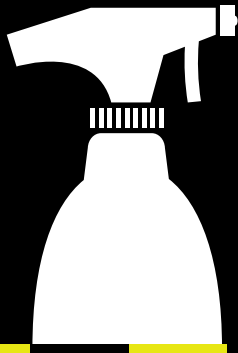


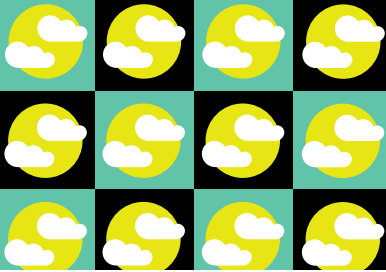
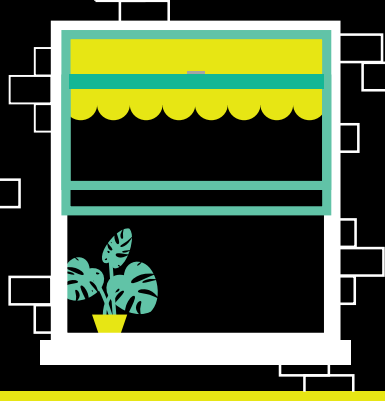
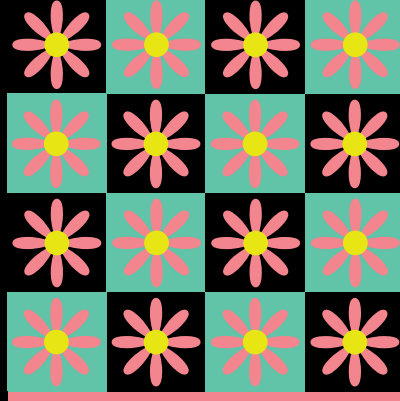
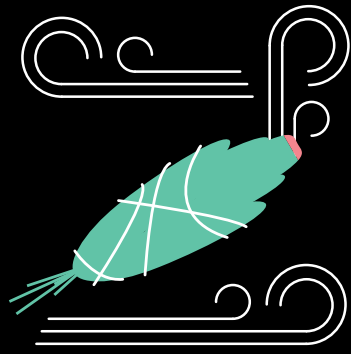
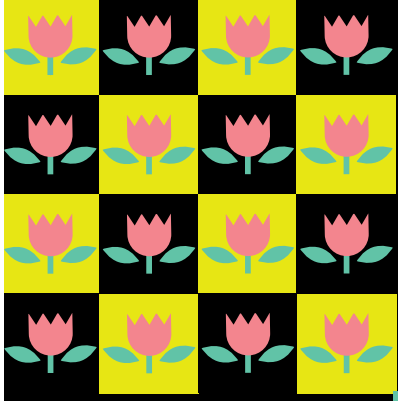
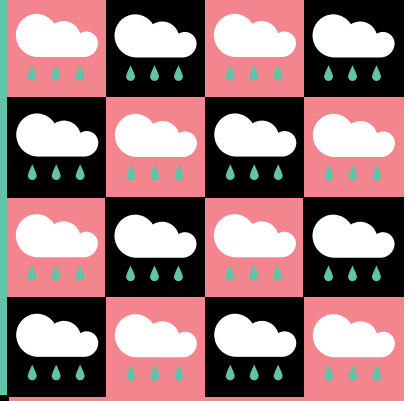
WILLY STREET CO-OP

PREADER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 49 • ISSUE 4 • APRIL 2022



NATURAL SPRING CLEANING



IN THIS ISSUE

Plastic-Free Bodycare; Earth Day;
Community Reinvestment Fund Recipients; and More!

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422
Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

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

SUBMISSIONS

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

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FAX: 608-251-3121

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GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

PREORDERS: EAST: es.preorders@willystreet.coop; WEST: ws.preorders@willystreet.coop; NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

All Juice & Coffee Bars: Varies by store; Please call for today's hours

Deli: Store open-9:00pm

Meat & Seafood: Store open-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
Sarah Larson, Vice President
Brian Anderson
Tatiana Dennis
Michael Chronister
Gigi Godwin
Ann Hoyt
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

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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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!

FRUIT DELIVERY

Q: I am interested in setting up a reoccurring delivery of fruit for the company I work at located on Madison's west side. We have approximately 20 people on site. Please let me know if you need any additional information, or how to proceed with setting this up.

A: Thanks for reaching out. Unfortunately, we do not offer a service like this at this time. If you'd like we could open a business account for you, and you could place regular orders on our ecommerce site. Due to staffing issues, that's the best I can offer you at this time. Thanks again! -Megan Minnick, Produce Category Manager

SMUDGING

Q: Hi, I read with interest your article on ethically sourced smudging tools and I am asking if you sell smudging sticks and can deliver to Canada. And, would you know of any ethically sourced opportunities in Canada. I am in Ontario, just outside of Toronto in Burlington where we acknowledge that the land on which we gather is part of the Treaty Lands and Territory of the Mississaugas of the Credit. Appreciate your time and support. I have been asked to support my clients with smudging and have studied the art but wish to do so in an ethical manner and appreciate your advice and kindness in this manner.

A: Thanks for the message. We do sell smudges in our stores, but unfortunately we do not ship products.

I would recommend contacting the wholesale vendor that we purchase Global Shaman Native American Smudges from which is Windrose Trading Co. Inc. They offer wholesale accounts and/or a list of online retailers that sell their products. I hope this helps! Be well, Sara Berg, General Merchandise Category Manager

EXCESS PRODUCT

Q: I called your west and central locations today, and am following up to find out about your grocery excess donation process. This would be for product nearing

its use-by date that your locations wouldn't be looking to sell, so separate from website's direct Donation Request. Please let me know if there's a direct contact I can reach out to at your locations

A: We don't typically have excess groceries or prepared foods to donate, because we don't plan for surplus the way traditional grocers do. In the rare instances that we do, we contact Second Harvest Foodbank to learn whether they can use the surplus or whether there is a local pantry that could use it.

We certainly could add your contact info to the list of places department managers could recommend contacting if we have a surplus, but we do not schedule regular surplus pickups, and we cannot guarantee surplus availability.

Thank you for all the work you do to support our community and to help reduce food waste! -Best, Liz Hawley, Education and Outreach Coordinator

BIRD-FRIENDLY COFFEE

Q: I do shop at the coop—have done so on and off for years—and am considering being an owner once again. I am disappointed though in that you all don't seem to carry any birdfriendly/shade grown decaf coffee. I would much prefer buying from you all and supporting the local economy while saving birds instead of going on line but i need the product to be in your store. Not just this but if part of your mission is to care about the environment—coffee plantations that aren't shade-grown bird-friendly are contributing to the decline of birds. A 50 % decline in the last few decades—that's huge! Please consider carrying more environmentally—wild-life/bird friendly brands. Thanks!

A: Thank you for your comments about us carrying bird-friendly coffee. The question of shade-grown coffees came up in the recent past and I checked in with a few of the coffee companies we work with about it. I think Equal Exchange had the most thorough response and it was insightful for me, so I am going to share it with you:

"The Shade Grown movement was born out of the Smithsonian Migratory Bird Center and, as the name implies, the goal is to incentivize the protection of shade cover for coffee and the preservation of habitat for migratory birds.

"In coffee-growing regions, shade trees and various types of crops and plant-life are an important part of the ecosystem for birds and pollinators.

"Equal Exchange's coffee is not certified Shade Grown or Bird Friendly. That said, we work with many producers whose coffee farms have partial or full shade. In fact,

some of our partners grow their crops in biosphere reserves or cloud forests!

"While the Shade Grown and Bird Friendly certifications are appropriate for some growers, they come with costs. We don't believe it provides sufficient additional benefits to ask our producer partners to go through this process on top of the fair trade and organic standards they are already meeting. It's important to note that both organic and fair trade standards have environmental components that cover much of what shade-grown certification requires.

"It is also a core belief at Equal Exchange that focusing on certifications alone belies the important, transformational work that can be done in direct partnerships with farmers in a truly alternative, cooperative supply chain outside of traditional commercial avenues. For example, many of the projects funded through our Donor Advised Fund and Cooperative Development Project grants are aimed to assist farmer cooperatives in their efforts to renovate (replant) farms and increase crop diversity—all of which also increase local biodiversity."

"I hope this helps illustrate the complexity of the different coffee certifications that are available and how they can overlap. Many plantation style coffee growers grow their coffee without shade. We try our best to source coffee that is not plantation grown, but it is hard to tell where some brands source their beans."

I appreciate you reaching out and letting us know what you are looking to buy at our stores. -Dean Kallas, Grocery Category Manager

ONLINE IN-STOCK BULK

Q: Hello—I'm sure this has been asked many times, but shoppers need a way to see what items are in-stock in the bulk sections per store online (before you get to the store). Even something showing all of the standard items available and what will be new/upcoming?

A: You can see what bulk items we currently carry at our North side store by visiting shop.willystreet.coop and clicking on the "Shopping" tab. All of our e-commerce orders are filled from our North side location since that site has the widest product selection. The list of items that appears online is filtered based on what has been sold or received from the North location. It is not updated 100% real time but it does give a fairly accurate picture of the products that we are currently selling. If you are wondering whether or not a specific item is in stock, we recommend calling the store to check availability. You can reach Willy East at 608-251-6776, Willy North at 608-471-4422 or Willy

West at 608-284-7800.

Over the years we have researched implementing "perpetual inventory" practices to know exactly what's on hand at any given moment and keep coming to the conclusion that there are challenges that would make it prohibitively labor intensive for us to implement. This being said, we do often revisit conversations about product availability and how we can make this information more accessible to customers. I will talk to our IT and Communications departments to see if there are any fresh ideas! In Cooperation, Matt McHugh, Logistics Director

DIGITAL SIGN TEXT

Q: Please revise the elec sign message to read... "All lives matter"

A: We received your suggestion to revise our digital sign at Willy West to read "All lives matter." We have chosen to highlight that "Black lives matter" because we see daily reminders that this idea is not universally accepted, and we are doing our very small part to reaffirm it. I would agree that all lives matter; I couldn't argue otherwise! Per that statement, though, Black lives matter since they are part of "all lives." We're simply focusing on a group that is too often considered an exception to the "all lives matter" idea. -Brendon Smith, Communications Director

STORING GINGER

Q: Hello! A few issues ago in the Reader, there was a question about properly storing ginger. In addition to Megan's tip about fridge storage, I wanted to share my favorite ginger tip: store it in the freezer! We rinse our roots and break them up into a few pieces before sticking them in the freezer. When we want to use some, we just take it out of the freezer and grate it with a microplane. No peeling necessary and no stringiness!

