

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 46 • ISSUE 4 • APRIL 2019



IN THIS ISSUE: Food Waste; Staff Picks; Earth Day; Run for the Board; and More!

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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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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

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GENERAL MANAGER: a.firszt@willystreet.coop

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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

Jeannine Bindl, President

Meghan Gauger, Vice President

Patricia Butler

Brian Anderson

Ann Hoyt

Stephanie Ricketts

Trevor Bynoe

Michael Chronister

Dan Ramos Haaz

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

BOARD MEETING SCHEDULE

Tuesday, April 16

Tuesday, May 21

Tuesday, June 18

As always, Board meetings are held at the Central Office beginning at 6:30pm (unless otherwise noted). Dates are subject to change. Please see www.willystreet.coop/events/board-of-directors to confirm.

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SAVE THE DATE!

THIS YEAR'S ANNUAL MEETING & PARTY IS THURSDAY, JULY 11.

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!

OLIVE CONTAINERS

Q: *The new containers at the olive bar are really difficult to open. We ended up using a pliers to open it.*

A: I am writing to let you know that we are in transition back to the previous Placon Hinged Deli Containers that were once in the Deli and at the Olive Bar. This transition, in total, will probably take us until the end of March, as we work with the supplier to use up inventory they had planned for us. That being said, I intend to instruct the Cheese departments (who manage the Olive Bars) to switch over as soon as possible to the old containers, while the Delis will work with the end-of-March timeline.

Thanks for the feedback. Packaging is a really difficult aspect of food service to "get it right" in. Ironically, these newer containers came about in response to a number of customer comments like yours that expressed dissatisfaction with the previous containers. We're in a bit of a "lesser of two evils" position at this point.

Thanks again for your comment. -Patrick Schroeder, Prepared Foods Category Manager

LOCAL PRODUCTS

Q: *I've been a loyal customer for over a decade. In the 80s and 90s, my mother was a loyal customer bringing me in as small child when the coop was across the street. Each time, I would get the free piece of fruit and these little pouches of mint chocolate soy milk from the cooler. I have really fond memories of this.*

A: *The coop has been a part of my life and has been prioritized due to my belief that the coop cared about the community. This is why I am willing to pay more than needed for groceries. Just yesterday, I brought in a homeless, pregnant couple who are living in their car with their dog and I spent around \$350 on groceries for them. This was after I put \$30 in their gas tank and gave them a \$20. I am not made of money. I am not well off. And I could have gotten them the same staples at Hyvee or Woodmans for a fraction of the price. But, again, my understanding was*

that the coop cares for the community, and I care to support that.

A: *Over the years, I have put in maybe four item requests. I have never once heard back. That's a bit rude, but I get it. Tons of customers - whatever.*

A: *But I found out last night that a struggling young business here in Madison has tried multiple times to reach out about her AMAZING products, and that the coop refuses to even consider her inquiries. It sounds like she hasn't even gotten a real reply over the last year, and, moreover, it sounds like her local network of other local business owners have had the same experience.*

A: *I understand that maybe there are non-competition contracts, or maybe there isn't room, but the least the coop can do is be transparent with these struggling small business owners HERE IN MADISON about the process and what the hang up is as well as trying to problem-solve with them if other products they may make could be placed.*

A: *I'm really rethinking my commitment to the coop as it seems the coop isn't as committed to the community as I was led to believe.*

A: *Last night, my fiancé and I went to Woodman's. Despite their much lower prices, we spent several hundred there. I don't know their policy on responding to local business owners, but honestly I don't care. They don't pretend to be more than just a store.*

A: Thanks so much for writing with your concerns. I am the Purchasing Director at Willy Street. In this position I am responsible for overseeing the products we sell, our pricing, vendor relationships, and vetting new vendors. I also grew up coming to the Co-op with my mom in the '80s and '90s. We probably passed each other in the aisles!

Your comment included a few points, so I'll try to take them one by one.

First, our pricing. I very much appreciate your commitment to shopping at the Co-op and supporting our mission and the cooperative model! We do routine price comparisons with other local grocers (in fact I just finished one up yesterday), and we find that our pricing is generally competitive with other grocers of our size. That said, it is true that some larger grocers (such as Woodman's) have the purchasing power to offer slightly lower pricing on some items. If you'd like more detail regarding the price comparisons we do, I'd be happy to give you more information.

Regarding our vendor vetting process. I'm not sure which vendor you are referring to, or how they have tried to contact us. We do have an email address and a phone line

specifically for new vendors. When they email this address: newvendor@willystreet.coop (or call the phone line), they get a bounce-back message that explains our process. Because we have such a high volume of vendor requests (usually about 10-20 per day), we unfortunately do not have the ability to respond to each one personally if they aren't offering a product that we think will fit in our stores. The bounce-back message clearly states this. It also includes a link to the application for our Retail Ready Lab program, which is a program specifically intended to help new local vendors get a head-start in the retail space. I'm curious if the vendor you spoke with has applied for the Retail Ready Lab?

I know this process can be really frustrating to some vendors, especially local vendors. I myself am frustrated by it! When I started in this position several years ago, my intention was to find a way to create a system that is more vendor friendly, but the sheer volume of requests, coupled with the extremely limited space in our stores, has made this very difficult to do in an equitable and efficient way. I am continuing to work toward a better solution, and messages like yours help to bring home the necessity to do so!

Please let me know if there's any additional information I can give you, or any other questions you have—and thanks again for taking the time to write, I very much appreciate it. It's feedback like this that helps us to continue to improve! Best, Megan Minnick, Purchasing Director

YUMBUTTER

Q: *As a long-time buyer of Yumbutter I am very disappointed to see they no longer use chia, hemp seeds and goji as their base for the specific nuts. Instead they are using palm oil and they do not say theirs is ethically sourced. This was once a wonderful local startup, but things have changed. I think you should consider a sign warning customers that these nut butters contain palm oil which may reduce orangutan habitat and other natural areas.*

A: I appreciate you writing us with your concerns and sharing your opinion!! I reached out to one of my contacts at Yumbutter and below is what he shared with me in response to your email. I hope he helps to clarify the questions you have about their products. Please let me know if I can help further in any way. Have a wonderful weekend!! -Dean Kallas, Grocery Category Manager

"Thanks for passing this along. I am happy to say that we are still using chia, hemp seeds and goji in our superfood potions. These ingredients are still available in the following

items:

- 6.2 oz Superfood Almond
- 6.2 oz Superfood Cashew
- 1.8 oz Superfood Almond
- 1.8 oz Superfood Cashew
- Superfood Almonds Jars
- Superfood Cashew Jars

I imagine he is referring to the "creamy" reformulations we recently did that do not contain superfoods. The "creamy" potions were made in an effort to get more of our yummy products to the masses. These potions were all reformulated at the same time we were able to bring the production of our products in house! The support of folks like him have made the dream of manufacturing our own products come true. That is what has changed here. Our drive to create a healthy, happy and delicious product has never changed.

Finally, we have always used palm oil in our products. We have always and will always use a sustainable source of palm oil. The palm oil source we use today is the same we used when we started. We pride ourselves on knowing our vendors and selecting ingredients that are healthy and responsibly sourced. Again, this perception may have come from the new packaging that we switched to when we were able to manufacture them ourselves. For further clarity please visit rspo.org/certification. Our supplier is RSPO certified and is also a Fair Trade Certified Producer.

If anyone has any further questions, please don't hesitate to ask. Tribe 9 is a group of wonderful local startups manufacturing awesome products under the same roof with the mission of improving lives through food. Best, Will, Yumbutter

HOT BAR FOOD ALLERGIES

Q: *A person wrote to the editor about there not being enough options at the hot food bar for people with allergies. Anyone with a true food allergy would not risk the hot food bar. If you have a dietary preference to not eat gluten, please do not describe it as an "allergy". Food bars and deli foods have too much of a risk of cross-contamination for a person with an actual food allergy to even consider eating from. I appreciate the variety of food at the hot bar, though I personally wish there were more vegan options. You can please some of the people some of the time, but not all of the people all of the time. I would like it if you color-coded your food labels by popular diet types (meat/vegetarian/vegan/GF etc) at the hot bar so I could tell at a glance if there were any vegan options. It can get pretty crowded up there and it is awkward to be in the way and trying to read the tiny print of the ingredients. Thank you*

A: I appreciate you reinforcing the best practice of avoiding food bars for those with severe allergies. Even with clear standard operating procedures, the risk of cross-contamination can never be eliminated.

Per your request about Vegan notation and availability: I'm putting together a project for our next Fiscal Year (July) to overhaul our signage assets and processes. The proposed outcome of this would be a iconographic representation of dietary applicability on our food signs and labels. We're not 100% how we're going to solve this problem, yet, but designating it as a "special fiscal year project" tends to get us rallied around it to the point that we figure that out.

Thanks for writing in. -Patrick Schroeder, Prepared Foods Category Manager

IN-STORE MUSIC

Q: Have you ever asked customers if they want to hear to hear the music that's always playing in the store?

I like much of it actually, but it's annoying as a shopper. I used to manage in retail and my employees always wanted to play music that they liked. I don't think that's a good business practice.

A: Thanks for your question! We haven't asked customers about the music we play, but we do monitor feedback (like this) about our music. We use an external system for our music selections where we select the mix but not the particular songs. We vary the mix over the course of the day. Ideally the music would rarely be noticeable—any time it's noticed, it breaks your concentration, even if you like the music. After all, you're coming to buy products, not to listen to music! I'll share your feedback with some others and we'll evaluate potentially turning down the music a bit so that it's not as noticeable. Thanks again and have a nice week! -Brendon Smith, Communications Director

MANAGER SIGHTINGS

Q: As I look at the faces of the members behind the management of the CoOp, I find myself perplexed at how I don't recognize many of them as faces I've seen in my many dozens of shopping trips to the store on Williamson Street, where I've been doing my main grocery shopping since the 1990s.

A: Thanks for writing! I also joined the Co-op in the '90s, when East was the only store and across the street where the Social Justice Center is now. I agree, a lot has changed! It's true, not all of the managers at our three locations are rooted in working at East, and that's part of being a growing organization that serves a wider base of customers—our entire workforce has grown as well, with just over 400 employees Co-op wide. The entire management team is currently made up of both people who got their starts at one of the retail sites or kitchen, and

people who have been first hired for the Co-op directly into administrative or management positions. Of the 13 directors who are currently serving on the general management team specifically, six held or now hold positions at East, three held or now hold positions at West, two held or now hold positions at North, two held or now hold positions at the Off-Site Kitchen, and five started in administrative roles or as directors. Please let us know if you have other observations you would like to share! Have a great week. -Kirsten Moore, Cooperative Services Director

POLICY GOVERNANCE

Q: Hello, I am consulting with another local cooperative in the wellness/fitness industry and they are considering hiring a manager to run operations. Currently, every single decision goes through a board. We are wondering if you could share some information with me, either by email or in a face-to-face meeting, on how it works to manage in a cooperative structure. Thanks for considering!

A: Our Board uses the Policy Governance Model to oversee operations. A simple way to think of policy governance is to think of a means to an ends. Our Board provides the Cooperative with "Ends" to achieve. The Ends are documented in a policy and states the overarching results that they want the cooperative to produce. Then, the Board delegates the "Means" to achieve those Ends to our General Manager, who then is tasked with maintaining and hiring a workforce that can produce the results. The Board then monitors our achievement of their Ends via reports from the General Manager on both how we are achieving the overarching Ends and how we meet the terms of the sub-policies that stem from the Ends and their fiduciary responsibilities. As you know, we are a consumer cooperative, and consumers who are elected by the consumers who purchase an equity share of our business govern our Board. Operationally, the consumer-owners adopt the bylaws that we are to abide and elect our Board to represent their interests in our mission and to provide our Ends. So our employees and our business structure are beholden to those bylaws, the mission, and to providing the Means to achieve the Ends (and labor laws, of course!). Our staff is organized in a hierarchy, with a general manager overseeing operations; a team of directors overseeing specific aspects of the business; and various department heads, supervisors, and some skilled and some entry-level positions taking care of all the special details that make our Cooperative a great place to shop and work. The Policy Governance Model is one that many other cooperatives has adopted for Board governance, as it provides a clear separation between the Board's responsibilities and those they have delegated to general manager and

her employees. As cooperatives are autonomous, our way of doing things is simply one way of doing them; there are other grocery co-ops and consumer co-ops who are organized differently or use other governance models to delineate responsibilities between governance and operations. For more information about the Policy Governance Model created by Dr. John Carver, please visit www.carvergovernance.com/model.htm. If you have other questions, please feel free to let me know and I'd be happy to see if I can point you in the right direction. Hope you're having a fantastic New Year. -Kirsten Moore, Cooperative Services Director

FOOD DONATIONS

Q: There was an article in The Guardian newspaper today that I thought might be of interest to you all, if you have not already seen it. The title was: "Co-op to fight food waste with pre-closing time donation scheme." The sub-caption line was: "Retailer will give fresh produce to community groups two hours before stores close." It's about a co-op in the UK, but the ideas could be used here. I don't know what your policies are regarding "use by or before" dates, but I thought that these folks had a concept that you might want to consider, or at least be aware of. If interested, the story link is: <https://www.theguardian.com/business/2018/may/17/co-op-fight-food-waste-...> Kind regards to you all.

