

willy street co•op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 46 • ISSUE 9 • SEPTEMBER 2019



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

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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.

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

Deli: 7:30am to 9:00pm

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

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

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

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

BOARD MEETING SCHEDULE

Tuesday, September 17
Tuesday, October 15
Tuesday, November 19
Tuesday, December 17
Tuesday, January 21

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

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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!

CORRECTION

In my May feature article, "Fats and Fiction," I referred to canola oil as a bad choice for cooking, due to its "unhealthy fat composition," as well as its high likelihood of being rancid by the time it gets to the shelves at the grocery store. It's true that most canola oil ends up with some trans fats (which should be avoided entirely, if possible), produced in the course of industrial processing methods (and, to a lesser extent, by expeller-pressing). It's also true that conventional canola is very often processed with the highly toxic chemical hexane, and that vegetable and seed oils generally lack the stability to keep them fresh for very long.

What I didn't know was that, at the time I was working on the article, the Co-op was starting to carry a new product: Farm Fresh's organic, cold-pressed, chemical-free, non-GMO canola oil. Farm Fresh's methods make for an oil without trans fats, with a good (high) monounsaturated-to-polyunsaturated fat ratio, and with a high omega-3 content. In addition, it's produced here in Wisconsin! Unlike most canola, grown over vast acreages via methods that take a heavy toll on the land, Locoil, LLC, emphasizes sustainable agricultural practices—and, since their product only gets shipped from Marshall, it arrives fresh, without sitting around in a warehouse and being subjected to multiple shifts in temperature. It's exciting to know we have a new, local oil for cooking (especially for higher-heat applications) that adds a lot to the resilience and diversity of our regional foodshed. I'll be buying some today to use in a stir-fry tonight! -Andy Gricevich, Newsletter Writer

VEGAN CHEESE CONTEST

Q: *Wanted to suggest that there be a vegan cheese contest every year. It's so nice to try before you buy and I'm sure the demand would be there. Thanks.*

A: We don't currently have enough vegan cheese options to create much of a bracket, and definitely not enough local vegan cheese options. I certainly support the idea of "trying before you buy" and we've passed along your suggestion to the stores to do some passive sampling of vegan cheeses so that you can try different options.

Thanks for your suggestion and I apologize for not responding sooner! -Brendon Smith, Communications Director

PLASTICS

Q: *Plastic pollution is a worldwide crisis and I would love to see more of an effort to reduce plastic at the coop. You are already far above other grocery stores and I love the addition of paper bulk bags, but big steps have to be taken to stop this global disaster. A lot of plastic "alternatives" aren't sustainable and it would be great to see bigger changes, such as not providing plastic produce bags or deli containers at all, forcing shoppers to think ahead and bring their own reusable bags or use the paper options. Cheese wrapped in waxed papers, eliminating the plastic sleeves on your vitamin jars, not offering produce pre-wrapped in plastic, putting the discount produce in paper bags, etc. What is convenient for us is often harmful to the environment and a push against plastic will help make consumers more aware and proactive! Thank you for being conscious leaders in good food and healthy living!*

A: Thanks for the ideas and for your interest in the challenges of plastic reduction at the Co-op. I was reviewing my list of comments to respond to from last fiscal year, and I'm so sorry this one was still waiting. We agree with the sentiment that reducing the reliance on plastic and plastic alternatives is our social and ecological responsibility. You may have noticed over the last year that we have been searching for and sometimes successfully sourcing products with alternative packaging, most recently, strawberries packaged in cardboard and home compostable produce bags. Reducing plastic reliance is very important, but also not always straightforward when we are looking at providing a wide variety of products that meet a wide variety of needs and price points, meeting food and safety regulations, balancing the reduction of food waste and spoilage with the desired reduction of plastic use, and looking at which tactics reduce the carbon footprint overall. There are many ways to go about addressing these issues, but some of them are in conflict with one another which requires us to weigh the options carefully, and occasionally compromise in some areas to benefit others. Some of the ideas you have shared are great, and they are definitely on our radar for consideration. We appreciate the feedback, and I hope my tardy reply does not deter you from sharing more in the future. Take care. -Kirsten Moore, Cooperative Services Director

CARBON FOOTPRINT LABELING

Q: *I am a 10th grader at Madison West High School. I am completing a project on climate change*

and informing people how their daily lives impact CO2 emissions. Through my research I have found out how a person's diet can individually impact carbon emissions. I think people are very open to change to help the earth. But when it comes to changing their diet, they don't know how. I am wondering why there are not labels in the grocery store showing the carbon footprint of food products. A recent study in the journal Science found that similar products in the grocery store can have very different carbon footprints. For example a bar of chocolate can have the same climate impacts as driving 30 miles in your car. Compared to another bar of chocolate that has little to no limit impact. Without labeling a shopper will have no idea which item is better for the earth. My idea is to start labeling food items with their carbon footprint. You can start with your local organic farmers and retailers. I think this would also help these local places because people in Madison would definitely be interested in buying a product with a smaller carbon footprint.

A: Thanks for writing to us and for your interest in the carbon footprint of the foods we eat and the foods the Co-op sells. We definitely believe in your interest in providing more information and transparency for customers, but there are barriers to retailers themselves doing the labeling. The largest barriers are reliable information from the supplier, space for the tags, and labor. We carry literally thousands of products on our shelves and source them from over 200 suppliers. For us to include information about carbon footprint, we would need to find a way to present that information concisely, still have room for the price and unit information on the shelf, and find a way to get that information from our suppliers in a uniform way so it's easy for the customer to understand. Suppliers are not required to provide this kind of detail to their customers, nor are they required to keep it up to date, and so for us, maintaining the information accurately would take a lot of time that we unfortunately cannot afford. We occasionally get requests for labels like these and others related to diet or growing practices, and to us the best efforts are spent encouraging the suppliers themselves to put that information on their labels. That way, the information is first-hand from the supplier instead of second-hand from us, and ensures the customer is receiving the most accurate information. The most success we've seen with this has been the standards put in place for organic and GMO labeling (and those are not perfect, but they're steps).

One label you might find helpful when it comes to carbon footprint at the Co-op is our local shelf tags. All of our local products receive a purple tag. Our local definition is for products

from Wisconsin or from within 150 miles of our state capitol. These tags at least give you an idea of how far products may have traveled. Some other labels that are available to suppliers to include on their products include the Non-GMO Project, various Fair Trade certifications, the USDA Organic certification, and others. Looking for products with third-party certifications on their packaging can also give you clues regarding the carbon footprint.

I hope your project was a success! I have forwarded your comment and my reply to our General Manager Anya Firszt. Thanks again for sharing your idea, and for your interest in where food comes from and how it is produced. You're absolutely right, there's lots of people in the area who are very interested in this issue. Enjoy your summer! -Kirsten Moore, Cooperative Services Director

PAPER BAG USAGE

Q: *I have seen several letters over the past few months criticizing people who use paper bags for their groceries. I am not sure why there seems to be a group of people intent on demonizing paper bag usage. I for one live in an apartment complex where I have to walk quite a distance to deposit my recyclables into a large metal container that serves the entire complex. I am 4'11" and use a cane for stability. I would not be able to place my recyclables into a plastic container and reach up to tip the container into the recycling bin which is nearly as tall as I am (think large commercial dumpster). I do need paper grocery bags in order to deposit my recyclables into the bin. Per the company contracting our waste disposal, I would also have the option to place my recyclables into a clear plastic bag, but that seems to me worse for the environment than using paper bags. When I have built up a paper bag supply for my recycling then yes, I do bring reusable bags to the grocery store. But I would ask your readers to please stop vilifying shoppers who use paper bags. There may be a very specific reason for using paper bags. I would ask everyone to please stop the vitriol and start trying to see things from other people's perspectives. Let's all try to get along.*

A: Thanks so much for writing in and for sharing your experience with us. You're right, there's no one-size-fits-all answer here, and many times, people have their own reasons for choosing to take a bag. That is one of the reasons why we do not charge for taking a bag; sometimes it's still the best option for certain needs. We appreciate your perspective, and that you also reuse bags sometimes, when you have enough paper ones to do your recycling at home. Have a great evening! -Kirsten Moore, Cooperative Services Director

HOT REUBEN SANDWICHES

Q: *Just ate a hot reuben sandwich a friend picked up for me at Willy Street on Williamson Street. I was very surprised at how much HEAT was in it, but attributed it to black pepper and white pepper. Lo! On reading the paragraph of ingredients I find it had Willy Street chipotle mayonnaise; along with chipotles two more times on the "recipe." Why such a NON-traditional ingredient in a traditionally GERMAN sandwich? I'm allergic to peppers of that sort, and now am going to fall asleep from being forced to take a BIG dose of an antihistamine to prevent the reaction going systemic in my body. I really don't understand the fixation culture has with foods that burn their mouths, but feel more and more that there should be some warnings when you've put peppers of the capsicum variety into foods, especially when that's not what's expected. Like menus are restaurants indicating which items are HOT HOT HOT. I was really excited to get a real reuben with corned beef instead of tofu, and instead, I sorta got BURNT.*

A: Sorry you had issues with our sandwich. To be honest, I don't know why we use the chipotle mayo on this particular sandwich. We have been selling it this way for 10+ years and it has been a good seller. As a manager, it's hard for me to justify changing one of our best selling sandwiches.

There is a silver lining though! We are more than happy to make this with regular mayo, just ask one of our awesome deli clerks. Also, I will work with our category manager to get a label on the sandwich that calls it out as spicy, just like we do our Deli salads. Thanks for the suggestion.

Since you had such a bad reaction to the sandwich, I'd like to offer you a refund so that you can try one of our reubens without the chipotle mayo, or spend it elsewhere in the store as you see fit. I'll have a \$10 gift card waiting for you at the Customer Service desk at our east side store.

Please feel free to reach out if you have any additional comments or concerns. Cheers, Dustin Skelley, Deli Manager-East

MONKEY MUFFINS

Q: *Hello, I often purchase bakery from the co-op and it is quite reliable. Today however I tried a monkey muffin and it was more like eating sawdust than a baked good. The chocolate chips and frosting were the saving features that made it remotely palatable. Because it's Monday, I don't know if the bakery is old, or if it's a recipe issue, but I can't imagine anyone would find this item satisfying.*

A: I am a cook and supervisor at the Co-op's Production Kitchen, where we make many of the Deli and Bakery offerings that you find in the retail stores. I received your comment

regarding the Monkey Muffin some time ago, and to be honest, at that time I wouldn't have had much of an answer apart from agreeing with you! Fortunately, in the time since, I am happy to report that our bakery has updated their made-without-gluten recipes, and the quality of these items has risen dramatically. You see, up until recently, the bakery had been using a gluten-free flour blend that imparted a flavor that we did not like in addition to being quite finicky and inconsistent for large-production baking. After much experimentation and test batching, we have broken up with the funky faux flour! I hope you have had an opportunity to give the Monkey Muffin another try, and the other made-without-gluten products we have on offer as well. If not, I recommend it, and would love to hear your thoughts either way. Thanks for being a Co-op Owner and for offering your feedback! -Mike Tomaloff, Kitchen Supervisor

BRING YOUR OWN BAGS

Q: *Since stores have started charging me \$0.10 for each bag I bring to the store I have found myself less inclined to donate additional dollars at check out. I find this forced donation strategy heavy handed. Making people give money is just not a good idea.*

A: Thanks for checking in about this. Please rest assured you are not being charged an additional 10¢ when you shop at the Co-op, we do not force anyone to make any donations. The Co-op Contribution listed on your receipt is what Willy Street Co-op saves for the Double Dollars Fund each time you reuse a bag for your shopping. The Co-op itself contributes 10¢ to the Fund for each reusable bag a customer uses when they shop. You save us money when we use less paper bags, and we send that money to Community Action Coalition to support Double Dollars at participating farmers' markets and the Co-op. Double Dollars provides vouchers for fresh foods, fruits and vegetables to those shopping with Wisconsin FoodShare (SNAP) to stretch their limited shopping budgets further. We track your bag reuse and our contribution on customer receipts due to requests to see that we are counting people's reused bags to support the program, and with a limited number of characters available on the receipt to describe what the line item is, I can see why this could be confusing for some customers. We have been working with our Logistics and IT departments to make the receipts clearer, though I'm not 100% certain there is a great solution at this time.

Please let me know if I may assist you further. Also, thank you so much for reusing bags! We appreciate your support for the community, the environment, and for your feedback. Have a great afternoon. -Kirsten Moore, Cooperative Services Director

GENERAL MANAGER'S REPORT

Union Organizing; Online Shopping; and More!



by Anya Firszt, General Manager

HELLO SEPTEMBER!

