

15% OFF WELLNESS WEDNESDAY

IN THIS ISSUE:  
 Black Business Month Vendor Spotlight,  
 Integrated Pest Management,  
 Madison Children's Museum Feature

PRSRST STD  
 U.S. POSTAGE  
 PAID  
 MADISON, WI  
 PERMIT NO. 1592

**willy street co-op**

1457 E. Washington Ave • Madison, WI • 53703

POSTMASTER: DATED MATERIAL

CHANGE SERVICE REQUESTED



# willy street co-op READER

Editor and Layout: CAITLYN TOMPKINS

Advertising: CAITLYN TOMPKINS

Cover Design: HALLIE ZILLMAN

Sales Flyer Design: HALLIE ZILLMAN

Graphics: HALLIE ZILLMAN

Sales Flyer Layout: CAITLYN TOMPKINS

General Email: [INFO@WILLYSTREET.COOP](mailto:INFO@WILLYSTREET.COOP)

General Manager Email: [A.FIRSZT@WILLYSTREET.COOP](mailto:A.FIRSZT@WILLYSTREET.COOP)

Printing: WINGRA PRINTING GROUP

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

**Submissions:** Ad space reservations due by the 10th of the month before publication; artwork due the 15th of the month before publication.

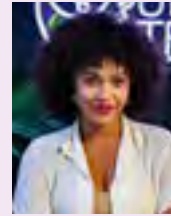
Advertise in the Reader!  
Affordable rates, wide reach,  
discounts for non-profits  
and Owners. Find info  
here: [www.willystreet.coop/advertising](http://www.willystreet.coop/advertising)



SARAH LARSON



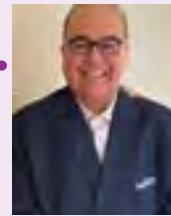
TATIANA DENNIS



GIGI GODWIN



ANTHONY HERNANDEZ



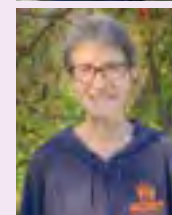
ASHWINI RAO



ISABEL SPOONER-HARVEY



IKE ROSS



CAROL WEIDEL



NANCY RANUM

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

September 25

October 23

EMAIL: [BOARD@WILLYSTREET.COOP](mailto:BOARD@WILLYSTREET.COOP)  
[ALL-BOARD@WILLYSTREET.COOP](mailto:ALL-BOARD@WILLYSTREET.COOP)  
(includes the GM, Executive Assistant, and Board Administrator)

**1 WILLY EAST**  
1221 Williamson St.  
Madison, WI  
(608) 251-6776  
Open: 7:30am-9:00pm

**3 WILLY NORTH**  
2817 N Sherman Ave.  
Madison, WI  
(608) 471-4422  
Open: 8:00am-9:00pm

**2 WILLY WEST**  
6825 University Ave.  
Middleton, WI  
(608) 284-7800  
Open: 8:00am-9:00pm

**CENTRAL OFFICE**  
1457 East Washington Ave.  
Madison, WI  
(608) 251-0884

## IN THIS ISSUE

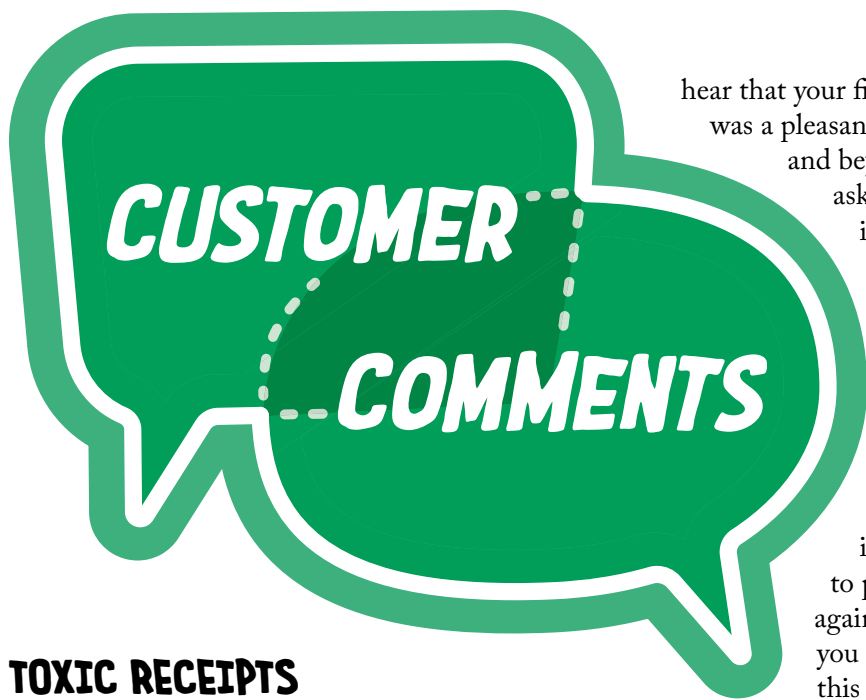
- 3 CUSTOMER COMMENTS
- 4 CO-OP NEWS
- 5 BOARD REPORT
- 6-7 CO-OP CLASS CALENDAR
- 8-11 CO-OP DEALS
- 12 TOMATO GUIDE & DIY SALAD DRESSINGS
- 13 NEW STUFF
- 14 INCLUSIVE TRADE
- 15 VENDOR SPOTLIGHT: BLACK BUSINESS MONTH
- 17 INTEGRATIVE PEST MANAGEMENT
- 18-19 MADISON CHILDREN'S MUSEUM'S THE LUNCHBOX CAFE: NURTURING AN ACCESSIBLE FOOD FUTURE FOR ALL IN DANE COUNTY!



