

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 48 • ISSUE 4 • APRIL 2021



IN THIS ISSUE

Seafood Update; Indoor Plants; Spring Salads; and More!

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

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

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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: Willy East: 8:00am-8:00pm; Willy West: 8:00am-8:00pm;

Willy North: 8:00-9:00pm every day

East Juice Bar: 8:00am-4:00pm; West Juice Bar: M-F: 8:00am-2:00pm;

North Juice Bar: 7:30am-7:00pm

Deli: 7:30am-9:00pm

Meat & Seafood: 8:00am- 8:00pm

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
Michael Chronister
Gigi Godwin
Sarah Larson
Caryn Murphy
Ashwini Rao

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

BOARD MEETING SCHEDULE

April 21
June 16
July 21 (and Special Owner Meeting)

Board meetings are typically held at our business office at 6:30pm (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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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!

POSTINGS

Q: Hi! I was wondering if there was a space to hang a flyer for a group meet and greet? Thanks for your time!

A: Yes, we do have a public posting board in the East foyer. It is the one located to the right as you walk into the store just beyond the back side of the ATM. We have a couple requirements for posting and these guidelines are posted on the board in the right hand corner. They are as follows, please write the date on the flyer that you are putting up, we keep flyers up for one month or until the date of the event. Please do not cover any other poster, there should be plenty of room as there are not that many events happening currently. Feel free to stop in and post, there are push pins available on the shelf right by the board. Thanks for reaching out, I hope this message finds you well. -Amanda Ikens, Owner Resources Coordinator—East

NON-ALCOHOLIC BEVERAGES

Q: Many places are beginning to grow their non-alcoholic beverage selection as more people are consciously choosing to drink less, or eliminate alcohol all together. It would be great if the coop could offer more options, and consider making a small section in the wine/beer area for these items so they are easier to find. I know you have a few NA beers which are great and I do buy. I am wondering if you would consider bringing in a few de-alcoholized wine options such as Ariel cabernet or Be Well cabernet and a few other varieties (white, merlot, etc). Thanks so much for your consideration!

A: Thank you for your comments! I can see your point. There are more people looking for non-alcoholic options these days. I am not sure we have the labor to accommodate a product set change in the beer and wine section right now, but I am going to share your idea with the Grocery Manager at Willy West and our Product Placement Manager to get their thoughts.

I will also look for some non-alcoholic wine options for Willy West. I appreciate you mentioning a couple of brands!! I am hopeful that our wine

vendors will have something that will work well. Have an excellent afternoon! -Dean Kallas, Grocery Category Manager

BOARD MEETINGS

Q: Are the board meetings being held in person or on a web-based meeting platform? And is an agenda for this month's board meeting available on the website?

A: Since the outbreak of COVID-19 early last year, we have suspended the practice of meeting in person and all Board meetings have been held via virtual meeting platforms in order to protect the safety of our Board members, staff, and Owners. At this time, I am afraid we have no plans to resume in-person meetings any time soon.

The Board's meeting schedule is updated each month in the *Reader* and is also posted on the calendar page of our website. The website calendar also includes a hyperlink and call-in information necessary to connect to the meetings virtually. We also post the agenda for the meeting on the calendar event one week prior to the meeting. -Ben Becker, Executive Assistant

FRESHLY GROUND NUT BUTTERS

Q: Hi, I noticed you are able to bring freshly ground peanut butter to the East store (where I normally shop). Is it possible to bring back freshly ground almond butter as well? I miss the days of bulk fresh ground almond butter! The pre packaged brands just don't compare. Some of them have palm oil or salt or other added sweeteners, and it's so hard to find a brand that is just plain almonds.

A: Thank you for your comments and questions! I hear you about missing the freshly ground almond butter. It is one of my favorites. Unfortunately we are not able to bring it back at this time. We brought back the peanut butter because the demand for it is huge, and we had the time and labor to make and package one freshly ground nut butter at our Production Kitchen. It was a difficult decision and I am sorry the fresh almond butter didn't make it back into the stores.

I am hopeful that in the near future we will be able to have our customers start using the nut butter grinders again. Bulk had been a challenge with the pandemic. Have a great week! -Dean Kallas, Grocery Category Manager

PLASTIC BAG RECYCLING

Q: Do you have a plastic bag recycling program? I realize that the City of Madison used to (still does?) allow bags in their recycle bins. However, I live in an apartment and the garbage collection service explicitly said that they do not accept plastic bags in their recycling. If you do have this service, I assume

the bags should be bundled within larger recyclable plastic bags, or are paper grocery bags acceptable?

A: This email is in response to your question you submitted on 2/12/21 asking about plastic bag recycling. Unfortunately, due to space limitations and not having the labor resources to devote to such a service, Willy Street Co-op does not accept plastic shopping bags for recycling.

There are several retail locations listed for plastic bag recycling on the City of Madison Streets and Recycling website. The City also suggests these options for reusing/ recycling plastic shopping bags:

- Donate plastic grocery bags to food pantries: Centro Hispano: 810 W. Badger Rd. 608-255-8471; St. Vincent DePaul: 1309 Culmen St. 608-257-0919; Goodman-Atwood Community Center: 149 Waubesa St. 608-241-1574
- City of Madison self-service drop-off centers: East: 4602 Sycamore Avenue; West/South: 1501 W. Badger Rd.
- You may also want to check with some of the other area food pantries that we support to see if they might be interested in plastic bag donations: The WilMar Center. 953 Jenifer St. 608-257-4567. Lusier: 55 S. Gammon 608-833-4979; The River 2201 Darwin Rd. 608-442-8815

-Jim Jirous, Facilities Director

PLASTICS

Q: Now that we know that COVID is an airborne virus, please reduce the use of plastics. Our environment cannot afford to continue its reliance on fossil fuels and there is not enough of a demand for recycling plastics. If the Coop chooses to buy products from vendors in plastics, please ask them to use containers that are made from recycled plastic at least. As I visit Coops in Minnesota, I see that less plastic is used, especially in the produce department. Herbs for instance are not packaged. Mushrooms do not need to be packaged. The Coop needs to give push back to distributors to shift their practices. Please, please be more environmentally friendly.

A: Thanks for the feedback! It is absolutely true that with the onset of the pandemic, plastic packaging has had a resurgence in our stores.

There are some areas of the store that we can't do a lot about due to current regulations—for example, we aren't able to bring back bulk mushrooms, salads, or some other bulk products because we would need to provide tongs or scoops for customer use, and this practice is prohibited by Public Health of Dane County. That said, I think you are absolutely right that it is time to start pushing back on the use of plastic where we can.

The one thing that I think will

make this more difficult and drawn out than we might like is the fact that because sustainable packaging and packaging in general is in such demand right now, sustainable packaging is in a situation of very low supply and high price. As an organization dedicated to both a sustainable future and access to good food for all, we have to be constantly balancing the drive to eliminate plastic with the need to ensure that our products are priced as accessibly as possible.

That said, if we don't push for reduced plastic in our stores, it will never happen, and I am committed to pushing! :) Thanks so much. -Megan Minnick, Purchasing Director

TAKIS

Q: im 9 years old my favorite snack is takis and my mom always goes to your store but you don't sell takis so i asked my mom if you guys sold takis she would buy them and she said yes so im asking can you pleaseeeeeeeaaaaaaaaasssssse sell takis thank you

A: Thank you so much for taking the time to let us know what kind of snack you want to see sold at the Co-op. It is important for our customers and in this case their kiddos to let us know what they want to buy from the store. We want to bring in items that the shoppers want. That does not mean that we will always be able to bring in the items that are requested. Like in this case, we checked with our distributors to see if they have the Takis available. We purchase all of our items that we sell in the store from different distributors and they deliver them to the store. But what we found is that the distributors that we use do not have Takis available. So I am guessing that other stores that carry Takis must use different distributors than we do.

I am sorry to let you know that we cannot get Takis in the store for your Mom to buy. But again, I am really happy that you let us know what you want to see in the store. -Amanda Ikens, Owner Resources Coordinator—East

QUELLE HORREUR

Q: Bonjour, I am not sure where you obtained your images for the front cover for Andy Gricevich's "Fast & Slow" article on page 18 but the French definite articles on 3 of the 4 images were incorrect. Quelle horreur!

The correct French is: La cocotte-minute; La mijoteuse; Les haricots; Vive la France!

A: Quelle horreur indeed! Thank you for letting us know. This is a good lesson for us to make sure we have someone who speaks the language proof before going to print. I appreciate that you took the time to write in and let me know. I'll be more careful in the future. Take care, Liz Wermcrantz, Editor

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GENERAL MANAGER'S REPORT

COVID-19; EatStreet; & More!



by Anya Firszt, General Manager

HELLO APRIL

April brings us practical jokes and hoaxes on April Fool's Day, the 51st annual Earth Day celebration on April 22, and the beginning of our fourth fiscal quarter.

The Co-op is celebrating Earth Day for a whole week by offering

Owners 10% off bulk products (excluding eggs and kombucha) during what we call Earth Week—April 19-25. This is a good time to stock up! Plus, to help you get your garden growing, soil, compost, and seeds are also on sale.

COVID-19: LIGHT AT THE END OF THE TUNNEL

We have news to report with regard to progress toward pandemic recovery and the steps we have taken or are taking to cautiously increase capacity and hours of operations, and expanded services at our retails. You can learn more about changes in our operations and prevention protocols in this *Reader* issue in the Cooperative Services News by Kirsten Moore (p. 17).

Highlights from Kirsten's update include coordinating vaccinations for Tier B1 essential (grocery) workers, lifting of reserved shopping hours for seniors and immune-compromised shoppers, ending the fruit and vegetable subscription program, cautiously increasing in-store capacity limits, providing outside seating, and affirming our commitment to continue to require face coverings and social distancing until further notice.

ANNUAL MEETING

We are still discussing the plans for this year's Annual Meeting

based on where we are now with the pandemic, where we might be by this summer, and what Wil-Mar Neighborhood Center's plans are for La Fête de Marquette; we expect to announce a decision by mid-April. Whatever the format, we know that the Annual Meeting will take place on July 8, 2021. Meeting start time to be determined. Stay tuned for updates.

