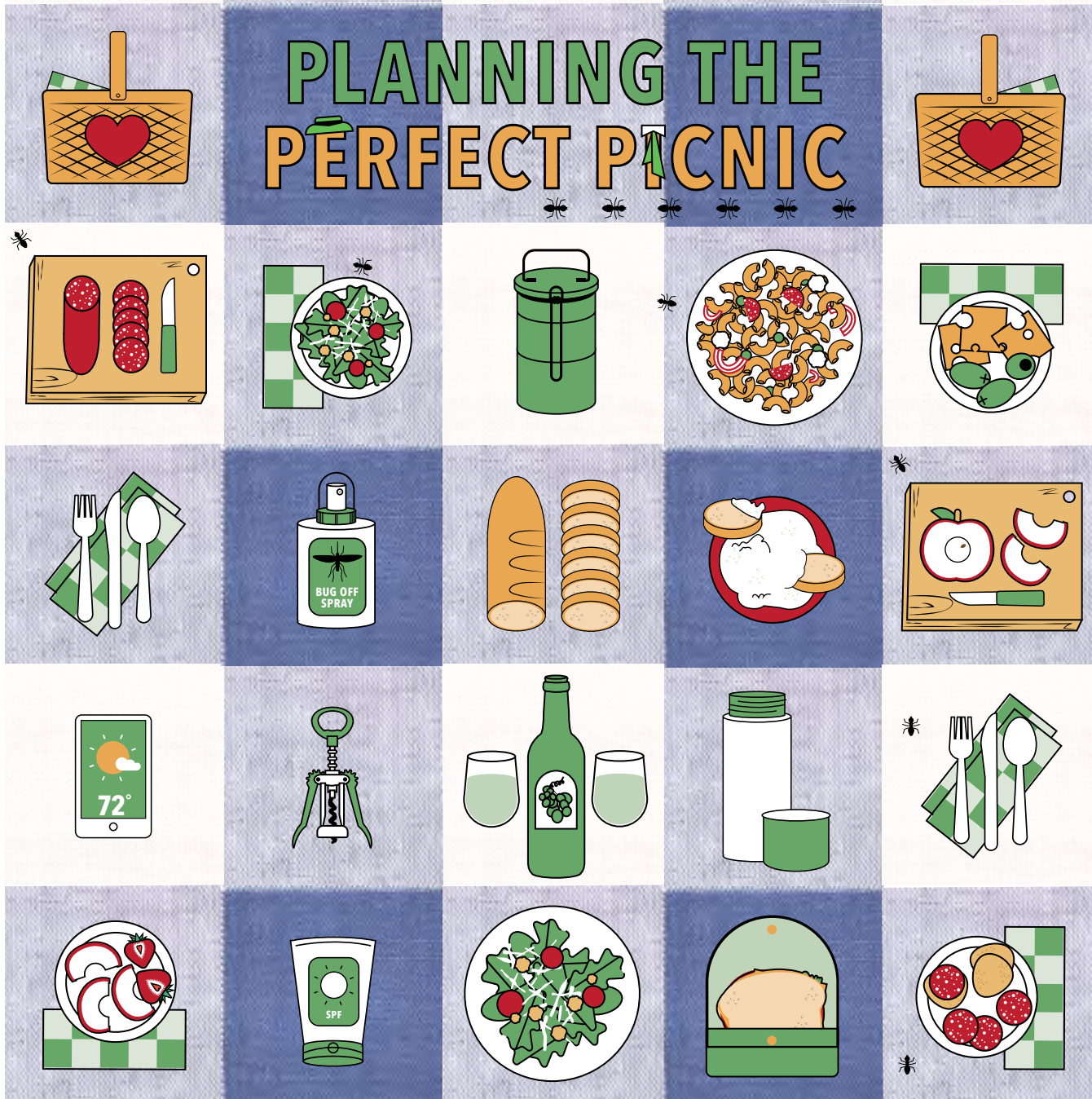


willy street co-op READER



A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 49 • ISSUE 7 • JULY 2022



NEW LOOK!

As mentioned in previous issues, we are beginning to slowly transition to mostly online and e-mailed copies of the *Reader* in order to save paper and to save money on postage. If you can and want to switch to receiving your copy by email, sign up here: willystreet.coop/emails. If you shop with us regularly, we'd love it if you'd pick up your copy of the *Reader* in one of our stores so we can reduce our postage costs. If you don't want either of these things, we will still happily mail it to you. The online and e-mail versions will have more hotlinks and more content to click through to. This content will increase as we get the hang of this new way of publishing the *Reader*. Thanks for reading!

IN THIS ISSUE

Run for the Board; Taco Dip; Sensational Summer Wines; Annual Meeting Information; and More!

SPECIAL STORE HOURS

All Stores Closing at 7:00pm on July 3 for our annual year-end inventory & July 4 for Independence Day

PRSR STD
U.S. POSTAGE
PAID
MADISON, WI
PERMIT NO. 1723

willy street co-op

1457 E. Washington Ave • Madison, WI • 53703

POSTMASTER: DATED MATERIAL

CHANGE SERVICE REQUESTED

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

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.

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.

ADVERTISE IN THE READER

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

willy street co-op

FOLLOW US ON:



willy street co-op READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

East: 1221 Williamson Street, Madison, WI 53703, 608-251-6776
West: 6825 University Ave, Middleton, WI 53562, 608-284-7800
North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422
Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

EDITOR & LAYOUT: Liz Wermcrantz

ADVERTISING: Liz Wermcrantz

COVER DESIGN: Hallie Zillman

SALE FLYER DESIGN: Hallie Zillman

GRAPHICS: Hallie Zillman

SALE FLYER LAYOUT: Liz Wermcrantz

PRINTING: Wingra Printing Group

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 camera-ready by the 15th of the month. Submissions should be emailed to l.wermcrantz@willystreet.coop or mailed to Willy Street Co-op's Central Office according to submission requirements.

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

GENERAL EMAIL: info@willystreet.coop

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

IN THIS ISSUE

- 2-3 Customer Comments
- 5 Upcoming Changes and Other News from the General Manager
- 5 Consider Running for the Board
- 6-7 Community Room Calendar
- 8 Sensational Summer Wines
- 9 What to Bring to the Summer Party? The Answer: TACO DIP!
- 10 Know Your Farmer, Updated!
- 11-13 Specials
- 16-17 A Warm Hello From Customer Experience
- 18-19 Planning the Perfect Picnic
- 20-21 Recipes
- 22-23 Staff Picks

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!

PLASTICS & ONLINE READER

Q: I really liked the article on plastic-free body care in the April Reader. I use some of them already and learned about some new ones. I'd love to see more articles on plastic-free products. P.S. I'll really miss getting my hard copy of the Willy St. Reader every month. There is no publication I have read more thoroughly for longer.

A: Thank you for your message. I'm glad you liked the plastic-free body care article! We will definitely include more articles on plastic-free products in the future. We'll still be sending out hard copies of the *Reader* if that's how you'd prefer to receive it. We're just requesting that those that can pick it up in the store or would enjoy it as much digitally make that choice. We're trying to cut down on postage costs which are quite high. So, if you'd rather keep getting a hard copy mailed to you, you are welcome to! We'd rather you read it and enjoy it if that's your preference. Thanks again for your message! -Liz Wermcrantz, Editor

MAILING GIFT CARDS

Q: I want to get a gift card for my daughter. She is a member. (I live in California). Can I order the gift card on-line? Thanks!

A: What a thoughtful idea! We definitely sell gift cards, and you can find out how to purchase one over the phone and have it mailed to your daughter at www.willystreet.coop/promotions/gift-cards. Thanks for thinking of us! -Liz Hawley, Education and Outreach Coordinator

LOCAL POULTRY

Q: Please start carrying local chicken and turkey! It is very frustrating to only see Bell&Evans chicken at West and to know that it has travelled across multiple states. As a food coop, Willy St should consistently offer local poultry.

A: Thank you for taking the time to write. I want nothing more than to sell a local chicken but, unfortunately, I have not been able to find a farm that would be able to supply us with chicken consistently. As far as the turkey goes we get almost all of our turkey from Ferndale Market in Cannon Falls MN, which is just 250 miles from the Capitol, while that is outside of what we consider local, they are a third-generation family farm that does an

amazing job raising free-range turkeys, not to mention some of the nicest people you will ever meet.

I will continue to look for a local chicken vendor that will be able to meet our supply needs. If you have any other questions please feel free to contact me directly at j.johnson@willystreet.coop. Thank you, Jeremy Johnson, Meat & Specialty Category Manager

DELI RECIPES

Q: Would you consider putting the recipes for your prepared deli products on the website in your recipe collection? The item that prompted this inquiry for me, was the Beet and Kale Salad with tahini. For health reasons I am tracking ingredients and nutrition info and while the ingredient list on the deli label is helpful, I could be even more accurate if I had a sense of proportions etc. Hopefully this information would be useful to others as well, especially for items that are pretty much in continuous rotation like those salads. Thanks for considering!

A: Although we make almost all of our Deli food from scratch (occasionally we'll use pre-made components, like sauces or pie crust), our recipes are all in food service quantities and it would be difficult to scale down every recipe. As a perk of Ownership we are happy to send Owners recipes, though, and we are discussing a possible cookbook where many more recipes would be made available.

Attached is the recipe for the Beet and Kale Salad. It is so delicious. Enjoy and have a beautiful day! -Amanda Ikens, Owner Resources Coordinator

WILLY STREET CO-OP SUPPLEMENTS

Q: I would like to be a member & continue to be able to order your Willy Street brand supplements as a member when no longer in the Madison area. I really like your own brand supplement blends. But I'm told delivery is not by shipping to an address, only by personal delivery. To join now, I'd have to cancel being a member with relocation. Your own branded supplements are done really well. But I'd lose access to them with a relocation. Please consider your own shipping for your branded product supplements. I get you can't do freezer, cold stuff etc. But even a

dreaded Amazon storefront would allow me to continue to attain your Willy Street supplement blends. Thank you for your consideration.

A: Thanks for contacting us regarding the Willy Street Co-op supplements! I am sorry to hear that you are relocating and no longer able to purchase supplements from our stores. Unfortunately, it's true, we are not able to ship products directly to consumers from our retail stores or through an Amazon storefront.

However, there might be an alternative option... Do you have a friend or family member in the Madison area that would be willing to shop at one of our stores and then ship the products to you?

Or, is there a grocery co-op near your new location? If so, they might have the same products with their name on the label. The Willy Street Co-op supplements are manufactured by a company that produces premium, private-label supplements for many brick and mortar stores (especially grocery co-ops) all over the U.S.

If you'd like, I'd be willing to do some research for you; I just need to know your new location. I can contact some of the stores or even the company directly to see if anyone nearby carries the same supplements as we do. Please let me know if you would like my help! Be well, Sara Berg, General Merchandise Category Manager

DOUBLE DOLLARS DONATING

Q: Did the Co-op stop donating to Double Dollars when people bring their own bags? We've noticed our cashiers stopped adding the donation. It may be important for you remind your cashiers since your Double Dollars funds keep running out.

A: Thanks for reaching out and letting us know that this step is being skipped at the registers during your recent transactions. The Co-op is continuing to donate 10 cents per reusable bag brought in to help support the Double Dollars program. I have partnered with the correct leaders to increase training and knowledge on this step as we continue to hire and onboard new employees. Thank you for contributing and caring about this cause!

Have a wonderful day, Kristina Kuhaupt, Customer Experience Manager

BAKERY SELECTION

Q: Hi, We noticed recently that the bakery items we used to buy are no longer being sold—scones/ almond croissant/danish. Will these be brought back? We've been buying them for a long time and really liked them. Thanks!