A: Thanks for the tip! I've never frozen ginger, but it sounds like it works really well. -Megan Minnick, Purchasing Director

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willy street co-op

TOGETHER WE TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Photo courtesy of FairShare CSA Coalition

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

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

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

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GENERAL MANAGER'S REPORT

Earth Day; New Union Contract; & More!



HELLO APRIL; HELLO DEAR OWNERS.

April brings the start of our last quarter of the fiscal year, the hope of local watercress, ramps, and spinach in the produce aisle, and all sorts of gardening supplies for you to buy. From plant starts to

by Anya Firszt,
General Manager

seed starting supplies to gardening gloves and watering cans, we have a wide selection of items to help your garden grow. Come in and check it out.

April also brings the 52nd annual Earth Day celebration that was started back in 1970 by Wisconsin's very own Gaylord Nelson. What will you do this year to invest in our planet? You might consider reducing the number of single-use items you use; for example, shift to using reusable shopping bags, stainless steel straws, washable to-go utensils, and refillable water bottles. Another shift could be buying in bulk or local food and products whenever possible. You can make a difference!

EARTH DAY CELEBRATION

You have a whole week of savings to celebrate Earth Day this year! All bulk products (except kombucha) will be on sale April 18-24, making this an ideal opportunity to replenish your pantry. Owners who use a reusable bag during that week will automatically be entered to win a \$25 gift card. See details on page 14!

EARTH-FRIENDLY UPDATE

In 2016, the Co-op partnered with Legacy Solar Wisconsin Cooperative to install 212 LED lamps and 90 solar panels at our east location. We provided the roof-top; Legacy Solar Co-op provided the technical assistance and tax financing; Full Spectrum Solar installed the panels. This energy efficiency and renewable energy project has saved over 200,000 kilowatt-hours and over 120 metric tons of carbon emissions so far. And, this month the Co-op purchased the array outright from the tax sponsor and bondholders. Not one LED lamp has needed replacing yet, and there are still 19 years of warranty on the solar panels. It has already been a good investment and proves to get even better as time goes on.

COLLECTIVE BARGAINING AGREEMENT

We are pleased to have negotiated our second contract with UE

1186. The new contract, effective March 16, offers additional benefits and wages for our hourly employees while being mindful of our fiscal responsibility for our Owners and the Co-op's long-term success. The new contract increases the minimum starting pay to \$15 per hour and raises all wages of hourly employees 20% over the two-year term of the contract.

FOND FAREWELL

Megan Minnick, Purchasing Director, has resigned her position at the Co-op to focus on her family and writing. Megan worked for the Co-op for a total of nearly 15 years. In her time at the Co-op, she first worked in the East produce department, then as the East Deli Manager, the West Produce Manager, and finally settling into the role of Purchasing Director for the last 8-plus years.

We have Megan to thank for bringing the best local and organic food to our Co-op, farmer contracts, Retail Ready Labs, subscription boxes, and the "Word on the Beet" produce email to name a few things. (We'll still offer the produce email! See willystreet.coop/emails if you'd like to sign up for it.) We are a better organization because of her many talents, expertise, and years of service. All the best to her in her future endeavors.

ON THE HORIZON

Budget planning for the coming fiscal year (FY23) is well-underway and we are about half-way through the process. Our Finance Committee will have an opportunity to review and provide input on the budget in mid-May before recommending approval to the Board of Directors at their June meeting.

Reminder to you that our Annual Meeting is moving from July to October this year along with the annual Board elections. Stay tuned for announcements regarding Board elections, candidate statement deadlines, and balloting dates.

NEIGHBORHOOD FESTIVALS ARE BACK!

Returning in 2022 live and in-person are some of our favorite neighborhood festivals! Starting off with the Marquette Waterfront Festival June 11-12; La Fête de Marquette July 14-17; Atwood Fest July 30-31, Orton Park Festival August 25-28; Middleton Good Neighbor Festival August 26-28, Sessions at McPike Park August 12-14, 18-19, and August 31 and September 1, and finally the Willy Street Fair September 18-19. I, for one, am looking forward to live outdoor music and merriment!

Stay safe, stay healthy.

BOARD REPORT

Policy Updates; DEI Webpage; & More!



by Ashwini Rao, Board Member

POLICY UPDATES

At our January meeting this year we reviewed the planning and financial budgeting policy (B2) and updated it to include publishing and distributing a consolidated version of the budget in plain language so Owners could easily understand the budget.

BOARD SKILLS REVIEW AND ELECTION TIMELINE

As part of our recruitment process for new directors, the Board underwent a skills assessment earlier this year. The assessment looked at the current slate of skills that the Board brings, identified other desirable skill sets and community connections/interests that new directors could bring to the Board. This year, the following skills rose to the top:

- Owner relations
- Cooperative business and governance
- Administration and management
- Strategic planning
- Cultural competency

As a reminder, the February edition of the *Reader* shared our plans for the Annual meeting and the Board of Directors election timeline. We have decided to move our Annual Meeting from July to October, which will enable us to present a more accurate year in re-

view including financial information. We will still maintain a virtual option for those unable to attend in person. Below is a handy table for your reference again:

STARTING IN 2022	
BOARD CANDIDATE APPLICATIONS POSTED:	JUNE
ANNUAL MEETING:	OCTOBER
VOTING:	OCTOBER

If you would like in-depth information about our Board meetings, we post the agenda and minutes in stores and online after they have been approved.

DEI WEBPAGE IS LIVE!

And finally, as you know, the Board and Co-op management has, over the past 18 months, been working with Step Up: Equity Matters to build a foundation to foster diversity and inclusion within the Co-op. To that end, we have created a Diversity, Equity, and Inclusion section on our website. We encourage you to take a look at it (www.willystreet.coop/DEI) and reach out to us with any questions or just share your thoughts.

Send us an email at board@willystreet.coop. If you'd like to reach out to one specific Board member, let our Board Administrator (b.becker@willystreet.coop) know who you would like to connect with.

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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.



PATE À CHOUX WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, April 6, 6:00pm–8:30pm
Location: Willy East Community Room
Wednesday, May 4, 6:00pm–8:30pm
Ages: 12 and older; adult supervision required
Instructor: Pierre Ferland

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

Join Chef Pâtissier Pierre Ferland in this class to learn how to make classic pastries such as éclairs, Paris Brest, and choux (cream puffs) as well as pastry cream and other fillings. From mixing to baking, this class will cover everything you need to know to make these classic French pastries.



COOKING WITH CHEF PAUL: SPRING GOODNESS BRUNCH

Location: Willy East Community Room
Thursday, April 7, 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

Spring is here, so let's enjoy the ephemeral local greens while they're here—ramp, pea shoots, and spring onion. Join Chef Paul for a menu of Green Frittata, Poached Eggs with Green Pesto, Potato Salad with Bacon & Greens, Pickled Radish, and Sautéed Greens. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: DUCK DEMYSTIFIED

Location: Willy West Community Room
Thursday, April 14, 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

Feeling intimidated by the prospect of cooking duck? Join Chef Paul for a class to learn how! He will show you the proper way to fabricate duck and the cooking techniques to apply to this type of poultry. On the menu: Duck Breast with Citrus Sauce; Orange, Cranberry, Walnut Salad; Duck Confit; Curry Rice with Duck; and Soba Noodles with Duck. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: OCEAN DELICACIES

Location: Willy East Community Room
Thursday, April 28, 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

The ocean provides abundant resources, not just fish and shellfish but also sea vegetables—kelp, dulse, wakame, nori, and more. Join Chef Paul for a menu of ocean delicacies, including Fish Fillet with Wakame Salad, Nori-wrapped Shellfish, Soup of Sea Vegetables, Ocean Rice, and more! Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: A TASTE OF THAI

Location: Willy West Community Room
Thursday, May 12, 6:00pm–8:00pm
Location: Willy East Community Room
Thursday, June 23, 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; click here to register

Join Chef Paul to learn how to use basic pantry items to make your own curry paste and then turn it into delicious Thai dishes, noodle salad, and soup. Ingredients/recipes may be modified based on seasonal availability.



COOKING TOGETHER: FLAVORS OF SICILY

Location: Google Meet
Friday, April 8, 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

folks of all ages! 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 scrumptious spread inspired by the incredible Italian island of Sicily. Ambitious Arancini, Caponata, popular pasta, a creative take on Cannoli, and more may be explored.

COOKING TOGETHER: FLAVORS OF SOUTH KOREA

Location: Google Meet
Friday, April 22, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners; click here to register

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. Contributors in this class will create a keen supper inspired by the flavors of South Korea. Savory snacks, beloved Bibimbap, glorious gochujang, majestic matcha, and kimchi may be explored.

COOKING TOGETHER: FLAVORS OF CONGO

Location: Google Meet
Friday, May 13, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners; click here to register

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. Cooks in this class will compose a marvelous meal inspired by the creative cuisine of the Congo. Beans called Madesu, filling Fufu, super sweet potatoes, popular plantains, and more may be explored.

COOKING TOGETHER: FLAVORS OF GREENLAND

Location: Google Meet
Friday, May 27, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners; click here to register

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare a glorious feast inspired by the flavors of Greenland. Foraged foods, savory stew, warm potato salad, majestic mushrooms, bountiful blueberries, and more may be explored.



KIDS IN THE KITCHEN: PANCAKE PRANKS!

Location: Google Meet
Tuesday, April 5, 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 prepare pancakes that will play tricks with their taste buds. Get adventurous with avocado, zest in zucchini, sneak in chickpeas, go bonkers with beets?! Have a blast hiding nutritious ingredients in a variety of pancakes.

KIDS IN THE KITCHEN: RAINY DAY RAMEN!

Location: Google Meet
Tuesday, April 19, 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. These days almost all kids love ramen, but how many know how to make it from scratch with soy sauce, sesame oil, miso, and more? In this class, participants will find out how to flavor this fantastic noodle soup from Japan.

KIDS IN THE KITCHEN: TIME FOR TEA!

Location: Google Meet
Tuesday, May 3, 5:00pm–6:00pm
Instructor: Lily Kilfoy



Ages: 5–12 years old

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. What’s better than afternoon Tea Time in the glorious springtime?! In this class, participants will make a marvelous meal known as tea featuring chamomile and mint teas, crumpets, scones, sandwiches, and more.



BASIC KOMBUCHA BREWING FOR BEGINNERS

Location: Willy West Community Room

Tuesday, April 19, 6:00pm–7:00pm

Ages: 12 and older; adult supervision required

Instructor: Vanessa Tortolano

Fee: \$35 for Owners; \$45 for non-owners

Join Vanessa Tortolano, the original co-founder of NessAlla Kombucha, to learn the basics of beverage fermentation and how to make your own probiotic Kombucha at home. Class includes a kit with everything you need to start your first batch of Kombucha.