It is that time again when going back to school is at the forefront for many parents, guardians and students! There is no shortage of back to school lunch staples and after school treats at our stores—check it out!

We are mid-way through the first quarter of the new fiscal year. We are in the process of closing the last fiscal year, and have received a draft audit report from our auditors that will be shared first with the Willy Street Co-op Finance Committee this month and then forwarded to the Board for their review.

Additionally, we are managing retail operations and diving into this year's capital improvement projects. We will be upgrading each store with new energy efficient refrigeration units and the installation of the new mural at Willy North (more about that below). Behind the scenes, the new office space at Willy North will be ready for use, which includes a staff bathroom!

UNION ORGANIZING

The Co-op received notification on August 14, 2019 from the National Labor Relations Board (NLRB) that the United Electrical, Radio, and Machine Workers of America (UE) filed a petition for an election to become certified representatives for the employees of Willy Street Co-op.

As we posted on our website and Facebook on August 12, Willy Street Co-op strives to be a welcoming and supportive workplace, interested in the growth and potential of each employee and the community we serve. We are aware that a number of Co-op employees may be interested in seeking union representation and labor organization support. Our management team and the Board of Directors respect the right of our staff to consider this issue and to make an informed decision. We endeavor to operate in compliance with all labor and employment laws, as well as with the rules outlined by the National La-

bor Relations Board in these matters.

I will share any further developments on the staff unionizing effort with Owners via our website, social media, and newsletter.

ONLINE SHOPPING AND DELIVERY FROM WILLY STREET CO-OP

Have you checked out our newest program to better service customers?

Shopping online for store pick up or home delivery is now available, you can find out what's in store for you here: shop.willystreet.coop.

SPECIAL STORE HOURS THIS MONTH

- Labor Day, Monday, September 2, 2019: Stores close at 7:30pm.

ON THE HORIZON

October is Co-op Month! Throughout Owner Appreciation Week, October 7-13, we will be celebrating our 45th birthday, and we will be offering great Owner-only sales, our Board members will be serving cake, you will have the chance to win great prizes at each store, you can try product product samples, and more. At Willy West, we plan to have the world's largest (we're even looking into third-party verification) display of Fair Trade fruit. Stay tuned for which fruit we choose to highlight. These products will be offered at a discount to Owners at all of our stores.

On October 13 at 12:00pm, we will dedicate the new mural at Willy North. This is an exciting project done in collaboration with Dane Arts Mural Arts.

And, as a final reminder the Fall Equinox is September 23.

Until next month...

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BOARD REPORT

August Meeting Notes; Meet New Board Member Gigi Godwin!



Stephanie Ricketts, Board Member

Welcome September, and all of fall's promise! This is one of my favorite months of the year, particularly from a local food standpoint. The harvest is in full tilt, and all of us living here in Wisconsin are lucky to have a bounty of

local produce to enjoy. And...welcome back to school, to all of those families and individuals who are sharpening their pencils and packing backpacks with notebooks!

At the August Board meeting we officially seated our new Board members, Ann Hoyt, Gigi Godwin, and Sarah Larson. I am excited to have these thoughtful new minds at the Board table. We also elected officers of the Board, reviewed the 2019-2020 Board calendar, and seated Board members on the various committees that assist the Board in its duties. These include the Policy Committee, which works on drafting and amending policy language for Board approval; the Finance Committee, which dives deep into the Co-op's financials on a monthly basis; the Board Development Committee, which handles the election process, Board trainings/learning, and Owner outreach; and the Community Reinvestment Fund Committee, technically a General Manager committee, which has up to two Board members participating in the selection process. We're setting the stage for a new Board, and Fiscal, year!



GIGI GODWIN

Speaking of those new Board members, I had the pleasure of interviewing

Gigi Godwin for our first "Meet the Board" interview of this new cycle. Learn more about one of your newest Board members below!

Stephanie Ricketts (SR): What was your first memory of Willy Street Co-op?

Gigi Godwin (GG): I first visited the Co-op when it was in its previous location, across the street at the Social Justice Center. I had moved from downtown to the near-east side and really wanted to get out of my frozen pizza rut and teach myself to cook. The bulk aisle was my mainstay—rice, beans, bulgur, lentils. Shopping at the Co-op gave me a sense of community, and it also opened the door to meeting a lot of interesting people.

SR: How did you first learn about cooperatives, and what was the first co-op you joined?

GG: My first experience at a Co-op was working at Weaver Street Market in Carrboro, NC, where I lived for a year. I was a wee 20-year-old, who worked in the deli kitchen making huge batches of tabouli and mock egg salad before I knew bulgur wheat and tofu even were! Here in Madison, I first joined Mifflin Street Co-op and I also volunteered in their produce department, and it was a lot of fun.

SR: What do you rely on Willy Street Co-op for?

GG: Of course, food! It's also about the experience though... in my candidate statement I wrote about wanting everyone to feel welcome when they come into the Co-op. After all these years, I feel like walking into Willy Street Co-op is like walking into my own cooperative version of Cheers. I can talk and connect with anyone in the store—not just people who work there, but other Owners. You're at the salad bar and you just find yourself talking to someone. It's a very welcoming environment for me, and I look forward to going there so much. I want everyone to feel as welcome as I do. We're all in this together.

Part of why I wanted to be more

involved in the Co-op and help out behind the scenes is because the Co-op has given me so much on a personal level. I want to give back.

SR: What are your top three favorite Willy Street Co-op foods?

GG: The ripe Hass avocados!

The Co-op's summer lemon iced tea. I can't live without it. I drink two every morning!

The salad bar. I love it. It's so well stocked. I'm so impressed by how well the staff keeps it up, and they rotate exciting options like individual falafel balls, Bunky's Hummus, kimchi, Deli salads, etc. It's a good chance to try new things as well.

SR: Do you have any favorite food traditions?

GG: Being a CSA member has taught me to cook with the seasons. I'm a self-taught cook. Cookbooks give me good ideas, and I love taking the box of produce and supplementing it with produce from the Co-op.

Cooking with the seasons also means football is starting! That means grilled brats, chili, taco salad, and curry (I can't live without making curry). It's a good way to use up the bountiful vegetables. Willy East carries Maya Kaimal Indian Simmer Sauces, and I am loving the Madras Curry Blend with coconut cream, urad dal lentils, tomato paste, and curry leaves.

SR: Besides being a Willy Street Co-op Board member, what else do you like to do with your time?

GG: I love working out, going to the gym! Strength training really puts a smile on my face, helps reduce my stress, and makes me feel unstoppable.

I love to read. I used to be pretty much only into biographies, but I like more mysteries now too.

I love nature walks. I enjoy identifying wildflowers, butterflies, other plants and insects. I'm a four seasons person, and really love being outside.

And... of course, cooking!

SR: What are you most excited about in being a new Board member, and what do you see as the biggest opportunities and challenges the Co-op will face over the next few years?

GG: I attended a lot of Board meetings before officially throwing my hat in the ring. I wanted to make sure it was a good fit. I definitely

think it will be a good fit. I can't wait to be a part of this dynamic group and be behind the scenes at the Co-op. There is so much going on, so many pieces to the cooperative puzzle. I can't wait to get in there and be a part of it. There's a lot to learn! I'm hoping to serve on the Board Development Committee, especially to explore how to encourage better candidate turnout in future elections.

I also hope to be a part of that committee because I want people to feel welcome, and know that anyone can run for the Board. That message needs to get across even more. If you've got self-doubt, put it out of your mind and go for it!

As for challenges, at Board Orientation we heard from Paige Wickline (Finance Director) about just how tight the grocery business is. Learning about slim profits, percentages of margin, etc. has been so illuminating. It's a very competitive industry, especially if the products are farm-friendly, organic, etc. I want all three locations to thrive. I know there's interest in a fourth store, and I don't think it's viable now. I want the Co-op to someday explore an option to move into an area that is reaching out to people who aren't just in Dane County. But if we expand, we still need to thrive as we are now. There's always more competition moving into the area.

SR: Is there anything else you'd like our Owners to know?

GG: In my candidate statement I did talk about affordability. When I was talking to people I know, and also people I'm just acquaintances with, there were many people who don't see the Co-op as an affordable option. That's something I want to work on. I've been through times of food insecurity myself, and my experience serving on the Access Discount Committee for two years also motivated me to run for the Board. I want people to know that the Co-op is an option, even if you're on a tight budget. I don't want affordability to be an issue that prevents someone from becoming an Owner.

It is a pleasure and an honor to serve on your Board of Directors. If you would like to reach out with questions, ideas or just to say hello, you can email us at board@willystreet.coop.

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Community Room Class Calendar

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

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



THE ULTIMATE COMFORT FOOD: BISCUITS, SAUSAGE AND GRAVY

Location: Willy East Community Room
 Tuesday, September 10, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Instructor: Pam Barnes

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

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

MAKE IT SIMPLE AND SWEET: CAKE DECORATING

Location: Willy West Community Room
 Wednesday, September 25, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Instructor: Pam Barnes

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

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



COOKING WITH CHEF PAUL: PIZZA AND FLATBREAD

Location: Willy West Community Room
 Thursday, September 12, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Your Co-op's Own Instructor: Paul Tseng

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

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

SIX SPICES: SOUTHERN INDIAN-STYLE SHRIMP

Location: Willy East Community Room
 Wednesday, September 18, 6:00pm–8:30pm
 Ages: 13 and older; adult supervision required
 Instructor: Neeta Saluja

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

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

COOKING WITH CHEF PAUL: FISH TACOS AND EMPANADAS

Location: Willy East Community Room
 Thursday, October 10, 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 to learn to make pico de gallo, seasoned fish, and all other garnishes you'll need to build a taco step by step. Then Paul will demonstrate how to make empanadas, from the simple wheat flour dough to the fillings and how to cook them.

SIX SPICES: DELICIOUS AND SIMPLE INDIAN COOKING

Location: Willy East Community Room
 Wednesday, October 16, 6:00pm–8:30pm
 Ages: 13 and older; adult supervision required
 Instructor: Neeta Saluja

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

Join Chef Neeta Saluja to learn to make a simple lentil soup (daal), accompanied by vegetable rice and roasted eggplant yogurt raita. To complete the meal she will also make chicken kofta filled with almonds and apricots.



COOKING TOGETHER: FLAVORS OF THE ANDES

Location: Willy West Community Room
 Friday, September 20, 5:30pm–6:45pm
 Ages: 5 and older; registration for adults and kids required
 Instructor: Lily Kilfoy

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

Join Chef Lily in this hands-on cooking class for families. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. Participants will prepare a meal inspired by flavors from the Andes, including corn, quinoa, purple potatoes and more. Vegetarian.

COOKING TOGETHER: FLAVORS OF WEST AFRICA

Location: Willy East Community Room
 Friday, October 4, 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 family cooking class 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 delicious dinner inspired by flavors of West African countries such as Ghana and Nigeria. Jollof Rice, Adalu, yams, plantains, and a sweet ginger drink will be explored.

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Willy East
 Thursday, September 19, 9:00am–1:00pm
 Thursday, October 17, 9:00am–1:00pm
 Location: Willy North
 Thursday, September 5, 10:00am–2:00pm
 Thursday, October 3, 10:00am–2:00pm
 Location: Willy West
 Friday, September 13, 9:00am–12:00pm
 Friday, October 11, 9:00am–12:00pm

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
 Wednesday, September 11, 2:15pm–5:30pm
 Tuesday, October 8, 2:15pm–5:30pm
 Location: Willy West Community Room
 Tuesday, September 17, 2:15pm–5:30pm
 Wednesday, October 23, 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.



MUSHROOMS IN THE KITCHEN AND APOTHECARY

Location: Lakeview Library
Tuesday, October 15, 5:00pm–7:30pm
Ages: 13 and older; adult supervision required
Instructor: Linda Conroy

Fee: Free; register at www.madisonpubliclibrary.org/events

Learn about the healing value of mushrooms as well as how to prepare them for optimal nourishment and healing. Samples will be provided and you will leave with a mushroom tonic made in class. Recipes and all supplies provided.



KIDS IN THE KITCHEN: GLORIOUS GRILLED CHEESE!

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

Tuesday, September 24, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

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

KIDS IN THE KITCHEN: AWESOME AFTER-SCHOOL SNACKS!

Location: Willy East Community Room
Friday, September 13, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required

Location: Willy West Community Room

Friday, September 27, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. Summer is winding down and school is in full swing and that means afternoon snacks to keep kids going before supper. Kale chips and dip, pizza bites, trail mixes and more. In this class, participants will create awesome after school snacks. Vegetarian and nut-free.

KID FOOD EXPLORERS: CROATIA

Location: Willy East Community Room
Sunday, September 15, 11:00am–12:00pm

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

Instructor: Michelle Morrison

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

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

KIDS IN THE KITCHEN: ORANGE FOODS!

