

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 48 • ISSUE 8 • AUGUST 2021

YES
WE
CAN

IN THIS ISSUE

Board Elections Results; A Day in the Life
of a Produce Buyer; and More!

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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

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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.

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: Willy East: 7:30am-9:00pm; Willy West: 7:30am-9:00pm;

Willy North: 7:30am-9:00pm every day

All Juice & Coffee Bars: 7:30am-7:00pm;

Deli: 7:30am-9:00pm

Meat & Seafood: 7:30am- 9:00pm

**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**

August 18

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!

BULK RETURNS

Q: *This comment is in response to the Plastics customer comment in the July 2021 Reader.*

The Purchasing Director stated that the Co-op has "received very few requests" for bulk to return. I made the unfortunate assumption that bulk would return when the pandemic ended. I wonder if there are other members who also didn't write because they too made the same assumption. However the PD also made an unfortunate assumption that there was little interest in bulk returning before asking members directly about a major change to our Co-op options.

PLEASE bring back bulk everything. I am significantly committed to decreasing plastic waste, so bulk is my best option.

Thank you for being my co-op. We are fortunate to have you.

A: Thanks for the comment! I'm sorry if my response in the *Reader* came off as assumptive. That was not my intention.

The pandemic brought such a huge change to the way people shop in our stores and how people view being in public and shopping generally that we just haven't been sure how bulk foods will be received as we wind our way out of the pandemic restrictions. This is the reason that we've approached the reopening of some bulk services cautiously. For example, as I write this to you today, our bulk grocery departments are nearly 100% back to their normal pre-pandemic offerings, with no restrictions. However, sales in those departments are still down 40% from pre-pandemic levels. We're planning some promotions with the hope of bringing some of this business back, but it does seem that at least some customers are not coming back to shop in our bulk aisles as they did before the pandemic.

In areas of the store where we've historically offered fresh, perishable bulk items (like salad mix and mushrooms), it is imperative that we maintain a certain level of sales in order to turn the products over and keep them fresh on the shelf. Otherwise, we end up having to waste quite a bit of wilted greens and browning mushrooms—which is also a sustainability

issue. Using the reduced business in the bulk aisle as a gauge for what's likely to happen in Produce, it's not clear that we will be able to maintain the amount of sales on the produce items in order to keep the product fresh and avoid excess food waste.

All that said, I have heard from quite a few Owners in the last few weeks that they would like to see the bulk salad and mushrooms return to our Produce departments, and so I am in the process of working with the Produce Managers to make that happen. Like everything else in our stores, we will plan to monitor sales of these items—as long as they sell well enough to maintain freshness, I would anticipate keeping them indefinitely. If they do not, we will have to consider discontinuing them on a more permanent basis.

I hope this is helpful information. Thanks again for writing! Best, Megan Minnick, Purchasing Director

RECIPROCITY

Q: *I once was able to use my membership while shopping at another co-op while on travel. Gratefully, I'm traveling again and wondered if there is a list of co-ops who would honor my membership. I prefer to shop at Co-ops! Thanks in advance for any links you can point me toward.*

A: Thanks for the question! Co-op Ownership reciprocity is not something that we make arrangements with other co-ops to provide; it's up to them to decide whether they will honor the memberships in other co-ops. So, I would recommend contacting the co-ops you are interested in visiting ahead of time to see if this is a benefit they offer. All of the grocery co-ops that are part of the National Cooperative Grocers network can be found at www.ncg.coop/find-co-op, and it's a great starting point to find a co-op along your travels. I hope that helps, please let us know if there is anything else we can do for you! -Kirsten Moore, Cooperative Services Director

BOXED STRAWBERRIES

Q: *I recently with relief bought some boxed strawberries that were in cardboard! YES!*

This week they were not available and I wanted to put out a strong ask to you to let the vendor know how wonderful it is to have this packaging option. Because the cost of packaging has been offloaded to the public (by providing cheap plastic packaging that although "recyclable" no one in the whole world recycles and thus we all pay through environmental degradation), the cardboard boxing might be a bit more expensive. Well, okay by me, give us the extra cost of this option anyway.

I believe many people at the coop would go for this packag-

ing, especially were it known that the recycling option is actually a mirage.

Please 1) ask the company to make this option available ongoing! 2)encourage all vendors to forget plastic and 3) increase education of coop consumers.

A: Thanks for the message! The cardboard box "Eco-Pack" strawberries are a relatively new offering from a few growers on the West Coast—I'm glad you were able to get some! Because they are new and in high demand, they aren't often available to us in the quantities we would need to keep the option on our shelf as our main berry offering. We've also found some quality issues at times with the berries since they aren't as protected from the elements as their counterparts in plastic clamshells.

That said, it's great to hear that you appreciate the offering—we'll do our best to keep them in stock as much as possible. Thanks so much! -Megan Minnick, Purchasing Director

VALENCIAS

Q: *I think most valencias are harvested for juice processing and the retail season is never long enough. When can expect to see them on the shelves here?*

A: Thanks for writing. We just got organic valencia oranges in stock at Willy Street North, and I anticipate that we'll have them in at Willy East and West shortly. Typically, we wait for the organic navel orange season to wind up before we bring in valencia oranges since the navels are more popular with our customers, and we just don't sell many valencias when the navels are in stock.

As you probably know, valencias are a summer orange. Organic valencias for retail sale are mostly grown in Mexico and California, as opposed to the juicing valencias which typically come from Florida. We usually have them in stock from early summer through December, to complement the navel orange season.

I hope that's helpful information. Have a great day! Best, Megan Minnick, Purchasing Director

MORE BREAD

Q: *We need more bread! If am shopping at the Co-op after 4:00pm or before 9:00am, I feel lucky to be able to find any Batch or Madison Sourdough loaf. We need more bread. I watch customer after customer walk and stare at the empty shelves and walk away confused. When Batch is on vacation or has limited hours(which I totally support), it's even worse. Can Claussen deliver more options? Can Madison Soudough? Is there a way to free up shelf space for by eliminating some of the sliced breads which are always there and don't seem to sell as well. Maybe the kitchen can learn*

to make baguettes?? This doesn't seem like it should be an insurmountable issue, but it's been this way for years. Please get us more bread.

A: Thank you for your comments and questions! I am going to talk to our Grocery Managers and see if we can come up with a solution for this problem.

Many of the local fresh bread deliveries do not happen until after 9:00am, and we often run out before the evening. All of the bread brands you mention are smaller local bakeries that have been recently working at a reduced capacity with less staff. They also decide how much bread they will bring to our stores based on their sales data, since they cover any loss of their products that go stale, so it can be a little tricky.

I appreciate you bringing it up to me! It has been an ongoing issue, and I am hopeful that we will be able to get more bread delivered to cover all of our needs. I do not think it is a question of space on the shelves per se, because many of our bread vendors have multiple shelves in their bread sets. Since our stores were at reduced customer capacity during the pandemic, our bread vendors did not deliver as much bread to us. -Dean Kallas, Grocery Category Manager

EXTRA EFFORT

Q: *Hello! I was in on Wednesday evening (6/9) and bought two greeting cards which I left in the bagging area as I walked out with my groceries. The cashier (her name begins with an A, but I can't remember who!) kindly ran out and caught me as I was driving away to hand me the cards. I am SO grateful for this extra effort! Thank you, thank you.*

A: I have shared your comment with the Front End Manager, which we believe is the person that was your cashier for this instance. I am so happy she was able to connect with you and give you the greeting cards that were left behind. It happens sometimes, and we are not always able to find our customers when we get out to the parking lot. We are always happy to go that extra mile! Have a fantastic day. -Amanda Ikens, Owner Resources Coordinator—East

MASKS

Q: *Walking into the co-op this morning I noticed the bright, hip, newly designed CDC poster about masks in the front entry. It notes that if you are NOT vaccinated, you should still wear a mask inside. Unfortunately, It also sends the subliminal message that if I walk in with a mask on, that I am unvaccinated.*

I have been vaccinated since January 20th, I will continue to wear a mask for a while, especially inside stores and other buildings.

I am not concerned for other staff wearing masks or not, I am concerned about being lumped in with a group of people who will not get vaccinated.

Please post a second sign that encourages ALL people to still wear a mask in the Co-op. This removes the "stigma" and encourages a safe community environment. As a matter of fact, the co-op (being a private business) can say that everyone should STILL wear a mask inside. But that is your, and the board's, decision.

A: Thanks for writing. You are absolutely welcome to continue to wear a face covering; in fact, many employees and customers who have disclosed their vaccine status to us voluntarily are still doing so. We do not have any interest in judging whether or not a person is vaccinated based on whether they wear a face covering. We only want to ensure people who are not vaccinated for COVID-19 know that it is important

for them to wear a face covering while shopping. Our signage follows the current guidance provided by the CDC and endorsed by Public Health Madison and Dane County.

In light of your comment, we did make an update to the new signage pertaining to face covering guidance. It now has the added language: "Anyone who wants to wear a face covering for any reason may still do so." That should support those who may feel the same as you do. I am not sure if all of the signs have been swapped out yet, but they should be very soon. -Kirsten Moore, Cooperative Services Director

SEATING AREAS

Q: When do you expect to have BOTH the inside and outside seating setup like it was pre-COVID at the Williamson Street store?

A: Thanks for asking. Our outdoor commons at Willy East is already open. Inside there is currently a register lane stored in the commons

seating area that we removed last winter to make space for customers to be socially distanced while waiting in line. That lane takes up a lot of space! We are in the process of scheduling that lane to be reinstalled, and when that happens we should be able to open the indoor commons again. Stay tuned and have a great weekend! -Kirsten Moore, Cooperative Services Director

RETAIL READY LAB

Q: I had heard about a program called the Retail Ready Lab and I was searching the site to find more information about it, but can't find anything. Is that program still available and if so, where can I get some information about it.

A: Thanks for the question! Unfortunately, the Retail Ready Lab program has been suspended for the foreseeable future. Between the pandemic itself and now the recovery period, our staff have had to devote their full attention to the needs of our

business, and unfortunately that does not leave time for the Retail Ready Lab.

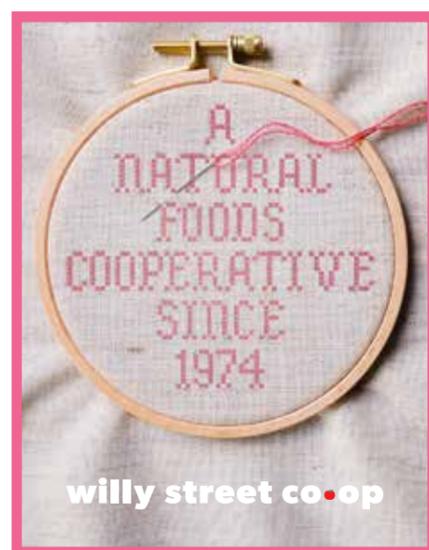
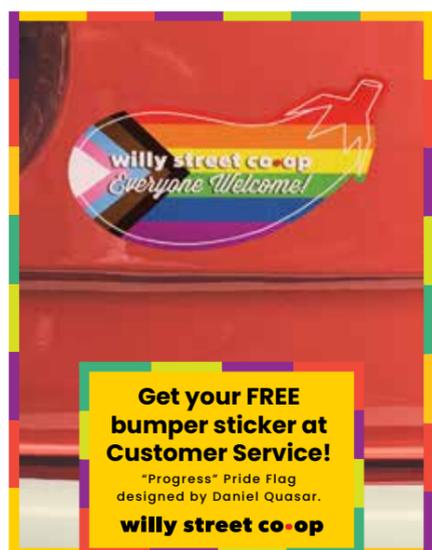
If you have a product you'd like to submit for our consideration, you can use the process outlined here: www.willystreet.coop/pages/new-vendor. Thanks so much! -Megan Minnick, Purchasing Director

IMPOSSIBLE

Q: I was horrified when I saw the June Reader announcing at Impossible Burgers are now available. The label on these burgers clearly shows that the product is bioengineered...also known as genetically modified. How in creation does that give them shelf space at Willy Street? There is nothing about this product that qualifies it as real, whole food. It is industrial waste that has been allowed for human consumption. Please explain.