A: Thank you for taking the time to write to us about your experience here at the Willy West Bakery. I'm sorry to hear that you could not find the scones, almond croissants, and danish when you were here last. We do continue to carry these products; they have simply moved to a new place. They are now in front of the Juice Bar in a new set of racks. Please stop by the Deli counter if you can not find them on your next trip in to our store, and we will be happy to show you where they are! -Thank you, Renee Strobel, Willy West Deli Manager

ANNUAL MEETING & PARTY

Q: Hi all, will there be a Members' Night at La Fete this year? If so, when will tickets be

SPECIAL STORE HOURS

All Stores Closing at 7:00pm on July 3 for our annual year-end inventory & July 4 for Independence Day

available?

A: Thanks for your question! We have kind of separated the "Annual Meeting" from the "& Party." The Annual Meeting will be at the Middleton Performing Arts Center on October 11. We did want to keep the celebration of and appreciation for Owners that we've had for decades now, but

we also wanted to spread the wealth around more of the city. So we will be offering up to 1,500 Festival Perks Passes for each of three festivals: Fete de Marquette; Good Neighbor Festival; and the new Northside Festival. (So 4,500 Passes total.) Each Pass will give the bearer access to half-priced food and beverages for a certain three-

hour timeframe during that festival. We're also planning to give out a few hundred gift bags per festival. The Passes will be available on a first-come, first-served basis, and will only be applicable to the one festival it is associated with. We will start to hand out the Passes for Fete de Marquette on Saturday, July 2 at 11:00am at

Willy East only. (Good Neighbor Festival Passes will only be distributed at Willy West, and Northside Festival Passes at Willy North.) Learn more at www.willystreet.coop/owner-festival-perks. If you have any further questions, please let me know! -Brendon Smith, Communications Director

RUN
for the **willy street co-op**
Board of Directors
See willystreet.coop/run-for-board

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



Please see our website or Board candidate application for dates!



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

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



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

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

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

Find Energy Savings Here.



Partner with MGE to save energy.

Make mge.com your first stop.

- Get easy, low-cost ways to save energy.
- Use calculators to estimate your savings.
- Learn about incentives from Focus on Energy.

Join us in creating a more sustainable future. Visit mge2050.com.



653343 03/31/2020 Your community energy company

Co-op Preschool Openings Available!



We've provided local families with social, play-based, part-time, mixed-age preschool for over 50 years!

Free Monthly Playgroup!
Check our facebook for upcoming dates



UNIVERSITY HOUSES PRESCHOOL
PARENT COOPERATIVE

6033 Odana Road | (608) 238 3955
kmbek@uhpparentcooperative.org
uhpparentcooperative.org

Gardeners
Let us help you-
Keep it Growing, Preserve your Harvest & w/ Garden Clean-up
Shop local or online with in-store pick-up at acehardware.com



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

Advertise in the Reader

Reach over 34,000 Co-op Owners.

Affordable rates, wide reach, excellent returns.

Discounts for non-profits, Owners and for multiple insertions.

Find info here:
willystreet.coop/advertising
Call 608-237-1230 or email readerads@willystreet.coop for more information or to place your reservation.

willy street co-op



GENERAL MANAGER'S REPORT
Upcoming Changes and Other News
by Anya Firszt, General Manager

HELLO JULY AND HELLO DEAR OWNERS

July marks the middle of summer and the beginning of our new fiscal year. Happy New (Fiscal) Year!

The Board of Directors at their last meeting approved the FY23 operations and capital expenditure budgets.

We plan to roll out a few significant changes in the coming year that include some upgrades at each of our retail locations. Our goal is to improve your shopping experience, allow for greater efficiencies that support overall environmental, and financial sustainability.

REDUCING LINES

To help reduce lines at the registers, early this fall we will be converting two existing lanes to four self-checkout registers at Willy West as a test to see if shoppers like this option. We will continue to have full-service

lanes open at all times, and staff will be available to assist those at the self-checkout.

OLDER SERVICE CASES

We have plans to replace some of our older service cases that were used to display and sell prepared foods and other items and install energy-efficient cases that allow for greater flexibility in how product is stored and displayed. This new equipment will also reduce food waste and loss which is good for the environment, community, and Co-op.

CLOSING THE FISCAL YEAR

We still need to close the previous fiscal year, which ends July 3. Preparations are well underway for the annual financial audit and we expect to receive the final report in late August or early September. And, for the first time ever, due to the change in timing

of the Annual Meeting from July to October, we will be able to share our audited financial results at the Annual Meeting. Look for updates about the Annual Meeting later this summer. We hope to see you there.

REMINDER: OWNER PERKS AT FESTIVALS

As we mentioned last month, we are giving away up to 4,500 Festival Perks Passes, each good for half-priced food and beverages at one of three local festivals (1,500 Passes per festival). Starting at 11:00am on July 2 at Willy East only, Owners can start picking up Passes for Fete de Marquette, which will be valid 4:00pm until 7:00pm on the first evening of Fete (Thursday, July 14). Later this summer, we'll also be giving away Passes at Willy West for the Middleton Good Neighbor Festival in August, and at Willy North for the

Northside Festival in September. See more information in Kristina's article on pages 16-17.

WILLY WEST MURAL

Dane Arts Mural Arts (DAMA) will be working with the Co-op and members of the west side community to collectively paint the new mural for Willy West. Look for your chance to get involved in this fun and exciting work. The mural will be mounted in early October and dedicated to the community.

RIVERWEST CO-OP GROCERY AND CAFE

If you live in or visit the Milwaukee area, please check out Riverwest Co-op! They are experiencing hard times at this time, and they need sales to keep the doors open for business. Riverwest is located at 733 E. Clarke Street in Milwaukee, Wisconsin.



BOARD REPORT
Consider Running for the Board!
by Ashwini Rao, Board Member & Tatiana Dennis, Board Member

With the Annual Meeting fast approaching, it is time to consider running for the Co-op's Board of Directors. Usually we have three seats open for an election, but as one Board member resigned before their term was over, we have four open seats this year.

Board candidate materials are up on the Co-op's website (willystreet.coop/run-for-board) and are due on September 1.

BOARD CANDIDATE SESSIONS

- Wednesday, July 20 at 6:00pm (Online via Google Meet)
- Saturday, July 30 at 2:00pm (Willy North)
- Wednesday, August 3 at 6:00pm (Online via Google Meet)
- Wednesday, August 10 at 6:00pm (Willy East)

WHY RUN FOR A SEAT ON THE BOARD?

All Owners who have shopped

at the Co-op at least once in the last 12 months can run for the Board. As Owners, we have our own reasons for shopping at the Co-op. For me, it is access to high-quality foods and supporting the local community. I decided to run for the Board as I wanted to maintain the quality of products that I have come to appreciate and to ensure that the Co-op will continue to thrive.

I had some Board experience prior to joining the Co-op's Board, but that is not a prerequisite if you plan to run.

Board members spend time monitoring policies set by the Co-op and, therefore, performance in different areas throughout the year. The Board Development Committee assists the Board in recruitment of Board members, new Director orientation, and community outreach.

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

Jeannine Bindl and Brian Anderson, fellow Board members, also have shared their reasons for joining the Board. You can view their videos at tinyurl.com/WSC-Board-videos.

Board member Tatiana Dennis says "There is not a day that goes

by that I am not grateful to serve the Co-op and our Owners. The Co-op has created a Board that welcomes creative ideas, constructive

input, and values opinions. Working to ensure the longevity of the Co-op and accessibility to our community members and our Owners is what drives us to do our best everyday. We are constantly embracing growing pains and social change with open arms.

"With that said, I would encourage anyone considering joining the Board to reach out and talk with any of our members about how to become a part of the Willy Street Co-op Board of Directors."

PLEASE CONSIDER

If you would like to contribute to the growth of the Co-op and represent your community, I'd encourage you to run for the Board. Once again, Board candidate materials are up on the Co-op's website (willystreet.coop) and are due on September 1.

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.



Tatiana Dennis

SPECIAL STORE HOURS
All Stores Closing at 7:00pm on July 3 for our annual year-end inventory & July 4 for Independence Day

Community Room Calendar

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



COOKING WITH CHEF PAUL: PLANT-BASED MEALS

Location: Willy East Community Room
Thursday, July 7, 6:00pm–8:00pm
Location: Willy West Community Room
Thursday, September 22, 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

Have you been thinking of eating more plant-based meals? Join Chef Paul to learn helpful tips to get started—from setting up your pantry to cooking techniques to replacing animal proteins with plant-based ones to adding more fiber into your daily meals. The options are limitless!. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: ALL THINGS CURRY

Location: Willy West Community Room
Thursday, July 21, 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

Should you use curry powder or paste? Is there any difference? Join Chef Paul to learn to make curry powder and paste from scratch and how to apply them in cooking. On the menu: Coconut Salmon Curry, Green Mango Curry Chicken, Red Curry Beef with Rice Noodles, Coconut Noodle Bowl with Vegetables (vegan.) Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: ONE-POT MEALS

Location: Willy West Community Room
Thursday, August 4, 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

It's not a new idea, but it is convenient, classic, and tasty! One-pot meals also save time cleaning up! Join Chef Paul to learn to make complete meals with starch, fiber, and protein all in one pot or pan. On the menu: Broiled Seafood with Veggies, Sirloin Steak with Onion and Greens, Risotto or Pilaf, and more. Ingredients/recipes may be modified based on seasonal availability.



PÂTE À CHOUX WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, August 3, 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.

BASIC KOMBUCHA BREWING FOR BEGINNERS

Location: Willy East Community Room
Thursday, July 28, 6:00pm–7:00pm
Location: Willy West Community Room
Tuesday, August 16, 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.



BUILDING A SUSTAINABLE CAREER IN THE BAKING INDUSTRY

Location: Willy East Community Room
Wednesday, July 20, 6:00pm–7:00pm
Instructor: Pierre Ferland
Ages: 12 and older; adult supervision required

Fee: \$15 for Owners; \$25 for non-owners

Are you thinking about a career in the baking industry and wondering how to get started? Join Chef Pâtissier Pierre Ferland for this lecture about how to prepare for a sustainable career in the baking industry. Pierre will discuss what you can expect in the baking industry and explore the different avenues available, what to study and why it's important, what's involved in an apprenticeship, and how to structure your career.

KOMBUCHA II

Location: Willy East Community Room
Thursday, July 28, 7:15pm–8:15pm
Location: Willy West Community Room
Tuesday, August 16, 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 is not required, but basic kombucha-brewing knowledge is recommended.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy West Community Room
Thursday, August 18, 6:00pm–8:00pm
Ages: 18 and older
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

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



COOKING TOGETHER: FLAVORS OF TAIWAN

Location: See website for details
Friday, July 8, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy virtually from your own kitchen in this hands-on cooking class for families and folks of all ages! Learn about different foods, where they come from, how to follow recipes, and how to use kitchen tools. In this class, participants will create a tantalizing table inspired by the terrific country of Taiwan—Bubble Tea, Scallion Pancakes, Three Cups Tofu, Sticky Rice, Shaved Ice, and more may be explored.

COOKING TOGETHER: FLAVORS OF ALASKA

Location: See website for details
Friday, July 22, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy virtually from your own kitchen in this hands-on cooking class for families and folks of all ages! Learn about different foods, where they come from, how to follow recipes, and how to use kitchen tools. In this class, participants will cook an adventurous meal inspired by the abundance of Alaska—a specialty of salmon, Yukon Gold potatoes, Pilot Bread, buckets of blueberries, mushrooms, and more may be explored.

COOKING TOGETHER: FLAVORS OF TRINIDAD & TOBAGO

Location: See website for details
Friday, August 12, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy virtually from your own kitchen in this hands-on cooking class for families and folks of all ages! Learn about different foods,

where they come from, how to follow recipes, and how to use kitchen tools. In this class, participants will make a mouth-watering meal inspired by the melting pot of Trinidad & Tobago—revered roti, chutneys, chickpeas, curry, Caribbean callaloo, fruit chow, and more may be explored.

COOKING TOGETHER: FLAVORS OF TANZANIA

Location: See website for details
Friday, August 26, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy virtually from your own kitchen in this hands-on cooking class for families and folks of all ages! Learn about different foods, where they come from, how to follow recipes, and how to use kitchen tools. In this class, participants will prepare a delicious dinner inspired by the tantalizing tastes of Tanzania—unbelievable Ugali, eggplant (AKA biringani), Zanzibar Pizza, sweet Mandazi, and more may be explored.



