

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 48 • ISSUE 5 • MAY 2021

WHY FOOD WASTE MATTERS

IN THIS ISSUE

The Naked Baker; Sally the Salad Robot; Run for the Board;
New Produce Weekly Email; and More!

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: Willy East: 7:30am-9:00pm; Willy West: 8:00am-8:00pm;

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

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

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

Deli: 7:30am-9:00pm

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

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

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

BOARD MEETING SCHEDULE

June 16
July 21 (and Special Owner Meeting)

Board meetings are typically held at our business office at 6:30pm (1457 E. Washington Ave. in Madison), but may be held virtually. Please see www.willystreet.coop/events and select the "Board" category for details.

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CUSTOMER COMMENTS

Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to customer.comments@willystreet.coop or fill out a Customer Comment form in the Owner Resources area. Each month a small selection is printed in the *Reader*. Many more can be found in the commons or in the binder near Customer Service. Thank you!

APHIDS

Q: *I purchased iceberg lettuce in plastic today. I went to wash and shook it. As I shook the lettuce head tons of tiny bugs started falling out. The more I shook it the more bugs fell out. I threw it away. Can I get a refund? I don't think I'll be able to eat lettuce for a while.*

A: I'm so sorry you had this experience! The bugs that you encountered are most likely aphids, which are unfortunately something that we deal with from time to time on organic produce coming from California this time of year. Lettuce, kales, and broccoli are especially susceptible.

Organic farmers do have a few organic approved methods of fighting aphids on their crops, but unfortunately none of them are 100% effective—certainly not as effective as the chemical insecticides that conventional farms typically use.

You certainly can get a refund! I'm cc'ing our West Side Customer service staff here so they know to expect you.

Also, just as an FYI for future reference if it's helpful, the produce itself is perfectly fine to eat after the aphids are washed off. The best way that I know to do this is to soak your lettuce in a saltwater solution for about 5 minutes, and then swish it around to dislodge the bugs as you are pulling it out of the water. I hope that's helpful. Again, I'm so sorry this happened! Best, Megan Minnick, Purchasing Director

INGREDIENT QUESTIONS

Q: *At Willy West, I bought some cold-pack cheese and I noticed it contains Polysorbate 80, which is an unhealthy plastic additive. This is labeled as an ingredient in the horseradish extract, which doesn't even contain horseradish (it says it contains Polysorbate 80, sunflower oil, and artificial flavors). Horseradish powder is the last ingredient. The cheese doesn't even taste that good to me.*

I was just wondering if you consider these ingredients okay to have in the things that you sell.

A: Thanks for the message! Per our Product Selection Philosophy

(www.willystreet.coop/pages/food-and-product-selection-philosophy), we do not have any ingredients that are specifically prohibited in the products we carry. We prefer instead to let customers make their own choice—what we carry is shaped by what our customers want to purchase, in tandem with the policy that is linked above. It's true that part of our philosophy is to prefer natural products, but we are also dedicated to supporting local producers. The horseradish cheddar spread that you purchased is a good example of the grey area that lies between those two points.

If you are looking to avoid Polysorbate 80, or any other additive or ingredient, I would definitely urge you to read product labels to make sure that you are getting what you are looking for. I hope that's helpful. Have a great weekend! Best, Megan Minnick, Purchasing Director

PACKAGING PLASTICS

Q: *I would like to bring up the subject of plastics in the packaging of the products you sell. I have been reading about plastics and the environment, plastics and wildlife, and plastics and human health and I am inspired to minimize plastic purchases and usage in my life.*

I would have thought shopping at a mindful co-op such as yourself would help me with my plastics choices but alas, I am better off sometimes going to Woodmans (Quaker oatmeal in a cardboard box, more frozen foods in boxes with no plastic) or Target (laundry powder) then Willy St. Co-op. I can't tell when things are in plastic (molasses, peanut butter) nor can I insist on paper bags for bulk items with online shopping. I can't buy chicken that's not in plastic, nor yogurt, nor cottage cheese. None of them are required to be in plastic, at least they weren't when I was a kid.

This issue is as critical for the future of our environment as climate change. I would like to see WSC embark on a thoughtful, cost-conscious program of facilitating less plastic usage. In addition to pressuring your suppliers (who better than you?), you could highlight plastic-free packaging producers, such as bionaturae, Pacific Foods and Feed Bakery. You could use less plastic in the deli and bakery (why do I have to get a clamshell when I just want a few cookies?).

Every time we buy plastic, that plastic is going to last longer than us. Every time. It's killing wildlife, will exceed the weight of all the fishes in the sea in a few years, and has been found in human placentas. As usual, the most affected folks are the poorest.

Plastics are a petroleum-based product and powerful economic forces push their use. We are lied to about recycling, among other things. Thankfully, I see you have already backed away from "compostable" produce bags, which is an expensive and unregulated product full of mystery ingredients. As we move to renewable energy, plastics will continue to be pushed hard. We must resist. What will you do to help? A good resource: beyondplastics.org.

A: Thanks for the message. I appreciate that you took the time to write to us about this. It does seem that, especially since the pandemic started, items packed in plastic are everywhere. To complicate things, we've noticed a real shift in what customers are purchasing at our stores: Pre-pandemic, the move toward less plastic was really gaining momentum, but in the last year plastic packaged items have become much more popular amongst people who shop in our stores. It's a balancing act for us—we do try to provide as many plastic-free options as we can—but we also need to make sure we're meeting the needs of all of our customers.

We will continue to do what we can to reduce our plastic usage, and I will definitely follow up with our e-commerce team about allowing you to request paper bags. Thanks again for writing. I very much appreciate Owners like you who continue to push us towards sustainability. Best, Megan Minnick, Purchasing Director

KITCHEN WASTE

Q: *Hi, I was talking with the folks who run the farmers market in McPike park last summer, and they mentioned that Willy st has a drop off program for kitchen waste. Is that something you guys do? We are new to the area and new to the coop, but it has been great so far. Thank you for building such a great operation.*

A: Welcome to the area, and thanks for the compliments! We do not have a food waste drop-off program. We recommend that you check out the City of Madison website for information about the municipal food waste options available and to check out some local organizations that collect food scraps for composting (scroll all the way down the page to see those). You can find this information at www.cityofmadison.com/streets/food-scraps. I hope that steers you in the right direction! Enjoy your afternoon! -Kirsten Moore, Cooperative Services Director

PRODUCT ORIGINS

Q: *I recently bought a new soup product called "Ready or Not Here We Yum." After reviewing the label, I bought one container of Rice Ramen Noodle Soup to*

try. Prior to opening I noticed the origin of the product: Made in China. The origin of this product is many mile and time zones away. Isn't this the exact opposite of the Co-Ops stated principal of buying local? I know there are other ramen noodle manufacturers. The actual product contains a small amount of rock hard noodles (i.e., unbreakable) and a packet of numerous "powders" to be added to the soup. Really whats being purchased is a green, cardboard container to heat the soup. Can we label this kind of food product as extremely energy inefficient? And not green?

A: Thank you for your comments and questions!! We do not buy exclusively local products for our stores, but we do try to have a fair array of them for our customers. Local products are often more expensive than ones produced by bigger food manufacturers, and so for many customers they are not always affordable. Do you know of any local manufacturers of ramen noodles? I have not had anyone approach me about selling any at Willy Street. I would be curious to see how much they cost in comparison, since that is how most shoppers decide what to buy.

As far as the ramen cup being made in China, we do not exclusively buy only products made in the U.S. I believe the specific product you are speaking of is from Lotus Foods, and they are an ethical manufacturer in my experience. Part of their mission is to help raise the income levels of farmers who grow the ingredients for their products. They also have done a lot with their growers over the years to help make their farms more sustainable and cut down on water usage in rice production.

I think their ramen noodle packages are a better way to go than their cups, but they require more time to prepare a meal. The ramen cups are designed for a quick meal for folks who either do not have the time to cook, or the interest in cooking, or perhaps the knowledge of how to do so. We try not to make people feel judged by adding labels to the foods they eat, so we do not label products in the store as energy inefficient.

It sounds like you were not impressed with the ramen cup you tried, and I am sorry to hear that. I would like to offer you a refund for it, which you can get at any time at Willy West's Customer Service desk. Thanks again for your feedback!! I appreciate your input. -Dean Kallas, Grocery Category Manager

MATZO

Q: *I stopped by Willy West recently to pick up some matzo for Passover and there was one box of gluten-free "matzo style squares." There was, however, a big Easter*

display... I think there are enough Jews around town that'd it'd be appreciated to stock up a little more for Passover and other Jewish holidays. Thank you for your consideration!

A: I apologize that you could not find any matzo at Willy West for Passover. We placed an order specifically for Passover products in the fall and then when the product was supposed to ship it did not come in. We scrambled to get more, but our luck has been pretty poor.

I appreciate your comments!! I will make sure to share them with the Grocery Manager at our West store. -Dean Kallas, Grocery Category Manager

DELICIOUS WRAPS

Q: Hi, Just wanted to say kudos, to the Middleton location and the Northside location for delicious wraps and breakfast burritos. Thank you to all of you at every location for your hard work, wonderful service and yummy meals to go.

A: How nice it was to receive your note! It is kind words like these that can make all the difference in challenging times. Please be assured that I will pass along your feedback to all of the staff. Many thanks for writing, Katie O'Connell-Jones, Owner Resources Coordinator—West

SHOPPING CARTS

Q: Dearest Coop, Willy North has become my favorite coop site. But compared with East and West, it has a definite shortage of the small, easy-to-maneuver shopping carts, and a definite over-abundance of large, unwieldy carts. Many people, myself included, don't need the ginormous carts, yet more often than not they are the only carts available, unless we want to retrieve the precious few from the parking lot ourselves. Yesterday I asked about them, was told "we don't have many." Later another customer asked the same question and got the same response. Obviously this is an issue. Bottom line, more small carts would be very welcome at Willy North. Thanks.

A: Thanks for reaching out. You are absolutely right; we don't have

enough small carts. I am actually in the process of getting the necessary quotes to move forward with purchasing more small carts. Unfortunately, there is quite a long lead time on getting these, and due to COVID it will likely take longer than normal, but I assure you we'll be getting more in the coming months. Thanks again for sharing your thoughts, and for your kind words about Willy North! Best, Jenny Skowronek, North Store Director

EXCELLENT PERFORMANCE

Q: To whom it may concern, I wanted to call out excellent staff performance during a mask policy incident tonight. At 7:55 PM a shopper walked in without a mask. One cashier asked the shopper to put a mask on and the other cashier that saw what was happening paged the supervisor. The shopper had checked out behind me so I could see the supervisor and another employee calmly inform the shopper that their scarf, which wasn't really worn to cover the face, was unacceptable under coop policy. A disposable mask was offered. I left before I could see the conclusion, but I was so impressed with how each staff member handled the situation. From my perspective it was a flawlessly executed response; exemplary teamwork and de-escalation. With the pandemic going on for a year I'm sure staff has had their practice. We're all tired of the precautions and want to get back to normal. That's why I'm especially appreciative of how at the busy end of shift, towards the end of a long winter, during a seemingly endless pandemic the staff didn't give up. They stuck it out and they stuck together and I'm not sure if there's much more than you can ask for. Thank you for your amazing staff.

