

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 46 • ISSUE 8 • AUGUST 2019



Grown From The Sun

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MONDAY, SEPTEMBER 2 AT 7:30PM FOR LABOR DAY

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

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

Deli: 7:30am to 9:00pm

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

**WILLY STREET CO-OP
MISSION STATEMENT**

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

**WILLY STREET CO-OP
BOARD OF DIRECTORS**

Jeannine Bindl, President
Brian Anderson
Ann Hoyt
Stephanie Ricketts
Trevor Bynoe
Michael Chronister
Gigi Godwin
Sarah Larson

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

**BOARD MEETING
SCHEDULE**

Tuesday, August 16
Tuesday, September 20,
Tuesday, October 18
Tuesday, November 22
December: TBD
Tuesday, January 17

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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SATURDAY, AUGUST 17 AT 6:00PM FOR OUR ANNUAL STAFF PICNIC

MONDAY, SEPTEMBER 2 AT 7:30PM FOR LABOR DAY



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!

PRODUCT REQUESTS

Q: *First off, I am a new owner and have nothing but love for your assortment. Willy street is pretty much the only store I go to now! That being said, there are a couple products I'd love to see on your shelves. The first would be the Field Day Cocoa Chip cookies, the sister of the vanilla Field Day cookies you guys have (kind of like teddy grahams). I've only looked once to see if you have them and they may have just been sold out, but I didn't see an item tag for it on the shelves next to the vanilla ones. The second product is the Nancy's probiotic cream cheese. I had it last month and fell in love with it, so I was sad to see it wasn't in the fridge at Willy East. Please take these requests into consideration, and HAVE A GREAT WEEK!*

A: Thank you for writing in with your product requests. I looked into the two products that you are interested in. It turns out that the North store does carry the Field Day cocoa chip cookies. So we have a couple options here. If you are on that side of town, you can stop in and purchase them. Or, if you prefer to shop at East we can transfer some of the product from North to East. Just let me know and I will help facilitate that. I will also let the buyer know that there was a request for this product. Due to shelf space limitations I cannot promise anything right now.

Now, as for the Nancy's cream cheese. That product is not carried at any of the three stores, so I have sent your product request to our purchasing department for review. If it is available

to us, we think that it will be popular and we have shelf space available we will bring it in and I will let you know if that happens.

I hope this message finds you well, and have a beautiful day! -Amanda Ikens, Owner Resources Coordinator-East

COMPOSTABLE PRODUCE BAGS

Q: *Long time member, first time writer here. When I forget my bamboo- and rice-derived EcoMaxer bags for produce, I always regret it—but I've recently discovered your compostable produce bags, and they're a delight.*

Studies show plastic bags get the briefest of use—just long enough to get some fruit home, and then are recycled where possible, or in some less progressive communities, tossed into the wind and allow to drift thousands of miles to clog up the forests and streams of this sometimes great nation.

The Co-op's compostable bags are just flimsy enough to remind us of their brief usable lifespan, and just strong enough to carry the substantial weight of a phalanx of pluots (the natural results of carnal union between plums and apricots). My good post-shopping vibes increase as the bags are tossed in the compost bin along with depleted Scobies and the parts of the kale plant even the alchemist Nicole won't eat.

All this to say, thank for you replacing the plastic produce bags with these lovely compostables, I look forward to using them again soon.

A: Thanks for your lovely message! We are delighted to be able to offer these new bags, especially because they are certified home compostable rather than only industrially compostable like many other bioplastics. Best, Megan Minnick, Purchasing Director

SAFE CEREAL

Q: *Having today read that some of my favorite breakfast cereals from childhood are not particularly "safe" to eat nowadays because farmers use glyphosate to kill the cereal crops and thus facilitate and accelerate the process of desiccation, I wonder if members can be assured that grains*

available in the bulk aisle are not from fields that have been sprayed with this nasty chemical. I am particularly buying steel cut oats and thick rolled oatmeal. -THANKS!

A: Hope your week is going well! The only way to assure that your food has not been directly sprayed with glyphosate is to buy organic products. Organic Certification prohibits the use of it. Our bulk steel cut oats and thick rolled oats are organic. I appreciate your questions and comments! -Dean Kallas, Grocery Category Manager

SHAMPOO AND CONDITIONER BARS

Q: *Hello, I was recently in the coop looking for shampoo bars and was surprised not to see any options. I personally have used this brand <https://ethiquebeauty.com/> and think their products are fantastic, even beyond the shampoo. It looks like right now they are only shipping to the US through Amazon and I would really prefer to buy them at the co-op than get them shipped in plastic packaging from Amazon. Hope you will consider adding this product or an alternative to shampoo and conditioner bottles.*

A: I have great news! We do have three shampoo and/or conditioner bars in our health and wellness section. The options are: JT Liggett's shampoo bar, Four Elements Herbal Shampoo bar, and HiBar shampoo and conditioner bars. They are in the shampoo and conditioner section on the top shelf on the left.

Also, I just spoke with that department's manager and they are looking to expand the shampoo and conditioner bar selection and they are trying to find a good source for a conditioner bar. So I have passed the information about The Ethique Beauty company to our Purchasing department to see if this product line is in fact available to us. If we are able to bring the product in I will let you know.

Thank you for taking the time to write to us with your product request, and have a beautiful day! -Amanda Ikens, Owner Resources Coordinator-East

CO-OP AT THE CONSERVANCY

Q: *There was a workday in the Pheasant Branch Conservancy on Sat from 12-3. I noticed that a group from the coop had what appeared to be a class. I am wondering if they notified the County that they would be there and received permission to collect plants or whatever they were doing? Also, did they communicate with the Land Manager of PBC thru the FOPBC who would know if there were areas that had been managed and sprays applied recently? I'm not sure what the group was but I would suggest that in the future, for the safety of the group, they above contacts would be make. Perhaps they were and that would have be the proper way to access the conservancy in the future*

I spend many hours working in the Conservancy for Dane County and FOPBC with volunteer groups, interns, workdays, on my own managing areas for invasive plants as directed by our land manager, etc. I was concerned about the health and safety of the Coop group. Communication is important as you plan future events in the County section of the Conservancy.

A: I hope this finds you well! We did hold a class on Saturday at Pheasant Branch Conservancy for which we did obtain the appropriate permit through Dane County Parks. The Parks Director, Operations Manager, and Ranger were all notified of the event via the permitting process.

The class was with an herbalist who was teaching attendees how to identify plant families and different ways plants can be used for both food and as medicinal herbs. This was not a foraging class, rather it was observation and discussion-based, and so no harvesting should have taken place, just smelling and observing under a hand lens.

I do appreciate you looking out, and for the work you do to make Pheasant Branch Conservancy a wonderful place for so many to enjoy! Best regards, Liz Hawley, Education and Outreach Coordinator

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GENERAL MANAGER'S REPORT

AMP; Board Election Results; and More!



by **Anya Firszt,**
General Manager

HELLO AUGUST!

It seems just the other day we were ushering in summer with Memorial Day, and now three page-turns of the calendar later, the other summer bookend holiday, Labor Day, is getting closer by the day.

Presently we are celebrating an abundant supply of fresh produce sourced from local producers this time of year, between the Co-op, CSAs, near-daily farmers' markets, and backyard gardens, there's no shortage of fresh vegetables and fruit. Yum.

2019 ANNUAL MEETING & PARTY

Thank you for making this year's Annual Meeting & Party (opening night of La Fete de Marquette) an event to remember. The day's festivities began at 4:00pm, with our annual business meeting at 5:30pm, and ended with the nouveau zydeco tunes of Geno Delefose & French Rockin' Boogie. Special thanks to the festival organizers, Wil-Mar Neighborhood Center, and our staff who planned for 1,000 gift bags and prepared and served 5,000 meals to Owners.

During the business meeting question and answer period we were asked about a fourth store, particularly the Truman Olson/Park Street location, about which I wanted to elaborate. We are not presently focused on a fourth store, but focused on growing sales, specifically at Willy West, and building cash to pay down the (planned) debt we have incurred opening Willy North and expanding Willy West.

2019 ELECTION RESULTS

This year because we had only three candidates running to fill three open seats, we opted to not hold an election. Ideally, we would have a contested election, to give Owners

a choice to vote for who they think will best represent them. Even though the next Board election is not until next July, it's not too soon to think about running for the Board. Consider attending a Board meeting (they are scheduled for the third Tuesday of each month) to get a taste of what the Board does and how the meetings are run.

Welcome incoming Board members Ann Hoyt, Gigi Godwin and Sarah Larson.

The new Board members were officially seated at the July 16 Special Owner meeting.

BEST WISHES AND FOND FAREWELLS

Thank you to outgoing Board members Pat Butler, Dan Ramos Haaz, and Meghan Gauger.

Pat Butler was elected to the Board to fill a three-year term in 2016, and decided not to run again this year. I can unequivocally say that there is no better ambassador for our northside location than Pat.

Dan Ramos-Haaz was appointed to the Board to fill a vacated seat 2018. Additionally, Dan has served six total years on the Willy Street Co-op Finance Committee, which he also chaired for the last two years.

Meghan Gauger was elected to the Board to fill a three-year term in 2017, however decided to resign with one year remaining in her three-year term. Meghan served not only as a Board member, but Vice President this past year.

Again, thank you all for your years of service and many contributions to our cooperative, and best wishes in your future endeavors. Cheers.

ONLINE SHOPPING AND DELIVERY FROM WILLY STREET CO-OP

This month we launch our online shopping and delivery program. From our door to yours, you can leave the hassle of shopping (and parking) at home. Check it out at shop.willystreet.coop for online shopping and delivery or pick-up services.


SPECIAL STORE HOURS IN THE COMING FEW MONTHS

- Saturday, August 17: annual staff picnic. Stores close at 6:00pm.
- Monday, September 2: Labor Day. Stores close at 7:30pm.

I SCREAM! YOU SCREAM! WE ALL SCREAM FOR ICE CREAM!

Willy West Juice Bar will now be serving ice cream! Enjoy Chocolate Shoppe ice cream in either a cone or a dish.

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BOARD REPORT

Annual Meeting; July Board Meeting; and More!