KIDS IN THE KITCHEN: SNACKS FOR THE SEASHORE!

Location: See website for details
Tuesday, July 19, 4:30pm–5:30pm
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. Summertime is in full swing, and that means boating, swimming, fishing, and lounging lakeside. Whatever the activity is, you'll need to nosh. Delicious dips, fun with fruits, silly sandwiches, grilled grub, and more. In this class, kids will create a variety of snacks for the seashore.

KIDS IN THE KITCHEN: CAMPFIRE COOKING!

Location: See website for details
Tuesday, July 26, 4:30pm–5:30pm
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. Summertime is in full swing, and that means camping and making meals in the great outdoors, including pizza pockets, pudgy pies, s'mores galore, and much more. In this class, participants will make multiple recipes that can be recreated around the campfire.

KIDS IN THE KITCHEN: FAIR FAVORITES!

Location: See website for details
Tuesday, August 9, 4:30pm–5:30pm
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. Late summertime is for fun and food, and that means theme parks, festivals, and everyone's favorite—the fair! Something served on a stick, cold drinks, cream puffs, or curds—in this class participants will prepare all sorts of fair favorites.

KIDS IN THE KITCHEN: SILLY SWEET CORN!

Location: See website for details
Tuesday, August 23, 4:30pm–5:30pm
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. Almost all kids love sweet corn, but how often do they eat it anyway but plain?

From dips to desserts, get silly with Chef Lily and use corn in creative ways. In this class, participants will make a marvelous meal that highlights this fantastic food in fun ways.



KISS THOSE SUGAR BLUES GOODBYE

Location: Zoom
Wednesday, July 27, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

To succeed in eliminating sugar cravings from your life, it helps to understand your chemistry and digestive health. Join Katy Wallace, Traditional Naturopath of Human Nature, to discuss how to resolve nutrient deficiencies and imbalances in gut flora to feel your best. She'll share simple tips to incorporate into daily life for best results.

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

FOOD-BASED CLEANSING

Location: Zoom
Wednesday, August 31, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Learn new ways to get healthy by assisting the body's major elimination and toxin-removing organs (liver, kidneys, and digestive tract) with food and herbs that allow for internal cleansing. Katy Wallace, Traditional Naturopath of Human Nature, LLC will discuss food-based ways to support the natural detoxification pathways in the body to help you achieve optimal health.

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
Wednesday, July 20, 1:30pm–4:45pm
Location: Willy West Community Room
Friday, July 29, 1:30pm–4:45pm
Tuesday, August 30, 1:30pm–4:45pm
Location: Zoom
Tuesday, August 9, 1:00pm–4:00pm

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

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

Law Office of
Nathan Wagner
*Business - Family - Bankruptcy
Probate - Wills*

Call
608-949-6394
Free Consultation

nwagner.law

2810 Crossroads Dr, Suite 4000
Madison WI 53718

Pilates on Harrison
Quality Pilates in Your Neighborhood

710 Harrison Street
pilatesonharrison.com
608.709.1775

ATTORNEY
PAUL O'FLANAGAN

Coop member,
PROGRESSIVE & LOCAL
LAW FIRM OFFERING:

WILLS, TRUSTS, TAX,
ESTATE PLANS, PROBATE,
GUARDIANSHIP & FAMILY
ASSISTANCE TO FOLKS
AT REASONABLE COST.
FREE HOUSE CALLS.

CALL: 608-630-5068



GROCERY NEWS

Sensational Summer Wines



by Dean Kallas,
Grocery Category
Manager

Summer heat is here. Although full-bodied red wines are some of my favorites, they can be a bit heavy during the hot summer months. Many of us are looking for lighter and more refreshing wines by June or July. Thankfully there are lots of options available. My goal is to help you explore a few of the stellar wines that we have on our shelves at the Co-op. You never can tell when you might find your next favorite!

When I think about the colder months, red wines come to mind with their intensely deep flavors. These hearty wines are perfect for the lower temperatures. Cabernet Sauvignons, Malbecs, Merlots, Syrahs, Zinfandels all fit nicely into this group. Though some of these varietals are considered medium-bodied by the experts, they are not necessarily ideal summer beverages.

So which wine varietals are good choices for the hotter days of July or August? My recommendations would include white wines like Sauvignon Blanc, Pinot Grigio, Moscato, Chardonnay, and Prosecco. I also would add the lighter-bodied red Pinot Noirs, and the Rosés, which are fabulous for this time of year! Many people enjoy white wines in the summer because they tend to be sweeter than dry red wines. For example, a Pinot Grigio is sweet and light, quite the opposite of a dry, thick California Cabernet.

WHERE DOES ALL THE FLAVOR COME FROM?

There are many different varieties of wine grapes, and each has unique characteristics. The flavor notes that come through when you take a sip of wine are the result of several factors: the soil the grapes are grown in, the methods used to ferment these grapes after harvest, the expertise of the vintners when creating the wine, and the way the wine is aged and for how long. Some wines are aged in wooden barrels, often oak, while other vintners use stainless steel tanks. The length of time the wine is aged can vary from a few weeks to several years.

Shorter aging periods result in a fresh and fruity wine. Longer aging is perfect for red wines that need more time to soften their flavor profiles. The intensity of the tannins, which are bitter to taste, does a disservice to the true flavor of these wines, and so it is important to let them mellow with age.

TASTING NOTES ON SOME OF MY FAVORITES

The wines I am recommending here are at all of our stores. They represent some of the best and most popular Summer wines in my opinion, each less than \$15. I hope you have a chance to give them a try this season, because I think you will enjoy them all!



Starborough Sauvignon Blanc
Price: \$12.99
Size: 25.36 fl oz
Wine Varietal: Sauvignon Blanc
Country of Origin: New Zealand
Tasting Notes: Guava, kiwi, citrus



Excelsior Chardonnay
Price: \$8.99
Size: 25.36 fl oz
Wine Varietal: Chardonnay
Country of Origin: South Africa
Tasting Notes: Hints of lemon, lime and peach
Cold-fermented for 15 days.
About 25% of it was fermented in new French oak barrels.



Gran Passione Prosecco
Price: \$13.99
Size: 25.36 fl oz
Wine Varietal: Glera
Country of Origin: Italy
Tasting Notes: Apple, peach with some floral notes
Fermented in steel tanks.



Pratsch Rose
Price: \$13.99
Size: 25.36 fl oz
Wine Varietals: 90% Zweigelt, 5% Cabernet Sauvignon, 5% Pinot Noir.
Country of Origin: Austria
Tasting Notes: Strawberry, watermelon
Made with organic grapes.



Iris Vineyards Pinot Gris
Price: \$14.99
Size: 25.36 fl oz
Wine Varietal: Pinot Gris
Country of Origin: Oregon, USA
Tasting Notes: Citrus and pear
Fermented in stainless steel



Gazela Vinho Verde
Price: \$7.99
Size: 25.36 fl oz
Wine Varietals: 40% Loureiro, 30% Pedernã, 15% Trajadura, 15% Azal
Country of Origin: Portugal
Tasting Notes: Green apple, citrus, lemongrass



Veramonte Pinot Noir
Price: \$11.99
Size: 25.36 fl oz
Wine Varietal: Pinot Noir
Country of Origin: Chile
Tasting Notes: Red cherries and strawberries
Eight months in French oak barrels. Made with organic grapes.



Riff Pinot Grigio
Price: \$11.99
Size: 25.36 fl oz
Wine Varietal: Pinot Grigio
Country of Origin: Italy
Tasting Notes: Apple, citrus, with hints of earthy mineral
Four months in stainless steel.



Jean de Roze Rose
Price: \$8.49
Size: 25.36 fl oz
Wine Varietal: Cinsault
Country of Origin: France
Tasting Notes: Watermelon, Strawberry



Underwood Rose Bubbles
Price: \$6.99
Size: 12.68 fl oz
Wine Varietals: 88% Pinot Noir, 10% Chardonnay, and 2% Pinot Gris
Country of Origin: Oregon, USA
Tasting Notes: Strawberry, tart cherry, watermelon

GROCERY NEWS

What to Bring to the Summer Party? The Answer: TACO DIP!



by Jess Catherine,
Assistant
Merchandiser

The first wildly published taco dip recipe was in 1981 issue of *Family Circle Magazine*. Not long after, it became a party staple.

This instant favorite with a classic sour cream and a cheese base mixture seasoned with taco spices is sure to please just about anyone. Topped with shredded cheese, tomato, scallions and a handful of black olives, it is super simple and super good. There really isn't a reason to modify the original, but I wanted to try out some modern flavors to add a bit of complexity along with more color to the dish.

So, when I was asked to come up with an easy appetizer recipe that would win you over, Garlic Shrimp Taco Dip got no vetoes. I decided the first step would be to make an easy taco seasoning recipe. Here's the great thing about homemade taco seasoning...you can make it however you like! This recipe is mild and works well with ground beef, chicken, or plant protein. You can make this in bulk and use it in your Tex-Mex dishes. Homemade taco seasoning is even low carb!

DIY Taco Seasoning

Spices:
1/4 c. chipotle chili powder
2 Tbs. cumin
2 tsp. smoked Maldon salt
2 tsp. onion powder
2 tsp. garlic powder
1 tsp. dried oregano
1 tsp. paprika
1/2 tsp. black pepper

Directions: Mix all together and store in an airtight container until needed.

Street Corn Dip X Salad

This makes for a great side salad, dip, or just a late night snack. It's a mash-up between street corn and a fresh corn salad. I added fresh basil leaves instead of cilantro. I think either one is excellent!

SERVES: 8 | PREP TIME: 20min | COOK TIME: 30min

Ingredients:

5 or 6 ears corn, shucked (save husk for later)
1/2 c. red onion, small-diced
3 Tbs. mayonnaise
3 Tbs. cider vinegar
2 Tbs. olive oil
1/2 c. cotija cheese
1 jalapeño, seeded and diced
1/2 tsp. paprika
1 clove garlic, pressed
Juice of 1 lime
1/2 c. fresh basil, chopped; or 2 Tbs. fresh cilantro leaves, chopped
Salt and pepper to taste

Preparing the Corn on the Cob:

Boiling: If you don't mind cooking inside during the hot summer months, this is a great way to par-cook the corn. In a large pot of boiling salted water, cook the corn for 3 minutes until the starchiness is just gone. Drain and immerse it in ice water to stop the cooking and to set the color. When the corn is cool, cut the kernels off the cob, cutting close to the cob.

Grilling: Carefully peel back corn husks to within 1 in. of bottoms; remove silk. Rewrap corn in husks; secure with kitchen string. Rinse corn under water to moisten the husks. Grill corn, covered, over medium heat 20-25 minutes or until tender, turning often.

Directions:

1. Toss the kernels in a large bowl with the rest of the ingredients.
2. Just before serving, toss in the fresh basil or cilantro.
3. Taste for seasonings and serve cold or at room temperature with whole-grain corn chips or plantain chips.

Garlic Shrimp Taco Dip

I wanted to make this because it sounded really good, and I had leftover ingredients from a shrimp taco dinner.

SERVES: 8 | PREP TIME: 35min | COOK TIME: 7min

Classic base:

16 oz. brick-style cream cheese softened to room temperature
2 c. sour cream
4 Tbs. taco mix (this is a 1 oz. packet of pre-made taco seasoning or you can use your favorite homemade recipe, check out this basic one I added below!)