RUN FOR THE WILLY STREET CO-OP BOARD OF DIRECTORS

Have you ever considered running for the Board of Directors? We have three open seats that can only be filled by a qualified Owner. You have this month and next to get your ducks in a row, attend an orientation session, and complete the application that is due by the end of day on June 1, 2021. For more information about the application process and a link to the application form, check out this page on our website: www.willystreet.coop/run-for-board.

Voting for the Board takes place the first three weeks in July with the election results announced at the Special Owner Meeting July 21, 2021. Ballots can be cast by mail, via phone, online, or at one of our stores.

EATSTREET

Did you know, Willy Street Co-op is now on EatStreet? You can get sandwiches, roast chickens, salads, and more for delivery, or you can add beer and wine to your order for curbside pick up at the tap of a finger.

Next month, we plan to share with you a summary of the Step Up: Equity Matters assessment report including their recommendations and our steps to own and implement those recommendations.

Until then, be safe.

RUN

for the **willy street co-op** Board of Directors

See willystreet.coop/run-for-board or the Owner Resources Area in the stores for details.

BOARD REPORT

Upcoming Board Election and Candidate Orientation Sessions



by **Brian Anderson,**
Board Member

Spring is the season when we start spending more time outdoors...and when we start reminding you of the opportunity to run for the Board of Directors. The Co-op depends on Owners who are dedicated to its

success and who have the time and inclination to serve on the Board.

If you are interested in possibly running for the Board, you will need to attend a Board orientation session. Attendance at an orientation session is required as a condition of candidacy.

For health reasons related to COVID-19, the sessions will be conducted remotely this year, with attendees calling in or participating online by computer or smartphone. Attendance in person will not be possible, even if you have been vaccinated.

ORIENTATION SESSIONS

You can choose to attend an orientation session at any of the following times:

- May 8 from 12:30pm-2:00pm.
- May 16 from 2:00pm-3:30pm.
- May 25 from 6:00pm-7:30pm.

To join a session by dialing in, you should call 267-540-8194 and enter code 200-224-342#. To join on-line by computer or smartphone, you should go to the following internet site: meet.google.com/khx-anyu-tmy. These details (and a link

to join the session on-line) can be found at www.willystreet.coop/run-for-board. No advance registration is required.

If, after attending an orientation session, you would like to apply for the Board, you will need to complete certain steps that are described in the Board Candidate Application that you should download from the Co-op website. Those steps include submitting a photograph, providing a 50-word statement about yourself and why you are running for the Board, and answering certain standard questions. The first question is why you believe Owners should choose you to represent them. The second question is how you will use your skills and experience to further the mission and vision of the Co-op. The third question is how you think the Board can encourage and foster one of the seven International Cooperative Principles that you have selected to address. Your submission should be received no later than June 1, so it can be published in the *July Reader*.

Board candidates are encouraged (but not required) to attend a Board meeting. By the time you read this article in the *Reader*, perhaps the only Board meeting available for you to attend will be the one scheduled for April 21 at 6:30pm.

You are also encouraged (not required) to attend the Annual Meeting in July. If you attend, you will be invited to introduce yourself and make a brief statement to the Owners about your candidacy.

Good luck with your candidacy!

TOGETHER WE CAN TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Photo courtesy of FairShare CSA Coalition

This Earth Day, support Wisconsin nonprofits that work to protect our environment, advocate for sustainability, and support local food and farms.

When you say YES to donate through the Community CHIP® at Willy Street Co-op, you support nonprofits that work for social and environmental justice including:

- 1000 Friends of Wisconsin
- Citizens for Safe Water Around Badger
- Clean Wisconsin
- FairShare CSA Coalition
- Friends of Wisconsin State Parks
- Gathering Waters: Wisconsin's Alliance for Land Trusts
- Madison Audubon Society
- Midwest Environmental Advocates
- Physicians for Social Responsibility – Wisconsin
- REAP Food Group
- River Alliance of Wisconsin
- Rock River Coalition
- Rooted
- Sierra Club Foundation – Wisconsin Chapter
- Sustain Dane
- Wisconsin Conservation Voices
- Wisconsin Wetlands Association

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 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

Visit www.wilystreet.coop/events to register.

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 email education@wilystreet.coop with 72 hours notice to receive a full refund or transfer their registration to another class. No refunds or transfers will be granted for cancellations within 72 hours of an event. In order to cover costs incurred, there are absolutely no exceptions to the Refund Policy.



COOKING WITH CHEF PAUL: A SEAFOOD FEAST

Location: Google Meet
Thursday, April 8, 5:00pm–7:00pm
Your Co-op's Own Instructor: Paul Tseng
Fee: \$5 for Owners; \$10 for non-owners

Cooking with seafood is quick and delicious! Chef Paul will cover all the basics of selecting fresh seafood and cooking techniques, including pan frying, steaming, poaching, and making gravlax salmon. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: POTSTICKERS AND DUMPLINGS

Location: Google Meet
Thursday, May 6, 5:00pm–7:00pm
Your Co-op's Own Instructor: Paul Tseng
Fee: \$5 for Owners; \$10 for non-owners

Potstickers and dumplings—a classic appetizer and also a meal in itself! Join Chef Paul to learn how to make potstickers from scratch. Make your own wrappers, fillings, and dipping sauce! Chef Paul will also teach the basic pasta dough-making skills in the class, plus how to cook the dumplings and how to fry the potstickers to golden brown perfection. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: SUSHI AND SPRING ROLLS

Location: Google Meet
Thursday, May 20, 5:00pm–7:00pm
Your Co-op's Own Instructor: Paul Tseng
Fee: \$5 for Owners; \$10 for non-owners

The key to a tasty sushi roll is the well-seasoned rice! Join Chef Paul to learn how to perfectly season sushi rice and roll your own sushi. Chef Paul will also teach the envelope-forming technique to make fresh spring rolls—a perfect way to enjoy the fresh produce of the spring season! The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY WITH FOOD WASTE

Location: Google Meet
Thursday, April 22, 5:00pm–7:00pm
Your Co-op's Own Instructor: Paul Tseng
Fee: \$5 for Owners; \$10 for non-owners

What do you do with a bruised onion, wilted celery or carrots, or any non-so-good-looking produce? Chef Paul will answer all of your concerns about food waste with a focus on fresh produce! Chef Paul will guide the class through hands-on knife skills, including the major cuts, slices, and dices. He will discuss kitchen knife essentials, including how to sharpen and maintain a knife. To learn these essential kitchen skills, participants will learn to make a simple broth by using what they may have on hand in their kitchen. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.



COOKING TOGETHER: FLAVORS OF SOUTH AFRICA

Location: Google Meet
Thursday, April 1, 5:00pm–6:30pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare Chef Lily's take on a dinner that celebrates a fusion of flavors found in the melting pot Republic of South Africa—Gatsby, Bunny Chow, Pap, Chakalaka, and a sweet treat made of sweet potatoes will be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF IRAN

Location: Google Meet
Thursday, April 15, 5:00pm–6:30pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen 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 rices, kabobs, and more. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF CANADA

Location: Google Meet
Thursday, April 29, 5:00pm–6:30pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will prepare her take on nourishing nosh inspired by the cuisine of our neighbors up north in Canada. A popular dish of Poutine, foraged foods such as fiddlehead ferns or maple syrup, perhaps yellow split peas or a Hodge-Podge Stew, Bannock or Tourtière, a delicious dessert known as Nanaimo Bars, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF BRAZIL

Location: Google Meet
Thursday, May 13, 5:00pm–6:30pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will fix her take on a fantastic feast using flavorful foods found in Brazil. Black beans e arroz, the superfood açai berry, tantalizing tropical fruits, Empadão, Pão de Queijo, sweet chocolate Brigadeiros, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF MADAGASCAR

Location: Google Meet
Thursday, May 27, 5:00pm–6:30pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will make her take on a memorable meal influenced by the incredible ingredients of majestic Madagascar. Rice, the staple of Malagasy cuisine, the vaporous vanilla bean, bountiful bananas, classic tomato Lasary, Loaka, the name of any side dish, Mofo, noodles known as Minsao, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF TIBET

Location: Google Meet
Thursday, June 10, 5:00pm–6:30pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will turn out her take on a tasty table from the tranquil country of Tibet. Customary tea, clarified butter known



as ghee, barley—the staple grain, tofu, Takari, Thukpaa—a noodle dish, popular Momo dumplings, a rice pudding dessert called Day-si, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF POLAND

Location: Google Meet
 Thursday, June 24, 5:00pm–6:30pm
 Instructor: Lily Kilfoy
 Ages: 5 and older
 Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will put together her take on a palatable potluck of popular foods from Poland. Beets, dill, cucumber, mushrooms, Pierogi, Golabki—what we call cabbage rolls, Plaki—savory potato pancakes, buttery Thumbprint and Angel Wing cookies and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and auto-immunity. Join Katy Wallace, Traditional Naturopath of Human Nature, to discuss natural approaches that work.

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.

HEALTH BENEFITS OF MEAT

Location: Zoom
 Wednesday, June 9, 6:00pm–7:00pm
 Instructor: Katy Wallace
 Fee: Free; registration is required

Various animal meats have different nutritional qualities. Katy Wallace, Traditional Naturopath of Human Nature LLC, will discuss their benefits and techniques for helping to improve digestion. She will discuss how meats can help lower inflammation and risk of disease, and also discuss the types of animal-farming operations that contribute to a healthy and sustainable planet.

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.



HOLISTIC APPROACH TO FATS AND CARDIOVASCULAR HEALTH

Location: Zoom
 Wednesday, April 21, 12:00pm–1:00pm
 Instructor: Katy Wallace
 Fee: Free; registration is required

This program will cover the basic facts about fats and their link with heart health. We will address the effects of each fat (unrefined, expeller-pressed, and refined) and the roles of each fat in the body including those that cause inflammation and those that heal. For example, did you know that expeller-pressed oils like canola, sunflower, and safflower oils typically include high heat and chemicals in their processing? And that butter is considered healthy for the heart? Katy Wallace, traditional Naturopath of Human Nature, LLC will provide clear shopping tips on how to select fats to protect your heart.

