

willy street co-op

READER



A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 50 • ISSUE 11 • NOVEMBER 2023

EATING FOR THE CLIMATE



THANK YOU!

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

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

IN THIS ISSUE

Thanksgiving Offerings; Holiday Cheese Ideas; Nifty Gift Sneak Peek; Strategic Planning; New Products; and More!

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Ashwini Rao

BOARD CONTACT INFO:
board@willystreet.coop;
all-board@willystreet.coop (includes the GM,
Executive Assistant and Board Administrator)

BOARD MEETING SCHEDULE

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

October 25
November 29
January 24

WILLY STREET CO-OP MISSION STATEMENT

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

SUBMISSIONS

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

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NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

IN THIS ISSUE

- 3-4 Customer Comments
- 4 News from the General Manager
- 4 Your Board Report
- 5-7 Community Room Calendar
- 8-9 Holiday Cheese Ideas
- 10 Nifty Gifty Sneak Peek
- 10 New Products at Your Co-op
- 11-13 Co-op Deals Sales
- 14-16 Thanksgiving Offerings
- 18-19 Eating for Climate Change
- 20 Bountiful Generosity
- 21-22 Staff Picks
- 23 Would You Like to Chip? Yes!



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!

RETURNING PAPER BAGS

Q: Earlier this year we were able to return our Coop paper bags for reuse at local food pantries. Are you still doing that? I have a number I could drop off. If you are, do you also accept paper bags from other stores? Thank you.

A: Thanks for reaching out and asking! Yes!! Please feel free to stop in our stores and drop off paper bags (not plastic please) from any business that you have. Our local food pantries would love to make use of them! The drop-off location is by our food pantry donation section at each stores; which is very close in proximity to our Customer Service desks. If you don't see where to place them in store, please feel free to ask Customer Service staff, and they will direct you. Thanks for helping our local neighbors; appreciate it! Best, Kristina Kuhaupt, Customer Experience Manager

SOYBEAN OIL

Q: Can you tell me what kind of soybean oil you use for dishes prepared at Willy St? (Soy, as you probably know, is mostly genetically modified.)

Thanks very much for your answer!

A: The soybean oil in our Deli and Bakery products is not a direct ingredient that we use. So we don't use soybean oil directly. This ingredient shows up mostly as a result of using Earth Balance as a butter replacement for vegan products. Earth Balance uses non-gmo soybean oil in all of their products. There are also a few other products we use from Tofutti that also use non-gmo soy. Let me know if you are looking at a specific item and I can look into it for you. Best regards, Nicholas OConnor, Prepared Foods & Cheese Category Manager

BREAD CHANGES

Q: Hi! Love all the changes you've made to Willy West and all the new products you now carry; however, I do miss having Angelic Bakehouse breads on the shelf. Going forward, are you only going to carry it in the frozen bread section?

A: Thanks for reaching out with your question regarding Angelic Bakehouse bread. I'm happy to hear that you like the changes we made in our bread area! When we made these changes in the bread section, we decided to introduce the freezer due to customers requesting that we keep certain varieties of bread frozen. All of the bread that is currently stocked in the freezer is actually delivered to us frozen.

Prior to the freezer, we would pull the bread the night before we stocked it and let it thaw. Before the bread was stocked, we would sticker it with an expiration date. Once the bread expired we would loss out the remaining loaves that didn't sell.

Even though we would only try to put out

what we would sell, inevitably we would end up with expired bread. We eventually came to realize that most of our customers were asking for frozen loaves of bread from our back stock, rather than buying what was on the shelf. With that said, we ended up with more and more expired bread that was already thawed and dated. Since it was clear to us that most of our customers preferred to purchase their bread frozen, we decided to retail them that way.

Having our bread sold in the freezer has resulted in zero product waste and less labor for us having to thaw the bread each night. That being said, we will probably continue to try and sell them frozen for the foreseeable future.

I appreciate your feedback with preferring that your bread is already thawed when purchased. My apologies that we are no longer offering that as an option. I hope through my explanation you're able to understand our reasoning for why we went in this direction. Please feel free to reach out to me with any questions. Thanks! -Dave Andrews, Grocery Manager—West

BULK CONCERNS

Q: I have been shopping bulk at Willy Street and other coops for 25 years. I have noticed serious decline in the WSC bulk department, even before COVID. Almost every time I have bulk items on my list, something (for which I brought a container) non-perishable is out of stock. Lately, there's never anyone around and I have to bug someone in grocery or the front desk to find a bulk person; usually I just don't bother and go home with an empty container. Last time I wanted maple syrup, one of the dispensers was broken, and the other gave the barest trickle. I went to the front desk, they called someone in bulk, and they opened the nonfunctioning dispenser. We eventually got my jar filled. That was months ago.

Yesterday, I had 4 bulk items on my list. The first, citric acid, was fine. The second, ground cloves, was nearly impossible since it is a clumpy item. It took me forever to shake the bulk container and to shake the funnel enough to get the product in my jar. The third was cornstarch. Which comes in a container the same size as the cloves. The container holds about 3 purchases worth of cornstarch. I just dumped what was left in my jar, which was less than half full. Since there is never anyone in bulk, I just left the empty container on the shelf like That Guy I hate to be.

I almost cried when I got to my fourth item, maple syrup. It was on sale. Great! Not great, since one dispenser didn't allow even a trickle out. The other dispenser had a broken handle, but allowed a very slow trickle,

IF you opened the top to let the air above the syrup pressurize (whose idea was these non-functioning containers?). My arm was so tired holding the jar but I was determined to fill my jar. So it has been known for at least several months that the containers are non-functional, but the product was put on sale? Does the bulk manager shop in the bulk aisle? Sure doesn't seem like it. I am dreading the big bulk sales.

A: I am so sorry that you have had poor experiences in Bulk. I want to thank you for reaching out to share your experiences with us, it is appreciated and helpful for us as we manage the resources we have available (Time, Money, Labor, etc) and allocate them to departments.

A bad experience for us is not acceptable and is never excused. I do want to share with you some logistics and decisions we have to make for you to have an understanding on how and why we do things certain ways. Although it will not negate your experience, hopefully a peak behind the curtain will help somewhat.

In general, every retailer has seen a decline (in resources) over the last 25 years that affect the business in some way. As much as we do not wish to, we are still a part of the game called capitalism. As decades have passed the tug of war between gross margin, cost of goods, cost of labor, and sales continues on. This almost always results in logistics and labor being crunched. We do not have the same resources we once had as bulk sales decrease every year. I have been in manufacturing and retail for the last 27 years, and every year it is do more with less. And that is simply the way America has been. I assure you it has been just as distressing for everyone in the industry as it is for our customers. We work as hard as we can, but I am truly sorry we have failed you.

In regards to items being out, some of that is us. But, although COVID is over, the reality is the holes and gaps in manufacturing, farming, and distribution centers are still there. Although much better than the pandemic, we weekly have dozens of products in all categories that are experiencing short- or long-term out-of-stocks. And as those cycle back in, new ones are waiting to take their place. Crop failures increase every year also. This leads to a veritable butterfly effect of products that are not available, or that the next year are not available. I have a mainstay brand (20 items) that were not available for 14 months due to a factory burning down.

You are correct, some of those bulk spices can be difficult to pour given their powdered form. Leaving an empty jar is completely acceptable and you should not feel bad. Between stocking, receiving product, back-stocking product, ordering, and other duties the Bulk clerk/buyer will never be able to wholly be just in the Bulk aisle. Although their duties move them about they return to the aisle as often as possible for stocking and we sweep up about every 15-20 minutes due to the dust, spillage from people shopping.

I do apologize for the maple syrup. It can always crystallize so easily in the nozzle. We try to clear it as much as we can, but it can be difficult when the jar is not empty. As for the broken maple syrup container, that is actually the second broken handle and the fourth broken syrup jar. I do apologize but I've had a bit of a time keeping up with how many times the handles or the entire jar has been shattered. I have another set on order with some backups with a (hopefully) heavier duty handle.

Again, I realize none of this is an excuse, or fixes your experience. I am deeply sorry that we have let you down. I simply wanted to make sure you had some information from me. If you have any follow up questions or comments please feel free to email me back. Thank you, Jason Zabinski, Grocery Manager—East





GENERAL MANAGER'S REPORT

Fiscal Year 2023 Annual Report; Annual Meeting; and More!

by Anya Firszt, General Manager

HAPPY NOVEMBER!

The start of the 2023 holiday season. Time again to think about making plans with family and friends to eat and be merry. We have most everything you need to prepare a holiday meal that will win the hearts and bellies of everyone on your guest list.

STRATEGIC PLANNING (FROM ANNUAL MEETING)

The Board and management team has been conducting strategic planning work to determine what areas need special focus in the next 3-5 years. We have narrowed the list to three:

- Ensure the future success of Willy North,
- Become an employer of choice in Dane County, and
- Empower our Owners and shoppers on their wellness journey.

In tandem with these priorities, we have various goals—like improving diversity, equity, and inclusion (DEI), and deepening our commitment to our local vendors, community stakeholders, and our community—that remain important and we will continue to pursue.

These three strategic priorities were identified as being the most time-sensitive and having the biggest opportunities for improvement while helping us to further our DEI efforts. The Board has directed the management team to develop projects to achieve these goals and metrics to measure how well your Co-op is making progress toward them. Stay tuned for future updates.

WILLY NORTH FRONT END CHANGE

Last month we installed self checkout lanes at Willy East and later this month we plan to do the same at Willy North—if all goes according to plan. This work will be started after the Thanksgiving holiday. Stay tuned for future updates.

AUBERGINE/1226 WILLIAMSON STREET

Building approvals were more complicated than we originally anticipated, but construction of the new space is finally underway: concrete has been poured, and framing out walls is in the works. The classroom,

meeting and event space, and gallery will be ready for use in early 2024.

ANNUAL MEETING

To those of you who attended the Annual Business Meeting and Panel Discussion on October 5, thank you. Your participation in the annual meeting means a great deal to us. We hope you enjoyed the virtual event and found the information valuable. The panel discussion was led by Sarah Larson, Board President, with three of our local farmer producers, Beth Kazmar and Steve Pincus of Tipi Produce, and Tommy Stauffer of Vitruvian Farms. It's a must see!

If you missed it, you can watch the video or read the transcript at willystreet.coop/annual-meeting.

FISCAL YEAR 2023 ANNUAL REPORT

You can expect to receive our last fiscal year's Annual Report in your mailbox or inbox in late November or early December. Fiscal Year 2023 (ending on July 2 was a good year; we earned income, and we will be distributing patronage to Owners! Stay tuned

for more detailed information in the next issue of the *Reader*.

DATES TO THINK ABOUT THIS MONTH AND NEXT

- November 23, Thanksgiving: the stores are open until 2:30pm
- December 24, stores are open until 6:00pm
- December 25, CLOSED
- December 31, New Year's Eve: regular hours
- January 1, 2024, New Year's Day, CLOSED
- January 2, 2024: stores open at 10:00am

DOUBLE DOLLARS

While many folks are thinking about what family favorites to serve at their Thanksgiving meal, please also think about making a donation at the register to our Double Dollars program. We'll be matching the amount raised in November and December up to \$10,000 and those funds will be shared equally between our five food pantry partners.