KOMBUCHA II

Location: Willy West Community Room

Tuesday, April 19, 7:15pm–8:15pm

Ages: 12 and older; adult supervision required

Instructor: Vanessa Tortolano

Fee: \$25 for Owners; \$35 for non-owners

Already know how to brew kombucha? Curious about what you can do with extra SCOBY? Want to know what can be made with the vinegar? How do you fix mistakes and brews that aren’t quite right? Join kombucha brewer and expert, Vanessa Tortolano for this intermediate class on troubleshooting, innovative ways to use your kombucha, and how to make other products. Basic Kombucha Brewing for Beginners not required, but basic kombucha-brewing knowledge recommended.

GINGER BEER AND TURMERIC SODA

Location: Willy West Community Room

Tuesday, May 24, 6:00pm–7:00pm

Ages: 12 and older; adult supervision required

Instructor: Vanessa Tortolano

Fee: \$30 for Owners; \$40 for non-owners; [click here to register](#)

Learn how to make probiotic ginger beer and turmeric sodas at home with beverage fermenter, Vanessa Tortolano. See how easy it is to create delicious and healthy home brewed beverages to increase healthy immunity. Comes with a Ginger starter and Turmeric starter.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room

Thursday, May 26, 6:00pm–8:00pm

Ages: 18 and older

Your Co-op’s Own Instructor: Paul Tseng

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

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



SMOOTH MOVES

Location: Zoom

Wednesday, April 13, 12:00pm–1:00pm

Instructor: Katy Wallace

Fee: Free; registration is required

Learn how to overcome constipation for yourself or a loved one (kids included) without laxatives or other harsh approaches. Katy Wallace, Traditional Naturopath of Human Nature, will explain the foods, seasonings and lifestyle practices that relieve constipation and address underlying digestive imbalances.

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

LEAKY GUT: NATURAL SOLUTIONS

Location: Zoom

Wednesday, May 18, 12:00pm–1:00pm

Instructor: Katy Wallace

Fee: Free; registration is required; [click here to register](#)

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

This class is not designed to and does not provide medical advice, profes-

sional 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

Tuesday, April 26, 1:30pm–4:45pm

Wednesday, May 11, 1:30pm–4:45pm

Location: Willy West Community Room

Wednesday, April 20, 1:30pm–4:45pm

Wednesday, May 25, 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.

willy street co-op

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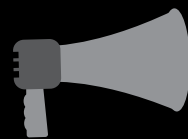
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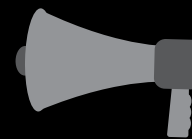
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Vitruvian Farms



by
Megan Minnick,
Purchasing Director

It's April. The weather's getting warmer, the ground has thawed, and it's easy to imagine that local veggies will now appear in abundance on our shelves. Unfortunately, that's just not the case—in fact, April is usually the absolute low point for local produce availability. Last year's

storage crops are done and gone, and though it's a great month for planting, the vast majority of seeds planted in April will not come to harvest until May or later.

So how do you satisfy your craving for fresh, locally grown produce this month? We recommend a regular dose of organic microgreens and mushrooms from Vitruvian Farms in McFarland. The best thing about Vitruvian's produce (besides how de-

licious and nutritious it is, of course), is that it's not just available this month, or during the regular growing season—these are some of the few local produce items we carry that are in steady supply all year round!



Twelve years ago, Tommy Stauffer and Shawn Kuhn were UW college roommates with a big idea — to start a local, organic vegetable farm that not only provides fresh, nutritious, organic food to the community, but also works in balance and harmony with its natural surroundings, and sets a new standard for what local farming and farm work can look like. They wanted to prove that farming in our community could be a viable career choice, and this meant creating a farm that provides year-round, living wage work to their crew... and that meant pushing the boundaries of seasonality in our Wisconsin climate. This was no small task, but twelve



Organic microgreens in their balmy greenhouse growing facility!

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years later, while Tommy and Shawn will tell you that there's still plenty of work to be done, they've come a long way toward making their dream a reality. The bonus for us is that year-round work for the Vitruvian crew means year-round food for all of us Madison area eaters to enjoy!

WHAT THEY GROW

Vitruvian Farms focuses on three main areas of certified organic production: mushrooms, microgreens, and leafy salad greens. Each has a unique growing environment, designed to complement the others—not just in terms of growing techniques, but also by providing steady income generation for their farm, and reliable, year-round work for their employees.

Organic Microgreens

Microgreens are popular in high-end restaurants, and have developed a reputation for being “fancy.” But there's nothing inherently fancy about them—they're simply the very young shoots of common crops such as sunflowers, peas, radish, and kale. They're easy to confuse with sprouts, but unlike sprouts, microgreens are grown in soil, usually in trays. Vitruvian's micros are grown in a greenhouse (heated in winter), using mostly natural light supplemented with some artificial lighting. They specialize in greens such as pea shoots, sunflower shoots, and their amazing petite salad



Organic shiitake mushrooms growing room.

mix, all of which take microgreens beyond a fancy restaurant garnish to a hearty (and nutrient dense) green vegetable in its own right.

Mushrooms

Mushrooms are one of the fastest growing categories in our produce departments, and Vitruvian farms are some of the best! Inside an unassuming outbuilding on the farm in McFarland, you'll find several darkened, humidified rooms filled with blocks of compressed organic sawdust which act as the growing medium for Vitruvian's beautiful shiitake, oyster, and

lion's mane mushrooms. Tommy and Shawn are entirely self-taught mushroom farmers, and they have grown this side of their business dramatically in the last few years. They now produce an incredible 500 pounds of fresh organic mushrooms per week, all year round!

Organic Leafy Salad Greens

What happens to those blocks of organic sawdust after the mushrooms have been harvested? They're moved outside and used to fertilize Vitruvian's outdoor greens fields and high tunnels! During the traditional growing season, Vitruvian's product lineup expands to include organic salad mixes, arugula, and baby spinach. If all goes well, we'll start to see some of these greens from their farm's six high tunnels (unheated greenhouses) later this month. Field-grown greens will likely be available in May.



Tommy Stauffer, farmer from Vitruvian Farms.

PLANS FOR THE FUTURE

Over the past twelve years, Tommy and Shawn have built an incredibly unique farm, but they aren't done yet! Right now, Vitruvian Farms sells their produce directly to consumers via a CSA and an online storefront; and also wholesales to area restaurants and grocery stores (like your Co-op!). In the next few years they hope to expand this to include a brick and mortar storefront. This store would serve as an incubator and outlet for small, local farms and food businesses, with the aim of continuing to foster growth and opportunity in our local food system as a whole.

More sustainable packaging is another item on Vitruvian's to-do list. Almost everything they grow is delicate enough that it must be packaged for retail sales—and finding a non-plastic packaging solution that is economical, ecological, and also keeps the product fresh is an almost impossible task. If anyone can do it, it's the creative, inspired owners of Vitruvian Farms!

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GARDENING NEWS

Growing with Purple Cow Organics



by Dustin Skelley, Prepared Foods Category Manager

This February I was fortunate enough to visit one of Purple Cow Organics composting sites here in Dane County. I was amazed at the size and capacity of their operations and was impressed that we were able to have an operation this unique and beneficial, right here in Dane County.

Willy Street Co-op has been working with Purple Cow Organics for years and at one point even took food waste there. There have been a lot of challenges with food residual recycling but Purple Cow Organics is looking for long-term solutions in the marketplace. It was apparent upon arrival that Purple Cow has grown and refined their operation over the last decade; Dane County is lucky to have such a resource within its limits.

OPERATION

As I pulled up to the site I was surprised at the dozens of giant wingrows that scattered the landscape. Each one a large jet-black pile placed on top of a blanket of snow. During my visit there was a giant front-end loader diligently rotating each pile. There were plumes of steam coming off each pile as it was rotated. I was lucky enough to meet up with COO, Jerod Reuter, who showed me around the site and let me know what the folks at Purple Cow have been up to and how they run their operation.

60,000 TONS

At the moment purple cow produces about 60,000 tons of product each year, that's 120 million pounds of compost! I learned that this is not just any ordinary compost; the years of development and the care their team put into their products make them exceptional. Purple Cow controls the process from start to finish; they decide what goes into their compost and they monitor that process



from the moment raw material enters the facility until it arrives bagged up at Willy Street Co-op. The wingrows of composting product are monitored regularly to ensure that they're maintaining proper temperatures and being rotated regularly. The final product is sifted and sorted to make sure it's up to the quality standards that folks expect from Purple Cow. Each step has been thought through and refined over the years; this knowledge, enthusiasm, and care is apparent in all of Purple Cow's products.

Purple Cow's focus on diverse biology is another thing that really sets them apart from their competition. In addition to providing excellent nutrients to the soil, their products add additional microorganisms that help create lasting, healthy soil. Putting that biology back into the soil increases nutrient absorption, helping plants thrive. It's almost like the difference between getting all jacked up on Mountain Dew and candy versus having a well-balanced diet. They both provide energy, but one is more sustainable than the other.

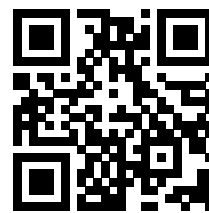
There's a reason why Purple Cow has seen growth as a business over the years—their products work well. I was surprised to hear that their products are also available to commercial farms in the area. A lot of the farms you may recognize on the shelves at Willy Street Co-op or at the farmers' market use Purple Cow products to grow the fruits and vegetables. So you know that if you buy Purple Cow compost from Willy Street Co-op, you're using what the pros use! If it's great for our local farmers, there's no doubt it's going to be a great addition to your home garden this spring.



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Plastic-Free Bodycare



by Sara Berg,
General Merchandise
Category Manager

Are you looking for products to help reduce your plastic waste this month (or every month)? If so, you're in luck! Here are some bodycare brands and products that are plastic-free and/or zero-waste.

Let's show Mother Earth some love by NOT giving her any more plastic.

LUSA ORGANICS

LuSa Organics is a Wisconsin based company located in Viroqua.

Each year LuSa Organics does a sustainability initiative to lighten their environmental impact and this year they are hoping to plant 7,300 trees to celebrate their 20th anniversary.

LuSa Organics offers several plastic-free or zero-waste bodycare products. Here are some that can be found at the Willy Street Co-op:

- "Naked" bar soaps which have no packaging, no sticker, no waste!



