

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 47 • ISSUE 1 • JANUARY 2020



Try Something New in the New Year

SPECIAL STORE HOURS
January 1: Closed

IN THIS ISSUE
Weighing CBD Options; Home Fermentation;
Proposed Bylaw Changes; New Year's Resolutions; and more!

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

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

GENERAL EMAIL: info@willystreet.coop

GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

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

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

Deli: 7:30am to 9:00pm

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

**WILLY STREET CO-OP
MISSION STATEMENT**

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

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

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, January 21
Tuesday, March 17
Tuesday, April 21
Tuesday, June 16
Tuesday, July 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.

IN THIS ISSUE

3	Customer Comments	9-10	Community Room Calendar	20-21	Community Reinvestment Fund 2019 Reports
4	Production Kitchen Repairs; North Charging Station; and More!	11-12	New Year's Resolutions	22-23	Try Something New in the New Year
4	Bylaw Revision Feedback; Collective Bargaining; and More!	12	Weighing CBD Options	24	Recipes
5-8	Proposed Changes to Our Bylaws	13-16	SPECIALS PAGES	25-27	Staff Picks
		17	New Products		
		18	Home Fermentation		
		19	New Year, New Deli		

SPECIAL STORE HOURS
January 1: Closed



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!

COMPOSTABLES

Q: *I had a meal today at Willy St East and was excited to be able to throw compostable materials in the bin. Then I looked at what was labeled compostable and was shocked. I couldn't compost napkins and other products that easily break down in my home compost. Other 'compostable' plastics were listed for the garbage as well which is not surprising to me, as these 'biodegradable/compostable plastics' don't seem to break down like the labels would make you believe.*

I am curious, why you are unable to take paper products like napkins. Without knowing all the numbers involved, it seems like this would be a great way to reduce waste going into our landfills and take care of our Earth. It makes it seem like the Co-op is not as committed to sustainability as I would expect.

A: Willy Street Co-op does not compost at any of our sites. We pay a service (Earth Stew Composting) to remove the food waste for us and compost it. So, what can and can not be put in the food waste buckets in the Commons areas at our 3 stores is determined by the composting service, not by us.

Many, if not all, of the plastic items that are labeled as compostable will only break down in a high heat, industrial composting system. Neither of the two companies that we contract with to take our front-of-house and back-of-house food waste have an industrial composting facility and are therefore unable to take the plastics that are supposed to be compostable. As far as I have been able to determine, there are no local industrial composting services available to us at this time. -Jim Jirous, Facilities Director

CAT'S LAST MEAL

Q: *I'd like to share a story about how wonderful humans can be. Yesterday I went to the seafood counter at Willy East and mentioned I had a rather strange request. I asked the fish monger behind the counter if he could cut me some salmon bits for my cat who was going to cross the rainbow bridge the next day. I wanted to get him some special treats on his last day with us. Mind you it was busy, there were 2 people waiting behind me... yet the wonderful fish monger selected a beautiful salmon and tuna and proceeded to cut and fill a 1/4 lb container with high quality fish for my kitty. He went out of his way to do this, and even went as far as to write cat food on the container. It took all I had not to break down and cry right there at the counter. I can't even describe how much that gesture meant to me, and Sampson very much enjoyed the fish before we ended his fight with cancer. I regret not getting his name, but wanted to say thank you so much for your kindness! You have most certainly gained a very loyal customer!*

A: Thanks so much for sharing your touching story. I have passed your email on to our category manager Jeremy Johnson who can ensure that your positive feedback gets back to the appropriate Seafood Center employee at East. Much gratitude to our partners at the Seafood Center for supporting your delicious tribute to Sampson. And on behalf of all of us at the Co-op, deepest sympathies to you and your family. Be well. -Kirsten Moore, Cooperative Services Director

COLLECTING FOOD SCRAPS

Q: *Hello, I'm looking to collect food scraps from local restaurants, juice bars, and grocery stores. I will be composting the food scraps/damaged produce and later adding the finished compost to an organic garden. I can do pick ups at your convenience.*

A: We certainly have a lot of produce trimmings that are destined for the compost! We're not able to set aside or hold scraps, but you are more than welcome to ask any Produce staff if they have a full container of trimmings in the prep room that you can take. These are given out on a first-come, first-served basis.

Please let me know if there is anything else I may help you with. Happy composting! -Liz Hawley, Education and Outreach Coordinator

ONLINE ORDERING

Q: *Your FB page features an article about online ordering and delivery but I don't find any link or info about using this service.*

A: Sorry for the confusion regarding our online shopping service. You can find it at <https://shop.willystreet.coop> or click the "Shop" link in the top right corner of our website. If you run into any issues or have questions about online shopping, please email orders@willystreet.coop. Happy shopping! -Brendon Smith, Communications Director

WILLY EAST MURAL

Q: *In 2012, after Brazilian graffiti artist Panmela Castro had painted a temporary mural on the side of Mother Fool's, the city of Madison Arts Administrator contacted the Willy St Art Center to see if we could arrange for a more permanent mural by the international rock-star artist. We secured the Willy St Coop site, obtained Landmark Commission permission for all three Willy St Coop East mural locations (required in a historic district) picked Panmela up at the airport in Milwaukee, housed her with us, and managed the project.*

Marquette Neighborhood Association paid for her airfare (she was in NYC at the time) and gave her a small honorarium. The Coop had a yellow base coat of paint applied to the wall, supplied the paint, provided Panmela with a gift certificate for meals, provided on-site logistics and hosted a mural dedication.

As to the message of the mural, many women in Brazil have been affected by domestic violence, including Panmela. Thus, the empowerment of women is a prominent theme in her art. The mural itself is decidedly tired looking. As a south facing wall, it suffers from the ravages of the sunlight. In addition, spray paint is less stable than house paint or other paint typically used for murals. At one point, Vital Voices, the DC organization which sponsors the advancement of women world-wide, had suggested that perhaps a donor interested in revitalizing selected murals of Panmela's could help with restoration of the Coop mural. Nothing has come of this so far.

Whether the theme of the mural—or its style—no longer speak to

the Coop membership, Willy Street has been honored to have a work by such a prominent artist in our midst. No other wall in Madison is by such an illustrious person—with such a compelling story—a poor graffiti writer from the favelas of Rio de Janeiro who has risen to international acclaim.

A: Thanks for sharing this, I had also seen this message on our Facebook Messenger and it was forwarded to me as published to the Marquette Neighborhood Association group. As we dedicated the wall to MNA to use for public art and they are our key partner in this project, I am also going to share my response to you with MNA's President Anita Krasno and the Chair of the MNA Arts Committee Jack Kear (who also happens to be a Co-op employee).

I cannot speak for the entire Ownership as to their feelings about the theme of the mural or the style and whether it speaks to them collectively; we assume that all of our customers have varying opinions about all the art featured at our stores. I can say that Panmela Castro's mural, Utopia, has sparked more conversation and positive/negative feedback than the other murals over the years. Perhaps this is because it has been around the longest, and also because it is thought provoking and inspires contemplation. This is exactly what art is designed to do. We on staff have enjoyed these community conversations over the years, and the opportunities Utopia has offered to consider the empowerment and freedom of women. It truly has been an absolute honor for the Co-op to dedicate that wall to the community via the Marquette Neighborhood Association and feature Castro's work. Not only has it sparked community conversation, but inspired the Co-op to continue to invest in community mural projects.

You are right that it's high time to discuss the future of this mural, as it has faded from southern exposure and other weather incidents. We have already started talks with the neighborhood association about the potential for either its restoration, or for alternative ways to honor the time we have had as a community to enjoy the piece so the wall can potentially feature new work. We appreciate your contributions to the project and your offering up this history for the community. -Kirsten Moore, Cooperative Services Director



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GENERAL MANAGER'S REPORT

Production Kitchen Repairs; North Charging Station; and More!



HAPPY NEW YEAR 2020!

"What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from."

-T. S Elliot

by Anya Firszt, General Manager

January is the beginning of the new calendar year, but for the Co-op

it is the start of the second half of our fiscal year. In terms of a mid-year update, sales for the first half of this fiscal year came in under budget, which means in the coming months we need to focus on increasing sales and adjusting (reducing) our expenses to match our actual sales if we are to end the year where we planned. Either way, we have some work to do.

In the new year we have even more ways for you to save; for example, look for Owner Rewards that can save you more than \$75 in the first two weeks in January. Avocados and kale, oh my!

The first Wednesday of the month is usually Wellness Wednesday, but this month we are closed on that day (because it's New Year's Day). However, we are offering Owners a Wellness Any Day coupon to use any day you choose in January to receive 10% off your Wellness products. And, as an added bonus, during the second week of January, Willy Street Co-op brand vitamins are 20% off, which can be combined with your Any Day coupon! Shop and save!

Lastly, at the end of the month, we have planned a little fun and excitement. You will have a chance to win some cool kitchen appliances. Enter to win at each retail; no purchase necessary. Details will be posted in store.

COLLECTIVE BARGAINING NEGOTIATIONS

As the calendar year drew to a

close, collective bargaining took a break for the holidays. I wanted to provide you with an update about our negotiations. Since September 17, 2019, Willy Street Co-op has been engaged in productive, good faith bargaining with UE Local 1186, which represents many of the employees of the Co-op. It is the first time Co-op management and Union representatives have negotiated, and there was a steep learning curve for most involved. Despite that, significant progress has already been made in many areas, with dozens of topics discussed and many temporary agreements reached by both Co-op management and the UE. We believe this new partnership will continue to grow over time, and look forward to what the New Year will bring.

PRODUCTION KITCHEN REPAIRS

We have some repairs at our Production Kitchen that need to be tackled, which will require a temporary closure of the facility. We are working with the Union to address hours and/or compensation for Kitchen staff while these repairs are being made. For more information about what the temporary Kitchen closure means for product selection, see Patrick Schroeder's article on page 19.

NORTH CHARGING STATION

After a few hiccups and unavoidable delays, the electric vehicle charging station at Willy North has been installed. So, if you find yourself low on juice and need a charge, you can now recharge at Willy North located at the Northside TownCenter.

Remember, by shopping at the Co-op (or any small locally owned business), you support the local economy by employing people from the community, purchasing products sourced from hundreds of local farmers, producers and service providers, as well as giving back to the community through sponsorships and donations. Until next month.

BOARD REPORT

Bylaw Revision Feedback; Collective Bargaining; and More!



by Jeannine Bindl, Board Member

Happy New Year! Thank you for your support in 2019; we are eager to see what fun and challenging work we will accomplish together in 2020. The new year starts out busy for your Board.

In addition to our January 21st Board meeting, January also marks the beginning of the excitement we alluded to last month: listening sessions. What are we listening to, you ask? Your feedback on our bylaws!

BYLAW FEEDBACK

The Co-op has and abides by a set of bylaws, or rules, set by Owners to guide how the business is run. They are extremely important. Our bylaws help prioritize Owners' values and make sure we are running the business legally.

The Board of Directors, elected by Owners, is responsible for reviewing the bylaws. It is our job to ensure the bylaws continue to be an appropriate representation of how Owners want the Co-op to run. The last time our bylaws were reviewed as a whole was in 2008, prior to opening our second store, Willy West. The Board's Policy Committee and various Co-op managers worked together to make a plan to review the bylaws as a whole at the beginning of this fiscal year.

So far, the current bylaws have been reviewed by Directors, some managers, and Board Committee members. A draft of suggested changes has been put together and reviewed by the Board and the Co-op's attorneys. The next step in this process is to present our first draft of potential bylaws revisions to you, the Owners.

A physical copy of the bylaws and suggested changes with reasons is included in this *Reader* on the following four pages. To get your feedback, we have scheduled six listening sessions: two at each retail site.

These sessions are scheduled for:

- Willy West: January 11, 2020; 12:30pm-2:00pm
- Willy East: January 16, 2020; 6:00pm-7:30pm
- Willy East: January 25, 2020; 10:00am-11:30am
- Goodwill Community Room (next to Willy North): January 28, 2020; 6:00pm-7:30pm
- Goodwill Community Room (next to Willy North): February 8, 2020; 10:30am-12:00pm

- Willy West: February 12, 2020; 6:00pm-7:30pm

Once we gather your feedback on the bylaws, the Policy Committee will review Owner suggestions and write a second draft of potential bylaws revisions. This will be forwarded to the Board of Directors for review and discussion, the General Manager for submission to attorneys, and then finally to Owners who will vote on the suggested changes in July.

It is extremely important to us that we hear your feedback. If you are unable to make one of the scheduled listening sessions, please contact us at www.willystreet.coop/contact-us with your feedback. We want to make sure that we hear everyone's perspective before making final suggestions in July.

ANSWERING QUESTIONS

The Board has received questions from two media outlets in the past month. Both the *Isthmus* and *Tone Madison* requested comments. We were glad to respond to questions from the community regarding current events at the Co-op.

We have also been contacted by Owners with questions and comments, specifically with respect to staff unionization, the current attendance policy, and the cancellation of our December Board meeting. Thank you to everyone who reached out; we appreciate hearing from you!

Our December Board meeting was cancelled because we had just a few agenda items. With November and December being the Co-op's busiest months, we decided to reroute our attention to more pressing matters.

The Board was excited to hear that the collective bargaining process is moving along. That said, our role in staff unionization and the current attendance policy is oversight. We do not make attendance policies, participate in collective bargaining, or have direct involvement in the day-to-day happenings at the Co-op. Our role is to ensure that the General Manager is abiding by the guidelines (policies) set by the Board.

It is also our job to represent you, the Owners. If you have questions or input about something that is going on at the Co-op or in our community, please let us know. Your input helps us set a strategic direction and reminds us of what our Owners care about. We can be reached at board@willystreet.coop or allboard@willystreet.coop.

Thank you for your continued support and commitment to our community. Cheers to you, our Owners, and the things we will accomplish together in 2020.

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Proposed Changes to Our Bylaws

CURRENT LANGUAGE	PROPOSED DRAFT AND NOTES
I: Organization	
1.1: The name of this cooperative is Williamson Street Grocery Co-op, referred to herein as "the Co-op". (NO CHANGES PROPOSED)	
1.2: The principal office of the Co-op is located in Dane County at such updated address as is on record with the State Department of Financial Institutions.	1.2: The principal office of the Co-op is located in Dane County at such updated address as is on record with the Wisconsin Department of Financial Institutions. Reason for change: Specifies state where principal office is on record.
II: Purpose	
2.1 The purpose of the Co-op is to serve the needs of its Owners. Its primary focus is to operate a grocery business providing nutritious food to the community at fair prices. Consistent with that focus, it may also engage in other activities and provide other goods or services as may be desired by the Owners.	2.1 The purpose of the Co-op is to serve the needs of its Owners. Its primary focus is to operate a grocery business providing quality food, goods and services to the community at fair prices. Reason for change: Simplify statement, recognize that nutritional value is only one of many reasons the Co-op may offer certain foods.
2.2: Cooperative philosophy and values are an essential part of our enterprise; therefore in achieving its purpose, the Co-op will adhere to the seven cooperative principles as adopted by the International Cooperative Alliance and in addition shall strive to: <ol style="list-style-type: none"> 1. Operate on a sound financial basis so as to provide for the long-term benefit of the Owners and the community; 2. Pursue growth and expansion of the business in order to better meet the needs of the Owners for goods and services; the employees for well-paid, satisfying jobs and opportunities for career development; and to improve efficiency and lower costs; 3. Manage the business in an open, democratic manner that respects employees' rights to a humane work environment and participation in decision-making; 4. Develop a management structure that provides a viable model for alternative businesses; 5. Reach out and expand services to segments of the community not presently served, in particular groups such as seniors and others who are on low and/or fixed incomes; 6. Integrate education about nutrition, the politics of food, general consumerism and cooperatives into its operations; 7. Cooperate with other cooperatives by sharing experience, information, time and patronage and/or holding memberships in local, regional and national cooperative organizations; 8. Foster consumer control by soliciting Owner input on a regular basis, being responsive to Owner needs, and encouraging Owner participation in the governance and activities of the Co-op; 9. Support local businesses and suppliers in order to create a stronger economic base in the community and to promote regional self-sufficiency; 10. Support and participate in the movement for progressive fundamental social change. 	2.2: Cooperative philosophy and values are an essential part of our enterprise; therefore in achieving its purpose, the Co-op will adhere to the seven cooperative principles as adopted by the International Cooperative Alliance* and in addition shall strive to: <ol style="list-style-type: none"> 1. Operate on a sound financial basis so as to provide for the long-term benefit of the Owners and the community; 2. Pursue growth and expansion of the business in order to better meet the needs of the Owners for goods and services; the employees for well-paid, satisfying jobs and opportunities for career development; and to improve efficiency and lower costs; 3. Manage the business in an open, sustainable manner that respects employees' rights to a humane work environment and their contributions to the organization's business and community growth; 4. Maintain a business strategy that utilizes the opportunities and benefits of consumer cooperation; 5. Reach out to and expand services to segments of the community who are underserved or disadvantaged; 6. Foster consumer control by soliciting Owner input on a regular basis, being responsive to Owner needs, and encouraging Owner participation in the governance and activities of the Co-op; 7. Support local businesses and suppliers in order to create a stronger economic base in the community and to promote regional self-sufficiency; 8. Support and participate in efforts for progressive fundamental change. Reason for change: <ul style="list-style-type: none"> • Current #3: 2.2 already states the Co-op will adhere to the seven cooperative principles. Co-op Principle 2 is Democratic Owner Control: "Cooperatives are democratic organizations controlled by their Owners, who actively participate in setting their policies and making decisions. Those serving as elected representatives are accountable to the Ownership. Owners have equal voting rights (one member, one vote)." Rather than cutting entirely, existing #3 has been altered to continue to recognize important employee rights and their valuable contributions to the business. • Current #4: Place emphasis on the type of alternative business the Co-op is: a consumer cooperative. • Current #5: Recognizes a wider group of the community the Co-op has a obligation to serve. • Current #6: Redundant. 2.2 already states the Co-op will adhere to the seven cooperative principles. Cooperative Principle 5 is Education, Training, and Information: "Cooperatives provide education and training for their Owners, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public - particularly young people and opinion leaders - about the nature and benefits of cooperation." • Current #7: Redundant. 2.2 already states the Co-op will adhere to the seven cooperative principles. Cooperative Principle 6 is Cooperation Among Cooperatives: "Cooperatives serve their Owners most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures." • Current #10: Recognizes there is no one movement for progressive fundamental change. <p>*The full text of the International Cooperative Principles can be found here and will be linked from the bylaws online: bit.ly/2ObAcjt</p>
III: Ownership	
3.1: The Co-op shall have one class of Owners. "Owners" in these bylaws is equivalent to and used in place of the term "members" as used in Chapter 185.	3.1: The Co-op shall have one class of Owners. "Owners" in these bylaws is equivalent to and used in place of the term "members" as used in Wis. Statutes Chapter 185. Reason for change: Specifies what Chapter 185 is referencing.
3.2: Ownership in the Co-op shall be voluntary and open to any person, household, cooperative or non-profit corporation that wishes to support the Co-op's activities, intends to use its services, and will accept the responsibilities of Ownership.	3.2: Ownership in the Co-op shall be voluntary and open to any person, household, cooperative or non-profit corporation that wishes to support the Co-op's activities, intends to use its services, and will accept the responsibilities of Ownership. Persons entering into an Ownership must be at least 18 years of age. Reason for change: Current practice requires persons to be 18 years of age or older to enter into an Ownership contract.
3.3: The Co-op shall not discriminate on the basis of sex, race, religion, color, national origin or ancestry, age, physical appearance, sexual orientation, handicap/disability, marital status, familial status, occupation, source of income, arrest record or conviction record, less than honorable discharge, or political beliefs.	3.3: The Co-op shall not discriminate on the basis of age, race, color, sex, sexual orientation, gender identity, religion or atheism, national or ethnic origin or ancestry, citizenship status, political beliefs, veteran status, handicap/disability, marital status, source of income, arrest record, conviction record, less than honorable discharge, physical appearance, genetic identity, familial status, student status, domestic partner status, receipt of rental assistance, the fact that the person declines to disclose their social security number, homelessness, unemployment status or any other category protected by local, state or federal law. Reason for change: Update to strongest current language in local ordinances and allows for updates with regard to future protections in accordance with law.
3.4: Submitting a completed Ownership application and payment towards a "Fair Share" is required in order to become an Owner. An application for Ownership shall be subject to approval by the Board of Directors.	3.4: Submitting a completed Ownership application and payment towards an Owner equity share is required in order to become an Owner. An application for Ownership may be subject to approval by the Board of Directors. Reason for change: Removed branded term for Owner equity share ("Fair Share") for clarity. Changed "shall" to "may" to allow for the option for the Board to approve applications for Ownership as needed; current practice approves applications for Ownership by default.
3.5: The "Fair Share" is the dollar amount that is required to purchase an Ownership share. The Board of Directors may make provisions allowing the purchase of this share in installments over time and may allocate a portion of each payment as a non-refundable administrative fee. Any change to the amount of the Fair Share shall be approved by the Owners using the signed ballot process described in Section 4.7.	3.5: The Owner equity share is the dollar amount that is required to purchase an Ownership share. The Board of Directors may make provisions allowing the purchase of this share in installments over time and may allocate a portion of each payment as a non-refundable administrative fee. Any change to the amount of the Owner equity share shall be approved by the Owners using the signed ballot process described in Section 4.7. Reason for change: Removed branded term for Owner equity share ("Fair Share") for clarity.
3.6: An Owner is considered to be current and in good standing if the Owner has made a purchase at least once in the past 12 months and either the Fair Share is paid in full or the required installment payments have been made.	3.6: An Owner is considered to be current and in good standing if the Owner has made a purchase at least once in the past 12 months and either the Owner equity share is paid in full or the required installment payments have been made. Reason for change: Removed branded term for Owner equity share ("Fair Share") for clarity.

3.7: Ownership may be terminated voluntarily by an Owner at any time upon written notice to the Co-op. Ownership will be considered voluntarily terminated if not kept current. (NO CHANGES PROPOSED)	
3.8: Ownership may be terminated involuntarily only for cause by the Board of Directors, <u>provided the accused Owner is first accorded an adequate opportunity to respond to the charges in person or in writing.</u> "For cause" termination must be based upon seriously improper conduct which must include at least one of the following circumstances: <ol style="list-style-type: none"> 1. A willful failure to deal fairly with the Co-op in connection with a matter in which the Owner has a material conflict of interest; 2. A violation of criminal law at or in connection with, activities of the Co-op, unless the Owner had reasonable cause to believe his or her conduct was lawful or no reasonable cause to believe his conduct was unlawful; 3. A transaction with the Co-op from which the Owner derived an improper personal benefit; 4. Willful misconduct or disruptive behavior on a second occasion after clear written warning that such conduct or behavior could result in loss of Ownership status. 	3.8: Ownership may be terminated involuntarily only for cause by the Board of Directors. "For cause" termination must be based upon seriously improper conduct that must include at least one of the following circumstances: <ol style="list-style-type: none"> 1. A willful failure to deal fairly with the Co-op in connection with a matter that the Owner has a material conflict of interest; 2. A violation of criminal law at or in connection with activities of the Co-op; 3. A transaction with the Co-op that the Owner derived an improper personal benefit. 4. Willful misconduct or disruptive behavior that results in the Co-op serving a written notice of trespass to the Owner. <u>Person(s) who have had their Ownership terminated involuntarily may make an appeal in writing within 30 days of termination to the Board of Directors including a statement or other information in support of their request for reinstatement. Following receipt of appeal, the Board of Directors may, at their discretion, invite the person(s) to make their appeal in person. The Board of Directors will make decisions regarding reinstatement of Ownership in closed session.</u> Reason for change: <i>Make process safer to sever ties with Owners who have conducted themselves in seriously improper and sometimes unsafe ways while interacting with the Co-op or using the Co-op's services. Make it easier to return equity to those who are no longer allowed to use the Co-op's services in accordance with Principle 1: Cooperatives are voluntary organizations, open to all persons able to use their services...</i>
3.9: Upon termination of Ownership, all rights and interests in the Co-op shall cease except for rights to redemption of their <u>Fair Share</u> funds in accordance with these bylaws.	3.9: Upon termination of Ownership, all rights and interests in the Co-op shall cease except for rights to redemption of their <u>Owner equity share</u> funds in accordance with these bylaws. Reason for change: <i>Removed branded term for Owner equity share ("Fair Share") for clarity.</i>
3.10: The balance existing in each Owner's Fair Share account shall be refunded upon termination of Ownership, within 90 days of demand, subject to the Board of Directors determining when money is available for refunds and how much may safely be refunded each fiscal year.	3.10: The balance existing in each Owner's <u>Owner equity share</u> account is refunded upon termination of Ownership, within 90 days, subject to the Board of Directors determining when money is available for refunds and how much may safely be refunded each fiscal year. Reason for change: <i>Removed branded term for Owner equity share ("Fair Share") for clarity.</i>
3.11: Ownership rights and interests, including any <u>Fair Share</u> balance, may not be sold, assigned or otherwise transferred in any way to another person or entity except as provided for by the Board of Directors.	3.11: Ownership rights and interests, including any <u>Owner equity share</u> balance, may not be sold, assigned or otherwise transferred in any way to another person or entity except as provided for by the Board of Directors. Reason for change: <i>Removed branded term for Owner equity share ("Fair Share") for clarity.</i>
3.12: The Board of Directors may establish other categories of patrons (<u>seniors or low income, for example</u>) that may from time to time be extended certain Owner benefits, such as being able to make purchases at Owner prices, without having purchased a <u>Fair Share</u> , however these designations will not bestow any right to vote or to be elected to the Board.	3.12: The Board of Directors may establish other categories of patrons that may from time to time be extended certain Owner benefits, such as being able to make purchases at promotional Owner prices, without having purchased an <u>Owner equity share</u> , however these designations will not bestow any right to vote or to be elected to the Board. Reason for change: <i>Removed unnecessary examples. Removed branded term for Owner equity share ("Fair Share") for clarity.</i>
IV: Owner Meetings	
4.1: Meetings of the Owners shall be held in the <u>City of Madison, State of Wisconsin</u> . The specific time and location of these meetings shall be set by the Board of Directors and posted in the principal office. Notice of meetings will also be sent to all Owners at their address on record with the Co-op.	4.1: Meetings of the Owners shall be held in <u>Dane County, State of Wisconsin</u> . The specific time and location of these meetings shall be set by the Board of Directors and posted at all Co-op retail locations and on the <u>Co-op website</u> . Written notice of meetings will also be provided to all Owners in accordance with <u>Wis. State Statutes Sections 185.13 and 185.15</u> . Reason for change: <i>Some Co-op locations are not within the City of Madison; desire to increase accessibility to meeting notices for Owners; removing redundancy with state law.</i>
4.2: The Annual Owners' Meeting will be held within 100 days of the end of the fiscal year. (NO CHANGES PROPOSED)	
4.3: A Special Meeting of the Owners may be called by the Board of Directors or by the President, or upon demand of the Owners as represented by a petition signed by one fifth of the current Owners, such petition stating the business to be brought before the meeting. In the instance of an Owner petition, the meeting must be scheduled no more than 45 days after receipt of the petition. Any business conducted at a special meeting other than that specified in the notice of the meeting shall be of an advisory nature only. (NO CHANGES PROPOSED)	
4.4: The President or someone appointed by the Board of Directors shall chair all Owners' meetings. Minutes shall be taken by one appointed by the Chair. The order of business shall be approved by the Owners. (NO CHANGES PROPOSED)	
4.5: Quorum at an Owners' meeting shall be 50 Owners. (NO CHANGES PROPOSED)	
4.6: All current Owners, whether fully paid or not, may vote in meetings of the Owners. Households, cooperatives or non-profits that are Owners shall each have only one vote and shall designate one person to cast that vote.	4.6: All current Owners, whether fully paid or not, may vote in meetings of the Owners. Households, cooperatives or non-profits that are Owners shall each have only one vote and shall designate one person to cast that vote. <u>In the event that the Co-op receives more than one vote cast by an Owner:</u> <ol style="list-style-type: none"> 1. Electronic votes cast will take priority over any paper votes cast; 2. Paper votes cast by primary contacts on household Ownerships will take priority over paper votes cast by secondary contacts on the same Ownership; 3. The first paper vote received from an Owner contact will take priority over any other paper votes received from same Owner contact. Reason for change: <i>Clarity for Owners regarding how votes are prioritized when more than one vote is received by the Co-op from the same Ownership.</i>
4.7: Unless otherwise required by state statute or these bylaws, voting at an Owners' meeting shall be by majority vote. Voting on significant questions, including but not limited to amending these Bylaws, changing the <u>Fair Share</u> , or approving expenditures on expansion shall be by signed ballot in accordance with the following process: <ol style="list-style-type: none"> 1. Ballots and the full text of the question being voted on along with the notice of the special meeting at which the ballots will be counted shall be mailed to all Owners. This special meeting shall be held no later than six weeks after the distribution of the ballots; 2. Votes may be cast by paper ballot or via an online voting process. Completed paper ballots shall be returned to the Co-op by mail or deposited in a ballot box designated for that purpose at the Co-op. The ballots shall be marked with the Owner's name, number, signature, and date of signing. Alternately, the Owner's name, number, and signature and date of signing may be marked on the outside of a sealed envelope containing the ballot; 3. Ballots shall be received at the <u>location of the special meeting</u> by the time that the meeting is called to order if they are to be counted as valid votes. 	4.7: Unless otherwise required by state statute or these bylaws, voting at an Owners' meeting shall be by majority vote. Voting on significant questions, including but not limited to amending these Bylaws, changing the <u>Owner equity share</u> , or approving expenditures on expansion shall be by signed ballot in accordance with the following process: <ol style="list-style-type: none"> 1. Ballots and the full text of the question being voted on along with the notice of the special meeting at which the ballots will be counted shall be mailed to all Owners. This special meeting shall be held no later than six weeks after the distribution of the ballots; 2. Votes may be cast by paper ballot or via an online voting process. Completed paper ballots shall be returned to the Co-op by mail or deposited in a ballot box designated for that purpose at the Co-op. The ballots shall be marked with the Owner's name, number, signature, and date of signing. Alternately, the Owner's name, number, and signature and date of signing may be marked on the outside of a sealed envelope containing the ballot. <u>In addition to the signed ballot process, the Board may establish procedures for voting by electronic mail or through an Internet web site, and such votes shall be considered equivalent to submitting a signed ballot;</u> 3. Ballots shall be received by the time that the <u>special meeting</u> is called to order if they are to be counted as valid votes. Reason for change: <i>Removed branded term for Owner equity share ("Fair Share") for clarity. Moved last paragraph to section of bylaw where the ballot process is addressed. Reflects that ballots may now be cast at all Co-op retail locations as well as electronically and be considered received.</i>
In addition to the signed ballot process, the Board may	

establish procedures for voting by electronic mail or through an Internet web site, and such votes shall be considered equivalent to submitting a signed ballot.	
<p>4.8: Petitions: Any matter that the Owners wish to put before the Ownership via a Co-op vote may be placed on the ballot in the following way:</p> <ol style="list-style-type: none"> 1. If a petition signed by at least five percent (5%) of the total number of Owners in good standing is submitted, the President shall place the issue on the ballot for the next regularly scheduled Co-op vote; 2. If a petition is signed by at least ten percent (10%) of the total number of Owners in good standing, the President shall schedule a special vote no sooner than 30 days and no later than 75 days from the date the petition is submitted. (NO CHANGES PROPOSED) 	
V: Board of Directors	
5.1: The Board of Directors shall manage the business and affairs of the Co-op. In addition, the Board shall be responsible for the hiring, evaluating, compensating and firing of the General Manager.	<p>5.1: The Board of Directors shall manage the business and affairs of the Co-op. In addition, the Board shall be responsible for the hire, evaluation, compensation and termination of the General Manager.</p> <p>Reason for change: Acknowledgement that the Board is responsible for the Co-op's relationship with the General Manager throughout their employment; "termination" covers a larger variety of ways a General Manager's relationship with the Co-op could end than simply "firing."</p>
5.2: The Board of Directors shall consist of nine individuals. All Directors shall be Owners in good standing of the Co-op who are at least 18 years of age. The General Manager of the Co-op may not be elected or appointed to the Board and no more than two employees of the Co-op may serve as Directors at any one time.	<p>5.2: The Board of Directors shall consist of nine individuals. All Directors shall be Owners in good standing of the Co-op who are at least 18 years of age. The General Manager of the Co-op may not be elected or appointed to the Board and no more than two employees of the Co-op may serve as Directors at any one time. <u>Only one person per Owner account can be elected or appointed to the Board at any one time.</u></p> <p>Reason for change: To ensure that each Ownership represented on the Board receives only one vote.</p>
5.3: Directors shall be elected for terms of three years, except that it may occasionally be necessary to have a Director elected for a shorter term in order to ensure that three terms expire in each year. (NO CHANGES PROPOSED)	
5.4: Elections for the Board of Directors shall be conducted by a signed ballot in accordance with the following process:	5.4: Elections for the Board of Directors shall be conducted by a signed ballot in accordance with the following process:
<ol style="list-style-type: none"> 1. Candidates must submit their candidate applications at least 30 days before the Annual Meeting. Directors will be elected during a voting period that is at least two weeks in length and includes the Annual Meeting; 2. Ballots and election information are distributed to all Owners along with notice of the special meeting at which the ballots will be counted in accordance with state statutes. This special meeting must be held within six weeks of the Annual Owners' Meeting; 3. Votes may be cast by paper ballot or via an online voting process. Completed paper ballots may be returned to the Co-op by mail or deposited in a ballot box designated for that purpose. The ballots shall be marked with the Owner's name, number, signature, and date of signing. Alternately, the Owner's name, number, and signature and date of signing may be marked on the outside of a sealed envelope containing the ballot; 4. In the event of a tie, the Board will decide which candidate receives the longest term or open position in question, unless the nominees can come to agreement on these matters amongst themselves. <p>In addition to the signed ballot process, the Board may establish procedures for voting by electronic mail or through an Internet web site, and such votes shall be considered equivalent to submitting a signed ballot.</p>	<ol style="list-style-type: none"> 1. Candidates must submit their candidate applications at least 30 days before the Annual Meeting. Directors will be elected during a voting period that is at least two weeks in length and includes the Annual Meeting; 2. Ballots and election information are distributed to all Owners along with notice of the special meeting at which the ballots will be counted in accordance with state statutes. This special meeting must be held within six weeks of the Annual Owners' Meeting; 3. Votes may be cast by paper ballot or via an online voting process. Completed paper ballots may be returned to the Co-op by mail or deposited in a ballot box designated for that purpose. The ballots shall be marked with the Owner's name, number, signature, and date of signing. Alternately, the Owner's name, number, and signature and date of signing may be marked on the outside of a sealed envelope containing the ballot. In addition to the signed ballot process, the Board may establish procedures for voting by electronic mail or through an Internet web site, and such votes shall be considered equivalent to submitting a signed ballot; 4. In the event of a tie, the Board will decide which candidate receives the longest term or open position in question, unless the nominees can come to agreement on these matters amongst themselves. <p>Reason for change: Moved last paragraph to section of bylaws where the ballot process is addressed.</p>
5.5: Directors shall disclose their actual or potential conflicts of interest in any matter under consideration by the Board, and unless requested otherwise by majority vote of the other Board members, shall absent themselves from deliberation or decision on the matter. A Director who is an employee of the Co-op may not serve as President or Vice President of the Board.	<p>5.5: Directors shall disclose their actual or potential conflicts of interest in any matter under consideration by the Board, and unless requested otherwise by majority vote of the other Board members, shall recuse themselves from deliberation or decision on the matter. A Director who is an employee of the Co-op may not serve as President or Vice President of the Board.</p> <p>Reason for change: Preferred synonym, easier to understand.</p>
5.6: Any Director may resign at any time by written notice to the Board of Directors. The resignation shall take effect at the time the notice is received or at such a later time as is specified in the notice of resignation. The acceptance of the resignation shall not be necessary to make it effective. (NO CHANGES PROPOSED)	
5.7: The term of office of a Director may be ended prior to its expiration in any of the following ways:	
<ol style="list-style-type: none"> 1. Automatically upon termination of a Director's Ownership in the Co-op; 2. By a 2/3 vote of the Directors present at a Board meeting if a Director has failed to attend three meetings of the Board in any 12 month period; 3. If a Director has acted against the best interest of the Co-op or has violated the Director's code of conduct, the Director may be removed by a 2/3 vote of the Directors present at a Board meeting, at which this item is on the agenda, provided that: <ol style="list-style-type: none"> a. the Director in question is first given no less than ten calendar days advance written notice that this subject will be on the Board's agenda, and b. the Director in question is accorded an adequate opportunity to respond in person or in writing regarding their alleged violation before the expulsion vote is taken by the Board; 4. By a majority vote of the Owners of the Co-op, using the ballot process described in Section 4.7. The quorum for a vote to recall a Director shall be five percent of the current Owners. (NO CHANGES PROPOSED) 	
5.8: In the event of a vacancy on the Board of Directors, the Board may choose to temporarily fill the vacancy by majority vote of the Directors in office or to leave the position vacant. An election by the Owners at the next Annual Owners' Meeting shall fill the position for the remainder of the term, if any remains. (NO CHANGES PROPOSED)	
5.9: The Board of Directors shall meet at least once quarterly at a time and place determined by the Board and posted in the principal office. A quorum shall consist of a majority of the Directors in office. Special meetings of the Board can be called by the President, and all Directors shall be notified at least seven days prior to such a meeting.	<p>5.9: The Board of Directors shall meet at least once quarterly at a time and place determined by the Board and posted as per Bylaw Section 4.1. A quorum shall consist of a majority of the Directors in office. Special meetings of the Board can be called by the President, and all Directors shall be notified at least seven days prior to such a meeting.</p> <p>Reason for change: Reduces redundancy, ensures Bylaw Section 5.9 is not in conflict with Bylaw Section 4.1.</p>
5.10: The Board of Directors shall establish a procedure for decision-making at their meetings. This procedure may be amended from time to time by the Board according to the decision making process then in effect. (NO CHANGES PROPOSED)	
5.11: The principal officers of the Co-op shall be a President, a Vice President, a Secretary, and a Treasurer. They shall be elected by the Board for a term of one year. The President and Vice President shall be Directors. The Secretary and Treasurer may be the same person and need not be a Director. (NO CHANGES PROPOSED)	
5.12: The Board of Directors may remove any principal officer whenever in its judgment the best interests of the Co-op will be served thereby. (NO CHANGES PROPOSED)	
5.13: If the office of the President becomes vacant, the Vice President shall become President. If the office of the Vice President becomes vacant, the Board of Directors shall appoint a Vice President to serve until the next officer elections. (NO CHANGES PROPOSED)	
5.14: The Board or President may appoint standing or special committees to advise the Board or to exercise such authority as the Board shall designate. Members of all Board committees shall be approved by the Board and may be removed or replaced at the discretion of the Board. Committees shall elect their own chairs. Non-Director membership is encouraged for all committees, and they shall have all the same duties, responsibilities and voting powers as members who are Directors. The members of a committee may not include a majority of the current Directors. (NO CHANGES PROPOSED)	
VI: Finances	

6.1: The fiscal year of the Co-op shall be from the first Monday nearest June 30th to the Sunday nearest June 30th next, for a revolving 52/53 week cycle. The Board may change the fiscal year, based upon a finding that such a change is in the best interest of the Co-op.	6.1: The fiscal year of the Co-op shall be from the first Monday nearest June 30th to the Sunday nearest June 30th next, for a revolving 52/53 week cycle. Reason for change: Board should not have power to change the fiscal year without a bylaws change.
6.2: The Board of Directors shall provide oversight related to the preparation and monitoring of an annual budget. A consolidated version of the budget as approved by the Board shall be published and distributed annually to the Owners. (NO CHANGES PROPOSED)	
6.3: The Board shall ensure that a financial audit is conducted annually by a certified public accountant. (NO CHANGES PROPOSED)	
6.4: Unbudgeted capital expenditures over one percent of the Co-op's total equity shall be approved by the Board of Directors. Any decision to buy or sell the Co-op's building(s) or to spend over ten percent (10%) of the Co-op's total equity on an expansion project must be approved by the Owners, using the ballot process described in Section 4.7. Total equity for these purposes is defined as (Total Assets-Total Liabilities=Total Equity).	6.4: Unbudgeted capital expenditures over one percent of the Co-op's total equity shall be approved by the Board of Directors. Any decision to buy or sell the Co-op's building(s) or to spend over 20 percent (20%) of the Co-op's total equity on an expansion project must be approved by the Owners, using the ballot process described in Section 4.7. Total equity for these purposes is defined as (Total Assets-Total Liabilities=Total Equity). Reason for change: Total Equity is currently an estimated \$5M, and 10% is an estimated \$500K. 20% is an estimated \$1M and is closer to current costs of expansion projects (West Expansion \$2.2M, North \$2M, East Remodel \$4M).
6.5: Net proceeds as defined in Chapter 185 shall be considered income to the Co-op and may be credited to allocated or unallocated surplus or reserves of the cooperative and may be applied to losses incurred in prior years. The Board may, at its discretion, pay out or allocate all or part of the net proceeds to the Owners as a patronage rebate.	6.5: Net proceeds as defined in Wis. Statutes Chapter 185 shall be considered income to the Co-op and may be credited to allocated or unallocated surplus or reserves of the cooperative and may be applied to losses incurred in prior years. The Board may, at its discretion, pay out or allocate all or part of the net proceeds to the Owners as a patronage rebate. Reason for change: Specifies what Chapter 185 is referencing.
VII: Participatory Management	
7.1: The Co-op supports participatory management. To that end, management of the Co-op shall be conducted in a manner that enables employees to be involved in the decision-making process, via direct input or representation by the Employee Council, which shall adhere to the Co-op purpose (statement) and make decisions on personnel issues that affect all employees.	Reason for change: The Co-op has received legal counsel that Bylaw 7.1 is illegal under the National Labor Relations Act which regulates the way in which employees participate in business decisions. Bylaw 8.2 currently nullifies the ability for the Co-op to enforce this bylaw. The Employee Council was not legally able to participate in personnel decisions and has been suspended. Currently, the majority of employees are now represented by a labor union. Bylaw 2.2.3 as proposed continues to recognize important employee rights and their valuable contributions to the business.
VIII: Bylaws	
8.1: These bylaws may be amended or repealed or new bylaws adopted only by vote of the Owners, using the ballot process described in Section 4.7. (NO CHANGES PROPOSED)	
8.2: In the event that any provision of these bylaws is determined to be invalid or unenforceable under any statute or rule of law, then such provision shall be deemed inoperative to such extent without affecting the validity or enforceability of any other provision of these bylaws. (NO CHANGES PROPOSED)	

BYLAW LISTENING SESSIONS

The Board seeks your input on this first draft of the bylaws. Come to one of the listening sessions!

- Willy West: January 11, 2020; 12:30pm-2:00pm
- Willy East: January 16, 2020; 6:00pm-7:30pm

- Willy East: January 25, 2020; 10:00am-11:30am
- Goodwill Community Room (next to Willy North): January 28, 2020; 6:00pm-7:30pm
- Goodwill Community Room (next to Willy North): February 8, 2020; 10:30am-12:00pm

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Serves Dodgeville & Lancaster



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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.



COOKING

COOKING WITH CHEF PAUL: TAIWANESE DANZAI NOODLE

Location: Willy East Community Room
Thursday, January 9, 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 this simple yet flavorful dish that is sure to warm you up during the cold winter months. This noodle dish requires a number of culinary techniques, including making stock, braising, and preparing fresh pasta.

COOKING WITH CHEF PAUL: FONDUE AND SHABU-SHABU

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

Join Paul and experience this collision of culinary cultures! Both Fondue and Shabu-Shabu are both hotpot dishes that are quick and easy to make—one uses cheese and the other stock. It's a great way to entertain by gathering your friends and family around the hotpot on a cold winter day.

DIY

HOME CREAMERY: CULTURED MILK, KEFIR, YOGURT, AND MORE!

Location: Willy East Community Room
Wednesday, January 29, 6:00pm–8:00pm
Ages: 10 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$35 for Owners; \$45 for non-owners

Join veteran home cheesemaker Linda Conroy for this fun and inspiring class. Linda and the class participants will make and sample yogurt, kefir, cultured cream, and cultured butter. After transforming milk into these cultured products, Linda will teach the class to transform them into soft spreadable cheese. Participants will leave with recipes and a culture to get them started at home! Vegetarian, gluten-free, and grain-free.