Stephanie Ricketts, Board Member

Hello everyone! We are officially in the hot, sweltering part of the summer, and I hope y'all are staying cool! For my household (which does not have AC), it looks like a lot of fruit popsicles, watermelon, zoodles

and grilling out in the backyard. What are your best ways to stay cool?

NEW BOARD MEMBERS SEATED

It's August, which means our new Board members have been officially seated, and will join the rest of the Directors for their first meeting later this month! We are excited to welcome the insights, wisdom and knowledge that Ann Hoyt, Gigi Godwin and Sarah Larson bring to the governance team. A huge THANK YOU to Pat Butler, who is stepping down at the end of her three-year Board term. Thank you, too, to Meghan Gauger, who is leaving the Board after two years of leadership, including holding the Vice President position over the past year. And finally, thank you to Daniel Ramos Haaz, who has served as an interim Board member for the past year. Your contributions to the Willy Street Co-op have been invaluable!

ANNUAL MEETING

In July the Board welcomed Owners to the Annual Meeting on Thursday, July 11. At the meeting, Jeannine Bindl, our Board President, along with Anya Firszt, General Manager, Paige Wickline, Finance Director, and Daniel Ramos Haaz, Chair of the Finance Committee and outgoing Board member, provided some big picture

updates on the state of Willy Street Co-op. Check out Anya and Paige's reports, as well as the Annual Report (due out in December), for some of those highlights.

JULY BOARD MEETING

The Board also had its regularly scheduled meeting on July 16, 2019. At that meeting, we reviewed an array of policy reports, including:

- Policy B7: Communication to the Board
- Policy B8: Board Logistical Support
- Policy C7: Board Committee Principles
- Policy D2: Accountability of the General Manager
- Policy D3: Delegation to the General Manager
- Policy D4: Monitoring General Manager Performance

What's up with these policies?

The Board has policies that govern how it operates, which are our D and C Policies. So, policies C7, D2, D3, and D4 are all reported on by the Board, to the Board. The three D policies this month provide guidance on our relationship with the General Manager. The GM is the Board's only employee, and much of our role in providing guidance and direction for the organization comes through the policies we set for the GM to follow. Those guiding policies are the B policies. The GM reports regularly (usually annually) on each of the various B policies, which gives the Board opportunities to understand the GM's take on the policy (otherwise known as an "operation definition" of how the terms of the policy should be met), and discuss any concerns, suggestions, etc.

The Board also officially ratified the incoming Board members at this meeting. Usually at our July meeting we would tally the votes for the annual Board election. However, since this year we opted not to have an election (since there

were three candidates for the three open seats), that was not necessary. Were you considering running for the Board? Do you know someone who expressed interest, but ultimately did not run? We would love to hear more about your experience! It is extremely unusual to have an

uncontested election at Willy Street Co-op (the last time we did it was in the 1980s), and we would appreciate any thoughts you have on the nomination process. Send us an email at board@willystreet.coop.

As always, thank you for being a part of our Cooperative community!

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 70 member nonprofits.

The **Wisconsin Democracy Campaign (WDC)** is a nonpartisan, nonprofit watchdog that tracks and exposes big money in Wisconsin politics and advocates for a clean and open democracy where everyone has an equal voice. It is working with the Wisconsin Fair Maps Coalition to ban gerrymandering in Wisconsin - 47 county boards have passed resolutions urging the state legislature to enact this ban. Wisconsin deserves fair voting maps where voters choose their representatives, not the other way around. Read more and get involved: <https://www.wisdc.org/>



Photo: WDC

Physicians for Social Responsibility (PSR) is an organization of health professionals and other concerned individuals who work to protect human life. Members are deeply concerned about the health consequences for the growing contamination of our environment by toxic chemicals and radioactive isotopes.

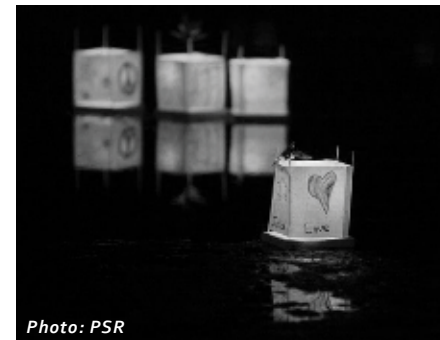


Photo: PSR

On Tuesday, August 6th at Tenney Park at 6:30 PM, PSR will host "Lanterns for Peace" to remember the devastating humanitarian effects of the nuclear bombs used during World War II. Attendees will make their own lanterns and write their wishes for peace for the world and their community.

Wisconsin Council of the Blind and Visually Impaired (WCBVI) works to make technology and social media accessible to the blind and visually impaired. They recently presented to a sold-out crowd at the Social Media Breakfast Madison monthly speaker series. They illustrated the need to do outreach in a manner that is inclusive to the blind and visually impaired community.



Photo: AJ Greisen

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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.



THE ULTIMATE COMFORT FOOD: BISCUITS, SAUSAGE AND GRAVY

Location: Willy East Community Room
 Tuesday, September 10, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Instructor: Pam Barnes
 Fee: \$20 for Owners; \$30 for non-owners

Whether it's breakfast or dinner, this is a filling and hearty meal! Pam Barnes, former owner of Sole Passion Baker, will teach students how to make tender and flaky biscuits using butter and lard. She will also demonstrate how to make easy and satisfying sausage and milk gravy.

MAKE IT SIMPLE AND SWEET: CAKE DECORATING

Location: Willy West Community Room
 Wednesday, September 25, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Instructor: Pam Barnes
 Fee: \$20 for Owners; \$30 for non-owners

Learn how easy it is to decorate cupcakes! Pam Barnes, former owner of Sole Passion Baker, will show you the secrets of making a simple "whipped" buttercream from scratch. She will demonstrate several methods of decorating: by hand, with a disposable pastry bag, and even with a homemade parchment paper piping cone. Learn to flavor and color frosting without any artificial flavors or dyes. Participants will decorate two cupcakes to take home.



COOKING WITH CHEF PAUL: DELICIOUS VEGAN DISHES

Location: Willy East Community Room
 Thursday, August 8, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Your Co-op's Own Instructor: Paul Tseng
 Fee: \$10 for Owners; \$20 for non-owners

Join Chef Paul for a delicious plant-based meal. Paul will explore a different way to embrace the vegan diet. On the menu: Turmeric Coconut Rice; Soy Miso-Glazed Tofu with Steamed Root Vegetables; nutty dips with crudité; and Lemony Couscous Salad with Herbs. Vegan.

COOKING WITH CHEF PAUL: SUSHI, ANYONE?

Location: Willy West Community Room
 Thursday, August 22, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Your Co-op's Own Instructor: Paul Tseng

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

The foundation of sushi is the rice. Join Chef Paul to learn to prepare well-balanced sushi rice. The basic sushi rolls—maki, nigiri and chirash—will be introduced and shared. The essential condiment for sushi rolls, pickled ginger, will also be prepared and tasted.

SIX SPICES: SIMPLE AND QUICK CURRY AT HOME

Location: Willy West Community Room
 Monday, August 26, 6:00pm–8:30pm
 Ages: 13 and older; adult supervision required
 Instructor: Neeta Saluja
 Fee: \$20 for Owners; \$30 for non-owners

Join Chef Neeta Saluja to learn how to make a simple and quick curried chicken dish with peanut sauce. The curry will be served with delicious and flavorful rice pilaf cooked with peas, cashew nuts, raisins and Indian whole spices and accompanied by cabbage and tomato salad seasoned with fresh curry leaves, mustard seeds and dried red chilies.

COOKING WITH CHEF PAUL: PIZZA AND FLATBREAD

Location: Willy West Community Room
 Thursday, September 12, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Your Co-op's Own Instructor: Paul Tseng
 Fee: \$10 for Owners; \$20 for non-owners

Join Paul to learn about the different options for flour, toppings and sauce to make your pizza zing! He will instruct the class on how to make basic pizza dough and how to make it into various forms of crust. Participants will make simple free-form pizza from scratch.

SIX SPICES: SOUTHERN INDIAN-STYLE SHRIMP

Location: Willy East Community Room
 Wednesday, September 18, 6:00pm–8:30pm
 Ages: 13 and older; adult supervision required
 Instructor: Neeta Saluja
 Fee: \$20 for Owners; \$30 for non-owners

Join Neeta Saluja for a delicious meal of shrimp marinated in fresh ginger and lemon, and then cooked with ginger, garlic, onions and spices and finished with coconut milk to give a rich and creamy taste to the curry. Additionally, a refreshing rice dish prepared with fresh lemon juice, seasoned with fragrant curry leaves and toasted black mustard seeds will be demonstrated. A dessert prepared with Greek yogurt flavored with saffron and nutmeg and served with nuts or fresh fruits will round out the meal.



COOKING TOGETHER: FLAVORS OF THE MEDITERRANEAN

Location: Willy East Community Room
 Friday, August 9, 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 Mediterranean—lemons, herbs, olive oil, figs and feta cheese will be explored. Vegetarian and nut-free.

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Willy East
 Thursday, August 15, 9:00am–1:00pm
 Thursday, September 19, 9:00am–1:00pm
 Location: Willy North
 Thursday, August 1, 10:00am–2:00pm
 Thursday, September 5, 10:00am–2:00pm
 Location: Willy West
 Friday, August 9, 9:00am–12:00pm
 Friday, September 13, 9:00am–12:00pm

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
 Wednesday, August 7, 2:15pm–5:30pm
 Wednesday, September 11, 2:15pm–5:30pm
 Location: Willy West Community Room
 Tuesday, August 20, 2:15pm–5:30pm
 Tuesday, September 17, 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.

COOKING TOGETHER: FLAVORS OF THE ANDES

Location: Willy West Community Room

Friday, September 20, 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 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. Participants will prepare a meal inspired by flavors from the Andes, including corn, quinoa, purple potatoes and more. Vegetarian.



SUMMER HERBAL MEDICINE/ WILD EDIBLE WALK

Location: Lakeview Library and Warner Park

Thursday, August 8, 5:30pm–7:30pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: Free; please register through Lakeview Library

Join herbalist and forager Linda Conroy to explore the wild plants that grow around us. We will learn about common and uncommon wild plants that can be used for food and medicine. Identification techniques, as well as ways to prepare plants for optimal nutrition and healing will be discussed. Dress appropriately for the weather and wear comfortable walking shoes. Meet at Lakeview Library; the tour leaves promptly at 5:30pm.



