

willy street co•op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 49 • ISSUE 6 • JUNE 2022



IN THIS ISSUE

Father's Day Brunch; Warm Weather Cold Soup;
Fresh Foods For Our Dogs; and More!

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

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

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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-8:00pm every day

Deli: Store open-9:00pm

Willy East and Willy West Meat & Seafood: Store open-8:00pm

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

Sarah Larson President
Ann Hoyt, Vice President
Brian Anderson
Jeannine Bindl
Tatiana Dennis
Gigi Godwin
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

June 22, 2022

July 27, 2022

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

IN THIS ISSUE

3	Customer Comments	8	Fresh Foods For Our Dogs	14-15	Natural Skin Care
4	Owner Perks at Festivals, Up & Coming Conference & More!	9-11	SPECIALS PAGES	16-17	Recipes
4	Our Mission; Expected Changes; and More!	12	Warm Weather Cold Soup	18-19	Staff Picks
5-6	Community Room Calendar	13	Instructor Highlight: Vanessa Tortolano; and Vote For Willy West's Mural		
7	Father's Day Brunch				

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CUSTOMER COMMENTS

Write Us!

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

GREAT ARTICLE

Q: *Want to applaud the writing of your newsletter writer Andy Gricevich. His articles are always interesting, informative, stimulating and easy to read. His articles show obvious efforts at gathering facts and presenting them in useful fashion. I always read The Reader cover to cover and i look forward to his offerings. I say "Write On Andy!"*

A: Thanks for writing in with your kind words. I will make sure to share your comment with the editor and to our author Andy. We are very lucky to have him as a contributor to our newsletter. He is a well of knowledge. Take care! -Amanda Ikens, Owner Resources Coordinator

CUSTOMER SERVICE

Q: *Sadly, I am reporting a service issue. Today I was in Willy North. My cashier was wonderful but the bagger did a terrible job. The reason was the whole time she was fixated on talking to another customer in the next lane. She was asking irrelevant things such as how many rings are you wearing? Consequently, my food was packed very haphazardly and the peanut butter bars and mushrooms were under heavier things and squished and the strawberries and raspberries were sideways but luckily didn't open. I greatly appreciate how you help those of us who are low income to purchase good healthy food. But I would like that food to get safely home as well. If this person*

has special needs and doesn't understand her job then I suggest more training and monitoring. Thank you.

A: Thank you for your message about the employee who bagged your groceries yesterday. I'm sorry to hear they did a poor job of it, and I will definitely follow up with the employee. Please let me know if you would like a refund for the items that were squished in the bag, and we can take care of that at the Customer Service desk on your next shopping trip.

CO-OP STORIES

Q: *Would like to suggest reaching out to members from way back and ask them to tell their stories as it relates to the Co-op.*

A: Thanks for your suggestion! We are planning to do just that leading up to our 50th birthday. If you have stories to share, please let me know! Or I could send you some questions or call to interview you, too. Thanks! -Brendon Smith, Communications Director

[Editor's note: if you have Co-op stories to share, please email Brendon at b.smith@willystreet.coop. Thank you!]

COOPERATION AMONG CO-OPS

Q: *Hello, I am the president of the board of our little Marsh River Cooperative here in Brooks, Maine. We recently started putting out a newsletter to our, about 200 community member/coop member, mailing list. I was wondering if you would mind us using your 7 Principles poster in the May newsletter and posting it on our coop info board? Perhaps in the interest of Principle 6 itself?!*

If I ever get to Madison, I would love to visit your coops! Thanks.

A: Sure, you are welcome to use the graphic in any way you'd like as long as you preserve the attribution at the bottom. If you want to share a photo of it with some of your



employees, we could share it on social media—Cooperation Among Co-ops!

PALM OIL

Q: *Palm oil plantations in Indonesia and Malaysia are responsible for the destruction of rainforests. Rainforests are essential to the survival of orangutans, a keystone species. They are critically endangered at the moment and we need to stop supporting the funding of the destruction of their natural habitats. The colossal destruction of these rainforests also worsens climate change and leads to the displacement of local communities. If you genuinely care about sustainability, you should acknowledge the need to stop promoting products that contain palm oil. A few weeks ago you offered a coop deal on products that contain it, like peanut butter and peanut butter cookies. By offering coop deals on such products you are contributing to the promotion of products that help to destroy rainforests, you worsen climate change and lead orangutans to extinction. Instead of promoting these products, educate the public to make mindful purchases and think about ways of avoiding it altogether. If you genuinely care about sustainability, you should*

make choices that align with your principles. It is unethical to do otherwise. Thank you for your attention to this critical issue.

A: Thank you for your comments about palm oil as an ingredient in food. It is always good to be reminded of how we can do better. We try our best to make sure that the brands we carry which contain palm oil are using sustainable palm oil, but we do not have a prohibition on non-sustainable palm oil. I will reach out to my co-workers and stress the importance of our properly vetting product ingredients to make sure we avoid it.

Palm oil is a lower-cost ingredient than most oils. There are many shoppers who are looking for affordable options, and often these are not in alignment with our environmental values. We try our best to find a balance, but I know that does not sit well with everyone. I hope that you can understand that there are many among us that are just trying to make ends meet and having lower-priced options is important.

Thank you for taking the time to reach out to us. I appreciate hearing from you! -Dean Kallas, Grocery Category Manager

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GENERAL MANAGER'S REPORT

Owner Perks at Festivals, Up & Coming Conference & More!



by Anya Firszt, General Manager

Hello June - Hello dear Owners. Why is June so special? June offers many occasions to celebrate, to name a few Pride Month, Juneteenth, Summer Solstice, and Father's Day.

June is also no better time than to move the heat out of the kitchen and get ready to fire up the grill and show off your barbecue talents by smoking, braising, grilling and even baking outdoors. If you haven't tried grilled fruit (peach, plums, nectarines) sangria or pizza on the grill, you are in for a real treat.

BUSINESS MATTERS

Look for a few merchandising changes taking place at each store in the coming month. West has already reset the snack/candy bar/power bar/cookie section in preparation for the refrigerated cheese case turning 90 degrees, which will offer better sightlines to the beer and wine and cheese departments. North is planning for a new cooler to be installed at the end of Aisle One for easy access to single serve beverages. And, finally, East will be using the soon to be vacated juice and coffee bar as a staging area for the EatStreet order and delivery program.

KIDS' FRESH FRUIT BASKET

We're finally able to bring back free fruit for kids! Bananas will be available soon to kids while their folks are shopping in the Produce department at each of our sites. Yummy.

ANNUAL MEETING AND ELECTION REMINDER

As we mentioned in the February newsletter, the Board has decided to move the Annual Meeting and Board Election from July to October, which means the current Board will be seated another four months before the new Board is elected and seated. Look for future updates regarding the details of the upcoming election including candidate statement submission deadline, balloting dates, etc.

OWNER PERKS AT FESTIVALS

With the change of location and date for the Annual Meeting, our presence at La Fete de Marquette will also change. In early July, we will be giving away up to 1,500 lanyards to Owners; the lanyards entitle the bearer to half-priced food and beverages from 4pm until 7pm on

the first evening of Fete (Thursday, July 14). We'll also be giving away lanyards for similar Owner benefits at the Middleton Good Neighbor Festival in August and the Northside Festival in September. Stay tuned for details.

UP & COMING FOOD CO-OP CONFERENCE 2022

Last month I shared with you that Willy Street Co-op was to be the host co-op of the annual Up and Coming Food Co-op Conference. Up and Coming is a conference designed specifically for startup co-ops. I am pleased to report that this year's conference attracted 265 people from 56 startup co-ops from 30 states and Canada. I imagine some of you remember when our Co-op was a startup some 47 year ago. We have more than a few stories to share in all those years with these people, both successes and failures to help them on their way to opening day. Stronger together!

ON THE HORIZON

June marks the end of our fiscal year, and July marks the new fiscal year. Look for updates on the current year's (FY22) fiscal performance later this summer, as well as a new fiscal year (FY23) operations and capital budgets for your review.

