

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 47 • ISSUE 5 • MAY 2020



Morchella



Wasturtium officinale



Rheum rhabarbarum



Raphanus sativus

MAY PRODUCE: WILD GIFTS OF SPRING



Rillium tricoccum



Asparagus officinalis

SPECIAL MEMORIAL DAY HOURS

ALL STORES OPEN 8:00am-6:30pm, with 8:00am-9:00am hour reserved for seniors and those who have compromised immune systems
SEE WILLYSTREET.COOP FOR COVID-19 RESPONSE UPDATES.

IN THIS ISSUE

Our Food System in the Time of Pandemic;
The Kitchen Garden Experiment;
Plastic-Free Fruit & Vegetable Guide; and more!

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willy street co-op READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

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

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, March 17
Tuesday, April 21
Tuesday, May 19. Virtual meeting.
Tuesday, June 16
Tuesday, July 21

Board meetings are typically held at our business office (1457 E. Washington Ave. in Madison), but may be held virtually. Please see www.willystreet.coop/events and select the "Board" category for details.

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THIS MONTH: Virtual Wellness Any Day coupon. See ad on page 4 for details.

SPECIAL MEMORIAL DAY HOURS

ALL STORES OPEN 8:00am-6:30pm, with 8:00am-9:00am hour reserved for seniors and those who have compromised immune systems

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!

COVID CAUTIONS

Q: Hello. You have a great store, but I am shopping elsewhere for now, and advising everyone else I know to do the same. However, I would return in person to shop if you adopted the more stringent protocols being used in Germany and some other countries:

1. Cashiers and customers separated by a plexiglass shield. I think this one is essential, so I checked your website to see if it is mentioned. It does not appear to be. Currently I will not enter the store unless this kind of shielding is in place.

2. No-contact paying possible by providing a debit or credit card number. Some people naturally forget to wipe down their card with disinfectant afterwards.

3. Reduced density of people in the store at all hours, not just during the "seniors" shopping hour. The goal should not be just to keep the more vulnerable people safer in the store. It should also be to reduce the chances that someone younger and healthier gets the virus in the store and then passes it on to someone vulnerable later.

I am a microbiologist, so I do have some knowledge on this subject. Please let me know what plans you have or don't have regarding these precautions. I will forward your response to everyone I know. Thanks.

A: Thanks for writing. I am pleased to report we meet all your criteria and have for weeks. We have had the ability to accept Apple Pay, Samsung Pay, and contactless cards with the wifi symbol for quite some time, well before the pandemic began. Customers still need to use the stylus on the pin pad to approve the payment, and to mitigate this issue, our cashiers frequently wipe down the stylus and pinpads. Plexiglass shields at all checkout lanes and the Customer Service desk started to go up the week of March 16 with full install completed the following week. On Thursday, March 19, at the same time we announced reserving the first hour of the day for seniors and those with compromised immune systems, we started limiting customer capacities throughout the day. We started with a capacity of 50 at a time, now it is down to 30 due to things we have learned along the way. You can find out more about precautions we have

taken at www.willystreet.coop, and if you have other concerns about what we may or may not be doing, West can also be reached at 608-284-7800 during business hours for clarification. We hope this message meets you well. Take care. -Kirsten Moore, Cooperative Services Director

THANK YOU

Q: We just wanted to thank you for the incredibly great job you're doing during this pandemic. The policies you've quickly instituted, the worker protections, the continued high quality of your customer service, the efforts to stay stocked—all reinforce our long-held opinion that you are an outstanding organization. We are greatly appreciative.

A: Thanks for the kind words and gratitude! I will share with all of our employees. Good health to you! -Kirsten Moore, Cooperative Services Director

FACE MASKS

Q: Face masks are made to protect others. Your checkout people wear masks as do most other staff. I was disappointed, however, to have one bagger, then another take over for her, not wearing one. I realize they are not very comfortable, but very important in these times. Again, thank you for what you are all doing.

A: Thanks for writing and for the compliments! Our face-covering policy goes into effect starting today, and most employees working at the Co-op will be required to wear a face covering at least through the duration of the Safer At Home Order. Many of our employees voluntarily adopted the policy early, which is why you saw so many already wearing them. Please note, the CDC does recommend that some people refrain from wearing face coverings, and that includes people who may have trouble breathing or may not be able to remove face coverings on their own. Employees who may have these issues are exempt from any expectation to wear face coverings, as that is what is safest for them. Be well! -Kirsten Moore, Cooperative Services Director

BRINGING OWN BAGS

Q: When I shopped today I was told that we would no longer be able to bring our own bags to package food. I have searched the CDC and DHS websites RE covid19 and am seeing nothing about transmission via plastic bags. <https://www.dhs.gov/covid-19/protect.htm> says that "The greatest grocery-related risk is contact with others with high-touch areas like shopping carts and basket handles." So where is this coming from?

A: Thanks for asking. We made this decision with guidance from Public Health Madison & Dane County, and at the request of our Front End departments. Deciding not to accept reusable containers at this time makes it safer

for our cashiers, as we cannot guarantee the cleanliness of the containers or bags customers bring in. Our cashiers are in high touch areas at the checkout lanes and need to touch every item that comes through the lane. We are not the only store that has temporarily ceased this practice, we're in communication with co-ops across the country that have also taken this step. We hope this message meets you well, and good health to you! -Kirsten Moore, Cooperative Services Director

SNAP

Q: Hi. I have been putting off getting groceries because I have to use SNAP and don't want to come into a store. Is there some way to purchase (or maybe even just select) my groceries online for pick-up? Maybe by calling or emailing a copy of my card?

My family sends our best wishes to all of you on the front lines. We really worry about all of you and hope you can all stay safe and healthy.

A: Thanks so much for asking and for the well wishes. We do accept Wisconsin FoodShare/QUEST (SNAP) at shop.willystreet.coop. When you are making your payment, you may select EBT. Then you will be asked to secure your order with a credit card. When we deliver or you pick up, we will swipe the EBT card to pay for the FoodShare Eligible Items, then use the credit card you entered to pay any remaining balance. If you have any questions about this when you place your order, please call our North location at (608) 471-4422 during store hours (10:00am-8:00pm) or email orders@willystreet.coop for assistance. Hope you're having a happy and healthy weekend! Take care. -Kirsten Moore, Cooperative Services Director

TOUCHING PRODUCE

Q: Thanks for all you are doing to keep everyone safe during the pandemic. I shopped at Willy East last Friday and am just wondering if there is some sort of signage or other way to help shoppers be more aware that now is not the time to finger/handle all of the produce. I was thinking of buying a green cabbage but a shopper in front of me wearing street gloves picked up and handled about 20 cabbages before selecting one. Not a great idea in terms of spreading germs or in terms of moving efficiently through the coop.

A: Thanks for the suggestion, and I'm sorry to hear about the cabbages! We do already have signs that say "Only touch products you intend to buy," in various parts of the store (including Produce) and we also have employees who make announcements throughout the day on the paging system reminding customers of this request. Unfortunately, not everyone sees the signs or hears the pages. Next

week our signs will be updated with some icons, and maybe the new look will attract some more attention. I think in some situations, the best thing to do is to tell someone when they're doing something that doesn't follow social distancing guidelines, as some habits are hard to break and we need to help each other out. I also hope that everyone is washing the produce they buy! I hope this message meets you well, and good health to you. -Kirsten Moore, Cooperative Services Director

BUYING BULK RIGHT NOW

Q: One reason I love the Co-op is the ability to decrease plastic use by buying from the bulk bins. That is not available now due to the Covid rules. Is it possible now to buy bulk flour or beans (vendor type packaging) to reduce my plastic use?

A: Thanks for asking. We love and miss the bulk bins too. At this time we cannot take any pre-orders for bulk items because of restrictive ordering limits imposed by some of our distributors due to COVID-19 related supply issues. That said, if there is a particular product you are looking for at volume, you may certainly call ahead to the Co-op the day you plan to shop and see if we have it in stock (or ask at Customer Service when you arrive). If we have a sealed bag available, we may be able to sell it to you. North can be reached at (608) 471-4422. I hope this message meets you well. Good health to you! -Kirsten Moore, Cooperative Services Director

NOTHING BUT IMPRESSED

Q: I have been to your store twice now since the covid craziness and have been nothing but impressed with the dedicated team at my store. Even in these stressful times the employees are helpful, smiling, and making it work. Everything seemed to be run smoothly and with such attention to safety. Thank you all for being such valued members of our community!

A: Wow! Thanks so much for the kind words and compliments! I will share them with all of our employees. Take care and stay healthy! -Kirsten Moore, Cooperative Services Director

BULK REQUESTS

Q: Is it possible during this covid era that the co-op would consider having a couple of employees take customer bulk request(s) and then retrieve these items.?blocking off the bulk product to allow only those designated gloved masked employees access...

A: Thanks for the idea. We do not have the staffing capacity at this time to consistently offer a by-demand service like this. All three sites are, however, pre-packing bulk items that do not already have packaged grocery counterparts as time allows so that they are available for you. If you are looking for a specific item, the best way to learn whether it is in stock is to call the store

before your trip. East can be reached at 608-251-6776. Be well! -Kirsten Moore, Cooperative Services Director

GRATITUDE

Q: I just wanted to extend my sincere thanks to everyone at the coop in these unprecedented times. I am ever so fortunate to be able to have access to your store both physically and financially. As I was eating a fresh apple last night I had a moment to reflect on, what a luxury that it was to be able to do so. In this time. That you folks come to work. Keep the food chain flowing, so that little old me, can be grateful with an apple.

Truly. Thank you folks!! It's no small task you each do. From one food service worker, to another.

A: Thanks for the kind words! I'll make sure to share your message on our employee intranet for all of us to enjoy. We appreciate you too! Be well! -Kirsten Moore, Cooperative Services Director

HAZARD PAY

Q: We moved here in 2018 ago from Seattle. I still get emails and have maintained membership at PCC, our co-op there. They have done a phenomenal job keeping stores open and safe despite the virus in recent weeks. They have also given a temporary hourly bonus to their employees. I would encourage Willy street co-op to do the same. Every time I shop at Willy west, I am impressed by how hard the cashiers and stock people are working. Let's make sure they know how much this is appreciated! Kind regards.

A: Thanks for writing, you are definitely reading the minds of all of us here at the Co-op. Earlier this week, the Co-op implemented a limited time hazard bonus

that will be applied to hours worked starting March 16, 2020. Be well! -Kirsten Moore, Cooperative Services Director

GIFT CARDS

Q: We would like to purchase "Virtual Gift Cards" for our own use to eliminate touching the card machine at the checkout. Please institute a program so we could make such a purchase and then spend down the balance by using our owner number and giving a password to the clerk or showing an ID. Thanks.

A: Good idea! You may be interested in our house charge program. You would pay a deposit that we keep that will equal your charge limit. You can make the deposit by mailing us a check with a completed form I've attached for you. Please mail to: Willy Street Co-op Central Office; 1457 E. Washington Ave., Madison, WI 53703.

Alternatively, you can call one of the stores to make the deposit using a credit card over the phone, and you can simply scan and send the application back to ora@willystreet.coop.

Once your account is set up, you can then charge up to that charge limit before you need to make a payment. You will have to sign the house charge receipt when they make a charge at the store. We send out monthly statements showing each charge and payment and month end balance. When you want to close the account we refund the deposit less any outstanding balance on the account.

Please let me know if you have further questions about this and I can put you in touch with a member of our finance team. Good health to you this weekend! -Kirsten Moore, Cooperative Services Director

GENERAL MANAGER'S REPORT

Challenging Times; COVID-19; Delivery; Curbside Pickup; and More!



by Anya Firszt, General Manager

CHALLENGING TIMES

Hello, May. Hello, dear Owners. Our daily operations have changed so much in the last two months due to the COVID-19 outbreak. It is highly probable that the pandemic will have lasting effects on how we run our business in the future. Our Co-op has been through tough times over the last 45 years, yet I have complete confidence that we will get through this pandemic crisis and be stronger because of it. Hang in there, and wash those hands!

THANKS TO OUR STAFF

Thank you for being on the front lines as well as behind the scenes ordering products, receiving deliveries, stocking and restocking our shelves, ringing out our customers at the register and delivering groceries

to our customers. Your resilience, adaptability, and critical thinking to provide the safest environment for our customers, staff and vendors is nothing short of amazing. You have all responded with unimaginable bravery and commitment. Thank you.

THANKS TO OUR CUSTOMERS

Thank you for continuing to shop at your Co-op, and for your patience as we negotiate these uncharted waters and navigate ways to meet your needs. Your outpouring of support and positivity helps remind us that our work is meaningful and appreciated. And, thank you for practicing social distancing and washing your hands!

Included in this issue of the *Reader* is an article by Kirsten Moore, Cooperative Services Director, which offers an in-depth description of changes in operations, new services and products, limitations in products and services, Owner benefits, and employee safety that have been implemented with regard to the COVID-19 outbreak. It is a must-read if you are at all curious to learn about the multitude of things we have done to stay open and to best navigate our new normal.

HOURS OF OPERATION UPDATE

The State of Wisconsin Safer At Home Order #28 has been extended

willy street co-op

Instead of Wellness Wednesday, we are offering a **Wellness Any Day Virtual Coupon!**

willy street co-op Owners

GET 10% OFF

Wellness or Bodycare products

on any one transaction they choose during the month of May.

No paper coupon needed!

Discount can only be used one time 5/1/20-5/31/20 per Individual or Household Owner account. Coupon will not work again on an Owner account after being used; please plan your purchases accordingly. Not valid for online orders. No cash value.



Just tell the cashier at check out that you would like to use this virtual coupon.

RUN

for the willy street co-op

Board of Directors

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

Deadline for applications: June 1st at 12pm.