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.

LEAKY GUT: NATURAL SOLUTIONS

Location: Zoom
 Wednesday, May 12, 12:00pm–1:00pm
 Instructor: Katy Wallace
 Fee: Free; registration is required

Do you have an increasing frequency of food reactions? Frequent bloating after meals? Aches, pains, and swelling throughout the body? Studies show

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Zoom
 Tuesday, April 13, 10:00am–2:00pm
 Wednesday, April 28, 10:00am–2:00pm
 Wednesday, May 5, 10:00am–2:00pm
 Tuesday, May 25, 10:00am–2:00pm
 Wednesday, June 2, 10:00am–2:00pm
 Thursday, June 10, 10:00am–2:00pm

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.

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Seafood Updates



by **Megan Minnick,**
Purchasing Director

This month marks the end of an era. For the last 22 years, the seafood counters at Willy East and Willy West have been run by the Seafood Center, a local fish purveyor with a retail storefront on Whitney Way on Madison's West Side.

We've worked with the Seafood Center so closely

for so long that you may not have even realized that they were a separate entity. They truly have become part of the Willy Street Co-op family. However, in January of this year, our two businesses came to the mutual agreement that it is time to part ways. Willy Street Co-op staff have been operating the seafood counter at Willy North ever since that store opened five years ago, and so starting early this month we will say goodbye to the Seafood Center and expand our seafood oversight to Willy West and Willy East.

WHAT DOES THIS MEAN FOR YOU?

Consistency

In many ways, there won't be a noticeable change in our seafood offerings. The Seafood Center has done an excellent job of providing high-quality seafood, and we don't want to mess with that success! We will be working with many of the same vendors, and will make a point to keep stocking as many of our customers' favorite products as possible.

We're confident that the variety and freshness of our fish offerings will be on par with what the Seafood Center has provided over the years. However, it's entirely possible that we'll miss something. If you notice that your favorite product isn't available anymore, please let us know and we'll do what we can to bring it in for you!

With our new oversight over all seafood products at all three stores, for the first time ever we'll be able to run Co-op-wide Owner Rewards sales on seafood items. We'll also be able to be more responsive to customer requests for new products, and the hours for the seafood counters will be extended to 8:00am-8:00pm at all three of our stores

Sustainability

We are taking this opportunity to bring the same sustainable seafood standards that we use at Willy North to our other two stores.

Sustainability is important to us in all parts of our business, but nowhere is it more important than in our seafood selection. No part of the food system is as fragile or threatened as our aquatic ecosystems and fisheries. If we are to continue enjoying seafood into the future, it's imperative that we make sure that the seafood we sell now is farmed and harvested using methods that represent sustainable solutions rather than contributing to the problems of overfishing and environmental degradation.

Monterey Bay Aquarium Seafood Watch



To this end, we use the Monterey Bay Aquarium Seafood Watch standards to guide our seafood selection. This is the gold standard for sustainable seafood, using guidelines developed by a Multi-Stakeholder Group that includes members from all areas of the seafood industry as well as academics, scientists, and policy experts.

The Monterey Bay Aquarium program defines sustainable seafood as "...seafood from sources that can maintain or increase production without jeopardizing the structure and function of affected ecosystems." The standards divide seafood into three different categories: Green (Best Choice), Yellow (Good Alternative), and Red (Avoid). Of these three, we are committed to only selling seafood items that fall into the Green and Yellow categories, which are defined as:

- **Green:** Best Choice. Seafood rated a Best Choice comes from sources that operate in a manner that's consistent with our guiding principles. The seafood is caught or farmed in ways that cause little or no harm to other wildlife or the environment, and they're managed well.
- **Yellow:** Seafood rated a Good Alternative comes from sources that align with most of our guiding principles. However, there may be issues that require improvement or significant uncertainty about the impacts on wildlife or the environment.

For more information about the Monterey Bay Aquarium Seafood Watch Standards, visit www.seafoodwatch.org.

We look forward to seeing you at the new Willy Street Co-op seafood counters soon!

willy street co•op

EARTH WEEK

April 19th–25th
10% off BULK PRODUCTS
for Willy Street Co•op Owners

Includes hundreds of products,
coffee, nuts, granolas, dried beans,
flour, and more.

Bulk eggs and bulk kombucha not included. Please use containers available in the store and do not bring in containers from home.

Good for the Earth!

It takes enormous resources and energy to produce all of those cans, boxes, cartons and labels—almost all of which wind up in our landfills. Even recyclable food packaging takes energy to produce and recycle (and some of it still ends up in landfills). You're making a significant environmental difference by buying in bulk. Bulk products are usually less expensive per ounce because you're not paying for that packaging (or advertising).

Plus you can buy as much or as little as you want!

Use your reusable shopping bags during Earth Week and you could win one of 10 gift cards worth \$20–\$25, from us, Funk Factory, Dane County Farmers' Market, or Ian's Pizza!

Owners using at least one reusable bag are automatically entered; non-owners can stop by the Customer Service desk to enter. One entry per shopping transaction. No purchase necessary; see Customer Service to enter without making a purchase.

willy street co•op



Spring Salads



by **Dustin Skelley**,
Prepared
Foods
Category
Manager

Each year as we thaw from our chilly Wisconsin winters, I always find myself looking forward to the bounties of spring. I can barely wait to get my first taste of spring asparagus, fresh radishes, wild ramps, and morel

mushrooms. The taste, smell, and feel of these items always gives me flashbacks to harvesting and foraging these items. Spring initiates the anticipation of an incoming deluge of the fresh and unique produce we can get our hands on right here in South Central Wisconsin. Few areas have local grocery stores that don't harvest ramps, foraged morels, and the vast array of locally grown produce that you're able to find in our area of the state.

What I enjoy most about the spring harvest is the reintroduction of so many light, crisp, flavorful and fresh elements to my diet. I typically find the best way to highlight the nuances of all these different products is by featuring them in salads. One thing I love about salads is they're highly versatile; you can always swap out a topping or dressing for one you do like, or you can omit it from the dish entirely. In the spirit of the versatility of salads I've included a few recipes that can give you a way to liven up your typical spring salads.

SAUTÉED RADISHES

When radishes start to come in the spring, it seems like I never know what to do with them before they go bad. While one can always slice them up fresh on a salad, sautéing them offers a different take on how to incorporate radishes into your next salad.

1 Tbs. butter
12 radishes, quartered

Pinch of salt
1 Tbs. sugar
2 Tbs. cider vinegar

Directions: Melt butter in a skillet over medium heat. Add radishes and cook, tossing frequently until the sides have started to brown. Add salt, sugar, and, vinegar and cook, until the radishes are tender.

RAMPS

These are my two favorite ways to preserve ramps so that I can add a spring zing to any dish year round. The bulbs work great on a salad or crudites platter, and ramp pesto freezes well so that you can use it on pasta dishes or in salad dressings year-round.

RAMP PESTO

A spring twist on a traditional sauce. If you are fortunate enough to have a bumper ramp harvest, this is a great way to process and preserve it. Once I make this recipe I like portioning it out into ice cube trays, small portions make it easier to go through quickly.

1 bunch of ramps
1 lemon
1/3 c. walnuts
1/2 c. grated Parmesan cheese
1/4 c. olive oil (maybe more if a thinner consistency is desired)

Directions: Get a pot that's big enough to fit the tops of your ramps and have them submerged in water. Fill the pot half way with water and begin to boil.

While you're waiting for your water to boil, zest your lemon and grate your Parmesan cheese (if necessary). Set aside.

Get an ice bath set up, make sure it's in a bowl big enough to hold the ramps.

Once water is boiling, submerge the ramp greens in the water for about 15 to 30 seconds. Remove with a slotted spoon, or (if you're only making one batch) by dumping the contents of the pot into a strainer.

Submerge the ramp leaves in the ice bath to cool everything down.

Add walnuts, ramps and lemon zest to a food processor and run until smooth.

Once smooth add olive oil and grated Parmesan cheese until the ingredients are well mixed.

1/4 c. salt
2 Tbs. sugar
1 lemon, juiced
2 Tbs. dijon mustard
2 Tbs. white wine vinegar
1/4 c. olive oil
Pinch of salt

Directions: Bring water to a boil using the 6 quarts of water and 1/4 cup of salt. Fill a separate bowl with ice and water, make sure the bowl is big enough to fit the asparagus.

Plunge the asparagus into the boiling water for 2-3 minutes. Remove the asparagus from the water using a slotted spoon or strainer. Place the asparagus in the ice bath. Be sure to agitate it so that it can all cool quickly and evenly!

Remove the asparagus from the ice bath and wrap it in a clean towel or paper towels. Combine remaining ingredients by whisking them together or using an immersion blender.

Place the dried asparagus in a container and pour the dressing on top of it. The asparagus can marinate in the container, or you can eat it all right away.

QUICK PICKLE BULBS

This super easy recipe is a good way to preserve the bottom bulb of the ramps.

1 c. water
1/2 c. cider vinegar
1 Tbs. sugar
1/2 Tbs. salt
1-2 bunches of ramps (bulbs only)

Directions: Mix together the first four ingredients with a whisk or fork and wait a few minutes for them to dissolve. Place ramps in the solution.

Store in a mason jar or other container for up to two weeks.

ASPARAGUS

Another simple recipe and quick way to prepare asparagus for a topping on any salad!