A: Thanks for the positive feedback, it is so, so welcome and our employees will surely appreciate the validation for this challenging work. I'll be sure to pass it along. Have a great weekend! -Kirsten Moore, Cooperative Services Director

EVERYONE WELCOME

Q: I'm a big Coop fan. I drive over an hour to shop at Willie's!

I'm not pro mask nor am I anti mask. I think your purple eggplant signs in your store and in your newsletter that say "Everyone Welcome" is misleading because really you won't let someone enter the store if they didn't have a mask on. In a time when we are all being supportive of people and their culture, race, beliefs etc. there are those who judge people on masks. I just shake my head. It doesn't matter what science says on the masks. If you support a person no matter the gender or race, you should support whether they chose to mask or not. But science but science is what everyone says. Scientists also tell us about global warming and look at how we still let people use plastic and gas etc. come into our lives. Be more inclusive!

A: My, you travel a long way to shop with us. Thanks so much for your support! We also appreciate your feedback and your interest in acceptance. We agree, being inclusive makes space for a variety of viewpoints, but we do not believe applying policy in accordance with regulations is related to holding that space. Our face covering policy is not a philosophy or view, it applies to everyone, same as our other store policies related to paying for groceries, making returns, food handling and safety practices, etc. People can have different beliefs about whether or not they agree with the policies, and it's up to the customer to decide if they can reconcile their beliefs with the policies to use the services we have to offer. We do not judge if someone decides that our policies, and therefore our store, do not work for them. Store policies do not mistreat people based on culture, race, or beliefs unless we apply policies or portions of policies differently because of them. While we do make modifications of that policy (and others) to address conditions related to medical or mental health and disabilities, when it comes to beliefs, we need to apply the policy neutrally and equally regardless of them. Everyone is welcome along with their opinions, and we are not interested in debating them. Our face covering policy is a safety measure equally applied to everyone in accordance with regulations, and nothing more. We also look forward

to a time where COVID-19 is less of a threat to public health and thoughtfully relaxing or putting this policy to rest altogether. I hope you are having a good day, and that you will visit Madison again soon! -Kirsten Moore, Cooperative Services Director

WELLNESS DISCOUNT

Q: We were told the Wellness discount has been dropped. I was surprised to hear it. When did it happen? Why did it happen?

A: Thanks for asking. We suspended Wellness Wednesday at the beginning of the pandemic because we did not want to draw a number of people to the stores on a certain day of the week. When we did that, we temporarily replaced Wellness Wednesday with a once a month Wellness Any Day coupon that offered Owners the ability to do their monthly Wellness Wednesday shop any day of the week. As time went on and the protective measures pertaining to social distancing still have not changed, not only have we been unable to consider restoring Wellness Wednesday, but we also have been unable to afford to continue offering the replacement Wellness Any Day coupon long-term.

We announced in the January 2020 Reader that we were suspending the Wellness Any Day coupon in February. This is due to the financial health of the Co-op and the difference in the way Wellness Wednesday and the Wellness Any Day coupon functioned in practice. When we run a promotion tied to one day of the month, the increase in sales and transactions that result create operational efficiencies that support the labor for the sale and cover the cost of offering the promotion. Offering a coupon that can be used at any time does not incentivize stocking up, and does not support any labor efficiencies. That means that instead of benefiting from the efficiency of greater sales during a promotion, we saw regular income loss by offering this coupon.

Our intention is to review our ability to bring Wellness Wednesday back as we see both pandemic and economic recovery. If you have other questions, please do not hesitate to reach out. Thanks! -Kirsten Moore, Cooperative Services Director



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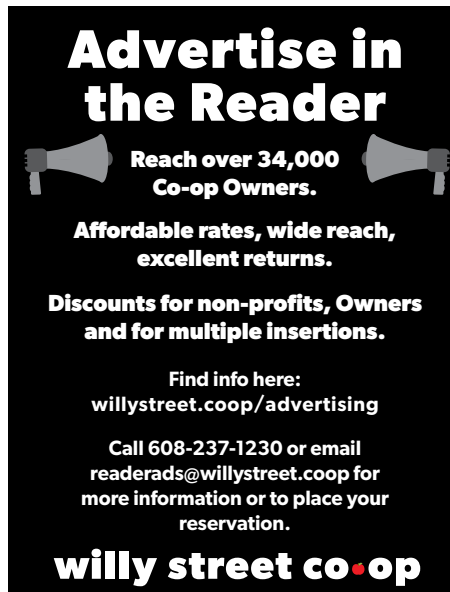
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GENERAL MANAGER'S REPORT

Step Up Assessment; & More!



HELLO MAY. HELLO DEAR OWNERS

There is a lot going on at your Co-op this month; I want to take a moment to share a few updates with you.

by Anya Firszt,
General Manager

STEP UP ASSESSMENT AND NEXT STEPS

Last summer, the Co-op partnered with Step Up: Equity Matters on a three-year project to advise us on efforts around Diversity, Equity, and Inclusion (DEI). We are now eight months into the work, and Step Up has conducted the scheduled assessment of the Co-op's leadership, culture, and initiatives. Step Up collected input through various avenues, including an online challenge, employee climate survey, interviews and focus groups with staff, managers, and the Board. The assessment provided Step Up with perspective about our overall strengths and opportunities while understanding the challenges to achieving the results of a more diverse, equitable, and inclusive organization.

The Board President, Jeannine Bindl, and I have reviewed the Step Up full assessment, and we commit to implementing the recommendations and next steps as suggested. We want to share with you now the conclusions and main points of the executive summary.

"Based on our findings, we conclude that the Co-op must address and improve internal culture, communication channels and content, and talent management practices to set a strong foundation to meet the needs of an increasingly diverse talent base."

Our next steps will involve working with Step Up to implement and evaluate progress. Over the next year, we will work together to address the most pressing needs Step Up has identified through their assessment by:

- Reviewing organization design.
- Conducting leadership development focused on organizational effectiveness, change management, and equity and inclusion.
- Working on a DEI strategy after the leadership training and development.
- Assessing training approaches and infrastructure with a focus on removing accessibility barriers and deploying training on diversity, equity, and inclusion.
- Working closely with the newly hired HR director to develop and increase the HR function capabilities.
- Prioritizing design and implementation of a strengths-based confidence-building supervisory model.

We are grateful to the Step Up team

for performing this organizational assessment and helping us in this process. We acknowledge that we have work to do and are committed to the journey to becoming a stronger and thriving organization that is equitable and inclusive and more representative and welcoming to all of our communities as a place to work and shop.

We will provide you with updates as we move into and through our next phase of work with Step Up.

WHAT'S HOT? WHAT'S NOT? PRODUCE NEWS

Did you ever want to know what you can expect from the Produce department before coming into the store? Now's your chance! Megan Minnick, Purchasing Director and Produce Category Manager will begin sharing produce news via a weekly email. Please take a moment to read her article in this issue of *Reader* (page 8) and consider signing up for the weekly email newsletter.

UP AND COMING FOOD CO-OP CONFERENCE 2021

Willy Street Co-op is again the host co-op for an annual conference called Up and Coming Food Co-op Conference that is designed to provide resources, expertise, and networking opportunities for start-up co-op boards and leadership teams. This event is a virtual event scheduled for May 11-15. This event is a great example of Cooperative Principle 6 (Cooperation Among Co-ops) in action.

ANNUAL MEETING—SAVE THE DATE!

Our 2021 Annual Meeting will be a virtual event scheduled to take place on July 8, 2021. So, mark your calendar and plan to attend. Registration is required; check our website for details.

La Fete de Marquette event organizers, Wil-Mar Neighborhood Center, have announced that the event has been canceled out of an abundance of caution for the safety of attendees and staff members who would work the event.

BOARD ELECTIONS

You have one month to decide if this is the year you choose to run for the Willy Street Co-op Board of Directors. The deadline for applications is the end of day on June 1, 2021, and candidates must also attend one of the orientation sessions in May. For more information about the application process and a link to the application form, check out this page on our website: www.willystreet.coop/run-for-board.

SPECIAL STORE HOURS: MAY 31

All stores are open until 7:00pm on Monday, May 31 in observance of Memorial Day.

BOARD REPORT

Climate Change Initiative; Run for the Board; and More!



by Caryn Murphy,
Board Member

As the days get longer and sunnier, spring always encourages us to appreciate the beauty in the world around us, and to have hope for the future. We can find many causes for optimism as we witness the cautious reconnections being made in our communities during this season of new growth and new beginnings.

CLIMATE CHANGE INITIATIVE

At a recent meeting, the Co-op Board voted to join the Climate Collaborative, by pledging a public commitment to taking proactive steps that address climate change. Our Co-op has already been taking action to improve energy efficiency, reduce food waste, and reduce short-lived climate pollutant emissions. We have pledged to continue these efforts, and to explore additional possibilities as our organization moves forward. You can read more about the efforts of the Climate Collaborative at climatecollaborative.com.

RUN FOR THE BOARD

The Willy Street Co-op is seeking dedicated Owners to serve on the Board of Directors. Three seats are available in this year's Board election cycle, and elected members serve three-year terms. The Board uses the principles of policy governance to guide the direction of the Co-op. Serving on the Board is a great way to support the cooperative grocery movement and to develop personal leadership skills. Learn more about the process and download the application packet online: www.willystreet.coop/run-for-board.

- If you think you may be interested, and you want to learn more about the Board, attend an online orientation session (this is required of

all candidates!). There are three upcoming sessions to choose from:

- May 8, 2021, 12:30pm-2:00pm
- May 16, 2021, 2:00pm-3:30pm
- May 25, 2021, 6:00pm-7:30pm

The link to join a virtual session (and instructions for how to attend by phone) is available at www.willystreet.coop/pages/run-for-board.

- Plan to attend the Annual Meeting in July. This meeting will be held in a virtual format this year (see further in this article), but candidates are still encouraged to introduce themselves and share their goals. We will provide instructions for introducing yourself at the Annual Meeting after you submit your candidacy application.

If you have any questions about the process, or just want to chat with someone about the possibility of running for the Board, please reach out! You can contact the whole Board at board@willystreet.coop, or me personally at c.murphy@willystreet.coop.

VIRTUAL ANNUAL MEETING COMING IN JULY

The Board, along with management, has decided to host the Annual Meeting online, as a virtual event, as we did last year. The Annual Meeting—when we provide a year in review, a financial update, answer questions from attendees, and offer Board candidates the opportunity to address Co-op Owners—will still be held in July. Information regarding the time of day and how to join the virtual meeting will be provided in the *Reader*, on the Co-op's website, via social media, and with information about this year's upcoming elections. We hope that you will all attend!

It was not an easy decision to make, but the Board feels strongly that the safety of Owners takes precedence. We look forward to a time when we can encourage Co-op Owners to gather in person.

RUN
for the willy street co-op
Board of Directors

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

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: POTSTICKERS AND DUMPLINGS

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

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

CLASS FULL

COOKING WITH CHEF PAUL: SUSHI AND SPRING ROLLS

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

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

COOKING WITH CHEF PAUL: SUMMERTIME MEALS

Location: Google Meet
 Thursday, June 3, 5:00pm–7:00pm
 Your Co-op's Own Instructor: Paul Tseng
 Fee: \$5 for Owners; \$10 for non-owners

Summer is upon us and with it the local produce bounty! Join Chef Paul to learn to make Pork Chops with Polenta & Sauce Vierge; Roasted Chicken with Potatoes, Squash & Salsa Verde; Sautéed Mushrooms with Greens; and Gazpacho. 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 BRAZIL

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

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

COOKING TOGETHER: FLAVORS OF MADAGASCAR

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

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

COOKING TOGETHER: FLAVORS OF TIBET

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

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will turn out her take on a tasty table from the tranquil country of Tibet. Customary tea, clarified butter known as ghee, barley—the staple grain, tofu, Takari, Thukpaa—a noodle dish, popular Momo dumplings, a rice pudding dessert called Day-si, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF POLAND

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

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



LEAKY GUT: NATURAL SOLUTIONS

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

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Frequent bloating after meals? Aches, pains, and swelling throughout the body? Studies show leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and auto-immunity. Join Katy Wallace, Traditional Naturopath of Human Nature, to discuss natural approaches that work.

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

HEALTH BENEFITS OF MEAT

Location: Zoom

Wednesday, June 9, 6:00pm–7:00pm

Instructor: Katy Wallace

Fee: Free; registration is required

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

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Zoom

Wednesday, May 5, 10:00am–2:00pm

Tuesday, May 25, 10:00am–2:00pm

Wednesday, June 2, 10:00am–2:00pm

Thursday, June 10, 10:00am–2:00pm

An individual nutrition consultation is your opportunity to learn how the correct food choices for your body can enhance your well-being. A one-on-one session with Katy Wallace of Human Nature includes a consultation regarding your health goals, as well as lifestyle and food choice suggestions geared toward addressing health goals and developing sustainable change.

Appointments are confirmed upon payment. Payment is due at the time of scheduling; otherwise, the appointment will be released to other interested parties. Payment is non-refundable and non-transferable unless notice of cancellation or rescheduling is provided seven (7) or more days prior. To register for the next available opening, email info@humannaturellc.com or call 608-301-9961.



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**STORES CLOSING EARLY AT 7:00PM ON
MEMORIAL DAY, MONDAY, MAY 31**

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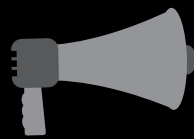
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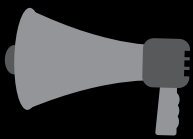
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PRODUCE NEWS

New Weekly Produce Email



by **Megan Minnick, Purchasing Director**

Over the past 20 years, I've held almost every position in our Produce departments: Stocker, Buyer, Receiver, Manager, and now in addition to my Purchasing Director role I am the Produce Category Manager for our Co-op. I oversee pricing, promotions, and product selection in all three of our Produce departments. There are so many things that I've grown to love about organic produce over the years that I'd have to write a book to list them all, but the thing that's really kept me here is that even for the most seasoned produce expert, learning and discovery never stop. Curiosity and adaptability are required, and things never ever get boring.

SEASONAL CHANGES

Of course seasonal changes are a big part of this. Our product selection is constantly changing as spring turns to summer, fall and winter; but even more fascinating are the less predictable differences that occur year to year. Each year has its own unique challenges and opportunities brought on by weather and other natural phenomena. That same peach that was amazing last

year may be just ho-hum this year. That local melon that you tried last year and didn't quite care for might just be the best thing you taste this year... Even the most expert connoisseur must be completely open to surprise and approach the produce rack with a sense of curiosity. It doesn't matter how much you know about varieties, origins, or culinary arts, you absolutely have to taste and experience specific fruits and veggies to know what's good and what's not.

So many times over the years I've wished that we had a good way to give our customers more of a window into the specific produce that awaits them when they come to our stores on any given day: What's the amazingly delicious thing that you just have to try this week? What's the thing that we've loved this season that will be gone next week? What's the thing that's coming tomorrow that we're so excited about? What's that thing that everyone who works in the Produce department simply adores but most customers are missing out on since they're not quite familiar with it?

Starting in May, we're introducing a new method of answering all of those questions. This will come in the form of a weekly email, written by yours truly. I plan to give insight into what's in season, what's delicious, what's new, what's surprising and delighting us, and what you might not have known about the produce that you'll find in our stores.

SIGN UP FOR OUR WEEKLY PRODUCE NEWS EMAIL

Hear what's new, what's tasty, and what it's your last chance to get. To sign up, look under the News section on our website (www.willystreet.coop)! You can also email producenews@willystreet.coop.

PLASTIC-FREE Fruit & Vegetable STORAGE GUIDE

Apples	Store on a cool counter or shelf for up to two weeks. For longer storage, place in the crisper.
Bananas	Store on a cool counter at room temperature.
Berries	Store in a single layer in the coolest part of your refrigerator. A paper bag works well. Do not wash until right before eating.
Cherries	Keep in an airtight container. Wash just before eating.
Dates	Store drier dates (Deglet Noor) on the counter in a bowl or paper bag. Moist dates (Medjool) need refrigeration if stored over a week. Use a cloth or paper bag to keep moisture away from dates.
Figs	Store figs unstacked on a plate in the fridge for up to a week. Avoid closed containers, as figs do not like moisture.

Melons	Keep uncut in a cool dry place, out of the sun, for up to two weeks. Cut melons should be kept in the fridge upside down on a plate.
Pears	Store pears on the counter at room temperature until fragrant and softening. Refrigerate only if they are fully ripe.
Persimmons	Store Fuyu (squat shape) at room temp. Keep Hachiya (long) at room temperature until completely mushy. They become very fragile when ripe.
Pomegranates	Can be kept up to a month stored on a cool counter.
Stone Fruit Apricots, Peaches, Nectarines, Plums, Pluots	Store on a cool counter at room temperature to ripen; place in paper bag with a banana to hasten ripening. Can be refrigerated for up to a few days once ripe. Never refrigerate unripe stone fruit as it can produce a "mealy" texture.
Tropical Fruit Guava, Kiwi, Mangoes, Pineapple	Store tropical fruit on the counter at room temperature until fragrant and ripe. Transfer to the fridge when ripe.
Artichokes	Place in a sealed, airtight container with light moisture.
Arugula	Dunk in cold water and spin or lay flat to dry. Arugula should not stay wet! Place dry arugula in an open container wrapped with a dry towel to absorb any extra moisture.

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

Sally the Salad Robot



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

The Covid-19 pandemic has changed a lot about the way we live and interact with each other, our communities, and our food. Throughout the pandemic the Prepared Foods team at Willy Street Co-op has

been focused on how we can expand access to products safely and with minimal impact to customers. The past year we've been focused on packaging and merchandising changes and fundamentally rethinking the way our products are offered. The most exciting of these changes is coming to our East Side store on Williamson Street! The East Deli will be launching Sally the Salad Robot in early May.

CHOWBOTICS

Sally is developed by the Chowbotics team based in Hayward, California and is a fully automated salad bar that holds up to 22 ingredients. Sally is about six feet tall and weighs 750 pounds. Customers can build their own salads by selecting the ingredients of their choosing on a touchscreen. If building a salad from scratch seems too time consuming, salad lovers can also try one of the salads on a preprogrammed, chef-crafted salad menu. Our spring menu will feature a mango chicken salad, ancient grains, and a ginger tofu salad, just to name a few! Sally makes it easy to customize your salad, even the preprogrammed salads in Sally can be fully customizable; customers can swap out a dressing, or choose a different topping if desired by simply following the prompts on the touchscreen. Once ingredients are selected, it only takes Sally about a minute to assemble a salad.

SAME QUALITY INGREDIENTS

Perhaps the best part about Sally is that it will feature the same quality ingredients

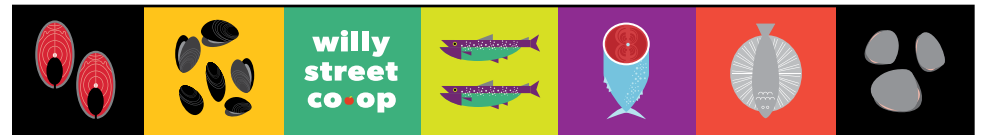
you're used to seeing and eating in the Willy Street Co-op Deli. We'll still be sourcing the same local organic produce, and our culinary staff will still be preparing ingredients and salad dressings for Sally to dispense. Once the ingredients are prepared by our culinary team, they'll be loaded into Sally for customers to enjoy.

REDUCING WASTE

Sally will also help reduce waste at the Co-op. Since ingredients are constantly being monitored and refrigerated, they'll hold up a lot longer than they would on a traditional salad bar. Also, because Sally takes care of building the salads in the fully enclosed chamber, there's no risk of cross contamination of ingredients.

SAFETY AND QUALITY

Sally offers a level of safety and quality that no other service can offer. Sally monitors and records temperature and ingredients levels by the minute, keeping all of the ingredients inside at a crisp 38°F and free from any outside human contact. Most importantly, Sally is fun and easy to use! We'll have staff trained up and ready to help with any questions customers may have about Sally and how it works, but the best way to check out Sally is to come and try a fresh made salad for yourself!



At Willy Street Co-op we use the Monterey Bay Aquarium Seafood Watch guide to help us determine what seafood to carry.

Below is their consumer guide of most popular seafood and whether it's a best choice, a good alternative, or something to avoid.

The guide is updated twice yearly, so check seafoodwatch.org for the most up-to-date full listing. Note: not all Best Choices or Good Alternative products listed below will be carried by the Co-op at all times, although many can be special ordered.



Monterey Bay Aquarium Seafood WATCH

GOOD ALTERNATIVES

- Octopus (Canada, Portugal & Spain pots and traps, HI)
- Oysters (US wild)
- Pollack (Canadian longlines, gillnets & US)
- Salmon: Atlantic (BC & ME farmed)
- Salmon (CA, OR & WA)
- Shrimp (Canada & US wild, Ecuador & Honduras farmed)
- Squid: Jumbo
- Swordfish (US)
- Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
- Trout: Lake (Lakes Huron, Michigan & Superior, Canada, MI & WI)
- Trout (Canada & Chile farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole & lines, US longlines)
- Tuna: Yellowfin (free school, trolls, poles & lines, US longlines)

BEST CHOICES

Seafood Watch's recommendation to consider first; these are well managed and caught or farmed responsibly.

- Abalone (farmed)
- Arctic Char (farmed)
- Barramundi (US & Vietnam farmed)
- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (AK)
- Crab: King, Snow & Tanner (AK)
- Mussels (farmed)
- Oysters (farmed & Canada)
- Perch: Yellow (Lake Erie trap nets, except Ohio)
- Prawn (Canada & US)
- Rockfish (AK, CA, OR & WA)
- Sablefish/Black Cod (AK)
- Salmon (New Zealand)
- Sanddab (CA, OR & WA)
- Scallops (farmed)
- Shrimp (US farmed)
- Smelt: Rainbow (Lakes Erie, Huron, Superior, except gillnets)
- Squid: California Market
- Sturgeon (US farmed)
- Tilapia (Canada, Ecuador, Peru & US)
- Trout: Lake (Lake Superior, MI)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole & lines)
- Tuna: Skipjack (Pacific trolls, pole & lines)
- Whitefish: Lake (Lake Michigan, WI)

AVOID

Seafood Watch suggests avoiding these because they're overfished, lack strong management, or are caught or farmed in ways that harm other marine life or the environment. We will not be offering these products in our stores.

- Basa/Pangasius/Swai
- Bass: Striped (US gillnet, pound net)
- Cod: Atlantic (gillnet, longline, trawl)
- Cod: Pacific (Japan & Russia)
- Crab (Argentina, Asia & Russia)
- Halibut: Atlantic (wild)
- Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
- Mahi Mahi (Peru, Taiwan)
- Octopus (other imported sources)
- Orange Roughy
- Pollock (Canada trawls & Russia)
- Salmon (Canada Atlantic, Chile, Norway & Scotland)
- Sharks
- Shrimp (other imported sources)
- Squid: Argentine shortfin, Indian, Japanese flying, mitre & swordtip
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (imported except trolls, pole and lines)
- Tuna: Atlantic Bluefin (imported longlines)
- Tuna: Pacific & Southern Bluefin
- Tuna: Skipjack (imported purse seines)
- Tuna: Yellowfin (imported longlines except US)

GOOD ALTERNATIVES

Seafood Watch says these are fine to buy, but be aware there are concerns with how they're caught, farmed, or managed.

- Clams (US & Canada wild)
- Cod: Atlantic (handlines, pole and lines)
- Lobster: Spiny (Bahamas & US)
- Mahi Mahi (Costa Rica, Ecuador, Panama & US longlines)

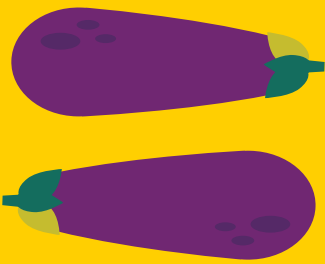
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BAKERY NEWS

The Naked Baker



by Dustin Skelley, Prepared Foods Director

May is Celiac Awareness Month. To raise awareness and celebrate, Willy Street Co-op and The Naked Baker decided to work together to put their delicious gluten-free multipack cookies on sale for a dollar off the first two weeks

in May! Even if you don't have issues with gluten, Susan's cookies are a delicious treat for all diets. If



you suffer from a gluten intolerance or allergy, and you have not tried their cookies, get some in May and taste for yourself how decadent they really are. Recently I sat down and asked Susan some questions about her bakery.

What's the story behind your name?

We like to say that our products are "naked" of all the bad stuff. Our products are clean-label, non-GMO, free of preservatives, artificial colors and flavors. To us, the word "naked" means clean and that is what we are all about.

Why did you decide to open a gluten-free bakery?

I saw that there was a lack of fresh, gluten-free desserts available in grocery stores, specifically in the fresh bakery department so decided it was time to change that. Gluten-free consumers are missing out on not being able to enjoy fresh bakery.

They don't want to be limited to desserts that come in a box and last for six months or are frozen in the freezer aisle. The Naked Baker has created a product that is different. It tastes fresh baked and soft, just like something you would get at a bakery. We want to give the gluten-free consumer a new and fresh option to satisfy their dessert craving.

Where is your bakery located?

New Berlin, Wisconsin (just west of Milwaukee).

I always enjoy the seasonal products that you have. How often do you change out your seasonal flavors? What varieties do you highlight and when?

In March we bring out our lemon poppyseed cookie. Lemon is fresh like spring and we think that is the perfect time for that flavor. That flavor sticks around throughout summer and once September rolls around, we bring out our Pumpkin Chocolate Chip which is on-shelf until the holiday season. Thanksgiving ushers in our holiday flavors: Eggnog Snickerdoodle, Gingerbread Spice, and Chocolate Peppermint Fudge.

What's your favorite seasonal cookie?

That's a tough one! I think that everyone loves when pumpkin makes its appearance in the fall. I think the warmly-spiced pumpkin makes a great combination with the bittersweet chocolate chips in our pumpkin chocolate chip cookie. At Christmas I love a good, soft and chewy gingerbread cookie so I am always excited to see that return (not to mention how good our production space smells when they are baking in our ovens!).

You use a lot of quality ingredients in your cookies. Is there any ingredient that you're particularly proud of or has a good story behind it?

I am proud that we are able to source ingredients that are clean-label and more natural than many of our competitors use. I am very happy that we are able to source purity protocol oats. Many of our gluten-free consumers had questions about the oats we use. Through listening to them and hearing their concerns, we were able to switch 100% to purity protocol in order to meet their demands. I think that says a lot about our commitment to giving our consumers what they really want in a product.

COVID-19 has been really hard on a lot of small businesses, how has the pandemic impacted The Naked Baker?

COVID forced us to look at how we were reaching our consum-

er. Since many people shifted the way they shopped for groceries, we had to develop a more robust omnichannel strategy and increase our online presence. We redeveloped our website and have learned a lot about how to reach our consumers outside of a brick and mortar grocery store. Additionally, we found that many grocery stores were not adding new products to their line-up during the pandemic so our growth strategy had to be adjusted. Luck-



Susan of The Naked Baker

ily we are seeing that this is slowly changing and returning to a more normal, pre-pandemic state. We are excited about growing our footprint into more co-ops and natural food stores in 2021. We love working with the co-ops and natural food stores as everyone there understands our products and supports our brand so well.

Where do you see The Naked Baker in the future?

Since we have invested significantly in developing a diversified sales channel during the pandemic, my goal is two-fold. I would like to see The Naked Baker grow into the #1 online direct-to-consumer gluten-free brand. And, continuing on the pre-pandemic track, I would like to expand into co-ops and natural food stores first across the midwest region, then expand across the country. I also would like to add new and exciting flavors and additional gluten-free products to our lineup. I think there is a need for more gluten-free products in the market. I want to give our consumers products that are different and exciting to eat, but most of all, I want to give them products that they truly love. After all, The Naked Baker brand is all about bringing joy and happiness into every bite.



Health & Wellness

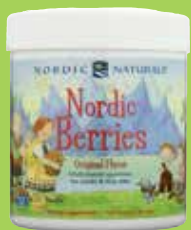
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Whey Powder

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co-op deals: May 5-18



Cascadian Farm Organic Frozen Vegetables

Broccoli Florets, Sweet Peas, Kale,
Shelled Edamame

10 oz • Save \$1.58-\$1.98/2

2 for \$4



Annie's Macaroni and Cheese

6 oz • Save 99¢-\$1.79

\$1.00



Crofter's Organic Premium Fruit Spread

All Kinds on Sale!

10 oz • Save \$1

\$2.99



Gardein Seven Grain Crispy Tenders

9 oz • Save 80¢

\$3.99



Ben & Jerry's Dairy Ice Cream

Cherry Garcia, Half Baked,
The Tonight Dough

16 oz • Save \$2

\$3.99



Native Forest Organic Simple Coconut Milk

13.5 oz • Save \$1

\$2.29



So Delicious Non-Dairy Frozen Dessert

All Kinds on Sale!

16 oz • Save \$1.50

\$4.99



Upton's Naturals Seitan

All Kinds on Sale!

8 oz • Save \$1.30

\$3.49

Seventh Generation Baby Diapers

Sizes 1-5 (Except Overnight)

19-31 ct • Save \$3

\$7.99/tx

Divine Dark Chocolate Bars

All Kinds on Sale!

3 oz • Save \$2.58/2

2 for \$5/tx

Honest Kids Organic Juice Drinks

All Kinds on Sale!

8 pk • Save \$1.50

\$3.49/tx

A Dozen Cousins Seasoned Beans

All Kinds on Sale!

10 oz • Save 80¢

\$2.99

Birch Benders Pancake & Waffle Mix

All Kinds on Sale!

10-14 oz • Save 80¢-\$3.80

\$3.99

Ripple Plant-Based Milk

All Kinds on Sale!

48 fl oz • Save \$1

\$3.29

Food For Life Ezekiel 4:9 Bread

24 oz • Save \$1

\$4.49

Hippeas Chickpea Puffs

All Kinds on Sale!

4 oz • Save \$1

\$2.79

Muir Glen Organic Canned Tomatoes

All Kinds on Sale!

14.5 oz • Save 99¢-\$1.29

\$1.00



Purely Elizabeth Granola

All Kinds on Sale!

8-12 oz • Save \$3.30

\$3.99



Garden of Eatin' Tortilla Chips

All Kinds on Sale!

16 oz • Save \$1

\$3.99



Brown Cow Cream-Top Yogurt

All Kinds on Sale!

32 oz • Save 80¢

\$3.49



Dr. Bronner's Organic Coconut Oil

Whole Kernel, White Kernel

14 oz • Save \$3.50

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Organic Valley Sour Cream

16 oz • Save 80¢

\$2.99



Van's Frozen Waffles

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8.5-9 oz • Save \$1.58-\$2.58/2

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Zevia Soda 6-packs

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\$3.99/tx



The specials on this page are valid May 5-18

All Specials Subject to Availability. Sales Quantities Limited.

MAY

co-op deals: May 19-June 1

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.



