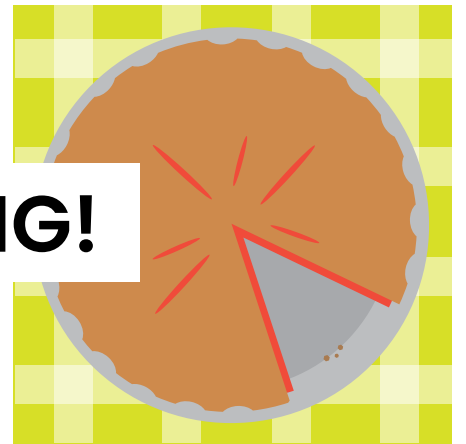


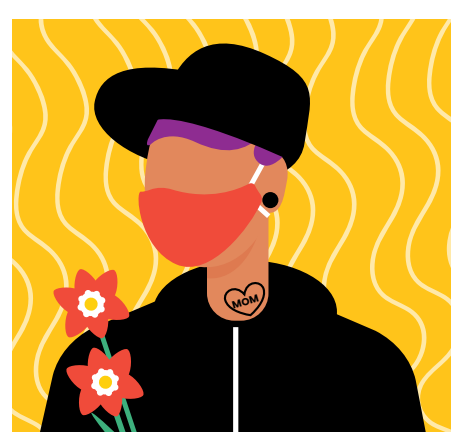
willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 48 • ISSUE 11 • NOVEMBER 2021



A VERY CO-OP THANKSGIVING!



IN THIS ISSUE

Holiday Cheese; Holiday Offerings;
Sweet Potatoes; and More!

HOLIDAY HOURS

November 25, Thanksgiving Day: Open 7:30am-2:30pm
December 25: CLOSED

December 24: Open 7:30am-6:00pm
December 31, New Year's Eve: Regular Hours 7:30am-9:00pm

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

Deli: 7:30am-9:00pm

Meat & Seafood: 7:30am- 8:00pm

**WILLY STREET CO-OP
MISSION STATEMENT**

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

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

Jeannine Bindl, President
Ann Hoyt, Vice President
Brian Anderson
Tatiana Dennis
Michael Chronister
Gigi Godwin
Sarah Larson
Carol Weidel
Ashwini Rao

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

**BOARD MEETING
SCHEDULE**

January 26, 2022

March 23, 2022

April 27, 2022

June 22, 2022

July 27, 2022

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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ADVERTISE IN THE READER

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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!

HAPPY CAMPERS

Q: *Hi: I shop at both West and North where there is more room for new products so either would be fine. Neither store currently carries an organic, gluten-free bread. I am forced to therefore buy online from Happy Campers who make the best IMO. I buy all four breads made by Happy Campers. My favorites are the cinnamon raisin and the molasses and buckwheat. Would love to see all four of their breads stocked at the North store so I don't have to pay for shipping. I know other owners would love an organic GF option too. Thanks.*

A: Thank you for your comments and questions about our gluten-free bread selection. I just sent an email to Happy Campers asking them about distribution in the Great Lakes region. Hopefully we can get their products here.

I appreciate you pointing out that we do not have an organic, gluten-free bread option in our stores. I agree that many would enjoy having one available. Have a great day! -Dean Kallas, Grocery Category Manager

LOCAL APPLES

Q: *Hi, I was at the coop for one of my bi-weekly visits and noticed the abundance of apples which are in season here, but then I saw at least two were from Chile and New Zealand. Why are we bringing in apples from so far when we have multiple varieties of them in WI? I know some growers can't grow*

enough, but there has to be more you can partner with vs bringing them from so far creating a huge carbon footprint, just to have those varieties or whatever reason you do it. I would think people would be fine with smaller amounts of local ones. That's a big part of why many of us shop at the coop.

A: Thanks for the comment! I can definitely understand why it seems odd to find imported apples on our shelves during the height of local apple season.

All but two of our apple varieties are local and/or domestic right now. The exceptions are Pink Lady and Ambrosia. These are two of our best selling apple varieties year-round, and when we don't have them on our shelves we get a lot of customer requests for those specific varieties. Both Pink Lady and Ambrosia are among the latest apples to ripen domestically. Last year's domestic crop has been exhausted, so imported apples from New Zealand are the only thing that's available on the market right now. I would expect the domestic crop on both of these varieties to start up within the next month, and we'll switch to those domestic Pink Lady and Ambrosia apples as soon as we have access to them.

Regarding carbon footprint, surprisingly, in our summer and early fall, importing fresh apples from the Southern Hemisphere is often a better option than sourcing domestically grown apples that have been stored from the previous fall. The imported apples were picked much more recently, and they are shipped on large container ships, which is by far the most efficient means of transportation for fresh produce. There are a lot of variables that are specific to each lot of apples, but when you compare the carbon footprint of imported apples shipped via barge vs. domestic fruit held in controlled atmosphere cold storage for ten months or more, the imported fruit is often similar, or even a better choice in terms of total carbon emissions during certain parts of the year. This short video from the *Financial Times* does a great job of explaining this phenomenon: [channels.ft.com/en/foodrevolution/real-](https://www.ft.com/en/foodrevolution/real-)

[carbon-footprint-food/](https://www.ft.com/en/foodrevolution/real-).

I can completely understand that you want to purchase local apples in our stores right now, and we have a really great selection! We are currently sourcing from three local Wisconsin growers (one organic, two conventional), and we have a good selection of organic Washington grown commercial varieties as well (varieties like Fuji, Gala, and Granny Smith that don't grow well in our region). We always include origin on our signage so our customers know exactly what they are purchasing.

I hope this is helpful information. Have a wonderful day! Best, Megan Minnick, Purchasing Director

RECYCLABLE PLASTICS

Q: *Within the past year, it has become much more difficult to buy food that comes in recyclable plastic (or paper/cardboard). This is a general trend I've noticed in every grocery store I frequent, so I'm not singling out Willy Street Co-op.*

Is there any way to get alternatives that are in more recyclable packaging? There are alternatives (which you carry... e.g. Sno-Pac, some Beyond Meat, Sesmark), and I'm wondering if there are more. #rant I find it ironic that a lot of organic foods are being packaged in non-recyclables.

A: Thanks for the question! It's hard to know how to answer without getting a better idea of which specific products you are looking for in recyclable packaging. I can say that sourcing, generally, has become infinitely more challenging during the covid-19 pandemic. There are definitely times when we don't have as much choice as we used to in terms of brand or packaging material, but that doesn't mean we can't try!

If you can give me some examples of what you've been seeing, I could likely give you a more specific answer. Thanks! -Megan Minnick, Purchasing Director

BULK SPICES

Q: *Hi, I wonder if you are including spices when you talk about a reduction in bulk sales. If so, it may be better to think of them sep-*

arately. When bulk sales stopped, and some of the spices in jars also started to be out of stock, I bought large supplies of the ones that were still available. Even though bulk spices are back, I'm still working through those stockpiled jars, and will be for awhile. I'm probably not the only one in this position.

A: Thank you for your comments and question!! For Willy Street, packaged spices are technically considered Packaged Grocery items. Bulk spices are a part of our Bulk sales. Overall the sales for Bulk products have been much lower than before March of 2020, when the pandemic started. We will often look at our sales data based on last year versus this year, or even two years ago, to compare how we are doing. Despite the section being open again, Bulk sales have not rebounded to early 2020 or 2019 levels, since it was shut down in Spring of 2020.

I hope this helps explain our comparison a bit better. I appreciate your perspective! -Dean Kallas, Grocery Category Manager

YOGURT TASTING

Q: *Could you do a yogurt tasting? There are so many different types and brands.*

A: Great idea! We're currently on a break from sampling foods and beverages due to the mask mandate, but when that is lifted, we can consider doing something like this. I'll share the idea with our new Branding & Promotion Specialist who will be overseeing many of our events.

Have a nice week! -Brendon Smith, Communications Director

COMPOSTABLE FOOD SCRAPS

Q: *Does Willy St. Co-op accept compostable food scraps or homemade compost?*

A: Thanks for asking. The composting services we have available are for the food scraps from Co-op food preparation, and for dining at the store. We do not have the capacity to accept food scraps dropped off by customers. The City of Madison has guidance for the public on their website at www.cityofmadison.com/

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willy street co-op

WHEN RECYCLING INSIDE & OUTSIDE OUR STORE:

- NO plastic bags
- NO dirty plastic containers
- NO coffee cups
- NO dirty plastic cups
- NO napkins
- NO food

willy street co op



WHEN IN DOUBT, THROW IT OUT!



streets/food-scraps/Scrap.cfm, and you can find information about home composting and private vendors that collect food waste from households there. I hope that helps! -Kirsten Moore, Cooperative Services Director

PEACHES

Q: I don't usually complain about the produce, but I must say how disappointed I was with the organic peaches from Washington. I bought two bags for about \$27.00 - yikes. And in two days I had about half of them go moldy before they got ripe. Once they ripened the taste was not that good. What a disappointment. I don't know if you refund for produce, but what ever you do please do not buy these peaches again.

A: Thanks for the comment. I'm so sorry you had trouble with the peaches you bought at Willy East.

I'm not sure if you had a chance to read it, but I wrote an article for

our July *Reader* all about peaches, and I get into some detail there about how this can happen. Usually, the cause of peaches that don't ripen correctly has to do with what happens to them during transport from the orchard to our stores—and unfortunately, many times we can't tell that they are going to ripen poorly until they've left our stores. I actually had a very similar experience with the same lot of peaches you are referring to. We had a few shipments of truly amazing Washington peaches, and so I stocked up and purchased a whole bunch only to find (after I got them home) that that particular shipment wasn't ripening properly. They were all from the same orchard as the peaches that had been really good, and before they ripened they looked great, but they had come across the country in a different truck. Most likely the poor quality ones were exposed to colder temperatures than they could handle somewhere en route.

Anyhow, again, I'm really sorry you had this experience. I will have a refund prepared for you, you'll just need to stop by the Customer Service desk at Willy East to collect it. Have a wonderful day! -Megan Minnick, Purchasing Director

ONLINE CLASSES

Q: Wonder if there are any options for your classes besides being there in person? Any way to join online? I live an hour and a half away and only get there to shop every other Monday. I've seen some interesting ones by Katy Wallace, but they are not usually on Monday. Thanks for your time!

A: I have good news for you! Katy Wallace's lectures are currently being offered virtually via Zoom, and you can register for them at willystreet.coop/events. We are also offering the Cooking Together and Kids in the Kitchen series virtually, and the same registration link applies for those too. Please let me know if you have any other questions. Thanks, Liz Hawley, Education and Outreach Coordinator

KERNZA

Q: Does the Co-op sell any products made with the perennial grain kernza? I understand that it is nutritious but also advantageous because its long roots sequester much carbon.

A: Thanks for reaching out! Unfortunately we don't have any products in our stores that have kernza as an ingredient. We've heard of it, and would love to try it out, but it doesn't seem like many manufacturers have incorporated it into

ready-for-market products yet. I do know that Cascadian Farms is doing some trials, so hopefully they'll have something ready for market soon.

I hope that's helpful. Thanks so much! -Megan Minnick, Purchasing Director

WONDERSTATE

Q: I am writing to request that Wonderstate Big Dipper be offered in the bulk bin. It used to be offered and now is only in the prepackaged bags. I really wish you could bring it back to the bin. Thanks for considering.

A: Thank you for your comments and request! We have not been offering as many bulk bin coffee options, because the sales in bulk have not rebounded very well since we had to shut down the section last year.