In June, we celebrate the Summer Solstice, which falls this year on June 21. The Solstice marks the start of summer and that one day of the year when we, in the Northern Hemisphere, have the maximum amount of sunlight and the least amount of night. Ah summer. Next month brings La Fete de Marquette, DakhaBrakha, and the Atwood Festival to those of you who enjoy eating good food and listening to good music.

Mark your calendar - dates all stores are closing at 7:00pm on the following days:

- Year-end inventory count, July 3
- Independence Day, July 4
- Labor Day, September 5

Cheers.

willy street co-op

FOLLOW US ON:



BOARD REPORT

Our Mission; Expected Changes; & More!



by Ann Hoyt, Board Member

Soon we will begin gearing up for our October Annual Meeting and the election of Willy Street Co-op's Board of Directors. That makes it a good time to let you know what the Board has been doing and

why it is so important that we have a slate of interested, informed, and committed Owners running in our 2022 election.

UPDATED MISSION, VISION, AND VALUES

Over the past year we have spent significant energy working with our General Manager and staff to develop an updated statement of our mission, vision, and values. In that process we learned about the massive changes that have rocked the grocery and our Co-op as a result of the unexpected continuation of the COVID-19 pandemic. We took seriously the need to understand the issues we face regarding Diversity, Equity, and Inclusion (DEI) and, as a Board, focus on our relations to all of our Owners and members of the community. Added to that, we studied the competition we face in the local and online grocery scene and our need to be fiscally responsible and build our reserves. All of this has been interesting, exciting, and challenging work.

EXPECTED CHANGES

Have you read about the expected changes in food retailing? Some industry experts say the grocery industry has witnessed more change in the past two years than perhaps in the past decade. Consumers (particularly young and elder consumers) are becoming "hybrid shoppers"; they are shopping for food both in-store and online. That means we'll need to do both well when our customers go hybrid. And you are all aware of supply chain shortages (all those empty shelves!) that have required nimble behind-the-scenes efforts to discover new suppliers and acceptable substitute products.

LABOR SHORTAGES

Labor shortages have impacted the Co-op as they have other grocers in the area. At the same time, the

Board and management are dedicated to providing competitive wages and an open, diverse, and positive working environment. To balance these demands, you will begin to see efforts to automate some of our processes as we maintain high customer service standards. Westsiders, you'll be getting a chance to meet Sally the Salad Robot, and we're planning to pilot scan-and-go checkout lines at West. You can be sure these innovations are not intended to replace any of our employees. The goal is to make our operations as efficient as possible while working to become a top employer-of-choice in our community.

STEP UP

As a Board, we have worked closely with our consultants, Step Up, to reassess our mission, values, and principles with an equity lens. Many of us have participated in online courses to help us recognize our biases, where they may come from, and how we can uproot them. Working closely with management, we included DEI principles in our mission, vision, values, and strategic priorities. At this point, management is preparing specific goals, tactics, and metrics to increase DEI throughout the organization, including at the Board and senior management levels. In the meantime, the Board's Policy Committee is reviewing all Board policies to recognize and remove all unintentional bias.

We are aware we are operating in a highly competitive and highly capitalized market. We are constantly watching creative adaptations to changing market forces in the county and in our immediate neighborhoods. It is important that you, an Owner, shop the Co-op, help us improve, and keep our cooperative values and principles alive and thriving in Dane County.

RUN FOR THE BOARD

This is an exciting time to be on the Board. We are making significant changes to remain current with grocery trends, improve the quality and justice of our cooperative workplace, and serve our Owners and communities with quality, efficiency, equity, and grace. There's plenty of time for you to consider contributing your talents, perspectives, and commitment to the Co-op by running for the Board of Directors.

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Community Room Class 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.



CLASSIC GÂTEAU BASQUE WITH PIERRE FERLAND

Location: Willy East Community Room

Wednesday, July 6, 6:00pm–8:30pm

Location: Willy West Community Room

Wednesday, September 7, 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 a Gâteau Basque from start to finish. In this class, Pierre will discuss and demonstrate weighing out ingredients, mixing, and rolling out the dough. Participants will make pastry cream to use as a filling, and finally, they will assemble and fill Gâteau Basque, bake, and enjoy the final product.



COOKING WITH CHEF PAUL: A TASTE OF INDIA

Location: Willy West Community Room

Thursday, June 2, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

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

The typical Indian meal plays to almost all the senses, with an assortment of colors, smells, flavors, and textures. Join Chef Paul for the treat of this rich cuisine with garam masala, saag paneer, dal, basmati rice, and roti. Ingredients/recipes may be modified based on seasonal availability.

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 TOGETHER: FLAVORS OF THE ISLAND OF JAVA

Location: Google Meet

Friday, June 10, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

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

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare a joyous feast inspired by the Island of Java. Genius Gado Gado, Tantalizing tofu, gastronomic goreng, a fiery fruit salad called Rujak, and more may be explored.

COOKING TOGETHER: FLAVORS OF PERU

Location: Google Meet

Friday, June 24, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

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

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare a palatable meal inspired by majestic Peru. Salad known as Solterito, quintessential quinoa, creative Causa Rellena, prized Picarones, and more may be explored.

COOKING TOGETHER: FLAVORS OF TAIWAN

Location: Google Meet

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: Google Meet

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.



KIDS IN THE KITCHEN: DAIRY DAYS!

Location: Google Meet

Tuesday, June 14, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. June is national dairy month, and here in Wisconsin we have world class choices to commemorate our favorite food group. Our butter, cheese, ice cream, yogurt, and milk are all cream of the crop! In this class, participants will prepare different dishes using delicious dairy.

KIDS IN THE KITCHEN: BERRIES GONE BONKERS

Location: Google Meet

Tuesday, June 28, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Did you know that strawberries and raspberries are not bona fide berries, but kiwifruit, bananas,

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grapes, and more are?! In this class, participants will prepare recipes using botanical berries that are bonkers.

KIDS IN THE KITCHEN: SNACKS FOR THE SEASHORE!

Location: Google Meet
 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. Summer-time is in full swing, and that means boating, swimming, fishing, and lounging lake-side. 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: Google Meet
 Tuesday, July 26, 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. Summer-time 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.



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.

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

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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.



OVERCOMING A SENSITIVE STOMACH

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

Recent news articles discuss that the majority of reflux and heartburn problems can be overcome through change in diet and lifestyle. This lecture will present food-based ways to address an over-acidic stomach and eat (and sleep) in comfort. Join Katy Wallace, Traditional Naturopath of Human Nature, LLC, for a discussion of digestive cleansing and proper food combining.

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.

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.

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
 Wednesday, June 1, 1:30pm–4:45pm
 Wednesday, July 20, 1:30pm–4:45pm
 Location: Willy West Community Room
 Friday, June 3, 1:30pm–4:45pm
 Friday, July 29, 1:30pm–4:45pm

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

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FATHER'S DAY NEWS

Father's Day Brunch



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

Father's Day is fast approaching and what better way to kick off a day to celebrate dads than with a brunch. Here are a few recipe ideas.

WALLEYE BENEDICT

Pan-Fried Walleye:

4 walleye fillets
2 eggs

Pour the sauce into a small bowl and serve.

Hollandaise Tartar Sauce:

1 small pickle, finely chopped
1 Tbs. capers in brine, drained and finely chopped
1 Tbs. curly parsley, chopped
1 Tbs. chives, chopped
1 Tbs. tarragon, chopped
1 Tbs. chervil, chopped
Hollandaise sauce (above recipe)

Add the pickle, capers, and herbs to the prepared Hollandaise sauce. Mix well and taste for seasoning

To Assemble the Walleye Benedict:

2 English muffins, toasted



3/4 c. flour
1 c. Italian-style bread crumbs
1/2 tsp. salt
1/3 tsp. onion powder
1/2 tsp. paprika
Oil for frying

Directions: Lightly beat eggs in a dish. In another dish combine flour, bread crumbs, and seasoning. Dip fish in egg and then in flour mixture. Shake off any excess flour.

Add a couple of tablespoons of oil to a pan and heat pan over medium heat.

When pan is hot, add 3-4 fillets to pan. Cook 3 minutes per side so each side is nicely browned. Remove fish from pan and place on a baking sheet lined with a baking rack. Place cooked fish in a 250° oven while you cook remaining fish. Wipe out pan and add additional oil. Repeat process with remaining fish.