Honest Tea Organic Iced Tea

All Kinds on Sale!
16 fl oz • Save 54¢

\$1.25

Boulder Canyon Potato Chips

All Kinds on Sale!
5.25-6.5 oz • Save \$1.58/2

2 for \$5

Frontera Frozen Meal Bowls

All Kinds on Sale!
10.75-11.5 oz • Save \$1.79

\$3.00



California Olive Ranch Everyday Extra Virgin Olive Oil

16.9 oz • Save \$2

\$8.99

Bionaturae Organic Durum Semolina Pasta

Spaghetti, Penne Rigate, Fusilli
16 oz • Save \$1.58/2

2 for \$4

Bubbie's Sauerkraut

25 oz • Save \$2

\$5.99



Clif Bars

All Kinds on Sale!
2.4 oz • Save 25¢

\$1.00

Beyond Meat The Beyond Burger

Beef-free and great for grilling!
8 oz • Save \$1

\$4.99

Better Life Sage & Citrus All-Purpose Cleaner

32 oz • Save \$1

\$3.99/tx



Kettle Brand Potato Chips

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

2 for \$5

Green Mountain Gringo Yellow Tortilla Strips

8 oz • Save 99¢

\$2.00

Luna & Larry's Coconut Bliss Frozen Dessert

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

\$4.99



From The Ground Up Gluten-Free Crackers and Snacks

All Kinds on Sale!
4-4.5 oz • Save 80¢-\$1

\$2.99

Made In Nature Organic Dried Mango

3 oz • Save 50¢

\$4.49

Bragg Liquid Aminos

16 fl oz • Save \$1

\$3.99



Go Macro Bars

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

2 for \$4

Forage Kombucha

All Kinds on Sale!
12 oz • Save 20¢

\$1.79

Nature's Path Organic Cold Cereal

All Kinds on Sale!
10.6-14 oz • Save \$2.30-\$2.50

\$2.99



Maya Kaimal Everyday Dal

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

\$3.49

Drew's Organic Salad Dressing

All Kinds on Sale!
12 oz • Save \$1

\$3.49

Nixie Organic Sparkling Water

All Kinds on Sale!
8 pk • Save \$1

\$3.99



Woodstock Hardwood Lump Charcoal

8.8 lb • Save \$1.80

\$7.99/tx

Near East Boxed Grains

All Kinds on Sale!
5.25-10 oz • Save 98¢/2

2 for \$4

Santa Cruz Organic Lemonade

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

2 for \$3



The specials on this page are valid May 19-June 1
All Specials Subject to Availability. Sales Quantities Limited.

RUN

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

See willystreet.coop/run-for-board



Deadline for applications: June 1st at 11:59pm.

Candidates are required to attend a Candidate Orientation Session. Please see the website or Board candidate application for details!

Please see the website or Board candidate application for dates!



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willy street co-op



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RUN FOR THE BOARD

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

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Available in adult soft and medium and
kids soft



AVAILABLE AT WILLY EAST

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Kalamazoo Candle Company: New scents available—Golden Amber,
Eucalyptus & Magnolia
Down To Earth Nursery Pots, available in three sizes—one, five and ten
gallon
Down To Earth 5L Watering Cans, available in green, blue and purple
Dalen Products Twist Tie with Cutter for gardening
Green Acres Wood and Plastic Plant Labels

AVAILABLE AT WILLY WEST

The Pasty Oven Traditional Pasty
The Pasty Oven Traditional Rutabaga Pasty
The Salsa Man's Salsa Tortilla Chips
The Salsa Man's Salsa Peach Mango Salsa
The Salsa Man's Salsa Medium Salsa
The Salsa Man's Salsa Hot Salsa
The Salsa Man's Salsa Black Bean and Corn Salsa
Kalamazoo Candle Company: New scents available—Golden Amber,
Eucalyptus & Magnolia
Down To Earth Nursery Pots, available in three sizes—one, five and ten
gallon
Down To Earth 5L Watering Cans, available in green, blue and purple
Dalen Products Twist Tie with Cutter for gardening
Green Acres Wood and Plastic Plant Labels

AVAILABLE AT WILLY NORTH

The Pasty Oven Traditional Pasty
The Pasty Oven Traditional Rutabaga Pasty
The Salsa Man's Salsa Tortilla Chips
Kalamazoo Candle Company: New scents available—Golden Amber,
Eucalyptus & Magnolia
Down To Earth Nursery Pots, available in three sizes—one, five and ten
gallon
Down To Earth 5L Watering Cans, available in green, blue and purple
Dalen Products Twist Tie with Cutter for gardening
Green Acres Wood and Plastic Plant Labels

Save the date!

willy street co-op
Annual Meeting
will be held virtually
this year on July 8th.

Attend to hear the year in review and
the financial health of your Co-op, answers
to questions from attendees, speeches
from Board candidates, and more.

See willystreet.coop/2021-Annual-Meeting for details.

All registered attendees will be entered to win prizes!

Details will be available closer to the event.

www.willystreet.coop **willy street co-op**

**STORES CLOSING EARLY AT 7:00PM
ON MEMORIAL DAY, MONDAY, MAY 31**

Announcing the Community Reinvestment Fund Recipients



by Liz Hawley, Education and Outreach Coordinator

Since its inception in 1992, Willy Street Co-op's Community Reinvestment Fund (CRF) has contributed \$477,000 to local nonprofits and cooperatives to support developmental and educational projects for our community. The fund is seeded when Owners who have become inactive and have not

claimed their equity after three years either abandon or donate their Owner equity to our Co-op. Community Reinvestment Funds are allocated annually by the Board of Directors in accordance with our bylaws that stipulate unclaimed or donated equity that has been abandoned be dedicated to educational and charitable purposes. Grants from the Community Reinvestment Fund may be awarded to projects supporting food justice and/or access, creating/developing Co-operative businesses, sustainable agriculture, health and well-being, and/or social change. This fiscal year, the Board allocated \$25,000 for this competitive grant fund, and we received 21 total applications requesting \$66,796 in funding.

The CRF grant review committee is pleased to share the 10 projects receiving funding this year:

BIKEEQUITY: KITTIE KNOX MOBILE BIKE LIBRARY \$1,000

BikeEquity is a new nonprofit organization working to increase diversity and inclusion in the cycling community in Madison. They are working to establish their first Mobile Bike Library which provides a creative approach to increasing community access to bicycling and ensuring a positive and supportive introduction to bicycling for kids with limited participation opportunities. The mobile bike library accomplishes this by lending bikes to those who do not own bikes, offering a safe biking environment for everyone, and involving adults who will serve as role models to promote cycling. The bikes in the mobile library will be used for two bike clubs and for organized bike rides. CRF funding will be allocated for custom water bottles, bike maintenance, COVID-19 related safety items, and marketing for the events.

BRIARPATCH YOUTH SERVICES, INC: MADISON SUMMER TEAM MINORITY BUSINESS PROJECT \$2,066

Briarpatch will continue expand-

ing their successful Madison Summer Team program to provide more 14–16 year old youth with first time employment experience. This summer, the program will partner with minority-owned businesses to employ these youth. Briarpatch will provide subsidized employment for these youth for up to ten hours per week for three months, and the minority-owned business will agree to continue their employment for an additional three months. Prior to employment, all students receive pre-employment training, including obtaining appropriate permits and documentation, completing job applications, employment readiness/job expectations training, financial literacy training, and team building and leadership development. CRF funding provides a portion of the youth wages.

CHRYSALIS: CLUBHOUSE EXPANSION PROJECT \$2,619

Chrysalis is an organization that promotes mental health recovery by supporting work opportunities that encourage hope, healing, and wellness. The newest addition to Chrysalis programming is the Chrysalis Clubhouse, a psychosocial rehabilitation model that uses concepts related to relationships and work to help individuals with mental health diagnosis find purpose and meaning in their lives. Clubhouse communities offer mutual support, build on strengths, form social support, and work towards career development goals using the Clubhouse International Standards. This year, Chrysalis is working towards incorporating a Clubhouse Cafe that will be operated

by members and staff, and through program participation, members will gain rehabilitation skills and experience working in food service. CRF funding will provide for a double glass door refrigerator, electric mixer, and a smoothie blender.

CROSSROADS COMMUNITY FARM, LLC: FEED 100 MADISON FAMILIES \$5,000

Last year, in response to the COVID-19 pandemic, the Mellowood Foundation started an initiative to bring weekly fresh vegetable shares from Crossroads Community Farm to many underserved neighborhoods on Madison's South Side. This year the program has expanded, more than doubling the number of families participating. This project brings together Crossroads' skills and ability to grow, wash, pack, and deliver high-quality produce with Mellowood Foundation's community connections, logistical support, and ability to deliver directly to households in the neighborhoods they serve, thereby eliminating any transportation barriers families may have. CRF funding will be used for growing and packing the weekly vegetable shares.

GOODMAN COMMUNITY CENTER: GOODMAN'S GARDEN FIT PROGRAM \$3,050

Goodman's Garden Fit Program is a hands-on, outdoor, farm-based, summer program for fifth graders from Lowell and Emerson Elementary schools in Madison. Students in the program will be actively involved in the entire process of running a

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three-acre organic farm three days each week, including planting, growing, weeding, mulching, harvesting, washing, and cooking. The youth farmers will grow, harvest, and donate approximately 2,000 pounds of produce to Goodman Community Center's Fritz Food Pantry; the youth will also take home a portion of the bounty to share with their families. When not working on the farm, the students will lead service projects at Brittingham Park, such as cleaning up trash and removing weeds along the lakefront before paddleboarding and kayaking on the lake. They will also have the opportunity to work with teen leaders on team-building activities at Troy Gardens. CRF funding provides garden supplies, such as gloves and trowels; transportation; boat rental; and an end of summer field trip.

KIDLINKS WORLD, INC: EXPANDING THE KIDLINKS BRIARPATCH VEGETABLE GARDEN PROJECT \$2,319

The Kidlinks Briarpatch Vegetable Garden Project aims to increase the availability of fresh produce at area food pantries while also providing hands-on training for local youth through Briarpatch Youth Services. Kidlinks World will employ a garden manager and four paid high school Food Justice Interns to grow produce and provide comprehensive food education in the community. The Food Justice Interns are all graduates of Neighborhood Food Solutions' Program for Entrepreneurial and Agricultural Training. They spent a previous summer learning hands-on organic vegetable production and cooking for nutrition, personal finance, environmental and social impacts in our food system, and racial justice in the food system. The interns will share their knowledge with the youth as they work together in the garden, and all of the produce grown in the half-acre garden will be divided among the youth who worked in the garden, the Food Justice Interns, the River Food Pantry, and Neighborhood Market at the East Madison Community Center. CRF funding is for plants, seeds, scale, organic fertilizer, hand tools, and a tiller.

MENTORING POSITIVES, INC: PIZZA TO THE PEOPLE! \$2,067

Mentoring Positives provides mentoring, academic support, and entrepreneurship opportunities to underserved youth throughout Dane County, including youth referred through the juvenile justice system. They began their Off the Block social enterprise in 2010 with sales of salsa, and in 2019, they added frozen pizzas to their product catalog that youth in their program make at FEED Kitchens. This year they aim to increase sales of the pizzas, thereby increasing the proportion of self-funded revenue, and expand their customer base by vending at

the Eastside Farmers' Market with the intention of building their capacity to participate in three to four markets each week. Youth in the program gain work experience in a food preparation setting, and by selling their pizzas at the farmers' market, they will gain sales experience as well. CRF funding is for an inverter generator, two chest freezers, market tent, and the market vendor fee.

NEIGHBORHOOD HOUSE COMMUNITY CENTER: FRESH FOOD CONNECTION \$3,000

Madison's oldest community center, Neighborhood House, serves the Greenbush neighborhood on Madison's south side near campus. Their food distribution initiatives are a direct response to the COVID-19 pandemic, and through the creation of these programs, they identified an immediate need in the community for consistent access to quality and nutrient-rich foods, not only shelf stable products. Recognizing that the pandemic exacerbated the conditions and systems in which food has been distributed led them to establish the Fresh Food Connection, with the primary goals of doubling the total volume of locally sourced fresh food distributed through their pantry to the community and connecting neighbors to local agricultural food systems. Fresh food distribution is largely a question of storage and distribution capacity, and the Fresh Food Connection program will give Neighborhood House the ability to safely store and distribute these foods through the winter months. Funding from the CRF will be used for fresh locally sourced produce and a chest freezer.

RAPE CRISIS CENTER, INC: RCC GAMECHANGERS—2021 YOUTH ADVOCACY AND COMMUNITY IMPACT PROJECT \$2,000

Rape Crisis Center (RCC) advocates for those harmed by sexual violence. In addition to 24-hour helpline support, short-term counseling and therapy, and community outreach, RCC also provides education on sexual assault and consent in middle and high schools and provides primary prevention through their youth advisory group called GameChangers (GC). GC is a coalition of 17 high school students working across 13 public high schools throughout Dane County to engage in discussions and research on the contributing causes of sexual violence. The students work with facilitators to develop initiatives to present to policymakers and school administrators with the goal of improving the landscape for victims of sexual violence and fostering the kind of understanding that contributes to preventing sexual abuse from occurring. CRF funding is for GC facilitation, guest speakers, graphic design, and year-end community impact projects.

RISE WISCONSIN'S RESPITE CENTER: RESPITE BASIC NEED PANTRY \$1,870

The Respite Center provides respite and crisis childcare to families and supports parents who may not have access to the support they need in order to create stability for their families and improve their overall well-being. The Respite Center has provided families with baby wipes, diapers, food, and clothing based on demonstrated need and as they have these items available. As more families have been impacted by the economic stress of the COVID-19 pandemic, the Respite Center is working to expand their capacity to keep these essential supplies on-hand in their basic need pantry, and they will also develop the structure to support delivery of these items when a need is indicated. With the increase in their service, the Respite Center identified the need for dedicated staff time to support the growth and development of the

program and to expand the capacity of the organization as a whole. CRF funding is for staff time, including service delivery (onboarding, program development), collaboration and outreach, and community engagement.

CONGRATULATIONS AND THANK YOU!

Congratulations to the winners of this year's grants and thank you to all organizations that applied—you're all doing great work in our communities! Thank you to this year's CRF review committee: Board Directors Gigi Godwin and Ashwini Rao, Owners At-Large Glen Reichelderfer, George Reistad, and Melissa Wavelet, Cooperative Services Director Kirsten Moore, Education and Outreach Coordinator Liz Hawley, and Owner Resources Coordinator Amanda Iken.

And of course a special thank you goes out to all of our Owners past and present who make this funding possible.

STORES CLOSING EARLY AT 7:00PM ON MEMORIAL DAY, MONDAY, MAY 31

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Deadline for applications: June 1st at 11:59pm.
Candidates are required to attend a Candidate Orientation Session. Please see the website or Board candidate application for details!
Please see the website or Board candidate application for dates!

WHY FOOD WASTE MATTERS

by Ben Becker, Newsletter Writer

Read up on food waste in the U.S., and you may be shocked. We're a culture that tends to take low food prices for granted, and the value we put on food itself matches that low estimation. As a result, our nation leads the world in the quantity of food that ends up in the garbage. It's estimated that 80 billion pounds of food per year—between 30 and 40 percent of the national supply—goes to waste, and the majority of that food is still edible!

In a society plagued by food insecurity in many communities, the loss of such abundance signals clear ethical and economic problems. Food waste is also a very serious ecological issue. We can think about food as sequestered carbon from the soil and air, as well as nitrogen and phosphorus (whether in the form of plants or of the animals who eat those plants). Growing and harvesting food means taking those compounds and moving them, step by step, into the hands of eaters; that process requires energy inputs and some outputs of

waste. When food gets discarded, the resources required to produce, process, and ship it are effectively squandered.

Once it's in the landfill, food waste produces a suite of the primary greenhouse gases involved in global climate change, and does so in particularly high proportions (estimated as seven percent of total global emissions). It also releases large quantities of nitrogen, which runs off into watersheds, encouraging blooms of algae that choke streams, rivers, lakes and oceans. Here in Dane County, around 20 percent of what goes into landfills is food waste, and we're in an important spot on the continent for water.

A lot needs to change for us to seriously mitigate the costs of food waste. Some of that work is cultural, addressing the way we think about food and food systems, especially in relation to economic scarcity. Some of it is political, involving legislation and funding: Vermont is going so far as to ban all discarding of food scraps by the end of 2021. Madison has just been accepted

into the Great Lakes Cohort of the Natural Resources Defense Council's Food Matters initiative, which generates and shares resources to mitigate food waste issues in a variety of ways: coordinating restaurants and grocery stores with food banks, setting up citywide composting programs, and much more.

Truly solving the problem will mean big changes in our food system, market economy, and society. Those long-term changes will also absolutely be built on a foundation of local efforts for transformation. What can we do as individual eaters to minimize food waste in our own lives? What steps is our Co-op taking to do the same as a business? Let's look at some projects, practices and ideas targeted toward wasting as little as possible.

YOUR CO-OP: COMPOSTING AND MUCH MORE

Willy Street Co-op has a long-standing commitment to decreasing the amount of food that gets thrown away in the course of operating a business in which that's a challenging issue. There's no way around the fact that much of any grocery store's offerings are perishable, and that some goods arrive unfit for sale in one way or another. It's impossible to predict the exact rhythms of supply and demand. However, there's still plenty we can do to make the best effort possible.

Composting

Much of what the Co-op does to minimize food waste is straightforward. Fruit and vegetable scraps and discards from the Produce departments, Deli, and Juice Bars (as well as the Commons areas, when open) gets picked up by Earth Stew, and made into rich Purple Cow compost—some of which comes back to the Co-op! Composting is itself a great strategy for carbon sequestration and soil fertility, both of which help support healthy ecosystems. Our Produce departments also—on an informal basis—welcome customers to take bags of compost home to feed chickens, pigs and other animals.

Discounted Produce

We're also proud of our discounted produce program. Our Produce departments have very high standards for what goes on the shelf, but that doesn't

mean we want to get rid of everything that doesn't make the cut. Perfectly ripe fruit that will soon turn too soft to hold up on the shelf gets sold as a large, inexpensive bag of plums to turn into jam, perfect bananas or strawberries for smoothies, or apples that just have one little bruise to cut off. Slightly wilted greens, mushrooms just getting a little spotty, or bell peppers with little cracks in them come, still highly delicious and nutritious, at a bargain. Produce accounts for the majority of food discarded by grocery stores, restaurants and consumers, and we try to do our part to save as much of it from the landfill as possible.

Staff Free Bins

Another long-standing practice at the Co-op is the presence of free bins for staff. Unlike at most grocery stores, where workers are forbidden to take home unsaleable product, staff here are encouraged to do so. Almost every department has its own bin. Produce deemed just a bit too far gone to discount, recently dented canned goods, bags of bulk beans or nuts left behind by a customer, yogurt, chicken, or broccoli salad at its "sell-by" date—even though the Co-op has done a lot over the past few years to reduce loss in every department, there's still a decent amount of food that can't be sold, and we're happy to pass it on to our workers.

Production Kitchen

A lot of our own product comes from our Production Kitchen, where cooks produce and package food for the Delis. The Kitchen often transfers slightly blemished or surplus product from one or another in-store department. During the pandemic, we've had to shut down open food bars and drastically reduce the amount of food preparation done on site at the three stores. That has translated into an expanded role for the Production Kitchen, which means a lot more work for the folks there, but also greater control over food-waste issues.

Dustin Skelley, the Co-op's Prepared Foods Category Manager, points out that, when the hot bars and salad bars were open, the Delis had to throw out a good deal of food, "because sales slowed down from a rainy or cold



weekend, or because we saw other contamination from folks using the bar. With all the product packaged we're left with a bit more flexibility for how we can use that product, and it gives customers access to our food from store open to store close." Though food safety during the pandemic has meant more packaging, that packaging has lengthened the shelf life of our prepared foods, and cut down on food waste.

Sally the Robot

Other innovations are coming down the line. This month, look at the East side Co-op for Sally the Salad Robot! "Sally is a three-foot-by-three-foot machine weighing about 750 pounds that is able to dispense 22 salad ingredients from an air-tight, refrigerated environment," says Skelley. That will keep ingredients fresher for longer. "Unlike a salad bar, staff are the only people that can physically handle ingredients, from the time they are prepped to the time they make it in the customer's salad; this will virtually eliminate any food waste caused by cross-contamination, and will result in a higher-quality salad for customers. Additionally, Sally will portion out all the ingredients so that customers are paying a flat price for a salad. This will end the days of customers making a salad that ends up being too expensive and ends up having to be 'lost' out because the customer no longer wanted it upon seeing the price."

For the Co-op, reducing food waste is a win-win process for everyone involved. Lower product loss means lower costs to the store. Imperfect product feeds customers, staff, and soil. The Co-op also often makes donations to local "food rescue" organizations like Second Harvest. As always, the Co-op also tries to share resources and knowledge that can help us all become more conscious of our food systems, contributing what we can to a change in consciousness about the real value of the food we eat.

YOUR FOOD: WHAT EACH OF US CAN DO

How can individual "consumers" (buyers and eaters of food) help to reduce food waste? There are countless steps we can take—and any of them count.

Plan Ahead

The simplest step may be the most effective, and also the hardest for many of us to do: plan meals and eat leftovers. Having a plan for the ingredients we buy helps us use everything that goes into the fridge. Planning for particular types of dishes can make this easier; just about anything (including last night's leftovers) can go into omelets, soups, stews, pasta dishes or stir-fries.

For soups and stews, it's nice to have some good stock or broth on hand as well. That can be from a box, or you can easily make your own easily. Just keep a freezer bag or tupperware container in the freezer and, whenever you have vegetable scraps (or animal bones), toss them in. When the container fills up, dump it into a pot, cover with water, add some salt, and

simmer—then freeze it in jars or other containers (this, of course, adds thawing the stock to your meal planning). Freezing leftover soups and stews is also easy, as long as you remember they're there.

Home Composting

It's pretty easy for many individuals and households to get started with composting as well. A home compost pile is a much better destination for fruit and vegetable matter, coffee grounds and eggshells than the landfill. For more on composting, check out Ben Becker's April 2019 *Reader* article, "Compost Like the Earth Depends on It."

Sell By; Use By

We'd also end up wasting a lot less food if we adopt a more skeptical attitude toward those dates on the packaged foods we buy. Remember that the requirements and recommendations for these dates, while based on conscientious efforts to promote food safety, are very conservative, and that "best by" is distinct from "sell by" or "use by." Yogurt and jam are good until they get moldy, while you can easily cut a little mold off of a block of cheese; milk is good until it goes sour, and pickles basically last forever. You want to be more careful with meat and seafood, but you can still trust your eyes and nose. For foods without "expiration" dates, your senses and your ingenuity are enough to go on. A fruit that's developed some darker spots won't kill you, and in some cases that's a sign of the most perfect flavor. There's nothing dangerous about slightly wilted greens or carrots. Again, the majority of the food we discard is perfectly edible; even the USDA points to fear of aging food as a major cause of food waste.

What We Buy

What we choose to buy is also a factor in food waste reduction. Local produce will generally be fresher, and the product that makes it to the shelf less subject to damage over the course of multiple stages of storage and shipping than product grown far away. Buying whole chickens (rather than packages of breasts) guarantees that none of an animal will go to waste, and going for less popular cuts contributes to a similar goal. We can also consciously choose product that may be less visually perfect, but has lost none of its genuine flavor, texture or nutrition, stepping up to the challenge of changing the aesthetics of the ways we value food.

Food may be a huge industry, but it's still very much dependent on the choices of individuals—and, because we all have to eat, every one of us is faced with those choices, in stores, at restaurants and at home. Smaller stores like Willy Street Co-op operate on a scale that, at least potentially, can be particularly responsive to the desires of individual customers, and encourage the development of a culture that values food more highly, rather than taking it for granted and often casting it aside. Together, we can do a lot to help solve the problem of food waste, moving our food system toward a place of balance with nature and participation in collective well-being.

THANK YOU WILLY STREET CO-OP SHOPPERS



Photo courtesy of Nuestro Mundo, Inc.

Nuestro Mundo, Inc. offers a big thank you to co-op members who say YES to Community CHIP® at checkout.

These funds have helped Nuestro Mundo start a food pantry at the school to ensure that children and families have food security. They also extend the school's Spanish/English dual-language education to parents by teaming with the Literacy Network to provide Spanish and English classes to parents.

Community Shares of Wisconsin and our member groups have worked for social and environmental justice for over 50 years. Visit our website to learn how to support our causes.



communityshares.com

RECIPES

Ramp, Bacon & Ricotta Tart

Adapted from eggsonunday.wordpress.com

A delicious springtime tart, perfect for a weekend brunch!

Prep 30m; Cook 45m; Serves 6

1 crust
4 slices bacon
1 large shallot, sliced
3 c. spinach, chopped
1 1/2 c. ricotta
1 egg
salt and pepper
10 ramps, cleaned and bulb ends trimmed

Directions: Pre-bake your tart crust until lightly golden. Cook bacon until crispy. Remove from pan and set aside. Retain enough of the bacon grease to heartily coat the bottom of your pan. Add shallot and cook until softened. Add the spinach and cook until just wilted. Put the spinach, shallot, ricotta cheese, and egg into a food processor and pulse until the spinach is chopped and distributed throughout the mix. Pour into prepared crust. In the same pan used to cook shallots and wilt spinach, cook the ramps until just wilted (add a little water if necessary). Crumble bacon over the top of the tart, and artfully arrange ramps. Bake in an oven set to 375°F until the top is lightly golden and the tart is set (30-45 minutes).

Springtime Polenta

Adapted from www.mynewroots.org.

Snap up ramps when you see them. They make a very short appearance!

Prep 20m; Cook 1hr; Serves 4

4 c. water
1 c. polenta
1 1/2 Tbs. butter
2 onions, chopped
1/2 lb. asparagus, chopped
1 c. peas
1 bunch ramps, chopped
1 lemon, cut into wedges
1/2 c. Pecorino Romano, grated
olive oil
salt

Directions: Heat the water and a large pinch of salt in a large pot over high until simmering. While whisking, slowly pour the polenta into the simmering water. Continue to whisk for 2 minutes, then reduce the heat to low. Cook uncovered, for 30-45 minutes, whisking every 4-5 minutes, until no longer gritty and the consistency is smooth and creamy. If the polenta turns too thick, whisk in more water. Stir in the grated Pecorino.

Melt the butter in a large skillet over medium heat. Add the onions and a pinch of salt, and sauté about 10 minutes, until golden. Stir in the peas and asparagus, and sauté until just barely cooked, 2-3 minutes. If needed, add a tablespoon or 2 of water if the pan starts to dry out. Add the ramps, and toss to combine. Remove from heat as soon as the ramps are wilted, just 30 seconds or 1 minute. Squeeze half of the lemon on top, and season to taste with salt.

Scoop a spoonful of polenta onto each plate and top with the vegetables. Drizzle with olive oil and serve with a wedge of lemon.

Buffalo-Style Bunched Turnips

Loosely adapted from www.kilpatrickfamilyfarm.com.

This is certainly an unexpected treatment for turnips, but you won't be disappointed! Crisp and tender bunched turnips are coated in spicy sauce and mellowed with tangy blue cheese. This is a great substitute for wings, perfect for vegetarians and adventurous eaters alike.

Prep 10m; Cook 20m; Serves 4

1/2 c. hot sauce
4 Tbs. butter
1/4 tsp. celery salt
1/4 tsp. garlic powder
1 Tbs. olive oil
1 bunch turnips
2 cloves garlic, chopped
salt
pepper
1/4 c. blue cheese
1/2 lemon

Directions: In a medium saucepan over medium heat, combine the hot sauce, butter, celery salt, and garlic powder. Bring to a boil, then lower the heat and simmer for 10 minutes, stirring occasionally.

Heat the oil in a skillet over medium-high heat. Add the turnips and chopped garlic, and sauté, stirring occasionally, until turnips are tender. Sprinkle with salt and pepper to taste. Transfer the turnips to a large mixing bowl and pour some of the sauce over them. Toss to coat, adding more sauce if you like. Serve topped with the blue cheese and a squeeze of lemon.

Beef and Scallion Rolls

Reprinted with permission from www.strongertogether.coop.

These savory bundles make a delicious shared appetizer at a casual party. Substitute goat or feta cheese if desired. Add caramelized onions to the rolls for a rich, sweet earthy flavor.

Prep 15m; Cook 45m; Serves 4

1 lb. center-cut beef tenderloin
salt
black pepper
3 Tbs. olive oil
2 portobello mushrooms, sliced
6 scallions, chopped
2 oz. blue cheese
2 Tbs. water
2 Tbs. balsamic vinegar
1 Tbs. Worcestershire sauce

Directions: Cut the tenderloin horizontally into 6 slices and pound between pieces of plastic wrap until thin. Season both sides of meat with salt and pepper.

Heat 1 tablespoon olive oil in a skillet over medium-high heat and sauté the sliced mushrooms for 5 minutes until soft. Remove the mushrooms from the pan, drain, and set aside.

Lay out a slice of steak. Place a few slices each of mushrooms and scallions and a sprinkle of blue cheese crumbles near the edge closest to you. Roll the steak around the filling and secure with a toothpick if needed. Repeat for each slice of steak.

In the pan used to sauté the mushrooms, heat remaining oil over medium-high heat. When the pan is hot, add the steak rolls and sear on all sides until meat reaches desired doneness. Remove the rolls from the skillet, lower the heat, and add the water, vinegar, and Worcestershire sauce to the pan. Bring the sauce to a simmer for several minutes until it begins to thicken. Serve the steak rolls drizzled with sauce.

Swiss Chard and Pork Pot-stickers

Adapted from Edward Schneider's recipe in the *New York Times*.

You can shave off some extra steps by using pre-made wonton wrappers, but this dough is fail-proof, is worth the time, and makes nice fat dumplings.

Prep. 1h; Cook 30m; Serves 5

2 c. flour
1 c. boiling water
1/4 lb. Swiss chard, chopped
2 tsp. salt
3/4 lb. ground pork butt
6 shiitake mushrooms, minced
1 bunch scallions, chopped
2 Tbs. ginger, minced
1 c. cilantro, chopped
1 poblano chili, diced
1 Tbs. sherry
5 Tbs. soy sauce
2 Tbs. sesame oil
1 Tbs. cornstarch
1 egg white
1 tsp. white pepper
2 Tbs. canola oil
1 Tbs. rice wine vinegar

Directions: Begin by making the dough for the pot-stickers. Place the flour in the bowl of a food-processor, then, with the motor running, pour in 1 cup of still-boiling water. Run until it comes together. Turn the dough onto a lightly floured countertop and knead for a few minutes, until the dough is stretchy and elastic. Place in a bowl, cover, and set aside to cool. Place the Swiss chard in a strainer over a large bowl. Toss with a teaspoon of salt and allow to drain for 15 minutes. Place the pork butt in a large mixing bowl. Add the shiitake mushrooms, scallion greens, 1 tablespoon of the ginger, cilantro, poblano, sherry, 1 tablespoon of the soy sauce, 1 tablespoon of the sesame oil, cornstarch, egg white, remaining salt, and white

pepper. Stir well to combine. Squeeze the salted chard dry and add it to the pork mixture. Fold in the chard, and place the filling in the fridge, covered, for about an hour. Divide the pot-sticker dough in half. Roll each half into a log 12" long. Slice the dough into 1/2-inch pieces. With a rolling pin, roll each piece into a circle about 3 inches in size. Place a tablespoon of the pork filling in the center of each circle. Fold in half to make a crescent, pressing the edges together. Fold the two corners into each other to make a pouch. The dough should stick together to make a nice seal, but use a little water if you're having trouble making them stick. Repeat with the remaining filling and dough. Heat the oil in a non-stick skillet over medium-high heat. Arrange the dumplings flat side down, slightly overlapping. Depending on the size of your skillet, you may need to cook the dumplings in batches. Add a quarter inch of water, cover the skillet, and bring to a boil. Turn the heat to low. When the water has evaporated, about 7-8 minutes, remove the lid. Let the dumplings brown in the oil and fat and remove when nice and crunchy. While the pot-stickers are cooking, make a quick sauce by whisking together the remaining soy sauce, remaining ginger, sesame oil, and rice wine vinegar. Serve pot-stickers hot with the dipping sauce.

Asparagus Strudel

Adapted from Blue Valley Gardens

A beautiful dish for a special brunch or dinner.

Prep 30m; Cook 1hr; Serves 6

1 lb. asparagus, chopped into 1 inch pieces

1/2 c. onions, minced

2 1/2 sticks of butter

1/2 lb. Swiss cheese, grated

1/2 c. parmesan cheese, freshly grated

2 oz. sliced almonds, toasted

3 eggs

1/2 c. fresh herbs such as dill, mint, chives and parsley, minced or 1 tsp. dried dill

salt and pepper to taste

2 Tbs. lemon juice

16 sheets filo pastry, thawed

Directions: Chop the asparagus into 1-inch pieces and blanch for approximately 3 minutes. In 4 Tbs. of butter, sauté the onions. Mix onions and asparagus in large bowl with all other ingredients except the rest of the butter and the filo dough. Melt remaining 2 sticks of butter. Thoroughly coat the bottom and sides of a 9x13-inch pan with butter. Layer 8 sheets of filo into prepared pan, brushing butter on each layer. Pour the asparagus filling mixture into the pan and top with remaining 8 sheets of filo dough, brushing each with butter as before. Trim the edges and bake for 45 minutes or until golden brown.

Rhubarb Crunch

From Equinox Community Farm at www.equinoxcommunityfarm.com

Prep 20m; Cook 1hr 15m; Serves 6

1 c. flour

3/4 c. rolled oats

1 c. brown sugar

1/2 c. butter

1 tsp. cinnamon

4 c. rhubarb, diced

1 c. sugar

2 Tbs. cornstarch

1 c. water

1 tsp. vanilla

Directions: Preheat oven to 350°F. In a large mixing bowl, stir together the flour, rolled oats, brown sugar, melted butter, and cinnamon until crumbly. Press half of the crumb mixture into a buttered 9-inch round cake pan. Cover with diced rhubarb.

In a small saucepan, combine sugar, cornstarch, water and vanilla. Heat over a medium flame, stirring frequently, for 3-5 minutes, until sugar is dissolved. Pour the liquid into the cake pan, coating the rhubarb. Top with remaining crumb mixture. Put in the center of the oven and bake for one hour. Let cool on a wire rack, then serve.



ALEXX

Willy Street Co-op Hair, Skin and Nails Multivitamin

I bought this about six weeks ago, and for the first time in over a decade I had to buy an emery board. My nails have become so strong they can put up with everything I put them through, including a day's work in the Juice & Coffee Bar or a day of gardening! I still keep them fairly short, but now they don't chip and split from everything I put them through.



KRISTI JO

Aura Cacia Relaxing Lavender Mist

I am in love with this one. I use it as a facial toner. Most hydrosols are coproducts of the extraction of essential oils. This product uses pure lavender oils mixed with water. It has such a lovely, calming scent and keeps my skin clean and hydrated for the win.



AMY

Scallions

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



Living Intentions Raw Sprouted Almonds

These almonds have a "roasted" quality to them and they kinda POP in your mouth, which is FUN! Because they are "activated," they are a bio-available, pre-biotic, phytate-rich superfood. With words like that, you can't lose!



MELISSA

Go Max Go Vegan Candy Bars

These are new (at Willy North), and they are sooooo good! Think vegan versions of your favorite classic candy bars. AND, most of them are gluten-free.



MyChelle Sun Shield Facial Liquid, Tinted and Untinted

Okay. This stuff is a little pricey BUT it sits weightlessly on my skin and makes it feel very, very soft and hydrated. I got this as a gift, originally, and now I'm hooked.





SARA

Jeni's Ice Cream Brown Butter Almond Brittle Ice Cream

This is the most delicious ice cream I've ever had! It's made with rich buttercream ice cream and chunks of almond brittle. It's a wonderful mixture of sweet, salty and crunchy deliciousness. However, if buttercream and almond brittle don't sound delicious



to you, I would suggest trying my second favorite flavor of Jeni's ice cream: Brambleberry Crisp. This one is made with vanilla ice cream and chunks of oven-toasted, brown sugar oat streusel, and it has brambleberry jam swirled throughout. These are my favorite flavors, but there are several other flavors to pick from, give them all a try! Treat yourself!!!



LAURA

Voss Organics Herbs

Wow! I seriously can't believe the offerings of unique herbs from Voss Organics! In addition to the usual Basil, Thyme, Sage, etc., they also offer Feverfew, Valerian, and Horehound, which are herbs I would have otherwise counted on having to special order online. It's been such a treat being an herbalist and new homeowner and starting my medicinal garden with herbs offered right at my local Co-op! Selections may vary by store.



LACEY

Bubbie's Pure Kosher Dill Pickles

I've done the pickle taste test for you, and these are the winner. They're crispy, savory, and addicting. The brine is really good in bloody marys too.



CAITLYN

Topo Chico Mineral Water

The best sparkling water. Not sure if it ever loses its carbonation. I opened a bottle before I fell asleep one time and it was still super bubbly the next morning. A true hero and legend.



DUSTIN

Majestic Garlic Original Creamy Garlic Spread

This spread is the best! It has a very prominent garlic taste, but it's not overwhelming. I LOVE garlic so I love to dip chips or pretzels in it. I add a spoonful to sauces and other dishes when I'm cooking, that way you don't have to chop and peel garlic.



MEGGIE

Chip Magnet Mango Habanero Salsa

I really like this salsa because it has a nice smooth consistency that's not too watery and the spicy-hot ratio is spot on. Great dipping straight outta the jar with some blue chips or as a garnish.



Quinn Creamy Peanut Butter Filled Pretzel Nuggets

Talk about a satisfying crunch. The pretzel layers are perfectly snappy and have a nice earthy, almost smoky flavor due to the various types of flour. Great on their own or amplified with some chocolate and/or an apple.



FORREST

Willy Street Co-op Ranchero Salad

This is a perfect light lunch or dinner. Great base of greens topped with seeds, cheese, and salsa. The house-made ranch dressing brings out a melody of flavors.



MOURNING DOVE

Baby White Turnips

A couple years ago someone told me how "buttery" these turnips were. Based on how their eyes lit up, I just had to try them. Now I wait all year for them. I love to chop them up raw to add to salads, but I have to admit that I eat most of them before they make it to the bowl.



JAMES

Paleo Mama Magic Bars

These little bars may be small but they are so good and so worth it! They taste so good that you will be shocked that they are paleo, gluten-free, and grain-free! I don't adhere to any of those diets, but every now and then I just have to buy a package of these. They have clean ingredients and are locally made—what's not to love! Available at East and West only.



Willy Street Co-op Ginger Tempeh Wrap

Crunchy, healthy, craveable, delicious, and vegan!



PATRICK

Willy Street Co-op Grass-Fed Burger Patties

These burger patties are ground fresh on-site from grass-fed Wisconsin Meadows beef. So good! East and West only.



PAUL

Ramps

Taste the fresh beginning of the spring.



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Kerrygold Swiss Cheese

You may have tried the Kerrygold Dubliner Irish Cheddar. You may have tried the Kerrygold butter. If so, you know the quality of their products. This Swiss is made from the milk of grass-fed cows that graze in the pastures below the Rock of Cashel in County Tipperary which gives it a wonderfully sweet and nutty flavor. Available at East only.



Dan
Cheese

Bonne Maman Raspberry Preserves

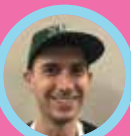
The town that Andros Company—the makers of Bonne Maman—comes from hid and saved Jewish families in WW2. It was called Biars sur Cere, France, which then had about 800 villagers. They put themselves in great danger to conceal these families from Nazi capture. Also, I like raspberry preserves with seeds!



Amy
MOD

Madison Sourdough Pepitas Polenta Bâtard

The unique combination of pumpkin seeds and cornmeal give this bread a wonderful and hearty texture. It's absolutely delicious pan-toasted with some butter and it can take a quotidian breakfast into the realm of gourmet.



Benjamin
Maintenance

Nancy's Yogurt Plain Oatmilk Non-Dairy Yogurt

I eat a lot of Nancy's Yogurt plain oatmilk yogurt. I do like it on its own, but I mostly use it to make my own vegan pudding (of sorts). I mix instant pudding mixes (many brands are vegan, if that is a concern) into it or the Simply Delish Jel Desserts (vegan and keto), we sell at Willy North. You can really use just about anything you like. Be creative! Go a step further and add chocolate chips or fruit (or both) and So Delicious Coco Whip, to top it off. SO GOOD!



Melissa
Front End

Tierra Farm Pistachio Mulberry Granola

This is, hands-down, the only granola for me. Just the right balance of sweet and salty packed full of delicious pistachios and mulberries—two of my favorite superfoods! I love it in yogurt for breakfast or anytime as a snack!



Laura
MOD

Evan Healy Rose Serum and Rose Petal Hydrosol

These two products used together are the best moisturizer I have ever used. My skin has never looked so good.



Barbara
General Merchandise

Kalamazoo Candle Company Candles

I love the candles from Kalamazoo Candle Company! They are made of 100% natural soy wax with high-quality fragrance oils and zero added dyes or toxins. There are many scents to choose from; some of my year-round favorites are: Lavender, Moroccan Rose, and Sandalwood. But my absolute favorite is a seasonal scent: Balsam & Cedar, which is only available during the late fall into early winter. And I'm sure as new scents are introduced, I will add more favorites to my list... Hopefully you do, too!



Sara
Purchasing

Tony's Chocolonely Hazelnut Milk Chocolate

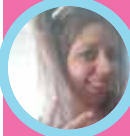
Nutty (but not too nutty) and deliciously smooth, these enormous bars will impress by showing you how much chocolate you can eat in one sitting. The irregular shapes of the break-off-able pieces also spark joy. Highly recommend!



Angelica
Deli

Echo Falls Smoked Coho Salmon Trio

Are you looking for a treat? This product does not disappoint! With three different varieties to entice your palette, switch up the flavors on top of bagels with cream cheese, in an omelet, on crackers, etc. Eat for a week by yourself or a platter at a (socially distanced) party!



Laura
MOD

FEED Bakery Bacon & Cheese Scone

Savory and filling. Add a scrambled egg for a quick and hearty breakfast.



Carolyn
Deli

Natalie's Orchard Island Juice Co. Orange Juice

It really tastes fresh. If you can't have fresh-squeezed, this will do. Good for fancy mix drinks or just as your favorite O.J.



Shelley
Logistics

Tierra Farm Dried Papaya

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



Laura
MOD

Mother's Day is Sunday, May 9th

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