I reached out to our Wonderstate Coffee Rep and here is what they said: "We probably wouldn't switch the Big Dipper with one of our current bulk offerings, but as bulk sales trend upwards, we may consider adding additional bulk bins again. Bulk sales have picked up a little, but maybe not quite enough to warrant bringing back more bulk bins. I'll keep a close eye on bulk sales vs. kilo sales (since the kilos currently hold the space where additional bulk bins used to be), and we will consider bringing back more bins as those bulk sales trend upwards."

I appreciate your feedback on what we are carrying and what you would like to see. Hopefully the Bulk section will pick up again and we can get the Big Dipper back in a bulk bin for you. -Dean Kallas, Grocery Category Manager



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FILL UP ON FRESH



EVERY THURSDAY:

Owners get 10% off all fresh produce when you buy at least \$25 worth — even fruits and vegetables already on sale!

Promotion for Willy Street Co-op Owners only through Dec. 28. Does not apply to online orders.



EVERY THURSDAY THROUGH DECEMBER

The Co-op seeks a Co-op Owner-At-Large to serve on the CRF grant committee.

Committee members must be available from 6-9pm between February 14 and March 4 for two meetings. Time outside of meetings is required to review documents and a reception for the grant winners and committee members will be scheduled the week of April 25.

Ideal candidates have backgrounds in at least one of the following program focuses: food justice and/or access, creating cooperatives, sustainable agriculture, health and wellbeing, and/or social change.

Please email I.hawley@willystreet.coop no later than November 14 with brief resume details and information about your interest and qualifications to serve.



Community Reinvestment Fund

Since 1992, the Willy Street Co-op has contributed more than \$479,400 to local nonprofits and cooperatives to support developmental and educational projects for our community.

GENERAL MANAGER'S REPORT

Thanks; Services & Staffing; & More!



by Anya Firszt, General Manager

Hello dear Owners. Welcome November! 'Tis the start of the 2021 holiday season.

THANKS!

Please allow me to take a moment to say thanks to the people I work for and with: our staff,

for doing an amazing job in every aspect of this organization; our local vendors, for growing and preparing such fabulous food for us to eat; and, you, our wonderful Owners, for choosing to shop at the Co-op and keeping our doors open for business. Thank you one and all!

THANKSGIVING DAY IS CLOSER THAN YOU THINK!

This time of year, I shuffle my peach and blueberry cobbler, fresh tomato, basil, and brie pasta, and gazpacho recipes to the bottom of the deck in exchange for chili with corn dumplings, chicken pot pie, and all those Thanksgiving Day holiday favorites!

I love nothing more than rummaging through my collection of recipe cards and pages torn from magazines that all have scribbled notes about more or less of this, that, or the other. My mouth is watering already!

You can find everything you need at the Co-op to prepare your Thanksgiving Day feast. We'll have turkey and not-turkey options, sweet potatoes, squashes, cranberries, and stuffing fixins to name a few items.

The Bulk departments are once again open and stocked with a wide selection of nuts, dried fruits, grains, flours, herbs and spices, sweeteners and honey, and oils for your baking and making ingredient needs.

And, if pie-baking is not in your wheelhouse or space in your oven is not overly abundant, we will again have pies, pies, and more pies—six kinds, whole or halves, plus vegan and gluten-free Apple and Pumpkin—ready for eating.

WIL-MAR NEIGHBORHOOD CENTER PIES!

Please don't forget that the Wil-Mar Neighborhood Center Thanksgiving Pie sale is going on now! Louisiana Sweet Potato Pecan and Sour Cream Apple pies can only be ordered by calling 608-257-4576. Note: pies will not be sold in our stores this year.

EQUITY, DIVERSITY AND INCLUSION—NEXT STEPS

I want to update you on the progress we have made on some of our Diversity, Equity, and Inclusion (DEI) journey. Last month, we made it a priority to provide managers and supervisors with training to increase awareness about DEI topics such as biases and microaggressions. We started this work at Willy East and have advanced the training to each of our sites including the Production Kitchen and Central Office.

Additionally, we are continuing our work with Step Up: Equity Matters to finalize an 8–10 hour self-paced, on-demand training series for all staff focused on Uprooting Bias and Microaggressions that will begin at the end of this month. We plan to integrate this training into onboarding and orientation of new hires.

If you are interested in learning more about our partner in this journey, Step Up: Equity Matters, check out their website at www.stepupforequity.com.

SERVICES AND STAFFING

As I reported earlier this fall, staffing was a huge challenge for us at that time, and that has not changed. We are having a hard time hiring to fill the open shifts in our staffing schedule. The applicant pool is low due to many people deciding to exit the labor market. If ever there was a time when you thought you might want to work for Co-op, now is it! Apply online for full-time and part-time employment opportunities at www.willystreet.coop/employment.

We are continually evaluating our current staffing levels to determine if further reductions in hours of some services or temporarily eliminating other services (mainly in the Juice & Coffee Bar, salad and hot bar, and meat counter) are needed to adjust for this labor shortfall. Bear with us while we work through these challenging times.

HOLIDAY HOURS THIS MONTH AND NEXT

- November 25, Thanksgiving Day: Open Hours are 7:30am-2:30pm
- December 24: Open 7:30am-6:00pm
- December 25: CLOSED
- December 31, New Year's Eve: Regular Hours 7:30am-9:00pm
- January 1, 2022, New Year's Day: CLOSED

FY2021 ANNUAL REPORT

You can expect to see our last fiscal year's annual report in your mailbox or inbox in the coming month.

Until next month, stay healthy.

BOARD REPORT

Meet Your Newest Board Member: Carol Weidel



by Ashwini Rao, Board Member

I can't believe it's November already! The pandemic continues to disrupt our lives in more ways than one can imagine. However, there are a lot of things we can be grateful for. I, for one, am thankful for wonderful friends, a loving family, and the immensely supportive community that surrounds me. What about you? What are you grateful for?

This past August, the Co-op Board welcomed two new members and one returning member. We welcome Carol Weidel to the Board in this issue of the *Reader*.

MEET THE BOARD: CAROL WEIDEL

What was your first memory of Willy Street Co-op?



Carol Weidel

In the late '70s, I was one of four students renting a house on Jenifer Street, in a cooperative household. When the chore wheel pointed to shopping, the assigned person shopped at the Co-op, then housed at 1202 Williamson. That was before the expansion into the appliance store. The food was healthy, and the space was tiny.

How did you first learn about cooperatives, and what was the first co-op you joined?

I think it was Group Health Co-operative that first introduced me to co-ops. Later I joined State Capital Employees Credit Union which is "Summit Credit Union" today. Both of these co-ops have changed their bylaws and operations greatly over the years.

What do you rely on Willy Street Co-op for? How would you describe the co-op to someone who has never been/ a potential new member?

Willy Street Co-op is my first choice for food. The bulk aisle has fresh ground peanut butter and spice choices we can purchase in small quantities. I missed it when the pandemic forced the entire bulk operation to stop. The classes offered get better all the time. The Co-op shows its concern for community with the CHIP program, options for foodshare users, and its many grants to community organizations.

What are your top three favorite Willy Street Co-op foods?

Fresh ground peanut butter, Bunky's Hummus, fresh produce in the winter.

Do you have any favorite food traditions?

My family traditions were simply home-cooked, and home-baked.

Besides being a Willy Street Co-op Board member, what else do you like to do with your time?

In 2019 I moved into Linden Co-housing on Winnebago, after five years of planning for this inclusive caring community. We share resources among 45 households in our self-contained units. We have common spaces where we can work and play together, and celebrate as much as we can. Common meals, and many meetings make it all work.

Because I'm retired from paid employment, I have time to volunteer for WORT, deliver food to those who need it, work on electoral campaigns, and more.

What are you most excited about in being a new Board member, and what do you see as the biggest opportunities and challenges the Co-op will face over the next few years?

The natural foods industry is facing many changes since the pandemic kept people at home. I want to be part of this new direction and I know our Co-op Principles will help us thrive.

Is there anything else you'd like our Owners to know?

I was a union member and officer for many years. One Owner, one vote: this is how co-ops and unions operate.

HOLIDAY HOURS

November 25, Thanksgiving Day: Open 7:30am-2:30pm

December 24: Open 7:30am-6:00pm

December 25: CLOSED

December 31, New Year's Eve: Regular Hours 7:30am-9:00pm

January 1, 2022, New Year's Day: CLOSED

Community Room Class Calendar

Visit www.wilystreet.coop/events to register and review COVID-19 Protocols.

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.



BAKING

BAKING WITH CHEF PAUL: VEGAN GALETTE & PIE

Location: Willy East Community Room
Thursday, December 2, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Paul to learn the art of galette and pie-making! Chef Paul will feature the local ingredients of the season, including local flour, apples, and cranberries. Ingredients/recipes may be modified based on seasonal availability.



COOKING

COOKING WITH CHEF PAUL: CELEBRATED HOLIDAY FEASTS

Location: Willy West Community Room
Thursday, December 16, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Paul to learn to prepare holiday feasts that are sure to delight your family and friends. Celebrate the season with polenta crostini, a crown roast with wild rice stuffing, or cilantro pesto rack of lamb. Ingredients/recipes may be modified based on seasonal availability.

DIY

LEARNING WITH CHEF PAUL: HOLIDAY KNIFE SKILLS AND SAFETY

Location: Willy East Community Room
Thursday, November 4, 6:00pm–8:00pm
Location: Willy West Community Room
Thursday, November 18, 6:00pm–8:00pm
Your Co-op's Own Instructor: Paul Tseng

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

Join Chef Paul to learn the proper method to carve your holiday turkey! He will also guide participants through hands-on knife skills, including the major cuts, slices, and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with.

THE HOME CREAMERY: CULTURED MILK AND SIMPLE CHEESE

Location: Willy East Community Room
Tuesday, November 9, 6:00pm–8:30pm
Instructor: Linda Conroy
Ages: 12 and older; adult supervision required
Fee: \$30 for Owners; \$40 for non-owners

Learn to make cultured milk products like kefir, yogurt, cultured butter, and fresh simple cheese. Cheeses we will make and/or finish in class include paneer, fromage blanc, and chèvre. Samples, recipes and cheese to take home will be included.



FAMILY

COOKING TOGETHER: FLAVORS OF ETHIOPIA

Location: Google Meet
Friday, November 5, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will make a mouthwatering meal inspired by Chef Lily's take on the enticing edibles of Ethiopia. A spongy bread called Injera, the warm spice blend Berbere, Misir Wat, a side of Salata, celebratory Himbusha, and more may be explored.

COOKING TOGETHER: FLAVORS OF VIETNAM

Location: Google Meet
Friday, December 3, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn

about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will create a versatile meal inspired by the vibrant vittles of Vietnam. Fresh Spring Rolls, Vegetarian Pho noodle soup, a Banh Mi sandwich, Honeycomb Cake, and more may be explored.

COOKING TOGETHER: FLAVORS OF JAMAICA

Location: Google Meet
Friday, December 17, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will develop a delightful dinner inspired by the jubilant island of Jamaica. A popular pastry called a Patty, Rice and Peas, Jerk spice, a sauté of vivacious vegetables, tantalizing tropical fruits, Sweet Potato Pudding and more may be explored.