KIDS IN THE KITCHEN: SMOOTHIES AND WRAPS!

Location: Willy West Community Room

Friday, August 2, 4:30pm–5:30pm

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

Location: Willy East Community Room

Friday, August 16, 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. Two tasty topics will tantalize your taste buds. Fruits, juices, yogurt, seeds and even veggies will find their way into these smoothies. Tortillas will be used to wrap fantastic fillings. Participants will work in cooperation to create scrumptious smoothies and wonderful wraps. Vegetarian and nut-free.

KID FOOD EXPLORERS: INDONESIA

Location: Willy West Community Room

Sunday, August 11, 11:00am–12:00pm

Ages: 6–12 years old; adult supervision not required

Instructor: Michelle Morrison

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

Take a trip through food and get a taste of dishes from around the world. We'll prepare and cook a dish from Indonesia so we can learn a little about life and food around the world! Please note that we will be working with peanuts for this recipe.

KIDS IN THE KITCHEN: SENSATIONAL SUSHI!

Location: Willy West Community Room

Tuesday, August 13, 4:30pm–5:30pm

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

Location: Willy East Community Room

Tuesday, August 20, 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. Did you know that sushi means rice and not fish? Learn this, plus a whole lot more in this class. Participants will work together to prepare a variety of delicious fillings, and create their very own sushi rolls using sticky rice, nori, and a traditional bamboo sushi mat. Vegetarian and nut-free.

KIDS IN THE KITCHEN: GLORIOUS GRILLED CHEESE!

Location: Willy West Community Room

Tuesday, September 10, 4:30pm–5:30pm

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

Location: Willy East Community Room

Tuesday, September 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 hands-on cooking class for kids. Cheddar, Gouda, colby, Swiss, and mozzarella and more—these gooey cheeses melt to make the best sandwiches. In this class, kids will grate local cheeses, slice and snip seasonal vegetables and herbs, and butter fresh-baked breads to create their very own glorious grilled cheese sandwiches. Vegetarian and nut-free.

KIDS IN THE KITCHEN: AWESOME AFTER-SCHOOL SNACKS!

Location: Willy East Community Room

Friday, September 13, 4:30pm–5:30pm

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

Location: Willy West Community Room

Friday, September 27, 4:30pm–5:30pm

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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. Summer is winding down and school is in full swing and that means afternoon snacks to keep kids going before supper. Kale chips and dip, pizza bites, trail mixes and more. In this class, participants will create awesome after school snacks. Vegetarian and nut-free.

KID FOOD EXPLORERS: CROATIA

Location: Willy East Community Room

Sunday, September 15, 11:00am–12:00pm

Ages: 6–12 years old; adult supervision not required

Instructor: Michelle Morrison

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

Take a trip through food and get a taste of dishes from around the world. We'll prepare and cook a dish from Croatia so we can learn a little about life and food around the world!



HEALTH BENEFITS OF MEAT

Location: Willy East Community Room

Thursday, August 22, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; registration required

Various animal meats (fish, poultry, meat) have different nutritional qualities. Katy Wallace, Traditional Naturopath of Human Nature LLC, will discuss their benefits and present techniques for helping to improve digestion of animal proteins. She will discuss how meats can help lower inflammation and risk of disease, and also discuss the types of animal-farming operations that contribute to a healthy and sustainable environment. Gluten-free or grain-free.



FERMENTATION: THE BUBBLING CROCK

Location: Willy West Community Room

Tuesday, September 24, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$35 for Owners; \$45 for non-owners

Join Linda Conroy to learn the principles of fermentation and participate in a hands-on experience of making carrot kraut and a brined vegetable (pickled peppers). Information on how to add herbs for nutrition and flavor will also be shared. Everyone will take home jars of vegetables prepared in class.

PRODUCE NEWS

New Produce Items at Willy North!



by Megan Minnick, Purchasing Director

You may recall that in the June edition of the Co-op Reader, we put out a call to Owners to help us decide which new conventional specialty produce items we should carry in the Willy North Produce department.

During that month we heard from 70 Co-op Owners and customers. Thank you to everyone who provided feedback!

We've tabulated the results, and narrowed them down to the 16 most-requested items that we plan to make available at Willy North starting this month.

STOCK

While we can't guarantee that we'll be able to stock all of these items all of the time (they are rare specialty items after all), our supplier has indicated that we should have a relatively good supply. If you are making a special trip, it's probably best to call Willy North Customer Service to ensure that we have what you're looking for in stock.

VOTE WITH YOUR DOLLARS

Because these are perishable fruits and veggies, we will need to sell them consistently in order to make it feasible for us to keep them fresh and continue offering them. We're very hopeful that this won't be an issue, but if you are a big fan of anything on this list and want to see us continue to carry it, make sure to vote with your dollars and purchase it regularly!

Without further ado, here are the new items that you'll see on the shelves at Willy North this month!

FRUITS

- Dragonfruit
- Passionfruit
- Lychee
- Jackfruit
- Guava
- Star Fruit
- Tamarind

VEGETABLES

- Tomatillos
- Thai Chilis
- Shishito Peppers
- Thai Eggplant
- Okra
- Yuca
- Aloe Vera
- Galangal

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GENERAL MERCHANDISE NEWS

Smudge and the Cultural Appropriation Issue



by
**Dakota
Fahrenkrug,
Wellness
Buyer**

When the dominant culture in society takes aspects from another culture that's experiencing oppression, that's best understood as cultural appropriation. White Sage and other smudge products (burning sweet grass, palo santo, etc. in order to

"clear negative energy") has become increasingly popular among non-native people. However, the practice of smudging and these plants are considered sacred medicine to many Native American/Indigenous Nations. Many non-native individuals are unaware of the great cultural significance of these plants and how Native American practice of any/all ceremony and culture was illegal up until 1978—only 41 years ago. In order for non-natives to avoid participating in the cultural exploitation and appropriation via the use of smudge, it is important to understand its cultural significance and its history of suppression by our white-dominated society. Ultimately, if non-native people still feel the need to use this medicine, it is important that they purchase from companies that work with Native American/Indigenous Nations like WindRose.

HISTORY

I am a mixed Anishinaabe woman. I and many other Native Americans/Indigenous people have parents, grandparents, etc. that were forced to attend "Indian Boarding Schools" after they were forcibly moved to reservation lands. At these "schools" our relatives were violently stripped of their culture, language, and Native identity. These "schools" were enforced under President Ulysses S. Grant and were designed to "Kill the Indian, Save the Man" through assimilation. There were over 150 "schools" across the U.S.

and each one was rampant with extreme neglect, and sexual, physical and emotional abuse. Thousands of children were forced to attend these "schools" and thousands died there. It remained illegal for Native Americans to practice any part of our culture only until 1978 with the passage of the American Indian Religious Freedom Act by President Jimmy Carter.

For many of us, our relatives were forbidden to practice any part of our culture, and that includes burning white sage. Traditions were lost and therefore could not be passed down to the next generation. The cultural traditions that did survive only did so because they were practiced and passed down in secret. Native Americans were beaten and/or jailed if they were caught doing things like burning sage only 41 years ago! Because of this, my generation and younger are reaching out to our elders, sharing knowledge, and slowly relearning and reclaiming our traditions that were stolen from us. Reclaiming our traditions is necessary so that we can pass them down to the next generation and heal generations of trauma. Non-native peoples use of smudge products are often well-intentioned but this appropriation is still harmful and the exploitation of smudge is only a part of a larger issue.

Today, it's common to see non-natives wearing us as mascots on game day, donning a headdress to a music festival, or using the phrase, "Your vibe attracts your tribe." The dominant culture in our society gets the privilege of choosing to take the "fun" aspects of a culture while opting out of the not-so-glamorous aspects. For example, the media often silences Native American/Indigenous voices and portrays us as harmful stereotypes. Forty percent of Americans don't believe that Native Americans exist anymore, according to a survey taken last year by Reclaiming Native Truth. Some reservations have boiling restrictions or no access to running water. Many Nations have pipelines built through their land and have had their sacred sites destroyed. Our Indigenous women go missing and/or

murdered at alarming rates in comparison to other races. Cultural appropriation diminishes historical persecution while still oppressing the culture it's stealing from.

ETHICALLY SOURCED SMUDGE

Finding an ethically sourced smudge is not a simple task. Willy Street Co-op is now offering a wild-harvested smudge that directly works with a Native American/Indigenous Nation. Unlike other popular smudge brands, the majority of WindRose smudge products are harvested by the Kumeyaay Nation. Buying sage that has been directly harvested by the Kumeyaay or any Native American/Indigenous Nation ensures that the plants are not being over-harvested, were handled with the utmost respect and care, and allows for regeneration of these sacred medicines. This is something that is not done when you purchase wild-harvested smudge from larger companies who do not work with a Native American/Indigenous Nation. WindRose smudges are also sold in biodegradable bags and a portion of sales supports a Native American Smudge Cooperative in Baja, Mexico.

WindRose is the only wild and sustainably harvested smudge option the Co-op currently offers that works with a Native American Nation. If non-native people still feel the need to "cleanse their space of negativity" through the use of smudge medicine (burning sage, sweetgrass, palo santo etc.), it is important they understand its cultural significance and that they support a company like WindRose that is interested in doing more than just profiting off of Native American culture.



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PRODUCER PROFILE

Lovefood Farm HEIRLOOM AND CHERRY TOMATOES



by Megan Minnick, Purchasing Director

I first met David Bachhuber in August of 2015 at the Edible Startup Summit—an annual event for Wisconsin startup food producers. I was there as a speaker, coaching these new entrepreneurs on how to develop good relationships with retailers.

Even at that first meeting, I was struck by David's savvy. At that time

he was a project manager for the Center for Healthy Minds, a neuroscience and psychology lab at UW-Madison; an impressive enough position, but he had other plans: namely, Lovefood—an herb business that he and his wife Abby were in the midst of planning. This would be a business founded on flavor, he told me, offering a year-round selection of fresh culinary herbs. It was obvious to me from that first meeting that though the business wasn't yet a reality, David possessed the perfect combination of business sense, organization, work ethic, and good humor to pull it off and make it a success.