May your Thanksgiving holiday be filled with delicious food, loving friends, and much laughter.



BOARD REPORT

Co-op Strategic Priorities

by Ashwini Rao, Board Vice President

Earlier this year, the Co-op Board and management embarked on a strategic planning process.

At two strategic planning retreats, Board members mapped the competitive landscape, looked at national trends among cooperative grocery outlets, and compared what makes us different from our competitors. We performed a strategic audit of our strengths, weaknesses, opportunities, and threats. From there,

we developed six possible goals. We then collected feedback from Owners, via surveys and listening sessions, on these goals so that we could narrow it down to three:

- Ensure the future success of Willy North,
- Become an employer of choice in Dane County, and
- Empower our Owners and shoppers on their wellness journey.

Arriving at these strategic priorities was quite the process, but our

work is not done. In fact, one can make the argument that the real work begins now. This past year, we worked on DEI programs and on deepening our commitment to local vendors and community stakeholders. Our DEI workgroups—which were established in 2021—are focused on improving diversity, equity, and inclusion for vendors, staff members, Owners, and our community. As we look to the future, we will expand and deepen our com-

mitment through continued policy revision and review, strengthening our relationships within the community, and finding more ways to remove barriers for customers and vendors so our neighborhoods can thrive.

We have some great ideas and programs planned for the next few years and I'm looking forward to assisting the Board and Co-op management in bringing some of these ideas to fruition.

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Community Room Calendar

Visit www.willystreet.coop/events to register.

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



GLUTEN-FREE PISTACHIO RASPBERRY DACQUOISE WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, November 1, 6:00pm–8:30pm
Ages: 14 and older; adult supervision required
Instructor: Pierre Ferland
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Join Chef Pâtissier Pierre Ferland in this class to learn how to make a naturally gluten-free Dacquoise fill with a classic mousseline cream. Dacquoise is a meringue base cake that lends itself to a variety of applications. In this class, you will learn how to make a basic meringue and how to fold in the different ingredients that are used in making Dacquoise as well as a mousseline cream. Demonstration with limited hands-on opportunities.

GLUTEN-FREE BÛCHE DE NOËL WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, December 6, 6:00pm–8:30pm
Ages: 14 and older; adult supervision required
Instructor: Pierre Ferland
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Join Chef Pâtissier Pierre Ferland to learn how to make a classic Bûche de Noël from start to finish and completely gluten-free. In this class, Pierre will make a Roulade sponge cake, buttercream, different fillings, and decorations that make up this holiday favorite. Participants will learn how to fill, roll the Roulade sponge cake, shape, and assemble this tasty treat. Demonstration with limited hands-on opportunities.



ITALIAN CLASSICS

Location: Willy West Community Room
Monday, November 6, 6:00pm–8:00pm
Ages: 16 and older; adult supervision required
Instructor: Elizabeth Crawford
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Join Elizabeth Crawford for a demonstration on three different methods of cooking featuring a menu of Farro with Mushrooms and Chèvre, Pasta with Marinara Sauce, and Parmigiano Reggiano and Risotto Milanese. Demonstration only.

COOKING WITH CHEF PAUL: HOLIDAY TURKEY AND SIDES

Location: Willy West Community Room
Thursday, November 16, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Want to have succulent turkey on the dinner table for Thanksgiving? Join Chef Paul to learn a couple of ways to make that happen! Paul will discuss brine versus dry rub. Side Dishes will include Antipasto, Thyme & Maple Glazed Root Vegetables, and more ideas will be shared. Demonstration only.

TATER TIME WITH MR. T

Location: Willy West Community Room
Friday, November 17, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

The humble potato is the basis of thousands of recipes and a staple food all over the world. Join our own Mike T. and learn a few new ways to employ everyone's favorite tuber. Recipes include potato gratin, potato pancakes, pommes Anna, and pommes puree in the style of Joël Robuchon. Demonstration with limited hands-on opportunities.

COOKING WITH CHEF PAUL: TEX-MEX AT HEART

Location: Willy West Community Room
Thursday, November 30, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

The bold flavors of Tex-Mex food hold a special place in Chef Paul's heart! Join him for the bold flavors and seasoning mixes! On the menu: Spanish Rice, Pork Enchiladas, Crispy Fried Chicken with Salsa Verde, and Cheese Quesadillas. Demonstration only.

WILLY STREET CO-OP HOT BAR AT HOME

Location: Willy West Community Room
Friday, December 1, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Love our lasagna? Do you dream about mac and cheese? Crazy about sweet and hot chicken? Join us for a journey down the hot bar and learn how to make some Co-op classics at home! Attendees are asked to submit their favorite hot bar item and we will choose one to feature in class along with our instructor's other selections. Demonstration with limited hands-on opportunities.

COOKING WITH CHEF PAUL: A TOUCH OF ITALY

Location: Willy West Community Room
Thursday, December 7, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Italian comfort food in the fall season brings happiness and delight. Join Chef Paul for a menu of slowly braised Osso Buco with Gremolata, Classic Saffron Risotto, and baked Cod Arraccanato. Demonstration only.

GOURDGEIOUS USES FOR WINTER SQUASH

Location: Willy West Community Room
Friday, December 8, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

'Tis the season for winter squash! There's more to pumpkins than pie and jack-o-lanterns. Join us to learn about the many varieties of winter squash, and how to use them in dishes including soup, squash gnocchi, and custard cooked in a pumpkin. Demonstration with limited hands-on opportunities.

CRÊPES AND TARTE TATIN

Location: Willy West Community Room
Wednesday, December 13, 6:00pm–8:00pm
Ages: 16 and older; adult supervision required
Instructor: Elizabeth Crawford
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Join Elizabeth Crawford to learn two classic party dishes—crêpes and Tarte Tatin. Indulge in unlimited savory crêpe combinations including local cheeses and caramelized vegetables. Finish with a famous French dessert and a pairing of Paris stories. Demonstration only.

COOKING WITH CHEF PAUL: SHABU-SHABU

Location: Lakeview Library
Thursday, December 14, 6:30pm–7:30pm
Your Co-op's Own Instructor: Paul Tseng
Fee: Free; registration required
Capacity: 12

In cold weather, making stock will warm up our dwellings and hearts. In this class, you will learn how to make stock, and Chef Paul will also demonstrate how





to utilize trimmings from produce and meat. Once the stock is made, shabu-shabu can be served. It's a great way to entertain by gathering your friends and family around the hotpot on a cold winter day. Register at www.madisonpubliclibrary.org/events. Registration will open two weeks prior to program date on November 30.



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Lakeview Library
Thursday, November 9, 6:30pm-7:30pm
Your Co-op's Own Instructor: Paul Tseng
Fee: Free; registration required
Capacity: 12

Once your knife skills have improved, your cooking will be more efficient and more delicious. Join Chef Paul for a demonstration on how to dice, julienne, and chiffonade vegetables and fruits. Chef Paul will also discuss how to choose, care for, and sharpen knives. Register at www.madisonpubliclibrary.org/events. Registration will open two weeks prior to program date on October 26.



COOKING TOGETHER: FLAVORS OF BELGIUM

Location: Willy West Community Room
Friday, November 10, 5:30pm-7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required

Fee: \$15 for kids of Owners (\$12.50 each for multiple kids); \$25 for kids of non-owners; \$20 for Owners; \$40 for non-owners
Capacity: 14

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 to offer a multi-age experience exploring flavors from around the globe. Participants in this hands-on class will prepare a delicious dinner inspired by the flavors of Belgium—Potato Kroketjes, Sauce Andalouse, Waterzooi aux Paddestoel, Buttery Brussels Sprouts, Waffles, and Sauce aux Chocolate 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 TAIWAN

Location: Willy West Community Room
Thursday, December 14, 5:30pm-7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for kids and adults required
Fee: \$15 for kids of Owners (\$12.50 each for multiple kids); \$25 for kids of non-owners; \$20 for Owners; \$40 for non-owners
Capacity: 14

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 to offer a multi-age experience exploring flavors from around the globe. Participants in this hands-on class will prepare a delicious dinner inspired by the flavors of Taiwan—Green Onion Pancake, Shacha Sauce, Garlicky Stir Fried Spinach, Three Cup Tofu, Sticky Rice, Bubble Tea, and Pineapple Cakes 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.



READ A BOOK & LEARN TO COOK: PAN-FRIED TOFU WITH ORANGE DIPPING SAUCE

Location: Willy West Community Room
Monday, November 6, 10:00am-11:00am
Instructor: Lily Kilfoy

Ages: 1-4 years old; adult supervision required
Fee: \$15 for Owners (\$12.50 each for more than one child); \$25 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this 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 Pan Fried Tofu with Orange Dipping Sauce together. Read-aloud will include *Tofu Takes Time* by Helen H. Wu, and *Eating the Alphabet: Fruits & Vegetables from A to Z* by Milwaukee author Lois Ehlert.

KIDS IN THE KITCHEN: CALZONES!

Location: Willy West Community Room
Tuesday, November 7, 4:15pm-5:30pm
Location: Wil-Mar Neighborhood Center
Thursday, November 9, 4:15pm-5:30pm
Instructor: Lily Kilfoy

Ages: 5-8 years old
Fee: \$15 for Owners (\$12.50 each for more than one child); \$25 for non-owners
Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. Making Italian folded pizzas, known as calzones, is a fun and delicious activity for people of all ages. In this class, participants will create their own personal calzone. Hands-on.

READ A BOOK & LEARN TO COOK: PUMPKIN FRY BREAD!

Location: Willy West Community Room
Monday, November 13, 10:00am-11:00am
Instructor: Lily Kilfoy

Ages: 1-4 years old; adult supervision required
Fee: \$15 for Owners (\$12.50 each for more than one child); \$25 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this 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 Pumpkin Fry Bread together. Read-aloud will include *Fry Bread: A Native American Family Story Book* by author Kevin Noble Maillard, and *Pumpkin Circle: The Story of a Garden* by author George Levinson.

KIDS IN THE KITCHEN: HEARTY HAND PIES!

Location: Wil-Mar Neighborhood Center
Thursday, November 16, 4:15pm-5:30pm
Instructor: Lily Kilfoy

Ages: 5-12 years old
Fee: \$15 for Owners (\$12.50 each for more than one child); \$25 for non-owners
Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. Humans have been honoring hand pies for all of history. Honing hallmarks of home that are held in high regard. From palatable Pasties and Patties, to essential Empanadas, brilliant Bierock, and tasty Turnovers. In this class, participants will hatch out hardy hand pies. Hands-on.