A: Thank you for your comments and questions! We are here to serve our Owners and enough people expressed interest in us carrying the Impossible Burger, so we are carrying it at our stores. We have a good number of products on our shelves that most likely contain GMOs, but their producers are not as vocal about it as the folks from Impossible Burger are.

I appreciate you reaching out to voice your concerns! We do not carry only non-gmo items in our stores. It is important to read labels when you shop to make sure you are buying what you like. Everyone has different tastes, so not everything we carry will fit your needs. -Dean Kallas, Grocery Category Manager



Wellness Wednesday is the first Wednesday of each month!

OWNERS GET 10% OFF Wellness & Bodycare items

The next Wellness Wednesday is: August 4th

Product categories listed in the background include: Body Care Accessories, Body Care Aromatherapy, Body Care Cosmetics & Beauty Aid Products, Body Care Hair Products, Body Care Oral Care, Body Care Deodorant, Body Care Topical Products, Body Care Skin Care, Body Care Soap & Bath, Body Care Liquid Body Care, Body Care Pre-Packaged, Body Care Herbal Formulations, Body Care Digestive Aids, Body Care Protein Powder, Body Care Supplement Oils, Body Care Aloe Vera Juice, Body Care CBD supplements, Body Care Sing...

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GENERAL MANAGER'S REPORT

Board Elections Results; On the Horizon; & More!



by Anya Firzst, General Manager

Welcome August! Last month was a busy one, and this month is shaping up to be equally as busy.

Last month we conducted our annual Board election and this month we welcome our newly elected Board members. I'd like to thank you, our Owners, for exercising your ownership rights and taking the time to vote! I'd also like to thank those Owners who chose to run for the Board.

We had four candidates running to fill three vacant seats. The votes were tallied and announced at our Special Ownership Meeting on July 21. Your newly elected Board members are:

- Tatiana Dennis: 2,158 votes
- Michael Chronister: 1,427 votes
- Carol Weidel: 1,416 votes

Thank you to the candidate who ran but was not elected, Max Koch.

A few details about voter turnout, this year a total of 2,583 ballots were cast, of those 2,560 were valid. This represents a turnout of 8.08% of total Ownership voting in this year's election, up 2.64% over last year's election turnout. Again, I want to thank you all 2,583 Owners for choosing to exercise your ownership rights and taking the time to vote!

A special thanks goes out to our two outgoing Board members, Stephanie Ricketts and Caryn Murphy. Thank you both for your years of service to our Cooperative.

ANNUAL MEETING

Our Annual Meeting has changed venues a couple of times over the last four decades from the Wil-Mar Neighborhood Center to our Willy East's parking lot to McPike Park, and again this year we hosted a virtual meeting because meeting in person was not an option. There were about 100 Owners (including the Board, Board candidates, and staff) in attendance, and I want to thank each one of you for being there!

In the coming months, the Board and management will be discussing what format our next Annual Meeting will take. I imagine it will be a hybrid of some kind, offering in-person and virtual participation for increased access and flexibility. Stay tuned for updates.

Special note: I shared at the Annual Meeting and I want to reemphasize that we are actively monitoring sales in all of our bulk categories. We will bring on more options where we see customer demand warranting it. Our bulk departments are now fully open without restrictions of any kind, but sales have decreased 40% from pre-pandemic levels—which makes bulk the area of our store hardest hit by the pandemic.

If you want to see us expand our bulk selection, or even continue carrying the selection we have now, you should shop as much as you can in our bulk aisle, and urge others to do so as well! It is a solid sales base that ultimately drives our product mix.

ON THE NEAR HORIZON

We have budgeted for a few capital expenditures and improvements this year. Willy West's hot bar is being replaced with a new, smaller unit this month! West's reverse osmosis bulk water dispenser can now be found in the bulk aisle. Willy East's produce dry racks will be replaced with similar units (as we have at West) in the coming month (or two). Also at East, the registers are scheduled to be replaced and the salad bar is under consideration for replacement.

We are in year two of our first union contract with the United Electrical Radio and Machine Workers of America, also known as the UE. This fall, we will begin negotiating our second contract with the UE for possible ratification in early 2022. Stay tuned for updates and milestones as we move through the bargaining process and contract renewal.

HOME DELIVERY UPDATE

We can now deliver groceries ordered on shop.willystreet.coop to Sun Prairie and the whole 53590 zip code (as long as the order is not placed on a mobile device).

NEW PROMOTION

Each Thursday from August 19 through December 28, Willy Street Co-op Owners get 10% off all fresh produce when they buy at least \$25 worth—even fruits and vegetables on sale!

SPECIAL STORE HOURS

No special hours of operation this month, but early next month, on the first Monday in September, we celebrate Labor Day. All stores are open until 7:00pm on that day.

Until next month...

BOARD REPORT

Annual Meeting Recap; & Board Election



by Caryn Murphy, Board Member

I visited Sally the Salad Robot at Willy Street Co-op East for the very first time today, and I'm enjoying my quinoa salad as I write this update. I am deeply appreciative of how our Co-op has weathered so many changes.

The experimentation with new ideas like Sally is exciting, and I'm also happy that the popular Wellness Wednesday promotion has returned!

VIRTUAL ANNUAL MEETING

Thank you to everyone who attended the Co-op's virtual Annual Meeting on July 8th. This was the second time that the Annual Meeting has been held virtually, and although this format is very different from our past traditions, it does present some advantages. A quorum of interested owners gathered to hear updates on the Co-op's general operations and financial status, and to hear from the four candidates running for seats on the Board. If you were unable to attend, the minutes are available at the Owner Resources Area in the stores, and the recording of the meeting is available at willystreet.coop/2021-annual-meeting.

Some of the highlights of the meeting included a recap of accomplishments from the past year. General Manager Anya Firzst reported that staff have gone above and beyond to meet the challenges of serving our community during the pandemic. The Co-op has continued to be forward-looking, and has made significant strides toward increased energy efficiency at the three retail stores. In addition, the Co-op also completed the first year of a contract with Step Up: Equity Matters to improve diversity and inclusion efforts across the organization. Over the next two years, this work will move

forward with a focus on improving organizational design and internal communication.

The update from Finance Director Paige Wickline highlighted the difficulties faced by grocery cooperatives during the pandemic. Willy Street Co-op has experienced unexpected revenue losses, and the focus for the next two fiscal years will be on increasing sales and managing expenses in order to return the organization to financial stability. Now is the time to support your Co-op by shopping frequently!

BOARD ELECTION RESULTS

In this year's election, we had four excellent candidates running for three open seats. I am happy to share the results of the election and congratulate the new Board members.

- Tatiana Dennis: 2,158 votes
- Michael Chronister: 1,427 votes
- Carol Weidel: 1,416 votes

We were lucky to have strong candidates with a variety of skills and strengths who stepped forward to volunteer to serve our organization. Thank you to everyone who ran for the board, and to everyone who participated in the election by voting. If you have any feedback or suggestions to share regarding the Board election process, please email board@willystreet.coop.

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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: PLANT-BASED MEALS

Location: Google Meet

Thursday, August 12, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

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

Have you been thinking of eating more plant-based meals? Join Chef Paul to learn helpful tips to get started—from setting up your pantry to cooking techniques to replacing animal proteins with plant-based ones to adding more fiber into your daily meals. On the menu are Cashew Coconut Rice with Greens, Soy Miso-Glazed Tofu with Pear Chutney, Nutty Dips with Crudité, Lemony Pasta Salad with Olives, and in-season fruit jam. 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: DINNER WITH FIVE INGREDIENTS OR FEWER

Location: Google Meet

Thursday, September 9, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

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

Feeling busy but still want to eat well? Then here is the class for you! Join Chef Paul to learn how to apply simple cooking techniques and knife skills to create nourishing meals. Paul will prepare a surf & turf vegetable salad; herb-crusted salmon; parsley walnut pesto; pan-fried chicken with a seasonal vegetable; and braised lamb shank. 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: HARVEST MEALS

Location: Google Meet

Thursday, September 23, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

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

Fall time is a season of harvest, and the bounty means it is time for a feast! From land to river, from our backyard garden to the farmers' market, there are many choices and the ideas for cooking are unlimited. Join Chef Paul for a harvest time feast of roasted lake trout and root vegetable salad; quinoa, mushroom, and bean soup with nut cream; mini meatloaf baked inside winter squash; and in-season fruit pie. 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

Location: Google Meet

Thursday, August 26, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

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

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

Location: Google Meet

Thursday, August 5, 5:00pm–6:30pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$10 for Owners; \$20 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 set-out a sensational supper spurred by the seasonings of Senegal. Flavorful Fataya, stupendous sweet potatoes, common couscous, yummy Yasa, a drink made with healthy hibiscus

flowers 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-friendly.

COOKING TOGETHER: FLAVORS OF CUBA

Location: Google Meet

Thursday, August 19, 5:00pm–6:30pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$10 for Owners; \$20 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 develop a delicious dinner inspired by the cuisine of Cuba. Tasty Tostones, magnificent Mojo, amazing Arroz Congri, classic camarones, creamy Flan Cubano, 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-friendly.

COOKING TOGETHER: FLAVORS OF DANE COUNTY

Location: Google Meet

Thursday, September 16, 5:00–6:30pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$10 for Owners; \$20 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 develop a delectable dinner dedicated to the dazzling foodstuff of Dane County. Beautiful bread baked down the street, herbs from an urban garden, a variety of vivacious vegetables, cheese crafted close by, perhaps perfectly produced pasta, and more 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-friendly.

COOKING TOGETHER: FLAVORS OF WISCONSIN

Location: Google Meet

Instructor: Lily Kilfoy

Thursday, September 30, 5:00–6:30pm

Instructor: Lily Kilfoy

Ages: 5 and older

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

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 create a satisfying supper celebrating the wonderful fare of Wisconsin. Comforting cheese soup, the incredible cranberry, once abundant wild rice, the quintessential cream puff, 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 friendly.



WILD FOOD/WILD MEDICINE PLANT WALK

Location: Willy East—meet by the cob wall behind the store

Tuesday, August 10, 5:00pm–7:00pm

Instructor: Linda Conroy

Ages: 10 and older; adult supervision required

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

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

WILD FOOD/WILD MEDICINE PLANT WALK

Location: Willy North—meet in the outdoor Commons in front of the store

Tuesday, September 7, 5:00pm–7:00pm

Instructor: Linda Conroy

Ages: 10 and older; adult supervision required

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

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





KIDS IN THE KITCHEN: BENTO BOX BRILLIANCE

Location: Google Meet
Tuesday, August 3, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–12 years old with adult supervision

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. The name bento box belongs to a brilliant container of cool compartments. It was cleverly created centuries ago and is still a commonly celebrated component of Japanese cuisine. In this class, we will produce diverse dishes perfect for packing in a Bento Box. Vegetarian-friendly.

KIDS IN THE KITCHEN: PERFECT PANINI

Location: Google Meet
Tuesday, August 17, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–12 years old with adult supervision

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

Join “The Kids Chef” Lily Kilfoy in this cooking class for kids. A panini is a pressed and grilled sandwich, cooked until the bread is toasty and fillings are hot. Lily loves her own recipe with pesto, sun-dried tomato, and mozzarella or another with Colby cheese, avocado, and sweet roasted peppers. What creative combination will you come up with? In this class participants will prepare their own perfect panini. Vegetarian-friendly.

