In a blender, purée the coconut milk, yogurt, peanut butter, lime juice, brown sugar, garlic, and salt. When smooth, add the cilantro and jalapeño and pulse to combine. Transfer 1/2 cup of this marinade into a small bowl, and cover and place in the refrigerator. Pour the remaining marinade into a sealable plastic bag. Add the chicken, seal the bag, and turn to coat. Refrigerate for at least 3 hours, or as long as 12. (The longer it marinates, the better!) One hour before making the kebabs, place the bamboo skewers in a dish full of water, submerging them completely, and let them soak.

Heat a gas grill to high or build a medium-hot fire in a charcoal grill. Build the kebabs using two skewers each: hold two 1/2 an inch apart, parallel to each other, then thread a chicken piece onto them, followed by an apricot half. Repeat with one more chicken piece and one more apricot half. Repeat with remaining skewers, chicken, and apricots for a total of 12 kebabs, each holding two pieces of chicken and two apricot halves. Season with salt and pepper, then brush with some of the marinade from the bag. Discard any marinade remaining in the bag.

Grill each kebab for 3-4 minutes on each side, until chicken is well browned. Move to a cooler part of the grill to finish cooking. Cover and cook until chicken is cooked through, about 2 more minutes. Transfer to a platter, sprinkle with peanuts, more cilantro, then drizzle with reserved marinade. Serve with lime wedges. Makes 6 servings.

Moroccan-Spiced Ground Lamb with Pistachio-Mint Couscous

Adapted from www.foodandwine.com

Willy Street Co-op's Moroccan lamb sausage is pleasantly spiced with Northern African flavors, and makes this dish a snap to prepare. Serve it with a green salad and you have a delicious meal.

- 3 Tbs. olive oil (divided)
- 1 clove garlic (minced)
- 2 shallots (minced, divided)
- 1 Tbs. ginger (fresh, finely grated)
- 1/2 c. cherry tomatoes (halved)
- 1 pk Moroccan lamb sausage (casings removed)
- salt
- pepper (freshly ground, to taste)
- 1/2 c. chicken stock
- 1 c. couscous
- 2 c. boiling water
- 1/4 c. pistachios (unsalted, chopped)
- 1/4 c. dried apricots (chopped)
- 1/4 c. mint (fresh, chopped)
- yogurt (plain, Greek)

please drink responsibly.

Directions: Heat a large skillet over medium-high heat. Add 2 tablespoons of the olive oil and heat until shimmering. Add the garlic, half of the shallot and ginger and sauté until fragrant, about 30 seconds. Add the cherry tomatoes and sprinkle with salt and pepper, then cook until softened, 2-3 minutes. Stir in the lamb and break apart with the back of a spoon. After about 5 minutes, when the lamb has started to brown, add the chicken stock. Cook until there is no trace of pink on the lamb, about 5 minutes more. Cover and keep warm.

Place the couscous in a large heat-proof bowl and pour the boiling water over the couscous. Cover and let stand for 15 minutes. Fluff the couscous with two forks, then fold in the pistachios, apricots, mint, remaining tablespoon of olive oil, and remaining chopped shallot. Season to taste with salt and pepper. Serve the lamb with the couscous and pass the Greek yogurt at the table. Makes 4 servings.

Tuscan Grilled Zucchini and Yellow Crookneck Squash

Adapted from Stefano Coppola's recipe on www.food52.com.

Summer squash soaks up the garlic, herbs, and lemon in this marinade like a sponge, and bursts with flavor after a quick turn on the grill. Use the extra marinade (you'll have some leftover) to drizzle over a grain salad, or to grill more vegetables.

- 3 lemons
- 5 cloves garlic (minced)
- 4 rosemary (sprigs, fresh, chopped)
- 1 sprig fresh oregano (chopped)
- 2 tsp. crushed red pepper flakes
- 1/2 c. red wine vinegar
- 2 c. olive oil
- 3 zucchini (cut into 1-inch rounds)
- 3 yellow crookneck squash (cut into 1-inch rounds)
- salt
- pepper
- 2 red onions (unpeeled, sliced in half)

Directions: Zest and juice the lemons, and combine in a large mixing bowl. Str in the garlic, rosemary, oregano, crushed red pepper, and red wine vinegar. Slowly whisk in the olive oil. Place the squash in a sealable plastic bag (see note), pour the marinade into the bag, press out any air, and seal. Allow to marinate for at least 30 minutes, up to 3 hours.

If using wooden skewers and not metal ones, place in a shallow dish and cover in warm water to soak for 30 minutes. Prepare grill for cooking over medium-hot charcoal (moderate heat if using gas). Remove squash from marinade (reserve the marinade) and thread onto skewers, spear-

ing the rounds horizontally so that the cut sides will lie flat on the grill. Sprinkle generously with salt and pepper.