- A tooth soap bar that lasts 3-6 months and it comes packaged in a biodegradable wax paper bag.
- They also have a mineral tooth powder and a variety of lip balms that are packaged in a compostable paper tube, which is made in the USA.

MADTOWN SOAP CO.

Madtown Soap Co. (formerly Madison Soap Co.) is located here in Madison, Wisconsin. Their bodycare products are handmade in small batches using sustainable plant oils and plastic-free packaging. Willy Street Co-op carries Madtown Soap Co.'s shampoo, conditioner, and lotion bars which are packaged in a recyclable or reusable metal tin. We also carry their bar soaps which are 100% biodegradable and the box is 100% recyclable.



MOON VALLEY ORGANICS LOTION BARS

Moon Valley Organics has created a delightful solid lotion bar that lasts 2x longer than liquid lotion.



They only use packaging material that is either renewable, reusable, compostable, or recyclable. It's always BPA-free and made from the highest percentage of post-consumer recycled material available.



HIBAR SHAMPOO & CONDITIONER BARS

HiBAR has created salon-quality shampoo and conditioner bars with natural ingredients. They do not use sulfates, phthalates, silicones, or parabens. They use plant-based ink on the paper packaging so it's compostable and recyclable. Willy Street Co-op has HiBAR's shampoo and conditioner bars for all hair types!

- Shampoo bar = 1 x 16oz bottle
- Conditioner bar = 2 x 16oz bottle

MAMAP BAMBOO TOOTH-BRUSHES

MamaP's bamboo toothbrushes are made with 95% less plastic than a conventional plastic toothbrush. The du-



rable bristles can be recycled through select programs. And the MamaP packaging and bamboo handle are 100% compostable and recyclable.

DENTAL LACE DENTAL FLOSS

Dental Lace is a refillable, plastic-free, compostable dental floss. The reusable container is made of glass with a stainless steel cap, and the floss is made of compostable silk. The floss refill comes inside a certified-compostable bag and the boxes are made of 100% post-consumer paperboard. Even the labels are 100% compostable—they are made from sugar cane fiber!



ATTITUDE DEODORANT

Attitude deodorant is made from natural ingredients such as arrowroot and cornstarch, it's aluminum-free and EWG-Verified. Attitude is helping reduce single-use plastic by packaging their deodorant in biodegradable paper.

BOODA ORGANICS BOODA BUTTER DEODORANT

When it comes to deodorant, the Booda Butter cream deodorant is a popular choice. It's made with 5 simple ingredients and it comes in a glass jar with a metal lid which can be recycled or reused.



BADGER SUNSCREEN

Badger now offers two mineral sunscreens with clear zinc, which are packaged in recyclable tins. Both sunscreens are broad spectrum, water-resistant (80 min), reef-friendly, and made with solar power.



Local and Organic Seedlings expected mid-April!








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TOO MANY GRAPES?

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Health & Wellness

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Organic Argan Oil
1 fl oz • Save \$4
\$9.99/tx

Sukin
Rosehip Hydrating Day Cream
4.06 fl oz • Save \$5
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Bach
Rescue Pastilles
All Kinds on Sale!
1.7 oz • Save \$1.50
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Manitoba Harvest
Hemp Yeah! Protein Powder
Balanced Protein + Fiber
16 oz • Save \$3
\$11.99

Seventh Generation
Hand Soap
Orange & Grapefruit
12 fl oz • Save \$2.79
\$3.50/tx

ShiKai
Shampoo
Tea Tree
24 fl oz • Save \$5
\$9.99/tx

Organic India
Organic Whole Psyllium Husk
12 oz • Save \$7.50
\$10.99/tx

Nordic Naturals
Ultimate Omega
120 ct • Save \$10
\$39.99/tx



co-op deals: April 20-May 3



Acure
Shampoo Bar
Coconut & Argan
5 oz • Save \$2.50
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Alba
Mineral Sunscreen
SPF 45 Sport
4 fl oz • Save \$6
\$8.99/tx



MegaFood
B12 Gummies
Ginger
70 pc • Save \$8
\$10.99/tx



Quantum
Digital Blue Eye Health
60 ct • Save \$9
\$14.99/tx

Dr. Tung's
Stainless Steel Tongue Cleaner
1 ea • Save \$1.30
\$5.99/tx

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co-op deals: March 30-April 19



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48 oz • Save \$1

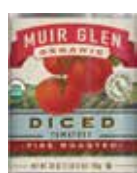
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Mike's Mighty Good Ramen Cups

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Muir Glen Organic Canned Tomatoes

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28 oz • Save \$2.98-3.58/2

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\$2.99



Imagine Organic Broth

All Kinds On Sale!
32 oz • Save \$1.49

\$3.50



ECOs Dishmate Dish Liquid

All Kinds On Sale!
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\$3.29/tx



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Bob's Red Mill Organic Unbleached White Flour

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Original, Low Sodium, Spicy
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Koyo Organic Dried Noodles

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8 oz • Save \$1.58/2

2 for \$4



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Cordyceps Chaga, Lion's Mane Chaga
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Santa Cruz Organic Peanut Butter

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16 oz • Save \$2.30

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If You Care Unbleached Coffee Filters

Size 2, 4
100 ct • Save 70¢

\$3.29/tx



Wholly Wholesome Organic Pie Shells

2 pk • Save \$1.30

\$4.49



Hu Kitchen Organic Chocolate Bars

All Kinds On Sale!
2.1 oz • Save \$1.30

\$3.99/tx



Evolution Fresh Organic Cold-Pressed Orange Juice

59 oz • Save \$1

\$7.49



Amy's Pizzas

All Kinds On Sale!
9.1-14 oz • Save \$2

\$6.99



Silk Soymilk

Original, Unsweetened
64 oz • Save \$1

\$3.49



Bragg's Organic Raw Apple Cider Vinegar

32 oz • Save \$2.30

\$4.99



Rudi's Organic Bakery Bread Loaves

100% Whole Wheat, Honey Sweet White, Rocky Mountain Sourdough, Country Morning White, Multigrain Oat
22 oz • Save \$1

\$4.49



Greek Gods Yogurt

All Kinds on Sale!
24 oz • Save 79¢

\$3.50



Green Forest Bathroom Tissue

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\$8.99

Angie's Boom Chicka Pop Popcorn
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2 for \$5



Enjoy Life Semi-Sweet Chocolate Chips
10 oz • Save \$1.50

\$5.49

Choice Organic Boxed Teas
All Kinds On Sale!
16 ct • Save \$1.20

\$3.79

Honest Tea Organic Iced Tea
All Kinds On Sale!
16 oz • Save 58¢/2

2 for \$3



Mary's Gone Crackers Organic Super Seed Crackers
All Kinds On Sale!
5.5 oz • Save \$1.80

\$3.99

Daisy Sour Cream
8 oz • Save 50¢

\$1.29

Hippeas Chickpea Puffs
All Kinds On Sale!
4 oz • Save 80¢

\$2.99



C2O Coconut Water
17.5 oz • Save \$1.58/2

2 for \$4

Primal Kitchen Pasta Sauce
All Kinds On Sale!
15.5-24 oz • Save \$2

\$6.49

Daiya Vegan Cheese
Shreds, Slices, Blocks
All Kinds On Sale!
7.1-8 oz • Save \$1

\$3.49



Food Should Taste Good Tortilla Chips
All Kinds On Sale!
5.5 oz • Save \$2.58/2

2 for \$4

Sweet Earth Enlightened Foods Hickory Sage Bacon
5.5 oz • Save \$1.50

\$2.99

Forage Kombucha Kombucha
All Kinds On Sale!
12 oz • Save 20¢

\$1.79/tx



Endangered Species Chocolate Bars
All Kinds On Sale!
3 oz • Save \$1.58/2

2 for \$5

Mori-Nu Organic Silken Tofu
12 oz • Save 80¢

\$1.99

Nature's Path Organic Waffles
All Kinds On Sale!
7.4 oz • Save \$1.98/2

2 for \$5



Wholesome Sweeteners Organic Brown Sugar
Light, Dark
24 oz • Save \$1.80

\$4.49

Organic Valley Organic Milk
All Kinds On Sale!
32 oz • Save 50¢

\$2.49

Just Egg
8 oz • Save 80¢

\$3.99



Maya Kaimal Organic Everyday Dal
All Kinds On Sale!
10 oz • Owners save \$1.29

\$3.50

Reed's Ginger Ale
Original, Premium, Extra
4 pk • Save 80¢

\$5.99/tx

Hilary's Eat Well Veggie Burgers
All Kinds On Sale!
6.4 oz • Save \$2.58/2

2 for \$5



The specials on this page are valid April 20-May 3

All Specials Subject to Availability. Sales Quantities Limited.



April 18th–24th
10% OFF BULK PRODUCTS

for Willy Street Co-op Owners

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

*Prepackaged loose teas & herbs
and bulk water are not included.*

GOOD FOR THE EARTH!

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

**PLUS YOU CAN BUY AS MUCH
OR AS LITTLE AS YOU WANT!**

**Use your reusable shopping
bags during Earth Week and
you could win a Co-op gift card
worth \$25!**

*Ten \$25 gift cards will be awarded to randomly selected entrants.
Owners using at least one reusable bag are automatically entered;
non-owners can stop by the Customer Service desk to enter.
Limit one entry per person. No purchase necessary; see
Customer Service to enter without making a purchase.*



willy street co-op

GOOD THINGS FOR PLAYING IN THE DIRT



Purple Cow Organics
Potting Soil
 1.5 cu ft • Locally produced
\$20.99/ea

Purple Cow Organics
Activated Compost
 1 cu ft • Locally produced
\$15.99/ea



West Star Organics
GrowMix Bag
 1 cu ft • Local
\$17.99/ea



West Star Organics & Voss Organics
Plant Starts
 3.5" • Local & Organic • Expected mid-April
\$3.99/ea

Tick Key
Tick Key
\$9.99/ea

Down To Earth
Garden Gloves
 Kids, small, medium, large, and XL sizes
\$8.29/ea



W.S. Badger
Clear Zinc Sunscreen
 2.9 oz
\$14.99/ea



Nantucket Spider
Bug Repellent
 4 oz
\$9.99/ea

Seed Savers Exchange
Seed Packets
 Organic & Heritage
 Selection varies by store
\$3.99/ea



Peepers
Polarized Sunglasses
 Styles vary
\$25.00/ea



Big River Organics
Seed Bombs
 8 pack • Local
\$11.99/ea



Down To Earth
Watering Can
 5L
\$15.49/ea



willy street co-op

Sales quantities may be limited. Non-sale prices guaranteed through 4/28/22.