FOLLOW US ON:







hear that your first visit to the Middleton location was a pleasant one and that our staff went above and beyond to assist you, even without you asking. We take great pride in providing exceptional service and creating a welcoming environment for all our customers, and your feedback reaffirms that we're on the right track. It's wonderful to know that you're happy to be a part of our co-op community. And a special shoutout to Amanda Ikens! We're so glad to hear that she made a lasting impression on you. We'll be sure to pass on your kind words to her! Once again, welcome to the co-op, and thank you for choosing us as your partner on this journey! Warm regards, Frantseska Kois, Willy West Store Director

## TOXIC RECEIPTS

**I was wondering if the receipt paper that you use contains BPA or BSP? Both are quite toxic. I decline receipts when I go through the line. But I'm concerned for your employees and customers that handle the paper in the event this is toxic. It's fairly common knowledge and perhaps you are aware of this.**

Thank you for reaching out with your concern about our receipt paper. I want to let you know that all of our receipt paper is indeed BPA- and BPS-free. Thank you again for reaching out, and have a great day! -Jonathan Hopp, Willy West Front End Manager

## BULK DISPENSERS

**The current bulk laundry detergent system at East does not work well. The former system, with a valve to open at the bottom, filled my container quickly and neatly. The current system, with a pump at the top, is slow and messy. I gave up after a few ounces, when I planned to fill a 100 oz bottle.**

You may have already seen but we have the old jugs back! There was just a temporary change from the distributor. We also have a new fixture for the area that allows us to have more space for larger containers to be filled. Thank you, Jason Zabinski, Willy East Grocery Manager

## SUSHI OPTIONS

**Could we please have more sushi options that don't have mayonnaise and breadcrumbs all over them?**

Thank you for your recent customer comment regarding sushi selections available at the co-op. I spoke with Joe, who operates the sushi program at each of our stores and he gave me the following information: "Yes, we only use spicy items with mayonnaise. There are so many items without mayonnaise and bread crumbs. All the veggie rolls, avocado rolls, real crab California rolls, shrimp California rolls, salmon avocado rolls, tuna avocado rolls, smoked salmon Philadelphia rolls, raw fish hosomaki rolls, and assorted nigiri. Customers may also request any sushi order from the chef in store. Request order window is open until 2:00 pm. Customers may also call ahead and pick up any time." I hope this information helps, and have a great day! -Nick Heitman Meat, Seafood, Beer, Wine & Spirits Category Manager

## KUDOS TO WILLY WEST

**I just joined the co-op today and visited the Middleton location. The staff was unbelievably helpful and gave me help even when I didn't ask. Maybe they thought I looked lost, which I was. Anyway, really happy that I joined. Great people. PS - Amanda Ikens rocks!**

Thank you so much for reaching out and sharing your positive experience with us! We're thrilled to

## TINY CARTS

**We would like tiny carts at the downtown location, just like the north side Co-op. Please. I love tiny carts!**

Thanks for taking the time to write about this! I remember the tiny carts with some fondness as well. I remember that it could be quite charming to see some well-behaved children shopping with their families in what we referred to as the little helper's carts. However, I do also recall that it created some other concerns as well. Ease of use in our small store was among the top concerns we have heard from staff and shoppers over the years. When the little helper carts went away in 2020, it was largely because of the pandemic and some efforts to create a more safe environment, based on what we knew about the virus at that time. Since then, we sent the carts away to other bigger sites to use and we have found that the space we had used to store those carts is now being better used to be able to merchandise products for sale. We are very proud of all that we are able to accomplish out of our small retail store but at this time we are not interested in bringing back the little helper's carts as a service. That said, we still love to see families coming in to shop with little ones and teaching them about the values of ethical food choices and participating in the local economy. Next time you're at our store, I hope you'll stop at Customer Service and ask for some kids activities. We have coloring books and crayons available for your family to use while you're shopping. Thanks for your support, Katherine Kornely, Willy East Assistant Store Director

## NUTRITION CONSULTATIONS

**In the past the Co-op has offered individual nutrition consultations for a charge. Does the Co-op still offer this? Any information regarding this would be appreciated. Your staff are very helpful and knowledgeable, so no worries if the individual nutrition consultations are something the Co-op does not currently offer.**