Place the unpeeled onion halves on the grill and allow to char, turning occasionally. Remove and place in a bowl, and cover with a plate to steam.

Grill the skewers, flipping them once, until the squash is tender and lightly browned, 6-10 minutes. If you're using a gas grill, cover while grilling.

Peel and slice the onions and place on a serving platter. Remove the squash from the skewers and toss with the onion. Season lightly with salt and pepper, drizzle with a tablespoon of reserved marinade, and serve. These are equally good at room temperature. Makes 4 servings.

Notes: Many people have better results using this plastic bag method, but if you'd prefer not to use plastic, place the squash in a casserole dish, cover with marinade, and proceed with the recipe.

Salmon with Apricot Salsa

Adapted from www.fooddss.com.

This is a fresh, healthy, and vibrant dish. If you'd prefer to fire up the grill instead of searing the salmon, that would be delicious too!

- 1 Tbs. lime juice
- 2 Tbs. honey
- 2 Tbs. rice wine vinegar
- 1 c. cucumber (diced)
- 4 apricots (pitted, diced)
- 1/4 c. green onion (white and green parts, chopped)
- coarse salt
- black pepper
- 1 Tbs. olive oil
- 4 salmon fillets (skin on, about 7 oz. each)

Directions: Preheat oven to 350°F. In a medium bowl, whisk together the lime juice, honey, and rice wine vinegar. Add the cucumber, apricots, and green onion, and toss to combine. Sprinkle with salt and pepper to taste. Set aside.

Heat a large, ovenproof, nonstick skillet over medium-high heat. Add the olive oil. Pat the salmon dry with paper towels, and season the flesh side with salt. Add the salmon, skin-side down, to the oil when hot. Sear until the skin is crispy and golden-brown, about 5 minutes. Gently flip the fillets over, and transfer the skillet to the oven. Cook until the tip of a sharp knife is just warm to the touch when inserted into the middle of the salmon. It will be about 5 minutes for medium-rare, and 9 minutes for fully cooked. Transfer to four plates and let rest for 2 minutes. Serve topped with the apricot salsa. Makes 4 servings.

Our Meat Department staff will gladly



cut meat to order.

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Staff Picks



ANGELA

CV Sciences PlusCBD Oil Gold Softgels

Packing 15 mg of CBD per softgel, these are great for those of us who need a slightly high dose. I have found this dose of CBD to be most effective for my anxiety, and I have

been able to quell migraines using a few capsules. I don't leave home without it!



MEL

Schmidt's Charcoal + Magnesium Mineral-Enriched Natural Deodorant

This. Stuff. Works. AND it is aluminum-free AND cruelty-free. AND it has a light, clean scent. It lasts a long time too, so it's worth the price. It also goes on fairly dry, so it doesn't do weird things to my clothes. If you've tried every deodorant under the sun,

like I have, and you're still shopping for just the right one, give Schmidt's a try!



JODECI

Aztec Indian Healing Clay Mask

I LOVE this product. My pores have never been so exfoliated and clean. Using positive and negative ionic pulls from the clay and dirt in your skin is

what cleans your pores. I personally pair this product with the T.N Dickinson's Witch Hazel. It counteracts the redness you will have at the end. This redness is universally going to be inevitable but it does not last long.



EVAN

Bulldog Skincare Products

Not strongly scented and works wonders for men and women.



SARA

LüSa Hey You. Shoo. Natural Insect Repellent Essential Oil

LüSa uses simple, safe ingredients in this natural insect repellent. It's made with aloe vera