Announcing the 2022 Community Reinvestment Fund Recipients



by Liz Hawley, Education and Outreach Coordinator

Since its inception in 1992, Willy Street Co-op's Community Reinvestment Fund (CRF) has contributed \$500,000 to local nonprofits and cooperatives to support developmental and educational projects for our community. The Fund is seeded when Owners who

have become inactive and have not claimed their equity after three years either abandon or donate their Owner equity to our Co-op. Grants from the CRF may be awarded to projects supporting food justice and/or access, creating/developing cooperative businesses, sustainable agriculture, health and well-being, and/or social change. This fiscal year, the Board allocated \$35,000 for this competitive grant fund, and we received 32 total applications requesting \$84,634 in funding.

The CRF grant review committee is pleased to share the 15 projects receiving funding this year:

ANDERSON PARK FRIENDS: FOOD PANTRY GARDEN DRIP IRRIGATION SYSTEM \$950

Anderson Park Friends (APF) is a volunteer organization that supports Anderson Farm County Park. Over the past three years, APF established a half-acre pantry garden that supplies the Oregon, Belleville, and Badger Prairie Needs Network food pantries with fresh produce. Last year, the pantry garden produced and supplied more than 3,400 pounds of vegetables to their partner pantries, and APF's goal for the upcoming growing season is to increase that amount by 20%. To meet this goal, they plan to install a pilot micro-drip irrigation system on a 40,000 square foot section of the garden. Not only will the drip irrigation sys-

tem increase the efficiency of water delivery to the crops, it will also help conserve water, reduce the number of volunteer hours needed for hand-watering, and increase access to fresh produce for the clients of the partner food pantries. Funding pays for the drip system equipment, including 500 feet of drip lines, garden hoses, connectors, and a timer.

GOODMAN COMMUNITY CENTER: TEACHING SUSTAINABLE AGRICULTURE IN HOSPITALITY \$3,000

Goodman Community Center's TEENworks youth career readiness track focuses on seed-to-table culinary and catering skills where teens are involved in the year-round work of starting seedlings, planting an outdoor garden, harvesting, and cooking with the in-season produce. This project will take that work a step further, using greens, herbs, flowers, and produce from the gardens to create living centerpieces for use at Goodman Center community events. Following the events, the centerpieces will be available to take home, complete with instructions on how to extend the life of the centerpiece through replanting or use in a favorite recipe. This project provides teens an opportunity to gain life and job skills, allows Goodman Center events to generate less waste, and promotes sustainable hospitality practices. Funding pays a portion of the project coordinator's time, including training and supporting teens in event settings.

GROUNDSWELL CONSERVANCY: IMPROVING WATER ACCESS FOR HMOOB (HMONG) ELDERS AT WESTPORT FARM \$4,000

Groundswell Conservancy protects land and water for future generations by creating conservation areas, protecting farmland from development, and ensuring equitable access to nature and land in Dane County and the surrounding areas.

In 2021, Groundswell piloted the "Lifting Hearts Therapeutic Garden" at their Westport Farm in Waunakee where 14 HMOob (Hmong) elders tended 11 assigned garden plots and communally cared for one additional plot. This project works toward maximizing therapeutic healing and minimizing barriers for HMOob elders living with post-traumatic stress disorder, depression, and dementia; the gardening skills many HMOob elders learned as children have been shown to be resistant to memory loss and dementia. Following the pilot year of the program, the elders identified the need for water access near the Therapy Garden, so Groundswell plans to extend water distribution from the wellhead 500 feet to the Therapy Garden and provide hoses to make it easier for the elders to water their crops. Funding provides for a portion of the water distribution system and hoses.

HEARTLAND FARM SANCTUARY: COMPASSIONATE CARETAKERS: GARDEN & GROW \$3,000

Heartland Farm Sanctuary (HFS) is Wisconsin's oldest farm sanctuary and provides a safe, lifetime home for more than 80 rescued farm animals. In addition, Heartland Farm Sanctuary offers humane/environmental education programs and experiential therapy for children, and participation rates are growing exponentially. Heartland Farm Sanctuary acquired a larger property, allowing them to welcome more children to participate in their "Compassionate Caretakers Humane Education Program" which includes a "Garden and Grow" component allowing children to plant, tend, and harvest a garden of their own at HFS. Through this program, participants will learn the basics of planting a vegetable garden and how they can grow their own food in an environmentally sustainable manner. Finally, camp participants will harvest the produce and use it to prepare and serve meals to the animal residents. Funding is for children's garden tool sets, cedar log planters, and a child-size wheelbarrow.

HEARTLAND THREADS FIBERSHED: BAST FIBER SURVEY \$2,550

Heartland Threads seeks to es-

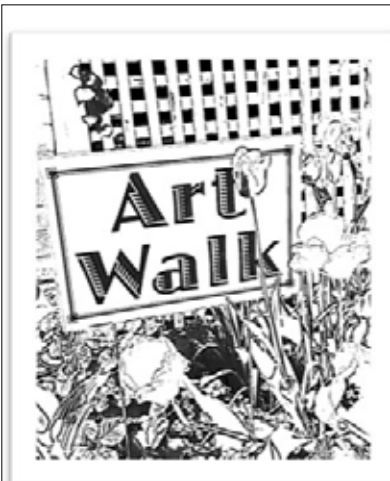
tablish a local, sustainable fibershed. They note that the fiber industry in the United States has been decimated in recent decades, and nearly all textiles Americans currently use have been imported. To meet their goal, clothing and materials of household fabrics will be made of natural fibers, such as hemp or flax, and created with regenerative practices. These plant fibers break down naturally, eliminating landfill waste, they are created without toxic chemicals, and they do not contribute to the microplastics crisis. Heartland Threads plans to release a survey to raise awareness regarding the origin of the fibers people purchase and gather data on consumer habits and priorities, which is critical information for future producers and retailers. Funding provides for the survey creation, incentives for completing the survey, creation and printing of promotional materials, outreach, and data compilation and reporting.

HORIZON HIGH SCHOOL: LIFE SKILLS TRAINING FOR UNDERSERVED TEENS \$2,000

Horizon High School provides students in recovery a safe and supportive community in an academic and therapeutic setting. In 2021 they partnered with Second Harvest Food Bank to stock a food pantry at the high school for students and their families, but the students did not have the life skills training for menu planning or cooking skills to prepare the foods. This prompted another partnership with Second Harvest Food Bank in which food bank staff teach weekly classes to provide instruction on the necessary skills to be able to use the food from the pantry. Funding will cover a portion of the personnel wages necessary to run this program.

KLJ MOVEMENT: DANCE EDUCATION AND TRAINING \$2,300

KLJ Movement was founded in 2020 as a means to create a space of artistic expression that empowers BIPOC contributors in the art of dance; it is the only Black-owned dance company owned by a woman in Madison. At KLJ Movement, youth learn from instructors who have formal training in the styles of hip hop, ballet, modern, and African-



Marquette-Atwood Neighborhood Art Walk

May 1, 2022 11:00 A.M. to 5:00 P.M.

Jenny Blasen
Gloria Van Dixhorn
Zach Zitske
Vicki Berenson
Rachel Imsland
Debbie Olin Studio 513
Hilary Falk Fovea Works
GG of Green Goodies

Laura Meddaugh
Helen Klebesadel
Sarah West Whitcomb
Issis Macias
Varna Gubbi
Barron Smith-Swick
Casey T.H. Hulbott
Tabletop Studios

Leah Evans Textiles
Erika Lubetsky
Three Girls Dyeing
Mary Fiore
Helena White
Sarah Lichtenwald
J. Ashleigh Ross
Ed Noltner

Lou Ann Petersen-Noltner
Beth Inglis Simmons
Christopher X. Burant
Atelier Ahlström
Paul Abramson
Eugene White
Eye of MollyFreeSpirit
Laura Shirley Hope Art

Find our Map at www.marquette-atwoodartwalk.com

influenced movement. KLJ Movement provides safe spaces for youth to learn dance styles that are not always available in academic settings, and they emphasize the importance of representation of historical white-dominant dance styles to be taught by BIPOC instructors. Through dance, the training sessions aim to set the youth up for success in their mental, social, and physical wellness. Funding is for a portion of staff expenses, a ballet barre, and tuition for three BIPOC youth.

LITERACY NETWORK: COVID-19 EDUCATION FOR ADULT LEARNERS \$1,675

Literacy Network provides free adult education services, including literacy skill development, English as a Second Language, digital literacy, workplace literacy, family literacy, citizenship, and GED/HSED. During the COVID-19 pandemic, Literacy Network partnered with the Wisconsin Department of Health Services to expand its services to provide current, reliable, and accessible COVID-19 and vaccination information to adults with low literacy. Ongoing challenges of the pandemic prove Literacy Network clients need additional support to be able to attend programming and continue with their studies. Literacy Network plans to provide one-on-one support for program participants who need assistance finding a COVID-19 vaccine or booster, determining their or family members' eligibility, or locating and interpreting trustworthy information about the current protocols, vaccine safety, and vaccine guidelines. Additionally, Literacy Network will provide current vaccination education and information to low-income adults. Funding is for student services.

MADISON AREA COOPERATIVE HOUSING ALLIANCE: ZINE COMPILATION ON LIVING IN HOUSING COOPERATIVES \$1,750

The Madison Area Cooperative Housing Alliance (MACHA) began in 2018 as an all-volunteer collective to support and develop affordable, cooperative housing in the Madison area. MACHA aims to grow the number of existing housing cooperatives to meet the current demand and to increase awareness about the cooperative model of communal living—housing that is democratically run and communally owned. To meet these objectives, MACHA plans to create a zine compilation featuring contributions from knowledgeable members of the Madison co-op community on a number of topics, including organizing and financing new cooperatives, membership, conflict management, and building community beyond the house. Funding pays for a portion of the compensation for zine contributors and printing costs.

MADISON AREA FOOD PANTRY GARDENS:

ENHANCING YOUTH INVOLVEMENT AND PRODUCE VARIETY AT FORWARD GARDEN \$490

Madison Area Food Pantry Gardens' (MAFPG) produce production program consists of managing a series of 10 volunteer-led gardens throughout the Madison area. They donate all of the produce they grow to local pantries or emergency food programs. Last year they created an internship program for individuals interested in agriculture, food security, and youth education. This year MAFPG plans to engage more than 300 youth in vegetable production, and they also plan to increase the volume and variety of culturally relevant produce grown at the garden in response to input from food pantry clients. Funding is for youth-size rubber boots, portable handwashing station, boot brush, produce packaging supplies, and a spigot kit.