Candidates are required to attend a Candidate Orientation Session and a Board meeting to be eligible to run.

Please see the website or Board candidate application for dates!



and expanded effective through 8:00am May 26, 2020. Therefore, our open hours remain from 10:00am-8:00pm with the first hour of business (10:00am-11:00am) reserved for elderly shoppers and those shoppers with compromised immune systems.

We have made one exception to our hours of operation, which is later this month on Memorial Day, Monday, May 25. Our open hours are scheduled to be 8:00am-6:30pm (the first hour reserved for elderly and shoppers with compromised immune systems).

DELIVERY AND CURB-SIDE PICKUP UPDATE

We have had to clear many hurdles with regard to expanding our online shopping service to meet customer demand. We have redirected staff hours to develop ordering systems behind the scenes, and to shop and process the growing number of orders we have received. In addition to that we have added curbside pickup at all three stores to help manage the increase in online sales as another means for customers to receive purchases without having to enter the store. There have been kinks along the way, but we are working through them as issues arise.

BOARD REPORT

Virtual Board Meetings; Run for the Board; and More!



by **Stephanie Ricketts, Board Member**

Hello Willy Street Co-op community, Wow... what times we are in! Never did I ever think I'd be writing to all of you in the midst of a global pandemic, one that has thrown many, if not all, of our lives into disarray. I am grateful to be a part of such a vibrant and

caring community in the midst of so much uncertainty. The innumerable acts of kindness, from sidewalk chalk birthday messages to Little Libraries converted into tiny food pantries, birthday car parades to record foster animals placements at the Dane County Humane Society, fill my heart. We're all doing our best to get through this, together.

KEEP ON, KEEPING ON

Co-op management and staff continue to work hard to make shopping at the Co-op as safe as possible—check out Kirsten's article in this *Reader* for more information, as well as www.willystreet.coop/coronavirus. Join me in saying a huge THANK YOU to all of these individuals, who are working incredibly hard to

ON THE HORIZON

There are a few things you can still count on in the spring despite the pandemic: local asparagus and morels will find their way to the Co-op, and budget planning for the coming fiscal year is in full-swing. We have been developing the Fiscal Year '21 budget over the last several months in between final union contract negotiations and COVID-19 changes in operations, and we are about three-quarters of the way through the process. In mid-May, our Finance Committee will have an opportunity to review and provide input on the budget before recommending approval to the Board of Directors at their June meeting.

At this time of year we would normally be in the throes of planning our Annual Meeting & Party, which has been held in early July in concert with the Wil-Mar Neighborhood Center's La Fete de Marquette. However, in a joint decision reached with Wil-Mar, we have decided not to hold our Annual Meeting & Party in its usual format this year. Check the Board report for more information.

Until next month, stay well.

provide access to the nutritious food that we all rely on. Please also show your thanks by minding the various notices posted throughout the store aimed at increasing shopping safety, as well as doing your best to maintain appropriate social distancing measures (six feet apart where possible, wearing a face covering in-store, etc). Your Co-op staff and fellow shoppers appreciate it!

ATTEND BOARD MEETINGS VIRTUALLY

The Willy Street Co-op Board continues to meet, now in an entirely virtual manner. Owners are invited to attend these online meetings via the power of WebEx! You can find the schedule of Board meetings, along with links to the live WebEx, on the calendar, found at www.willystreet.coop/events. Meeting minutes will also be made available as usual after the Board approves them (this usually occurs at the next Board meeting, as a consent agenda item).

The next Board meeting will take place on May 19, 2020, starting at 6:30pm. To attend, please go to: www.willystreet.coop/event/69-board/171-may-virtual-board-of-directors-meeting.

RUN FOR THE BOARD

Four seats will be available in this

year's Board election cycle: three seats that are opening up as part of the usual three-year cycle, and one additional one-year seat as we say farewell to Board member Trevor Bynoe. Serving on this Policy Governance Board is a great way to learn more about the cooperative grocery movement, be involved in setting high level strategic priorities for the organization, and developing personal leadership skills. Learn more about the process and download the application packet online: www.willystreet.coop/pages/run-for-the-willy-street-co-op-board. Packets are also available at the Owner Resources Areas at our retail locations.

The original Board Candidate information packets were published prior to the COVID-19 pandemic impacting our region. The Board has since opted to make some key changes to the nomination process this year, to reflect the importance of social distancing.

- No endorsement signatures from other Owners will be required this year.
- The requirement to attend a Board meeting can be met by virtually attending either of the next two Board meetings. The dates for these meetings are May 19, 2020 and June 16, 2020, starting at 6:30pm. Details of all meetings will be on the Board meeting event at willystreet.coop/events.
- Orientation sessions will be held online. The full schedule and login details for these sessions are available in the Board candidate information packets downloadable from the website listed above and available at the Owner Resources Areas in store.
- Co-op staff will not be taking candidate photographs this year. Instead, please send in a clear, high resolution (200dpi or higher) headshot with your completed application materials. Print photos can also be scanned but we cannot guarantee return of the photo.
- The format of the Annual Meeting will change this year (see further in this article), but candidates are still encouraged to introduce themselves at the Annual Meeting. We will provide instructions for introducing yourself at the Annual Meeting after you submit your candidacy application.

If you have any questions about

the process, or just want to chat with someone about the possibility of running for the Board, please reach out! You can contact the whole Board at board@willystreet.coop, or me personally at s.ricketts@willystreet.coop.

CHANGES TO THE ANNUAL MEETING & PARTY

Given the continued uncertainty around how the COVID-19 pandemic will continue to impact our community, the Board, along with management, has decided to change the Annual Meeting & Party from what we have done in the past. The Annual Meeting—when we provide a year in review, a financial update, answer questions from attendees, and offer Board candidates the opportunity to address Co-op Owners—will still be held on July 9, 2020. Information regarding the time of day and how to join the virtual meeting will be provided in the *Reader*, on the Co-op's website, via social media, and with information about this year's upcoming elections. We hope that you will all attend!

It was a cheerless decision to make, but the Board feels strongly that the safety of Owners takes precedence, and has canceled the party portion of the event. Instead, the Co-op will be finding other ways to celebrate Owners in the months to come.

HANG IN THERE

A friend texted me a song today: "On The Day We Are Together Again" by Humbird. Among the lyrics is a line that resonated as I thought of all of you out there, "We will share the table again, I'll pass you the salt, the candle light will bend, when we eat at the same table again." Hang in there, community. We'll get through this together.

In these times, having the right home for you and your family to stay safer at home is our priority. We are all in this together, we are here and we care. Be well.

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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.

WE EXPECT CLASSES TO RESUME BY THE FIRST CLASS DATE LISTED BELOW. IF WE NEED TO CANCEL CLASSES, WE WILL NOTIFY THOSE WHO SIGNED UP IN ADVANCE AND REFUND ANY FEES.



COOKING

SIX SPICES: INDIAN VEGETARIAN

Location: Willy East Community Room

Tuesday, June 2, 6:00pm–8:30pm

Ages: 13 and older; adult supervision required

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

Join Chef Neeta Saluja to learn to prepare a variety of vegetables using Indian cooking techniques. On the menu:

Eggplant and Mushroom Curry, Peas Pullav, and Cucumber Raita. Vegetarian and gluten-free.

SIX SPICES: QUICK CHICKEN CURRY AND HANDMADE FLATBREAD

Location: Willy West Community Room

Thursday, June 18, 6:00pm–8:30pm

Ages: 13 and older; adult supervision required

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

Join Chef Neeta Saluja to learn to make this simple yet delicious chicken curry with peanut sauce. To accompany the curry, she will also prepare whole wheat flatbread, cooked under the broiler to give the taste and look as if they are cooked in an open Tandoor oven. A cabbage and tomato salad seasoned with fresh curry leaves and mustard seeds will round out the meal.



DIY

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room

Thursday, May 28, 6:00pm–8:00pm

Location: Willy West Community Room

Thursday, June 25, 6:00pm–8:00pm

Ages: 18 and older

Your Co-op's Own Instructor: Paul Tseng

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

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

LEARNING WITH CHEF PAUL: VERSATILE CAST IRON, PART 1

Location: Willy East Community Room

Thursday, June 18, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

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

Have you been wondering how to use, season, or restore your cast iron pan? Chef Paul can help! Bring your pan along to class, and Paul can help address any questions you may have about how to treat your cast iron. To round out the class, Chef Paul will demonstrate how to make cornbread in cast iron.



FAMILY

COOKING TOGETHER: FLAVORS OF IRAN

Location: Willy East Community Room

Friday, June 5, 5:30pm–7:00pm

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

Instructor: Lily Kilfoy

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

Join Chef Lily Kilfoy in this hands-on family friendly cooking class. Learn about different foods and where they come from, how to follow recipes, and how to use cool tools. This class will introduce incredible ingredients found in Iran as participants cook Chef Lily's take on Persian cuisine, including Fesenjan, sweet and savory spices, dishes of fragrant rice, kabobs, and more. Vegetarian.



HERBS

WILD FOOD/WILD MEDICINE PLANT WALK

Location: Willy East Community Room and Jenifer Street

Saturday, June 6, 10:00am–12:00pm

Location: Lakeview Library and Warner Park

Saturday, June 6, 2:30pm–4:30pm

Ages: 10 and older; adult supervision required

Instructor: Linda Conroy

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

Join herbalist and forager Linda Conroy to explore the wild plants that grow around us. We will learn about common and uncommon wild plants that can be used for food and medicine. Identification techniques, as well as ways to prepare plants for optimal nutrition and healing will be discussed. Dress appropriately for the weather and wear comfortable walking shoes.



KIDS

KIDS IN THE KITCHEN: EDIBLE ART EXHIBIT!

Location: Willy West Community Room

Tuesday, June 9, 4:30pm–5:30pm

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

Location: Willy East Community Room

Tuesday, June 16, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. We won't measure and mix muffins, or see soup simmering on the stove, because this unique class is all about art made from food! Participants will be presented with a plethora of previously prepared foods, perfect for producing marvelous masterpieces of the mind. Vegetarian.

KIDS IN THE KITCHEN: STUPENDOUS SUMMER SQUASH!

Location: Willy West Community Room

Friday, June 19, 4:30pm–5:30pm

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

Location: Willy East Community Room

Friday, June 26, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join Chef Lily in this cooking class for kids. The season of sunshine is in full swing and green gardens are already growing gigantic summer squash! Participants in this class will work in groups to make a marvelous meal using

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room

Tuesday, June 9, 2:15pm–5:30pm

Location: Willy West Community Room

Wednesday, June 3, 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.

LEARN ABOUT AND REGISTER FOR FOODSHARE

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. During your appointment, a FoodShare Outreach specialist will assist you with an application, answer questions, and connect you with other great community resources. Se habla Español.

stupendous summer squash in every delicious dish. Zoodles from the zucchini, pizza prepared with pattypan, cookies containing crooknecks, and more will be explored. Vegetarian.



GET TO KNOW CBD OIL

Location: Willy West Community Room
 Thursday, June 4, 6:00pm–7:00pm
 Ages: Any; adult supervision required
 Instructor: Katy Wallace
 Fee: Free; registration required

What is cannabidiol (CBD) oil and how does it affect the body? These questions as well as guidance on selecting a quality CBD or full hemp extract will be covered by Katy Wallace, Traditional Naturopath of Human Nature, LLC. Katy will also cover tips for proper use and effective dosing.

This class is not designed to and does not provide medical advice, professional diagnosis, opinion, treatment, or services. Classes provided by Willy Street Co-op are for informational and educational purposes only and are not meant to replace medical consultation with your physician.

drain catcher in the shower and toss the spent grounds into the trash or compost when done showering to avoid clogging the drain.

Moisturize

Are your hands super dry from all the extra hand-washing? If you are struggling to maintain your skin's moisture, try reaching for oil first before lotion.

You only need a drop or two of oil on your hands, so your bottle of oil should last a while. The Co-op carries a range of oils meant for topical use. Avocado, jojoba, almond, grapeseed—look for them in the Health & Wellness departments. Often referred to as carrier oils, these are ready to use on their own, but since they have a light scent, they are also perfect for adding drops of an essential oil or two to create your own custom scent profile.

Here are some suggestions of combinations. Start with a couple drops each in about 2 oz. of carrier oil (listed above), and add more if desired. It's important to note that any essential oil you use on your body needs to be diluted before applying to skin.

Try these combinations:

- German chamomile, wintergreen, clove bud, and lavender
- Sweet orange, frankincense, and cinnamon
- Eucalyptus and peppermint
- Rosemary, sweet orange, and grapefruit

Unlike other liquid oils that I mentioned, coconut oil is usually solid. I dig a little bit out, and melt it into my skin. Start small, then add more if needed. Perfect for after shaving legs or using a body scrub. Other solid moisturizers include shea butter and cocoa butter. These too

are great to use for keeping dry skin at bay.

MAGAZINES

Consider grabbing a magazine next time you're shopping. A magazine is a great way to get some screen-free time, and perfect if you have a little break in your daily schedule. I like to sit with one when I have my coffee in the morning before work instead of scrolling on my phone aimlessly.

One of my current favorites is *Taproot*. The magazine touts itself as "inspiration or makers, doers, and dreamers," and each issue is divided into three sections: Head, Hands, and Heart—creating a balance between think pieces, things to do with your hands (anywhere from making mustard at home to sewing and knitting pattern) and to heartwarming stories. *Taproot* is a submissions-based publication, so each issue is full of different voices.

For a good read that's a little closer to home, Madison-based *Umoja* highlights "Positive news about our African-American community." This monthly magazine has been in existence for nearly 30 years, making it the longest running African-American-owned magazine in Wisconsin. *Umoja* invites readers to get involved by submitting articles and photos, and also by volunteering.

You'll also find a selection of food magazines with something for everyone: vegan, keto, gluten-free, and no dietary restrictions whatsoever. Pick one up; who knows, you may find your new favorite recipe with the added bonus of not having to navigate pop-up ads appearing from all directions on just about every food blog on the internet!

WELLNESS NEWS

A Little Self-Care



by **Melissa Reiss, Purchasing Assistant**

This article was written in early April when us Wisconsinites were under Governor Tony Evers' Safer At Home order. Given the nature of the COVID-19 pandemic, things were changing rapidly—it

was difficult to imagine what it was going to be like come May. Since so many people have been spending considerably more time at home, here are some activities to help make the most of this time spent close to home.

DIY SKINCARE

Now is a great time to whip up some decadent, nourishing skin care products in your own kitchen. It's been written about time and time again, but taking baths or spending just a couple minutes to soothe yourself with some aromatic potions can help lift spirits, brighten moods, and make you feel so fresh.

Exfoliate

When I think of making skin care at home, the first thing I think of is a scrub.

The most basic recipe is to mix


together an exfoliant and a liquid. (See below for a list.) Take a few tablespoons of the exfoliant, then slowly add the liquid until it forms a paste. Experiment with a blend of liquids if you wish. Place your scrub in a clean jar with a tight-fitting lid.

- Exfoliants: finely ground coffee beans, finely ground sea salt, white sugar, brown sugar, finely ground oats
- Liquids: melted coconut oil, olive oil, jojoba oil, apricot oil, honey
- Optional: a few drops of an essential oil or essential oil blend, or a pinch of finely ground herbs from the garden, like mint, thyme, or rosemary.

One of my favorite combinations is coffee grounds plus coconut oil plus a touch of honey. Coffee not your thing? How does a lemon sugar scrub sound? Sugar (white or brown) plus apricot oil plus a few drops of lemon essential oil.

To use: Wet the skin with water, then use your fingertips to gently apply scrub to your body, focusing on rougher spots like knees and elbows. Avoid using on the delicate skin of the face and neck. Rub gently, and then rinse off. Use up to once or twice a week.

Note: if you are using an exfoliant that doesn't dissolve in water (i.e., coffee grounds), it is best to use a



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Our Food System in the Time of Pandemic



by
**Megan
Minnick,
Purchasing
Director**

What will the on-going effects of COVID-19 be on our food system? Like so many questions in this turbulent time, this is an incredibly hard one to answer. Our global and local food supply chains have never experienced anything quite like this, so

we have no real experience to guide our predictions.

What I can say with certainty is that, at least in terms of the local food system, what is to happen is entirely up to us, the eaters. How will our community of food producers and consumers face this challenge together? This is history that is being written, and is entirely up to us.

THE PANDEMIC STOCK-UP

What exactly happened in the global and national food supply chain this spring? With all of the gaps on store shelves, it is easy to jump to the conclusion that our national supply of some foods (and hand sanitizer, and toilet paper) simply ran out. In the short term at least—that's more or less true.

Our food supply chain begins with farms and factories and ends with the people who eat the food, either at home or in restaurants. In between—at least for the larger national and global supply chain—there may be multiple warehouses and distributors, not to mention the trucks, boats, trains, and planes that move the food from link to link in the chain.

For a glimpse at exactly how the shortages happened, take a look at this sales graph. It shows daily sales growth (by percent) for certain items at Willy Street Co-op during the month of March. The dotted orange line shows growth that we would typically assume our supply chain

can handle—sales growth from items we put on sale, for example. From farmers to factories, to warehouses and retailers, our supply chain is set up for something like 100% fluctuation in sales levels. Not surprisingly, 1,000% growth posed a bit of a problem; especially when you consider that it was happening across the country. Everything that was in all of those middle links of the supply chain—the distributors, the warehouses, the retailers—simply ran out.

If grocery stores and our suppliers had been prepared for this huge national stock-up, we could perhaps have handled it better. The food supply chain is able to handle crazy fluctuations during events such as Thanksgiving, but the difference is that Thanksgiving is extremely predictable. There are months and months of planning that go into making sure that we have enough turkey, cranberries, and canned pumpkin to meet the holiday demand. Vendors make more products in preparation, extra storage is secured, extra shipments are scheduled, and we order products months in advance based on historical demand. This pandemic stock-up event hit hard and it hit quickly, and unfortunately, no one had time to prepare.

The good news is that in the longer term, there's no doubt that these supply chains will catch up. Paper mills are still making toilet paper, farmers are still growing potatoes, and over a matter of weeks, or perhaps a few months, supplies of all of these items will catch up and store shelves will go back to their regular stock levels. The toilet paper that you buy today may be the freshest toilet paper that you've ever used!

LOCAL IS BOTH MORE FLEXIBLE AND MORE FRAGILE

One thing that emerged as a silver lining for us here at the Co-op is the strength that our relationships with small and local suppliers give us. Here are just a few examples:

- **Hand Sanitizer.** Just look at the

blue line on that graph, and you can see that hand sanitizer was one of the first, and hardest hit stock-up items in March. Where you see the line dip down is not a dip in demand, but simply an indicator that our stores were completely out of stock.

In mid-March, we received an email from Amanda Biederman, who years ago worked at Willy East in the Wellness Department. She had since started a bodycare company in Lake Geneva called SaiOm Organics, and she was inquiring to know if we would be interested in selling her hand sanitizer. Oh boy, would we! At a time when our shelves would otherwise be completely bare of hand sanitizer, we were able to stock Amanda's fantastic local product.

- **Potatoes.** The COVID-19 stock-up caught the potato market at the wrong time. March is already a tricky time for potatoes; the Washington and Wisconsin storage crops are just finishing up, and the new California crop isn't quite ready. We are usually able to scrape by and keep potatoes in stock, but typically there's not a huge potato demand in March—people are much more interested in buying fresh spring crops like asparagus and leafy greens. When the huge stock-up on non-perishable foods like potatoes happened, the nation's potato supply almost completely dried up.

Here again, a local relationship saved the day. When potatoes were hard to come by from other sources, we were able to turn to our friends at Vermont Valley Community Farm for help. We used to buy potatoes, garlic, and a few other crops from Vermont Valley. Years ago, they stopped selling to us in order to devote more of their attention to their large CSA (Community Supported Agriculture) and seed potato business. More recently, they discontinued their CSA and focused on growing seed potatoes to sell to other farmers. On a whim, we asked them about their supplies, and we were in luck! Vermont Valley was able to fill our shelves with both bulk and 5lb bags of three varieties of high-quality local, organic potatoes.

While it is absolutely true that the national and global food supply chain has weathered this storm and will continue more or less unchanged, the same cannot be said

with certainty of our local food supply chain. Yes, there is a certain kind of strength in our local relationships, but there is also a vulnerability that exists within local supply chains, especially right now when so many of our local suppliers are dealing with the fallout from climate change.

In January, the Produce Managers and I held our annual planning meetings with the farmers who supply us. We heard a similar story from many of them: climate change is an increasingly serious threat. They had just weathered two of the worst growing seasons in memory—2018 and 2019 were both incredibly wet years, with weird weather patterns that made profitable farming very difficult. On top of that, CSA subscriptions in the Madison area are down significantly from where they were several years ago. More than one of our established and experienced growers told us that in order to continue, they simply had to have a good season in 2020.

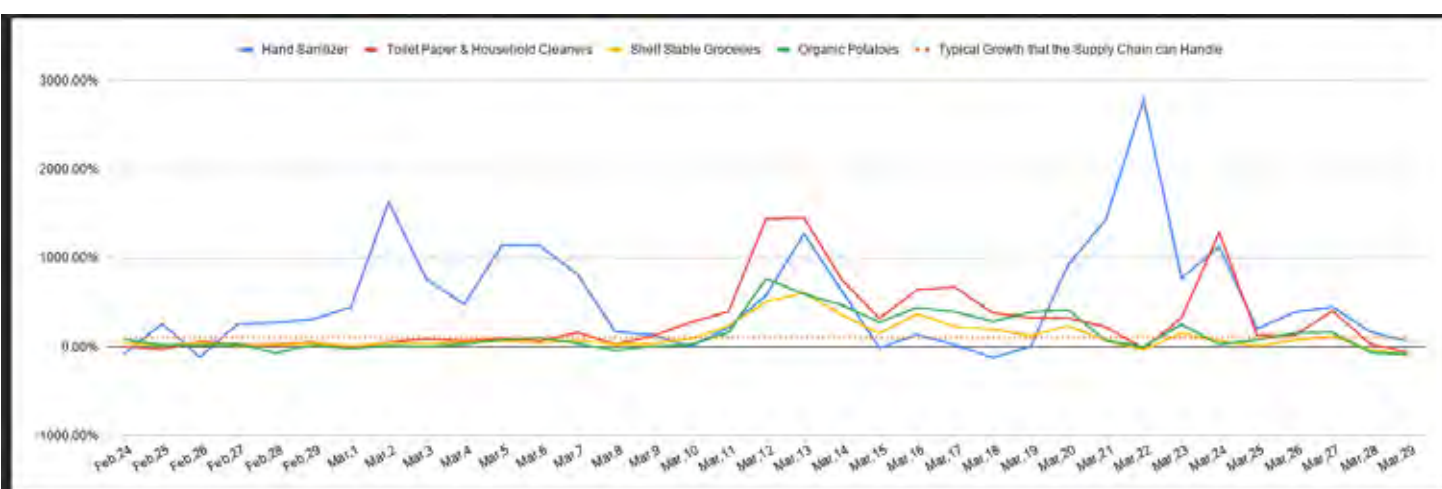
Then COVID-19 hit. Typically, our local farmers and small producers make their living by a combination of CSA shares, wholesale accounts to grocery stores (like Willy Street Co-op), farmers' markets, and restaurant sales. With CSAs already on the wane, restaurant sales diminished greatly due to the COVID-19 crisis, and farmers' markets largely delayed, many farmers and producers have found themselves with significantly less income than they had planned for. If this crisis had hit two years ago, before the 2018 and 2019 growing season, many of them probably could have weathered this storm, but with diminished reserves, this is an extremely dangerous situation for many local producers.

This is where we come in. Not we as in Willy Street Co-op—although your Co-op certainly has a part to play—but we as in the community of eaters in Dane County, Wisconsin.

WHAT DOES THE FUTURE HOLD?

We have become accustomed to living in one of the country's most vibrant and thriving local food communities, and it's very easy to take that for granted. We are now at a crossroads—we can no longer take it for granted. We must all work to ensure that 2020 is as profitable for our local farmers as it can be, otherwise, many of them may not be here in 2021. That may sound pessimistic, but I sincerely hope that it can serve as a call to action. We are writing this history together, and it is entirely up to us how it turns out.

What can we do? It's not hard! Joanna from FairShare CSA Coalition provided a wonderful list of ways to support local producers in her article in this *Reader*. Check it out and pick something that's doable for you. Our community is strong, and together we can do this.



We're Still Growing: The Necessity of Local Farmers in Creating Resilient Communities

By Johanna Doren,
FairShare CSA Coalition

It is an incredible understatement to say that global pandemics are humbling. They force us to step back and pinpoint what we deem “essential.” To acknowledge the people and services we cannot function without. Farmers—specifically those who grow nutritious food for their community—undoubtedly fall into this category. And they have already been severely impacted by the COVID-19 pandemic.

Local farmers are tightly woven into the Madison area’s rich farm-to-table culture. The closure of schools, farmers’ markets, and restaurants, however, has eliminated significant income streams for farms, causing harsh financial hardship. Farmers must now make difficult decisions about the upcoming growing season and whether they can find new markets for their product. A group of analysts at Agri-Pulse, a food and agriculture policy journal, estimate an economic loss of up to \$1.32 billion between March and May 2020 due to local and regional food market closures.

At the same time, a strong local food system is precisely the answer to creating a self-sustaining, nourished,



Harvest complete and preparing to pack CSA shares at Raleigh’s Hillside Farm in Brodhead, WI.

and healthy community. As extreme situations highlight the importance of indispensable resources, this global pandemic has shown how crucial local food systems are and will continue to be. Decentralized local producers and distributors have proven to be more agile than their national counterparts, quickly pivoting in response to this crisis. In addition, a shortened supply chain helps us ensure that fewer hands touch our food. Buying from a local farmer allows us to ask what specific precautions they are taking to ensure on-farm safety.



David Bachhuber (and staff), of Lovefood Farm in Stoughton, are modifying their market-style CSA pick-up this year to include pre-boxed shares and home delivery.

SO WHAT CAN YOU, AS A CONSUMER, DO TO SUSTAIN OUR LOCAL FOOD SYSTEM WHILE STAYING SAFE AND HEALTHY?

1. Buy Locally Grown Produce When You Shop

Look for the purple signs in the Co-op’s Produce department.

2. Become a Community Supported Agriculture (CSA) Member

Joining a CSA is a fantastic way to buy local food directly from a farmer. You purchase a “share” in early spring (that’s right now!), which helps the farmer pay for supplies, seeds, and employees. Then the farmer delivers a box of their products to you regularly throughout the growing season. Farms offer both traditional farmer-selected boxes and customizable options. Many local farmers are now using online ordering systems and home delivery. Find a CSA farm and available options at csacoalition.org and use the Farm Search to narrow down your options based on location, season, share size, home delivery availability, and more.

3. Participate in Farmers’ Markets Innovations

While farmers’ markets in Madison are currently closed, there are alternative means to buying locally, such as local food pick-ups. Stay up-to-date with the Dane County Farmers’ Market (DCFM) and other farmers’ markets for news about reopenings: www.cityofmadison.com/live-work/neighborhoods/farmers-markets.

4. Order Community Food Deliveries

Examples include Brix Cider and Landmark Creamery, who deliver dozens of products from local producers to households in Dane and Green Counties.

5. Patronize Programs That Give Back

For example, buying “Neighbor Loaves” bread made with at least 50% locally grown grain from participating bakeries like Madison Sourdough. Neighbor Loaves are distributed to community feeding organizations to support your neighbors in need.

6. Dane County Farmers’ Market/FairShare Emergency Farmer Fund

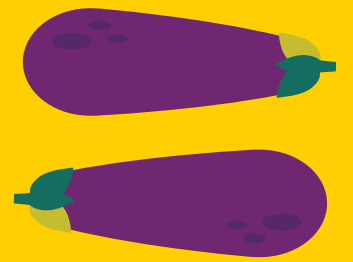
Consider making a donation to this fund to assist farmers that have already been impacted by the COVID-19 outbreak. The Co-op is matching donations made starting May 1 through 31 up to a maximum of \$5,000 donated. For more information, see www.gofundme.com/f/emergency-farmer-fund

7. REAP Food Group and Roots 4Change Farms To Families Emergency Initiative

Consider making a donation to help this program purchase fresh, healthy, locally grown food from regional family farms and provide it to Madison-area Latino/Indigenous residents and families hard-hit by job loss, food insecurity, lack of access to social services, and federal anti-immigration provisions. The Co-op is matching donations made starting May 1 through 31 up to a maximum of \$5,000 donated. For more information, see reapfoodgroup.org/farms-to-families

This time urges us to go back to our roots, before we made assumptions that any food we wanted would always be available. Just as we hold our friends and family close (through video chat) and look out for the neighbors we previously considered acquaintances, the same goes for our farmers. When we feel nearly powerless to stop this health, economic, and emotional crisis, it is vital to realize that we can have an important impact. We can strengthen our local networks of food growers, producers, and distributors—not only to serve our immediate needs while we tread water, but also to prepare us for life moving forward, with or without a global pandemic.

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GARDENING NEWS

The Kitchen Garden Experiment



by Jess Catherine, Purchasing Assistant

Are you looking for a safe and affordable way to bring some more life into your home? This might be a fun and inspiring opportunity that you can share with your housemates or little thinkers.

Here is a step-by-step guide on how to re-grow your veggies from scraps in water.

These veggies were store-bought, and because they have established roots, I was curious to see how well the clippings and then regrowth would transplant into the garden. A good comparison, for example, are the pesky little unwanted trees and bushes that keep coming up every spring. They grow super fast if you try to cut them down, because the roots can put all of their energy into that little stump. So this time I held onto the scraps, and here's what happened...

CARROT TOPS

Cut the top from a grocery store carrot. You'll need about one inch of the root. Stick a toothpick into either side of the carrot stump and balance it on top of a small glass. (If you don't

have a toothpick, a layer of marbles or stones at the bottom will do, however don't be fooled by images of others just dropping it into a little cup of water. It is important that the water is barely touching the carrot.

- Fill the water up to and barely touch the bottom edge of the stump. Set the glass in a light, but not sunny window. Replace water every couple days.
- Add water to keep it touching the edge and watch the roots sprout (can take a week). After the roots are nice and strong, plant in soil. This will not regrow the carrot root; it will regrow the green leafy parts for some added flavor in your meals or a fern like planter.

GREEN ONIONS AND LEEKS

- Keeping the roots on, cut the bottom two inches off. Place the root ends in water but don't submerge them. Change the water daily.
- In 3-5 days, growth begins. Harvest the greens when full then restart the process. Try these too—fennel, spring onion and lemongrass

BOK CHOY AND CELERY AND ROMAINE

- Cut two inches up from the stump. Submerge the roots,

leaving the tops above the water line. Keep all leaves out of the water to avoid slimy water.

- Spray with water a couple times a week and replace water every few.
- Plant the cutting with only the leaves above soil. Harvest when fully grown, about 5 months.

GINGER

- Without removing the skin, soak a chunk of raw ginger in water overnight
- Submerge in moist soil until shoots appear. Enjoy the foliage!
- Ready to harvest in a year, simply remove the plant, use what you need and restart the process.

There are many produce items and flowers that can be grown again in water. Dare to try an avocado or pineapple?



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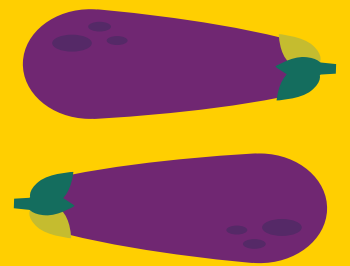
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2 for \$4 



Honey Mamas Cacao Nectar Bars
All Kinds on Sale!
2.5 oz • Save \$1.80

\$3.99 



Cascadian Farm Organic Frozen Vegetables
Sweet Corn, Broccoli Florets, Sweet Peas
10 oz • Save \$1.58/2

2 for \$4 



Crofter's Organic Fruit Spreads
All Just Fruit and Premium Kinds on Sale!
10 oz • Save \$1-\$1.50

\$2.99 



Garden of Eatin' Tortilla Chips
All Kinds on Sale!
16 oz • Save \$1.99

\$3.00 



Maya Kaimal Simmer Sauces
All Kinds on Sale!
12.5 • Save \$1.49

\$3.50 



Perfect Foods Bar Organic Energy Bars
All Kinds on Sale!
2.2-2.5 oz • Save \$1.98/2

2 for \$4 

Bionaturae Organic Durum Semolina Pasta
Spaghetti, Penne Rigate, Fusilli
16 oz • Save \$1.58/2

2 for \$4 

Once Again Natural Almond Butter
Crunchy, Smooth. Conventional
16 oz • Save \$4

\$7.99 

Drew's Organic Salad Dressings
All Kinds on Sale!
12 oz • Save \$1

\$3.29 

Gardein Classic Meatless Meatballs
12.7 oz • Save 80¢

\$3.99 

Simple Mills Gluten-Free Soft Cookies
All Kinds on Sale!
6.2-6.8 oz • Save \$1

\$3.99 

Upton's Naturals Seitan
All Kinds on Sale!
5-8 oz • Save 50¢

\$3.49 

GT's Organic Kombucha
Large size!
All Kinds on Sale!
48 fl oz • Save \$1

\$6.99 

From The Ground Up Cauliflower Pretzels
Sticks, Twists
4.5 oz • Save 80¢

\$2.99 

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

\$1.00 



Nature's Path Organic Love Crunch Cereal
All Kinds on Sale!
10-11.5 oz • Save \$1.50-\$1.80

\$3.99 



Forager Project Dairy-Free Cashewgurt
All Kinds on Sale!
5.3 oz • Save 58¢/2

2 for \$3 



Kashi Go Lean Cereal
13.1 oz • Save \$1.79

\$3.00 



Theo Organic Chocolate Bars
All Kinds on Sale!
3 oz • Save \$1.98/2

2 for \$5^{tx} 



Westbrae Organic Canned Beans
All Kinds on Sale!
15 oz • Save \$1.58/2

2 for \$4 



Harvest Bay Coconut Water
33.8 fl oz • Save \$1.50

\$2.79 



Van's Frozen Waffles
All Kinds on Sale!
8.5-9 oz • Save \$1.58/2

2 for \$5 



The specials on this page are valid April 29-May 12

All Specials Subject to Availability. Sales Quantities Limited.

MAY

co-op deals: May 13-June 2



Bubbie's Sauerkraut

25 oz • Save \$1.50

\$5.99



Field Roast Deli-Sliced Grain Meat

All Kinds on Sale!

5.5 oz • Save \$1.98/2

2 for \$5



Go Macro Energy Bars

All Kinds on Sale!

1.8-2.5 oz • Save \$1.58/2

2 for \$4



Guayaki Yerba Mate Drinks

All Kinds on Sale!

15.5 oz • Save 50¢

\$2.29/tx



Crown Prince White Albacore Tuna

Salted, No Salt Added

5 oz • Save \$1.50

\$3.99



Hope Hummus

All Kinds on Sale!

8 oz • Save 99¢-\$1.29

\$3.00



Muir Glen Organic Canned Tomatoes

All Kinds on Sale!

14.5-15 oz • Save 99¢-\$1.29

\$1.00



Mavuno Harvest Organic Dried Fruit

All Kinds on Sale!

2 oz • Save \$1.98/2

2 for \$5



Luna & Larry's Coconut Bliss Dairy-Free Frozen Dessert

All Kinds on Sale!

16 oz • Save \$2

\$4.99



Nature's Path Organic Cold Cereal

All Kinds on Sale!

10-14 oz • Save \$1.79-\$1.99

\$3.50



Caulipower Gluten-Free Pizzas and Crusts

Margherita Pizza, Veggie Pizza, Pizza Crust

6-11 oz • Save \$1

\$6.99



Kettle Brand Potato Chips

All Kinds on Sale!

5 oz • Save \$1.98/2

2 for \$4



Santa Cruz Organic Lemonade

All Kinds on Sale!

32 oz • Save \$2.98/2

2 for \$3



Good Health Veggie Stix, Crinkle Chips, and Straws

All Kinds on Sale!

6.25 oz • Save \$1

\$2.99



Quorn Meatless Nuggets

10.6 oz • Save \$1.29

\$3.50



Barbara's Bakery Cheese Puffs

All Kinds on Sale!

5.5-7 oz • Save 98¢-\$1.58/2

2 for \$5



Blue Diamond Nut Thins

All Kinds (except Artisan) on Sale!

4.25 oz • Save \$2.58/2

2 for \$5



Miyoko's Creamery Dairy-Free Cream Cheese

8 oz • Save \$1.30

\$3.99



Alden's Organic Ice Cream

All Kinds on Sale!

48 oz • Save \$3.50

\$5.99



Wallaby Organic Whole Milk Yogurt

All Kinds on Sale!

5.3 oz • Save 29¢

\$1.00



Near East Couscous Mix

Parmesan, Toasted Pine Nut, Original

Plain, Garlic & Olive Oil

5.6-10 oz • Save 84¢

\$1.65



Annie's Chewy Granola Bar Multipack

All Kinds on Sale!

4.9-5.34 oz • Save \$1.50

\$2.99



Woodstock Farms Organic Pickles

All Kinds on Sale!

24 oz • Save \$2

\$3.99



Beyond Meat The Beyond Burger

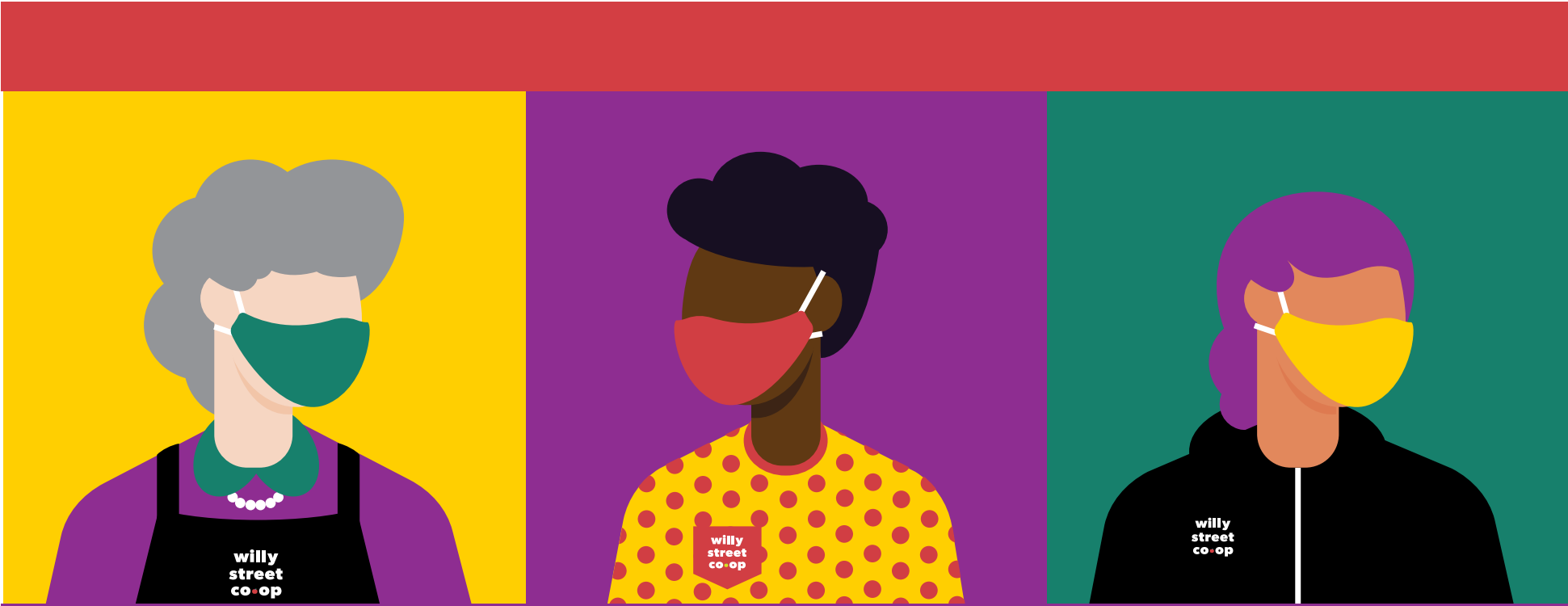
Great for grilling!

8 oz • Save \$1

\$4.99



The specials on this page are valid May 13-June 2
All Specials Subject to Availability. Sales Quantities Limited.



