

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 50 • ISSUE 6 • JUNE 2023



THANK YOU!

Thank you to everyone who has signed up for our email version of this newsletter or who has decided to pick up a copy in the store while you're here shopping.

We are very slowly transitioning 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. Thank you!

IN THIS ISSUE

Sunscreen & Insect Repellent; Hate Has No Home Here; Interview with Giant Jones; and More!

SPECIAL STORE HOURS

Stores close at 7:00pm

Year-end Inventory (Last day of FY23):
Sunday, July 2

Independence Day: Tuesday, July 4

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Anthony Hernandez
Ike Ross
Isabel Spooner-Harvey
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

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.

July 26
September 27
October 25

WILLY STREET CO-OP MISSION STATEMENT

**Cultivate and empower
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employees, and suppliers
through cooperative
principles and practices.**

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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 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

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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

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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; publication does not necessarily indicate an endorsement of views stated in a customer's original comment. Many more comments can be found in the commons or in the binder near Customer Service. Thank you!

ENDANGER SPECIES

Q: I received a skate fish filet from Willy Street Co-op from someone who knew I liked fish and thought I'd like to try this. I've never heard of skate fish before so I looked it up and the internet tells me it is considered a critically endangered species. How does Willy Street Co-op end up selling a critically endangered species? :(

A: Thank you for your recent customer comment. I appreciate your concern regarding sustainable seafood, as it is of critical importance that we are never selling or purchasing seafood that is in danger of being overfished. As you may know, our vendors and our staff use the Monterey Bay Aquarium seafood watch program to vet the products we sell. This program uses a "green, yellow, red" system to indicate the status of a certain species from a certain fishery. While there are a small number of fisheries globally that indicate that skate wing is over-fished, the vast majority of fisheries have ample supply and are listed as "green" by the program. Our supplier will only purchase from fisheries that maintain this status. Thank you again for reaching out, and please let me know if you have any further questions. Best, Nick Heitman, Category Manager: Meat, Seafood, Beer, Wine & Spirits

RUBBERBANDS

Q: First of all, we love the Co-op so thanks for all you do to elevate the way we shop and eat. We've come to do the bulk of our shopping at Willy Street Co-op because you're the only store in town (that we're aware of) that will allow us to bring our own containers for bulk items (and declare our own container's tare weight), saving the landfill from bag after bag of unrecyclable plastic! We especially love that you offer bulk greens and mushrooms. We're there every week to fill our (mesh cloth) bags with new produce!

On that same note, each week I cringe a little bit as I debate whether to add broccoli to my cart. The rubber band that holds the two heads together is wasteful and unnecessary. I do my best to avoid broccoli at the Co-op, sometimes heading elsewhere for that item just to avoid the waste. Would you consider removing that band and selling broccoli by the head? Thanks again for all you do!

A: Thanks for taking the time to comment. Regarding the rubberband: you are welcome to remove it and purchase the amount that is best for you. The industry packs broccoli by the bunch, which includes the rubber band, or as crowns (without the stalk). Crowns are significantly more expensive, and we see the stalk as a nutritious part of the vegetable. While some of the stalks are sold

to processors, many are just tossed, adding to food and energy waste. For these reasons, we choose to offer the bunched product.

So, feel free to purchase any amount of broccoli that fits your needs. And if it makes you feel better, we often pick the unwanted rubber bands from the displays and reuse them! Thanks, Andy Johnston, Produce Category Manager

CRANBERRY QUALITY

Q: I wanted to respond to and help clarify regarding a recent customer comment about the quality of the dried cranberries found at the Co-op.

As a small, local, organic cranberry grower, Ruesch Century Farm has enjoyed a long and friendly relationship with the Co-op, and I was glad to read in Dave's response that the quality issue was with prior sources for dried cranberries, not the fresh cranberries supplied by our family farm and several others each fall. We put a lot of time and energy into our harvest and sorting methods to deliver the best quality organic cranberries we possibly can!

I also wanted to thank the Co-op for stocking a selection of fresh, frozen cranberries in the freezer section year round—sometimes that can be hard to come by at other stores. I love making cranberry recipes throughout the year and sometimes need to stop at the Co-op to restock with these frozen berries.

To turn fresh or frozen berries into dried, boil a pint of cranberries with half a cup of water and half (or more) cup of sugar until it's turned into a gelatinous consistency. Then, spread the sauce into a thin layer on a parchment paper lined pan and bake at lowest heat for a couple hours. While the resulting dried cranberries may not have the exact raisin-like consistency we expect from store-bought "Craisins" I have used this method for adding dried cranberries to granola several times! And it tastes great—almost like a fruit roll up!

At a larger scale, drying cranberries is an intensive process that it hard to do economically, especially for organic berries; our family has looked into it several times! It's good to know the demand is out there, though, for quality, dried cranberries as well as the fresh ones we find at the co-op each fall! -Kristin Ruesch Gilkes, On behalf of Ruesch Century Farm

A: Thanks for taking the time to respond to the customer comment regarding dried cranberries. I appreciate all of the work that you and your family do to ensure that your customers receive the best

quality product.

Thank you for the instructions for how to dry your own cranberries, along with the understanding of how difficult this process is on a large scale. We sell an enormous amount of dried cranberries year round, so it's nice to know about the work that goes into this process.

I'm also glad to hear that you're happy with our selection of frozen cranberries. It's nice to be able to offer seasonal products year round. Thanks! -Dave Andrews, Grocery Manager—West

MORE VEGAN FOOD

Q: Thank you! I really love that you're bringing in more vegan foods like your vegan pot pie and you brought back your vegan breakfast sandwich. I stop into Willy Street Co-op just for these items sometimes.

A: Thank you for taking the time to let us know your thoughts on the vegan items you are enjoying. I hope you have a lovely week! Katie O'Connell-Jones, Owner Resources Coordinator, Willy West

CUSTOMER COMMENTS

Q: Hi, I really enjoy the Customer Comments section of the Reader, because it lets me know all sorts of things about how the Co-op works and cool facets and benefits of shopping and membership, but a lot of the time what I enjoy most is how gently and politely you handle disappointed or upset customer concerns. I'm continually impressed at how thoughtful and patient you can be, even when the comment is neither.

Today, all that reading came to my aid when I had to handle a patron complaint at the library. I was able to step back and think about how you might respond, and it really helped me empathize with this person and how best to address their concerns. Thanks for setting such a good example on a difficult task!"

A: Wow! This made my day - thanks for writing in with your appreciation; all of us at the Co-op are really grateful for your kindness! It is nice to know that we are making a positive impact. All of us really try our utmost to provide thoughtful and caring responses. Have a wonderful day, Kristina Kuhaupt, Customer Experience Manager

OWNERSHIP NUMBER

Q: What do I do if I can't find my ownership number?

A: Thank you for reaching out about your Owner number. When you are in the store shopping the cashier has the ability to look you up by name at checkout so that you don't need to have it memorized. If you would like an Owner card with your number on it, customer service should be able to make one up for you. Don't hesitate to reach out if there is anything else I can help you with. Have a great day! -Rosalyn Murphy, Owner Records Administrator

BAG HANDLES

Q: The length of the handles on our reusable bags is very awkward. If you don't sling it over your shoulder or strain your arm, they drag and bang on the ground. They don't fit on the shoulder when wearing heavy clothes. Most people don't carry groceries on the shoulder.

A: Thanks for the comment! We have a few different reusable bags. I'm guessing that you mean our recycled cotton canvas one? That one has longer handles than our plastic one. I checked with a few others and this is the first complaint that we've heard about the handle length, although it's true that the bag is designed as a shoulder tote. -Brendon Smith Communications Director





GENERAL MANAGER'S REPORT

Hate Has No Home Here; Board Elections; & More

by Anya Firszt, General Manager

HELLO OWNERS; HELLO SUMMER

June brings us the end of the traditional school year and the kick-off to summer. Yay!

June also marks the end of the current fiscal year and next month the beginning of our new fiscal year. This month we need to finalize the FY24 Operating Budget for the Finance Committee review and input before recommending approval to the Board of Directors at their June meeting. The approved budgets will be printed in a future Reader for your review. Stay tuned.

HATE HAS NO HOME HERE

We want all customers and staff to feel safe shopping and working at the Co-op. Recently, you may have heard that transgender people are subjected to hate on Co-op property.

In the November 2019 issue of the newsletter, the following paragraph was included, and sadly, it needs to be said again: hate has no home here.

"HATE HAS NO HOME HERE

"Certain people have taken it upon themselves to sticker our property in order to promote their anti-trans messages. Three customers have also come forward with testimonials of intimidation and harassment. We will not tolerate the use of Co-op spaces for hate. We stand with our LGBTQ+ customers and community members and will continue to provide a safe space for members of the LGBTQ+ community to join, shop, work, and enjoy. We will remove all hate propaganda as soon as it is located and we will take action if we witness intimidation or harassment of any kind or catch anyone vandalizing Co-op property."

Last year, we were made aware that someone had put such a sticker on Co-op property; we were able to identify and verify that person and ban them from Co-op property. We remove these stickers, or any hate sticker, whenever we find them or are made aware of them, and we'll continue to ban anyone we identify doing so.

BOARD ELECTIONS

While the Board elections are not until October, it's not too soon to consider that this may be the year to run for the Board of Directors. We have four board seats to fill; three three-year seats as part of the regular election cycle and one one-year seat, which was vacated before the end of the regular term. The Board Candidate packet is available this month at willystreet.coop/run-for-board. Check it out!

NORTH 7-YEAR BOND REPAYMENT

In the months of May-August, we will be paying back our Willy North seven-year Owner bonds. My thanks and appreciation to all Owners who purchased a bond to support the renovation of the space in 2016. The total amount that will be repaid this summer is \$550,000. Thanks again for making it happen.