1 bunch of asparagus
6 qt. of water



New Label, Same Delicious Sprouts and Herbs

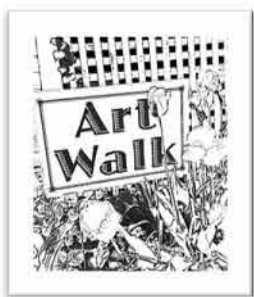
By **Taylor Foster**, Troy Farm Manager

When you're shopping for sprouts (and packaged herbs) at the Co-op, you may notice a new label on the shelves. Sprouts and herbs from Troy Farm, a local organic farm on Madison's northside, have become a staple at all three Willy Street Co-op locations. This year, the farm's iconic label featuring the northside water tower has been replaced with the Rooted logo in large purple letters with Troy Farm printed below. Why the change? Troy Farm is run by a local nonprofit organization. In 2001, Troy Farm was established as part of Friends of

Troy Gardens, which later changed its name to Community GroundWorks. In 2020, Community GroundWorks merged with Center for Resilient Cities to become Rooted. In addition to the work at Troy Farm, Rooted runs a training program for beginning farmers, hosts students and summer camps at their youth garden sites, supports and hosts community gardeners, and runs the Badger Rock Neighborhood Center. The name and labels may be different, but Rooted's Troy Farm continues to grow the same fresh, organic sprouts, vegetables, herbs, and flowers that it has for the past 20 years.

Marquette-Atwood Neighborhood Art Walk

May 2, 2021 11 A.M to 5 P.M.



Jenny Blasen
Gloria Van Dixhorn
Molly Krochalk
Zach Zitske
Laura Meddaugh
Vicki Berenson

Dennis Kamperschroer
Jane Miller
Sarah West Whitcomb
Leah Evans
Tabletop Studios
Alison (A.E.) Mader

Rachel Insland
Pink House Designs
Christopher X. Burant
Helena White
Eugene White
Rebecca Hendrickson

Helen Klebesadel
Lou Ann Petersen-Noltner
Ed Noltner
Three Girls Dyeing
Issis Macias
Cherie St. Cyr
Debbie Olin

Find the Map at www.marquette-atwoodartwalk.com

Artists will be showing in person or virtual live stream.

Indoor Plants



by Jess Catherine, Purchasing Assistant

Houseplants made a new appearance in some living and working spaces over the past year, and for good reason!

Common sense will tell you that having living plants in the home adds color and beauty along with reducing stress and brightening your mood.

NASA recommends adding indoor plants to your home environment to help clean the air and overall improve indoor air quality.

You might just be getting started or already be an avid companion planter. In any case, I have gathered up some basic guidelines for a small collection of houseplants I picked up from the Co-op the other day!

These are considered to be low-maintenance home and office plants, meaning they are easy to grow, even if you do not have a green thumb.

One way of observing plants and how they grow can be done by water propagation. This is a surprisingly simple way to cultivate your own plants with limited materials. And for an added bonus, you get an unusual botanical display. I have found that spice jars in particular make an excellent vessel for this process because

they are clear and tend to taper towards the top. Candle and baby food jars come in real handy too!

Water propagation is using water as a medium to root succulent cuttings. The common knowledge about succulent plants is they do not like to sit in water and sitting in water promotes root rot. So water propagation might contradict what we have come to believe about caring for and propagating succulents. Tip: top off the water as needed to keep the roots covered, and periodically refill the vase with fresh water.

DRACAENA PLANT (THE SPIKY ONE)

These make a great addition to your houseplant family or even as part of a trio, for instance. I found a glass dish that I no longer needed. Since it didn't have drainage holes, I added some smooth stones at the base and a rocky soil mix we carry that is great for succulents and cactus plants. The rocky soil helps to irrigate the roots.

Dracaena plant care involves keeping the soil of houseplant *dracaena* moist, but never soggy. Drooping or yellowing leaves indicate over-watering or poor drainage. If you want to bring your *dracaena* outside in the summer months, you can. Just find a full-sun location with sometimes partial shade and enjoy. Just don't forget about it



before the nights cool down again. It will need to return indoors.

JADE PLANT

One of the most important things when you care for jade plants is to make sure that they are watered properly. Never let a jade plant dry out completely. But also, do not water a jade plant too often, as this can cause root rot. Don't water your jade plant on a schedule. Rather, water your jade plant when the top of soil is just dry to the touch. If your jade plant is losing leaves or has leaf spots, this is most commonly caused by too little water

Another important aspect of the care and maintenance of jade plants is how much sun they receive. They need full sun in order to grow properly. If they do not have full sun, they may become stunted and leggy.

HOW TO GROW SUCCULENTS INDOORS

Because of their special ability to retain water, succulents tend to thrive in warm, dry climates and don't mind a little neglect. This makes them well adapted to indoor growing and ideal for people desiring low-maintenance houseplants. If you're choosing succulents for the first time, follow these steps for successful care of your new plants.

Choose an appropriate succulent for your indoor conditions.

Most succulents like direct sunlight, but if all you have is a shaded corner in your house, go with low light-tolerant plants like mother-in-law tongue. If you plan to grow your succulent in a hanging planter, a trailing variety like string of bananas is a great choice. Always read the plant labels to determine the sunlight needs, size, and spread of your succulents.

Provide a very well-draining potting medium.

Nurseries tend to plant their succulents in soil that's too rich and retains too much moisture, so you'll want to repot your succulent as soon as you bring it home. Start with a coarse potting mix with good drainage and aeration. You can find special cactus and succulent mixes or even use an African violet mix.

Choose your container.

When repotting, use a container that has a drainage hole and is at least 1 to 2 inches larger than the nursery container. Glass terrariums and mason jars will work if adding about 50% rock solution and good sunny location.

Most succulents prefer at least six hours of sun per day, so try to place them near a south- or east-facing window. You may notice your succulents becoming spindly or stretching toward the light if they don't get enough sun.

Allow the potting mix to dry out between waterings.

The number-one mistake many people make with succulents is overwatering them. It's best to water more, but less frequently. Saturate the potting mix thoroughly (while ensuring water flows out of the drainage hole properly) but allow the mix to dry out slightly before the next watering. If the potting mix stays consistently wet every day, the plant may eventually die.



ADDITIONAL SUCCULENT CARE TIPS

Can you use sand to plant succulents?

Though it may seem like succulents thrive in sand out in the wild, they actually prefer loose, rocky soil and need nutrients to grow well. When used on its own, sand has a tendency to compact over time, causing too much water retention in a container. The best potting medium for a succulent is one specially formulated for cacti and succulents, or a well-draining mix of potting soil, coarse sand, and perlite/pumice.

Why are my succulent's leaves falling off?

Like many plants, the lowest leaves on the stem (closest to the potting mix) will eventually shrivel up and drop. This is normal and nothing to worry about. If the topmost leaves are dying, it could indicate overwatering, pests, or disease.

I hope this gives you a little guidance if you are looking to dig into houseplants, but not exactly sure how to start.



Health & Wellness

co-op deals: March 31-April 20

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Oatly Oatmilk

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Imagine Organic Broth

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14-15 oz • Save \$1.50

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All Kinds On Sale!
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All Specials Subject to Availability. Sales Quantities Limited.

APRIL

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Barnana
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Sambazon
Frozen Acai Bowls
All Kinds On Sale!
6.1 oz • Save \$1
\$2.99

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Organic Frozen Fruit
Blueberries, Strawberries, Sliced Peaches
8-10 oz • Save \$1.49
\$3.00

Noosa
Yoghurt
All Kinds On Sale!
8 oz • Save 64¢
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CO-OP GIFT CARDS

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How-to-play:

Between April 27 and May 2, the game will be "live."

Every day there will be "missions" you/your family can "play" for points - things like answering a trivia question or submitting a photo/video.

Sign up to play via QR code, or at madisonfamilyfest.com

In mid-April, we'll send you our digital Summer Activity Guide* which has a section all about the game: how to play, points & prizes!



*FREE SUMMER ACTIVITY GUIDE featuring camps, outdoor activities, games for kids, monthly coupons & FEST QUEST instructions



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See article on page 5, www.willystreet.coop/run-for-board, or the Owner Resources Area in the stores for more information.

NEW

KLEAN KANTEEN VACUUM-INSULATED TKWIDE BOTTLES

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NEW BABY FOOD AT WILLY NORTH

- **Cerebelly:** Certified organic baby food purees developed by a practicing neurosurgeon (and new mom) who was inspired to create delicious, farm-fresh, organic baby food that provides real nutrition for a growing brain and body. Choose from the following purees: Carrot Chickpea, White Bean Pumpkin Apple, Broccoli Pear, Spinach Apple Sweet Potato, Carrot Pumpkin, Sweet Potato Mango.
- **Tippy Toes Organic:** A whole line of baby food in cups and pouches. And it's certified organic!



- **Peter Rabbit Organics Organic baby food pouches:** Banana Strawberry, Carrot Squash Apple, Kale Broccoli Mango, Pea Spinach Apple, Peach and Apple, and Pumpkin Carrot Apple.



BRAVE ROBOT ANIMAL-FREE ICE CREAM

What's "animal-free ice cream" you ask? It's the whey protein that doesn't come from cows. How? The bovine whey protein gene was digitized in an open source database. Microflora are given the blueprint of the gene sequence, and then fermented in a tank along with some plant sugars—like brewing beer!

The result? A non-animal whey protein. Brave Robot animal-free dairy ice cream that's just as creamy and dreamy as the real thing—and uses less land, water, and energy than dairy production. It's planet-positive ice cream.



AVAILABLE AT EAST

Kite Hill Butternut Squash Ravioli
Kite Hill Spinach Ricotta Tortellini
Dashelito's Transcontinental Hot Sauce
Down To Earth Seed Starting Supplies: 72 cell round inserts, propagation trays, and multi-vented humidity domes.

AVAILABLE AT WEST

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Kashi Superfood Chocolate Loops Cereal
Mary's Gone Crackers Real Thin Chipotle Gluten Free Crackers
Mary's Gone Crackers Real Thin Olive Oil Black Pepper Gluten Free Crackers
Mary's Gone Crackers Real Thin Tomato Basil Gluten Free Crackers
Simply Organic Korean BBQ Simmer Sauce
Brad's Cheeze It Up Crunchy Kale
Brad's Crunchy Kale
Brad's Sweet Potato Veggie Chips
Rishi Tea Matcha Sticks
Uncle Matt's Organic Ultimate Immune Juice
Down To Earth Seed Starting Supplies: 72 cell round inserts, propagation trays, and multi-vented humidity domes.