Ingredients:

1 1/4 c. cooked and chopped shrimp pieces (toss with olive oil, 1 Tbs. fresh garlic, and a big squeeze of lime. Sauté or broil till cooked through)
1 1/2 c. red/green cabbage slaw (chopped cilantro, chopped scallions, 2 Tbs. of rice wine vinegar, big squeeze of lime, salt and fresh ground pepper and toss together in a bowl). Cover and refrigerate until ready to use
1/2 cup cotija queso cheese, crumbled, plus more for garnish
1 c. scallions, chopped (plus more for the cabbage slaw)
1/4 c. cilantro, chopped (plus more for the cabbage slaw)
1 cup pico de gallo (strained of juices) or 4 Roma tomatoes seeds removed, chopped into small pieces
2 radishes, thinly sliced
Juice of 1 lime
sliced jalapeños, pickled or fresh for topping *optional
tortilla chips

Directions:

1. Combine softened cream cheese, sour cream, and 4 Tbs. of taco seasoning in a large bowl and stir together until creamed and well-combined (I like to use my electric mixer just to make sure there are no lumps). Spread mixture evenly into a 9-10" pie dish
2. Prepare the cabbage slaw and the shrimp and set-aside to cool.
3. Start to add the toppings in an even layer over the base mixture: cotija cheese, cabbage slaw, scallions, pico, shrimp, radishes, and a squeeze of lime over everything. Sprinkle with more cotija and cilantro and serve immediately with tortilla chips and some refreshing beverages!



WHEN RECYCLING
INSIDE & OUTSIDE OUR STORE:

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

willy street co op

WHEN IN DOUBT, THROW IT OUT!

Interested in trying something different?
Get new ideas from our

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

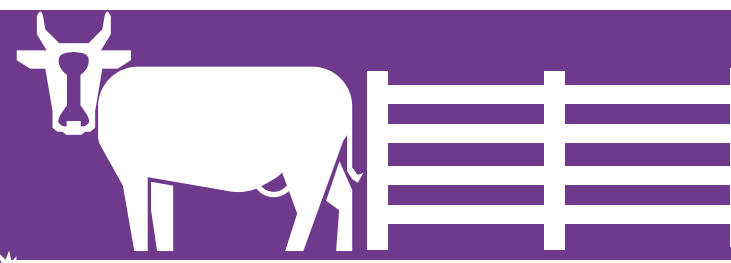
willy street co op

MEAT NEWS

Know Your Farmer Updated!

We have recently updated our list of beef farmers, we share this information to help Owners make informed decisions about their purchases. We do our best to source products from local farmers who use ethical practices in raising and harvesting their animals.

Know Your Beef/Veal Farmer



Farm	Organic	Local	Feed	Living Conditions	Antibiotic-Free	Hormone-Free
Cates Family Farm	No	Yes	100% grass-fed	Pasture-raised	No	Yes
Grass Run Farms	No	Yes	100% grass-fed	Pasture-raised	Yes	Yes
Niman Ranch	No, but all-natural	No, but works with independent farms	All vegetarian feed	Humanely raised on environmentally sustainable farms	No	No
Seven Seeds Farm	Yes	Yes	100% organic grass-fed	Pasture-raised	Yes	Yes
Strauss	No	Yes	100% grass-fed/always access to mother's milk	Never caged/pasture-raised	Yes	Yes
Thousand Hills Beef	Yes	No	100% grass-fed	Pasture-grazing	No	No
Wisconsin Meadows	No	Yes	100% grass-fed	Pasture-raised	Yes	Yes

coop deals **JULY**

Health & Wellness

co-op deals: June 29-July 12

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

Acure Shampoo & Conditioner
Argan Ultra Hydrating
8 fl oz • Save \$3.79
\$5.50/tx coop deals

Alba Botanica SPF 33 Mineral Sunscreen Spray
Fragrance-Free
6 oz • Save \$7.50
\$11.99/tx coop deals

The Grandpa Soap Co.
Pine Tar Soap Bar
3.25 oz • Save \$1.79
\$3.00/tx coop deals

Dr. Bronner's
Lip Balm
All Kinds on Sale!
.15 oz • Save \$1.20
\$2.29/tx coop deals

Seventh Generation
Hand Soap
Orange & Grapefruit
12 fl oz • Save \$2.29
\$4.00/tx coop deals

Lily Of The Desert
99% Aloe Vera Jelly
4 oz • Save \$1.80
\$2.99/tx coop deals

Shikai
Shower Gel
All Kinds on Sale!
12 fl oz • Save \$4.50
\$6.99/tx coop deals

Quantum
Macula 30 Eye Health
60 ct • Save \$15
\$22.99/tx coop deals

Ancient Nutrition
Super Greens Powder
7.05 oz • Save \$16
\$28.99/tx coop deals

Garden of Life
myKind Organics Plant Calcium
90 tab • Save \$11
\$29.99/tx coop deals

MADE BY YOUR coop

Ask about our 9" cakes at the Deli counter!

Hummingbird Cake Carrot Cake
Cookies and Cream Cake Vanilla or Chocolate Cheesecake
Orange You Glad It's Vegan Cake
Strawberry Cake The first four are vegan!

FAIRSHARE CSA COALITION

FARM TOURS • LIVE MUSIC • GOURMET FOOD

SEPTEMBER 18, 2022

Bike the Barns

REGISTER csacoalition.org/bike-the-barns

co-op deals: July 13-August 2

Desert Essence
Thoroughly Clean Face Wash
8.5 fl oz • Save \$3
\$6.99/tx coop deals

Andalou Naturals
Shampoo & Conditioner
Marula Oil
11.5 fl oz • Save \$4.29
\$5.00/tx coop deals

Badger
Anti-Bug Shake and Spray
4 fl oz • Save \$3
\$7.99/tx coop deals

evanhealy
Sanctuary Serum
1 fl oz • Save \$8
\$31.99/tx coop deals

Boiron
Arnica Gel
1.5 oz • Save \$1.30
\$5.49/tx coop deals

Enzymedica
Digest Basic
90 cap • Save \$9
\$11.99/tx coop deals

Nordic Naturals
Arctic-D Cod Liver Oil
Lemon
8 fl oz • Save \$7
\$21.99/tx coop deals

Lakewood
Organic Whole Leaf Aloe Vera Juice
32 fl oz • Save \$3
\$6.99 coop deals

Ultima
Electrolyte Powder
All Kinds on Sale!
3.2-3.7 oz • Save \$9
\$13.99/tx coop deals

Vital Proteins
Collagen Peptides
20 oz • Save \$11
\$35.99/tx coop deals



Honey Mamas Cacao Nectar Bar
All Kinds On Sale!
2.5 oz • Save \$1.80
\$3.99 coop deals

Tucson Tamale Tamales
All Kinds On Sale!
10-11 oz • Save \$1.80-\$2.80
\$4.99 coop deals

Brown Cow Yogurt
All Kinds On Sale!
5.3 oz • Save 20¢
79¢ coop deals



Siete Tortilla Chips
All Kinds On Sale!
5 oz • Save \$1.50
\$3.99 coop deals

Rebbl Organic Protein Drinks
All Kinds On Sale!
12 oz • Save \$1
\$3.49 coop deals

Rao's Homemade Pasta Sauce
Marinara, Tomato Basil
24 oz • Save 2.5
\$6.99 coop deals



Field Roast Plant-Based Sausages
All Kinds On Sale!
12.95 oz • Save \$1.80
\$4.99 coop deals

Wyman's Mango Chunks
15 oz • Save \$1
\$2.99 coop deals

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



Frontera Salsa
All Kinds On Sale!
16 oz • Save \$1.79
\$3.00 coop deals

Bragg Organic Apple Cider Vinegar
Raw and unfiltered
16 oz • Save \$1.50
\$3.29 coop deals

Kashi Go Cereal
13.1 oz • Save 1.99
\$3.00 coop deals



Annie's Organic Salad Dressings
All Kinds On Sale!
8 oz • Save \$2
\$3.49 coop deals

From The Ground Up Cauliflower Crackers
Sea Salt, Cheddar
4 oz • Save \$1.70
\$2.79 coop deals

Beyond Meat The Beyond Burger
8 oz • Save \$2.50
\$3.99 coop deals



Organic Valley Ultra-Pasteurized Half and Half
32 oz • Save \$1.30
\$3.99 coop deals

Mountain Valley Spring Water
33.8 oz • Save \$1.58/2
2 for \$4 coop deals

Forager Project Organic Cashewgurt
All Kinds On Sale!
5.3 oz • Save 0.5
\$1.29 coop deals



Amy's Organic Refried Beans
All Kinds On Sale!
15.4 oz • Save \$1.50
\$2.99 coop deals

Steaz Organic Iced Tea
All Kinds On Sale!
16 oz • Save 98¢/2
2 for \$3 coop deals

ECOS Laundry Detergent
All Kinds On Sale!
100 oz • Save \$2.50
\$11.99 coop deals



Equal Exchange Organic Coffee
All Regular Kinds On Sale! Excludes flavored and decaf varieties
10-12 oz • Save \$1
\$7.99 coop deals

Lightlife Smoky Fakin' Bacon Tempeh Strips
6 oz • Save \$1.50
\$4.49 coop deals

Quinn Gluten-Free Peanut Butter Pretzels
7 oz • Save 1.99
\$3.50 coop deals



Green Mountain Gringo Yellow Tortilla Strips
8 oz • Save \$1
\$1.99 coop deals

Goodpop Fruit Pops
All Kinds On Sale!
4 pk • Save \$1.50-1.80
\$3.49 coop deals

C2O Coconut Water
33.8 oz • Save \$1
\$3.99 coop deals



Talenti Gelato
All Kinds On Sale!
16 oz • Save \$1
\$3.99 coop deals

Nature's Path Organic Waffles
All Kinds On Sale!
7.4 oz • Save \$2.58/2
2 for \$5 coop deals

Milkdamia Macadamia Nut Milk
All Kinds On Sale!
32 oz • Save \$1.79
\$3.50 coop deals



Barnana Organic Chewy Banana Bites
All Kinds On Sale!
3.5 oz • Save \$1.20
\$3.79 coop deals

Bionaturae Organic Durum Semolina Pasta
All Kinds On Sale!
16 oz • Save \$1
\$2.29 coop deals

Kettle Brand Potato Chips
All Kinds On Sale!
5 oz • Save 49¢
\$3.00 coop deals



Mary's Gone Crackers Super Seed Crackers
All Kinds On Sale!
5.5 oz • Save \$2
\$3.99 coop deals

Epic Pork Rinds
All Kinds On Sale!
2.23-2.5 oz • Save \$1.30
\$2.99 coop deals

Oatly Non-Dairy Frozen Dessert
All Kinds On Sale!
16 oz • Save \$1.50
\$3.99 coop deals



Alden's Organic Ice Cream
All Kinds On Sale!
48 oz • Save \$1-\$2
\$6.99 coop deals

Wild Planet Wild Albacore Tuna
5 oz • Save \$2
\$3.79 coop deals

Mediterranean Organic Olives
All Kinds On Sale!
8.4-8.5 oz • Save \$1.80
\$3.99 coop deals



ECOS Dishmate Liquid Dish Soap
All Kinds On Sale!
25 oz • Save 80¢
\$3.49 coop deals

Clif Bars
All Kinds (except Builder's Bars) On Sale!
2.4 oz • Save 20¢
\$1.39 coop deals

Boulder Canyon Canyon Cut Potato Chips
All Kinds On Sale!
5.25-6.5 oz • Save \$1.98/2
2 for \$5 coop deals



San-J Cooking Sauces
All Kinds On Sale!
10 oz • Save \$1
\$2.99 coop deals

Woodstock Organic Green Peas
10 oz • Save \$1.10
\$2.39 coop deals

Zevia Diet Soda
All Kinds On Sale!
6 pk • Save 50¢
\$4.49 coop deals



Terra Chips Vegetable Chips
All Kinds On Sale!
5-6 oz • Save \$1.29
\$3.50 coop deals

Woodstock Natural Hardwood Charcoal
8.8 lb • Save \$2
\$8.99 coop deals

Nixie Organic Sparkling Water
All Kinds On Sale!
8 pk • Save 50¢
\$4.49 coop deals



A Special Offer for New Customers!

Receive **\$300**

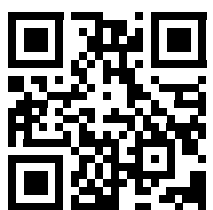
WHEN YOU START BANKING WITH US.