Hollandaise Sauce:

3 egg yolks
1 Tbs. lemon juice
1 tsp. Dijon mustard
1/4 tsp. salt
just a pinch cayenne pepper
1/2 c. of melted butter

Directions: Melt the butter in a microwave for about 1 minute until hot (it needs to be hot).

Combine the egg yolks, lemon juice, Dijon, salt, and cayenne pepper into a blender and blend for 5 seconds. Slowly stream in the hot butter into the mixture as the blender is running.

4 eggs, poached or over easy
4 pieces of fried walleye or any other fish
Hollandaise Tartar Sauce

Directions: Butter the English muffins and then place your fried egg on top, then a couple of pieces of fried walleye, drizzle Hollandaise Tartar Sauce over the top and garnish with chopped chives.



CHORIZO HASH

1 Tbs. cooking oil
8 ounces fresh chorizo (can substitute soyrito)
1/2 medium yellow onion, thinly sliced
1 c. cilantro, minced
1 Tbs. unsalted butter
1 russet potato, coarsely grated and rinsed
1 garlic clove, minced
1 green bell pepper—stemmed, seeded, and diced
1 poblano chile, thinly sliced on a bias
2 tsp. lime zest
2 Tbs. lime juice
Kosher salt, to taste

2-4 eggs

Directions: In a 12-inch cast-iron skillet, heat the oil over medium-high heat. Add the chorizo and cook, using a wooden spoon to break it up, until golden brown. Using a slotted spoon, transfer the chorizo to a bowl.

To the skillet, add the onions and minced cilantro, and cook until the onions start to caramelize.

Add the butter to the pan. Using paper towels, squeeze out any remaining liquid in the rinsed grated potato, then add to the pan and mix with the onions. Press the mixture into an even layer and let cook until golden. Add the garlic, then cook, stirring constantly until the potatoes are evenly crisp.

Add the bell pepper, chile, reserved chorizo, and lime zest, and cook until the peppers begin to soften. Stir in the lime juice and season with salt.

Make 2 to 4 wells in the hash and crack an egg into each one, then season each with a pinch of salt. Cook, covered, until the whites are just set. Garnish with the cilantro leaves, and serve.

PANCAKE TACOS

For the pancakes:

1 c. all-purpose flour
2 Tbs. sugar
2 tsp. baking powder
1/2 tsp. salt
1 c. milk
2 Tbs. unsalted butter, melted
1 large egg

1 Tbs. vegetable oil

Directions: In a small bowl, whisk together flour, sugar, baking powder, and salt; set aside.

In a medium bowl, whisk together milk, butter (or oil), and egg. Add dry ingredients to milk mixture; whisk until just moistened (do not overmix; a few small lumps are fine).

Heat a large skillet (nonstick or cast-iron) or griddle over medium. Fold a sheet of paper towel in half, and moisten with oil; carefully rub skillet with oiled paper towel.

For each pancake, spoon 2 to 3 tablespoons of batter onto skillet, using the back of the spoon to spread batter into a round (you should be able to fit 2 to 3 in a large skillet).

Cook until surface of pancakes have some bubbles and a few have burst, 1 to 2 minutes. Flip carefully with a thin spatula, and cook until browned on the underside, 1 to 2 minutes more. Transfer to a baking sheet or platter; cover loosely with aluminum foil, and keep warm in oven.

Cream Cheese Filling

1/2 c. cream cheese, room temperature
2 Tbs. powdered sugar (more if you have a sweet tooth)
1-2 Tbs. heavy cream

Directions: Combine the cream cheese, powdered sugar, and heavy cream and mix to combine.

Divide the cream filling between the pancakes, then top with the berries of your choice. Fold like tacos and enjoy.

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Fresh Foods For Our Dogs



by
**Micky
Ellenbecker,**
**Purchasing
Assistant**

dogs vegan diets; some feed grain-free; and some find it very scary to

It would be an understatement to say what we choose to feed our dogs is a very loaded topic. Some folks are diehard supporters of a raw diet; some folks make homemade meals for their dogs; some feed their

microbes, and antioxidants of living foods? I think it's fair to say that our dogs' long-term health will start to suffer if they are constantly eating highly processed fortified foods.

I'm not a veterinarian, and I'm certainly no expert on pet nutrition, but what I'm coming to find is that the research is very limited, and there aren't many people that actually are experts on pet nutrition. There are even varying opinions on whether or not dogs are true carnivores or omnivores. Since dogs are descendants of wolves, some argue they are carnivores and have



stray away from the industry standard kibble. I have personally taken the perspective that if highly processed food isn't good for me, it's likely not good for my dog. My overall health would eventually start to suffer if all I ever ate was a cereal that was fortified with every vitamin and mineral I needed. Yes, I would have all the necessary vitamins and minerals, but what about the enzymes, beneficial

no carbohydrate needs. Others argue their domestication led to their ability to produce small amounts of amylase, the enzyme that allows digestion of carbohydrates, which in turn differentiates them from wolves and makes them omnivores.

Many veterinarians are very wary of pet owners straying away from kibble, mainly because they are worried about the potential

vitamin and mineral deficiencies that could lead to other serious health conditions if homemade diets are not properly formulated. This is definitely something to take into strong consideration when changing your dog's diet, especially if you plan to switch from a balanced and formulated kibble altogether. You'll want to find reputable sources for dog food recipes to ensure proper nutrition. However, if you want to dip your toes in the waters of fresh food for dogs, a good practice is to start with "meal-toppers" that replace about 10% of kibble. This way you can feel confident that your pet's essential nutritional needs are being met, but also feel good about getting some fresh food into their diet and not be overwhelmed by having to cook intricate meals for your dog as well.

EGGS, KEFIR, & FRESH MEATS

Kibble often tends to be much higher in carbohydrates than what a dog needs. They often range from 30-50% carbohydrates, when 10-20% is more appropriate. In which case it's good practice to include a protein in your meal-toppers.

Eggs are one food at the top of my list. They are an easy and affordable meal topper; they contain 10 of the 20 essential amino acids dogs need and are a good source of protein and fat. Soft boiled or poached eggs maximize the protein bioavailability at 90%, compared to only 50% of raw eggs. Taking that extra step of gently cooking the egg will make a difference in the nutritional value. I like to buy duck eggs occasionally as well just to mix up the protein source.

Plain kefir is also an excellent option, as it's a good source of protein and fat, it adds more moisture to their diet, it's chock full of beneficial probiotics, and again, it's an easy option for us pet owners. Just like us humans, dogs also have a gut microbiome and can benefit from probiotic foods, which make nutrients more bioavailable in those foods.

Fresh meats, like beef, chicken, pork, lamb, and bison, are especially great meal-toppers for our dogs because the protein sources in dog kibble are often from low-grade sources and end up not being especially digestible after all the processing they've gone through. Fresh, "human-grade" meats usually

land somewhere between 80-90% digestible, where if compared to kibble, the food usually results in 60-70% digestibility due to the high processing. While 60-70% still sounds like it's decently high, it's not actually considered sufficient, especially when you take into account that most kibble is only 25-30% protein to begin with.

FRUITS & VEGETABLES

If you follow the rule of thumb that 10-20% of carbohydrates is an appropriate amount for dogs, it seems like there isn't a lot of room for fruits and vegetables. However, the fresh fruits and veggies provide living foods that are dense in enzymes, antioxidants, and moisture that are sorely lacking in dry kibble.

When feeding fruit, it's best to generally choose ones that have a low glycemic index, such as berries and apples. This way you limit excess carbohydrates and sugars. I especially like to use frozen berries now that it's getting warmer outside; they make it easy to always have an antioxidant rich food that keeps for weeks since I'm only using 3-4 berries per serving and they also double as a refreshing treat during hotter months.

When it comes to feeding vegetables, many of them are so low in calories that you can feed them relatively freely without having to count calories. Make sure to consider the caloric value of starchy vegetables though, such as sweet potatoes, winter squash, and corn.

In general, my approach is to hold back small quantities of most veggies and some fruits I buy just to make sure I diversify the nutrients my dog is getting. I have a container with odds and ends that I pull out at every meal and give small quantities of everything, but I tend to go heavier on the veggies. This container often includes berries, apples, oranges, pears, carrots, celery, cucumbers, carrots, kale, broccoli, and tomatoes.