A: Thanks for writing to us back in May and sharing this idea. My apologies for not responding sooner. We appreciate your interest in this topic, and are pleased to report that viable food is first offered to the community before it ever goes to compost or landfill. Our current practice when we have a surplus of potentially viable product is to first offer it to employees to enjoy, and then contact Second Harvest Foodbank if there is still more available. They help us navigate whether the product can be donated and then whether Second Harvest will take it, or whether a neighborhood pantry in the area would benefit from the product more. Please let us know if you have any other questions or feedback. Hope you're having a great start to the New Year! -Kirsten Moore, Cooperative Services Director

PAPER BAGS

Q: Please consider charging people for use of co-op paper bags and using the money for the "double dollars" donation. People who bring bags donate to this but it seems backwards and use of significant additional money instead of charging for bags and therefore encouraging people to bring their own bags. Very distressing to look around and see how many people are walking out with fresh paper bags.

A: Thanks for the suggestion.

At this time, there are no plans to change the way in which we incentivize reusing bags. We have budgeted for many years to provide a reward for reusing bags, previously via a 10¢ credit for every bag reused and now by giving that 10¢ to the Double Dollars program, which has now raised almost \$174,000 since April 2017 and allows Community Action Coalition of South Central Wisconsin to offer Double Dollars for SNAP benefits users at local farmers markets and the Co-op (it costs about \$80,000 annually at current availability). Converting the credit program to supporting Double Dollars (which covers about 67% of the total funding, and makes up less than 0.001% of our operating budget) has been cost-neutral if not better financially for the Co-op. We spend much less on bags, we are in the rare position to independently support this valuable program for our community, and the program incentivizes specifically shopping at the Co-op and shopping with local farmers. We prefer to use an incentive like this to charging people for bags because, in addition to using less disposable bags, it supports more people in purchasing fresh foods while rewarding bag reuse rather than creating a barrier by charging a penalty. Please let us know if you have questions about this program. -Kirsten Moore, Cooperative Services Director

SENIOR DISCOUNT

Q: I love the coop I shop Willy East & North. I am a Senior & on a budget. How about a Senior day discount. OR better yet, an ongoing discount for Seniors. Thanks!

A: Happy New Year to you! Many years ago, the Co-op did have a discount program for seniors, and it was decided through work and input from staff, the Board and Owners that it would be more equitable to our entire community of Owners if we offered discount programs based on financial need rather than demographics. The program was replaced by our Access Discount Program, which offers 10% off all product to any Owner that can demonstrate they are utilizing one or more of the following: QUEST, Medicaid (Badger-Care/Senior Care), WIC, Section 8 Housing, the Senior Farmers' Market Nutrition Program, Supplemental Security Income, Social Security Disability Insurance, the Low Income Home Energy Assistance Program, or FairShare CSA Coalition Partner Shares. If they are not utilizing one of those programs, Owners may also demonstrate eligibility by verifying gross income within the last year has been at or below 150% of the Federal Poverty Guideline. For more information about this program, please visit www.willystreet.coop/ownership/access-discount-program. We appreciate your concern for your budget, and if this program might work for you, we hope you will give it a try. Thanks for the suggestion! -Kirsten Moore, Cooperative Services Director



GENERAL MANAGER'S REPORT

Earth Day; A Local Hero; and More!



by Anya Firszt, General Manager

WHAT DOES APRIL HAVE IN STORE?

A few important dates to think about—April Fool's Day, Earth Day, Arbor Day, 2019 Spring Election Day, and Tax Day. None of these dates are necessarily focused on food or eating,

but a couple that are near and dear to me—the celebration of the Earth and trees!

EARTH DAY APRIL 22

Earth Day was first observed on April 22, 1970 and founded by Wisconsin Senator Gaylord Nelson. Senator Nelson was a leading figure in the fight against environmental degradation and social injustice. This year we celebrate the 49th anniversary of Earth Day. What are you going to do to show your love for Mother Earth?

The Co-op is celebrating Earth Day by offering Owners 10% off bulk products (except coffee and eggs) during what we call Earth Week (April 22-28)—good time to stock up! Plus, to help you get your garden growing, soil and seeds are also on sale.

ARBOR DAY APRIL 26

Make this year the year you decide to save a tree (and paper) and get your newsletter emailed direct to your inbox! You can make this environmentally conscientious change by going to the Customer Service desk at one of the stores and asking that this change to be made, or visiting our website at www.willystreet.coop and signing up yourself.

CHEESE CHALLENGE WRAP-UP

Congratulations to the top vote getter of the Cheese Challenge, as well as the other 15 cheeses that were included in the taste-off. You may not have been named the winner, but I will venture a guess that if you participated in the two-week event, you tasted a few award-winning Wisconsin-made cheeses.

And, speaking of Wisconsin cheese, the results of the World Champion Cheese Competition were announced in mid-March, and Wisconsin-made cheeses placed in 76 of the 121 classes; our Co-op carries 38 of those cheeses, nine of which were voted Best of Class. Why to go, Wisconsin cheesemakers!

RUNNING FOR THE BOARD OF DIRECTORS?

Here are important requirements and dates you should be aware of:

- Candidates are required to attend at least one Board meeting to be eligible

to run for the Board; the Board meets next on April 16 beginning at 6:30pm at the Co-op's administrative offices located at 1457 E. Washington Ave.

- Candidates are required to attend a Candidate Orientation Session prior to the election; the first of three is scheduled for Willy East: April 28, 2019; 12:30-1:30pm
- Candidate statements are due June 3.
- Candidates are invited to address Owners at the Annual Meeting & Party on July 11, as part of the business meeting.

Look for more information in upcoming Reader publications or on our website. www.willystreet.coop/pages/run-for-the-willy-street-co-op-board

ANNE REYNOLDS: COOPERATIVE HALL OF FAME INDUCTEE

Special congratulations to Anne Reynolds, former Executive Director of the UW Center for Cooperatives (and Willy Street Co-op Owner). On May 8, Anne will be inducted into the Cooperative Development Foundations's Cooperative Hall of Fame, our national cooperative community's most prestigious award. Inductees are cooperative leaders who use the Seven Cooperative Principles to inspire long lasting differences and cooperation in our communities. Anne has spent her career bridging the gaps between academics, business leaders, and the public and private sector to improve economic sustainability and livelihood using the cooperative model both at home and abroad. It is an honor to call her our partner in the cooperative movement and our fellow Owner. Please join us in thanking Anne; her achievements are our community's gain.

MARTIJN VAN DONSÉLAAR: LOCAL HERO

In mid-February one of the Co-op's drivers, Martijn, was involved in an accident while driving one of our delivery vans. The ice-covered road caused a car to spin out of control and collide with another just in front of the Co-op van, which then slid into a ditch. Martijn selflessly raced to assist injured occupants of the other vehicles, working with others to attempt to save a severely injured driver. Sadly these efforts could not overcome the injury and one person tragically died at the scene. He is heroic in every sense of the word. We are grateful for Martijn's health, and also deeply sorry for the loss of life.

\$5 DINNER

The \$5 Dinner is scheduled every

third Thursday of the month at Willy North from 4:00-8:00pm. The featured main course this month is hard shell tacos (shredded chicken or seitan), toppings, green chile black beans, lettuce, and a cookie. Vegetarian, vegan and gluten-free options! Eat in or carry out. All for \$5!

BOARD AND GM TABLING

Our next scheduled time is at Willy West on April 14th, 11:00am-1:00pm; and on May 19, we'll be at Willy East. If those dates and time don't work for you, you can reach the Board at board@willystreet.coop or me at a.firszt@willystreet.coop or 608-237-1210.

BOARD REPORT

Run for the Board



by Brian L. Anderson, Board Member

RUN FOR THE BOARD

It's springtime! That means our thoughts turn to outdoor activities. And, of course, to the annual election of Directors to the Willy Street Co-op Board. If you have time and interest, please consider running for a Director position.

The board has nine Directors. This year, three positions will be open for election. Each will be for a three-year term.

BOARD DIVERSITY

One of the strengths of the Board is the diversity of its Directors. Each Director brings a skill, knowledge, or background that differs from what the other directors bring.

I was motivated to run for the Board because I'm a business attorney who strongly supports the cooperative form of doing business. Cooperatives are democratic organizations that respond to their member-owners through the Board election process and otherwise. Each owner gets one vote. No owner benefits at the expense of others.

Cooperatives are also community-based businesses that are not just about the owners. The global ends policy adopted by the Willy Street Co-op Board says it well: "Willy Street Grocery Co-op will be at the forefront of a cooperative and just society that: has a robust local economy built around equitable relationships; nourishes and enriches our community and environment; and has a culture of respect, generosity, and authenticity."

BOARD RESPONSIBILITIES

Serving on the Board is a rewarding experience. As explained by Director Stephanie Ricketts in the March 2019 *Reader*, the Board follows a governance model called policy governance. Under that model, the Board sets policies for itself and the General Manager and monitors compliance. The General Manager, not the Board, has the day-to-day responsibility of managing the Co-op.

CANDIDATE INFORMATION

Anyone is welcome to attend a Board meeting. In fact, if you wish to be a candidate for election to the Board, you are required to attend at least one. Board meetings are generally held at the Willy Street Co-op Central Office (1457 E. Washington Ave.) on the third Tuesday of each month starting at 6:30pm.

If you wish to be a candidate, you must also attend a candidate orientation session at which you will learn more about the duties and responsibilities of Board members. To make it easy for you to attend, candidate orientation sessions will be scheduled at different times and at least once at each Willy Street Co-op store.

Applications for Board candidates are due June 3, 2019. The election itself will take place during the first three weeks of July. Each candidate will be invited to address Owners during the business meeting part of the Annual Meeting & Party (AMP) on July 11, 2019.

Board candidate applications and information about candidate orientation session dates will be available in each store. If you have questions or need more information on how to run for the Board, contact the Board administrator, Ben Becker. His email address is b.becker@willystreet.coop.

WANT TO HELP LEAD THE CO-OP?

The election of new Board members will happen in July, and there will be three seats open. Do you know someone who loves the Co-op, works well in a group, and will do their best to represent the needs of all Owners? Consider running for the Board!

The Board candidate applications are due June 3, 2019. Note: attending a Board meeting and Candidate Orientation Session beforehand is a requirement of running. The Board candidate applications and available meeting/orientation session dates are posted at willystreet.coop/run-for-board, and at the Owner Resources Area in the stores.

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.

Physicians for Social Responsibility Wisconsin works to create a healthy and sustainable environment for all. In recent years, they have advocated for cleaner air and water, abolishing nuclear weapons, and better state-wide policy to address global warming. They have also educated healthcare providers and others about toxins in the environment and provided valuable materials for clinicians' use with their patients. They also partner with fellow CSW members Clean Wisconsin, Midwest Environmental Advocates, Sierra Club Foundation-John Muir Chapter, and the Wisconsin League of Conservation Voters on the Wisconsin Environmental Health Network project.



Photo: Wisconsin Environmental Health Network

Earlier this year, **Nuestro Mundo Inc.** co-sponsored Madison's sixth Dual Language Immersion Summit at Centro Hispano. Participants connected as a community in support of Dual Language Immersion (DLI) education and heard from panelists on the importance of allocating more resources to growing Madison's DLI education efforts. This includes providing more native Spanish speakers as teachers and more coordinators for DLI programming. One parent said: "DLI teaches students more than language; it teaches students acceptance and inclusion of differences. It has the power to transform our communities."



Photo: Nuestro Mundo Inc. (Photo by Althea Dotzour)

A sustainable food system begins with local farmers. The **Wisconsin Farmers Union** advocates tirelessly for policies that sustain rural communities—policies like developing clean energy, improving rural education, and creating cooperative opportunities that support family farms. Their training programs encourage peer-to-peer learning and civic engagement rooted in WFU's longstanding pillars of cooperation, legislation, and education.



Photo: Wisconsin Farmers Union Foundation

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

Thank you!



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

Learn more at www.communityshares.com

RUN FOR THE BOARD!

See page 5 for information.

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

COOKING WITH CHEF PAUL: EXPLORING VIETNAMESE AND FRENCH CRÊPES

Location: Willy West Community Room

Thursday, April 25, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

Fee: \$10 for Owners; \$30 for non-owners

Join Chef Paul to explore the unique cultural experience of crêpes from across the globe! Learn all about the differences between French and Vietnamese crêpes—how they're made, how they're filled, and how they're enjoyed in these two distinct regions of the world.



DIY

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room

Thursday, April 18, 6:00pm–8:00pm

Ages: 18 and older

Your Co-op's Own Instructor: Paul Tseng

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

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

VEGAN CHEESE-MAKING

Location: Willy West Community Room

Tuesday, May 21, 6:00pm–8:00pm

Ages: 13 and older; adult supervision not required

Instructor: Cara Moseley

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

Join Vegan Chef Cara Moseley to learn her basic vegan cheese recipe, variations to make different styles of vegan cheeses, and several ways to achieve the perfect texture and flavor using unique ingredients. She will also share information about how to use the vegan cheeses in place of dairy in many culinary applications. Many samples will be provided. Vegan, gluten-free and grain-free.



FAMILY

COOKING TOGETHER: FLAVORS OF GERMANY

Location: Willy East Community Room

Friday, April 26, 5:30pm–6:45pm

Ages: 5 and older; registration for adults and kids required

Instructor: Lily Kilfoy

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

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Willy North

Thursday, April 4, 10:00am–2:00pm

Thursday, May 2, 10:00am–2:00pm

Location: East Community Room

Thursday, April 18, 9:00am–1:00pm

Thursday, May 16, 9:00am–1:00pm

Location: Willy West Community Room

Friday, April 12, 9:00am–1:00pm

Friday, May 10, 9:00am–1:00pm

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.

Join Chef Lily 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 Chef Lily's take on a homemade meal inspired by flavors from Germany. Cabbage, Berox, potatoes, Spatzel, and a buttery cherry dessert are just a few of the tasty things that will be explored. Vegetarian.