We do offer 45-minute individual nutrition consultations! Here is the information: An individual nutrition consultation is your opportunity to learn how the correct food choices for your body can enhance your well-being. A one-on-one session with Katy Wallace of Human Nature includes a 45-minute consultation regarding your health goals, as well as lifestyle and food choice suggestions geared toward addressing health goals and developing sustainable change. Appointments are confirmed upon payment. Payment is due at the time of scheduling; otherwise, the appointment will be released to other interested parties. Payment is non-refundable and non-transferable unless notice of cancellation or rescheduling is provided seven (7) or more days prior. To register

for the next available opening, email [info@humannaturellc.com](mailto:info@humannaturellc.com) or call 608-301-9961. Best, Liz Hawley, Education and Outreach Coordinator

## UNAVAILABLE BULK ITEMS

**One of the reasons I have shopped at the Co-op has been the availability of bulk items. However, the ever decreasing presence of the things I have bought over the years- white mushrooms, wheat germ, arrowroot powder (for example) has made me question the Co-ops policies of providing things requiring less packaging as well as a better financial cost.**

Thank you for your comments!! Many people appreciate the fact that we still carry products in bulk. They are often cheaper in price and they have less packaging. Bulk sales have steadily declined at Willy Street over the years, and our selection has decreased as a result. Recently we also made some changes to the Willy Pack program and had to reduce our repack offerings. Our Kitchen just does not have the space to accommodate packing these items for the stores. I am sorry to hear we have disappointed you and are no longer carrying some of the items you formerly bought in Bulk. I know others have commented on missing Bulk products as well. We have been doing our best to refine our selection based on what people have been buying. I appreciate you sharing your feedback with us!! Have an awesome week!! Dean Kallas, Grocery Category Manager

## STORE HOURS

**Hello all you beautiful humans. Please consider shorter hours. Even closing on some of the holidays. The community can handle it. It would be fabulous for the spirit of your teams. Peace**

I discuss our hours of operation with the store directors regularly. We evaluate sales as well as seasonality to help determine store hours and hours on open holidays. Additionally, open holidays have been negotiated with the union, and these days are paid at time and half; changing this would need to be (re)negotiated. Thanks for your comment. Best, Anya Firszt, General Manager

## ELECTRONIC RECEIPTS

**In the last three weeks, my electronic receipts all of a sudden stopped coming. I have notified the Northside and Westside stores about this issue. I am under the impression this issue appears to affect members with a gmail account. I use an iCloud account and am still waiting to find out whether this issue is fixable in the near term. Would you please give me an interim update? In the meantime, I wonder if it was worth a trial of using a different email account such as a Yahoo email account.**

Thank you for reaching out with your question! You are correct we have been having some issues with emailed receipts and it has mostly been affecting Gmail users. That said, in your situation we were able to determine that our emails are being sent to you, but you are also being spammed by someone who is using our email address, [noreply@willystreet.coop](mailto:noreply@willystreet.coop). Because of this, your email address is marking all of these emails as spam. The options you have are to give your email address permission to let these emails through to your inbox (which will also result in the real spam ones coming to your inbox as well) or we could try replacing the email address on your account with a different one to see if that makes a difference. I hope this is helpful and I'm sorry for the inconvenience. Have a great day! -Rosalyn Murphy, Owner Records Administrator

Have a comment or request you would like to share?

We would love to hear from you!



[www.willystreet.coop/contact-us](http://www.willystreet.coop/contact-us)





# CHADS DESIGN BUILD

## Renovate Your Space



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

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

## GM REPORT



BY ANYA FIRSZT,  
GENERAL MANAGER

**H**ello dear Owners, July came and went and now we find ourselves into August. Ah, the dog days of summer, fireflies, and vine-ripened tomatoes.

We have a few exciting things to report this month; first is a pilot project remerchandising fresh bakery items at Willy East. We have a new self-service bakery case, which offers unpackaged bakery items. We have been looking for ways to reduce the use of plastics and this is one way we can do just that. Same great products, but not the same use of plastics. Depending on how this goes, we may also do the same at the other two stores.

Willy North has new produce dry racks, and they look wonderful. These racks will offer improved merchandising, which leads to less loss. Also at Willy North, the bulk herbs and spices have been moved from the baking aisle to the bulk department. And, finally, a two-door cooler has been added to the beer/wine department to provide an assortment of cold offerings. All these changes are being done to better serve you, along with providing labor savings and to minimize the use of plastic.

I also wanted to share an exciting new vendor partnership we have established with the Madison Children's Museum (MCM) and their Lunch Box Program. Check out Kristina's article on page 18, which highlights this along with upcoming activities that the Co-op is putting on at the MCM in August–December of this year.

By August 5, we will be announcing which mural you selected to be painted on the west wall of Willy East. I, for one, am most excited for the new installation!



### BOARD OF DIRECTORS ELECTIONS

There is still time for you to decide that this is the year you plan to run for the Board of Directors! We have three seats that need to be filled this year. The Board Candidate Packet can be found at the Owner Resource Areas in the stores or at [willystreet.coop/run-for-board](http://willystreet.coop/run-for-board). Deadline to submit an application is August 29 at 3:00pm.