HOME CREAMERY: FETA AND RICOTTA

Location: Willy East Community Room
Wednesday, February 19, 6:00pm–8:00pm
Ages: 10 and older; adult supervision required

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

Feta and ricotta are two styles of cheese that can easily be crafted in the home kitchen. Linda will discuss the best milk choices for making cheese at home, and then delve into a hands-on experience making cheese. Samples will be provided, and you will take home cheese, as well as recipes for making cheese and for incorporating it into other recipes. Vegetarian, gluten-free, and grain-free.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room
Thursday, February 27, 6:00pm–8:00pm
Ages: 18 and older

Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

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



FAMILY

COOKING TOGETHER: FLAVORS OF CHINA

Location: Willy West Community Room
Friday, January 24, 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 and 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 scrumptious supper inspired by flavors of China. Handmade egg rolls, vegetable and egg fried rice, a surprise tasty tofu entrée, and more will be explored. Vegetarian and nut-free.

COOKING TOGETHER: FLAVORS OF LOUISIANA

Location: Willy East Community Room
Friday, February 14, 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 and learn about different foods and where they come from, how to follow recipes, and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a marvelous meal inspired by the flavors of Louisiana—the melting pot state. Savory hush puppies, gumbo, jambalaya, and festive king cake cupcakes will be explored. Vegetarian.



HERBS

WILD FOOD/WILD MEDICINE THROUGH THE SEASONS: A VIRTUAL PLANT WALK

Location: Lakeview Library
Monday, January 27, 5:30pm–7:30pm
Ages: 10 and older
Instructor: Linda Conroy

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

Join herbalist and Forager Linda Conroy for this fun presentation! She will lead the class on a virtual tour of the flora of Wisconsin, focusing on the plants that can be foraged for food and medicine during each season. Suggestions for how to prepare the plants and how to incorporate them in your kitchen and

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Willy East
Thursday, January 16, 9:00am–1:00pm
Thursday, February 20, 9:00am–1:00pm
Location: Willy North
Thursday, February 6, 10:00am–2:00pm
Location: Willy West
Friday, January 10, 9:00am–12:00pm
Friday, February 14, 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
Tuesday, January 7, 2:15pm–5:30pm
Wednesday, February 12, 2:15pm–5:30pm
Location: Willy West Community Room
Wednesday, January 15, 2:15pm–5:30pm
Tuesday, February 18, 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.

apothecary will be shared. The class will conclude with an herbal drink as well as herbal/wild food snacks.



KIDS IN THE KITCHEN: SNOWY DAY SNACKS!

Location: Willy West Community Room
Tuesday, January 7, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required
Location: Willy East Community Room

Tuesday, January 21, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Winter is here, and kids are having a blast romping in the snow. This means they'll need warm and comforting snacks to keep playing before supper. In this class, participants will work together to prepare multiple recipes that are perfect for snacking on during a snowy day. Vegetarian and nut-free.

KIDS IN THE KITCHEN: CALZONE AND CUPCAKE CELEBRATION!

Location: Willy East Community Room

Friday, January 10, 4:30pm–5:30pm

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

Location: Willy West Community Room

Friday, January 17, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Making Italian folded pizzas, known as calzones, is a fun and delicious activity for people of all ages. Add cupcakes to the equation, and that's cause for a celebration! In this class, participants will create their own personal calzone and work together to create cupcakes for a delectable dessert. Vegetarian and nut-free.

KIDS IN THE KITCHEN: OODLES OF NOODLES!

Location: Willy East Community Room

Tuesday, February 4, 4:30pm–5:30pm

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

Location: Willy West Community Room

Tuesday, February 11, 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. Almost everyone loves noodles, and in this class participants will collaborate to create a mouthwatering meal that highlights this fantastic food. Macaroni, penne, spaghetti, and farfalle are some of the fun shapes of noodles that we'll investigate. Vegetarian and nut-free.

KIDS IN THE KITCHEN: RAD RED FOODS!

Location: Willy West Community Room

Friday, February 7, 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. Red grapes, cherries, cranberries, raspberries, pomegranate and more—what do these fantastic fruits all have in common? They're all really red! In this class, kids will work together and make multiple recipes using radical red fruits. Vegetarian and nut-free.



FREE
LECTURES

VITAMIN D AND SUNLIGHT FOR VITALITY AND LONGEVITY

Location: Willy East Community Room

Tuesday, January 14, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; walk-ins welcome

Vitamin D and sun exposure help us to be disease-free, according to new studies. Sun exposure supports resilient mitochondria (meaning cells function better) and balanced hormone production (for healthier hair among other things!). Katy Wallace, Traditional Naturopath of Human Nature LLC, will cover these benefits plus ways to protect against hypertoxicity of Vitamin D and lifestyle suggestions.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Lakeview Library

Thursday, January 23, 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.

LEAKY GUT: NATURAL SOLUTIONS

Location: Lakeview Library

Tuesday, February 11, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

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

Do you have aches, pains and swelling throughout the body? Increasing frequency of food reactions? Or frequent bloating after meals? Studies are showing that leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and autoimmunity. We can help! Join Katy Wallace, Traditional Naturopath, to discuss natural approaches that work.

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SPECIAL STORE HOURS
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With Sandy River, 32 year Guild Certified Feldenkrais Practitioner™

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WORKSHOP: Sat. Feb. 8, 2020, 10am - 1pm — \$45

FALL CLASSES: 8 Mondays, Feb. 10 - Mar. 30, 2020, 7:15 - 8:30pm — \$120
Free introductory video precedes first class at 6:45pm on Feb. 10

Goodman Community Center — 149 Waubesa St.

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NEW YEAR NEWS

New Year's Resolutions



by **Brendon Smith, Communications Director**

Each year in early January, we see an increase in the number of people signing up to become Co-op Owners. This seems to be because many people view the Co-op as a resource for improving how they eat—however they choose to define “improving.” We thought that we’d give some examples

of New Year’s resolutions we’ve heard about and suggest some products that might help.

USING LESS PLASTIC

- Shop the bulk aisle! Choose from over 500 products and fill your sanitized (reusable) container.
- Try solid bodycare products, like HiBar Shampoo and Conditioner Bars, or LuSa Lotion Bars.



- Get milk in a glass bottle! You’ll pay a deposit and get that money back when you bring in the clean bottle.
- Angelica Engel, a Willy East Deli Supervisor-Buyer, has a number of great suggestions. “If you order a to-go sandwich, you can request that we only wrap it in tinfoil and skip the butcher paper. (If you order a sandwich ‘for here,’ it will be served on a plate.) I often ask people if they want their sandwich wrapped in paper. Some do and some don’t. Our default is always

wrapping it in paper. Some sliced Deli meats can also be wrapped in paper only and not put in plastic bags. Not every meat is dry enough for this to be a good idea, though. When possible, generally slowing down and eating foods from the hot bar or salad bar at the store will cut down on waste. Then you can use plates, bowls and silverware, which we’ll sanitize, wash, dry, and put back out for someone else to use!”

EATING MORE LOCAL FOOD

Maria Del Rio, Administrative Assistant at our business office, is resolving to buy more local products. She recommends:

- “B&E’s Trees bourbon barrel aged maple syrup. It is divine.”

More ideas:

- Look for the purple Local signs. We have A LOT of local products.
- For produce, this means eating with the seasons. And, when local produce is in season, preserve it! Freeze it, pickle it, dehydrate it, or can it.
- In the spring, buy seeds or seedlings; even if you only have room to grow herbs in a windowsill garden, you will be eating some hyperlocal herbs!

COOK MORE FOOD AT HOME (WITH LESS TIME)

If your version of home-cooking is ramen noodles and frozen dinners thanks to a busy schedule, you may want to cook more of your own food but not be sure where to start.

- Sign up for a cooking class. There are a variety to choose from! Check the newsletter or willystreet.coop/ events.
- Get a Local Crate Meal Kit. Each Meal Kit serves two, and has all of the ingredients you need and semi-prepped to make cooking easy and relatively quick. There are vegetarian and—currently—one vegan meal available for us; we vary the options, so if you don’t see what you’re looking for, please let us know.

- Get prepared side dishes to focus on the entrée. You can pick up Deli salads from our Grab & Go section



- or make a salad at the salad bar.
- Get a prepared entrée to focus on the side dishes. Buy a rotisserie chicken or Herbivorous Butcher vegan “ribs” and you can make simple side dishes to accompany your entrée. The Herbivorous Butcher ribs are currently available at Willy East only but coming soon to North and West.
- Home fermentation can yield tasty food with minimal time (at least minimal prep time; you’ll have to wait a bit to get the results). See Megan’s article on page 18 for tips.

REDUCING/ELIMINATING REFINED SUGAR

Matt McHugh, our Logistics Director, has cut about 95% of refined sugar from his diet. He recommends:

- “Klarbrunn as a great alternative to soda, or Zevia if you like the taste of Stevia.”
- “Honey Bee bars (which use honey as a sweetener).”
- “Nothing Muffins (made by the Co-op with molasses and apple sauce).”
- “Yogurt with fruit as an alternative to ice cream, although you have to watch for added sugars! The Trimona Bulgarian yogurt, for example, doesn’t have added sugar.”
- “Complex carbs, such as sweet potatoes, brown rice, and whole wheat come in handy when you are craving sweets.”
- “Watch out for sauces and ketchup! San-J Szechuan Sauce is good for stir-fries if you don’t mind the heat, or you could use tamari.”



EAT MORE PLANT-BASED FOODS

Brand Coordinator Caitlyn Tomp-

kins is interested in eating less meat and more plant-based foods for dietary, monetary, and ethical reasons. She recommends:

- “Beyond Meat Beyond Burger Plant-Based Patties are the first ‘fake meat’ product that I thought, ‘this is just as good.’”



- “The Co-op’s produce is the best in the city, so eating more veggies is a no-brainer.”

More ideas:

- I recommend the Deli’s Southern Fried Tofu. I like fried chicken, and this tastes amazingly close to that to me. And the shape works much better on a sandwich!

SAVING MONEY

Kelsey Foster, Willy North’s Assistant Front End Manager, is resolving to save money when grocery shopping. She recommends:

- “Shopping in bulk is generally a good idea for your wallet. Where I really see the savings is in bulk herbs and spices. The difference in price can be huge, and it also helps cut down on wasting both food and your money if you are only buying what you need. For example, if I only need a few bay leaves for making pasta sauce, it costs about 23¢ versus \$6 to buy a container of bay leaves!”

More ideas:

- Sign up to get the Owner Rewards sales flyers sent to your email inbox every Monday. You can do that here: www.willystreet.coop/OR-sales-flyer-signup.
- If you expect to use a whole case worth of a product and you’re an Owner, pre-order it and get a 10% discount. Just stop by the Customer Service desk. (They can tell you how many are in a case, too.)

GET MORE VITAMIN D

Vitamin D is an important factor in maintaining bone health. Although getting some sun is the

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easiest way to get Vitamin D, Wisconsin winters make it tough to get the recommended amount. (WebMD.com recommends “Exposure of the hands, face, arms, and legs to sunlight 2-3 times a week for about one-fourth of the time it would take to develop a mild sunburn.”) Newsletter Editor Liz Wermcrantz recommends:

- Willy Street Co-op brand Liquid Vitamin D3 drops. “A few drops on your tongue gets you a nice hit of winter’s elusive vitamin D.”

More ideas:

- Fatty fish, such as tuna and salmon
- Cheese—blue cheese, gouda, and brie have some of the highest concentrations of vitamin D of all cheeses
- Egg yolks
- Vegans may want to seek out vitamin D-fortified products like So Delicious and Silk yogurts.
- Attend Katy Wallace’s January 14 class “Vitamin D and Sunlight for Vitality and Longevity” in Willy East’s Community Room. See page 10 for class description.

MORE NUTRITIOUS SNACKING

Carolyn Reyes, a cook in the Willy East Deli, is resolving to eat more nutritious and more plant-based snacks. “I have gone to healthy vegan meals,” she says, “but on snacks I always screw up.” She recommends:



- “The new variety of plant-based yogurts, especially Kite Hill.”
- “Bhuja Snacks Mix can be mixed with the yogurts!”

More ideas:

- Melissa Reiss, Purchasing Assistant,

suggests Tierra Farm nuts and dried fruit. “I like to make my own trail mixes with whatever sounds good to me at the moment.”

LESS SCREEN TIME, MORE PAPER TIME

The resolution being made by Allison Jerzak, IT Support Specialist, actually doesn’t involve food—she wants to get away from mindlessly scrolling through the internet while having Netflix on in the background. She recommends:

- Paper planners/journals—“I want to rediscover the satisfaction of a paper-based to-do list.”
- Puzzles—“There’s nothing more relaxing than getting to the end of the day, pouring yourself a glass of wine, lighting a candle, and sitting down with a puzzle. Seeing visible, tangible progress is a nice counterweight to the more abstract work I do during the day.”

More ideas:

- Willy East Owner Resources Coordinator Amanda Ikens likes, “Planners, notebooks, diaries and calendars to keep track of my schedule better. I like old school paper and pen calendars and planners to keep organized.”

INCREASED TIME MEDITATING

Cooperative Services Director Kirsten Moore is looking to spend more time meditating. Here’s what she recommends:

- “We have some beautiful journals, blank notebooks, and calendars that could be helpful in tracking meditation time and making observations.”
- “Salt lamps or candles create a mood conducive to meditation.”
- “You can also practice mindful hydration or mindful eating, which provides a great opportunity to be aware and in the present moment while experiencing a glass of water, a cup of tea, or a small snack or meal. Perfect for break time.”

More ideas:

- An essential oil diffuser with your favorite scent can help. Sandalwood is a hypotensive, which means it can help lower blood pressure; lavender has antianxiety and antidepressant properties; eucalyptus can help you breathe clearly and deeply; frankincense can reduce stress and can also help you breathe clearly.

WELLNESS NEWS

Weighing CBD Options



by **Angie Pohlman,** Wellness Category Manager

I’m sure most of you have heard of CBD—the now famous cannabinoid has been stealing the spotlight from its sister, psychoactive THC. You can find CBD everywhere—from your local grocery store to gas stations. How do you choose from the sea of brands, each one claiming to be the best, most pure, most potent, safest. How do you know? How can you be sure you are getting the right product for you?

I encourage you to do your own research and talk to your doctor before considering CBD.

CERTIFICATE OF ANALYSIS

The number one thing you can look for in a CBD company to find out if they are selling you what they are advertising is a Certificate of Analysis (CoA).

This is the best way to know what is in the bottle. A CoA is a laboratory-produced report that lists components and potency of some key cannabinoids and/or terpenes. If they are claiming to be full spectrum, the CoA

will have a ton of lines listing many components. If it’s an isolate, it may only have CBD listed. Not all tests look for the same things, but nearly all CoAs will give you the CBD and THC content—which may be all you are looking for. Ideally, this test is done by a third party.