JUST FOLLOW THESE TWO EASY STEPS:

- 1 OPEN** a True Checking account (\$100 minimum deposit to open) and at least one additional deposit product, like a savings or money market account. Our True Checking account makes your banking simple with no minimum daily balance requirement and no monthly service charge.
- 2 MOVE** your payroll or monthly Social Security direct deposit to your new checking account to start taking advantage of the many benefits Monona Bank offers. Our ClickSWITCH® tool makes it easy to move your direct deposit, automatic payments and more!

Your \$300 bonus will be deposited into your new non-interest-bearing account within 90 days after you complete the two easy steps above. Of course, you'll need to keep your accounts in good standing and actively use your new accounts and services (5+ transactions per month). While we truly value our current clients, this special offer is only available to households that have not received a similar bonus in the past and don't currently have a checking account with us. Offer expires on August 31, 2022.



It's Easy.
SCAN THE QR CODE TO OPEN YOUR ACCOUNTS ONLINE TODAY.

If you prefer to open your account in person, stop by any of our nine locations or call (608) 223-3000 to talk to a Banking Advisor.

▶ YOUR NEW ACCOUNT COMES WITH ALL THE TRUSTED TOOLS TO MAKE YOUR BANKING EASIER!

True Mobile Banking App	Digital Wallet Apple Pay, Google Pay, Samsung Pay, PayPal and Visa Checkout.	Text and Email Alerts
True Mobile Deposit Deposit a check using your smartphone.	35,000+ Surcharge-free ATM Network	Send money by text or email to friends and family.

VISIT mononabank.com TO FIND A LOCATION NEAR YOU.

BELLEVILLE | BROOKLYN | COTTAGE GROVE | CROSS PLAINS | MADISON | MIDDLETON | MONONA | SAUK PRAIRIE

EQUAL HOUSING LENDER | Member FDIC | | 5515 Monona Drive, Monona, WI 53716

RUN
for the **willy street co-op**
Board of Directors
See willystreet.coop/run-for-board



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



Please see our website or Board candidate application for dates!



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

FARM ACTIVITIES • TOURS • LOCAL FOOD

Co-op members use code **WILLYST-18** for \$10 off at checkout!

BUS the BARN

SEPTEMBER 18, 2022

REGISTER csacoalition.org/bus-the-barns

FAIRSHARE CSA COALITION

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

GARVER EVENTS
3241 Garver Green, Madison

JULY 19

DAKHA BRAKHA

DakhaBrakha is a world-music quartet from Kyiv, Ukraine. Reflecting fundamental elements of sound and soul, Ukrainian "ethnic chaos" band DakhaBrakha, creates a world of unexpected new music.

Tickets are available at three levels:
BASE LEVEL: \$30
SUPPORTER: \$50 (includes donation to NGO chosen by DakhaBrakha, www.pronizne.org)
SPONSOR: \$100 (includes donation, plus a meet-and-greet with the band and light refreshments after the show)

All tickets are general admission.
DOORS 6:30 PM
SHOW 7:30 PM
Presented in partnership with the Sessions at McPike Park

Photo: Sergey Sivyakov

Established 2014

willy street co-op

SPECIAL STORE HOURS
All Stores Closing at 7:00pm on July 3 for our annual year-end inventory & July 4 for Independence Day



CUSTOMER EXPERIENCE REPORT

A Warm Hello from Customer Experience!

by Kristina Kuhaupt, Customer Experience Manager

HELLO Co-op friends! My name is Kristina Kuhaupt, and I am the new Customer Experience Manager. I started at the beginning of April of this year, and I will be continuing on the work of Kirsten Moore in many areas, such as our presence at upcoming farmers' markets and Co-op-sponsored events, promoting the Double Dollars Program and our Access Discount Program in our community, addressing and making right customer questions and concerns, and continuing our class education programs with my amazing team who have been so welcoming to me. In time, this role will also be expanding our customer outreach and practices—more to come, and we're very excited about all the new possibilities!

A LITTLE ABOUT ME

I moved to Madison about 10 years ago from a small farming community, Slinger, where I grew up and my family still lives, after finishing my business degree in the Milwaukee area. What drew me to Madison was the unique blend of possibilities, environment, and access. Coming from a small town, all the community involvement and access to natural resources in Madison wowed me, and it still does on a daily basis. I feel very grateful to live here and be a part of such a vibrant community. My overall background for the last 10 years was working in management at a retail store in the Middleton area. If you have shopped in the Greenway Station area, I may look familiar to you, and probably have helped you and/or your family in some form or another. It has been a wonderful experience to get to know families shopping over

the years, their stories, seeing their kids grow up in front of my eyes, and even over time employing them and working with these teens personally.

During my time in Middleton, I happened to stumble across Willy Street Co-op when the West store first opened. I went in on a whim during a lunch break and could not get over all the amazing quality, nutritious food that I could quickly get before I needed to head back. This experience made me curious about what Co-op ownership means, and what a Co-op actually does for a local community. I never knew what a Co-op was before or the difference between us and a conventional grocery store because I never had access to this type of resource. After understanding the process, I was hooked for years and years. I happened to see the opening for this position and knew it was the perfect opportunity to continue my customer outreach experience with an organization that does such great things in and for the community. I am very grateful for this role after being an Owner and experiencing what the Co-op has to offer over the years. I hope to serve you well, and I look forward to meeting you all as our paths cross in time.

In my down time, I love to read (I have a book club that I started a couple of years ago with friends), explore the local wineries in our area, take advantage of all the natural resources available though hiking excursions and when possible, keep exploring the Pacific Northwest—an area that leaves me awestruck every time I visit.

UP AND COMING CONFERENCE 2022: MADISON

During my time here, I have been able to experience many things, one being our presence, partnership, and participation at the Up and Coming Conference that took place May 19-21, 2022 at the Sheraton Hotel, which hosted 265 people from 56 startup co-ops from 30 states and Canada. The theme this year was "Shout Out Your Co-op." It was inspiring to see so many people across the country come together to share ideas, resources, and to



support each other in helping get their local co-ops started in the many different workshops that were provided to our guests.

Shout out to Delta Beer Lab, Banzo Catering, and participating local vendors (Sassy Cow Creamery, Madison Soap Company, Madame Chu, Saffi Foods, American Provenance, Four Elements Herbals, Wisconsin Grass-Fed Beef Cooperative, and Emmi Roth Cheese) for making our afterparty a successful and fun experience for all our attendees and staff!

In addition to helping at the conference, my team created an informational resource found QR code format that visually and auditorily walks guests through the history and transformation of Willy Street Co-op over the years. It provided a way to explore our stores if the attendees wanted to take a break from the conference and tour our stores in person, or see what we have to offer virtually if they preferred the comfort of their own hotel room. Shout out to Liz Hawley, Amanda Ikens, Katie O'Connell-Jones, and Ros Murphy for making this digital content and live tours happen during the conference!



SUMMER FARMERS' MARKETS AND DOUBLE DOLLARS

Although the Double Dollars season has concluded at the Co-op, starting June 1 folks using FoodShare/QUEST can participate in the program at our local Dane County farmers markets. The City of Madison has information at

cityofmadison.com/mayor/programs/double-dollars on upcoming markets and how to use the program. In addition, the Community Action Coalition for South Central Wisconsin has a rich amount of information on program details at www.caacsw.org/services/food-security/double-dollars/ that are very useful when shopping during both seasons.

When you're shopping at Willy Street Co-op, you can support the Double Dollars program by using the \$1, \$5, \$10, or \$25 scan cards at the cash registers or by packing your groceries in reusable bags. With each reusable bag used per transaction the Co-op contributes 10¢ to the Double Dollars Fund. It is a win-win system—the Co-op saves money on bags, we help the environment, and funds get distributed to the community for nutritious foods. Thank you for helping this program thrive!

DOUBLE DOLLARS
MADISON & DANE CO.

Maximize your money and make a difference.

At local farmers' markets, the Double Dollars program matches every FoodShare dollar up to \$25 per market day. One dollar goes twice as far, so you can keep your budget in check and get fresh produce, meat, dairy and more for your family. All while supporting the Madison-area community.

Do more with less. Here's how to double your dollars.

STEP 1
Visit the information booth at your farmers' market. Staff will be there to help you.

STEP 2
Swipe your EBT card to retrieve Double Dollars. You can use up to \$25 per market day, and we'll match each one. Now it's time to shop!

STEP 3
Use Double Dollars to purchase any FoodShare-eligible food, including produce, meat, dairy and bakery items. You'll maximize your money while supporting the local economy.

2022 SEASON: JUN 1 - OCT 31

communityactioncoalition

For each reused shopping bag you use at the Co-op, we'll donate 10¢ to the Double Dollars Fund.

Double Dollars helps those who use FoodShare/QUEST cards to purchase more food at Willy Street Co-op and many local farmers' markets.

100 reused shopping bags = **\$10** of fruit & vegetables donated to those in need

FUN IN THE SUN: SUMMER FESTIVALS

As Anya mentioned in the May Reader, we are changing the date and location for our Annual Meeting, so our presence at various festivals throughout the surrounding areas will look different but will still be just as fun. We wanted to make sure more of our Owners experienced the perks of being an Owner. We are excited to announce that we will be offering up to 1,500 Festival Perks Passes for each of three festivals: Fete de Marquette, Good Neighbor Festival, and the new Northside Festival. (So 4,500 Passes total.) The Passes will be available on a first-come, first-served basis, and will only be applicable to the one festival it is associated with. We will start to hand out the Passes for Fete de Marquette on Saturday, July 2 at 11:00am at Willy East only. (Good Neighbor Festival Passes will only be distributed at Willy West, and Northside Festival Passes at Willy North.) With the Pass, Owners will be able to get half-priced meals and beverages during a three-hour span at the following festivals:

- La Fete de Marquette (Owner perk valid: Thursday, July 14, 4:00pm-7:00pm)
- Good Neighbor Festival (Owner perk valid: Saturday, August 27, 2:00pm-5:00pm)
- Northside Festival (Owner perk valid: Saturday, September 10, 2:00pm-5:00pm)

Learn more at www.willystreet.coop/owner-festival-perks. Once each festival is complete Owners who wish to recycle their Passes can drop them off at the front desk at any of our stores.



TOGETHER WE TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Photo provided by Voces de la Frontera

In July we celebrate the rights of life, liberty, and the pursuit of happiness. Community Shares of Wisconsin member nonprofits work every day to create a world with equality and justice for all.

When you say YES to donate through Community CHIP® at Willy Street Co-op, you support nonprofits that work for a just, equitable society including:

- ACLU of Wisconsin Foundation
- Center for Media and Democracy
- Fair Wisconsin Education Fund
- GSAFE
- MOSES – WISDOM of Madison
- NAACP Dane County
- Orgullo Latinx LGBTQ+ of Dane County
- OutReach LGBTQ+ Community Center
- Rebalanced-Life Wellness Association
- Voces de la Frontera
- Wisconsin Women's Network
- Worker Justice Wisconsin
- Working Capital for Community Needs

Save the date for September 22 when we will celebrate our annual Community Change-Maker Awards.



communityshares.com

All Stores Closing at 7:00pm on July 3 for our annual year-end inventory & July 4 for Independence Day

Tenney Nursery & Parent Center
A Preschool & Community-based Parent Cooperative

1321 E. Mifflin St. | director@tnpckids.com | 255-3250

www.tnpckids.com

Pre-School age 2-5
Parent/Child Playgroup age 0-3
STATE LICENSED & CITY ACCREDITED

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.

Powerful Results. Real People.

www.LauerRealtyGroup.com | 608.467.3220

PLANNING THE PERFECT PICNIC

by Ben Becker, Newsletter Writer



It's no joke out there. You've unrolled your blanket. You have unfolded your favorite camp chairs. Your spread has been set out with plates, water bottles, and portable flatware. Yet any minute, the forces of nature are just waiting to strike. An ominous dark cloud can be seen just over the horizon, ready to roll in with a thunderclap at just the moment you're finally settled in. Should this threat prove empty, you have nothing but blue skies, the warmth of the day, and full bellies that can lull you into a false sense of security. As you doze beneath the canopy of a shady tree, your vigilance fails, leaving you and your treasures vulnerable to a rapid invasion. Before your eyes can open and the situation has become clear, they have taken over. That mass of tiny black legs and abdomens are everywhere! ANTS! The bane of picnickers since time began! Contaminating your carefully prepared cuisines, biting your skin, and driving your dog to distraction.