One of the requirements of running for a seat on the Board is to attend one of three Board candidate information sessions to learn more about serving on the Board; the next sessions are scheduled for:

- Friday, August 9 at 6:00pm online (virtual meeting; see [willystreet.coop/run-for-board](http://willystreet.coop/run-for-board) for details)
- Saturday, August 17, at 12pm at Aubergine (1226 Williamson Street, Madison, WI).

If these dates don't work for you, you can request an alternate date as long as you contact us by August 19; see the Board Candidate Packet for details.

Board elections will be held October 1–16. You can cast your ballot one of four ways; in person (at one of our three stores), via mail, by phone, or online. Stay tuned for future updates.

### UPCOMING CO-OP- SPONSORED EVENTS

Sessions at McPike Park is scheduled for Thursday, August 8–Sunday, August 11. We're proud to be the presenting sponsor of this event.

### FESTIVAL PERKS PASSES

Willy Street Co-op is offering Festival Perks Passes to 3,000 Owners to receive half-priced meals and beverages (with or without alcohol) during a three-hour span at one of three community festivals near our stores.

La Fete was last month, but we still have two festivals to go. The Good Neighbor Festival (Owner perk valid: Saturday, August 24, 2:00pm–5:00pm) and the Northside Festival at Mallards stadium (Owner perk valid: Saturday, September 7, 11am–2pm).

Owners with the Perks Pass can display them when purchasing food or beverages and will only be charged half-price during the three-hour timeframe. Passes may be used to purchase up to four half-priced food items or beverages at one time so that caregivers can get food and beverages for themselves and dependents.

To get your pass, stop at Willy West for the Good Neighbor Festival starting on Monday, August 12 at 10am and stop at Willy North for the

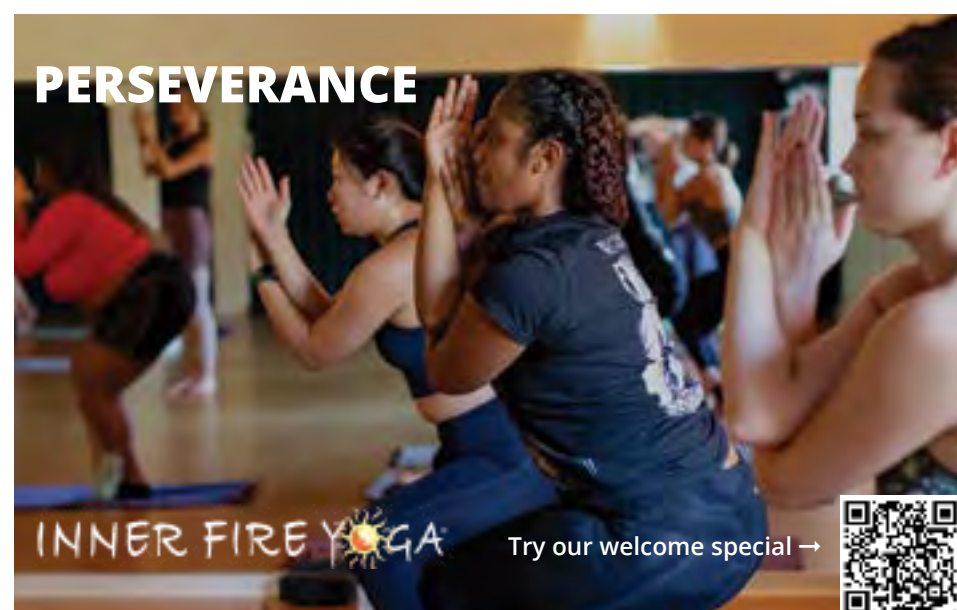
Please come and visit



**LA MODA MARIE**  
YOUR GLOBAL FASHION


608-709-1220  
[www.lamodamarie.com](http://www.lamodamarie.com)  
1012 Williamson Street,  
Madison, Wisconsin 53703

**PERSEVERANCE**



INNER FIRE YOGA

Try our welcome special →





Northside Festival starting on Monday, August 26 at 10am.

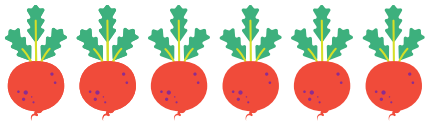
Festival Perks Passes are distributed on a first-come, first-served basis while supplies last. Each pass is good for the one festival with which it is associated—for example, the one distributed at Willy East is only valid at La Fete de Marquette. Owners with an individual Ownership account may receive a total of one pass for this year; Owners with a household account may receive a total of two passes (for the same festival) for this year if they wish. Festival Perks Passes are non-transferable.

### WILLY EAST RAIN GARDEN SESSIONS

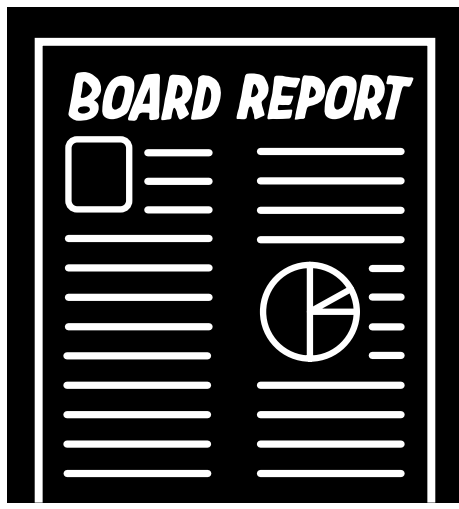
Only four Wednesdays until Labor Day; don't miss out on live, free acoustic music featuring local musicians in the Willy East rain garden located on the Jenifer Street side of the building from 5-7pm.