**Thanks to our employees who
continue to nourish our community
during these challenging times.**

- From your Co-op's Board of Directors



willy street co-op



ECO CANDLES

Artisan candles out of Appleton, Wisconsin. Hand-made in small batches using soy wax, high-quality fragrance, essential oils, and eco-friendly dyes. Wicks are lead- and zinc-free.



ENDANGERED SPECIES OAT MILK CHOCOLATE BARS

Three new chocolate bars from Endangered Species! These three are all made with a creamy, dairy-free oat milk and Fair Trade chocolate. The Bumble Bee bar has sea salt and almonds, a mouth-watering combination. The Gorilla bar has crisped rice for a nice crunch, and the Zebra bar is pure oat milk and 55% dark chocolate. Try them today!



PURPLE COW ORGANICS RAISED BED MIX

Purple Cow Organics Raised Bed Mix is a weed- seed- and topsoil-free blend of organic ingredients for filling raised garden beds. Purple Cow developed this mix after finding that raised bed gardening started gaining traction. This mix contains Purple Cow compost, pine bark, peat, and perlite, which supply beneficial microbes, organic matter, and trace minerals to give your seeds and plant transplants a strong start and healthy life in your garden. Available in 1.5 cubic foot bags. Purple Cow Organics is a local business!



AVAILABLE AT WILLY EAST

Acure Resurfacing Inter-Gly-Lactic Shimmer Serum
Patch Burns & Blisters Natural Biodegradable Bandages
SmartyPants Baby Multi + DHA Drops
Full Circle Home ZipTuck Reusable Snack bags
Country Life CORE One a Day Multivitamins
Tints of Nature Natural Hair Color
Ancient Nutrition SBO (Soil Based Organism) Probiotics: Gut Restore, Men's, Women's, or Ultimate

Aura Cacia Shower Salt: Peppermint, Lavender, Citrus, or Eucalyptus
Annie's Pizza Cheddar Bunnies
Kashi Honey Almond Flax Chewy Granola Bar 6-pack
Made Good Mixed Berry Gluten Free Granola Bar Multipack
Made Good Apple Cinnamon Gluten Free Granola Bar Multipack
Made Good Chocolate Banana Gluten Free Granola Bar Multipack

AVAILABLE AT WILLY WEST

Noka Banana Cocoa Peanut Butter Smoothie
Noka Strawberry Peanut Butter Smoothie
Acure Resurfacing Inter-Gly-Lactic Shimmer Serum
Patch Burns & Blisters Natural Biodegradable Bandages
SmartyPants Baby Multi + DHA Drops
Full Circle Home ZipTuck Reusable Snack bags
Pure Planet Red Marine Algae Lip Balm
Country Life CORE One a Day Multivitamins
Tints of Nature Natural Hair Color
Ancient Nutrition SBO (Soil Based Organism) Probiotics: Gut Restore, Men's, Women's, or Ultimate
Aura Cacia Shower Salt: Peppermint, Lavender, Citrus, or Eucalyptus
Beyond Meat Classic Breakfast Sausage Patty
Beyond Meat Spicy Breakfast Sausage Patty
Annie's Pizza Cheddar Bunnies
Amy's Vegan Pesto Veggie Pizza
Amy's Veggie Crust Cheese Pizza
Amy's Veggie Crust Spinach Pizza
Kashi Honey Almond Flax Chewy Granola Bar 6-pack
Made Good Apple Cinnamon Gluten Free Granola Bar Multipack
No Cow Chocolate Fudge Brownie Protein Bar
No Cow Chocolate Peanut Butter Protein Bar
No Cow Lemon Meringue Pie Protein Bar

AVAILABLE AT WILLY NORTH

Tai Pei Chicken Spring Rolls
Tai Pei Mini Chicken Potstickers
Tai Pei Pork Potstickers
Tai Pei Vegetable Egg Rolls
Acure Resurfacing Inter-Gly-Lactic Shimmer Serum
Patch Burns & Blisters Natural Biodegradable Bandages
SmartyPants Baby Multi + DHA Drops
Full Circle Home ZipTuck Reusable Snack bags
Country Life CORE One a Day Multivitamins
Tints of Nature Natural Hair Color
Ancient Nutrition SBO (Soil Based Organism) Probiotics: Gut Restore, Men's, Women's, or Ultimate
Maggie's Organics Essentials Tanks: White or Heather Grey
Aura Cacia Shower Salt: Peppermint, Lavender, Citrus, or Eucalyptus
Annie's Pizza Cheddar Bunnies
Gardein Lambless Vindaloo Skillet Meals
Gardein Chipotle Chick'n Wings
Gardein Golden Chick'n Nuggets
Amy's Vegan Pesto Veggie Pizza
Amy's Veggie Crust Cheese Pizza
Amy's Veggie Crust Spinach Pizza



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COVID-19 and Your Co-op



by **Kirsten Moore,**
Cooperative Services Director

Your Co-op is well prepared for various emergencies, with plans for all sorts of events we hope to never, ever need to use: active shooter, fires, foodborne illness outbreaks, gas leaks, medical emergencies, missing children reports, power failures, product recalls, re-

frigeration failures, robberies, severe weather, water outages, and more. Preparedness aside, we have had to make many adjustments since late February that neither we, nor public health officials, nor anyone else in the grocery industry, could have predicted. Within these challenges, your Co-op has had the opportunity to test our systems, hone our problem-solving skills, and utilize perhaps our greatest gifts: cooperation and teamwork. Here's a roundup of our COVID-19 efforts thus far.

STORE HOURS

On March 16, we reduced our hours to 10:00am-8:00pm daily so our employees can do many of the things that we would normally do when the store is open (such as stocking shelves, tending to our departments, and thoroughly cleaning) without customers present. This provides more opportunity to practice safe social distancing throughout the entire workday.

CUSTOMER CAPACITY, SPECIAL HOURS FOR CERTAIN SHOPPERS

By March 18, we started customer capacity limits. At the time of writing, customer capacity was limited to 30 people at a time. From 10:00am to 11:00am we have been asking customers to reserve this time for seniors and shoppers with compromised immune systems. We have also asked customers and employees to respect the choices of others to shop during this first hour, as age and ability are not always visible, and our employees are not health professionals; none of us are qualified to ask customers to validate their reasons to shop during this time. Door monitors are staffed at the entry to keep track of customer counts. When there are lines, they monitor traffic in the front of the store near Produce to make sure there is enough space to let more people into the store. If customers have visible difficulties standing or walking, door monitors do their best to bring those customers to the front of the line, and to also work with customers who inform them that standing or walking

is a challenge. This process has not always been perfect, and been refined thanks to experience and Owner feedback. We appreciate the patience that people have had with us while we've had these unusual limitations in place. Door monitors also take on the task of washing carts when customers exit the store, so fresh carts can be made available to new customers.

GENERAL SERVICE LIMITATIONS

With guidance from Public Health Madison and Dane County, we have suspended various services to remove potential COVID-19 exposure points. We have not been able to offer any sampling, demos, classes, or store tours, and we also postponed our annual Cheese Challenge. Reusable containers or shopping bags (with the exception of clean bulk water containers) are not allowed. Shopping baskets are unavailable because we do not have the labor to hand-clean the baskets often enough, and increasing the frequency of washing them in our commercial dishwashers was damaging the baskets. Our indoor and outdoor commons are closed.

Some services have been temporarily suspended due to limits imposed by our suppliers to manage the overall supply chain. We have not been able to take any orders or hold requests for customers over the phone. We imposed maximum purchase limits for certain items due to high demand and insufficient supply. We have been unable to advertise promotional prices available because suppliers cannot guarantee these items will be stocked as initially planned. We look forward to solving these issues.

OWNER BENEFITS

When Owners pre-order items at case volume, they typically receive a discount. Owners also can typically special order items at case volume that are available to us but we don't carry on our shelves. Due to the ordering limitations imposed by some of our suppliers, we cannot take these orders because it adds additional challenges to stocking our shelves.

One benefit we have increased for Owners is the Access Discount. As of March 24, and through the duration of the Safer At Home Order, the Access Discount is increased from 10% to 20%. Raising the discount temporarily supports those with low income in making larger, less frequent shopping trips to practice social distancing. The Access Discount also applies to purchases on shop.willystreet.coop, including the pickup or delivery fees.

ONLINE SHOPPING AND DELIVERY

Demand for pickup and delivery

service has never been higher, and grocers everywhere are feeling the pressure. We've been training as many employees as possible to shop orders that come in from shop.willystreet.coop, ring them through the register system, and deliver. Thanks to creativity and cooperation, we have quickly grown the program via increased e-commerce staffing, purchasing a third delivery van and two additional register lanes for back-of-house, and developing a new partnership with Union Cab Cooperative to augment delivery capacity. Since March 2, the Co-op has grown pickup and delivery slots available by 3,807% and e-commerce sales have increased 2,055% (and we are still adding more pickup and delivery slots when possible). Like all grocers using either their own, or a third-party delivery service, no matter how much we've grown, we have not been able to meet the demand. Whenever we add slots, they almost always fill right away. We will continue to experiment and grow this program as much as we can to better meet the interest.

Our pickup and delivery program is not reliant on third-party ordering services; the people shopping the orders are our employees. No one delivering for the Co-op uses their own vehicle. The online platform is a pilot we launched last summer with our point of sale service provider. We never dreamed of the public health need to rapidly increase its capacity. Each change requires coordination with our service provider, and we are working with them to develop the mobile version of our platform while refining the desktop version to meet new demands. All items available on the platform are shopped from Willy North. If you select pickup at Willy East or Willy West, your order will be shopped at Willy North and brought to the other store locations. Some of the employees currently supporting our e-commerce program normally work at our Production Kitchen or in departments at other sites that are slower due to COVID-19-related changes. The new capacity increases are under constant evaluation, and subject to change based on available labor and program efficiency.

USING FOODSHARE/QUEST ON SHOP.WILLYSTREET.COOP

Federal regulations disallow the use of FoodShare/QUEST (SNAP) cards to secure a pickup or delivery order online in Wisconsin. As a result, many stores do not accept FoodShare/QUEST payment for online orders. The Co-op does accept FoodShare/QUEST for online purchases. If you are interested, place the order online, and then at checkout select that you would like to use your Electronic Benefits Transfer (EBT) card to pay for eligible items, and secure the order using a credit or debit card. When you pick up or we deliver, we will use a card reader to scan your EBT card to pay for the eligible items, and then charge the remaining balance to the credit or debit card you initially provided.

PICKUP OPTIONS, INCLUDING CURBSIDE IN THE PARKING LOTS

Orders placed on shop.willystreet.coop may be picked up at all three retail locations (or delivered to various zip codes in the area).

Over the Easter holiday, we piloted curated grocery boxes to order on our website for pickup. We now offer weekly staple boxes and specialty boxes. We have an omnivore or vegetarian staple box, and other rotating specialty boxes. Details are available at www.willystreet.coop/co-op-blog/grocery-boxes.

All three locations allow pickup in store, and have the ability to bring pickup orders curbside to your vehicle. Call your store location when you arrive, and we will drop your pickup order off at your vehicle in the lot. If you did not drive, we will put your order in a designated location outside to pick up when you call, and you may pick up the order without contact with our employees.

PREPARED FOODS, MEAT AND SEAFOOD

All salad and hot bars, as well as the made-to-order service in Meat, Deli, Seafood (North only), and the Juice and Coffee Bars are closed. Seafood Centers at East and West are still open; they are a separate business who leases our space. We do still have limited Grab & Go deli, juice, and coffee offerings as well as Shizen sushi and bakery products from outside suppliers. All the meat (and seafood at North) that would normally be available at the counter is now pre-packaged. Due to the drastic changes, the Production Kitchen has been temporarily closed since April 13. All Production Kitchen employees were offered the option to work at our North location supporting home delivery and pickup service, and some of those employees opted for voluntary furlough.

FRONT END

In addition to no longer accepting reusable bags, we have taken precautions at the registers and the Customer Service desk. Each register lane and the Customer Service desk has plexiglass barriers between employees and customers. We started installing these barriers the week of March 13, becoming some of the first in the region to offer this protection. We have markers on the floor at the lanes to help customers keep six feet apart. Lanes and pin-pads for using credit cards are wiped down frequently (between each transaction when possible). We are asking all customers who have the ability to pay with a card instead of cash to please do so. If you would like to limit your interaction with the pin-pads further, we do accept Apple Pay and Samsung Pay, which allows for you to make your payment without touching your card to the card reader, and only having to accept the total on the pin pad screen.

BULK AND PRODUCE

We have suspended the option for customers to self-dispense items in the Bulk aisles, and have been pre-packaging items as time and product availability allows. We do not have the capacity at this time to take orders for certain items at certain weights over the phone. Our Produce department has also made changes to ensure that none of the products available require scoops or tongs to select for purchase. These changes have resulted in some more single-use packaging, but have also limited the number of items in the store for customers and employees to frequently touch.

EMPLOYEE SAFETY

Our mission is to serve both our Owners and employees. While customers are at the Co-op for a limited amount of time, our employees are at work for many hours a day and many days of the week. Here are a few things we've worked out with our employees' union to ensure that we are meeting safety and security needs during this time:

- **Hazard bonuses:** employees working at the retail sites (and at the Production Kitchen when it was open), have been receiving hazard bonuses equivalent to an additional \$2 per hour for the number of hours worked in each pay period. These bonuses have been offered retroactively for hours worked since March 16.
- **Attendance and COVID-19 absences:** employees who cannot work their scheduled shifts due to the COVID-19 outbreak will not be penalized. Since March 1, extra paid leave has been provided to employees for COVID-19-related absences both as bargained, and in compliance with Federal legislation.
- **Health insurance:** Full-time employees who have had hours temporarily reduced due to either unavailability of work or COVID-19-related sick or emergency leave have been able to retain their full-time health insurance status.
- **Work from home:** Regardless of whether employees are part of the bargaining unit, if they work in an administrative department, they are able to do at least some (and in some cases all) of their work at home if their duties can be performed remotely.
- **Social distancing:** We practice social distancing whenever possible at all sites, both when around customers, and behind the scenes or at the office. We have also made some areas at the retail into additional break space for employees to support keeping a distance.
- **Face coverings:** All employees have received two free cloth face coverings and use of face coverings is mandated. Employees who cannot wear face coverings for reasons such as difficulty breathing or an inability to remove face coverings without additional assistance are exempt from this mandate. We have a policy regarding face covering usage and care, and we have offered additional face coverings at wholesale cost.