MADISON CYCLEWORKS: CARGO BIKE DELIVERY EXPANSION \$4,459

Madison CycleWorks is a start-up bicycle delivery cooperative that is forming partnerships with local businesses to offer a bike delivery option for the businesses' products. Their work and vision are rooted in worker and environmental justice while contributing to a strong, local economy, all by bike. The use of bikes as delivery vehicles will reduce carbon emissions and traffic congestion. Funding is for cargo bike components.

MADISON FREEWHEEL BICYCLE CO: WEEKLY BIKE REPAIR OPEN SHOP \$500

Madison Freewheel Bicycle Co is planning to restart its weekly open-shop events after a long hiatus due to COVID-19. These events are opportunities for students to learn the fundamentals of bicycle repair and maintenance. Madison Freewheel Bicycle Co notes, "We've seen a tremendous uptick in interest in bicycle mechanical instruction since the pandemic began: more people are getting involved with bicycles than ever before, and new riders are very interested in taking control of their own people-powered, carbon-neutral transportation." The open-shop events will provide an estimated 500 hours of instruction through the end of 2022. Funding is for consumable parts and advertising.

MILESTONE DEMOCRATIC SCHOOL: SOCIAL JUSTICE ARTS INITIATIVE \$2,850

Milestone Democratic School (MDS) is a public charter school with "a special focus on outreach, recruiting, and service to the most 'educationally disadvantaged' youth: students in poverty, students with disabilities, migrant students, English learners, neglected or delinquent students, and homeless students." MDS's Social Justice Arts Initiative will include a four-month class

where students will write a business plan, learn business-related math, create items to sell at a Spring Market, which will generate profit to share with social justice organizations of the students' choice. The class will feature guest instructors from local BIPOC-owned businesses, and the Spring Market will include BIPOC artists and businesses as vendors. Additionally, the initiative will include local artists-in-residence to give students the opportunity to be involved in the arts. Funding is for BIPOC artists, musicians, business owners compensation.

THE MADISON SKATE-PARK FUND: ELVEHJEM PARK DIY ALL-WHEEL PARK \$3,000

In 2001, a group of local skateboarders formed the Madison Skatepark Fund (MSF) to advocate and fundraise for Madison's first public skateboard park, which opened in 2015. Willy Street Co-op was a major donor to the construction of the skatepark. Then in 2021, MSF successfully advocated for a pilot project Do-It-Yourself (DIY) all-wheel park approved by the City of Madison. MSF fundraised to cover the cost of all construction materials and provided volunteer labor to build the concrete obstacles, and they finished construction on the all-wheel park in Warner Park last fall. Following completion, the Madison Parks Department identified another space in Elvehjem Park that they offered to MSF for the next DIY skatepark location, and volunteers will begin construction this spring. For both of these DIY skateparks, MSF assigned a park steward to monitor the park to ensure it stays clean and safe, and the group will fund any future repairs needed at either park. Funding is for skatepark construction materials.

WISCONSIN ALLIANCE FOR WOMEN'S HEALTH/PATCH PROGRAM: VIDEO DEVELOPMENT: NAVIGATING PARENT/GUARDIAN HEALTH CARE INVOLVEMENT \$2,476

PATCH (Providers and Teens Communicating for Health) is a youth-driven program working to improve adolescent health and well-being. As part of their Teen Educator

program, youth are hired and trained to lead workshops for healthcare professionals where they share insights into the concerns, preferences, and realities of today's youth in healthcare settings. Teen Educators deliver similar workshops to fellow high school students focused on advocating for themselves to get the care they need. Both the students in the peer-to-peer sessions and the healthcare professionals requested additional resources, and to meet this need PATCH plans to create a series of videos in partnership with the youth. Ninjas for Health, a public health-oriented video development company, will work with PATCH and the Teen Educators on planning, filming, and performing, and through these videos, the teens will offer tips for improving healthcare systems and the quality of care offered to youth. Funding is for Teen Educators' wages, filming day supplies, and Ninjas for Health video editing.

CONGRATULATIONS AND THANK YOU!

Congratulations to the winners of this year's grants and thank you to all organizations that applied—you're all doing great work in our communities! Thank you this year's CRF review committee: Board Director Gigi Godwin; Owners-At-Large Carol Cohen, Anthony Hernandez, Kirsten Moore, and Glen Reichelderfer; Owner Records Administrator, Rosalyn Murphy; and Education and Outreach Coordinator Liz Hawley.

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



Co-op Preschool Openings Available!

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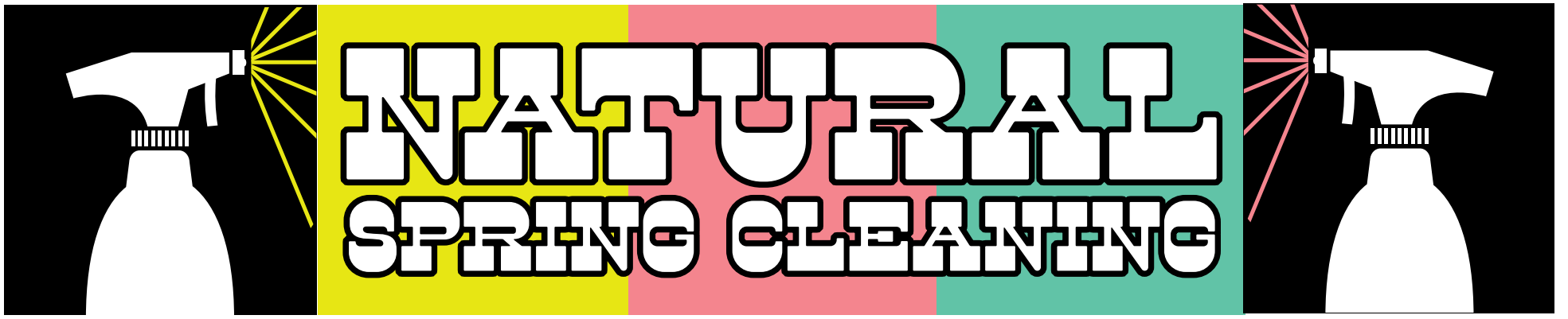
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NATURAL SPRING CLEANING

by Andy Gricevich, Newsletter Writer

Spring cleaning: it's an annual ritual with practical and spiritual benefits. We sweep, scrub, and wipe away the residues of a perhaps cloistered winter. We make our homes ready for a fresh start to a new seasonal cycle and meet the outside world again.

It takes a good bit of elbow grease, especially for those of us who go all out with a top-to-bottom cleansing. It also usually involves a lot of stuff—not only brooms, mops, sponges, and rags, but a panoply of products, each with its own special area of application. There's the oven cleaner, the dish detergent, the toilet bowl cleaner, the bathtub disinfectant,

the floor cleaner, and on and on.

All those products come at a cost that can be more than economic. The Environmental Protection Agency ranks indoor air pollution as one of the worst environmental health hazards, with common cleaning products the most prominent culprit. Many (including some with the word “green” in the brand name) contain chemicals associated with short-term effects like headaches, dizziness, and irritation of eyes, nose and throat, and, worse, longer-term problems ranging from respiratory illness to reproductive dysfunction and cancer. It seems counter to the whole project to pollute our bodies while freshen-

ing up our living spaces.

There are certainly safer cleaning products, but it takes research to find out what they are. The EPA doesn't regulate household cleaning products, unless they contain pesticides. Furthermore, labeling requirements are slack, so ingredients can be listed simply as “surfactants” or “foaming agents,” without specifying what chemical is included, let alone its effects on human health or the water supply. Unidentified “fragrances” cause problems for many people, and are rarely substances anybody should inhale. Fortunately, it's tremendously easy to avoid this entire set of problems by using a small number of inexpensive, easily available natural products to clean your home.

There's nothing particularly special about most household cleaners. Home-made cleaning products take almost no work, or none at all, to make, and are generally every bit as effective as anything with a brand name. All you generally need is something rough enough to scrub with, something with the right pH (level of acidity) range, some chemical-free soap, and something that smells good to you. Most of what you need can fit in one bag, and you can easily find it all at your Co-op.

THE BASICS (AND ACIDS)

The bacteria living on surfaces around your house (or in stains on clothes and other fabric) only thrive within a certain range on the pH scale—mostly in environments that are slightly acidic. Shifting the pH of those environments a bit toward either the acidic or alkaline (basic) end of the scale kills most undesirable microbes very efficiently. Baking soda and cheap white vinegar are so effective that you'll see one or the other of them in the vast majority of homemade cleaning recipes.

Baking soda is fairly alkaline. As its technical name, sodium bicarbonate, indicates, it's a salt. The mineral structure of its molecules makes it just coarse enough to dislodge solid material when used as a scrubbing agent, while still soft enough to avoid leaving scratches on surfaces. Its alkalinity gives it an antibacterial (and, some studies suggest, an antiviral) effect. Intriguingly, it's also the reason baking soda is such a fantastic odor-eater. It bonds with

molecules, largely acidic, that are responsible for bad smells, and creates a balance, transforming them into stable forms closer to a neutral pH level. Finally, it's just alkaline enough to partially break down organic matter, loosening gunk and aiding its own scrubbing power.

Distilled white vinegar, on the other hand, is fairly acidic. Though it's not a professional-grade disinfectant, its pH is effectively too low for most household bacteria. It also helps dissolve food organic matter and accumulated mineral deposits. Apple cider vinegar, incidentally, works just as well. Many cleaning jobs require nothing more than baking soda and vinegar, either in sequence or in combination. If mixed, it's best to use more of one than the other, to avoid ending up with a pH-neutral cleaner that removes visible stuff while leaving bacteria alone. A vinegar wash following a baking soda scrub produces a small version of the “volcano effect” familiar from countless home science experiments. The energetic production of carbon dioxide released as the acidic and basic compounds react with one another further loosens organic matter, making it easy to scrub it away (it's also responsible for the rising effect of sodium bicarbonate in baking). The sequence is a highly effective instance of household chemistry.

SIMPLE SOAP (AND OTHER ESSENTIALS)

Honestly, baking soda and vinegar alone, with the help of water, can take care of the vast majority of your spring cleaning tasks. There are some other natural, inexpensive multipurpose products that are great to have on hand, though. One that shines is simple Castile soap.

Castile soap originally hails from Spain, where it was made from a base of olive oil. Today's commercially available varieties typically use other plant-derived oils like hemp, coconut, and avocado, combined with natural alkaline varieties of sodium. Dr. Bronner's is the most well-known brand, and it's a good one—entirely natural, often organic, and environmentally friendly, with none of the arcane ingredients included in almost all familiar dish and laundry detergents. Castile soap is widely available in both liquid and solid forms. It's versatile, good for



washing dishes, clothes or hands, and works well to clean carpets, walls, or just about anything else in the house. It's nearly always diluted, usually with water. Like baking soda, castile soap is alkaline, so it shouldn't be mixed with vinegar or other acids, which will neutralize it. On the other hand, vinegar can be a great followup to soap, dissolving any streaky residues.