Make the most of this month, it will be September before you know it! See you out and about!

-Anya



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



### CELEBRATING THE INCLUSIVE TRADE VENDOR PROGRAM

BY ANTHONY HERNANDEZ, BOARD MEMBER



In recent years, many institutions have engaged in discussions about diversity. Unfortunately, some have halted the crucial work needed to advance their organizations. At Willy Street Co-op, however, we not only emphasize the importance of diversity but also take concrete actions to achieve equity. Through both small adjustments and significant initiatives, we are actively committed to this cause. We have invested considerable time in developing strategic approaches to drive progress, and I am pleased to report that our efforts are yielding positive outcomes. Our dedication to diversity is evident in the enhancements we've made across our organization. (Dear reader, thank you for your interest in this piece. I am thrilled to announce that below awaits a dramatic revelation about one of my favorite Inclusive Trade vendor products).

One standout initiative at Willy Street Co-op is our Inclusive Trade program. This program highlights products from vendors that are owned, controlled, and operated by individuals from underrepresented groups. Vendors who are at least 51% owned,

controlled, and operated by people who identify as women, Black, Indigenous, People of Color, LGBTQIA+ individuals, veterans, and persons with disabilities qualify as Inclusive Trade vendors. By spotlighting these vendors, we not only help our members discover high-quality products aligned with their values but also support these vendors in gaining visibility in the marketplace. This initiative propels our goals of diversity, equity, and inclusion forward for both our vendors and customers.

In our stores, products from Inclusive Trade vendors are marked on price tags and highlighted on posters, signs, and flyers where applicable. Specific Inclusive Trade vendors receive special recognition during designated months such as Pride Month and Black Business Month. Additional information about our Inclusive Trade vendors is readily accessible on our website.

I have some personal Inclusive Trade vendor favorites: Tortilleria Zepeda Organic Yellow Corn Tortillas, Vegan Blue Tucson Tamales, and Bunky's hummus. (I adore Bunky's hummus!) For years, I had a recurring dream where I was a dinosaur from the Mesozoic era. In this dream, paleontologists announced a remarkable discovery: the fossilized remains of a previously unknown dinosaur that had a fondness for hummus. To my surprise, they correctly identified this dinosaur as me — the "hummusaurus." Indeed, we offer exceptional products in our stores through the Inclusive Trade vendor program. I encourage you to explore and discover something you truly adore. Fortunately, there are numerous excellent options available for you to choose from.

Encouraging individuals to pursue their entrepreneurial aspirations and enter the marketplace is crucial. However, it is equally vital to dismantle barriers that hinder their path to ensure accessibility and smooth navigation. Simply cheering on isn't enough; creating pathways for producers to introduce their products ben-

efits everyone involved, enabling our members to access desired products while fostering a mutually beneficial environment.

Lastly, I would like to remind our community that this fall, three Board seats at Willy Street Co-op will become available. My personal experience serving on the Board has been immensely fulfilling. Our Board's work positively impacts various aspects of our community, and I encourage interested members, as well as those contemplating Board service, to explore how they can contribute to our organization's continued growth and success. Find out more at [willystreet.coop/run-for-board](http://willystreet.coop/run-for-board).

**i = Inclusive Trade**

## OWNERS: We want your Co-op photos and stories!

We're looking for Owners' photos of and stories about Willy Street Co-op, particularly from before 2000. Do you have something to share? Please send it to or let us know at [info@willystreet.coop](mailto:info@willystreet.coop) so we can connect with you!



**willy street co-op**  
**Owner Festival PERKS PASSES**

**Willy Street Co-op Owners will be able to get half-priced meals and beverages during a three-hour span at Middleton Good Neighbor festival.**

**Perk's Pass distribution starts at 10am on Monday, August 12th at Willy West**

Festival Perks Passes are distributed on a first-come, first-served basis while supplies last.

**Learn more at**  
[www.willystreet.coop/owner-festival-perks](http://www.willystreet.coop/owner-festival-perks)

**RUN**  
 for the **willy street co-op**  
**Board of Directors**  
 See [willystreet.coop/run-for-board](http://willystreet.coop/run-for-board)

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

**Deadline for applications: August 29th at 3:00pm**





### LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy West Community Room  
Thursday, August 15, 6:00pm–8:00pm  
Location: Aubergine, 1226 Williamson St.  
Thursday, August 22, 6:00pm–8:00pm  
Ages: 18 and older  
Your Co-op's Own: Paul Tseng  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 8

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

### FIRE CIDER 101

Location: Aubergine, 1226 Williamson St.  
Thursday, September 12, 6:00pm–7:30pm  
Location: Willy West Community Room  
Saturday, September 21, 10:00am–11:30am  
Ages: 18 and older  
Your Co-op's Own: Vanessa Schlough  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

In this class Vanessa will guide you through the art of making the traditional folk remedy called Fire Cider, while crafting your own to take home. You'll leave the class with your own jar of Fire Cider and feeling empowered to create your own remedies at home. Demonstration with hands-on opportunities.