AVAILABLE AT NORTH

Sky Valley General Tso Sauce
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Down To Earth Seed Starting Supplies: 72 cell round inserts, propagation trays, and multi-vented humidity domes.

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COVID-19: A Light at the End of the Tunnel



by **Kirsten Moore,**
Cooperative Services Director

Every day this past month we have seen progress towards pandemic recovery and that brighter future we keep talking about as a cooperative and in our community. Here's the latest updates regarding COVID-19 prevention protocols.

VACCINATIONS

When last month's *Reader* was published, Co-op employees were patiently awaiting vaccinations to come available to Tier 1B essential workers starting March 1. Our time has arrived and the Co-op has made great strides to make it easy for our employees to get vaccinated. All employees have been supplied an employer code from Public Health Madison and Dane County (PHMDC) to register to receive vaccines through the state vaccine supply, have employment verification letters to establish vaccine eligibility, and have flexible paid and unpaid leave options to make vaccine appointments as soon as possible. Some employees were able to start scheduling vaccinations under Tier 1B right away through the Federal Retail Pharmacy Program, while others waited for more vaccines to come available through PHMDC channels. While PHMDC and GHC had initially forecasted inviting Tier 1B food chain workers to schedule vaccines in late April or May, by March 12, all employees participating in our healthcare plan through Group Health Cooperative (GHC) were invited to receive the vaccine through their clinics. By March 16, that invitation was extended by GHC to all Co-op employees regardless of whether they were participating in our plan. We are grateful for our partnerships with PHMDC and GHC, and the invitation to receive vaccinations in Tier 1B sooner rather than later.

The Co-op supports COVID-19 vaccination, however we do recognize that employees may have personal reasons to decline vaccination. The Co-op does not require vaccination, nor do we keep records of specific individuals who have or have not been vaccinated. That said, we did just start an anonymous registry for Co-op employees to share that they have received their vaccines so that employees can see aggregate data estimating the percentage of employees who have been partially or fully vaccinated and we can use this data to make decisions pertaining to the future of our COVID-19 protocols.

NO LONGER RESERVING OPENING TWO HOURS FOR VULNERABLE POPULATIONS

Since the Safer At Home Order, the Co-op has been reserving the first two open hours of the day for shoppers who are seniors or who have compromised immune systems. We lifted this restriction on March 29. This change reflects not only that COVID-19 cases in Dane County are low but also that many of the people who would have previously benefited from these restrictions have now been invited and already began receiving vaccinations in the county (as of March 19, over 85% of Dane County residents age 65+ had been at least partially vaccinated). If data shows that there is a significant need to set aside time for certain vulnerable populations in the future, we are leaving the option open to reassess. Here's what this means for you:

- Everyone is welcome to shop from the time we open, everyday;
- Traffic at the stores is typically light during that time of day, and so it's still a good time to have more space to shop;
- If you want to plan ahead to shop, you can visit our website to see how busy we are in real time, or check our Google Business listing for typical popular times by store.

FRUIT AND VEGETABLE BOX PROGRAM ENDING WITH APRIL SUBSCRIPTION

At the beginning of the pandemic we were in the middle of piloting our online pickup and delivery service. By mid-March of 2020, we had expanded from 11 pickup and delivery slots to 200-300 pickup slots a week, and faced continued challenges in meeting demand. At the same time, our farm partners and other farmers in the community were struggling to move the crops they had planted for area cafeterias and restaurants, farmers using the Community Shared Agriculture (CSA) model rapidly sold out of subscription farm shares, and the demand for our prepared foods made in our production kitchen was very low. To meet our shoppers needs for more curbside pickup options, support our local farmers and Co-op producers, and provide more work for our production kitchen, we started offering monthly fruit and vegetable box subscriptions where shoppers could pre-pay for a month's work of produce curated and packed weekly to pickup outside our stores. The landscape has changed over the past year: we're seeing less pressure on our local farmers and Co-op producers, more demand for our standard deli and baked goods made at the

production kitchen, and less wait times to receive our online pickup and delivery service. With more and more people being vaccinated every day, and the spring and summer CSA season on the horizon, it seemed like ending the fruit and vegetable box program after April made the most sense.

IN-STORE CAPACITY LIMITS

To date, more people in Dane County have received the vaccine than there have been cases of COVID-19 and more than four times the number of people who are active in our cooperative have been vaccinated. In light of the consistently improving vaccination rate and low COVID-19 case rates in the County, the Co-op has been making plans to adjust capacities in the stores. The Co-op has been operating at below the 50% approved capacity levels established by PHMDC in June 2020 throughout the pandemic, with all three sites operating at about 25% capacity. As more of our employees are on the road to partial or full vaccination, and PHMDC continues to update and relax their restrictions, we will gradually increase capacity towards PHMDC capacity limits when and where we feel we have room to make those adjustments safely. We started discussing these changes with managers and employees in February in COVID-19 protocol meetings with our employees' union stewards and the conversation continues. We agree with PHMDC's approach to following the data for phasing reopening and continue to take all of their guidelines, especially with regard to social distancing and face coverings, very seriously.

SITTING OUTSIDE THE CO-OP

Spring is here, and this year we welcome the return of tables outside. We expect this to happen gradually, based on the needs and space available at each of our stores, starting with Willy East. We are following PHMDC protocols for allowing outdoor seating. That means that people sitting at a table should be from the same household or living unit and that tables will

be spaced to allow 6 feet of distance between customers who are not from the same household or living unit. Please keep your face covering on when interacting with our employees and others on premises unless you are actively eating or drinking, and please limit standing around our tables when you are in transit.

COVID-19 PROTOCOLS REMAIN DESPITE INCREASE IN VACCINATIONS

We are excited about the data showing that COVID-19 continues to pose less and less of a threat in our community, but make no mistake, it is still a threat! PHMDC made this clear in their amendment to Emergency Order 14 that remains in effect. Not all employees nor shoppers have been vaccinated, and while we do not expect to ever see 100% vaccination rates, the current vaccination rate is still too low to forgo face coverings or social distancing. All customers and employees must continue to follow Co-op COVID-19 protocols while on our premises regardless of personal vaccination status until further notice. Thank you for continuing to respect our protocols when you shop. We too, are antsy for a less restrictive future, and your support will help all of us get there safer and faster.

A LIGHT AT THE END OF THE TUNNEL

Every day the news about COVID-19 changes and gives us more reason to have hope. While we continue striving to keep our stores safe to shop and work we will continue to methodically review our practices, gradually retire the ones that seem safe to let go, and monitor PHMDC data to change course if the tide shifts direction. To those of you who have stuck with us through it all, thank you for your continued support for your Co-op! To those of you who may start visiting us more often again as you return to your workplaces, schools, and other activities, welcome back! There is no complete "off switch" for COVID-19, but we are optimistic about our community's ability to better control the illness, and we definitely are seeing light at the end of the tunnel.

Watch for



product signs to see what we've recently added to our store.

willy street co-op

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Check the back of this issue or signs on the shelf.

willy street co-op

SPRING PRODUCE

By Ben Becker, Newsletter Writer

Upon the cosmic event known as the vernal equinox, the arrival of spring is official. In addition to the extraterrestrial movements which bring our hemisphere into closer proximity with the sun, the seasonal transformation can be seen closer to the ground. The lingering snow piles begin to flow through into the streams and streets to reveal the earth below. From within the long latent soil emerges the first sprouts and shoots which will come forth with the first bounty of the new year. As the first produce of the spring becomes available, many popular favorites will become available from local farmers. In addition, there will be a number of varieties and flavors that will only appear for a brief few weeks. Some of these fruits and vegetables may seem esoteric and mysterious, with culinary secrets yet to be revealed to the uninitiated. For those with the bravery and curiosity to embrace these unusual and often ephemeral ingredients, an often sweet and uniquely vernal experience awaits.

ARTICHOKES

Among the most alien-looking produce items available is the elegant artichoke. Artichokes are best enjoyed in the spring because they are at peak seasonality during this time. Growing during the cooler days early in the year, artichokes will develop slowly, giving them a thick and meaty stem. While the ideal time to purchase artichokes is when they are available locally early in the year, artichokes are widely available throughout the year, with

most artichokes sold in the United States being sourced from the perennially warm farms of California. While you will want to be sure to pick up artichokes during their peak season between March and May, but if you continue craving them there can sometimes be a secondary local crop in the fall. Most know the green exterior of the common globe artichoke, but you can check for alternative Italian varieties which will appear smaller with a purple tinge to enjoy deeper and sweet flavors.

Prepping and cooking the artichoke requires some delicacy to ensure its enjoyment. Carefully armored with its tough exterior, the artichoke contains a tender and delectable interior, known as its heart. Reaching this interior requires some thought. Before you are ready to dissect the artichoke, you will want to keep it refrigerated, wrapped loosely in a plastic bag. When storing, the artichoke should be kept dry to avoid the growth of mold and should be used within a week. When you begin prepping, pull and snap the dark outer leaves to reveal the pale yellow leaves within, which will prove tender. Slice off the top inch of the artichoke leaving the edible portions of the artichoke; the tender lower leaves, the stem, and the saucer-shaped base. The outside of the artichoke's stem may be fibrous; what's within should be sweet and succulent. If your artichoke recipe includes the stem you'll want to peel off these stiff outer layers with a pairing knife, and then proceed to remove any dark green or tough leaves along the bottom and the sides of the base.

Next, depending on the recipe, you either cut the artichoke in half lengthwise or leave it whole. Wrapping up, you will want to be sure to remove the inedible "choke" by opening the remaining tender leaves and scooping it out from the base with a spoon. Finally, rub the base with lemon juice and your artichoke is now ready to include in your chosen recipe.

Artichokes can be enjoyed both cooked and raw. One raw preparation could make for an excellent salad, in which you can enjoy the sweet flavor of the early artichokes by slicing the inner leaves thinly and mixing with mint, chives, parsley, Parmesan oil, and toasted almonds.