NEVER FEED THESE FOODS

Most dog owners know not to feed the following foods, but I figure it's better to be safe than sorry. Never feed your dog chocolate, grapes/raisins, onions/leeks, garlic, or macadamia nuts. Avocado is also considered toxic in larger quantities, so it might be best to avoid it just to be safe.



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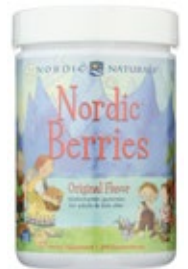
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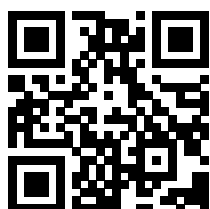
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PRODUCE NEWS

Warm Weather Cold Soups



by **Melissa Reiss,**
Purchasing Assistant

I'm writing this article in early May, during an unseasonably hot stretch of weather. It's got me thinking about evening meal solutions for when it's way too warm to turn on the stove. Here are some refreshing cold soups to try!

CUCUMBER SOUP

This cool, summer soup was inspired by Bulgarian tarator, a soup made with yogurt, cucumbers, dill, garlic, and walnuts. This version skips the yogurt in favor of almond milk for a packed-with-flavor, refreshing dish.

- 1/2 c. ground almonds
- 1/8 tsp. cayenne
- 1 clove garlic, crushed
- 1 1/2 cucumber
- 1/4 c. onion, grated
- 3/4 c. dill
- 4 lemons, juiced
- 1 tsp. white pepper
- 1 Tbs. coarse salt
- 4 c. almond milk

Directions: Finely chop the half cucumber and set aside. Coarsely chop the remaining whole cucumber. With a blender or hand blender, purée



the chopped cucumber, almond milk, salt, white pepper, lemon juice, and dill. Transfer to a large bowl, and fold in the grated onion, crushed garlic, finely diced cucumber, ground almonds, and cayenne. Chill for at least an hour. Taste, and add more salt or white pepper. Serve.

GAZPACHO

Gazpacho: what most commonly comes to mind when you think of cold soup.

- 32 oz. tomato juice
- 1/4 c. lime juice
- 2 Tbs. balsamic vinegar
- 2 tsp. hot sauce
- 1 c. tamari
- 2 avocado, chopped into cubes
- 1 red pepper, chopped
- 1 green pepper, chopped
- 2 tomatoes, chopped
- 1 onion, chopped

Directions: Combine all ingredients, chill, and serve cold.

WATERMELON, TOMATO, AND ALMOND GAZPACHO

Here's a fun twist on traditional gazpacho!

- 2 c. watermelon, diced
- 2 tomatoes, chopped
- 1/4 red onion, minced
- 2 Tbs. almond meal
- 1 Tbs. red wine vinegar
- 1 Tbs. olive oil
- 3/4 tsp. salt
- 1 clove garlic, minced
- 1 oz. feta cheese, crumbled

Directions: Place the watermelon, tomatoes, red onion, almond meal, red wine vinegar, 1 tablespoon of olive oil, salt, and garlic in the bowl of a food processor or in a blender pitcher. Puree until smooth, then refrigerate for at least 1 hour (and up to two days). Stir and adjust seasoning if needed. Stir, then pour into bowls and serve topped with a drizzle of olive oil and crumbled feta.



GREEN GARLIC VICHYSOISE

- 1 1/2 Tbs. unsalted butter
- 1 c. green garlic, chopped
- 1 c. leeks, sliced
- 2 c. potatoes, peeled and diced
- 1 1/2 c. vegetable broth
- water
- 3/4 c. half-and-half
- salt
- parsley, chopped

Directions: In a large stock pot, melt the butter over medium heat. Stir in the green garlic and leek, and cook for 3-4 minutes, stirring frequently, until beginning to soften. Stir in the potatoes, and cook for 1 minute. Pour in the broth, and just enough water to cover the vegetables. Raise heat to medium-high, and bring to a boil. Reduce heat to low, then simmer uncovered, stirring occasionally, until the potatoes are tender. Allow to cool, then refrigerate to chill completely.

Use an immersion blender to puree the soup (or work in batches with a regular blender) until smooth. Transfer to a large bowl, and add the half and half. Add salt to taste, and serve in bowls topped with chopped parsley.

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Instructor Spotlight: Vanessa Tortolano; and Vote for the Willy West Mural Deign



Vanessa Tortolano recently returned to teaching kombucha brewing and other alternative beverage classes at Willy Street Co-op after a long hiatus. She has a wealth of knowledge to share, and I wanted to take this opportunity to introduce her. If you're interested in

brewing your own kombucha, keep an eye out for Vanessa's upcoming classes!

Q: How did you discover kombucha?

Vanessa Tortolano (VT): "I discovered it while working as a cashier at Willy Street Co-op. People kept coming through my line with it and so I decided to taste it and, when I did, I noticed that I got a great boost of energy and was able to be more alert and awake without caffeine."

Q: How did you learn how to ferment and make kombucha?

VT: "A customer gave me a SCOBY [symbiotic culture of bacteria and yeast] with instructions to make my first batch."

Q: What is your background in brewing?

VT: "I have been brewing kombucha for over 16 years and was a commercial brewer for 14. I now brew many fermented beverages at home, offering public and private consultation."

Q: What challenges do homebrewers face when making kombucha at home?

VT: "Some challenges I experienced in the beginning were just when I was experimenting a little too much. I would end up with some nasty tasting kombucha because I wanted to try doing something with tea or earl gray. That didn't work out very well for me. As for keeping up with it, it's when I make a lot of different ferments all at the same time it can sometimes be a little challenging to keep up with everything at the right times. Luckily I know how to fix stuff and also what to do with ones that have aged out too long. Usually it's a vinegar product of some sort that I end up making it into. A lot of times it's salad dressing.

"Also making sure that fruit flies do not become a problem!"

Q: You also teach classes on water kefir—what is that?

VT: "Water Kefir is a different kind of SCOBY. It is a cellulose



structure that is like gelatinous grains. It is different from milk kefir grains. They are used to convert sugar water into a probiotic fermented drink that can be quite fizzy."

Q: What is your favorite part of teaching classes?

VT: "I love the discovery and enjoyment of the participants. I love sharing new information with people who are interested in learning new things."

Q: What challenges do you come across while teaching classes?

VT: "Not a lot. I love teaching and usually have very enthusiastic participants. I think the biggest challenge is answering all the questions and conveying information in the time constraints. There is always more to learn."



Q: What can participants expect to take away from one of your classes?

VT: "I would expect to come away having had a good time and taking away new knowledge to work with at home."

Q: What do you see for the future of fermented beverages?

VT: "I think that I would like to see more, but I am not sure they will

become super mainstream. They are doing okay, but the options for any product on the shelf are ridiculously high. I think that there will be, in the future, more local products and more people doing home ferments as costs continue to rise and we see shipping problems and supply chain strain."

Q: Do you ferment anything else, and if so, what is your favorite thing to work with and why?

VT: "I ferment all kinds of stuff. I think my favorite right now is turmeric soda. It is just so tasty to me because it's not sweet but very much turmeric. It also really helps my body feel nice with all the wonderful benefits turmeric has to offer."

Q: What do you like to do in your spare time? What keeps you busy?

VT: "In my spare time, I do stand-up comedy, improv comedy, ferment, and grow things. Currently, I am studying to become a Soil Food Web Consultant. I am a couple of weeks away from my Soil Microbiologist Lab Certification, which is wildly exciting. I've been looking at soil microbes for over a year now and I am continually fascinated."

Q: Is there anything else that you would like to tell the readers?

VT: "Perhaps this is a good place to mention we might all want to do our best to continue supporting local producers and farmers. It would be wonderful if we could subsidize more diverse and communal farming, growing, and production. As globalization destabilizes we are all going to need local networks of good people teaching and helping our communities stay strong, fed, and healthy. My next

goal is to be able to help more people have rich and fertile soil, so as not to have to depend so much on imported fertilizers and so we can build and strengthen our local soil communities. Stay curious and flexible!"