Most companies that offer a CoA will say so on their packaging or website, but sometimes you will need to contact them to get that info. Some companies, like Functional Remedies, allow you to search their website using their lot number to get that particular CoA; most others offer them by request.

OTHER THINGS TO CONSIDER WHEN YOU ARE LOOKING AT CBD

Delivery: Do you want to use it topically or internally? Do you want to take a softgel or would you prefer an oil? Would you take a yummy gummy or chocolate or would you rather make a smoothie? The options are endless.

Attributes: Think about what is important to you for things you consume. Do you prefer organic? Do you want it to be alcohol-free? From hemp grown domestically? Full spectrum (contains many/most of the components of the plant) or an isolate (an isolate would primarily have CBD, may use alcohol or some other form of extraction)? Would you prefer THC-free? Most of this should be explained on the bottle or their website, but you may have to dig.

Potency: Oftentimes, CBD supplements will have the total amount of CBD listed on the front of the bottle. If you’ve ever picked up a bottle that says 250 mg CBD or 1,000 mg CBD, that is referring to the total CBD content of the container. Turn the bottle around and look at the supplement facts; often that area will give you the amount of CBD per dose. For most folks, starting with a low dose (1mg) is a good place to start.

Hopefully this is helpful, and a good place to start!

CBD CHECKLIST

- **Certificate of Analysis done by an organization other than the vendor.**
 - **Potency per dose**
 - **Important characteristics (choose what’s most important to you):**
 - **Organic status**
 - **Alcohol-free**
 - **THC-free**
 - **Domestically grown hemp**
 - **Full spectrum**
- If these things are not clearly stated on the label, proceed with caution.**

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(Except January 1st, 2020)

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- WILLY NORTH - 2817 N Sherman Ave.
- WILLY WEST - 6825 University Ave.

FIND YOUR WELLNESS

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JANUARY

Health & Wellness co-op deals: January 2-21


There is no official Wellness Wednesday this month since it falls on January 1. Instead, please enjoy using your Find Your Wellness coupon on page 12 to make your own Wellness Wednesday any day during January.






Dr. Bronner's Pure Castile Soap
16 fl oz • Save \$2
\$6.99/tx





Vital Proteins Collagen Peptides
20 oz • Save \$13
\$29.99/tx



Bulletproof Brain Octane
16 fl oz • Save \$6
\$19.99/tx



Nordic Naturals Ultimate Omega
60 softgels • Save \$7
\$20.99/tx



Ancient Nutrition Multi Collagen Protein Joint & Tissue
280 g • Save \$6
\$20.99/tx



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



Himalaya Toothpastes
All Kinds on Sale!
150 g • Save \$1.50
\$4.49/tx



Megafood Multivitamin Chew
Women's, Men's, Kids
30 pc • Save \$11
\$18.99/tx



Andalou Naturals Cannacell Happy Day Cream
1.7 fl oz • Save \$5.50
\$12.99/tx



Host Defense Lion's Mane
60 cap • Save \$4
\$22.99/tx




co-op deals: January 22-February 4



Kuli Kuli Pure Moringa Powder
Green Superfood!
7.4 oz • Save \$6
\$15.99/tx




Desert Essence Dental Floss or Tape
1 pc • Save 79¢
\$2.50/tx




Natural Vitality Natural Calm Magnesium Supplement
All Kinds on Sale!
8 oz • Save \$8-\$9
\$14.99/tx




Jason Satin Body Wash
All Kinds on Sale!
30 fl oz • Save \$4
\$8.99/tx



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



Dr. Formulated Once Daily Organic Probiotics
Women's, Men's
30 cap • Save \$11
\$29.99/tx



Herb Pharm Black Elderberry Herbal Extract
Original, Glycerite
1 oz • Save \$4
\$10.99/tx



Natural Factors Vitamin D3 5,000 IU
120 softgels • Save \$5
\$9.99/tx



Avalon Organics Shampoo or Conditioner

All Kinds on Sale!
11 fl oz • Save \$4

\$6.99/tx



Rainbow Light Vibrance Multivitamin

Women's, Men's, Prenatal
60 tab • Save \$7

\$14.99/tx



PURPLE = LOCAL

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co-op deals: January 2-21



Clif Bar Nut Butter-Filled Energy Bars

All Kinds on Sale!
1.76 oz • Save 74¢

\$1.25



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Noka Organic Fruit Purees and Smoothies

All Kinds on Sale!
4.22 oz • Save 84¢

\$1.65



stronger together

Hilary's Eat Well Veggie Burgers

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

2 for \$5



stronger together



Justin's Nut Butter Squeeze Packs

All Kinds on Sale!
1.15 oz • Save 49¢

\$1.00



stronger together

Epic Pork Rinds

All Kinds on Sale!
2.23-2.5 oz • Save \$1

\$2.99



stronger together

Annie's Mac and Cheese

Classic, Shells and White Cheddar,
Four Cheese, Shells and Real Aged
Cheddar, Bunny Pasta
6 oz • Save \$1.79

\$1.00



stronger together



Food Should Taste Good Tortilla Chips

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

2 for \$4



stronger together

Harvest Bay Coconut Water

33.8 fl oz • Save \$1.50

\$2.79



stronger together

Simple Mills Almond Flour Crackers

All Kinds on Sale!
4.25 oz • Save \$1

\$3.99



stronger together



California Olive Ranch Everyday Extra Virgin Olive Oil

16.9 fl oz • Save \$4.50

\$7.99



stronger together

GT's Organic Kombucha

All Kinds on Sale!
16 fl oz • Save 49¢

\$2.50



stronger together

Frontera Salsa

All Kinds on Sale!
16 oz • Save \$1.29

\$3.00



stronger together



Cascadian Farm Organic Frozen Fruit

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

\$3.00



stronger together

Wallaby Organic Whole Milk Yogurt

Plain, Vanilla
32 oz • Save \$1.80

\$5.99



stronger together

Hi Ball Sparkling Energy Water

All Kinds on Sale!
16 fl oz • Save \$1.58/2

2 for \$4



stronger together



Kite Hill Almond Milk Yogurt

All Kinds on Sale!
5.3 oz • Save 98¢/2

2 for \$3



stronger together

Woodstock Farms Organic Frozen Mushrooms

Shiitake, Mixed
10 oz • Save \$1.58/2

2 for \$5



stronger together

Nature's Path Organic Frozen Waffles

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

\$2.29



stronger together



Kalona Supernatural Organic Cottage Cheese

2%, 4%
16 oz • Save \$1

\$3.99



stronger together

Traditional Medicinals Organic Tea

All Kinds on Sale!
.74-1.19 oz • Save \$1.99

\$3.00/tx



stronger together

Westbrae Organic Canned Beans

All Kinds on Sale!
15 oz • Save \$1.58/2

2 for \$4



stronger together



R.W. Knudsen Simply Nutritious Juice Blends

All Kinds on Sale!
32 fl oz • Save \$2.98/2

2 for \$5



stronger together

Sweet Leaf Stevia Packets

70 ct • Save \$1.80

\$4.49



stronger together

Boulder Canyon Avocado Oil Canyon Cut Potato Chips

5.25 oz • Save \$1.98-\$2.58/2

2 for \$4



stronger together



The specials on this page are valid January 2-21

All Specials Subject to Availability. Sales Quantities Limited.

JANUARY

co-op deals: January 22-February 4



Angie's Boom Chicka Pop Popcorn

Sea Salt
4.8 oz • Save \$1.98/2

2 for \$5



Field Roast Apple Maple Breakfast Meatless Sausage

9.3 oz • Save \$1.50

\$3.99



Wildbrine Korean Kimchi

18 oz • Save \$1.80

\$4.99



Blake's All Natural Pot Pies

Chicken, Shepherd's,
Gluten-Free Chicken
8 oz • Save \$1.30

\$4.49



Native Forest Organic Canned Coconut Milk

Simple, Classic
13.5 oz • Save \$1

\$2.49



Bitchin' Sauce Almond-Based Dip

All Kinds on Sale!
8 oz • Save \$2

\$3.99



Hope Organic Hummus

All Kinds on Sale!
8 oz • Save \$1-\$1.30

\$2.99



Immaculate Baking Company Organic Flaky Biscuits

16 oz • Save \$1.30

\$2.99



Muir Glen Organic Pasta Sauce

All Kinds on Sale!
25.5 oz • Save \$2.98/2

2 for \$5



Evolution Fresh Organic Cold-Pressed Orange Juice

59 fl oz • Save \$2.50

\$5.99



Wild Planet Wild Sardines

All Kinds on Sale!
4.375 oz • Save \$1.58/2

2 for \$4



Deep Indian Kitchen Naan Pizzas

Formerly known as Tandoor Chef
7.4-8.5 oz • Save 58¢/2

2 for \$5



Siggi's Icelandic-style Yogurt

All Kinds on Sale!
4-5.3 oz • Save 54¢

\$1.25



Santa Cruz Organic Applesauce 6-packs

All Kinds on Sale!
24 oz • Save \$1.30

\$3.49



Forager Project Organic Plain Cashewgurt

Unsweetened
24 oz • Save 80¢

\$4.49



Blue Diamond Nut Thins

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

2 for \$5



Kite Hill Vegan Cream Cheese

Plain, Chive
8 oz • Save \$1.30

\$5.99



Yogi Tea Organic Tea

All Kinds on Sale!
.85-1.27 oz • Save \$1.50

\$2.99/tx



Quorn Meatless Nuggets

10.6 oz • Save 80¢

\$3.99



Oatly Oat Milk

All Kinds on Sale!
64 fl oz • Save 50¢

\$3.49



Rx Bar Protein Bars

All Kinds on Sale!
1.83 oz • Save 98¢/2

2 for \$4



Go Macro Energy Bars

All Kinds on Sale!
1.8-2.5 oz • Save \$1.58/2

2 for \$4



Nature's Path EnviroKidz Eco Pac Cereals

All Kinds on Sale!
23-25.6 oz • Save 80¢

\$6.99



GoodBelly Probiotic Fruit Drink

All Kinds on Sale!
32 fl oz • Save 80¢

\$2.99



The specials on this page are valid January 22-February 4

All Specials Subject to Availability. Sales Quantities Limited.

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Owners save \$1.25

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\$1.29/lb



Olden Organics Precut Local Vegetables

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Owners save \$2.50/lb

\$4.99/lb



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Owners save \$0.90/ea

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Willy Street Co-op Branded Vitamins & Supplements
Hundreds of kinds on sale

20% OFF



Local Crate Meal Kits

All Recipes
Owners save \$4.25-\$5.25

25% OFF

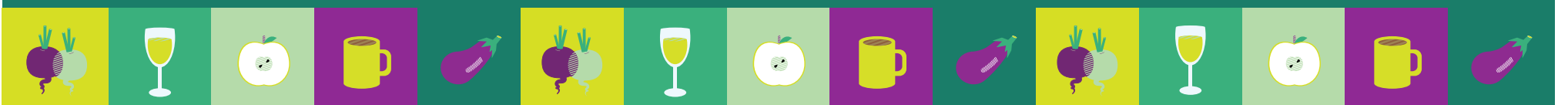


Plus more Owner-only sales each week!

For full list, see the flyer in the store or at willystreet.coop/owner-rewards.

Owners also enjoy a 10% coupon for Wellness & Bodycare products one time

ANY DAY in January. For details see page 12!





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Try these tasty little corn nuggets! Non-GMO corn roasted in sunflower oil presents a nice crunch and a whole lotta flavor! Great as a salad topping, with a cold beer, or right outta the bag. Choose from Original Sea Salt or Smoked BBQ.



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- So Delicious Peachy Maple Pecan Dairy-Free Frozen Dessert
- Coolhaus Salted Caramel Crunch Dairy-Free Frozen Dessert
- Coolhaus Peanut Butter Fudge Chip Frozen Dessert
- Fronen Strawberry Dairy-Free Frozen Dessert
- Fronen Madagascar Vanilla Dairy-Free Frozen Dessert
- Fronen Chocolate Dairy-Free Frozen Dessert
- Fronen Coconut Banana Dairy-Free Frozen Dessert
- Talenti Gelato Layers Salted Caramel Truffle
- Talenti Gelato Layers Black Raspberry Vanilla Parfait
- Talenti Gelato Layers Peanut Butter Vanilla Fudge
- From the Ground Up Sea Salt Cauliflower Tortilla Chips
- Pacific Cashew Milk—Original, Unsweetened
- Tasty Bite Vegetable Tikka Masala
- Tasty Bite Channa Masala
- Tasty Bite Thai Ginger Curry
- Tasty Bite Thai Vegetable Peanut
- Forager Dairy-Free Sour Cream
- Munk Pack Peanut Butter Chocolate Chip Protein Cookie
- Munk Pack Double Dark Chocolate Protein Cookie
- Popchips Peanut Butter Nutter Puffs
- Popchips Peanut Butter Chocolate Nutter Puffs
- Bearitos Organic Baked Peanut Butter Puffs
- The Jackfruit Company
Chickpea Spinach Garam Masala Complete Meal
- The Jackfruit Company
Coconut Vegetable Thai Green Chile Complete Meal
- The Jackfruit Company
Black Bean Corn Tex-Mex Complete Meal
- This Little Goat Hong Kong Everything Sauce
- This Little Goat Tokyo Everything Sauce
- This Little Goat Yucatan Everything Sauce
- This Little Goat Korea Everything Sauce
- This Little Goat Southeast Asia Everything Sauce
- Bibigo Korean-Style Gochujang Hot Sauce
- Bibigo Korean BBQ Sauce
- Mike's Organic Curry Love Red Thai Curry Paste
- Mike's Organic Curry Love Green Thai Curry Paste
- Mike's Organic Curry Love Yellow Thai Curry Paste
- Yai's Thai Green Thai Coconut Curry
- Yai's Thai Red Thai Coconut Curry
- Yai's Thai Yellow Thai Coconut Curry
- Popcornopolis Organic Golden Turmeric Popcorn
- Solely Mango Fruit Jerky
- Solely Banana Fruit Jerky
- Solely Pineapple Coconut Fruit Jerky
- Solely Banana Cacao Fruit Jerky
- Solely Banana Pecan Fruit Jerky
- Nutkrack Firecrack
- Hungry Jack Original Pancake and Waffle Mix
- Wholesome Sweeteners Allulose Liquid Sweetener
- Lundberg Spanish-Style Rice
- Parm Crisps Original Parm Cheese Crisps
- Parm Crisps Brick Oven Pizza Cheese Crisps
- Safe Catch Wild Pink Salmon
- Canyon Bakehouse Gluten-Free English Muffins
- Green Foods Matcha Green Tea
- Enzymedica Digest Keto
- Rally Cinnamon
- Salvation CBD Bath Salts
- Mad Hippie Cleansing Oil

Home Fermentation



by
**Megan
Minnick,
Purchasing
Director**

Have you ever considered fermenting vegetables at home? Though it may seem a bit daunting at the outset, home fermentation is one of the easiest and most healthful methods of home food preservation. It's considerably less expensive than purchasing finished ferments, and it's fun to witness firsthand how this fascinating process works!