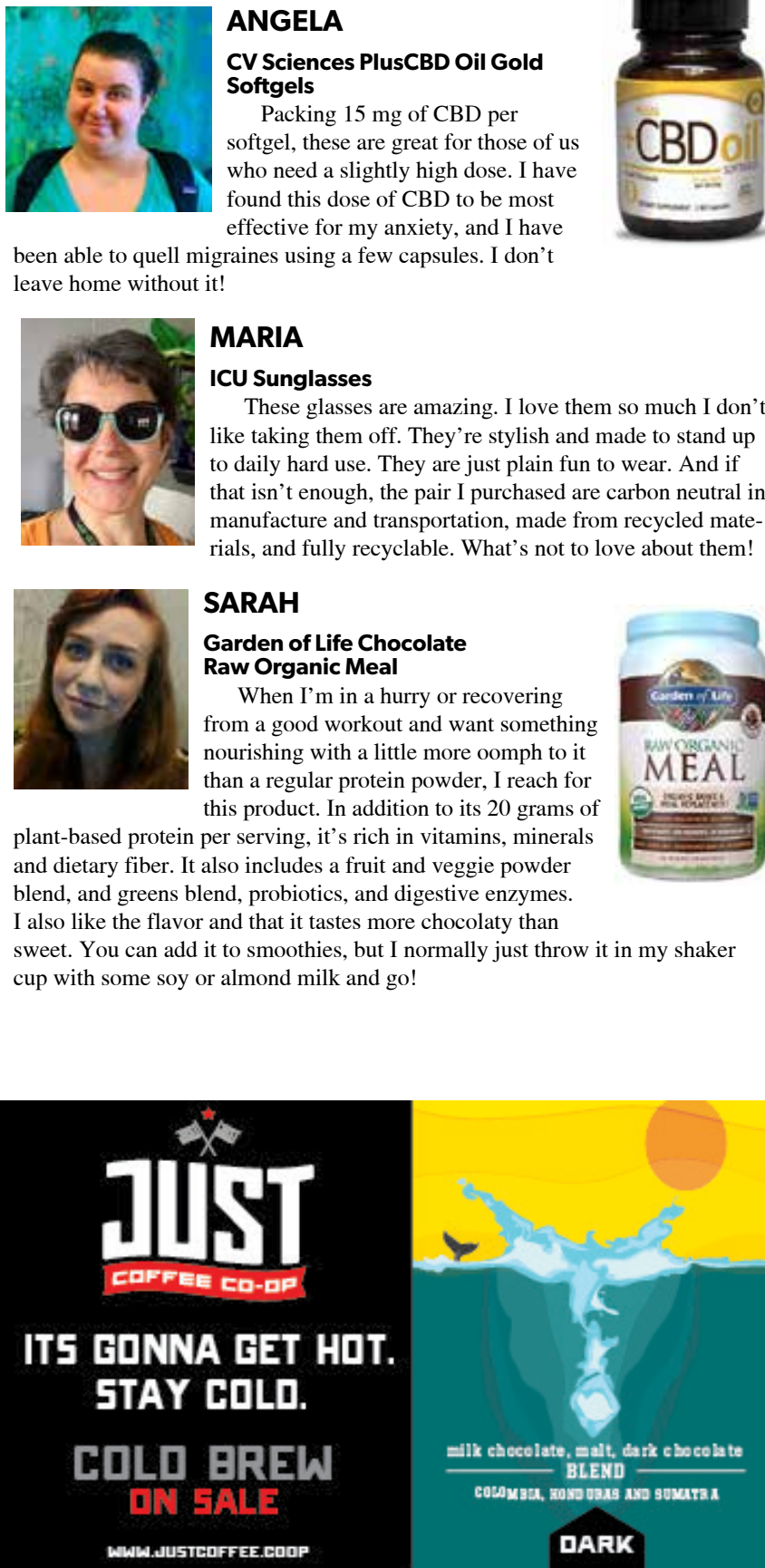
juice, witch hazel and a blend of essential oils; Lemon Eucalyptus essential oil—a natural oil that is as effective as DEET is for discouraging insect bites (in preliminary research trials); Rose Geranium essential oil—an effective tick repellent; Cedarwood essential oil—works wonders at keeping black flies at bay. I love this product, I even spray it on my dogs to help repel ticks. And it's made locally, right in Viroqua, Wisconsin!



BJORN

Quorn Chik'n Patties

Being a carnivore myself I was very surprised by how darn good these are, if I didn't know what they were I could swear that they were real chicken. But in reality they are a fungus which is a GREAT alternative meat for vegetarians!




LIZ

Angelic Bakehouse 7-Grain Flatzza®

This makes a great thin-crust pizza. Just pile on your toppings as you normally would, bake for a few minutes, and you've got almost-healthy pizza!



AMANDA

RP's Tortelloni

I wish I had time to make fresh pasta at home; this is the closest to homemade pasta! They do all the work for you and this is awesome for a quick meal!



HALLIE

Green Mountain Gringo Roasted Garlic Salsa

Perfectly mild, and not overpowering with garlic. My spice-hating toddler and teen both enjoy this—it's a crowd pleaser! Great price, too!



KATIE

Fage Plain Greek Yogurt

This fabulous yogurt wins for taste and it's a great source of protein. I can add it to smoothies, have a bowl with fruit for a meal or substitute it for sour cream in cooking healthy dishes.



LEAH

Beets

Beets are delicious! I like to roast them cut up with other root veggies for a side dish, or roast them whole to pop in the fridge for a cool beet salad. They add great color to your plate and are best



when simply seasoned with some salt and pepper!



AMY

Mountain Valley Sparkling Water

I enjoy the "sparkle" in my water as a treat every so often. Keeps me hydrated. Keeps me away from sugared sodas. Keeps me fancy-free!



Shiitake Mushrooms

Shiitake mushrooms are some of my favorite "get as a treat" produce items. I love cooking with them, adding them to soups or sautéing them with other summertime veggies.



AMY

Kalona Super Natural Organic Whole Chocolate Milk

Best Chocolate Milk I have EVER tasted! So rich. So creamy. Perfect Treat!



