

willy street co•op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 46 • ISSUE 6 • JUNE 2019



STORES CLOSING EARLY Sunday, June 30 at 7:30pm for our year-end inventory count

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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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West: 6825 University Ave, Middleton, WI 53562, 608-284-7800
North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422
Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

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COVER DESIGN: Hallie Zillman

SALE FLYER DESIGN: Hallie Zillman

GRAPHICS: Hallie Zillman

SALE FLYER LAYOUT: Liz Wermcrantz

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

SUBMISSIONS

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

CUSTOMER SERVICE: EAST: 608-251-6776 WEST: 608-284-7800 NORTH: 608-471-4422

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

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

GENERAL EMAIL: info@willystreet.coop

GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

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

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

Deli: 7:30am to 9:00pm

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

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

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Ann Hoyt

Stephanie Ricketts

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Michael Chronister

Dan Ramos Haaz

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

BOARD MEETING SCHEDULE

Tuesday, June 18

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

IN THIS ISSUE

3-4	Customer Comments	8	We Need Your Help Selecting More Specialty Produce at North	10	New Products
5	Busy Month; Projects; and More!			11-13	SPECIALS PAGES
5	Elections; Policy Review; More!	9	Organic Valley	15-16	Volunteer Opportunities at the Farmers Markets
6-8	Community Room Calendar	9	What's New in Prepared Foods: Housemade Salad Dressings	17-19	Long Live the Queen
				19-20	Recipes
				21-23	Staff Picks

SAVE THE DATE!

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



CUSTOMER COMMENTS

Write Us!

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

VEGAN PIZZA

Q: *The vegan pan pizza has been out of rotation at the Willy East hot bar for at least three weeks. It's a fantastic, tasty, savory pizza and I miss it dearly. Thanks!*

A: Thanks for reaching out about the vegan pizza on the hot bar. I'm super glad that you enjoyed the pizza enough to request it. It's true that we took a little break from pizza for the winter, the good news is it's returning this week. Our plan is to have it on the hot bar every Friday for lunch until we sell out :) Let me know if you have any more questions! -Dustin Skelley, Deli Manager—East

BULK CONDITIONER

Q: *Hi—I noticed you don't have the Giovanni conditioner in bulk at Willy North any more. Will it be coming back? Do East or West carry it? No worries if not, I just wanted to see. I like the idea of bulk for things like this.*

A: Thanks for asking about our bulk Giovanni Conditioner! Our East and West stores have the conditioner in stock currently. Unfortunately, our bulk body care has pretty low sales, so we are reducing our options and looking more at packaging-free options like bar shampoos/conditioners. Watch for those in the coming months!

We will of course be able to special order a gallon of the Giovanni Conditioner if you prefer.

Thank you again! -Angela Pohlman, Wellness Category Manager

PRODUCT REQUESTS

Q: *Hi there! I have a question about a couple of products you have stocked in the past or at other locations but that I haven't seen at East in a long time. Mary's Gone Crackers Thins are the best whole grain thin crackers (much better taste than Kashi 7-grain) and there don't seem to be many more options in this category. I also love the almond coconut Perfect bar (so filling and no added sugar and so tasty, hard to find this combo in other bars). I think it is the only vegan one and would love to see it again. Of course recognizing that there may be factors outside of your control or reasons stocking these doesn't make sense. :) Thanks for your work. Take care!*

A: Good afternoon, I hope this message finds you well. We did a little digging and found that Perfect bar no longer makes the almond coconut bar and so we do not have access to it anymore. Sorry to be the bearer of bad news. As for Mary's Gone Cracker thins, we will not be bringing that into the East store but our North side location has 2 flavors. They have the original and the garlic flavor on their shelves.

So you have some options. If you are on that side of town you can grab it, or we can transfer the product to the East side store for you. Your third option is we can do a special order for you, which would entail you ordering a case. Which is 6 boxes to the case. Let me know how you would like to proceed. Have a beautiful day! -Amanda Ikens, Owner Resources Coordinator—East

RECALLS

Q: *Thank you for the notice on the California organic avocados. I would like to take this opportunity to let those at Willy Street Coop know what I think of the Coop. In all my 76 years I have never been notified about a food recall by a grocery store, and there have been many. To me this just points to the incredible integrity of the Willy Street Coop operation. You folks are the most considerate and conscientious group I have ever*

had the pleasure of dealing with. If you do not have something I want, I can contact someone and see about special orders. Also, often the items are added to the shelves if space is available. You have more organic choices than anywhere I have ever been, and many of them are small local organic operations. As we know, contamination of the USDA organic label by Big Food corporations is growing rapidly and the small local producers are consistently the most reliable. That brings me to another favorable characteristic of the Coop; I can ask someone who almost always knows where anything in the store comes from and find out in a few minutes. I really appreciate this kind of conscientious purchasing of products.

You guys at Willy street do everything right from my perspective, and if something can be improved you are open to it.

A: Thank you so much for your thoughtful and positive words! They made my day and I will be sharing them with our other employees who are working hard to respond to this recall and the questions we are receiving. Have a great afternoon!

-Kirsten Moore, Cooperative Services Director

APPLE JACK

Q: *I ordered an apple jack juice this morning and asked for easy ginger. I grabbed my drink when it was done and left. I got to work and I took a swig and WOW - then noticed a label on side of cup that said extra ginger. I'm hoping I can get a do over on my drink as I wasn't able to drink it that strong. The staff is great, no qualms there and if I had only seen that side of my cup when I grabbed my drink I could have caught it and remedied it there.*

A: Sorry about the misunderstanding with your applejack! I have a gift card waiting at the customer service desk at East for \$6.50 so you can get another juice. Please let me know if you have any other questions or concerns! Cheers, Dustin Skelley, Deli Manager—East

RO WATER

Q: *Message: I am a homebrewer and inquiring about bulk (5 gallon container) distilled or RO water—does your store have a dispenser for filling containers with Dist/RO water? Thank you.*

A: Yes! We have RO water filling stations at all three store locations and you can purchase and/or refill 5 gallon containers. If you need assistance when you visit the store with using the stations or if you have questions about containers, please do not hesitate to ask an employee or to stop by Customer Service. Thanks for thinking of us, and happy brewing! -Kirsten Moore, Cooperative Services Director

COMPOSTING

Q: *I just read the Composting article. I am interested in composting and was wondering if there is a way I can drop off my compost at Willy Street. In the article I wasn't quite sure if this was an option.*

A: Thanks for asking! We do not accept compost drop-offs. We do have composting available for people dining in our commons to compost what they purchased and consumed on-site, but we do not have the capacity to collect residential compost.

The City of Madison lists a few companies that may be able to accept your compost for a fee here: www.cityofmadison.com/streets/organics.

Please let us know if you have any other questions. Enjoy the day! -Kirsten Moore, Cooperative Services Director

BUTTERMILK

Q: *I really like the buttermilk dressing you use for garlic lover's pasta salad. A few days ago sampled a new salad, maybe portobello mushroom and pasta? This was at north. I recognized the dressing flavor (and my taste sense isn't, as it has aged, what it was). I checked the label on a package of the salad to verify the dressing.*

So, since I understand you create the dressing, and since it is distinctively good, could you, (well yes!), would you please consider selling it in modest amounts. I pre-



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sume shelf life might be somewhat limited, but I surely would purchase it if I could get it in 4 - 8 oz. amounts. I've tried to replicate it and found an acceptable recipe, but I'd rather buy and use yours as my go-to dressing. Thanks for considering!

A: Thanks so much for your comment. Glad to hear that you enjoy our buttermilk dressing so much!

I have a partial solution for you, for now—we will very soon be selling the dressing on our Salad Bars instead of offering dressings from Briana's. You could absolutely pour some into a to-go container and take it home with you! I project that it would cost about \$4-\$5 for 8oz. -Patrick Schroeder, Prepared Foods Category Manager

LEMONGRASS

Q: Looking for further understanding of any pesticides / chemicals including organic ones that are used on your lemongrass source. Your stores are one of the few places in town that have organic & this will be used for patient education.

A: Thanks for writing. I wish I had a better answer for you, but I'm afraid I don't have access to the information you are looking for. We purchase USDA Certified Organic lemongrass from several produce distributors, and the sourcing is variable, so I can't tell you with certainty what the exact growing practices are for specific lemongrass you would purchase from us.

I can tell you that the lemongrass is Certified Organic, and meets the standards inherent in that certification. Beyond that, I'm hesitant to give you specific information since I really can't be sure what our sourcing is on a daily basis.

I'm sorry, I wish I had a better more precise answer! Best, Megan Minnick, Purchasing Director

BULK SPOUTS

Q: Thanks for getting back into bulk soap liquids. However, those of us who travel far to shop need real bulk. That is, in terms of soap, quite a bit. We love the clothes washer soap but it would take all day to fill

up a large bottle with that silly hand pump. It fell apart while pumping so much and the staff couldn't get it working again so we had to leave with very little in our bottle. Can you get a pour spout for that container? Thanks for the consideration.

A: Thanks for writing us about your struggles with the liquid soap in bulk. We too have been struggling with this issue, first with finding a product that fits our need and second, with finding a functional way to sell it. I spoke with our bulk buyer today and he says that he's aware that the pump is not the best option, nor is it what we'd like to be our long term solution. It is what we've got for right now, but we definitely hear what you're saying and would also love to find a better solution. I hope your next endeavor to buy bulk soap is more successful, the pumps should be in good working order and our staff is always happy to help how we can. Let me know if you have any other questions or if there is anything else I can help you with! -Liz Munoz, Assistant Grocery Manager—East

ECO GRASS

Q: I was at the Willy Street location yesterday and saw some "eco grass" for Easter baskets being sold in plastic. I think it's a nice idea, but counterproductive to any green movement that the Co-op is trying to get behind. Wouldn't it make more sense to support a company that uses recycled paper in packaging too?

I also noticed that there were a lot of Field Day products, but saw that they have BPA lining in some of their products according to the Environmental Working Group: www.

ewg.org/research/bpa-canned-food You have other options for products, but just wanted to point that out. I love your stores; I just wanted to share.

A: Thanks for sharing your thoughts and for your praise of our stores!

We reached out to Eco Grass to pass on your thoughts. Their response is pasted below. I totally understand that it may not be a good solution for everyone, but I found it helpful to know more about their thought process when developing this product.

"Eco grass is made with all natural dyes and put through a very clean shredding process to keep it clean. It does not have the powdery soot-like coating that grass shredded in China tends to have on it. To encourage people to use it year after year we put it in a resealable bag. We have tried a recyclable plastic but the material tore and split easily and customers said it was too "noisy." That type of plastic tends to be very crinkly, for lack of a better term. Paper packaging also tended to tear and didn't last, defeating the purpose of keeping the grass clean.