It doesn't end there. Even if you are lucky enough to laze in the calm of temperate weather and maintain an unbreakable defense against insects, there is still a peril always lurking, peering out from the darkness of the woods, preparing for the second your back is turned. Then, in a flash, a blurry giant of brown fur charges.

You panic, unsure of



whether to run, to pelt this interloper with the projectiles of potato salad, or to roll in a ball and hide. Before decisions can be made, the large creature is gone, with only some large flanks and a small tuft of the tail still in sight. Surveying your previously idyllic spread, you notice that among the chaos of scattered napkins and torn linen, your basket and the remaining contents within have gone missing.

Hazardous experiences such as these might dissuade the faint of heart from venturing forth to grassy fields to dine alfresco. For the more intrepid eaters, such an excursion is a welcome distraction from an increasingly urban world shaped by concrete and car traffic. Doing so successfully requires a bit of planning and perhaps

some practice as well. Whether you are camping deep in the wilderness or just venturing to the park around the corner, the methods, accoutrements, and dishes explored below will prove invaluable to your future outings.

REPELLENTS

While a heavy investment in gear, equipment, or prepared foods can bring most of the comfort of home into an outdoor setting, there are still some basic things to remember to enhance your experience. To keep you from becoming absolutely miserable, you'll need to be well prepared for bugs. Be sure that repellent is bold and underlined at the top of your list of things to pack. The Co-op carries many of the natural repellents available in our Wellness aisles. Conventional DEET repellent sprays can be found at many retailers around this time. DEET is effective but also has toxic properties. When using a spray, you will want to target exposed areas of the skin and around your ankles.

For those who aren't partial to putting repellents on your skin, you can use incense sticks designed for this purpose, such as the Nantucket Spider brand carried by the Co-op. Garlic, the most pungent and wondrous of alliums, also has natural repellent properties which can be effective against flying insects.

Should you find yourself near a body of water such as a river or wetlands, mosquitoes and blackflies can be an especially pesky nuisance.

Recent rain storms will also inspire these pests to rise and seek human prey. Mosquitoes can be especially irritating, and while spray repellent remedies are pretty effective in defending yourself from their bite, adding a portable fan at waist level, can really make a difference. Though fearsome, skeeters are poor flyers and cannot withstand a stiff breeze.

An increasingly dangerous threat to your wellbeing is the growing population of deer ticks. Often hard to spot, these parasites are thick within the deep woods, especially off the beaten path. You will need to be vigilant in checking for and removing ticks from your body. Ticks have small heads relative to their body which need to be completely removed using a tick key, or by flipping them upside down with the edge of a knife. If bitten, should you begin to display symptoms of Lyme disease, such as a rash, joint aches, and flu-like symptoms, seek treatment right away. If caught early, Lyme disease is easily treatable but left unchecked it could result in permanent complications for your health.

KEEP IT CONTAINED

Outdoor eating often carries the temptation to grab disposable tableware such as plastic cutlery, paper plates, or a styrofoam cooler that will be used once but never break down. Even that biodegradable set of forks you grabbed carries a cost to the environment. These plant-

based materials often require special facilities for decomposition, and more often than not just end up filling space in the landfill. Instead, make some conscious choices for picnic supplies by relying on the reusable and ditching the disposable. Having a trusty personal set of camping cutlery can come in handy, whether you are out on the Ice Age Trail, enjoying a salad at your desk, or at a potluck in the park.

A wicker picnic basket is an iconic conveyance for all of your culinary accouterment. However, if this cannot be found, there are many great alternatives that can help you cut waste and keep food fresh. An old-school lunch pail or that vintage "A-Team" lunchbox you have tucked away is never out of style. Perhaps you would like to do some updating beyond your reliable Thermos container. An excellent way to dispense with plastic beverage containers is to pick up a Klean Kanteen at your local Willy Street Co-op. Sturdy and stylish, their vacuum-seal varieties can provide hours of temperature control, making them great for cold drinks or hot coffee. Sizes ranging up to 30 and 64 ounces are great if you want to pack for the whole crew.

When trying to pack for your picnic, there are many places to look for inspiration so that you can avoid creating waste. In fact, while many cultures throughout the world have approached portable meals with disposable packaging such as paper sandwich wrap, others have a long history of using more permanent packaging such as bento boxes or tiffin carriers. Ditch your plastic lunch box in favor of a dhabba. The containers of all shapes and sizes are designed for the enjoyment of tiffin, a lunchtime tradition that has evolved from the intersection of British and Indian culture. The dhabba, or tiffin lunch box, are usually round metal containers stacked on top of each other with a tight-fitting lid, making for a perfectly sealed collection of dishes, perfect for carrying food to work or an outing. To observe the traditional fare, pack these containers with some afternoon tea, a light snack, or with Indian recipes such as spicy vegetables, cooked vegetables, some yogurt, bread, and maybe even some pickles for a respite that is worth looking forward to. Whether you are transporting a rich selection of Eastern-inspired dishes in stackable tins, or just sealing up your sandwich, picking up some reusable food containers will mean your meals stay both fresh and free of disposable waste. Once you have your containers, it's only a matter of filling them with foods and enjoying yourself.

POTATO SALAD

What does the preferable picnic basket contain? Potato salad undoubtedly. Eating outdoors just wouldn't feel right unless you rolled the dice before that mayonnaise spoils in the hot sun. What may

appear to be a dish of little distinction is secretly an opportunity for a creative outlet, as this unassuming mixture often reflects various tastes and the cultural heritage of those preparing it.

It all starts with the spuds. You could keep it simple with a few boiled Idaho yellows. However, if you're feeling adventurous, substitute some sweet potatoes to bring an offset to your other flavors. Sneaking in a few hot peppers will bring a spicy complement. For some additional color or texture, maybe try a blue potato. Firmer than its red and white brethren, the blue potato will give your salad an enticing crunch. The base ingredient doesn't really define the potato salad, however. Rather, it is the seasonings and other addition that bring out the personality and tradition that make it a crowd-pleasing favorite. A classic German potato salad preparation, for example,



includes chunks of bacon and features a sweeter flavor profile. Other folks will evaluate the correct preparation of the salad on the basis of how much paprika was applied. If you yourself have more of a salt tooth, crunch up some potato chips to achieve that crispier mouthfeel.

SMØRREBRØD

If your picnic would benefit from a simple yet elegant approach, why not try the Danish take on a sack lunch with their open-faced sandwich, which they call the Smørrebrød. Smørrebrød conventionally begins with a base of a fermented Danish bread that is sweet, tangy, and rich in malt. Next, a thin spread is applied, either of butter or goose fat, though the American palate might be inclined to employ mayonnaise, cheese, or even avocado at this stage. The sandwich may be as simple as these two ingredients, but it is in the following stages where smørrebrød demonstrates its versatility. It is this receptiveness to innovation that truly gives the dish great value as it can absorb many of those items you are trying to use up in your fridge, whether its leftover pasta salad, an apple that is about to turn, or last night's chicken. For the classic flavors of Denmark, Danes top their buttered rye bread with shrimp, pickled herring, and boiled eggs. More modern takes often incorporate produce

of many kinds, which could include apples, plums, cherries, beets, fennel, or asparagus, all of which can be rotated based on the season. Danes often eat these sandwiches in courses with a knife and fork, so be sure to pack some in your mess kit or picnic basket.

THE RIGHT BREAD



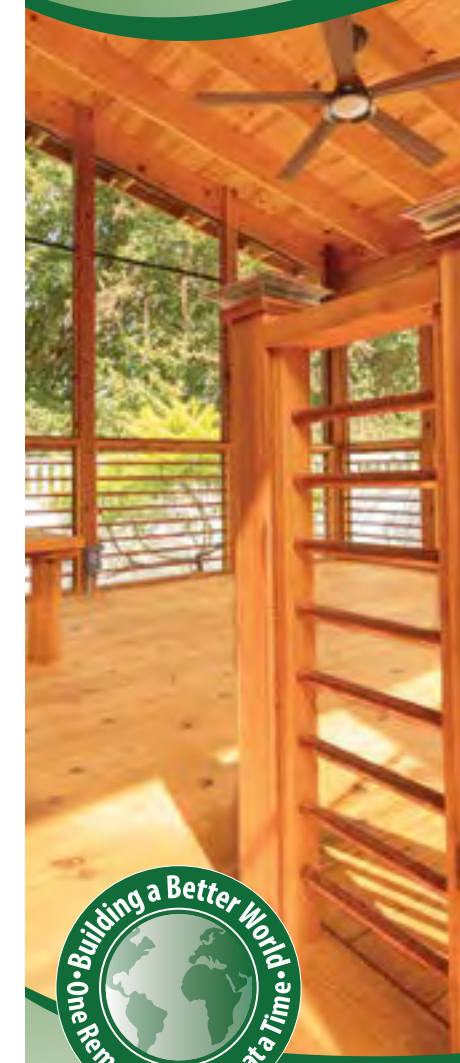
Whether eating open-faced or skipping silverware for the standard two slices, a great sandwich can benefit from the right bread. Whether white or brown, the best bread will come fresh from local bakers, such as Madison Sourdough or Origin. Origin offers handcrafted varieties such as ORIGINAL and Sprye, both made with rye flour. These flavors will provide

a welcome complement to sliced ham, spicy mustard, and pickles. You can also be more adventurous with Origin's focaccia loaves, which present Mediterranean features such as olives, dates, and goat cheese. All of Origin's breads are made using only organic, stone-ground grains grown and milled in the Driftless Area, so even with the fancier recipes you are always enjoying a taste of home.

Whether you'll be scarfing down sandwiches, or having a light snack of fruit and granola, your picnic can take on just about any shape with proper preparation. All you need is a little cooperation from Mother Nature, but even the occasional drizzle shouldn't deter you if you have the proper equipment. So this summer, pick up some produce and locally made grub at your Co-op, pack up your basket, and head out into the fresh air to enjoy the best al fresco experience imaginable.



Invite the Outdoors In!



**Porches/Decks
Sunrooms
Kitchens
Whole Home
Remodels
Additions
Bathrooms
Lower Levels**

**Call Today!
608-221-1799
ChadsDesignBuild.com**

Recipes

Fattoush Salad

Adapted from www.mamaslebanesekitchen.com

SERVES 6 | PREP TIME: 30min | COOK TIME: 5min

This classic Lebanese salad packed with toasted pita, summer vegetables, and loads of herbs tends to be a hit with everyone, and is filling enough to serve as a meal.

INGREDIENTS:

5 pitas
2 Tbs. sumac
1/3 c. olive oil
2 lb. tomatoes, chopped
1 lb. cucumbers, chopped
1 bunch scallions, chopped
1 bunch fresh mint, chopped
1 bunch flat-leaf parsley, chopped
1/2 bunch radishes, chopped
1 green pepper, chopped
1 head romaine lettuce, chopped
3 cloves garlic, minced
1/3 c. pomegranate molasses
1/2 c. lemon juice
salt

DIRECTIONS:

1. Preheat oven to 400°F.
1. Separate each pita loaf and slice into 1-inch squares. Spread onto baking sheets and sprinkle with a little bit of olive oil and sumac. Toast in the oven for 3-5 minutes, until light brown. Remove from oven and set aside.
2. Combine the tomatoes, cucumber, scallions, mint, parsley, radishes, green pepper, and lettuce in a large bowl.
3. In a small bowl, whisk together the garlic, pomegranate molasses, lemon juice, 2 tablespoons of sumac, and a pinch of salt. Drizzle in the 1/3 cup of olive oil and whisk to combine. Taste and add more salt as needed.
4. Add the toasted pita to the large bowl of vegetables, and gently toss to combine. Drizzle with dressing, and toss to coat. Serve immediately, so the bread doesn't get soggy.