READ A BOOK & LEARN TO COOK: BEET CHOCOLATE CHIP COOKIES

Location: Willy West Community Room
Monday, November 20, 10:00am-11:00am
Instructor: Lily Kilfoy

Ages: 1-4 years old; adult supervision required
Fee: \$15 for Owners (\$12.50 each for more than one child); \$25 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this 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 Beet-Chocolate Chip Cookies together. Read-aloud

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Parent/Child Playgroup age 0-3
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will include *Who Put the Cookies in the Cookie Jar?* by George Shannon and *Squash Boom Beet* by Lisa Maxbauer Price.

READ A BOOK & LEARN TO COOK: SWEET POTATO MACARONI AND CHEESE!

Location: Willy West Community Room
Monday, November 27, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 1-4 years old; adult supervision required
Fee: \$15 for Owners (\$12.50 each for more than one child); \$25 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this 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 Sweet Potato Macaroni and Cheese together. Read-aloud will include *Tony Baroni Loves Macaroni* by author Marilyn Sadler and *Full, Full, Full of Love* by author Trish Cooke.

READ A BOOK & LEARN TO COOK: PEPPERMINT SUGAR COOKIES

Location: Willy West Community Room
Monday, December 11, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 1-4 years old; adult supervision required
Fee: \$15 for Owners (\$12.50 each for more than one child); \$25 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this 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 Peppermint Sugar Cookies together. Read-aloud will include *Who Put the Cookies in the Cookie Jar?* by author George Shannon & Wisconsin illustrator Laura Dronzek and *Sheila Rea's Peppermint Stick* by Madison, Wisconsin author Kevin Henkes.

READ A BOOK & LEARN TO COOK: KALE CHIPS WITH PAPRIKA DIP!

Location: Willy West Community Room
Monday, December 18, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 1-4 years old; adult supervision required
Fee: \$15 for Owners (\$12.50 each for more than one child); \$25 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this 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 Kale Chips and Paprika Dip together. Read-aloud will include *The Tale of Kale* by author Lisa Borden, and *Crunchy, Not Sweet* by author Amy Ward.



HOW THE THYROID GLAND WORKS

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

Are you fatigued, constipated, and have brain fog and wonder if it's your thyroid hormone levels? Come learn about how thyroid hormones, essential to every cell in the body, are produced, and how auto-immunity, stress, and inflammation interfere. Katy Wallace, Naturopathic Doctor of Human Nature, will present the roles of minerals and diet in supporting the thyroid gland.

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

MORE ENERGY

Location: Zoom
Wednesday, December 6, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Learn about how energy is produced and regulated in the body and the key lifestyle actions to support balanced energy when you want it and need it. Katy Wallace, ND of Human Nature, will discuss tweaks to diet, circadian rhythm, and activities that result in better management of your energy.

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



SELF-CARE YOGA CIRCLE WITH MOURNING DOVE

Location: Wil-Mar Neighborhood Center
Tuesday, November 14, 5:00pm–6:00pm
Location: Wil-Mar Neighborhood Center
Tuesday, November 28, 5:00pm–6:00pm
Ages: 18 and older
Your Co-op's Own Instructor: Mourning Dove Wochos

Fee: \$15 for Owners; \$15 for non-owners
Capacity: 8

In a gentle and nurturing environment, release the pressures of the day, connect body and mind, and prioritize you. This class is open to all bodies, identities, and abilities. All are welcomed and valued.

SPECIAL STORES HOURS

November 23, Thanksgiving: open until 2:30pm

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Community Shares of Wisconsin offers you the choice of supporting nearly 70 local nonprofits working on voting rights, healthy food systems, criminal justice reform, housing advocacy, environmental protection, and much more.

A pledge through your workplace giving campaign is urgently needed and greatly appreciated. When you designate to one of our member nonprofits they receive 100% of your gift.

Photo provided by Urban Triage, credit: Hedi Rudd

Learn how your workplace can participate:
communityshares.com/workplace-giving

CHEESE NEWS

Holiday Cheese Ideas



by **Matt Neff, Willy West Cheese Coordinator**

Ah, entertaining during the holidays: the joyful task of navigating palates, preferences, and politics in the comfort of your own castle while surrounded by those most near and dear to you. A chance to roll out the red carpet of your soul, affectionately weaponize your kitchen-savvy ways, and knock 'em dead with your cooking, conviviality, and tasteful decor before they know what hit 'em. POW! "Take that, Aunt Susie!" you'll say to yourself.

Stress-inducing for some, the process can be eased with a natural social lubricant: cheese, and cheese-like foods. In the land of the cheese-eaters, one risks dishonor, exile, and the disapproval of the commoners by refusing to serve that pillar of the American diet so enjoyed by young and old alike. So how to wow with the stuff from a cow?

Cheeseboards and platters are undoubtedly the classy go-to option for the self-respecting home entertainer. Who doesn't love entering a holiday soiree and spotting a gorgeous smorgasbord of intriguing fromage et formaggio, ranging from the familiar and comforting to the unique and exciting? If your guests don't notice your spread immediately, position yourself next to it and loudly and repeatedly clear your throat until the praise washes down your face and neck.

When serving cheeses on a board or platter, consider variety and complementarity. Weigh the qualities of each cheese and how well your selections balance each other. Sweet and nutty, opposite sharp and piquant? Fresh and tangy, opposite stanky and bleu? Will you be serving fruit, nuts, olives, crackers, bread, wine, and/or charcuterie as well? If you intuitively consider the big picture of everything you're offering, you too, can balance the yin and yang of your brie and brick. One doesn't need twenty cheeses, either—even a modest variety of two to three cheeses can make a cheeseboard fun and interesting. A few favorites, local and otherwise, that we suggest.

HOOK'S 15-YEAR CHEDDAR

Hook's Cheddar is ubiquitous in Wisconsin and comes in a variety of ages. Their 15-year cheddar, a seasonal offering at the Coop, is as crumbly, sharp and savory as one might expect. Your guests will be wowed by the marvelous feat of eating such an ancient foodstuff and getting away with it.

DREAMFARM FRESH GOAT CHEESE SPREADS (CHEVRE)

Dreamfarm is a gem of a small organic family dairy farm nestled in the hilly beauty of Cross Plains, Wisconsin. The chevre they produce is superb, super-fresh, and as local as it gets. These cheeses are seasonal, so get them while supplies last!

ALEMAR BOOM ISLAND/BENT RIVER CAMEMBERT-STYLE CHEESE, AND BLUE EARTH AMERICAN BRIE

Made in Minneapolis, these artisanal soft-ripened cheeses are too good to be true. Made from local grassfed milk, they have a soft, rich subtlety that is pretty great.

DEER CREEK MOON RABBIT

A unique and unusual Wisconsin cheddar with a rind bathed in green chartreuse, infusing the cheese with rich flavor. This cheese will be on Owner Rewards: 11/27/23–12/3.23.

LINCET DELICE DE BOURGOGNE

A wonderful brie from the Ile-de-France, rich and smooth with an earthy, delicate aroma and notes of mushrooms. It pairs well with Champagne and other sparkling wines.

RED BARN CUPOLA

A nutty, sweet aged cheese that falls somewhere between a cheddar and gouda, available in one-year and three-year versions, from Red Barn Family Farms, a Fair-Trade and animal welfare-minded group of cheesemakers based in Appleton, Wisconsin. This cheese will be on Owner Rewards: 11/20/23–11/26/23.

CARR VALLEY GLACIER WILDFIRE

A unique, mild, and approachable blue cheese made in Wisconsin, it has pepperoncini peppers throughout that lend beautiful speckles and a hint of heat.

HIDDEN SPRINGS FARMSTEAD FETA

A rich, crumbly, very nice sheep milk's feta from Hidden Springs Creamery, a wonderful farmstead sheep's milk dairy in the Driftless region.

Not everyone is necessarily inclined to maroon their cheese on a wooden board to languish in the glow of the holiday cheer. Cheese has many other places and uses in a holiday entertainer's repertoire apart from cheeseboards, including but not limited to:



FONDUE

Melt together Swiss, Gruyere, and other semi-soft meltables like Jack or Fontina. Some varieties you could consider: Carr Valley Fontina, and the 2-4 or 6-9 month aged Marieke Goudas. Also, we have the Swiss cave aged gruyere, but a good local (and cheaper) sub would be the Roth Grand Cru cheeses Marieke Gouda Plain Mature Gouda 6-9 Months weight.

CASSEROLE, QUICHE, FRITTATA, AND/OR HOT DISHES

Savory grating cheeses will shine here. Parmigiano Reggiano, Pecorino Romano, Gruyere, or aged Cheddar.

In desserts, or *as* dessert: Cheese-cake or tart is an obvious option

(usually employing cream cheese and/or mascarpone), but you might also consider serving cheese as a dessert course, in the European style. A drizzle of honey will turn just about any cheese into dessert.

A final consideration: will your gathering be attended by guests who have hard dietary restrictions and/or preferences? A wealth of options exist. For lactose-intolerant guests, it's worth knowing that cheeses aged 10+ months are generally lactose-free.

Most cheese is naturally gluten-free, but according to the Celiac Disease Foundation, it's a good idea to check the label, particularly with processed cheese foods like spreads—some contain beer made from wheat.

For your veggie friends, know that some cheeses are not considered

vegetarian or vegan due to the use of animal rennet as a coagulation agent—be sure to check the label to see whether vegetarian or microbial rennet is specified in the ingredients.

CHEESELESS

Speaking of vegan and vegetarian guests, have you considered throwing in with those lunatics and going meatless on your snack platter this year, and/or—gasp—cheeseless? It helps the environment and the climate, and you may just discover that some vegan cheeses are actually worth eating. The best in my book are those by Miyoko's Creamery, based in Petaluma, CA. Made from cashew milk and coconut oil, they are firm, creamy and delicious, and beloved by many hardcore vegans I've met. I suggest

their Double Cream Garlic-Herb Nut Cheese or their Double Cream Chive Nut Cheese.

Congratulations! You have been armed with some cheese-based holiday entertaining ideas. At this point, metaphorically speaking, you've made your way through the fire swamp intact and have beaten off any rodents of unusual size with your wits and fists alone. Kick back, crack open a beer or your beverage of choice and repeat after me: Hakuna Matata. And Happy Holidays!

P.S. If you're still feeling uncertain about selections and pairings when you get to the store, feel free to ask one of our knowledgeable cheese staff for help! We're always happy to help you build out your ideal planche de fromage or charcuterie board!



PRODUCT NEWS

Nifty Gifty Sneak Peek



by Melissa Reiss, Product Department Assistant



ZERO-WASTE KITCHEN GIFTS

Bee's Wrap

Reusable Food Wraps made in the U.S. with organic cotton, beeswax or plant-based wax (vegan wraps), organic plant oil and tree resin.

Food Huggers

Reusable Silicone Food Savers made of 100% FDA-approved food grade silicone, they are dishwasher, freezer and microwave safe.

Stasher Reusable Silicone Storage Bags

Made of food grade platinum silicone, they are dishwasher, freezer, microwave, and oven safe up to 425°F.