Our hope is that people will reuse the resealable package year after year to keep their grass as clean as it was when they bought it."

Regarding the Field Day cans that use BPA, I was aware of this. Many Owners choose to purchase the Field Day product because it offers a great price for organic beans, but as you mention, we also carry other brands for those who are looking to eliminate BPA.

Thanks again for reaching out! Best, Megan Minnick, Purchasing Director

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WILLY NORTH MURAL

Willy North Customers: We are working with Dane Arts Mural Arts to paint a mural for the front of the store, and we want to hear which design we should use! Vote June 1-20 in the Commons (seating area) at Willy North. One vote per person. Then watch for opportunities to help paint the mural this summer!

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GENERAL MANAGER'S REPORT

Busy Month; Projects; and More!



HELLO SUMMER!

The traditional school year is nearly over with summer vacation only days away. Neighborhood festivals are on the near horizon. And, of course, the summer solstice is this month, Friday, June 21—the official start of summer.

by Anya Firszt, General Manager

BUSY MONTH AHEAD

There is generally a lot going on at the Co-op, and this month it seems like even more than usual. June is the last month of the current fiscal year when we feverishly work to complete our planned capital expenditure projects for the year, while at the same time finalizing the operations and capital budgets for the coming fiscal year. Whew!

Reminder of what is on the docket: Willy East Commons flooring is scheduled to be replaced June 2–7. Prepare yourself for some organized chaos while that work is being done. The East Community Room will be reserved for customer seating while the Commons area is under construction and unavailable. Hopefully outdoor seating will be palatable as well.

The Willy North new office and meeting space renovation work has officially started. We expect this work to be completed by the end of June or the first part of July. This new space will allow the staff there to meet on-site rather than off-site or in super-cramped quarters. So exciting that we were able to make this adjacent vacant store front work out for this use.

And, finally, the Production Kitchen walk-in freezer project has turned out to be more complicated than we originally thought. We have decided that construction work will happen in the new fiscal year following the Annual Meeting & Party (AMP).

NUMBER, PLEASE?

Owners, have you moved, changed your phone number, or changed your email? Please stop at the Customer Service desk to let us know so we can update your Ownership record! This will help us contact you in the event of a product recall, if you forgot your credit card or groceries, or any other reason.

And, if we have your current email address, we can email you instructions to cast your ballot online!

BOARD OF DIRECTOR ELECTIONS JULY 1–16

In the July issue of the *Reader*, you will find a ballot, along with candidate statements. We have three seats that need to be filled. Ballot boxes will be

located near the Customer Service desk at any of our stores. You can also opt to vote online via the unique ballot link emailed to you, or mail absentee ballots to 1457 E. Washington Ave. Ballots are due no later than Tuesday, July 16 at 6:00pm!

UNYUCK!

Madison's east side festivals generate a LOT trash and yuck. Help the Sierra Club "unyuck" these festivals by volunteering to support their recycling effort. In return, you'll get free refreshments and pizza! For more info, and to sign up for an event, go to:

- Waterfront Fest: signup.com/go/SAdwFZj
- Atwoodfest: signup.com/go/um-WOtKg
- Orton Park Festival: signup.com/go/vrsGyqs
- Willy Street Fair: signup.com/go/QpcmfYe

FOND FAREWELL

After 27-plus years of working for the Co-op, Mark Stadtmueller, has decided to hang up his apron and call it a wrap. Mark's primary job has been to repack raisins (we call this Willy Pack) into one-pound bags, and he packed a whopping 168,500 pounds during his tenure at the Co-op. Mark is moving into a full-time position at his other place of employment, and I can say with total confidence he will be missed. Wishing you all the best in your future endeavors, Mark.

BOARD AND GM TABLING

We plan to take a short hiatus from our monthly tabling routine at the stores during the summer months. However, you can count on seeing us at the Annual Meeting & Party on Thursday, July 11. Remember we are only an email or phone call away should you want to get in touch with us; you can reach the Board at board@willystreet.coop or me at a.firszt@willystreet.coop or 608-237-1210.

\$5 DINNER: DINNER OUT!

The \$5 Dinner has become a regular easy dinner out in our household. Mark your calendar for June 20 to be at Willy North from 4:00pm–8:00pm for some good eats and friendly conversation! We are featuring Silver Creek Naturally Grass-Fed Beef Wieners along with perfectly matched sides. We are able to satisfy vegetarian, vegan and gluten-free diets! Eat in or carry out.

SPECIAL STORE HOURS IN THE COMING FEW MONTHS

- Sunday, June 30: year-end inventory count. Stores close at 7:30pm
- Thursday, July 4: Independence Day. Stores close at 7:30pm

- Thursday, July 11: Annual Meeting & Party. Regular hours

- Saturday, August 17: annual staff picnic. Stores close at 6:00pm

BOARD REPORT

Elections; Policy Review; and More!



by Jeannine Bindl, Board President

Hello, Fellow Co-operators. June is here, and hopefully the warmer weather as well!

BOARD ELECTIONS

April and May have been busy months getting ready for the upcoming Board Director elections. Thank you to all of the Owners who will be running for the Board of Directors this year. Each candidate that you meet in next month's *Reader* has gathered 20 signatures of support from fellow Co-op Owners, attended at least one Board meeting and a Board orientation, and made a diligent effort to introduce themselves in next month's *Reader*.

While the rest of us will not know exactly who is running until July, there is a chance we will see them tabling outside Co-op locations. If you see one of them, pop over and say hi! They would love to talk with you.

\$5 DINNER

In addition to Board candidates being out and about, your Board members will be at the \$5 Dollar Dinner in June. Come enjoy some delicious food and the wonderful outdoor seating area at Willy North.

ANNUAL CUSTOMER SURVEY

Our Annual Customer Survey was available last month, and hopefully you had a chance to fill it out. Last fall the Co-op started doing customer experience surveys as well. If you

are selected to fill out a survey, your cashier will hand you a receipt with more information. Currently, both the annual Customer Survey and the new Customer Experience Surveys cover operational topics (how the store works, what products we carry, etc.) Next year, the Board will be revamping the annual Customer Survey to help us better represent you, the Owners. If you have questions that you think we should be asking, email us at bdc@willystreet.coop.

POLICY REVIEW

On the agenda for policy review this month is policy B1—Financial Conditions and Activities. B1 is the only policy the Board reviews quarterly. By reviewing this policy quarterly, the Board is able to closely monitor the financial health of the Co-op. The Board also has a Finance Committee made up of both Board members and Owners who take an even deeper look at the financial health of the Co-op. As I write this, we have not yet reviewed the policy, so I can't comment on it yet. It is safe to say, however, that the Co-op is healthy, and we are grateful for your continued support.

SUMMER

Thank you for taking time to read the Board's *Reader* article; we hope you are enjoying the beginnings of summer! Please mark your calendars for the upcoming vote for Directors, July 1–17, and our Annual Meeting & Party on July 11. If you would like to vote for Directors electronically, now is a great time to double check the email address we have on file for you. Stop at a Customer Service desk or call any location, whatever works best for you. See you at the Co-op!



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In 2018, the **League of Women Voters of Wisconsin** launched its #BeAWisconsinVoter hashtag and video series across social media. The videos focused on why Wisconsin citizens vote and why voting is important to them and their communities. The goal: increasing engagement around voting. The League continues to provide thousands of Wisconsin citizens with unbiased, nonpartisan candidate information and information about what they need to do to prepare to make their vote count on Election Day through their other website, VOTE411.org.



Photo: League of Women Voters of Wisconsin

**MAKE a Plan.
Take a FRIEND.
VOTE EARLY.**

Find your polling place.
See what's on your ballot.
Compare the candidates.

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ELECTION INFORMATION YOU NEED



Chrysalis promotes mental health and substance abuse recovery by supporting work and employment opportunities that "encourage hope, healing, and wellness." In 2018, they assisted 252 people with employment rights and succeed with 132 job hires. They also sold 6,500 of their Chrysalis Pops through their Chrysalis Pops social enterprise program.

Photo: Chrysalis

The **Sierra Club Foundation-John Muir Chapter** employs a variety of methods to engage the community with nonpartisan environmental advocacy. Their "Beyond Coal" team finds creative outlets to visibly show the dangers of dirty coal plants and the need to move to clean energy sources. This included being a part of Madison's Willy Street Fair parade and performing a flash mob about Mother Earth being saved from dirty coal. Throughout that single day, over 200 petition signatures were collected, and 500 fliers, buttons and stickers were handed out.



Photo: Sierra Club Foundation-John Muir Chapter

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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.



BAKING

VEGAN BAKING SECRETS: RAW VEGAN DESSERTS

Location: Willy East Community Room

Tuesday, June 18, 6:00pm–8:00pm

Ages: 13 and older; adult supervision not required

Instructor: Cara Moseley

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

Pastry Chef Cara Moseley will teach basic raw vegan food preparation to create raw desserts. She will guide the class through a discussion on various critical raw food ingredients from the store and discuss their uses, and the dos and don'ts of raw dessert-making. She will demonstrate how to make a couple different styles of desserts. Students will leave class with several ideas and recipes. Vegan, gluten-free and grain-free.



COOKING

COOKING WITH CHEF PAUL: WEEKNIGHT DINNERS WITH FIVE INGREDIENTS OR FEWER

Location: Willy East Community Room

Thursday, June 13, 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

When it comes to dinner, we can save time in the kitchen and also eat well. Why bother with so many unwanted attachments and gadgets? Most of our meals can be made deliciously with five ingredients or fewer, assuming we have salt and pepper on hand. Join Chef Paul to explore creative ways to reduce the clutter in the kitchen and enjoy the meals we make.

COOKING WITH CHEF PAUL: PASTA FROM SCRATCH

Location: Willy West Community Room

Thursday, July 18, 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 and roll up your sleeves to learn how to make farfalle and angel hair pasta; plus Paul will demonstrate a quick tomato sauce to go with the handmade fresh pasta. A green salad with feta will round out the meal. Vegetarian.

SIX SPICES: INDIAN SUMMER COOKING

Location: Willy East Community Room

Monday, July 22, 6:00pm–8:30pm

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Willy North

Thursday, June 6, 10:00am–2:00pm

Location: East Community Room

Thursday, June 20, 9:00am–1:00pm

Thursday, July 18, 9:00am–1:00pm

Location: Willy West Community Room

Friday, June 14, 9:00am–12:00pm

Friday, July 12, 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.

Ages: 13 and older; adult supervision required
Instructor: Neeta Saluja
Fee: \$20 for Owners; \$30 for non-owners

Join Chef Neeta Saluja to learn to prepare a delicious meal that's perfect for the summertime! On the menu: Mint Chicken marinated with Indian spices, mint and sour cream, cooked in the oven and served hot; a vegetarian burger prepared with mashed potatoes, vegetables, fresh cilantro, ginger and Indian spices; and Sweet Mango Lassi, mangos blended with plain yogurt and sugar and lots of ice. Gluten-free.