COOKING TOGETHER: FLAVORS OF THE MIDDLE EAST

Location: Willy West Community Room

Friday, May 17, 5:30pm–6:45pm

Ages: 5 and older; registration for adults and kids required

Instructor: Lily Kilfoy

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 Chef Lily's take on a marvelous meal inspired by the flavors of the Middle East—olives, pita, spices, garbanzo beans, basmati rice, kabobs, dates and honey will be explored. Vegetarian and nut-free.



IN THE KITCHEN AND APOTHECARY: FUNGI FOR OPTIMAL HEALTH AND HEALING

Location: Willy West Community Room

Thursday, April 18, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

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

Preparing mushrooms for food and medicine is fun, delicious and healing. Herbalist Linda Conroy will share some of her favorite ways to prepare mushrooms with a focus on potentiating optimal health and healing. Everyone will make a healing mushroom tonic, sample mushroom snacks as well as beverages and leave with recipes. Vegan, gluten-free and grain-free.

HERBAL APPROACHES TO LYME DISEASE AND PREVENTION

Location: Willy East Community Room

Thursday, May 2, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

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

There is much confusion about Lyme disease and how to prevent as well as treat it naturally. Join veteran herbalist Linda Conroy for this overview of how to play in the woods mindfully as well as how to respond when you have been exposed to the various infections that are related to tick bites. Everyone will leave with resources and information on how to access resources for further support. This class is not designed to and does not provide medical advice, professional diagnosis, opinion, treatment, or services. Classes provided by Willy Street Co-op are for informational and educational purposes only and are not meant to replace medical consultation with your physician.



KIDS IN THE KITCHEN: PERFECT POTATOES!

Location: Willy East Community Room

Tuesday, April 9, 4:30pm–5:30pm

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

Location: Willy West Community Room

Tuesday, April 23, 4:30pm–5:30pm

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room

Wednesday, April 10, 2:15pm–5:30pm

Wednesday, May 8, 2:15pm–5:30pm

Location: Willy West Community Room

Tuesday, April 30, 2:15pm–5:30pm

Tuesday, May 7, 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.

Instructor: Lily Kilfoy

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

Join Chef Lily Kilfoy in this hands-on cooking class for kids. Almost everyone loves the humble potato, and in this class, participants will work together to prepare several dazzling dishes that highlight this incredible ingredient. Baked, whipped, french-fried—even sweet potatoes will be explored. Vegetarian.

KIDS IN THE KITCHEN: DRIZZLY DAY DESSERTS!

Location: Willy West Community Room

Friday, April 12, 4:30pm–5:30pm

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

Location: Willy East Community Room

Friday, April 19, 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 hands-on cooking class for kids. April can be filled with dreary, drizzly days, and in this class, participants will mix up sweet and rewarding recipes that are perfect for a rainy day stuck inside—cookies, cakes, confections and much more! Vegetarian.

KIDS IN THE KITCHEN: FINGER FOODS!

Location: Willy West Community Room

Friday, May 10, 4:30pm–5:30pm

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

Location: Willy East Community Room

Friday, May 24, 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. Whether you're making a memorable meal, planning the perfect party or doing some serious snacking, finger foods are flavorful and fun! In this class participants will prepare an assortment of fantastic recipes for finger foods. Vegetarian.

KIDS IN THE KITCHEN: BETTER BRUNCH!

Location: Willy West Community Room

Tuesday, May 14, 4:30pm–5:30pm

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

Location: Willy East Community Room

Tuesday, May 21, 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 Chef Lily Kilfoy in this exciting cooking class for kids. You can't beat brunch—the cool combination of breakfast and lunch. In this class, participants will cook up some of Lily's favorite recipes—pancakes and french toast, muffins, eggs, smoothies, fruits and more! Vegetarian.



SALT AND ITS HEALING PROPERTIES

Location: Willy West Community Room

Tuesday, April 16, 6:00pm–7:00pm

Location: Lakeview Library

Thursday, April 25, 6:00pm–7:00pm

Ages: Any; adult supervision required

Fee: Free; registration required

Katy Wallace, Traditional Naturopath of Human Nature LLC, presents ways that our bodies demonstrate salt imbalances such as Candida overgrowth, SIBO, stomach acid issues, low and high blood pressure, hormonal problems and over-acidity. We'll discuss the various sources of salt available to consumers and how to incorporate raw salts into your regular routine. Vegan, gluten-free and grain-free.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Lakeview Library

Thursday, May 9, 6:00pm–7:00pm

Ages: 18 and older

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.

MERITS OF A KETOGENIC (FAT-BASED) DIET

Location: Willy East Community Room

Thursday, May 30, 6:00pm–7:00pm

Ages: Any; adult supervision required

Fee: Free; registration required

Until recently, the benefits of a fat-based diet were poorly understood by most. Katy Wallace, Traditional Naturopath of Human Nature, LLC will pres-

ent how a fat-based diet may be key to resolving issues such as weight-loss resistance, cognitive decline, insomnia, and blood sugar swings. Learn what to expect, how to balance a meal, and how to track your progress. Gluten-free and grain-free.



MEET REINVENT FERMENT!

Location: Willy East Community Room
Monday, April 15, 6:00pm-7:00pm
 Ages: Any; adult supervision required
 Instructor: Karen and Eric Riggers
 Fee: Free; registration required

Join Karen and Eric Riggers of Reinvent Ferment, featured in Willy Street Co-op's Retail Ready Lab this month, for a KrautReach Workshop. Learn about the world of bacteria, your microbiome, the benefits of living fermented foods, as well as the basics of starting a home fermentation practice. Enjoy a "fermentasting" of Reinvent Ferment's handcrafted ferments that offer unique flavors and health benefits.



SCIENTIFIC AROMATHERAPY 101

Location: Willy West Community Room
Thursday, April 11, 3:00pm-5:00pm
 Location: Willy East Community Room
Thursday, April 11, 6:30pm-8:30pm
 Ages: 13 and older; adult supervision not required
 Instructor: Terra Johnson
 Fee: Free; registration required

Join Pranarom for a fun and educational workshop on Scientific Aromatherapy and its many benefits for beautiful skincare and a mindful approach to health and wellness. We'll navigate through safety information and show you how to incorporate certified organic essential oils into your daily wellness routine. Learn best practices for you and your family while sampling wellness blends for organic skincare, immune health, topical relief, first aid, stress and more!

SAVE THE DATE!
THIS YEAR'S ANNUAL
MEETING & PARTY IS
THURSDAY, JULY 11.

RUN

for the **willy street co-op**
Board of Directors

See willystreet.coop or the Owner Resources Area in the stores for details.

Deadline for applications is Monday, June 3rd at 12pm.

Candidates are required to attend a Candidate Orientation Session and a Board meeting to be eligible to run. Please see the website or Board candidate application for dates!

BULK NEWS

Reducing Waste with Bulk



by **Mike Burns,**
Product
Placement
Manager

Since the very first grocery stores, food goods have been sold in bulk quantities. I'm not talking about big box Costco-like bulk. I'm referring to barrels of dried goods (grains, flours, nuts, etc.), bushels of produce, flats of eggs, cheese and meat cut to order and liquids by

the vat. One of the things that makes a Co-op unique is that this original concept of buying goods in the quantity you want with the freshness you desire is alive and well. Of course, we have a wide range of packaged goods that our Owners want and need, but our commitment to high-quality bulk items with minimal packaging is what makes us stand out.

BULK FOOD NOT BULK PACKAGING

Let's make a clear distinction of the difference between buying 12 giant plastic honey containers wrapped in plastic in a cardboard tray and filling a giant glass jug of honey from a bulk container. Buying in bulk can have two different meanings these days with the ever-growing popularity of big box stores. The bulk coming from those retailers are often heavy on packaging and have actually been found to dramatically increase the packaging and food waste associated with purchasing food. Sure some staple pantry items can play a positive role in waste reduction (think large bags of rice or pasta), but even the giant bags of frozen fruit I bought had servings individually wrapped in plastic.

The point is, think bulk food, not bulk packaging. Just because you are getting more of something, doesn't mean there is an associated waste reduction.

TOP 5 REASONS TO SHOP IN THE BULK DEPARTMENT

1. Waste reduction

The major benefit for me is the extreme reduction of packaging waste produced by shopping in the bulk aisle. While the Bulk aisle is not completely free of waste, it dramatically reduces the amount of single-use plastic when shoppers use reusable containers. Also, most of the containers used to deliver our bulk dried goods are either paper or plastic, both we recycle, that hold a very large amount of product.

2. Food waste reduction

While at first glance the Bulk aisle would appear to waste a larger amount of food than packaged foods, there is actually a lot of evidence that the majority of preventable food waste happens at home. The major cause for food waste in our Bulk department is spillage or overfilling containers, both of which are preventable. We move through so much bulk at our stores that very little actually ever gets close to the expiration date.

3. Cost savings

This reason is often touted as the best reason to shop bulk. The reduction of cost in packaging is reflected in the lower cost of the product, which means we can sell it to you at a lower price. One study from the University of Portland states that shoppers could potentially save up to 89% percent when purchasing bulk foods instead of pre-packaged foods. Plus, you can buy as little or as much as you want.

4. Flexible amounts

As I stated above, with the Bulk department you are not limited to what is in a box or bag or forced to buy more than you want. Need a cup of something for a recipe but don't want to buy an entire package of it? Buy exactly what you need in bulk so you don't let the rest of it go to waste—and you don't have to pay for that extra waste!



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5. Healthier options

I have always found that I eat better when I buy in bulk. The majority of the bulk items have one ingredient with no additives or highly processed ingredients. It also forces me to cook with my family and plan out our meals instead of eating out or popping something in the microwave.

AN AMERICAN BULK FOOD DREAM

An NC State University report claims that if all Americans purchased certain foods in bulk throughout a single year, the material (packaging) savings would be as follows:

- Bulk coffee would save 240 million pounds of foil packaging waste.
- Bulk almonds would save 72 million pounds of packaging waste.
- Bulk peanut butter would save seven pounds of landfill waste per

family per year.

- Bulk oatmeal would cut packaging waste by one fifth.

This is just a very small snapshot of the items offered in the bulk department. Think if we could get ALL food staples purchased this way what the material savings would be!

Even though buying food in bulk was the way people bought groceries historically, today only a limit amount of groceries can be found in bulk in most standard groceries stores. It's not weird to buy produce by the pound or to order meat items from the counter. But an entire bulk department made up of dried goods and various liquids can be quite intimidating to most shoppers these days. I assure you, once you make a few bulk pantry purchases, you will start to wonder why you've never done it before.

if needed, chop any large date chunks. Stir in nuts, cranberries, and apples. Squeeze mixture into a ball. Line baking sheet with foil and oil foil. Using damp hands, firmly pat mixture onto foil into a compact 6- by 12-in. rectangle.

Freeze until rectangle is firm enough to cut, about 20 minutes. Lift rectangle from foil to a work surface and cut into 16 bars. Wrap bars individually. They get chewier after standing at least a day.

LENTIL AND WALNUT PÂTÉ

Here's a great sandwich spread that'll pack in some quality protein.

Recipe from Vegan Deli by Joanne Stepaniak

- 1 1/2 c. dry lentils
- 4 c. water
- 2 Tbs. extra virgin olive oil
- 2 large onions, chopped
- 1 c. finely chopped or ground walnuts
- 1 Tbs. soy sauce
- Salt and pepper to taste

Directions: Rinse the lentils and place in a large saucepan with the water. Bring to a boil, reduce the heat, cover, and simmer for 45 minutes. Remove the cover and continue to simmer, stirring often, until any liquid has cooked off and the lentils are very tender.

Meanwhile, heat the oil in a large skillet. Add the onions and cook until very dark and caramelized, about 1 hour.

Place the lentils, onions, walnuts, soy sauce, salt, and pepper in a food processor, and puree into a thick paste. Chill thoroughly before serving. Makes 4 cups.

BULK NEWS

Bulk Recipes



by **Melissa Reiss,**
Purchasing Assistant

To celebrate Earth Day this year, why not try to make more meals from the bulk aisle? You can help keep excessive waste out of the landfill, and save money while you're at it. Here are some recipes to get you started!

CHEWY NUT AND FRUIT BARS

The Bulk aisle is nut, seed, and dried fruit central. Feel free to get creative and experiment with substitutions here—sub cherries for the cranberries, double the almonds instead of the pecans if you wish. Just don't sub out the Medjool dates—those are key for holding the bars together (along with the honey).

Try wrapping these dense bars individually (use Bee's Wrap for a waste-free option!) and pack them along with you for long lasting energy on the go.

- 1/3 c. chopped almonds
- 1/3 c. chopped pecans
- 1/2 c. honey
- 3/4 c. Medjool dates, pitted
- 1 tsp. cinnamon
- 2 1/2 c. regular rolled oats
- 1/2 c. dried cranberries
- 1/2 c. chopped dried apples

Directions: Preheat oven to 325°F. Spread nuts on a rimmed baking sheet and bake until light golden, 10 to 12 minutes. Gently heat honey in a small pan over medium heat, stirring often, until the consistency of thin syrup. In a food processor, pulse honey, dates, cinnamon, and oats until oats are coarsely chopped.