Just as I anticipated, two years later, after countless hours of planning all aspects of the business: from farming

techniques to marketing and branding to financing, Lovefood was off the ground. We received our first delivery of Lovefood herbs in September of 2017, and between the consistently excellent quality of the herbs and David's easy-going yet attentive model of customer service, we haven't looked back.

LOVEFOOD'S OWN FARM

Launching the Lovefood herb business was just the beginning. For the first 2 1/2 years of his farming career, David grew herbs and other crops on a small parcel of land that he rented at the Farley Center (a farm incubator in Verona), along with organic herbs that he purchased from the West Coast to fill in the seasonal gaps. In the spring of 2018, he took the next step and bought his own farm—30 acres of beautiful organic farmland near Stoughton, Wisconsin.

As of the 2019 growing season, Lovefood has expanded to supply a 100 family CSA, four grocery stores, and 14 restaurants and food businesses including Madison favorites Forequarter, Morris Ramen, and Sardine. David, Abby, and their 10-year-old daughter Soleia are planning to sell their house on the east-side of Madison and build a new home on their farm in the next year.

SEARCHING FOR TOMATOES

When we found out in February 2019 that our longtime farmer partners

and heirloom tomato masters at Regenerative Roots LLC were discontinuing production for the 2019 season, our thoughts quickly turned to David and Lovefood.

Losing Regenerative Roots meant losing a team of highly skilled growers who provided our customers with roughly 5,000 pounds of heirloom tomatoes and 7,000 pints of cherry tomatoes in 2018. That's not a small amount of tomatoes.

Tomatoes are not an easy crop for any local farmer, especially the notoriously finicky heirlooms. It's incredibly difficult (and important) to know when to pick them for maximum flavor, but also not so ripe that they can't stand up to the grocery store shelves. Who better to take on such a challenge than the former project manager, highly organized, and just as ambitious David Bachhuber?

HE SAID YES!

We pitched the idea to David in the middle of February, which may seem early enough, but is incredibly late in farmer terms. By this time in the winter, many farmers have already placed their seed orders and mapped out their fields for the coming season. David took a week to decide. In his own words: "I went on a happy hunt down the financial rabbit hole and dug through my numbers on yield and labor and I have emerged like a groundhog in spring.... the answer was yes!"

David was even able to hire Julia Fiser, one of the highly skilled farmer owners of Regenerative Roots, to work at Lovefood for the summer, meaning that the knowledge built up at Regenerative Roots over the past years could be transferred to our new tomato grower.

A group of us from Willy Street Co-op went to visit David at his farm in late June. Though there were no ripe tomatoes yet, there were lots and lots of green ones! We saw tomatoes staged for early sungold and rainbow cherry production in David's greenhouse, with basil plants tucked in between each tomato to maximize the production from the small space; and we saw the quarter-acre field of heirloom tomatoes loaded with green fruit and blossoms.

WHEN WILL THEY BE READY?

So, of course you're wondering: when will the tomatoes be ready? When I asked David this question, he smiled and wisely replied: "They will be ready when they are ready." Though so far it's shaped up to be a great year for farming, the cool wet spring set everything back a bit. Planting was delayed due to wet muddy fields, as well as the fact that David is still building infrastructure (such as greenhouses and heaters) on his new farm. In David's ideal world, cherry tomato production should start by July 4, this year it will be later than that.

That said, I'm writing in mid-July, and who knows what kind of weather we may experience between now and when you read this article in August. It could get hot and things could catch up, or it could get rainy again and put things even further behind. Farming in an age of climate change is a difficult and unpredictable proposition, and I am eternally thankful that we have highly skilled, ambitious, and adaptable farmers like David to continue supplying our Owners with delicious homegrown produce!



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AUGUST

co-op deals: August 14–September 3



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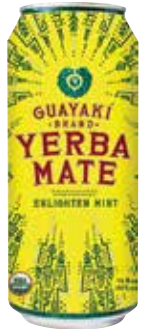
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The specials on this page are valid August 14–September 3
All Specials Subject to Availability. Sales Quantities Limited.



Thursday, Aug 15th
4pm - 8pm
at Willy North

DINNER INCLUDES: A traditional bratwurst
OR vegan bratwurst, potato chips,
summer vegetables and a cookie
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willy street co-op

Help us paint the willy street co-op North mural!

"Good Things Grow Here," featuring images of the Northside.

SUNDAY
Aug. 18th,
8am-1pm

MONDAY
Aug. 19th,
3pm-7pm

**Both events will be under the overhang between
the Co-op and Lakeview Library.**

Smocks will be provided to wear over clothing, but painters should still wear clothing suitable for house painting, including footwear.

Children 12 years and younger require adult supervision. During busy times, painting times may be limited to ensure everyone has a chance to paint.

The mural will
be installed in
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NEW

EVO HEMP PROTEIN BARS

Based in Boulder, Colorado, Evo Hemp's mission is to help revive rural communities with industrial hemp farming. The Farm Bill of 2014 legalized industrial hemp production in the United States. Industrial hemp farmers can earn significantly more income than growing traditional crops (such as corn, soybean or wheat). One of those communities benefiting from industrial hemp is the Pine Ridge reservation in South Dakota, where Alex White Plume—Army Veteran, President of the Lakota Tribe, and entrepreneur—began the operation on roughly 240 acres of the reservation. Evo Hemp partnered with White Plume in 2017. This partnership models how hemp can be used as a tool for economic growth and prosperity in indigenous communities. Hemp is one of the most nutritionally complete food sources and one of best sources of omega-3 fatty acids. Thirty-three percent of hemp's weight is a complete protein, meaning it contains all of the amino acids. It's also a perfect balance of omega-3 to omega-6. The hemp used in these bars is not hexane-extracted. These new protein bars are available at North and West.



WINDROSE SMUDGE

We are now offering a wild-harvested smudge that works directly with a Native American/Indigenous Nation. The Kumeyaay Nation uses the smudges for ceremonial purposes and sells them commercially for income. Buying sage that has been directly harvested by the Kumeyaay or any Native American/Indigenous Nation ensures that the plants are not being over-harvested (which allows for regeneration of these sacred medicines), and that they were handled with the utmost respect and care. WindRose smudges are also sold in biodegradable bags and a portion of sales supports a Native American Smudge Cooperative. Check out Dakota's article in this issue to learn more about Smudge and Cultural Appropriation. Available at East, West and North.



GREAT LAKES GELATIN COLLAGEN ENDURANCE PLUS

Designed to promote an improved athletic experience and to provide an instant lift! This combines pure collagen protein with B vitamins and caffeine in a delicious black cherry flavor. Great for athletes or anyone who needs a boost. Try it in a convenient single serving stick. Available at East, West and North.



GT'S CLASSIC KOMBUCHA

Finally back on our shelves is GT's original formula of kombucha! You may remember some years ago, not long after kombucha sales really took off, when these were suddenly pulled due to the alcohol content (which naturally occurs from the fermentation process) being over the limit of regulation. GT's re-formulated their booch (which are called either Enlightened or Synergy) in order to lower the alcohol content enough to continue to sell it to people of all ages without having it classified essentially as beer. However, for the past few years, their original formula has been allowed to be legally sold in certain states. Now, years later they are able to ship it across state lines and most recently here in Wisconsin. Due to the alcohol content, which is around that of the lightest of light beers (3% ABV), you must be over 21 to purchase. Available at East, West and North. Flavor selection varies by store.



WILLY STREET CO-OP'S EVERYTHING NICE BLEND

Willy East has recently developed our own everything bagel seasoning blend! Use it on anything you can dream up—avocado toast, on scrambled eggs, or as a way to dress up a plain bagel! Available at East only.



FORAGER PROJECT HALF & HALF



Half cashew milk. Half coconut cream. All rich and indulgent with zero dairy. Try this in your coffee! Soy- and gluten-free as well. Available at East, West and North.

HIBAR SOLID SHAMPOOS AND CONDITIONERS

Plastic-free solid shampoo and conditioner bars that are salon quality! Three varieties: moisturize, volumize, and clarifying/maintaining. Sulfate-free! Great for folks who are working to reduce their plastic consumption. Also good for travel or if you have hair and like to clean it sometimes. It's great for everyone! Available at East, West and North.



AURA CACIA ORGANIC ESSENTIAL OILS

They're back! Now you have another option of quality, certified organic essential oils. Since they are part of Frontier Co-op, you can trust that they are sourcing their essential oils sustainably, while supporting the growers' communities. Every essential oil is tested for quality and purity. Available at East, West and North.



Waste Audit Results and Other Co-op Waste Reduction Updates



by **Kirsten Moore,**
Cooperative Services Director

Last April we conducted a food waste and discarded materials audit across our five sites (our three stores, Production Kitchen and administrative office). Every Tuesday, the audit team went to a site and sorted samples of trash, recycling, and compost to report how accurately

waste is discarded at the Co-op. 684 pounds later, we had sufficient data to consider where we can improve our ability to discard waste and keep it out of landfills when possible.

CO-OP WIDE OVERALL WASTE AUDIT RESULTS: SATISFACTORY, B-

This was a baseline audit, meaning it was the first time we had audited our waste disposal. The goal: see where we are at, and then audit again in two years to see changes or improvements. Our baseline is not perfect, but not terrible. Overall, 81% of the waste generated by both employees and customers was discarded correctly. Our challenge over the next two years will be to find ways to improve the amount of waste that is discarded correctly. Let's take a deeper look at the three waste streams: trash, recycling and compost.

TRASH: INSUFFICIENT, D+

The good news is that trash was the smallest waste stream we sampled, with only 131 pounds in the audit (which is 19% of the total audited weight). That means we are diverting much more waste to recycling and compost. Unfortunately, trash is the discard stream that will always be compromised. When auditing, we look for what was disposed of correctly and what was disposed of incorrectly. That

means that to achieve a higher score, we should be trashing as few things that could be recycled or composted by our service providers as possible. We found lots of items in the trash that probably could have been recycled or composted with some extra effort. This is why the Co-op only recorded 69% as correctly discarded.