FY22 PATRONAGE FINAL REMINDER

In January of this year we issued patronage to those owners who were

eligible to receive a store credit. This is my last official reminder to claim your store credit before the deadline or it is forfeited. You have until June 18 to claim your patronage—use it or lose it!

2023 FESTIVALS REMINDER

We sure love our outdoor music festivals, don't we! Up this month is the Marquette Waterfront Festival celebrating 34 years of bringing live music to the near east side of Madison. Join in the fun on June 10-11 at Yahara Place Park. The following week, June 16-19, is the Pursuit of Happiness Festival, bringing live music, comedy, and dance performances to McPike Park. See you there!

SPECIAL STORE HOURS: STORES CLOSE AT 7:00PM

- Last day of FY23 (year-end inventory): Sunday, July 2
 - Independence Day: Tuesday, July 4
 - Labor Day: Monday, September 4
- Until next month, enjoy the sunshine.



BOARD REPORT

Board Retreat

by Anthony Hernandez, Board Member

The Willy Street Co-op Board of Directors has been working hard these past few months with our DEI (diversity, equity, and inclusion), governing policy adherence, and evaluating performance work.

We've recently held a Board Retreat at the Fluno Center in Madison. This sort of special meeting represented an opportunity to reconnect Board members to the mission and to each other. It

contributed to the spirit of teamwork and collegiality on the Board, which will yield positive outcomes going forward.

AGENDA

The agenda for the event included a briefing on the state of co-ops by Michelle Schry, a nationally recognized leader in the field and Director of Retail Support at National Co-op Grocers. She gave the Board members an overview of the state of co-ops, co-op trends/environment context, and strategic planning insights. Dan Gillote, the former Chief Executive Grocer at Wheatville Food Coop and General Manager at Greenbelt Co-op, presented a strategic planning case study on Wheatville Food Co-op. He gave an overview of a strategic planning process and how it worked for their organization, what was learned, stakeholder agreement, and how they took ownership of the process. The benefits of the case study approach are that it effectively teaches about the relationship between phenomena, context, and the

stakeholders involved. Gaining insights about context and lived experiences can be a powerful learning tool that renders important lessons.

LUNCH

The Board members also had the opportunity to lunch together. The opportunity to bond over a meal helped increase engagement and build social relationships. Aside from the opportunity to talk about topics outside of our normal business, it was a great networking event.

BE INVOLVED

As ever, the Board is interested in broadening our engagement with owners. To that end, we continue increasing the opportunities for you to provide feedback and be involved in strategic initiatives. Your contributions help grow our shared vision for the future of our Co-op and our community. Please continue to reach out to the Board if you have any questions or comments. You can reach out to the Board by email at: all-board@willystreet.coop

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Community Room Calendar

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

Refund Policy: Unless otherwise specified in the description of the event, registration for events that Willy Street Co-op cancels will be refunded in full. Individuals who wish to cancel their registration must email education@wilystreet.coop with 72 hours notice to receive a full refund or transfer their registration to another class. No refunds or transfers will be granted for cancellations within 72 hours of an event. In order to cover costs incurred, there are absolutely no exceptions to the Refund Policy.



COOKING WITH CHEF PAUL: SUSHI

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: \$15 for Owners; \$25 for non-owners
Capacity: 10

The foundation of sushi is the rice. Join Chef Paul to learn to prepare well-balanced sushi. The basic sushi rolls—maki, nigiri, and chirashi—will be prepared and shared. The essential condiment for sushi rolls, pickled ginger, will also be prepared and tasted. Ingredients/recipes may be modified based on seasonal availability. Demonstration with limited hands-on opportunities.

FRENCH CLASSIC— FLAVOR & TECHNIQUE

Location: Willy West Community Room
Monday, June 12, 6:00pm–8:00pm
Ages: 16 and older; adult supervision required
Instructor: Elizabeth Crawford
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 10

What makes a meal French? What does ‘je ne sais quoi’ mean? Join Elizabeth Crawford for a demonstration and to sample a multi-course French meal! On the menu: roasted salmon, tapenade, creamy spinach, salad/classic vinaigrette, cheeses, and a Brittany classic—buckwheat crêpe and salty caramel. A bon appetit.

Elizabeth is a self-taught cook, and she spent the first 10 years on her culinary journey studying cooks and writers in the classic tradition of French history, food, and culture. She published a memoir and cookbook entitled *At the Table: Recipes and Techniques* based on her studies.

INCLUSIVE TRADE AT FEED KITCHENS FEATURING MADAME CHU SAUCES

Location: FEED Kitchens, 1219 N. Sherman Ave, Madison, WI 53704
Thursday, June 22, 6:00pm–7:30pm
Ages: 18 and older
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 8

Join Willy Street Co-op's own Mike Tomaloff for a summertime series of cooking classes featuring the Inclusive Trade vendors of FEED Kitchens. In this first class, Mike will feature the products of Madame Chu in a variety of recipes, including Cold Noodles with Green Onions, and Cilantro with Satay Peanut Sauce; Kimchi Filled Steam Buns with Sambal Sauce; and Fresh Veggie Spring Rolls with Ginger Garlic Sauce. Demonstration with limited hands-on opportunities.

INDIAN-STYLE CUISINE-INSPIRED CURRIES

Location: Willy West Community Room
Sunday, June 25, 1:00pm–3:00pm
Ages: 16 and older; adult supervision required
Instructor: Saswati Bhattacharya
Fee: \$20 for Owners; \$30 for non-owners
Capacity: 10

Join home cook Saswati Bhattacharya for a meal inspired by her childhood. On the menu: Egglicious—an all-time party favorite with boiled eggs and epicurean potatoes in a mild gravy of spices and a hint of onion, garlic, and ginger. She'll also demonstrate how to discover the zest in zucchini using the right combination of Indian spices like turmeric, cumin, and coriander with a dash of shredded coconut to make this green vegetable work for you! Demonstration only.

SIX SPICES: SAMOSAS

Location: Willy West Community Room
Tuesday, July 11, 6:00pm–8:30pm
Ages: 18 and older
Instructor: Neeta Saluja
Fee: \$20 for Owners; \$30 for non-owners
Capacity: 10

Join Chef Neeta Saluja, chef and author of *Six Spices: A Simple Concept of*

Indian Cooking to learn to make samosas—homemade pastry filled with seasoned potatoes and peas, deep fried, and served with an assortment of chutneys. Also on the menu: Tamarind Chutney, a sweet, sour, and tangy chutney prepared with tamarind pulp, dates, sugar, and an assortment of spices; and Masala Chai, chai, prepared with Indian spices, sugar, milk, and a combination of teas. Demonstration with limited hands-on opportunities.

SUMMER SOUS VIDE

Location: Willy West Community Room
Thursday, July 13, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 10

Curious about sous vide cooking? Want to know how to incorporate this technique that involves vacuum-sealing food and then cooking in a water bath into your summer backyard cuisine? Then this is the class for you! Join Willy Street Co-op's own Mike Tomaloff to learn the techniques involved while enjoying a sample menu of Smoky BBQ Pork Ribs, Deviled Eggs, the Perfect Ribeye Steak, and even a fun summer dessert all made easier with sous vide! Demonstration only.

COOKING WITH CHEF PAUL: MUSHROOM IN OUR HEARTS

Location: Willy West Community Room
Thursday, July 20, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 10

The umami flavor of mushrooms can accompany or highlight many other ingredients. Join Chef Paul to learn about mushroom handling, drying, and cooking. On the menu: Mushroom Galette, protein paired with a mushroom sauce; Pan-Fried Mushrooms with Leafy Greens, and Braised Beef with Dried Mushrooms. Ingredients/recipes may be modified based on seasonal availability. Demonstration only.

COOKING WITH CHEF PAUL: STEAMED BUNS & SEA VEGETABLE SOUP

Location: Willy West Community Room
Thursday, July 27, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 10

A traditional Bao-zi will delight our palate. Join Chef Paul Tseng to learn to make and form the yeast dough and a variety of fillings—savory, vegetarian, or sweet. The umami taste of sea vegetables will complement the steamed buns perfectly.



SPRING CUPCAKE BOUQUET

Location: Willy West Community Room
Monday, June 5, 6:00pm–8:00pm
Ages: 16 and older; adult supervision not required
Your Co-op's Own Instructor: Alysa Hartman
Fee: \$40 for Owners; \$50 for non-owners
Capacity: 12

Cupcake bouquets are a wonderful presentation! Join Alysa Hartman in this hands-on class to learn the decorating techniques necessary to make a delicious edible bouquet of primary color cupcakes. You'll learn techniques for coloring buttercream, prepare a piping bag, and use piping tips to create different flowers. Each class participant will decorate and take home their own cupcake bouquet. All supplies are included. One decorator per bouquet. Hands-on.

CHOCOLATE CARAMEL GATEAU BASQUE WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, June 7, 6:00pm–8:30pm
Ages: 18 and older
Instructor: Pierre Ferland
Fee: \$20 for Owners; \$30 for non-owners



**Capacity: 10**

Join Chef Pâtissier Pierre Ferland in this class to learn how to make a Chocolate Caramel Gâteau Basque from start to finish and everything in between. Learn how to combine elements from two very different cultures, classic Gâteau Basque and traditional brownies. We'll start by making caramel, brownies, and chocolate Basque dough and assemble all the components to make this new classic pastry. Demonstration with limited hands-on opportunities.

CLASSIC PLUM & PEAR TART WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, July 19, 6:00pm–8:30pm
Ages: 18 and older
Instructor: Pierre Ferland
Fee: \$20 for Owners; \$30 for non-owners
Capacity: 10

Join Chef Pâtissier Pierre Ferland in this new pie class to learn how to make a classic pear tart and a plum tart from start to finish and everything in between. The demonstration will start with poaching fresh pears and making sweet dough and almond cream. Then Pierre will assemble all the components that make up these classic tarts and finally bake and serve. Demonstration with limited hands-on opportunities.

**COOKING TOGETHER: FLAVORS OF TURKEY**

Location: Willy West Community Room
Friday, June 9, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required

Fee: \$10 for kids; \$15 for Owners; \$25 for non-owners
Capacity: 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will prepare a prized potluck inspired by the flavors of Turkey—Sebze, Cheese Borak, Zucchini Fritters, Pilav, a dessert made from dates, and Pomegranate Limonada may be explored. Everyone in the class will be an active participant and will work together to prepare the meal to share at the end of the class. Hands-on.

COOKING TOGETHER: FLAVORS OF GUYANA

Location: Willy West Community Room
Friday, June 23, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required
Fee: \$10 for kids; \$15 for Owners; \$25 for non-owners
Capacity: 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will make a melting pot meal inspired by the flavors of Guyana—Gun Oil, Chinese Cakes, Cassava Bread, Curry Cook Up Rice, Sorrel Drink, and Lime Cookies may be explored. Everyone in the class will be an active participant and will work together to prepare the meal to share at the end of the class. Hands-on.

COOKING TOGETHER: FLAVORS OF BRAZIL

Location: Willy West Community Room
Friday, July 14, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required
Fee: \$10 for kids; \$15 for Owners; \$25 for non-owners
Capacity: 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class fix a fantastic feast using flavorful foods found in Brazil—black beans e arroz, the superfood açai berry, tantalizing tropical fruits, Empadão, Pão de Queijo, sweet chocolate Brigadeiros may be explored. Everyone in the class will be an active participant and work together to prepare the meal to share at the end of the class. Hands-on.

COOKING TOGETHER: FLAVORS OF JAPAN

Location: Willy West Community Room
Friday, July 28, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required
Fee: \$10 for kids; \$15 for Owners; \$25 for non-owners

Capacity: 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will fashion a fantastic feast inspired by the flavors of Japan—sushi rolls, noodles, miso soup, tea, citrus, soy and edamame may be explored. Everyone in the class will be an active participant and work together to prepare the meal to share at the end of the class. Hands-on.

**KIDS IN THE KITCHEN: CELEBRATE CHEESE!**

Location: Willy West Community Room
Tuesday, June 6, 4:15pm–5:30pm
Instructor: Lily Kilfoy
Ages: 9–12 years old
Fee: \$10 for Owners; \$20 for non-owners

Capacity: 12

Join Chef Lily Kilfoy in this hands-on cooking class for kids. Countless citizens in our community are connoisseurs of cheese, even children. Certainly, it's the cherished component of a Poutine crowned with Cheese Curds, Pizza prepared with medal-winning Mozzarella, and Grilled Cheese crafted with Wisconsin's own championship Colby. In this class, participants will cook classics that Celebrate Cheese. Hands-on.

READ A BOOK & LEARN TO COOK: STRAWBERRY LEMONADE

Location: Willy West Community Room
Monday, June 12, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 2-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making Strawberry Lemonade together. Read-aloud will include *When Grandma Gives You a Lemon Tree* by Jamie L.B. Deenihan and *The First Strawberries: A Cherokee Story* by Joseph Bruchac. Limit one adult per child.

KIDS IN THE KITCHEN: MOVIE NIGHT MUNCHIES!

Location: Willy West Community Room
Tuesday, June 20, 4:15pm–5:30pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 12

Join Chef Lily Kilfoy in this hands-on cooking class for kids. School's out, and summer's here. So we're staying up late to make Movie Night Munchies! Nosh-worthy Nachos, snackable Soft Pretzels, popular Popcorn, and a secret Concession Stand Confection. In this class, participants will make Movie Night Munchies. Hands-on.

KIDS IN THE KITCHEN: WONTONS AT WIL-MAR!

Location: Wil-Mar Neighborhood Center
Thursday, June 22, 4:00pm–5:15pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 12

Join Chef Lily in this hands-on cooking class for kids at Wil-Mar Neighborhood Center! Wontons are well-loved by wise ones around the world—like Willy kids in Wisconsin! We'll make Cream Cheese & Chive Wontons, Wonton Soup, and Chocolate-Marshmallow Wontons that can't be beat. Participants in this class will work together to whip up a World of Wontons at Wil-Mar. Hands-on.

READ A BOOK & LEARN TO COOK: BROCCOLI HASH BROWNS

Location: Willy West Community Room
Monday, June 26, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 2-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making Broccoli Hash Browns together. Read-aloud will include *Monsters Don't Eat Broccoli* by Barbara Jean Hicks and *Green Green: A Community Gardening Story* by Marie Lamba. Limit one adult per child.





READ A BOOK & LEARN TO COOK: PIZZA!

Location: Willy West Community Room
Monday, July 10, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 2-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making pizza together. Read-aloud will include *A Pizza with Everything on It* by Andy J. Pizza and *Right This Very Minute: A Table-to-Farm Book About Food and Farming* by Wisconsin author Lisl H. Detlefsen. Limit one adult per child.

KIDS IN THE KITCHEN: CAMPFIRE COOKING!

Location: Willy West Community Room
Tuesday, July 18, 4:15pm–5:30pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 12

Join Chef Lily 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. Hands-on.

READ A BOOK & LEARN TO COOK: FRENCH TOAST!

Location: Willy West Community Room
Monday, July 24, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 2-4 years old; adult supervision required; [click here to register](#)
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making French Toast together. Read-aloud will include *Click Clack Moo: Cows that Type* by Doreen Cronin and *Bread Comes to Life: A Garden of Wheat and a Loaf to Eat* by George Levenson. Limit one adult per child.



SHRUBS AND SIMPLE HERBAL SYRUPS FOR SUMMER MOCKTAILS

Location: Willy West Community Room
Tuesday, July 25, 6:00pm–8:00pm
Your Co-op's Own Instructor: Kirsten Landsverk
Ages: 18 and older
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 10

Learn to make delicious mocktails for your summer party guests! Flavors that will make your non-drinking friends feel special and cared for as much as everyone else at the party. Join Willy Street Co-op's own instructor, Kirsten

Landsverk, to learn about shrubs, simple syrups to flavor sparkling water, and iced tea blends that will refresh and delight. Lecture and demonstration.



MERITS OF EATING FATS

Location: Zoom
Wednesday, June 7, 1:00pm-2:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Until recently, the benefits of fat in the diet were poorly understood by most. Katy Wallace, Naturopathic Doctor of Human Nature, LLC will present how healthy fats may be key to resolving issues such as weight-loss resistance, cognitive decline, insomnia, and blood sugar swings. Learn what to expect when increasing beneficial fats, how to balance a meal, and how to track your progress.

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.

HORMONE BALANCE, NATURALLY

Location: Zoom
Tuesday, July 18, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

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

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy West Community Room
Wednesday, June 21, 1:30pm–4:45pm
Wednesday, July 21, 1:30pm–4:45pm
Location: Zoom
Tuesday, June 13, 1:30pm–4:45pm
Friday, July 14, 1:30pm–4:45pm

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

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

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PRODUCER NEWS

Interview with American Wine Project's Erin Rasmussen



Can you tell us a bit about your background, and how you came to making wine in Wisconsin?

Erin Rasmussen: "I grew up in Madison (about a mile away from the west side co-op location!), and I studied French and Music performance at UW. I think that my arts education gave me the vocabulary to talk about wine, and I think access to food outlets like the Co-op and the Dane County Farmer's Market allowed me the realization that food tastes better when people care about what they're growing. When I think about my young adulthood through that lens, it almost seems inevitable that I ended up interested in wine, where the farming is just as important as the artistry.

by Nick Heitman, Category Manager: Meat, Seafood, Beer, Wine & Spirits

"I moved to Napa Valley for a winemaking internship in 2008 and spent the next ten years learning everything I could. I worked at several wineries in Napa and Sonoma, and ended up getting a graduate degree in viticulture and enology (grape-growing and winemaking) at Lincoln University in New Zealand.

"Deciding to leave California to make wine in the Midwest wasn't easy, but when I got the opportunity to taste cold-climate hybrid grapes in a research vineyard and realized I could make wine the way I wanted to in my home state, I jumped at the chance. I was looking for a reason to move back to Wisconsin and pursue a creative challenge."

What are hybrid grapes, and how do they differ from "traditional"

wine grapes grown in climates outside the Midwest?

ER: "Hybrid grapes are interspecies crossings between *Vitis vinifera* ("traditional" wine grapes) and wild or endemic grape species (*Vitis riparia*, *Vitis labrusca*, and others). The hybrids we use for winemaking have been crossed and recrossed and selected for desirable characteristics such as flavor, sugar accumulation, cold-hardiness, drought resistance, and pest and disease resistance. To be clear, these are not GMO grapes. They have been cross-pollinated and grown from seed. It's like when annual flowers self-seed, and the next year you get volunteers that produce flowers that look suspiciously like the love children of the colors you planted the year before.

"Hybrids differ from traditional varieties because of the genes they inherited from wild grapes. Often, this means that they can be quite acidic (if you've ever tasted a wild grape, you know what I'm talking about). High acid grapes like these can be tricky to make wine with, and may be part of the reason why so many examples of midwestern wines are so sweet—the sugar balances out the acid.

"Hybrid grapes are also the reason any of us is able to drink any wine made from traditional grapes. Over a hundred years ago, Europe's vineyards were mysteriously dying, and no one could save them. The global wine industry was facing a complete collapse until a Missouri entomologist found that phylloxera, an invasive louse-like pest native to North America, was the culprit. Phylloxera feeds on the roots of grapevines, damaging them and leaving them susceptible to fungal infections. Wild American grape species are resistant to phylloxera and so the solution to the problem was to graft traditional wine varieties onto American rootstocks.

"Hybrid grapes continue to solve problems. They are able to grow in more diverse regions (like Wisconsin), and new varieties are being developed to increase pest and disease resistance and drought tolerance.

"Wisconsinites can be particularly proud because the modern era of hybrid grapes was led by Elmer Swenson, a farmer in Osceola, Wisconsin, and the University of Minnesota's grape breeding program which launched at the beginning of the 20th century. These grapes are now planted all over the world."

Many wines made in Wisconsin are what most would describe as "sweet," which is to accommodate the palates of what many people are looking for in the Midwest. How are the American Wine Project wines different, and how would you get people who may prefer a "sweet" wine to give them a try?

ER: "The difference between 'sweet' and 'dry' gets complicated because consumers have a different working definition of these words than the wine industry does!

"In technical wine terms, 'sweet'

refers to a wine that has sugar in it. 'Dry' refers to a wine that has no sugar. Humans can generally perceive sugar at a concentration of four grams per liter or higher. So, a wine with measurable sugar (technically sweet) may not actually taste sweet.

The opposite is true as well. Some flavors and aromas are perceived as sweeter than others. Vanilla, pineapple, papaya and raspberry jam are all tasting notes that read as sweet flavors. Wines can show aromas and flavors like these and be perceived as sweet but not have any measurable sugars. In winemaking slang, we sometimes call this 'fruit-sweet.'

American Wine Project wines don't have any measurable sugars in them. But, several of them are made from grapes that have sweet-associated flavors. When I get to talk to someone who prefers sweet wines, I make sure to ask what kinds of fruit flavors they gravitate towards, and then I can match that up with some of the more ripe, tropical, or juicy styles I make. Summer Land, made with Brianna grapes, is a great example of a technically dry wine that is juicy and tropical.

I think sweet wine drinkers might be surprised at how many wines they enjoy that are sugar-free, and I think people who like dry wines might be surprised at how many well-known 'dry' wines contain a little sugar! It's all about balance and perception.

With the popularity of natural wines growing across the country and globally, what are some of your wine-making processes people may be interested in learning about?

ER: "My goal when making low-intervention wines is to take advantage of the inherent value of my grapes. But, grapes rarely offer perfection, so my job is to apply techniques in order to help the wine be the best interpretation of the vineyard it can be.

"For example, hybrid grapes can be overwhelmingly high in acid. If I were making a conventional wine (even a very expensive one), I might choose to add potassium carbonate (basically baking soda) to deacidify the wine. But, because I know that grape stems have potassium in them, and because I want to extract some of the tannin from the stems as well, I choose to ferment many of my wines whole-cluster.

"I also use older neutral barrels to avoid imparting any oak flavors, and I allow the fermentations to occur with yeasts that are active on the grapes, or in the winery (referred to as native fermentation). Another technique I use is extended lees aging, which means allowing the wine to rest in the barrel, on the sediment (lees), for the better part of a year, or more. This technique allows the midpalate of the wine to develop, builds texture and mouthfeel, and helps the acidity integrate and soften.

"These techniques aren't exclusive to natural wine, but they do require care and attention to detail,

two attributes that are hallmarks of winemaking with minimal intervention."

Are there any new or exciting wines that we will see from American Wine Project in the near future?

ER: "Late spring is always exciting because it's the time of year I release the new vintage of Social Creature, a gorgeous magenta-colored rosado, and new vintages of two sparkling wines, Ancestral and We Are All Made of Dreams. For me, getting to release these wines at the tasting room is the true sign that summer is here.

"You have a great tasting room space in Mineral Point, can you tell us what people can expect when they come to visit?"

"The winery and tasting room is in the old high school Tech Ed building, but you would never guess it! It's airy and spacious, with groups of eclectic vintage seating and ample outdoor patio space. The large windows look out over an acre of gardens filled with perennials, wildflowers, and even a frog pond.

"We offer tastings as flights, so instead of elbowing your way to the bar, you get to find the perfect loungy spot to relax, taste the wines, and maybe build a cheeseboard with local options. Each week we offer a spritz made with our fizzy Piquette, and we've got craft beer and NA options as well.

"I also encourage people to follow the winery on Instagram and Facebook, which is where we post about special events, food trucks, and opportunities for volunteers to help with bottling and other winemaking work."



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PRODUCER NEWS

Interview with Giant Jones' Erika Jones



by Dean
Kallas,
Grocery
Category
Manager

Dean: How did you get interested in brewing?

EJ: "Jessica grew up around her Dad's homebrewing. When she turned 21, she decided to try beer. The cute little character on the Alpha King bottle from Three Floyds caught her eye, and, it turned out it tasted great! She promptly called her dad and said

she wanted to make a batch of beer with him. She's been brewing ever since! After we met, we discovered our shared interest in learning more about craft beer. When we moved to the SF Bay Area in 2004, we quickly discovered a vibrant craft beer scene, the Toronado Barleywine Festival, fellow homebrewers, and the Beer Judge Certification Program (BJCP). We immersed ourselves and discovered/nurtured a love for Barleywine and brewing during our five years living there. We also were fortunate to meet some professional brewers from Drake's Brewing in San Leandro, who let Jessica get even more immersed by helping out occasionally with their brewing and packaging. Our passion and future in the beer world was definitely fermenting! Moving back home to Wisconsin, a state with a strong brewing history, ample fresh water, and more affordable locales made the most sense to us to pursue our future in beer."

How would you best describe the style of beer you make to someone who has not had one of your brews before?

EJ: "We specialize in big, flavorful beers! We focus on classic styles that are 7% ABV and above, and always try to have a Barleywine style beer available. We make beer flavored beer, using organic malt, hops, and yeast!"

How do you source your organic ingredients?

EJ: "We like the complexity of high ABV styles, and the variety we can get from a small range of ingredients. Since we are certified organic, it's important to maximize flavors of the ingredients we can get, as there aren't as many options available to

Giant Jones

BIG BEERS FOR EVERYONE



us. The current brewing industry is really a commodity, industrialized market, so as a small, organic brewery, we have to work within and against that, which is a big challenge! Our malt and hops come from all over the world, but we're working to source things locally, when possible. We're part of the Artisan Grain Collaborative which is a network of folks involved in the regional grain shed and we're excited about the future of regional barley and small-scale malting facilities that are in the works! We've also started making historical styles that utilize unmalted grains so that we can source from Meadowlark Organics. And we've used local hops and spruce tips from Harmony Valley Farm in a couple beers so far, and look forward to using more locally sourced ingredients in the future!"

Who is your biggest influence?

EJ: "There are so many! I think we are inspired by a lot of brewers that have come before, as well as the organic farmers/producers in our area who have, like us, stubbornly stuck to their ideals and passions to make delicious things that are good for the environment and community."

What kinds of challenges have you faced while starting and getting your business going?

EJ: "There was this pandemic that happened 18 months after we started, which kind of put a bump in the road! Overall it has just been a steep learning curve on all fronts—but we're stubbornly idealistic and totally invested in seeing our brewery and beer succeed!"

What is the best part of your work?

EJ: "Collaboration—we love partnering with people across the community, other producers, and each

other. It's fun to see how we can have a greater impact by teaming up with others to see a shared vision—whether for a beer, a fundraiser, an event, or the future of our grain shed—come to fruition."

What are your favorite beer-making ingredients to work with and why?

EJ: "One of the things we are working on is sourcing more local ingredients. In partnership with Harmony Valley Farm, Meadowlark Organic Mill, and the Artisan Grain Collaborative, we're working to get more local, organic ingredients into our beers! Using these unique ingredients requires a lot of thought, patience, and experimentation, which is both challenging and exciting for us!"

"Harmony Valley Farm has added some new wildcrafted products to their organic certificate so that we can use them in our beers—you may have seen some Spruce Beer on the shelf, as well as Kornøl, both which use spruce tips from HVF. The Kornøl also used hops from HVF, and we plan to use sumac from their farm in our anniversary beer, a Witbier Grand

Cru, coming late June!

"From Meadowlark Organics, we've used a number of raw grains, including spelt, rye, wheat, and oats in beers such as our Kaves, Antwerps Gerstebier, and Goedt Bier. We look forward to making these beers again this year, as well as adding some new beers featuring Meadowlark grains."

"Finally, we are part of the Artisan Grain Collaborative—a network of farmers and end users who are working to add right-scaled infrastructure that bolsters our regional grainshed. We are hopeful that in the coming years a small-scale, organic maltster will be in operation so we can use even more local grains in our beers!"

When did you start making beer? What was the inspiration behind them and their names?

EJ: "You may have noticed that we don't name our beers! We decided that the most important thing was to communicate the style of beer. The characters we put on our labels often do have names, as they are giants from mythology or history. We want the characters to personify the beer and give the drinker a point of connection. It is fun to try to pick a character or story that connects in some, often punny, way to the beer style or history."

Do you have any other hobbies or interests?

EJ: "We are big foodies and love seasonal cooking. Our latest endeavor is hosting small, monthly multi-course (7-12 course) dinners featuring seasonal, local ingredients. It's a fun challenge, and an opportunity to cross train by pairing dishes with other great local beverages like American Wine Project wines (also available at the Co-op!)."

Do you have any new products in development?

EJ: "We're always putting new beers into the mix, like the Canadian-Style Spruce beer, and coming soon—a Breslau Schoeps Beer, Tropical Stout, and our Witbier Grand Cru...lots of fun new beers, as well as our ongoing favorites like Tripel, Extra Blonde, and Grand Porter!"

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Uncoated zinc oxide
Broad spectrum
Water resistant (80 minutes)
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BADGER SPF 40 BABY CLEAR ZINC MINERAL SUNSCREEN
2.9 fl oz
Chamomile and calendula
Uncoated zinc oxide
Broad spectrum
Water resistant (40 minutes)
Inclusive Trade vendor



BADGER SPF 40 SPORT CLEAR ZINC MINERAL SUNSCREEN
2.4 oz
Unscented tin
Uncoated zinc oxide
Broad spectrum
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Uncoated zinc oxide
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5 fl oz
Fragrance-Free
Zinc oxide
Free of oxybenzone and octinoxate
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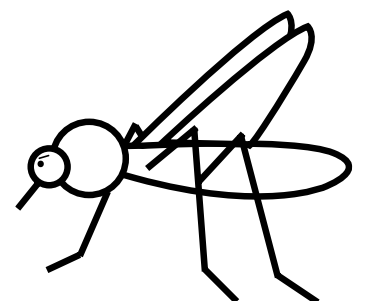
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Crispy Wheat, Harvest Whole Wheat
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CAMPING FOOD (MOSTLY) KEEPING IT SIMPLE

by Andy Gricevich, Newsletter Writer

It's prime camping season! Maybe you're going on a solo backpacking excursion deep in the woods, or maybe it's a car camping trip to a state park with family or friends. Whatever approach you're taking, it's easy to get overwhelmed by preparations like what gear to bring and what to eat. Once you've got it all together, it's time to head for the outdoors, and to put your perfectly organized plans to the test.

Keeping everybody fed and cleaning up after meals can add unnecessary stress to an activity that's supposed to be relaxing. There are definitely some folks who enjoy the challenge of producing a gourmet meal while camping. For them, there are plenty of fancy ideas online, from

elaborately marinated grilled brie to stuffed French toast to 25-ingredient curries. For those who won't find it worth all the work it's best to pack the easiest, least perishable, most nourishing food available. Remember—even the simplest things taste better around the campfire!

The most important part of your camp meal plan is the macronutrients: fats, protein, and carbohydrates. The right balance of nutrient-dense foods gives you the energy you need to hike, swim, fish, or whatever activities are part of your camping trip. Unless you're going to be in the wild for a long time, there's little need to worry too much about maximizing vitamins and minerals, or avoiding salt. It's about full bellies and enjoyment.

If you're trying to go minimal, you'll also want to include a lot of food that requires little to no preparation, and to keep it simple when it comes to the gear required for whatever you are going to cook. If you're car camping, it's hard to beat a cast-iron Dutch oven—especially one whose lid doubles as a skillet—for versatility and the ability to cook with a variety of heat sources.

Another popular, and extremely useful, camp cooking tool is the pie iron. It's basically two cast-iron skillets that lock together on a long handle. Pie irons allow for controlled cooking over coals or a fire, and you can make a range of delicious hot dishes in them. A small, portable propane camp stove can be helpful—as

can a simple campfire cook stove—but it can save a good deal of packing and hauling to focus on what can be cooked on a bed of coals or over an open flame. Cooking with fire also connects us with something elemental and ancient, and can deepen our experience during our time outdoors. Beyond that, a cooler with an ice pack and a few essential dishes and utensils can pretty much take care of things—or just carry sturdy or non-perishable foods in a backpack.

DINNER

The tried-and-true camp foods are classics for a reason. It doesn't take much more than a bag of chips to accompany hot dogs for dinner, cooked perfectly over a fire—and



hot dogs keep well in the cooler. If that's not fancy enough, and you must boil water, boxed macaroni and cheese with sliced dogs thrown in adds delicious fats and filling carbs. Given sufficient skill at the fine art of stick-carving (or maybe you just brought skewers), veggie and/or meat kebabs are another good right-over-the-coals option. You'll want to cook any meat on its own skewer in order to make sure things aren't over—or underdone—and, with any camping food, chopping everything at home before your trip will save you time preparing meals and cleaning up afterwards. Also, of course, many kiddos—and many adults—are likely to demand s'mores to finish off their fire-cooked meals.

It's so easy to bake potatoes, carrots, onions, or corn on the cob wrapped in foil at the edge of a bed of coals. Don't forget to bring salt on your trip! If you've diced some of these vegetables in advance, a foil-wrapped hash can be a nice way to have something hot for breakfast without much work. Apples baked in foil are a delicious dessert in themselves; coring them beforehand with a knife (because you brought a knife—preferably one all-purpose knife—right?), then filling them with brown sugar and cinnamon, takes it up a notch, and is a perfectly acceptable bit of added labor. All these fruits and veggies hold up well in a bag or cooler.

When it comes to cooking food in pots and pans (remember, you'll have to wash them), ready-to-eat soups and stews, whether made at home and canned or store-bought, are easy to heat in a Dutch oven, and can make for a filling dinner that provides plenty of depth of flavor. Chili or sloppy Joe filling, made ahead (or from a can) heat up well in a pot set on a bed of hot coals. Your Co-op grocery department also offers a variety of delicious, ready-to-eat, shelf stable Indian and Thai curries in foil packets, and bringing some of those along on a camping trip may offer the only justification for the existence of pre-cooked rice—though you could also buy some naan or other flatbread with which to scoop up the sauce.

If you can't resist making a more elaborate dinner but still only want to use one pot, there are some good ideas out there. Dutch oven nachos are easy and, unsurprisingly, delicious. Put some aluminum foil in the bottom of the pot (this will save you some cleaning time later), then repeat layers of corn chips, cheese, and whatever other toppings you decided to bring—including anything, like ground meat, that you've pre-cooked at home.

Popcorn in a Dutch oven makes for an easy evening snack; as with

any cast-iron camp cooking, you'll need hot pads or heat-resistant gloves. In the frying pan, quesadillas are a great minimalist option. All you need are your favorite tortillas, a pre-shredded cheese blend, and a jar of salsa, and you're good to go. Given a grill, steaks, burgers or a vegetarian alternative, or any other cookout classics will surely satisfy, if prepared for cooking in advance. It's best to use up any such perishable foods on the first night.

There are plenty of good pie iron



recipes online. Most involve putting a slice of bread into each half of the oiled pie iron, adding additional ingredients, and winding up with a delicious hot sandwich. You can also use tortillas, other wraps, biscuits or hamburger buns to make quesadillas, pizza pockets or pudgy pies. This tool really expands the possibilities for one-dish camp cooking.

WHAT'S FOR BREAKFAST?

It can be easy to relax into cooking dinner at the end of a day in the woods. In the morning, though, most of us want to get going, rather than take up too much daylight time with getting food in our bellies. For a hot breakfast, one solution is to have someone along on the trip who enjoys getting up before everyone else, getting a fire started, and preparing a bed of coals to cook something simple. The propane stove is another, since it can be turned on and off instantly. Again, nobody wants to wash a pile of breakfast dishes, so we're mostly looking for simple classics that require minimal equipment.

Eggs are a more or less perfect food, especially from pasture-raised hens. In addition to protein and essential omega-3 fats, they provide many important nutrients and give us plenty of good fuel for the day. Hard-boiled in advance for no-cook breakfasts (they make a nice enough morning sandwich) or hiking snacks, they'll keep well for at least a few days in a cooler. A favored method for perfect hard-boiled eggs is to put them in a pot with cold water, bring it to a boil, shut off the heat and set a timer for seven minutes before removing the eggs and cooling them in cold water. By all means, though, make simple fried eggs in your skillet for a good camp breakfast. If you've brought plenty of butter, make pan toast as well—it's hard to beat.

Tubes of biscuits or cinnamon rolls cook easily in a Dutch oven on the coals. If you want to prepare food in advance of your trip, you can make breakfast burritos, wrap them in foil, and heat them on the coals. If you're okay with heating plastic for a few minutes, fill ziplock bags with egg, cheese, veggies, and whatever else you'd like. Get water boiling in your pot, drop the bags in, and you end up with sous vide omelets! The pie iron is also great for omelets, eggs in a nest (put in a bunch of frozen hash browns and crack an egg into the middle), breakfast sandwiches, French toast, and more.

Avoiding cooking in the morning is easy, though. Granola and yogurt, with some fruit added, make for a fine breakfast parfait. Keep in mind that berries don't hold up for too long, so you'll want to eat those toward the beginning of your trip. You can also make overnight, no-cook oatmeal: for each half-cup of dry quick oats, add one cup of water and a pinch of salt in a sealable container, shake it up before climbing into your sleeping bag, and let it sit in the cooler overnight. Some dried fruit (raisins, cranberries) and seeds (hemp, chia, ground flax) will make it more nourishing and delicious. You can add nut butter and/or sweeteners in the morning for a sustaining start.

SNACKS AND LUNCHES

Here's where you really want to go simple. Nobody wants to haul a large amount of food around on a hike, or spend the rest of the morning packing



lunches after breakfast. For snacking and lunching, you're pretty much going for satisfying calories.

Nuts are generally superfoods, and a bag of them goes a long way on its own. Trail mixes, whether homemade or bagged up in the bulk aisle, come in countless varieties. It doesn't get much easier than granola and protein bars. Cheese sticks hold up well in your backpack, and obviously pair well with crackers. Throw in a carrot, a just-ripe avocado, an apple or orange, or any other fruit or vegetable that can take a bit of a beating or

heating, and your snack package is complete.

A simple lunchmeat and cheese sandwich or PB&J (or nut butter on crackers, or fruits and vegetables) never fails to taste amazing to hungry hikers in the middle of the day. Wraps with hummus and veggies are a good bet as well, and many have been sustained in the woods by a can of sardines or tuna. For lunch at the campsite you might get a little more elaborate with some tried-and-true picnic foods, made ahead: pasta salad, bean salad, melon or other satisfying fare. In any case, lunch while camping is the time to take a break and relax, and it's easy to keep it that way.

EATING WILD

Your trip can be made even more fun, and deepen the nature connection aspect of the experience, by eating at least something from the woods, prairies, or waterways around you. If you or anyone you're with fishes, it's hard to have a better dinner than grilled or pan-fried trout or bluegill, or a good catfish baked in foil by the fire. Try learning a few easily identifiable edible plants; depending on the rules of the place you're camping, you may be allowed to harvest some greens, herbs, or mushrooms. A little watercress is great on a ham and cheese sandwich, and some wild garlic or onion tops can take that fish to the next level. Almost any place you're visiting will allow you to pick summer berries, or apples from a long-abandoned orchard. Who doesn't like to do that?

Whether you're into "primitive" cooking on hot stones, grilling, or the convenience of packages—or

making five-course camp banquets and bringing an extra bus tub for the dishes—eating in the outdoors brings a particular satisfaction with it. Hungry, tired, and (hopefully) relaxed, surrounded by the songs of crickets and toads and the flashing of fireflies, we feel grateful for every bite. Kids remember camp meals for their whole lives. Rather than a daily necessity we need to plan for and, most of the time, simply get out of the way, eating becomes part of a whole experience of living on the planet. It's a beautiful thing. And we get s'mores.



COMMUNITY SPOTLIGHT

10 Questions with Chris Brockel, FEED Kitchens Director

by Kristina Kuhaupt, Customer Experience Manager

I first met Chris several months ago during a Northside Business Association meeting. I had the pleasure of hearing all the wonderful things FEED Kitchens has to offer and provides to the community when Chris gave the group a presentation on the topic. After that meeting, I knew I had to get a tour of the space and see it firsthand. Chris was gracious and spent time with several Willy Street Co-op staff members, taking us through the facility and explaining all the different business components of this organization, a bit of history, and all the many success stories. I knew this place was special prior, but after seeing it for myself, I knew that our Owners who may be unfamiliar with this organization or



Chris Brocker, FEED Kitchens Director

have seen the building while driving by but never really knew what happened there, would be very interested in learning more. Please continue reading to hear Chris' story as he walks you through the concept, purpose, and mission of FEED Kitchens below. Additionally, if you would like to support FEED Kitchens through your grocery dollars at the Co-op, consider purchasing at our stores their scones, morning buns, Danish, muffins, sticky buns, cookies, brownies, bars, and coffee cake. We also carry several Inclusive Trade products are made at FEED Kitchens, which currently include: MoJo's Majik, Madame Chu, Mad Maiden Shrub, Mango Man, Ernie's African Kick Sauce, and Chrysalis.

Lastly, for those of you who enjoy taking our cooking classes, you are in for a treat! We have partnered with FEED Kitchens to bring you a cooking class into the community located at their facility, featuring new class instructor and Willy Street Co-op's own, Mike T., who has worked many years at our Production Kitchen. For more registration information about this and other classes we offer, please visit www.willystreet.coop/events.

Inclusive Trade at FEED Kitchens featuring Madame Chu Sauces

Thursday, June 22, 6:00-7:30 pm at FEED Kitchens

Join Willy Street Co-op's own Mike Tomaloff for a summertime series of cooking classes featuring the Inclusive Trade vendors of FEED Kitchens. In this first class, Mike will feature the products of Madame Chu in a variety of recipes, including Cold Noodles with Green Onions, and Cilantro with Satay Peanut Sauce; Kimchi Filled Steam Buns with Sambal Sauce; and Fresh Veggie Spring Rolls with Ginger Garlic Sauce. Demonstration with limited hands-on opportunities. Please see the Community Room Calendar for full details.

Keep an eye out for two more classes added in August and September featuring additional Inclusive Trade vendors. For those who are unfamiliar with our Inclusive Trade Program that rolled out in May, this Program was created to highlight products from companies owned, controlled, and operated by individuals from under-represented groups. For more detailed information about this new program, please see www.willystreet.coop/inclusivetrade.

I know you have a long history in Madison food systems; what brought you to FEED Kitchens?

CB: "My tenure at FEED Kitchens began as a bit of a happy accident. In the summer of 2015, myself and Joe Mingle started a food recovery initiative, Healthy Food for All, that was initially focused on the collection and distribution of excess local farm production. My previous jobs at Community Action Coalition and FairShare CSA Coalition had revealed a gap in our food system that we were seeking to fill by collecting and distributing healthy local food. At about the same time I was approached by the Executive Director of Madison Northside Planning Council (NPC) to join their board to help steward FEED Kitchens. At that time FEED had been open for a little over a year and, like many startups, was struggling to find its footing. By the fall of that year, NPC had received a Local Food Promotion Program Grant from the USDA and was looking to make a hire to fill a new position. I agreed to take the position as an LTE until they found their



hire and—seven plus years later—I now manage the facility and lead NPC's food programs. In the spring of 2016, Healthy Food for All joined NPC as a program embedded at FEED Kitchens."

Why was FEED Kitchens created?

"Madison and the surrounding region takes great pride in our local food system, but prior to the opening of FEED Kitchens, there was very little capacity around Dane County for the processing of products grown right here and for food business development. FEED was created specifically to provide infrastructure in our local food system for the processing of regional farm production in an effort to make local food products available to consumers year-round. Equally important was providing commercial kitchen production space for food entrepreneurs of all types as well as a community space to support culinary efforts of local non-profits and community groups."



How do the Northside Planning Council and FEED work together? What is your vision together?

CB: "FEED Kitchens is a program of Madison Northside Planning Council (NPC) and, while from the outside looking in we appear to be two distinct entities, we are administratively closely tied together. Prior to the opening of FEED Kitchens, NPC was a relatively small agency doing community outreach on the Northside and publishing the *Northside News*. As a regional facility, FEED Kitchens expands NPC's reach beyond the Northside and adds a big burden to its annual budget. At the start of 2023 NPC shuffled its administrative structure to divide the stewarding of our food programs from our Northside outreach activities. As the Director of Food Systems for NPC, and the manager of FEED Kitchens, I work closely with NPC's Executive Director and board to coordinate program planning and marshal our budgets."

Tell us about the FEED Bakery Training Program. How does this program help those looking to get into the baking industry?

CB: "Since the doors opened at FEED Kitchens in November of 2013 there has been a bakery training program hosted here. The first program here was Just Bakery, which was incubated for a few years before moving into their own space. Paralleling the Just Bakery program was the River Food Pantry Bakery Training. This initiative was similar to Just Bakery's but focussed on a slightly different clientele. When The River Food Pantry decided that running an off-site training program stretched their capacity too thin, Madison Northside Planning Council assumed the program and has operated it since then. The training is a combination of classroom instruction and hands-on work in our bakery. Kitchen math, bakery science, and general work skills are all taught in the class. Students also are given

instruction in safe food handling and will test for their ServSafe certification while with us. Besides learning baking skills, students get firsthand experience working in a commercial kitchen doing fast-paced production. With the wide variety of food businesses operating at FEED students are also introduced to an array of cooking and production styles and methods and learn to communicate positively in a busy environment. Graduates of the class are ready not just for baking jobs, but any job in food production/back of kitchen. Given that students in the class have families and many have limited transportation options, many of the jobs we place and support folks in are institutional—hospitals, nursing homes, cafeterias. These jobs may not allow as much culinary creativity, but they do provide family-supporting wages, benefits, and decent daytime hours allowing them to be at home when their children are there in the evenings."



How has Willy Street Co-op partnered with you throughout the years?

CB: “Willy Street Co-op has been a critical partner of Madison Northside Planning Council in general and FEED Kitchens specifically. Well before FEED Kitchens was built, Willy Street Co-op provided monetary support for the build-out and technical assistance for how the facility should be set up and operate. Since FEED’s opening Willy Street has been supportive of the vendors operating at FEED and has given their products opportunities to find their way to the Willy Street shelves, providing, for many, their first opportunity to distribute their products wholesale. Willy Street also provides technical assistance, sampling opportunities, and feedback on product labeling and marketing—all invaluable to the entrepreneurs at FEED. Willy Street has also provided in-person workshops at FEED on grocery shelf placement and working with retailers.

Then there’s the cookies, Danish, and other baked goodies made by the FEED Bakery and Training Program that are sold at all the Willy Street Co-op locations. Willy Street has been a fantastic partner in promoting the baked goods and featuring the program in its in-store marketing. This has led to a tremendous increase in sales and revenue for the program. FEED Bakery and Training operates as a social enterprise and all profits made by the sale of our bakery is funneled back into the training program to support the students. This revenue helps us pay for instructors, ServSafe testing, and, this year, allowed us to create an internship program so that our students get paid while attending the training. All of this is vitally important as the program continues to grow and evolve.

Finally, Willy Street Co-op has been supportive of the overall agency of NPC. When the northside of Madison was going to be left without an accessible grocery store with the closing of Pierce’s, Willy Street Co-op worked openly and productively with NPC and northside residents to negotiate a move to Sherman Plaza and meet the affordable and cultural food needs of future shoppers. Willy Street Co-op—North-North now works closely with NPC in creating community through northside events.”

What are some small business graduation success stories through FEED that you can share?

“As FEED Kitchens approaches its 10th anniversary, the graduations and success stories are starting to come on a regular basis. FEED Kitchens now counts no less than 28 businesses as graduates that are now operating out of other facilities or their own facilities. Some of our recent graduates include Far Breton Bakery, now in the former New Orleans Take Out on Fordem Ave, Off the Block Salsa and Pizza, now in the Ella on East Washington Ave., and Spark Spices, which has moved into a facility closer to his home in Milton. Cultura Cali food cart has just moved out of FEED Kitchens to open Jalisco Cocina Mexicana on

King St. Other notable graduates from FEED over the years include: Madison Chocolate Company, Driftless Chocolates, Little Tibet, Beef Butter BBQ, 100 Mile Sauce, Sookie’s Veggie Burgers, Fifth Scoop Vegan Ice Cream, Ice Cream Social, and Keene Garlic.”

How many small businesses do you work with today? Can you support more? If so, how does one become a member?

CB: “FEED Kitchens’ current roster includes 82 active businesses. The mix of businesses includes food carts, food trucks, caterers, bakers, baking mixes, snack foods, beverages, sauces, salsas, syrups, and a coffee roaster. Even with 24/7 access to the kitchens, with only 5 production spaces one might imagine how all those businesses fit at FEED, but not every business is doing daily production. Depending on the product a business may be here almost daily (bakers, food carts), as events require (caterers), or as inventory runs low (packaged products). This mix allows us to bring in as many entrepreneurs as we do and it requires that all of us work together in a cooperative and supportive spirit—a demand that is met easily by the folks working here. We can certainly support more businesses here, but there is a limit to the types of businesses and available times for production so each business wanting to become a member here is assessed for their production needs and times to see if they can fit into the existing flow of the space. We are maxed out on food carts and caterers but can fit in more bakers and value-added product makers.

“Becoming a member at FEED is a fairly simple process. Entrepreneurs can simply fill out the application on our website and send it in which will start a conversation and process. I generally think it is best to give us a call or stop in and have a discussion about your business before applying as we can give immediate feedback on business ideas, assess whether to proceed with an application, and connect you to food business resources.”

I heard you were recognized by some major luminaries in the food industry. Can you tell me about that story?

CB: “At all levels of the food supply chain, the work is difficult, messy, and generally lower paying. Because of this, it tends to churn through people. This is a very capitalist view of the system, people as a means of production, but the reality is that workers tend not to stick around long. For this reason, I think that any recognition I have received is a reward for the tenacity to stick it out. Having performed numerous roles, I do believe that I have a unique view of our local food system and it is important to share this and be somewhat of a historian. On the other hand, I do not believe in holding any single person up as knowing the answers or the right path. I find new ideas bubbling up all the time and there is great energy in our region for creating something different and all those voices need to be heard.”

What is your vision for the future for FEED?

“Having been open now for nearly ten years, having gone through the pandemic and maintained a safe production facility, and having to respond to local needs and trends, we have learned a lot of lessons in the operation of a shared kitchen business incubator and in the needs of the entrepreneurs working here. We are now in the process of assessing those lessons and strategically planning our future. Things that we know for sure are:

“There is inadequate food cart production space in Madison. Regardless of their production model, food carts are required to operate out of a commercial kitchen, and FEED can provide this space for a certain number of food carts. As food cart opportunities expand post-pandemic, the number of shared commercial kitchen spaces has decreased. This is putting a lot of pressure on us here at FEED, and, as Madison enjoys the rich diversity of flavors that food carts bring to us, we feel some responsibility in helping solve the logjam.

“FEED Kitchens has a responsibility to our vendors to work with the Public Market Foundation to help place vendors appropriately in the Market (permanent/seasonal, kiosk/store) and to work with the cohort of vendors who went through our Market Ready program to build capacity to vend at the Market. These folks have been waiting a long time. FEED Kitchens also plans to have our own store at the Public Market where all products made here can get immediate shelf placement. All of this will begin moving forward in the next few months with an eye to a 2025 opening.

“Finally, having gone through the pandemic and focusing on internal operations and keeping a safe production facility, I am looking forward to FEED Kitchens developing a more outward focus and connecting with the community. For the benefit of our entrepreneurs, this means more partnerships with support services, more marketing opportunities, and more involvement with the larger entrepreneurial landscape in Madison. For FEED itself, it means more focussed storytelling through a variety of media, a return to pre-pandemic events, and the development of strategic partnerships that can help advance our mission and awareness in the community.”

How did COVID impact FEED and how can the community help?

CB: “When the initial stay-at-home order came in March 2020 FEED Kitchens was just a week away from our signature fundraising event, Taste the Future. This event was canceled and we are hopeful to finally bring it back this fall. With no one on the streets and folks working from home, and all events canceled there was no reason for food cart operators and caterers to be working so the flow of activity at FEED came almost to a full stop. FEED exists primarily on earned revenue from the use of kitchen space and storage, so without activity here for very long, we would have been

forced to shutter our doors. If this would have happened I am not certain that we would have had the ability to re-open at some point. To avoid closing the doors, to keep some of the chefs working here employed, and to serve the community, FEED Kitchens quickly pivoted and started the FEED-to-Go program. Using grants and donations from the community, FEED hired five chefs who worked on a daily basis to prepare 600 meals that were individually packed and sent out to the community every afternoon. For much of the first 6 months of the pandemic, this was our sole existence and it was, at the same time, both eerie and exhilarating. During the course of the program over 40,000 meals were delivered and 5 chefs maintained their employment and businesses. When folks did start filtering back to FEED Kitchens to do production—mainly bakers and packaged goods producers—we focussed on maintaining a safe and sanitary work environment to keep everybody inside the facility safe. I am happy to say that, during the pandemic, we did not lose a single hour of production due to covid outbreaks in the facility. While we managed to keep FEED Kitchens open throughout the pandemic, our revenue suffered greatly and we are still working on building back. The cost of everything has skyrocketed and just maintaining our current level of equipment and supplies is costing us far more than it did previous to the pandemic. Food-safe gloves, which are necessary in directly handling food traditionally cost us \$4 a box prior to the pandemic, but at points during the pandemic we were paying nearly \$20 for that same box. This is just one example of the way inflation and supply chain issues have hurt our business, as well as each of the individual businesses operating here.

“Serving as a nonprofit and not wanting to keep our doors open on the backs of the folks we are trying to assist in business startups, it is important to me that folks in the community who appreciate good food made locally, who understand the importance of a well developed and resilient local food system, who believe in the power of locally spent dollars as an economic development tool, and who want to see good people of all backgrounds realize their dreams step up and support our work. As a City, we take great pride in our local food system and our “foodie” credentials, but we also need to understand that these systems don’t develop on their own and we need to support and nurture them.”

CLOSING THOUGHTS

I want to thank Chris for taking time out of his busy schedule for this interview, and his continued tireless work on making our food systems accessible throughout Dane County to cultivate opportunities for all. For more information about the work happening at FEED Kitchens, their newsletter, how to become a member, and/or donate to this amazing organization, please visit: feedkitchens.org.



Recipes

Pressed Chicken with Yellow Summer Squash and Tomatoes

Adapted from *Gourmet Magazine*.

This chicken dish is so quick and healthy, with marjoram infusing it with flavor. Pressing the chicken under an additional skillet while cooking results in moist meat with a crispy exterior.

4 chicken breast halves with skin and bone
salt
pepper
2 Tbs. olive oil
3/4 lb. summer squash, cubed
1 lb. tomatoes, chopped
2 cloves garlic, minced
3 tsp. fresh marjoram, chopped

Directions: Pat the chicken dry, and sprinkle with 3/4 teaspoon of salt, and 1/2 teaspoon of pepper. In a heavy, 12-inch skillet, heat the olive oil over medium-high heat. Add the chicken, skin-side down. Cover with a round of parchment, then place a heavy skillet on top, followed by a 3-5 pound weight (use a couple of 32 oz. cans). Cook for 10 minutes, then remove the weight, skillet, and parchment, and flip the chicken over. Cover again with parchment, skillet and weight. Cook about 8 minutes more, just until the chicken is cooked through. Transfer to a plate and cover to keep warm.

Add the squash, tomatoes, garlic, 2 teaspoons of the marjoram, and 1/2 teaspoon of salt to the skillet. Cook over medium-high heat, stirring frequently, for 6-8 minutes, until the squash is tender and the tomatoes begin releasing their juices. If the chicken has released any juices on the plate, add these to the skillet and stir to combine. Season to taste with salt and pepper. Spoon the squash and tomato mixture over the chicken, and top with the remaining teaspoon of marjoram. Serve hot.

Chicken Kebabs with Garlic Sauce

Adapted from www.food52.com.

This is quite the meal: grilled chicken, vegetables, and chunks of halloumi cheese, served with warm pita or naan and an amazing, creamy garlic sauce. Take note that the chicken should marinate overnight, so plan accordingly.

1 c. plain Greek yogurt
9 cloves garlic, minced
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
1 egg white
2/3 c. sunflower oil
1 Tbs. olive oil
ice water
1 c. mayonnaise
12 button mushrooms, halved
2 red peppers, cut into 1-inch pieces
2 zucchini, sliced into 1/2-in pieces
2 pack halloumi cheese
2 lemons
4 pita bread

Directions: In a large bowl, combine the yogurt, 3 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.

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.

Preheat grill to medium-high.

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).

Skewer the marinated chicken on separate skewers, as you did the vegetables. Sprinkle with salt and pepper.

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.

Serve with warm pita, with the garlic sauce ladled on top. Sprinkle with fresh thyme.

Zucchini Chips

From 100 Days of Real Food: www.100daysofrealfood.com.

“Get ready to turn plain old zucchini into something fabulous!” -100 Days of Real Food

2 zucchini, sliced thinly
3 eggs
1 1/2 c. breadcrumbs
1/2 c. parmesan cheese
olive oil
salt
pepper

Directions: Thinly slice zucchini into 1/8” rounds. Beat eggs in a shallow bowl. Using a food processor (or a mortar and pestle) process the breadcrumbs, cheese, plus a couple of dashes of salt and pepper, until you have fine crumbs. Transfer the breadcrumb mixture into a shallow bowl.

Make an assembly line in the following order: zucchini, eggs, breadcrumbs, a clean plate.

With one hand (your “wet” hand) coat a few of the zucchini slices with the egg and shake off the excess. Drop them on top of the breadcrumb mixture, and using your other “dry” hand, coat with breadcrumbs. Gently shake off the excess, and place on the plate. Repeat process until all the zucchini is breaded.

Heat a thick layer of olive oil in a medium to large sauté pan over med heat. Place zucchini in oil in a single layer (you'll need to do this in batches). Turn them once when they're golden-brown, after about 2-3 minutes. Add more oil if necessary, and transfer to a paper towel-lined plate when both sides are golden-brown. Repeat until all the zucchini are cooked.

Transfer to a serving platter, garnish with Parmesan cheese, and serve!

Zucchini Crostini

By Willy Street Co-op.

Serve this alongside soup or salad or as a garden-fresh appetizer.

6 plum tomatoes, chopped
2 Tbs. olive oil
2 cloves garlic, minced
2 zucchini
1 onion, chopped
1 tsp. thyme
1/4 c. white wine
1 baguette
1/4 lb. provolone cheese
Salt & pepper

Directions: Preheat oven to 450°F. Heat oil in large heavy skillet over medium flame. Cook onion, stirring occasionally, until soft. Meanwhile, halve the zucchini lengthwise and slice into 1/4-inch thick half-moons. When onion is soft add zucchini and garlic to the pan and cook, stirring occasionally, until zucchini is just tender. Add tomatoes and thyme and cook about 2 minutes more. Add wine or broth, and salt and pepper to taste and simmer until liquid is reduced by half, about 5 minutes. Remove skillet from heat and allow mixture to cool. Drain any accumulated moisture. Arrange bread slices on baking sheet and toast in preheated oven until very lightly colored, about 4 minutes. Mound about 2 tablespoons of zucchini mixture on each toast and sprinkle with a bit of the cheese. Return to oven until cheese is melted and beginning to brown a bit.

Strawberry Icebox Cake

Adapted from www.thekitchn.com.

This stunning no-bake cake is surprisingly easy, and showcases spring's delicious strawberries.

3 1/4 c. whipping cream
1/3 c. confectioners' sugar
1 tsp. vanilla extract
1/2 tsp. rosewater
19 oz. graham crackers
2 lb. strawberries, sliced
2 oz. dark chocolate

Directions: Using a hand mixer, whip 3 cups of the whipping cream until stiff peaks form. Gently fold in the confectioners' sugar, vanilla, and rosewater (if using). Spread a small dollop of whipped cream on the bottom of a 9x13-inch baking dish, and top with 6 graham crackers. Lightly cover the graham crackers with a layer of whipped cream, then a single layer of strawberries. Repeat with three more layers. Finish with a layer of whipped cream and the rest of the strawberries.

Pour the remaining 1/4 cup of whipping cream into a small saucepan. Heat over medium-low heat until bubbles form at the edges. Turn off the heat and stir in the chopped chocolate. Whisk until it's thick and glossy. Drizzle the chocolate sauce over the cake. Refrigerate the cake for at least 4 hours, until the graham crackers have softened.



TOGETHER WE TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



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.

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:

- Fair Wisconsin Education Fund
- Freedom, Inc.
- GSAFE
- Orgullo Latinx LGBTQ+ of Dane County
- OutReach LGBTQ+ Community Center

SAVE THE DATE: COMMUNITY CHANGE-MAKER AWARDS

September 28 at Union South

Community Shares of Wisconsin will celebrate local leaders and organizations who are advancing social and environmental justice in our community.



communityshares.com

RUN

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

See willystreet.coop/run-for-board



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

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



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



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Year-end Inventory (Last day of FY23): Sunday, July 2

Independence Day: Tuesday, July 4





Staff Picks



JAMES

Ferndale Smoked Turkey (sliced from our Deli)

I never used to care much for turkey sandwich meat until I tried this smoked turkey! Now I use it any chance I get—for turkey and Swiss sandwiches/melts, on top of a bagel with cream cheese, and even tossed into an omelet! It is a staple in my house, for sure!



SmartSweets Sourmelon Bites Sour Gummy Candy

It's hard not to eat a whole bag of these in one sitting. If you like sour candy, definitely give these a try! They've got a great flavor, are not too sticky, and are sweetened with allulose, which is all-natural—it comes from foods like figs, raisins, molasses, and maple syrup.



ABIGAIL

Troubadour Bakery Brioche Burger Buns

Not just for burgers! Actually, I haven't even had a burger on one of these buns (although I'm sure it would be great). Soft, fluffy, with just a pinch of sweetness, these buns are so yummy to use with some sliced meat and cheese from our Deli. Make some sandwiches to take with you on a picnic! Also delicious used for breakfast sandwiches. Locally made in Milwaukee!



KJERSTIN

North Bay Trading Dried Campsite Veggies

So helpful and handy!! I just keep some on hand at home for tossing into ramen or other soups or whatever needs an extra dash of veg. Mostly though, there is no end of camping meals that can be created with this dried vegetable mélange! One of my favorites is to add in powdered coconut milk, dried mushrooms, some curry powder, vegetable broth powder, and whatever other spices and such that you wish for in with these veggies and cook up with mung bean threads. YUM. East and North only.

Forage Peach Kombucha

Tastes like a sparkling summer evening. And it is locally prepared!



STEVE

OM Mushroom Master Blend

I drink a lot of coffee and need something that provides an extra boost to get me going. This 10 mushroom blend boasts a wide array of wellness support from memory, immunity, gut health, energy, focus, and stress relief! I blend a scoop of this, MCT oil, and a little coconut milk for the best at-home mushroom latte you'd ever have!



LAURA

Brown Cow Chocolate Yogurt

I love this yogurt as a mid-afternoon snack; it's not too sweet and tastes a bit like chocolate mousse.



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—win!



AMY

Scallions

I worry some of our shoppers don't "do" scallions. I find them to always be a delicate and pleasant addition to just about any dish I use them in. On tacos they are a nice raw add-on 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 sauteed 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!

Willy Street Co-op Toddy Concentrate

Use the Co-op's Toddy Concentrate to make a very refreshing beverage. Another name for it might be Fizzy Super Ginger Lemon KaPow. One 16oz bottle has four spritzer servings. Just mix one part toddy concentrate with three parts club soda or sparkling water!



MOURNING DOVE

Baby White Turnips

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



Once Again Tahini

This super-smooth tahini has been starring in some homemade dressings in my kitchen. My favorite is a sweet basil dressing with lemon and maple syrup.



KATHERINE

Smart Caffeine

Caffeine kind of just makes my world go around. This little capsule contains 100mg of caffeine PLUS 200mg of L-Theanine to help you to come down without a crash. It's one of my favorite perk-me-ups!



Willy Street Co-op Vegan Sheba Bars

Sheba Bars never do me wrong. It's the perfect mix of creamy and chewy. These are like rice crispies on a whole other level. You might never go back!

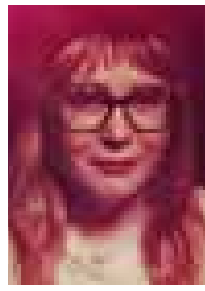


**Wisconsin Meadows
Grass-Fed Top Sirloin
Steak**

There are few beef cuts that are as versatile and cost-effective as top sirloin. Lean, tender and full of flavor, this steak is great grilled or broiled with salt and pepper, or sliced thin for stir fry or fajitas.



NICK



Fizzeology Kickapoo Curtido

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



LACEY



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Above:
Designer **Whitney Robinson** models her "Turning Leaf" earrings with detachable aquamarine icicle drops. More from the Turning Leaf collection can be seen at right. *Whitney welcomes custom commissions.*

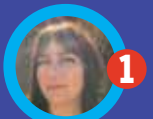


Studio Jewelers

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Father's Day is Sunday, June 18th



1
Fever-Tree Elderflower Tonic
 G&Ts are my favorite cocktail, and this tonic is my favorite tonic. Yes, this is made with hand-picked English elderflower, and yes, it is also made with high quality quinine from the “fever trees” of the Democratic Republic of Congo. But all that fancy talk aside, if you like G&Ts, this will change you. - Caitlyn



2
Karthauser & Sons Houseplants
 That plant you're checking out... GET IT! You need it. Plants are the best and you won't regret getting that little dude. -This is your sign - You're welcome! - Lacey



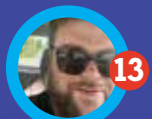
3
Bhuja Original Snack Mix
 A little bit spicy cracker mix full of flavors and textures, this kinda-storta replaces the Tex Mex mix that we used to have in Bulk. Even better though, the Bhuja mix has crunchy peas and just a few chewy raisins. Incidentally, a “Bhuja” in Buddhism and Hinduism is a many-armed deity and means “arm” or “shoulder” in Sanskrit. - Amy



4
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



5
Bitchin' Sauce Original
 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



13
American Wine Project Ancestral Pet Nat
 If you haven't tried a pet nat (short for pétillant naturel), this is a great choice to give this unique style a try! Produced in Mineral Point from grapes sourced in the Midwest by a very talented winemaker, this naturally effervescent, funky wine is great for those who enjoy the unique flavors of sour beers. Chill and enjoy on a warm day! - Nick



12
Roth's Gouda Snack Cheese
 Creamy, filling, high-protein locally-made little morsels. Perfect for an afternoon snack, or on a hike, etc. My dogs love them, too! - Laura



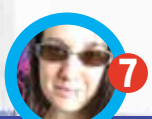
11
Madame Chu Ginger Garlic Sauce
 This is a must-have staple in our fridge. I use it all the time! It is perfect to add to vegetables and or meat. The flavor is great! She balanced the flavors of garlic and ginger in this locally made sauce. You can tell that she puts her heart and soul into these sauces. Try all three! - Amanda



10
Klean Kanteen
 I love these bottles. My partner would tell you I have a million of them, but I think you can never have too many reusable stainless steel bottles around! You can get several different types—small, medium, large, insulated or not—and there are a variety of tops to choose from! I have just about every option myself. I have been using these for years and love their durability. You really can't go wrong with them! - James



6
Westby Cooperative Creamery French Onion Dip
 Love this dip with potato chips! Great snack to bring to a barbecue! - Jess



7
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



8
Late July Sea Salt Dippers
 Perfect amount of salt and shape for all your dipping needs. I love these when I make a vegan cashew queso, but they are also great with salsa and guacamole or any dip, really. - Evan



9
Renard's Original Cheese Curds
 These curds are squeaky fresh, and if you are from Wisconsin you know what I mean. We get these local curds in weekly on Wednesdays. These come from Door County and I have been eating them since I was a kid traveling to visit family in Baileys Harbor. Now I don't have to travel so far, they come to us. East only. - Amanda

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