Scrape oat mixture into a medium bowl. Break up any clumps of dates and,



Carlos & Sara Alvarado

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RETAIL READY LAB NEWS

Retail Ready Lab: Reinvent Ferment



by
Megan Minnick,
Purchasing
Director

The Retail Ready Lab is a small business incubator program that helps new food businesses who have a desire to begin selling their products in the retail grocery space. Each month, we feature a vendor in the designated Retail Ready Lab display at each of our stores. Our category manage-

ment team coaches these vendors on anything and everything from packaging, to invoicing, to effective ways to market their products. Vendors are required to come into our stores to sample their wares to customers, and we have special comment cards available so you, our customers, can give them feedback to help them be successful. At the end of the month, we meet with the vendor, talk about how much we sold and the feedback we received, and we make a determination if we will regularly offer the product.

This is our second year with the Retail Ready Lab program, and we're already beginning to see success! As we've recently reported, 15 participants have "graduated" onto our store shelves. As of this spring, Cress Springs Body Care, one of the first vendors that went through the program back in September 2017, is now available through a wholesale distributor. For a business looking to grow, distribution is the next step after selling directly to stores like ours—it's awesome to be part of their success!

This month in the Retail Ready Lab, we're featuring delicious ferments from the Appleton-based start-up Reinvent Ferment. Owners Karen Iverson Riggers and Eric Riggers started their business in September



2017, partly because of their love of food and interesting flavors, but also because multiple people in their family have chronic health conditions. As they started learning more about the connection between food and health, they significantly changed their family's diet to include more gut-healthy fermented foods.

One of the reasons we fell in love with the Reinvent Ferment products is the unique flavors they offer. Karen and Eric take their ferments way beyond your typical kraut. We chose four unique and versatile flavors to showcase this month in the Retail Ready Lab: fermented Curry Cauliflower (my personal favorite!), Vegan Mustard Green Kimchi, Bahn Mi Pickle, and G.O.K. (Garlic Onion Kraut).

Karen and Eric currently sell their ferments at small shops and restaurants throughout Northeast Wisconsin, and they are looking to take it to the next level by participating in the Retail Ready Lab! If you're interested in learning more and trying the ferments before you buy, Karen and Eric will be hosting a fermentation workshop at Willy East on April 15th from 6:00pm-7:30pm. They will also be sampling their wares at all of our stores throughout the month: Willy North on April 5, 13, and 27; Willy West on April 6, 14, and 27, and Willy East on April 6, 14, and 26; check our website for times. Dates and times subject to change.

GARDENING NEWS

Why You Should Plant an Herb Garden



by **Micky Ellenbecker,**
Purchasing
Assistant

It's spring and with spring come day-dreams of gardening! While winters can get long in Wisconsin, it has really instilled in me an appreciation for all seasons, and the excitement of planning for yet another growing season is like the light at the end of that winter tunnel.

But my sheer enjoyment of playing in the dirt isn't the only thing that motivates me to get outside. The continued discoveries on how our garden spaces can also benefit our environment push me that much further, and an herb garden is a great place to start if you don't have one already.

First, there are many perennial herbs (perennials are plants that come back year after year) that you can plant, which is both a great financial investment and investment in soil health. Perennials tend to have dense, deep root systems and a longer growing season, which results in them storing more carbon in the soil, feeding beneficial soil microorganisms for the full length of the growing season, and tapping into nutrients that shallow-rooted annuals don't tend to reach. When you delve deep into soil health you'll discover that it's the foundation for healthy, disease-free plants and even improves the flavor of your food.

Herbs also attract pollinators and serve as host plants for beneficial insects and butterflies. Dill, fennel, cilantro, lemonbalm, mint, lavender and parsley will attract beneficial insects such as ladybugs, hoverflies, tachinid flies, and lacewings which in turn will help control populations of garden pests, such as aphids, cabbage worm, mealybugs, corn earworm, squash bug nymph and more. Probably the most charismatic herb garden resident is the Swallowtail Caterpillar, whose host plants include dill, fennel, and parsley. And once you're ready to let your herbs go to flower, the bees will thank you for it.

HOW TO GET STARTED

If you're starting with a patch of grass or have a garden space that's overrun with weeds, take on a no-dig approach (again, maintaining soil health and structure!) and use a sheet mulching technique to prepare the soil. The most basic version of sheet mulching is to cut down any tall existing plants and cover the area with cardboard, being sure to

remove all stickers and tape and make sure it overlaps so no weeds are poking through. Once you've got the area completely covered, add three to six inches of compost or soil on top of the cardboard, followed by two to three inches of straw or wood chips. You should let the area rest for at least a month to be sure you've smothered all the existing vegetation below, which means you should start sheet mulching as soon as the snow melts.

WHAT I RECOMMEND

Buy transplants/starts for perennial herbs that you won't need to plant year after year, such as sage, mint, oregano, thyme, chives, rosemary and lavender. Mint and oregano can spread aggressively if left unchecked, so you may want to put them off until your second year once other perennials get more established, place them in an area where they'll have less opportunities spread, or put them in a pot if you're not ready to take the chance. Also know that rosemary isn't cold hardy in Wisconsin winters, so you'll either need to plant it near the south side of a building which creates a small microclimate and mulch it heavily before winter or transplant it back to a pot to overwinter indoors. Though parsley is an annual, I'd also recommend buying it as a transplant if you don't have grow lights. It is very slow to start from seed, so if you're unable to start it indoors in March you'll benefit from an earlier harvest if you buy it as a transplant.

Basil, cilantro and dill are good herbs to start from seed; they are easy to germinate, one tends to use it in larger quantities, and therefore it's more economical than buying individual plants. When it comes to dill you'll only ever need to seed it once and you'll have it forever so long as you let some of it reseed.

Once you've got your plants in the ground you'll need a way to protect them. In general, rabbits prefer plants when they are young and tender, and parsley will likely be the tasty target in an herb garden. I find squirrels to be more of the problem because they will dig up plants in recently disturbed soils to see if maybe a fellow squirrel just hid a morsel there. I prefer to use temporary fencing or row cover (paper cloth that lets rain and light through but keeps pests out). Once plants are established, I remove the fencing or row cover for easy access and the visual appeal of an unfenced garden.

Once your new herb garden is flush with a glorious bounty, start freezing pesto, chimichurri, mint sauce and other flavorful concoctions that you can savor during the cold winter months.

Support your local homebrew shop!

Order at wineandhop.com and
select a pick-up location



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or



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willy street co-op

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MONDAY, APRIL 22, 2019

13th Annual Nelson Institute

EARTH DAY CONFERENCE

Monona Terrace Community and Convention Center, Madison, WI

Imagine and Adapt: Possibilities in a Changing World-
From rising seas and rushing flood waters to record-breaking heat waves and shifting landscapes, climate change is transforming the way we live. Join leading thinkers and problem solvers from around the world in discussing adaptations and imagining practical solutions to the challenges we face.

REGISTRATION NOW OPEN!

EARTHDAY.NELSON.WISC.EDU



Nelson Institute for Environmental Studies

IMAGINE 20
AND ADAPT 19

SAVE THE DATE!

THIS YEAR'S ANNUAL MEETING & PARTY IS THURSDAY, JULY 11.

NEW



TIERRA FARM GRAB & GO SNACK PACKS

Convenient grab-and-go size of some of Tierra Farm's best-selling nuts. Available in six varieties, from sea salt & pepper cashews to maple mixed nuts. Almost pocket-sized, these packs are great for road trips or sticking in your computer bag for

a perfect, wholesome snack. Certified organic and processed in a peanut-free facility that uses solar energy to generate 70% of their electricity. Available at West and North.

IF YOU CARE REUSABLE PAPER TOWELS

If You Care—a brand known for more earth-friendly paper goods—rolled out its new reusable paper towels in time for Earth Day! One pack of 12 towels should last you as long as 18 rolls of conventional paper towels. Each towel absorbs sixteen times its weight in water! Certified compostable for when it's time to replace. Non-GMO unbleached cotton blend material. Available at East, West and North.



SILK OAT YEAH! OATMILK

Oat milk is all the rage these days! Try this new milk alternative everywhere you'd use cow's milk—coffee, in smoothies, or over cereal to name a few. Silk's oat milk uses no carrageenan to thicken. The oats they use are gluten-free but there is a possibility of cross-contamination with gluten-containing ingredients. Oat Yeah is soy-, dairy-,

and nut-free. In addition to being recyclable, the packaging is also certified by the Rainforest Alliance and the Forest Stewardship Council, an independent non-profit organization that helps consumers and companies identify and purchase products from responsibly managed forests in an effort to conserve wildlife habitats, protect clean water sources, and respect the rights of local communities. Available at East and North.

BEYOND MEAT SAUSAGES

There's a new meatless "meat" on the market this grillin' season! Beyond Meat debuted their generously sized sausage-style links that consist of a protein blend from peas, fava beans and rice. No GMOs.

Ready for toppin' with kraut, ketchup, mustard, onions, or straight-up in a bun! Hot Italian available at West and North, original bratwurst available at all stores.



EEBOO MINI GIFTS

Looking for spring holiday gifts for children that are not loaded with sugar? Try Eeboo Mini Games! Eeboo is a woman-owned company, a winner of the Oppenheim Best Toy Awards, and makes educational games and puzzles using Recycled Gray Board. A children's book illustrator designs beautiful illustrations. Choose from mini puzzles, card games or matching games for kids in your life who are three and up. Available at East, West and North.

SMARTY PANTS KIDS GUMMY MULTIVITAMINS

A yummy kids multivitamin that includes fish oil! No gluten, no dairy, no soy, no peanuts, no artificial colors, flavors, or sweeteners, and No GMOs. Available at East, West and North.



EMPOWER CBD SOAKING SALTS

Luxurious soaking salts infused with a blend of essential oils and hemp-derived CBD. The salts are a blend of epsom, pink Himalayan & Dead Sea salts. Soaking in the combination of the salts and oils and the CBD—you may not want to get out of the bath. Available at East, West and North.



QUANTUM HEALTH MACULA 30+

Nutritional support for eye health! Boasting 30 mg of Lutein, 6 mg Zeaxanthin, 300 mg of Omega-3, this supplement will become the apple of your eye. Your purchase also supports Vitamin Angels—a non-profit that provides essential supplements such as Vitamin A to children in developing countries. Available at East, West and North.



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ETHEL WITH ROBERT MIRABAL

APRIL 25, 2019

MUSIC, NARRATIVE AND RITUAL



Health & Wellness co-op deals: April 3–16

THIS MONTH: April 3
Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!





Dr. Bronner's Pure Castile Soap
All Kinds on Sale!
32 oz • Save \$5
\$9.99/tx



Gaia Herbs Turmeric Supreme Extra Strength
60 cap • Save \$10
\$19.99/tx

Alba Botanica
Hawaiian Detox Facial Scrub
4 oz • Save \$4
\$7.99/tx



Oregon's Wild Harvest
Organic Nettle
90 cap • Save \$7
\$15.99/tx



Preserve
Recycled Toothbrush
All Kinds on Sale!
1 pc • Save \$1.19
\$2.00/tx



Dr. Formulated
Organic Once Daily Probiotics
Women's, Men's
30 cap • Save \$6
\$29.99/tx



Natural Factors
Vitamin D3 5000 IU
120 sg • Save \$5
\$9.99/tx



ShiKai
Body Lotion
All Kinds on Sale!
8 oz • Save \$2.30
\$6.99/tx



Smarty Pants
Kids Complete Gummy Vitamin
120 pc • Save \$10
\$16.99/tx



Avalon Organics
Shampoo or Conditioner
All Kinds on Sale!
11 oz • Save \$4
\$6.99/tx



co-op deals: April 17–30



Tom's of Maine
Antiplaque Toothpaste
All Kinds on Sale!
5.5 oz • Save \$1.50
\$5.99/tx



Spectrum
Organic Ground Flaxseed
14 oz • Save \$3.30
\$5.99/tx




Host Defense
Turkey Tail
60 ct • Save \$12
\$19.99/tx



Mineral Fusion
Nail Polish
All Kinds on Sale!
.33 oz • Save \$1.80
\$5.99/tx




Herban Cowboy
Natural Deodorants
All Kinds on Sale!
2.8 oz • Save \$1.30
\$5.99/tx



Bulletproof
XCT Oil
16 oz • Save \$8
\$13.99/tx



Terry Naturally
Curamin Extra Strength
30 ct • Save \$7
\$18.99/tx




MegaFood
One Daily
Women's, Men's
30 ct • Save \$13
\$16.99/tx



Ecos
Hand Soap
Lavender, Lemongrass
17 oz • Save \$1
\$2.99/tx



Nubian Heritage
Bar Soap
All Kinds on Sale!
5 oz • Save \$1.79
\$3.00/tx



coop™ deals

co-op deals: April 3-16



Endangered Species Chocolate Bars

All Kinds on Sale!
3 oz • Save \$2.58/2

2 for \$4/tx



Cascadian Farm Organic Frozen Fruit

All Kinds on Sale!
8-10 oz • Save 99¢

\$3.50



Organic Valley Organic Grassmilk Yogurt

Plain, Vanilla
24 oz • Save 50¢

\$4.29



Amy's Burritos

Black Bean
6 oz • Save 70¢

\$2.29



So Delicious Frozen Desserts

All Kinds (except No Suarar) on Sale!
16 oz • Save \$2

\$3.99



Blue Diamond Nut Thins

All Kinds (except Artisan) on Sale!
4.25 • Save \$2.58/2

2 for \$4



Annie's Homegrown Macaroni and Cheese

All Kinds (except organic) on Sale!
5.25-6 oz • Save \$1.79

\$1.00



If You Care Unbleached Large Baking Cups

60 ct • Save 30¢

\$1.49/tx



Organic Valley Ghee

7.5 oz • Save \$2

\$8.99



Pacific Organic Broth

All Kinds on Sale!
32 oz • Save 99¢-\$1.49

\$3.00



Simple Mills Almond Flour Crackers

4.25 oz • Save \$1

\$3.99



Field Roast Vegan Chao Cheese Slices

Original, Tomato Cayenne
7 oz • Save \$1.50

\$3.99



Alden's Organic Ice Cream

All Kinds on Sale!
48 oz • Save \$2.50

\$6.99



Emerald Cove Pacific Kombu Seaweed

1.76 oz • Save \$1.80

\$3.99



GT's Kombucha

All Kinds on Sale!
16 oz • Save 98¢/2

2 for \$5/tx



Lotus Foods Rice Miso Ramen

All Kinds on Sale!
2.8 oz • Save 70¢

\$1.29



Food For Life Ezekiel 4:9 English Muffins

Sprouted Grains
16 oz • Save 50¢

\$4.29



Harvest Bay Coconut Water

33.8 oz • Save \$1

\$2.99



Kettle Brand Potato Chips

Lightly Salted,
Salt and Ground Pepper
5 oz • Save \$1.58-\$1.98/2

2 for \$5



Surf Sweets Organic Candy

Gummy Bears, Gummy Worms,
Fruity Bears, Sour Worms,
Watermelon Rings
2.75 oz • Save \$1.58/2

2 for \$3/tx



Noosa Yoghurt

All Kinds on Sale!
8 oz • Save 58¢/2

2 for \$4



Hilary's Eat Well Veggie Burgers

All Kinds on Sale!
6.4 oz • Save \$1.98-\$2.58/2

2 for \$5



Organic India Tulsi Tea

All Kinds on Sale!
18 ct • Save \$1

\$3.99



King Arthur Flour All-Purpose Unbleached Flour

80 oz • Save \$2

\$4.49



The specials on this page are valid April 3-16
All Specials Subject to Availability. Sales Quantities Limited.