Employees may also procure their own face coverings.

- **Gloves and hand sanitizer:** Disposable gloves are available to all employees to wear at their discretion, with a policy in place for standards of use. Small spray bottles of hand sanitizer are also available to all employees to carry and use throughout their shift. It is not always easy to change gloves frequently, and the CDC still recommends frequent hand-washing as the best practice for good hygiene. For these reasons, we do not require employees to wear gloves unless they need to wear them to comply with Wisconsin Food Code or OSHA requirements.

Both our glove and face covering policies for employees were drafted in close consultation with Public Health Madison and Dane County, who have records of our policies for reference and to share best practices with their teams and other businesses.

BOUNCING BACK, THE FUTURE, AND YOU

At the time of writing, the Safer At Home order had been extended to expire at 8:00am on May 26. Governor Tony Evers had just written the Badger Bounce Back plan for re-opening businesses and society in phases. Someday we will be able to return to a version of normal, but like the rest of our community, we are just beginning to explore what the future will hold. We hope that all of you are taking precautions with us, continuing to wash your hands, covering coughs and sneezes, monitoring your symptoms, wearing face coverings in public, keeping six feet of distance between you and others outside your homes, and limiting your trips to places like the Co-op where you may come into contact with more people than is typically safe at this time. Please continue to be mindful of your surroundings and how close you are to the people around you when you shop. It is hard and the habits are hard to break for all of us. If you feel like another customer or employee is too close to you, please feel free to provide each other gentle reminders, we are all learning together. Try to come shopping prepared with a list and please do your best to limit what you touch in the stores to what you plan to buy whenever possible. We can put all kinds of policies and signs in place, but we have to be self-responsible and look out for each other as well. We look forward to the community's hard efforts to keep distance leading to growing our capacity to serve you to the fullest again soon.

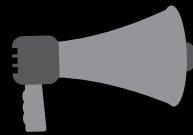
OUR PARTNERS, OUR GRATITUDE

Special thanks to UE Local 1186, all of our suppliers and distributors, our benefits providers, Public Health Madison and Dane County, and all of our employees, Owners, and managers for working together to make this tough situation as easy to navigate as possible. We appreciate all your feedback and support throughout this time. Stay safe out there, and good health to you!



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MAY PRODUCE: WILD GIFTS OF SPRING

by Ben Becker, Newsletter Writer

For most of human history, we've emerged from the winter hungry for the first edible plants to spring from the warming soil. Our cold-season stockpile exhausted, we return to the outdoors ready for fresh, nutritious food. Even in the anachronistic present, when we're able to eat more or less what we want all year, the spring produce coming in from local farms feels like a fleeting gift, both delicate and powerful. It's food that nourishes us profoundly while deepening our connection to time and place.

Most spring produce is essentially or fully wild. Wild plants and fungi are well-adapted to our climate, taking early advantage of increasing warmth, light, and water, bursting from the ground well before the trees leaf out and fussier cultivated plants begin to grow. Wild plants know how to extract maximum nutrition from any soil, and we share in the resilience of their wildness when we take them into our bodies.

Spring produce tastes and feels cleansing. It helps us detoxify, and supports strong health through essential phytochemistry. Accepting the gifts of the ground, we shed the weight of winter, lightening our steps, brightening our eyes, and preparing for the year to come. Let's meet some of the characters populating the theater of renewal on the shelves of our Co-op's Produce section.

ARUGULA AND WATERCRESS

Spring is by far the best time for spicy, delicate arugula. Unlike lettuce, arugula has remained almost unchanged from its wild form.

Generally eaten in salads or on



sandwiches, arugula, like other cruciferous green vegetables (broccoli, kale, Brussels sprouts, and many more), has been well-studied for its anti-cancer benefits, and it particularly shines when it comes to essential micronutrients like vitamins A and K.

Watercress (another crucifer) grows densely in spring-fed streams throughout the cool months of the year, flourishing from the

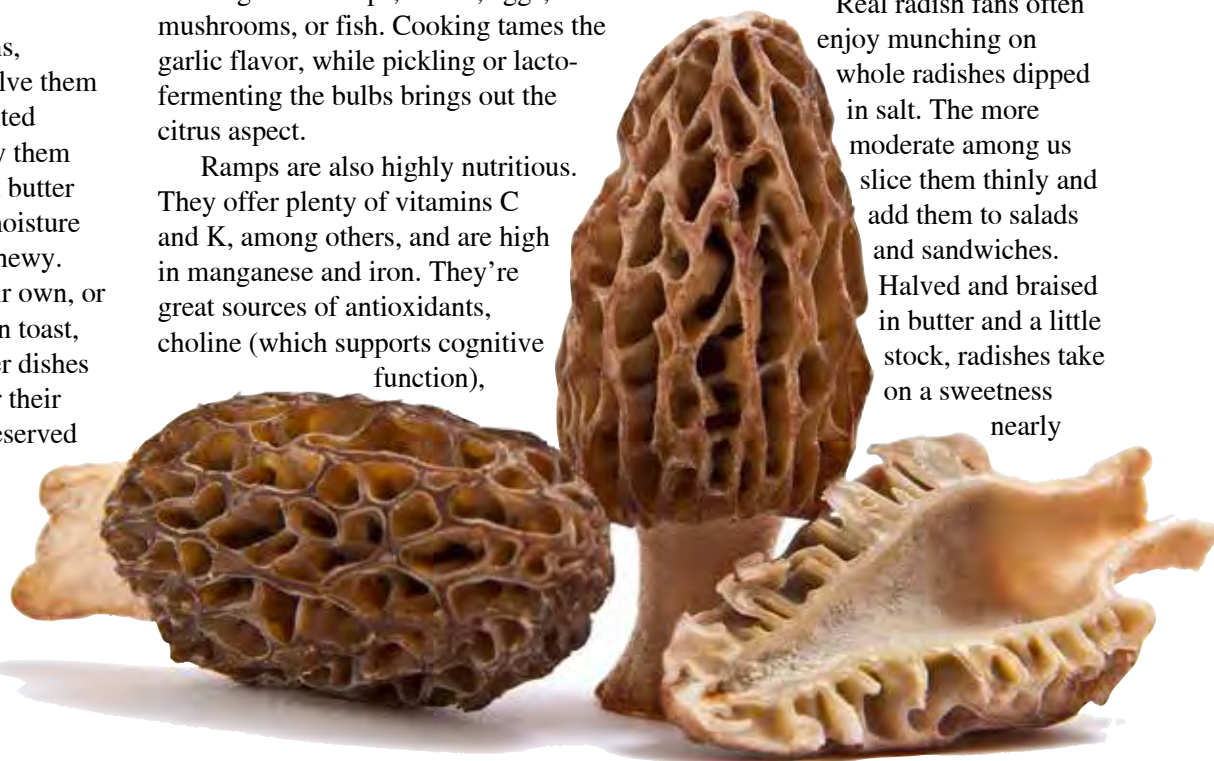


time the snow begins to melt until the summer gets hot. Its peppery flavor is a bit similar to arugula's, but quite distinct, and it scores even higher nutritionally. Watercress is delicious raw, and is also often eaten stir-fried or as the main ingredient in soups. Because our supply comes from local farmers who, later in the season, are too busy to spend a lot of time gathering food in the woods, wild watercress is only available in stores during this season.

MORELS

For many people, nothing exceeds the ephemeral morel in flavor. The mushrooms are the fruiting bodies of mycelia (the underground filaments of fungi) that feed on the roots of standing dead trees, especially elms. Morels start showing up sometime in April, and their season can last from a few weeks to a couple of months. Around here they come in two major varieties—the earlier black and the later yellow morels—and many people prefer the black ones.

Like almost all mushrooms, morels need to be cooked. Halve them lengthwise, soak briefly in salted water to remove any bugs, dry them well, and then saute them in butter until they give up all their moisture and turn golden and a little chewy. Morels are great eaten on their own, or in any simple preparation (on toast, with eggs, on pasta, or in other dishes that don't dilute or overpower their unique taste). They can be preserved by drying, or by cooking in a lot of butter and freezing them; a creamy soup, full of intense mushroom flavor, is a magnificent way to enjoy morels in the winter when they're preserved this way.



RAMPS (AND COUSINS)

Ramps are one of the true joys of spring. Just as the maples begin to bud, and the nights no longer dip below freezing, the shoots of these perennial wild leeks emerge. In some places they carpet the forest floor by mid-April; such patches are likely the traces of management by indigenous people, for whom ramps have long been an important food. We owe any abundance of this fleeting perennial to traditional practices that have nudged nature in directions that benefit humans while respecting the needs of other beings.

Ancestral ecological knowledge doesn't always survive "civilization." With the recent popularity of wild ingredients on restaurant menus, commercial digging of ramps has come to threaten the existence of many colonies (it takes six or seven years for each individual plant to reach maturity, making wild leeks very vulnerable to overharvest). Fortunately, the ramps on the shelves at the Co-op come from the private land of farmers who understand how much to take from a given patch, and how to practice methods that can actually benefit the population—so we can enjoy their flavor with a good conscience.

Speaking of flavor, wild leeks are incomparable. Somewhere between garlic greens and scallions, with a subtle lemony undertone, they clearly belong with their cultivated cousins in the allium family (leeks, shallots, garlic, and onions). Both bulbs and leaves are delicious chopped raw to garnish soups, salads, eggs, mushrooms, or fish. Cooking tames the garlic flavor, while pickling or lacto-fermenting the bulbs brings out the citrus aspect.

Ramps are also highly nutritious. They offer plenty of vitamins C and K, among others, and are high in manganese and iron. They're great sources of antioxidants, choline (which supports cognitive function),



folates (to strengthen the circulatory system) and other beneficial phytochemicals. Somewhat comparable benefits and flavors come with the delectable spring onions, garlic greens and scapes we also start to see on the produce shelves at this time of year—but wild leeks are something special, a gift of the wild, and of humans who've known how to work with wildness.

RADISHES

Probably the most domesticated among our cast of characters, the radish is still pretty close to its origins. Cultivated radishes simply have a larger and more palatable root than their wild cousins. Radishes are one of the first farm and garden plants of the year; they grow quickly, their roots opening up the soil for subsequent crops planted on the same site.

Depending on which Willy Street Co-op site you visit, you may find a couple of uncommon radish varieties coming from our local farms. Look for the beautiful, multicolored Easter Egg radishes, or the longer and (usually) milder French Breakfast variety. We may also still have some local Beauty Hearts, a gorgeous storage radish with less pronounced heat than standard red types.

Real radish fans often enjoy munching on whole radishes dipped in salt. The more moderate among us slice them thinly and add them to salads and sandwiches. Halved and braised in butter and a little stock, radishes take on a sweetness nearly

undetectable in their raw form. This is also the time to eat radish greens, which are usually too damaged to bother with on the bunches shipped to us later in the year. Radish leaves make an excellent cooked green, sautéed the way you might cook spinach, but with a more delicate texture.

As yet another *Brassica*, radishes help cleanse the body of carcinogens and strengthen its antitumor activity. They're also a natural antifungal, effective against yeast infections. High in vitamin C and fiber, radishes deserve a place in our spring pharmacopoeia of health-promoting plant foods.

ASPARAGUS

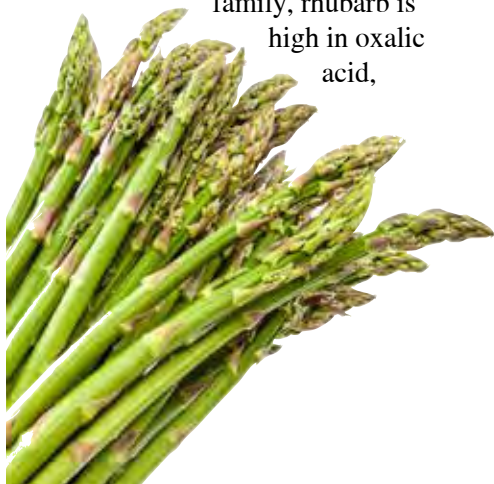
We all know asparagus, and it's easy to take it for granted. For those of us who eat seasonally, though, this edible shoot of an essentially wild plant is another spring treasure—and there's more to do with it than we can usually fit into its comparatively long local season. Good raw, steamed, roasted, or pickled, with butter and salt, hollandaise sauce, orange and lemon juice, or in cream soups, easy-to-prepare asparagus accompanies many dishes perfectly.

Asparagus is a perennial plant, returning for a number of years once established. Perennial foods don't require repeated cultivation, and that makes for healthier, less disturbed soil. The deep roots of perennials form partnerships with beneficial microbes and fungi, increasing water penetration and reducing erosion. Unfortunately, the carbon footprint of out-of-season shipment of asparagus from other regions far outweighs those benefits. Eating local asparagus, on the other hand, feeds our land, our local food economies, and our bodies—all things that make it even more special.