Location: Willy West Community Room

Tuesday, October 8, 4:30pm–5:30pm

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

Location: Willy East Community Room

Tuesday, October 22, 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 kids cooking class. Mangoes, squash, colby cheese, cantaloupe, carrots, and more—what do these great groceries all have in common? They're all orange, of course! In this class, kids will make multiple recipes using all-natural orange ingredients. Vegetarian and nut-free.

KIDS IN THE KITCHEN: TRICKY TREATS!

Location: Willy East Community Room

Friday, October 11, 4:30pm–5:30pm

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

Location: Willy West Community Room

Friday, October 25, 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 kids cooking class. In this class, kids will create tasty treats that will trick their taste buds. Spinach in the chocolate chip cookies, Black beans in the brownies, or perhaps cauliflower in the cake?! Participants will have a blast as they trick each other by hiding healthy ingredients in a variety of treats.

KID FOOD EXPLORERS: ARMENIA

Location: Willy West Community Room

Sunday, October 20, 11:00am–12:00pm

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

Instructor: Michelle Morrison

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

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



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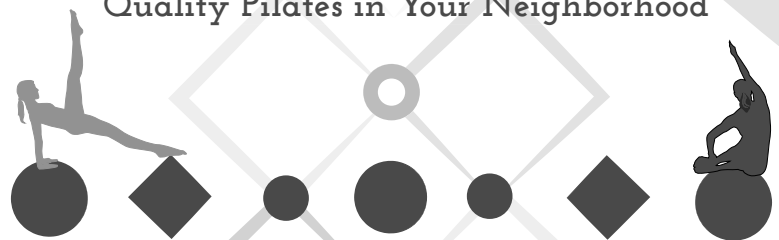
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FERMENTATION: THE BUBBLING CROCK

Location: Willy West Community Room
Tuesday, September 24, 6:00pm–8:00pm
Ages: 13 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$35 for Owners; \$45 for non-owners

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



FOOD-BASED CLEANSING

Location: Willy East Community Room
Tuesday, October 1, 6:00pm–7:00pm
Ages: Any; adult supervision required
Instructor: Katy Wallace
Fee: Free; walk-ins welcome

This program is an introduction to the food-based cleansing process. Join Katy Wallace, Traditional Naturopath of Human Nature, 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.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Lakeview Library
Thursday, October 3, 6:00pm–7:30pm
Ages: 13 and older; adult supervision required
Your Co-op’s Own Instructor: Paul Tseng
Fee: Free; register at www.madisonpubliclibrary.org/events

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

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LOCAL FOOD NEWS

Local Food Accessibility



by Patrick Category Manager-Prepared Foods

We Madisonians love to revel in our reputation for being food-driven. We have a vibrant culture of eating out, once boasted the most restaurants per capita, and have one of the largest farmers’ markets in the country. Usually, when we talk

about innovation in the food scene, we are talking about that newest restaurant, that awesome must-have from the market, or that hot trend that we can rely on local stores and chefs to cater to.

These are necessary qualities of our food scene. The creativity and aliveness that comes from these sources helps to build excitement and demand.

ACCESSIBILITY

There is another quality that is critical to develop in our local food scene, however: accessibility. This is not flashy like a hot, new restaurant. It’s not super compelling like a delicious, seasonal product. It is necessary, however, if we want to solve the problem of making our locally produced food available to those who want and need it. As folks who work deeply with local food producers, Megan Minnick (our Purchasing Director) and I have been living in this inquiry. As Willy Street Co-op, we can only gather so much and only get it to so many. We realize that our model isn’t for everyone. That hasn’t stopped us from being curious about what else we could be doing.

INTERRELATED PROJECTS

To that end, we have been working with the UW Center for Integrated Agricultural Systems (UW-CIAS) and the Wisconsin Food Hub Cooperative (WFHC) on a couple of interrelated projects. The intent of these projects

are to get more food from Wisconsin producers into the Madison market. Period. The problem? There isn’t much infrastructure in Madison for produce distribution. Most of the farmers that we work with bring their product into town themselves. We have a few distributors in town that can channel local product to restaurants and stores, but it does not comprise the bulk of produce being bought and sold, even in season. UW-CIAS and the WFHC are interested in changing this.

FREIGHT EFFICIENCIES PROJECT

One of the initiatives, the “Freight Efficiencies Project” has Megan and me, in her words, “working in collaboration with numerous Wisconsin partners to increase the supply of local produce in the Madison metropolitan area.” This means we’ve been meeting with collaborators like the Wisconsin Food Hub, Epic Systems, local distributors, REAP, and many thoughtful individuals from the UW-CIAS and Center for Cooperatives. This group is exploring how large food users (stores like us, institutions like hospitals and schools, and large corporations) could better work together to identify what produce we all use and get it into our hands more efficiently. One of the major goals is to solve “last-mile” requirement that so often stops the supply chain: just getting aggregated product around town. We hope to do this through shared cross-docking and jointly contracted logistics. Ultimately, the outcomes of this project would work to improve the supply chain not just for Madison, but for the region as a whole.

MADISON TERMINAL MARKET STUDY

The other project we’ve had the privilege of weighing in on is the “Madison Terminal Market Study.” Another effort by the City and the Mayor’s office, a grant was awarded this year to study the feasibility of opening a terminal market (or another type of product collection/distribution



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facility) in the vacated Oscar Mayer site (or another site). The grant was awarded this spring to Agricultural and Community Development Services (ACDS), a consulting firm out of Maryland. Founder Phil Gottwals and his team have spent the ensuing time interviewing businesses and farmers to gain insight about our food system. Phil and ACDS's director, Anna Jensen, made it clear in their pitch to the City that studying the regional demand was the first step, not analyzing its supply. They recently shared some results of their studies, namely showing that Madison has a higher-than-regional demand for organic foods, dining out, fast-food, and home delivery. They are taking these criteria into account in any recommendations they make with regard to proposed

food aggregation facilities in Madison. Their business case is due out this fall, and if the ideation process is any indicator, we believe it will be groundbreaking work.

GOAL

Both of these projects are working toward a similar end: to get local products, of which we have plenty in Wisconsin, to be more available to all of us. That means available as the norm, not the exception. On a personal note, it is very heartening to observe the talent and passion in places like the UW, the Food Hub, and the office of the Mayor being directed to this end. I think getting local products to our market more cheaply and effectively would cause a major groundswell for Wisconsin, for consumer and producer alike.

lycopene, and watermelon has the highest levels of any other fruit or vegetable. Lycopene has a range of health benefits including protection against sunburn and particular types of cancer. There is also research showing that the amino acid citrulline, which watermelon is one of the best sources for, supports good cardiovascular health and reduces blood pressure. It's also a source of vitamin C, vitamin A and vitamin B6.

Seedless watermelon is not a genetically modified food; it is a result of cross-breeding. The male pollen of a watermelon, containing 22 chromosomes, is crossed with the female watermelon flower, which has been chemically altered to contain 44 chromosomes. The result is a watermelon with 33 chromosomes, and the tiny white seed husks don't mature into fertile seeds and therefore is sterile. Another example often used to illustrate this point is cross-breeding a horse with a donkey to produce a sterile mule.

until I started eating watermelon from Steve's farm that I became watermelon-obsessed. Now I pretty much only eat it when he has it available, and I eat a lot of it.

HEALTHY SOIL

Watermelon, and pretty much all other food, is only as nutritious as the soil it is grown in, and our local organic farmers are constantly working to build soil health. Healthy soil is the key to healthy plants and resiliency, and as long as the weather doesn't throw a wrench in things, also great-tasting food. Steve and his wife, Beth, have been farming organically on their current farm since 2002, and they've been building up soil health ever since, with noticeable improvements year after year. He has invested a lot into his soils, including compost, mineral and soil amendments, cover crops, and organic matter from his own property, such as leaves.

WHY DOES STEVE GROW SEEDED WATERMELON?

Well, the truth is he grows mostly seeded watermelon, but dabbles in small quantities of seedless to remain informed. When he first started farming, seedless watermelon varieties were bland and didn't hold a candle to the flavor and sweetness of seeded varieties. Today all the breeding research is going into seedless varieties and there are almost no new seeded varieties being released onto the market. Steve acknowledges the breeding has greatly improved in the last 10 to 15 years and there are good seedless varieties available now, but he sees the high demand for seedless a bit differently at this point. By growing the older seeded varieties that are less prevalent, he has a more unique product to offer. And with his decades of experience and his continued dedication to healthy soil, you can be confident that you're getting both a nutritious and delicious watermelon.

ON SALE

In honor of Eat Local Month here at the Co-op, Steve's red watermelons will be on sale for Owners for 49¢/lb September 2 through September 8. Eat to your heart's content! I know I will!

DOES ONE TASTE BETTER THAN THE OTHER?

Some people are dedicated followers to seeded or seedless solely based on flavor, but I think most can agree that they've had good and not-so-good versions of just about any kind of fruit. I will make the argument that it has a lot more to do with an item being in peak season and grown on healthy soils by an experienced farmer that knows their varieties.

TIPI PRODUCE

Enter watermelon super-farmer, Steve Pincus of Tipi Produce. In the eyes of the Produce staff here at the Co-op, there is no better expert to talk to about watermelon. Steve has been growing watermelon for at least 40 years and has been selling it to the Co-op for about 30 years. Steve recently described the Tipi/Co-op relationship as such: "We're like an old married couple; steady, productive, and still in love." He personally hand-picks each watermelon that leaves his fields (with the support of a crew to wash and pack them as they go) and aims for ideal ripeness. I have always enjoyed watermelon, but it wasn't

melon seeds have nutritional value. They are a good source of magnesium, phosphorus, copper, and zinc and also contain B vitamins, essential fatty acids, and amino acids. The capacity in which you consume the seeds will certainly affect how much you absorb from them though. Like most seeds, you'll maximize your nutrient load by saving and sprouting the seeds (I know, I know, this sounds intense, but might be worth trying it just for the experience) or you can just chew them. If you swallow them whole they're likely to pass through you without much nutrient benefit at all.

DOES THIS MAKE A SEEDLESS WATERMELON INFERIOR, AND HOW IS IT GROWN?

The flesh of the fruit (and the rind for that matter) is also nutritious, so both seeded and seedless still have great health benefits. Watermelon is a good source of potassium and is 91% water making it great for hydration. The red color of the flesh comes from the antioxidant

PRODUCE NEWS

Seeded vs. Seedless Watermelon



by Micky Ellenbecker, Purchasing Assistant

When given a choice between a seeded vs. seedless watermelon, many people will opt for the seedless. Seeds are generally considered annoying and messy and make you feel like you're bringing rude behavior

to the kitchen table with all that spitting. However, there's been a resurgence for the desire of seeded fruits, and watermelon seems to be one of the trend leaders. The driving force behind the demand for seeds are vitamins, minerals, fats and proteins that have been pushed aside by eliminating the seeds. But I wanted to compare the two options, so I talked with the Co-op's long-standing expert watermelon grower, Steve Pincus of Tipi Produce, to help me hash it all out.

As I mentioned above, water-

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LOCAL NEWS

Recipes Featuring Local Products



September means Eat Local Month here at the Co-op. Here are some recipes featuring local products to get you inspired!

by **Melissa Reiss, Purchasing**

FAUX PULLED PORK WITH CEDAR TEETH'S THUNDERBIRD

You may have tried the rectangular pizzas with unique toppings in our freezer from Milwaukee-based Cedar Teeth. Recently, they launched a new product—a meatless smoked chicken-style protein made primarily from chickpeas and vital wheat gluten. You can find this in the freezer section, in a white deli-paper wrapping. This was created to use anywhere you can use chicken, but I created these faux pulled pork sandwiches paired with locally made BBQ sauce from Mojo's Majik, who you may have seen vending at the Northside Farmers' Market on Sundays.

2 Tbs. olive oil
1 medium onion, sliced
1 package Cedar Teeth's Thunderbird
1/2 c. Mojo's Majik sauce, plus more if needed, as desired

Hamburger buns or slider buns
Directions: Let the Thunderbird thaw slightly until workable, yet still cold. Heat the oil over medium heat in a large pan or Dutch oven. Add the onion and cook until translucent. Add the Thunderbird, breaking up into smaller chunks in the pan. Stir to coat evenly. Turn heat to medium-low, and pour the Mojo's Majik sauce over the Thunderbird mixture. Simmer for 10 minutes on medium-low heat. Serve immediately on buns. Great paired with a side of coleslaw and a pickle!

FRESH PASTA WITH HERBS, ONIONS, AND RICOTTA SALATA

Recipe from willystreet.coop
This recipe can either be made with RP's Pasta or Taste Republic fresh pasta for a gluten-free dish. You may use any variety of pasta.