WILLY WEST MURAL

Back in 2019, we worked with Dane Arts Mural Arts (DAMA) to design and install a community painted mural at Willy North, and this year, we're partnering with them again for a mural at Willy West. DAMA is a nonprofit whose goal is "beautifying neighborhoods throughout Dane County by engaging youth and community members in all aspects of the collaborative mural making process... Each DAMA mural project presents a unique opportunity to address inequities and support unity by engaging at-risk youth, developing neighborhood partnerships, and inviting community members to participate in each step of the collaborative art."

We began our process by asking all Co-op employees to suggest theme ideas for the mural. We had 10 proposals, and from those 10, Willy West employees voted for their top three favorite themes. Then DAMA artists drafted concept designs for the three themes. Now it's up to West shoppers to vote for their favorite design! Later this month, three designs will be posted at Willy West for shoppers to stop in and vote for their favorite until July 1.

After the final vote is tallied, DAMA artists will finalize the winning design. Be on the lookout for opportunities to help paint the mural at community events later this summer!

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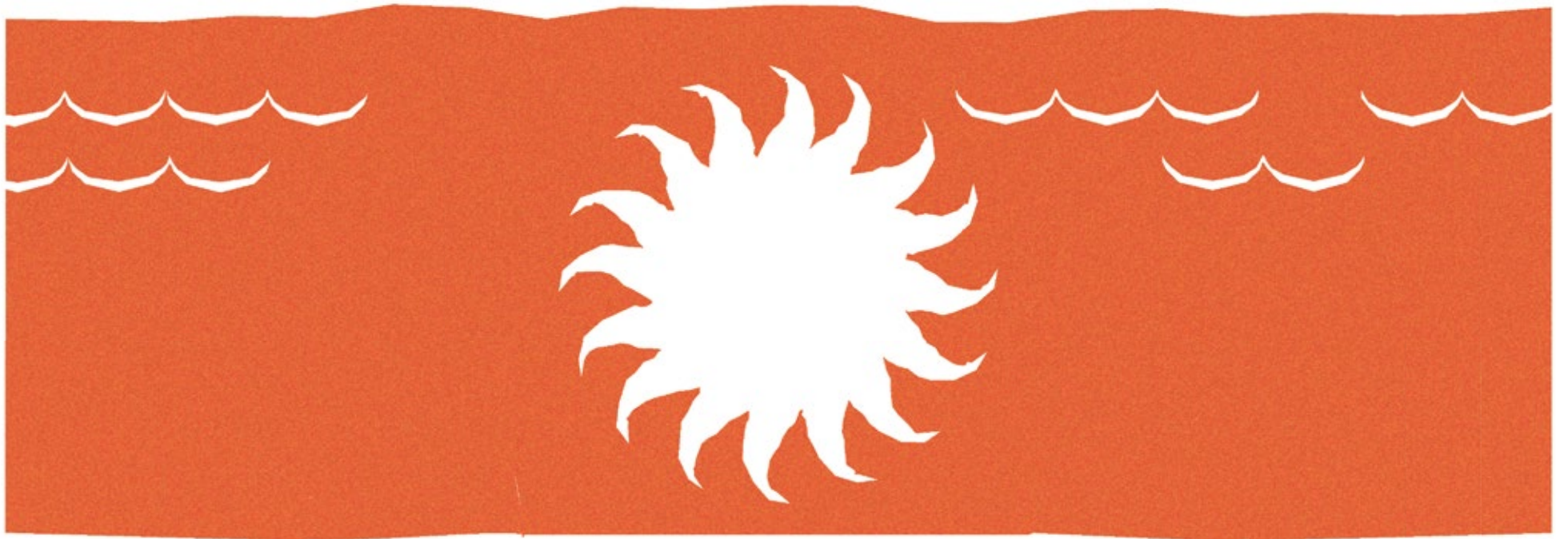
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NATURAL SKIN CARE

by Andy Gricevich, Newsletter Writer

We've waited, as we do each year, and the longest, warmest days have finally arrived.

In the heat, living things rush toward the lush peak of their vigor. Light-starved Northerners burst out to frolic and bask in the summer sun.

We work and play, sweat and swim. We get sunburned. We worry about ultraviolet radiation, wrinkles, skin cancer—or we don't, and work on our tans before we even get outside. We buy products to reduce or amplify the sun's effects: creams, sprays, clothing, shades. Some of us go nearly naked, while others cover every inch, and still others hide indoors, away from the light. How do we find balance, keeping ourselves safe from damage, while fully enjoying our natural birthright, the luxuriance of the sun?

THE SCARY LIFE-GIVER

News flash: we need the sun! Aside from making life on the planet

possible, its light sets our internal clocks, telling us when to be active and when to rest. It signals our brains to produce the chemicals that regulate emotions throughout the day and heal us during sleep. It interacts with cholesterol to produce and store vitamin D, a critical nutrient. Sun exposure reduces the incidence of disease, including various forms of cancer, and lowers stress and depression. We can't get away from many thousands of years of adaptation; whatever our choices and necessities may be, we're hardwired to live in relation to the sun.

On the other hand, the potentially harmful effects of intense exposure are real. Skin cancers have become increasingly prevalent and serious over the past decades. Too much UV can degrade skin health and lead to premature aging and discomfort, even when it doesn't result in severe illness. It's wise to take steps to care for our skin, and there are plenty of tools at our disposal to help. Ideally, those tools

are safe and supportive in themselves; why would we cover ourselves with potentially harmful chemicals while trying to make ourselves safer?

Taking care of our skin naturally isn't hard. There's an abundance of old-school knowledge and common sense to draw on, and plenty of manufacturers of skin care products that emphasize safe and effective ingredients. While such products are designed to help support and protect us at the surface, the best place to start may be with what makes for healthy, supple skin in the first place. That's a matter, first and foremost, of nutrition.

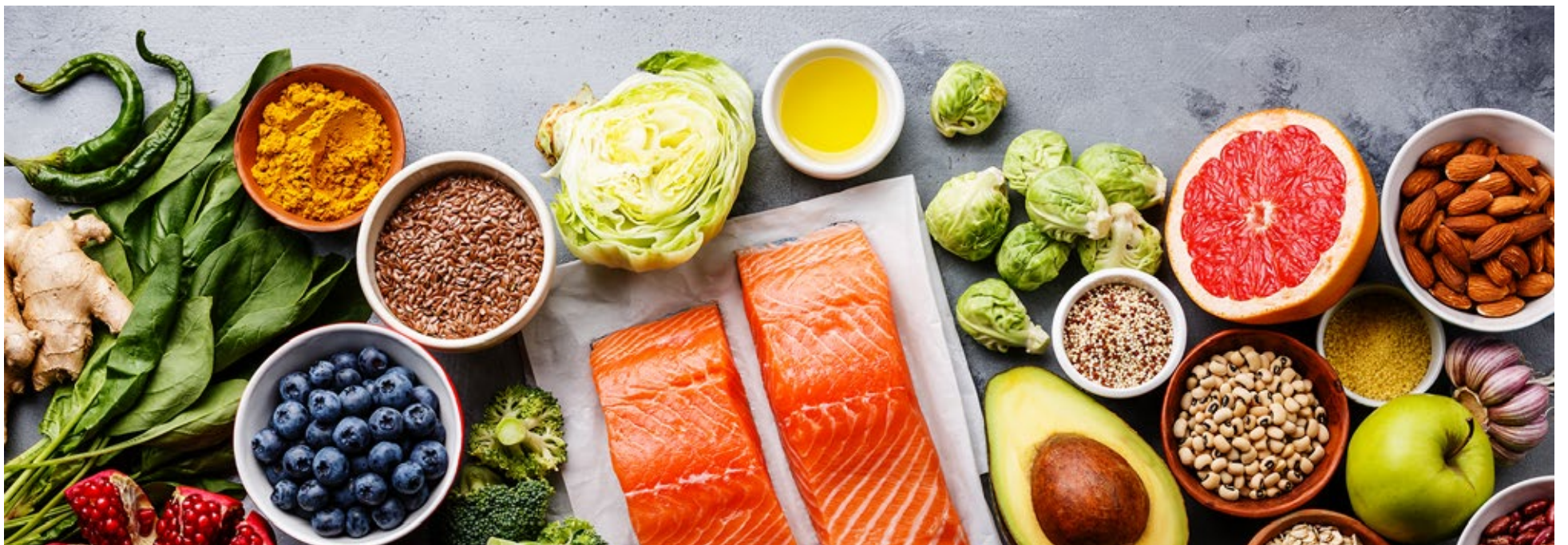
STRONG SKIN FROM THE INSIDE OUT

The skin, our largest organ, is primarily made up of fats and proteins. A diet that emphasizes their best forms literally builds healthy skin. The "glow" we associate with good skin comes from a sufficient number of good fat sources. Foods rich in Omega-3 fatty acids (like fatty

fish) are particularly beneficial, since we can't produce those compounds on our own. Plant-based fats like those found in avocados, coconut, seeds, and nuts are great as well.