APRIL

co-op deals: April 17-30



**Maya Kaimal
Everyday Dal**
Heat-and-eat dal in a pouch!
10 oz • Save \$1.49
\$3.00



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



**Field Day
Recycled Paper
Bath Tissue**
12 ct • Save 50¢
\$6.49/tx



**Mediterranean Organic
Organic Olives**
All Kinds on Sale!
8.4-8.5 oz • Save \$1.80
\$2.99



**Hodo Soy
Tofu Nuggets**
Five Spice, Thai Curry
8 oz • Save \$1.30
\$3.99



**Brown Cow
Cream Top Yogurt**
All Kinds on Sale!
5.3 oz • Save 54¢
75¢



**Kevita
Master Brew
Kombucha**
All Kinds on Sale!
15.2 oz • Save 58¢/2
2 for \$5/tx



**Califia Farms
Almond Milk**
All Kinds on Sale!
48 oz • Save 50¢
\$3.49



**Food Should Taste Good
Tortilla Chips**
Blue Corn, Multigrain, Sweet Potato
5.5 oz • Save \$1.64
\$1.65



**Imagine
Organic Soup**
All Kinds on Sale!
32 oz • Save \$1.49
\$3.50



**Little Secrets
Chocolate Wafers**
Dark, Milk, Peanut
1.4 oz • Save 49¢
\$1.50



**ECOs
Dishmate Liquid
Dish Soap**
All Kinds on Sale!
25 oz • Save 50¢
\$2.79/tx



**Napa Valley Naturals
Balsamic Vinegar**
12.7 oz • Save \$1.30
\$4.99



**Forager
Organic Cashewgurt**
All Kinds on Sale!
5.3 oz • Save 29¢
\$1.50



**Earth Balance
Organic Whipped
Vegan Buttery
Spread**
13 oz • Save 80¢
\$3.99



**Near East
Couscous Mix**
Plain, Roasted Garlic and Olive Oil,
Parmesan, Toasted Pine Nut
5.6-10 oz • Save 84¢
\$1.65



**Grain Place Foods
Bulk Organic
Popcorn Kernels**
Yellow, White
Rndm wt • Save 30¢
\$1.49



**Maple Valley
Grade A
Dark Maple Syrup**
16 oz • Save \$3
\$10.99



**Epic
Pork Rinds**
All Kinds on Sale!
2.23-2.5 oz • Save 99¢
\$3.00



**Mike's Mighty Good
Ramen Cup**
All Kinds on Sale!
1.6-1.9 oz • Save 64¢
\$1.65



**Muir Glen
Organic Salsa**
All Kinds on Sale!
16 oz • Save \$1
\$2.99



**Wild Planet
Wild Albacore Tuna**
With Salt, No Salt Added
5 oz • Save \$1.50
\$2.99



**Organic Valley
Half & Half**
All Kinds on Sale!
16 oz • Save 50¢
\$2.79



**Nature's Path
Organic
Cold Cereals**
All Kinds on Sale!
10-14 oz • Save \$2-\$2.20
\$3.29



The specials on this page are valid April 17-30
All Specials Subject to Availability. Sales Quantities Limited.

APRIL 22ND-28TH
willy street co-op
Owners Receive

10%
Off

Bulk PRODUCTS

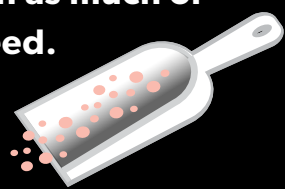
(except for bulk coffee & bulk eggs)

Sale for Willy Street Co-op Owners only.

Baking Supplies, Beans, Cereals,
Culinary Herbs, Dried Fruit, Dried Pasta,
Grains, Granolas, Maple Syrup, Medicinal
Herbs, Nut Butters, Nuts, Pasta, Popcorn,
Oils, Rices, Seeds, Shoyu, Snack Mixes,
Soaps, Spices, Sprouting Seeds,
Sweeteners, Tamari, Teas and more!

How to buy in bulk

- 1 Fill container with as much or as little as you need.



- 2 Write the PLU # marked on the bin, using provided supplies. (Masking tape, twist ties, and markers.)



- 3 At checkout, a cashier will make sure you don't get charged for the weight of the container!



Use a reusable shopping bag during Earth Week and you could win one of 10 \$25 gift cards.

Earth Week is April 22nd-28th!

Owners using at least one reusable bag are automatically entered; non-owners can stop by the Customer Service desk to enter. One entry per shopping transaction. No purchase necessary; see Customer Service to enter without making a purchase.

BULK TIPS & TRICKS



Buy as much or as little as you need, this is especially helpful with spices.



Just like in the rest of the store, look for purple tags that denote local products and the green tags that show those that are organic.



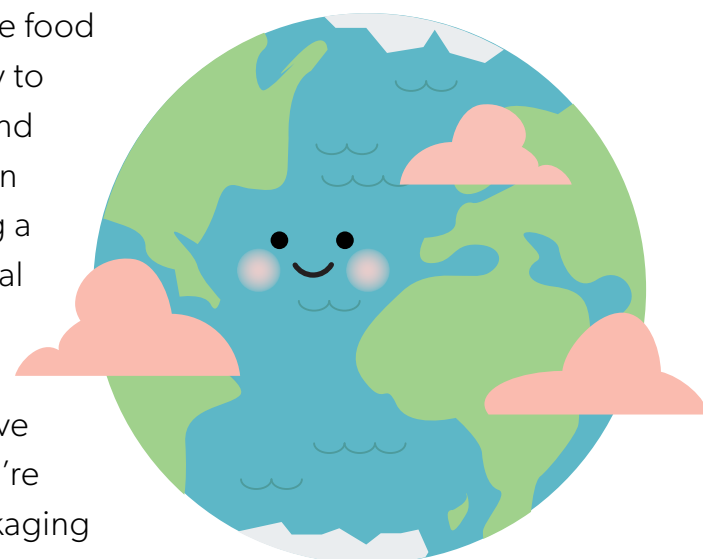
Want to try before you buy? Ask an employee if you'd like to try a sample.



Buying spices in bulk is helpful for spices that may only be used once.

Good for the Earth!

It takes enormous resources and energy to produce all of those cans, boxes, cartons and labels—almost all of which wind up in our landfills. Even recyclable food packaging takes energy to produce and recycle (and some of it still ends up in landfills). You're making a significant environmental difference by buying in bulk. Bulk products are usually less expensive per ounce because you're not paying for that packaging (or advertising).



Spring has sprung!

Saturday Market on the Square
April 13 - November 16, 2019
6:15 am - 1:45 pm

Wednesday Market on 200 Block of MLK Jr. Blvd
April 17 - November 6, 2019
8:30 am - 1:45 pm
dcfm.org



willy street co-op



Thursday, April 18th
4pm - 8pm
at Willy North

Join us for: Two tacos (shredded chicken or seitan), hard corn shells, toppings, green chile black beans and a cookie.

Vegetarian, vegan and gluten-free options.

Wellness



Wednesday

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

THIS MONTH:
April 3

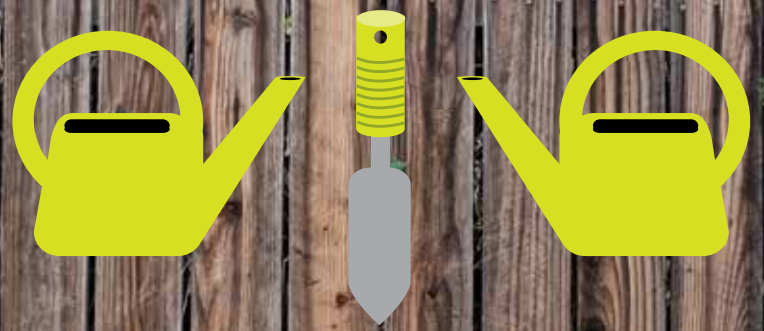


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willy street co-op

SAVE THE DATE!

THIS YEAR'S ANNUAL MEETING & PARTY IS THURSDAY, JULY 11.

The Food Waste and Discarded Materials Audit:

TAKING A DEEP DIVE INTO OUR WASTE STREAM



by **Liz Hawley, Education and Outreach Coordinator**

How much food waste does Willy Street Co-op produce? What does the Co-op do to keep food waste and discarded materials from the landfill? These are questions we frequently hear from our Owners and staff alike, and generally speaking,

we do our very best to divert as much as we can from the landfill. Before food makes it into the waste stream, we give it as many chances as we can to feed someone—whether it’s produce that’s ripe and ready but maybe a little blemished that we sell at a deep discount, or prepared foods given away to our staff in the employee free box, or a donation we send to Second Harvest Foodbank. But there are bound to be leftovers that don’t make it into someone’s home. And what about the scraps from food and beverage production? Where does this waste go? Well, we compost what we can, recycle what we are able, and the rest goes to the landfill. Okay, great, but what if it all gets mixed up? What if unrinsed smoothie cups make it into the recycling? What about the food waste that is intentionally or unintentionally thrown away? We hear anecdotal stories about these types of mix-ups happening, but we have no hard evidence of how much and how often it happens.

WASTE STREAMS AND SUSTAINABILITY

Willy Street Co-op’s mission is to operate an environmentally sustainable grocery business, and one way we can improve upon our sustainability efforts is to make

sure our waste follows the proper stream, thereby decreasing the contamination rate of recycling and compost and reducing the amount that winds up in the landfill. Did you know that Waste Management, our waste removal service, dictates that if a very small percentage of a load of recyclables is contaminated by unrinsed containers or un-recyclable materials, they will throw the whole load into the landfill? Last year they communicated with us about the problems of contaminated loads of recycling, stating, “The recycling industry is experiencing high levels of contamination (such as trash in the recycling) at a time when the requirements for quality (clean recycling) are increasing due to new policies implemented by end markets for recyclable materials. Earlier [in 2018], China began to limit the quality and quantity of material it accepts for recycling, impacting the recycling industry world-wide. As a result, our focus on quality is higher than ever, as we work to ensure the long-term sustainability of our recycling programs. When non-recyclable items (contamination) end up in your recycling, they have the potential to turn the entire load into trash, resulting in contamination and additional processing and disposal costs.”

How in the world would we find out if our waste is going into the proper stream? Enter the Food Waste and Discarded Materials Audit. The what?! That’s right—this month, we’re planning to audit what is thrown into three of our waste streams, landfill, recycling and compost. The goals of this project are to determine how much is being thrown into the inappropriate discard streams, to find the contamination rates of each, and areas we can make improvements. Waste audits are nothing new, and we have taken guidance from National

Cooperative Grocers and the UW Office of Sustainability to craft our audit plans.

WHAT’S THE PLAN?

In order to establish baseline data for this project, we have to literally dig in. Yep, that’s right, we’re going to comb through our waste. Don’t worry—we’ll have all the appropriate protective gear to keep us safe! First, we’ll start by setting aside a sample of trash bags, recycling and compost produced that day. Then we’ll weigh each bag, open them up, and sort them out. If we find recyclables or compost in the trash, we’ll set it aside, and after each bag is sorted, we will weigh the items considered “contaminants.” This will give us percentages of how much was discarded correctly and incorrectly. We’ll also be able to record if there are certain items that are repeatedly discarded incorrectly. We plan to conduct an audit at each of our five locations—three retails, the production kitchen, and the business office.

WHERE DOES OUR WASTE GO?

At Willy Street Co-op, we determined we have about eight different waste streams, from viable food donations to landfill to compost to e-waste, and even more in between. For the purposes of the audit and where we feel we will be able to affect the most change, depending on what the results show, we will focus on landfill, recycling and compost. The landfill stream includes biodegradable packaging and other items that do not belong in any other discard streams. Recycling includes baled cardboard, plastic pallet wrap, Grade C plastic, scrap metal and single stream recycling. For the purpose of our audit, we will analyze the single stream recycling, and we plan to document the weights of the cardboard bales and plastic wrap we send to Recycle America. Compost includes organic recyclable material that we send to Sanimax, and compost also includes the food scraps we send to Earth Stew.