WHAT IS FERMENTATION?

Fermentation is one of the oldest methods of food preservation. At their most basic, ferments are combinations of fresh vegetables with salt and sometimes water. The naturally occurring



bacteria on the vegetables utilize the produce's carbohydrates to create lactic acid, which both preserves the food and creates a fizzy brine and a bright, tangy flavor. The salt acts to ward away any microorganisms that could spoil the food, and it also helps draw water out of the vegetables and replaces it to create a crisp finished product.

IS FERMENTATION REALLY A SAFE WAY TO PRESERVE FOOD?

Yes! The salt used in ferments prevents harmful bacteria from growing, while at the same time encouraging the growth of beneficial bacteria that produce lactic acid. Additionally, the lactic acid lowers the pH of the food, which also helps safely preserve the food.

Given that salt is the key to fermented food safety, it's important to use a tested recipe with a specific amount of salt when fermenting foods at home.

WHAT SUPPLIES DO I NEED?

While there are a number of vessels that are suitable for fermenting, the easiest that I have found for home fermentation are glass canning jars. Canning jars are inexpensive, readily available, and allow you to clearly observe your veggies as they ferment.

If you're using a canning jar, it's helpful to have an airlock lid (I use the "Pickle Pipe" lid sold in our stores). The airlock allows the fermentation gasses to escape easily without letting any contaminants fall into the jar. You can ferment without an airlock, but you'll just need to unscrew the lid every day to let the gasses escape.

Lastly, you'll need a weight. I use the "Pickle Pebble" lid sold in our stores, which is designed to fit perfectly in a wide mouth or regular mouth canning jar. A flat stone can also work. The weight presses down on the vegetables and keeps them



securely in the brine, where they ferment to delicious goodness rather than simply rot as they would when exposed to air.

WHAT ARE THE HEALTH BENEFITS OF FERMENTED FOODS?

There are a few ways that fermented foods can contribute to health. All of the food's original vitamins are preserved during fermentation, and in fact some vitamins such as vitamin C are increased. Lactic acid is a digestion aid. Additionally, some of the bacteria that produce lactic acid are beneficial probiotics, so eating raw, unpasteurized fermented foods can help bolster the health of our bodies' microbiome.

There are so many recipes for home ferments out there, it's hard to know where to start. I've included two of my favorites here. These are great examples of two different methods of fermentation: dry ferments like sauerkraut rely on juice from the vegetable itself to provide the brine, and wet ferments, like pickles, have a saltwater brine added. Since cucumbers aren't exactly in season in January, I've included a recipe for carrot pickles, which is just as delicious and a bit more seasonal for this mid-winter month.

Classic Sauerkraut

1 small red or green cabbage (about 2 lb.)
1 Tbs. salt
1 tsp. caraway

Directions: Remove any blemished leaves from cabbage and slice or shred as finely as possible.

Transfer the cabbage to a large

bowl. Add caraway and salt and mix thoroughly.

Use a potato masher to pound the mixture until the cabbage begins to wilt and release juice. This may take a while! If your arm gets tired, you can let the mixture sit for a couple of hours to allow the salt to draw moisture out of the cabbage.

When the cabbage is thoroughly pounded and juicy, transfer to a quart-sized canning jar. Pack the cabbage in firmly until it is filled to the shoulder of the jar. Press down so the juice rises up in the jar.

Take a clean cabbage leaf and cut a circle the same diameter as the mouth of the jar. Place this on top of the shredded cabbage. Place a fermentation weight on top, and then add the lid, ideally with an airlock.

Ferment in a cool area (60-65°F is ideal). Depending on conditions, the kraut should take about three weeks to ferment. Start checking it at two weeks.

Once the kraut has fully fermented and has the desired tangy flavor, transfer to the refrigerator for storage.



Garlic Dill Carrot "Pickles"

Adapted from a recipe by the Cultures for Health blog www.culturesforhealth.com

3 Tbs. sea salt
4 c. unchlorinated water
6 medium carrots, cut lengthwise into sticks
3 cloves garlic, slightly crushed
3 small sprigs dill

Directions: Heat water to a boil and dissolve salt in it. Set aside to cool.

Pack the carrots vertically in a quart-sized jar, leaving 1-2 inches of headspace. Slide the garlic cloves in against the side of the jar. Crush the dill slightly and place it on top of the carrot sticks.

Pour the brine over the carrots, only coming up to one inch below the rim.

Add a fermentation weight to keep the carrots submerged completely, and cover with an airlock lid.

Ferment at room temperature (60-70°F) until desired flavor and texture are achieved. This could take anywhere from one week to one month, depending on conditions and your taste preference.

Once the carrots are finished fermenting, put a tight lid on the jar and move to the refrigerator for storage.

willy street co-op

London Fog

Earl Grey Tea →

← Vanilla Syrup

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Juice & Coffee Bar

DELI NEWS

New Year, New Deli



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

Happy New Year to you, Owners and shoppers. With the new year comes new changes here at the Willy Street Co-op. Later this month, beginning on January 20, we will close our Production Kitchen for approximately three weeks to finish some repair work that the site requires.

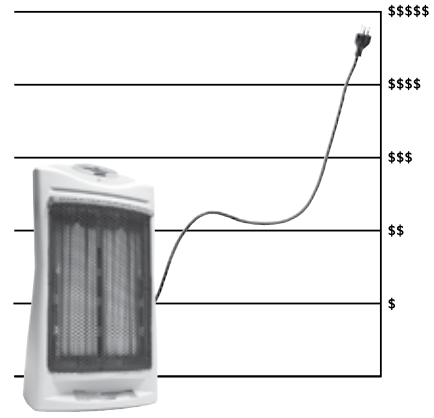
capacity in our stores themselves to create the products that we will miss while it is under repair, so we will be getting some help!

NEW PRODUCTS

After January 20, you will start to see some new products available in our Delis and Bakeries. At the time of this writing, we are hard at work sourcing and vetting these products. We are partnering with regional co-ops, sustainably run regional producers, local food manufacturers, and many, many Madison businesses in order to fill our shelves, coolers, and hot bars for you during this period so that you may still enjoy quality foods in our stores. We will have to suspend our Catering program until the Production Kitchen is up and running again. We will have more details about these producers and their products later this month; check the website, social media, and in-store signage. Check out the selection and try the products! If there's something you really like, please let us know; if there's sufficient interest, we may bring in certain products even after the Production Kitchen is again making entrées and cookies and everything else they provide our stores.

KITCHEN FACTS

Some things to know about our Production Kitchen: it produces between 60% and 70% of the food you enjoy in our Deli and Bakery departments, and all of the food in our Catering program. That amounts to 50,000 to 60,000 pounds and pieces of product produced there every month, like Smoky Chicken Enchiladas, Curry Mango Chicken Salad, Sheba Bars, Banana Bread, and so much more! It goes without saying, some of you may miss our Production Kitchen and its products deeply during this time. We do not have the



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Using a portable electric space heater is one of the most expensive ways to heat your home. At today's prices, electric heat costs five times more per BTU than natural gas.

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Questions? Visit: mge.com/heater



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SPECIAL STORE HOURS
January 1: Closed

Community Reinvestment Fund 2019 Reports



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

Happy New Year! Let the 2020 Community Reinvestment Fund (CRF) Grant cycle begin! Applications for the CRF grant are now open, and we will be accepting applications from local 501(c)3 nonprofits and co-operatives through February 29. Each year we seek to fund

projects benefiting Dane County with priority given to projects benefiting the Madison and Middleton metropolitan areas, organizations with limited access to funding, and projects that have not been funded by the grant program previously. Grants provide for innovative, hands-on, educational



Bayview Foundation. Elementary School students and staff enjoying spinach quiche and berry smoothie they made with the help of a REAP Food Group AmeriCorps Member.

projects that impact a large group of people, reach out to underserved populations, create jobs or develop skills, foster social engagement, and offer opportunities for diversifying partnerships, collaboration and entrepreneurialism. Grants are competitive, and this year your Co-op's Board of Directors has allocated \$25,000 from abandoned Owner equity to award. For more information and to download the application, visit www.willystreet.coop/community-reinvestment-fund.

HIGHLIGHTS FROM 2019 RECIPIENTS

Each year, as part of the agreement with our grant recipients, the organizations that received awards

prepare a report for the Community Reinvestment Fund Committee about the work they completed with the funds. Here are the stories we received this past year.

Bayview Foundation

More than 50 children ages 6-11 participated in Bayview Foundation's weekly Healthy Cooking Club and enjoyed farm-fresh produce as part of their daily snack routine. We supported the program's membership to a FairShare CSA (Community Supported Agriculture) Coalition farm. Using fresh produce from Troy Farm and Second Harvest, children learned and practiced essential food preparation skills including washing produce, safely chopping vegetables, operating an oven, and cooking food on the stove. According to Bayview, "One of the best and unexpected results of Healthy Cooking Club has been the community bonding that comes from sharing meals together. In addition to learning to love vegetables, children practice the pro-social skills of listening, respecting one another, and sharing through a process called Cooking Club Shares. After the food has been prepared, with all the students sitting down at one long table together, the children who prepared the food explain the ingredients and preparation processes to the others. Once the chefs have explained the food, all the children enjoy the meal together. The moments shared around the giant table full of food students prepared are favorites of both staff and children."



Briarpatch Youth Services. Madison Street Teams members at the Willy North Mural Dedication Ceremony.

Briarpatch Youth Services

Briarpatch Youth Services Madison Street Team employed and provided job skills training to 21 at-risk-youth, exceeding their goal to employ 15-20 youth. Throughout the summer, the Madison Street Teams

worked with Dane Arts Mural Arts to complete the mural for Willy North. At the end of their term of employment, of the 21 youth, five of those youth earned the Employability Skills Certificate, eight youth received at least 0.5 MMSD credit, and 12 youth continued into other employment, activities, or programming after ending with Madison Street Teams. According to Briarpatch staff, "Eight youth working with our Kennedy Heights supervisors chose to continue working with their team in the community well into the start of the school year. These youth assisted with early childhood programming at both Kennedy Heights and Vera Court, which



Bridge Lake Point Waunona Neighborhood Center. BLW Center's outdoor garden kitchen, part of the Edible & Ecological Garden Project, promotes hands-on educational activities surrounding nutrition, cooking, gardening, and the environment.



Dane Arts Mural Arts. Students at Hawthorne Elementary School paint mural elements onto poly-tab mural fabric. DAMA artists later used acrylic gel medium to permanently adhere these elements to the walls of the tunnel to create the mural.

provided them a unique opportunity to develop mentorship and conflict resolution skills."

Bridge Lake Point Waunona Neighborhood Center

We provided funds to purchase the materials to build the outdoor garden kitchen, as well as raised garden beds at Bridge Lake Point Waunona Neighborhood Center's (BLW) Edible & Ecological Garden. The outdoor kitchen promotes hands-



Catholic Charities. Women at the Beacon Day Resource Center work on art projects.

on educational activities surrounding nutrition, cooking, gardening, and the environment. This hand-built outdoor garden kitchen is also a space for young children to play while parents garden and for adults and kids alike to prepare fresh foods that are served to the entire community. By expanding their intergenerational programming through the Edible & Ecological Garden, BLW noted that "beautiful relationships developed between young children attending BLW Center youth programs and older adults living in the neighborhood simply through gardening side-by-side." The garden has increased accessibility to fresh produce to children and adults in the community, and looking to the future, BLW plans to expand the garden to continue to reduce food insecurity in the BLW neighborhood by creating produce boxes for homebound older adults.

Catholic Charities: The Beacon Homeless Day Resource Center

This past summer The Beacon Homeless Day Resource Center rolled out a new women's well-being program that featured a trauma-informed curriculum of yoga and the arts. We provided funds to purchase art and yoga supplies, and to pay a trauma-informed yoga instructor. The

Beacon staff reported that "participants said that they felt as though the program gave them the community, safe space, and network for enduring homelessness." They also noted, "The best part about engaging a variety of women on the same topic was seeing friendships form and develop[...]. We learned that the way these participants uplifted and unconditionally supported one another during emotional disclosure helped them to engage in

peer support outside of the programming.”

Dane Arts Mural Arts

Residents in the Truax neighborhood have a bright and beautiful mural in the pedestrian tunnel that connects their neighborhood to Hawthorne Elementary School and other amenities, thanks in part to the grant provided by Willy Street Co-op. Dane Arts Mural Arts (DAMA) collaborated with the elementary school, Healthy Kids Collaborative, Safe Routes to School, and Public Health Madison Dane County to work with kids and families to give new life to the “scary, stinky, and dirty tunnel.” After kids and adults from the community gathered to brainstorm ideas for the tunnel mural, DAMA came up with a few designs, and then the community voted on the final design. Willy Street Co-op provided funds to purchase supplies and paint and pay for DAMA artist time spent at community painting events. According to DAMA, “Teachers report that their students expressed excitement and joy at being a part of the creation of the mural and that they are proud of their involvement and of the results.”

Elver Park Neighborhood Center

Elver Park and Theresa Terrace Neighborhood Center partnered to increase accessibility to and education about fresh produce for children and families in their communities by providing fresh produce from a FairShare CSA farm. Representatives for the project noted that “both centers primarily serve low income families of color that are faced with various barriers associated with poverty. The likelihood of residents having access to fresh food directly from a local, organic farm; or youth seeing where and how produce is grown, is low. Our project aims to bridge the gap to address these needs in a unique way.” The neighborhood centers partnered with a local chef to use the produce from the CSA shares in cooking lessons for children and families. These lessons helped pique interested minds to sample the produce items, ask questions about them, and learn to cook with them during the weekly dinners at the center. Additionally, we provided funds to purchase

take-home containers that families were encouraged to use to take home produce from the CSA shares for use in their own kitchens.

Gio’s Garden

Gio’s Garden, a therapeutic respite center for children with special needs and their families, hosts both parent support groups and family special events. With funding from a CRF grant, Gio’s Garden hosted two family special events, which give children with special needs, their siblings, and their parents the opportunity to meet and interact and play together and build social connections in safe,



Gio’s Garden. The rainy morning didn’t stop the kids and siblings from taking full advantage of the splash pad fun at Gio’s Garden Family Picnic.

judgment-free environments. Additionally, we provided funds for parent support group sessions. They reported that “the events held throughout these past months brought the Gio’s Garden community and families closer together.” They also noted, “A new family expressed their gratitude for having the opportunity to meet with other parents and socialize about frustrations and triumphs during the support groups.”