The main building blocks of skin are collagen and keratin. Our bodies make collagen best from a combination of animal proteins (including those found in eggs and dairy) with vitamin C, zinc, and copper. We can get C from citrus, but equally well from more seasonal summer foods like mature leafy greens, peppers, and tomatoes. Nuts, beans, and shellfish are all great sources of zinc. Bone broths are incredible sources of collagen that our bodies can use. Animal foods supporting keratin production include fish and (especially) liver, while seasonal plants like garlic and onion, greens, mango, and sunflower, provide necessary A and B vitamins.

Our skin cells, like all the rest, need water. It's foundational to our diet, and dehydration is as hard on



our skin as on our other organs. Alcohol, caffeine, and excessive sugar can contribute to vulnerable skin, while plenty of water, or electrolyte-rich beverages, provide essential support for skin health.

Moving to the surface, there are plenty of natural compounds that can help moisturize, support, and heal the skin. Many classic “spa-type” techniques involve simply applying whole, mashed, or juiced edible plants to the skin. Cucumber and watermelon (as well as aloe vera) are great for external and internal hydration—and is it a coincidence that many fruits that thrive in the sunny tropics, like avocado, coconut, papaya, and banana, have nourishing and toning benefits for our skin? Our ancestors used the plants around them to keep themselves well inside and out in the summer heat; they also widely used animal products like tallow as skin moisturizers and cleansers, and there’s a resurgence of interest in tallow soap for natural skin care. Fully natural, food-based soaps, moisturizers, and toners are readily available in your Co-op’s Wellness department, as well as from small local businesses like Liquid Summer Skincare, among many others.

PROTECTION

It’s clear that we should take protective measures if we spend significant time in the sun at any time of year. Melanin, the compound in the epidermis that gives skin its color, is a natural protectant against UV, absorbing some of it before it can cause cellular damage, and providing antioxidant effects to heal some of the damage caused—but its efficacy is limited. Melanin is overwhelmed by strong sun exposure, and even naturally dark skin, while significantly more resistant to sunburn, remains vulnerable to the full range of potential harm.

Everyone can benefit from some sunscreen. SPF, or Sunscreen Protection Factor, measures the intensity of sun exposure (not its length of time) against which sunscreen can be expected to provide protection, until it’s washed or rubbed off. The near-universal recommendation is for formulations with an SPF of at least 30 (anything above 50 appears to be irrelevant), and which protect against both major types of UV (UVA and UVB).

Sunscreens protect the skin either chemically or physically. Physical protection is usually provided by either zinc oxide or titanium dioxide, which reflect UV away from the skin. Zinc appears to be more effective and safer, as some studies have found titanium dioxide to be potentially toxic. It’s always good to remember that “natural” doesn’t always mean “safe,” and that the U.S. doesn’t regulate cosmetics (or nutritional supplements) as

stringently as it might.

The downside to these sunscreens is that they’re a bit greasy, and difficult to apply without leaving some visible residue. That’s why versions, often in spray forms, have been developed that contain the same minerals in the form of tiny nanoparticles. While cosmetically appealing, those nanoparticles can be absorbed through the skin, and that might not



be something we’re comfortable with, since they’re not intended for internal use. Ecological groups also point to strong evidence of damage to coral reefs by accumulated sunscreen nanoparticles, in areas visited by many sun-loving swimmers and cruise-vacationers.

Chemically protective sunscreens absorb, rather than reflect, UV, transforming it into heat energy, which is then released through the skin. They tend to be smoother and easier to apply, but often less broadly protective, than mineral-based formulas. They’re also more often the culprits of allergic responses, and some of their most common active ingredients have been studied for carcinogenic and hormone-disruptive effects. Some of these chemicals have been banned in other countries because of their severe effects on aquatic life. As so often, it’s probably a good rule of thumb to stick with ingredients whose names have fewer syllables than you can count on your fingers.

Coconut, olive, and other natural oils, also boast some sun-protective capability. Though they’re inadequate to fully replace sunscreen, they can be great as an additional layer with added benefits. We can also retain some naturally generated protective and regenerative compounds—as well as the D vitamins that take time for our bodies to fully absorb—by only using soap when we bathe, otherwise just rinsing with water.

Clothing is another important form of sun protection. Hats that shade faces and necks are a must, as is lightweight and light-colored,

reflective clothing that covers a fair portion of the body. A close weave in the fabric helps block more light. If we really want healthy skin, we’ll also want to choose natural fabrics; petroleum-based microfibers, like chemical sunscreens, are being increasingly studied for adverse human health effects, and are high on the list of individual contributions to the pollution of waterways and oceans.

Whole plant foods—in contrast to most nutritional supplements—also contain additional compounds that “reset” the donor molecules, so that they don’t remain compromised themselves.

Here, foods rich in vitamins C and E are again protective and healing, as are the lycopene found in tomatoes and watermelon, and compounds present in tea and cacao. Raspberries, strawberries, and pomegranate contain ellagic acid, which studies show protect the skin against damage from sun exposure and reduce inflammation in response to such damage. Raspberry seed oil, in fact, is available as an internal and external supplement for skin support, having been studied for its powerful protective potential.

Red grapes and dark blue and purple fruit of all kinds are high in resveratrol, a powerful compound extensively examined for a wide range of benefits, which include reasonably high SPF effects, as well as both prevention of tumor formation and suppression of cancer development once it’s begun. This suggests a particular regional practice for natural summer skin care: visiting the patches of black raspberries that line bike trails and the edges of woods and prairies throughout our area, and stuffing ourselves with delicious fruit, too perfectly ripe to last, during all the days of the year when we most need what it has to offer. What a beautiful example of our biological entwinement with the seasons and the life around us.

BALANCE

In an anxious world, it’s helpful to be reminded of who and what we are in the context of wider nature. The rise of skin cancer in recent years, say many scientists, is most concentrated in urban populations, and goes along with a rise in cheap year-round vacations to sun-drenched places, as well as visits to tanning salons and shrines of body image. It’s associated with modern luxuries, not with simply being outdoors in historically normal ways. We don’t need to be afraid of walking out to the garden, of a morning in the woods, a lunch break in the park, or a swim in the pond or the pool. Concern about the health of our skin doesn’t have to mean stress and an obsessive search for solutions to our vulnerability—it can be an easy combination of common sense and good fun. By all means, put on the sunscreen, and then do what people have done for ages: get out to work and play outdoors in the morning, take an afternoon siesta in the shade, eat and drink the most delicious foods of the season, and enjoy the breezes of the long summer evenings.

RECIPES

Honey Dijon Onion Steaks

Reprinted by permission from grocery.coop. Find more recipes and information about your food and where it comes from at www.grocery.coop.

When you fire up the grill, don't forget your veggie sides! Rounds of onion will stay intact on the grill, thanks to a wooden skewer, taking on grill marks and a hint of char.

Prep 25m; Cook 15m

2 large yellow onions

3 Tbs. extra virgin olive oil

2 Tbs. Dijon mustard

1 Tbs. honey

1 Tbs. red wine vinegar

1/2 tsp. dried oregano

1/2 tsp. salt

Oil for grill

8 wooden skewers, soaked in water 2 hours, or metal skewers

Directions: Use the tip of a paring knife to remove the root end of the onions, then peel them. Cut each onion across the grain into four thick slices, keeping the slice intact. Hold each slice firmly as you insert a skewer through it, bisecting the round like a lollipop stick. Place the onions on a platter or large baking dish.