If this preparation is a little too light for your appetite, you can make a heartier version by mixing in complementary ingredients such as salami, farro, or other grains. For this preparation, you will want to poach the artichokes. For more flavor, add mint and basil, and flavor with white wine, kosher salt, and freshly ground black pepper. Many of us love to enjoy artichokes prepared in a dip for a tasty appetizer. A nice change of pace that will mirror this flavor can be found by grilling artichokes. Grilled artichokes serving them with a Parmesan dip and lemons.

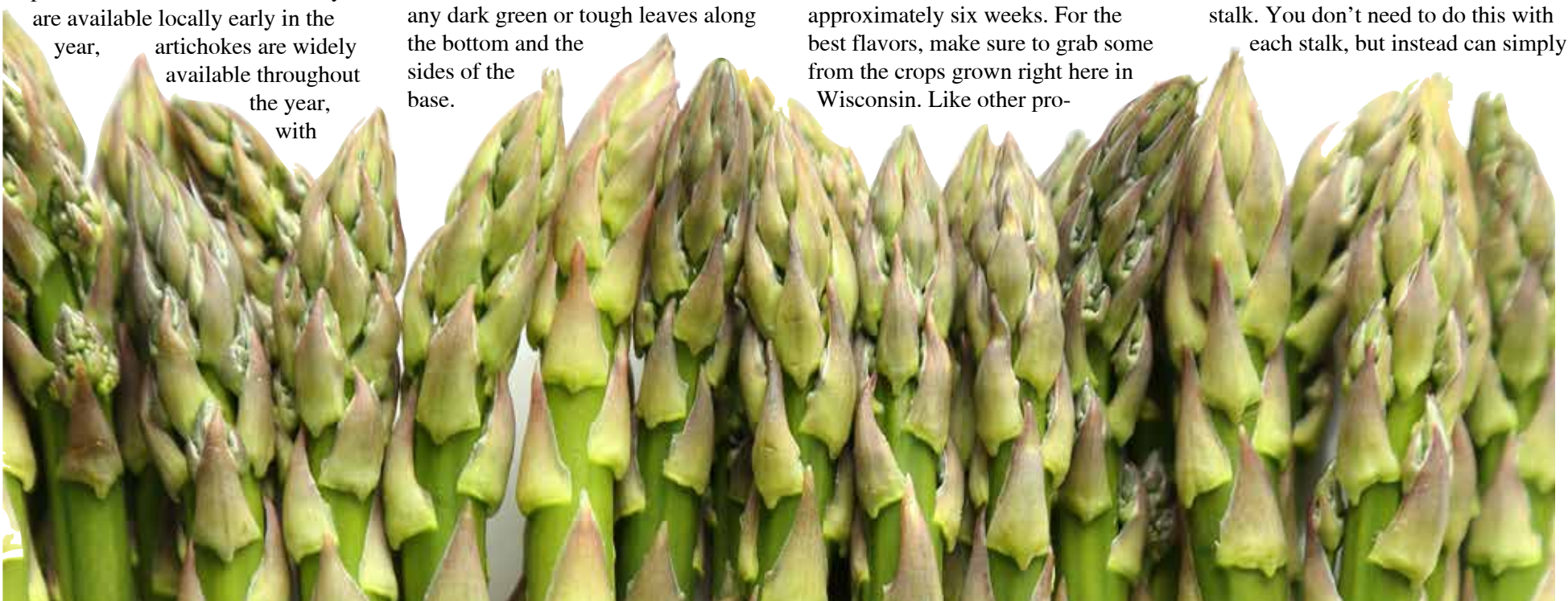
ASPARAGUS

The arrival of locally grown asparagus is a hallmark of spring's arrival. However, as fleeting as that perfect spring day, so too is the seasonality of asparagus. It only lasts approximately six weeks. For the best flavors, make sure to grab some from the crops grown right here in Wisconsin. Like other pro-

duce, you can depend on California's perpetual warm weather to provide greater availability of these stalks throughout the year, augmented by imported crops as well.

When selecting asparagus, you don't need to concern yourself about its size. Instead, look for crisp and juicy stalks rather than worrying about based on whether it is thick or thin. When it comes to asparagus, size doesn't matter, because the plant produces thick, medium, or thin spears all at the same time regardless of the plant's age and development. Instead, look for closed tips, and stalks with cut ends, while avoiding dried out or woody ends. Asparagus is again a spring vegetable that comes in many varieties and styles. Feel free to explore purple varieties in addition to green; while their flavors are about the same, the mixture of colors can add some excitement to your presentation. Once you have found the bunch you like best, wrap it loosely in a closed plastic bag in your refrigerator, but not for too long, as you will want to enjoy the asparagus as soon as possible, especially if it is to be eaten raw.

It may be surprising to know that asparagus requires very little preparation in order to make it edible. You will need to find that sweet spot on your asparagus bundle and remove the lower portion of the stalks which are fibrous and unappetizing. To identify this prime spot for removal, bend one stalk and let it snap naturally at the start of the brittle end of the stalk. You don't need to do this with each stalk, but instead can simply



line up the rest of the bunch and cut them in alignment with the pilot stalk.

Whatever your asparagus preparation method asparagus may be, one important rule is to never overcook it as its texture will become mushy. This error is easy to avoid if you are willing to try asparagus raw. To do so, begin by slicing the stalks into thin sections cut at an angle. The sweet and juicy texture you'll find in these slices makes them a great base for a salad. Try mixing these thinly sliced pieces with breadcrumbs, mint, and walnut and then dressing your mix with lemon juice, salt, black pepper, and chile flakes.

A salad of asparagus might be too fresh or adventurous for your palette, but there are still many ways to enjoy these stalks cooked. To keep things simple, you only need to grill asparagus or toss them in your stovetop pan with some oil, salt, and pepper. If you are craving asparagus as more of an accent within a heartier dish, add your cooked and cut stalks to a frittata, and mix in some other seasonal vegetables such as green garlic or spring onions along with some crumbled feta cheese, or if you are not afraid to do some baking, try a similar mix within a quiche. Another nice breakfast can include a mix of asparagus with garlic, chives, pea shoots, and some shredded romano cheese, all topped with a fried egg or two. A vignole can also be a nice spring dish to include your asparagus in. For this verdant dish, stew your stalks along with other seasonal greens such as sugar snaps, English peas, and spring onions. Once the shade of your mix dulls down from bright green, mix in with a short pasta of your choice.

LETTUCES AND SPRING GREENS

An enjoyable aspect of many local produce items which appear seasonally this time of year is that they make for a light but enjoyable dining and can often be put together with little cooking. Best exemplified by these qualities are of course local lettuces and spring greens. Among the first of these tender leaves to arrive is arugula. This cool-weather crop, also known as rocket or roquette, is perfect for those who enjoy a slightly sharp bitterness. In fact, arugula has worldwide prestige as a harbinger of

spring, especially in Turkey. While you may enjoy arugula on its own it can also be mixed in with other spring greens for a rich salad.

One great, although more common green for this method is baby spinach. When young and in small leaves, spinach is much more tender and has a milder flavor, and you can enjoy its lighter texture. Greens like these are not only an ideal way to work nutrients such as iron into your salad, but can also be enjoyed cooked. Try sautéing these dark greens to soften them up and add a topping of hard or blue cheese such as gorgonzola; this preparation is excellent for serving with meat.

As spring practically demands the consumption of salads, it is high time to explore the crispness of local lettuce. Common year-round is the romaine variety, favored by Caesar salad enthusiasts for its great crunch. However, you'll also find some other tender varieties which will boast both color and flavor to pull you out of any lingering winter ennui. This writer is quite partial to buttercrunch lettuce, which is less commonplace than its cousins but when you can get it, it promises a combination of not only great flavor but a fantastic crunch for texture. This and other varieties of butter lettuce will lend a great taste to a dish of soft-boiled eggs, boiled new potatoes, and a dressing made from dijon mustard and vinaigrette.

To maximize the quality of these delicate forms of foliage, you will need to take care when storing your lettuce. Do you ever wonder about why the Co-op staff keeps lettuce and other veggies sprayed down in our Produce aisle? It not only hydrates these products but keeps the temperature low. This is especially important for lettuce and greens, as warm temps can cause your lettuce and greens to wilt, while high heat will cause lettuce to taste bitter. When you take them home, keep lettuce and greens wrapped in a towel and then stuff them into a plastic bag. Of course, if exposure to spring weather does wilt your greens, you can revive them by soaking in cold water and using a salad spinner to remove moisture.

SPRING ONIONS, RAMPS, AND GARLIC SCAPES

Lettuce and greens are some

of the less intimidating of spring's vegetable bounty, but on the other end of the spectrum are some mysterious members of the allium genus. These include ramps, spring onions, and garlic scapes, which boast excellent flavors but can only be enjoyed at this time of year.

Spring onions are actually younger onions, but they include more than just the under-developed globes. At this stage, the tops have not yet dried and fallen off, but are still green and edible. Though they have some similarities, spring onions are not to be confused with scallions or green onions. These onions have a high sugar content which makes them excellent for grilling or other high heat preparations. When buying these onions, be prepared to eat them within the next few days and store them in the refrigerator to keep them at peak quality.

Another mysterious allium that will appear this time of year are ramps, but their season is very short, popping up in early spring, so you'll need to move quickly. Spring onions, ramps, and also garlic scapes are all excellent when prepared on the grill. You might apply them directly to the grill, and remove the charred and blackened leaves, leaving only the resulting tender and thick shoots that will be juicy and sweet. These sweet and juicy flavors make ramps great for serving on grilled bread. Just slice your ramps thin, sauté with chile flakes until you can smell

the fragrant aroma, then spread on top of grilled or toasted bread with a cream cheese spread or whipped ricotta. Alternately, you can make a sandwich with ramps or grilled onion on grilled or toasted bread with some slices of salami.