### CANNING BASICS

Location: Aubergine, 1226 Williamson St.  
Wednesday, September 25, 6:00pm–8:00pm  
Location: Willy West Community Room  
Thursday, September 26, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Your garden's bounty can last all through the cold winter months if you know the basics of canning your harvest. Together we will explore the basics of canning using the boiling water method, featuring tomatoes, pickled cucumbers, dilly beans, and sweet and spicy candied jalapeño peppers (aka "Cowboy Candy"). Join Chef Mike in the Co-op Kitchen and let's put up what the garden is puttin' down. Participants will each have a jar to take home, too!



### HERBS AND FERMENTATION FOR DIGESTIVE HEALTH

Location: Aubergine, 1226 Williamson St.  
Wednesday, August 28, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Instructor: Linda Conroy

Fee: \$50 for Owners; \$60 for non-owners  
Capacity: 20

Join Linda Conroy to learn how to make lacto-fermented vegetables. Adding herbs to the fermented vegetables will increase the nutrient density, digestive support, and flavor of the end product. Everyone will take home two jars of fermented vegetables we make in class and be provided with instructions on how to care for them at home. Hands-on.



### SPROUTS: WE ALL SCREAM FOR ICE CREAM

Location: Aubergine, 1226 Williamson St.  
Thursday, September 19, 4:00pm–5:30pm  
Ages: 5–11 years old; adult supervision not required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10

Chill out with Mr. T as we take ice cream recipes for a spin. Traditional custard is on the menu, along with non-dairy alternatives, all flavored with fruits and flavorings from the Co-op! Hands-on.

### SPROUTS: TACOS TODAY

Location: Aubergine, 1226 Williamson St.  
Thursday, August 1, 4:00pm–5:00pm  
Ages: 5–11 years old; adult supervision not required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10

Tacos aren't just for Tuesday, let's make tacos today! Impossible veggie crumbles or ground beef seasoned just right for a hard or soft taco, a side of green chili black beans, and refreshing horchata to cool the heat! Hands-on.

### SPROUTS: KIDS PIZZA PARTY

Location: Willy West Community Room  
Tuesday, August 6, 4:00pm–5:00pm  
Location: Aubergine, 1226 Williamson St.  
Thursday, August 15, 4:00pm–5:00pm  
Ages: 5–11 years old; adult supervision not required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10

We'll make the dough and the sauce, form our own personal pizzas, and dress them up with our favorite toppings, then we'll make a pitcher of refreshing lemonade while they bake. Hands-on.

### SPROUTS: FUN AND EASY SNACKS

Location: Willy West Community Room  
Tuesday, August 20, 4:00pm–5:00pm  
Location: Aubergine, 1226 Williamson St.  
Thursday, August 29, 4:00pm–5:00pm  
Ages: 5–11 years old; adult supervision not required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10

Step away from the processed corn chips, and step up to homemade and

natural snacks to satisfy kids of any age. Help Mr. T prepare sweet and crunchy popcorn balls and tasty veggies and dip. Hands-on.

### SPROUTS: TOMATO TIME

Location: Willy West Community Room  
Tuesday, September 24, 4:00pm–5:00pm  
Ages: 5–11 years old; adult supervision not required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10

Did you know there was a time that people believed that tomatoes were poisonous? It's a good thing that's not true, or what would we put under the cheese on a pizza!? Of course, there's more to tomatoes than pizza sauce, so join Mr. T in the kitchen to learn about the many varieties and uses for this fruit. We'll stuff and roast some sweet little tomatoes, and while they cook we can put together some bruschetta, topped with our favorite ingredients, for a fun, healthy, and easy snack!



### FOOD-BASED CLEANSING

Location: Zoom  
Tuesday, August 27, 12:00pm–1:00pm  
Instructor: Katy Wallace

Fee: Free; registration required  
Learn new ways to get healthy by assisting the body's major elimination and toxin-removing organs (liver, kidneys, and digestive tract) with food and herbs that allow for internal cleansing. Think of cleansing for internal organs as the counterpart to washing your hair or brushing your teeth; these activities keep you healthy and vibrant. Presented by Katy Wallace, ND of Human Nature LLC.

*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.*

### NATURAL SOLUTIONS FOR LEAKY GUT

Location: Zoom  
Wednesday, September 18, 12:00pm–1:00pm  
Instructor: Katy Wallace

Fee: Free; registration required  
Do you have increasing frequency of food reactions? Frequent bloating after meals? Aches, pains, and swelling throughout the body? Studies show leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and auto-immunity. Join Katy Wallace, ND of Human Nature, in this video, to discuss natural approaches that work.