Cose Nuove Swedish Dishcloth

Reusable dish or cleaning cloth made of earth friendly cellulose and cotton.

U-Konserve BounceBox

Made of 100% platinum silicone, they are dishwasher, freezer, microwave, and oven-safe up to 425°F and Divided Rectangle Container: the container is made of 18/8 stainless steel and it's oven safe up to 300°F. The lid is made of platinum-grade silicone.



CANDLE ENTHUSIAST

Big Dipper Wax Works

100% pure beeswax candles (unscented tapers and pillars).

Kalamazoo Candle Company

Natural soy candles made in Kalamazoo, Michigan.

Eco Candle Co.

Handmade soy candles made in Appleton, Wisconsin.

GoodLight Natural Candles

Chanukah candles and seasonal tins.



FAIR TRADE GIFTS

Andes Gifts

Fair Trade handknit hats, ear warmers, gloves, mittens, arm/wrist warmers and scarves

Maggie's Organics Mountain Hiker Socks

Organic merino wool and rag socks, organic cotton, Fair Trade, knit and dyed in the U.S.

African Market Baskets

Fair Trade, handwoven baskets in a wide selection of colors and an assortment of sizes; mini round basket, large round baskets, oval baskets, and shopping totes

PRODUCT NEWS

New Products at Your Co-op



by Melissa Reiss, Product Department Assistant

KALAMAZOO 2-WICK CANDLES

Are two wicks better than one? Find out with these new seasonal candles that come to us from the other side of Lake Michigan. Better hurry because these are only here for a limited time. Illuminate your space for your fall and winter gatherings.

Also makes a great gift! 100% naturally scented soy wax that is California Prop 65-compliant.



Hand-poured and crafted from clean and sustainable ingredients.

RADIUS TOOTHBRUSHES & REPLACEMENT HEADS

Radius toothbrushes now give you the option to replace worn out heads instead of purchasing a whole new toothbrush every time! That reduces plastic consumption and waste by 93%!

DAVIDS TOOTHPASTE

Need something to put on that new toothbrush head from Radius? How about a new natural toothpaste in a recy-

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clable metal tube? It even comes with a key to help you get every last glob of paste out of the tube! Fluoride- and SLS-free.

Two options in flavor and function here: Charcoal + Peppermint, or Sensitive + Whitening using nano-hydroxyapatite (n-HA) to repair sensitive teeth and re-mineralize enamel.

Available at Willy East and Willy West.



West.

EAT MEATI

There's a new plant-based protein brand in town, and this meatless entrée is made from mycelium! Mycelium is the root-like structure of superfine fungi filaments. This is what mushrooms sprout out of, but not all mycelium produces mushrooms. There are millions of species of fungi, and Eat Meati's founders invested years into finding the right one for their products: *Neurospora crassa* (*N. crassa*), which they grow indoors with water, sugar, and nutrients, sort of like the way cheese or beer is made.

This is a great protein product, as it grows super fast and provides a complete protein in addition to fiber, B vitamins, and other nutrients.

Select products currently (as of this writing) available at Willy East and Willy West.



RICHARD'S RAINWATER

The first net-positive bottled water. How does that work? First, it rains and the folks at Richard's collect the rainwater in large vessels. Then

comes filtration. Their closed-loop filtration system beats the highest drinking water standards and purifies with virtually zero water waste. They then package the water in glass and aluminum. Check out their water quality report on their website for more information: richardsrainwater.com/pages/about. Available at Willy North.



Health & Wellness

co-op deals: November 1-14

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Sign up at www.willystreet.coop/emails.
You can unsubscribe at any time



Dr. Bronner's All-One Toothpaste

All Kinds on Sale!
5 oz • Save \$1.50

\$4.49/tx

coop deals.



Lakewood Organic Pure Aloe Juice

32 fl oz • Save \$2.30

\$6.99

coop deals.

Sappo Hill Glycerine Creme Bar Soap

All Kinds on Sale!
3.5 oz • Save \$1.10

\$1.69/tx

coop deals.

Heritage Store Rosewater Spray

4 fl oz • Save \$3.70

\$5.29/tx

coop deals.

Source Naturals Wellness Formula

90 tab • Save \$8

\$16.99/tx

coop deals.

Barleans Fresh Flax Oil

16 fl oz • Save \$7

\$19.99/tx

coop deals.

Moon Valley Organics Shampoo Bar

All Kinds on Sale!
4 oz • Save \$3

\$5.99/tx

coop deals.



Weleda Skin Food Body Butter

5 oz • Save \$5

\$13.99/tx

coop deals.



MegaFood C Defense Gummies

70 ct • Save \$6.50

\$10.49/tx

coop deals.



Natural Factors Stress-Relax Suntheanine L-Theanine

60 vcap • Save \$11.50

\$15.49/tx

coop deals.



co-op deals: November 15-28



ECOS Hand Soap

All Kinds on Sale!
17 fl oz • Save \$1.80

\$4.19/tx

coop deals.



South of France Bar Soap

All Kinds on Sale!
6 oz • Save \$1.29

\$3.50/tx

coop deals.



Nature's Way Chlorofresh Liquid Chlorophyll

All Kinds on Sale!
16 fl oz • Save \$2.50

\$10.49/tx

coop deals.



Nordic Naturals Vitamin D3 + K2 Gummies

60 ct • Save \$7

\$17.99/tx

coop deals.

The Humble Co. Floss Picks

All Kinds on Sale!
50 ct • Save \$1

\$2.79/tx

coop deals.

Mineral Fusion Nail Polish

All Kinds on Sale!
.33 oz • Save \$2.80

\$5.69/tx

coop deals.

Natrol Melatonin

3 mg Time Release
100 tab • Save \$3.30

\$6.49/tx

coop deals.

Natural Stacks Smart Caffeine

60 cap • Save \$5

\$14.99/tx

coop deals.



Alba Botanica Very Emollient Body Lotion

All Kinds on Sale!
32 fl oz • Save \$7.50

\$12.49/tx

coop deals.



Adora Rich Dark Chocolate Calcium Supplement

30 pc • Save \$4.50

\$8.49/tx

coop deals.

coop™ deals

co-op deals: November 1-14



Tate's Bake Shop

Cookies

All Kinds on Sale!
7 oz • Save \$1.50

\$4.99



Santa Cruz

Organic Peanut Butter

Dark Roasted
16 oz • Save \$2.30

\$5.99



R.W. Knudsen

Simply Nutritious Juice Blends

All Kinds on Sale!
32 oz • Save \$1.80

\$3.49



Organic Valley

Grass Fed Whole Milk

64 oz • Save \$1

\$5.79



Beyond Meat

Plant-Based Burger Patties

8 oz • Save \$1.50

\$4.99



Hippeas

Chickpea Puffs

All Kinds on Sale!
4 oz • Save \$1

\$3.29



Food Should Taste Good

Tortilla Chips

Multigrain, Sweet Potato
5.5 oz • Save \$1.30

\$2.99



Wildwood

Organic Super Firm Tofu

16 oz • Save \$1.10

\$3.39



Muir Glen

Organic Canned Tomatoes

All Kinds on Sale!
14.5 oz • Save \$2.58-\$2.98/2

2 for \$3



Boulder Canyon

Potato Chips

All Kinds on Sale!
5-6.5 oz • Save 80¢-\$1

\$2.99



Wildbrine

Korean Kimchi

18 oz • Save \$2

\$6.49



King Arthur Flour

All-Purpose Unbleached Flour

5 lb • Save \$2

\$6.49



Mike's Mighty Good

Ramen & Ramen Cups

All Kinds on Sale!
1.6-2.4 oz • Save \$1.58/2

2 for \$4



Barbara's Bakery

Cheese Puffs

Original, Jalapeño
7 oz • Save \$1

\$2.99



Terra Chips

Vegetable Chips

All Kinds on Sale!
5 oz • Save \$1.79

\$3.00



California Olive Ranch

Everyday Extra Virgin Olive Oil

25.4 fl oz • Save \$5

\$13.99



Cascadian Farm

Frozen Fruit

All Kinds on Sale!
8-10 oz • Save \$3

\$3.99



Brown Cow

Cream Top Yogurt

All Kinds on Sale!
32 oz • Save 80¢

\$3.99



Essentia Water

Electrolyte Enhanced Water

50.72 fl oz • Save \$1.98/2

2 for \$4



Canyon Bakehouse

Gluten-Free Bread

San Juan 7 Grain, Mountain White
18 oz • Save \$1.80

\$5.99



Upton's

Seitan

All Kinds on Sale!
8 oz • Save \$1-\$1.30

\$4.49



Birch Benders

Organic Pancake & Waffle Mix

16 oz • Save \$1.80

\$3.99



Better Life

Lemon Mint Dish Soap

22 oz • Save \$1

\$3.99/tx



Woodstock

Organic Frozen Vegetables

Green Peas, Shelled Edamame,
Broccoli Florets, Sweet Corn,
Snap Peas

10 oz • Save \$1

\$2.79



The specials on this page are valid November 1-14

All Sales Subject to Availability. Sales Quantities Limited.

NOVEMBER

co-op deals: November 15-28

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Rishi Tea
**Organic Masala
Chai Tea Concentrate**
32 oz • Save \$1.50
\$5.99

Primal Kitchen
Avocado Oil
16.9 oz • Save \$5.50
\$9.49

Bragg
**Organic Raw
Apple Cider Vinegar**
16 oz • Save \$1.20
\$3.79



Westbrae Natural
**Organic
Canned Beans**
All Kinds on Sale!
15 oz • Save \$2.58/2
2 for \$5

Alden's
**Organic
Ice Cream**
All Kinds on Sale!
48 oz • Save \$2
\$7.99

Daiya
**Vegan
Cheeze Shreds**
All Kinds on Sale!
7.1 oz • Save 80¢
\$3.99



Back To Nature
Crackers
Stone Ground Wheat, Crispy Wheat,
Classic Round, Pink Himalayan Salt
Flatbread
5.5-8 oz • Save \$1.29
\$3.50

Better Than Bouillon
Organic Bases
Chicken, Beef, Vegetable
8 oz • Save \$2
\$5.99

Blue Diamond
Nut Thins
All Kinds on Sale!
4.25 oz • Save \$1.29
\$3.50



Vital Farms
**Pasture-Raised
Large Eggs**
1 doz • Save \$2
\$5.99

Wholly Wholesome
Organic Pie Shells
2 pk • Save \$1.70
\$5.29

Wholesome Sweeteners
**Organic
Brown Sugar**
Light, Dark
24 oz • Save \$2.30
\$4.49



Woodstock
**Organic
Cranberry Sauce**
Jellied, Whole
14 oz • Save \$1.50
\$3.49

Ithaca
Hummus
All Kinds on Sale!
10 oz • Save \$1.50
\$3.99

Just
**Plant-Based
Egg Replacement**
Folded—Great for Breakfast Sandwiches!
8 oz • Save \$1.50
\$4.29



Farmer's Market
**Organic
Pumpkin**
15 oz • Save \$1.50
\$2.49

Immaculate Baking
Company
**Organic
Flaky Biscuits**
16 oz • Save \$3
\$3.99

Wallaby
**Organic
Greek Yogurt**
All Kinds on Sale!
32 oz • Save 70¢
\$6.79



Pacific Foods
Organic Broth
Mushroom, Vegetable,
Free Range Chicken, & Beef
32 oz • Save \$1.80-\$2
\$3.49

Frontier
**Organic
Vanilla Extract**
4 oz • Save \$7
\$15.99

GT's
Organic Kombucha
All Kinds on Sale!
16 oz • Save 79¢
\$3.00/tx



Wholly Wholesome
**Gluten-Free
Pie Shells**
14 oz • Save \$2
\$5.79

Bob's Red Mill
**Organic Medium-
Grind Cornmeal**
24 oz • Save \$1.50
\$3.49

ECOs
Dishmate Dish Soap
All Kinds on Sale!
25 oz • Save 70¢
\$3.79/tx



The sales on this page are valid November 15-28

All Sales Subject to Availability. Sales Quantities Limited.