In a medium bowl, combine the olive oil, Dijon mustard, honey, red wine vinegar, oregano and salt. Whisk until smooth. Use a spoon or brush to coat both sides of the onion slices with the mustard marinade, reserving the rest for grilling.

Turn the grill to high heat and clean the grate. Pour a tablespoon or so of oil into a cup and crumple a square of paper towel. When the grill is hot, use grill tongs to dip the paper towel into the oil and oil the grate.

Place the onion slices on the grill and let cook for about five minutes to create grill marks. Carefully turn the onion slices, baste the top with mustard marinade, and grill for about five minutes. Depending on the thickness of your slices, you will probably need to turn the slices and grill for five minutes longer, basting again with mustard marinade.

When the onions slices are soft and well-marked, transfer to a platter, drizzle with any remaining marinade and serve.

Tofu with Green Garlic, Shallots, and Soy Sauce

Adapted from www.food52.com.

With a simple pot of steamed rice, this tofu dish makes a perfect week-night dinner. The tofu is pan-fried, then tossed in a sauce fragrant with ginger, shallots, chiles and lots of green garlic.

Prep 20m; Cook 25m

1/2 c. grapeseed oil

3/4 lb. firm tofu, cubed

2 Tbs. cornstarch

salt

5 Tbs. unsalted butter

fresh ginger, minced

2 serrano chiles, minced

3 bunches green garlic, minced

5 shallots, chopped

1/4 c. soy sauce

1 Tbs. brown rice vinegar

1 Tbs. sugar

black pepper

steamed rice

Directions: In a large bowl, toss the tofu with the cornstarch and a large pinch of salt. Line a plate with a few layers of paper towels. In a large, well-seasoned wok or cast iron skillet, heat the oil over medium-high heat. Fry the tofu in oil until golden brown all over, about 3 minutes on each side. (Do this in batches to avoid crowding the pan if needed.) Drain the tofu on the paper towel-lined plate, and set aside. Discard all but 1 tablespoon of oil from the skillet. Return pan to medium heat, and add the butter. When melted, stir in the ginger, chiles, green garlic, shallots, and a pinch of salt. Cook, stirring, until tender, about 10 minutes. Stir in the soy sauce, brown rice vinegar, sugar, and black pepper. Return the tofu to the pan. Cook, stirring, until heated through, 2-4 minutes. Toss to coat in the sauce. Serve hot, over steamed rice.

Strawberry Soba Noodle Salad

Adapted from www.susanspungen.com

When the weather turns warm, cold noodle salads always hit the spot. The unusual addition of strawberries here adds a welcome sweet-tart contrast to the salty miso dressing. Serve alongside anything grilled.

Prep 30m; Cook 15m

1 c. rice wine vinegar

1 Tbs. sugar

1 tsp. salt

1 chile, minced

2 Tbs. white miso

1 hot pepper

8 Tbs. dark sesame oil

8 oz. soba noodles

4 oz. poblano pepper

1/2 large cucumber, sliced

1/2 lb. strawberries, sliced

2 scallions, chopped

1/4 c. mint leaves, chopped

1/4 c. cilantro, chopped

Directions: In a small bowl, whisk together the rice wine vinegar, sugar, and salt until dissolved. Whisk in the miso, minced chile, and sesame oil. Set aside. Cook the soba noodles according to package directions. Drain and rinse with cool water, then set aside to drain.

On a grill, grill pan, or in a cast iron skillet, grill the poblano whole until blistered and softened, 2-3 minutes per side. Allow to cool, then slice diagonally and discard the stem and seeds.

Place the drained soba noodles on a large serving platter. Toss with the dressing to coat. Top with the grilled peppers, cucumbers, strawberries, scallions, mint, and cilantro. Toss gently to combine, then serve.

Rhubarb Tiramisu

Adapted from Harmony Valley Farm.

Rhubarb is another delightful and early treat. Welcome spring with a party and have this be your dessert triumph!

Prep 30m; Cook 45m

2 each of egg whites and yolks

4 oz. cream cheese

2 egg whites

1 c. sugar

1 lb. rhubarb, chopped

1 c. heavy whipping cream

1 pkg. lady fingers

1 c. semi-sweet white wine

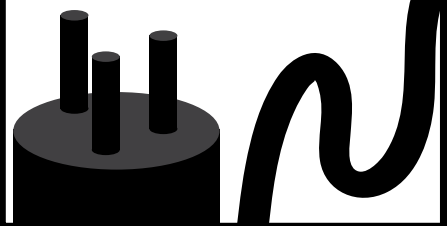
1 tsp. black pepper

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1 tsp. cinnamon

Directions: Combine rhubarb and the first 1/2 c. sugar in non-stick skillet over medium high heat. Cook until the rhubarb is very soft and the syrup has thickened slightly. Turn off heat. In a medium bowl, combine remaining 1/2 c. sugar and 2 egg yolks. Beat until smooth, then add cream cheese. Once again, beat until smooth. In second bowl, combine whipping cream and beat until peaks form. Carefully rinse the mixing blades of mixer. In third bowl, beat egg whites to stiff peaks. Fold yolks into the whipped cream. Then fold in the whites. Place the wine into a shallow bowl or plate and dip sets of 8 ladyfingers into it. Then place ladyfingers into the bottom of a small loaf pan. Top with 1/4 of the cream mix, followed by 1/4 of rhubarb mix. Repeat until all ladyfingers are used. Refrigerate for at least 30 min. Sprinkle with cinnamon and black pepper before serving.

Fiesta Zucchini

Adapted from *Bon Appétit* magazine.

This easy skillet dish will use up some of summer's bounty of zucchini.

Prep 10m; Cook 10m

2 Tbs. olive oil

1 lb. zucchini, quartered lengthwise and sliced in 1/2-inch pieces

3 cloves garlic, minced

1/4 tsp. dried oregano

1 c. corn kernels, fresh or frozen (defrosted)

1/2 c. salsa of choice

1/2 c. shredded Monterey jack cheese

Directions: Heat olive oil in heavy skillet. Add zucchini, garlic, and oregano and sauté 2 minutes. Stir in corn. Add salsa and bring to a boil. Reduce heat and simmer until zucchini is just tender, about 5 minutes. Sprinkle with cheese, cover and let stand a few minutes until cheese is melted.

Zucchini Bruschetta

From Willy Street Co-op.

A lovely way to use oh so plentiful zucchini!

Prep 20m; Cook 15m

2 tsp. garlic, minced (more if you want a stronger garlic taste)

1 Tbs. olive oil

1 zucchini, sliced

1 loaf Italian bread

parmesan cheese, grated

rosemary leaves, chopped

Directions: Cook the garlic in the olive oil, add the zucchini when the garlic gets some color, cook until it's tender. Place it on top of the Italian bread slices. Spread the cheese then the rosemary on top of it. Bake it in hot oven until the cheese has melted and the bread is toasting a bit. Serve it with red wine as an appetizer.

Zucchini, Tomato, and Swiss Cheese Pie

Adapted from *Quick Vegetarian Pleasures* by Jeanne Lemlin.

Enjoy this pie for brunch or dinner.

Prep 30m; Cook 40m

1/4 c. whole-wheat or rye bread crumbs

1 1/2 Tbs. olive oil, plus a little more for topping

1 medium onion, chopped

2 cloves garlic, minced

2 tomatoes, diced or one 14.5 oz can, drained

3 medium zucchini or summer squash, quartered and thinly sliced

1/2 tsp. fennel seed, crushed

1/4 tsp. salt and freshly ground black pepper or to taste

3 eggs

1/3 c. milk

1 1/2 c. grated Swiss or Gruyère cheese

3 Tbs. freshly grated Parmesan cheese

1 Tbs. butter, optional

Directions: Preheat oven to 375°F. Oil a pie pan, or use half of the butter to grease it. Sprinkle the bread crumbs evenly over the bottom and sides of the prepared pan. Set aside. Heat the olive oil in a large skillet, add the onion and sauté until softened, 7 to 10 minutes. Add the garlic and cook a minute or two more. Add the tomatoes and continue to sauté, about five more minutes. Increase the heat and add the zucchini or squash to the pan. Add the fennel seed, salt, and pepper. Continue to sauté, stirring often, until the zucchini is starting to get tender. The liquid from the vegetables should have cooked off. Remove the pan from the heat and cool the vegetables slightly. Meanwhile, whisk the eggs and milk until well blended. Stir in the vegetables. Transfer half of mixture to the pie pan; top with half the Swiss cheese; repeat and top with the Parmesan. Drizzle with olive oil or dot with remaining half-tablespoon of butter if using. Bake the pie until golden and a knife comes out clean when inserted in the center, about 30 minutes. Let stand a few minutes before cutting.