HERBS

HERBAL MEDICINE-MAKING FOR WINTER HEALTH: HANDS-ON MEDICINE-MAKING

Location: Willy West Community Room
Thursday, November 4, 6:00pm–8:30pm
Location: Willy East Community Room
Tuesday, November 9, 6:00pm–8:30pm

Instructor: Linda Conroy

Ages: 12 and older; adult supervision required
Fee: \$30 for Owners; \$40 for non-owners

Join herbalist Linda Conroy for this fun and informative hands-on program. We will learn about and make simple remedies that you can take home and add to your home apothecary. Remedies will include lozenges, simple syrup, extract, herbal tea and steam blend, throat spray and a healing salve for dry skin. Everyone will take home what we make in class.

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.



KIDS

KIDS IN THE KITCHEN: DELICIOUS DUMPLINGS

Location: Google Meet
Tuesday, November 2, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 9–12 years old

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

Join "The Kids Chef" Lily Kilfoy in this hands-on cooking class for kids. In this class, participants will work together to create diverse Delicious Dumplings. The remarkable Ravioli, wonderful Wonton, palatable Pierogi, scrumptious Samosa and more will be explored. Which worldly wonder will be your favorite Delicious Dumpling?

KIDS IN THE KITCHEN: MERRY MINI PIES

Location: Google Meet
Tuesday, November 16, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners

Join "The Kids Chef" Lily Kilfoy in this hands-on cooking class for kids. In this class, participants will work together to make multiple recipes for Merry Mini Pies. Perhaps a pleasurable pumpkin, beloved berry or cherry, adorable apple, or even elegant chocolate will be explored. Which flavor will be your favorite Merry Mini Pie?

KIDS IN THE KITCHEN: COOKIE CRAZE

Location: Google Meet
Tuesday, December 14, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners

Join "The Kids Chef" Lily Kilfoy in this exciting kids cooking class. In this

class, Chef Lily will lead the class in baking yummy and warm cookies from scratch. Participants will measure, mix, and pour as they create countless cookies.

KIDS IN THE KITCHEN: INCREDIBLE EDIBLE GIFTS

Location: Google Meet
 Tuesday, December 21, 5:00pm–6:00pm
 Instructor: Lily Kilfoy
 Ages: 5–12 years old
 Fee: \$10 for Owners; \$20 for non-owners

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. In this class, participants will create Incredible Edible Gifts that make perfect presents. Beautiful baked goods, mouth watering snack mixes, delectable dips, creative confections and more will be explored. At the end we’ll pack the goodies and sample our Incredible Edible Gifts. The Google Meet link and shopping list will be provided one week before the class.



HORMONE BALANCE, NATURALLY

Location: Zoom
 Wednesday, November 17, 12:00pm–1:00pm
 Instructor: Katy Wallace
 Fee: Free; registration is required

Do you suspect your hormones are out of whack? Katy Wallace, Traditional Naturopath of Human Nature will present four priorities to focus on to balance your hormones naturally, without the need for replacement- or bio-identical hormones.

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.

PRE- AND POST-VACCINE NUTRITIONAL SUPPORT

Location: Zoom
 Wednesday, December 8, 12:00pm–1:00pm
 Instructor: Katy Wallace
 Fee: Free; registration is required

There are nutritional ways to support a balanced immune response and detoxification from a vaccination. Katy Wallace, Traditional Naturopath of Human Nature will provide supplement, diet, and lifestyle tips in a program to help prepare a person before and after a vaccine.

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: Willy East Community Room
 Wednesday, November 3, 1:30pm–4:45pm
 Tuesday, December 7, 1:30pm–4:45pm
 Location: Willy West Community Room
 Tuesday, November 9, 1:30pm–4:45pm
 Wednesday, December 1, 1:30pm–4:45pm

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.

HOLIDAY HOURS

November 25, Thanksgiving Day: Open 7:30am-2:30pm

December 24: Open 7:30am-6:00pm

December 25: CLOSED

December 31, New Year’s Eve: Regular Hours 7:30am-9:00pm

January 1, 2022, New Year’s Day: CLOSED



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- Arts Wisconsin
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EMPOWER PEOPLE WITH DISABILITIES

- Chrysalis
- Disability Rights Wisconsin
- PADRES E HIJOS EN ACCIÓN
- Wisconsin Council of the Blind and Visually Impaired
- Women in Transition

WORK FOR THE ENVIRONMENT, SUSTAINABILITY, FOOD, AND FARMS

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

SUPPORT WOMEN, CHILDREN, AND FAMILIES

- ABC for Health
- Freedom, Inc.
- Natural Circles of Support
- Omega School
- Positive Women for Change
- Rape Crisis Center
- Wisconsin Alliance for Women’s Health
- Wisconsin Coalition Against Sexual Assault
- Wisconsin Early Childhood Association
- Wisconsin Family Ties
- Wisconsin Literacy

→ These member groups are led by Black, Brown, and Latinx leaders with a focus on racial justice. Donate to more CSW partner organizations at communityshares.com/donate.



communityshares.com/community-chip

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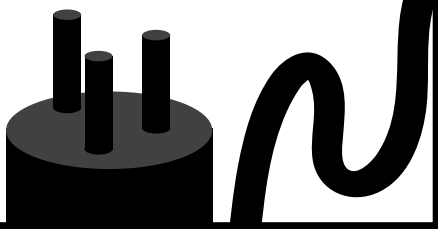
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uhpparentcooperative.org

HOLIDAY HOURS

Nov. 25, Thanksgiving:
Open 7:30am-2:30pm

Dec. 24: Open 7:30am-6:00pm

Dec. 25: CLOSED

Dec. 31: Regular Hours
7:30am-9:00pm

Jan. 1, 2022: CLOSED

GROCERY NEWS

Meadowlark Community Mill



by **Hahna Curtin**,
Production Kitchen
Buyer/Supervisor

As of September, the Willy Street Co-op Production Kitchen achieved our long-term goal of using all local wheat flour, cornmeal, and polenta in our prepared Deli foods and baked goods! We are very proud to announce we are

now sourcing these ingredients from Meadowlark Community Mill in Ridgeway, Wisconsin. This means that wheat flour, cornmeal, and polenta now join the growing list of ingredients that the Co-op's Production Kitchen exclusively sources locally. This list of ingredients includes all of our eggs, milk, butter-milk, heavy whipping cream, butter, fresh pasta, and as much produce as is seasonally possible.

When making purchasing decisions at the Co-op, there are many aspects we consider and prioritize: Is it local? Is it ethically and sustainably produced? Does the price point make sense for us as a business and in terms of accessibility for our customers? We work hard to select products and ingredients that align with our mission statement. Often-times it's a choice of which available ingredient has most of these qualities and is the best fit. It's not every day that we find a product that checks every box. The switch to Meadowlark Community Mill is one of those very special and exciting opportunities to work with a vendor who fits all of our criteria.

THE START

Farmers Hallee and John Wepking, along with miller Rink DaVee, launched Meadowlark Community Mill in March of this year, after moving the stone mill that once be-

longed to Lonesome Stone Milling in Lone Rock, Wisconsin to their farm in Ridgeway, Wisconsin. Meadowlark's operation is a winsome mix of traditional farming and milling practices and modern marketing and connectivity with their active social media presence. Their labels are beautifully designed—Charley Harper-esque images by Chicago designer Emily Anderson.



A ROBUST LOCAL ECONOMY

Meadowlark stone mills their organic grain, most of which they grow on-site. Meadowlark strives to build a robust local grain economy that will serve their surrounding communities' individual needs and bolster regional food security. This local focus and the short journey from grain to milling to kitchen means our customers are getting products made with the freshest flour possible. The flour is usually milled only one to two days before we receive it.

CHANGES

Shoppers who regularly buy from our Grab & Go sections may have noticed a change in appearance in our perennially popular pizza dough. This is one of the more immediately noticeable changes caused by our transition to Meadowlark flour. Our pizza dough was previously made using an organic white bread flour processed in California. The dough, which used to be quite light in color, is now a slightly darker cream

color, lightly flecked with bran. The dough is made with Meadowlark's Bolted All-Purpose Flour, which has a 10.5% protein content and is described as a mid-point between a whole wheat and white flour. White flour is made from only one of the three parts of the grain, the endosperm, with the bran and germ being removed. Bolted flour is ground whole and then sifted to remove some, but not all, of the bran. Meadowlark estimates that they retain about 35% of the bran and 90% of the endosperm and germ. The bran and germ are the nutrient and flavor dense parts of the grain, making for baked goods with richer color, texture, and taste.

In making this change with our pizza dough, we are joining the ranks of Pizza Man, a Milwaukee pizzeria established in 1970, who have also started making their all-important dough (their motto is "in crust we trust") with Meadowlark's bolted flour. While Pizza Man has been able to have their wait staff and front of house employees tell customers about the change in appearance and explain why this flour is so special, we don't have as many opportunities to directly share our enthusiasm with customers while they are shopping our Grab & Go sections, which is why we wanted to make sure we took the time to share this development here in the *Reader*.

THE FRESHEST FLOUR AVAILABLE

Next time you're enjoying the delicious crispy breading on our Southern Fried Tofu, you can know that it was made with organic local flour and cornmeal. Or next time you're making a pizza at home with our pizza dough, you can feel confident that it was made with the freshest flour available, using milling practices that date back centuries. When I help John Wepking unload the bags of flour from the back of the Meadowlark truck every week before he heads to State Line Distillery, Willy East, Madison Sourdough Co., and Bloom Bake Shop, I always feel so happy to be a part of such a regional, sustainable, and nourishing grain economy.

ATTORNEY PAUL O'FLANAGAN

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Holiday Cheeses



by **Jeremy Johnson,**
Meat & Specialty Category Manager

Holiday foods are full of love, and what better way to show your friends and family you care than to add cheese to your menu. You can add it to a meal, or prepare a cheeseboard. Here are some of the best holiday cheeses for you to enjoy and entertain!



AGED GOUDA

As gouda ages, it becomes harder, stronger, and darker, and takes on a buttery and nutty flavor. In some of the more mature goudas, you may find crunchy, white crystals throughout the cheese. These are often confused with salt crystals, which sometimes form on the outside of the cheese as a result of the brine bath. The clusters inside the cheese are actually bits of tyrosine, an amino acid and the sign of a well-aged cheese. The deep flavor of aged gouda makes it great for cooking. It's perfect in casseroles and sweet potato dishes. Grate some on cooked vegetables, into potato and rice dishes. Aged gouda pairs great with a doppelbock or a stout.



BLUE CHEESE

The world of blue cheese is diverse with a wide range of sharpness, creaminess, and flavors available. The major dividing factor for blue cheese lovers is whether the cheese is creamy or crumbly. Creamy blue cheese is often a younger variety. Crumbly blue cheeses are those that have less butterfat and have been aged for a longer period of time. In choosing a blue cheese for your table, a general rule of thumb is that creamy blues are usually milder than the crumbly ones. Harder, crumbly blue cheese is perfect for crumbling atop a salad or melting on top of steaks and burgers. Creamy blues pairs well with dried fruits such as apricots or raisins, fresh figs, and pears, whole-grain crackers, and almonds.