KIDS IN THE KITCHEN: SNEAKY SNACKS

Location: Google Meet
Tuesday, August 31, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–12 years old with adult supervision

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. In this class, participants will make sneaky snacks using secret ingredients. Seaweed slipped in the smoothie, garbanzo beans going in granola bars, perhaps quinoa camouflaging in quesadillas? Everyone will be delightfully deceived by these delicious sneaky snacks. Vegetarian-friendly.

KIDS IN THE KITCHEN: CHEER FOR CHEESE

Location: Google Meet
Tuesday, September 14, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–12 years old with adult supervision

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. Countless citizens comprising our community are connoisseurs of cheese—even children! In this class the cooks will create concoctions that all contain cheese. Champions like cheddar, Havarti, Gouda, mozzarella, and more. This class will celebrate a cheer for cheese. Vegetarian-friendly.



HOW THE THYROID GLAND WORKS

Location: Zoom
Wednesday, August 18, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Are you fatigued, constipated, and have brain fog and

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Zoom
Wednesday, August 11, 10:00am–3:00pm
Tuesday, August 24, 10:00am–3:00pm
Wednesday, September 15, 10:00am–3:00pm
Tuesday, September 28, 10:00am–3:00pm

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.

wonder if it's your thyroid hormone levels? Come learn about how thyroid hormones, essential to every cell in the body, are produced, and how auto-immunity, stress, and inflammation interfere. Katy Wallace, Traditional Naturopath of Human Nature, will present the roles of minerals and diet in supporting the thyroid gland.

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.

FOOD-BASED CLEANSING

Location: Zoom
Wednesday, September 22, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Learn new ways to get healthy by assisting the body's major elimination and toxin-removing organs (liver, kidneys, and digestive tract) with food and herbs that allow for internal cleansing. Think of cleansing for internal organs as the counterpart to washing your hair or brushing your teeth; these activities keep you healthy and vibrant.

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.



Why Are Food Prices Increasing Nationally?



by Brendon Smith, Communications Director

You've probably seen or heard news reports about food prices going up. A National Restaurant Association study found that, between April and May, dairy product, processed poultry, and pork commodity prices increased by 2%; flour prices by 7%; fats and oils by

8%; fresh vegetables by 9%; and beef by a whopping 14%. Price increases for other foods are expected in the coming months. What is driving these increases? There are a variety of factors, some short-term and some long-term, and many of which interact with one another in a way that compounds their effects. Here are a few of the major factors driving increasing food prices.

THE PANDEMIC

Many vendors cut back on production and/or reduced their product offerings during the pandemic, and some have started to ramp up production again, but it will be months before supply returns in some areas. When demand is greater than supply, prices tend to increase, at least if customers don't have access or don't want to substitute another, lower-priced product.

Although a national vaccination campaign has greatly reduced the spread of COVID-19 in the United States, many other countries are still significantly affected by it. The pandemic has impacted harvesting, production, shipping, and other steps in the process of getting foods to consumers. Even foods that are made locally can be affected by delays caused by the pandemic due to packaging, spices, machinery, computers, and other things necessary to

ing, particularly when it seemed like the virus was transmitted on surfaces rather than being airborne. Wisconsin's Emergency Order #12 (Safer at Home Order) prohibited "customers from self-dispensing any unpackaged food or beverage" at stores, so our salad bars, hot bars, and much of our Bulk department closed down. We also removed the tongs in our Produce department that customers used to get bulk spinach and mushrooms. We, along with grocers throughout the rest of the country, increased the amount of packaged products offered. We have long offered more bulk produce options compared to other stores—apples, lemons, oranges, etc.—but we saw an increase in customer preference for bagged versions of those products during the pandemic. Restaurants that offered carryout also used a lot more packaging than they had before the pandemic.

New eco-packaging (such as cardboard cartons holding strawberries) was popular, if expensive, even before the pandemic; during the pandemic supply became even more limited and the price increased accordingly.

LABOR

Social distancing during the pandemic reduced how much food could be processed in some key industries. In large meat processing factories, workers typically stand in close proximity as they process slaughtered animals moving by on conveyor belts or hanging from hooks. A CDC report issued in July of 2020 found that, April-May 2020 (early in the pandemic), "among 23 states reporting COVID-19 outbreaks in meat and poultry processing facilities, 16,233 cases in 239 facilities occurred, including 86 (0.5%) COVID-19-related deaths."

Overall, the pandemic caused many workers to reevaluate where they worked and what they did to earn a living. Workers with young children whose kids did not leave home to attend school had to coordinate childcare. Illness or death of family members disrupted lives. The pandemic affected the mental health of all of us to some extent.

create their finished products that aren't made in the US.

PACKAGING

The pandemic also increased demand for packaging

All of these changes have left many businesses in need of workers; without a full workforce, food

businesses have a harder time planting, tending, harvesting, processing, and transporting their products.

TRANSPORTATION

The transportation industry may be one of the industries most affected by the pandemic while still being considered essential—there's nothing to stock on groceries shelves if it isn't brought to stores. Already in 2017, the American Trucking Association reported a shortage of 50,700 drivers for positions. Truck drivers as a group tend to skew older, and a sizeable portion of them decided to retire when the pandemic hit, making that shortage even worse.

Trucking isn't the only transportation method seeing challenges; ships are having problems unloading cargo at ports. In January, there were a record 38 container ships waiting to unload at Southern California ports. (The usual number of ships having to wait is one or none.) Although the pandemic has reduced labor and caused delays with supply chains, it didn't affect some areas of consumer spending. Americans stuck at home continued to buy—or even bought more—electronics, furniture, clothes, home improvement supplies, and other goods. The container ship blocking the Suez Canal earlier this year created its own cascading set of complications as well.

OTHER FACTORS

There are a wide variety of other factors that compound with these or each other to increase food prices:

- **A lumber shortage.** This has led to a pallet shortage, making shipping products more difficult.
- **The cyber attack on JBS, the world's largest meat processor.** When that company couldn't process meat, its usual customers had to buy meat from other sources, reducing supply and increasing prices.
- **Increasing grain prices.** Grains are not only used for things like bread, but also as live-stock feed; to make sweeteners; to make some cooking oils; to
- **A shortage of food service-sized products, like large cans of to-**

mato puree, five-gallon containers of cooking oil, etc. These products are used by restaurants and institutional kitchens (like in hospitals); we also use some in our Kitchen, where we make some food served in our Delis and some bakery items. When many food producers reduced their product offerings, they tended to drop food service-sized products because many restaurants were closed and grocery stores were seeing more sales. This is why we recently had to temporarily switch to using some conventional fruit in our Juice & Coffee Bar drinks; the supply of food service-sized bags of organic fruit became so expensive that a smoothie made with that would be about \$9. We hope supply will stabilize by this fall and then we can return to using organic fruit again.

- **The California drought (and climate change in general).** When we see spikes in fresh produce prices, it's usually weather-related. Occasionally it's demand-related, like when the celery juice craze swept through and celery prices increased due to a temporary shortage. When the California drought is over, prices will decrease again, but there are likely to be more frequent severe weather events that affect produce prices than there were even 10 years ago.

SUPPLY AND DEMAND

Ultimately, supply and demand is probably the factor that most influences food prices. Most of the vendors raising prices aren't trying to greatly increase their profits; they're just trying to cover their costs. The majority of the businesses making food for sale in grocery stores operate on a very low margin (as do most grocery stores themselves, including your Co-op). These food producers can't absorb

many ingredient price increases or having to pay more for transportation or packaging, so they have to increase their prices to continue to pay for their cost of goods, pay their employees, and keep the lights on.

Eventually prices will stabilize. The kinks in the supply chain will straighten out, the drought will end, businesses will hire the workers they need or make adjustments to continue. Some smaller vendors will not be able to make the needed adjustments to survive. Conversely, new start-ups will spring up to serve the needs of consumers. During the pandemic, some of those people who reevaluated how they made their living are deciding now is the time to open the food business they've been dreaming of for years. It's an important time to patronize your favorite brands, since it's a challenging time for many of them; they may not be around if you don't!



A Day in the Life of a Produce Buyer in the Height of Local Season



by Megan Minnick, Purchasing Director

I'd like to introduce you to an under-appreciated class of super heroes—the Produce buying team at Willy Street Co-op.

We've been doing local produce so well for so long that it seems natural to find anything on our shelves that's able to be

grown locally in a given season and as fresh as you might find it at a farmer's market. Unlike a farmer's market, though, it's also imperative that (just like any other grocery store) we always have a consistent array of fruits and veggies on hand, whether they are local or not.

Our local Produce selection may seem simple and expected from a customer's view, but maintaining the consistent, fresh, local selection we're so proud of is actually quite a complex undertaking—there's a reason very few grocery stores do it!

In the height of the local season, we receive local produce deliveries seven days a week. Our Produce Buyers purchase more than 150 local items (plus about 150 non-local ones) from over 20 local farms and three regional distributors. Each of those farms has a unique order delivery schedule—for example we order Tipi Produce on Sundays for Tuesday delivery and Wednesdays for Friday delivery; Harmony Valley is ordered on Tuesdays for Thursday delivery and Thursdays for Saturday delivery, and so on. On top of that, for each produce item, we have specific farms we've agreed to purchase from, so buyers need to make sure they are anticipating with as much exactitude as possible what future customers will purchase, and buy just what our stores need from each farm in order to keep everything in stock, fresh, and to honor our supply contracts.

SO HOW DO THEY DO IT?

I started as a Produce Buyer at Willy Street Co-op nearly 20 years ago, and though the technology our Buyers use has changed considerably, the method has not. Here's how it goes:

A Produce Buyer's day starts at 6:00am. The first part of their shift is spent, clipboard in hand,

counting all of the produce we have on hand—both in our backstock coolers and on the sales floor. As they are counting, they mentally add the produce that's scheduled to be delivered that day to ultimately come up with an exact count of what we have on hand.

Then the real fun begins. After taking the physical count, Buyers head to the computer and meticulously look through the daily sales records of each individual item on hand, determining how much we will likely sell, and how much they will need to order from each vendor to make it through to the following delivery.

So if I'm buying organic cilantro—a product we have contracted Harmony Valley Farm to grow for us—and it's a Thursday, my internal dialog might sound something like this: "I have 15 bunches (half a case) in my backstock, and another 15 bunches in my retail display, and four cases (120 bunches) coming in from Harmony Valley later today. So I have a total of five cases on hand. Based on the last few weeks of sales data, I expect to sell about eight or nine cases between now and next Thursday.... So I will order four cases to come in on Saturday and hope that gets me through to the following Thursday's delivery. Oh wait — it's going to be really hot this weekend and we'll have tomatoes on sale. I bet people will be making salsa. I'll get five cases.... Maybe I should order an extra case of limes as well...."

Now multiply that mental exercise by 150 items and 20 vendors with 20 different delivery schedules, and you might have an idea of why a Produce Buyer's brain can sometimes feel a little fried at the end of the day!

Things really get interesting when the unexpected happens—a hailstorm that knocks out all of the cilantro that was supposed to come in tomorrow, or that pesky raccoon that raided our weekend's supply of sweet corn the night before it was to be picked.... The Buyer has to take a deep breath, accept that the best-laid plans can go awry, and act quickly to determine the best course to keep the local offering on our shelf and not disappoint our customers.

OUR BUYERS

There are six people at Willy Street Co-op who are primarily responsible for purchasing

produce. I talked to four of them in preparation for writing this article: Sadie from Willy East, Cassidy from Willy West, and Emily and Brandy from Willy North. Between them, these four women have almost 30 years experience buying local produce. Here's what they had to say about the joys and challenges of the job.

What's your favorite thing about being a Produce Buyer at Willy Street Co-op?

Sadie: Knowing that I'm part of a unique food system! I love that we have such a great relationship with local farms and are able to source so much of our produce locally.