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Photo courtesy of Orgullo Latinx LGBTQ+ of Dane County

In June we recognize the freedom to love and the freedom to express one's gender. Community Shares of Wisconsin member nonprofits work every day to create a world with equality and safety for all, including members of our LGBTQ+ community.

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Save the date for September 22
when we will celebrate our annual
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Staff Picks



MEL

Follow Your Heart Vegenaize

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



KELSEY

Sassy Cow Salted Caramel Ice Cream

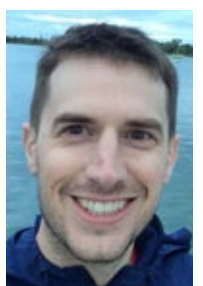
You have many salted caramel ice cream options to choose from. What makes this different is the saltiness—it's not overwhelming, I promise you won't be taking a bite of cold salt!—but it's more noticeable than in other varieties. You really get that salty and sweet combo. Plus Sassy Cow is a great local business.



KATHERINE

Santa Cruz Organic Pure Lemon Juice

I always have one of these in my fridge! It's wonderful to use for cooking or for making big batches of lemonade. Plus, with no added ingredients it's a win win!



BENJAMIN

Diana's Banana Babies

These Banana Babies are a delicious frozen treat! I love the dark chocolate and they always use perfectly ripe bananas. I honestly prefer them to ice cream and they have much less sugar.



AMANDA

Willow Creek Cottage Bacon

It is locally sourced and sustainably raised bacon. It takes a BLT to another level. Once you go cottage bacon on a BLT, you might never go back to regular bacon.



JOE

Organic Valley Heavy Cream

One of the few brands with no unwanted gums, carrageenan, or other additives.



LAURA

Rishi Peach Blossom Tea

This blend makes a great iced tea on a hot summer day!!!...and tastes like Peach pie when made piping hot on a rainy morning. Rishi tea is produced in Milwaukee, so you can feel good about indulging locally.



GT's Kombucha Watermelon Wonder

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



Down to Earth Small Vintage Glasses

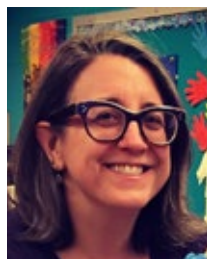
Fun designs that make me smile as I'm drinking my morning OJ. Get a whole set for the perfect gift!



KRISTI JO

Heritage Store Rosewater

Cool yourself off while fancying yourself up with the delicate scent of real roses. I use this as a toner as well as mixing it with my rose clay facial mask. So many ways to use it! A quick splash is a lovely re-freshener in the middle of a hot day too.



AMY

Scallions

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



MOURNING DOVE

Garlic Scapes

Garlic scapes can't decide if they want to be garlic or onions, and that's ok with me. They're mild enough to eat raw and work well blended up in dressings, mixed into potato salad, or sprinkled on top of vegan pizza. They're also pretty tasty roasted. Use them in place of scallions in any dish.



CAITLYN

Willy Street Co-op Juice Bar's Cold Brew

Our Juice Bars have some potent cold brew if you are looking for that extra spring in your step. They use locally roasted Just Coffee beans too.



NICHOLAS

Willy Street Co-op's Beet & Kale Salad

I love color and texture of this salad! The beets, kale, and tahini make it really filling and super tasty! The Beet & Kale is easily one of my favorite salads that we make here at the Willy Street Co-op Production Kitchen. East and North only.



LEAH

Andalou Naturals 1,000 Roses Daily Shade Facial Lotion with SPF 18

This is my daily facial moisturizer! This glides on smoothly, leaving my skin feeling hydrated and ready to FACE the day (get it?)! I put this on after washing my face for soft and supple skin. This product is under their sensitive line, which I USE ALL OF for my 32-year-old skin that sometimes thinks it is 16. I wear this under my makeup and then on my bare skin when I go running to give a good layer of SPF 18.





3 Siren Shrub Co. Tart Cherry Sparkling Shrub As someone who doesn't drink alcohol, I'm always on the look out for an interesting non-alcoholic drink that isn't soda. Siren Shrub Co's sparkling shrubs are such a nice non-alcoholic drink option for special occasions! The flavor is complex and pleasant. Not super sweet like sodas or juices. I would compare the taste to kombucha but with more prominent fruit and herb taste. For those who partake, the shrub can be used as a mixer in a cocktail (there are cocktail recipes on their website) but they're amazing on their own. I also love that Siren Shrub Co. is a local and woman owned business! • **Hahna**

4 Red Radishes My grandpa loved 'em, My dad loves 'em, and I love 'em, too. They add a fresh crisp to any salad with just a little bite. Great for a snack sliced thin, or chomp on 'em whole. • **Mourning Dove**

5 Renard's Creamy Salsa Spread Creamy Salsa Spread? More like Dreamy Salsa Spread! This is an awesome spread for burgers, with a taco salad, or eaten with a spoon while no one is watching. Plus it won't break the bank! • **Dan**

2 Wisco Pop! Organic Grapefruit Soda The most delicious beverage in the world. Sweet but not too sweet. Tangy grapefruit with a hint of lime. Super refreshing and so so good! • **Liz**

1 Giant Jones Brewing Don't overlook these single bottles! Giant Jones quickly became one of my favorite local brewers once I discovered them. They specialize in stronger, darker brews and bottle into the one "giant" 500ml size. Aside from every beer they put out being phenomenal, Giant Jones is certified organic, woman-owned and queer woman operated right here in Madison. • **Grant**

6 Sartori Montamoré Cheddar Cheese This is my overall favorite cheese. It's a semi-crumblily aged cheddar with crystals of flavor (due to the aging process). IT'S SO GOOD! I always have some on hand to share with guests visiting from outside Wisconsin. Great for cheese plates, in grilled cheeses, crumbled on top of salads, melted into mac n cheese, or straight outta the package. • **Melissa**

7 Untitled Art CBD Water - All Varieties A light, refreshing, subtly flavored sparkling water with a little something extra. It's a bit pricier than Klarbrunn or La Croix, but now those just feel like pale substitutes. All the flavors are good, but the Blackberry is my favorite. I like to treat myself to these during a hectic day at work or in the evening before I go to bed. • **Jesse**

8 The Original Bitchin' Sauce - The Almond Dip It is so tasty! Great on crackers, veggies, pita, put it on a sandwich, or just your finger. I love this new sauce. It is my go to when I need to bring something to a party. I have my friends hooked! • **Amanda**

9 McClure's Garlic Dill Pickles As a lifelong pickle lover, these are my go to. Very flavorful and crunchy, sometimes they become my whole meal because I can not eat just one. They pack the jar full, and it is worth every penny! • **Abigail**

10 Echo Falls Smoked Coho Salmon Trio Are you looking for a treat? This product does not disappoint! With three different varieties to entice your palette, switch up the flavors on top of bagels with cream cheese, in an omelette, on crackers, etc.; eat for a week by yourself or a platter at a party! • **Laura**

11 Pasqual's Original Southwest Tortilla chips So dang good! With dip, without dip. So much flavor!!! • **Amanda**

12 Field Roast Frankfurters This is hands down the best vegan hot dog you will ever have! The texture and flavor are spot on and the flavor combos are limitless. My favorite thing to do is get poppy seed buns, wild relish and hot peppers and recreate a vegan version of a Chicago style hot dog. You won't regret getting these!! • **Katherine**

13 Silver Creek Venison Summer Sausage Tastes great, and it doesn't get much more "Wisconsin" than venison! • **Joe**



Father's Day is Sunday, June 19th



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