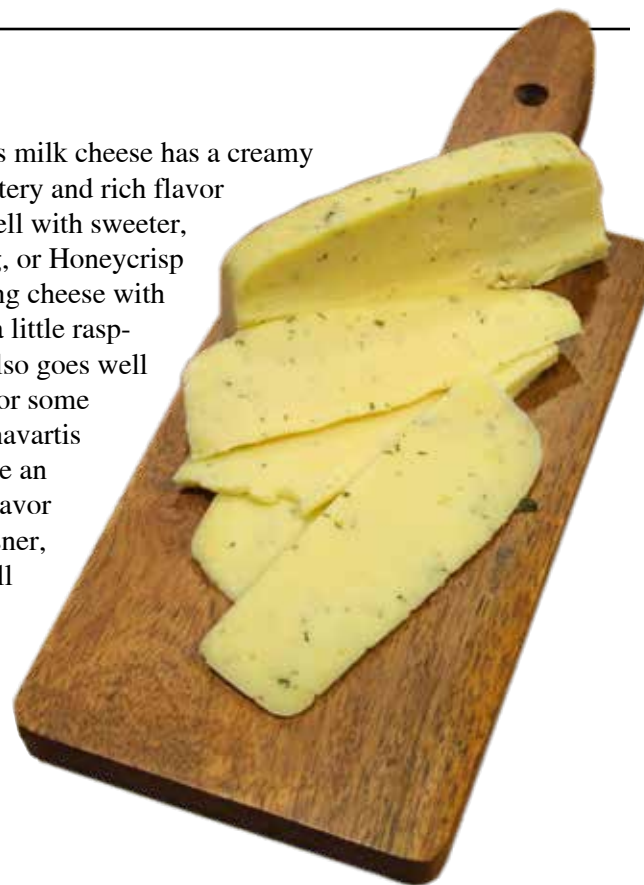


CHEVRE

This goat's milk cheese is extremely versatile. You can serve it in salads, use it to top pizza, pair it with honey and apples on a cheeseboard, or slather it on a warm toasted bagel. Fresh chevre cheese is known for its clean, fresh, and tangy profile. Chevre has a soft, creamy, and spreadable texture. Chevre goes great with pumpkin, squash, figs and it even pairs great with cranberry. This fresh cheese pairs best with young, crisp, and dry white wines like Sauvignon Blanc.

HAVARTI

This semi-soft cow's milk cheese has a creamy smooth texture. The buttery and rich flavor is mild. Havarti pairs well with sweeter, fresh fruits like pear, fig, or Honeycrisp apples. If you like pairing cheese with jam or jelly, try it with a little raspberry jam or honey. It also goes well with walnuts, crackers, or some crusty bread. Flavored havartis (dill and horseradish) are an easy way to add more flavor to mashed potatoes. Pilsner, Saison ale, or sour ale all pair well with Havarti. For red wine, try a light-bodied option like Beaujolais or pinot noir.



RUSH CREEK RESERVE

Rush Creek Reserve is the stuff cheese dreams are made of. Made in the tradition of Vacherin Mont d'Or, a famous cheese from the Swiss Alps, Rush Creek is made for eight weeks each fall when the cows begin to change from summer pasture to the winter's dry hay. This shift in diet makes their milk especially rich and decadent. Each wheel of raw milk cheese is wrapped with a spruce bark which gives shape to the cheese and imparts a subtle woody flavor. This cheese has rich, salty, and savory flavors of smoked and cured meat along with notes of sour cream and grass in the background. For drink pairings, try a sweet, woody bourbon or an Old Fashioned. A Belgian Tripel would work nicely, too.

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Wellness Wednesday
is the first Wednesday of each month!



OWNERS GET 10% OFF
Wellness & Bodycare items

PRODUCE NEWS

Sweet Potatoes



by **Megan Minnick,**
Purchasing Director



PURPLE SWEET POTATO

(carried at Willy East and West only)

Local? No

Appearance: Thin, dusky purple skin and vibrant purple flesh.

Flavor & Texture: Firm, dry flesh with a well-balanced, rich sweetness (but not as sweet as the orange varieties).

Best For: Roasting, Mashing, Steaming, Baking.

Cooking Tips: Tend to be crumbly when cooked—does not hold its shape well. Add a little extra moisture to a recipe, and/or cook at low heat to avoid a too-dry texture. Beautiful purple color intensifies when cooked and is a great source of antioxidants.

JAPANESE SWEET POTATO

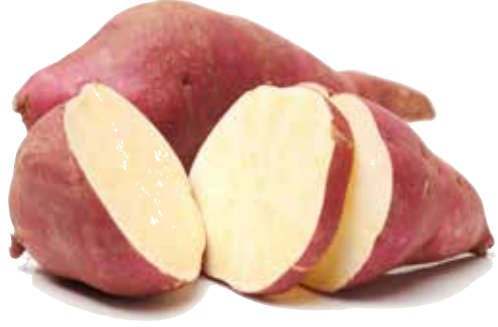
Local? No

Appearance: Smooth, rose/purple skin & golden white flesh.

Flavor & Texture: Sweet, starchy flesh that's dryer than the orange varieties. Hints of chestnut flavor.

Best For: Mashing, roasting, frying, stir fry, steaming, baking.

Cooking Tips: Starchy, dry texture makes these an excellent substitute for potatoes in many recipes. Holds its shape well when cooked.



BEAUREGARD SWEET POTATO

Local? Yes!

Appearance: Red/gold skin and bright orange flesh.

Flavor & Texture: Firm, moist, fine grained and creamy flesh with a sweet nutty flavor.

Best For: Puree, baking, mashing, roasting, steaming, frying.

Cooking Tips: An extremely versatile sweet potato—can be used for almost any recipe. Holds its shape well when cooked.



GARNET SWEET POTATO

Local? No

Appearance: Brown/maroon skin and vibrant, dark orange flesh.

Flavor & Texture: More moist and sweet than the other varieties. Dense, with a rich earthy flavor.

Best For: Puree, mashing, baking, roasting, steaming.

Cooking Tips: Excellent rich, sweet flavor and very high moisture content makes these the best sweet potatoes for pureeing or mashing. Due to high moisture content, does not hold its shape well when cooked.




Goodman Community Center



Let's talk **turkey.**
And gravy, veggies, butter and rolls!

ilana natasha photography

Thanksgiving Basket Drive

4,000 families are counting on the Goodman Community Center for a Thanksgiving Basket filled with all the groceries needed for a traditional holiday meal. **We need your help** to make it happen.

Donate food:



Scan this code for a digital grocery list and get shopping!

Donate money:

Let us do the shopping! We've worked with local businesses to get better prices, so any financial gift you make will go a long way! It's easy to give on our website.

Learn more and give at goodmancenter.org/thanksgiving

HOLIDAY HOURS

November 25, Thanksgiving Day: Open 7:30am-2:30pm

December 24: Open 7:30am-6:00pm

December 25: CLOSED

December 31, New Year's Eve: Regular Hours 7:30am-9:00pm

January 1, 2022, New Year's Day: CLOSED

Health & Wellness

co-op deals: November 2-16

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



Alba Botanica Very Emollient Body Lotion

All Kinds on Sale!
32 oz • Save \$7

\$12.99/tx

coop deals.



tera'swhey Whey Protein Powder

All Kinds on Sale!
24 oz • Save \$5.59

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coop deals.

Kiss My Face Toothpaste

All Kinds on Sale!
4.5 oz • Save \$1

\$3.99/tx

coop deals.

The Diva Cup Diva Cup

All Kinds on Sale!
1 ea • Save \$10

\$24.99/tx

coop deals.

Shikai Everyday Shampoo & Conditioner

12 fl oz • Save \$2.80

\$5.99/tx

coop deals.

Nutrition Now PB 8 Probiotic

60 cap • Save \$5

\$9.99/tx

coop deals.

Aura Cacia Mineral Bath

Tranquil Chamomile
2.5 oz • Save \$1.98/2

2 for \$5/tx

coop deals.



Ecos Hand Soap

All Kinds on Sale!
17 fl oz • Save \$1

\$3.99/tx

coop deals.



Nordic Naturals Vitamin C Gummies

60 ct • Save \$2.50

\$10.99/tx

coop deals.



Natural Factors Multi Enzyme

High Potency
60 cap • Save \$10

\$18.99/tx

coop deals.



co-op deals: November 17-30



Dr Bronner's Pure Castile Bar Soap

All Kinds on Sale!
5 oz • Save \$1.98/2

2 for \$6/tx

coop deals.



Life Flo Magnesium Flakes

44 oz • Save \$4

\$17.99/tx

coop deals.



Natrol 3 mg Melatonin Time-Released

100 tab • Save \$3

\$6.99/tx

coop deals.



MegaFood MegaFlora Probiotic

30 cap • Save \$10

\$19.99/tx

coop deals.

EO Liquid Hand Soap

All Kinds on Sale!
12 fl oz • Save \$2.80

\$5.99/tx

coop deals.

Badger Beard Oil

1 oz • Save \$2.50

\$10.99/tx

coop deals.

Gaia Herbs Ashwagandha Root

60 cap • Save \$8

\$16.99/tx

coop deals.

Charlotte's Web CBD Gummies

All Kinds on Sale!

60 ct • Save \$5

\$39.99/tx

coop deals.



Heritage Store Rosewater Spray

8 fl oz • Save \$4

\$7.99/tx

coop deals.



Honey Gardens Elderberry Syrup

4 fl oz • Save \$5

\$8.99/tx

coop deals.

coop™ deals

co-op deals: November 2-16



Pacific
**Organic Free-Range
Chicken Broth**

32 oz • Save \$1.50

\$3.49



Health Valley
**Organic Cream
of Mushroom Soup**

14.5 oz • Save \$1.50

\$2.99



Fage
Greek Yogurt

5%, 2%, Fat Free
17.6 oz • Save 50¢

\$2.99



Spectrum
**Organic Extra Virgin
Olive Oil**

25.4 oz • Save \$3.50

\$10.99



Natural Sea
Light Chunk Tuna

5 oz • Save \$1

\$2.99



Essentia Water
**Electrolyte-
Enhanced Water**

50.72 oz • Save \$1.58/2

2 for \$4



Dr. McDougall's
Soup Cups

All Kinds on Sale!

1.8-3.4 oz • Save 84¢

\$1.65



Malk
Almond Milk

All Kinds on Sale!

28 oz • Save 50¢

\$4.49



Kite Hill
Dairy-Free Ravioli

All Kinds on Sale!

9 oz • Save \$2.50

\$5.49



Lightlife
Organic Tempeh

8 oz • Save \$1

\$2.79



If You Care
**Unbleached
Coffee Filters**

Size 2, Size 4

100 ct • Save 80¢

\$2.99/tx



Cascadian Farm
**Frozen Organic
Vegetables**

All Kinds (except Organic Multi-Color
Carrots & Cut Spinach) on Sale!

10 oz • Save \$2.58/2

2 for \$4



A2
Whole Milk

59 oz • Save 50¢

\$3.49



Bob's Red Mill
**Organic Unbleached
White Flour**

5 lb • Save \$2.50

\$6.49



Maya Kaimal
Everyday Dal

All Kinds on Sale!

10 oz • Save \$1.80

\$2.99



Hope
Hummus

Original, Spicy Avocado,
Thai Coconut Curry

8 oz • Save \$1.50

\$2.99



Late July
**Organic
Tortilla Chips**

All Kinds on Sale!

11 oz • Save \$2.98/2

2 for \$5



Nature's Path
**Organic
Cold Cereal**

All Kinds on Sale!

10.6-14 oz • Save \$1.80-\$2

\$3.49



Muir Glen
**Organic Canned
Tomatoes**

All Kinds on Sale!

14.5 oz • Save \$1.04-\$1.24

\$1.25



Rudi's Organic Bakery
Bread Loaves

All Kinds on Sale!

22 oz • Save \$1

\$3.99



R.W. Knudsen
**Simply Nutritious
Juice**

All Kinds on Sale!