WHERE DO WE GO FROM HERE AND WHAT CAN YOU DO TO HELP?

Although we don’t have any official results to report yet, it is safe to say that all of us at the Co-op, employees, Owners, and customers can work together to divert as much waste from the landfill as possible, and there are some small steps we can all take to help ensure our recycling and compost streams remain out of the landfill. We know that food is not recyclable, and food containers (recyclable plastics labeled 1-5) must be rinsed to remove food or drink before they are tossed into the recycling bin. Plastic bottles and glass jars should be recycled with the lids on the containers.

Biodegradable plastic containers and straws (PLA) are not recyclable, and there is currently no industrial composting facility in our area that accepts them; for now these should be thrown into the trash. Our recycling processor is not able to take plastic bags. All single stream recyclables should be placed in the recycling sans plastic bag; this also includes plastic shopping bags. These bags clog the sorting machinery and put a halt to operations at the processor. Hoping and wishing that something is recyclable does not make it so, and “wish-cycling”—placing questionable material in the recycling bin with the hope that it can be recycled—can lead to the whole load being sent to the landfill instead of being recycled. The UW Office of Sustainability has a motto they use that’s easy to remember when deciding whether to put something in the trash or in recycling: “When in doubt, throw it out.”

As noted above, food is not recyclable, and the Earth Stew compost buckets in the Commons areas of our stores are there to collect the following food scraps: coffee and tea grounds and filters, fruits, grains, eggshells, breads and vegetables. Earth Stew takes these food scraps and turns it into vermicompost at a worm farm. It is important to note that Earth Stew cannot accept bones, meat or fish, oils or grease, staples from tea bags, fruit/vegetable stickers, dairy products, diapers, compostable plates, cups or silverware, and take-out containers or clam shells. While we cannot compost meat and seafood byproducts or oils left by customers in the commons, we are able to recycle these items produced in back-of-house production through Sanimax, our commercial rendering service.

Please don’t throw sharps, a form of biomedical waste which includes any device or object used to puncture or lacerate the skin, in the trash! We have special containers in the public restrooms at each of our stores for the proper and safe disposal of these items.

Once we complete our audits, we’re hoping the results will lead to more definitive action steps, and our intent is that developing and conducting a discarded materials audit will help us assess both our abilities and our commitment to limiting and further reducing the food waste and discarded materials our facilities produce. This would provide us with an efficient and prudent means to then recommend further actions and practices to adopt in our standard operating procedures across all of our sites. We hope to establish goals to improve and reduce food and material waste and establish a baseline for developing methods of meeting those goals. Ideally, this audit will help us improve our waste management practices across our entire organization.



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SAVE THE DATE!
THIS YEAR'S ANNUAL MEETING & PARTY IS THURSDAY, JULY 11.

COMPOST

Like the Earth Depends On It

by Ben Becker, Newsletter Writer



As the winter

slowly releases its icy grip giving way to those first wet days of spring, we turn our calendar pages and look forward to April's milder days. At last, it is here. One holiday which often seems subdued

is April 22, the day we set aside to celebrate our planet. Like so many other days specifically designated for the appreciation of something or someone essential in our lives, taking only one day to recognize the Earth is wholly insufficient. However, by marking this otherwise innocuous day in April, for at least 24 hours we can take time to consider this home we all share, and how we will continue to care for it the rest of the year long.

For Willy Street Co-op, Earth Day and the days surrounding it serve as a reminder that our mission is not only to serve people and community by providing access to quality, local foods, but also to consider our environment in all our activities. This mandate was enshrined by our Board of Directors when they assigned as an End the requirement that the Co-op "nourishes and enriches our community and environment..." Striving to meet this goal requires much more than our annual recognition of April 22, and many activities and innovations undertaken to achieve it are pervasive throughout the experience of shopping at the Co-op. From our product selection to our rain collection barrels to our more energy efficient closed-door refrigerated cases and even our electric vehicle charging stations which are totally powered by clean, renewable energy, Willy Street Co-op demonstrates a num-

ber of choices we make to be more environmentally sustainable. Yet our commitment to using natural resources more responsibly involves more than meets the eye.

Behind closed doors, your Co-op is using low-flow spray valves and air-cooled ice machines, thereby ensuring that our dependence on water stays low. The power of the sun is providing hot water in our HVAC system without anyone taking notice. You may not have realized that Willy Street Co-op also partners with Green Power Tomorrow in order to include wind and solar energy as part of our energy portfolio. Modestly tucked away from notice is a system of discarded material disposal that diverts much of our waste from the landfill into recycling or compost, helping to curb our carbon footprint.

Our success in enriching and nourishing our environment requires participation at all levels of the Co-op. Not only does it require a strong commitment from our managers and those who make operational decisions, but the actions of every employee, whether stocker or cashier, and the choices our customers make also determine the impact we have on our planet. It isn't just the foods or products we purchase, but the decisions about what will happen after we have consumed our purchase. These items still have a role to play even after we are done

with them, and by making careful choices about where our product or its packaging ends up, we may determine that it will prove productive as recycled organic matter in compost mix, or doom it to an ignominious fate of releasing greenhouse gases within a landfill.

COMPOSTING AT THE CO-OP

Composting performs an important role within the Co-op's overall strategy of environmental stewardship. You may have encountered compost buckets in our Commons, by which we collect food scraps from customers. These buckets are collected each week by Earth Stew, who will work their magic to ensure that this biological matter will be transformed to serve another useful purpose. These buckets only make up a small part of our compost collection. For each freshly made elixir ordered from our Juice Bar, or a dish made in our Deli, there is an orange peel or a pile of carrot shavings resulting from its preparation. These food scraps are gathered separately from other waste and diverted into our Sanimax receptacles. Once these scraps are collected, they will be processed into Purple Cow Compost, allowing this refuse to enrich and nourish our soils. Partnering with Earth Stew and Sanimax benefits our Co-op and our environment in multiple

ways. Notably, it keeps this organic material out of landfills, where its gradual breakdown through a process of anaerobic digestion would release methane gas, a chemical with a global warming potential 56 times worse than that of carbon dioxide. As important as this control on our carbon footprint is, it isn't the sole

benefit of efficiently composting food waste. By collecting this waste instead of relying on garbage disposals within our sinks, we keep this waste out of the local sewage system, which in turn reduces water use.

IMPROVING OUR SOIL AND ATMOSPHERE

Composting is not just remarkable in its ability to curb both our carbon emissions and reduces our consumption of natural resources. Many see compost as a viable way to improve both our soil and atmosphere. Coloradans are exploring the use of compost as a means to sequester carbon. In Boulder, Colorado, experiments in applying compost to formerly degraded farm plots has not only proven a highly effective strategy for capturing carbon but also a means to improve the genesis of vegetation growth. These experiments looked to create a carbon sink, or method by which carbon is absorbed and stored within the earth, where it will benefit growing crops or forests rather than wreaking havoc on our atmosphere. Compost is not only an environmentally preferable material for agriculture because of its potential to shift carbon from the air into the soil, but it provides several advantages as a fertilizer. While the application of manure to the soil can release deadly pathogens such

as E. Coli into our water and food system, it also releases dangerous and unpleasant emissions such as methane, nitrous oxide, and ammonia. Compare this to compost, which carries none of these hazardous emissions (Waste 360). In addition, compost stabilizes nitrogen for a slower release than manure, better nourishing the plants rooted into the soil.

While this may frame compost as a miraculous product for those engaged in Earth-conscious agriculture, the production of compost is really an easy and approachable way that we can all use to care for our planet. By looking through a smaller lens at this organic matter, we can see that it is more than just a way to provide nutrients to the soil and improve plant growth in our flowerpots and garden. Indeed, composting can help greatly in reducing the waste stream created at home, especially when you consider that 30% of waste that goes to the landfill is made from food scraps and yard waste. Both are biodegradable materials, that can be composted in order to avoid their contribution of methane and other potent greenhouse gases.

MAKING COMPOST

Making compost is fairly simple in terms of technical ability. It only requires three essential ingredients. First, you will need what are referred to as the browns. These are materials with a high carbon content such as dead leaves, branches or twigs. This carbon will provide an energy source for the unseen microbes that will perform the real work of the composting process. Next you will need your greens. This refers to materials that are rich in nitrogen (a chemical essential to plant growth) such as grass clippings, vegetable waste, fruit scraps, or coffee grounds. You will want to balance out your compost mix so that the greens and browns are roughly equal to each other in volume. Finally, you will want to add water to keep your compost mix moist and well-hydrated.

COMPOSTABLE ITEMS

While these three basic inputs summarize what you will essentially need, the list of compostable materials is inclusive to many household waste items including fruits and vegetables, teabags, eggshells, coffee grounds, shredded newspapers (avoid color pages as the ink may contain toxic metal), yard trimmings and grass clippings, old house plants, hay and straw, leaves, sawdust, woodchips, old rags, dryer lint, hair and fur, and even fireplace ashes. There are some organic materials you will want to exclude however, in particular, animal products such as milk, fat, bones or meat, as these will create unpleasant odors and attract unwanted pests.

YOUR COMPOST PILE

If you have access to a yard or

outdoor space, you will want to carve out an area for your compost pile. Pick a dry shady spot near a water source. Once your compost space is designated, you might choose to use a bin, basically a three sided enclosure that will allow you to both contain your pile while also accessing it with your rake for turning. If you are willing to make a greater financial investment in your compost project, you might also choose to purchase a compost tumbler. Once your space or container is set up, go ahead and add the brown and green materials you have collected, being sure to chop or shred the larger pieces. Next, add some water to your dry materials. After your compost pile has had some time to become established, you can add fruit and veggies by burying them below a ten inch layer of material. You may also choose to keep your compost pile covered with a tarp to prevent moisture from escaping.

It is very important that as you add to your pile and the composting process progresses that you are continue to water it and stir it with a rake or trowel. This is especially important during the summer months when decomposing organisms are more active. Stirring and layering the compost allows the microorganisms within the pile to gain access to oxygen, permitting the aerobic digestion that produces that pleasant smelling nutrient rich result. Without oxygen, the compost will instead engage in anaerobic digestion, releasing gases and turning your pile into a smelly mess and a potential breeding ground for pests. If you have ever witnessed a compost pile that included animal products or was improperly maintained, you will know just what a foul and fetid sight it can be.

The amount of time it takes for your compost process to be completed will vary between two months and two years depending on weather and conditions. If your pile is well maintained, you should end up with a rich substance dark in color with a pleasant earthy or nutty odor known as humus (not to be confused with the garbanzo bean dip).

If you don't have access to a yard or outdoor space, you can still compost inside as well by using a special type of bin. Essentially, you will be following the same process as an outdoor compost but on a smaller scale. Be careful to ensure that you are properly maintaining your indoor compost so that you avoid attracting pest and rodents, and you should find yourself with a healthy humus in two to five weeks.

TINY CREATURES

As important as the turning, layering, and watering of the compost pile is to transforming scraps and waste into nutrient rich fertilizer, it is but one small part of the composting process. The real change is taking place in a world that we

cannot perceive, as tiny creatures are acting to digest, break up, and decompose the material. First, there is the decomposition at the physical level, in which small, but still visible critters actively grind, bite, suck, chew, and tear our waste into smaller pieces. These bugs, or macroorganisms, include mites, centipedes, worms, millipedes, ants, beetles, nematodes and others. At another layer of the process is the actual chemical decomposition of materials, in which the very chemistry of the organic waste itself is altered. This is accomplished by invisible microorganisms such as bacteria, fungi, and actinomycetes. The most important of the decomposing organisms are the incredibly petite aerobic bacteria, of which there are millions of in only a gram of decaying matter.

These microbes eat the carbon from your brown waste which becomes their energy source, while the nitrogens from your green waste are built into proteins necessary for reproduction and growth. The process of oxidation through which these bacteria obtain energy also produces heat, which can cause your compost pile to rise in temperature within only a few days.

Because this heat is produced through aerobic digestion, the practice of actively maintaining a compost pile in order to introduce oxygen and promote oxidation is often referred to as hot composting. This chemical digestion performed by aerobic bacteria to the excretion of nutrient chemical including nitrogen, phosphorus, and magnesium; all of which are necessary for plant growth. However, if compost is not frequently turned, the oxygen level will decrease, killing off the aerobic bacteria and slowing the composting process by as much as 90 percent. This lack of oxygen also allows for anaerobic microorganisms to take over. Instead of nutrient-rich humus, these creatures will instead produce substances similar to ammonia that can be toxic to plant growth along with other foul-smelling gases such as hydrogen sulfide, cadaverine, and putrescine.

COMPOSTING WITH WORMS

If anxiety over offensive odors or lack of time to water and turn your pile dissuade you from engaging in a composting project, fear not, for you may choose a method that involves employing a common macro-organic digester, the industrious worm. A worm composting bin, also known as a vermicomposter, can be cheap and easy to maintain. You may be able to purchase a worm composting bin, or you might choose to build your own.

BUILDING A VERMICOMPOSTER

You will need two plastic bins; one should be taller than the other, with the small bin able to fit within the other. Having this larger bin

will come in handy as it will allow excess water to drain from the worm's domain so that they do not drown, and then you can remove this water with ease. This excess water, also known as worm tea, is rich in nutrients and can be added to your garden or indoor plants. When making your own worm composter, make sure you have a drill and various bits handy, as you will need to make holes about 1/8 inch in diameter near the bottom of the inner tub for the worm tea to drain through. You will need two one inch holes near the top of the taller bin so that your worm friends can breath. Be sure to use a fine vinyl screen (such as one you might use in from a window screen) to cover the holes at the bottom. Use a waterproof adhesive to affix the screen in place. Avoid using metal screening material as they will rust when exposed to water. These screens will prevent your worms from slipping out of the bottom of the bin.