*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 & SOUND BATH WITH MOURNING DOVE

Location: Aubergine, 1226 Williamson St.  
Tuesday, August 6, 4:30pm–6:00pm  
Ages: 18 and older  
Instructor: Mourning Dove  
Fee \$30 for Owners; \$40 for non-owners  
Capacity: 8

In a nurturing environment, release the pressures of the day, connect body and mind, and prioritize YOU. Join Mourning Dove for guided reflection, very gentle yoga with self-love affirmations, and community. Sound bath includes crystal bowls, Koshi chimes, ocean drum, and more. All bodies welcomed and valued. Please include accessibility needs, accommodation requests, and preferences when you register.

### FALL EQUINOX SELF-CARE VISION BOARDS WITH MOURNING DOVE

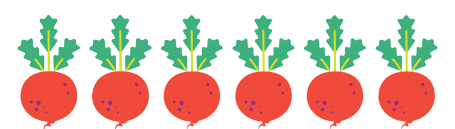
Location: Aubergine, 1226 Williamson St.  
Tuesday, September 24, 4:30pm–6:00pm  
Ages: 16 and older; adult supervision required  
Instructor: Mourning Dove  
Fee: \$35 for Owners; \$45 for non-owners  
Capacity: 16

Gather in community to set self-care intentions for the season. We'll create gorgeous vision boards to hang up at home to keep you focused on your self-care goals and wishes. Guided instruction, the freedom to take creative liberty, personal assistance if needed, and materials provided. All are welcome and valued. Please include accessibility needs and accommodation requests when you register.

### 45-MINUTE INDIVIDUAL NUTRITION CONSULTATIONS

Location: Aubergine, 1226 Williamson St.  
Friday, August 2, 2:15pm–5:30pm  
Location: Willy West Community Room  
Wednesday, September 11, 1:30pm–4:45pm  
Location: Zoom

Tuesday, August 20, 1:30pm–4:45pm  
Tuesday, September 17, 1:30pm–4:45pm  
Fee: \$55 for Owners; \$90 for non-owners  
An individual nutrition consultation is your opportunity to learn how the correct food choices for your body can enhance your well-being. A one-on-one session with Katy Wallace of Human Nature includes a 45-minute consultation regarding your health goals, as well as lifestyle and food choice suggestions geared toward addressing health goals and developing sustainable change. Appointments are confirmed upon payment. Payment is due at the time of scheduling; otherwise, the appointment will be released to other interested parties. Payment is non-refundable and non-transferable unless notice of cancellation or rescheduling is provided seven (7) or more days prior. To register for the next available opening, email info@humannaturellc.com or call 608-301-9961.







### BAKING WITH CHEF PAUL: STONE FRUIT PRESERVES & PIE

Location: Willy West Community Room  
Thursday, August 29, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

At the end of the growing season, we'd love to retain the bounty of the harvest, and canning is one way to do so. Join Chef Paul to learn how to can using basic raw pack, hot pack, and boiling water methods. We will also make a fresh peach and apricot pie to celebrate!



### SNEAKY ZUCCHINI

Location: Aubergine, 1226 Williamson St.  
Thursday, August 8, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

If you find yourself a victim of "Sneak Some Zucchini Onto Your Neighbor's Porch Day" (August 8th), then you need this class. Join Chef Mike to try some different uses for that pile of zukes so generously abandoned on your stoop! Recipes include zucchini fritters, New Mexico-inspired calabacitas, and an Australian favorite known as "zucchini slice." Demonstration with hands-on opportunities.

### COOKING WITH CHEF PAUL: SPRING ROLLS

Location: Lakeview Library  
Thursday, August 8, 6:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: Free; registration required  
Capacity: 12

Join Chef Paul to learn the envelope-forming technique to make fresh spring rolls—a perfect way to enjoy the produce of the season! Demonstration only. Register at [www.madisonpubliclibrary.org/events](http://www.madisonpubliclibrary.org/events). Registration will open two weeks prior to the program date on July 25.

### MOTHER SAUCE SERIES: HOLLANDAISE AND BÉCHAMEL

Location: Willy West Community Room  
Tuesday, August 13, 6:00pm–8:00pm  
Location: Aubergine, 1226 Williamson St.  
Wednesday, August 14, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Join Chef Mike for an exploration of the grandes sauces of French haute

cuisine. This first of a series will feature Béchamel and Hollandaise. Together we will prepare several derivations, or petites sauces, from both of these and pair them with meats and veg. Recipes include Mornay (cheese) and Nantua (shellfish butter) from Béchamel, and from Hollandaise we will make Béarnaise (tarragon) and Maitaise (blood orange). Raise your culinary IQ and try some delicious foods! Demonstration with hands-on opportunities.

### KITCHEN METHODS AND TECHNIQUES: BLANCHING AND POACHING

Location: Aubergine, 1226 Williamson St.  
Wednesday, August 21, 6:00pm–8:00pm  
Location: Willy West Community Room  
Thursday, August 22, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Blanching is a cornerstone method to prepare foods in boiling water and shocking in cold, retaining their nutritive value and bright appearance. On the other hand, poaching foods in a gently simmering broth imparts flavor and preserves delicate foods' structure. Join Chef Mike to explore these methods and blanch fresh vegetables including Brussels sprouts for roasting and tomatoes for concasse, while we gently poach fish in court-bouillon, and pears in red wine for dessert. Demonstration with hands-on opportunities.