32 oz • Save \$1.50

\$2.79



Yogi
Organic Tea

All Kinds on Sale!

16 ct • Save \$1.49

\$3.50/tx



Kevita
Organic Drinks

All Kinds on Sale!

15.2 oz • Save 98¢/2

2 for \$5



Simple Mills
**Almond Flour
Crackers**

All Kinds on Sale!

4.25 oz • Save \$1.79

\$3.50



The specials on this page are valid November 3-16

All Specials Subject to Availability. Sales Quantities Limited.

NOVEMBER

co-op deals: November 17-30

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Napa Valley Naturals
Organic Balsamic Vinegar
12.7 oz • Save \$2.50
\$3.99

Earth Balance
Organic Whipped Buttery Spread
13 oz • Save \$1
\$4.49

Beyond Meat
Breakfast Sausage Patties
Classic, Spicy
8 oz • Save \$1.30
\$3.99



Kalona Supernatural
Organic Sour Cream
16 oz • Save 80¢
\$2.99

Organic Valley
Organic Milk
Whole, 1%, 2%
64 fl oz • Save 40¢
\$3.49

Alden's
Organic Ice Cream
Vanilla Bean, Chocolate Chocolate Chip, Cookies and Cream, Strawberry, Peanut Butter Fudge
48 oz • Save \$1.80
\$6.99



Better Than Bouillon
Organic Versatile Concentrated Stocks
Chicken, Vegetable, Mushroom
8 oz • Save \$1.80
\$4.99

Primal Kitchen
Mayo with Avocado Oil
Plain, Garlic, Chipotle Lime
12 oz • Save \$2
\$6.99

Better Life
All Purpose Cleaner
Unscented, Sage & Citrus
32 oz • Save \$1
\$3.99/tx



Kettle Brand
Potato Chips
All Conventional Kinds on Sale!
5 oz • Save \$1.98/2
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Birch Benders
Organic Pancake & Waffle Mix
16 oz • Save \$1.30
\$3.69

Farmer's Market
Organic Canned Pumpkin
15 oz • Save \$2.58/2
2 for \$4



Back To Nature
Crackers
Organic Stone Ground Wheat, Garlic Herb, Flatbread Multigrain, Classic Round
4-8.5 oz • Save \$2.98/2
2 for \$5

Native Forest
Organic Canned Pineapple
Chunks, Slices, Crushed
14-15 oz • Save \$1.49
\$3.50

GT's
Organic Kombucha
All Kinds on Sale!
16 oz • Save \$1.58/2
2 for \$5



Wholly Wholesome
Gluten-Free Pie Shells
14 oz • Save \$1.30
\$4.99

Seventh Generation
Bathroom Tissue
12 pk • Save \$2.50
\$7.49/tx

Blue Diamond
Nut Thins
All Kinds (except Sriracha) on Sale!
4.25 oz • Save \$2.58/2
2 for \$5



Brown Cow
Cream Top Yogurt
Plain, Vanilla, Maple
32 oz • Save 80¢
\$3.49

Wholesome Sweeteners
Organic Brown Sugar
Light, Dark
24 oz • Save \$1.60
\$4.39

Woodstock
Organic Canned Jellied Cranberry Sauce
14 oz • Save \$1.49
\$3.00



Nixie
Organic Sparkling Water
All Kinds (except Strawberry Hibiscus) on Sale!
8-pk • Save \$1
\$3.99

Let's Do Organic
Sweetened Condensed Coconut Milk
7.4 oz • Save \$1.30
\$2.49

Dandies
Vegan Marshmallows
Regular, Mini
10 oz • Save \$1.49
\$3.00/tx



The specials on this page are valid November 17-30

All Specials Subject to Availability. Sales Quantities Limited.

Fall Co-op Favorites



**Poyer Orchards
100% Apple Cider**
100% Local
64 oz
\$4.29/ea

**Washington
Organic
Honeycrisp Apples**
Rndm wt
Price Varies

**Ruesch Century Farm
Organic
Cranberries**
100% Local & Organic
1 pint
\$4.49/ea

ON SALE FOR OWNERS
2 for \$5
or **\$2.99/ea**
11/15/21-11/29/21
Owner Rewards



**Willy Street Co-op
Local Apple Pie**
Made with Apples from Sunrise Orchards, Gays Mills, WI.
\$22.99/ea OR
Vegan/Made without Gluten **\$24.99/ea**



**Wisconsin
Organic
Winter Squash**
100% Local & Organic
\$1.49/lb



**Carr Valley
Cheese Spreads**
Locally Prepared
8 oz
\$5.79-\$6.19/ea



**Lars Own
Crispy Onions**
4 oz
\$3.79/ea



**Wollersheim
Non-alcoholic
Sparkling Grape Juice**
Locally prepared
25.36 fl oz
\$6.99/ea



**Wisconsin
Pie Pumpkins**
100% Local & Organic
\$1.49/lb



**Seracon
Maple Syrup
Candle**
Wood wick.
Makes a great gift!
1 pc
\$17.99/ea

ON SALE FOR OWNERS
\$10.99/ea
11/15/21-11/21/21
Owner Rewards

**Uplands Cheese Company
Rush Creek
Reserve**
World famous & Locally made!
12 oz
\$23.99/ea



willy street co-op

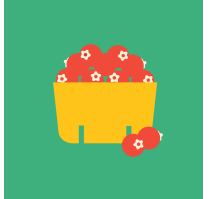
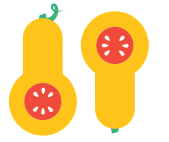
All prices shown are regular price and good through 11/30/21.

ALL STORES OPEN
until 2:30pm on
Thanksgiving Day

Holiday Offerings



willy street co-op



TURKEY OPTIONS

Bell & Evans Organic Fresh Turkey

ORIGIN: Fredericksburg, Pennsylvania
Fresh, organic, free-grazing turkey, fed an organic meal.

\$6.49/lb

10 lbs- 12+lbs
12 lbs- 14+lbs
14 lbs- 16+lbs
16 lbs- 18+lbs
18 lbs- 20+lbs
20 lbs- 22+lbs
22 +lbs and more

Ferndale Market All-Natural Fresh Turkey

ORIGIN: Cannon Falls, Minnesota
Free-range turkey, fed on a corn and soybean-based meal.

\$2.59/lb

10 lbs-12 +lbs
12 lbs-14 +lbs
14 lbs-16 +lbs
16 lbs-18 +lbs
18 lbs-20 +lbs
20 lbs-22 +lbs
22 +lbs and more

Frozen All-Natural Turkey Breasts:
\$3.19/lb

Available Frozen at Willy North Nov. 19th.

Turkeys are available for pre-order: Monday, Nov. 1st - Thursday, Nov. 18th
while supplies last

SPECIFY AT WHICH STORE YOU WILL PICK UP YOUR TURKEY

To pre-order: stop by or call customer service at any store.
EAST: (608) 251-6776 NORTH: (608) 471-4422 WEST: (608) 284-7800

We cannot guarantee exact weights, but we do guarantee pre-ordered turkey will be within the weight range ordered. The earlier you pick up your turkey, the closer we can get to your exact preferred weight.



Pick up Turkeys starting Saturday, Nov. 20th

Open-stock Turkeys available starting on Friday, Nov. 19th



Local Door County Cherry Pie \$20.99/ea
With Door County tart cherries.



Pecan Pie \$25.99/ea
Made with US-grown pecans.



Local Apple Pie \$22.99/ea
Apples from Sunrise Orchards, Gays Mills, WI.
Vegan/made without gluten for \$24.99/ea



Pumpkin Pie \$18.99/ea
Made with organic pumpkin.
Vegan/made without gluten for \$19.99/ea

PIE OPTIONS



Our Production Kitchen uses local eggs and butter, plus local produce when we are able. All pies use Wholly Wholesome crusts.
Find whole and half pies in our Deli Grab & Go at all three locations.



DELI OPTIONS



Find Grab & Go Thanksgiving foods to help you with your holiday meals. Locally made by your Co-op with locally grown fruits and vegetables.

MEATLESS OPTIONS

Field Roast Hazelnut Cranberry En Crouete Roast, 32 oz

On sale for \$13.99/ea, **Save \$6.00/ea**
11/3/21-11/30/2021.

Field Roast Vegan Grain Meat Celebration Roast, 32 oz

On sale for \$12.49/ea, **Save \$5.00/ea**
11/3/21-11/30/2021. Available at Willy East

Field Roast Vegan Grain Meat Celebration Roast, 16 oz

On sale for \$5.79/ea, **Save \$2.00/ea**
11/17/21-11/30/2021.

Gardein Savory Stuffed Turk'y, 14.1 oz

\$8.99/ea

Gardein Turk'y Roast, 35.2 oz

\$17.99/ea

Quorn Turk'y Roast, 16 oz (not vegan)

On sale for \$6.99/ea, **Save \$2.00/ea**
9/29/21-11/30/2021. Available at Willy North & West

Turtle Island Foods Tofurky Vegetarian Roast, 26 oz

On sale for \$12.99, **Save \$3.50/ea**
11/3/21-1/4/2022

Turtle Island Foods Tofurky Vegetarian Feast, 3.5 lb

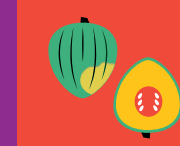
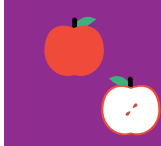
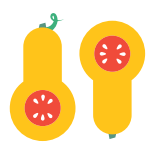
On sale for \$26.99, **Save \$9.00/ea**
11/3/21-1/4/2022

Turtle Island Foods Veggie Ham Roast, 19 oz

On sale for \$12.99, **Save \$3.50/ea**
11/3/21-1/4/2022



willy street co-op



willy street co-op





A VERY CO-OP THANKSGIVING!

by Ben Becker, Newsletter Writer

To be thankful in these challenging times might seem daunting. As the colorful leaves fall from the trees, nothing looks quite the same as it used to. We long for the pre-pandemic fall get-togethers—hot cider, chili, flannels, warm fires in our living rooms with friends gathering around. The already stressful planning that comes with holiday preparation carries a further complication—how to make the most of our celebrations as we consider those loved ones who will be absent from our November feasts. With the exhaustion of an unceasing pandemic, how can we find ways to be thankful?

While the social distances may inhibit the hosting of our traditional gatherings and practices, this Thanksgiving can still be an opportunity for celebration. For lovers of turkey, Tofurky, and pies of every stripe, there is still the chance to fill your plates and sit down to share with those in our own inner circles. In recognition of the challenges folks will be facing this year, Willy Street Co-op staff are continuing to adapt to the times and do all we can to make sure that holiday meal is still one to remember. “It is really our time to shine because Thanksgiving is a very food-based holiday,” says long-time cashier Jesse Thurber, “Staff really do really enjoy Thanksgiving even though it is a busy and stressful time.” In the middle of a care-worn world, our staff still strive to supply, stock, and provide for all your holiday needs and reflect on what a community-owned grocery store stands for.

PREPARED FOODS SHOPPING

As the Co-op’s employees are putting their minds and muscles to work to provide safe and convenient ways to set your Thanksgiving table this year, our Production Kitchen and Prepared Foods department are designing their offerings to make the prospect of preparing your turkey day feast less daunting, especially as your normal gathering plans may be altered due to COVID-19. In planning to ramp up the preparation of the best dishes the Co-op can add to your holiday, Director of Willy Street Co-op’s Production Kitchen Nicholas O’Connor and Prepared Foods Category Manager Dustin Skelley are working to incorporate as much local product as possible into your holiday menu. While in years past where travel and large gatherings would be considered safe, many of us are missing our large, inclusive tables.

With the uncertainty of a second COVID Thanksgiving, our goals are to prepare for meeting demand in the face of a compromised supply chain. “We want to be able to have products for our customers for what they need and what they want.” To provide for these needs, our Deli will have your offerings packed more flexibly. This will be accomplished by providing your Prepared Foods offerings priced by the pound, so you will be able to seek out the serving size that fits your gathering the best. These will continue to be available without the hassle of ordering from our catering services, so that you can grab them quickly and safely at the store. This should help small family gatherings avoid overdoing it on the cooking, and it is also designed to be scalable so bigger groups can multiply their helpings or just save some for leftovers.

If you are looking for a convenient way to lighten your culinary load, you can count on staples being available from your Co-op such as oven-roasted turkey (sourced regionally from Ferndale Farms in Minnesota), green bean casserole, mashed potatoes, or stuffing. Don’t forget to add some new or favorite flavors with individually sized containers of Potato Corn Chowder, Maple-Roasted Root Vegetables, and of course, cranberry sauce and gravy. In developing this menu, Nicholas and Dustin have made some great epicurean innovations, taking particular pride in showcasing the local veggies. This way, you can take pride in knowing your meal is sourced from and supports the local farmers and producers right here at home.

The Co-op's Purchasing department is working hard to ensure that dishes on your table are sourced from local producers. The care that was taken to ensure your meal will please those sitting down to it may not be apparent from looking at the packaging and when trying to distinguish Co-op-made foods from other products. However, these locally prepared packages are just about as close to the traditional home-made meal as you can get without making everything from scratch in your own kitchen, and you are sure to enjoy the time you'll save by picking a few up.

OTHER DEPARTMENTS

Willy Street Co-op's Prepared Foods are not the only offerings we are working to innovate for greater access this November. For those looking for fresh, local ingredients to use in their own heirloom recipes, keep an eye out for the seasonal flavors available on our Produce shelves. These are likely to include cranberries, Brussels sprouts, celery, and potatoes grown from local farms along with other ingredients you'll want to stock your cupboard with before curating your menu.

You can also help yourself and your guests get into the spirit of Thanksgiving by trying out options from our wine and spirits selection. Bring a bottle to the table from our Fair Trade and organic vintages perfect for enjoyment as you garnish your favorite Field Roast or to take the edge off the pressure of slicing the turkey. If cocktails are more your thing, pick up some Wisconsin specialities such as Midwest Vodka, or pack some punch into your libation with a shot of Death's Door Gin. Beer snobs can't go wrong as Co-op coolers are packed with a changing seasonal selection from our state's many breweries.

TURKEYS

Turkeys are available for pre-order starting November 1, and this year we are getting back to the traditional formula. We are once again offering turkeys priced by their actual weight, so you will only be charged for the amount of turkey you take to the register rather than having to select from a size range. Customers can order turkeys around a mere 10 or 12 pounds, or go all the way up to 24 pounds and above if you are looking to feed lots of folks or just love leftovers.

Because we source our turkeys from regional farms using more sustainable and bird-friendly practices, our ability to get turkeys sourced at an exact weight is often challenging, but our Meat department staff are always ready to do all they can to make you happy. For the best guarantee that you will get exactly what you want, don't forget to place your pre-order, and get your pick up early while we still have plenty of stock. If you miss the pre-order, or are just looking for a side of turkey to complement your other dishes, we

usually have turkey breasts or other offerings other than a whole bird on hand leading up to the big day. Check out page 15 of this newsletter for more details!

DESSERTS

Let's face it; some of us are just dessert people. The centerpiece may be the turkey, and the side dishes allow for a great deal of innovation and celebration of your traditions through time-honored recipes. However, for those with a massive sweet tooth, all of these courses are merely forerunners to the main event. This year might be your chance to mix it up by incorporating sweet potatoes into your favorite crust, mixed in with your favorite sweeteners and spices. If pumpkin seems a little too tired to you, give it a fresh approach by trying it in a sweet and delectable custard. You might want to think outside the can, and pick up some pie pumpkins to process for a made-from-scratch dessert.

If the kitchen is not your special place but you are looking for a crowd-pleasing favorite, be sure to pick up some of our pre-made pies at the Co-op featuring locally produced ingredients. If fruit is your thing, grab one with Door County cherries for a culinary throwback to summer on the peninsula. These pies are sure to disappear fast, so don't wait to get yours right away!

If travel anxieties have gotten the better of you this year, or if vaccination rates mean you'll be setting out fewer chairs at the table, this Thanksgiving might not be what it was in those good old days before the pandemic. For many of us, the best thing about Thanksgiving is having that opportunity to connect with family members who we don't often see, or to socialize with our buddies at a "Friendsgiving" gathering. While physical interactions might be reduced, it doesn't mean you can't enjoy the company. One silver lining of the pandemic is that we have mastered various forms of online meeting technology, allowing us all to stay in touch both at work and in our personal lives. If you don't mind the ever-unflattering camera angles, this might be a nice way for your snowbird parents to walk you through that secret family stuffing recipe.

For families looking to spend some quality time together away from the everyday distractions, cooking up that big feast might be just the ticket. The experiences young people have in food prep not only give them a chance to expand their horizons and tastes but to develop skills and independence that will serve them in life.

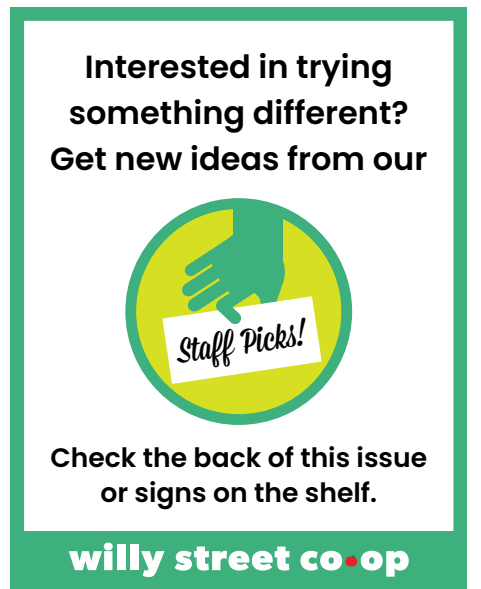
One way to do this is to encourage tasting as you cook. It not only helps to build culinary instincts but to introduce something new to the pallet of picky eaters. Another great strategy is to involve your teens and preteens in planning the day's menu. Let everyone decide on at least one dish; it could be a family classic that

is always enjoyed year after year or maybe something new and bold. Encourage your youth to take on preparing and cooking their selection, which can give them a sense of ownership in the meal. If your people aren't quite ready to hold a knife or boil water safely, they can still be involved. Look for art projects like creating a centerpiece or making hand turkeys which little ones can perform safely and take pride in. The more ways you can get everyone involved, the more memorable your Thanksgiving day is likely to be. For many of us, cooking is a way to express care and affection for others, so participation can not only mean fond memories of time spent together, but also creating a means of development as our worlds expand beyond home.

WHAT TO BE THANKFUL FOR?

In a time where pestilence, fear, dissension, and just generally weariness weigh on our minds, giving thanks might seem a challenge to the reality we live in. Finding room for gratitude might seem a bridge too far when the ritual gatherings of family and friends we count on have been disturbed, not to mention our other holiday traditions. One touchstone of this harvest festival is that it is a quintessentially American holiday and one which unites fellow Americans from all corners and walks of life in shared practices. Although this heritage carries with it the burdens of controversy and myth-making, the celebration of community and the recognition of our table of plenty stand as cornerstones of the American experience, even as we reckon with what that experience is.

On a deeper level, giving thanks is perhaps a practice of humility, by which we observe what is most fundamental in our lives. Though we may not always eat well, we are by and large a people who are well-fed, and in this holiday centered upon the dining table, we can remember that there are many who still go hungry. At a time when so many lives are ravaged by death, disease, and lingering health issues, we might observe with gratitude the health of ourselves and those around us while we hope for the recovery of others. As many businesses suffer under economic stress, we may count ourselves lucky to have a warm safe home to go to or a paycheck we can count on. As many of us are privileged with the benefit of time off to relax and reconnect with loved ones, we may remember that there are those for whom this sacred Thursday is just another day at work, and perhaps a stressful one at that. In this spirit we might choose to forego the continual habits of working and shopping in favor of peace, reflection, and being conscious of those we are spending time with. In this way, we might fully acknowledge that Thanksgiving is not truly a time of year to say what more do I need, but what all do we truly share.



Giving at the Co-op and Throughout the Holiday Season



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

It's the holiday season, and while the holidays can mean a lot of different things to different people, for many, it's time to think about generosity. For us, that's all about Co-op Principle 7: Concern for Community. While we continue to focus on the needs of the cooperative, we can also support the

sustainability and success of our community. There are all kinds of ways to support the community when you shop at the Co-op. In addition to supporting local farmers, local producers, and a local workforce whenever you shop, you can support Community Shares of Wisconsin's 70+ member nonprofits when you add a Community CHIP™ at the registers, donate to the Double Dollars fund using our donation scan cards, or help the Co-op contribute to the Double Dollars fund with every bag you reuse at checkout. If you ever end your Co-op Ownership, you can decide to have your equity donated to charitable causes and we use that equity to support a variety of different types of community programs. Check out some of the recent and current opportunities to give back at the Co-op.

DOUBLE DOLLARS TUESDAYS IN PROGRESS

Starting October 1 we began accepting Co-op Double Dollars vouchers customers received last year, and from October 19 to March 8 Double Dollars will continue to be distributed at all retail locations on Double Dollars Tuesdays. Customers who use their FoodShare/QUEST (SNAP) benefits when they shop on Tuesdays are eligible to receive Double Dollars vouchers for every \$5 they spend on their EBT card, up to \$20. The vouchers can be used at any Co-op retail location, any day of the week, during

business hours from October through May (unused vouchers can be saved for the following October). Co-op Double Dollars vouchers are good for any item in our Produce department; canned and frozen fruits, vegetables, and legumes; and seeds and seedlings for edible plants to grow in your garden.

DOUBLE DOLLARS IS A COMMUNITY-SUPPORTED PROGRAM

Double Dollars is a City of Madison and Dane County program administered by the Community Action Coalition for South Central Wisconsin. From late fall to mid-spring, Double Dollars are available at the Co-op, and from June to late fall, Double Dollars are available at participating farmers' markets while funds last. The vouchers are largely supported by donations and when customers reuse grocery bags to shop at the Co-op. If you haven't yet supported the Fund, but want to get involved, you can do so two ways: by choosing \$1, \$5, \$10, or \$25 Double Dollars Fund scan cards at the cash registers to add a cash donation to your receipt at checkout, or by simply reusing bags when you shop at the Co-op. When you bring reusable bags for your shopping trip, we'll save 10¢ to contribute to the fund. All monies that go to the Double Dollars Fund are sent to Community Action Coalition to administer the program. If you are using our E-commerce program, Double Dollars Fund contributions can be made there as well! Visit shop.willystreet.coop and search "Double Dollars" to find donation options.

Cash donations via the scan cards at our registers and donations made via shop.willystreet.coop are tax-deductible.