3 Tbs. olive oil
1 lb. sweet onions, chopped
2 Tbs. butter
5 clove garlic, minced
1/2 lb. leeks, sliced
1/2 lb. red onions, chopped
1 bunch scallions, sliced
1/2 c. water
Salt
Pepper
1 lb. any variety RP's Pasta, or any variety Taste Republic fresh pasta
4 oz. ricotta salata
1/4 c. flatleaf parsley, chopped

1/8 c. chives, chopped
Directions: Heat the olive oil over low heat in a large skillet. Add the sweet onions and cook over medium-low heat, stirring occasionally, until translucent. Raise the heat to medium and cook until deep golden and nicely caramelized, stirring often. Place the onions in a bowl and set aside.

Melt the butter in a skillet over medium heat. Add the garlic, leeks, red onion, and scallions and sauté until soft and golden. Add the water and cook until it evaporates. Sprinkle with salt and pepper. Turn off the heat and add the sweet onions to the pan.

Bring a large pot of water to boil and cook the pasta according to package directions. Drain. Heat the pan of onions over medium-high heat and gently fold in the pasta, and sauté for one minute. Transfer to a serving dish and top with the cheese, parsley, and chives. Serve immediately.

SEARED PORK TENDERLOIN WITH APPLES AND BROCCOLI

Recipe from willystreet.coop
Here's a great recipe to celebrate the beginning of local apple season, and when the nights start to turn chilly.

1 pork tenderloin
2 tsp. cinnamon
1 tsp. nutmeg
2 tsp. ground coriander
2 Tbs. butter
2 apples, cut into small cubes
1 shallot, chopped
1/4 c. apple cider vinegar
1 lb. broccoli
Salt
Pepper

Directions: In a small bowl, stir

together the cinnamon, nutmeg, coriander, and salt and pepper. Sprinkle both sides of the pork with the spice mixture. Heat a large skillet over medium-high heat. Sear the pork for 3 minutes on each side, until cooked through and browned on both sides. Transfer to a plate and cover.

Melt the butter in the skillet over medium-high heat. Sauté the shallots for 2 minutes, until they begin to soften. Stir in the apples and broccoli, and sauté for an additional 2 minutes. Add the apple cider vinegar and cook, stirring, for another 2 minutes, then season with salt and pepper. Return the cooked pork to the skillet, and cook for another minute, until heated through and the flavors mingle. Serve immediately.

COLD BREW WISCONSIN HONEY LATTES

Recipe adapted from cooknourishbliss.com

For the syrup:
3/4 c. water
3/4 c. Wisconsin honey
1 1/2 tsp. vanilla extract
For serving:
Ice cubes
Let It Ride cold brew coffee
Splash of whole milk, skim milk, nut-based milk, or half-n-half
Sprinkle of ground cinnamon, optional

Directions: To make the simple syrup—add the water and honey to a small saucepan. Set the pan over medium-high heat and cook, stirring frequently, until the honey has dissolved into the water. Let the mixture just come to a boil, then turn down the heat and let simmer gently for 5 minutes. Remove from the heat and stir in the vanilla extract. Let the mixture cool completely. Store the syrup in the refrigerator until ready to use.

To serve—add some ice cubes to a serving glass. Pour in the cold brew coffee, leaving at least an inch of space below the rim. Add in the desired amount of milk and honey syrup, then mix to combine. Sprinkle the top with the ground cinnamon, if using. Serve immediately, adjust the amount of milk as desired.

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willy street co-op LOCAL PRODUCE AVAILABILITY

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

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willy street co-op

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Talib Akbar

Nominated by MOSES-WISDOM of Madison
 Winner of the Linda Sundberg Civil Rights Defender Award



Ginger Baier

Nominated by OutReach
 Winner of the Liesl Blockstein Community Leadership Award

Ruth Schmidt

Nominated by Wisconsin Early Childhood Association
 Winner of the Sally Sunde Family Advocate Award



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Join Summit Credit Union and other local cooperatives for the 9th annual Co-op Connection, celebrating cooperatives and community.

**SATURDAY, OCTOBER 5
 8:30 am - Noon**

Martin Luther King Jr. Blvd, Madison
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 Enjoy *free* family activities, prize drawings and product samples.

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CUNA MUTUAL GROUP
 Group Health Cooperative
 ORGANIC VALLEY
 willy street co-op
 Center for Cooperatives

Health & Wellness

co-op deals: September 4-17

THIS MONTH: SEPTEMBER 4
Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!





Dr. Bronner's Pure Castile Soap
All Kinds on Sale!
16 oz • Save \$3

\$5.99/tx





Ancient Nutrition Multi Collagen Protein Powder
All Kinds on Sale!
475-535 gm • Save \$4-\$8

\$39.99/tx



Aura Cacia
Organic Argan Oil
1 oz • Save \$4
\$9.99/tx



Nordic Naturals
Marine Collagen
5.29 oz • Save \$10
\$29.99/tx



evanhealy
20% off all evanhealy products!
Everything and all sizes on sale!
20% off



Andalou Naturals
Firming Coconut Milk Mask
1.8 oz • Save \$4
\$9.99/tx



New Chapter
Turmeric Force
Supports a healthy inflammation response!
60 sg • Save \$6
\$23.99/tx



Avalon
Shampoos or Conditioners
All Kinds on Sale!
11 oz • Save \$4
\$6.99/tx



Topricin
Pain Relief and Healing Cream
2 oz • Save \$4
\$9.99/tx



EveryDayShea
Fair Trade Shea Butter
Non GMO Project-Verified!
11 oz • Save \$4
\$7.99/tx



co-op deals: September 18-October 1



Amazing Grass
Effervescent Greens!
All Kinds on Sale!
10 tab • Save \$2.50
\$5.99/tx




Mineral Fusion
Mascaras
All Kinds on Sale!
.57 oz • Save \$4
\$11.99/tx




Natural Factors
CurcuminRich Theracurmin
Highly bioavailable form of turmeric!
60 cap • Save \$5
\$19.99/tx




Mrs. Meyer's
Hand Soaps
All Kinds on Sale!
12.5 oz • Save \$1.50
\$3.99/tx



Tea Tree Therapy
Tea Tree Toothpaste with Baking Soda
5 oz • Save \$1
\$3.79/tx



Dr. Formulated
Keto Meal Balanced Shake
Vanilla or Chocolate
672-700 gm • Save \$11
\$6.99/tx



Kal
Magnesium Glycinate 400 mg
90 tab • Save \$6.50
\$12.99/tx



Floradix
Iron + Herbs Liquid Supplement
Original, Yeast-Free
8.5 oz • Save \$11
\$21.99/tx



Acure
Shampoos or Conditioners
All Kinds on Sale!
12 oz • Save \$4.30
\$4.99/tx



Megafood
Multivitamin Chews
Women's, Men's, Kid's
30 pc • Save \$10
\$19.99/tx



coop™ deals

co-op deals: September 4-17



**Biokleen
Oxygen
Bleach Plus**
2 lb • Save \$1
\$4.79



**Cocomels
Chocolate-Covered
Cocomels 2-Pack**
All Kinds on Sale!
1 oz • Save 98¢/2

2 for \$3/tx



**Clif
Organic
Filled Energy Bars**
All Kinds on Sale!
1.76 oz • Save 74¢
\$1.25



**Maya Kaimal
Everyday Dal**
All Kinds on Sale!
10 oz • Save \$1.49
\$3.00



**Essentia
Electrolyte-
Enhanced Water**
50.72 oz • Save \$1
\$1.79



**Reed's
Ginger Beer**
All Kinds on Sale!
4-pk • Save 50¢
\$5.49



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



**Alvarado Street Bakery
Sprouted Wheat
Bagels**
Plain, Onion and Poppyseed, Sesame
20 oz • Save \$1.30
\$2.99



**Just Coffee
Organic Locally
Roasted Coffee**
All Kinds on Sale!
Rndm wt • Save \$1.50/lb
\$10.29/lb



**Harvest Bay
Coconut Water**
33.8 oz • Save \$1.30
\$2.99



**Kashi
Go Lean Cereal**
13.1 oz • Save \$1.79
\$3.00



**Muir Glen
Organic
Pasta Sauce**
All Kinds on Sale!
25.5 oz • Save \$2.98/2

2 for \$5



**Alden's
Organic Ice Cream**
All Kinds on Sale!
48 oz • Save \$2.50
\$6.99



**Maple Valley
Maple Syrup**
100% local!
32 oz • Save \$6.50
\$19.49



**Annie's
Bunnies Snack Mix**
Original, Cheddar
9 oz • Save \$1.99
\$3.50



**Mom's Best Naturals
Cereal**
All Kinds on Sale!
17.5-24 oz • Save \$1.98/2
2 for \$5



**Native Forest
Organic
Coconut Milk**
Classic, Light, Simple
13.5 oz • Save 50¢-\$1
\$2.49



**Siggi's
Icelandic-Style
Yogurt**
All Kinds on Sale!
24 oz • Save 80¢
\$4.99



**Luna & Larry's Coconut Bliss
Organic Frozen Dessert**
All Kinds on Sale!
16 oz • Save \$1.80
\$4.99



**Bionaturae
Organic Durum
Semolina Pasta**
All Kinds on Sale!
16 oz • Save 50¢
\$2.29



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



**Cascadian Farm
Organic
Frozen Veggies**
All Kinds (Except Cut Spinach) on Sale!
10 oz • Save \$1.58-\$1.98/2
2 for \$4



**Field Roast
Deli-Sliced
Grain Meat**
All Kinds on Sale!
5.5 oz • Save \$1.98/2
2 for \$5/tx



**A2
Milk**
Whole, 2%
59 oz • Save 50¢
\$3.49



The specials on this page are valid September 4-17
All Specials Subject to Availability. Sales Quantities Limited.

SEPTEMBER

co-op deals: September 18-October 1



Maxine's Organic Ice Cream

All Kinds on Sale!
48 oz • Save \$1.80

\$5.99



Natural Sea Light Chunk Tuna

5 oz • Save \$2.58/2

2 for \$5



Taste Republic Gluten-Free Fresh Pasta

Fettuccine, Linguini, Fusilli
9 oz • Save 80¢

\$2.99



Muir Glen Organic Diced Tomatoes

All Kinds on Sale!
14.5 oz • Save \$2.96-\$4.16/4

4 for \$5



Kickapoo Coffee Organic Locally Roasted Coffee

All Kinds on Sale!
12 oz • Save \$1

\$1.00 off



Chocolove Chocolate Bars

All Kinds on Sale!
2.9-3.2 oz • Save \$1.98/2

2 for \$5/tx



Tandoor Chef Samosas with Chutney

11 oz • Save \$1.98/2

2 for \$5



Uncle Matt's Organic Orange Juice

All Kinds (Except Defense Juice) on Sale!

53 oz • Save 50¢



Blue Diamond Refrigerated Almond Breeze Beverage

All Kinds on Sale!
64 oz • Save 50¢

\$2.99



Garden of Eatin' Tortilla Chips

All Kinds on Sale!
16 oz • Save \$1.49

\$3.50



Green Valley Organics Lactose-Free Organic Sour Cream

12 oz • Save 50¢

\$2.99



Cascadian Farm Organic Frozen Fruit

All Kinds on Sale!
8-10 oz • Save \$1.49

\$3.00



Blake's All Natural Pot Pies

All Kinds on Sale!
8 oz • Save \$1.30

\$4.49



Drew's Organic Salsa

Mild, Medium
12 oz • Save \$1

\$3.49



Stonyfield Organic Yogurt

Whole Milk, Low Fat, Fat Free
32 oz • Save 50¢

\$3.99



Rx Bar Protein Bars

All Kinds on Sale!
1.83 oz • Save 84¢

\$1.65



Woodstock Farms Organic Pickles

Kosher Whole Dill, Sliced Dill,
Bread and Butter

24 oz • Save \$2

\$3.99



Wildwood Organic Super Firm Sprouted Tofu

16 oz • Save 70¢

\$2.29



Kevita Kombucha and Probiotic Drinks

All Kinds on Sale!
15.2 oz • Save 58¢/2

2 for \$5/tx



Golden Temple Bakery Bulk Granola

All Kinds on Sale!
Rndm wt • Save \$1/lb

\$2.99/lb



Pacific Organic Broth

Free Range Chicken, Low Sodium
Free Range Chicken, Beef

32 oz • Save 99¢

\$3.50



Steaz Organic Iced Tea

All Kinds on Sale!
16 oz • Save 24¢

\$1.25/tx



HimalaSalt Pure Himalayan Pink Salt

Shaker size!

6 oz • Save \$1

\$4.99



Nature's Path Organic Waffles

All Kinds on Sale!
7.4 oz • Save \$1.20

\$2.29



The specials on this page are valid September 18-October 1
All Specials Subject to Availability. Sales Quantities Limited.

SEPTEMBER IS Eat Local Month



Save up to \$50 from
Owner Reward sales on local
products 9/2/19 - 9/15/19.

willy street co-op
**Owner
Rewards**

Sales for Willy Street Co-op Owners only.

Sept. 2nd - Sept. 8th sales include:

All Specials Subject to Availability. Sales Quantities Limited.

Sept. 9th - Sept. 15th sales include:

All produce sales subject to change based on extreme weather.



Organic Heirloom Tomatoes

From Wisconsin.
Limit 5 lbs.

Owners save \$2.50/lb

\$1.99/lb

Organic Watermelon

From Tipi Produce,
Evansville WI.

Owners save 30¢/lb

49¢/lb



BelGioioso Fresh Mozzarella

Ciliegine, Ovoline,
Pearls. 8 oz.

Owners save \$2.00/ea

\$1.99/ea



Greenbush Donuts

All 6-pk cake donuts,
Rabbi's Delight, Fritters.

Owners save \$2.00/ea

\$2.99/ea

Cedar Road Bacon

All flavors.
Rndm wt.

Owners save \$3.00/ea

\$4.99/lb



Cedar Teeth Pizza

All kinds on sale.
18-21 oz.

Owners save \$4.00/ea

\$4.99/ea



Four Elements Tinctures

All Herbal Tinctures. 1 oz.

Owners save \$2.50/tx

\$9.49/tx

Flavor Temptations Indian Meal Spice Packs

Chana Masala,
Curried Potatoes,
Chicken Tikka Masala.
.35-.47 oz.

Owners save \$3.00/ea

\$2.99/ea



Driftless Dreams CBD Treats

CBD Chocolates or Caramels.
1 ea. Limit 12.

Owners save \$1.20/ea

\$4.79/ea



Tamaleria el Poblano Tamales

Chicken with Green Salsa, Pork with Red
Salsa, Jalapeño and Cheese. 1 ea. Limit 12.

Owners save \$1.00/ea

99¢/ea

All 5oz Vitruvian Farms Organic Salad Mixes

Chef's Mix, Lettuce Blend.

Owners save up to \$2.58

\$2.99/ea OR 2 for \$5



All Local Packaged Herbs

From Lovefood Farm & Troy
Gardens. .75 oz. All Kinds.

Owners save \$2.99

BUY ONE FOR \$2.99 GET ONE FREE!



Marieke Gouda

6-9 month aged.

Owners save \$1.80/lb

\$4.99/lb



Wisconsin Pop Sodas

Ginger, Cherry, Strawberry,
Grapefruit. 4 pk.

Owners save \$3.30/tx

\$4.99/tx



Wisconsin Meadows Grass-fed Fresh Ground Beef

Limit 10 lbs.

Owners save \$2.00/lb



Wisconsin Candle Company

All sizes and scents on sale.

Owners save \$3.60

20% OFF



Madame Chu Sauces

Sambal Nyonya Sauce,
Ginger Garlic Sauce, Satay
Peanut Nyonya Sauce. 7 oz.

Owners save \$3.00/ea

\$9.99/ea



Cress Springs Body Care

All kinds on sale.

Owners save \$10.00

30% OFF



Every Friday in September,
Buy \$30 worth of local goods,
get 15% off all local items in
your cart! - including sale items!



There are even more
Owner-only sales
each week!

See the flyer in the store or at:
willystreet.coop/owner-rewards



FOLIOS CHEESE WRAPS

These are a totally unique new type of wrap—they are 100% cheese! Each package contains four wraps ready for your imagination. Wrap it, roll it, crisp it, melt it. High in protein, low in carbs. Lactose-free, too! No starch, fillers, sugars. Check out the delicious and inventive recipes such as Rubeen Rollups, Crisp Bowl Mushroom Risotto, Caesar Salad Wraps, and more on their website at www.lotitofoods.com/folios/folio-recipes. Available at North and East.



WILLY STREET CO-OP VITAMIN D3 10,000 IU

High Potency vitamin D just in time for fall! In just one softgel, you get 10,000 IU of vitamin D3. Vitamin D is an essential nutrient to support our immune system and healthy bones. Non-GMO, gluten-free, soy-free. Available at East, West and North.

RED VINES MADE SIMPLE

The new “made simple” line of Red Vines have the same flavor as the original—without corn syrup, red #40, and artificial flavor. Red Vines Made Simple are made with cane sugar, natural flavor, and colored with radish extract. Available at North and East.



LET IT RIDE CANNABREW

CBD-infused cold brew coffee. Locally made! Organic, Fair Trade coffee. Available at North.



CLIF WHOLE LOTTA BARS

New nut, seed, and fruit bars from Clif! With ten grams of protein and no added sugar, these bars will fuel you for some time without the sugar crash. Certified organic. Three decadent varieties to choose from: Tart Cherry Almond, Roasted Peanut Chocolate, and Salted Dark Chocolate. Available at North.

MEGAFOOD MULTIVITAMIN SOFT CHEWS

Delicious chews with the nourishing vitamins and minerals you expect from Megafood. Only three grams of sugar per serving. Choose From Women's Mixed Berry Flavor, Men's Tropical Flavor, or Kids Grape flavor. Available at East, West, and North.



DRIFTLESS DREAMS CBD SWEETS

Locally grown CBD-rich hemp infused into delicious chocolate or caramels, in partnership with Chocolaterian! Each treat contains 20 mg of full spectrum CBD. Each bite is like a mini vacation. Try them today! Gluten-free. Available at East, West, and North.



CRESS SPRING BODY CARE PEARL ROSE CLEANSER & MASK

Gently exfoliate and cleanse your skin! Locally made in Blue Mounds, Wisconsin using ingredients such as pearl powder, Moroccan clay, rose petal powder, and organic chlorella, your face will feel softened and renewed! Great for all skin types, including sensitive. Available at East, West, and North.



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

This month's
**Wellness
Wednesday**
September 4

WE CAN
CUT
CABBAGE

Just want half?
Ask a Staff
Member.
willy street co-op

**TOO MANY
GRAPES?**

Grapes are sold by the pound. Feel free to break the bag up and purchase the quantity you want.

willy street co-op

Food Pantries & Food Banks: Part of the Local Food System



by **Amanda Iken,**
Owner
Resource
Coordinator-East

One of the roles of the Owner Resources Coordinators at our stores is to share community resources. There are people who struggle without food or enough food to function daily, and without nutritious food we cannot sustain. That is

why we support five local food pantries and partner with two local food banks to provide nutritious food and goods to those who may not be able to afford them anywhere else. Let's take a look at who provides food to those who experience hunger locally.

FOOD BANKS VS. FOOD PANTRIES

A food bank is a warehouse that holds millions of pounds of food and other products that will then be dispersed to the community through local pantries. They are not in direct contact with the public that seeks the food. We have two food banks for our area of the state: Second Harvest Foodbank of Southern Wisconsin and Community Action Coalition for South Central Wisconsin (CAC). Both entities provide food to pantries, meal sites, and shelters. Dawn Bradshaw, Food Program Leader of CAC, said they provided 3,472,551 pounds of food to over 448,584 individuals in three counties in the last year. Kris Tazalar of Second Harvest Food Bank said they distributed 15 million pounds of food for the 16 counties in their network.

A food pantry works as the arm that reaches out to the community directly. It is an individual site that distributes food and other products to the community it serves. Willy Street Co-op works with five food pantries. Our West location works

with Middleton Outreach Ministry (MOM) and Lussier Community Education Center; North has one food pantry, The River Food Pantry; and East works with two food pantries, Goodman Community Center Fritz Food Pantry and Wil-Mar Neighborhood Center (currently undergoing a remodel).

SOURCING LOCAL FOOD AT FOOD PANTRIES AND FOOD BANKS

Second Harvest and CAC both receive food from individuals, corporations, farmers, grocery stores, and food drives. Some of their programs to collect food have a local focus. Second Harvest has a Field To Foodbank program that works directly with local farmers that have an excess of a crop. These items are sent to a processor where the vegetables are canned so they won't spoil. CAC has a gleaning program that recovers usable food from farmers and farmers' markets that would normally be thrown away. Eight CAC volunteers split up and go from farmer to farmer after the farmers' market. The farmers give them food they don't need and the volunteers bring the food to the food bank.

Food pantries get food from individual donations, food drives, local businesses, community gardens, and they supplement needs by buying and receiving some food from the two food banks. They also receive some food from TEFAP, which is the Emergency Food Assistance Program. It is a Federal program that provides food to pantries, meal sites, and shelters at no cost. Both CAC and MOM work with Badger Prairie Needs Network to rescue food from places like the cafeterias at Epic and UW Health. They take clean food from their facilities, repackage them as family-sized meals, add dates, label the ingredients, and then freeze for later use. Second Harvest has a partnership with Sassy Cow to help gain more fresh milk for the pan-

tries. To give, please visit givedairy.com.

HOW YOU CAN SUPPORT LOCAL FOOD PANTRIES AND FOOD BANKS

Local food banks and pantries need volunteer time, money, food, and people to spread the word about who they are and what they do. We asked what the pantries would like to see on their shelves and the one thing that they all had in common was that they wanted to see clean, nutritious food. Shirley Nanning of MOM said "It's really important for people to understand the food system, especially with global waste. It's fantastic that people are seeing waste issues in the food system and a connection with the fact that people are hungry, but I want to make sure that we are getting dignified and respectful food. Just because people are hungry does not mean that they have to eat what other people don't want to eat. We still need to be considerate about what the waste is and that it's high value, healthy food for people." When giving food, keep in mind that people are also seeking culturally appropriate foods and food for low-sodium, gluten-free, no-sugar or low-sugar, or other diets.

All our pantry partners resoundingly agreed that a great way to support food pantries is to make monetary donations instead of giving specific foods; then the pantries can get the foods that their customers really want or need. Food pantries also can work with the food banks to purchase goods when they receive monetary donations, and that money can stretch further when spent there. Monetary donations can easily be made online at local food pantry websites. Sam McDaniel of Goodman Community Center Fritz Food Pantry said "A little boy raised money and food at his birthday party and proudly dropped off \$85 and bags of food for the pantry."

You can also donate time. Please contact the food pantry or food bank you are interested in supporting. MOM uses volunteers to sort food and make sure they put out the best, most dignified and respectful food. The Goodman Community Center uses volunteers to help customers shop and give a good, local community feel to their experience. Christina Johnson of the Lussier Community Education Center food pantry says they use volunteers for their gleaning program and to pick up food from local stores for the pantry.

If food is what you wish to donate, most pantries have a website and they provide a wish list. The River Food Pantry, for example, shows a list of not just food items, but also personal care items all distilled into a list of current needs. Not all pantries have room for things besides food, it really depends on the pantry and the space for storage. It's best to look at their list or ask before dropping things off that they would not be able to use.

DONATING THE LOCAL HARVEST

This time of year it's a larger-harvest time for farmers and local gardeners, and that means there will be lots of excess veggies available to either preserve, give, or compost. The larger-scale farmers and producers typically reach out to the food banks. If you personally have a bumper crop this season, you can reach out to the food pantries and see if they will find what you have useful. It is not often that they will turn away fresh produce. Maybe the CSA that you receive is just too much, or you are going on vacation for a bit and want to share your excess garden or crisper veggies with the pantries. If the produce is fresh, viable, and is not going to spoil soon, please drop it off at a pantry. It will be put to good use.

If pantries decide what you have cannot be taken for home use, they may be able to use it in other programming. For example, Goodman Community Center has a senior meal everyday, after school programming for kids, and summer camp. Lussier Community Education Center provides lunches and dinners for their summer camp and school-year programming. This gives kids a chance to try new and healthy food, and they may put your excess veggies to good use. It is a great way to make sure that your food ends up in their bellies instead of in a landfill or a compost heap. You can also go to amplharvest.org where gardeners can find local food pantries that take donations.

HUNGER IS A LOCAL FOOD ISSUE

One thing I heard throughout all the interviews to put this article together is that there was a hope that one day the pantry and volunteer coordinators would work themselves out of their job. A hope that no one would struggle with food and that all would feel secure. Instead, through time, their jobs have grown and evolved. Maybe hunger is an issue that will not be solved in our lifetimes, but we can do our part to make sure that there is food available at the local pantries and for their programming by giving.

Special thanks to our North Owner Resources Coordinator gianofer fields for conducting all the interviews to put this piece together. Also, thanks to the following individuals that took time out of their busy work schedules to talk to us: Stephanie Dorfman of Feeding Wisconsin, Dawn Bradshaw and Bridgette Weber of Community Action Coalition for South Central Wisconsin, Kris Tazelaar from Second Harvest Foodbank of Southern Wisconsin, Christina Johnson of Lussier Community Education Center, Sam McDaniel of Goodman Community Center Fritz Food Pantry, and Shirley Nanning of Middleton Outreach Ministry.

Support your local homebrew shop!

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



1919 Monroe Street

or



1129 E. Wilson Street

Community Shares of Wisconsin's 2019 Change-Makers Advance the Local Social Justice Movement

by Araceli Esparza, Bilingual Communications Director, Community Shares of Wisconsin

On September 19, Community Shares of Wisconsin (CSW) will celebrate the work of three incredible leaders working to build a better community for all.

CSW's 2019 Community Change-Maker Awards Event honors people making a difference at Community Shares of Wisconsin member nonprofits—the same 70 organizations Willy Street Co-op shoppers support by saying “Yes” at the register through the Community CHIP® program. These nonprofits work to build safe and sustainable communities for all Wisconsin residents.

THE 2019 COMMUNITY CHANGE-MAKERS ARE:

- Talib Akbar, Nominated by MOSES-WISDOM of Madison—Winner of the Linda Sundberg Civil Rights Defender Award
- Ginger Baier, Nominated by OutReach—Winner of the Liesl Blockstein Community Leadership Award
- Ruth Schmidt, Nominated by Wisconsin Early Childhood Association—Winner of the Sally Sunde Family Advocate Award

“The Change-Maker awards honor some of the most impactful leaders in our community, and this year's winners exemplify that,” said CSW Executive Director Cheri Dubiel. “They are not only making a difference in people's lives; they are reshaping entire institutions to foster lasting change.”

TRAGEDIES TURNED INTO SOCIAL CHANGE

“It made me strong... (but) I feel like my best friend is loneliness. Being by myself—I'm just used to being alone,” Talib Akbar says. This strength is what he drew from while confined in a cell the size of a parking stall. There he developed a creative and innovative plan that would later impact the people of Wisconsin and how they viewed solitary confinement.

When some of us would have given up, Talib took what he learned in a paralegal course in prison and began working to help other inmates make requests for transfers and call attention to the abuse at the hands of the prison officials.

Akbar spent a significant time in solitary confinement, anywhere from 60 days to 10 months at a time. In his quest to educate the public about solitary confinement and the damage it does to human beings, Akbar, along with students from Edgewood College and Reverend Jerry Hancock, decided to build a replica of a solitary confinement cell. Talib's cell replica traveled throughout Madison and the



Ruth Schmidt



Ginger Baier



Talib Akbar

state of Wisconsin. Many people have been shocked, saddened, and appalled when they spend time in the cell.

When you talk to Akbar you get a sense of speaking to someone who has a deep understanding of commitment to his community. “I'm talkative and love to talk with people! My work in the community is about talking to people, when they say something it hits home with me and we keep talking. I just open up!”

In the spirit of community, he along with others wrote a play called “Like an Animal in a Cage” about solitary confinement. He directed the play, which featured many formerly incarcerated actors who have experienced the horror of solitary confinement.

“Since returning home, Talib Akbar has worked tirelessly to end the torture and inhumane treatment of solitary confinement in our jail and prison system.” Said Rachel Kincade, his nominator from MOSES.

CHANGE STARTS WITH BEING WHO YOU ARE

When you speak to Ginger Baier you feel like you are talking to a Transgender historian, “I am a proud, out, transgender woman. That is part of my style—I'm not afraid to share my story and my style is that I am open.” For Ginger, change begins with being yourself.

“I'm a product of the '60s. Demonstrating in the streets is nothing new for me. When Walker got elected, I was active during the Act 10 protests and worked in the Oregon School District,” she says. Ginger's transgender advocacy work began after retirement.

In her role as the Transgender Health Advocate at OutReach LGBT Community Center, Ginger has established a fund to help transgender people experiencing homelessness with rent eviction prevention. Ginger has also been a leader of the Madison Area Transgender Association (MATA) for a decade.

Ginger leads statewide Transgender 101 workshops, which teach people about the importance of pronouns, and educate people about transgender

culture and history.

“We have made good progress in health care and safety for trans people. Two things we need to change: our problems with race and homelessness,” said Ginger about what things she would like us to address as a city.

Her testimony in 2018 during committee debate on the Employment Standardization Act contributed to the committee rewriting the proposed law so it did not invalidate all the city and county laws in Wisconsin that currently protect transgender people.

“As a transgender person, our liberties are under attack daily; Ginger stands up and defends our civil rights always. She is greatly deserving of this award,” says nominator Steve Starkey, Executive Director, OutReach LGBT Community Center.

FROM VISION TO REALITY

It's not hard for Ruth Schmidt to describe her vision for Madison: “[A city] where every child born in Dane county would have access to daycare from a trained and educated childcare provider who is passionate about working with young children. We need a system of high quality and affordable childcare, for all parents, regardless of the zip code you live in or the color of your skin. We should be able to pay for childcare and not break the bank. Childcare providers should be able to make a good living being a childcare provider.”

For over 15 years, Ruth has been committed to changing the salary disparities of childcare providers in Madison. As the Executive Director of Wisconsin Early Childhood

Association, Ruth oversees statewide federally funded programs such as T.E.A.C.H. Early Childhood Wisconsin Scholarship Program, REWARD Stipend Program, and the Child and Adult Care Food Program.

The childcare industry is almost exclusively made up of women and, as Ruth explained, this work is often fundamental in the development of our society. She has a deep understanding of the intersectionality of human development, household economics and the need for quality childcare. “The hard part is that until there is a demand to do something differently, we will continue to take advantage of the childcare workforce,” says Ruth.

She is a leading voice on both statewide and national levels for strengthening the childhood education workforce through policy and system improvement.

Although, Ruth Schmidt's work centers around our youngest citizens, she advocates for them with the respect of any full-grown adult.

“Please join us in honoring and celebrating Ruth's tireless leadership, commitment, and advocacy on behalf of the early care and education professionals that devote their lives to the care and education of our state's youngest children and future workforce,” said Robin Fox, Ph. D board President of the Wisconsin Early Childhood Association and her nominator.

Learn more about these community leaders and others making a difference by attending CSW's 2019 Community Change-Maker Awards Event on Thursday, September 19, 5:00pm-7:00pm. at Union South. CSW will also honor 24 Backyard Hero Award Winners for their volunteer work at Community Shares' member nonprofits. The event is presented by NARAL with part of the proceeds supporting the work of Community Shares of Wisconsin and its members. In addition, each Change-Maker Award winner receives \$1,000 to direct to the nonprofit of their choice. For more information and tickets visit: communityshares2019.eventbrite.com/ or call 608-256-1066.

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

THE SCIENCE AND ART OF LOCAL ORGANIC APPLES

by Andy Gricevich, Newsletter Writer



Pristine apples, almost ready for picking, at Two Onion Farm.

What does it take to grow an amazing apple? That essence of the spring blossom and the summer's ripening, sweetened by cooling nights and warm days as we drift into fall—how is that time gathered into the crisp, juicy, beautiful fruit we enjoy most this time of year? How does it happen here in the upper Midwest? What does it take to grow a local apple organically?

Not too long ago, you'd likely get a laugh (or a sigh) if you asked a Wisconsin orchardist that last question. Our humid climate, with its unpredictable rains and late frosts, can be rough on fruit trees. Many attempts at commercial organic fruit production have been thwarted by scab (the most common fungal disease afflicting apples) and insect pests. Even most ecologically-minded growers (like Bob Wills of Ela Orchard, whose excellent apples have been on Willy Street Co-op shelves each season for a long while) choose to forgo organic certification; while they emphasize working with nature rather than aggressively managing it, they want to keep their options open to prevent crop loss in a case of emergency.

Having witnessed some of the effects of these challenges during my years in Willy West's Produce department, I was surprised and impressed by the quality of the apples we started receiving a couple of years back from two local organic orchards. We'd carried excellent Wisconsin-grown fruit before, but I'd never seen organic apples that looked as good as anything coming from Washington or Chile—and these tasted a lot better than any of them. How did the growers at Atoms to Apples and Two Onion Farm reach such high standards? I had the opportunity to find out when I visited both orchards on one of the hottest days of this summer.

ATOMS TO APPLES

Atoms to Apples sits on a slope leading down into Donald County Park near Mount Horeb on land tended since the mid-1800s by the Sweet family, whose name still adorns the old barn. Rami Aburomia moved there with his family in 2014. Working as a geneticist in and around the California agricultural industry had started him on the path toward growing food as a sole occupation, and, when he moved to Wisconsin,

Aburomia got a job at Fitchburg's Eplegaarden, which he subsequently managed for eight years. The prior manager, he says, was committed to growing apple varieties that ripened during different phases of the season, so that no fruit sold to be eaten out of hand would have spent time in storage. Aburomia has retained that emphasis on freshness and seasonality, and it fits elegantly into an overall practice of working with, rather than against, the complex systems of nature: "a farmer's using a plant to gather atoms from the soil and the sun, and to arrange them into food" (an explanation of the orchard's name as reminiscent of Lucretius' poetry as of the laboratory).

TWO ONION FARM

Chris and Juli, of Two Onion Farm, have a different story, but they've arrived at a similar place. They moved to their land in the countryside near Belmont in 2003 and started supplying organic vegetables through their community-supported agriculture operation a couple of years after that. They began planting fruit trees in 2012, with a similar focus on wide seasonal range, and the orchard has grown along with their family. Last year Chris and Juli decided to stop growing vegetables and focus exclusively on the orchard.

"Apples are a pretty complicated crop on their own," says Chris. In addition to the stress of trying to grow both fruits and vegetables, "the organic vegetable market has been tightening up, with a lot more good farms getting into it. We also depended on hired labor, and that's been harder to find." Shifting exclusively to orcharding also has ecological benefits; while Chris and Juli had already been exploring no-till methods of vegetable production, working with perennial crops like fruit trees has come to make more sense for our region, with its increasingly erratic weather. "We had two-and-a-half inches of rain the other night, and there's no sign of soil erosion," Chris points out. "If we had just planted fall carrots, it'd be pretty much impossible to keep a lot of that uncovered ground from washing away."

LAND STEWARDSHIP

Land stewardship is important in varied ways to both Aburomia and the McGuires, each of whose solar arrays are sufficient to power both home and farm. They've established patches of plants for pollinating insects (especially beneficial at Two Onion Farm, surrounded by biologically sterile corn and soy fields). While weed control has to play a role in their strategies, to minimize competition for water with the trees, they try to keep

mowing to a minimum. That helps desirable insects, who—as Chris notes—need the flowers of weeds to feed on in the time before the apple trees blossom, and afterwards as well. Rami points out that the destructive Japanese beetle also has a hard time laying its eggs in taller grass, so minimal mowing discourages at least one important pest as well. The health of the orchards and their human tenders benefit from attention to their role in larger ecologies, and it shows in the beauty of both sites—in the willows planted on the road at Two Onion Farm, and the oak savanna spilling down to the rows of fruiting trees at Atoms to Apples.

ECOLOGICAL FLEXIBILITY

Key to the ecological flexibility of both orchards is their choice of varieties to plant. With the exception of a small experimental plot in a hothouse, all the trees at Two Onion Farm have been bred for resistance to apple scab, and most of Aburomia's apples are also scab-resistant. That solves the most widespread problem facing organic growers, and drastically reduces the need for the use of organically-approved sprays (some of which, while they don't end up on or in the fruit, can be harmful to pollinating insects



Rami Aburomia in the Atoms to Apples' orchard.

and other wildlife, as well as to growers during their application—and all of which cost money).

Both McGuire and Aburomia also exclusively plant small trees at high densities. Atoms to Apples has 4,500 trees on four acres; Two Onion, while planting a little less closely, still grows many more trees per acre than any traditional orchard. Because these dwarf trees have shallow root systems to match, they need some support, so that they're not blown over in big storms. Aburomia employs a trellising system (as with grapes), while

McGuire ties the trees to individual posts. In both cases, the supports also encourage the growth of straight trees that are easy to harvest—one component that makes it efficient for each orchard to be managed essentially by one person.

In addition, the trees at both orchards are kept well-pruned, and fruit gets thinned early in the season. Pruning keeps both fruit and leaf well-exposed to the air, reducing the wetness that promotes fungal blights and the number of hiding places for undesirable insects. Thinning encourages the trees to emphasize fruit production over vegetative growth; Rami points out that the seeds of apples actually send biochemical messages back to the plant, letting it know where its emphasis needs to fall in the next season. A thinned tree will also produce larger fruit, easier to harvest and more marketable than smaller apples from a dense, sprawling plant.

INVESTMENT AND PAYOFF

Any fruit orchard requires a sizeable initial investment, and setups like McGuire's and Aburomia's take a little extra money to get going. The payoff, however, comes not only in the form of reduced need for pest and disease management, it also encourages earlier and larger yields. That makes it especially worthwhile, Aburomia points out, for someone like himself, starting their business in their forties.

It also makes for a special experience of food production. "Another thing, in comparison with vegetables, is the long-term relationship you can have with a tree," says McGuire. You watch it grow, see it at different times of year...I really love plants, and this is a deep relationship that's really satisfying. It's great year-round. Coming out in the winter and pruning, rather than just changing the oil in your tractor."

SHARED KNOWLEDGE

Growing fruit in the upper Midwest is a matter of a lot of learning and shared knowledge. Aburomia and McGuire work to keep abreast of, and contribute to, research and education on the best available methods for apple production. Aburomia serves as

a grower educator for UW-Madison's Beginning Apple Growers class, and he and the McGuires have given presentations and workshops together and separately. Employing every advantage available to organic growers, from planting strategies to wise use of technologies for measuring temperature and humidity and monitoring of insect populations, helps them to combine efficiency, flavor, ecological responsibility, and quality of life for their families, colleagues, and communities.

It seems like a good time to get



Chris McGuire in the Two Onion Farms' orchard.

into organic orcharding here; local fruit is a niche waiting to be filled. Both Chris and Rami point out that central Washington, the source of most U.S.-grown organic apples, is basically a desert. Low rainfall there means that diseases and pests are much less of a problem. It also necessitates constant irrigation and makes for less diverse ecosystems both above ground and below, in the living soil. A more sterile environment is likely to affect both the flavor and nutrition of the fruit grown there. Local fruit can mean greater pleasure and sustainability.

Competition with the big western growers in terms of production and distribution can feel like more of an energizing invitation than a serious problem for local orchardists,

whose apples, after all, aren't much more expensive than those grown in Washington. The greater challenge is probably consumer education. "The downside of growing these scab-resistant varieties is that most of them aren't household names," says McGuire. Customers often swoop into a produce department to grab a familiar Gala or Pink Lady for a snack or their kids' lunches, and don't pause to consider the options. They're looking for a particular color, size and sheen. "There's always a bit of a tradeoff between commercialism and taste,"

(like Honeycrisp) at the University of Minnesota, with "a really unique taste, candy-like and rich." McGuire loves the Winecrisp variety, and both orchardists are excited about Gold-Rush (as is the author of this article), a later apple that actually improves with a little storage time.

This month, Two Onion Farm will likely be offering Pristine (spicy and golden), Sir Prize (rich and tart) and Initial (sweet and juicy) apples. Look for the mild and sweet Blondee, Honeycrisp, Sweet16, Liberty (a classic scab-free McIntosh alternative) and Crimsoncrisp from Atoms to Apples. If you find Rami at a farmers' market, you can also get his fresh farm-pressed cider. At the Co-op, you'll find Juli's line of applesauces and apple butters.

FALL'S MAGIC

A local organic apple is one of the best ways to take in the fall season's magic. The next time you're in the Co-op's Produce department, take a moment to look at the upper shelves and the smaller baskets and bins. Take in the color and fragrance of these unfamiliar varieties, with their own delectable sweetness, tang, mellowness and spice. When you bring them home and taste them, think of the bees and butterflies, soil, rain, sun, and human care that went into them and enjoy their unique flavors.

Chris says. "There's a variety we really love, called the Pixie Crunch, that we haven't sold at the Co-op, because the fruit is so small."

TAKE A CHANCE ON NEW VARIETIES

With apple season in high gear, it's definitely worth slowing down and taking a chance on these less familiar varieties. Through the season, they present a range of flavors likely to please any palate. Their freshness and visual appeal encourage the intimate act of biting right into a piece of fruit in your hand.

Among the many varieties he grows, Aburomia particularly favors the Crimsoncrisp, with its perfect sweet/tart balance and dense fruit, as well as Sweet16, a breed developed

Shopping with Kids?

Kids are free to take a piece of pre-washed fruit from the basket near the Produce Department.

Compliments of the Willy Street Co-op Produce Department

This month's Wellness Wednesday

September 4

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

What's for Dinner?

See the Deli hot bar menus on our website.
willystreet.coop/menus

willy street co-op

EVERYONE WELCOME!

RECIPES

Corn, Cherry Tomato, Arugula and Blue Cheese Salad

Adapted from *Bon Appetit Magazine*

Sweet, juicy, crunchy, pungent, spicy, delicious. Unforgettable.

- 2 3/4 c. corn kernels
- 1 pint cherry tomatoes, quartered
- 4 stalks celery, chopped
- 1/2 red onion, cut into slices
- 1 oz. arugula
- 2 Tbs. balsamic vinegar
- 1/3 c. olive oil
- 1 c. blue cheese

Directions: Combine first 5 ingredients. Place vinegar in a small bowl and gradually mix in oil. Season to taste with salt and pepper. Add 3/4 c. blue cheese. Serve with salad and garnished with remaining cheese. Serves 6.

Golden Tomato Sauce

Adapted from www.101cookbooks.com

A perfectly light and fresh summer tomato sauce to serve over pasta.

- 1 1/2 lb. yellow tomatoes
- 3 Tbs. olive oil
- 3 cloves garlic, minced
- 1/2 Tbs. salt
- 1/2 Tbs. crushed red pepper flakes

Directions: Cut top off of tomatoes. Run your finger inside each tomato to remove seeds; discard. Reserving any juice, chop tomatoes into 1/4-inch chunks, set aside. In a medium saucepan, combine the olive oil, garlic, salt, and crushed red pepper flakes. Heat over a medium-low flame, stirring occasionally, until the garlic begins to turn golden. Add the tomatoes and juices and stir to combine. Bring to a simmer, and cook for 6-8 minutes, until the tomatoes begin to break down. Remove from heat, and adjust the seasoning if needed.

Grilled Heirloom Tomato and Poblano Salsa

Adapted from www.sproutedkitchen.com

Grilling or broiling the vegetables in this salsa makes it extra special. It will keep in the fridge for about a week, so double the recipe if you'd like!

- 1 1/4 lb. tomatoes
- 1 red onion, sliced into large wedges
- 1 bell pepper, sliced into large wedges
- 1 poblano pepper, sliced into large wedges
- 3 clove garlic, minced
- 2 Tbs. olive oil
- 1 Tbs. salt
- 1 lime
- 1/3 c. cilantro

Directions: Heat your grill to medium, or turn on your broiler.

Place the tomato, onion, bell pepper, poblano, and garlic cloves on a large rimmed baking sheet, reserving a wedge each of tomato, onion, and bell pepper. Drizzle the olive oil over the vegetables on the baking sheet, and toss to coat with salt. Grill over direct heat for 10-15 minutes, or broil for 15-20 minutes in the upper third of the oven.

Transfer the grilled/broiled vegetables to a large plate and set aside to cool. Discard the poblano stem and remove the seeds if you don't like heat. Discard the garlic's peel. Place the cooled vegetables in the bowl of a food processor and pulse until minced. Finely dice the tomato, onion, and bell pepper wedges that had been set aside. Transfer the roasted vegetables and diced vegetables into a large mixing bowl, and fold all the ingredients together. Add lime juice and cilantro, and adjust the seasoning if needed. Serve with your favorite tortilla chips.

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
- 1 1/2 lb. sweet Italian sausages
- 1/2 c. dry white wine
- 2 Tbs. white wine vinegar

- 1 bunch watercress
- 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 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.

Whole Grain Caramel Apple Hand Pies

Adapted from www.ohladycakes.com

These hand pies are a perfect use for the first local apples of the season. You'll have extra caramel sauce left after making these: nice for spooning over ice cream (or eating out of the jar!).

For the caramel sauce:

- 1 can full-fat coconut milk
- 1/2 c. sucanat
- Pinch of sea salt

For the crust:

- 1 1/2 c. whole wheat flour
- 1 c. spelt flour
- 2 Tbs. sucanat
- 1/2 tsp. salt
- 1/2 c. coconut oil, melted
- 12 Tbs. water, ice cold

For the filling:

- 1 Tbs. sucanat
- 2 Tbs. tapioca starch
- 1 1/2 tsp. cinnamon
- 2 apples, peeled and chopped into small pieces
- 1 tsp. lemon juice

For the topping:

- 2 Tbs. almond milk
- 1 tsp. vanilla cane sugar

Directions: Begin by preparing caramel sauce. Scoop the thick, creamy coconut milk fat from the can, leaving the coconut water, and set in a small bowl. Pour the coconut water into a small saucepan over medium-high heat. Whisk in 1/2 cup of the sucanat and bring to a boil. Boil 5 minutes, whisking occasionally, then stir in 1 cup of the reserved coconut milk fat (you may have more or less than one cup, which is fine). Lower the heat to medium, and boil for 5 minutes, whisking every minute. If you had less than 1 cup of coconut milk fat, boil for an additional 2-3 minutes. Transfer the caramel sauce to a glass container and allow to cool, uncovered. Refrigerate for at least 4 hours.

In a large bowl, whisk together the whole-wheat flour, spelt flour, 2 tablespoons of sugar, and salt. Drizzle in the coconut oil, a tablespoon at a time, and use your fingers to gently press the coconut oil into the flour. Continue using your fingers to mix for 30 seconds or so, until the mixture looks like sandy meal with a few large clumps. Transfer the bowl to the freezer for 15 minutes, then use your fingers again to break down any hard clumps of coconut oil. Drizzle in the water, about 1/4 cup (4 tablespoons) at a time, rubbing the water into the dough with your fingers, until you've added 1/4 cup of water. Add an additional tablespoon or two of water if the dough seems too dry. Gently knead the dough for just 10-15 seconds, taking care not to overwork it. Divide and flatten into two disks, and wrap in plastic wrap. Let rest at room temperature for 30-45 minutes.

In a small bowl, whisk together 1 tablespoon of sugar, tapioca starch, and cinnamon. In a medium bowl, toss the apples with lemon juice, then sprinkle with the sugar-tapioca starch mixture to evenly coat. Drizzle with 1/2 cup of the caramel sauce, and stir to coat. Transfer the mixture to chill in the refrigerator for at least 30 minutes (note: if your caramel is very liquid, place in the freezer instead).

Preheat oven to 350°F. Line a baking sheet with parchment or a Silpat. Sprinkle a clean countertop with flour. Unwrap one of the disks of dough and roll out to 1/8-inch thick. Use a 3-inch round cookie cutter to cut out rounds. Transfer the rounds to the prepared baking sheet. Gather the dough scraps together and roll out to 1/4-inch thick, and cut out rounds. Top each 1/8-inch thick round with a spoonful of the caramel apple mixture. Gently stretch out the 1/4-inch thick rounds to make them a smidge larger, and use them to cover the apple filling. Press the edges of the rounds to seal, and use a fork to crimp. Trim the rounds if needed. Use a toothpick or sharp paring knife to poke holes in the top of each pie. Brush each one with almond milk and sprinkle with the last tablespoon of sugar. Bake for 20-22 minutes. Transfer to a wire rack to cool. Repeat process with the second batch of dough.

Watermelon, Tomato, and Almond Gazpacho

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

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

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

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

Fattoush Salad

Adapted from www.mamaslebaneskitchen.com

This classic Lebanese salad packed with toasted pita, summer vegetables, and loads of herbs tends to be a hit with everyone, and is filling enough to serve as a meal.

- 5 pita
- 2 Tbs. sumac
- 2 Tbs. olive oil
- 2 lb. tomatoe, chopped into 1-inch chunks
- 1 lb. Mediterranean cucumbers, chop into 1/4 inch thick discs
- 1 bunch scallions, chopped
- 1 bunch fresh mint, stems removed, leaves chopped
- 1 bunch flat-leaf parsley, stems removed, leaves chopped
- 1/2 bunch radishes, chopped into thin discs
- 1 green pepper, chopped into 1/3 inch pieces
- 1 head romaine lettuce, chopped into 1/2 inch pieces
- 3 clove garlic, crushed with a dash of salt
- 1/3 c. pomegranate molasses
- 1/2 c. lemon juice
- 1/3 c. olive oil
- salt

Directions: Preheat oven to 400°F. Separate each pita loaf and slice into 1-inch squares. Spread onto baking sheets and drizzle with 2 tablespoons of olive oil. Sprinkle with 2 teaspoons of sumac. Toast in the oven for 3-5 minutes, until light brown. Remove from oven and set aside.

Combine the tomatoes, cucumber, scallions, mint, parsley, radishes, green pepper, and lettuce in a large bowl.

In a small bowl, whisk together the garlic, pomegranate molasses, lemon juice, remaining 2 tablespoons of sumac, and a pinch of salt. Drizzle in the 1/3 cup of olive oil and whisk to combine. Taste and add more salt as needed. Add the toasted pita to the large bowl of vegetables, and gently toss to combine. Drizzle with dressing, and toss to coat. Serve immediately, so the bread doesn't get soggy.

Green Curry with Vegetables

Adapted from ThaiKitchen.com

Thai-style food that is almost as easy as take-out!

- 14 oz. coconut milk
- 1 Tbs. green curry paste
- 1 c. vegetable broth
- 1 Tbs. salt
- 2 Tbs. brown sugar
- 1 Tbs. ginger, minced
- 1 Tbs. garlic, minced
- 1/4 c. basil leaves, chopped
- 1 c. zucchini, chopped
- 2 c. broccoli florets, chopped
- 1 carrot, chopped
- 1 onion, chopped
- 8 oz. firm tofu
- 2 c. rice, prepared

Directions: Combine the coconut milk, curry paste, vegetable broth, salt, brown sugar, ginger, garlic and basil in a 2 quart saucepan and bring to a boil over medium heat. Reduce heat to low and simmer 15 minutes. Add the vegetables and tofu and simmer 5-10 minutes longer, or until vegetables reach desired tenderness. Serve over hot rice.

Roast Pork with Summer Vegetables

Adapted from www.saveur.com

Perfect summertime cookout fare. The roast pork is succulent and the cilantro mojo is bright and spicy.

- 1 Tbs. coriander seeds
- 1 1/2 tsp. cumin seeds
- 1 cardamom pod
- 1/2 c. cilantro, minced
- 4 cloves garlic, minced
- 1 jalapeño, minced
- 3/4 c. olive oil
- salt
- 1 1/2 tsp. fennel seeds
- 2 Tbs. smoked paprika
- 2 Tbs. turbinado sugar
- 1 boneless pork shoulder
- 4 shallots
- 2 Tbs. canola oil
- 2 sweet potatoes
- 4 tomatillos, peeled
- 5 cloves garlic, minced
- 2 poblano peppers
- 1/2 bunch broccoli rabe, trimmed and blanched until crisp tender

Directions: Place 1 teaspoon of the coriander, 1/2 teaspoon of the cumin, and the cardamom in a skillet over medium heat, stirring occasionally, until toasted, about 5 minutes. Crush the seeds in a mortar and pestle or spice grinder, then combine with the cilantro, half of the garlic, and the jalapeño. Whisk in 3/4 cup of the olive oil and season with salt. Set aside.

Toast the remaining tablespoon of coriander seeds, fennel, and teaspoon of cumin in the skillet you just used. Coarsely grind, then place in a small bowl. Stir in the smoked paprika, sugar, and remaining minced garlic. Place the pork on a dish and sprinkle with a generous pinch of salt. Rub in the spice mixture, then cover with plastic wrap. Let sit at room temperature for 1 hour.

Preheat oven to 475°F. Place the sweet potatoes on a rimmed baking sheet and bake until tender, about 45 minutes. Place on a dish and set aside. Turn the oven onto broil, and place the rack 4 inches from the heating element. Place the tomatillos and poblanos on a baking sheet and drizzle with 2 tablespoons of olive oil. Broil 5 minutes, then turn, and broil an additional 5 minutes, until charred and tender. Set the tomatillos on the dish with the sweet potatoes, and set the poblanos in a bowl. Cover the bowl with a plate and set aside for 15 minutes to steam. Peel the poblanos and discard the seeds and stems. Cut into 1/2-inch-wide strips and set aside.

Heat the remaining 4 tablespoons of olive oil in a large skillet over medium heat. Add the whole garlic cloves, and cook, stirring occasionally until golden brown, about 5 minutes. Increase heat to medium-high and stir in the broccoli rabe. Cook about 3 minutes, stirring occasionally. Season with salt and remove pan from heat.

Reduce the oven to 350°F. Heat the canola oil in an oven-safe skillet over medium heat. Brown the pork on all sides, about 4 minutes. Nestle the shallots, sliced side down, under the pork. Transfer the skillet to the oven and cook 30-35 minutes, until a thermometer inserted into the thickest part of the pork reads 125°F. Transfer the pork and shallots to a cutting board and let rest for 15 minutes. Thinly slice the pork and transfer to a serving dish with the shallots. Dice the cooked sweet potatoes, halve the tomatillos, and place them, along with the poblanos and broccoli rabe on the serving dish. Serve with cilantro mojo. Enjoy!

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LOCAL!
Staff Picks
All local items for Eat Local Month!



TOM

Wüthrich European Style Butter

The high butterfat percentage and low moisture content makes this Wisconsin-produced butter ideal for baking or if you want to bulletproof your coffee. It is rich and smooth without being heavy. Try it on your next piece of toast and you will be hooked.



SHARON

Clausen's French Country Cracked Wheat Bread

This bread makes a wonderful piece of toast for breakfast—nutty, not too dense. Even better, try the toast with some local tomatoes and greens with Willow Creek Bacon.



ABBY

Willy Street co-op Vegan Chocolate Chip Cookie (individually wrapped)

I'm not even a vegan but I find these to be the tastiest chocolate chip cookies we offer! This buttery (but not actually butter) cookie melts in your mouth. Also, the chocolate-chip-to-cookie ratio is on point.



CAITLYN

Willow Creek Braunschweiger

This braunschweiger is made from heritage Berkshire pork and is smoky and spiced just right. Put it on some crusty bread or make yourself a bánh mì!



Willy Street Co-op Juice Bar's Cold Brew

Cold brew season is year-round for me, and the Juice Bar's brew is always nice and strong. They use local Just Coffee beans and you get a discount if you bring in your own mug!



Kikkoman Soy Sauce

Yeah, you read that right: Kikkoman Soy Sauce is brewed right here in Wisconsin. Kikkoman is special for many reasons—it's the quintessential soy sauce used at all your favorite restaurants, it's iconic bottle has won many prestigious design awards, and its origins date back to the 17th Century. Another reason it's special? Kikkoman was attracted to Wisconsin's clean air and fresh groundwater, as both are integral to the fermentation process.



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 great on top of nachos, stuffed in a bell pepper and baked, or just enjoy it on its own!



MICHAIAH

Tipi Produce Kohlrabi

This local, bulbous stem vegetable is full of juicy nutrients raw and adds a crunch to any dish! Just peel it and bask in the splendor of supporting the community of these lands.

Tapuat Grape Memory Kombucha

Locally sourced using herbal medicine. Greatly refreshing throughout each sip.



Driftless Organics Sunflower Oil

Olive oil of the Midwest! I'm grateful to have the opportunity to support a small and local business as well as ethical and sustainable practices, making my act of consumption a vote for a world in more harmony. Fewer imports, fewer fuels to pollute, and more ground for a vibrant community of people, animal, plant, and the like.



AMY

Wisconsin Candle Company Soy Candles

I keep a constant supply of these soy candles in rotation at home. I have specific and seasonal preferences, and luckily, there are plenty of scents to choose from. Crafted out of a storefront in Waunakee (the



ONLY Waunakee in the country!), I'm glad we have this local source!

Rossario's Classic Spaghetti Sauce

Locally made from Rosati's Pizza owners, this is our family's go-to sauce. It's just got a nice kick and seems more flavorful than the more basic lines we carry.



LAURA

Taste Republic Gluten-Free Tortellini

Are you now gluten-free and haven't had tortellini for longer than you remember?! Don't despair, Madison-based pasta company Taste Republic has your salvation! This tortellini is delicious and holds together well (gluten-free people will know what I'm talking about). Maybe it's because I've been gluten-free for a while, but I can't even tell the difference between this and regular tortellini! My favorite meal lately has been to toss this with our house-made parsley pesto, some ripe heirloom tomatoes, avocado, and some shredded Sartori cheese on—YUM!



ABIGAIL

Willy Street Co-op The Green C Juice

This is really filled with a lot of vitamin C! Only 3 ingredients (orange juice, parsley juice, and lime juice) and it is all organic. I like to drink this when I need an cleansing boost or for a refreshing summertime drink. Don't let the parsley scare you—it pairs so well with the citrus. Yum!



PATRICK

Cedar Teeth Cheesus Crust Pizza

I love everything about this pizza (and all of their pizzas). And what's not to love? They're local, they're clearly light-hearted and fun, oh, and they taste amazing! Something about that rosemary sourdough crust, just... phenomenal! Seriously we keep a minimum of two of these in our freezer at all times. Perfect quick dinner or an awesome late night snack. SO GOOD!



CATE

Some Honey Cranberry Honey

I really enjoy the flavor of this honey...no, it does not taste like cranberries, but it does offer a sweet, earthy flavor that is just a touch different than the clover and wildflower honey. Plus, bonus, Some Honey Co. is based in New Lisbon, WI.



KASIA

Cedar Road Bacon

I'm not a bacon person. However, this bacon is delicious—not too fatty, perfectly flavorful. Perfect for a BLT. All of Cedar Road's meats have surpassed my expectations and I urge you to take some home!



TANYA

Origin Breads The Driftless

Baked right here in Madison with wheat grown in the Wisconsin's Driftless region, this tasty sourdough is perfect sandwich bread. Slice it thick or thin. A family favorite.



AMANDA

Renard's Cheese Original Cheese Curd

These curds are squeaky fresh, and if you are from Wisconsin you know what I mean. We get these local curds in weekly on Wednesday. These come from Door County, and I have been eating them since I was a kid traveling to visit family in Baileys Harbor. Now I don't have to travel so far—they come to us.



American Provenance Natural Deodorant Rosaries and Revolvers

I work custodial so I can get a little stinky. I also have sensitive skin so it can be hard to find a deodorant that works for me. My wife bought me Rosaries and Revolvers and not only do I smell great but there's been no irritation at all. This fantastic product is made right in our backyard. Give it a try.



OLIVE

LüSa Organics Grounding Lotion Bar

This lotion bar not only provides excellent moisture but smells fantastic! I personally like to use it for yoga, meditation or whenever I need to take a moment for myself. Works great on hands and feet!



Cocoa Bean Vanilla Wafer Body Butter

You may be tempted to eat this body butter because it smells so good. Unlike other body butters I've tried, this one soaks in fast and doesn't leave an oily residue on my skin. Smelling like a vanilla cookie is also a huge plus!



KRISTI JO

Madison Soap Company Bar Soaps

MSC is a local, woman-owned, woman-run business. Using sustainably sourced ingredients such as Rainforest Alliance-certified palm oil, MSC sincerely cares about what is put into each of their unique skin-loving bars of soap. Clean yourself up while saving the rain forests!



PHILIP

Atoms to Apples Crimson Crisp apples

Extremely crisp. Very good, rich flavor. Sweet/sharp and spicy. It has such a complex, rich flavor and is very, very crisp. Beats honeycrisp hands down. Locally grown.



DAN

Renard's Cheese Creamy Salsa Spread

Creamy Salsa Spread? More like Dreamy Salsa Spread! This is an awesome spread for burgers, with a taco salad, or eaten with a spoon while no one is watching. Plus it won't break the bank! Available at East and North.

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Every Drop Counts





MELISSA

Willy Street Co-op Vegetable Spring Rolls with Spicy Peanut Sauce

I love fresh spring rolls. Our Co-op spring rolls are made with the same quality, organic vegetables you'll find in our Produce section, then stuffed with soft rice noodles for a chewy compliment to the crunch of the fresh veggies.

And then we have the sauce. This stuff is so good, I'd eat it on almost anything. Sweet, savory, and slightly spicy, this stuff is seriously delicious. They make a great appetizer to a grab-and-go lunch at the Co-op! I'm actually eating these as I type this.



MOURNING DOVE

Dandelion Greens

I love upgrading a meal by serving it on a bed of these highly nutritious greens. They're full of potent antioxidants, not too bitter, and so delicious. I prefer them fresh, but they're great cooked, too. Amazing with homemade BBQ sauce!

Organic Leeks

These anti-inflammatory suckers add a delicate onion flavor and make food look so pretty. Thinly slice and sprinkle over whatever dish you're cooking, and you'll look like a fancy pants chef.



ANDY

Carandale Farms Aronia Berries



Carandale specializes in unusual fruit, but this one's becoming more commonly known for its amazing antioxidant content—and it grows wild in much of our region. Most of us won't enjoy aronia just as it is; it's highly astringent, pretty mouth-puckering. That astringency vanishes, though,

when you toss them in a smoothie, hot cereal or cookie batter. I like to juice them and sip healthfully throughout the winter months.



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