There are some barriers to achieving a perfect trash score. For starters, items that can typically be recycled are not recyclable if they are dirty or have large remnants of food or liquid on them. In areas of the store where it is easy to wash out containers, such as our break areas for employees, we can make improvements. But in other areas, like the Commons, we do not have the space nor maintenance capacity to add plumbing for customers to rinse out containers on site. Therefore, we will likely always have at least some items that could be recycled in the trash. Compost on the other hand, is an area where everyone at the Co-op, employees and customers eating on site, could put in some more effort to learn what is and is not compostable, be mindful of signage available with directions, and then discard products in the compost instead of the trash when applicable. Some things that we noticed in the audit that would improve our trash stream include: providing greater clarity and training regarding washing recyclables when possible; choosing our reusable plates, cups, and utensils when eating on site; and adding Earth Stew composting buckets to all break areas to make composting easier for employees. We also noticed containers in the trash that were half to mostly full of food and beverages. We noticed this in both areas for employees only and areas for customers. Finishing the food we have at meals and breaks will lighten the total trash load and make it more possible to discard mostly clean and otherwise recyclable items in the recycling.

RECYCLING: SATISFACTORY, B-

Recycling made up 195 pounds (28%) of the total audited weight, and of that, 82% of the recycling we audited was disposed of correctly. Recycling is always complicated because each waste management provider has different recycling rules, so how we might recycle at our homes may differ from how we recycle at area businesses like the Co-op. The biggest error we noticed in recycling was we like to call "aspirational recycling," or "wishcycling." This is when employees and customers put things into recycling that they believe should go into the single-sort recycling, but service providers simply do not accept. Aspirational recycling is not an issue limited to the Co-op; in fact, several City of Madison Common Council members recently toured their recycling provider's single-sort material recovery facility and learned that wishcycling is an issue across the City of Madison. According to District 15 Alder Grant Foster, recycling contamination is "up from 5% a decade ago to over 10% today—and is mostly due to 'wishcycling.'" Eco-lids, Greenware, compostable bags, plastic bags, bubble wrap, plastic film, and vinyl gloves were frequently found in recycling and do not belong there. Plastics that do not have recycling numbers on them also cannot be recycled. Furthermore, recyclable items that have food or liquids in them or stuck to them are not recyclable unless they can be washed (and we do not have the labor nor the facilities to wash disposable packages customers have purchased after they have been used). If you are not sure an item is recyclable at the Co-op, you may ask an employee, or, if you have to decide for yourself which stream is better, it's strangely better to put it in the trash. That sounds counterintuitive, especially looking at our lower trash score, but when a recycling load is contaminated with non-recyclable or dirty items, waste service providers typically discard the whole load, which means it all ends up in the trash regardless of good effort. Sometimes, services charge fees for the contamination, and in fact, our Co-op is charged \$22 each time a single sort recycling load is deemed too contaminated. Bottom line when it comes to whether or not something is

recyclable: Alder Foster says, "When in doubt, leave it out."

An area of improvement for the Co-op includes providing clearer information for employees about what supplies and packaging are and are not recyclable. We can also improve our knowledge of which recyclables can be placed in single sort and which need to be separated for recycling (such as plastic bags) in back of house. Food for thought: our service provider accepts plastic bottles with their caps and rings on, but caps on glass bottles may not be recycled with the glass. Recycling can be easy, but it requires a very conscious effort, and attention to varying rules, to get it right.

COMPOST: EXCELLENT! A+

It's great to report that when we compost at the Co-op, we typically get it right—both employees and customers! Compost was the largest part of our total audit sample at 358 pounds (52%). Of the compost we sorted: 99.5% was correct.

The greatest area of improvement we see for compost is composting more! We found several things in the trash that could have gone to compost, which is why, as noted earlier, we think a good start would be adding Earth Stew buckets to all of our break rooms. People are more likely to compost when it's more convenient to do so. An area of confusion for customers and employees is bread: it's compostable! As long as there are no meat or dairy remnants on the bread, it can be composted by our service providers and it does not have to be a vegan bread to qualify. Another area for improvement is again the Eco-lids, greenware, compostable bags, and marine biodegradable straws: while some may be home compostable, such as our new produce bags and our compostable cookie bags, none of them are accepted by our compost service providers; they only accept compostable foods. So if these items need to be discarded at the Co-op, they must go to the trash.

NEW HOME COMPOSTABLE PRODUCE BAGS NOW AVAILABLE

Did you hear about our new compostable produce bags? These bags are made in the United States by Crown Poly out of "Mater-bi," which is an

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Italian bioplastic made up of starches, cellulose, vegetable oils and their combinations. The best thing about them is that if you compost at home, they are certified for home composting, unlike other bioplastics, which are only suitable for industrial compost facilities that reach very high temperatures. Crown Poly received home certification for these bags from Vincotte OK, which is based on European standards that include testing the chemical breakdown, physical disintegration, ecotoxicity (product that does not have negative impacts on plants), as well as heavy metal content.

A couple of notes about these bags: while they are home compostable in a backyard compost setting, they are not recyclable. Also, the compost pickup services in Madison do not pick up any bioplastics, and so you can neither compost these bags at the Co-op nor if you are using one of these services for your home. Because the composting process requires oxygen, these bags are unlikely to break down in an oxygen-free landfill setting; when you put them in the trash, they will typically behave the same way as a traditional plastic bag. While these bags are a step up from traditional plastic bags, they are not perfect and still have the potential to function the same as a one-use only product if the bags cannot be composted at home. For those with concerns about this, or who cannot compost at home, you can use reusable bags when you shop the Co-op for produce and we have paper options in produce as well. Occasionally, due to limited availability of the compostable bags, we will still have the plastic bags available, which some municipalities such as Madison and Middleton and some private services do accept for recycling if bundled separately from single-sort recycling. Per state regulations, the Co-op is required to offer free bags for carrying produce, and paper is not always the most viable option for all produce available. Much gratitude to National Cooperative Grocers for finding a source for the Crown Poly bags for grocery co-ops nationwide!

FY2019 SHOPPING BAG REUSE: REDUCED DISPOSABLE BAG USE BY 40%

Thanks to all of you who choose to bring reusable bags when you shop the Co-op, you saved 504,693 paper

bags from use last fiscal year (14,070 disposable bags were brought to the Co-op to reuse, and 490,623 reusable bags were used for groceries). This is compared to the 748,975 disposable bags we purchased for customers to use in FY19, which means that you reduced disposable bag use by just over 40% at the Co-op. According to UChicago Urban Labs, a 40% reduction in disposable bag use is about in line with the impact of the City of Chicago's disposable bag tax, which charges customers 7¢ per bag used. This is also aligned with the reduction of disposable bags used in FY18.

Together, your collective bag reuse not only prevented the use of more disposable bags, but also allowed for the Co-op to contribute \$49,766 to the Double Dollars Fund. Instead of charging you a fee for taking a disposable bag, we offer an incentive: for every disposable bag brought in to reuse for groceries, the Co-op saves 5¢ for the fund, and for every reusable bag used for groceries, the Co-op saves 10¢ for the fund. We give both this contribution and your optional cash donations to the Double Dollars Fund to Community Action Coalition of South Central Wisconsin to administer Double Dollars at both the Co-op and participating farmers' markets so shoppers using Wisconsin FoodShare/QUEST can receive vouchers to shop more. Double Dollars are available at participating farmers' markets now and will be back at the Co-op in October. Between reusing bags and cash donations at the registers, you helped bring a total of \$70,097 to the fund this year, and \$155,201 to the fund since we started in April 2017. Thank you for continuing to reuse bags when you shop, which is great for the environment and great for this cause! We appreciate your cash donations to the fund as well, many thanks indeed!

THANK YOU FOR BEING CONCERNED ABOUT WASTE

Every single person at our Co-op plays an important role in correctly disposing of waste and reducing our waste streams overall. We appreciate all of the feedback and kind words we have received regarding how we can support reducing the Co-op's overall waste and your efforts to be part of that waste reduction. Your

input matters. While we can't make all the changes all at once, and some ideas and changes are outside of the Co-op's full control to implement, together, we can take a step at a time and make a difference for the long run. Currently, we plan to continue to look at these waste audit numbers both for the

Co-op as a whole and site by site to determine goals for the future. We also plan to redo an audit in FY2021 to see if we have made improvements. Thank you for continuing to make your own personal efforts and for your suggestions! We appreciate your knowledge, ideas, support and cooperation.

willy street co-op
LOCAL PRODUCE AVAILABILITY

ITEM NAME	Aug	Sept
Apples		x
Arugula	x	x
Baby Bok Choi	x	x
Beans, Green	x	x
Beets, Bunched	x	x
Blueberries	x	
Bok Choi	x	x
Broccoli	x	x
Brussels Sprouts		x
Burdock Root	x	x
Cabbage	x	x
Carrots, Bulk	x	x
Cauliflower	x	x
Celeriac, Bulk		x
Chard, Swiss	x	x
Collard Greens	x	x
Corn, Sweet	x	x
Cucumbers	x	x
Dandelion Greens	x	x
Eggplant, Globe	x	x
Fennel	x	x
Garlic	x	x
Herbs	x	x
Jerusalem Artichokes		x
Kale	x	x
Leeks	x	x
Lettuce	x	x
Muskmelon	x	x
Mustard Greens	x	x
Onions, Sweet	x	x
Parsnips		x
Peppers	x	x
Peppers, Poblano	x	x
Peppers, Spicy	x	x
Potatoes, Fingerlings	x	x
Potatoes, Purple	x	x
Radish, Beauty Heart		x
Radish, Daikon	x	x
Radish, Red	x	x
Rhubarb		
Rutabaga		x
Salad Mix	x	x
Scallions	x	x
Shallots		x
Spinach		x
Squash, Summer	x	x
Tah-tsai		x
Tomatillos	x	x
Tomatoes, Heirloom	x	x
Turnips		x
Watermelon	x	x
Squash, Zucchini	x	x

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Grown From The Sun

By Ben Becker, Newsletter Writer



A chilled glass of lemonade, the first pitch of a baseball game, or a weekend road trip to your favorite music festival just wouldn't be the same without the lingering heat and the long sunlit hours we enjoy this time of year. Most of us have an event that marks the official start of summer; that brings us out of doors to mingle and soak up some rays. For gardeners, CSA members, or just food enthusiasts at-large, one way to mark the season includes the availability of local produce offerings that were absent in the cold winter months. As we bite into the bursting flesh of our favorite heirloom tomato, we are reminded that these summer vegetables have been carefully developed over many generations of human selection to bring about powerful flavors enclosed in beautiful shapes and colors. This season presents an opportunity to get to know our warm weather bounty, to explore its diversity, to experiment with its preparations, and to look back on its histories.

GARLIC SCAPES

Beginning our tour of summer produce is a vegetable which can only be enjoyed at the start of summer, as its window of availability closes quickly. This vegetable makes for an excellent grilling companion to your bean burgers and brats. While this veggie is delicious, its shorter season of availability makes it a bit of a novelty, and many garden enthusiasts may not be familiar with this item.

So what exactly is a scape? Resembling a grass or wild onions, the garlic scape is a thin shoot which emerges from the top of the garlic plant in late spring. While in many ways the scape resembles the closely related green onion, both in appearance and flavor, it takes on a more rounded shape, almost like a curlie-cue. This circular tendril sometimes includes a slight bulge at the point where the plant's unopened flower is located. This section can either be eaten or discarded, depending on your culinary inclinations.

As farmers or gardeners tend to their garlic crop, they often remove the scape to allow more nutrients to focus on the bulb itself. Like so many other vegetables of the season, garlic scapes are most tender and most enjoyable when they are har-

vested young. The resulting flavor is something similar to shallots or chives in its mildness. Grilled scapes are excellent with just a fork or knife or perhaps as an ingredient in your summer salad. Slightly browning them over a hot grill produces a sweet roasted onion flavor and leaves a slightly chewy texture. Others may enjoy them sautéed, as they make a nice stand-in when asparagus is not in supply. Tossing a pile of scapes into a pan with some oil is all it takes, with just salt and pepper for seasoning.

Those who are more experimental may even make a scape pesto, as the plant can substitute for both basil and garlic. The process of pesto-making is much the same, as you can combine scape with pine nuts in the food processor while gradually integrating oil.

Those who employ the garlic scape within their diet will be benefited with the same boons the garlic cloves would supply including protein, vitamin C and calcium in addition to garlic's anti-inflammatory properties and the heart-healthy nutrients which boost the immune system while also preventing high cholesterol and cancer.

EGGPLANT

While the slender shape of the garlic scape might be unfairly overlooked, it is impossible to ignore an often plump and purple produce favorite—the eggplant. This traditional symbol of the Willy Street Co-op makes for more than just a great bumper sticker. The eggplant, which is also known as aubergine and sometimes brinage, not only shines in its royal purple appearance, but boasts a rich history in the world's food cultures. Eggplant is from the Solanaceae, or sun family, which seems appropriate when you consider that this heat-loving vegetable traces its origins to tropical India and southern Asia. Twenty native species of eggplant can be found in India alone, and from there their cultivation spread into China by as early as the fifth century B.C., advancing from Asia through the Middle East into Northern Africa. Eggplants would eventually reach Europe when Arabs transported them across the Mediterranean and the strait of Gibraltar onto Spanish shores. As aubergine dispersed throughout continents, it was selectively bred to local and regional

preferences. This resulted not only in a range of shades, colors and shapes from the slender Japanese varieties to the rounder breeds of the Mediterranean, but also led to the development of some aubergine which could grow well in different climates.

Globe eggplants can be found at Willy Street Co-op in August and September, with different varieties to choose from. You may encounter the “De Barbentane” variety, which developed in France and is preferable when making ratatouille. The dark purple of the “Imperial Black Beauty” is a common market variety which you may prepare in the Parmigiana style to be served with pasta. For other traditional recipes from around the world, you may want to select the varietal specific to a region or recipe, which may mean trading the well-known purple eggplant for one sporting a green, white or striped appearance.

TOMATOES

Sharing the eggplant's love of sunshine is a vegetable few of us could live without. Although technically a fruit, this colorful produce has a deserved notoriety among cooks, gardeners and lovers of fresh food as one of the most popular plants. Only a few other vegetables are used so universally throughout every geographical region and cultural tradition. Nor are there many rivals to the tomato when it comes to versatility. Yet for a product so beloved and so foundational in modern diets throughout the world, the tomato once had a surprisingly unflattering reputation.

The world-wide love affair with the tomato is still surprisingly young. For most of its existence, tomatoes were only available to Pre-Columbian inhabitants of South America. Like teosinte, the revered ancestor to corn, the tomato is derived from a wild native species known as *Lycopersicon esculentum*. Twenty-five hundred years ago, the Aztecs managed to domesticate the tomato plant both for use as a food and for its hallucinogenic properties. Through the far reach of the Aztec Empire, tomatoes spread throughout the South American continent and as far as modern day Mexico and Costa Rica. Europeans first encountered tomatoes through the Columbian Exchange, but they were not an instant hit.

Tomatoes were successfully integrated into the cuisines of Mediterranean countries such as Spain and Italy during the sixteenth century after their seeds were brought over as spoils from Cortes' sacking of Tenochtitlan. Northern European residents long saw the tomato as a purely ornamental plant, believing it to be poisonous to humans.

As selective breeding altered the tomato throughout the 18th and 19th century, it became increasingly more popular throughout Europe and North America, and eventually made its way into Syria, Iran, China and other parts of Asia. The gradual evolution of the plant through generations of breeding has resulted in a multitude of edible and delectable varieties, boasting nutritious properties such as Vitamin A, C, and E and various antioxidants.

We often think of the tomato through a narrow scope, associating it with those round and reddish varieties like the beefsteak or the shelf-stable slicer breed. While these common varieties are valued for their size and uniformity, there is a rainbow of alternatives boasting their own distinct flavors and epicurean options. More petite forms such as grape or cherry tomatoes fit in well with salads or shish kabobs. Cherry cultivars can grow in abundance, but they vary in color and flavor from the sweet “Gardener's Delight” to the more unique shape of the golden “Yellow Pear.” As they become more available on store shelves through August and September, a number of common tomato heirloom varieties can be enjoyed. Many tomato lovers have encountered the popular “Brandywine” heirloom variety, but the more adventurous might give the richly striped “Zebra” a taste. Different flavors and textures of heirloom tomatoes make select varieties appropriate to different kinds of recipes. While a specific heirloom may provide a nice twist on your traditional sauce or salsa recipes, others are ideal for grilling or when breaded and fried.

SUMMER SQUASH

Those inspired by the many faces of the common tomato will be equally pleased to explore how squash cultivars can offer their own varied pantheon of sun-soaked satisfaction. Juxtaposed with its hardier relatives which emerge in the autumn and early

winter, the apt moniker of summer squash really says it all. The softly fleshed green and yellow vegetables are not only quick to take over the garden, but are ideal for summer preparations, such as on the grill. The summer squash comes in a variety of unique shapes, particularly the scallop-edged patty pan. The less tender summer variety, the “spaghetti” squash, bears its pasta namesake because of its ability to break up into starchy strands when cooked. The most well-known group of summer squash varieties is that fast-growing greenie we call zucchini, or courgette.

Those wishing for an alternative to the commonly available green varieties can enjoy a nice change of pace with the “Golden” cultivar. As any gardener who has ever raised zucchini knows, this plant grows rapidly, and if it is not quickly harvested it will lose much of its appeal, as the flavor and textures becomes less desirable once the squash grows larger than six inches long. However, should a rogue zucchini go unnoticed as it gains in girth, resourceful bakers and gardeners will find it is still suitable for bread when ground up, provided you remove its now mature seeds. Those who grow summer squash also have access to a rare delicacy. If you are vigilant enough to harvest a zucchini flower before they have finished their cycle of bloom and fertilization, you will be in for a rare treat after frying or sautéing the tender foliage with a bit of garlic and salt.

NASTURTIUMS

For those willing to appreciate flowers for not only their aesthetic

property but for their epicurean value as well, there is more than the bloom of the summer squash to keep an eye on. The nasturtium, also known as Indian cress offers not only the beauty of its petals but also a piquant and peppery taste similar to that of watercress. This flavor makes it a great additive to sandwiches, or a garnish in salads. As the spring and summer mixes line the shelves of the Co-op Produce departments, keep your eye out for local brands such as Harmony Valley which add a bit of color to their greens through the inclusion of this spicy flower.

EMBRACE YOUR SENSE OF ADVENTURE

If you are looking to try some tasty flavors fresh from the garden this summer, then the list above should barely scratch the surface of your many options. Whether you crave the crunch of boiled sweetcorn or the freshness of dandelion greens, summer vegetable varieties mark a special time of year to connect with our local farmers and producers. As these veggies have evolved through history, their travel through parts of the world has allowed for a diversity of cultivars and recipes reflecting the uniqueness of each time, place and culture they have encountered. By embracing a sense of adventure when it comes to eating local produce, we can not only preserve a rich legacy of what those before us carefully cultivated, but we can ensure that the future will continue to bring new exciting opportunities with veggies of every shape, size and flavor.

RECIPES

Bacon, Salmon, and Tomato Sandwich

Courtesy of Paul Tseng, Willy Street Co-op Deli Clerk and Class Instructor

2 slices bacon
5 oz. salmon
2 Tbs. sunflower oil
1 tomato
2 red leaf lettuce leaves
2 slices bread
1/2 tsp. mead
pinch fresh dill
salt
pepper

Directions: Preheat oven 375°F. Roast the bacon for 15-20 minutes and set aside. Season the salmon with sunflower seed oil, salt, and pepper. Roast in oven for 15 minutes or until the internal temperature reaches 145°F.

Assemble the sandwich by placing the lettuce on top of a slice of bread. Top with cooked salmon, bacon, dill, and tomato. Drizzle with mead and top with the second piece of bread. Serve immediately.

Basic Tomato Sauce

Recipe reprinted with permission from *Simply in Season* by Herald Press

Can it yourself and save! This easy-to-can sauce can be used for pasta, pizza or any time a marinara-style sauce is desired.

1 onion, chopped
2 clove garlic, minced
2 Tbs. olive oil
2 carrot, shredded
1/2 green bell pepper, diced
2 bay leaves
1/4 c. fresh parsley, chopped
2 Tbs. fresh basil, chopped or 2 teaspoons dried basil
1 Tbs. fresh oregano, chopped or 1 teaspoon dried
1 Tbs. fresh thyme leaves, chopped or 1 teaspoon dried
6 c. plum tomatoes, peeled and chopped
6 oz. tomato paste
1 Tbs. honey, optional
salt and freshly ground black pepper to taste

Directions: Sauté onion and garlic in olive oil until soft. Add carrots, pepper, and herbs; stir well. Add tomatoes, tomato paste, honey, salt and pepper. Simmer 15 minutes. Remove bay leaf and serve or freeze. To can, ladle into hot, sterilized pint jars to within 1/2-inch of the top, add 1 tablespoon lemon juice or vinegar per pint to assure acidity, seal with sterilized lids according to manufacturer's instructions and process full jars in a boiling water bath for 35 minutes. Makes three pints.

BLT Salad

Adapted from www.veganyummy.com.

Forget what you know about kale salads! Tossed in creamy dressing with skillet-roasted cherry tomatoes, this may be the most delicious kale salad you've had. It really is like a (veggie!) BLT in salad form.

1/4 c. Vegenaïse
1 tsp. Dijon mustard
1 tsp. lemon juice
2 tsp. agave
1/4 tsp. salt and pepper
1 bunch Lacinato kale
2 Tbs. peanut oil
1 pkg. vegetarian bacon
1 1/2 c. cherry tomatoes
1 c. baby spinach

Directions: In a small bowl, whisk together the Vegenaïse, mustard, lemon juice, agave, and salt and pepper. Slice the center stems out of each kale leaf. Stack the leaves on top of each other, and slice into thin ribbons. Place in a large bowl and drizzle with the dressing. Toss until evenly coated. Cover and refrigerate while preparing the rest of the salad. Heat 1 tablespoon of the peanut oil in a large skillet over medium-high heat. Cook the vegetarian bacon on both sides until crisp on the edges. Transfer to a paper towel to drain.

Add the last tablespoon of peanut oil to the skillet, and heat over medium-high heat. Place the tomatoes in the skillet and sprinkle with salt. Cook for 3-4 minutes, until the tomatoes begin to soften and the juices start

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to come out. Remove from heat.

Toss the kale with the spinach leaves, being sure to coat in dressing. Fold in the tomatoes with their juices, and 3/4 of the bacon, crumbled. Top each serving with the remaining bacon, and serve immediately.

Braised Eggplant and Tomatoes

Adapted from www.thekitchn.com

Eggplant, tomatoes, and basil are made for each other!

4 Tbs. olive oil
1 eggplant, halved lengthwise
1 tsp. salt
1 onion, sliced
14 oz. tomatoes, cut into 1/2-inch pieces
1/4 c. parsley, chopped
2 Tbs. fresh basil, chopped

Directions: Preheat oven to 400°F. Drizzle a 9x9-inch baking dish with 2 tablespoons of the olive oil. Place the eggplant, cut side up, in the baking dish and sprinkle with 1/2 tsp. of the salt. Set aside.

Heat the remaining olive oil in a skillet over medium heat. Add the onions and sauté until translucent, about 5 minutes. With a slotted spoon, transfer the onions to a mixing bowl and combine with the diced tomatoes, basil, parsley, and remaining salt. Scoop the tomato and onion mixture onto the eggplant. Cover the baking dish with foil and bake for 10 minutes.

After 10 minutes, baste the eggplant with the juices that have collected in the baking dish, and cover and return to the oven for another 15 minutes. Baste once more, and bake uncovered, until the eggplant is tender, about 20 more minutes.

Serve hot and enjoy!

Chilled Avocado and Tomatillo Soup

Adapted from *Mesa Mexicana* by Mary Sue Milliken & Susan Feniger

Chilled avocado soup is a simple summer favorite sure to cool you down despite the dog days. Tomatillos, lime, and just a hint of heat from a roasted Poblano pepper fill out the flavor of this dish that works wonders, especially when served with a side of chips and spicy salsa.

6 tomatillos, husked, washed, and roughly chopped
1 Poblano chili pepper, roasted, peeled and seeded
juice of 2 limes
1 tsp. salt
1/2 t freshly ground black pepper
1 c. cold water, plus enough ice to fill to 2 c. measure
2 ripe avocados, peeled, stoned
1 bunch scallions, thinly sliced for garnish

Directions: In a blender or food processor, combine the tomatillos, Poblano, lime juice, salt and pepper with 1-2 Tbs. ice-cold water. Puree until smooth. Add the avocados with the remaining water and ice. Blend just until smooth but not frothy. Serve chilled in bowls garnished with scallions.

Huevos Rancheros with Tomatillo Sauce

Adapted from www.simplygloria.com.

This hearty egg dish is great served at any time of day.

1 lb. tomatillos
1 yellow onion
2 jalapeños
1/2 bunch cilantro
3 cloves garlic
1/2 lime
1 Tbs. cumin
1 tsp. garlic powder
1 tsp. onion powder
1 c. canola oil
4 corn tortillas
2 Tbs. butter
4 eggs
salt
pepper
15 oz. black beans
5 oz. queso fresco cheese

Directions: Place the tomatillos in a large pot and cover with cold water. Bring to a boil, and boil for 5 minutes. Drain, and transfer to the bowl of a food processor fitted with a metal blade. Add the onion, jalapeño, cilantro, garlic, lime juice, cumin, garlic powder, and onion powder. Puree until completely blended. Set aside.

Add the oil to a small frying pan and heat over medium heat. One at a time, fry each corn tortilla in the pan for 1 1/2 minutes on each side. Transfer to a surface lined with paper towels to drain. Continue until all tortillas are done. In a large skillet over medium heat, melt the butter. Crack the eggs into the pan and cover. Cook until set. Sprinkle with salt and pepper.

To serve, set a tortilla on each plate. Top with tomatillo sauce, then a generous spoonful of the beans, an egg, then the crumbled cheese. Enjoy.

Tomatillo Bloody Marys

Adapted from www.saltandwind.com.

These are an excellent addition to a summertime brunch. Vegetarian Worcestershire sauce is sold at the Co-op if you're not a fan the anchovy-laden kind.

1 lb. tomatillos
1/2 pint cherry tomatoes
1 seedless cucumber
2 cloves garlic
2 Tbs. lime juice
1 Serrano chile
1 tsp. coarse salt
30 oz. vodka
fresh cilantro
6 tsp. horseradish
4 1/2 tsp. green hot sauce
3 tsp. Worcestershire sauce
celery seeds
ice
lime wedges
tortilla chips
6 green onions

Directions: In a blender, combine the tomatillos, tomatoes, cucumber, garlic, lime juice, Serrano chile, and salt. Blend until very smooth, at least 30 seconds.

To make each cocktail, place 2 sprigs of cilantro into a cocktail shaker. Bruise lightly with a muddler or wooden spoon. Add 5 ounces of the Bloody Mary base, 2 ounces of vodka, 1 teaspoon horseradish, 3/4 teaspoon of green hot sauce, Worcestershire, and a pinch of celery seeds to the shaker. Add ice halfway up, and stir about 10 times to combine, until the shaker is cold. Pour the drink with the ice into a glass, and garnish with a lime wedge, cilantro, and tortilla chips and a green onion, if using.

Watermelon, Tomato, and Almond Gazpacho

Adapted from *Small Plates and Sweet Treats: My Family's Journey to Gluten-Free Cooking* by Aran Goyaga.

Watermelon gazpacho is unexpected, and perfect for pulling out of the fridge when you're craving something cool and refreshing.

2 c. diced watermelon
2 tomatoes
1/4 red onion
2 Tbs. almond meal
1 Tbs. red wine vinegar
1 Tbs. olive oil
3/4 tsp. salt
1 clove garlic
1 oz. feta cheese

Directions: Place the watermelon, tomatoes, red onion, almond meal, red wine vinegar, 1 tablespoon of olive oil, and salt in the bowl of a food processor or in a blender pitcher. Purée until smooth, then refrigerate for at least 1 hour (and up to two days). Stir and adjust seasoning if needed. Stir, then pour into bowls and serve topped with a drizzle of olive oil and crumbled feta.

Cauliflower Salad Supreme

Recipe adapted from *Vegetarian Nights* by Bonnie Mandoe

1 large cauliflower, 2-3 pounds
4 Tbs. capers, drained
1/2 c. pitted and chopped Kalamata olives
1 1/2 c. finely chopped tomatoes
1/2 c. olive oil
2 T balsamic vinegar
1/2 tsp. salt
1 large head lettuce
half of a large cucumber

Directions: Remove leaves from the cauliflower, but keep the core. Cut cauliflower into eight equal slices, carefully keeping them intact. Lay the slices in a steamer and steam until tender, about 20 minutes. Remove steamer from pot to cool. Meanwhile in a small bowl combine the capers, olives, tomatoes, oil, vinegar and salt. Keep to one side. Wash, dry and tear the lettuce and arrange on plates. Slice the cucumber thinly, into about 20 slices. Once the cauliflower has cooled, arrange it on the plates of lettuce, 2 slices per plate. Tuck the cucumber slices decoratively around the cauliflower slices. Spoon the olive caper mixture over the cauliflower, using all the dressing. Serve at room temperature.



Staff Picks



MICHAIAH

Fizzeology Kickapoo Kimchi

Probiotics, spice, and local/organic/ethical love. Refreshes the gut and soul bi-ome. Add it to almost any dish or eat plain!



ABIGAIL

Vital Leaf CBD Dark Chocolate

Vital Leaf uses full-spectrum, Oregon-grown hemp and is women-owned. Many edible CBD products out there taste like hemp—which isn't always the tastiest. With this product, you will not be able to tell you are consuming anything other than a really good chocolate bar (but of course with all the CBD



benefits). I recommend enjoying the 100mg bar for pain relief during menstruation, although the 30mg option is great for just trying out.

Forge Kombucha-Peach

The perfect amount of kombucha for one person, in a can! I love drinking this stuff. It is light but flavorful and not too "vinegar-y." People who don't think they like kombucha may like this one! Even better that it is locally made, and peach is such a unique flavor for kombucha. YUM.



K O M B U C H A



DANIELLE

Equal Exchange Coconut Milk Chocolate Bar

Once you try this chocolate bar, it may very well become your new favorite!!! I won't lie; when the Equal Exchange representatives talked it up to me I was a little apprehensive... But they were right—it's AMAZING. I'm not a huge fan of coconut or milk chocolate in general, but this bar is my new go-to! Not only is it Fair Trade, but it's a dairy alternative made with coconut milk and sugar. It's SO creamy and smooth; it basically disintegrates in your mouth. I highly recommend this new bar to everyone looking for a nice milk chocolate.



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PHIL

Donkey Chips

These are the best tortilla chips. Period. I especially like how thick and salty they are. Great for dipping or just plain. If salt isn't your thing, just get the unsalted green bag. Also delicious!



PATRICK

Dang Caramel Sea Salt Coconut Chips

These have become another one of my food vices. And the biggest problem is the whole bag seems to disappear within minutes of opening it. Probably some kind of inner-dimensional voodoo at work or something. No way I just



inhaled the whole bag in one sitting.... No that couldn't be the problem.... I hear they're a tasty topping addition to ice cream as well. But I don't know that works since they disappear out of the bag right away.



BENJAMIN

Diana's Banana Babies

These Banana Babies are a delicious frozen treat! I love the dark chocolate and they always use perfectly ripe bananas. I honestly prefer them to ice cream and they have much less sugar.



OLIVIA

Cool Haus Tahitian Vanilla Bean Ice Cream Sandwich

Usually, I find the cookies in an ice cream sandwich a little lackluster, but the cookies on the outside of the Cool Haus Ice Cream Sandwiches



are absolutely delicious. They are soft baked and full of flavor. When paired with the creamy vanilla ice cream, these ice cream treats are perfect on a hot day...or really any day, because an ice cream sandwich can't judge you. Try one or try them all. You really can't go wrong with any Cool Haus products.



TIFFANIE

Preserve Toothbrush

Preserve toothbrushes have a 100% recycled handle, they are BPA-free, and the company doesn't do animal testing. They also come in six fun colors. Ditch your old toothbrush and pick up a Preserve toothbrush.



THAYER

Wedderspoon Manuka Honey Drops—Ginger

The wonderful taste of manuka honey combines with ginger for an amazing flavor that is also full of healthy benefits. I recommend these for when you have a cold or just when you want a luscious treat for yourself.



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SATURDAY, AUGUST 17 AT 6:00PM FOR OUR ANNUAL STAFF PICNIC

MONDAY, SEPTEMBER 2 AT 7:30PM FOR LABOR DAY



DAKOTA

WindRose Smudge Products

Native Americans from the Kumeyaay Nation harvest the majority of WindRose smudge products. The Kumeyaay Nation uses smudge products like sage for ceremonial purposes and they also sell them commercially. Buying sage that has been directly harvested by a Native American Nation ensures that the plants are not being over-harvested, were handled with

the utmost respect and care, and allows for regeneration of these sacred plants. This is something that is not done when you purchase wild-harvested smudge from larger companies who have no affiliation with any Native American Nation. WindRose is the only wild and sustainably harvested smudge option the Co-op offers that financially benefits a Native American Nation and because of that fact, WindRose is the only smudge product I will purchase.



Pranarom Rose Otto Hydrosol

Hydrosol is great at balancing your skins pH levels. The Rose Otto smells incredibly relaxing and it's also SUPER hydrating. I like to use this product after cleansing and then after moisturizing to seal in the hydration. I also use this as a face mist during the heat of the summer when I need some relief. The travel sizes make great gifts too!



LAURA

GT's Kombucha Watermelon Wonder

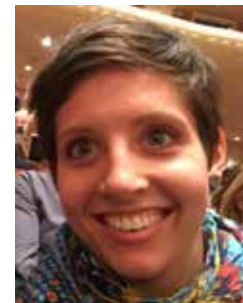
The cherry and lime juice rounds out the watermelon flavor beautifully for a refreshing summer beverage! Add vodka for a delicious summer cocktail!



KJERSTIN

Luna and Larry's Coconut Bliss—Dark Chocolate

I'm not an ice cream lover (especially the vegan ones) but, in summer, there is ALWAYS some of this in my freezer. Both a happy ingredients list (so rare for processed foods!) and incredibly yummy ice cream. My favorite is the dark chocolate, but all of the flavors are slightly coconutty and de-lish!



ALLISON

Endangered Species—Forest Mint + Dark Chocolate Bar

This chocolate has the perfect combination of creaminess, dark-but-not-too-dark chocolate, and natural minty flavor. Quickly becoming my standard go-to!



PATRICK

Willy Street Co-op Grass-Fed Burger Patties

These burger patties are ground fresh on-site from grass-fed Wisconsin Meadows beef. So good! East and West only.

Willy Street Co-op Salad Dressings

Our new house-made dressings are awesome. They're made with organic ingredients and are super flavorful. My personal favorite is the Maple Mustard.

Wanna feel like a kid again? Try our French Dressing. That's the only way I ate vegetables as a boy.



KATHERINE

Miyoko's Biergarten Garlic Chive Roadhouse Cheese Spread

This flavor-packed vegan cheese spread is delicious enough to fool any cheesehead! Bring it along to a tailgate party or any kind of party and share it. Or eat the whole thing by yourself!



SARAH

Virgil's Zero Sugar Sodas

These sodas are so good! They are sweetened with a carefully crafted blend of natural, sugar-free sweeteners, so they don't have a strong stevia flavor or any sort of weird aftertaste. I've yet to try a flavor I didn't like, but the black cherry reminds me of the cherry cream soda I used to love as a kid.



Gabriel Nail Polish

This is the fastest-drying nail polish I have ever tried! Seriously, in ten minutes tops my nails are good to go. I once even put on a clay face mask and painted my nails while it was drying. When the time came to wash off my mask, I scrubbed and rinsed it away, and my nail polish didn't budge one bit! As the cherry on top, all Gabriel nail polishes are vegan, gluten-free, and "10-Free" (meaning they are formulated without ten commonly used and toxic nail polish ingredients).



Willy Street Co-op Salad Bar

Not a day at work goes by that I am not grateful for our amazing salad bar. Everything is always so fresh and delicious, and there is an incredible variety of options to choose from to make your own unique creation every day. I also love that there is almost always some fresh fruit available to provide a little something sweet to my bowl!



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!



LORI

Willy Street Co-op Juice Bar Funky Monkey Smoothie

This Funky Monkey smoothie makes for a great start to my day. You can add protein powder; you can have your choice of milk; and it is a breakfast drink that fills me up all the way till lunch. Plus it is very tasty and high in protein (especially if you add protein powder). You can even add greens if you need to get some of that in your morning drink.



RITA

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GIANOFER

**Willy Street Co-op Juice Bar
Green Dream with Ginger**

You know...I wanted to have a good day but apparently Madison Metro had other plans. My first bus was 20 minutes late, which caused me to miss my second bus. A 1.5 mile walk to work later and I was absolutely enraged! So mad I was spitting sparks. SPARKS!! No time for breakfast. No time for coffee. I'm looking at a long day and I'm not liking what I'm seeing. GRRRRRR!!!!!! So, I decided to treat myself to a Green Dream Smoothie with a shot of Ginger. BABY! When I tell you my mood improved with the first sip, it's the TRUTH! That **** was DELICIOUS!! I have to say, it wasn't just the smoothie that brightened my day. Chatting with the staff while making my decision really helped turn my frown upside down. Cool people. Awesome smoothie. Day saved superhero-style!



KELSEY

FEED Bakery Sugar Cookies

First of all, I have to say that I have never had something from FEED that I haven't loved. These sugar cookies are just the latest. They're chewy and delicious. I also love the FEED Bakery Training program, which helps un- and under-employed folks on the north side with baker training and job placement. Good food, good organization, what's not to love? Available at West and North only.



AMANDA

Carr Valley Airco Cheese

This is made from goat, cow and sheep milk. It has a light, smoked flavor. I enjoy it with crackers, a sliced baguette or I cut off a chunk and eat it beside a breakfast of eggs and potatoes. Available at East and West only.



CAITLYN

Carr Valley Goat Cheese Curds

Made with goat's milk instead of cow's milk, these curds are a distinctive and tasty treat. East and West only.



CATE

Dreamfarm Fresh Chevre

From Cross Plains, Wisconsin. This is one of my favorite local cheeses. It is soft, creamy, fresh and flavorful—everything a quality goat cheese should be. It comes in several flavors but my favorites are the garlic/dill (love this paired with bread) and the traditional plain (amazing coupled with pears and figs when they are in season). I've tried all the flavors and have loved each of them for their own unique taste and culinary interests.



MOURNING DOVE

Italian Sweet Peppers

These peppers are sweet and crisp. Their flesh is thinner than regular bell peppers which make them great for snacking on raw.



KELLY

Weleda Calendula Face Cream

This product works great on dry spots, smells delicious and gentle enough for all skin types.



**Plainville Farms
Honey Maple Uncured Ham**

Humanely raised ham with no additives at a good price. Our favorite way to eat is it slightly toasted on a bagel sandwich or rolled up in a tortilla with cheese. One slice is all you need to make a nice meal. Available at North and West only.



MELISSA

Local Heirloom Tomatoes

When tomatoes are not in season locally, I usually don't bother to eat them. The wait is worth it—local heirloom tomatoes are so flavorful and juicy, just like they should be. At my house, it's constant caprese salads, BLTs (or in my case, Tempeh Lettuce Tomato), and tomato slices on everything.

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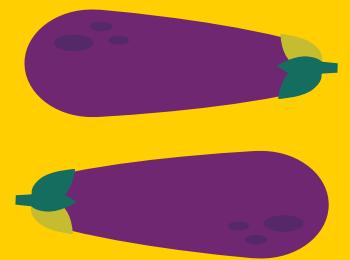


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