Turkeys

Turkey pre-order Dates: 11/1/23-11/16/23
Call or stop by Customer Service to order!

East: 608-251-6776 West: 608-284-7800 North: 608-471-4422

Ferndale
All Natural Fresh

Turkey
\$2.49/LB



Cannon Falls, MN

Free-range, antibiotic & hormone-free, naturally-processed.

SIZING:

- 10-12LB
- 12-14LB
- 14-16LB
- 16-18LB
- 18-20LB
- 20-22LB
- 22-24LB

Bell & Evans
Organic Fresh

Turkey
\$6.99/LB



Fredricksburg, PA

Antibiotic- & hormone-free, fed a vegetarian diet of organic grains.

SIZING:

- 10-12LB
- 12-14LB
- 14-16LB
- 16-18LB
- 18 - 20LB
- 20-22LB
- 22+LB



Ferndale
All Natural Fresh

Turkey Breast \$3.99/LB 5-8lbs
SIZE WILL VARY

TURKEY ORDER PICK UP DATES: 11/18/23-11/26/23

PICK UP EARLY TO GET A TURKEY CLOSEST TO YOUR DESIRED WEIGHT.



OPEN STOCK TURKEYS AVAILABLE: 11/18/23

Produce



Plant-Based Entrées

coop deals. SALE PRICES LISTED BELOW ARE FOR ALL CUSTOMERS. SELECTION VARIES BY STORE.

Tofurky
Plant-Based
Holiday Feast
3.5 lb



\$27.99/ea coop deals

EVERYONE SAVES \$10.00/ea 11/1/23-1/2/24

Quorn
Meatless
Turkey-Style
Roast
16 oz



\$7.99/ea coop deals

EVERYONE SAVES \$3.50/ea 11/1/23-1/2/24

Field Roast
Hazelnut &
Cranberry
Plant Based
Roast
32 oz



\$19.99/ea coop deals

EVERYONE SAVES \$3.00/ea 11/1/23-11/28/23

Tofurky
Plant-Based
Roast
26 oz



\$12.99/ea coop deals

EVERYONE SAVES \$4.50/ea 11/1/23-1/2/24

Field Roast
Sage Garlic
Plant-Based
Celebration Roast
16 oz



\$8.49/ea coop deals

EVERYONE SAVES \$1.30/ea 11/1/23-11/28/23

Gardein
Plant-Based
Turky Roast
35.2 oz



\$13.99/ea coop deals

EVERYONE SAVES \$5.50/ea 11/1/23-1/2/24

Tofurky
Plant-Based
Ham Style
Roast
19 oz



\$12.99/ea coop deals

EVERYONE SAVES \$4.50/ea 11/1/23-1/2/24

Field Roast
Celebration
Roast
Plant-Based
32 oz



\$17.99/ea coop deals

EVERYONE SAVES \$3.00/ea 11/1/23-11/28/23

Gardein
Plant-Based
Savory Stuffed
Turkey
14.1 oz



\$7.99/ea coop deals

EVERYONE SAVES \$2.50/ea 11/1/23-1/2/24

All Sales Subject to Availability. Sales quantities limited.

willy street co-op

Deli



Grab & Go available:
11/10/23-11/23/23

Turkey and sides available on
our Hot Bar daily: 11/10/23-11/23/23



Ferndale Skin-On
Boneless Turkey Breast



Vegan Green Bean Casserole



Creamy Chicken
& Wild Rice Soup



Mushroom Gravy



Vegan Stuffing



Corn Chowder



Turkey Gravy



Garlic Mashed Potatoes



Field Roast Hazelnut & Cranberry
Plant-Based Roast

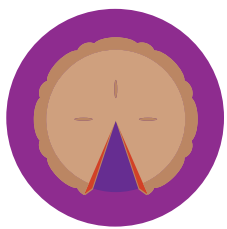


Cranberry Sauce



Maple Roasted Root Vegetables

Thanksgiving, Made By Your Co-op!



Pies

Our Production Kitchen uses **Local** eggs
and butter (and **Local** produce when we're able)!



Stella's
8" Pumpkin Pie
\$20.99/ea



Stella's
6" Pumpkin Pie
\$11.99/ea



Willy Street Co-op
9" Door County Cherry Pie
\$23.99/ea

6" Mini Door County
Cherry Pie
\$12.99/ea



Stella's
8" Pecan Pie
\$20.99/ea



Stella's
6" Pecan Pie
\$11.99/ea



Willy Street Co-op
9" Vegan Made Without
Gluten Apple Pie
\$25.99/ea

Vegan Made Without
Gluten Apple Half Pie
\$13.99/ea



Stella's
8" Apple Pie
\$20.99/ea



Stella's
6" Apple Pie
\$11.99/ea

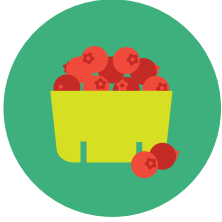


Willy Street Co-op
9" Vegan Made Without
Gluten Pumpkin Pie
\$23.99/ea

Vegan Made Without
Gluten Pumpkin Half Pie
\$12.99/ea

All Sales Subject to Availability. Sales quantities limited.

willy street co-op



Essentials

*SEE CO+OP DEALS PRICING IN STORE



Pacific Foods
Organic Cream of Mushroom Soup
10.5 oz
***\$3.79/ea**



Field Day
Organic Cut Green Beans
14.5 oz
\$1.99/ea



Field Day
Organic 100% Pure Pumpkin
15 oz
\$2.99/ea



California Farms
Organic Evaporated Milk
12 fl oz
\$4.29/ea



Imagine Foods
Organic Gravy
Roasted Turkey, Savory Beef, Wild Mushroom
13.5 fl oz
***\$3.99/ea**



Field Day
Organic Broth
Vegetable, Chicken, Beef
32 fl oz
\$2.69/ea



Olivia's
Gluten Free Rosemary & Sage Stuffing
9 oz
***\$7.49**



Field Day
Savory Herb Stuffing Mix
10 oz
\$3.99/ea



Organic Valley
Organic Unsalted Butter
16 oz
\$7.99/ea



Earth Balance
Vegan Buttery Sticks
16 oz
***\$6.49/ea**



Organic Valley
Organic Heavy Whipping Cream
16 fl oz
\$5.49/ea



Natural By Nature
Classic Whipped Cream
7 oz
\$4.99/ea



Field Day
Organic Cane Sugar
24 oz
\$3.99/ea



Field Day
Organic Light Brown Sugar
24 oz
\$3.99/ea



Field Day
Organic Vanilla Extract
2 fl oz
\$9.99/ea



So Delicious
Vegan Coco Whip
9 oz
***\$4.99/ea**



Field Day
Organic All Purpose Flour
5 lb
\$6.99/ea



Bob's Red Mill
All Purpose GF Baking Flour
22 oz
\$5.79/ea



La Brea
Take & Bake Rolls
12 oz
\$2.99/ea



Lars Own
Natural Crispy Onions
4 oz
***\$4.49/ea**



Dandies
Mini Vanilla Marshmallows
10 oz
***\$4.49/ea**



Tillamook
Vanilla Bean Ice Cream
48 oz
\$7.99/ea



If You Care
Kitchen Twine
200 ft
***\$4.99/ea**



Mrs. Andersons
Turkey Brining Bag
1 ea
\$4.99/ea



10% Off 6 or More Bottles of Wine + A free wine tote bag!



All Sales Subject to Availability. Sales quantities limited.

willy street co•op

Double Dollars at the Co-op Tuesdays through March 7!



Every Tuesday October 17th through March 5th, 2024, any shopper using their FoodShare/QUEST card to purchase groceries is eligible to receive up to \$20 worth of Double Dollars coupons.

For every \$5 you spend using FoodShare/QUEST for any FoodShare/QUEST eligible items, the Co-op will give you ONE \$5 Double Dollar Coupon, up to \$20.

These coupons can help purchase any fresh, frozen, or canned produce; and seeds/seedlings for growing edible plants at any of our stores any day of the week from October through May as funds allow.

For more information visit www.willystreet.coop/double-dollars. Double Dollars Tuesdays are made possible thanks to a partnership with the City of Madison, Community Action Coalition for South Central Wisconsin, Dane County, Public Health Madison & Dane County, Willy Street Co-op, and other private funders.



Thanks for voting us:



Specialty Food Store



Grocery Store

AND



#1 Health Food Store



Favorite Grocery Store

www.willystreet.coop Everyone Welcome!

willy street co-op



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There is only one Studio Jewelers.

Serving our clients and community with skill and 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 come to the warm, cozy shop on Regent Street, where we've been for 35 years. We'd like to meet you, and we think you'll enjoy the Studio Jewelers difference.



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



Studio Jewelers

1306 Regent Street, Madison, WI 53715 • 608-257-2627 •

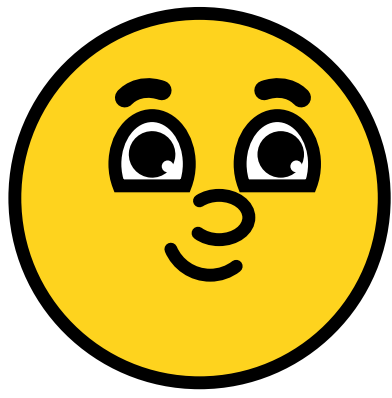
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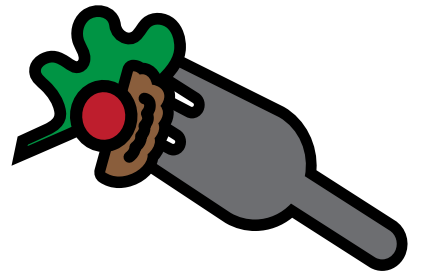
SPECIAL STORES HOURS

November 23, Thanksgiving: open until 2:30pm





EATING FOR THE CLIMATE



by Andy Gricevich, Newsletter Writer

Climate change—the phrase summons an apocalyptic sense of panic and helplessness in many people who recognize the seriousness of the situation. Without very widespread change in the way humans operate on the planet, things will clearly get worse. On the other hand, knowing that we do have some agency—even if our individual efforts may never be enough on their own—can be a cure for despair and a foundation for greater engagement.