For some more hardcore cleaning needs, including stubborn stains and situations in which you want a more powerful disinfectant, hydrogen peroxide is the way to go. It's non-toxic, and much more environmentally friendly than bleach. For some of the same tasks (as well as many of those suited to vinegar), cheap vodka is another useful alternative, and it's odorless, aside from the alcohol.

Speaking of odors, essential oils can play a fabulous role in a spring cleaning arsenal. A few drops of citrus, mint, cinnamon, or rosemary oil—pretty much any variety you enjoy—will lend a pleasant aroma to any homemade cleaning mixture, masking the sharp smells of ingredients like vinegar or peroxide. Some even have antibacterial properties of their own, boosting the effects of cleaning. They can also enliven your mood with their aromatherapeutic qualities, contributing to the emotional boost a freshly cleaned living space can provide.

USE WITH CAUTION

There are a couple of products that show up in many DIY cleaning recipes that have longstanding popularity, but that have recently fallen under some suspicion. Borax (sodium tetraborate) has long been used for various household tasks, especially as a natural “laundry booster,” and shows up as an ingredient in many of the laundry soap recipes you'll find online. Borax is probably all right if used with the proper safety precautions, but it is a potent substance that should be used in well-ventilated areas, can be harmful to the skin and eyes, and may have harmful effects on male reproduction with extended exposure.

Fels Naptha has been a go-to heavy-duty soap bar for nearly a century, and is also included in recipes for laundry detergent and other cleaning tasks. It's clearly more



“natural” (a word we should always think critically about) than most commercial cleaners. On the other hand, it's a concentrated, powerful product containing compounds with possible bad health effects, and some that aren't great for the environment. Many DIY cleaning enthusiasts propose alternatives to both these products (like switching baking soda out for Borax), while others still consider them safe enough for home use when balanced with their effectiveness. As always, do your own research!

RECIPES, TIPS, AND TRICKS ABOUND

It's easy to go online and find countless formulations for home cleaning products based on the major ingredients considered here. From all-purpose cleaning spray to dish soap to grout scrub, it's usually just a matter of water with a little soap or vinegar and some essential oils or steeped citrus peel, or a bit of baking soda and some water. Those who like to keep it simple can most likely get through an entire spring cleaning with two or three simple concoctions, while there are countless possibilities for anyone who gets a boost in satisfaction from mixing up just the right thing for a specific task.

There's no shortage of nifty cleaning hacks to meet particular needs. Simply cutting a lemon in half and microwaving it in a bowl full of water makes it easy to wipe down the interior instantly. Dry salt is the perfect scrub for a cast-iron skillet. A little cornstarch added to a solution of rubbing alcohol and water makes for a streak-free spray for windows and mirrors. Vodka can

clean surfaces—like marble—that vinegar can damage.

For many clogged drains, one or two treatments of baking soda, followed by vinegar and then hot water, will take care of the problem. It also provides the satisfaction of foaming up and hissing in a big way—which just makes it feel like something's getting done (hydrogen peroxide can provide similar satisfactions). Sprinkling salt on a cutting board and rubbing it with a lemon scrubs out organic material and, if left to sit for a few minutes, does a good job of disinfecting. Almost any cleaning problem has a natural solution.

SMOKE

What about smudging, the practice of briefly burning bundles of dried, aromatic plant material? There is something deeply satisfying about using smoke to purify or sanctify a space; it has an elemental attraction as a ritual of cleansing and preparation for what comes next. On the other hand, “smudging” per se is an American Indigenous practice, and many native people consider smudging outside its cultural context to be problematic and appropriative. They often particularly ask that non-Indians refrain from burning white sage. Not only is sage culturally important; it's also frequently overharvested or improperly gathered, and widespread demand for bundled sage has actually made it difficult for some indigenous populations to access it for their own use. There are other traditions of burning herbs for ritual purposes, and many alternative herbs (like rosemary, bay, pine, and countless others) that can be easily purchased, wild-gathered, or grown

at home.

It's been widely suggested that burning herbs has demonstrable powerful antibacterial effects. Unfortunately, that seems to be a rumor based on a study of one particular blend of herbs used in India, which was indeed found to eliminate the majority of undesirable bacteria from a space for a striking period of time. It may be that other plants can have similar effects; it simply hasn't been demonstrated. There's more evidence to suggest that smoke can alter the ionic charge of the air, and that this might indeed have positive short- to medium-term effects on mood, as well as on odor-causing particulate matter. Whatever the practical effects may be, some sort of concluding ritual can make a spring clean deeply satisfying, more than hard work.

AIR

Let's be clear: when it comes to cleansing, whether a space or a body, there's no substitute for the outside air and natural light. Numerous studies over many decades (including in hospitals) have found that simply opening the windows can rapidly change the bacterial population of indoor spaces; undesirable microbes die off to be replaced by harmless or beneficial ones. We don't need to make war on invisible critters to enjoy a healthful space. What we want is generally a sanitary home, and not a sterile fortress. Sterilization in general, by eradicating all microbial life, makes perfect breeding grounds for the first strong bacterial population to come along, and it robs our immune systems of the opportunity to adjust to small-scale encounters with pathogens (which are generally present outdoors in comparatively diluted forms). For most of our hygienic needs, nature really is enough.

We clean at this time of year for a reason. It's not only meant to prepare for the work of the home that needs to be performed in the year to come. It's also time to greet the wider world we're all a part of, in the time of its renewal. While we're cleaning our homes, let's remember to fling open windows and doors, hear the sounds of birds and neighbors, and let the light and air back into our lives as we're welcomed by the spring!

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

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RECIPES

Rhubarb Crunch

From Equinox Community Farm

Springtime bliss.

Prep 30m; Cook 1hr

Serves 6-8

1 c. flour

3/4 c. rolled oats

1 c. brown sugar

1/2 c. butter

1 tsp. cinnamon

4 c. rhubarb, diced

1 c. sugar

2 Tbs. cornstarch

1 c. water

1 tsp. vanilla

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

In a small saucepan, combine sugar, cornstarch, water, and vanilla. Heat over a medium flame, stirring frequently, for 3-5 minutes, until sugar is dissolved. Pour the liquid into the cake pan, coating the rhubarb. Top with remaining crumb mixture.

Put in the center of the oven and bake for one hour. Let cool on a wire rack, then serve.

Springtime Polenta

Adapted from www.mynewroots.org

Snap up ramps when you see them; they make a very short appearance!

Prep 30m; Cook 45m

Serves 6

4 c. water

1 c. polenta

1 1/2 Tbs. butter

2 onions, chopped

1/2 lb. asparagus, chopped

1 c. peas

1 bunch ramps, chopped

1 lemon

1/2 c. Pecorino Romano, grated

olive oil

salt

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

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

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

Asparagus, Radish, and Avocado Salad

Adapted from www.larksandjapes.com

Here's a simple salad dressed in a light and creamy dressing, full of fresh herbs.

Prep 30m

Serves 4

1/3 c. olive oil

2 Tbs. chives, chopped

2 Tbs. flat-leaf parsley, chopped

1 clove garlic, minced

1 Tbs. fresh thyme, chopped

8 c. bibb lettuce, chopped

1 avocado, cubed

4 radishes, sliced

1 c. asparagus, chopped

1 c. asparagus, ribboned

1 c. snap peas, chopped

1/2 c. sour cream

4 Tbs. lemon juice

salt

pepper

Directions: Place the olive oil in a medium bowl. Stir in the chives, parsley, garlic, and thyme. Set aside to let flavors develop.

Place the lettuce in a large bowl. Top with the avocado, radishes, chopped asparagus, ribboned asparagus, and snap peas.

Whisk the sour cream into the bowl of olive oil and herbs. While whisking, slowly drizzle in the lemon juice. Season to taste with salt and pepper. Drizzle the dressing over the salad, gently toss to coat, and serve.

Mixed Greens Spanakopita

Adapted from *Moosewood Restaurant Healthy Recipes*

A great new twist on a traditional Greek dish!

Prep 45m; Cook 20m

Serves 10

8 c. coarse greens

8 c. soft greens

1 c. feta, crumbled

4 oz. cream cheese

1/2 c. olive oil

4 cloves garlic, minced

1 pkg. filo dough

1 Tbs. dried oregano

1 Tbs. pepper

1/2 tsp. salt

1 Tbs. sesame seeds

Directions: Keeping the coarse and soft greens separate, prepare your greens, beginning by thoroughly rinsing them. Chop them into ribbons. Steam the coarse greens until soft. Remove from heat and place in a colander. Squeeze as much liquid from them as possible, then place in a large bowl. Steam and squeeze excess liquid from the soft greens using the same method, and place in the bowl with the other greens.

Add oregano, salt, pepper, feta, and cream cheese to the bowl. Stir until well combined.

In a small pan, warm olive oil over medium heat and add the garlic. Reduce heat to medium low and cook until golden. Remove the garlic from the oil and stir into the greens mixture. Reserve the olive oil.

Place two sheets of filo dough on a clean work surface. Brush the shorter edge of the dough with the garlic oil and fold in half, like a hot dog bun. Place a generous amount of the greens mixture on the lower portion of the dough, on the left-hand side. Fold the right-hand corner over to form a triangle that covers the filling. Folding like a flag, continue to fold the dough into triangles, brushing the top triangle with olive oil. Flip the spanakopita triangle over and place it, with the flap side down, on a lightly greased cookie sheet. Brush with oil and sprinkle with sesame seeds. Repeat with the rest of the filo dough until finished. Bake in 375°F oven for 15-20 minutes, until the tops are golden brown. Enjoy!

Chicken Stuffed with Goat Cheese and Spinach

Adapted from www.adventuresincooking.com

This might turn into your new favorite dinner: really easy to put together, but full of flavor and nutritious to boot.

Prep 30m; Cook 1hr

Serves 2-4

1 lb. spinach, chopped

2 tsp. olive oil

2 chicken breasts, boneless and skinless

8 oz. herbed goat cheese

2 green onion, sliced

1 tsp. basil

1/2 tsp. salt

1/2 tsp. black pepper

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

When the spinach has cooled, add the goat cheese, green onions, remaining tablespoon of olive oil, basil, salt, and pepper, and mix to combine. Taste and add more salt and pepper as needed. Set aside.