Cassidy: My favorite thing about being a Produce Buyer at Willy Street Co-op is the relationships that I get to build with all of the farmers. This is something that is unique to us and allows me to have an even better understanding of where my food is coming from and all of the hard work and commitment that goes into it as well throughout each season.

Brandy: I love how being a Produce Buyer gives you the opportunity to connect with local farmers and be in tune with the seasonality of produce. I like having the "inside scoop" on availability of local and non-local produce. Providing quality produce to my community is very fulfilling.

Emily: I get to work with local farmers and can eat some of the best produce in the Midwest!

What's the most challenging thing about your job?

Sadie: The fact that everyone can see my mistakes, and there are also many things that look like mistakes that aren't my fault. And then similarly, when I do a good job it means that nobody notices anything is wrong (it's business as usual), so you can't see the effort I put in to make sure everything is running smoothly. My excellence just looks normal!

Cassidy: As a Buyer you are juggling a lot of different things and different tunnels of communication at once (i.e.: with Managers, Produce staff, other store staff, farmers, sales reps, customers, etc). I also think that since we are at a desk most of the day, a lot of the hard work and brain power behind buying can go unnoticed sometimes.

Brandy: Supplies on various items can be limited at times, so when that happens, it can be a scramble to try to procure what we need in order to not run out. It is a big puzzle!

Emily: It's a balancing act of buying enough product from a local vendor so that we have enough, and ensuring that we have the space to stock and backstock it.

What do you think sets Willy Street Co-op's Produce department apart?

Sadie: We intentionally do things a little less efficiently (in a purchasing/buying sense) in order to work with so many local farms. I think this is an awesome, unique practice! And our staff is so highly skilled and knowledgeable—I learn something new every week from each of my co-workers.

Cassidy: When you go into a Willy Street Co-op store you can see how much we care about the Produce department and the efforts that we go to to support and highlight local farms. Our quality is top notch. We display things beautifully and in ways that best show off each individual item.

Brandy: Our commitment to buying local and the quality of our produce.

Emily: The amount of local products that we offer is so impressive! I also think that we have very high quality standards that differentiate us from other markets.





willy street co-op LOCAL PRODUCE AVAILABILITY

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

Chart reflects planned availability; unseasonable weather and supply changes could affect availability.

Grown or raised in the state of Wisconsin, or within 150 miles of the Capitol building in Madison. **Completely and truly local.**

ADVERTISE IN THE READER

Affordable rates, wide reach, discounts for non-profits and Owners. Find info here: willystreet.coop/advertising.



DE LA CALLE TEPACHE

These fermented beverages from Mexico are certified organic, low in sugar, rich in vitamins C and D, and only 40 calories. Five flavors to try! Picante Mango Chili, Moderno Orange Turmeric, Regional Tamarind Citrus, Traditional Pineapple Spice, and Original Ginger Manzana. Available at West.



COLECTIVO COFFEE—VARIOUS ROASTS

This coffee roastery was founded in 1993 in Milwaukee as Alterra Coffee Roasters. In 2010, Alterra sold its Flavia line of single-cup coffee pods (along with its name) to multinational food manufacturer Mars. The company formerly known as Alterra became Colectivo Coffee Roasters in 2013. Still owned solely by the same folks who started the company, and still based out of Milwaukee, Colectivo has been a Wisconsin favorite for 28 years. Find their packaged coffee—roasted in Riverwest, Milwaukee—at Willy West and North.



ULTIMA PINK LEMONADE ELECTROLYTE POWDER

Electrolytes without the sugar. Supports hydration with six electrolytes and trace minerals. Pink lemonade is a delicious new flavor available at all three Willy Street Co-op locations.



AVAILABLE AT EAST

Wyld CBD Gummies 1000 mg, 40 ct
Willy Street Co-op DGL Licorice Root 90 cap
Eco Candle Co. Retro Mason Jar Candles

AVAILABLE AT WEST

Willy Street Co-op DGL Licorice Root 90 cap
Solely Mango Chile Fruit Jerky
Quinn Maple Almond Butter Filled Pretzel Nuggets
Brew Dr. Watermelon Kombucha
Chobani Peaches and Cream Greek Yogurt
Chobani Honey and Cream Greek Yogurt

AVAILABLE AT NORTH

Wyld CBD Gummies 1000 mg, 40 ct
Willy Street Co-op DGL Licorice Root 90 cap
Mad Hippie Hydrating Facial SPF 25
Eco Candle Co. Retro Mason Jar Candles
Quinn Maple Almond Butter Filled Pretzel Nuggets
Vans Blueberry Protein Waffle
Cali'flour Foods Gluten-Free Lasagna With Meat Sauce

Health & Wellness

co-op deals: August 4-17

Want to get an email reminder about Co-op Deals sales? Sign up at www.willystreet.coop/promotions/co-op-deals. You can unsubscribe at any time.



Dr Bronner's Castile Soap
All Kinds on Sale!
16 fl oz • Save \$1
\$7.99/tx

coop deals.



SmartyPants Kid's Complete Multivitamin Gummies
120 ct • Save \$12
\$15.99/tx

coop deals.

Desert Essence
Ultra Care Mouthwash
Tea Tree
16 fl oz • Save \$1
\$5.99/tx

coop deals.

ShiKai
Shower Gel
All Kinds on Sale!
12 fl oz • Save \$2.50
\$6.99/tx

coop deals.



evanhealy
Blue Cactus Elixir
.5 oz • Save \$10
\$36.99/tx

coop deals.

Andalou
1,000 Roses Cleansing Foam
5.5 fl oz • Save \$4
\$9.99/tx

coop deals.



Nordic Naturals
Vitamin C Gummies
60 ct • Save \$2.50
\$10.99/tx

coop deals.

Quantum
Elderberry Syrup
4 fl oz • Save \$7
\$10.99

coop deals.



Nutiva
MCT Oil
16 fl oz • Save \$4
\$17.99/tx

coop deals.

MegaFood
Blood Builder
180 tab • Save \$20
\$39.99/tx

coop deals.



co-op deals: August 18-31



Ecos
Hand Soap
All Kinds on Sale!
17 fl oz • Save \$1.50
\$3.49/tx

coop deals.

Avalon Organics
Shampoo & Conditioner
All Kinds on Sale!
11 fl oz • Save \$4-\$4.50
\$6.99/tx

coop deals.



Everyone
3-in-1 Soap
All Kinds on Sale!
32 fl oz • Save \$3.50
\$7.99/tx

coop deals.



Thayers
Original Witch Hazel with Aloe
Alcohol-Free
12 fl oz • Save \$2.30
\$6.99/tx

coop deals.

Sukin
Hydrating Rosehip Day Cream
4.06 oz • Save \$5
\$11.99/tx

coop deals.



Natural Factors
Vitamin D3 2,000 IU
120 ct • Save \$4
\$6.99/tx

coop deals.

Gaia Herbs
Elderberry Gummies
40 ct • Save \$5
\$9.99/tx

coop deals.



Charlotte's Web
CBD Gummies
All Kinds on Sale!
30 ct • Save \$3
\$26.99/tx

coop deals.



Rainbow Light
Vitamin C Gummies
90 ct • Save \$2
\$11.99/tx

coop deals.

Tera'sWhey
Whey Protein Powder
Bourbon Vanilla, Dark Chocolate
24 oz • Save \$5.50
\$28.99

coop deals.

coop™ deals

co-op deals: August 4-17



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

2 for \$4



Organic Valley
Organic Sour Cream
16 oz • Save 80¢

\$2.99



Annie's
Organic Salad Dressings
All Kinds (except Cowgirl Ranch) on Sale!
8 fl oz • Save \$1.49

\$3.00



Fage
Plain Greek Yogurt
Fat Free, 2%
17.6 oz • Save 50¢

\$2.99



Maya Kaimal
Everyday Dal
All Kinds On Sale!
10 oz • Save \$1.80

\$2.99



Evol
Burritos
All Kinds On Sale!
6 oz • Save \$1.98/2

2 for \$4



Hi Ball
Sparkling Energy Water
All Kinds on Sale!
16 fl oz • Save \$1.58/2

2 for \$4



Nixie
Organic Sparkling Water
All Kinds On Sale!
8 pk • Save \$1

\$3.99

Lotus Foods
Organic Miso Ramen
All Kinds on Sale!
2.8 oz • Save 70¢

\$1.29

Forage Kitchen
Kombucha
All Kinds on Sale!
12 fl oz • Save 50¢

\$1.49

Nutiva
Organic Extra Virgin Coconut Oil
14 oz • Save \$2.50

\$7.99

SolelyOrganic
Fruit Jerky
All Kinds On Sale!
.8 oz • Save 49¢

\$1.00

Four Sigmatic
Mushroom Coffee Mixes
Cordyceps, Lion's Mane Chaga
10 ct • Save \$3

\$8.99

Lundberg
Organic Rice Cakes
All Kinds On Sale!
8.5 oz • Save \$1.30

\$2.99

So Delicious
Frozen Coconut-Based Dessert
All Kinds on Sale!
16 oz • Save \$1.50

\$4.99

Seventh Generation
Laundry Detergent
Free & Clear, Eucalyptus & Lavender
100 fl oz • Save \$5

\$10.99

Alter Eco
Organic Chocolate Bars
All Kinds on Sale!
2.65-2.8 oz • Save \$2.98/2

2 for \$5



Safe Catch
Elite Pure Wild Tuna
5 oz • Save 80¢

\$2.99



Deep Indian Kitchen
Potato & Pea Samosas
11 oz • Save \$1.50

\$2.99



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

2 for \$4



Nature's Path
Organic Eco Pac Cereal
All Kinds on Sale!
26.4-32 oz • Save \$1.30-\$2.30

\$6.99



Simple Mills
Gluten-Free Almond Flour Crackers
All Kinds On Sale!
4.25 oz • Save \$1

\$3.99



Oatly
Oatmilk
All Kinds On Sale!
64 fl oz • Save 50¢

\$3.49



Sambazon
Organic Frozen Acai Smoothie Packs
Great smoothie starter!
4 pk • Save \$2

\$4.99



The specials on this page are valid August 4-17

All Specials Subject to Availability. Sales Quantities Limited.

AUGUST

co-op deals: August 18-31

Want to get an email reminder about Co-op Deals sales? Sign up at www.willstreet.coop/promotions/co-op-deals. You can unsubscribe at any time.



Evolution Fresh
Organic Cold-Pressed Orange Juice

59 fl oz • Save \$2

\$6.49

coop deals.

Noka
Organic Fruit & Veggie Purees

All Kinds On Sale!

4.22 oz • Save 98¢-\$1.58/2

2 for \$4

coop deals.

Honest Kids
Organic Fruit Drink

All Kinds on Sale!

8 pk • Save 50¢

\$3.49/tx

coop deals.



Quorn
Meatless Nuggets

10.6 oz • Save \$1.30

\$3.99

coop deals.

Rudi's Organic Bakery
English Muffins

All Kinds on Sale!

12 fl oz • Save 80¢-\$2.30

\$3.49

coop deals.

Annie's
Mac and Cheese

Classic, Shells & White Cheddar, Four Cheese, Shells & Real Aged Cheddar

6 oz • Save 99¢-\$1.79

\$1.00

coop deals.



Beyond Meat
The Beyond Burger

8 oz • Save \$1.50

\$4.99

coop deals.

Kettle Brand
Krinkle Cut Potato Chips

13 oz • Save \$1.49

\$3.50

coop deals.

Bob's Red Mill
Old Country-Style Muesli

18 oz • Save \$1.20

\$3.79

coop deals.



Talenti
Gelato

All Kinds on Sale!

16 oz • Save \$1.50

\$3.99

coop deals.

Koyo
Organic Noodles

All Kinds on Sale!