Once your composter is holed and screened, add about a pound of dirt for the worms to start with, and a three inch layer of shredded paper. Add some moisture and about a pound of worms, and give them some time to settle in while you collect food scraps. Worms can digest materials similar to what you would use in your hot compost such as vegetable and fruit scraps as well as bread, tea and coffee grounds, and cereal. You will want to avoid giving them plastic or fabric teabags in addition to any animal by-products. Dryer items such as stems or outer onion peels can take longer for your worms to digest. When selecting your worms, keep in mind that nightcrawlers are pretty good composters, but red wigglers are the ideal breed for turning your waste into healthy soil.

Whatever you do, be sure to avoid the Asian jumping worm, which is sometimes mistakenly identified as the Alabama jumper or Georgia jumper. This invasive species is sold as bait, and upon escaping or release, it destroys native ecosystems by devouring leaf litter at an unsustainable rate, denying forest plants and critters necessary habitat and nutrition.

CARING FOR OUR PLANET

While invasive species, unsustainable agriculture practices, and improper waste disposal can all create negative consequences for our environment and our future, employing strategies like composting can help us to care for our planet, not only by enriching our soil but in offsetting the greenhouse gases leading to climate change. Creating a more sustainable lifestyle and economy takes serious commitment and substantial changes, but composting is one small way that we can all have a big impact. This Earth Day, join the Co-op in making this practice part of your overall strategy to enrich and nourish the environment.





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RECIPES

Arugula and Asparagus Ribbon Salad

Adapted from www.mynewroots.org.

During asparagus's short season, serving it raw is a great way to enjoy it. Shaving the spears into thin ribbons and briefly marinating them in a quick vinaigrette turns the asparagus soft and almost creamy.

- 1 bunch asparagus
- 3 Tbs. olive oil
- 2 Tbs. lemon juice
- 2 Tbs. honey
- 1 shallot
- salt
- pepper

- 2 c. arugula
- 1/4 c. hazelnuts
- Pecorino Romano, optional

Directions: Slice the tips off the asparagus spears, then slice tips in half, lengthwise. Place in a large bowl and set aside. Use a vegetable peeler on the asparagus spears to create long, thin ribbons. Add the ribbons to the bowl of asparagus tips and set aside.

Whisk together the olive oil, lemon juice, honey and minced shallot. Season to taste with salt and pepper. Drizzle the dressing over the asparagus, and toss to coat. Allow to rest for 15 minutes.

Add the arugula to the bowl of asparagus and toss to combine. Top with chopped hazelnuts, more black pepper, and a few shavings of Pecorino Romano, if using. Serve.

Vibrant Spring Socca with Basil-Arugula Pesto

Adapted from www.food52.com.

Socca is similar to a crêpe, and is made with chickpea flour, which imparts a mild, nutty flavor. This recipe makes one giant socca, but it's easy to make small ones instead if you'd prefer.

- 1 c. chickpea flour
- 1 c. water
- 1/2 c. + 1 1/2 Tbs. olive oil
- 1 Tbs. chopped fresh parsley
- 1 1/2 Tbs. salt
- 1 c. basil leaves
- 1 1/4 c. water
- 2 c. arugula
- 1/2 c. walnuts
- 1/4 c. nutritional yeast flakes
- 2 cloves garlic
- black pepper
- 2 c. sugar snap peas
- 1 c. snow peas

Directions: In a medium bowl, whisk together the chickpea flour, 1 cup of water, 1 1/2 tablespoon of olive oil, parsley, and salt. Whisk until the batter is smooth. Set aside, and allow to rest for 30 minutes.

In a blender or food processor, combine the basil, arugula, remaining 1/2 cup of olive oil, remaining 1/4 cup of water, walnuts, nutritional yeast, garlic, and a sprinkle of salt and pepper. Blend until smooth, adding more olive oil or water a bit at a time if needed.

Turn broiler on to high, and place a rack 5 inches below the flame. Lightly grease a cast iron skillet, and place below the broiler for 1-2 minutes, until hot. Carefully remove the skillet and pour in the prepared chickpea batter, swirling the skillet to make an even layer. Place under the broiler and broil for 5-10 minutes, checking every 3 minutes to avoid burning. Remove from broiler when socca is golden brown. Allow to cool for 2-3 minutes, then transfer to a serving dish. Top with pesto, and sugar snap and snow peas. Serve.

You'll likely have extra pesto, which can be frozen for up to 3 months.

Spicy Tuna with Mango, Avocado, and Crispy Shallots

Adapted from www.jamesbeard.org

With creamy avocado, juicy mango, lime, and cilantro, this version of tuna tartare is unmistakably tropical.

- 2 c. vegetable oil
- 1/2 c. all-purpose flour
- 1 shallot, sliced into rings
- salt
- 1/4 c. soy sauce

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- 2 Tbs. rice vinegar
- 1 Tbs. fish sauce
- 1 Tbs. peanut oil
- 2 Tbs. sugar
- 1 lb. sushi-grade tuna, diced
- 1 avocado, diced
- 1 mango, diced
- 1 jalapeño, seeded and minced
- 2 Tbs. red onion, minced
- 2 Tbs. cilantro leaves, chopped
- 1 Tbs. crushed red pepper flakes
- 1 lime, juiced

Directions: In a large, heavy pot, heat the oil to 300°F. Line a plate with paper towels.

Place the flour in a large shallow bowl and dredge the shallots in the flour, shaking off excess. Add the shallots to the oil and cook about 1 minute, just until they turn golden brown. Use a slotted spoon to transfer to the paper towel-lined plate. Season with salt.

In a small bowl, combine the soy sauce, rice vinegar, fish sauce, peanut oil, and 2 tablespoons of sugar. Whisk until the sugar is dissolved.

In a large bowl, combine the tuna, avocado, mango, jalapeno, red onion, chopped cilantro, crushed red pepper flakes, and 2 tablespoons of the fried shallots. Gently toss to combine, then drizzle with the lime juice and 1/4 cup of the dressing. Season with salt and sugar to taste, and toss again.

Serve topped with the rest of the fried shallots and more cilantro leaves.

Sticky Rice with Mangoes

Adapted from www.saveur.com

What a treat to be able to create this tasty Southeast Asian dish at home!

- 1 c. sticky rice
- 1 c. coconut cream
- 1/2 c. sugar
- 1 tsp. salt
- 2 mangoes, sliced

Directions: Soak the rice in water for 3 hours. Drain and place in steamer. Steam over medium-low heat until tender, about 20-25 minutes. Place in a bowl and set aside. Put the coconut cream (if using canned coconut milk instead, spoon the thick cream off the top and use that) in a saucepan with the sugar and salt. Bring to a boil over medium-high heat and cook, stirring constantly, for 1 minute, or until the sugar dissolves. Pour the coconut mixture over the rice, mix well and set aside until the coconut has soaked into the rice, about 30 minutes. Put a spoonful of rice on each plate to serve and top with mango slices.

Chicken with Grated Beets, Beet Greens, and Orange Butter

Adapted from Bon Appetit

This is such a straightforward recipe (and only dirties one pan!), you'll want to make it again and again. It's easy to double, and if you want to up the orange flavor, try cooking the grated beets in orange juice instead of water at the end. The orange butter is amazing slathered on the beets and beet greens as well as the chicken.

- 1 1/2 Tbs. butter
- 1/4 tsp. finely grated orange peel
- salt
- pepper
- 1 Tbs. olive oil
- 2 chicken breasts
- 2 Tbs. chopped shallots
- 2 red beets, grated, with stems coarsely chopped
- 2 tsp. Sherry wine vinegar
- 1/3 c. water

Directions: In a small bowl, mash 1 tablespoon of the butter and the orange peel to combine. Season with salt and pepper. Set aside.

Heat a half-tablespoon of the olive oil in a medium pan over medium-high heat. Season the chicken breasts with salt and pepper. Add to the pan and sauté until golden brown and cooked through, 4-5 minutes on each side. Transfer to a serving dish and cover to keep warm.

In the same pan, melt the last 1/2 tablespoon of butter with the last

1/2 tablespoon of olive oil over medium-high heat. Add the shallots and sauté 1-2 minutes, until tender and beginning to turn golden. Stir in the beet greens and cook, stirring, about 2 minutes, until tender but still bright green. Stir in 1 teaspoon of the vinegar, and cook for 30 seconds. Sprinkle with salt and pepper, then add to the platter of chicken and cover again to keep warm.

Add the grated beets and water to the pan, cover, and cook over medium-high heat, stirring occasionally, for 2 minutes. Uncover, and continue to cook another 1-2 minutes, stirring frequently, until the beets are tender and most of the water has evaporated. Stir in the last teaspoon of vinegar, season with salt and pepper, and cook another 30 seconds.

Serve the grated beets and beet greens alongside the chicken, and top each piece of chicken with a spoonful of orange butter. Enjoy!

Peppercorn Steak Salad with Roasted Carrots and Gold Beets

Adapted from www.simplyfreshdinners.com.

This fresh dinner salad is made with sweet, roasted carrots and beets, and spicy, peppery steak atop a bed of tender greens.

- 1 sweet onion, cut in medium chunks
- 3 medium beets, peeled and sliced thinly
- 1/2 lb. baby carrots, chopped
- 1 head romaine lettuce
- 2 Tbs. olive oil
- 2 Tbs. maple syrup
- salt
- pepper
- 4 small steaks
- 3 Tbs. black peppercorns
- 3 Tbs. butter
- 1/4 c. goat cheese, crumbled
- 1 c. walnuts
- 2 Tbs. balsamic vinegar

Directions: Combine the onion, beets, and carrots in a large mixing bowl. Drizzle with olive oil and maple syrup, and sprinkle with salt and pepper. Toss to coat, then transfer to a rimmed baking sheet and spread in an even layer. Bake for 20 minutes, or until the vegetables are tender.

Sprinkle both sides of the steaks with salt. Sprinkle the crushed peppercorns over both sides of the steaks, pressing them to stick. Melt the butter in a large skillet over medium-high heat. Cook the steaks in the skillet, turning once. For medium, it will be 10-15 minutes, or until an instant-read thermometer reads 155°F. When they are cooked to your desired doneness, transfer to a cutting board and tent with aluminum foil. Let stand for 5 minutes, then slice into thin slices against the grain.

Divide the lettuce between 4 plates. Arrange the sliced steak over the greens, then top with the roasted vegetables, crumbled goat cheese, and walnuts. Finish each salad with a drizzle of balsamic vinegar.

Plato's Polenta Pie

Recipe by Willy Street Co-op. Converted for home use by Local Thyme.

Here's a flavorful Mediterranean-inspired dish from Willy Street Co-op's Deli.

- 1 1/2 c. water
- 1 1/2 c. whole milk
- 1 c. polenta
- 1 1/2 tsp. minced garlic
- 1 tsp. salt
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1 Tbs. olive oil
- 1 bunch spinach
- 1/3 c. julienned red onion
- 1/3 c. kalamata olives
- 1/3 c. sun-dried tomatoes
- 2 Tbs. crumbled goat cheese
- 1/3 c. crumbled feta
- 1/3 c. shredded mozzarella

Directions: Preheat oven to 350°F. Oil a casserole dish. Combine the water and milk in a large, heavy pot or dutch oven over medium-high heat. Bring to a boil. Whisk in the polenta and cook, stirring constantly, until thickened, about 30 minutes. Remove from heat and stir in 1/2 teaspoon of the minced garlic, the salt, oregano, and basil, and then pour into the prepared casserole. Drizzle the olive oil over the polenta and

RECIPES

sprinkle with the remaining minced garlic.

Spread the spinach over the polenta in an even layer, then top with the onions, olives, and tomatoes. Sprinkle the goat cheese, feta and mozzarella on top. Bake at 350°F for 20-25 minutes, until cheese is melted. Serve hot.

Soba with Green Garlic, Spinach, Edamame, and Crispy Tofu

Adapted from The New York Times

After a winter of root vegetables and more root vegetables, fresh, bright green spinach and tender young garlic are such treats!

1/2 lb. tofu, cut in domino shapes
2 green garlic, trim stalk
3/4 c. edamame
1 Tbs. grapeseed oil
soy sauce
1 Tbs. olive oil
salt
6 shiitake mushrooms, destemmed and sliced
2 bunch spinach
black pepper
1/2 lb. soba noodles

Directions: Bring a large pot of salted water to a boil, and add the edamame. Cook 3-4 minutes, until just tender. Use a slotted spoon to remove from the water and set aside.

Heat a large skillet or wok over medium-high heat. Sprinkle with a drop of water and if it evaporates immediately, it's hot enough. Add the grapeseed or canola oil, and then the tofu. Cook until golden brown on both sides, stirring frequently. Sprinkle with a small splash of soy sauce, and transfer to a plate.

Lower the heat to medium, and add the olive oil and shiitake mushrooms. Cook 1-2 minutes, stirring occasionally, until they begin to soften. Add the green garlic, and sprinkle with salt. Cook 1-2 minutes, stirring frequently, until fragrant. In batches if necessary, fold in the spinach. Sauté, tossing frequently, until the spinach has wilted. Fold in

the edamame and the reserved tofu. Season with salt and pepper.

Bring a large pot of water to a boil. Cook the noodles according to package instructions, and drain thoroughly, shaking out the water. Transfer to a large serving bowl and top with the tofu and vegetables. Serve.

Green Enchilada Pie

Recipe by St. Peter Food Co-op, St. Peter, MN for the Co-op Advantage Program

An easy, family-pleasing favorite, or take it to your next gathering.

1/4 bunch cilantro, roughly chopped
1/2 Tbs. cumin
5 oz. spinach
6 oz. sour cream
1 4 oz.-can green chilies
1/4 bunch cilantro, roughly chopped
1 can cream of mushroom soup
salt and pepper
1/2 bunch scallions, diced
1/2 lb. cheddar cheese
12 corn tortillas

Directions: Preheat oven to 350°F. In a food processor or with a stick blender, puree the soup, green chilies, spinach, cumin, cilantro, sour cream, salt and pepper until smooth. Assemble the enchilada pie in an oiled 12-inch cast iron skillet or oven-proof casserole dish as follows: a. Layer one cup of the soup mixture on the bottom of the pan. b. Place 3 corn tortillas on top of the mixture, sprinkle with 1/4 of the shredded cheese and 1/3 of the green onions. c. Repeat the process with 3 more layers of soup mixture, tortillas, cheese and scallions. d. Top with the remaining cheese. Bake in the oven for 25-30 minutes. The sauce will be bubbly and the cheese golden brown. Let rest for 10 minutes before slicing.

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Staff Picks



BENJAMIN

Matt's Chocolate Chip Cookies

These have been my favorite cookies since I was a kid! I love that they are soft-baked which is rare for a store-bought cookie. Made without anything artificial, they have quality ingredients like vanilla, date paste, eggs, and, of course, chocolate chips. They aren't in every grocery store and I'm so glad the Co-op carries them.



DUSTIN

Madison Sourdough Grain and Seed Boule

This bread is light and fluffy, but still has a lot of substance. It's the perfect size for small sandwiches or toast and pairs well with almost anything.



RACHAEL

Beyond Meat Sausages

FINALLY! They have arrived! Beyond Meat Sausages are just that, beyond! Beyond amazing, beyond flavorful, beyond



delicious! I have been vegetarian for 14 years and this is the first veggie sausage with a real bite to it! Add a lil oil to your frying pan, add some kraut, and you are set!



LORI

Paleo Mama Bakery, Chocolate Chip Cookie Dough

First of all, they taste amazing! You can eat them raw or baked, even eat them frozen. They are local, paleo, grain-free, gluten-free, sweetened with honey and evaporated cane



juice. You cannot go wrong if you love cookie dough. They are delicious even if you are not paleo, grain- or gluten-free!

Rotisserie or Whole Roasted Chicken

I love the rotisserie chicken we make in the Deli! It is hot and ready to eat. We can get a couple meals out of it. Then there are also leftovers. I can make soup out of it, and I can use to bones to make bone broth. So many things for one chicken.



LIZ

Willy Street Co-op Berries-n-Creme Smoothie

This Juice Bar smoothie has been a favorite for years. My daughter has consumed at least one a week since she was old enough to hold a cup. Refreshing and delicious. Sweet but not too sweet. A perfect after-school (or anytime) snack.



GABE

Against the Grain Cheese Pizza

This pizza packs a delicious cheesy punch. I personally don't have to be gluten-free but my partner does, and I cannot tell the difference between this and gluten crust. It crisps up perfectly. The cheese pizza is my favorite to add toppings such as our local spinach and our housemade sausages after I cook and cut them up. Great for any picky eater!



DAKOTA

Maggie's Killington Hiker Socks

I own a pair of these socks in every color...and it's not enough! They're soft, warm, and make great gifts. Hint hint.



Three Twins Cookies and Cream Ice Cream

The Cookies and Cream Ice Cream from Three Twins is so good, I almost didn't want to write a staff pick for it. But now the secret is out. Try my favorite ice cream but leave some for me!



TANYA

Sol Cuisine Breakfast Veggie Sausage Patties

Are you vegan and gluten-free AND you want a hearty breakfast? These sausage patties are just the thing. Satisfyingly savory, quick to prepare, and perfect with tofu scramble. They'll give you a smile to start the day. Available at East and North only.



KATIE

Siggi's Non-Fat Yogurt

This traditionally made Icelandic yogurt is my go to "hit me with some delicious protein" snack. The ingredients are only pasteurized skim milk and live active cultures. No added anything. Clean, simple and delicious.



CATE

Kettle Brand Himalayan Salt Potato Chips

I LOVE these chips! They are super crunchy with the perfect amount of salt. Plus they are cooked in 100% avocado oil, which I consider a plus. Great with soup, a sandwich or all by themselves. The bag size is small enough that I don't feel piggish about eating the whole thing, yet big enough that I can share if I'm feeling generous :) Available at West and North only.



SARA

Miyoko's Cultured Vegan Butter

I'd been using Earth Balance for years but had ethical concerns with their inclusion of palm oil as



an ingredient. I finally got around to trying Miyoko's butter, and I wish I hadn't waited so long. It's delicious (even better than Earth Balance) and palm oil-free. The texture is excellent on bread and in cooking. Earth Balance still works in baking and in a pinch but I'm a Miyoko's convert!



ANGELICA

Willy Street Co-op Red Curry Tofu Salad

This vegan salad is both filling and delicious. The tofu has a nice springy texture. I enjoy it in a wrap or sandwich or on its own. The sauce is complex and tangy and just ever so slightly spicy. Also, we make it at our very own Production Kitchen!

Willy Street Co-op Orange You Glad It's Vegan Cake Slice

I love everything about this cake. Its bright sweet citrus flavor, its creamy frosting, the fact that it's light enough to still feel good afterwards...everything!



CAITLYN

Willy Street Co-op House-Made Soup

A bowl of Willy Street Co-op's soup is always delicious and a good deal. Some of my recent favorites are Cream of Chicken and Wild Rice and Split Pea with Bacon. I never knew I was a soup person, but turns out I am.



CARLEY

Acure Rosehip Oil

My skin freaks out in the winter. Combination skin is always tricky, but in a dry, cold Wisconsin winter it gets ROUGH. This was recommended to me by the lovely Willy East Wellness Goddess, Sarah Linton, last winter and I am frankly blown away by how

well it works for my particular brand of problem skin. It keeps my skin moisturized and soft without being too oily and overloading my skin. It's also reasonably priced and lasts me almost the entire winter season. I don't know what magic is involved, but I'm cool with it.



KRISTI JO

Jason Rosewater Body Wash

This product is my bath time jam! It makes great bubble bath as well as a body wash. The scent is beautiful! Take time to get in the bath and smell it.



KELLY

Veriditas Digestive Massage Tonic

This oil is gentle and helps support healthy digestion. When my little one needs some help going to the bathroom, a few minutes massaging this oil on her belly really helps, almost every time. East and West only.



ABIGAIL

Dead Sea Warehouse Amazing Minerals Dead Sea Bath Salts

The luxurious improvement from plain ol' epsom salt to Dead Sea Warehouse Mineral Bath Salts has brought my baths to the next in-home-spa level! I put a cup in my bath and let the stress and pain melt away. It really helped with my dry, winter

skin and is an excellent way to absorb minerals that are beneficial for immune function and healthy circulation. These salts are sold in a 5 lb. tub, so it'll last a while. A definite bath upgrade; take it from me!

Innovative CBD Lozenges: Watermelon

I've tried all the flavors of the Innovative CBD lozenges, and this NEW flavor is, hands down, the best one! Innovative CBD uses full spectrum, CO2-extracted, industrial hemp to produce high-quality products like these lozenges. Each pack contains four 5 mg lozenges and work so well because of the slow release of cannabidiol in the mouth. Refreshing, watermelon, sugar-free "candy" that makes you feel goood!



PATRICK

Willy Street Co-op Chocolate Mint Cookie (Vegan)

Y'all. This new cookie is "da best on here!" It's vegan, yeah, and it's soft and delicious. Made with Fair Trade and Organic Equal Exchange chocolate. Git you one!



BRIAN

Willy Street Co-op Cuban Pork Sandwich—Hot Deli prepared

This is the perfect "I am on my way home from work and don't want to cook when I get home" sandwich—hot, flavorful and juicy. The pork is spiced and flavored so well. The bun is soft and just chewy enough, and the whole sandwich is finished off with the traditional Cuban pickle tang. Not only is it great hot and fresh, but reheated for lunch the next day it is just as good. Makes me hungry just writing about it.



GRANT

Carr Valley Cranberry Chipotle Cheddar

This is one of my favorite cheeses ever! The sharp white cheddar paired with spicy chipotle peppers and just a hint of tangy cranberry makes it a perfect addition to your cheese board on game day, or bite right into it for a flavorful snack! Available at East and North only.



MELISSA

Sartori Montamoré Cheddar Cheese

This is my overall favorite cheese. It's a semi-crumbly aged cheddar with crystals of flavor (due to the aging process). IT'S SO GOOD! I always have some on hand to share with guests visiting from

outside Wisconsin. Great for cheese plates, in grilled cheeses, crumbled on top of salads, melted into mac n cheese, or straight outta the package.



Bell & Evans Coconut Breaded Chicken Tenders

These are the best chicken tenders I have ever had in my life. Just enough coconut flavor to notice, but not so much that it takes away from the chicken or your favorite dipping sauce. Available East and West only.



LEAH BUSSE

Swiss Chard

It can be hard to get color in your winter meal, but the stems of our Swiss chard can add a rainbow of color to your dish! No waste on these large leaves because stems and all can go into your dish. I love to sauté it on the stove top or add it in to my winter soups.



LAURA MONTGOMERY

Taylor Farms Wellness Blend Greens

A great greens mix that is hearty and never gets old. Excellent as the base for a salad or added to a stir-fry, soup, etc. My yearly winter challenge is to consume a whole container myself every week :) Available at East and North only.



ANGELA POHLMAN

Organic Broccoli

Old Reliable, as it's known in our house. I think broccoli is the perfect veggie—versatile, tasty, nutritious. You can eat big ol' spears for dipping, or finely chop to hide in mac and cheese because your toddler won't eat it. Eat it raw, roasted, or boiled to mush. It's ALL good.



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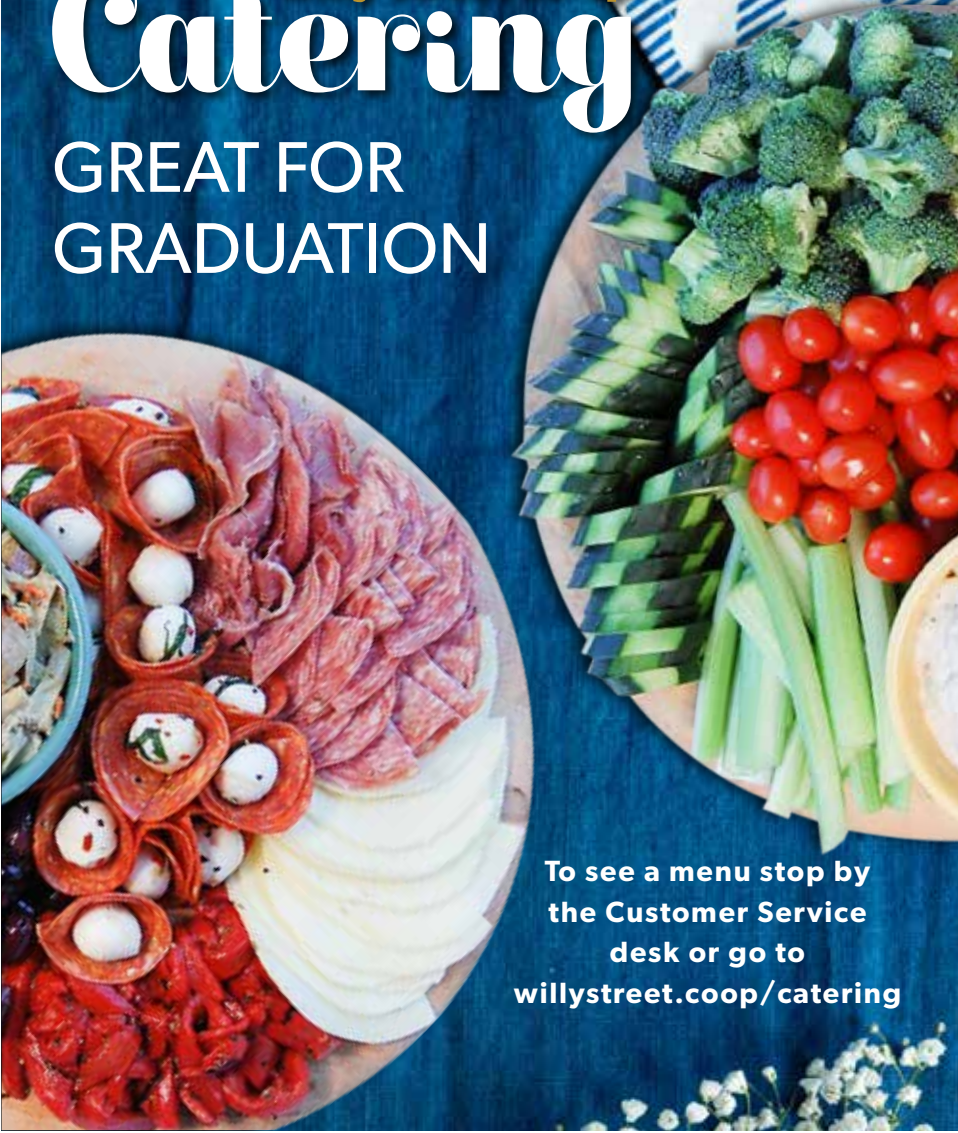
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