Groundswell Conservancy

Groundswell Conservancy is an organization that works to protect green places by helping to create conservation areas, such as parks, natural and wildlife areas, permanently protect farmland from development,

and ensure equitable access to nature, land, and the outdoors. This particular project included funding for translation services at grower meetings to determine necessary infrastructure improvements at Westport Farm. Two



Groundswell Conservancy. PEAT students working with compost at Pasley’s Swan Creek Farm.

important outcomes came as a result of a series of grower meetings: a five-year lease was created to replace the handshake agreements under which growers had previously been leasing their plots, and growers’ needs, including water, on-site storage, and shared service to



Neighborhood House. A group enjoys a Senior Fitness class at Neighborhood House.

till the plots were identified. The lease and infrastructure improvements will commence this year.

Another tract of land protected by Groundswell Conservancy, Pasley’s Swan Creek Farm, is the home to Neighborhood Food Solutions, who leads the Farming After Incarceration Release (FAIR) and Program for Entrepreneurial and Agricultural Training (PEAT) initiatives for youth and adults on the south side of Madison. With Neighborhood Food Solutions, Groundswell Conservancy developed a priority list of infrastructure needs, which include water, a shed, and improvements to the driveway.

Neighborhood House

Madison’s oldest community center, Neighborhood House serves the Greenbush neighborhood on Madison’s south side near campus, and they have been working to reinvigorate their wellness programs by focusing on three main areas: senior fitness, community wellness, and fitness equipment. Their senior fitness programming has remained popular and well-attended. With the grant received from Willy Street Co-op, they have been able to replace old, broken, or outdated sports equipment with newly purchased equipment. Based on instructor observations and feedback on the senior fitness programs, participants in the programs have improved their health and are making healthy choices to stay active.

Neighborhood House has also started a Healthy Cooking Club for youth. The cooking class is free and open to all youth, and they use ingredients grown in their garden.

Wisconsin Books to Prisoners

Wisconsin Books to Prisoners (WBTP) sought to bring awareness to the public about “the poor nutritional quality of food in Wisconsin prisons[...]and to expose the exploita-



Wisconsin Books to Prisoners. Talib Akbar speaks to the crowd at the Canteen Cuisine cookbook release party.

tion of prisoners and their families by prison commissary and food service corporations.” They asked prisoners to submit their own recipes using ingredients they purchase in the prison canteen to be analyzed for nutritional content, and then to be published in a cookbook. With grant funding from Willy Street Co-op, WBTP printed 240 cookbooks, and obtained nutritional analyses of the recipes from a UW nutrition intern, and secured speakers, both of whom were formerly incarcerated, for the cookbook release party. Through their work to complete the cookbook and get it to print, WPTP volunteers learned that “in Wisconsin, far from experiencing hunger in prison, prisoners are fed way too much poor quality food (i.e. high in empty carbs, fat and salt, as well as ‘meat products’ of unknown composition) the end result being that three quarters of the prison population in the U.S., Wisconsin prisoners included, is overweight or obese.”

THANK YOU, 2019 CRF GRANT RECIPIENTS AND OWNERS

Year after year, it is inspiring to hear the innovative plans proposed as part of the grant application process, and even more exciting is to hear the outcome of the projects, and especially the meaningful relationships that develop as a result. Even when the grant recipients gather in one room at the award reception, it is easy to see the connections being made among these people who are dedicated to our communities as they forge deeper relationships and discover new ways to collaborate to bring about positive change. Owners who have left the Co-op and opted to donate their equity to the CRF can also be very proud of what their contribution has provided to this community. Thank you to the award recipients for all your hard work, and thank you to our Owners for providing for this grant program. We look forward to reading the innovative and inspiring grant proposals for 2020 after the February 29 deadline.



Elver Park Neighborhood Center. Students work with Chef James Bloodshaw to learn to prepare vegetables.

Try Something New in the New Year

by Ben Becker, Newsletter Writer

January 1st marks more than the turning of a calendar page. A traditional date of celebration, this annual transition presents an opportunity to look back on the past twelve months of shifting seasons and life changes. Even more so, the new year marks an occasion for looking ahead, making plans, and considering new goals and challenges worth taking on. It also brings a chance to consider new endeavors and experiences. Many see the new year as a time to refocus on their health, wellness, and happiness. Beyond considerations of one's personal wellbeing, resolutions can also be set for bettering the community and world which we inhabit. Exploring exciting new options for your lifestyle can be a welcome addition at the start of the year. January at the Co-op brings with it a number of methods and products which can help to support success in your resolutions.

JUICE & COFFEE BAR

When kicking off your first shopping trip of 2020, why not make your first stop at the Juice & Coffee Bar to give your body a jumpstart. Nothing has quite the kick as that health drink on the go, the intense ginger shot. You can enjoy all that spicy flavor as the juicer extracts the gingery essence from its root pulp. As you digest the unadulterated heat of this beverage, you can enjoy all the natural benefits ginger has to offer. The roots of this plant have historically been used in long and various forms of both traditional and alternative medicines. Ginger has been said to help aid digestion and can also alleviate nausea. It may even inhibit bacteria growth and lower the risk of infection. These immune system-boosting properties make it a helpful ingredient when warding off symptoms of the flu or the common cold. The main bioactive compound in ginger has anti-inflammatory and antioxidant effects, which makes it useful for reducing muscle pain. Ginger is said to even help lower your cholesterol and blood sugar levels. With all these benefits, it is well worth the burn you'll feel after swallowing this shot, but you may want to ease it down with a chaser of juice.

If cold and flu season is really getting you down this winter, you might pick up some hot toddy concentrate. This beverage mixer has been around for a while but remains a very popular item among Co-op staff and customers. Combining this compound of honey, lemon, and ginger with hot water or your favorite toddy recipe can give you an invigorating boost. The sweetness of the honey will help cut its acidity while soothing your sore throat. For something a little stronger,

our staff recommends a shot of brandy or whiskey as part of your home preparation. Whether ordered as a hot beverage from the Juice & Coffee Bar or bottled as a concentrate, this handy mix will make for a powerful weapon in fighting off infirmity in these bleak winter months.

For something a bit smoother, you might want to go with the Golden Monkey. A favorite among Produce staff, this smoothie infuses banana with honey and a mixture of turmeric, cinnamon, black pepper, and ginger blended into your choice of milk. These spices give the drink a nice bit of heat in an otherwise cool and refreshing beverage, while also boasting an anti-inflammatory immune boost.

PRODUCE

If fighting colds is your goal this January, be sure to make a stop in the Produce section as the citrus season is in full swing. It is a great time of year to stock up on some of the best oranges and grapefruit of the year, or maybe even a pomelo if you are feeling more adventurous. If sour is pleasing to your palate, don't forget to grab a bag of kumquats. These bite-size citrus can be eaten whole like a nature-made candy. Just roll one between your fingers to unleash the juices then pop it in your mouth, peel and all, to enjoy. If this intense sourness is too much for you all at once, try slicing these tiny delicacies to make for an invigorating garnish with your hors d'oeuvres or in a winter salad. Kumquats are not the only must try this time of year. Keep an eye out for limequats as the citrus season continues. Cultivated as a hybrid crossing the kumquat with the key lime, these small fruits pack a wallop of citric acid and Vitamin C. While you may choose to eat the limequat whole like a kumquat, you can also employ it in the mixology of your home cocktails. Peel a twist of rind to add a sweetened flair to your highball, or bring out the inner bitterness through its juice and pulp. These little fruits can also be candied whole, or made into conserves once you remove their bitter seeds.

PLANT-BASED FOODS

If your New Year's resolutions include incorporating more produce and plant-based foods into your diet, you may also be looking for alternatives to animal products. You may be surprised to discover a number of non-dairy-based options displayed shoulder to shoulder with the traditional animal-based milk and cheese selection. You can celebrate your Wisconsin lifestyle without the burden of lactose by subbing nut cheese onto your shopping list. In addition to shreds, be sure to sample some of the

softer varieties, many of which come in savory flavors such as herbs or scallion. You can use these to spread across a bagel, as a flavorful dip, or on crackers for a quick snack. If you have any leftover dates from the holiday season, I recommend cutting them in half and stuffing some nut cheese inside. The savory flavors work to playfully juxtapose the often saccharine sweetness of the date, creating a delectable balance between the two extremes.

You might also be looking to change up some of your favorite recipes with plant-based meat alternatives. Our dairy shelves are packed with a plethora of brands and varieties of plant-based products mirroring what you would find in the butcher's case.

At first glance, one could be forgiven for mistaking the Beyond Burger for an ordinary hamburger patty. With all the marbling and juiciness of the traditional hamburger, you can swap these patties onto a bun for a great taste made without the cow. These burgers also boast 20 grams of protein, while containing no genetically modified ingredients or soy, all while fitting into a gluten-free diet. Beyond Meat also offers other plant-based meats designed to trick your taste buds into thinking you're eating meat. Beyond Beef can take the place of your premium ground round, delivering the texture and protein you crave to complement a favorite pasta dish, or to make that spicy filling on taco night. The Beyond Sausage can tag-team in for bratwurst at your grill-out or can be used to maintain the heat in a recipe calling for Italian sausage. Beyond Meat isn't the only option when looking for a new entrée or centerpiece.

For a locally sourced take on faux meat, check out the Milwaukee-based Cedar Teeth brand. Not only will you find some unique pizza varieties, but their Thunderbird product makes a great substitute in recipes calling for pulled pork or chicken. If something with an artisan flair is what you're looking for, Field Roast brand is great. Their Celebration Roast, made with butternut squash, apples, mushrooms, and spices is an excellent grain-based main course for a special dinner or a holiday meal. Field Roast also features their own take on grain-based burgers and sausages. If sandwiches are your thing, you can still enjoy the flavors of sliced ham or turkey with plant-based deli slices from Tofurky, allowing you to recreate that classic club or even bologna on white bread. If you are struggling to beat your bacon cravings, Upton's Natural brings its sophisticated style to seitan, made from wheat and soy. Serve up

these strips with a side of pancakes, or try their other flavors such as Chorizo or Italian. Seitan makes for a delicious alternative to beef and other meats, or you might give Upton's Jackfruit a try, a remarkable plant that closely resembles the texture of chicken.

NEW PANTRY STRATEGIES

Outside of your meat and dairy alternatives, check out the center aisles of our Co-op for some new pantry strategies that you may not have tried before. A new staff pick from our Grocery department is Love Corn. These kernels make for a great snack. Try the crunchy and delicious sea salt flavor as an alternative to your bag of potato chips. Or for the more adventurous, experience these roasted kernels in all their glory in the Smoked BBQ variety, or if you like it hot, go with the Habañero Chili. Great for munching straight out of your hand, these vegan gluten-free kernels also make for a healthy addition to your soups and salads.

If your cravings lean toward the sweet, check out our chocolate bar selection. With a number of varieties from several great brands, you can run the gamut from the mild sweetness of milk chocolate to the intense bitterness of 92% Cacao Dark. In between, you'll want to indulge with the flavors of caramel, sea salt, almond, mint, and orange mixed in. Not only will the caffeine and antioxidants help to boost your mood, but you can enjoy this treat knowing that many of our varieties come from mission-driven producers, such as Equal Exchange—a company committed to ensuring sustainable fair trade deals for small-scale farmers across Latin America, or Endangered Species Chocolate, whose products advocate a sustainable eco-system that encourages habitat conservation.

BULK

Along with great snacks for your sweet (and salty) tooth, our Bulk aisle contains some delectable items to keep you going between meals. If you are not a Bulk aisle aficionado already, it is really a way to shop that you must try out in the new year. If you are looking for some nice healthy fats for your diet, fill up a bag or a container from home with cashews or some of our other nuts with a quick, gentle tug on the bulk lever. You can create a nice trail mix by blending these with other Bulk items such as dried fruits, pretzels, or chocolate-covered ginger.

If you are of storing up your favorite grains and beans to get you through the winter, the bulk aisle will be your new best friend. A personal favorite of mine is the orange lentil, a surprisingly versatile legume that is perfect



for hearty soups and stews in frigid January. If you are looking to perk up and add some warmth to the early days of the new year, check out the variety of coffee bean flavors you can bulk up on from Equal Exchange and Just Coffee.

For many, buying in bulk can be a great strategy for being thrifty in 2020, and there is nothing better suited for the fiscally conscious shopper than bulk spices. You can save a little space, a little waste, and a nice chunk of change in just a few steps when you forego buying a new spice jar each time. Just grab a baggie, mark down the PLU of one of our many spice jars, unscrew the lid, and use the scoop to measure a pinch or a pile. We price our bulk spices by the pound, but since most refills only amount to only a few ounces, you are sure to be pleased with how little you'll spend compared to the cost of a new container!

WELLNESS

If you are a fan of loose leaf tea, you can repeat this process a few aisles over in the Wellness aisle, where you'll find robust varieties such as jasmine and ruby oolong.

While browsing the Wellness aisle, you are likely to find quite a few items that will support a healthy new you for the new year, including a number of supplements to help give your body that needed boost. Vitamin D supplements may prove an especially helpful addition to your diet as we make our way through these months of low sunlight. Collagen supplements are another worthwhile try that can support your joint health. If you are looking for a new way to increase your intake of omega fatty acids and amino acids, pick up a few Evo Hemp Protein bars.

ENVIRONMENTAL CONSCIOUSNESS

As you are looking for ways to better your own health and wellness in the new year, you may also want to find ways that your purchase can be more socially and environmentally conscious as well, and the Wellness aisle is a great place to start. You can reduce your environmental impact by looking for products with reduced packaging and less plastic such as cardboard tube deodorant, or bar soaps. Making use of our bulk product selection will also help to cut down on your waste stream. One product I cannot recommend enough is the Klean Kanteen bottles. Great for both cold and hot liquids you can skip bottled water when you fill these up from your tap or filter pitcher. They also are great for taking the daily coffee cup out of your waste equation. Many coffee shops around town, including our Juice & Coffee Bar, will gladly fill these containers and give you a discount for bringing one with you. With the Klean Kanteen's vacuum seal technology, your coffee will stay hot throughout the day as well! In addition to products that can help you live a more healthy and sustainable lifestyle, the Co-op also offers a number of items from producers committed to improving our world. This new year, make a commitment to supporting fair trade. By helping to economically support small farmers find a sustainable livelihood, you can practice empathy not just at home but in your global influence. 2020 is sure to bring exciting new experiences with it, and hopefully, your Co-op can help you to try new things and further enliven your body, mind, and spirit this year.



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WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

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Housing Initiatives is an organization that focuses exclusively on ending homelessness for our neighbors who suffer from severe mental illness. "We are literally providing permanent housing solutions to some of the most vulnerable people in our community," Brad Hinkfuss, Executive Director of Housing Initiatives, said. The organization owns 31 properties across Madison and currently provides permanent supported housing to 230 Madisonians in need. If an individual has needed housing for at least one year, Housing Initiatives finds a home for them.



Photo: Housing Initiatives

Working Capital for Community Needs (WCCN) provides instrumental resources to communities in Latin America to seize opportunities in their lives. To date, WCCN has lent over \$134 million to borrowers in need and has repaid its investors 100% of the principal and interest owed to them.



Photo: Working Capital for Community Needs

This has been particularly impactful in supporting the lives of individuals in Nicaragua that have been caught amidst a political crisis. WCCN has observed a decrease of 30% to 50% in the incomes of previous borrowers and has continued to try to restructure their loaning model to help as many families as they can.

Wisconsin Literacy, Inc. is a non-profit coalition of over 70 community-based literacy programs located throughout the state of Wisconsin. Health literacy is their current focus with the goal of improving health and healthcare through better communication. In April of 2019 they hosted the Wisconsin Health Literacy Summit where over 90 speakers and presenters shared their initiatives towards developing health literacy. Experts came to discuss their work with vulnerable populations, organizational planning, health literacy improvement, and resources for communities in need.



Photo: Wisconsin Literacy

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Correction: November and December's ads should have read Wisconsin Conservation Voices.

SPECIAL STORE HOURS
January 1: Closed

RECIPES

White Bean, Chard and Pasta Soup

Adapted from Chef Carrie Floyd from the *Culinate Kitchen* collection, www.culinate.com

"This recipe is from my friend Carrie Birrer, who used to own Florio Bakery in Portland. The combination of garlicky greens and white beans is delicious; just don't let it sit around on the stove too long after making it, as the greens will turn to sludge."

2 bunches chard
2 anchovy fillets
1/2 Tbs. rosemary leaves
6 cloves garlic
1/4 c. extra virgin olive oil
3 c. white beans, cooked
6 c. chicken broth
3/4 c. dried pasta
salt and pepper
parmesan cheese

Directions: In a small stockpot or medium saucepan, blanch the chard in 2 cups lightly salted, simmering water until the color is set. Drain the chard, reserving any liquid that remains. Coarsely chop the chard. Very finely chop the anchovies together with the rosemary. In a small saucepan or skillet, cook the garlic cloves in the olive oil over low heat, stirring often, for about 5 minutes, until the garlic is pale gold. Discard the garlic and pour the garlic-infused oil into a soup pot. Heat the oil over medium heat; stir in the anchovies and rosemary. Add the chard and cook until tender, stirring to coat leaves thoroughly with oil. Add the beans and cook until heated through. Add up to 2 cups of reserved chard water and bean broth (the liquid from cooking the beans) as well as the chicken broth. Bring to a boil, then add the dried pasta and cook until pasta is tender. Season to taste with salt and pepper. To serve, divide the soup among bowls and garnish with grated Parmesan cheese.

Black-eyed Peas with Collard Greens

Adapted from www.cooking.nytimes.com.

For good luck all year long, here's what to eat on New Year's Day. With bay leaf and dill, and no ham hock, this vegetarian version is Greek-inspired, not Southern.

1/2 lb. black-eyed peas
1 onion
4 cloves garlic
1 bay leaf
2 Tbs. tomato paste
3 Tbs. olive oil
salt
1 bunch collard greens
1/4 c. chopped fresh dill
black pepper
lemon wedges

Directions: Place the black-eyed peas in a large pot and cover with 2 inches of water. Bring to a boil, then drain. Return the black-eyed peas to the pot, add half of the onion and half of the garlic, and cover with 2 inches of water. Set over medium-high heat and bring to a simmer. Add the bay leaf, and reduce heat to medium-low. Cover, and simmer for 30 minutes, until the black-eyed peas are just barely tender. Set a colander over a bowl, and drain, reserving all the cooking liquid.

Preheat oven to 350°. Place the tomato paste in a small bowl, and add 1/2 cup of water. Whisk to combine. Set aside.

In a large Dutch oven or other oven-safe pot, heat 2 tablespoons of the olive oil over medium heat. Add the rest of the chopped onion and sauté for 5 minutes, until tender. Stir in the garlic, and cook another 30 seconds. In batches, stir in the collard greens, stirring and letting each batch wilt before adding more. Stir in the tomato paste and water mixture, and season with salt. Add the cooked black-eyed peas, and pour in enough of the reserved cooking liquid to just cover everything. Place the pot in the oven, and cook for 30 minutes, until the collards and black-eyed peas are very tender.

Return the pot to the stovetop over medium-low heat. Add some more of the cooking liquid if it seems dry. Stir in the last tablespoon of olive oil and chopped dill. Cover, and simmer for an additional 10 minutes. Season with salt and pepper to taste. Serve hot, with lemon wedges.

Butternut, Sweet Potato, and Red Lentil Stew

Adapted from www.ohsheglows.com.

Creamy winter squash, sweet potatoes, and red lentils are cooked in a creamy coconut-tomato broth, and enlivened by spicy turmeric, cumin, chili powder, cayenne, garlic, and a touch of apple cider vinegar. Best when allowed to sit for a day.

2 Tbs. olive oil
1 onion
4 cloves garlic, minced
3 c. diced butternut squash, cubed
1 sweet potato, cubed
3 c. vegetable broth
14 oz. diced tomatoes
14 fl oz. coconut milk
1/2 c. red lentils
3 Tbs. tomato paste
1 1/2 tsp. turmeric
1 1/2 tsp. cumin
1/2 tsp. chili powder
1/4 tsp. cayenne pepper
salt and black pepper
3 tsp. apple cider vinegar
1 bunch chard

Directions: Heat the olive oil in a large pot over medium heat, and sauté the onion and garlic for 3-5 minutes, until softened. Stir in the squash and sweet potato and add a pinch of salt. Sauté for 5 minutes. Pour in the broth and stir in the tomatoes, coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, and salt and pepper to taste. Stir to combine, then increase heat and bring to a boil. Reduce heat to medium, stir, and simmer uncovered, stirring occasionally, for 30 minutes, until the squash and sweet potato are tender. Stir in the vinegar and chard. Continue to cook until the chard is wilted. Taste, and adjust seasonings as needed. Enjoy warm.

Root Vegetable Gratin with Cheddar and Horseradish Rye Crumb Crust

Recipe adapted from *From Asparagus to Zucchini* by MACSAC.

1 lb. rutabaga, cubed
1 lb. sweet potatoes, cubed
1/2 lb. parsnips, cubed
2 Tbs. olive oil
1/3 c. apple cider
1 Tbs. minced garlic
salt and black pepper
3 Tbs. butter
3 Tbs. flour
1/8 tsp. ground nutmeg
2 c. milk
2 Tbs. horseradish
4 oz. shredded cheddar cheese
1/2 c. bread crumbs

Directions: Heat oven to 375°F. Spread vegetables in large baking dish, drizzle with olive oil and cider or wine, scatter on the garlic, sprinkle with salt and pepper to taste, and toss well. Cover the dish tightly with foil and bake 20 minutes, then remove foil and continue to roast until vegetables are brown-tipped and tender, 20-35 minutes longer. Meanwhile, make a white sauce by melting the butter in a saucepan; add the flour and cook over low heat, stirring, for 3-5 minutes. Whisk in the warm milk, bring sauce to a simmer and cook gently about 10 minutes, stirring often. Season well with salt and pepper; stir in the nutmeg, then fold in the vegetables. Transfer to a buttered casserole dish or leave in the roasting pan. Mix horseradish, cheddar, and breadcrumbs with your fingers and sprinkle evenly over the vegetables. Continue to bake until bubbly, 20-30 minutes longer.

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Staff Picks



LAURA

Willy Street Co-op Smoked Salmon Spread

Don't try this stuff. You will never want plain cream cheese on your bagels ever again, and you pretty much won't want to eat salmon Any. Other. Way. Available at North only.

Kickapoo Curtido

Refreshing and local with a slight spicy kick, this stuff has become one of my new favorites to have atop Tres Foods Papusas for lunch. It also goes great on multiple other things, but I'm especially digging that combo—some cheese melted over the papusa and slices of avocado with a heaping pile of curtido on top!



JOHN

Willy Street Co-op Reverse Osmosis Water

This has become my new go-to liquid. I am totally infatuated with the fact that it is sourced locally, non-GMO, uses no high fructose corn syrup, can be used with other household cleaners, is safe for children and expectant mothers, and if I use it for ice cubes, the cubes turn out super clear!

Amazing stuff! As of late, I have been using it to brew coffee and in a spray bottle for the kitties when they start climbing up my screen door. You should get some today.



MELISSA

NessAlla Kombucha Butterfly Effect CBD-Infused Kombucha

I've never had kombucha with a flavor quite like this. It's refreshing and really unique. Described as tangy and tart with concord grape overtones, it tastes a little like candy to me. Bonus: It's infused with 30 mg of CBD per bottle and is a lovely lavender color.



PHILIP

Orv's Frozen Pizza (Any flavor)

The price is right here, only \$2.79. They are literally always on sale. I always have a frozen pizza on hand for when I need a quick, cheap meal.



ANGELICA

Good Karma Original Flax Milk

This is my go-to alternative milk. Decent price, sweet flavor, smooth texture, and relatively low impact on the environment—flax pride!



SARA

Banana Babies—Dark Chocolate

A delicious dairy-free (vegan and gluten-free) frozen dessert that won't leave you missing the moo.



A perfect combo of banana and chocolate. These often satisfy my need for something sweet and cold with less calories than other options. And, after all, a recent preliminary study has shown that dark chocolate can improve stress, mood, memory, and immunity. If studies are incorrect, at least it tastes amazing!



SHELLEY

Gittos Tortillas 10"

They're so fresh and chewy and they hold everything in. Local and organic.



TIFFANIE

Madame Chu Sambal Nyonya

This locally made deep red chili paste is my go-to when I need to kick up the heat in a rice or noodle dish.

It also goes great with eggs, fish, and chicken. If heat isn't your thing, Madame Chu offers a Ginger Garlic Paste and a Satay Peanut Nyonya that are just as tasty.



JOE

A2 Whole Milk

I generally avoid milk (other than butter/cream which don't seem to bother me) but I've found that this doesn't give me the digestive symptoms I experience with others. A lot of people that thought they were lactose intolerant have discovered their problem isn't the lactose but rather a specific protein not found in the heirloom breeds used for these products.



DUSTIN

Bhuja Snack Mix

This is the perfect blend of sweet and salty. Plus it's gluten-free and vegan!



AMY

Bambu Food Scraper

I had been wanting one for so long. I finally got one and I just love it and use it all the time! It's an affordable extravagance for that less-romantic person, I'm telling you.



KRISTI JO

Functional Remedies CBD Oil

This is such a great company. What makes this product different from the rest is that it's lipid-infused with MCT oil which helps the body absorb the hemp phytonutrients. Whether it's pain, lack of sleep or anxiety, this brand of CBD is what made me believe in the healing benefits of hemp.



TANYA

Willy Street Co-op Eggless Tofu Salad

The perfect sandwich filling for the vegan lunch box! Eggless Tofu Salad is a timeless classic, appealing to all ages. Pretty to look at, the Willy Street Co-op makes a yummy version.

Sock It to Me: I Believe Toddler Knee High

My 15-month-old might not know how cool he is going to look in these socks but with aliens landing in green light everyone else will think he is styling. These are great for a laugh and for needed warmth in the winter.



Barnana Peanut Butter Banana Bites

Fabulous stocking-stuffer! These sweet treats are addictive. The combination of soft dried bananas with a peanut butter coating is insane. In our house EVERYONE loves these—especially the baby.



CATE

evanhealy Blue Cactus Beauty Balm

This balm is a magical moisturizer. My hands have taken a beating in the garden and yard this year. They had become so rough and dry, exfoliation wasn't helping and neither were any of my usual products or tricks. That's when the Blue Cactus Beauty Balm appeared on the shelf at



Willy Street Co-op, so I figured I'd give it a try. Guess what? I love how my hands look and feel now! I think I'll try it on my face this winter to stave off that wind burnt feeling. Available at West and North only.



LACEY

Madison Soap Company Ray of Sunshine: Turmeric + Lemongrass Soap

If you're missing the sunshine this winter, give this soap a try.



The scent and glowing warm color are so happy and uplifting! Madison Soap Company's soaps are also certified vegan, use mostly organic ingredients, and are handmade in small batches in Madison, Wisconsin. Available at East and West only.



DADDYDEAN

Acure Shampoo & Conditioner

I've only tried the Coconut & Marula so far, but Wow! This shampoo and conditioner leaves my hair incredibly soft, smooth, and shiny!



MOURNING DOVE

Red Radishes

My grandpa loved 'em, My dad loves 'em, and I love 'em, too. They add a fresh crisp to any salad with just a little bite. Great for a snack sliced thin, or chomp on 'em whole.

Golden Beets

Cut into a golden beet and you'll know what pure sunshine is like. I like to eat these babies raw, sliced super thin and used as a chip for guacamole. Perfect for raw nachos!



MICKY

Rio Star Grapefruit

I find Rio Star Grapefruit to be one of the most consistent citrus options available and you can count on them being juicy and flavorful all season long. They are also more versatile than people give them credit for. Besides just eating them on their own, they are also a great addition to green salads, pair well with fish, chicken, and pork, and are a main ingredient in many unique desserts. One simple way I've been enjoying them is chopped up with an avocado, fresh mint, and a pinch of sea salt.



LEAH

Swiss Chard

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



PATRICK

Willy Street Co-op Salad Dressings

Our housemade dressings are awesome—made with organic ingredients and super flavorful. Personal favorite is the Maple Mustard. Wanna feel like a kid again? Try our French Dressing. That's the only way I ate vegetables as a boy.



BRIAN

Willy Street Co-op Hot Cuban Pork Sandwich

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

Willy Street Co-op Green C Juice

Don't let the ingredients scare you off. This is my all-time favorite juice blend at the Juice Bar. So incredibly delicious and refreshing. I could drink these all day.



LIZ

Willy Street Co-op Berries-n-Creme Smoothie

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



GRANT

Carr Valley Cranberry Chipotle Cheddar

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



EMILY

Flory's Truckle Cheese

This aged cheddar is slightly crumbly and delicious! We ate the whole wedge in one sitting. Truckle is fun to write on your grocery list, but in fact refers to the cylinder shape of the uncut cheese. North only.



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6409 Odana Rd | Suite 20 | Madison, WI www.healingfootreflexology.com

Call (608) 371-3789 for an appointment

SPECIAL STORE HOURS January 1: Closed



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"I am thankful for Dr. Holinbeck's expertise and help by saving my tooth from a potential root canal or possible extraction... She has a great way to make you feel at ease and has a lot of confidence in what she is doing. I highly recommend her!"

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willy street co-op
COMMUNITY
REINVESTMENT FUND
GRANTS AVAILABLE

Since 1992, the Willy Street Co-op has contributed \$452,000 to local nonprofits and cooperatives to support developmental and educational projects for our community. Grants from the Community Reinvestment Fund may be awarded to projects supporting food justice or access, creating/developing Co-operative businesses, sustainable agriculture, health and well-being, and/or social change.

Grant applications and further details can be downloaded from:
willystreet.coop/community-reinvestment-fund.

The deadline for applications is February 29, 2020.