8 oz • Save \$1.58/2

2 for \$4

coop deals.

Feel Good Foods
Gluten-Free Dumplings

Vegetable, Chicken

10 oz • Save \$1.80

\$4.99

coop deals.



Amy's
Pizzas and Pizza Crusts

All Kinds On Sale!

9.1-14oz • Save \$2

\$6.99

coop deals.

Late July
Tortilla Chips

All Kinds on Sale!

5.5 oz • Save \$1.98/2

2 for \$4

coop deals.

Birch Benders
Organic Pancake & Waffle Mix

16 oz • Save 80¢

\$3.99

coop deals.



C2O
Coconut Water

17.5 fl oz • Save 64¢

\$1.65

coop deals.

Alkaline Water Co.
Alkaline Water

1 gal • Save 80¢

\$3.49

coop deals.

Blue Diamond
Nut Thins

All Kinds on Sale!

4.25 oz • Save \$2.58/2

2 for \$5

coop deals.



Back To Nature
Crackers

Pink Salt Flatbread, Classic Round, Stone Ground, Rosemary Olive

5.5-8.5 oz • Save \$2.98/2

2 for \$5

coop deals.

Honey Mama's
Cocoa Nectar Bar

All Kinds On Sale!

2.5 oz • Save \$1.80

\$3.99

coop deals.

Rebbl
Organic Drinks

All Kinds On Sale!

12 fl oz • Save 80¢

\$2.99

coop deals.



Field Roast
Chao Cheese Slices

All Kinds On Sale!

7 oz • Save \$1

\$4.49

coop deals.

Jolly Llama
Fruit Sorbet Squeezeup

All Kinds on Sale!

12 oz • Save \$1.50

\$3.49

coop deals.

Newman's Own Organics
Newman-O's Cookies

All Kinds on Sale!

8 oz • Save \$1.29-\$1.49

\$3.00

coop deals.



The specials on this page are valid August 18-31

All Specials Subject to Availability. Sales Quantities Limited.

SEPTEMBER IS Eat Local Month

September is Eat Local Month at **Willy Street Co-op**, and Co-op Owners can save big on local products.

Save up to \$50 on local product sales, PLUS every day in September, **Load Up On Local** and take 10% off all local products in your cart — including sale items! — when you buy at least \$50 worth of local products.



From vegetables to milk to meat to bodycare to prepared foods and more, you have plenty of local products to choose from!



THREE REASONS TO EAT LOCAL:



1 You're supporting local farmers & vendors. Many small farms were struggling even before the pandemic.

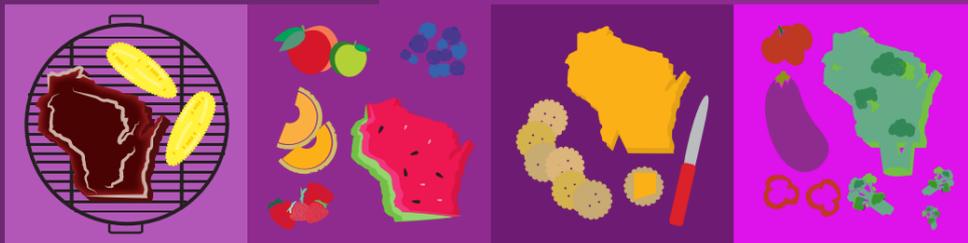


2 It keeps money circulating in the community, which helps keep people employed & more financially secure.



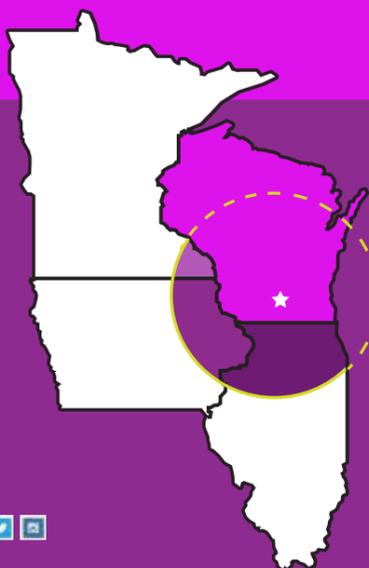
3 Local foods tend to be fresher & more nutritious than food shipped across the country or farther away.

At Willy Street Co-op, more than 1/3 of the products the Co-op purchases are local!



We define "local" as within 150 miles of the State Capitol building or anywhere in Wisconsin.

www.willystreet.coop



OUR 3 LEVELS OF LOCAL:



100% LOCAL: Grown or raised in the state of Wisconsin, or within 150 miles of the Capitol building in Madison. Completely and truly local.



ESSENTIALLY LOCAL: At least 50% of the ingredients are grown or raised in the state of Wisconsin, or within 150 miles of the Capitol building in Madison.

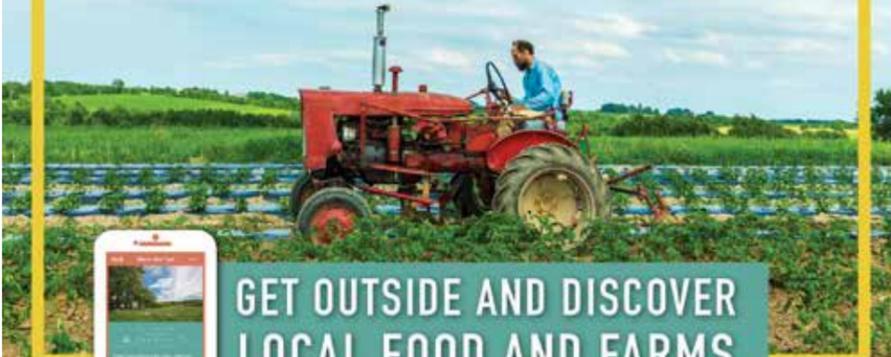


LOCALLY PREPARED: There may be ingredients grown elsewhere, but this food was processed or assembled by a local company.

EXPLORE YOUR LOCAL FOODSCAPE

routes^{TO}roots

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csacoalition.org

FAIRSHARE CSA COALITION Registration supports critical food access & farmer education programs

Owners: know someone who should be a Willy Street Co-op Owner?

If someone you refer becomes an Owner, we'll give you a \$25 gift card!

New Owner must give your name and email address and/or phone number when signing up.

Gift cards may take up to 60 days before ready for pick-up. Offer for Willy Street Co-op Owners only.



ANNIVERSARY CELEBRATION & COMMUNITY CHANGE-MAKER AWARDS

Thursday, September 23, 2021

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Join us for stories and highlights from this year's award winners, a panel representing Community Shares' 50-year history, and keynote speaker Vu Le who will speak about the future of philanthropy and the role equity must play.



Armando Ibarra

Nominated by Voces de la Frontera
Winner of the Sally Sunde Family Advocate Award



Dani Rischall

Nominated by Chrysalis
Winner of the Liesl Blockstein Community Leadership Award



Timothy Muth

Nominated by ACLU of Wisconsin
Winner of the Linda Sundberg Civil Rights Defender Award

Presenting sponsor:



Photo provided by Freedom, Inc. PRIDE for Black Lives at Capitol, Madison, WI 2020.

communityshares.com

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WELLNESS WEDNESDAY IS BACK!

See back cover for details!

YES WE CAN

by Andy Gricevich, Newsletter Writer

It's the season of ripening—the time when food from gardens, farms and forests drenches us in abundance. Farmers head into their busiest months, racing daily to keep up with the harvest. Traditionally, all human communities, at least in climates with a real winter, have put in a huge amount of work during the high summer to preserve as much food as possible for the months when growth ceases, except for the slow penetration of roots through the frozen ground.

The most locked-down phases of the pandemic saw a huge resurgence of interest in many traditional skills, practices and pastimes, and canning was certainly among them—to the extent that last year it became nearly impossible to find jars (in conjunction with reduced workforces in all areas of manufacturing). This year the jars are back, and the renewed enthusiasm for connecting with the seasonality of food through preservation persists. If you, too, have become can-curious, it's time to get busy!

CAN YOU CAN?

Nearly anything can be preserved through canning of one form or another (exceptions include grains, dairy, and a short list of vegetables). The technique you use depends on food safety considerations and on the desired end product. When it comes to safety, the main concern is potential contamination with the toxins produced by the *C. botulinum* bacterium—the little critter responsible for botulism. These bacteria are all over the place, but cases of poisoning are actually very rare. They only tend to produce their potentially lethal toxins



under certain conditions—all of which are, indeed, present in improperly canned food.

Safe canning involves a combination of heating foods to temperatures that will kill *C. botulinum* (and other microorganisms) and/or making sure the food is sufficiently acidic, salty, and/or sweet to discourage their production of toxic spores. All the details you need about every aspect of safe canning can be found in the USDA's Home Canning Guide (available online or in print). Following their guidelines should easily ensure a safe product.

The canning technique you employ will depend on the raw food you're preserving and what, if anything, you want to turn it into. Some foods require one technique for maxi-

mum safety and flavor, some another. The most basic categories are hot water bath canning, pressure canning, and fermentation.

THE HOT BATH

Hot water bath canning is probably the most familiar preservation technique to most of us. It's the way most people can tomatoes, jams, and pickled vegetables, for example. It's safe and effective for what the food industry calls "high-acid foods," which don't necessarily taste particularly sour, but have a rating below 4.6 on the pH scale. pH is a measurement system that runs from extremely acidic (on the low end) to extremely alkaline (on the high end). You can buy pH test strips or meters, but most people will simply check the USDA

guide for which foods qualify as high-acid, when it's not obvious.

In this technique, food is poured or packed into clean canning jars (the ones with the two-piece, screw-on lids), which are then fully submerged in boiling water for as long as the recipe calls for (if the water cools below boiling, the timer gets reset). It's done in a canning pot, which features a rack that keeps the jars from resting directly on the bottom of the pan. Usually (though not always) the jars are given a ten-minute bath in boiling water to sterilize them before they're packed, and most of the time the food goes in hot, or—in the case of pickles—is covered with very hot pickling liquid just before the jars get sealed. After boiling, the jars are removed with specialized canning tongs and set aside to cool, generally overnight. The heating and cooling process produces a vacuum inside the jar that will keep your food from going bad—just check to make sure the lid doesn't pop up if you gently press it once it's cooled. If it does, you can screw on a new lid and boil it again. The gentle pinging sound of lids being sucked down to make a tight seal is one of the small satisfactions of canning.

The bacteria we want to keep out of our canned goods don't like acid, so it's effective to hold them at the boiling point of water (212°F) for long enough to heat them through and kill any microorganisms that might be present on the surface of our fruits and veggies. Nutritionally, it's best to can food as soon as possible after harvest; though the boiling process reduces some vitamin content, it turns out that promptly canned food



is nutritionally comparable, or even superior, to produce that's been stored for as little as a week or two under refrigeration.

That said, hot water bath canning is a great way to put up large quantities of food you can find at your Co-op's Produce department. Big batches of plums, apples, or berries can make for excellent jams, jellies, syrups, or pie fillings, while there's a huge array of vegetables that make fabulous pickles, to be opened as a bright side dish, snack, or addition to a charcuterie plate during the winter months (or anytime). Tomatoes are also often a good bet for hot water bath canning (though some aren't acidic enough—you need to check the guidelines on this one).

PRESSURE

Unless they're pickled, most vegetables aren't acidic enough to ensure a safe product when processed at the boiling temperatures of the water bath. That's where the pressure canner comes in. Without going too deeply into the physics of it, pressure canners (not the same as pressure cookers!) create a vacuum, increasing air pressure by filling the pot with steam. The increased pressure raises the boiling point of water, so the food in your jars can reach temperatures of at least 240°F—hot enough to kill off the toxic spores of botulism bacteria.

In pressure canning, the jars aren't covered with water—it only takes a few inches to produce sufficient steam—and don't need to be sterilized first, since the high temperatures inside the pot will do the job perfectly well. Your canner's instructions and your recipe will tell you how much pressure you need to maintain, and for how long; the pressure is determined by the heat of the stove's burner, and the pressure gauge on the canner will tell you how high it is. Recipes usually also include adjustments for altitude, since elevation affects the relation of pressure to temperature (more physics we won't go into in detail).

You'll want to be in the kitchen throughout the process to monitor the pressure, since if it gets too low, you'll have to start the timer again. Many people worry about the pressure getting too high, having heard stories from the glory days of canning about devices exploding all over

the kitchen. That's not an issue with modern pressure canners, which come with a safety-release valve, and are very reliable if properly cleaned after use.

Aside from vegetables that canning turns to mush (including broccoli, brussels sprouts, cabbage, lettuce, cauliflower, and summer squash), pressure canning is great for just about any plant food—green beans, asparagus, carrots, beets, corn, you name it. It isn't great for jams or pickles—their texture will suffer when canned at such high temperatures. The possibilities of pressure canning go beyond fruits and veggies, though, with lots of useful applications.

Try canning your own beans! Dry beans need to be soaked overnight for pressure canning (it also takes care of compounds that interfere with digestion). They're then just partially cooked before being packed into jars, leaving some room for them to expand as they finish cooking in the canning pot. It's a great (and cheap) way to have superior, ready-to-eat beans on hand in manageable quantities.

You can also pressure-cook meat. Some people are squeamish about it, but there are long traditions of canning chunks of beef or beef stew, fish stew, and tuna or salmon. Bone broths and soup stock also can well. Survivalists have even been known to pressure-can water! Unlike most home-canned goods, which remain safe but degrade in flavor and texture after a year or so, canned water will basically be good forever. Strange but true.

FERMENTATION

Many people fear fermentation, but—at least with vegetables—it's actually the safest and healthiest form of food preservation, and it's easy! During fermentation, lactic acid bacteria and other microbes digest sugars present in all vegetables and fruits, naturally producing an acidic environment in which botulism toxins and other undesirable microorganisms can't be found. In the process, rather than losing nutrients as happens in long, high-temperature cooking, these microorganisms make many vita-

mins and minerals more available to our bodies. It's also likely—though studies are inconclusive—that the living microorganisms present in raw vegetable ferments support our own gut bacteria, which are crucial for a strong immune system.

You can ferment vegetables in just about any glass or ceramic container, or even food-grade plastic buckets. Metal jar lids can corrode from contact with ferments, but that problem can also be solved with some form of lining between the lid and the food in the jar.

There are countless methods of fermenting veggies, but the two main ones could be called the "kraut method" and the "pickle method." In the kraut method, vegetables with a relatively high water content (like cabbage, and also radishes and beets) are grated, salted, mixed, and squeezed, bruised or pounded to help release their juices. Usually they're allowed to sit for anywhere from fifteen minutes to overnight, then massaged again before being packed into a fermentation vessel—tightly,



to avoid leaving any air pockets—and sealed. The veggies then ferment for anywhere from a few days to up to a few years. Grated vegetables can also be mixed with sliced veggies, as long as everything is covered by the liquid brine when it's gone into its vessel.

In the pickle method, sliced, diced, or small whole vegetables are put into fermentation vessels, then covered in salt water and sealed. It's a good method for carrots, halved radishes, green beans, onions, asparagus and, of course, pickling cucumbers (though special methods apply to the latter two, which only ferment for a few days, and benefit from the

addition of oak leaves, grape leaves, or other sources of natural tannins to help them stay crisp). Lacto-fermented fruits (especially firm berries) or unopened flower buds become intriguing, dynamic capers when treated in this way.

With either method, the fermentation itself usually happens easily, especially with organic produce (the fresher the better, but it will work with anything that's not rotten). As fermentation progresses, the lactic acid bacteria will produce gases, which will need to be released from the vessel occasionally to avoid too much pressure buildup. If the ferment is bubbly and smells good (a somewhat subjective matter, but it's good to trust your nose), it's working, and the only potential danger is mold. That can be avoided in a number of ways. Various fermentation vessels let gas out without letting air in, preventing mold formation. Otherwise you can "burp" your ferments by loosening the lid and re-tightening it, in which case it's also a good idea to stir a little, then press back

down, since contact with the air can encourage mold.

Especially in hotter times of year, salt keeps ferments crisper, and sets up a less friendly environment for competing bacteria, before the ones we want take over. That said, you can push down the salt level if you like; it's a matter of experimentation. Once the ferment is done to your liking, you can transfer it to a refrigerator, which will slow fermentation significantly—or let it continue to develop and

taste it at different stages. Fermented foods will often keep for years, especially if they're salty or spicy.

CAN DO!

Whatever methods you choose to explore, food preservation can be a fun, economical way to stretch the growing season. It can lend variety to your diet and your palate. A well-stocked pantry can be a beautiful thing to behold and can offer the satisfaction of having provided for yourself and those around you. With a few simple tools, the world of canning is open to you. Enjoy the bounty!

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Act on Co-op Principle 3: Participate in Our Owner Equity Drive August 16-29



by **Kirsten Moore, Co-operative Services Director**

From August 16-29, the Co-op will be encouraging new and returning customers to become Co-op Owners and also asking all current Owners making equity payments to consider paying their equity in full at the registers. Owner equity is a major part of participating in a cooperative's

economics and keeping cooperatives viable and thriving businesses. During the Equity Drive, the Co-op will waive the \$2 administrative fees on all Owner equity payments for new and existing Owners. All Owners paid-in-full (regardless of whether they became paid-in-full during the equity drive or previously) will be automatically entered to win a six-month coupon booklet to shop our wellness products (\$10 off wellness every month for six months); others can request a form at the Customer Service desk to enter. Already paid-in-full or unable to make an equity payment right now? Consider referring a friend or family member to become an Owner during the Equity Drive. We'll give you a \$25 gift card when a new Owner names you as the referral. You can also purchase gift Ownerships at the Customer Service desk at any location, or purchase one online, a great gift for people you know moving to the area or coming back to work or school in town.

YOUR ECONOMIC PARTICIPATION IS VITAL TO OUR SERVICES

Credit unions have a motto "not for profit, not for charity, but for service." This motto summarizes the kind of business cooperatives are: while we are neither a charitable organization nor one that exists for profit in and of itself, we do exist to provide the services of which Owners benefit. Our ability to provide and improve grocery services is largely dependent on our ability to remain economically sustainable. Cooperative Principle 3: "Owner Economic Participation" puts the Owners front and center in a cooperative's profitability and financial future. You control the Co-op's capital and our ability to provide the services the Owners collectively need by purchasing equity, keeping up on equity payments when you choose a payment plan, and then by keeping your Ownership active by using our services (a.k.a. shopping).

WHAT IS OWNER EQUITY?

Those annual or one-time payments we ask you to make to the Co-op as Owners are not simply membership fees that pad the cooperative's bottom line to use as it pleases for eternity; they are your property. You invest your equity payment in the Co-op as a means of supporting what the cooperative does for you and your community, and we retain it in your name. If the cooperative's services are no longer able to support your needs for whatever reason, the cooperative cannot simply keep your

equity, you have an opportunity to have your equity returned to you or donated to charitable causes.

All of the Co-op's assets are paid for by either debt or equity. Equity is a combination of the cooperative's profits and your Owner equity investment. Collectively, your equity alongside the equity of your fellow cooperators, strengthens the Co-op's overall financial equity. A strong cooperative investment in equity allows us to maintain ample cash on hand to pay for the labor, goods, and services that are needed to keep the cooperative operating, and to finance more of our major expenditures internally instead of borrowing from others.

WHAT IS OWNER ACTIVITY?

Our bylaws define active Ownership as being up to date on your Owner equity and shopping at least once a year. So when we say we have over 30,000 active Owners, what we mean is that over 30,000 of our Owners are up to date on their Owner equity and that they are shopping at least once a year. When an Ownership lapses into inactivity, meaning that the Owner stopped making their equity payments annually before they were invested in full, or they stopped shopping once a year, it means that the Owner is no longer economically participating, and no longer using services that they were cooperating to receive. By Wisconsin law, when an Owner stops actively participating in a cooperative's economics, or stops using the cooperative's services for three years, the Owner's equity is considered abandoned property, which cooperatives then must take off of their books and repurpose for charitable endeavors if it remains unused or unclaimed. Owner activity keeps the Co-op's equity strong in two ways: by allowing us to keep your Owner equity investment on the books, and by supporting the cooperative's ability to remain profitable enough to support the services we are here to provide.

COVID-19 IMPACTS ON OWNER ACTIVITY

During the COVID-19 public health emergency in Dane County, Owner activity fell 14 percent overall. At the end of March 2020, 35,748 Owners were active in the Co-op and by the end of March 2021 Owner activity bottomed-out at 30,740 before activity began to increase again. A 14 percent decrease in Owner activity during the height of the pandemic locally is not surprising; on average 10-15 percent of our Ownership lives outside of Dane County. Owners who did not live close to the Co-op over the course of the public health emergency were not coming to the area to shop. Deciding not to travel to shop was, of course, the sensible and responsible choice to make for our families and our community at-large. In fact, public health officials and responsible businesses throughout the area strongly recommended staying home and keeping indoor activity in public spaces low. While this was certainly the right thing to do, the decrease in Owner activity definitely impacted the Co-op's financial equity, and put more Owner

equity specifically at risk of going off of the Co-op's books. A true story about how valuable and vital it is to exercise Cooperative Principle 3 whenever we are able to do so.

OWNER ACTIVITY ON THE RISE

Not all the news about the Co-op's equity is bleak, in fact, the news is only getting better. At the beginning of April 2021 Co-op Owner activity began to grow again, and it has been growing little-by-little, week-by-week, every week since. While Owner activity is not growing quite as quickly as it fell, current growth in Owner activity forecasts that we may reach pre-pandemic activity levels again by the end of this fiscal year in June. We are loving seeing our Owners from afar return for the services we provide after they had to stay away so long, and we appreciate the economic support that will keep our services here for all of you in the long run.

WE RELY ON OUR OWNERS

How important is Owner activity? Pretty important! In fact, 90% of purchases at the Co-op are by Owners, you are the majority of our customers using our services. We are completely dependent on your Ownership, your support, and your decision to make your purchases with us. We need you, and all of our Owners, to continue this trend towards greater Owner activity and participation in the economics of the Co-op so that we can continue to recover from the activity lost during the pandemic and develop a more sustainable future together.

YOU OWN IT; GO ALL IN!

We're a cooperative and we are in this together. There are many ways you can increase the Co-op's financial equity, and we encourage you to participate in promoting Owner equity during our late August Equity Drive. Celebrate your support for local business with your Owner equity investment paid in full. Consider paying off your equity investment this August or making an extra equity payment if that is what you can afford while the administrative fees are waived. Regardless of whether your equity is in the process of being paid or is already paid-in-full, encourage others to become Co-op Owners to support and enjoy the services, promotions, and benefits your local, community-owned grocery provides. If you haven't shopped with us for awhile, and you plan to be back in the area, stop by and keep your Ownership active by taking us up on the great foods and products we offer. Both your Owner equity and your shopping with us keeps your cooperative viable. Those two commitments from you allow us to continue to be a cornerstone of the community, and continue to offer you and your friends and family grocery services for years to come. Show your co-op loyalty and share in our widespread support of the Madison community and beyond. Many Owners are already fully invested and staying active and we appreciate both your equitable support and your continued commitment to shopping with us. Thank you!

What is a Co-op?



A cooperative (or co-op) is a business operated and democratically controlled by its membership of Owners to meet their common needs and aspirations.

Co-ops are guided by the following seven principles:

- 1. Voluntary, open membership:** open to all without gender, social, racial, political or religious discrimination. You may shop, you may join, and you may leave the co-op at any time.
- 2. Democratic member control:** one Owner, one vote. Your voice will be heard.
- 3. Owner economic participation:** Owners contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the Owners, reinvested in the co-op, or used to provide Owner services. You control the capital.
- 4. Autonomy and independence:** cooperatives are autonomous, self-help organizations controlled by their Owners. Together, you are autonomous.
- 5. Education, training and information:** cooperatives provide education and training for Owners so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation. You can develop yourself into the consumer you want to be.
- 6. Cooperation among cooperatives:** cooperatives serve their Owners most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures. You are more successful when you cooperate with others who know how to cooperate.
- 7. Concern for the community:** while focusing on Owner needs, cooperatives work for the sustainable development of their communities through policies accepted by their Owners. You can do something for the community even as you keep succeeding.

RECIPES

Stuffed Summer Vegetables

Recipe reprinted with permission by Caroline Cummins, from the *Culinate Kitchen* collection

Using a mix of vegetables will dress-up a summer dinner.

Prep. 1h 30m

8 small zucchini or eggplant, medium round summer squash, or large peppers
2 Tbs. olive oil
1 1/4 c. medium breadcrumbs, divided use
1/4 c. milk
1 lb. ground pork or loose sausage, ground chicken, or ground turkey
3 cloves garlic, peeled and chopped
1/2 small onion, diced
salt and freshly ground black pepper to taste
3 large ripe tomatoes, diced
3 Tbs. chopped fresh herbs (parsley, basil, etc.)

Directions: Preheat the oven to 375°F. Trim the tops off the vegetables. Halve the long vegetables lengthwise and the round vegetables horizontally (for round summer squash, just remove the tops). Discard seeds. Scoop out the remaining flesh (except for bell peppers), leaving shells about 1/2 to 3/4 inches thick. Chop the flesh, put it into a large bowl, and set it aside. Drizzle 1 Tbs. of the olive oil in a large baking dish and arrange the halves evenly in the dish. Briefly soak the 1 cup breadcrumbs in the milk, then add the crumbs to the bowl of vegetable flesh. Add the crumbled meat, garlic, onion, and salt and pepper to taste; mix everything together evenly with your hands. Add the tomatoes and herbs and mix loosely. Fill the vegetable shells with the stuffing and sprinkle each with the 1/4 cup breadcrumbs. Drizzle with the remaining 1 Tbs. olive oil. Bake for 1 hour, or until the shells have softened (but not crumpled) and the crumbs on top have browned. Serve hot.

Spicy Peanut Tofu & Vegetables

Recipe by Paul Tseng, Willy Street Co-op Chef

This stir fry is better than take-out!

Prep. 20m

2 Tbs. canola oil
1 Tbs. ginger, minced
2 cloves garlic, minced
2 scallions, chopped
1 jalapeño pepper, minced
1 eggplant, chopped
1 carrot, chopped
1/2 tsp. cayenne pepper
1/3 c. peanut butter
3 Tbs. soy sauce
1 Tbs. honey
1 Tbs. rice wine vinegar
1 lb. firm tofu, cubed
1 c. vegetable stock
1 broccoli, chopped
salt
pepper

Directions: Heat oil in large wok or heavy skillet. Sauté ginger, garlic, scallions and jalapeño pepper. Add eggplant and keep sautéing for 2 more minutes or until eggplant is wilted a little bit. Add carrot and keep sautéing for 2 more minutes. Add cayenne pepper, peanut butter, soy sauce, vinegar, and honey. Stir and add tofu and stock. Keep stirring and slowly bring to boil. Adjust consistency by adding more peanut butter or stock. Finish by adding broccoli and adjust for taste with salt and pepper. Garnish with scallion greens. Serve with steamed basmati rice.

Avocado BLT Pizza

Recipe from Willy Street Co-op

Prep. 30m

1 pizza crust
3 Tbs. mayonnaise
3 c. mixed greens
2 tomatoes
1 avocados
4 slices bacon, cooked
oregano

Directions: Preheat oven to 450°F. Place pre-cooked (or make your own) pizza crust in oven until crisp. Remove crust from oven and allow to cool slightly on a wire rack. Spread mayo evenly over the crust. Place remaining ingredients on top of the pizza. Garnish with dried oregano, if using. Cut into slices. Eat and enjoy!

Grilled Shrimp Panzanella with Basil

Adapted from www.realsimple.com

This meal-sized salad is summer on a plate.

Prep. 30m

4 Tbs. olive oil
1 1/2 lb. shrimp
1 tsp. lemon zest
2 Tbs. lemon juice
8 oz. baguette
2 1/2 lb. heirloom tomatoes, chopped
2 c. basil leaves, chopped
salt & pepper

Directions: Heat a grill to medium-high. When hot, clean grate with a grill brush. Just before you're ready to grill, oil the grate. Place the shrimp in a large bowl. Toss with lemon zest, 1 tablespoon of the oil, and 1/4 teaspoon of salt and 1/4 teaspoon of black pepper. Brush the cut sides of the baguette with 1 tablespoon of the oil.

Grill the shrimp uncovered until opaque throughout, 2-3 minutes per side. Grill the baguette until golden and crisp, 1 minute per side. Slice the baguette into bite-sized pieces. In a small bowl, whisk together the lemon juice, last 2 tablespoons of olive oil, 1/2 teaspoon of salt, and 1/2 teaspoon of pepper. In a large, separate serving bowl, combine the shrimp, baguette pieces, tomatoes, and basil. Drizzle with the lemon and oil dressing, and toss to coat. Enjoy!

Chilled Avocado and Tomatillo Soup

Adapted from *Mesa Mexicana* by Mary Sue Milliken & Susan Feniger

Chilled avocado soup is a simple summer favorite sure to cool you down despite the dog days. Tomatillos, lime, and just a hint of heat from a roasted poblano pepper fill out the flavor of this dish that works wonders, especially when served with a side of chips and spicy salsa.

Prep. 15m

6 tomatillos, husked, washed, and roughly chopped
1 poblano chili pepper, roasted, peeled, and seeded
juice of 2 limes
1 tsp. salt
1/2 tsp. freshly ground black pepper
1 c. cold water, plus enough ice to fill to 2 c. measure
2 ripe avocados, peeled, stoned
1 bunch scallions, thinly sliced for garnish

Directions: In a blender or food processor, combine the tomatillos, poblano, lime juice, salt and pepper with 1-2 Tbs. ice-cold water. Puree until smooth. Add the avocados with the remaining water and ice. Blend just until smooth but not frothy. Serve chilled in bowls garnished with scallions.

Basic Tomato Sauce

Recipe reprinted with permission from *Simply in Season*

Can it yourself and save! This easy-to-can sauce can be used for pasta, pizza or any time a marinara-style sauce is desired.

Prep. 30m

1 onion, chopped
2 cloves garlic, minced
2 Tbs. olive oil
2 carrots, shredded
1/2 green bell pepper, diced
2 bay leaves
1/4 c. fresh parsley, chopped
2 Tbs. fresh basil, chopped or 2 teaspoons dried basil
1 Tbs. fresh oregano, chopped or 1 teaspoon dried
1 Tbs. fresh thyme leaves, chopped or 1 teaspoon dried
6 c. plum tomatoes, peeled and chopped
6 oz. tomato paste
1 Tbs. honey, optional
salt and freshly ground black pepper to taste

Directions: Sauté onion and garlic in olive oil until soft. Add carrots, pepper, and herbs; stir well. Add tomatoes, tomato paste, honey, salt, and

pepper. Simmer 15 minutes. Remove bay leaf and serve or freeze. To can, ladle into hot, sterilized pint jars to within 1/2-inch of the top, add 1 Tbs. lemon juice or vinegar per pint to assure acidity, seal with sterilized lids according to manufacturer's instructions and process full jars in a boiling water bath for 35 minutes. Makes three pints.

Heirloom Tomato Tart in a Parmesan Crust

Adapted from www.101cookbooks.com

An unfortunate attribute of many tomato tarts is a soggy, tomato juice-laden crust, but in-season tomatoes are so full of flavor they deserve better! This recipe solves the mushy crust dilemma. A tart dough made with lots of hard cheese is par baked, sliced tomatoes are lightly salted to remove excess water and are then arranged in the tart shell just before serving. The uncooked tomatoes retain their vibrant summer flavor, and the tart shell retains its structure. Served with a leafy green salad (and a glass of wine) this tart makes a very special and unfussy meal.

Prep. 55m; Cook. 25m

6 perfect heirloom tomatoes, sliced 1/6 inch thick

1 tsp. fine sea salt

1/2 c. all-purpose flour

1/2 c. whole wheat flour

4 oz. Parmesan, shredded

1/2 c. butter

2 Tbs. ice water

2 Tbs. olive oil

1/4 c. fresh basil, slivered

Directions: Preheat oven to 350°F. Arrange the tomatoes in a single layer on a clean dish towel or layers of paper towels. Sprinkle evenly with the salt, and gently press another dish towel or paper towels on top of the tomatoes. Let sit like this until you're ready assemble the tart.

Combine the flours, butter, and Parmesan (except for a tablespoon or so—set that aside to use later) in the bowl of a food processor and pulse 20-30 times, until the mixture is sandy and the butter is pea-sized. With the motor running, drizzle in the ice water and blend just until combined. When you press some of the dough between your fingers, it should stick together.

Turn the dough into a 9 or 10-inch tart pan. Working quickly, press the dough into the pan, pressing it into an even layer across the bottom of the pan and up the sides, forming a rim. Chill in the refrigerator for 15 minutes.

Poke the bottom of the crust in several places with the tines of a fork. Cover the tart with a round of parchment, then fill it with pie weights (or dried beans). Bake 15 minutes. Remove from oven and gently remove the parchment and pie weights. Return the tart shell to the oven and continue to bake for another 10 minutes, until deep golden brown. Sprinkle the tart shell with the remaining tablespoon of grated Parmesan. Let sit and allow to cool to room temperature.

Just before serving, arrange the tomatoes in the tart shell. Drizzle with the olive oil and sprinkle evenly with the basil. Slice and serve at room temperature.

Pearl Couscous Salad with Heirloom Tomatoes and Basil Pesto

Adapted from www.thecafesucrefarine.com

This summery salad is packed with herbs, spinach, and heirloom tomatoes. It travels well and is great at room temperature, so it's perfect for a picnic or packed lunches. Use a combination of red, yellow, green, and orange tomatoes if you can.

Prep. 20m; Cook. 20m

6 c. packed arugula

1 c. packed fresh basil

2 c. pearl couscous

1/2 c. olive oil

1/4 c. pine nuts

4 cloves garlic, peeled

1 tsp. lemon zest

1 lemon, juiced

1 tsp. salt

1/2 tsp. black pepper

6 heirloom tomatoes, chopped

1 cucumber, chopped

1 white onion, chopped

Directions: Blanch the arugula in a large pot of boiling water for 10 seconds. Dunk the basil in the pot too, then use tongs to immediately transfer the arugula-basil mixture to a colander. Rinse under cold running water to stop the cooking, until no longer warm to the touch. Set aside to drain.

Return the pot of water to a boil. Add the couscous and cook, stirring

occasionally, until al dente, 8-10 minutes. Drain, then spread out the couscous on a rimmed baking sheet and drizzle with a bit of olive oil, and toss to coat. Let cool to room temperature.

In a small skillet over medium heat, toast the pine nuts until golden brown, about 2 minutes. Remove from the pan and set aside to cool.

Squeeze remaining water from the arugula-basil mixture. Transfer to the bowl of a food processor. Add the pine nuts, garlic, lemon zest, lemon juice, salt, pepper, and olive oil. Pulse until smooth, adding a little water a bit at a time if the consistency is too thick. Taste, and adjust with more salt and pepper if needed. Transfer the couscous to a large serving bowl. Add some of the pesto (you may have some left over) and stir to coat. Fold in the tomatoes, cucumber and onion. Serve.

Grilled Heirloom Tomato and Poblano Salsa

Adapted from www.sproutedkitchen.com

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

Prep. 45m

1 1/4 lb. tomatoes, chopped

1 red onion, sliced into large wedges

1 bell pepper, sliced into large wedges

1 poblano pepper, sliced into large wedges

3 cloves garlic, in their peels

2 Tbs. olive oil

1 tsp. salt

1 lime

1/3 c. cilantro, roughly chopped

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

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

Roast Pork with Summer Vegetables

Adapted from www.saveur.com.

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

Prep. 15m; Cook. 2h

1 Tbs. and 1 tsp. coriander seeds

1 1/2 tsp. cumin seeds

1 cardamom pod

1/2 c. cilantro, minced

4 cloves garlic, minced

5 cloves garlic, whole

1 jalapeño, minced

3/4 c. olive oil

salt

1 1/2 tsp. fennel seeds

2 Tbs. smoked paprika

2 Tbs. turbinado sugar

1 boneless pork shoulder

4 shallots, unpeeled and sliced in half lengthwise

2 Tbs. canola oil

2 sweet potatoes

2 poblano peppers

4 tomatillos, peeled

1/2 bunch broccoli rabe

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

Toast the remaining Tbs. of coriander seeds, fennel, and teaspoon of cumin in the skillet you just used. Coarsely grind, then place in a small bowl. Stir in the smoked paprika, sugar, and remaining minced garlic. Place the pork on a dish and sprinkle with a generous pinch of salt. Rub

in the spice mixture, then cover with plastic wrap. Let sit at room temperature for 1 hour.

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

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

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

Blueberry Crisps

Adapted from www.saveur.com

These delicious little blueberry pots topped with a yummy crumble are so easy to make! Serve with creme fraiche or vanilla ice cream.

Prep 1h; Cook 40m

14 Tbs. sugar
6 Tbs. flour
1/4 c. rolled oats
1/4 c. light brown sugar
1/4 c. walnuts, chopped
1 tsp. lemon zest
2 tsp. lemon juice
3/4 tsp. vanilla extract
1/2 tsp. salt
1/4 tsp. cinnamon
4 Tbs. butter
4 c. blueberries
2 Tbs. cornstarch
2 tsp. brandy
creme fraiche
vanilla ice cream

Directions: Preheat oven to 350°F. Place four 6-oz. ceramic ramekins on a baking sheet lined with parchment paper. In a medium mixing bowl, mix together 6 Tbs. of the sugar, the flour, oats, brown sugar, walnuts, lemon zest, 1/4 tsp. of the vanilla extract, and the cinnamon. Use your fingers to work the butter into the flour and sugar mixture until crumbly. Place the crumble topping in the freezer to chill for 30 minutes.

In a large bowl, combine the remaining 8 Tbs. of sugar with the salt, lemon juice, and the last 1/2 tsp. of vanilla extract. Stir in the blueberries, cornstarch, and brandy. Divide the berry mixture between the ramekins, then top each ramekin with the crumble topping. Bake until the topping is browned and the berries are bubbling, about 35-40 minutes. Serve with creme fraiche or a scoop of vanilla ice cream if you'd like.



KRISTI JO

Jason Rosewater Body Wash

This product is my bath time jam! It makes a really great bubble bath as well as a body wash. The scent is so beautiful! Take time to get in the bath and smell the roses.



JOE

Bulletproof Brain Octane Oil

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



JESS

Orca Bay Sea Scallops

All-natural and sweet and tender.

Applegate Gluten-Free Uncured Beef Hot Dogs

Not just for kids! Try them with your favorite mustard or hot sauce.



Boursin: All Flavors

If you haven't tried this soft cheese you should. Excellent with crackers, pretzels or crunchy bread sticks. Perfect complement to your next charcuterie board.

Gazela Vinho Verde

Like Pinot Grigio? You'll love Gazela. Light fresh and slightly bubbly wine from Portugal.



Stasher Bags, all sizes

They are easy for my kiddos to use, and they fit into their lunch tote better than a hard container. Easy to wash and reusable. Did you also know that you can warm up food in them?



SARA

Core Home Food Storage Containers

Jazz up your refrigerator with these new glass storage containers that come in a variety of colors, shapes and sizes. They have a concave bamboo lid for ease of stacking, which conserves space in your cabinets or refrigerator.

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WELLNESS WEDNESDAY IS BACK!
See back cover for details!



MOURNING DOVE

Aura Cacia Lemon Essential Oil

I like to use this brightening essential oil when I've been working on the same task for too long, or I've been stuck working at a computer for hours. Dab a few drops on your wrists and take a deep breath in for a mid-afternoon pick-me-up!



COLLIN

Hi-ball Vanilla

I know what you're thinking...vanilla flavored sparkling water energy drink? Sounds weird, right? Wrong. This flavor is the absolute best—think of delicious cream soda without any of the sugar. Plus it has natural caffeine and guarana for a boost for your day. It also mixes well if you're of age try it with your favorite brandy and add a dash of grenadine for a simple, delicious and refreshing summer cocktail!



KRISTIN

Bulk Herbs and Spices

Bulk Herbs and Spices is one of my favorite things at the Co-op! You can buy exactly what you need—enough to refill your spice jar or just a tablespoon for a recipe! Don't let the prices fool you since they are priced by the pound on the bulk jars. A pound of herbs or spices is a lot, so my small bags are usually just a couple dollars. The spices are also really fresh since we sell through them so quickly!



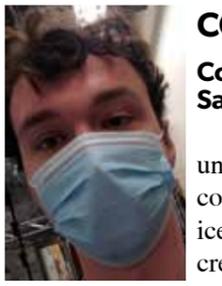
MEGGIE

GT's Cocoyo Original Pure Flavor

"If you know you know" is all there is to say about this product. I actually got that saying from a yoga teacher I used to have who shares my enthusiasm for what lies in this little glass container. She used to say things like "if you can you must" and "24 hrs in a day your body does all this work



for you so taking one hour for it is nothing in comparison." Hardcore, right? Anyway, you really MUST try this...It's low in sugar, and has a delicious flaky (not like your friends) and smooth texture that is a delightful treat!



COLIN

Coolhaus Cookie Dough Ice Cream Sandwich

A very well-portioned take on an unbeatable classic. The surrounding cookie is soft, full of flavor and rich. The ice cream might as well be straight up cream; even right out of the freezer it is soft, rich, and tastes like real vanilla. It's



filled with bite-sized pieces of cookie dough that match the outside cookie.



JORGE

Kadota Figs

I like these figs because they are very sweet when ripe, and are awesome in oatmeal or just eaten by themselves. Wish they were a year-round item, but we get them around now, so the wait is well worth it.



SHELLEY

Tillen T Farms Merry Maraschino Cherries

Great for an Old Fashioned or put some of the cherries in your ice cream. They have a wonderful quality and taste. They almost seem homemade. They are a must-have staple in my home.



MEL

Follow Your Heart Vegenaize

I love vegenaize. Love it. It is the best tasting mayo-alternative I've ever tried (and I have tried many). I use the original and the reduced fat for sandwiches, coleslaw, dressing (vegan 1,000 island), and dips (as in, I dip my fries and Boca chik'n nuggets in it).



LINDSEY

Alden's Organic Salted Caramel Ice Cream

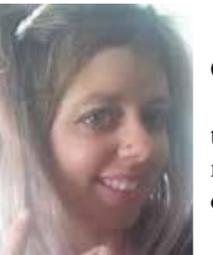
This is my FAVORITE ice cream sold at the Co-op. It's organic, oh-so-creamy, and has an amazing flavor profile! Add a few nuts or some chocolate sauce for a true treat.



AMANDA

Cheese Niblet Bin

I was not an adventurous cheese-eater before. But with the niblet bin, I can try different small pieces of cheese. I guess you could say it has really broken me out of my cheese shell! Available at East and North only.



LAURA

GT's Kombucha Watermelon Wonder

The cherry and lime juice rounds out the watermelon flavor beautifully for a refreshing summer beverage! Add vodka for a delicious summer cocktail!



KJERSTIN

Coconut Bliss Dark Chocolate

I'm not an ice cream lover (especially the vegan ones) but, in summer, there is ALWAYS some of this in my freezer. Both a happy ingredients list (so rare for processed foods!) and incredibly yummy ice cream. My favorite is the dark chocolate, but all of the flavors are slightly coconutty and de-lish!



DUSTIN

Sambazon Acai Berry Bliss and Superberry Bowls

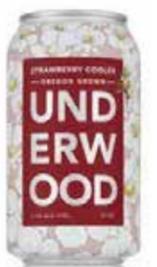
These are the perfect portion sizes and a great breakfast option for a warm summer day. I like to put fresh berries, banana, coconut flakes and peanut butter on mine!



KELSEY

Underwood Wines Strawberry Cooler

This canned wine is the perfect summertime drink for sitting outside in the sunshine and relaxing. It's light, it's sweet, and the can is pretty.



MAX

Italian Peppers

The best sweet pepper! That's it, plain and simple. A secret of farmers and Co-op staff for years, these peppers are the sweetest we carry. I never buy bell peppers when these are in season. They freeze great, so you can enjoy them in January too!



KATIE

Siggi's Plain Non-fat Yogurt

This is one workhorse of a product. This smooth, tangy no-sugar-added yogurt is so satisfying to consume. It hits you with some protein without all the other ingredients so many yogurts contain. It's also fabulous to enjoy as a substitute for sour cream in dips and creamy dressings for pasta and salads.





JAMES

Sensible Portions Garden Sea Salt & Vinegar Veggie Chips

A much healthier version of Pringles, these chips are made from more than just potatoes! I like all of the flavors, but I think the Sea Salt & Vinegar are my favorite because they're just tangy enough to keep me from eating the whole tube in one sitting!



Sally the Salad Bot Salads!

I am low-key obsessed with our new Salad Bot at Willy East. I tried it out when it first came in and immediately was hooked—the cilantro lime vinaigrette got me! There are several "menu" salads to choose from, as well as a build-your-own option. My favorite build: spinach and romaine, radishes, cucumbers, Parmesan, pumpkin seeds, herbed chicken, tomatoes, and the cilantro lime vinaigrette (I always go for two ounces—EXTRA!). Let the Salad Bot do the work, put the lid on it, and shake it up so that the dressing coats all of the ingredients evenly. I am so glad to have this option for salads this summer!



LACEY

Willy Street Co-op Juice Bar Cold Brew

It's that time of year again...do you need a pick-me-up? This is the stuff! Smooth, tasty, portable. What more could you ask for?



TARA

Feed Bakery Coconut Key Lime Cookies

A local and seasonal treat with a tart and sweet combination of coconut and lime with white chocolate chips. It's a perfectly crisp yet soft cookie made with real butter. Yum. Get them while you can!



MELISSA

Local Heirloom Tomatoes

When tomatoes are not in season locally, I usually don't bother to eat them. The wait is worth it—local heirloom tomatoes are so flavorful and juicy, just like they should be. At my house, it's constant caprese salads, BLTs (or in my case, Tempeh Lettuce Tomato), and tomato slices on everything.



KELLY

Plainville Farms Honey Maple Uncured Ham

Humanely raised ham with no additives at a good price. Our favorite way to eat is it slightly toasted on a bagel sandwich or rolled up in a tortilla with cheese. One slice is all you need to make a nice meal. Available at North and West only.



Nordic Naturals Vitamin C Gummies

These gummies are tasty and offer a nice amount of daily vitamin c. I have had a hard time getting my children to drink vitamin c so these are nice when we are not getting it from our food each day.



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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