The food system plays an important role in climate change. We carbon-based animals, and the carbon-based organisms we need to eat in order to survive, are definitely enmeshed in the production of excess carbon dioxide that raises temperature levels, melts glaciers, and produces crazy and destructive weather systems. Largely obligated to live as consumers, we have the potential freedom and responsibility to eat in ways that encourage an abundance of plant life that takes carbon out of the air and stores it in the form of food and soil, to the benefit of all life on Earth.

SOIL, DENSITY, AND DIVERSITY

Healthy soil forms the literal foundation of a resilient climate. Soil health depends on nutrient content, soil structure, and the interaction—aboveground and below—between plants and other organisms, from fungi and bacteria to pollinating insects, birds, and bison. Good soil, high in organic matter, retains water and allows some of it to reach deep aquifers, replenishing the water supply. Most importantly for climate considerations, healthy soil supports the dense growth of a diversity of plants. That density means maximum carbon being pulled from the atmo-

sphere. Diversity makes for a robust plant community, with lower risks from pests and disease, and with a balanced nutrient exchange between all parties.

Conventional agriculture wreaks havoc on soil health. Deep tillage (plowing) with large implements, or the impact of cattle left in one area for a long time, destroy soil structure. Water runs over compacted landscapes, causing erosion and runoff. The cultivation of only a small number of plant species leads to nutrient depletion, and our methods of eradicating any but those desired species leaves a lot of bare, compacted ground to reflect solar radiation back upward, rather than harnessing it via the natural solar panels we know as green plants. Add to this all the emissions involved in the entire process (methane from big livestock operations, diesel exhaust from trucks shipping food all over the country, heat and gas generated by cooling systems), as well as the petrochemical herbicides and pesticides widely employed, and the carbon footprint of the dominant food system looks pretty bad.

ORGANIC AND BEYOND

Fortunately, there are alternatives. Organic agriculture was founded with soil health as a central concern, fueled by the desire to get away from synthetic chemicals in food production. Not all organic farms are created equal, though. The big California growers often also depend on heavy tillage, large machines, and wide rows with a lot of bare ground between, and don't necessarily engage in thoughtful practices of crop rotation. From a climate perspective, the best organic farms are local and comparatively small.

Much organic vegetable farming is trending toward planting as densely

as possible, minimizing bare ground and leaving little space for weeds. Farmers focus on companion planting, in which crops grown together provide one another with nutrients, shade out competition, or deter pests. While it can be a challenge to grow everything, most small organic farms emphasize diversity and practice regular crop rotation, while leaving uncultivated space on the farm for trees and wildlife.

Biodynamic farming continues to draw adherents among farmers. At its purest, this approach aims to be not only self-sufficient, but to increase ecological health, incorporating plants, animals, and natural cycles in intertwined relationships, treating the farm as a whole, complex organism. Permaculture emphasizes the design of food-production systems that, ideally, produce no waste and regulate themselves, mimicking the most mutualistic and productive relationships found in nature. Carbon sequestration, water dynamics, soil health, and lack of pollution are all important matters in permaculture, which has deeply influenced many organic farmers to adopt its principles in whatever ways they can. Such approaches go beyond the USDA requirements for a certified organic label, viewing the farm in the context of a greater ecosystem and human community. Getting to know more about the methods of your local farmers, and supporting the folks engaging in the best practices, is a great way to eat for climate resiliency.

PERENNIAL FAVORITES

There's a strong movement in Wisconsin geared towards nudging our diets toward more perennial crops. These plants grow back from the same roots every year, and therefore don't require tillage, or more than one mechanized planting—just some weeding, mulching, and occasional water. Compared to annual food plants (mostly what you'll find in the produce department), perennials have much deeper root systems; they open the soil and channel nutrients from and into the soil.

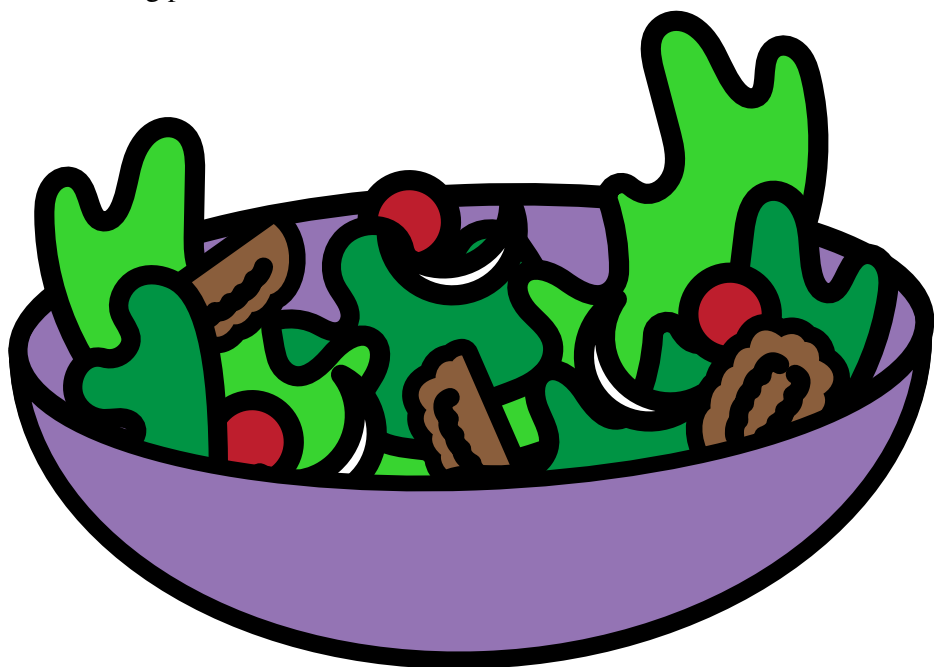
A mix of trees, perennial understory plants, and grazing animals can add up to the most productive food landscapes, with multiple tiers of vegetation gathering sunlight and

making compost and mulch, and the grazers contributing pruning and extra fertility. Tree crops are about the most sustainable food one could wish for, and the trees common in our foodshed tend to allow enough light to reach the ground to host other perennial food plants. Regionally grown chestnuts, hazelnuts, and berries of all kinds, as well as apples, peaches and other fruit, are readily available at your Co-op, while hickory and black walnuts can often be found at farmers' markets.

While they're not perennial plants, it's worth mentioning that mushrooms are also a great climate-friendly food. The fungal mycelium, from which they fruit over repeated seasons, plays a vital role in soil health, retaining and moving water and nutrients and breaking down dead plant material to add fertility to the soil. They also sequester a large amount of carbon. Some studies have shown that soil bacteria, while generally beneficial, exude a significant amount of CO₂, especially under conditions of high heat and bare soil. Fungi "bank" carbon, making it less accessible to the microbes and storing it for later use by plants. They're a crucial part of the soil food web that perennials depend on.

A number of readily available vegetables are, or can be, perennials. These include asparagus, arugula, rhubarb, artichokes, collard greens, chives, sunchoke, and many herbs. Eating more perennials can lessen our dependence on annual grains. Grain-based agriculture, especially on a large scale, is a highly significant contributor to climate change. When we eat flour and cornmeal, we're fortunate to be able to choose food produced by smaller, local operations like Meadowlark Organics, who put sustainability and ecological restoration front and center in their philosophy and practice.

Other folks have been working for decades to find ways to perennialize grains. Kernza, a perennial form of wheat developed by Kansas' Land Institute, has begun to appear on the market, and early plantings of perennial rice have also taken place. The development of hybrid perennial grains, if they're adopted on a wide scale, may alleviate many of the ecological problems associated with most grain production.



RESTORATIVE GRAZING

It's hard to argue with the claim that, on a national level, having less meat in our diets is an important part of climate-conscious eating. Not only do conventional cattle (and hog) operations damage the landscape and produce greenhouse gases—they also require vast quantities of corn and soybeans to feed the animals. That means massive acreages of land that could be diverse prairie, forest, or farmland oriented toward feeding humans.

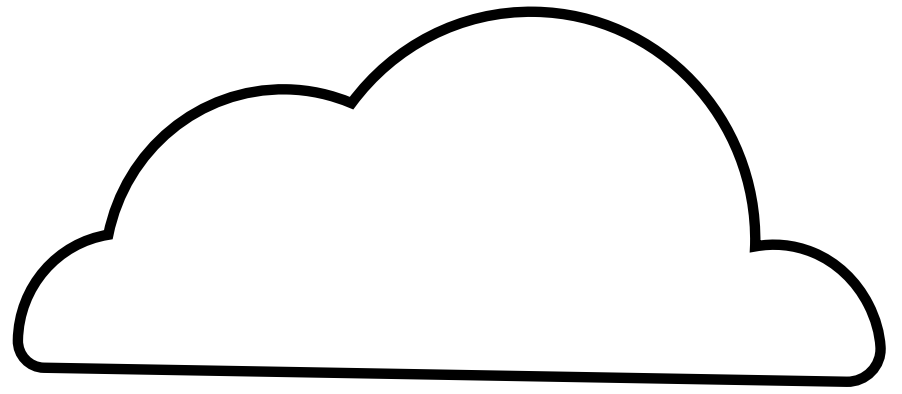
Grass-fed and pastured animal farming, however, is a different story. In order to maintain a food supply, this way of raising livestock requires at least some degree of rotational grazing, in which the herd or flock is moved regularly from one paddock to another. As opposed, say, to a traditional modern dairy farm—where the cows are allowed to eat everything to the ground before being supplemented with grain—grass-based grazing, at the very least, leaves the plants with a chance to regrow before being grazed again.

Better grazers take extra steps to manage interactions between animals,

plants, landscapes, and humans that achieve ecological balance, or that go farther to actively improve the environment. Many regional farmers have adopted a version of Holistic Planned Grazing (HPG), originated by Allan Savory in Zimbabwe. HPG takes into account the maximum number of variables, including different rates of plant growth throughout the year, water dynamics in a given area, the activity of local predators, the local economy, and the quality of life of the human and non-human animals involved. It emphasizes flexibility, complexity, and nuance.

Restorative grazing typically models itself on the natural behavior of wild animals like bison, who—before European colonizers put an end to their era—moved frequently in dense herds from one spot to another, eating only the lush tops of plants, creating the magnificent prairies that once covered much of the continent. Cattle managed in this way encourage the vitality of the plants they feed on, which deepen their roots each time they re-grow, loosening the soil, increasing water retention and producing more CO₂-sequestering foliage aboveground. Instead of compacting the soil, the brief impact of hooves breaks it up, and helps work fertilizing manure into the ground, rather than leaving it to make harmful incursions into the ecosystem.