RHUBARB

Rhubarb is familiar to us mostly as a sauce, or as an ingredient in strawberry-rhubarb pie; it's likely that any handed-down box of recipe cards or church cookbook in the U.S. contains somebody's variation on these two sweet-tart classics. Rhubarb stalks have only been widely eaten since about the late 18th Century. Prior to that, its dried root was imported as an expensive spice from China, where it had long been employed medicinally. Like many members of the buckwheat

family, rhubarb is high in oxalic acid,



which can bind with calcium and make it unavailable to our bodies. There's a lot of calcium in rhubarb, and cooking the stalks reduces oxalic acid to make this essential nutrient available to us. It's a great source of vitamins C and K and of manganese as well, and, as another perennial, can benefit the soil—all good reasons to keep up the spring tradition of eating rhubarb.

DANDELION GREENS

The terror of lawn-obsessed suburbanites, dandelion's resilience perfectly matches its vibrant flavor and health-promoting properties. Very bitter by summer, our local, early-season dandelion greens are significantly milder. Dandelion (a member of the immense aster family) is extremely high in a suite of vitamins and minerals, and clearly supports our bodies in some very important ways.

Dandelion greens may have powerful anti-tumor, antiviral and antibacterial properties. Like other bitter edibles, they've shown promise for supporting liver function and slowing carbohydrate digestion, which translates to more regular insulin levels. The root is being studied for its ability to help our digestive tract and immune system recover from widespread everyday



exposure to herbicides, and the greens most likely provide some of the same benefits. It's clear that dandelion packs serious nutritional wallop.

When properly prepared, even very bitter greens can provide an incredibly rich range of flavors. Five minutes of boiling, followed by draining and frying with bacon or butter and salt, yields a great side dish. Mixed raw with other, milder or spicier greens, dandelion lends variety to a spring salad. Milder leaves make a truly amazing pesto, pureed with high-quality oil and a little hard cheese, with pine nuts or sunflower seeds mixed in after blending. Switching up the greens we eat throughout the year brings us definite benefits in health and pleasure; this is the time to bring dandelion into your kitchen, if it hasn't already insidiously crept its way in from the yard or garden.

THE SPRING PALETTE

Compared to the cornucopia of the fall harvest, local spring options are limited—but that's part of the fun. This is the time of year to compose delicious, simple meals based on a handful of elements, each featuring a distinctive sharp, bitter, earthy, or sour flavor that stands out wonderfully in different combinations. A breakfast of eggs with sautéed ramp bulbs, asparagus, and the first local feta cheese of the year, followed by yogurt with rhubarb sauce; for lunch, a spring salad, with the distinct punches of watercress, arugula, radishes and

raw wild leek greens; brook trout for dinner, sprinkled with chopped ramps, alongside a serving of morels and a soup of boiled and pureed dandelion greens, finished with some good local sunflower oil—any combination of these ingredients is hard to beat.

Good food is good medicine,

for the spirit as well as the body. All the green on this palette makes for particularly potent medicine, at just the time we need it—and there's great variety here as well, in the range of micronutrients and phytochemistry that come with different plant and fungal families. We can be grateful throughout the year for the hard work of the people who grow our food; spring is the time to also give thanks

WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

They build a local movement for social and environmental justice.

Your gifts support Community Shares of Wisconsin (CSW) and its 70 member nonprofits.



Photo: Dane County TimeBank

Dane County TimeBank (DCTB) connects people in sharing their time and talents to meet the needs of our communities. Recently, DCTB became a core partner in and launched the Mutual Aid Workspace, a new coworking and collaboration space at the Social Justice Center. Another example of how these connections are rooted in social justice is their new pilot program at LaFollette High School that is designed to show LHS staff support and appreciation for the value they bring to our city community.

Common Wealth Development (CWD) core programs focus on affordable housing, small businesses, and workforce development. Willy Street Fair, business incubator space, a tool lending library, youth business mentoring programs, and Yahara River View Apartments are just a few of the many ways CWD helps grow and sustain our vibrant community. We salute Common Wealth Development! Since 1979 they have addressed affordable housing, provided business incubation, and have been a leader in innovative community development in Madison.



Photo: Common Wealth Development



Photo: Tenant Resource Center

As a local leader in the housing justice movement in Wisconsin, **Tenant Resource Center (TRC)** is on the forefront of promoting positive relationships between renters and landlords. They offer services statewide, and they have specific services for UW Madison Students on campus. TRC has worked for years to help families overcome the economic struggle to pay their evictions. They host mini fundraisers, raise awareness of the need, provide referrals, and mediation; these tools may seem easy to access, but in the time of crisis for a family, TRC is an invaluable resource in our community.

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

Thank you!

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RECIPES

Pickled Ramps

Adapted from www.chow.com.

Ramps are also known as wild leeks and are similar to onion and garlic smashed together. These quick refrigerator pickles intensify their crunch, sharp bite, and pungent flavor.

- 1 lb. ramps
- 3/4 c. sugar
- 3/4 c. rice wine vinegar
- 3/4 c. water
- 1 Tbs. kosher salt
- 2 tsp. Szechuan peppercorns
- 1/2 tsp. black sesame seeds
- 1/2 tsp. crushed red pepper flakes
- 1 clove garlic

Directions: If the ramps have any wilted or dried-out leaves, slice them off 1/4-inch above where the stem turns white. If the ramps are very fresh and tender, leave the leaves on. Trim the roots, peel the outermost layer, and rinse the ramps well, removing any silt or dirt hidden in between the layers. Set the ramps in a large, non-reactive bowl.

Combine the sugar, rice wine vinegar, water, salt, peppercorns, sesame seeds, crushed red pepper, and garlic in a medium saucepan over medium-high heat. Bring to a boil and stir until the sugar has dissolved completely. Pour the hot brining liquid over the ramps. Let sit until the mixture cools to room temperature. When cool, transfer to a non-reactive container and tightly cover. Refrigerate about 12 hours before enjoying.

Spaghetti with Ramps

Adapted from Harmony Valley Farm.

Ramps are a delicious wild plant that lends a complex onion-like flavor to dishes. It's native to Wisconsin and only available at the beginning of spring. Enjoy this delicious tidbit of nature while you can!

- 1 lb. spaghetti
- 2 bunches ramps
- 1 tsp. finely grated lemon zest
- 1/4 c. extra virgin olive oil
- Parmesan

Directions: Cook pasta in boiling salted water until al dente. Drain, reserving 1 cup of the pasta water.

Blanch whole ramps in boiling, salted water for 2-3 seconds. Coarsely chop, and place in the pitcher of a blender with the lemon zest, 1/2 cup of the reserved pasta water, and olive oil. Purée until smooth. Season with salt to taste. Place pasta in pot with ramp puree and toss with Parmesan over moderate heat for 1-2 minutes. Thin sauce with extra pasta water as needed to coat pasta. Serve hot.

Watercress Biscuits

Adapted from Judy Gorman's Vegetable Cookbook.

- 1 bunch watercress
- 3 green onions
- 2 cloves garlic
- 2 c. flour
- 3 tsp. baking powder
- 1/2 tsp. dry mustard
- 4 Tbs. butter
- 3/4 c. milk

Directions: Mix watercress, onions and garlic in a bowl and set aside. Preheat oven to 425°F. Grease a baking sheet.

In a large bowl, combine dry ingredients and whisk together thoroughly. Cut in butter until the mixture is crumbly. Add the watercress mixture and toss with fork to combine. Make a well in the center of mixture and pour in milk. Toss quickly with fork until dough holds together, then turn out onto floured surface and knead lightly about 15 times. Roll out to 1/2-inch thickness and cut with a 2-inch floured biscuit cutter. (Use a glass or a clean, empty can if you don't have a cutter or cut into squares.) Transfer biscuits to the prepared baking sheet and bake 12-15 minutes until golden brown and done in the center.

Simple Sautéed Dandelion Greens

Courtesy of Harmony Valley Farm.

With minimal preparation and not too many ingredients, this is a great way to enjoy dandelion greens.

- 2 Tbs. olive oil
- 2 cloves garlic, minced
- 1 bunch dandelion greens, chopped
- salt
- pepper
- 4 slices bacon, cooked and crumbled
- balsamic vinegar

Directions: Heat the olive oil in a pan over medium heat. Add the garlic and sauté until soft and fragrant. Add the dandelion greens, salt, and pepper. Cover the pan for a few minutes to allow the greens to wilt. Remove the cover, and continue to cook until soft and tender. Add the crumbled bacon, if using. Finish with a drizzle of balsamic vinegar.

Leek and Spinach Frittata

Adapted from www.sproutedkitchen.com.

This hearty egg dish is lovely when allowed to cool a bit before serving, with a dollop of thick Greek yogurt and some torn basil on top. The recipe calls for 10 egg whites plus a couple of yolks, but you can use 8 whole eggs instead with good results. Serve for breakfast, lunch, or dinner.

- 2 eggs
- 10 egg whites
- 1/3 c. milk
- 2 leeks, sliced
- 1 Tbs. butter
- 1 c. steamed spinach
- 3/4 c. shredded cheese
- 2 tsp. hot sauce
- 10 cherry tomatoes, sliced
- salt
- pepper
- fresh basil
- Greek yogurt

Directions: Preheat oven to 350°F. In a large, ovenproof skillet (well-seasoned cast iron or nonstick, preferably) over medium heat, warm the butter and cook the leeks for about 10 minutes, until they are golden and tender. Set aside.

In a large bowl, whisk the eggs, egg whites, and milk until very frothy, 3-4 minutes. Stir in the hot sauce. Season with salt and pepper.

Squeeze water out of the steamed spinach and chop. Squeeze once more. Spread the leeks into an even layer in the skillet. Turn the heat up to medium, then pour in the egg mixture. Top with the chopped spinach and shredded cheese. Cook for 1 minute, then arrange the sliced tomatoes on top. Cook an additional 4-6 minutes, until the edges start to pull away from the pan. Transfer the skillet to the hot oven, and bake 16-18 minutes, until set.

Enjoy at room temperature with a spoonful of yogurt on each serving and some torn basil.

Spring Greens and Polenta Pie

Adapted from The Genesis Farm Cookbook.

Celebrate those fresh, new spring greens with this recipe! It is equally good in any season.

- 2 1/2 Tbs. olive oil, divided use
- 1 c. chopped leeks, scallions, or spring onions
- 2 cloves garlic, minced or 1 Tbs. minced green garlic
- 10 c. mixed spring greens, such as spinach, mustard, dandelion, chard, kale—well rinsed
- 2 tsp. salt, divided use
- 1 Tbs. minced fresh chervil or 1 tsp. dried tarragon
- 1 Tbs. chopped fresh parsley
- 4 c. water
- 1 c. cornmeal
- freshly ground black pepper
- 1/2 c. freshly grated parmesan or asiago cheese

Directions: Heat 2 Tbs. olive oil in a large pot over medium heat. Add leeks or onions and sauté for 5 minutes, or until softened. Stir in the garlic, cook until fragrant, then add the greens and 1 tsp. salt. Sauté, stirring constantly until the greens begin to wilt. Reduce the heat, cover and simmer the greens until are tender, 7-10 minutes; add a tablespoon or two of water if needed to prevent sticking. Stir in the herbs; cook for another minute and turn off the heat. Bring the water and remaining 1 tsp. salt to a gentle boil in a heavy 2 qt. pot. Stirring constantly, add the cornmeal gradually by letting it trickle through your fingers in a slow, steady stream. Reduce the heat and

simmer the polenta, stirring frequently until it is the consistency of thick porridge and begins to pull away from the side of the pan, 10-20 minutes, depending on the grind of cornmeal. Stir the greens into the polenta and immediately pour the mixture into a greased 10-inch pie plate. Allow to rest for about 10 minutes until pie firms up. Meanwhile preheat the broiler. Drizzle the remaining olive oil over the pie, season with pepper and sprinkle with the cheese. Broil until the top is golden brown, about three minutes.

Springtime Pasta Primavera

From Chef Bonita from Harmony Valley Farm

A decadent yet simple springtime dish.

- 1 Tbs. oil
- 1 Tbs. butter
- 1 bunch ramps, sliced
- 1/4 c. carrots, sliced
- 1/4 c. black radish, sliced
- 1/2 c. mushrooms, sliced
- 1/2 c. vegetable broth
- 2 Tbs. dry sherry
- 1/4 c. heavy cream
- 2 c. spinach
- 1/2 c. kale, chiffonaded

Directions: In sauté pan, heat oil and butter until the butter is melted. Add the ramps, carrots, black radishes, and mushrooms. Simmer 4-5 minutes until carrots and radishes are softened. In the same pan, add the vegetable broth and sherry. Cook over medium heat for about 10 minutes. Add the heavy cream and simmer to infuse flavors and thicken slightly. Add the spinach and kale, stir to wilt the leaves. Serve hot over cooked pasta of your choice. Penne, elbows, spaghetti, or fettuccine can be used successfully.

Radish, Arugula, and Red Onion Salad with Tangerines

Adapted from www.epicurious.com.

Crunchy and vibrant, this salad is flavorful and refreshing.

- 2 tangerines
- 12 radishes, chopped
- 1/2 c. red onion
- 1 Tbs. lemon juice
- 1/4 c. olive oil
- coarse salt
- black pepper
- 1 fennel bulb, chopped
- 3 c. arugula
- 1/4 c. mint

Directions: Finely grate 1 teaspoon worth of rind from the tangerines, place in a small bowl and set aside. Use a sharp knife to slice the top and bottom from each tangerine, then remove all peel and white pith, following the curve of the fruit. Slice vertically in half, then crosswise into 1/4-inch slices. Place in a large bowl and set aside.

Add the finely chopped radishes, the chopped red onion, and lemon juice to the bowl of tangerine peel, stir to combine, and let rest for 5 minutes. Slowly whisk in the olive oil. Season to taste with salt and pepper.