MOREL MUSHROOMS

Just as these allium varieties are ephemeral, many look forward to spring to get their hands on the hallowed morel mushroom during its short window of availability. In addition to your favorite morel recipes, try adding mushroom butter to your repertoire. This preparation can employ the stems, trimmings, and gills of the mushroom while leaving the more appetizing heads intact. These leftover parts can also be cooked down into gravy by using a simple roux.

Covering every spring varietal and the novel approaches their preparation could prove a delightful but never-ending enterprise. From the sweet medley of apricots and berries which may combine with the sharpness of rhubarb in your favorite pastry, to the enjoyment of fresh snacks such as snap peas, the possibilities are myriad. Don't be afraid to check out other dark leafy delicacies such as chard and dandelion greens either. No matter what your culinary preferences tend to, the arrival of this season's local bounty is sure to bring something new and to your liking.

SEE THE SPRING SALADS ARTICLE ON PAGE 9 FOR RECIPES!

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RECIPES

Carnitas with Tomatillo Salsa

Adapted from www.food52.com.

After four hours in the oven with garlic and chilies, this is packed with flavor and makes a great meal served with warm corn tortillas and all the fixings.

Prep 4h

10 lb. pork shoulder
4 dried chilies, chopped
salt
black pepper
8 cloves garlic, minced
10 cloves
6 c. cilantro, chopped
4 red onions, diced
1 bunch radishes, sliced
6 limes, juiced
1 lime, cut into wedges
1 lb. tomatillos
1 avocado, peeled and de-pitted
24 corn tortillas
12 oz. queso fresco, crumbled

Directions: Preheat the oven to 275°F. Rub the pork all over with chilies, salt, pepper, and minced garlic. Dot with the cloves. Set in a large roasting pan, and cover with aluminum foil. Cook about 4 hours, until the meat is falling off the bone. Remove from the oven and let sit until cool enough to handle. Pull the meat off the bone and shred.

While the meat is cooking, combine the sliced radishes, a pinch of salt, and juice from three of the limes in a medium bowl. Set aside. This is best done about an hour before serving. Place 3/4 of the diced red onions in a large bowl, and fold in 4 cups of the chopped cilantro. Set aside to use as a garnish.

Turn on the broiler. Set the tomatillos on the rack of a broiler pan 1 to 2 inches from heat. Broil, turning once, until tomatillos are softened and slightly charred, about 7 minutes. Place in the bowl of a food processor. Add the juice from the remaining 3 limes, the last diced red onion, the last 2 cups of cilantro, and the avocado to the food processor. Pulse until pureed. Taste and add more salt or lime juice as needed.

Serve the carnitas with warmed tortillas, onion and cilantro garnish, salted radishes, tomatillo salsa, queso fresco, and lime wedges.

Green Salad with Toasted Pita Bread

Adapted from www.saveur.com.

Similar to an Italian panzanella salad, this salad is Syrian in origin, and includes fresh herbs and crunchy romaine.

Prep 10m; Cook 10m

2 rounds pita, cut into wedges
10 Tbs. olive oil
3/4 Tbs. lemon juice
salt
black pepper
1 clove garlic
2 cucumbers, chopped

1 romaine lettuce heart, coarsely chopped
3 Tbs. coarsely chopped fresh mint, coarsely chopped
Tbs. coarsely chopped fresh parsley, coarsely chopped

Directions: Preheat oven to 400°F. Toss the pita with 2 tablespoons of olive oil, then arrange in a single layer on a baking sheet. Bake until toasted, about 5 minutes. Remove from oven and set aside to cool.

In medium bowl, whisk together the lemon juice and remaining 8 tablespoons of olive oil. Season with salt and pepper to taste. Rub a large salad bowl with the clove of garlic, and discard. Place the cucumber, lettuce, mint, and parsley in the bowl. Top with the pita chips and drizzle with the dressing. Toss gently to combine. Serve immediately.

Pineapple Coconut Muffins

Adapted from www.honestfare.com.

Oats and coconut stand in for wheat and dairy in these fruity, moist, and tropical muffins. Perfect for breakfast or as a snack.

Prep 30m; Cook 20m

1 1/4 c. rolled oats
1/2 c. plain yogurt
1/2 c. coconut milk
1 1/2 c. oat flour

1/3 c. brown sugar
1/2 c. coconut flakes
2 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
1/3 fresh pineapple, chopped
1/3 c. coconut oil
1 egg
1/2 banana

Directions: Preheat oven to 375°F. Line 12 muffin cups. In a large bowl, combine the rolled oats, yogurt, and coconut milk. Let stand for 10 minutes. In a separate bowl, mix together the oat flour, brown sugar, coconut flakes, baking powder, baking soda, and salt.

Place the chopped pineapple in the bowl of a food processor and pulse to roughly puree. Measure out 1 cup, and place in a bowl with the banana, egg, and the coconut oil. Mix well. Add this pineapple-banana-egg mixture to the bowl of rolled oats, yogurt, and coconut milk, and mix well to incorporate. Fold the oat flour-coconut flake mixture into the bowl and combine.

Fill the lined muffin cups about 2/3 high. Bake 16-20 minutes, until golden brown and a toothpick inserted into one comes out clean.

Chicken Stuffed with Goat Cheese and Spinach

Adapted from www.adventuresincooking.com.

Prep 1h 30m

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

Directions: Preheat oven to 375°F. Grease a casserole dish and set aside. Place the spinach in a large pot in water and cover tightly. Cook over high heat for about 2 minutes, until the spinach begins to wilt. Using tongs, squeeze out any water. Toss with 2 teaspoons of the olive oil, then transfer to a large bowl and allow to cool.

When the spinach has cooled, add the goat cheese, green onions, remaining tablespoon of olive oil, basil, salt, and pepper, and mix to combine. Taste and add more salt and pepper as needed. Set aside. Use a sharp knife to cut a pocket in the middle layer of the chicken breasts, making sure not to cut through the outer layers. Stuff each chicken breast with the spinach and cheese mixture, then place in the prepared casserole dish. Spread the remaining spinach and goat cheese mixture over the chicken breasts. Cover and cook for 45 minutes to 1 hour, until the chicken reaches an internal temperature of at least 170°F.

Spinach and Green Garlic Soufflé

Adapted from *Local Flavors* by Deborah Madison.

This green-flecked soufflé makes a great brunch or lunch dish.

Prep 1h

5 green garlic, minced
1 c. cream
1 tsp. thyme, chopped
4 Tbs. butter
1/2 c. Parmesan cheese
1 bunch spinach, rinsed and chopped
4 Tbs. flour
1 1/3 c. milk
salt
pepper
4 oz. goat cheese
4 egg yolks
egg whites

Directions: Preheat oven to 375°F. Butter a 6-cup soufflé dish or gratin dish and lightly dust with Parmesan cheese. Stir together the garlic, cream, and thyme in a small saucepan over low heat. Bring to a boil, then turn off the heat, cover tightly, and allow to steep for 15 minutes.

Place the still wet spinach in a large hot skillet and wilt. Transfer to a colander and press out any moisture, then finely chop.

Melt 4 tablespoons of the butter in a saucepan. Stir in the flour and cook for 1 minute, stirring. Stir in the milk and whisk continuously until it thickens. Add 1 teaspoon of salt, the goat cheese, and Parmesan. Remove from heat, then stir in the egg yolks, chopped spinach, the garlic-thyme mixture, and a generous pinch of black pepper.

In a large bowl, whisk the egg whites and a pinch of salt until they form

soft, slightly stiff peaks. Very gently fold the warm cheese and spinach mixture into the bowl of egg whites until incorporated. Scrape the batter into the prepared soufflé dish or gratin dish and bake until set and golden brown, roughly 30 minutes in a soufflé dish, or 25 minutes in a gratin dish. Serve immediately.

Parmesan Spinach Cake

Adapted from *Eating Well*

These will remind you of spinach pie.

Prep 30m

12 oz. fresh spinach, washed and drained well
1/2 c. part-skim ricotta cheese or low-fat cottage cheese
1/2 c. finely shredded Parmesan cheese, plus a bit for garnish
2 large eggs, beaten
1 clove garlic, minced
2 Tbs. scallions, minced
2 Tbs. fresh parsley, minced
1/2 tsp. dried dill weed
1/4 tsp. each salt and black pepper
1 c. favorite marinara sauce for serving, optional

Directions: Preheat oven to 400°F. Lightly butter an 8-inch square baking dish or 8 cups of a standard muffin pan. Chop the spinach finely, using a food processor if desired and transfer to a mixing bowl. Stir in remaining ingredients. Pour the mixture into the prepared baking dish or muffin pan and bake in preheated oven until set, about 20 minutes for the muffin pan, 25-30 minutes for the 8-inch baking dish. Let stand for five minutes; cut large pan into 4 pieces or loosen the edges of individual cakes with a knife and turn out onto a plate. Serve warm, drizzled with marinara sauce and additional Parmesan cheese if desired.

Pasta Modena

Adapted from www.rpspasta.com.

This Mediterranean-style pasta dish is a snap to prepare.

Prep 15m

3 Tbs. olive oil
2 cloves garlic, chopped
2 c. spinach leaves
1/2 c. roasted red peppers, sliced
1/2 c. white wine
1/4 c. kalamata olives
salt
pepper
1 Tbs. balsamic vinegar
9 oz. campanelli pasta
1/4 c. feta, crumbled

Directions: Heat the olive oil in a large skillet over high heat. Sauté the garlic in the olive oil until fragrant, just 10-15 seconds. Add the spinach leaves and sliced roasted red pepper and toss to coat in olive oil. Pour in the white wine and stir in the olives. Simmer over medium-high heat and cook until the liquid is reduced by half. Remove from heat, season with salt and pepper, and drizzle in the balsamic vinegar.

Bring a large pot of water to a boil. Cook the campanelli according to package directions. Drain well, and add to the skillet. Fold the pasta in to completely coat in the sauce. Serve hot, topped with the crumbled feta.

Bistro Beet Burgers

Adapted from *Isa Chandra Moskowitz's Isa Does It*.

Prep 1h 30m; Cook. 15m

1 1/4 c. brown rice, cooked and cooled
1 c. lentils, cooked
1 c. beets, shredded
1/2 c. breadcrumbs
3 Tbs. onion, minced
1 clove garlic, minced
2 Tbs. tahini
1 tsp. dried thyme
1/2 tsp. ground fennel
1 tsp. dry mustard
1/2 tsp. salt
black pepper
olive oil
burger buns

Directions: Combine the brown rice, lentils, and beets in the bowl of a food processor with a metal blade. Pulse 15-20 times until incorporated but still has lots of texture. Turn the mixture into a large bowl. Add the breadcrumbs, onion, garlic, tahini, thyme, fennel, mustard, salt, and black pepper. Mix very well with a wooden spoon, or clean hands. Transfer

the bowl to the refrigerator for 30 minutes. Shape the mixture into patties, using about 1/3 cup for each one.

Heat a skillet (cast iron, preferably) over medium-high heat. When hot, add some olive oil and turn the pan to coat it in oil. Cook the burgers about 12 minutes total, flipping once or twice, until the burgers are heated through and the edges are charred. Serve hot on buns, with your favorite toppings.

Peppercorn Steak Salad with Roasted Carrots and Gold Beets

Adapted from www.simplyfreshdinners.com.

This fresh dinner salad is made with sweet, roasted carrots and beets, and spicy, peppery steak atop a bed of tender greens.

Prep 20m; Cook 25m

1 onion, chopped
3 beets, chopped
1/2 lb. carrots, chopped
2 Tbs. olive oil
2 Tbs. maple syrup
salt
pepper
4 steaks
3 Tbs. black peppercorns
3 Tbs. butter
8 c. arugula
1 c. walnuts
Tbs. balsamic vinegar
1 c. goat cheese, crumbled

Directions: Combine the onion, beets, and carrots in a large mixing bowl. Drizzle with olive oil and maple syrup, and sprinkle with salt and pepper. Toss to coat, then transfer to a rimmed baking sheet and spread in an even layer. Bake for 20 minutes, or until the vegetables are tender.

Sprinkle both sides of the steaks with salt. Sprinkle the crushed peppercorns over both sides of the steaks, pressing them to stick. Melt the butter in a large skillet over medium-high heat. Cook the steaks in the skillet, turning once. For medium, it will be 10-15 minutes, or until an instant-read thermometer reads 155°F. When they are cooked to your desired doneness, transfer to a cutting board and tent with aluminum foil. Let stand for 5 minutes, then slice into thin slices against the grain.

Divide the arugula or spinach between four plates. Arrange the sliced steak over the greens, then top with the roasted vegetables, crumbled goat cheese, and walnuts. Finish each salad with a drizzle of balsamic vinegar.

Banana Cream Pie

Adapted from *The Common Ground Dessert Cookbook*

Prep 15m

1/2 lb. graham crackers
1/2 c. butter, melted
1/4 c. honey
2 1/2 c. plain or vanilla soymilk
4 Tbs. arrowroot
1/3 c. maple syrup
4 eggs
1 tsp. vanilla extract
2 bananas
pinch salt

Directions: Preheat oven to 425°F. Crush graham crackers in food processor, blender, or with a rolling pin. Add butter and honey and mix well. Press into a 9 or 10-inch pie pan. Prebake 5 minutes, remove from oven and reduce oven temperature to 350°F. Heat 2-1/4 cups of the soymilk in a saucepan over medium heat. While the milk heats, mix remaining soymilk with arrowroot until smooth. Blend maple syrup, eggs, vanilla and bananas in blender or food processor until smooth. When bubbles start to form around the edges of the heating milk, whisk in the arrowroot mixture and whisk constantly until the hot milk thickens; then remove from heat. Blend a half-cup of the hot milk into the egg mixture to temper it, then add egg mixture to the hot milk and blend well. Pour filling into prebaked crust and bake 30-40 minutes at 350°F. until filling is set and a knife inserted in the center comes out clean.

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Staff Picks



ABIGAIL

Little Secrets Peanut Butter Dark Chocolate Pieces

Wow, wow, wow. My favorite candy we carry. We can't get past a week without eating at least a whole bag in the Wellness department at East. Creamy peanut butter encased in candy-coated chocolate that is totally better than the non-Fair Trade-certified options out there.



BEAN

Marieke Goudas

Raw milk gouda-ness and flavors for everyone! I like using them on homemade pizza bagels!

Chip Magnet Mango & Mango Habanero Salsa

Soooo chunky good! I love mixing both mango flavors to make a medium mango. These salsas are honestly TOO good.



JOE

Epic Pork Rinds

Crunchy low-carb snack option made by a company that embraces healthy and sustainable production methods. Noticeably fresher; better taste than most other brands.



JOHN

Willy Street Co-op Reverse Osmosis Water

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

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



KATIE

Siggi's Non-fat Yogurt

This traditionally made Icelandic yogurt is my go-to "hit me with some delicious protein" snack. The ingredients are only pasteurized skim milk and live active cultures—no added anything. Clean, simple and delicious.



MEGHAN

GT's Watermelon Wonder Kombucha

This is my current favorite kombucha! The flavor is just right to fulfill my sweet craving and also gives me the boost that I need for the day. Plus, it comes in individual and larger bottles, which makes it perfect for any occasion!



MELISSA

Once Again Organic, Lightly Sweetened, Sunflower Seed Butter

This sunflower seed butter has just the right amount of sweetness, and I really like the consistency compared to other brands. But not only does it taste amazing, the company is employee-owned and committed to sustainability. Check out their neat back story on their website.



Califia Farms Oat Milk Barista Blend

I haven't used my usual vegan creamer at all since trying Califia's Oat Milk Barista Blend. I mainly use it in cold brew and tea, but I've made lattes with it as well. It truly is coffee shop quality.



PATRICK

Dang Caramel Sea Salt Coconut Chips

These have become another one of my food vices. And the biggest problem is the whole bag seems to disappear within minutes of opening it. Probably some kind of inner-dimensional voodoo at work or something. No way I just inhale the whole bag in one sitting.... No that couldn't be the problem.... I hear they're a tasty topping addition to ice cream as well. But I don't know that works since they disappear out of the bag right away.



SHELLEY

Gitto 10-inch Tortillas

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



JAMES

Canned Pure Pumpkin

Did you know pure pumpkin is great for dogs' digestive health? Though it may defy understanding, pumpkin has the unique ability to aid both constipation and diarrhea in your dog. I really like to mix canned pumpkin with plain goat milk yogurt and kibble, then put it into a "Kong"-shaped toy to freeze overnight for a long-lasting treat the next day. My dog loves it!



LAURA

Willy Street Smoked Salmon Spread

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

Acure Dry Shampoo

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

Laura Montgomery



LaClare Farms Goat Milk

Not for the hardcore milk drinker (unless you want to buy like 10 bottles), but just the right amount to make a delicious mac and cheese, wash down one of our espresso brownies, and soothe your taste buds when your partner decides to throw one of their home-grown hot peppers on your pizza. Plus, it's from goats who live right here in Wisconsin!



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! Available at East and West.





THAYER

Jovial 100% Organic Diced Tomatoes

These tomatoes taste so fresh. And I love that there is nothing else added: no salt, no sugar. I always have a couple of jars in my pantry ready to go for a sauce, soup, stew, curry, or whatever I feel like cooking.



KRISTI JO

Madison Soap Company Bar Soaps

Madison Soap Company is a local, woman-owned, woman-run business. Using sustainably sourced ingredients such as Rain Forest Alliance Certified palm oil, they sincerely care about what is put into each of their unique skin-loving bars of soap. Clean yourself up while saving the rainforests!



SARA

Pacha Froth Bombs

Relax and unwind with a Froth Bomb from Pacha. There are several scents to choose from all of which are crafted with essential oils and ingredients that will leave your skin feeling refreshed and rejuvenated. Take some time for yourself, soak your loins and escape from reality for a little bit. You deserve it!!



EMILY

Superior Fresh Farm-Raised Salmon

This is the mildest farm-raised salmon that I've ever eaten, and I think I'm in love. It's raised in an aquaponic farm outside of Hixton, Wisconsin. Ever try Superior Fresh packaged greens? Their greens are fertilized by their fish! Who ever thought that we could enjoy fresh and local salmon in Wisconsin?!



JESS

Fever Tree Ginger Ale and Ginger Beer

These come in four-packs and they are just the perfect size for mixers or on their own!

Olli Salami

Excellent choice to complement your antipasto or charcuterie repertoire



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.



MOURNING DOVE

Boody Eco Wear Shaper Bra

Normally I'd say burn the bras, but these are so soft and comfortable. They are made out of eco-friendly bamboo and are perfect for yoga!



Dandelion Greens

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

Fennel

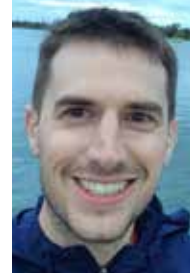
I'm pretty new to the world of fennel, but I recently tried juicing it, and there's no turning back now. Adding it to freshly juiced oranges, spearmint, and greens may just rock your world.



KELSEY

Willy Street Co-op Lemon Cheesecake Bar

These bars are delicious—creamy filling, lemon flavor that isn't overpowering. A great little treat if you want something sweet but not too sweet.



BENJAMIN

Matt's Chocolate Chip Cookies

These have been my favorite cookies since I was a kid! I love that they are soft-baked which is rare for a store-bought cookie. Made without anything artificial, they have quality ingredients like vanilla, date paste, eggs, and of course chocolate chips. They aren't in every grocery



store and I'm so glad the Co-op carries them.

Madison Sourdough Croissant

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



AMY

Ferndale Sliced Smoked Turkey

This is the best one. I very much like to eat it over the kitchen sink, wrapped in a handful of lettuce leaves and a cornichon in the middle.



KJERSTIN

Willy Street Co-op Ranchero Salad

Piquant and super fresh tasting salad! Full to bursting with delicious ingredients. I can't seem to eat it slowly enough to savor.

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Community Room Classes have begun again virtually. See page 6 for listings.