While some of Savory's claims for the regenerative potential of HPG are controversial, many Midwestern livestock farmers have seen it work beautifully in action. On former cropland, springs have been restored that have been dry for decades. Savanna habitats have been re-established, with many layers of thriving foliage growing in symbiosis. Birds and insects have become abundant, and the health of the animals raised in this way has been robust, requiring



little to no intervention to deal with diseases and parasites. Especially where pre-existing farmland has been converted to grazing in this manner, choosing pasture-raised meats, dairy, and eggs can support a wonderful effort to heal the land and alleviate some of the effects of climate change.

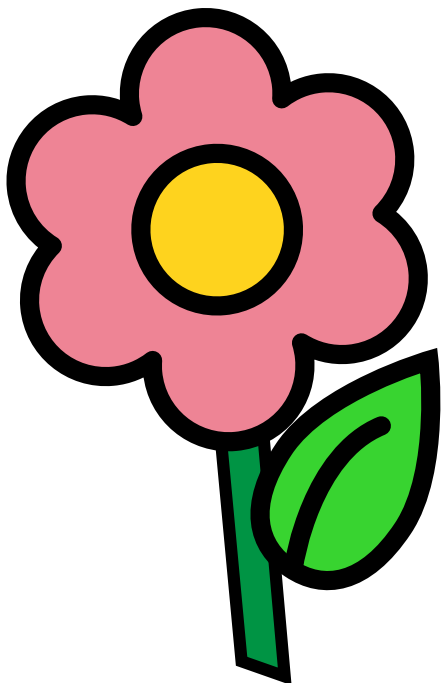
LITTLE THINGS

Whatever food we choose to eat, there are plenty of choices we can make that can improve the carbon footprint of our diets (an awkward phrase, to be sure, mixing the foot with the gut). Sourcing food locally reduces the contribution of vehicular transport to climate change, while eating seasonally takes the pressure off growers to employ added mechanical and chemical tools in order to provide a given food year-round. Buying in bulk and developing good food-storage practices (from eco-friendly containers to traditional food-preservation methods) can mean less plastic packaging filling up landfills—and less production of industrial plastics for the food system.

Food waste is a staggeringly significant contributor to climate change. As it breaks down, our carbon-based plant and animal food emits a great deal of CO₂, and its effluent liquid moves across the landscape and down into the water supply. Trying not to buy more than you can eat is a good step. For inevitable waste, composting creates healthy soil and helps keep carbon in the ground, rather

than the aquifers and atmosphere. It's even better if you can get backyard chickens involved, letting them eat the scraps and turn the compost as they scratch and peck for bugs and worms. For those without the ability to compost at home, there are local companies, like Green Box, that collect food scraps and convert them to compost on a large scale.

Alleviating climate change on a global scale will take immense pressure on governments and corporations to regulate production and economics on all fronts, as well as a cultural shift away from overconsumption. While we're working on and supporting those efforts, our food choices can make a small but significant contribution. We can eat in ways that help return carbon to the natural cycle of soil, plants, and animals. We can keep both carbon and money in our local economies and ecosystems, reducing the destructive effects of massive, export-based models. It doesn't hurt that a potential side effect of such choices is an enriched and more active community. Walking to the local farmers' market for delicious, locally-produced, packaging-free food; getting to know the growers and producers and talking with them about their practices and concern—such ways of relating to the food system cultivate a culture of enthusiasm and care. That kind of culture encourages people to value the well-being of the planet, and the preservation of its wonders for generations to come.



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SPECIAL STORES HOURS

November 23, Thanksgiving: open until 2:30pm

MADISON NEWBORN CARE

Sweet, Sweet
SLEEP

Learn more: madisonnewborncare.com | 608.509.7178



CUSTOMER EXPERIENCE NEWS

Bountiful Generosity

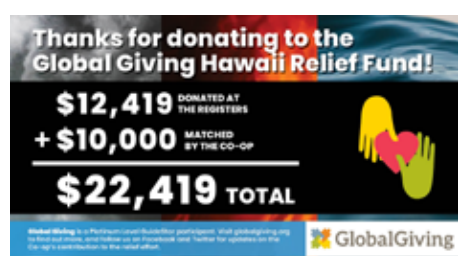


by Kristina Kuhaupt, Customer Experience Manager

WHAT IS YOUR DEFINITION OF BOUNTY?

Happy Fall everyone! This is personally my favorite time of the year both in community spirit and weather. For me, when I think about bounty, I think of two things. One example is more tactile, and the other more abstract. The first is a vegetable garden or farm field bursting at the seams with

produce that is ready for picking not only for their household, but some to share or sell; basically, there is more to choose from than what is really needed. The other, is the broad concept of an individual having extra margin in time, resources, community, and family/friendship connections. Bounty can mean different things depending on the lens you look through and your experiences. As you reflect upon the year and look towards the close of the year in the months ahead, I wish all of you different aspects of bounty to look forward to personally, and potentially share with others as we shepherd through the final months of the year together.



UPDATE: HAWAII WILDFIRE REGISTER DONATION CAMPAIGN RESULTS

From August 27–September 2,

our shoppers donated \$12,419.04 at our registers to GlobalGiving on behalf of the Hawaii Wildfire Relief Fund. Additionally, your Co-op matched this amount up to \$10,000 through abandoned and donated equity, for a grand total of \$22,420 donated to help with disaster relief efforts. I recently received an update from their Strategic Giving Department saying, “Thank you so much for sharing and for your kind words. We are so incredibly grateful for Willy Street Grocery Co-op’s response during times of crises, and cannot thank you enough for your support of the Hawaii Wildfire Relief Fund. One



of the latest grantees from the fund is Aloha Diaper Bank. Aloha Diaper Bank is a local Hawaiian-led organization providing essential goods such as diapers and formula throughout the Hawaiian Islands to families of low income, people who are homeless, and people in crisis, including those affected by the recent wildfires. To date, we have issued emergency grants to 9 nonprofit organizations responding on the ground.” For more information and current updates on the progress they have made to date, or donating directly to this cause, please visit: www.globalgiving.org/projects/hawaii-wildfire-relief-fund/reports/#menu.

HOLIDAY PANTRIES OF PLENTY: SUPPORTING LOCAL FOOD PANTRIES THROUGH YOUR DOUBLE DOLLARS DONATIONS!

The last two months of the year are an impactful time to help support local families gain food security. Starting November 1 and running until December 31 the Co-op will give a 1:1 match on your cash donations and bag reuse, up to \$10,000 by providing Pantries of Plenty donations to our five neighborhood food pantries: Goodman Community Center Fritz

Food Pantry, Lussier Community Education Center, WayForward Resources, The River Food Pantry, and Wil-Mar Neighborhood Center. The match will be split five ways for the pantries to acquire fresh items that are harder to come by in the winter season. The Pantries of Plenty Double Dollars Match is made possible through abandoned and donated Owner equity over the years. Last year, with donations to the Double Dollars Fund from Co-op shoppers, we matched \$13,138. Thank you for your continued support to make this partnership possible! This year we will continue the match up to \$10,000 as to increase the impact on pantries still feeling the effects of inflation and residual community ramifications of COVID which has caused a higher food demand at pantries throughout the county.

As a reminder, Double Dollars is a community-supported program through the City of Madison and Dane County program administered by the Community Action Coalition for South Central Wisconsin. From late fall to mid-spring, Double Dollars are available at the Co-op, and from June to late fall, Double Dollars are available at participating farmers’ markets while funds last. The vouchers are mainly supported by individual donations, grants, and city/county funding. If you haven’t yet supported the Fund, but want to get involved, you can do so two ways: by choosing \$1, \$5, \$10, or \$25 Double Dollars Fund scan cards at the cash registers to add a cash donation to your receipt at checkout, or by simply reusing bags when you shop at the Co-op. When you bring reusable bags for your shopping trip, the Co-op will contribute to the fund per bag. You will see this donation as a line item on your receipt. All monies that go to the Double Dollars Fund are sent to Community Action Coalition for South Central Wisconsin to administer the program.

In FY23 you helped donate \$33,615.71 in cash donations (both scan cards and donated patronage) and \$35,723.33 by using your reusable bags! Great for the environ-



ment and community! With both of these resources combined, it came to \$69,339.04 donated to this program through our stores. With those funds, 16,663 vouchers were issued with a redemption rate of 86%!

REMINDER: DOUBLE DOLLARS REDEMPTION AND VOUCHERS ISSUANCE STARTED UP IN OCTOBER

Speaking of Double Dollars, as a reminder Double Dollar distribution and redemption has already

started up. Additionally, every Tuesday October 17 through March 5, 2024, any shopper using their FoodShare/QUEST card to purchase groceries is eligible to receive up to \$20 worth of Double Dollars coupons. For every \$5 you spend using FoodShare/QUEST for any FoodShare/QUEST eligible items, the Co-op will give you ONE \$5 Double Dollar Coupon, up to \$20.

These coupons can help purchase any fresh, frozen, or canned produce; and seeds/seedlings for growing edible plants at any of our stores any day of the week from October through May as funds allow.

For more information visit www.willystreet.coop/double-dollars. Double Dollars Tuesdays are made possible thanks to a partnership with the City of Madison, Community Action Coalition for South Central Wisconsin, Dane County, Public Health Madison & Dane County, Willy Street Co-op, and other private funders.

COMMUNITY REINVESTMENT FUND SEEKING COMMITTEE MEMBERS

The Co-op seeks Co-op Owners-At-Large to serve on the Community Reinvestment Fund grant committee. If you would like to be considered, please fill out our form at willystreet.coop/board-committees by Friday, November 17. Each year, the Co-op allocates a certain amount of abandoned Owner equity to provide grants to local nonprofits and cooperatives for project/organizational work that meets areas of criteria: food justice & access, sustainable agriculture, health & wellbeing and/or social change. In Fiscal Year 2023, the committee received 34 applications totaling \$112,618 and made \$55,000 in total awards to 21 organizations. The average award provided to each organization was \$2,291. The committee is responsible for reviewing the project grant proposals and making recommendations to the Co-op’s Board of Directors for award approval. Committee members must be available from 6:00-9:00pm between February 12 and March 3 for two meetings. Time outside of meetings is required to review documents and a reception for the grant winners and committee members will be scheduled for the week of April 22. Ideal candidates have backgrounds in at least one of the following program focuses: food justice and/or access, creating cooperatives, sustainable agriculture, health and wellbeing, and/or social change.

HAVE A WONDERFUL HOLIDAY SEASON!

Lastly, I want to take this opportunity to wish you a joyful, warm, and enjoyable holiday season! I hope you are able to experience the bounty of togetherness and unity around the dinner table, appreciating each other and the gifts around us; and when possible, sharing our time, joyful moments, and resources throughout the days ahead.

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willy street co-op

FOLLOW US ON:





Staff Picks



JESS

Mount Hagen Organic Fair Trade Instant Coffee

I love coffee, but I have very little time and so it is really easy for me to throw a scoop in my thermos and some creamer and hit the road. The best part is I don't have to worry about not having the essential coffee/creamer at my next stop!