Grilled Peaches with Mint Pesto

Adapted from www.loveandlemons.com

SERVES 2 | PREP TIME: 30min | COOK TIME: 3min

This savory side dish goes nicely with grilled meats or kebabs. The mint and basil pesto is a unique accompaniment that you'll want to make again and again.

INGREDIENTS:

2 peaches, cut into slices
2 tsp. olive oil
1 tsp. balsamic vinegar
2 c. arugula
1/2 c. packed fresh mint
1/2 c. packed fresh basil
1/4 c. olive oil
1/4 c. pine nuts
1 clove garlic
1 lemon
crushed red pepper flakes
salt
pepper

DIRECTIONS:

1. Toss the peaches with 2 teaspoons of the oil, balsamic vinegar, and a pinch of salt.
2. Heat a grill or grill pan to medium and brush with oil. Place the peach wedges on the grill, and cook undisturbed for 2-3 minutes on each side, until grill marks appear and the peaches are heated through. Transfer to a dish and allow to cool to room temperature.
3. Combine the mint and basil in the bowl of a food processor. Add the 1/4 cup of olive oil, toasted pine nuts, chopped garlic, lemon juice, and lemon zest, a pinch of red pepper flakes, and salt and pepper. Pulse until smooth. If the pesto seems too dry, add a bit of water, a teaspoon at a time.
4. Toss the arugula with a drizzle of olive oil and arrange on a serving platter. Top with the grilled peaches, dollops of the mint pesto, and serve.



Peach Crisp

Adapted from www.101cookbooks.com

SERVES 6 | PREP TIME: 30m | COOK TIME: 25min

This delicious crumble-topped dessert lets the peaches shine.

INGREDIENTS:

2 lb. peaches, cubed
1/4 c. honey
1 Tbs. cornstarch
1/2 tsp. orange blossom water (optional)
3/4 c. rolled oats
3/4 c. all-purpose flour
1/2 c. sugar
1/2 tsp. cinnamon
pinch salt
1/3 c. butter, melted
1/3 c. yogurt
1 Tbs. lemon zest

DIRECTIONS:

1. In a small bowl, whisk together the honey and cornstarch. Stir in the orange blossom water if using.
2. Place the peaches in a large mixing bowl and pour the honey mixture over the fruit. Toss gently to coat, and transfer to an 8-inch-square baking dish.
3. In a medium bowl, combine the rolled oats, flour, sugar, pinch of salt, and cinnamon. Stir in the melted butter and the yogurt, and mix until the mixture turns dough-like.
4. Sprinkle the crumble over the peach mixture in the baking dish, using your fingers to break the dough into crumbly bits.
3. Place the baking dish in the middle rack in the oven and bake until the topping is golden, about 20-25 minutes. Sprinkle with lemon zest. Enjoy warm, or at room temperature.



Cucumber and Avocado Summer Rolls

Adapted from www.williams-sonoma.com

SERVES 10 | PREP TIME: 25min | COOK TIME: 0min

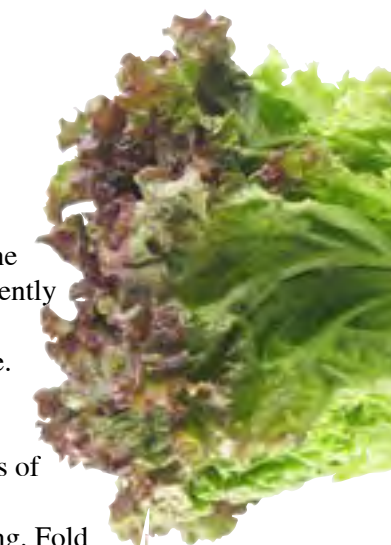
Serve these delicious summer rolls with your favorite dipping sauce. They make a lovely light meal.

INGREDIENTS:

20 spring roll wrappers
10 lettuce leaves, chopped
1 1/2 c. basil, chopped
1 1/2 c. mint, chopped
2 carrots, shredded
1 cucumber, cut into matchsticks
2 avocado, cut into strips

DIRECTIONS:

1. Fill a wide, shallow bowl or casserole dish with warm water.
2. Place a clean kitchen towel next to it on a work surface. Submerge one spring roll wrapper into the bowl for a few seconds until it softens. Gently transfer it to the towel, laying it flat.
3. Dip a second wrapper into the water, then lay it on top of the first one. Use a clean towel to gently pat it dry.
4. Place a lettuce leaf on top of the wrapper, then top it with some basil and mint leaves. Arrange a small line of shredded carrots, a few slices of cucumber, and some avocado. Be careful not to over-fill.
5. Lift the bottom edge of the spring roll wrapper and fold over the filling. Fold in the sides of the wrapper and roll to form a tight roll. Place on a platter with the seam facing down.
6. Repeat with the remaining spring roll wrappers and vegetables to make 10 rolls.
7. Slice each summer roll crosswise in half, and serve with your favorite dipping sauce.



Cold Peanut Sesame Noodles

Adapted from www.thekitchn.com

SERVES 4 | PREP TIME: 30min | COOK TIME: 25min

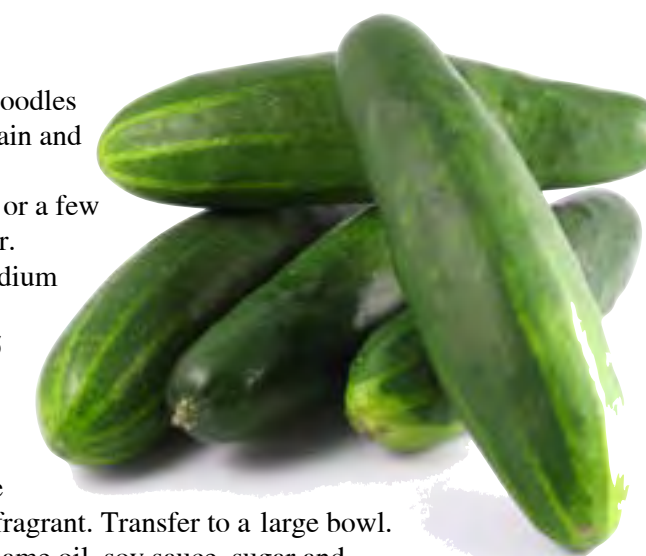
This is an easy dinner for a steamy summer evening.

INGREDIENTS:

1 lb. tofu
16 oz. soba noodles
2 tsp. peanut oil
2 cloves garlic
fresh ginger, grated
2 Tbs. peanut butter
2 Tbs. hot water
2 Tbs. rice vinegar
3 Tbs. sesame oil
2 Tbs. soy sauce
1 Tbs. sugar
1/2 tsp. crushed red pepper flakes
1 cucumber, chopped
5 scallions, chopped
2 tsp. sesame seeds

DIRECTIONS:

1. Bring a large pot of water to a boil and cook the noodles according to package directions until al dente. Drain and rinse in cold water, and set aside.
2. Press the slabs of tofu between a clean dish towel or a few layers of paper towels to absorb some of the water.
3. Heat a large cast iron or non-stick skillet over medium heat. Place the tofu in the hot skillet, and cook undisturbed, until it turns deep golden-brown, 3-5 minutes per side.
4. Transfer the tofu to a cutting board and slice each piece into 1/2-inch spears. Set aside.
5. Heat oil in the skillet over medium heat. Sauté the garlic and ginger for 2 minutes, until golden and fragrant. Transfer to a large bowl.
6. Add the peanut butter, hot water, rice vinegar, sesame oil, soy sauce, sugar and crushed red pepper flakes. Whisk together until smooth. If needed, add up to 2 more tablespoons of hot water to reach the consistency of heavy cream. Add the soba noodles, and toss to coat. Add the cucumber, scallions, and sesame seeds, and toss until incorporated. Serve topped with the sliced tofu.



Chicken Kebabs with Garlic Sauce

Adapted from www.food52.com

SERVES: 6 | PREP TIME: 40min (12hr marinate) | COOK TIME: 30min

INGREDIENTS:

1 c. plain Greek yogurt
6 cloves garlic
1 Tbs. tomato paste
5 Tbs. lemon juice
1/2 Tbs. za'atar
1/2 c. olive oil
1/2 tsp. salt
1/4 tsp. ground coriander
1 tsp. smoked paprika
1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes
1 egg white
2/3 c. sunflower oil
ice water
1 c. mayonnaise
12 button mushrooms, halved
2 red peppers, cut into 1-inch squares
2 onions, cut into 1-inch squares
2 zucchini, sliced
2 pk halloumi cheese, cubed
2 lemons
4 pita bread

DIRECTIONS:

1. In a large bowl, combine the yogurt, cloves minced garlic, tomato paste, 3 tablespoons lemon juice, za'atar, olive oil, salt, coriander, and paprika. Fold in the chicken pieces, and toss to coat. Cover the bowl with plastic wrap and refrigerate overnight, until ready to grill.
2. Place the remaining 6 cloves of garlic, a pinch of salt, and 2 tablespoons of the remaining lemon juice in the pitcher of a blender. Blend on high to mince the garlic, then, while the blender is running, add the egg white. With the motor still running, drizzle in half of the sunflower or canola oil in a slow stream. Switch the blender to slow, then slowly drizzle in the remaining 2 tablespoons of lemon juice, then the last of the oil. With the blender still on, add 1 to 2 tablespoons of ice water. The sauce should be the consistency of a light mayonnaise. Taste, and add salt if needed. If it's too garlicky, fold in up to 1/2 cup of mayonnaise. Transfer to a bowl and refrigerate.
3. Preheat grill to medium-high.
4. Place the mushrooms, peppers, onion, zucchini, halloumi cheese, and lemon slices in a large bowl. Drizzle with some olive oil and season with salt and pepper. Toss to combine. Skewer the vegetables and cheese onto metal or wooden skewers (if you use wooden ones, soak in water for 10 minutes before this step).
5. Skewer the marinated chicken on separate skewers, as you did the vegetables. Sprinkle with salt and pepper.
6. Grill the skewers until the vegetables are nicely charred and tender, and the chicken is opaque in the center, and reads 165°F for dark meat, and 160°F for white meat. Keep covered as you cook to keep warm.
7. Serve with warm pita, with the garlic sauce ladled on top. Sprinkle with fresh thyme.



Staff Picks



Guayaki Revel Berry Yerba Maté

I have one of these at the beginning of every shift and it is the perfect amount of caffeine to get me through the day. The flavor is delicious (I am not a fan of sweet teas). It is sweet enough to balance the tea's natural earthiness, and the berry flavor is neutral enough not to clash.

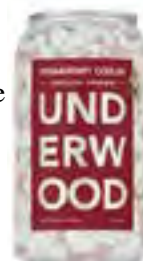


KYLA

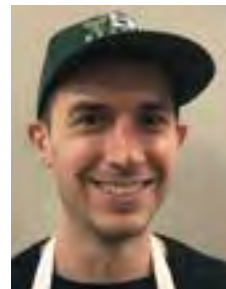


Underwood Wines Strawberry Cooler

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



KELSEY



Klarbrunn Pomelo Grapefruit Sparkling Water

The refreshing grapefruit flavor always hits the spot! This is such a nice treat any time of day and always gives me a little boost. Give it a try!



BENJAMIN

Kalamata Olives from the Olive Bar

These are the tastiest olives I've ever had! They're so much better than canned olives. I love being able to purchase just a small portion of them from the olive bar to go on pizzas or sometimes even in homemade hummus. So delicious!

Willy Street Co-op Curry Mango Chicken Salad

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



Forage Kitchen Kombucha

I prefer my booch to have lots of fizz. These new kombuchas from Forage Kitchen down on State Street here in Madison are certainly fizzy—and they have been filtered, so they won't contain floating blobs which is good for those that don't enjoy the SCOBY bits. I also like that they are 12 ounces rather than 16. Plus, the can makes it easier to bring along to places you can't have glass bottles, like swimming pools, city parks, and some beaches. And why wouldn't you want to enjoy a nice, cold 'booch in any of those locales?