SUPPORT THE DOUBLE DOLLARS FUND, WE'LL MATCH FOR LOCAL FOOD PANTRIES

Supporting the Double Dollars Fund in November and December counts double! All November and

December we'll give a 1:1 match on your cash donations and bag reuse. When you make a cash donation or reuse bags to support Double Dollars, we will match up to \$10,000 of your support by providing matching funds to our five neighborhood food pantries: Goodman Community Center Fritz Food Pantry, Lussier Community Education Center, Middleton Outreach Ministry, The River Food Pantry, and Wil-Mar Neighborhood Center. The match will be split five ways and provided in Co-op gift cards for the pantries to acquire fresh items that are harder to come by in the winter season. Like Wisconsin FoodShare benefits, reliance on food pantries remains high due to COVID-19, and this is a great way to support shoppers using FoodShare and those who rely on other food sources at this time.

The Double Dollars match benefiting our food pantry partners is made possible through abandoned and donated Owner equity. When Owners leave the Co-op, their equity invested belongs to them and they are given the option to have their equity refunded or to donate it to use for charitable purposes such as this match. Please join us in celebrating the generosity of our past Owners by participating in the Double Dollars match program this holiday season.

COMMUNITY REINVESTMENT FUND SEEKING COMMITTEE MEMBERS

The Co-op seeks a Co-op Owner-At-Large to serve on the Community Reinvestment Fund grant committee. Each year, the Co-op allocates a certain amount of abandoned Owner equity to provide small grants to local nonprofits and cooperatives for project work. The committee is responsible for reviewing the project grant proposals and making recommendations to the Co-op's Board of Directors for award approval. Committee members must be available from 6-9pm between February 14 and March 4 for two meetings. Time outside of meetings is required to review documents and a reception for the grant winners and committee members will be scheduled the week of April 25. Ideal candidates have backgrounds in at least one of the following program focuses: food justice and/or access, creating cooperatives, sustainable agriculture, health and wellbeing, and/or social change.

If you are interested in applying, please email l.hawley@willystreet.coop no later than November 14 with brief resume details and information about your interest and qualifications to serve.

\$13,530 DONATED BY CUSTOMERS AND PAST OWNERS TO DIRECT RELIEF

From September 10-October 3 the Co-op raised a grand total of \$13,530 through customer donations for Direct Relief. 100% of those funds have been sent to Direct Relief for their response to Hurricane Ida, the earthquake in Haiti, west coast wildfires, and severe weather in the US. This donation campaign provided yet another means for us to apply abandoned equity from past Owners to charitable causes. The Co-op matched all donations 1:1 starting September 20 with abandoned equity, and \$3,559.05 of the grand total was thanks to Co-op matching. Direct Relief is one of the largest nonprofits dedicated to providing disaster recovery and humanitarian assistance in partnership with local groups and our collective contribution will help provide medical supplies, medicine, personal protective equipment, and aid to healthcare agencies and first responders. Direct Relief's donation policy ensures that 100 percent of all designated contributions for specific programs or emergency responses are used only on expenses related to supporting that program or response. They are also a GuideStar Platinum charity with a four-star rating on Charity Navigator. If you are interested in continuing your support for this cause, you can give to Direct Relief and learn more on their website at www.directrelief.org. A big thanks to everyone who made a contribution to this special campaign, our cashiers who made the asks to give, and our past Owners who helped make matching gifts possible.

COOPERATIVE GENEROSITY

The holidays look a little different in every family system and every community. This year, the holidays will likely not look like the holidays of 2020, but they might still look and feel a bit different than the holidays of the past. No matter how big or small your family or community may be, we hope that by continuing to cooperate together we can continue to take part in making your holidays special and provide opportunities to collectively show generosity and love to the people all around us. Thank you for your continued kindness, giving, and support.

Seal in the Warmth

3M™ Indoor Window Insulator Kits
On Sale Now
Save Now & Thru the Winter

ACE Hardware Center
1398 Williamson St. 257-1630
acewilly@tds.net

Pilates on Harrison
Quality Pilates in Your Neighborhood

710 Harrison Street
pilatesonharrison.com
608.709.1775

HOLIDAY HOURS
Nov. 25, Thanksgiving:
Open 7:30am-2:30pm
Dec. 24: Open 7:30am-6:00pm
Dec. 25: CLOSED
Dec. 31: Regular Hours
7:30am-9:00pm
Jan. 1, 2022: CLOSED

RECIPES

Brown Butter Walnut Pie with Sour Whipped Cream

Adapted from www.saveur.com.

Walnuts replace pecans in this variation on the classic pecan pie. The earthy flavor of the walnuts is highlighted with brown butter, and the pie is topped with dollops of tangy sour cream topping. This will earn a welcome spot on your Thanksgiving table for years to come.

Prep. 1h 30m

1 Pie Crust

13 Tbs. butter

3/4 c light brown sugar

6 eggs

1 3/4 c. light corn syrup

2 tsp. vanilla extract

1 1/4 tsp. kosher salt

3 c. walnut halves

1/3 c. heavy cream

2 Tbs. confectioners' sugar

1 c. sour cream

Directions: Preheat oven to 375°F. Use the tines of a fork to prick holes into the dough all over. Line the dough with a sheet of parchment paper, and fill the pie shell with pie weights or dried beans. Bake for 15 minutes. Remove the pie weights and the paper. Set aside to cool.

Melt the butter in a medium skillet over medium heat. Cook 20-22 minutes, until the butter is dark, golden brown with dark brown flecks, and has a nutty aroma. Remove from heat and set aside to cool. In a large bowl, whisk together the brown sugar and eggs until fluffy and pale. Stir in the browned butter, then add the corn syrup, 1 1/2 teaspoons of vanilla, and salt, and whisk until smooth. Fold in the walnuts, then pour the filling into the pie shell. Use a rubber spatula to smooth the filling into an even layer. Return to the oven and bake about 40 minutes, until the filling is just set in the center. If the pie crust begins to get too brown, cover the edges with aluminum foil.

While the pie is in the oven, make the topping. Whip the heavy cream and sugar together in a medium bowl until stiff peaks form. Fold in the sour cream and remaining 1/2 teaspoon of vanilla.

Serve each slice of pie with a dollop of topping.

Apricot and Walnut Stuffing

Adapted from www.saveur.com

A showpiece Thanksgiving stuffing, studded with dried fruit and enriched with chicken livers.

Prep. 2h

1 lb. white bread, cubed

1 c. white wine

3/4 c. dried apricots, chopped

1/2 c. dried apples, chopped

3/4 c. dried currants, chopped

16 Tbs. butter

3 celery stalks

2 onions, chopped

4 oz. chicken livers, chopped

2 c walnuts, chopped

3/4 c heavy cream

1/2 c. flat-leaf parsley, chopped

2 tsp. orange zest

2 eggs

salt

black pepper

Directions: Preheat the oven to 350°F. Spread the cubed bread in a single layer on a baking sheet and bake until browned, about 20-25 minutes. Transfer the cubes to a large mixing bowl and set aside. In a 1-quart saucepan, bring the wine to a boil and stir in the dried apricots, apples, and currants. Remove from heat and let steep for 30 minutes. Strain the fruit and discard the wine. Add the fruit to the bowl of bread. In a 12" skillet over medium-high heat, melt 4 Tbs. of the butter. Add the celery and onions and cook, stirring occasionally, until browned, 12-15 minutes. Stir in 8 Tbs. of butter, add the chicken livers. Sauté for 2-3 minutes. Add the celery and liver mixture to the cubed bread, then add the walnuts, cream, parsley, orange zest, and eggs. Fold together until well-combined. Season with salt and pepper. Transfer the stuffing to a 2-quart baking dish. Dot with the remaining butter and cover with aluminum foil. Bake for 50 minutes, then increase the heat to 475°F and bake another 8-10 minutes, until the top is browned.

Orange Whipped Sweet Potatoes with Hazelnuts

Adapted from www.frugivoremag.com.

This sweet potato side dish would be perfect on the Thanksgiving table—you can easily double or triple the recipe for a large group.

Prep. 2h

1 1/2 lb. sweet potatoes, chopped

olive oil

1 orange, zested and juiced

1/2 c. Greek yogurt

salt

pepper

1/4 tsp. grated nutmeg

1 tsp. ground ginger

1 tsp. vanilla extract

3 tsp. cinnamon

1 Tbs. brown sugar

1 1/2 Tbs. dark rum (optional)

1/4 c. chopped hazelnuts

Directions: Preheat oven to 350°F. Pierce the sweet potatoes all over with a fork and place on a rimmed baking sheet. Bake for 1 1/2 hours, or until the sweet potatoes are tender. Set aside to cool. Slice the ends off the sweet potatoes, then peel and discard the skin.

Place the peeled sweet potatoes in the bowl of a food processor. Add the orange zest and juice, then pulse just until smooth. Transfer the sweet potato purée to a mixing bowl, and fold in the yogurt, a pinch of salt and pepper, nutmeg, ginger, vanilla, cinnamon, and brown sugar and rum (if using).

Transfer the sweet potato mixture to a baking dish and top with the chopped hazelnuts. Bake at 350°F, uncovered, for 20 minutes. Serve warm.

Turkey Hash

Adapted from www.saveur.com.

Loaded with leftover turkey and other Thanksgiving ingredients that you might still have on hand, this hearty hash would make an excellent day-after-Thanksgiving breakfast (or lunch, or dinner)!

Prep. 10m

Cook. 1h 5m

1 c. chicken stock

1 c. cream

1 tsp. Worcestershire sauce

2 dashes hot sauce

1 Tbs. dry sherry

4 Tbs. butter

3 slices bacon

1 onion, chopped

1 red bell pepper, chopped

1 poblano pepper, chopped

1 lb. red potatoes

1 Tbs. chopped fresh thyme

3 cloves garlic, minced

2 c. shredded cooked turkey

4 eggs

Directions: In a small bowl, whisk together the chicken stock, cream, Worcestershire sauce, hot sauce, and sherry. Set aside.

Heat a large skillet over medium-high heat. Melt 2 tablespoons of the butter, and add the bacon. Cook until crispy, about 5 minutes. Stir in the onion and peppers, and cook until softened, 10-12 minutes. Add the potatoes, garlic, and chopped turkey, and sprinkle with salt and pepper. Cook, stirring occasionally, until the potatoes begin to turn golden, about 15 minutes. Pour the stock and cream mixture evenly over the hash, then mash lightly with the back of a spoon, pressing the hash into the skillet. Cook until the hash holds together in a loose cake, and is browned on the bottom, 25-30 minutes. Set a 12-inch plate over the skillet, and carefully flip over to invert the hash onto the plate. Set aside.

Melt the last 2 tablespoons of butter in the skillet and scrape up any browned bits. Slide the hash back into the skillet, with the cooked side up. Crack the eggs on top of the hash. Cook until the potatoes are tender and the hash is browned on the bottom, about 10 minutes. Serve hot, with more hot sauce if you like.

Baked Squash Stuffed with Quinoa & Dried Fruit

Adapted from www.edenfoods.com.

A delicious and beautiful dish for the winter holidays, or any day.

Prep. 1h

1 c. quinoa

1 1/2 c. water

2 acorn squash, halved and seeds removed

sunflower oil

1/2 c. walnuts

1 c. dried cherries

2 Tbs. maple syrup

1 tsp. cinnamon

Directions: Preheat the oven to 350°F. Lightly oil the outside of the squash and set in a baking dish. Set aside. Rinse the quinoa in a fine mesh strainer under cool running water. Combine the quinoa and water in a pot with a tight-fitting lid. Bring to a boil over high heat, stir, and reduce to medium-low. Cover and simmer 15-20 minutes until the water is absorbed.

In a large bowl, mix together the cooked quinoa, walnuts, cherries, syrup, and cinnamon. Stuff each squash half with the mixture. Cover the squash with aluminum foil and bake for 45 minutes, or until the squash is tender when poked with a fork. Serve hot.

Butternut, Sweet Potato and Red Lentil Stew

Adapted from www.ohsheglows.com.

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

Prep. 20m

Cook. 40m

1 onion, chopped

4 cloves garlic, mince

3 c. diced butternut squash

1 sweet potato

salt

3 Tbs. olive oil

3 c. vegetable broth

14 oz. diced tomatoes

14 fl oz. coconut milk

1/2 c. red lentils

3 Tbs. tomato paste

1 1/2 tsp. turmeric

1 1/2 tsp. cumin

1/2 t sp.chili powder

1/4 tsp. cayenne pepper

black pepper

3 tsp. apple cider vinegar

1 bunch chard, chopped

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

Winter Squash Soup with Gruyere Croutons

Adapted from [Bon Appetit](http://BonAppetit.com)

Prep. 1h

1 1/4 tsp. sage

5 1/2 c broth

4 cloves garlic, minced

1 onion, chopped

1/4 c. whipping cream

2 tsp. brown sugar

1/4 c. butter

1 baguette

4 c. butternut squash, cubed

1 c gruyere cheese, shredded

1 1/4 tsp. thyme

4 c. acorn squash

Directions: Soup: In a stock pot, melt butter over low heat and sauté onion and garlic until translucent. Add broth, all squash and herbs and bring to a boil. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Transfer portions to blender and puree until smooth. After entirely pureed and returned to the same pot, fold in cream and sugar. Simmer on low heat. Do not allow to boil. Season to taste with salt and pepper. Ladle into bowls and top with Gruyere Croutons. Gruyere croutons: Preheat broiler. Butter 1 side of slice of bread. Place butter side up on a lined sheet pan and broil briefly until lightly golden, about 1 minute. Sprinkle with cheese, herbs, salt and pepper. Return to broiler for about 1 more minute or until cheese is melted. Serve on top of piping hot soup.

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

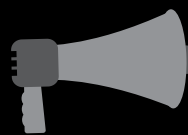
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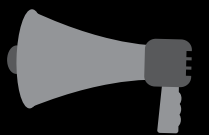
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Staff Picks



ABIGAIL

Late July Saltines

I always like to have some sort of cracker in my pantry for those times I don't feel like cooking, just want to munch, or am feeling under the weather. These saltines are the most delicious I've ever had! These go great as a companion with some cheddar

cheese and/or peanut butter. Also, an awesome cracker for soups. They differ from your typical saltine in that they are organic, a bit thicker/sturdier, and round. So simple, yet so tasty!



LACEY

Pasture Patterns Eggs

There are so many eggs to pick from, but this farm is an easy choice! Hens are moved through organic pasture in Mount Horeb, and are out in sunshine and fresh

air (check out their website for a really nice video showing the process.) I also love that they are small-scale and committed to sustainability, and all eggs are delivered within 30 miles of the farm.



AMY

Mush Overnight Oats

A big hit over here at the Willy East location in the morning. Hearty and delicious, there's NO sugar, the ingredients are clean, and it's a great way to get your filling energy. So satisfying! Also, Co-op, please

get the Coffee Coconut flavor! :)



Bambu Food Scraper

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



Vitruvian Sunflower Shoots

These have such a pleasant flavor, whether on their own or atop a salad or a grilled chicken sandwich or an omelet. I also like to eat them one at a time. They have a nice shelf life. At restaurants they will put on, like, five sprouts.

At home, I like a big pile because I'm worth it! You're worth it too.



Castelvetrano Olives

My new favorite olive, which is saying a lot. They own their spotlight. That bite! No mush, but firm. Light on the salt, they are mild and creamy. Castelvetranos are the highlight of any snack plate (warm with feta and olive oil, omg!) Better in flavor with the pits still in them, but now available here without, they are the perfect olive for Olive-Haters. I dare you to try one, Olive-Hater!



MARIA

B&E's Trees Bourbon Barrel-Aged Maple Syrup

Aging this maple syrup in bourbon barrels elevates the flavor to the divine. It's also notable that the owners, Bree and Eric, created an off-grid farm.



JOE

Siete Grain-Free Mexican Wedding Cookies

I was excited to see a grain-free version of one of my favorite types of cookies. The blending of almond, tapioca, and other flours with coconut oil and pecan pieces is perfect.



BRENDON

Deep Indian Kitchen Cilantro Pesto Naan Pizza

I like to keep a few of these in the freezer for when I need a quick lunch. They're a great value at the price, and all of the flavors are good, but this is my favorite.



PATRICK

Hen of the Woods Potato Chips

The only thing bad about these chips is trying to figure out which one to buy. The Buttermilk Chive and the Everything both have complex munchie-inducing flavor profiles and usually win my money. The plain Sea Salt

chips hold their own too. A great addition to your potato chip selection!



ABBY

Clif Bar Nut Butter-Filled Chocolate Peanut Butter Bar

This Clif Bar satisfies my sweet tooth AND gives me energy. There's a slight crunch to the chocolatey outside with smooth peanut butter in the middle. It is considered a low-glycemic food so you don't have to worry about crashing an hour later.



MEGGIE

Inessents Lavender CBD Bath Salts

Take a break from the hubbub with a good old-fashioned soak. The combination of lavender and CBD is oh so relaxing.



KELSEY

Brew Pub Lotzza Motzza Pizza

This is a very aptly-named frozen pizza—tons of delicious cheese, and it has a taste and texture that made me think exactly of a pizza you'd get at a bar. Pair with a local beer to get that bar experience safely at home!



Tiger Balm Pain Relieving Patches

Back pain? Shoulder pain? Leg cramp? Tiger balm patches have helped me with these and more. I love these patches; they start working fast and keep relieving pain for hours. I definitely recommend!



JESS

Seracon Maple Syrup Tin Candle

Handcrafted in Canada with 100% Natural Soy Wax. Each artisan wick is made of natural wood using good forestry practices. Listen to the crackling sound of a fireplace when the candle is lit.





FORREST

Alba Botanica Even & Bright Cleansing Gel

This gentle facial cleansing soap is perfect for washing your face. The sea mineral-rich formula has a very light, pleasant fragrance and doesn't dry your skin out like bar soaps. It removes impurities and improves your complexion so everyone will notice your bright clean skin when you smile.



After rinsing your face first with warm water, all you need is a half-pump and a bottle lasts a long time. Massage it onto your face. Rinse, rejoice, and feel clean all day long!



GRANT

Myco Shield Mushroom Immunity Spray

Mushroom Power! This little immunity-boosting spray always has my back, whether I'm feeling a bug coming on or in full-on cold mode. When I started using this I noticed my colds were shorter and it can stomp out early symptoms before they get the best of you! I highly recommend adding this to your cold fighting arsenal!"



ERIC

Carr Valley Creama Kasa

A semi-soft, creamy, and nutty cheese that is great for snacking or dessert. Made in LaValle, Wisconsin.



BENJAMIN

Willy Street Co-op Curry Mango Chicken Salad

The best chicken salad I've ever had! The mango chutney along with celery and almonds is a winning combination! I love putting it on crackers for an afternoon snack and it's also great on sandwiches.



DUSTIN SKELLETT

Fennel

This odd looking vegetable is surprisingly delicious! I love to julienne the bulb really fine and mix it with roasted butternut squash; the hints of anise in the fennel really meld well with the sweetness of butternut squash.

Willy Street Co-op Ginger Tempeh Wrap

This wrap is sooooo good! It's like a giant vegan eggroll that isn't deep fried :) Available at East and North only.

RP's Pasta Smoked Mozzarella Tortelloni

These tortelloni have just the right amount smoke to them. I love to use any of the RP's tortellonis when making pasta dishes without sauce.



AMANDA

Rishi Teas

This locally prepared tea is full of flavor and they all smell amazing! My favorite changes with the season. This tea is so fresh that I find myself using less, and it can be reused for a second cup. Treat yourself; your tea mug will enjoy it too!



Gietost Ski Queen Classic

This sweet brown cheese comes from the mountains of Norway. It's a full-bodied flavored cheese that is like creamy caramel. It is good with slices of apples, or put a little on some apple pie! Or just eat it by itself. MMMM!



Willow Creek Leaf Lard

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



LAURA

Equal Exchange Ginger Tea

You might think I'm crazy, but I gave up caffeine a few months ago and replaced it with this. Its spicy kick is an invigorating pick-me-up in the mornings and ginger's medicinal properties counter any stomach ailments or nausea I might experience throughout the day—win, win!



Pomegranates

To me, one of the best winter gifts I can receive is digging into a pomegranate to devour the beautiful, nutritious jewels inside. Full of minerals and vitamins, this is a fruit that will sustain you and bring you a bit of joy during the darkest days of winter!



Madison Herb Society

39th Annual Herb Fair

Saturday, November 6, 2021 - 9 a.m. – 3 p.m.
Olbrich Botanical Gardens - 3330 Atwood Avenue, Madison, WI

Herbal Comforts

Featuring Herbal Vendors, Lectures, and Demonstrations

Speakers

<p>9:30 a.m. Warm Up with a World of Teas Erin Ulrich of Telsaan Tea</p>	<p>12:15 p.m. Outdoor Winter Herb Walk Linda Conroy of Moonwise Herbs</p>
<p>11 a.m. Create Culinary Comfort with Herb & Spice Blends Patrick O'Halloran of The Deliciouiser</p>	<p>2:15 p.m. Herbs to Soothe the Nerves Jane Hawley Stevens of Four Elements Herbals</p>

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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!



JAMES

Willy Street Co-op Bakery Pumpkin Bar

This “bar” is more like a piece of cake, and I love it for that. At the beginning of the pandemic when the Production Kitchen was closed they were sorely missed! I try to only have one a week, but sometimes it’s hard not to give in when they’re freshly stocked and so close to the check-out!



DAN

**Uplands Cheese
Rush Creek Reserve**



Produced only in the fall, when the cow's diet changes from summer pasture to the winter's dry hay, the milk used for Rush Creek is very rich and produces a cheese that is almost a savory custard. Wrapping it in spruce lends a woody, smoky, and somewhat meaty flavor to this amazing cheese. Warm it up a little in the oven, cut off the top and grab a baguette. And get it while you still can—it's highly seasonal.



JUSTIN

Fuyu Persimmons



There are fruits and veggies that I have grown to enjoy more and more with each passing year; Fuyu Persimmons are on that list of those fruits. With a warm and rich caramel like flavor and a flesh that can be eaten while still crunchy or jam-like soft this is one of my favorite fall fruits. Add a little cream

cheese on top of a sliced Fuyu topped with pomegranate seeds or bake it into your favorite dessert—it has an amazing versatility that I've grown to strongly appreciate.



DEAN

Willy Street Co-op Door County Cherry Pie

This pie is made with local cherries, and it is so delicious! Great warmed up with ice cream or as is. Your taste buds will thank you for the serious flavor!

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EVERY THURSDAY:

Owners get 10% off all fresh produce when you buy at least \$25 worth

— even fruits and vegetables already on sale!

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WHEN RECYCLING INSIDE & OUTSIDE OUR STORE:

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- NO dirty plastic containers**
- NO coffee cups**
- NO dirty plastic cups**
- NO napkins**
- NO food**

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