LIZ

Fizzeology Kimchi

It's delicious! It puts a different twist on your standard brat and kraut, or it's a great snack with cheese and crackers.



ANNA

Just Coffee Cooperative Runner's High

A delicious blend of two medium roasts. It's SO good!



DOUBLE DOLLARS
Improving food access in Madison & Dane County

Matching Donation

July 1st through July 31st, for every \$1 contributed to the Double Dollars Fund, Healthy Dane Funders will donate \$2, up to \$10,000.

For example, when you donate \$1, Healthy Dane Funders will give \$2

Healthy Dane Funders:

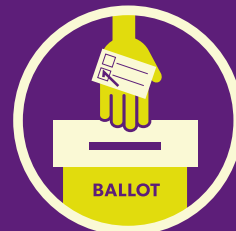


The Double Dollars Fund provides Double Dollars vouchers at both participating local farmers' markets and at Willy Street Co-op. The vouchers help make food more affordable for those receiving Supplemental Nutrition Assistance Program (SNAP) benefits.



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For the Willy Street Co-op
BOARD CANDIDATES



Complete a ballot in the store



Mail in a ballot from the newsletter



Click on the link emailed to you.

You can also vote at the Annual Meeting & Party, July 12th!



KIRSTEN

Gail Ambrosius Chocolate-Covered Pretzels

Fancy enough to feel like you're eating something special, but casual enough to just snack. Goes great with a coffee porter or stout.



JOE

Siete Family Foods Cassava & Coconut Tortillas

Grain-free tortillas!



ANGELA

Baraka French Atlantic Grey Sea Salt

Best neti pot salt I have ever tried! I have used other ones and could never get the sting away, no matter how much salt or baking soda was in it. This one feels great, dissolves well, and tastes great.



Equal Exchange Love Buzz

This coffee is just classic. Always makes a good, strong cup - Dark and Smooth, just like it says on the tin. It's my go-to when I am not up for trying something new. And, I can't say the name without getting a certain Nirvana song stuck in my head.



MEGAN

Crossroads Community Farm Sweet White Onions

We have to keep these super sweet onions refrigerated because they have so many natural sugars and won't keep at ambient temperatures. Since they're not displayed with the rest of their onion brothers and sisters, they often get skipped over by folks shopping for onions - which is a real shame because these are the PERFECT summer onion for grilling, burgers, potato salads, and so much more.



PATRICK

Beet and Kale Salad

Awesome new salad. Shredded beets and carrots with a perfectly balanced tahini dressing. Hemp hearts!

Willy Street Co-op Oatmeal Fudge Bar

You're going to love this one. If the Sheba Bar is our favorite chocolatey crunch, the Oatmeal Fudge Bar is its chewy, gooey cousin.

Willy Street Co-op Espresso Swirl Brownie

Gluten friendly (but we bet you can't even tell!). Dense and moist with notes of espresso



JESSE

Willy Street Co-op Summer Lemon Iced Tea

A nice, basic iced tea, but oh-so-refreshing when you need to grab a drink on the go.



JAMIE

Willy Street Co-op Potato Corn Chowder

Amazing. And Vegan. And Amazing. Hearty soup thickened with potatoes and coconut milk, just the right amount of dill and corn to balance the "cream."

Willy Street Co-op Orange Chocolate Raspberry Muffin

This muffin will make you think about life in a new way. Moist and delicious! Perfect with your morning coffee, fill a bag and bring them to a meeting!

Willy Street Co-op White Bean, Mushroom and Artichoke salad

Marinated fresh mushrooms, high-protein white beans, and refreshing artichokes with a zesty dressing.



JACK

Brunkow's Brun-uusto Bread Cheese

The best camping treat since pudgy pies! Wrap in foil and warm for 20 min. then slather with honey or jam and feast around the fire.





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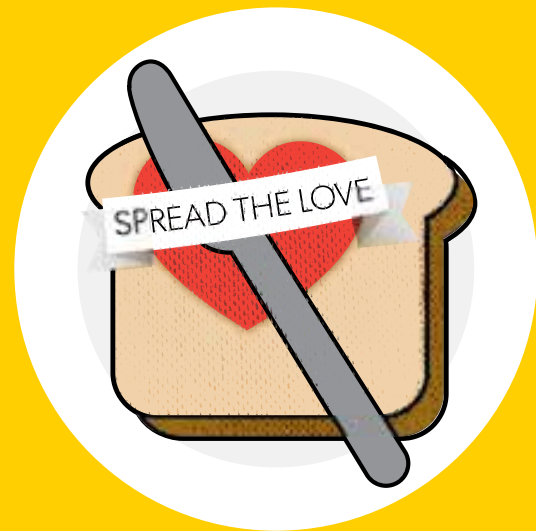
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