Use a sharp knife to cut a pocket in the middle layer of the chicken breasts, making sure not to cut through the outer layers. Stuff each chicken

breast with the spinach and cheese mixture, then place in the prepared casserole dish. Spread the remaining spinach and goat cheese mixture over the chicken breasts. Cover and cook for 45 minutes to 1 hour, until the chicken reaches an internal temperature of at least 170°F.

Asparagus and Blue Cheese Pasta

Adapted from Blue Valley Gardens

An elegant and unusual choice for a special springtime dinner.

Prep 20m; **Cook** 20m

Serves 8

- 1 lb. asparagus, cut into 1-inch pieces
- 1 lb. pasta
- 1 c. half and half
- 1 c. parmesan cheese, shredded
- 1 c. blue cheese, crumbled
- 2 Tbs. flour
- 4 Tbs. butter

Directions: Steam asparagus about 2 minutes or until the asparagus is bright green in color. Drain and set to one side. Cook pasta in boiling water according to package directions. Drain and set aside.

While the pasta is cooking, heat the half and half in a heavy pan on low heat while slowly adding the cheeses with flour, whisking until well blended. When the cheese is melted, stir in the butter and fold in asparagus. Toss the pasta with the asparagus and sauce, and serve.

Springtime Locavore Salad

From Megan Minnick, Willy Street Co-op Purchasing Director

This salad is spring in a bowl! On its own, it's a perfect dinner for one, and would also serve two to three as a side.

Prep 20m; **Cook** 20m

Serves 2

- 3 Tbs. white wine vinegar
- 1 tsp. Dijon mustard
- 1 shallot, minced
- salt
- black pepper
- 1/2 c. olive oil
- 4 slices bacon
- 1 bunch ramps, chopped
- 3 c. baby spinach, chopped
- 1 c. dandelion greens, chopped
- 1/2 c. Jerusalem artichokes, chopped
- 1/4 c. feta cheese, crumbled
- violet petals

Directions: In a small bowl, whisk together the white wine vinegar, mustard, and minced shallot. Season with salt and pepper to taste. While whisking, drizzle in the olive oil in a slow steady stream, whisking until emulsified and creamy. Taste and adjust the seasoning if needed. Set aside.

Cook the bacon in a skillet over medium heat until crispy. Remove from the pan, leaving the bacon grease in the skillet. Sauté the ramp bulbs in the bacon grease over medium heat until they turn translucent. Remove from heat and set aside. In a large bowl, toss together the spinach, dandelion greens, Jerusalem artichokes, and ramp tops. Drizzle with some of the prepared vinaigrette, and toss well to coat. Top with the bacon, sautéed ramp bulbs, crumbled feta, and violet petals, if using. Enjoy!



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Staff Picks



JESS

Olli Salami

Excellent choice to complement your anti-pasto or charcuterie repertoire

Willow Creek Farms Smoked Boneless Ham Steak

Breakfast, lunch, or dinner—so many options.



DUSTIN

Cedar Roads Old World Bacon

This is the best bacon I have ever had and it's made right here in Wisconsin!



JESSE

Renard's Cheese Morel & Leek Monterey Jack

A locally made (in Door County) smooth, creamy cheese with a slight hint of morel passing through the definite leek herb flavor. It's amazing on pizza, or in a cream-sauce based pasta dish with mushrooms; however, I could personally just eat big chunks of it like cheese curds!



DAN

Deer Creek Cheese The Robin

Colby is boring, right? Nope. A 2019 ACS best in class cheese, this colby is bandage-wrapped then dipped in wax. It has a sweet buttery flavor, and can hold its own on your cheese board with the fanciest camembert out there. Pair it with a Cabernet Sauvignon or a good rye whiskey and some apples.



ABIGAIL

Pacha Soap Co. Sand and Sea Bar Soap

This scent from Pacha Soap Co. is so refreshing and summer-y! There is no other soap that smells like this one and the fragrance is 100% natural. The soap is made with volcanic ash and pumice which adds an exfoliating element

reminding me of a sandy day at the beach. Not only does this soap smell and work wonderfully, but it is also packaging-free! Pick up a bar and head to the beach in your next shower or bath.



ETHAN

Willy Street Co-op Vegan Smokey Black Bean and Sweet Potato Salad

Great mix of tangy and light spiciness, this salad is an excellent side for tacos or any grill-ready food.



HAHNA

Willy Street Co-op Espresso Swirl Brownie

The Espresso Swirl Brownie made by our very own Production Kitchen is so fudgy that I had to double check the ingredients to make sure that it actually was one of the "made without gluten" bakery items. It hits all the texture and taste notes of a conventional brownie! Unlike most conventional brownies, though, this is definitely a dark chocolate brownie. The rich dark chocolate is perfectly balanced by the vanilla cheesecake swirl. This is no one-note box brownie! The combination of textures and the chocolate with the coffee and the cheesecake is delightful. I also love the fact that it's made with local oat flour, eggs, and dairy!



KRISTI JO

MamaP Bamboo Toothbrush

MamaP is a purpose-led, health and wellness company. Womxn-founded and Minority-run, they strive to make choices that will make Mama Earth proud by sourcing sustainable products for everyday life that also give back to our communities and planet. Pick a color, choose a cause! 5% of each toothbrush sale goes to one of the following causes: Red = Planned Parenthood; Yellow = Save the Bees; Green = Support Mental Health causes; Blue = Conserve the Oceans; Rainbow = Equality for LGBTQ+.



KIM

Attitude Chamomile Sensitive Skin Deodorant

Finally! A baking soda-free natural deodorant! It's not a secret—I'm a smelly girl. "Traditional" antiperspirant/deodorants truly made it worse. I've been surfing the ocean of "natural" deodorants for years. While I have found a few that work for awhile, I am often shocked to one day wake up with a painful rash or discoloration in my pits! So many of the natural alternatives contain either baking soda or essential oils as a first ingredient—not so great for sensitive pit skin. Attitude is baking soda-free, and it really feels more like a lotion bar than a deodorant. The light chamomile scent is pleasant, not at all overwhelming. The plastic-free, push-up tube is made of cardboard; it's vegan, and through their "Reforest" partnership program, the company promises to plant a tree for each product they sell.



NANCY

Hi Bar Moisturize Shampoo and Conditioner

Want to do your part to reduce plastic in our oceans without sacrificing healthy, clean hair? Choose Minnesota-based Hi Bar, a waterless, soap-free shampoo and conditioner that avoids using sulfates, phthalates, parabens, or silicones. Conventional shampoos and conditioners shockingly contain 80% and 95% water, respectively. Its packaging is compostable/recyclable. Just rub the bars into your wet hair—the shampoo's lather is incredible! The conditioner leaves your hair soft and tangle-free. Best of all, the shampoo bars last at least as long as a 16-ounce bottle while the conditioner bars last as long as a 32-ounce bottle. Go waterless and plastic-free in 2022; Mother Nature will thank you!





BRENDON

Nature's Bakery Six Grain Granola

I like to add this granola to yogurt, blueberries, and chia seeds. In addition to the six (count 'em, six) organic grains, the sunflower seeds and honey add great flavor and offer some crunch and chew. And it's made right down the street from Willy East!



CAITLYN

Vitruvian Farms Shiitake Mushrooms

Looking to add some more umami in your life? These locally grown mushrooms will give savory dishes a rich, meaty and buttery flavor.



Tony's Chocolonely Milk Chocolate Caramel Sea Salt Bar

This is my favorite chocolate bar in the whole world and it comes from a pretty cool company too. Based out of the Netherlands, Tony's partners with cocoa farmer cooperatives and it is their mission to make slave-free chocolate the norm.



LAURA

Tierra Farm Pistachio Mulberry Granola

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



MOURNING DOVE

Bulk Water

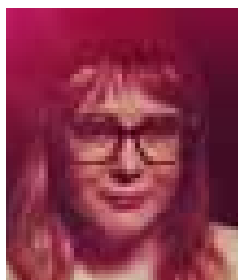
I love using our bulk water for drinking and cooking. It tastes great, it's clean, and it's super cheap when you refill your own container.



KRISTIN

Bulk Herbs and Spices

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



LACEY

Fizzeology Kickapoo Curtido

I've been addicted to Fizzeology's Kim Chi for a while, but now I'm obsessed with their Curtido. It's a totally unique flavor, adding oregano, chilis, lime, and cilantro to organic locally sourced veggies. It's great with tacos, or on a sandwich, which is how I eat it almost daily.



JOEL

Mango Man Monte Verde Salsa

The depth of flavor and smoothness is wonderful. Your uses of this unique salsa are only limited by your imagination. Another fantastic local product.



ANGELICA

LuSa Lavender, Chamomile, and Ylang Ylang Sugar Scrub

Have you ever wanted to feel wealthy beyond compare? The smell of this exfoliating and moisturizing scrub will transport you to the proverbial Lap of Luxury.



gomacro Sunny Uplift Cherries & Berries Macrobar

I'm not usually the kind of person who goes for a fruity granola bar (I prefer chocolate) but this cherries and berries bar is one I come back to time and time again. The tangy cherries deliver both deliciousness and nutrition. Also, this brand comes to us local from Viola, Wisconsin!



Willy Street Co-op Southern Fried Tofu

If I'm in a rush, I eat a cold slab of this and feel calm and satisfied. The fact that I am willing to admit this publicly speaks to the amazing value of this product. For meat-eaters, this will be your gateway snack into the world of soy. Don't knock it til you try it, y'all!



LILYIAN

Ripple Unsweetened Original Milk

This is the best plant-based milk for athletes who are looking for lots of protein; I make protein shakes with these and end up with almost double the protein intake that regular plant-based milk would usually take. For being such a healthy option, this is such an awesome cheap option!



AMY

Quorn Meatless Patties

What is a Quorn, you ask? It is a fermented fungus called Mycoprotein, which is not as bad as it sounds. It's a more sustainable



protein source than chicken and it's just as delicious and chicken-y in your mouth. Try an easy Quorn Parmesan: Just put one on top of your pasta and red sauce and broil it for a minute with some mozzarella on top. Fanc-easy! OR, google celebrity Drew Barrymore (E.T., Firestarter) for many more Quorn recipe ideas!

Olden Organics Zoodles

Worth rotating into your meals. They have substance of their own, and while they don't replace the texture and flavor of pasta, they create a flavorful vehicle for sauce transport. Reduce your pasta intake with vegetables!



AMANDA

Troy Mix Mendota Mix

This is a mix of sprouted lentils, peas, and garbanzo beans. Great on salads! I like that it is available all year long and I get to support an awesome local producer.

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