Seracon Maple Syrup Tin Candle

Handcrafted in Canada with 100% Natural Soy Wax. Each artisan wick is made of natural wood using "good forestry" practices. Listen to the crackling sound of a fireplace when the candle is lit.



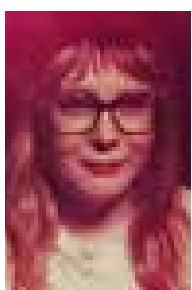
MAX

Red Kuri Squash

Red Kuri is always one of my favorite winter squash varieties, if not the best!

It always delivers in taste, with a smooth, sweet, chestnut-like flavor, and deep-hued yellow-ish orange flesh.

It's great baked, sauteed, steamed, you name it. Don't forget it pairs really well with the chestnuts you'll find around the holidays in the Produce department as well!



LACEY

Kalona Supernatural Organic Sour Cream

I don't know why, but this is the creamiest, dreamiest sour cream. Possibly because it's grass-fed? It's super rich and flavorful! I eat a ton of it as-is, but also started using it as a sub for milk in biscuits and mashed potatoes, and am never going back.



DEAN

Willy Street Co-op Door County Cherry Pie Local

This pie is made with local cherries, and it is so delicious! Great warmed up with ice cream or as is. Your taste buds will thank you for the serious flavor!



MICHELE

Willy Street Co-op Chickpea Wrap

Delicious creamy chickpea salad in a flour tortilla. The added cucumbers and greens give a zesty crunch. Excellent choice for a cold lunch on a hot summer day!



MELISSA

Willy Street Co-op Vegan Pumpkin Pie

I've tried a LOT of pumpkin pie over the years, and this is one of my favorites. SO GOOD!



Gardein Meatless Meatballs

I used these for classic (but vegan) spaghetti and meatballs the other night and my guests raved about them. They are delicious and cook up quickly. I simmered mine in sauce. I will try a "meatball" sub next.



So Delicious Coco Whip

This tasty topping pairs well with our Willy Street Co-op vegan pumpkin pie. It's delicious and dairy-free!



MICKY

Orange Sweet Potatoes

This variety makes the best sweet potato fries! I like to toss the fries with coconut oil, chili powder, smoked paprika, salt, and pepper. I roast in the oven at 400°F for 45 min to 1 hr, turning them once half way through. So good!



KRISTINA

Dr. Bronner's Lavender Coconut Hair Creme

I tried this on a whim one day when I was looking for a leave-in conditioner that would work well for naturally curly hair. I have tried this brand's other offerings and enjoyed the quality and their mission. I could not get over the value pricing of this product after it worked so well on my hair. Many other brands charge double or more for a similar type of conditioner. It leaves your hair hydrated, not frizzy, and smells very calming.

Mount Fishtail Marlborough Sauvignon Blanc

I tried this wine when I needed to go to a dinner party and did not want to keep bringing the same wine every time. This white wine is a reasonable price point and has a light, crisp flavor filled with hints of passion fruit, elderflower, gooseberry, and fresh mint. If you like it as much as I do, buy six of them at once and stock up to save 10% on your wine purchase. Plus, you get one of our durable wine bags for free!! Keep Calm and Wine On. Cheers!



JUSTIN

Fuyu Persimmons

There are fruits and veggies that I have grown to enjoy more and more with each passing year. Fuyu Persimmons are on that list of those fruits.

With a warm and rich caramel-like flavor and a flesh that can be eaten while still crunchy or jam like soft this is one of my favorite fall fruits. Add a little cream cheese on top of a sliced Fuyu topped with pomegranate seeds or bake it into your favorite dessert. It has an amazing versatility that I've grown to strongly appreciate.



NICK

State Line Distillery London Dry Gin

This locally made gin is super smooth and versatile, but my favorite way to use it is for a classic martini, either with olive or citrus.



ALYSA

Potter's Crackers Cranberry Hazelnut Crisps

These crackers are locally made and the perfect combination of salty and slightly sweet. These are my favorite crackers to put on a charcuterie board because they go so well with a variety of meats, cheeses, and dried fruits. I love to eat these just plain as well!





HAHNA

Ecoc Free & Clear Handsoap Refill

Ecoc is my go-to brand for cleaning supplies in general because they are high quality and WOC-owned! The Free & Clear Hand Soap is the perfect soap if you have sensitive skin or avoid fragrances in your body care products. It suds up nicely and doesn't leave any scum behind in your sink. I love the fact that we carry the big 32 oz refill size! Saves some money and some plastic. It's on my Wellness Wednesday shopping list every single month.



Wyman's Frozen Mixed Berries

Wyman's frozen Mixed Berries are my go-to when fresh berry season is over! non-GMO and flavorful. They are perfect for topping my yogurt and overnight oats. I either put them on my oats the night before and let them thaw in the fridge or briefly microwave them to get them the perfect consistency. A taste of summer any time of the year!



AMANDA

Bell & Evans Cornish Hens

These are so easy to prepare and are so juicy! You won't believe it! You can bake or grill these whole or try and use a spatchcock method of cutting. These little birds are a great way to try out that cooking technique. It shortens the cooking time.

Superior Fresh Farm-Raised Wisconsin Salmon

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



Inesscents CBD Botanically Infused Bath Salts

Soak your worries away! I LOVE a good bath and this product gives such an awesome experience. It also makes a fabulous gift! Climb in and inhale the aroma, relax, soak, and unwind.



Divina Stuffed Grape Leaves

These are my go-to addition for Greek dinner or a gathering of friends and family. I also throw them in my backpack for a snack on a hike. I also LOVE that I can share them with my vegan friends.



JON

Paqui Tortilla Chips

A delightfully flavorful snack free of some of the guilt a certain other name brand tortilla chip imbues... All four flavors are worth a shot, but I'm especially partial to the Jalapeño Tropicales.



MATT

Cheese Niblets (Misfits)

WHO DOESN'T LIKE NEW CHEESE?? Especially shareable sample sizes that don't break the bank! It's the perfect place to try cheeses you may not try otherwise! It's also awesome for making cheese/charcuterie boards. I often get to try 5 different cheeses for under \$10!



COLLIN

Spanish Mahon Cheese

This Spanish OG classic cheese is the perfect balance of buttery, creamy, and salty. It is the ideal companion for your next charcuterie board. It effortlessly complements salami, chorizo, prosciutto, or other dried meats, but also pairs excellently with dried fruit, figs, and your favorite red wine. East only.



THAYER

Jovial 100% Organic Diced Tomatoes

These tomatoes taste so fresh. And I love that there is nothing else added: no salt, no sugar. I always have a couple of jars in my pantry ready to go for a sauce, soup, stew, curry, or whatever I feel like cooking.



LAURA

Tierra Farm Pistachio Mulberry Granola

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

Quinn Peanut Butter Filled Pretzels

One of the things I like most about working in the Grocery department (and any of our departments, for that matter) is discovering new products. I don't know if I ever would have paused to consider these had I not been stocking them the other day. I am so glad that I was in need of a snack and decided to give them a try. It's always a joy—as a gluten-free person for over 8 years—to find something that you haven't been able to have in years done well, but also be gluten-free, and these are definitely one of those items! I don't know that I will be able to put them down!



KATHERINE

Maldon Sea Salt

This fancy sea salt not only is a lovely addition to your countertop display but will add a tasty crunch to anything you prepare.

Willy Street Co-op Hot Toddy Mix

Hot Toddy mix is great to have on hand. I love to take this concentrated blend and put it in an ice cube tray so that it's all portioned out for me and ready to drop into a mug of hot water. Additionally, the expiration date is exponentially longer. WIN/WIN.



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When you say “yes” to the Community CHIP® program, you’re supporting Community Shares of Wisconsin and our nearly 70 local member nonprofits who work on issue like voting rights, healthy food systems, criminal justice reform, housing advocacy, environmental protection, and much more.

To donate, say “yes” when the cashier asks if you want to “CHIP.” They will then add a 1% donation to your bill: that’s only 30 cents for a \$30 bag of groceries. The co-op collects the money and gives 100% of your donation to Community Shares to distribute equitably among our member nonprofits and to provide training and technical support for those nonprofits. Because the Community CHIP program is a part of Community Shares, all CHIP contributions are tax deductible.

Community CHIP began on October 15, 1971, and is the oldest source of funding for Community Shares of Wisconsin (then known as the Madison Sustaining Fund). The program was nicknamed “The People’s Tax” because it allowed the community to directly support community organizations that were meeting needs not met by existing institutions. Local businesses collected donations (one penny on the dollar, just like today) in jars near cash registers and Community Shares distributed those funds to local nonprofits based on the consensus of members.

Candace Weber, founding member of Community Shares of Wisconsin, said “A lot of young people felt very powerless fifty years ago, and found that coming together helped us become more powerful. This is still true. If we come together as a group, a community, we can make meaningful change.”

Willy Street Co-op was one of the first sites for the Community CHIP program and has been its most generous. In 2008, Willy Street Co-op

became the sole Community CHIP partner, and the program now raises over \$300,000 a year from the generosity of thousands of co-op shoppers.

Community Shares knows charitable giving isn’t just for the wealthy. We democratize philanthropy by connecting with as many individual donors as possible, so everyone’s contributions add up to make a big difference in our community.

Candance Weber said “I feel most powerful when the money I give goes to organizations whose work I know. I have been, and remain, a firm believer that change happens from the ground up. Local change is going to be substantial and real. My contribution can mean change for my community and my neighbor.”

From the generosity of people like you donating through the Community CHIP program, workplace giving campaigns, and The Big Share® on-line day of giving, Community Shares of Wisconsin now distributes over \$1 million to our member nonprofits annually.

HERE ARE JUST A FEW EXAMPLES OF THE LOCAL NONPROFITS YOU SUP- PORT WITH YOUR DONA- TION

Wheels for Winners provides bicycles to individuals who perform community service, especially to youth and others who could not normally afford a bicycle. They also promote bicycle safety, support community biking events, and provide repair services and training.

Wisconsin PATCH, a program of Wisconsin Alliance for Women’s Health, employs young people statewide to provide advice and input on goals, decisions, initiatives, and practices that impact the health of their generation. The program provides youth with the knowledge, skills, and opportunities to thrive into adulthood.

FairShare CSA Coalition’s food access program, Partner Shares, helps lower income individuals access community supported agriculture from FairShare farms. The program provides fresh vegetables to the individuals while supporting local farms and increasing food security in our community.

Learn about all our local member nonprofits at communityshares.com.

The funds provided by the Community CHIP program are crucial. Thank you for supporting Community Shares of Wisconsin and our member nonprofits through the Community CHIP program!

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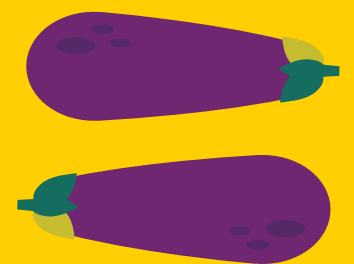
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