Place the sliced radish, sliced onion, fennel, arugula, and mint in the bowl with the sliced tangerines. Sprinkle with salt and toss to combine. Drizzle the dressing over the salad, and toss to coat. Transfer to a serving bowl, and enjoy.

Roast Chicken with Radishes

Adapted from *Cooking for Jeffrey* by Ina Garten.

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

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

Directions: Preheat oven to 425°F. Set the chicken in a small roasting pan and season the cavity with salt and pepper. Add the lemon and thyme to the cavity. Arrange the radishes around the chicken in the bottom of the pan.

Brush chicken and radishes with melted butter, and season with more salt and pepper.

Roast for at least 1 1/2 hours, until the juices run clear. Remove from oven and cover loosely with a sheet of aluminum foil; let rest for 10 minutes. Carve, then serve with roasted radishes and pan juices.

PLASTIC-FREE Fruit & Vegetable STORAGE GUIDE

Apples	Store on a cool counter or shelf for up to two weeks. For longer storage, place in the crisper.
Bananas	Store on a cool counter at room temperature.
Berries	Store in a single layer in the coolest part of your refrigerator. A paper bag works well. Do not wash until right before eating.
Cherries	Keep in an airtight container. Wash just before eating.
Dates	Store drier dates (Deglet Noor) on the counter in a bowl or paper bag. Moist dates (Medjool) need refrigeration if stored over a week. Use a cloth or paper bag to keep moisture away from dates.
Figs	Store figs unstacked on a plate in the fridge for up to a week. Avoid closed containers, as figs do not like moisture.
Melons	Keep uncut in a cool dry place, out of the sun, for up to two weeks. Cut melons should be kept in the fridge upside down on a plate.
Pears	Store pears on the counter at room temperature until fragrant and softening. Refrigerate only if they are fully ripe.
Persimmons	Store Fuyu (squat shape) at room temp. Keep Hachiya (long) at room temperature until completely mushy. They become very fragile when ripe.
Pomegranates	Can be kept up to a month stored on a cool counter.
Stone Fruit	Store on a cool counter at room temperature to ripen; place in paper bag with a banana to hasten ripening. Can be refrigerated for up to a few days once ripe. Never refrigerate unripe stone fruit as it can produce a "mealy" texture.
Tropical Fruit	Store tropical fruit on the counter at room temperature until fragrant and ripe. Transfer to the fridge when ripe.

Artichokes	Place in a sealed, airtight container with light moisture.
Arugula	Dunk in cold water and spin or lay flat to dry. Arugula should not stay wet! Place dry arugula in an open container wrapped with a dry towel to absorb any extra moisture.
Asparagus	Trim 1/2 inch from the bottom, and then stored upright in a glass filled with enough water to cover bottom of stems. Can be refrigerated or kept on the counter for up to a week.
Avocados	To ripen, place in a paper bag at room temperature.
Basil	Basil does not like to be cold or wet. The best method is an airtight container left out on a cool counter loosely packed.
Broccoli	Place in an open container in the fridge or wrap in a damp towel before placing in the fridge.
Brussels Sprouts	Store in an open container with a damp towel on top.
Cabbage	Left out on a cool counter is fine for up to a week. Otherwise, place in the crisper. Peel off outer leaves if they start to wilt.
Cauliflower/Romanesco	Store in a closed container in the fridge.
Celery	Wrap lightly in a damp towel and store in the crisper. Celery can be rehydrated by trimming the end and soaking in water.
Cilantro	Trim stems 1/4 inch and store upright in a glass of water in the fridge.
Corn	Store in its husk in an open container or on a shelf in your fridge. Best flavor on the day it's picked.



**THIS MONTH: Virtual
Wellness Any Day
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for details.**

Cucumber	Fine left out in a cool room for a day or two. For longer storage, wrap loosely in a paper towel and keep in a crisper drawer, away from ethylene-emitting fruits.
Eggplant	Should be stored in a cool, dry place with circulating air, such as a countertop. Do not refrigerate unless cut.
Fennel	Fennel can be left on the counter, upright in a cup or bowl of water for a day or two. For longer storage, place in the fridge in a closed container with a little water.
Garlic	Store in a cool, dark place.
Green Beans	They like humidity, but not wetness. Keep a damp cloth draped over an open or loosely closed container.
Green Garlic	Keep in an airtight container in the fridge or leave it out for a day or two. It's best before it dries out.
Greens	Most greens must be kept in an airtight container with a damp cloth to keep them from drying out. Kale, collards, and chard even do well in a cup of water on the counter or fridge.
Herbs	Put in a closed container in the fridge to keep up to a week.
Horseradish	Keeps for month's in crisper drawer. If roots are soft or dehydrated, trim ends and soak in lukewarm water for 10-15 minutes before using. Store in the fridge for several weeks
Kohlrabi	Leave in an open container in the crisper, wrapped in a damp cloth or stand up in a shallow cup of water on the counter.
Leeks	Leave in an open container in the crisper, wrapped in a damp cloth or stand up in a shallow cup of water on the counter.
Lettuce	Keep damp in an airtight container in the fridge.
Mushrooms	Should be refrigerated and kept dry in a paper bag.
Onion	Store in a cool, dark, and dry place. Good air circulation is best, so avoid stacking.
Peas	Refrigerate in an open container.
Potatoes	Store in a cool, dark, dry place such as a box or paper bag in a dark corner of the pantry.
Radicchio	Place in the fridge in an open container with a damp cloth on top.
Rhubarb	Wrap in a damp towel and place in an open container in the fridge.
Salad Mix	Store in a closed container accompanied by a dry paper towel to soak up moisture. Highly perishable and should be used quickly.
Spinach	Store loose in a closed container in the crisper. Keep cool as soon as possible because spinach loves to be cold.
Spring Onions	Remove any band or tie and place in the crisper.
Summer Squash	Will do fine for a few days left out on a cool counter.
Peppers	Wash right before eating because wetness will decrease the storage time. Store in a cool room to use in a couple of days. Place in the crisper if longer storage is needed.
Root Vegetables	Remove greens from root before storing to prevent dehydration. Wash roots; keep in open container with damp towel on top. If roots become soft or dehydrated, trim ends and soak in lukewarm water for 10-15 minutes before using.
Sweet Potatoes	Store in a cool, dark, well-ventilated place. Never refrigerate; sweet potatoes don't like the cold.
Tomatoes	Never refrigerate. Depending on ripeness, tomatoes can stay for up to two weeks on the counter. To hasten ripeness, place in a paper bag with an apple.
Winter Squash	Store in a cool, dark, well-ventilated place with some air flow. Stored properly, winter squash can keep for several months.



PEACH

RW Knudson Black Cherry Juice

I love making a cherry spritzer in the spring. This juice is simple and doesn't have additives. Mixing it with some sparkling water and a sprig of mint is the perfect drink to put some pep in your step.



FLORA

Snap Peas

These sweet, crunchy pods are the perfect springtime snack! I love dipping them in hummus or chopping them up and adding them to a light salad with lettuce mix and tomatoes. They taste great with a balsamic vinaigrette.



MICKY

Kiwi

Many people cut a kiwi in half and scoop out the flesh, but did you know you can eat the skin as well? Did I just blow your mind? You can now consider this delicious, on-the-go fruit your new go-to for quick and easy meal and snack packing. No utensils required! The added bonus is you'll also maximize your nutrient load by eating the skin since that's where the fiber and vitamin C are concentrated.



BENJAMIN

Madison Sourdough Croissant

This light and buttery croissant can take any morning to the next level. It is flaky and subtly sweet and is the perfect compliment to a cup of coffee or goes even better with a breakfast of eggs and avocado. Treat yourself to one today!



Ale Asylum Keep 'er Movin' Beer

Hey der guy, you should try this tasty light pilsner beer from Ale Asylum. It's not overly complex; it's just a great beer to drink while watching a Brewers or Packers game.



LINDSEY

Alden's Organic Salted Caramel Ice Cream


This is my FAVORITE ice cream sold at the Co-op. It's organic, oh-so-creamy, and has an amazing flavor profile! Add a few nuts or some chocolate sauce for a true treat.



Angie's Boom Chicka Pop Sea Salt Popcorn

I always embark on road trips with a bag of Boom Chicka Pop in the passenger seat. Never has pre-popped popcorn tasted so good! I love the fact that Angie started popping corn in her garage in Mankato, Minnesota, and has become a national staple in grocery stores. Angie's emphasizes simple ingredients like whole grains, vegan options, and non-GMO





THIS MONTH: Virtual Wellness Any Day coupon. See ad on page 4 for details.

popcorn. They also support numerous organizations to empower others, such as I Am That Girl and Partners for Affordable Housing. What's not to love?



AMANDA

Pine River Port Wine Cheese Spread

This locally made cheese spread is a perfect snack. All you need are crackers and a butter knife and you are golden. MMMMM!



Willow Creek Leaf Lard

This lard is superior to all other lards. Hands down. Use this one, always! I always have a tub in my fridge.

Banza Pasta

I LOVE PASTA!! But we are trying to eat less wheat, so I tried this pasta as it is made from chickpeas. It is a fantastic product! Pairs well with whatever sauce I throw on it.



AARON

Tate's Gluten-Free Chocolate Chip Cookies

As someone with celiac, it can be difficult to find gluten-free alternatives that are just as good, if not better, than their gluten-containing counterparts. Tate's Cookies are super crispy, and the chocolate chips melt in your mouth perfectly. I highly recommend them!



GRANT

Willy Street Co-op Green Zinger

My favorite juice blend! This bottle is packed with freshly juiced goodness including a shot of wheatgrass, and it tastes great! When I drink one of these I feel invigorated for the rest of the day!

Tapuat Brewing Grape Memory Kombucha

My favorite booch! It has a smooth, not-too-sweet natural grape flavor. So refreshing, I could sip on it all day!



LAURA

Deer Creek The Rattlesnake Cheese

A deliciously tangy cheese whose spiciness is evened-out by the cooling citrus of tequila! Delicious on all burgers—regular or veggie, shredded on top of tacos or burritos, etc., etc.! Available at East and North.



Tierra Farm Dried Papaya

This product was essentially my gateway to papaya. Fresh papaya was, for me at the time, a bridge too far, but dried papaya was a bit more palatable. After finishing a container of this, I was on to the fresh stuff and now can't stop devouring both! Not only is it tasty, it is packed with digestive enzymes to help me digest all of my foods better!



SARA

Jeni's Brown Butter Almond Brittle Ice Cream

This is the most delicious ice cream I've ever had! It's made with rich buttercream ice cream and chunks of almond brittle. It's a wonderful mixture of sweet, salty, and crunchy deliciousness. However, if buttercream and almond brittle don't sound delicious to you, I would suggest trying my second favorite flavor of Jeni's ice cream—Brambleberry Crisp. This one is made with vanilla ice cream, chunks of oven-toasted brown sugar oat streusel, and has brambleberry jam swirled throughout. These are my favorite flavors, but there are several other flavors to pick from; give them all a try! Treat yourself! Available at East and North.



HALLIE

Cedar Roads Smoked Pork Hock

These are super handy for soups and stews and easy on the pocketbook! I recently used one to make the best red beans and rice I've ever had.



KELLY

Yumbutter Almond Butter

Easy to take on the go, delicious on crackers, and a good source of protein.



ABIGAIL

Hu Chocolate Hazelnut Butter Bar

I first tried this chocolate when I went to Portland, Oregon on vacation this summer and couldn't wait to request we bring it in at Willy Street Co-op. I came back to work, and to my delight, we started carrying it already! 70% dark chocolate, paleo, and vegan, but you'd never guess. How do they do it?! It's so smooth, with a layer of hazelnut butter in the center, and absolutely no junk ingredients. Coconut sugar as the sweetener helps prevent that "candy crash" that can often happen after indulging in a sweet treat. You can *try* to share a bar, but maybe just keep this one for yourself.



DUSTIN

Ramps

This is one of my favorite seasonal treats! I love making pesto with the green leaves, and then pickling the stems to eat throughout the summer.



JOE

Bulletproof Brain Octane Oil

Not just another MCT oil. This is the one specified in the original recipe for "Bulletproof coffee" because of superior C8 (caprylic acid) content. American-made, and coconut-based to help protect orangutans (vs. typical palm-based products.)



GIANOFER

EveryDay Coconut Pure African Coconut Oil

Do children look at you and scream?! If the answer is yes, you may want to work on your skin game. I suggest Alaffia Fermented Coconut Oil. Why risk spontaneous human combustion, furiously rubbing your freakishly dry hands together, trying to melt solid coconut oils? WHY?! While it is solid, this stuff melts in your hands and makes applying it to the skin super easy. Don't let the jar size fool you. Less is more. Sisters... if your hair game needs some "Get Right," try Alaffia Fermented Coconut oil.



AMY

Sock It to Me Knee High Socks

These knee-high socks are fashion fun! What speaks to you is bound to be represented in one of their colorful designs. And so fetching with some springtime shorts or a miniskirt. Even better, they have a Wide Calf option, so now knee-highs can be for everyone!

EarthGrown Chia Parfait

These are so good, I'm tearing up! Chia pudding made with coconut milk and topped with fresh fruit is such a creamy decadent treat. Next time you want a cookie, try one of these, if you can beat us fanchildren to it, that is.

Scallions

I worry some of our shoppers don't "do" scallions. I find them to always be a delicate and pleasant addition to just about any dish I use them in. On tacos they are a nice raw add-on top. In soups, they enhance the flavor and appearance of what might otherwise be unsightly and lackluster. (Think miso or a puree.) In a stir fry, they're a great finish and quick wilt, even if sautéed onions are already a part of the dish. On a crudité plate, they're so pretty and tasty with a dip or salt. See what I mean! Pretty good fridge life makes them a veggie to always have on hand!

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