MELISSA



Westby French Onion Dip

Love this dip with potato chips! Great snack to bring to a barbecue!



JESS

Gazela Vinho Verde

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



Alden's Organic Salted Caramel Ice Cream

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



LINDSEY



Primal Kitchen Salad Dressings

I like these dressings because they taste good and are made with healthier avocado oil instead of soy.



JOE



YumButter Almond Butter

Easy to take on-the-go, delicious on crackers, and a good source of protein.



KELLY

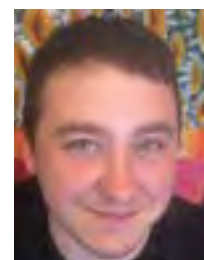


Mineral Fusion Radiance Illuminating Powder

I LOVE THIS POWDER. I have sensitive skin, so I can be wary about makeup products. This however, has only lead to glowy skin! I really like the versatility in this quad. You can use the components by themselves or swirl them all together for a natural highlight. I cannot recommend this enough!!!



ALANNA



Badger Sunscreen

I love that it works so well with my skin, and that it's so strong! Their SPF 30 is like American SPF 70, and it's coral safe!



LILYIAN



Chocolate Shoppe Zanzibar Chocolate Ice Cream

If you're a fan of chocolate ice cream but have never had this particular flavor by Chocolate Shoppe, you are SERIOUSLY missing out! Regular chocolate ice cream doesn't even compare to this stuff. Zanzibar is on a whole new level of chocolate.



JAMES



Niman Ranch Pepperoni, Provone, and Dark Chocolate Snack Pack

This is the perfect protein-filled snack. The meat and cheese pair well together, and the chocolate covered almonds add a little sweetness, which is always welcome! Available at West and North only.

MEGHAN



Jeni's Ice Cream Brown Butter Almond Brittle Ice Cream

This is the most delicious ice cream I've ever had! It's made with rich buttercream ice cream and chunks of almond brittle. It's a wonderful mixture of sweet, salty, and crunchy deliciousness. However, if buttercream and almond brittle don't sound delicious to you, I would suggest trying my second favorite flavor of Jeni's Ice Cream—Brambleberry Crisp. This one is made with vanilla ice cream, chunks of oven-toasted, brown sugar oat streusel, and has brambleberry jam swirled throughout. These are my favorite flavors, but there are several other flavors to pick from, give them all a try! Treat Yourself!



SARA

Klean Kanteen Camp Mugs

I love the NEW Klean Kanteen camp mugs! The name says it all—they are perfect for camping!! Available in four colors and you can choose a solid color or one with a laser-etched mountain scene. They are made from certified 90% post-consumer recycled 18/8 stainless steel, and they are dishwasher safe and BPA-free. Another reason I like to purchase and support Klean Kanteen is because they are a family- and employee-owned business.



Ferndale Market Uncured Turkey Snack Sticks

These turkey sticks have quickly become one of my favorite snacks on-the-go. Ferndale is a long-established farm that raises free-range turkeys, and although they are not considered local within the Co-op's definition, they are just over the river in Minnesota.



CAITLYN



Wisconsin Meadows Uncured Beef Hotdogs

Their member farms are committed to producing high-quality, sustainably raised beef for Wisconsin. These hot dogs taste great, and I love them as chili cheese dogs. Also great for camping and roasting over an open fire!



AMANDA

Superior Fresh Farm-Raised Wisconsin Salmon

This fish is so fresh and delicious. I like to grill, broil, or bake this fish. But my ultimate favorite thing to do with this is to make homemade lox. It melts in your mouth!



Ultima Replenisher Electrolyte Drink Mix

Talk about a flavor burst! These pocket-sized packets of drink mix are perfect for when you need a boost of electrolytes. I especially love the grape flavor. Good for on-the-go, stashed in your bag for optimum hydration!



LEAH



Equal Exchange Coconut Milk 55% Chocolate Bar

At last! A creamy, flavorful, smooth, non-dairy chocolate bar that is 98% Fair Trade. It is delicious, with a tad of coconut flavor and notes of caramel peeking through. This bar is also made with coconut sugar which has a low glycemic index. It is dairy-free, although you might not believe it. I can't wait to use this chocolate in a s'more!



ABIGAIL



Bhuja Original Snack Mix

A little bit spicy cracker mix full of flavors and textures, this kinda-storta replaces the Tex Mex mix that we used to have in Bulk. Even better though, the Bhuja mix has crunchy peas and just a few chewy raisins. Incidentally, a "Bhuja" in Buddhism and Hinduism is a many-armed deity and means "arm" or "shoulder" in Sanskrit.



AMY

Willy Street Co-op Salad Bar

So grateful to have you here, Salad Bar Jr.! Now available at East!



Watermelon Hi Ball

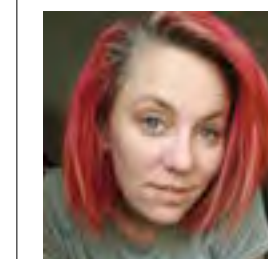
Hi Ball hit the sweet spot on this one. No sugar (thus avoiding the crash), yet easy to drink. By far, the most palatable Hi Ball. If you need a serious pick-me-up, this is your answer!



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.



El Rey Lemon Tostaditas Chips

The nacho lemon flavor is DELICIOUS!!! They are great for dipping with my favorite Salpica Hot Chipotle Garlic, Off The Block Salsa, or just plain!



STEFFRY



Dandies Vegan Marshmallows

I really can't tell the difference between these and regular marshmallows. They are just as tasty toasted on a s'more and don't have any dyes or additives.



LAURA

Taste Republic Gluten-Free Tortellini

Are you gluten-free and haven't had tortellini for longer than you remember?! Madison-based pasta company Taste Republic has your salvation! This tortellini is delicious and holds together well (gluten-free people will know what I'm talking about). My favorite meal lately has been to toss this with our house-made parsley pesto, some ripe heirloom tomatoes, avocado, and some shredded Sartori cheese—YUM!



Carr Valley Goat Cheddar Stix

I love having these along on a road trip, hike, or as a quick treat around the house! The cheddar will hold up for at least a few hours out of refrigeration—enough time for you to reach the summit of your hike in time for a great snack!



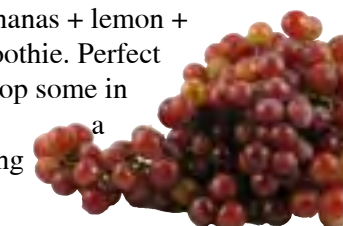
Fennel

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

MOURNING DOVE

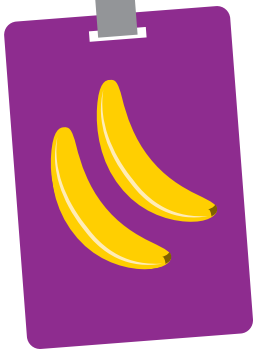
Red Grapes

Red grapes + frozen bananas + lemon + water = pink lemonade smoothie. Perfect for a hot summer day! Or pop some in the freezer for an hour for a slightly frozen and refreshing dose of vitamin K.



INTRODUCING:

willy street co-op FESTIVAL PERKS PASS



- **Fete de Marquette**
(Eastside Madison)
- **Good Neighbor Festival**
(Middleton)
- **Northside Festival at Mallards stadium**
(Northside Madison)

Up to 4,500 Willy Street Co-op Owners will be able to get half-priced meals and beverages during a three-hour span at a community festival this summer.

Limited Festival Perks Passes available.



Learn more at www.willystreet.coop/owner-festival-perks or the article on pages 16-17

BETHKE

HEATING & AIR CONDITIONING, INC

EMERGENCY SERVICE 24/7
251.2222

- Furnaces • Boilers
- Air Conditioners • Humidifiers
- Duct Cleaning • Maintenance Plans • Ductless Mini-Splits

FINANCING AVAILABLE

Locally Owned. Locally Operated.



BethkeHeating.com

JUST

COFFEE CO-OP

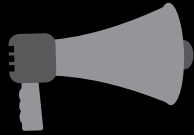


**BULK
MAYA
SUPER
DARK**

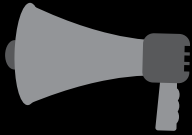
**ON
SALE
NOW**

**DON'T BE AFRAID
OF THE DARK**

Advertise in the Reader



**Reach over 34,000
Co-op Owners.**



**Affordable rates, wide reach,
excellent returns.**

**Discounts for non-profits, Owners
and for multiple insertions.**

Find info here:

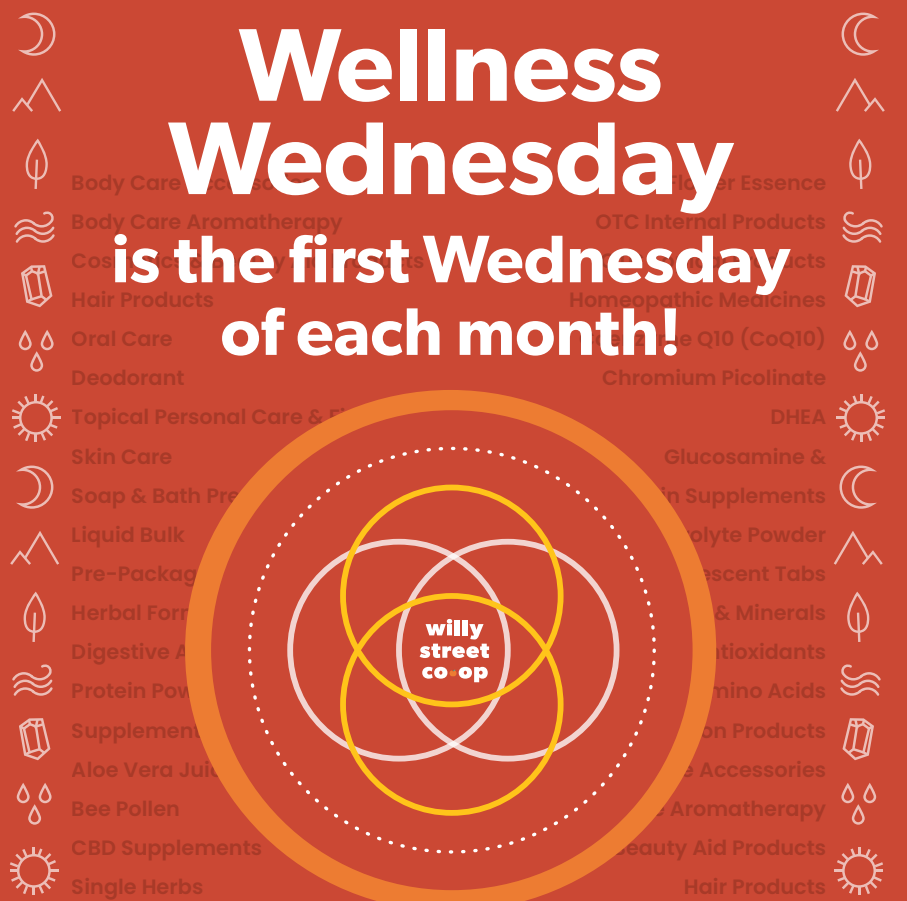
willystreet.coop/advertising

Call 608-237-1230 or email readerads@willystreet.coop for more information or to place your reservation.

willy street co-op

Wellness Wednesday

is the first Wednesday
of each month!



**OWNERS GET 10% OFF
Wellness & Bodycare items**

Interested in trying something different?
Get new ideas from our

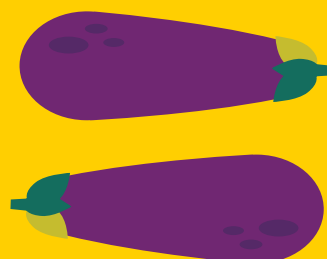


Check the back of this issue or signs on the shelf.

willy street co-op



willy street co-op
**EVERYONE
WELCOME!**



willy street co-op
FOLLOW US ON:

