

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 50 • ISSUE 3 • MARCH 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.

As mentioned before, we are beginning to very slowly transition to mostly online and e-mailed copies of the *Reader* in order to save paper and to save money on postage. If you can and want to switch to receiving your copy by email, sign up here: willystreet.coop/emails. If you shop with us regularly, we'd love it if you'd pick up your copy of the *Reader* in one of our stores so we can reduce our postage costs. If you don't want either of these things, we will still happily mail it to you Thank you!

IN THIS ISSUE

Women-Owned Business; Hot Bar Revamp; The Big Share; and More!

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

willy street co-op

1457 E. Washington Ave • Madison, WI • 53703

POSTMASTER: DATED MATERIAL

CHANGE SERVICE REQUESTED

WILLY STREET CO-OP BOARD OF DIRECTORS

Sarah Larson
Brian Anderson
Tatiana Dennis
Gigi Godwin
Anthony Hernandez
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

March 23

April 27

June 28

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

WILLY STREET CO-OP MISSION STATEMENT

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

ADVERTISE IN THE READER

**Affordable rates, wide
reach, discounts for non-
profits and Owners.
Find info here:
[willystreet.coop/
advertising](http://willystreet.coop/advertising).**

willy street co-op

FOLLOW US ON:



willy street co-op

READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

East: 1221 Williamson Street, Madison, WI 53703, 608-251-6776

West: 6825 University Ave, Middleton, WI 53562, 608-284-7800

North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422

Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

EDITOR & LAYOUT: Liz Wermcrantz

ADVERTISING: Liz Wermcrantz

COVER DESIGN: Hallie Zillman

SALE FLYER DESIGN: Hallie Zillman

GRAPHICS: Hallie Zillman

SALE FLYER LAYOUT: Liz Wermcrantz

PRINTING: Wingra Printing Group

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

GENERAL EMAIL: info@willystreet.coop

GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

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

NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

Willy West: 8:00am-9:00pm;

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

IN THIS ISSUE

3-4 Customer Comments

5 News from the General Manager

5 Your Board Report

6-8 Community Room Calendar

8 Hot Bar Revamp!

9 Interview with Beaster's Biskits' Billie Susdorf

10 Products from Women-Owned Businesses

11-13 Specials Pages

15 The Big Share is March 7

16-17 Eating for Immunity

18 In the Spotlight: Community Shares and the Community CHIP Program

19-20 Recipes

21-23 Staff Picks



Customer COMMENTS

Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to customer.comments@willystreet.coop or fill out a Customer Comment form in the Owner Resources area. Each month a small selection is printed in the Reader; 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!

CRANBERRIES

Q: I always loved the Terra Farms cranberries. Some of the substitutes have been pretty bad. The Verona WI premium cranberries were quite good but now you don't even have those. Hope you can solve the dried cranberry issue. Thanks.

A: I appreciate you reaching out regarding our cranberry selection here at Willy West. I'm sorry that we have been out of stock of your preferred brand during your past visits here.

With Tierra Farms no longer producing their package goods, our dried fruit selection got hit very hard. We have been trying to fill the void with brands that are available to us, but we're finding that the quality tends to vary based on the batch and the brand.

We plan on continuing to carry the Verona, Wisconsin Premium Cranberries long-term. Unfortunately, due to the holidays, they have been out of stock from our distributor. My hope is that they will be back in stock sometime soon, but they haven't given us an ETA for when they'll be expected back. Once they're back in stock, I will reply to this email.

As always, if there is a specific brand of cranberries that you would like to see on our shelves, please let us know.

Let me know if you have any other questions. Thanks! Dave Andrews, Grocery Manager—West

FULL-TIME GRILLING

Q: As longtime members, my wife and I have enjoyed many tasty meals from the grill. We look forward to ordering lunch after purchasing our groceries and are always pleased with the quality, value, and delicious food that we receive. Lately we haven't been fortunate enough to shop on a day that the grill has been open and we're writing to voice our desire that the grill operates full time again.

A: We're glad to hear you enjoy the hot sandwiches from the grill at Willy West! We've received a lot of feedback from customers about wanting to see this come back, unfortunately we haven't had the staffing necessary to keep it open consistently along with our other Deli services we currently run.

We do intend to bring it back eventually, but we want to be able to offer it when we know we can keep it open reliably. When we reopen it we will make an announcement and post about it on social media to get the word out so everyone knows. Follow us and stay tuned!

In the meantime, you can regularly find the following hot sandwiches in our Grab & Go hot merchandiser at West: Bacon egg and cheese breakfast sandwiches, Sausage egg and cheese breakfast sandwiches, Veggie breakfast sandwiches, Vegan

breakfast sandwiches, and Breakfast wraps.

Thank you, Renee Strobel, Willy West Deli Manager

ADDING SOMEONE TO OWNERSHIP

Q: I am currently a solo primary owner. I would like to add another person to the ownership and make them primary owner and I would become secondary owner. Is this possible?

A: Thank you for your question! You are able to add another person to your account and make them the Primary and you the Secondary Owner. Adding a person to your account will change your account from an Individual to a Household account type and will require an equity payment be made. If you are interested in making this change, please fill out the form that I have attached to this email. I have highlighted all sections that need your attention in yellow and have filled out the rest of the form for you in blue. The completed form can be returned to the customer service desk at any of our retail locations. When you turn in the form they will take an equity payment and make the requested changes to your account. Don't hesitate to reach out if you have any questions or if there is anything else I can help you with. Have a great day! -Rosalyn Murphy, Owner Records Administrator

EBT

Q: Do you accept EBT cards for payments?

A: Thank you for reaching out to us with your question. Yes, we do accept EBT cards for payment at all of our locations! In addition to accepting EBT, we also offer some great programs for customers with a financial need.

First, we offer what's called our "Access Discount Program." This is a Co-op Ownership that has a reduced annual payment (as low as \$4/yr), and offers shoppers a 10% discount on everything in the store.

In addition, we also offer another great program called "Double Dollars." On Tuesdays from October until March, for every \$5 you spend on your EBT card, you are awarded a \$5 Double Dollars coupon (up to \$20). These coupons can be used to purchase any fresh, frozen, or canned fruits and vegetables. You can redeem these coupons any day of the week all the way through the end of May.

Thanks again for your inquiry, and don't hesitate to reach out to us if you have any more questions! - Jonathan Hopp, West Front End Manager

CASE ORDERING

Q: Can members order cases of products for a discounted price? For example, I'm interested in 25 pounds of organic walnuts, 10 or 20 pounds of whole cashews, a case of organic

olive oil (approx 6 16-oz bottles), bucket of organic peanut butter, case of liquid laundry detergent, etc. Our buying club is closing, sadly. Thank you.

A: I am sorry about your buying club! One of the benefits of Ownership at Willy Street Co-op is indeed a 10% discount on bulk orders. An addendum to that: if the item you pre-order is on sale, either when you place the pre-order or when you pick it up, you will receive the sale price or the pre-order price, whichever is less.

You are welcome to call in the pre-orders or stop by the Customer Service desk at whichever store you wish to pick up at.

Specifically to the products you are asking about, we do not carry bulk organic walnuts at this time, but we do have conventional (25lb bag). Raw, organic cashews come in 25 lb bags (some other iterations like roasted salted come in 20lb bags). There are a number of options for olive oil and the laundry detergent in the store. Customer Service or a Grocery staff person can help with options and how much is in a case of any particular product.

I'm afraid we no longer carry larger containers of any peanut butter brands, but you can fill any size container with our organic bulk peanut butter from the nut grinder.

Again, please email us back, call with questions, or stop by the Customer Service desk at any store if we can aid you further.

Thank you, Kjerstin Bell, Customer Service—East

THANK YOU

Q: Thank you, everyone at Willy St Co-op North, for providing a wide variety of groceries (and other items) and especially for the Commons which has a welcome fire in this cold season, interesting art and newspapers and a place to sit and relax. Hope the year to come is good.

A: Thank you so much for taking the time to write in with your kind words. We are so happy that you feel so welcome in the store and enjoy our product selection at Willy North. We did not come to the decisions alone, and before we even opened up the north store we asked the customers in that neighborhood to let us know what they wanted to see on the shelves. It is an ongoing process and we are always happy to hear what people want to see in their Co-op! I am also so happy to hear that you enjoy the coziness of the commons—the North store is so lucky to have that fireplace. We are proud to display local artists' work in that space too, and they get to display their art for two months at a time! Please stay tuned for more new artwork throughout the year. Take care and may this year be good to you also. Sincerely, Amanda Ikens, Owner Resources Coordinator

A+ HUMAN

Q: Henry was a wonderful person today when I was checking out. He was friendly and gave a helpful recommendation and showed caring for his fellow cashiers. A+ human being.

A: Thank you for taking the time to jot down your experience. What a lovely comment to receive, you can be sure I will pass this along to Henry and the team. Best, Katie O'Connell-Jones, Owner Resources Coordinator

MORE PARKING

Q: Please add more handicap parking near your entrance at the West store.

A: Thank you for your comment. I agree that the Middleton parking lot can use more accessible parking spots near our entrance. I contacted our landlord in regards to this needed request. I received a reply and it's a topic of interest that will be discussed for a possible project in 2023. Stay tuned! Frantseska Kois, Assistant Store Director—West



LOOKING GOOD

Q: I usually shop at Willy East and stopping by North today, I wondered if the same people were doing the endcaps/display merchandising. The East reorganization was amazing and the store has looked incredible since, especially due to the merchandising. North side looks great too! Only a small complaint, was coming by just to have soup in the cafe and there was no vegan soup today. Also.... no kung pao tofu. Was told it would be in on Thursday.

A: Thank you so much for writing in about the remodel and the merchandising. I too have been very impressed with our Purchasing Department and team, who is in charge of all of that work. I shared your comment with the Director and she said she will share it with her team. The stores really do look incredible and I hope you get a chance to stop out at the West location, they also did some merchandising changes out there too! As for the

soups, I am sorry we did not have a vegan option. We try to make sure that there is at least one vegan soup option every day, As for the king pao tofu, I hate to be the bearer of bad news, but the Production Kitchen is discontinuing that product. It is a very slow mover and they want to focus on our eli items that are seasonal, and best sellers. I do know that we can share that recipe with you, as you are an Owner, if you would like. Thanks again for writing. -Amanda Ikens, Owner Resources Coordinator

TORTILLAS

Q: Hello! Reaching out to ask what type of tortilla is used in the to-go wraps at the Willy St. Co-op. Specifically, the red curry tofu wraps and the avocado tempeh wraps. Are they sold in-store?

A: Thank you for writing in! We use Indianlife brand tortillas to make the wraps we sell in our Deli department. We really enjoy their large size and find they are less likely to tear than

other brands.

Unfortunately, we do not sell them on the shelves at any of our stores right now. We have offered them in the past but they just didn't sell well enough for us to continue to offer them. Gratefully, Bob Smith, East Deli Manager

BAGGING

Q: Here's a thought. Have the people checking out customers actually make an attempt to bag the items. Over and over, they just stand and stare, as a customer bags their own items...like we are wasting their time, for the next customer.

Whole Foods bags or at least asks if needed....Willy just has people waiting for the customer to leave in a sense. (bag your own stuff and leave) No thank you, no care, person at register just waits and stares, all the time. Why should I chip anymore? Its become a lazy version of any type of store.

A: I just received your feedback about your experience at our store in regards to bagging, and wanted to thank you for reaching out to us, as well as to apologize for your experience.

As a general rule at the registers, our cashiers should always be asking if you would like assistance bagging. I will be touching base with my staff to reiterate this expectation in an effort to ensure that going forward, they are asking every customer that comes through their line.

Once again, I apologize for your experience, and thank you for your feedback.

Take care, Jonathan Hopp, Front End Manager—West

PATRONAGE REFUND

Q: Thank you for your email. That is a very small "store credit" after the "patronage equity" is deducted—wonder if there's a mistake because I was informed last year that i had paid off my equity share in full.

So anyway why is there now a big "patronage equity" being charged? Please let me know. thanks and have a great day,

A: Thanks for your email! At the risk of talking about some things you already know in my attempt to fully answer your questions: the patronage refund and store credit are calculated based on the amount you spent at the Co-op in our last fiscal year—the more an Owner spent, the more they'll get back in the form of a store credit.

Ownership equity isn't a factor in calculating your store credit—whether you've only made one payment toward your Ownership equity or you've paid it in full (as you have), it wouldn't affect how much your store credit would be.

As they have with previously distributed patronage refunds, the Board voted to retain 80% of the patronage refund in Owners' names and distribute 20% in the form of a store credit. That retained 80% helps us to run the business more smoothly than we could without it and to keep us financially sound. If the Co-op were to dissolve in the future for some reason, that 80% could be paid out to Owners.

Please let me know if that's still not clarifying things! I'm ccing our Owner Records Administrator in case she has anything to add—or correct me on. Have a nice weekend! -Brendon Smith, Communications Director

Advertise in the Reader

Reach over 34,000 Co-op Owners.

Affordable rates, wide reach, excellent returns.

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

Find info here:
willystreet.coop/advertising

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

willy street co-op

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


Call
608-949-6394
Free Consultation

nwagner.law

2810 Crossroads Dr, Suite 4000
Madison WI 53718

LOCAL FOOD IS CLOSER THAN YOU THINK

Find your farm at
FAIRSHARE CSA COALITION
CSACOALITION.ORG/FARM-SEARCH



BETHKE
HEATING & AIR CONDITIONING, INC

EMERGENCY SERVICE 24/7
251.2222

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

FINANCING AVAILABLE

Locally Owned. Locally Operated.

BethkeHeating.com



REGENERATIVE REAL ESTATE

Considering wellness, sustainability, ecology, community, & spirit of place.

LATITUDE
exp REALTY

Mark Voss
Real Estate Sales
608-556-8143
ChooseLatitude.com/MarkVoss





GENERAL MANAGER'S REPORT

Store Projects; Budget Planning; and More

by Anya Firszt, General Manager

GOODBYE FEBRUARY, HELLO MARCH!

We are one month closer to warmer weather and more hours of daylight! Yippee!

We have daylight savings time to think about this month beginning on March 12 (reminder to spring ahead an hour). Also this month we celebrate the spring or vernal equinox on March 20, the official first day of spring.

MARCH IS WOMEN'S HISTORY MONTH

If you want to read more about Women's History Month, check out womenshistorymonth.gov to learn about the role of women in American History. Also, in this issue of the *Reader* (page 10) there is an article about women-owned businesses, take a look!

STORE PROJECTS

Things are humming along at the Co-op. Self checkout lanes have been in use at Willy West for a little over a month, and we're learning how to use this new (to us) technology and ironing out the kinks and wrinkles. Our Willy North bathroom and break room remodel project is on track to be done by the end of April, just in time for the 2023 Northside Farmers' Market season to begin. Garden seeds and supplies have already made their way into the retails (with seedlings expected mid-April).

March marks the end of the third quarter of our current fiscal year, and next month is the start of our fourth quarter. Sales are running close to budget and we continue to manage expenses extremely well. On a more somber note, staffing at the produc-

tion kitchen has been a particular challenge in the last year, as the positions we have there are some of the most high-demand positions in the food industry right now.

FISCAL YEAR 2024 BUDGET PLANNING

We closed the second quarter of the current fiscal year a couple of weeks ago and we have already started our budget and special projects planning for next fiscal year. As a reminder, our fiscal year runs July through June. Our plan for the coming fiscal year is based on anticipated performance in quarters that have yet to be closed or started.

The FY24 budget will be submitted to the Board for approval at their June Board meeting and a summary of the budget will be shared with

Owners via the *Reader* following Board approval.

FY22 PATRONAGE REMINDER

On January 16th, patronage was issued to those Owners receiving one, and if you have not already claimed yours, store credits are available at the registers through June 18, 2023.

In closing, there's no telling what the weather will be this month; we're bound to see more sunlight in the coming days and weeks. I'll leave you with this thought from John Steinbeck:

"In March the soft rains continued, and each storm waited courteously until its predecessor sunk beneath the ground."

Until next month, be well.



BOARD REPORT

The Ends Are Just the Beginning

by Ashwini Rao, Board Member

As a policy governance Board, we monitor the Co-op's performance and compliance through numerous policies. One of those policies is the Ends policy. Willy Street Grocery Co-op's Ends policy states that:

Willy Street Co-op will be at the forefront of a cooperative and just society that:

- has a robust local economy built around equitable relationships;
- nourishes and enriches our community and environment; and
- has a culture of respect, generosity, and authenticity.

BUT WHAT IS AN ENDS POLICY?

Simply put, these address what an organization stands for. It's different from mission, goals, or objectives in the sense that Ends policies define outcomes that result due to the Co-op's work.

Everyday, Willy Street Co-op management and staff engage in various activities that bring the Co-op closer to meeting the Ends policies. Some of those activities include:

- Supporting and growing our network of local vendors.
- Supporting brands and companies

that have demonstrated a commitment to equitable business practices.

- Treating our employees equitably, and providing employees with the financial means to contribute to building our local economy.
 - Treating Owners in an equitable fashion, as dictated by our cooperative business model.
 - Ensuring community members have equitable access to nutritious food.
 - Creating an accessible and vibrant food culture within the community by promoting access to local foods, food security, and collaboration among businesses in the community.
 - Increasing economic opportunity in our community by offering local employment opportunities for local producers, charitable contributions, and partnership to public and private partners.
 - Continuing, advancing, and researching practices that promote environmental sustainability and the betterment of our community spaces.
 - Creating an inclusive organization where groups or individuals having different cultural and social backgrounds are accepted, welcomed, and equally treated.
- A few examples of the partner-

ships, practices, and programs that the Co-op engaged in 2022 are below:

- Operations negotiated with the UE (our employee union) to enter into a number of temporary agreements that ensured improved safety and working conditions for staff throughout the COVID-19 pandemic.
- Operations negotiated with the UE our second two-year collective bargaining agreement effective March 24, 2022; this resulted in a wage increase for all bargaining unit employees at ratification plus two additional wage increases during the term of the CBA.
- Maintained pandemic response measures as early adopters of safety measures in response to COVID-19 pandemic (masks, plexiglass, social distancing, capacity limits, etc).
- Donated more than \$300,000 to Community Shares of Wisconsin for the third year in a row.
- Continued engagement in equity, diversity, and inclusion work through our partnership with Step Up: Equity Matters. This work included the creation of three working groups focused on initiatives to advance DEI with our employees, customers, and vendor partners.
- Operations continues to pursue mea-

asures to achieve the Board's chosen commitment to the Climate Collaborative. These include continued recycling training to increase diversions of waste from landfill and developing strategies on emissions and energy reductions.

- We have resumed offering Second Harvest Food Share education and enrollment sessions at East. Second Harvest only had enough staff resources to continue at East this year, however, we are looking to expand to North in FY23.
- In-person classes have returned with Kids Classes beginning in July 2022 and other classes for adults starting in October 2021. These classes are promoting local foods, nutritious and economical eating and cultural cuisine exploration.

We are incredibly grateful that our partnerships with various businesses, community groups, and stakeholders contribute to the realization of a more cooperative and just society. And in the coming years, we will continue to expand on these partnerships. As always, please feel free to reach out to us at all-board@willystreet.coop if you have ideas on how to build on our existing partnerships or if you have any questions.



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: ALL THINGS CURRY

Location: Willy West Community Room
Thursday, March 16, 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

Should you use curry powder or paste? Is there any difference? Chef Paul was confused about curry until he did plenty of research, he found curry is a flavorful way to add spice to your cooking! Join Chef Paul to learn to make curry powder and paste from scratch and how to apply them in cooking. On the menu: Coconut Salmon Curry, Green Mango Curry Chicken, Red Curry Beef with Rice Noodles, Coconut Noodle Bowl with Vegetables (vegan). Ingredients/recipes may be modified based on seasonal availability. Demonstration only.

COOKING WITH CHEF PAUL: DUCK DEMYSTIFIED

Location: Willy West Community Room
Thursday, March 30, 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

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

COOKING WITH CHEF PAUL: FRIED RICE AND SPRING ROLLS

Location: Willy West Community Room
Thursday, April 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

Join Chef Paul to learn how to transform your leftover rice into a new delicious meal! This class will show each step, from rice selection to cooking and ingredient preparation to tasting the final product. A simple yet delicious fried rice bowl will delight our dinner table whether vegan or meat or anything in between. To round out the menu, Chef Paul will also teach the envelope-forming technique to make fresh spring rolls—a perfect way to enjoy the fresh produce of the spring season! Ingredients/recipes may be modified based on seasonal availability. Demonstration only.

COOKING WITH CHEF PAUL: MUSHROOM IN OUR HEARTS

Location: Willy West Community Room
Thursday, April 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

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 TOGETHER: FLAVORS OF NOVA SCOTIA

Location: Willy West Community Room
Friday, March 10, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older
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 mouthwatering meal inspired by the Flavors of Nova Scotia—Rappie Pie, Hodgepodge, Roasted Parsnips and Apples, Blueberry Grunt, and Maple Milk 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 LIBYA

Location: Willy West Community Room
Friday, March 24, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older
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 delectable dinner inspired by the Flavors of Libya—Tajeen Jban, Hasa Adas, Couscous, Safra, and Mint Tea 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 BAJA CALIFORNIA

Location: Willy West Community Room
Friday, April 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 will dine on a delicious dinner inspired by the flavors of the Baja California Peninsula—Handmade Flour tortillas, Border Pintos, Edible Cactus, Caesar Salad, Pan de Dátiles, and Pina Smoothie 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 LITHUANIA

Location: Willy West Community Room
Friday, April 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 Lithuania—Cold Beet Soup, Fried Rye Breadsticks, Draniki, Grybai, Cucumbers with Honey, and Lazy Cake 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.



MILLE FEUILLE WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, March 8, 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 on making a classic Mille Feuille, sometimes called Napoleon. We'll start off by mixing and folding the puff pastry, followed by rolling out the dough and baking it. Then we'll turn our attention to making the pastry cream and using it as the filling. Finally, we will assemble all of the components to make a classic Mille Feuille. Demonstration with limited hands-on opportunities.





QUICHE WITH A TWIST WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, April 5, 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 quiche from start to finish and everything in between. Learn how to make all the components that make up this classic French dish. We'll start by making the dough and custard filling, then prepare the vegetables and cheeses that will make up the quiche. Finally, we'll assemble all the components and bake it to perfection. Demonstration with limited hands-on opportunities.

KIDS IN THE KITCHEN: GAGA FOR GREEN!

Location: Willy West Community Room
Tuesday, March 7, 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 in this hands-on cooking class for kids. Avocado, celery, sweet peas, kiwi fruit, and kale—what do these gourmet groceries all have in common? They're all green, of course! In this class, participants will prepare a marvelous meal that goes gaga for green. Hands-on.

READ A BOOK & LEARN TO COOK: FRENCH TOAST!

Location: Willy West Community Room
Monday, March 13, 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 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.

KIDS IN THE KITCHEN: FOOL YA FOODS!

Location: Willy West Community Room
Tuesday, March 21, 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. Spring brings out the silly, and we're hungry for a hoax. So, let's cook up some lighthearted laughs with fool ya foods! Seaweed slipped in a smoothie, pranks played with pancakes, gags made with garbanzos, and bamboozled by beets. In this class, participants will prepare ridiculous recipes with fool ya foods. Hands-on.

READ A BOOK & LEARN TO COOK: STIR-FRIED SOBA NOODLES!

Location: Willy West Community Room
Monday, March 27, 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 Stir-Fried Soba Noodles together. Read-aloud will include *Noodles, Please! (A-Z Foods of the World)* by Cheryl Yau Chepusova and *Rah, Rah, Radishes! A Vegetable Chant* by April Pulley Sayre. Limit one adult per child.

KIDS IN THE KITCHEN: SPRINGTIME SWEETS!

Location: Willy West Community Room
Tuesday, April 4, 4:30pm–5:45pm
Instructor: Lily Kilfoy
Ages: 9–12 years old
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. Birds are chirping, flowers are blooming, and bees are starting to buzz. Spring has arrived, so let's celebrate as we create springtime sweets—Confetti Cupcakes, Strawberry Fool, and Hot Crossed Buns. In this class, participants will collaborate to make Springtime Sweets. Hands-on.

READ A BOOK & LEARN TO COOK: SCRAMBLED EGGS WITH AVOCADO

Location: Willy West Community Room
Monday, April 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 Scrambled Eggs with Avocado together. Read-aloud will include *The Good Egg (The Food Group)* by Jory John and *Avocado Asks: What Am I?* by Momoko Abe. Limit one adult per child.

KIDS IN THE KITCHEN: SPOTLIGHT ON SUSHI!

Location: Willy West Community Room
Tuesday, April 18, 4:30pm–5:45pm
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. This centuries-old cuisine is becoming more common, but did you know that the word sushi means rice not fish in Japanese? Learn this and much more in this Spotlight on Sushi! Like, how to precisely prepare flavorful fillings, line a bamboo mat with nori, and make your own Maki Roll. In this class, participants will pick up skills as they partake in this Spotlight on Sushi. Hands-on.

READ A BOOK & LEARN TO COOK: MINI CARROT CUPCAKES!

Location: Willy West Community Room
Monday, April 24, 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 Mini Carrot Cupcakes (for Chef Lily's Birthday!) together. Read-aloud will include *Bunny Cakes* by Rosemary Wells and *At the Farmers Market* by Anna W. Bardaus. Limit one adult per child.

INKLING STUDIO



ART GALLERY
901 Watson Av, #101
Madison, WI 53713

A new gallery on Madison's South Side!

Matted and framed prints, and cards

Currently showing linocuts and silkscreens by owner Francis Stanton



See website for hours and map

franstanpix.com
608-334-9037
A member of 14 South Artists



Pilates on Harrison

Quality Pilates in Your Neighborhood

710 Harrison Street
pilatesonharrison.com
608.709.1775

Daily In-Studio & Online Offerings
private & duet sessions • group equipment & mat classes
live online classes & videos on demand



DIY

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy West Community Room
Thursday, March 9, 6:00pm–8:00pm
Ages: 18 and older
Your Co-op's Own Insurance: Not Applicable
Fee: \$15 for Co-op members; \$25 for non-owners
Capacity: 8

Chef Paul's own experience getting himself in the kitchen prompted him to share his knowledge to help others prevent such accidents. Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices, and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with. Hands-on.

NATURAL WAYS TO SUPPORT A HEALTHY IMMUNE SYSTEM

Location: Zoom
Tuesday, March 21, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Immune system support is now more important than ever. Katy Wallace, Naturopathic Doctor of Human Nature, LLC, will cover the supplements, diet, and lifestyle factors that provide strong support for the body when faced with viral stress.

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy West Community Room
Wednesday, March 15, 1:30pm–4:45pm
Wednesday, April 26, 1:30pm–4:45pm
Location: Zoom
Wednesday, March 22, 1:30pm–4:45pm
Tuesday, April 11, 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.



SOLO OUT

DELI NEWS Hot Bar Revamp!



by Nicholas Oconnor, Prepared Food & Cheese Category Manager

This month I am excited to deliver a brief report on some of the new additions to our prepared foods program and let everyone know what is happening now and in the very near future with our Hot Bar menu at the Willy Street Co-op!

We've received a lot of useful feedback lately from customers about the hot bar. We love to hear what you're interested in seeing on the hot bar and what kind of things folks think are missing. Some examples of the feedback we have received are: small alterations to current recipes, requesting a wider variety of proteins, or using fewer allergens in our dishes, like omitting dairy or wheat.

PROTEIN VARIETY

With regards to protein variety on the hot bar, we've had several customers request to see more vegan options on the hot bar. Well, I am happy to say that new dishes and options are on the way. We will be using a multitude of ingredients to accomplish this task, such as including jackfruit, seitan, as

well as our locally made tofu from Simple Soyman.

NEW VEGAN OPTIONS

Another exciting avenue we will be exploring is to repurpose some of our current recipes and make them with vegan ingredients. We will be taking recipes like our Sweet and Hot Chicken, Orange Chicken, and Curry Squash & Chicken, and reworking them to be made with vegan proteins.

Don't worry—if you like the original recipes, we will still offer those.

ADDING PROTEINS TOO

Conversely, we will be working to also expand the variety of proteins in some of our classically vegan/vegetarian dishes to also have a meat option. Similar idea to what we did with our Roasted Vegetable Lasagna and Beef Lasagna, which is now one of our more popular dishes that we have to offer. We will also be looking for opportunities to take dishes like Mongolian Seitan and turn it into Mongolian Beef, so our meat-eating customers can experience this delicious dish too.

I hope you are as excited as we are to try all the great new food that our cooks and bakers work so hard to make for us at our Production Kitchen.

MENU THEMES

Lastly, I would like to mention in case you didn't already know, we run a different menu theme each day of the week. You can expect a set of dishes that coincide with this menu theme at all three of our stores, plus a few additional dishes that tend to be our more popular dishes, to help fill in the gaps.

You can see the weekly hot bar menu at willystreet.coop/hot-bar-menu.

willy street co-op

Find fresh, nutritious, natural foods in our three stores,

even if you're on a special diet!

See a weekly menu willystreet.coop/menu

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

Powerful Results. Real People.

LAUER REALTY GROUP

www.LauerRealtyGroup.com | 608.467.3220

PRODUCER PROFILE

Interview with Beaster's Biskits' Billie Susdorf



by Dean Kallas, Grocery Category Manager

Dean: Where did you grow up?

Billie: Fish Creek and Manitowoc on the shores of Lake Michigan.

How did you first get interested in producing dog treats?

One of my social work clients was having trouble getting/keeping a job, which is pretty common for folks with a cognitive disability. I asked him what he wanted to do and he said make dog treats.

What made you decide to start your business creating them?

I wanted to help this client and other adults with disabilities

have and keep a good, interesting, and unique job creating natural nutrition for dogs and horses.

Can you describe the process for making Mrs. Beaster's Biskits?

First we mix all our ingredients in a 30 qt. mixer. Then we have two different kinds of processes we use for forming our treats. Our

grain-free treats are extruded and our heart shaped treats are cut out by hand.

Are there specific ingredients you look for when you formulate your Biskit recipes? How do you source them?

I look for combinations of fruit and vegetables we can grow. We organically grow most of the produce we use in our treats here on my farm. Our meats are purchased from other Wisconsin family farms.

Who is your biggest influence?

My grandparents who had a vegetable farm.

How did you come up with the name Mrs. Beaster's Biskits?

The business is named after my sweetheart dog, Mrs. Beaster.

What is the best part of your work?

Spending time on my farm with my workers and loving up all the dogs I meet at events.

Can you tell us more about your workforce? How many employees do you have?

I have six workers. My right-hand helper and five adults with severe disabilities. We work together as a team encouraging each other's strengths and making up for each other's weaknesses.

Which of your treats are you most proud of?

Our CBD Peanut Berry Blasters because they help so many dogs.

What challenges is your business facing? I know it has been a tough couple of years for many.

This has always been a tough business to survive in. There are so many big companies flooding the market with inexpensive treats. The pandemic almost killed us with many pet stores only doing curbside pickup. Our saving grace is that we



make extraordinary natural treats and have wonderful folks like our Willy Street Co-op customers who are loyal and keep buying our treats for their dogs.

Another more recent challenge is the rising cost of our ingredients. In some cases they have doubled in price, and this has made it difficult for us financially.

What motivates you and keeps you going?

Doing right by my workers and making dogs and people happy.

I have heard you are a musician. Where did you get started playing music? Do you still play in a band?

Yes, I started out as a poet being a co-founder of Madison's own Cheap At Any Price poetry collective. I've always heard music with the poetry I write and so it

was a natural progression to music. I am presently working on my fourth album as a songwriter. I play several instruments including guitar and synthesizers. My current band is Grave Dancer, a Gothic art band. You can find my website at gravedancer.us and our videos can be seen on YouTube at [GraveDancer3625](https://www.youtube.com/GraveDancer3625)

Do you have any other interests or hobbies?

I own three horses here on my farm and I am part-owner of four racing thoroughbreds including 2000 Haskell, Kentucky Derby and Breeder's Cup winner and Horse of the Year, Authentic who stands at Spendthrift Farm.

Do you have any new products in development?

Yes, I'm working on another CBD treat.



POWER YOUR REVOLUTION



JUST
COFFEE CO-OP



Tenney Nursery & Parent Center

A Preschool & Community-based Parent Cooperative

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

www.tnpckids.com

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

BETHKE

HEATING & AIR CONDITIONING, INC

EMERGENCY SERVICE 24/7
251.2222

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

FINANCING AVAILABLE

Locally Owned. Locally Operated.

BethkeHeating.com







Photo by Sam Li

MAKE CHANGE HAPPEN

THE BIG SHARE® — TUESDAY, MARCH 7

Advance social and environmental justice by supporting the nearly 70 nonprofit members of Community Shares of Wisconsin during The Big Share.

It only takes a few minutes to give online and with a minimum donation of only \$5, it is easy to get involved. Take your advocacy to the next level by creating a personal fundraising campaign now to support your favorite member nonprofits.

Follow Community Shares of Wisconsin or #CSWBigShare on social media for announcements about events, donation matches, Power Hours that award top fundraising nonprofits with bonus cash, and more.

Join us for The Big Share and make change happen.



Photo provided by Urban Triage

Principal Partner



THEBIGSHARE.ORG

GROCERY NEWS

Products from Women-Owned Businesses



by **Melissa Reiss,**
Purchasing Assistant

March is Women's History Month, and here are a selection of products you'll find at the Co-op from women-owned businesses!

ECOS

Founder Van Vlahakis began creating his own greener cleaning products in his garage in 1967 after immigrating to the United States the decade prior. Since then, they've become a Co-op staple and leader in the natural cleaning industry, having reached the trifecta of sustainable manufacturing: carbon neutrality, water neutrality, and zero-waste. In 2014, Van's daughter Kelly Vlahakis-Hanks took over as President and CEO after he passed, and she still leads the company today.

Ultra Ecos Laundry Detergent

It's been a Co-op shopper favorite for years—hypoallergenic; made without dyes, phthalates, formaldehyde, and 1,4-Dioxane. One hundred loads per bottle!

ECOS Hand Soap

This unique plant-based formula is powered by the healing properties of vitamin E to deliver naturally clean, soft skin.



GIANT JONES: BEER

In 2019, Giant Jones became Madison's first certified organic brewery! Owners Erika and Jessica Jones brew up big beers on Madison's east side. They specialize in strong, flavorful beers made with organic ingredients. I'll cheers to that!

CEDAR TEETH: PIZZAS AND PIZZA CRUST

One thing that makes Milwaukee-based Cedar Teeth stand out amongst the frozen pizza selection is the crust. Owner Hannah makes the sourdough-based crust from scratch in her Bay View neighborhood kitchen. Choose



from a unique lineup of pizzas, or grab a two-pack of their crusts to make your own at home! Note: the crusts are not currently sold at Willy East.



FLAVOR TEMPTATIONS: INDIAN MEAL SPICE PACKS

Co-founders Sara and Partha immigrated from India in the early 1990s in pursuit of their American dream. After a couple of decades in leadership positions in corporate America, they decided to take the leap and pursue their passion of promoting Indian culture through Indian food. They founded Flavor Temptations, a Wisconsin-based, woman-owned small business with a mission to bring energy and joy to your kitchen through exciting aromas, new flavors, and the quality ingredients of their cultural cooking. Find their spice packs at the Co-op for authentic, Indian-based cuisine at home!

DREAMFARM: CHEVRE CHEESE

Owner Diana Murphy and her crew created a creamy and delicious farmstead goat and cow's milk cheeses made in Cross Plains, Wisconsin. Available plain, or in fun varieties like Herbs de Provence, Italian, Garlic Dill, Peppercorn, Cranberry Ginger, and Apricot Honey Lavender.

BADGER: SORE MUSCLE RUB

It all started in 1995 when husband and wife Bill and Katie created and filled tins of their original balm in their kitchen. Twenty-eight years later, the company is now led by second-generation family owners and Collaborate Executive Officers Emily and Rebecca. Badger's Sore Muscle Rub is a warming and soothing balm for sore, tired muscles. Cayenne and ginger infused in an oil and beeswax base perfect for melting away tension and stiffness. USDA-certified organic and cruelty-free!



Health & Wellness

co-op deals: March 1-14

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



Avalon Organics Shampoo & Conditioner
All Kinds on Sale!
11 fl oz • Save \$4.50
\$7.49/tx 




Nordic Naturals Omega-3
180 cap • Save \$13
\$30.99/tx 

Booda Organics Booda Butter Deodorant Cream
2.4 oz • Save \$2.70
\$5.29/tx 

Andalou Naturals Age Defying Resveratrol Q10 Night Repair Cream
1.7 oz • Save \$9.20
\$17.79/tx 

Natrol Melatonin 3 mg Time-Released
100 tab • Save \$4.60
\$6.39/tx 

Garden of Life Dr. Formulated Probiotics
Once Daily
30 cap • Save \$10
\$23.99/tx 

South of France Bar Soap
All Kinds on Sale!
6 oz • Save \$1.79
\$3.00/tx 



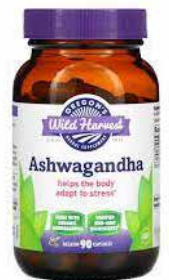
Weleda Skin Food Body Butter
5 oz • Save \$7.50
\$11.49/tx 



Country Life Easy Iron
90 vcap • Save \$6
\$8.99/tx 



Oregon's Wild Harvest Organic Ashwagandha
90 cap • Save \$11.20
\$15.79/tx 



co-op deals: March 15-April 4



Tea Tree Therapy Tea Tree Toothpaste
with Baking Soda
5 oz • Save \$1.20
\$3.79/tx 

Every Man Jack Deodorant
Cedarwood
3 oz • Save \$1.60
\$5.69/tx 

Mad Hippie Corrective Peptide Serum
1.02 fl oz • Save \$7
\$20.99/tx 

Yerba Prima Psyllium Husks Powder
12 oz • Save \$8
\$9.99/tx 

Natural Factors CurcuminRich Theracurmin
60 vcap • Save \$13.70
\$18.29/tx 



Desert Essence Foaming Hand Soap Refill Pods
All Kinds on Sale!
3.8 oz • Save \$3.20
\$6.29/tx 



PlusCBD 10 mg Sleep Gummies
Raspberry
30 ct • Save \$11
\$23.99/tx 

coop™ deals

co-op deals: March 1-14



Kerrygold Irish Butter

8 oz • Save 50¢

\$3.99



Mediterranean Organic Organic Sundried Tomatoes

3 oz • Save \$2.50

\$2.29



Vita Coco Pure Coconut Water

16.9 fl oz • Save \$1.10

\$2.19



Almond Breeze Plant-Based Milk

All Kinds on Sale!

32 fl oz • Save \$1.98/2

2 for \$5

2 for \$5



J.R. Watkins Assorted Food Coloring

All-Natural! Four Colors!

4 ct • Save \$2.30

\$6.99



Deep Indian Kitchen Naan Pizza

All Kinds on Sale!

7.4-8.5 oz • Save \$1

\$4.49



Organic Valley Organic Ghee

7.5 oz • Save \$3

\$7.99



Woodstock Organic Frozen Veggies

Green Peas, Cut Spinach, Shelled Edamame, Cut Broccoli

10 oz • Save \$1.10

\$2.69



Muir Glen Organic Canned Tomatoes

All Kinds on Sale!

14.5 oz • Save \$1.54-\$1.74

\$1.25



Beyond Meat Plant-Based Sausage and Brats

All Kinds on Sale!

14 oz • Save \$2.80

\$6.99



Nancy's Organic Plain Grass-Fed Yogurt

24 oz • Save \$1.30

\$4.49



gimMe Organic Roasted Seaweed Snacks

All Kinds (except Wasabi) on Sale!

0.35 oz • Save 70¢

\$1.79



Back to Nature Crackers

Organic Stone Ground Wheat, Classic Round, Crispy Wheat, Flatbread Multigrain, Flatbread Pink Himalayan Salt

5.5-8.5 oz • Save \$1.29

\$3.50



Malk Plant-Based Milk

Unsweetened Almond Milk, Unsweetened Vanilla Almond Milk

28 fl oz • Save 50¢

\$4.49



Kettle Brand Potato Chips

All Kinds on Sale!

5 oz • Save \$1

\$2.99



Rebbl Organic Drinks

Maca Mocha, Reishi Chocolate, Matcha Latte, Turmeric Golden-Milk, Maca Cold-Brew

12 fl oz • Save 80¢

\$2.99



Organic India Organic Tulsi Tea

All Kinds on Sale!

18 ct • Save \$1.80

\$3.99/tx



Go Macro Bars

All Kinds on Sale!

1.8-2.5 oz • Save \$1.98/2

2 for \$5



Patagonia Provisions Canned Seafood

All Kinds on Sale!

4.2 oz • Save \$2

\$4.99



California Olive Ranch Everyday Extra Virgin Olive Oil

25.4 fl oz • Save \$4.50

\$12.99



Nature's Path Eco Pac Cold Cereal

Heritage Flakes, Heritage O's, Multigrain Oatbran Flakes

32 oz • Save \$2

\$8.99



The specials on this page are valid March 1-14

All Specials Subject to Availability. Sales Quantities Limited.

MARCH

co-op deals: March 15-April 4

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



Annie's Homegrown Macaroni and Cheese
Classic, White Cheddar, Four Cheese, Shells and Real Aged Cheddar
6 oz • Save \$1.54-\$2.24
\$1.25

Evol Frozen Burritos
All Kinds On Sale!
6 oz • Save \$1
\$2.29

Natural Sea Chunk Light Tuna
5 oz • Save 30¢
\$3.19



Maya Kaimal Organic Everyday Dal
All Kinds On Sale!
10 oz • Save \$2
\$2.99

Once Again Almond Butter
Crunchy, Smooth
16 oz • Save \$3.50
\$9.49

Hope Organic Hummus
All Kinds On Sale!
8 oz • Save \$1
\$3.49



Harmless Harvest Organic Raw Coconut Water
16 fl oz • Save \$1
\$3.99

Bubbie's Sauerkraut
25 oz • Save \$2.20
\$6.79

From The Ground Up Grain-Free Crackers
All Kinds On Sale!
4 oz • Save \$1.50
\$2.99



Food Should Taste Good Tortilla Chips
All Kinds On Sale!
5.5 oz • Save \$2.58/2
2 for \$5

San-J Tamari Soy Sauce
10 fl oz • Save \$1
\$2.49

Rishi Organic Tea
All Kinds On Sale!
15 ct • Save \$2.80
\$5.99



Forager Project Cashewgurt
All Kinds On Sale!
5.3 oz • Save 58¢/2
2 for \$3

Mi-Del Ginger Snaps
10 oz • Save \$1.20
\$3.79

Endangered Species Chocolate Bars
All Kinds On Sale!
3 oz • Save \$1
\$2.79



Nutiva Organic Extra Virgin Coconut Oil
14 oz • Save \$2
\$8.99

RISE Brewing Co Nitro Cold Brew Coffee Drinks
All Kinds on Sale!
7 fl oz • Save \$1.58/2
2 for \$5

King Arthur Flour Flour
All-Purpose Unbleached, Bread Flour
5 lb • Save \$2.30-\$2.50
\$6.49



Good Health Avocado Oil Potato Chips
All Kinds on Sale!
5 oz • Save 70¢
\$2.79

Field Roast Mini Plant-Based Corn Dogs
10 oz • Save \$1.80
\$6.49

Chobani Greek Yogurt
Key Lime, Strawberry, Blueberry, Peach, Raspberry, Black Cherry
5.3 oz • Save 30¢
\$1.29



Pacific Organic Broth
Mushroom, Vegetable, Chicken, Beef
32 fl oz • Save \$1.5
\$3.99

Organic Rolled Oats
bulk • Save 20¢/lb
\$1.79/lb

Nixie Organic Sparkling Water
All Kinds on Sale!
8 pk • Save \$2
\$4.49



The specials on this page are valid March 15-April 4

All Specials Subject to Availability. Sales Quantities Limited.

GOOD THINGS FOR PLAYING IN THE DIRT

Seeds, seedlings, soil, compost, seed-starting supplies and more!

Local & organic vegetable seedlings available this spring!

www.willystreet.coop









Are you enrolled in the Access Discount Program?

It's that time of year to renew your Access Discount!

Willy Street Co-op will be sending out renewal notifications to all current Access Owners at their email address on file or their last known mailing address.

To avoid a lapse in your enrollment, please stop by one of our Customer Service desks by March 31st, 2023 to fill out your renewal form.

For more information about the Access Discount Program please contact the Owner Records Administrator at **608-284-7794** or ora@willystreet.coop.

Information about the Access Discount Program can be found at the Customer Service desk and at www.willystreet.coop/ownership/access-discount-program

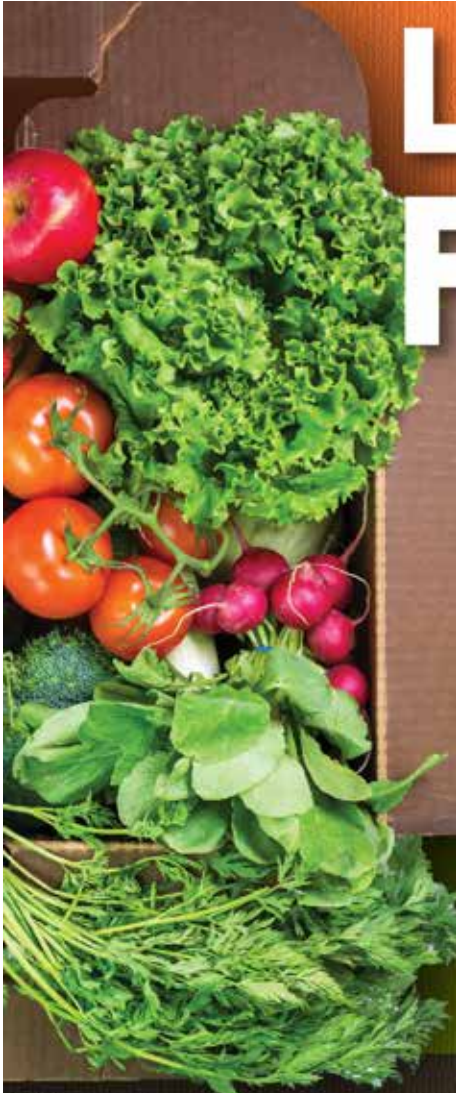





willy street co-op

LOCAL FOOD IS CLOSER THAN YOU THINK

Find your farm at CSACOALITION.ORG/FARM-SEARCH

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



SPREAD THE LOVE

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

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

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

The Big Share is March 7

by Community Shares of Wisconsin staff



On Tuesday, March 7, Community Shares of Wisconsin and its nearly 70 nonprofit members will host The Big Share®, an online day of giving focused on social and environmental justice. Now in its ninth year, the annual campaign is themed “Make Change Happen” and aims to raise over \$650,000 and engage 5,000 donors. Visit thebigshare.org for details.

“Community Shares of Wisconsin is a hub for supporting the local causes we care about most,” said Board President Bernie Hoes. “All donations help make change happen. With a minimum donation of \$5, we hope to engage all individuals looking to get involved. The Big Share amplifies your donations with matches and nonprofit bonuses, making it a great tool for people who want to work for systemic change.”

It’s easy and fun to donate to your

favorite groups. Visit thebigshare.org to search for groups by name or by issue area. Donate to one or many of your favorite groups. A gift to Community Shares supports all groups. Individuals who want to donate early can give any time between now and March 7.

Take your advocacy for social and environmental justice to the next level by creating your own campaign to build support for the organizations and causes you care about. Individuals in the community can create peer-to-peer fundraising campaigns for their favorite Community Shares member nonprofits. The fundraisers that raise the most money or secure the most donors will win extra prizes for the nonprofit they are supporting. To see if peer-to-peer fundraising is for you, visit thebigshare.org.

The Big Share Live, a day-long telethon, returns in 2023. The March 7 online event will feature local entertainment and information from Community Shares’ member nonprofits. The Big Share Live will broadcast on thebigshare.org and on YouTube so you can follow along with the fun and help participating charities win cash prizes donated by local businesses and individuals.

Follow Community Shares of Wisconsin on social media for ways to engage with The Big

Share throughout the community and leading up to the event, including a kickoff and Power Hour at 6:00pm on Monday, March 6. Both the kickoff and the full day of events on March 7 will have a special focus on virtual and donor-led experiences, allowing donors, supporters, and nonprofits to interact online.

If your local business is looking for a way to get involved, you can set up a business fundraising page. Your business fundraising page can be promoted among employees and to the public on your business social media accounts.

“Now is a key time to support the nonprofits working for equality and systemic change,” said Executive Director Cheri Dubiel. “The last three years have both demonstrated and exacerbated the need for change. Our member groups work to improve life and create a just place for all. The Big Share gives every donor, large or small, an opportunity to empower these groups and make change happen.”

Since 1971, Community Shares of Wisconsin and its members have worked together to advance social justice and protect the environment in Wisconsin. Together they envision a future where people come together to ensure every member of their community is safe, healthy, and able to thrive.

The Big Share's principal partner is Madison Community Foundation. Media sponsors are The Cap Times, Triple MMM 105.5, and News 3 Now. Special thanks to Willy Street Co-op for their support of Community Shares of Wisconsin through the Community CHIP® program.

GROW FOOD BEAUTIFULLY

Edible Landscape Design



15% off consultations, design course, and private tours with code: WILLY15

- ★ Design Consultations
- ★ Design Services
- ★ DIY Design Course
- ★ Edible Landscape Tours

dailyharvestdesigns.com

Advertise in the Reader

Reach over 34,000 Co-op Owners.

Affordable rates, wide reach, excellent returns.

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

Find info here:
willystreet.coop/advertising

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

willy street co-op

There is only one Studio Jewelers.



Get to know us (Left to Right): Jill Bedner, estate jewelry appraiser; Whitney Robinson, designer/goldsmith; Hanna Cook-Wallace, gemologist, designer/goldsmith; Erika Leuker, bench jeweler, bead stringer. Not shown: Chris Keenan, master goldsmith, custom jewelry designer; Dani Larson, bench jeweler and customer care specialist; Cynthia Hill, graphics and information management; Sue and Damon, our numbers and tech wizards; and shop cats Ilse and Toby.

We’re the warm, cozy shop on Regent Street, across the street from Leopold’s Books Bar Caffè. We’ve been in this location for 35 years.

We’re known for award-winning custom design, of course, and the work of the studio artists who exhibit here, but we also offer expert in-house jewelry repair and restoration, restringing, and appraisals. We will help you recycle jewelry that you don’t wear any more, or turn that inherited piece that just isn’t “you” into something new and wonderful.

Serving our clients and community with heart is what we have done for more than 40 years. Which may be why we were awarded the 2022 People’s Choice Award for Best Jewelry Store in Dane County. So if you don’t know us yet, please stop by! We’d like to meet you, and we think you’ll enjoy the Studio Jewelers difference.



Four rings by Whitney Robinson

Studio Jewelers

1306 Regent Street, Madison, WI 53715 • 608-257-2627 • Mask up and come on by!



EATING FOR IMMUNITY

by Andy Gricevich, Newsletter Writer

Following a winter during which it's seemed like everyone's always coming down with something at any given moment, we're likely looking at a banner year for early spring colds. Milder weather is perfect for the reproduction of rhinoviruses and coronaviruses (responsible for the common cold), while fluctuations in temperature and air pressure tax our bodies, making us more vulnerable to illness. We know that everything we do and are exposed to has effects on the strength of our immune response, and that we benefit from adequate rest, ways of alleviating stress, regular exercise, moderation of certain vices, and a nutritious diet. When it comes to the latter, what can we eat and drink to help keep us from getting sick, or to speed recovery?

Strictly, no food can be considered as medicine. That designation is restricted to pharmaceuticals and other products approved by the FDA and backed by accepted scientific studies. It's true that very little such research has been performed on the relation between specific foods and human immune response. It's also clear that real food promotes fundamental good health in ways unmatched by extracts or compounds manufactured in a laboratory. It's ironic that the latter are much more acceptable to our dominant form of scientific thinking, which often favors removing an element from its complex context and reducing whatever's under study to its simplest factors. Nonetheless, we'll meet our legal and cultural obligation by emphasizing that no food or drink discussed here is recommended for the treatment or prevention of any illness. We'll restrict ourselves to reporting anecdotally on longstanding traditional uses of some foods, and on the quantity and quality of the nutrients which, it's accepted, are essential or beneficial when it comes to keeping us well.

IMMUNE NEEDS

For optimal functioning, the human immune system requires a suite of nutrients. Most fundamentally, though (just as we're always advised when we get sick) we need plenty of fluids. Water transports nutrients from the digestive system into the



bloodstream, where they're circulated throughout the body. It's also the main component of lymphatic fluid, which carries the white blood cells that fight infections. Finally, it protects mucous membranes, allowing them to work as barriers against hostile microbes.

We all know about vitamin C. It makes the immune system more efficient by encouraging the production of white blood cells and protecting them from damage. We can't produce vitamin C without consuming it, and we have to get it from food (or, ineffectively by comparison, supplements). Interestingly, it turns out that no studies have successfully shown that taking vitamin C can shorten a cold—but all of them confirm its vital role in immunity.

While our bodies do make vitamin D in response to sun exposure, our stores dwindle by the end of a winter. Among other things, vitamin D boosts the production of antimicrobial compounds by immune cells, strength-

ening our ability to fight infections while regulating that activity. Vitamin E, another essential antioxidant, also aids in the rapid production of T cells, which shut down viral reproduction in the immune system's first response to an infection.

The standout role of zinc in immunity stems from its necessity for basic cellular functioning throughout the body, including proper DNA replication and cell division. It's essential for the production of some of our most important immune cells, and also highly important in maintaining acquired immunity—that is, the way our body learns to fight off very specific pathogens (in contrast to innate immune response, which doesn't make distinctions between invaders, and isn't as supple in its response to newcomers).

Finally, protein is important for good immune function. Dietary proteins (especially glutamine) are the material for antibodies, cells in the blood which identify and attach to

pathogens. Once "tagged" by antibodies, these pathogens get "noticed" by the immune cells which deactivate and consume them, then get rid of residual waste.

Of course, plenty of other nutrients provide general support for the body, and thus indirectly boost immunity. There's no single, most important factor here. Humans are complex systems. Fortunately, the plants and animals we eat are too.

ORANGE JUICE AND CHICKEN SOUP

The traditional recommendations have something to them. Citrus fruits are, of course, a generous and delicious source of vitamin C. Many vegetables have at least as much C, and often more—as is the case with sweet bell and hot chili peppers. Chilies are also high in vitamin E, and capsaicin, which gives them their heat, is a widely-studied, powerful antioxidant. Less often noted are a number of green veggies that also surpass oranges when it comes to vitamin C. A serving of broccoli, for instance, contains more than twice the recommended daily allowance (RDA). Then there are wild plants, typically much more nutrient-dense than almost all their cultivated cousins. Ramps, or wild leeks, show up on Co-op shelves and farmers' market stands starting near the end of the spring cold season; they're very high in vitamin C and other nutrients. The leaves of common violets are a powerhouse, boasting a massive amount of this vitamin, among others; lamb's quarters are a good source as well, while garlic mustard (considered a particularly nefarious invasive plant) outshines most foods in this respect. Vitamin C is water-soluble, which means that its content is reduced by boiling or steaming. Light cooking minimizes this loss, while breaking down the cell walls of plants and making its nutrients more bioavailable than when eaten raw.

In addition to the minerals released from vegetables by long, slow simmering, chicken soup offers high quantities of the protein glutamine. Poultry—especially dark meat—is also rich in zinc. Warm and easily digestible soup also comforts us, lowering stress to promote wellness.



Glutamine and zinc go together in a number of other animal foods as well, like shellfish, beef and lamb (grass-fed red meats being significantly more nutrient-dense than grain-fed). They're also both found in cooked dry beans, though the zinc there is less bioavailable (absorbable). Whole eggs (especially the yolks) are good sources of a wide array of nutrients, including glutamine and vitamin D. Red cabbage and parsley both provide fair quantities of glutamine as well—and both make great additions to a soup!

NUTS, FISH, AND SHROOMS

Plants put a lot into reproduction, making their seeds wonderfully nutrient-dense food for animals, ourselves included. Many nuts offer high amounts of vitamin E, among other nutrients, valuable fiber and healthy fats. The caveat with nuts and seeds is that most of them also contain phytates, and often (particularly when it comes to almonds and brazil nuts) oxalates—two “antinutrients” that bind to minerals, making them unusable. These compounds, made to ensure the survival of some of a plant's seeds, can be reduced by soaking and cooking—or we can simply eat them in moderation. Sunflower seeds and walnuts are less risky, while avocados provide a lot of E without the antinutrients, and with its own beneficial oils.

There aren't a vast number of food sources of vitamin D. Fatty fish boasts a lot of it, along with valuable omega 3s and plenty of other nutrients. Liver is another “superfood”(countless natural foods are superfoods) that contains decent quantities of D. Intriguingly, it's been shown that mushrooms, when grown outdoors or exposed to ultraviolet light, produce a significant amount of this vitamin, making them the only known non-animal source. Shiitake mushrooms produce more sub-types of vitamin D than most other edible fungi, and have been considered a valuable medicinal mushroom in Asia for a very long time.

ANTIOXIDANTS AND ANTI-INFLAMMATORIES

Our bodies produce quantities and

varieties of free radicals as a by-product of turning food into energy (and more in response to various forms of stress and exposure to toxins). Free radicals “steal” electrons from other molecules. This can change the structure of cells, alter DNA, and cause other forms of damage that can lead to chronic health conditions, including increased vulnerability to infections. There are countless “antioxidants,” some produced by the body and some derived from our food, that neutralize free radicals by “donating” electrons without thereby turning into free radicals themselves.

Technically, “antioxidant” doesn't name a substance, but a way a substance can behave. A compound might behave as an antioxidant when it's consumed in a whole fruit that also contains other antioxidants, but not in isolation, where it might even act like a free radical. This is why, though it's generally accepted that antioxidants support immunity, studies have generally failed to show it—they've been based on extracts and supplements, which turn out to be largely ineffective.

All the vitamins mentioned as essential for immune health are considered antioxidants. Many high-antioxidant foods are also anti-inflammatory, meaning they regulate the immune system to prevent situations in which the body effectively attacks itself, unable to shut off an immune response. Ginger and turmeric are thought to boast particularly powerful anti-inflammatory properties.

Resveratrol and anthocyanins, compounds found especially in dark blue, purple, and red berries, have been studied extensively for their antioxidant and anti-inflammatory effects. Promising research has been done on the additional ability of a compound in elderberries to prevent reproduction of the flu virus, supporting the use of elderberry syrup in folk medicine. Traditional elderberry syrup also contains raw (unpasteurized) honey, which is thought to offer potent antiviral and antimicrobial effects. Green tea has also been studied for its possible antioxidant and stress-reducing compounds. Basically, most edible plants boast some antioxidant properties, though some are more potent than others.

While it's not known whether garlic will shorten the duration of a cold, some studies have suggested that eating it before you get sick can reduce the likelihood of infection. This is attributable to allicin, the compound responsible for its distinctive aroma. Allicin is produced when garlic is crushed or chopped, allowing two separate compounds to react with and transform one another. Allicin has an initial oxidative (cell-damaging) effect—but it subsequently increases production of glutathione, the body's main innate antioxidant, by a significant amount; the by-products of this process are themselves potent antioxidants as well. Allicin is found in lower amounts in ramps (wild leeks), onions and cultivated leeks. In addition, all these plants from the allium genus are considered to be beneficial to our digestive systems.

GUT FOOD

Seventy percent of our immune cells are in the gastrointestinal tract, and the functioning of our immunity is dependent upon intricate interactions with the microbes that live in our gut. Essentially, if our native bacteria aren't fed well, our immune system doesn't function at its peak. Prebiotics are forms of dietary fiber that we can't digest directly, but which are ideal food for gut microbes. They're found in plant foods; in addition to the alliums, dandelion greens, beans and sunchoke (Jerusalem

artichokes) are particularly high in prebiotic fiber, though they're found in many plant foods.

The jury is still out on whether and when probiotic bacteria can survive the journey through our digestive system and take up residence in the gut. On the other hand, it's clear that lacto-fermentation—the transformation of foods by lactic acid bacteria and other microbes—makes many essential nutrients more available to our bodies. A good kimchi, with the nutritional benefits of fermented cabbage and the addition of garlic, ginger and hot pepper, seems like a great component of an immune-supportive diet—as do glutamine-rich yogurt and other fermented foods.

VARIETY

It's the spice of health. As should be clear, there's no magic bullet when it comes to eating for immune support. Drinking plenty of water, eating mostly unprocessed foods and including a lot of plants of all kinds is probably the best dietary strategy if we want to remain well—and we can be confident that whole foods are more likely to support immunity than supplements. In addition to incontestable nutritional benefits, a diverse natural diet also seems likely to provide stronger placebo effects—which, even when factually erroneous, are still effects. Switch it up and enjoy the tasty aspect of the task of self-care!

Law Office of Nathan Wagner

*Business - Family - Bankruptcy
Probate - Wills*

Call
608-949-6394
Free Consultation

nwagner.law

2810 Crossroads Dr, Suite 4000
Madison WI 53718

GET AN EDGE ON SPRING.

Bring your garden tools
in for sharpening!



ACE Hardware

1398 Williamson Street
(608) 257-1630 • acewilly@tds.net

INNER FIRE YOGA®

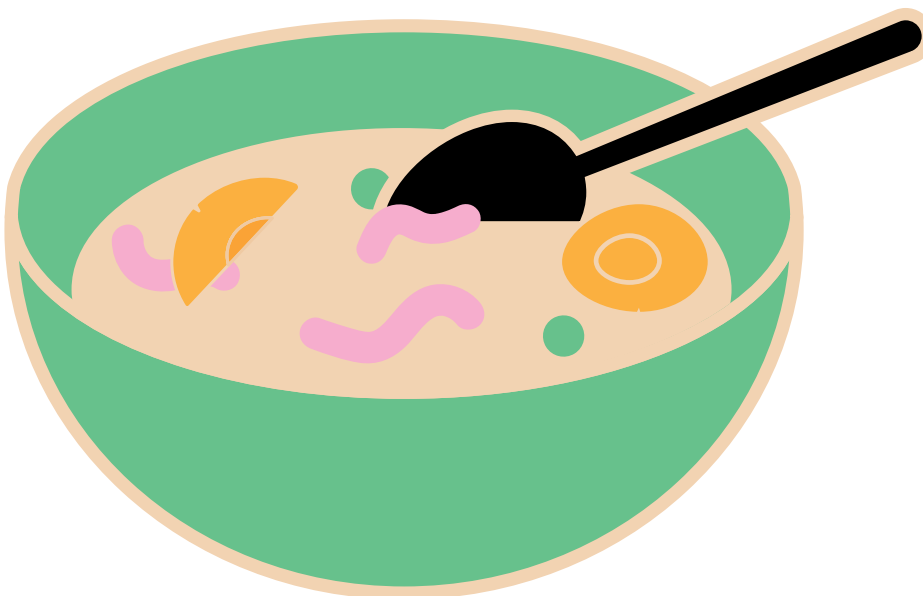
Madison's Original
Hot Yoga Studio Since 2002



East Madison
1813 East Washington Ave
608-405-5896

West Madison
5003 University Ave
608-661-0167

www.innerfireyoga.com





CUSTOMER EXPERIENCE REPORT

In the Spotlight: Community Shares and the Community CHIP® Program

by Kristina Kuhaupt, Customer Experience Manager

Kristina's Personal Confession Time: I know when I first became an Owner several years ago, I took my Owner Welcome Packet and tucked it away for safekeeping thinking I would read all the valuable information when I "had time." Well that never happened, to be completely honest. I got the gist of things, but I did not know all the amazing details. I read some items, but I did not read everything, so when I got to the checkout lanes during that same visit, and a staff member asked me if I wanted to CHIP, I just said, "Sure," hesitantly and smiled politely. Hopefully, if that has ever happened to you, rest assured you have not been alone. Over time, when I became more comfortable with the process I asked a staff member what that term meant and they nicely explained that it is a 1% donation of your total transaction that day which goes to local community charities. I thought, "Oh that is cool—sure why not!!" However, in saying that, I did not know what all those charities were or the entity that distributed all our collective 1% donations week after week. Now that I am in this role, I wanted to take a moment and explain where your 1% donations go and some of the charities that Community Shares of Wisconsin serves.

WHAT IS COMMUNITY SHARES OF WISCONSIN?

This organization has been around for over 50 years gathering local Wisconsin nonprofits together that support building a safe and sustainable future for us all. In fact, Community Shares was the first-ever social justice fund in the nation! Their approach is a grassroots effort to giving so that philanthropy is not just for the wealthy, but rather for everyone who cares about empowering people with disabilities, fostering civic engagement, supporting women, children, and families, ensuring affordable, accessible housing, working for a just, equitable society and working for the environment, sustainability, food, and farms. WOW! That is a whole lot of support for the community we live in through these almost 70 member nonprofits. For those interested in why your donation is called "CHIP," it is because in 1971 it was coined in response to "The People's Tax" as a donation taken at local businesses to help community causes. In 2008, Willy Street Co-op became the sole CHIP partner in our community. Although other organizations make donations to this cause, the Co-op is the only place in Dane County where you

can CHIP at registers, and because of that, we especially appreciate your contributions throughout the year.

HIGHLIGHTING A COUPLE OF COMMUNITY SHARES NON-PROFITS



This name may feel familiar especially when you have been at Madison-based festivals during the summer months. You probably are thinking of the tasty Chrysalis Pops that first come to mind. If you have enjoyed their local, organic popsicles but may have not known about their mission, I encourage you to visit their website at: workwithchrysalis.org. Chrysalis Pops is a Madison-grown social enterprise that offers opportunities for individuals living with mental health challenges to gain meaningful paid work experience from seed to sales. Participants grow, harvest, produce, and sell delicious local, organic, frozen fruit pops. The Co-op carries a range of their popsicles, so if you get a hankering for their gourmet pops you can easily get them here. My favorite is the Cold Brew Coffee! The flavor is so rich and creamy; it is a favorite treat that I usually pick up after I finish my grocery shopping. Their popsicles are one of several supported programs used to promote mental health and substance use recovery through vocational programs throughout the city.



Sustain Dane was founded in 1999 by a group of Madison community members to help lead programs in business and communities to transform Dane County into a happier, healthier place for everyone to thrive by using the internationally recognized science-based sustainability framework called The Natural Step as their guide. If this name feels familiar to you, it might be due to their many billboards throughout the city encouraging residents to start becoming involved in sustainability projects. Additionally, they offer many networking, sustainable series and programs to spur on your sustainability efforts at: sustaindane.org/

sustain-dane-programs/#storytelling. In 2022, they supported 97 projects with their Accelerated Sustainability Workshop, Master Recycler, Restaurant Food Waste Challenge and Water Steward, which reached 30,000+ people. Additionally, they upgraded 100 units of affordable apartments with energy efficiency measures. Lastly, they collected 10,000+ pounds of food scraps at the South and East Farmer's markets to use to regenerate soil at the Neighborhood Food Solutions farm.



REAP Food Group works on building and sustaining a local food system that supports family farms, promotes sustainable agriculture, and provides access to fresh, healthy food for our community. Although REAP has several programs to meet this mission, one that I found most foundational is their Farm to School program. They are able to bring fresh, local, and sustainably produced foods to children in Madison classrooms through their cafeteria and in-class snack programs. For more information on this program please visit: reapfoodgroup.org/farm-to-school. I could not get over how many schools they have partnered with to provide nutritious food to our children. Here is a link to a fantastic map of who they serve and what they have to offer: reapfoodgroup.org/farm-to-school-programming-20-2019.



Housing Initiatives is a Madison-based nonprofit that for over 25 years has helped end homelessness in our area for over 600 men, women, and veterans who suffer from mental illness by providing them with a permanent home and supportive services such as crisis stabilization and on-site office support. This unique program takes a holistic approach and cares for each individual, thus having a 95% success rate of clients never returning to homelessness. To read some personal success stories, please visit: housinginit.org/our-story/success-stories.



Nuestro Mundo, Inc.

Nuestro Mundo, Inc. started back in 2005 in a grassroots effort to advocate for social justice through quality dual Kindergarten-adult language immersion in the Madison Metropolitan School District. It also serves Nuestro Mundo Community School, a charter school in Monona that prepares its students and families by providing access to cross-cultural educational and leadership opportunities by promoting acceptance and understanding of cultural differences and strengths.

I was only able to cover five of the almost 70 Community Shares member organizations, which is just the tip of the iceberg for a stronger present and future for Dane County; to get a full list of all participating nonprofits, please visit: www.communityshares.com/our-members.



THE BIG SHARE®: MARCH 7

Perhaps after reading a bit more about all the good work Community Shares of Wisconsin does each and every day for our community, you might consider supporting them further with a one-time donation on March 7 of this year during their Big Share online giving the drive. If there is a particular cause you feel most personally connected to, the nice thing about this drive is that you can choose which organization(s) you would like to donate to. Additionally, they have some amazing social media resources here if you want to create your personal fundraising campaign to help bolster your efforts. They took out all the work by providing all suggested text and photos to help support this giving day.

TAX SEASON IS UPON US

Did you know that you can request your 2022 yearly CHIP® donation report at the Customer Service desks at any of our three locations? If not, please take advantage of your tax deduction!! Last calendar year our Owners helped generously donate more than \$300,000 to Community Shares—thank you!



Recipes

Chicken Tortilla Soup

Recipe adapted from Rapid City Journal

Serve with cornbread and salad on the side for a quick meal.

1 Tbs. olive oil
2 cloves garlic
1/2 c. each red and green bell pepper, chopped
1/2 c. onion
1 tsp. cumin
28 oz. chicken stock
12 oz. chicken breasts, cubed
4 corn tortillas
2 tsp. chili powder
1 can diced tomatoes
1 can black beans
4 tsp. cilantro
1/2 c. cheddar cheese
4 slices fresh lime

Directions: Preheat oven to 400°F. Cut tortillas into 1/2-inch strips using kitchen shears. Place on ungreased baking sheet and bake for 7 to 8 minutes until crisp. Watch to make sure they do not scorch.

Heat oil in a heavy 4-quart saucepan over medium heat. Add chicken; cook and stir 3 minutes. Add onion and peppers and cook about five minutes. Stir in garlic, chili powder, and cumin. Cook and stir 2 minutes more. Stir in beans, broth, and tomatoes. Bring to a boil.

Reduce heat and simmer 20 minutes. Divide tortilla strips among 4 bowls. Ladle soup over tortilla strips and top with cheese and cilantro. Garnish each bowl with lime slice to squeeze juice into soup, if desired.

Asparagus, Artichoke and Shiitake Risotto

Adapted from www.TheSmittenKitchen.com

This springtime risotto is totally worth the effort of cooking it.

5 c. broth
1 c. water
1 lb. asparagus, chopped
1 Tbs. olive oil
1/2 c. butter
3/4 lb. shiitake mushrooms, chopped
2 artichokes, chopped
2 shallots, minced
1 1/2 c. arborio rice
1/2 c. dry white wine
1/2 c. Parmesan

Directions: Bring broth and water to boil in a large saucepan over medium-high heat. Add the slices of asparagus and cook until they are crispy but tender, about 3-5 minutes.

While the asparagus is cooking, prepare a dish of ice water. Once the asparagus has reached the desired consistency, pull out of the broth and place in cooling bowl. Once fully cooked, remove from water and pat dry. Keep the broth at a very low simmer, covered.

Heat the olive oil and 1 Tbs. of butter in a deep saucepan over medium high heat. Once thoroughly melted, sauté the mushrooms until browned. In the immortal words of Julia Child, "Don't crowd the mushrooms!" They will brown best if agitated lightly and given plenty of space in the pan. Season with salt and pepper and transfer to a bowl.

Place 2 Tbs. of butter in your recently vacated pan. Cook your shallot pieces until softened. Add the rice and cook for 1 minute, stirring frequently. Add the wine and continue to cook until the rice absorbs it.

Pour in 1 c. of the hot broth and simmer. Stir frequently, until broth is fully absorbed (about 2 min).

Continue to simmer and add broth, 1/2 c. at a time, until the rice is tender and looks creamy. This will take somewhere between 15 and 25 minutes. If you have extra broth, save it for later, in case your rice needs thinning!

Remove the rice from heat. Stir in the remaining butter, 1/2 c. of Parmesan cheese, and add salt and pepper.

Gently fold in the asparagus, artichokes, and shiitake mushrooms while the rice is in the pan. Cover and allow the flavors to infuse the dish—this will take about a minute.

If your risotto is thicker than you like, now is a great time to add that extra broth. Serve immediately with the rest of the cheese!

Breakfast Casserole

Adapted from RecipeSource.com

Try this easy dish for a special brunch, served with fresh fruit.

Prep. 20m

2 Tbs. olive oil
1 onion, chopped
1/2 lb mushrooms, chopped
1 lb spinach, chopped
8 eggs
1 c. milk
1 tsp. dry mustard
6 c. cubed bread
1/2 lb. ham, cubed
1/2 lb. cheddar cheese
salt
pepper

Directions: Preheat oven to 350°F. Butter a 9x13" casserole dish and set aside.

Heat olive oil in large skillet. Add onion and mushrooms and sauté about five minutes until softened. Stir in spinach and cook until just wilted. Remove from heat and set aside.

In large bowl, beat eggs. Whisk in the milk and mustard, then fold in the bread and ham. Let stand 5 minutes. Stir in 3/4 of the cheese. Fold in the cooked vegetables and season with salt and pepper. Pour into the prepared casserole. Sprinkle the remaining cheese over top and bake for 45-60 minutes, until set and golden brown. Let cool 10 minutes before serving.

Easy Salmon Cakes with Creamy Dill Sauce

Adapted from *The Essential Eating Well Cookbook*

Canned salmon boasts four times the amount of heart-healthy omega-3s as canned tuna!

Prep. 45m
1/4 c. mayonnaise
1/4 c. yogurt
2 scallions, chopped
1 Tbs. lemon juice
1 Tbs. dill
3/4 tsp. black pepper
3 tsp. olive oil
1 onion, chopped
1 celery stalk, chopped
2 Tbs. fresh parsley, chopped
15 oz. salmon
1 egg, beaten
1 1/2 tsp. Dijon mustard
3/4 c. breadcrumbs
1 lemon

Directions: Combine the mayonnaise, yogurt, scallions, lemon juice, dill, and 1 1/4 teaspoon of the pepper in a small bowl. Mix well, cover, and set aside.

Preheat oven to 450°F. Lightly spray a baking sheet with vegetable oil. Heat 1 1/2 teaspoons of the oil in a large skillet over medium-high heat. Add the onion and celery and sauté about 3 minutes, until lightly softened. Add the parsley and remove from heat.

Place the salmon in a mixing bowl. Remove any bones or skin, and flake apart with a fork. Add the beaten egg and Dijon mustard and mix well. Stir in the sautéed onion and celery, then the breadcrumbs and remaining pepper. Shape into 8 patties about 2 1/2 inches wide.

Heat the remaining 1 1/2 teaspoons of olive oil in the skillet over medium heat. Arrange 4 of the patties in the pan and cook, undisturbed, for 2-3 minutes, until the underside is golden. Use a large spatula to transfer the patties to the prepared baking sheet, golden side down. Repeat with the remaining 4 patties.

Bake until golden on top and hot all the way through, 15-20 minutes. Serve with the creamy dill sauce and slices of lemon.

Almond Cake with Strawberry Rhubarb Compote

Adapted from www.smittenkitchen.com.

Prep. 15m; Cook. 45m
1 lb. strawberries
1 lb. rhubarb
1 tsp. lemon zest
1 Tbs. lemon juice
1 c. granulated sugar
7 oz. almond paste
4 oz. unsalted butter
2 Tbs. honey
3 eggs
2 Tbs. Amaretto
1/3 c. all-purpose flour
salt
1/3 c. sliced almonds
Confectioners's sugar
3/4 c. creme fraiche

Directions: Select about a quarter of the smallest strawberries and slice into quarters. Set them aside. Cut the remaining strawberries in halves or quarters

so that they are mostly uniform in size. Place in a medium saucepan. Chop the rhubarb into 3/4-inch pieces, and add to the pot of strawberries. Add the lemon zest and juice, and 3/4 cup of the sugar. Stir to combine, then heat over medium-high heat. Cook, stirring often, until the sugar dissolves. Let it come to a boil and cook at a low boil, stirring frequently, until the liquid reduces. Lower the heat and simmer for an additional 2 minutes, until the rhubarb is very tender. Remove from heat, and fold in the reserved strawberries. Let cool to room temperature, then transfer to a covered container and chill.

Preheat oven to 350°F. Butter and flour an 8-inch round cake pan. Line with a round of parchment.

If using a stand mixer, attach the paddle attachment, and place the almond paste and remaining 1/4 cup of sugar in the bowl. (If using a handheld mixer, place them in a large mixing bowl.) Cream the almond paste and sugar together in low speed until the almond paste breaks up, then increase the speed to medium for 2 more minutes. Add the butter and mix for an additional 4-5 minutes, until the mixture is very airy and light in color. Add the honey, and beat in one egg at a time. Add the Amaretto, sifted flour, and a pinch of salt. Mix until just combined. Scrape the batter into the prepared pan and smooth the top.

Bake 25 minutes, until golden, and it bounces back when you press it. Place on a wire rack to cool in the pan. When cool, flip the cake out on the rack and remove the parchment. Flip it over once more so that the top of the cake is facing up again. Brush with Amaretto, then sprinkle with the toasted almonds. Dust with confectioners' sugar. Serve with the crème fraîche and strawberry-rhubarb compote.

Greens and Goat Cheese Crustless Quiche

From Luna Circle Farm CSA newsletter

Originally this fabulous Luna Circle Farm CSA recipe called for sorrel, but can really be made with any flavorful leafy green. Experiment with your favorites!

2 c. leafy greens, chopped
2 scallions, chopped
1 garlic clove, minced
3 oz. chevre
3 eggs
1 1/2 c. milk
1/4 tsp. salt

Directions: Preheat oven to 375°F. Spread goat cheese into the bottom of a buttered pie tin. Cover with the chopped greens and scallions, garlic. Beat the eggs, salt and milk together. Pour over the greens. Bake for 35-40 minutes, or until the top is golden brown. Enjoy!

Penne with Roasted Green Garlic, Pancetta, and Arugula

Featured Chef Adapted from www.nytimes.com

Here's a pasta dish that's perfect for spring: not too heavy, with the lively combination of green garlic and arugula.

6 green garlic
3 Tbs. olive oil
salt
pepper
1 lb. penne rigate pasta
1/2 lb. pancetta
1/4 tsp. crushed red pepper flakes
1 tsp. lemon juice
2 bunch arugula, chopped
2 Tbs. Parmesan cheese

Directions: Preheat the oven to 375°F. Place green garlic in a small shallow baking dish and drizzle lightly with olive oil. Cover with aluminum foil, and roast until golden brown, 35-45 minutes. If the dish starts to burn before the garlic is roasted, add a tablespoon of water. Transfer to a wire rack to cool.

Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions. Drain, reserving 1/2 cup of the cooking water.

While the pasta is cooking, heat olive oil in a large skillet over medium-high heat. Add the pancetta and crushed red pepper, and sauté until pancetta is crisp and golden, about 5 minutes.

Peel and discard the outer layer of the roasted green garlic. Chop green garlic, then add it to the skillet of pancetta. Stir in the lemon juice and a generous pinch of salt and black pepper. Sauté for 2 minutes. Lower the heat, then add the pasta and arugula to the skillet. Toss gently until arugula wilts. Add a little of the reserved cooking water, a tablespoon at a time, so that you can scrape up any brown bits from the bottom of the pan. Taste and adjust the seasoning if needed, and served topped with grated Parmesan.

Springtime Locavore Salad

From Megan Minnick, former Purchasing Director at the Willy Street Co-op

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

3 Tbs. white wine vinegar

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

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

Cook the bacon in a skillet over medium heat until crispy. Remove from the pan, leaving the bacon grease in the skillet. Sauté the ramp bulbs in the bacon grease over medium heat until they turn translucent. Remove from heat and set aside.

In a large bowl, toss together the spinach, dandelion greens, Jerusalem artichokes, and ramp tops. Drizzle with some of the prepared vinaigrette, and toss well to coat. Top with the bacon, sautéed ramp bulbs, crumbled feta, and violet petals, if using. Enjoy!

Grapefruit, Avocado and Spring Onion Salad

Adapted from Alice Waters' book *Chez Panisse Fruit*

This excellent salad features juicy grapefruit, creamy avocado, and peppery arugula.

2 grapefruit
2 tsp. Champagne vinegar
salt
pepper
5 Tbs. olive oil
6 c. arugula
1 spring onion
2 avocado

Directions: With a sharp knife, slice off the top and bottom from each grapefruit. Slice away the rind and white pith, following the curve of the fruit. Carefully slice along the partitioning membranes to remove the grapefruit segments. Place the segments in a bowl and squeeze any juice from the scraps of membrane and pith into the bowl. Remove two tablespoons of grapefruit juice and place in a small bowl. Set aside the grapefruit pieces.

Add the Champagne vinegar to the bowl of grapefruit juice. Sprinkle with salt and pepper to taste. Add the olive oil in a steady stream, whisking to combine. Taste and adjust the seasoning if needed.

Place the sliced spring onion in a small bowl and toss with 1 tablespoon of the dressing. Set aside to marinate.

Place the avocado halves cut side down on a cutting board, and slice lengthwise into 1/4-inch slices. Toss the arugula with 1 tablespoon of the dressing. Mound the arugula on a serving platter and arrange the avocado slices and grapefruit segments over it. Spoon the remaining dressing on top, then garnish with the marinated onion. Serve.

Arugula and Asparagus Ribbon Salad

Adapted from www.mynewroots.org.

During asparagus's short season, serving it raw is a great way to enjoy it. Shaving the spears into thin ribbons and briefly marinating them in a quick vinaigrette turns the asparagus soft and almost creamy.

1 bunch asparagus
3 Tbs. olive oil
2 Tbs. lemon juice
2 tsp. honey
1 shallot
salt
pepper
2 c. arugula
1/4 c. hazelnuts
Pecorino Romano

Directions: Slice the tips off the asparagus spears, then slice them all in half, lengthwise. Place in a large bowl and set aside. Use a vegetable peeler on the asparagus spears to create long, thin ribbons. Add the ribbons to the bowl of asparagus tips and set aside.

Whisk together the olive oil, lemon juice, honey, and minced shallot. Season to taste with salt and pepper. Drizzle the dressing over the asparagus, and toss to coat. Allow to rest for 15 minutes.

Add the arugula to the bowl of asparagus and toss to combine. Top with chopped hazelnuts, more black pepper, and a few shavings of Pecorino Romano, if using. Serve.





Staff Picks



Miyoko's Roadhouse Cheddar Spread

Super great for cheese and crackers or spread on toast with anything added. Great flavor and simple ingredients.



EVAN



Lily's Sweets Dark Chocolate Bars

They're sweetened with stevia and erythritol, not sugar. The one with almonds is my favorite.



Epic Bars

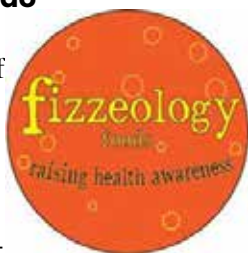
Delicious, low-carb, and convenient. Wild Boar is probably my favorite.

JOE



Fizzeology Kickapoo Curtido

Refreshing and local with a slightly spicy kick, this stuff has become one of my new favorites to have atop Tres Foods Papusas for lunch. It also goes great on multiple other things, but I'm especially digging that combo—some cheese melted over the Papusa and slices of avocado with a heaping pile of Curtido on top!



Taylor Farms Wellness Blend Greens Mix

A great greens mix that is hearty and never gets old. Excellent as the base for a salad or added to a stir-fry, soup, etc. My yearly winter challenge is to consume a whole container myself every week :)



LAURA



Willy Street Co-op Ranchero Salad

This is a perfect light lunch or dinner. Great base of greens topped with seeds, cheese, and salsa. The housemade ranch dressing brings out a melody of flavors.

FORREST



Roth Canela Cheese

A true dark horse, this cheese is a versatile and excellent addition to many dishes. Roth's Canela is a delicious manchego-style cheese made with cow's milk with a rind rubbed with warming spices. Try grating this cheese over pizza, soups, pasta, or rice and beans for a unique taste and special treat! Roth Cheese is world-famous and made right here in Wisconsin. Available at East only.

COLLIN



Maya Kaimal Red Lentil Butternut Squash Everyday Dal

I really like this Dal. I usually like to keep one or two at my desk or in my pantry at home. It's convenient to be 90 seconds away from enjoying a hearty, warming meal for lunch at the office, or a quick dinner at home. One pouch is filling, so you can easily get two servings out of it. As a bonus, it's certified organic!



MELISSA



Kerrygold Dubliner Cheese

A lovely dry aged cheddar-ish cheese with a tart rustic edge and a fruity complexity made from Irish grassfed cow's milk. Smashing with sourdough, crackers, or strong red wine.



MATT



Cafe Spice Chicken Tikka Masala with Saffron Rice

This is one of my go-to microwaveable meals when I'm on break at work. I like that it's not frozen and doesn't take a lot of time to heat up. I have had all of the other frozen chicken tikka masala meals and this one is currently my personal favorite. Definitely worth a try!



JAMES

Paleo Mama Magic Bars

These little bars may be small but they are so good and so worth it! They taste so good that you will be shocked that they are paleo, gluten-free, and grain-free! I don't adhere to any of those diets, but every now and then I just have to buy a package of these. They have clean ingredients and are locally made—what's not to love?! Available at East and West only.



Attitude Shampoo and Conditioner

I LOVE the Super Leaves Nourishing & Strengthening Shampoo and Conditioner from Attitude. It's made with grapeseed oil and olive leaves which helps moisturize and strengthen dry and damaged hair. It's EWG- (Environmental Working Group) verified, hypoallergenic, and it truly moisturizes your hair without weighing it down. The shampoo (and other select products) are available in an Eco Refill bulk on-the-go container, so you can refill your bottle at home.

SARA

**Aura Cacia Relaxing Lavender Mist**

I am in love with this one. I use it as a facial toner. Most hydrosols are by-products of the extraction of essential oils. This product uses pure lavender oils mixed with water. It has such a lovely, calming scent and keeps my skin clean and hydrated for the win.

**KRISTI****Once Again Organic Lightly Sweetened, Sunflower Seed Butter**

This Sunflower Seed Butter has just the right amount of sweetness, and I really like the consistency compared to other brands. But not only does it taste amazing, the company is employee-owned and committed to sustainability. Check out their neat back story on their website.

**MELISSA****Go Max Go Vegan Candy Bars**

These are new (at Willy North), and they are sooooo good! Think vegan versions of your favorite classic candy bars. AND, most of them are gluten-free.

**Wedderspoon Ginger Manuka Honey Drops**

The wonderful taste of manuka honey combines with ginger for an amazing flavor that is also full of healthy benefits. I recommend these for when you have a cold or just when you want a luscious treat for yourself.

**THAYER****Rise Nitro Cold Brew Coffee Oat Milk Latte**

Gives me vibes of chugging chocolate milk as a kid...i just wanna CHUG it! To combat this, I dump it in with the rest of my regular coffee and add ice. This makes it bigger and stronger. It's got that not-too-sweet oat milky and it really wets your whistle!

**AMY****Satya Sai Baba Nag Champa Incense**

Nag Champa Incense isn't only for the meditative and spiritual among us. It can really clear up the stuffiness of a winter dwelling with absolute coziness.

Orange You Glad It's Vegan Cake Slice

I love everything about this cake. Its bright sweet citrus flavor, its creamy frosting, the fact that it's light enough to still feel good afterwards... everything!

ANGELICA**Organic Pink Lady Apples**

Although this isn't my favorite apple variety (that title is held by the macoun, available for an all-too-brief time each fall), Pink Lady apples are available pretty much year-round. They're crisp apples whose taste is a great combination of sweet and tart. Apple slices with some cheese, a baguette, and some sausage is my kind of lunch.

**BRENDON****Kalamata Olives from the Olive Bar**

These are the tastiest olives I've ever had! They're so much better than canned olives. I love being able to purchase just a small portion of them .

BEN**De La Calle! Ginger Manzana Tapache**

I just tried this for the first time and it's my new favorite! Wonderful spiced apple cider taste with plenty of ginger and fizz. It has the complexity of a mixed drink without the alcohol. Do yourself a favor and try one!

PIPER**Kevita Mango Kombucha**

It's a great way to start off the morning. It's really refreshing after a night's rest and gets you going in the morning.

ATTICUS**Field Roast Plant-Based Smoked Apple and Sage Bratwursts**

I tried this product during our hot dog and brat sale a couple of months back and absolutely loved it!! I now am working my way through each flavor offering. I am a meat eater, and yet I loved this product more than some traditional brat products. It is high in flavor and protein and has a pleasing texture. I am hooked, and it is a great vegan option to either use in a traditional format or cut up and add into pastas.

KRISTINA**Organic Rutabagas**

I had my first rutabaga recently, and I was surprised no one ever told me how amazing they are. I didn't want you to miss out either, so I'm here to encourage you not to underestimate this root veggie. Baked rutabaga fries with a sprinkle of coriander, cumin, and black pepper is where it's at.

MOURNING DOVE



Field Day Organic Spaghetti

Organic pasta is known to have more texture and flavor than your average supermarket brand, and Field Day Organic Spaghetti is a testament to this. Field Day has the best pasta I've seen in its price range, and what's most telling about its quality is the pasta water after boiling. About a half cup or so of pasta water is essential for sauce cohesion and taking any pasta dish up a notch, and Field Day more than delivers on this front.

JORDI



Willy Street Co-op Bone Broth

We carry beef and chicken broth. Made in-house, this is such a fresh clean broth. Why make it at home when our meat department makes it for you? All meat bones, except the chicken are locally sourced. But since we make it all in-house we consider them all locally prepared. Flavors vary by store. Amanda Ikens

Tipi Produce Carrots

They are so sweet and tasty! No other carrot packs as much flavor as Tipi's. You can tell that they are grown with love. You can also get them well into winter. They are great raw, cooked, or even juiced!



AMANDA

Miso Master Organic White Miso

This is a must-have for the fridge. It is super versatile and can be used in soup, on fish, or throw it on the veggies you are frying up. Glaze it; whisk it; mash it. Find new adventures with this paste.

Troubadour Bakery English Muffins

They KNOCKED it out of the park with this English Muffin. I have never had such a delicious one before. Take your breakfast sandwich to a whole other level. Have your napkin at the ready, because it is messy.



ABIGAIL

Willy Street Co-op The Green C Juice

This is really filled with a lot of vitamin C! Only three ingredients (orange juice, parsley juice, and lime juice) and it is all organic. I like to drink this when I need an cleansing boost or for a refreshing summertime drink. Don't let the parsley scare you—it pairs so well with the citrus. Yum!

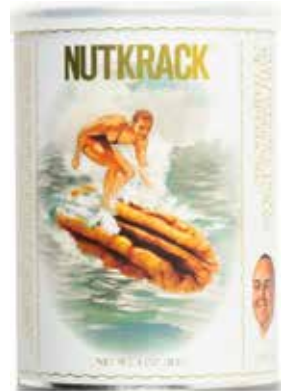

Everyone Hand Soap

I love washing my hands with this stuff! I bought this on sale for the first time and now I will buy it every time. Every scent is so lovely; my favorite being apricot and vanilla (and spearmint and lemongrass and ruby grapefruit—all of the scents I've tried have been so delightful, really). These soaps are made with essential oils which aren't overpowering or "fragrance-y" smelling. Everyone Soap also uses coconut-derived cleansers and organic plant extracts in their ingredients which leaves your hands clean without dryness. We all know how important it is to wash your hands—take the experience to the next level with these awesome soaps from Everyone!




Nutcrack Classic Candied Pecans

It took me a while to try these, but now I know what the hype is about! Crunchy, sweet, salty, everything you'd want in a snack. Try putting them in chocolate chip cookies if you want to make something really special. Also takes oatmeal up a notch.

ZONTA
CLUB OF
MADISON
MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

**Madison
Zonta
Foundation
Presents**



LUNAFEST FILM FESTIVAL

7 SHORT FILMS ... ABOUT AND BY WOMEN

Tuesday, March 28, 2023

A Fundraiser in Support of Empowering Women in Dane County

Time: 6:30 - 8:30 p.m. - Tickets: - \$35 - Student - \$20

**Edgewood College, Anderson Room, Predolin Hall,
959 Edgewood Drive, Madison, Wisconsin**

Website > <https://www.lunafest.org/screenings/in-person-zonta-madison-foundation-madison-wi-032823>



MEET YOUR
NEW NEIGHBOR.

OH WAIT,
WE'VE
ALREADY
MET.

Monona Bank and State Bank of Cross Plains
ARE MERGING



Lake Ridge
Bank™

GO FAR. GO TOGETHER.

1965 Atwood Avenue, Madison, WI 53704

Member FDIC



Invite the
Outdoors In!



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

Call Today!
608-221-1799
ChadsDesignBuild.com

Be Groovy, and Eat Your Spinach



www.peaceandspinach.com
Reiki | Yoga | Meditation | QHHT



Petinary

Excellent Pets Deserve
Excellent Care

1014 Williamson St
608.255.1239

www.petinarymadisonwi.com

Quality Veterinary Care on Willy St Since 1981

Savings Emailed!



See what's new & tasty in
produce or what's on
sale for Owners each week!

www.willystreet.coop/emails to sign up
- you can unsubscribe any time you wish.

willy street co-op

FOLLOW US ON:



ADVERTISE IN THE READER

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