SPRING HERBAL MEDICINE/ WILD EDIBLE WALK

Location: Willy East Community Room and Jenifer Street
Sunday, June 9, 10:00am–12:30pm
Ages: 8 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$20 for Owners; \$30 for non-owners

Join herbalist and forager Linda Conroy to explore the wild plants that grow around us. We will learn about common and uncommon wild plants that can be used for food and medicine. Identification techniques, as well as ways to prepare plants for optimal nutrition and healing, will be discussed. Dress appropriately for the weather and wear comfortable walking shoes. Meet in the Community Room; the tour leaves promptly at 10:00am.

SPRING HERBAL MEDICINE/WILD EDIBLE WALK

Location: 4864 Pheasant Branch Conservancy Springs, Middleton
Saturday, June 29, 10:00am–12:30pm
Ages: 8 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$20 for Owners; \$30 for non-Owners

Join herbalist and forager Linda Conroy to explore the wild plants that grow around us. We will learn about common and uncommon wild plants that can be used for food and medicine. Identification techniques, as well as ways to prepare plants for optimal nutrition and healing, will be discussed. Dress appropriately for the weather and wear comfortable walking shoes. This class will take place at Pheasant Branch Conservancy, 4864 Pheasant Branch Road, Middleton. Meet in the Conservancy parking lot; the tour leaves promptly at 10:00am.



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room
Thursday, July 25, 6:00pm–8:00pm
Ages: 18 and older
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

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



COOKING TOGETHER: FLAVORS OF JAPAN

Location: Willy East Community Room
Friday, June 7, 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 dif-

ferent foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a homemade meal inspired by flavors from Japan. Sushi rolls, noodles, miso soup, tea, citrus, soy and edamame are just a few of the tasty things that will be explored. Vegetarian.

COOKING TOGETHER: FLAVORS OF HAWAII

Location: Willy West Community Room
Friday, July 19, 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 cooking class for families to 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 meal inspired by the flavors of the Hawaiian Islands—tropical fruits, sugar cane, taro, fried rice and even shaved ice will be explored. Vegetarian and nut-free.



KIDS IN THE KITCHEN: FANTASTIC FRUITS

Location: Willy East Community Room
Tuesday, June 11, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required
Location: Willy West Community Room
Tuesday, June 18, 4:30pm–5:30pm

Ages: 9–12 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. In this class, we'll use fantastic fresh fruits as we follow recipes that highlight these nutritious ingredients. Tropical fruit smoothies, melon salads, berries and cream, banana bread, pineapple cake, and plum crisp are some of Lily's favorites. Vegetarian and nut-free.

KIDS IN THE KITCHEN: FOOD ART

Location: Willy West Community Room
Friday, June 14, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required
Location: Willy East Community Room
Friday, June 21, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Funny faces made from funky veggies? An owl made from bread and berries? How about sunflower seed raindrops or a 3-D car driven by an animal cracker? Chef Lily can't wait to see what the kids will come up with! Participants in this class will create edible and artful images using a variety of foods. Vegetarian.

KIDS IN THE KITCHEN: CAMPFIRE COOKING!

Location: Willy East Community Room
Tuesday, July 9, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required
Location: Willy West Community Room
Tuesday, July 23, 4:30pm–5:30pm
Ages: 9–12 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. Summertime is in full swing, and that means camping and making meals in the great outdoors, including pizza pockets, pudgy pies, s'mores galore and much more. In this class, participants will make multiple recipes that can be recreated around the campfire. Vegetarian.

KIDS IN THE KITCHEN: FROSTY FAVORITES!

Location: Willy West Community Room
Friday, July 12, 4:30pm–5:30pm

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
Wednesday, June 12, 2:15pm–5:30pm
Wednesday, July 17, 2:15pm–5:30pm
Location: Willy West Community Room
Tuesday, May 7, 2:15pm–5:30pm
Wednesday, June 5, 2:15pm–5:30pm
Tuesday, July 30, 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.

Pilates on Harrison
Quality Pilates in Your Neighborhood
710 Harrison Street
pilatesonharrison.com
608.709.1775

Ages: 5–8 years old; adult supervision not required
 Location: Willy East Community Room
 Friday, July 26, 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. The weather is hot, and there is nothing better than an ice cold treat to cool things down—shakes, fruit sorbets, ice cream sandwiches and more! In this class, participants will make multiple fun, frosty favorites. Vegetarian and nut-free.



MERITS OF A KETOGENIC (FAT-BASED) DIET

Location: Lakeview Library
 Tuesday, June 4, 6:00pm–7:00pm
 Ages: Any; adult supervision required
 Fee: Free; registration required

Until recently, the benefits of a fat-based diet were poorly understood by most. Katy Wallace, Traditional Naturopath of Human Nature, LLC will present how a fat-based diet may be key to resolving issues such as weight-loss resistance, cognitive decline, insomnia, and blood sugar swings. Learn what to expect, how to balance a meal, and how to track your progress. Gluten-free and grain-free.

FOOD-BASED CLEANSING

Location: Lakeview Library
 Tuesday, July 16, 6:00pm–7:00pm
 Location: Willy West Community Room
 Thursday, September 19, 6:00pm–7:00pm
 Ages: Any; adult supervision required
 Fee: Free; registration required

This program is an introduction to the food-based cleansing process. Join Katy Wallace, Traditional Naturopath of Human Nature, LLC, to learn ways to assist the body's major elimination and toxin-removing organs (liver, kidneys, and digestive tract) with food and herbs that allow for internal cleansing. Gluten-free and grain-free. To register for classes at Lakeview Library, please visit www.madisonpubliclibrary.org/events or calling 608-246-4547.

WILLY NORTH PRODUCE NEWS

We Need Your Help Selecting More Specialty Produce at North



by Megan Minnick, Purchasing Director

Have you ever wished that you could purchase a wider selection of specialty produce at Willy North? So have we! From Thai chilis to tamarind to bittermelon—there have been a lot of items that we have wished that we could carry in the Willy North Produce department that we just haven't been able to find from our suppliers. I'm happy to announce that this has recently changed: the distribution company that supplies us with the majority of our conventional (non-organic) produce at Willy North now has access to a whole host of fruits and veggies that we've never been able to get—so many items in fact, that we need your help deciding what

to carry! If there is a fruit or vegetable that you would like to be able to purchase at Willy North, please take a moment to fill out the comment card printed next to this article. You can drop it into the comment box that's located in the produce department at Willy North, or mail it to the Willy Street Co-op Central Office (1457 East Washington Ave., Madison, WI 53703). If you prefer the digital medium, there's also a version of the form available online at www.willystreet.coop/specialtyproduce.

Note that because these items aren't typically grown by certified organic farmers, most of them will be conventional. Also, because this distributor currently only drops off produce at Willy North, the program will be limited for now... although if we get enough requests for specific products at Willy East and West we'll definitely see what we can do!

If we decide to carry the product that you've requested, we'll be sure to let you know!

NORTH PRODUCE SURVEY

What new produce items would you like to see?

We are looking for your feedback! Are there speciality produce items that you would like to purchase at Willy North? Place an X in the box at the left of the item and let us know!

VEGETABLES:

<input type="checkbox"/>	Tomatillos
<input type="checkbox"/>	Yuca
<input type="checkbox"/>	Gai Lan
<input type="checkbox"/>	Bittermelon
<input type="checkbox"/>	Shishito Peppers
<input type="checkbox"/>	Sea Beans
<input type="checkbox"/>	Okra
<input type="checkbox"/>	Thai Eggplant
<input type="checkbox"/>	Indian Eggplant
<input type="checkbox"/>	Thai Chili
<input type="checkbox"/>	Aloe Vera
<input type="checkbox"/>	Chayote
<input type="checkbox"/>	Malanga (Taro)
<input type="checkbox"/>	Yam
<input type="checkbox"/>	Galangal Root
<input type="checkbox"/>	Sugar Cane
<input type="checkbox"/>	Other:

FRUIT:

<input type="checkbox"/>	Passionfruit
<input type="checkbox"/>	Dragonfruit
<input type="checkbox"/>	Jackfruit
<input type="checkbox"/>	Lychee
<input type="checkbox"/>	Rambutan
<input type="checkbox"/>	Guava
<input type="checkbox"/>	Mamey
<input type="checkbox"/>	Tamarind
<input type="checkbox"/>	Star Fruit
<input type="checkbox"/>	Sapote
<input type="checkbox"/>	Other:

Please drop this form in the box in the Willy North produce department.

Thank you!

willy street co-op

Now it's even easier to get your Reader emailed to you!

Want to help save a few trees and be able to read your Co-op newsletter on your computer or smartphone? Sign up to get your newsletter emailed to you! For every 1,000 Owners who switch from a printed newsletter to the email version, we'll save one tree per month.



Just go to willystreet.coop/subscribe and fill out the short form. You can also subscribe to the email newsletter on our Facebook page or ask at the Customer Service desk.

SAVE THE DATE!

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



DAIRY NEWS

Organic Valley



by
Angela Pohlman,
Wellness
Category
Manager

It's Dairy Month! If you eat dairy, one of the best companies (IMO) to purchase dairy from is Organic Valley.

The world is becoming a scary space for farmers. Between market inconsistencies and climate change, many farmers worldwide are struggling to put food on their own tables.

SUPPORT

Farmer cooperatives like Organic Valley are banding together to support each other, create more financial security, maintain quality standards, and fight for cleaner air, land and water.

Rather than buying milk from a huge "farm" that focuses on creating as much profit as possible—animals and environment be damned - Organic Valley has more than 2,000 farms across the country, and each of those farms has an average dairy herd of only 71 cows. Compare that to the average factory farm—1,661 cows!

FIGHTING CLIMATE CHANGE

Organic Valley is committed to taking action to fight climate change. Here in Wisconsin, they have a 12-acre solar installation which supports their goal of sourcing all electricity needs met by renewables by this year. They are collaborating with other groups to create new ways to make organic dairy farming carbon positive. They are driven by California's laws that require farms to reduce emissions by 40% by 2030. They are utilizing Climate-Smart Farming (CSF)—an approach to farming that addresses the challenges of food security and a changing climate.

BASED IN THE MIDWEST

Organic Valley is a national coop-



erative. They have farms all over the U.S., but they are based in the midwest. You can enter your zip code into their farm finder and see how many farms are near you and who your closest farmer is. For 53703—we have 34 farms within 50 miles of us! That is amazing.

PRODUCTS

They have a ton of products to choose from. Their original line is all organic, and they now have a grass-fed line, featuring milk, yogurt, and cheese. Grass-fed means that Organic Valley has prioritized the pasture and it guarantees that cows spend as much of the grazing season as possible out in the fields. There is a lot of confusion out there as to what grass-fed means, but luckily a new "Certified Grass-Fed Organic Livestock Program" was introduced this year and will help clear up all the misconceptions and tricky labeling from other companies. With this new seal, you will know that the animals met stringent requirements including:

- No grain, all grass.
- Animal wellness checks are required.
- Organic is the foundation.
- Farms are certified annually by an independent third party.

My household loves this stuff. You can really taste the difference. I feel good giving it to them! Yes, the prices are often higher than conventional milk products, and even some other certified organic dairy. You get what you pay for in this case. You are investing in local farmers, fighting climate change, and prioritizing the quality of dairy products that we are feeding our families.

PREPARED FOODS NEWS

What's New in Prepared Foods: Housemade Salad Dressings



by
Patrick Schroeder,
Prepared
Foods
Category
Manager

Hey everyone! To celebrate the onset of warmer weather, we're proud to announce that we've transitioned to house-made salad dressings at all three Willy Street Co-op Salad Bars. We've got big plans for enhancing these areas of our Delis, but these dressings are

one of our favorite moves. The salad bars now feature six new dressings:

- Buttermilk Herb Dressing
- Caesar Dressing
- Balsamic Vinaigrette
- Door County Cherry Vinaigrette
- Maple Mustard Vinaigrette

• French Dressing

All dressings are made at our Production Kitchen by our talented cooks. All six of them are made without gluten and all (except the Buttermilk) are vegan and dairy-free! The Caesar and the French are competing to be the favorites among staff. We make the dressings multiple times a week so you can count on them being fresh, being made with organic ingredients, and being the same at all three stores. Many thanks to Deli staff at Willy East and at the Kitchen for coming up with these delicious offerings. If you love them on your salad, feel free to grab a small soup container or clamshell, fill it with your favorite dressing, and take some home with you. Let the cashier know it's from the salad bar. These dressings are made from scratch and do not contain any preservatives. Enjoy them sooner rather than later!



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- Faster charging in more places.
- Lower costs to own. EV drivers pay less to "fuel" their vehicles and never stop for oil changes.

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You'll become a big fan too!



Learn more at www.mge.com/LovEV



SPECIAL STORE HOURS

Sunday, June 30: year-end inventory count.
Stores close at 7:30pm.

Thursday, July 4: Independence Day.
Stores close at 7:30pm.

Thursday, July 11: Annual Meeting & Party. Regular hours.



Tenney Nursery & Parent Center

A Preschool & Community-based Parent Cooperative

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www.tnpckids.com

Pre-School age 2-5

Parent/Child Playgroup age 0-3

STATE LICENSED & CITY ACCREDITED



NEW



EQUAL EXCHANGE TOTAL ECLIPSE CHOCOLATE BAR

This new bar from Equal Exchange marks the beginning of a new partnership with small farmers in West Africa where roughly 70% of the world's cocoa is grown, yet issues of child labor still remain. Previously, Equal Exchange's work in creating an alternative supply chain to the exploitation of workers in the conventional chocolate industry was limited to Latin American sources. Now, in partnership with the Scoops Procab and Scoops IKPA cooperatives in Togo, Africa, comes this chocolate bar with a whopping 92% cacao content. Read more about this exciting story on the inside of the bar wrapper while enjoying the depths of the dark cacao. Certified organic! Available East, West and North.



PROJECT 7 CHEWIES CANDIES

Not only are these fruity chewy candies made with all-natural, food-based coloring and no artificial flavor, but they also donate money to a variety of causes. Project 7 is named after the seven "areas of need" they identified: Save the Earth, House the Homeless, Feed the Hungry, Quench the Thirsty, Heal the Sick, Teach them Well, and Hope for Peace. You can find how much they have given so far if you visit their website at project7.com/pages/mission. Chewies are non-GMO and contain no artificial colors, flavors or preservatives. Find the 2-oz. bag at Willy East and the 4-oz. bag at Willy North.

VITA COCO SPARKLING COCONUT WATER

A new way to refresh: a blend of sparkling water, coconut water, and fruit juice from concentrates. Only 25 calories and no added sugar. A delightful pick-me-up! Three flavors: Lemon Ginger, Raspberry, and Grapefruit. Available East, West and North.



BEYOND MEAT BRATS

New this grillin' season—brats from Beyond Meat! What's Beyond Meat? It's not soy or wheat gluten—it's pea protein. These plump sausages look like the real thing, taste very close to the real thing, and contain 16 grams of protein per brat. Vegan, kosher and ready to be grilled and topped with your favorite condiments. Choose from original brats or hot Italian sausages. Available East, West and North.

WILLY STREET CO-OP WHOLE FOOD ESSENTIALS MULTIVITAMINS

Nutrients grown on a food-enriched probiotic complex. This multi vitamin focuses on providing essential nutrients, plus whole foods and botanicals for either men's health or women's health. Soy-free, gluten-free. One month's supply is only \$21.99. Available East, West and North.



SOLARAY COLLAGEN BONE COMPLETE

This supplement provides all the essential building blocks for healthy bone density. Of course calcium and magnesium, but also Vitamins C, D-3 and K-2, and Type 1 & 2 Hydrolysed Marine collagen. Available East, West and North.

INESSENTS SALVATION FRESH FLOWER HEMP HYDROSOL

Citrusy. Herbaceous. Resinous. This handsome hydrosol is the aromatic water from steam distilled hemp flowering tops. Spritz on your face for a soothing and calming experience, or use as a toner with their balms or serums. This has no THC nor CBD. Available East, West and North.



STASHER

Reusable, plastic-free storage bags. Made of durable silicone, with an airtight seal. You can store, freeze, marinate, and cook right in it, and it is dishwasher safe. In three convenient sizes—snack, sandwich, and half gallon. A green kitchen essential! Available East, West and North.



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Integrative Clinical Psychologist

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Spring has sprung!

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

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



coop™ deals

JUNE

Health & Wellness

co-op deals: June 5-18

THIS MONTH: JUNE 5
 Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!





Quantum Extreme Buzz Away
 4 oz • Save \$3.30
\$5.99/tx



Alacer Emergen-C
 Super Orange, Raspberry, Tangerine
 30 pc • Save \$2
\$9.99/tx




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



Dr. Bronner's Castile Bar Soap
 All Kinds on Sale!
 5 oz • Save \$1.49
\$2.50/tx



Wishgarden Serious Relaxer
 Support and relax a tense body.
 2 oz • Save \$7
\$12.99/tx



Ancient Nutrition Bone Broth Protein Powders
 Pure, Vanilla, Chocolate, or Turmeric
 445-504 gm • Save \$4
\$39.99/tx



Evo Hemp Full Spectrum Hemp Extract Tincture 500 mg
 Native American Grown
 1 oz • Save \$5
\$19.99/tx



CBD Balance CBD Beauty Serum
 .5 oz • Save \$3
\$16.99/tx



Megafood Turmeric Inflammation Response Gummies
 200 mg of Turmeric Per Serving!
 90 ct • Save \$15
\$29.99/tx



Bodhi Soap Scrub
 All Kinds on Sale!
 14 oz • Save \$2.50
\$8.99/tx




co-op deals: June 19-July 2



Mad Hippie Exfoliating Serum
 1.02 oz • Save \$10
\$19.99/tx




Ultima Electrolyte Powder
 All Kinds on Sale!
 3.4-3.7 oz • Save \$9
\$12.99/tx




W.S. Badger Anti-Bug Shake and Spray
 4 oz • Save \$2
\$7.99/tx




Oregon's Wild Harvest Organic Milk Thistle
 90 cap • Save \$11
\$19.99/tx



Tom's Of Maine Deodorant
 All Kinds on Sale!
 2.25 oz • Save \$1.50
\$5.99/tx



New Chapter Turmeric Force Liquid Veggie Caps
 60 sg • Save \$4
\$25.99/tx



Mineral Fusion Intense Hydration Facial Cream
 3.4 oz • Save \$7
\$14.99/tx



Garden of Life RAW Organic Protein
 All Kinds on Sale!
 21.86-23.4 oz • Save \$13
\$33.99





NutriGold Triple Strength Fish Oil
 60 sg • Save \$6
\$17.99/tx





Alba Botanica SPF 30 Mineral Sunscreen
 All Kinds on Sale!
 4 oz • Save \$3.50
\$7.99/tx



PURPLE = LOCAL

coop™ deals

co-op deals: June 5-18



**Alter Eco
Chocolate Bars**
All Kinds on Sale!
2.65-2.82 oz • Save \$3.58-\$3.98/2
2 for \$4/tx



**Barbara's Bakery
Cheese Puffs**
All Kinds on Sale!
5.5-7 oz oz • Save \$1.98/2
2 for \$4



**Sir Kensington's
Mayo**
Classic, Chipotle
10 oz • Save \$1.80
\$3.99



**Annie's Homegrown
Macaroni and
Cheese**
All Kinds (except Organic) on Sale!
6 oz • Save \$1.79
\$1.00



**Fiordifrutta
Organic Wild
Lingonberry
Spread**
8.82 oz • Save \$1
\$4.49



**Ecover
Liquid Dish Soap**
25 oz • Save \$1
\$2.99/tx



**GT's
Organic Kombucha**
All Kinds on Sale!
16 oz • Save 98¢/2
2 for \$5/tx



**Turtle Island Foods
Tofurky Brats**
Beer Brats, Italian Sausage, Kielbasa
14 oz • Save 80¢
\$3.99



**Wild Planet
Wild Albacore Tuna**
With Salt, No Salt Added
5 oz • Save \$1.49
\$3.00



**Honest Kids
Organic Juice Drink
8-Pack**
All Kinds on Sale!
54 oz • Save \$2
\$2.99/tx



**Three Twins
Maxine's
Organic Ice Cream**
All Kinds on Sale!
48 oz • Save \$2
\$6.79



**Boulder Canyon
Potato Chips**
All Kinds on Sale!
5-oz • Save \$1.34
\$1.65



**Canyon Bakehouse
Gluten-Free Bread**
All Kinds on Sale!
18 oz • Save \$1.30
\$4.49



**Crystal Geyser
Alpine
Spring Water**
1 gal • Save 80¢
99¢



**Woodstock Farms
Natural Lump
Hardwood
Charcoal**
8.8 lb • Save \$1.80
\$7.99/tx



**Kite Hill
Vegan Cream Cheese**
Plain, Chive
8 oz • Save \$1.30
\$5.99



**Lundberg
Organic Rice Cakes**
All Kinds on Sale!
8.5-9 oz • Save \$1
\$2.99



**Food Should
Taste Good
Tortilla Chips**
All Kinds on Sale!
5.5 oz • Save \$2.58/2
2 for \$4



**Mary's Gone Crackers
Super Seed Crackers**
All Kinds on Sale!
5.5 oz • Save \$1.99
\$3.50



**Steaz
Organic Iced Tea**
All Kinds on Sale!
16 oz • Save 20¢
\$1.29/tx



**Organic Valley
Lactose-Free Milk**
All Kinds on Sale!
64 oz • Save 50¢
\$4.79



**Napa Valley Naturals
Balsamic Vinegar**
12.7 oz • Save \$1.40
\$4.99



**Madhava
Amber
Agave Nectar**
11.75 oz • Save \$1.30
\$3.79



**Nature's Path
Eco-Pac Cereals**
All Kinds on Sale!
23.8-32 oz • Save \$1.30-\$2.30
\$6.99



The specials on this page are valid June 5-18
All Specials Subject to Availability. Sales Quantities Limited.

JUNE

co-op deals: June 19–July 2



Cascadian Farm
Organic Frozen Fruit
All Kinds on Sale!
8-10 oz • Save 99¢
\$3.50



Dandies
Vegan Marshmallows
Vanilla, Mini
10 oz • Save \$1
\$3.49



Clif Bar
Energy Bars
All Kinds on Sale!
2.4 oz • Save 25¢
\$1.00



Garden of Eatin'
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willy street co-op



Thursday, June 20th
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Vegetarian, vegan and gluten-free options.

Silver Creek Naturally Grass-Fed Beef Wiener **OR** Vegan Lightlife
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(Both hot dogs are large.)



willy street co-op
**ANNUAL MEETING
& PARTY**

TICKETS AVAILABLE
Monday, July 1st

Event on Thursday July 11th

willy street co-op

**GREAT BUN
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July, 1st - July, 7th

Buy any **6** of our house-made
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**Offer for Willy Street Co-op Owners only.*

Link sausages must be fresh (not frozen), and purchased from the meat department service counter. While supplies last. Limit two free packages of buns (12 buns total) per transaction.

**The Great Bun Giveaway will return
for Labor Day!**



Wellness

Wednesday

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

**THIS MONTH:
June 5**

SPECIAL STORE HOURS

Sunday, June 30: year-end inventory count. Stores close at 7:30pm.

Thursday, July 4: Independence Day. Stores close at 7:30pm.

Thursday, July 11: Annual Meeting & Party. Regular hours.

Volunteer Opportunities at the Farmers Markets



by **Amanda Ikens, Owner Resources Coordinator—East**

When I first moved to Madison in 1999, I learned about the Co-op and started shopping when it was still just one store and it was located where the Social Justice Center is on Williamson Street. I had friends that would volunteer at the store and they would receive

a small discount for their time spent helping out in varying capacities. Today, our Co-op contributes to the local economy by offering over 400 jobs to the community and we are happy that we can pay for people's time. That being said, we are often asked by shoppers if there are ever any volunteer opportunities at the stores and so we thought it would be good to talk about another way to support the food system in our community: volunteering at local farmers' markets.

We are so lucky to live in Madison where we have so many beautiful markets sprinkled throughout town and at least one is held almost every single day of the week in the spring, summer, and early fall. Some are even held in winter and most of them welcome volunteers. If you want to volunteer, it is best to contact them in advance. Most markets do have a presence online with their own websites and contact information for those that accept volunteers. Some may not use volunteers at all, so it is best to check. If you have an interest in food security and helping people get the most with their food dollar then maybe volunteering at the information booth at a farmers' market is where you want to be. By working at the information booth you answer market questions and assist customers shopping the market.

FOODSHARE/QUEST VOLUNTEERS

At some local markets, volunteers also help customers using the FoodShare/QUEST card machine and distribute vouchers for the Double Dollars nutrition incentive program. These markets have booths staffed with workers and volunteers where recipients of FoodShare benefits can bring their EBT cards and make a withdrawal for "market dollars" to spend at the market. Markets that participate in Double Dollars also offer a dollar-for-dollar match (up to \$25) to customers using FoodShare/QUEST cards to make their market budget stretch further. The recipient can withdraw any amount they would like from their EBT card and receive market dollars to use for fresh fruits, veggies, meat and much more. There are some restrictions, for example, customers cannot use Double Dollars to purchase hot coffee and ready-to-eat hot foods. Just ask, and the vendors will let you know if they accept them. Each participating market has their own FoodShare market dollar and they do not transfer from market to market. The Double Dollar voucher, however, is good at any of the participating markets.

The number of markets that have the equipment to take FoodShare/QUEST has grown, and if they have that capability, then they can also distribute Double Dollars. I wanted to take a moment and point out which markets honor the program. I have also included the contact information if you want to reach out and make arrangements to volunteer. Most shifts are only two hours.

- Dane County Farmers' Market on Wednesdays on Martin Luther King Boulevard and Saturdays on the Capital Square. 7:00am-1:00pm. Contact: ericaa@cacscw.org.
- Westside Community Market on University Avenue & University Row. Saturdays 7:00am-1:00pm. Contact manager.wcm@gmail.com.

- Northside Farmers' Market in the parking lot of the Northport Town Center, (by Willy North). Sundays 8:30am-12:30pm. Contact volunteers@northsidefarmersmarket.org.
- Monona Farmers' Market in Ahzuka Park. Sundays, 9:00am-1:00pm. Contact mononafarmersmarket@gmail.com.
- Eastside Farmers' Market in McPike Park. Tuesdays, 4:00pm-7:00pm. Contact efmanager@gmail.com.
- El Mercadito de Centro, Centro Hispano on Badger Road. Wednesdays, 4:00pm-7:00pm. Visit www.micentro.org/volunteer.html to fill out their volunteer application.
- The Monroe Street Farmers' Market at Edgewood High School. Sundays, 9:00am-1:00pm. Contact manager@monroestreetfarmersmarket.org.
- Badger Rock Community Market at the Badger Rock Community Center. Sundays, 12:00pm-4:00pm. Contact info@resilientcities.org
- Elvers Park Farmers' Market in Elver Park. Saturdays, 8:00am-12:00pm. Contact farmersmarket@madwest.org.
- Troy Gardens Farm Stand at Troy Farms on Troy Drive. Thursdays, 4:00pm-6:30pm. Contact info@communitygroundworks.org.

SET UP AND TEAR DOWN

Some markets also need help with set-up, tear-down or things like brewing coffee. Some market websites will have details regarding what they are looking for from their volunteers, and others you may have to contact to find out what they need people to do. The Northside Market, for example, has many volunteer opportunities the day of the market, and they have things to do behind the scenes, if that is more your style. If you enjoy writing, you could author an article for the Northside Farmers' Market or get involved by writing for the Northside News. If writing isn't your thing, you could help out with promotion. The market puts flyers together and they need help distributing them at local businesses. They also occasionally look for volunteers to maintain their website.

I reached out to a few of our contacts for the farmers' markets and asked them about volunteering. This is what they had to say:

DANE COUNTY FARMERS MARKET

Sarah Elliot, Dane County Farmers Market Manager said, "There are two different volunteer opportunities for the outdoor market. One is a general volunteer that gets a chance to help out and it's a great way to get a behind-the-scenes view of the market and a way to cultivate a closer relationship with some of the farmers. The other opportunity is to work at the information booth. The main benefit is you get to help ensure everyone has access to healthy foods."

WEST SIDE COMMUNITY MARKET

Ben Zimmerman, West Side Community Market Manager said "At the Westside Community Market we are lucky to have a solid crew of volunteers who help to facilitate the market week by week. From answering questions at the information tent to assisting with free children's activities, the market would not be the same without our volunteers there to make it a success. One of our greatest sources of pride in our volunteers is their assistance with the FoodShare and Double Dollars program. FoodShare acceptance, boosted by the amazing Double Dollars program, helps ensure we can provide access for all who wish to make their food purchases locally from the many farmers and food artisans at the market. Without the help of volunteers, this program would not be a success or even viable. Volunteering in the market community is a great way to give back and see the positive impact reflected on the happy faces of market shoppers. It's engaging and personal, with real time results that help the farmers' market community here in Madison thrive. We hope that generosity continues in the future and encourage those interested in supporting their local market beyond the role of customer to reach out to your market."

Erica Anderson, Food Security Specialist for Community Action Coalition said "Every market is different, but they all stay in operation thanks to dedicated vendors, shoppers, and supporters of all kinds."

CO-OP STAFF AT THE MARKETS

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that get to spend some time working at local farmers market FoodShare/ Double Dollars booths occasionally, and I am one of them. I find that my time at the Eastside Farmers' Market is fulfilling because first off, I am outside and helping people. Rain or shine, the market goes on. I am there to help out with the market dollars so that the other workers can put their time and energy in other places. I can tell that they are thankful that I am there. It is also very nice to see someone's face light up when I share about the community resources that are available to them. Not everyone knows that they can use their FoodShare/QUEST cards at the market, and I get to help them stretch their dollar. Being there makes me feel more like a part of this beautiful, vibrant community.

Katie O'Connell-Jones, West Owner Resources Coordinator had this to say, "A favorite component of my job is the opportunity to help out at the Westside Community Market once a month during the season. The energy of the market is palpable, from the music to the customers and vendors. I love getting to match a farm with a farmer and make a connection that is only possible by being at the market. Talking with market customers about the Double Dollars program and the Willy Street Co-op feels like a great fit and a bonus is recognizing and speaking with customers from the store." gianofer fields, North Owner Resources Coordinator, works at the Northside Farmers Market. "Since I spend a lot of time in the office, I don't have many opportunities to chat with our Owners. I'm at the Sunday market

from 8:00am until noon so I get to see people bright and early in the morning. Seeing people in our community starting their day and moving about the parking lot at a leisurely pace is nice. It's a pretty good way to start the day."


So the next time you are thinking about getting involved with the community, maybe taking a few shifts at your local farmers' market is just what you were looking for. What a great chance to support your local farmers, bakers, candlestick makers, and Double Dollars program. It takes a village.

DOUBLE DOLLARS

The Double Dollars program at Willy Street Co-op and local farmers' markets is made possible by Community Action Coalition for South Cen-

tral Wisconsin, the City of Madison, Public Health Madison Dane County, and Willy Street Co-op. In addition to volunteering at local farmers' markets, you can support the Double Dollars program at the Co-op by making donations at the registers using Double Dollars Fund scan cards or simply by reusing bags when you shop. The Double Dollars Fund supports providing vouchers at both the Co-op and participating farmers' markets. Co-op Double Dollars vouchers from 2019 can be redeemed through May 31, and then any leftover vouchers can be redeemed starting October 1. Double Dollars vouchers at participating local farmers' markets will be available starting in June. Visit www.cacsw.org/double-dollars/ for more information about Double Dollars at the farmers' markets.

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



LONG LIVE THE QUEEN



By Ben Becker, Newsletter Writer

There is nothing quite like the warm days of June when spring hauls forth with the mellow inviting weather that has so long been anticipated just before giving way to the mugginess of summer. It is as if a light switch was flipped on for the outdoors, and life springs forth under a cheerful sun. The tulips start to emerge to display their multitudes of color. Dandelions dot the landscape to the delight of winemakers and the chagrin of lawn enthusiasts. Even trees blossom forth from their inconspicuous green, erupting into a fantasy of white petals. Enchanting not only to painters and haiku writers, this season seductively signals to another creature that it is time to emerge from winter's lethargy.

While known more for its diligence, and to many an unfairly attributed bad temper, the humble honeybee is not often given sufficient credit for either its artistry or intrigue. Sadder still, the honeybee and its fellow pollinators are given too little recognition for the essential role they play in our modern world. Yet, as the honeybee waggles forth from the hive to perform her mysterious dance, she is also taking part in the ancient tradition of supporting human beings—sustaining us medicinally, agriculturally, and economically.

As an amateur beekeeper myself, it is impossible not to be endlessly fascinated by the tiny species known as *apis mellifera*. The proverbial industriousness of the queen bee and her brood is a vast understatement. A single colony of honeybees can produce up to 80 pounds of honey in a single season. Doing so is no small feat, as each pound of honey requires the bees to visit two million flowers to collect the necessary pollen, a task which involves flying a total of 55,000 miles. What's more, their gargantuan efforts are juxtaposed with their amiable nature. Unlike their notoriously irritable cousins the yellow jackets, hornets and wasps,

the honeybee is a remarkably gentle creature, so docile that they will affably land on you and look on with innocent curiosity while you pilfer the products of their hard work. Some bolder beekeepers will even go so far as to sport a beard of bees, utilizing a special pheromone to attract these buzzing bodies to cover their exposed face without fear of harm. Even more fascinating to the human observer is that honey bees appear to have a sophisticated and functional culture and social order—one which has existed without unrest or upheaval for millions of years before the first political system of the *homo sapien* emerged on the scene.

While the idea of a queen may offend our more democratic sensibilities, the life of this hive mother is one of considerable responsibility. Although her attendants are always on hand to sustain her with that rare royal jelly, this majestic monarch finds herself forever engaged in laying thousands of eggs necessary to maintain her colony's population. The lifespan of a queen is only a couple of years, which, though it may seem minuscule, actually makes her a virtual ancient compared to that of her offspring who will live a full and productive life in only a matter of a few weeks. In this short lifecycle, the uncanny worker bee will take on a multitude of roles, mastering a new job title and career change every few days as she grows from a hive attendant tasked with caring for her younger sisters and the crafting of honeycomb until she reaches the age of maturity and begins the challenging work outside the hive, be it guarding against predators or performing the ultimate task of gathering pollen. Before her short life is through, our heroine will have flapped her four wings many billions of times, literally tearing them to shreds from overwork.

In the hierarchy of bee society, only the male bees are spared from the drudgery of toil and birth. All of these masculine drones are free to

leisurely while the days away. Their only responsibility is to engage in a sexual dance with their queen, contributing the genetic material needed to propagate a new generation of brood. It is this same dance that spells their doom however, as the drones do not survive this romantic encounter. Their lethargic brothers will receive their just desserts as well, as each winter the vengeful females will exile these unnecessary fellows from the hive, leaving them to a harsh but certain death from cold and starvation.

In addition to this sophisticated social structure, honeybees have an intricate system of communication as well. Known as the "bee waggle," the mysterious dance of the bees is actually a code which these ladies use to tell one another about where to collect pollen. Certain moves and patterns in this dance indicate the direction and distance their collecting comrades should travel to find the best pollen stores.

It is this pollination that makes honeybees so essential not only to the support of global ecosystems, but to the maintenance of agriculture as well. Honeybees are not the sole species to take on this monumental task so necessary to the procreation of fruit and flower. Just as bees rely on the beauty of the flower for their livelihood, so too does the majestic butterfly, which will travel thousands of miles across various regions and climates each year, busily pollinating as it goes. Other *apis* species are equally responsible for pollination as their honey-making cousins, and are often mistaken at first glance. Many of us can easily identify that plump and furry creature the bumblebee, but not everyone can distinguish the talented carpenter bee or the hard-working mason bee, two species which share the honeybee's love for pollinating and docile nature. Unfortunately, these gentle but essential species are often unfairly lumped in with the more aggressive bald-faced hornet, the fierce yellow jacket, or

ironically named social wasp. These creatures are less fuzzy, and certainly less friendly than the honeybee, although they are industrious in their own way, often turning natural materials into intricate hive structures. The aggressive nature and painful stings we fear can lead us to unjustly categorize these insects as pests rather than propagators. Yet without them, our world and our means of growing food would be very different indeed.

Honeybees alone are responsible for pollinating 85% of all flowering plants. Even if a world without daisies or daffodils doesn't phase you, consider that 30% of all the food Americans consume was pollinated by a honeybee, including 90% of the pollen transfers necessary to grow fruit and other orchard crops.

In order to perform this important agronomic function, beekeepers will transport their hives throughout the country each year so that farmers can benefit from their pollinating expertise. Without this extra support, many agricultural products, such as almonds, would be impossible to grow.

In addition to keeping our food economy healthy, this process also impacts humanity's favorite bee product: honey. The flavor and color of honey is determined by the type of flower from which a honey bee has collected the pollen. When bees have finished pollinating a buckwheat field, they will produce a dark, rich honey as compared to the orange tint and subtle fruity flavor collected from orange blossoms. When sampling different varieties of honey, we can appreciate that this treat is really a product of a specific time and place, uniquely formed by the field and season from whence the contributing flowers bloomed.

BEESWAX

Honey is by far the tastiest of outputs that bees will produce, but it often overshadows the other useful materials which a colony can create. One important building material

in a bee's tool box is wax, which is necessary to create the hexagonal shaped comb structure in which they store honey and house their developing larvae. Humans have long utilized beeswax for our own needs. Beeswax candles give off a pleasant odor, and often come carved in creative shapes not to mention that lovely golden color. Willy Street Co-op's Wellness aisles are stocked with these pleasing lights, as well as other beeswax-based wellness products such as lip balm and other salves. You can even pick up raw beeswax from Willy Street Co-op in order to create your own homemade crafts, which make for excellent gifts.

The utility of beeswax is practically endless, whether it is used for skin creams, lotions or even sunscreen, but it is not the only bee product that we can use to take care of ourselves.

PROPOLIS

Resourceful beekeepers will sometimes gather propolis from their beehives. This super sticky goo (sometimes called "bee glue") is employed by bees as a building material but humans may use it as an antiseptic solution. By refining the propolis into a tincture or ointment, it becomes similar to iodine, and can be applied to cuts and bruises.



BEE POLLEN

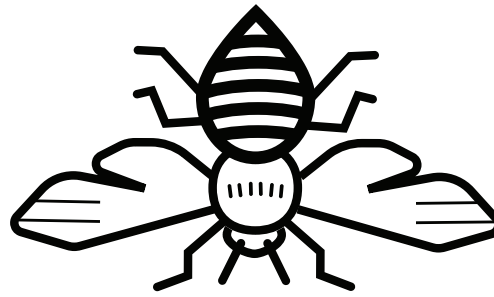
Another health supplement that can be derived from the apiary is bee pollen itself. Many consider bee pollen a superfood, as it is packed with protein and nutrients, and may help boost your immune system and resistance to allergens. If you are planning to experiment with this bee food however, do so cautiously. Foods which contain pollen such as bee pollen or honey can be dangerous to children under the age of one, or to those with bee allergies.

HONEY

Of course honey itself is quite versatile and makes for an incredible health product when it isn't being put to use as a staple or sweetener. Probably the most obvious use of honey is as nice additive to tea or poured over bakery confections. Sweeter than cane sugar, each spoonful contains 20 calories and five grams of fructose, making it a delicious way to consume carbohydrates. As a natural substance with a high sugar content, honey is both ideal as a sweetener for food but also for making our favorite potables such as beer even more potent. By fermenting honey, humans have long enjoyed the floral flavor of mead as an alternative to wine. For even more kick, fermented honey can be distilled into liquors such as the award-winning Domeloz label of honey spirits, which can be found in our beer and wine section.

HONEY BY THE JAR

Just as this finely crafted Wisconsin spirit is a point of pride for our state, Willy Street Co-op is excited to carry locally produced honey by the jar. Our Grocery departments



have long-carried local brands such as Some Honey and Gentle Breeze. Buying local honey not only promotes our local economy and regional food infrastructure, but it also provides benefits to the consumer that honey from a bigger honey maker doesn't. This is because the pollen contained in honey may help to build up resistance to allergens, but this resistance is only effective if the pollen consumed has come from nearby plants.

Just as the pollen of homegrown flowers gives local honey the potential power to boost our immune system and ward off allergies, some exotic flowers actually grant honey enhanced medical properties. A great deal of research has gone into how honey, particularly manuka honey, can be used as a way to fight infection and combat illness. Traditionally, honey has been used as a salve to treat wounds and infections. Honey acts as an effective microbial because it acts as a barrier to moisture, making it impossible for bacteria and fungus to access the water they need to survive. It also contains hydrogen peroxide, which acts as an antiseptic. Honey is also high in antioxidants, which can prevent free radicals in the environment from damaging cells.

MANUKA HONEY

While honey has been long used in folk medicine and in caring for

animals from horses to parrots, the recent medical science has begun to single out manuka honey for its particular health restoring properties, which led the FDA to approve its use for wound treatment in 2007.

Just as the flavors and colors of honey are determined by the flowers the hive has pollinated, manuka honey obtains its exotic properties via the pollen of the rare tea tree or manuka bush, which is native to New Zealand and Australia. Manuka has long been used by New Zealand's native Maori people as a medicinal herb, but in recent years manuka honey has become popular and available worldwide. Brands such as Wedderspoon, which can be found both on Grocery and Wellness shelves at Willy Street Co-op, allow people across the globe to enjoy this special honey. While manuka honey continues to become more common to grocery shoppers, it becomes ever more astounding to medical researchers. The pronounced antimicrobial properties of manuka honey gives it an incredible range of medical applications, and it has proven to be effective in treating illnesses from strep throat to gastric and diabetic ulcers. It has even been utilized to treat staph infections, making it particularly valuable as the bacteria which causes them, *staphylococcus aureus*, continues to become more resistant to conventional antibiotics.

COLONY COLLAPSE DISORDER

As we continue to understand more about how powerful honey and other materials honeybees give us are to not only to our wellbeing and indeed, our very livelihood, it only becomes all too clear how cata-

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strophic the threats to these creatures and their ecosystems could prove. In recent years, bees have been faced with dangers from all sides. Most notably is the issue of colony collapse disorder, a mysterious occurrence that continues to baffle scientists in which worker bees abandon the queen to die. Fortunately, this particular phenomenon has begun to decline recently, but other dangers continue to plague honeybees.

VARROA MITE INVASION

One notorious pestilence facing bees and their keepers is the invasion of the tenacious varroa mite, which was introduced to the United States in 1987. These mites are parasitic to their bee hosts, attaching to the backs of bees to drain them of their nutrients while imparting a destructive virus.

HUMAN-CREATED DANGERS

Bees are especially sensitive to human-created dangers as well. The use of pesticides, particularly neonicotinoids applied to crop seeds, are deadly to bees, as they can disrupt their short-term memory and powers of navigation. Like all animals, honey bees are sensitive to the loss of habitat and food supplies as a result of human expansion. Monocultural practices in agriculture deny bees a sustainable food source, as they do not have the diverse resources for sustenance that wildflower polycultures can provide throughout the year. Without sufficient habitat, bees and other pollinators are increasingly threatened. Probably the worst human created problem for bees is of course climate change. The impact of changing climate on reliable sources of food in addition to longer, wetter, and colder winters only makes it harder for the warm-loving honeybees to survive in areas such as Wisconsin, where only the hardiest of honeybees are likely to make it.

WARNING SIGNS

As honeybees are increasingly threatened, we will continue to see an essential resource slipping away. Ear-

ly warning signs are already present in our agriculture system and economy. Small honey producers are facing a more daunting challenge, and with low harvest years many are having to close their doors. Without reliable honey harvests, local beekeepers become increasingly reliant on importing honey from non-local suppliers in order to sustain their livelihood. Some honey suppliers have even turned to adulterating their product with syrup or other ingredients. Fortunately, the honey industry has taken steps to regulate products labeled "Pure Honey," but the threat to honey integrity is only a small part of a bigger problem. As goes essential pollinators like the honeybee, so in turn will go our farms and food supply. If we fail to take the steps necessary to continually ensure the health of our bees, we will soon find ourselves hungry for much more than honey.

WHAT YOU CAN DO TO HELP

With bees acting as a keystone species for our agricultural dependence, the stakes are high. Yet, by taking small steps, we can ensure that honey bees can have a healthy future. Although colony collapse disorder is still a phenomenon not well understood, it has seen a decline in recent years. While combating the effects of climate change will require massive efforts, improving honeybee ecosystems can be a simpler task. This can be done by planting pollinator-friendly plants in your garden, such as milkweed or nectar flowers. Foregoing a pristine lawn can also be a favor to honeybees, as they rely on the food from such "weeds" as dandelions and clover. Reducing or eliminating the use of chemical pesticides will also make your backyard a honeybee haven. Finally, help support honeybees and their friends through your purchases by choosing organically grown foods and products grown by small-scale, environmentally responsible farmers on your next shopping trip. Of course, what could be a better way to do this than to purchase a jar of honey?

RECIPES

Shaved Asparagus and Arugula Salad

Adapted from Canal House Cooks Every Day.

Be sure to use Pecorino in this salad for a nice, creamy dressing—other cheeses won't work as well.

- 1 1/2 c. finely grated Pecorino Romano
- 1/2 c. extra-virgin olive oil
- salt
- pepper
- 1 lb. asparagus
- 4 oz. arugula

Directions: Place the Pecorino in a large bowl. While whisking, slowly drizzle in 1/2 cup of boiling water. Then, still whisking, slowly drizzle in the olive oil. Taste and season with salt and pepper.

Slice the tips off the asparagus and slice each one lengthwise in half. Use a vegetable peeler to shave each asparagus stalk into long thin ribbons (you'll need to press hard - try placing the asparagus flat and peeling that way). Place the asparagus in a large bowl and toss with several tablespoons of the dressing. Add the arugula and toss to coat. Season to taste with more salt and pepper as needed.

Pan-Seared Sausage with Pink Lady Apples and Watercress

Adapted from www.bonappetit.com.

Arugula could be substituted for watercress in this simple, one pan meal.

- 1 Tbs. olive oil
- 1 lb. Pink Lady apples, cut in cubes
- 1 1/2 lb. sweet Italian sausages
- 1/2 c. dry white wine
- 2 Tbs. white wine vinegar
- 1 bunch watercress, leaves chopped
- salt
- pepper

Directions: In a large cast iron skillet, heat the olive oil over medium-high heat. Place the apples cut side down, and cook, turning occasionally, for 5-8 minutes, until golden brown. Add the sausages to the skillet with the apples, and prick with a fork. Cook, turning occasionally, for 10-12 minutes, until browned. Stir in the white wine and vinegar, and bring to a boil. Reduce heat to medium-low. Simmer until the pan sauce thickens, about 4 minutes. Fold in the watercress and season with salt and pepper.

Serve hot, drizzled with pan sauce.

Strawberry Soba Noodle Salad

Adapted from www.susanspungen.com.

When the weather turns warm, cold noodle salads always hit the spot. The unusual addition of strawberries here adds a welcome sweet-tart contrast to the salty miso dressing. Serve alongside anything grilled.

- 1 c. rice wine vinegar
- 1 Tbs. sugar
- 1 tsp. salt
- 2 Tbs. white miso
- 1 hot pepper, minced
- 2 Tbs. dark sesame oil
- 8 oz. soba noodles
- 4 oz. poblano pepper, sliced
- 1/2 large cucumber, sliced
- 1/2 lb. strawberries, sliced
- 2 scallions, sliced
- 1/4 c. mint leaves, sliced
- 1/4 c. cilantro, chopped

Directions: In a small bowl, whisk together the rice wine vinegar, sugar, and salt until dissolved. Whisk in the miso, minced hot pepper, and sesame oil. Set aside.

Cook the soba noodles according to package directions. Drain and rinse with cool water, then set aside to drain.

On a grill, grill pan, or in a cast iron skillet, grill the poblano whole until blistered and softened, 2-3 minutes per side. Allow to cool, then slice diagonally and discard the stem and seeds.

Place the drained soba noodles on a large serving platter. Toss with the dressing to coat. Top with the grilled peppers, cucumbers, strawberries, scallions, mint, and cilantro. Toss gently to combine, then serve.



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RECIPES

Strawberry Icebox Cake

Adapted from www.thekitchn.com.

This stunning no-bake cake is surprisingly easy, and showcases spring's delicious strawberries.

- 3 1/4 c. whipping cream
- 1/3 c. confectioners sugar
- 1 tsp. vanilla extract
- 1/2 tsp. rosewater, optional
- 19 oz. graham crackers
- 2 lb. strawberries, sliced
- 2 oz. dark chocolate, chopped

Directions: Using a hand mixer, whip 3 cups of the whipping cream until stiff peaks form. Gently fold in the confectioners sugar, vanilla, and rosewater (if using).

Spread a small dollop of whipped cream on the bottom of a 9x13-inch baking dish, and top with 6 graham crackers. Lightly cover the graham crackers with a layer of whipped cream, then a single layer of strawberries. Repeat with three more layers. Finish with a layer of whipped cream and the rest of the strawberries.

Pour the remaining 1/4 cup of whipping cream into a small saucepan. Heat over medium-low heat until bubbles form at the edges. Turn off the heat and stir in the chopped chocolate. Whisk until it's thick and glossy. Drizzle the chocolate sauce over the cake.

Refrigerate the cake for at least 4 hours, until the graham crackers have softened.

Chicken Stuffed with Goat Cheese and Spinach

Adapted from www.adventuresincooking.com.

This might turn into your new favorite dinner: really easy to put together and full of flavor.

- 1 lb. spinach
- 2 tsp. olive oil
- 2 chicken breasts
- 8 oz. herbed goat cheese
- 2 green onion, sliced
- 1 tsp. basil
- 1/2 tsp. salt
- 1/2 tsp. black pepper

Directions: Preheat oven to 375°F. Grease a casserole dish and set aside.

Place the spinach in a large pot and cover tightly. Cook over high heat for about 2 minutes, until the spinach begins to wilt. Using tongs, squeeze out any water. Toss with 2 teaspoons of the olive oil, then transfer to a large bowl and allow to cool.

When the spinach has cooled, add the goat cheese, green onions, remaining tablespoon of olive oil, basil, salt, and pepper, and mix to combine. Taste and add more salt and pepper as needed. Set aside.

Use a sharp knife to cut a pocket in the middle layer of the chicken breasts, making sure not to cut through the outer layers. Stuff each chicken breast with the spinach and cheese mixture, then place in the prepared casserole dish. Spread the remaining spinach and goat cheese mixture over the chicken breasts. Cover and cook for 45 minutes to 1 hour, until the chicken reaches an internal temperature of at least 170°F.

Spinach, Avocado, and Grapefruit Salad

- 3 c. bulk baby spinach
- 1 smaller Rio Star grapefruit
- 1 haas avocado
- 1/2 c. red wine vinegar
- 1 1/2 c. olive oil
- 1/2 tsp. salt
- 1/2 tsp. sugar
- 1/4 tsp. black pepper
- 1 tsp. Dijon mustard

Directions: Prepare dressing by placing vinegar, olive oil, salt, sugar, black pepper, and mustard in a mason jar and shaking joyfully. Peel the grapefruit and segment it. Add juices to mason jar and shake again. Peel and slice avocado. Mix spinach, grapefruit, and avocado and dress with red wine vinaigrette.

Roast Chicken with Radishes

Adapted from *Cooking for Jeffrey* by Ina Garten.

With lemon, thyme and radishes, this roasted chicken is tender, comforting and far from boring.

- 1 roasting chicken
- salt
- pepper
- 1 lemon
- 5 fresh thyme sprigs
- 1 1/2 lb. radishes
- 3 Tbs. butter

Directions: Preheat oven to 425°F. Set the chicken in a small roasting pan and season the cavity with salt and pepper. Add the lemon and thyme to the cavity. Arrange the radishes around the chicken in the bottom of the pan. Brush chicken and radishes with melted butter, and season with more salt and pepper. Roast for at least 1 1/2 hours, until the juices run clear. Remove from oven and cover loosely with a sheet of aluminum foil; let rest for 10 minutes. Carve, then serve with roasted radishes and pan juices.

Kale Salad with Miso and Pistachios

Adapted from www.foodandwine.com.

Pistachios, sesame seeds, and a bright and vinegary miso dressing make this kale salad a bit different from the usual.

- 1 1/2 lb. kale, sliced
- 3 Tbs. lemon juice
- salt
- 2 Tbs. apple cider vinegar
- 2 Tbs. sesame seeds
- 1 Tbs. brown miso
- 1 tsp. dark brown sugar
- 3 Tbs. olive oil
- 2 scallions
- 1/4 c. pistachios, shelled and chopped

Directions: Place the kale in a large bowl and toss with lemon juice and a good pinch of salt. In a small bowl, whisk together the vinegar, sesame seeds, miso, and brown sugar. While whisking, slowly drizzle in the olive oil. Pour the dressing over the kale and toss well to coat. Top with the scallions and pistachios, and serve.

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Staff Picks



JON

Pinn Oaks Rack of Lamb Chops

All of the Pinn Oaks lamb is wonderful, but these chops are the best. The flavor is spectacular and the ratio of fat, meat and bones is perfect. If you've never tried lamb before, this is a great place to start, and if you love lamb, you won't be disappointed by these.



EMILY

Willy Street Co-op Orange Juice

Once you try this, you'll never want any other orange juice! Made on-site from fresh oranges, Willy Street Co-op OJ tastes just like an orange picked right from the tree. Always a breakfast staple, enjoy on its own or with carbonated water for a bubbly burst.



OLIVE

Willy Street Co-op Spring Rolls with Spicy Peanut Sauce

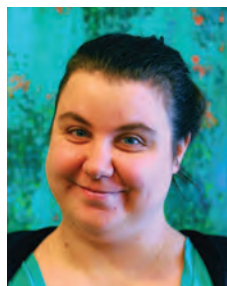
These are perfect for lunch or a snack. They are light, refreshing and just the right mix of textures. The spicy peanut sauce adds just the right tangy kick!



ROBERT

Willy Street Co-op Risotto Cakes

I use these tasty little cakes for an easy side dish at dinner or a post-lunch snack. I'm sure they are extra delicious coming out of an oven, but 45 seconds in the microwave does me just fine. Now made with no gluten ingredients!



ANGELA

Organic Broccoli

Old Reliable, as it's known in our house. I think broccoli is the perfect veggie—versatile, tasty, nutritious.

You can eat big ol' spears for dippin', or finely chop it to hide in mac and cheese because your toddler won't eat it. Eat it raw, roasted, or boiled to mush. It's ALL good.



KATHERINE

Virgil's Zero Sugar Cream Soda

Cream soda is so decadent and delicious, but now you can have it with zero sugar and zero guilt! Virgil's has mastered the sugar-free flavor. Try it and see!



PATRICK

Willy Street Co-op Mushroom Parm QBalls

Protein-packed! Meatless meatballs that are made with quinoa, egg, and Parmesan cheese. No meat; still complete!



OLIVIA

Cesar's Oaxacan String Cheese

Endlessly stringy! This locally produced, hand-stretched string cheese is perfect for kids and adults. Made by Cesar Luis, who learned the art of cheesemaking by hand as a young boy in Oaxaca, Mexico, and currently produces in Columbus, WI.



Emmi Roth's Swiss Kaltbach Le Cremeux

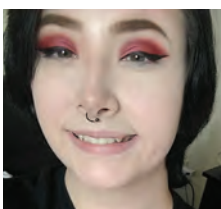
This Swiss cheese is a little stinky and aged in the Kaltbach caves in the Alpine Valley. This cheese is heavenly, creamy and smooth. Tastes great on its own or melted on casseroles and in omelets. Pairs well with Chardonnay or single malt Scotch.



CAITLYN

Renard's 2-Year White Cheddar

For all the times you are looking for a staple, snacking, melting, tasty cheese that doesn't break the bank or leave you feeling basic.



EMERY

Willy Street Co-op Peanut Butter Pie

Anyone who loves chocolate, peanut butter, or cheesecake would love this. It comes in one slice or a half pie, so it is great if you just want a slice or want to share (or in my case eat the whole half by yourself).

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MELISSA

The GFB (aka Gluten Free Bites) Dark Chocolate Peanut Butter Bites

Sure, there's lots of "protein balls" and "granola clusters" out there to choose from, but these are my favorite. The coating is just like that of a caramel apple, but the inside is soft and chewy, a truffle of dates and dark chocolate. They are packed with protein but won't feel like

a rock in your stomach. Good, clean, delicious energy. Plus, they are made next door in Michigan!



MICKY

Maxine's Organic Chocolate Ice Cream

I don't know what their secret is, but I have never had a chocolate ice cream that is soooooo velvety smooth. Seriously, the texture is amazing. Besides it being a great product, I like to support Maxine's/Three Twins for three other reasons. They have a production facility in Sheboygan. Their products are organic. And they donate proceeds to Global Wildlife Conservation for every container purchased.



LAURA

Carr Valley Cocoa Cardona

"Chocolate and Cheese" is no longer just the name of your favorite Ween album. This semi-firm, decadent goat's milk cheese from local cheesemakers, Carr Valley, is the perfect dessert cheese (think chocolate mousse). It is super nice paired with an iced wine or Shiraz.



Acure Dry Shampoo

Camping, using semi-permanent hair dye or just don't have the time to wash and dry your hair? Try dry shampoo! Not only is it easy to use and convenient, it also has only six ingredients—all vegan, sulfate- and paraben-free!

Justin's Peanut Butter Cups

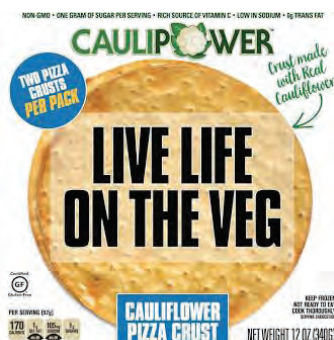
Forget everything you thought you knew about chocolate peanut butter cups; these will rock your world!!!



JOE

Caulipower Pizza Crust

We have several awesome gluten-free pizza crusts. Made largely of cauliflower, this one has a traditional texture, and tastes great (like pizza crust, not cauliflower).



Siggi's Triple Cream Vanilla Icelandic Yogurt

When I indulge in yogurt, I look for a higher fat content. This one fits the bill, has simple ingredients, and tastes awesome.



Epic Bars

Delicious, low carb, and convenient. Wild Boar is probably my favorite.

Willy Street Co-op Olive Bar

You can put together your own assortment of high-quality olives, whether just a few for a snack or a lot for a party tray. Also allows you to try something new without buying a whole jar.



Primal Kitchen Salad Dressings

I like these dressings because they taste good and are made with healthier avocado oil instead of soy.



LIZ

El Rey Lemon Tortilla Chips

These chips are dangerous. Perfectly crisp and lemony. They don't stay in my house for long.



SARA

Jason Sea Fresh Deep Sea Spearmint

I was looking for a cruelty-free toothpaste that did NOT have SLS (which causes irritation in my mouth) but DID have fluoride, and this is one of the very few that fits the bill. I also enjoy the flavor which is less sugary sweet than most commercial toothpastes but still tastes very pleasant.



ABBY

Mineral Fusion Charcoal Gel Cleanser

I have sensitive eyes and sensitive skin so taking off makeup at the end of the night can be daunting. I discovered this product and I couldn't be happier! It removes makeup and extracts dirt and oil from the pores. It's also gentle. I can wash around my eyes and it feels fine. This product lathers well, so a little bit goes a long way. I use about a nickel-sized portion.



ABIGAIL

Wedderspoon Manuka Honey Plus Immunity—Tart Cherry with Sunflower Seedbutter

I was wondering for so long what the deal was with these little packets. I finally tried one, and I was so pleasantly surprised! Made from raw manuka honey and bee propolis, it is a delicious way to boost your immunity. I buy these for a snack when I have a sweet tooth, but don't want a baked good. Tart cherry adds an anti-inflammatory benefit and 100% of your daily value of vitamin C. Try one—you'll love it!



DAKOTA

Derma-E Purifying 2-in-1 Charcoal Mask

This charcoal mask always leaves my skin looking and feeling great. The charcoal clears the gunk out of your pores while the apricot powder exfoliates away dead skin. Follow with your favorite moisturizer and you'll be good to go.

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TANYA

Kale

Packed with phytonutrients, kale is as tasty as it is affordable. Haven't tried greens yet? Kale is a great place to start. Good in stir-fries, sautéed, or massaged with lemon juice in a salad. Excellent with sesame oil!



AMANDA

Shizen Spicy Avocado Inari

Our sushi vendor rolls fresh, tasty sushi daily at all three stores. All the sushi is wonderful, but for a really nice treat, I like the avocado inari. It is sweet and savory (if you dip in the soy sauce). The little bit of spicy sauce brings it all together. Treat yourself!



DUSTIN

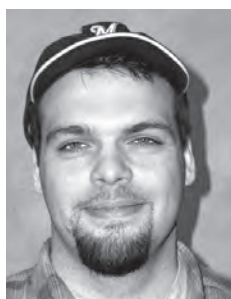
Willy Street Co-op Vegan Smoky Black Bean and Sweet Potato

This tastes great and can be used in so many different ways! It's a great on top of nachos, stuffed in a bell pepper and baked, or just enjoy it on its own!



Madison Sourdough Grain and Seed Boule

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



DAN

Sensible Portions Garden Veggie Chips

First off, these taste like Pringles. So the brand name is a misnomer as you will eat far more than is sensible. Generally I will finish off a quarter can while making dinner, and my wife will eat alone because I am full. Sensible.



LORI

Di Salvo's Spaghetti Sauce

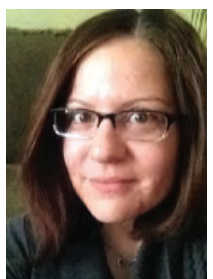
I love these sauces! The flavor is authentically Italian. They are delicious on spaghetti or meatball sandwiches. Plus they are local. They taste just like my Nona made them.



MEL

Follow Your Heart Vegenaise

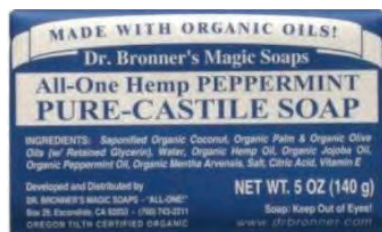
I love vegenaise. Love it. It is the best tasting mayo-alternative I've ever tried (and I have tried many). I use the original and the reduced-fat for sandwiches, coleslaw, dressing (Vegan 1000 Island), and dips (as in, I dip my fries and Boca chik'n nuggets in it).



TIFFANIE

Dr. Bronner's Pure Castile Bar Soap

Dr. Bronner's soap has so many uses! The Dr. Bronner's pure-castile bar soap is my go-to soap for everyday body care. It lathers nicely and doesn't leave



your skin dry. I also have the bar and use it in my laundry, I've washed my dog with it, and it gets stains out of my carpet when my cat leaves me little cat puke presents. It's certified fair trade, made with organic oils, and comes in a variety of scents.



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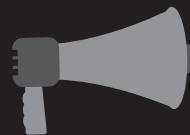
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