### LATE SUMMER ROOT VEGETABLES

Location: Aubergine, 1226 Williamson St.  
Tuesday, August 27, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Can you dig it? Summer may be winding down, but there's still plenty of fresh veg to be had under the soil. Long-season late bloomers like beets, parsnips, radishes, and potatoes have many uses. Join Chef Mike to look at a few of them including quick pickled radishes that are great on a salad, potato pancakes with applesauce, and classic sweet potato pie. Demonstration with hands-on opportunities.

### INCLUSIVE TRADE FEATURE: MANGO MAN SALSAS

Location: Aubergine, 1226 Williamson St.  
Wednesday, September 4, 6:00pm–8:00pm  
Location: Willy West Community Room  
Thursday, September 5, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

In this class, Mike will feature Mango Man salsas in a variety of recipes, including Crunchy Sweet Corn Fritters, Spicy Glazed Chicken Wings, and Crispy Skinned Red Snapper. Demonstration with hands-on opportunities.

### COOKING WITH CHEF PAUL: PLANT-BASED MEALS

Location: Lakeview Library  
Thursday, September 12, 6:30pm–7:30pm

# CO-OP CLASS CALENDAR

Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: Free; registration required  
Capacity: 12

Join Chef Paul to explore the unlimited choices of plant-based meals. Register at [www.madisonpubliclibrary.org/events](http://www.madisonpubliclibrary.org/events). Registration will open two weeks prior to the program date on August 30.

### WHAT THE HECK CAN I DO WITH ALL OF THESE TOMATOES?!

Location: Willy West Community Room  
Wednesday, September 18, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Tomato season is proof that you can, indeed, have too much of a good thing. Join the Co-op's Mike T. for a look at some ways to put those beauties to use before it's too late including roasted tomato caprese salad, fresh salsa and pico de gallo, and fresh tomato soup that you can freeze for those tomato-less winter days ahead. Demonstration with hands-on opportunities.

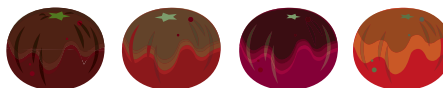
### COOKING WITH CHEF PAUL: EXPLORING VIETNAMESE AND FRENCH CREPES

Location: Willy West Community Room  
Thursday, September 19, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Join Chef Paul to explore the unique cultural experience of crêpes from across the globe! Learn all about the differences between French and Vietnamese crêpes—how they're made, how they're filled, and how they're enjoyed in these two distinct regions of the world. Demonstration with hands-on opportunities.



“Tomato season always ends too early for my liking, especially with the incredible variety of heirloom tomatoes that are available in the garden and at the Co-op. Fresh off the vine with salt and pepper is just the best and purest summer thing for me, but at some point you need to do something more, and that's why I'm excited to share some of my favorite recipes with you. It's a little late in the season, but there's still some tomatoes to enjoy, particularly the heartier and paste varieties.”  
-Mike Tomaloff, Co-op Class Instructor



## willy street co-op



Scan the QR code to register for classes  
and check out our refund policy  
or go to [www.willystreet.coop/events](http://www.willystreet.coop/events)





Made Good  
**Granola Bars**  
6 ct • Save 80¢  
**\$3.99**



Santa Cruz  
**Organic Applesauce**  
6 ct • Save \$1.70  
**\$4.29**



Everyone  
**Hand Soap**  
12.75 fl oz • Save \$1.79  
**\$3.00**



Noka  
**Organic Fruit & Veggie Smoothies**  
4.22 oz • Save \$1.58 on 2  
**2 for \$4**

Annie's  
**Organic Fruit Snacks**  
7 oz • Save \$4.00  
**\$4.49**



Annie's  
**Organic Cheddar Bunnies Crackers**  
7.5 oz • Save \$1.80  
**\$3.99**

Nordic Naturals  
**Nordic Berries Multivitamin Gummies**  
200 ct • Save \$11  
**\$28.99**



Nature's Path  
**Organic Waffles**  
7.4 oz • Save \$1.30  
**\$2.99**



GoMacro  
**Bars**  
1.8–2.5 oz • Save \$1.20  
**\$2.29**



Bear  
**Yoyo Real Fruit Rolls**  
3.5 oz • Save \$1.80  
**\$3.99**





JULY 31–AUGUST 20, 2024

**coop deals**  
Sales For Everyone!

Jolly Llama  
**Sorbet  
Squeezeups**  
4 ct • Save \$1.30  
**\$4.69**



Westbrae  
**Organic  
Canned Beans**  
15 oz • Save \$2.58 on 2  
**2 for \$5**



Kettle Brand  
**Potato Chips**  
5 oz • Save \$1.20  
**\$2.79**



Deep Indian Kitchen  
**Potato & Pea  
Samosas with  
Tamarind Chutney**  
11 oz • Save \$2.00  
**\$4.99**



Back to Nature  
**Crackers**  
Select Varieties  
4–8.5 oz • Save \$1.29  
**\$3.50**



Oatly  
**Oat Milk**  
64 oz • Save \$1.00  
**\$3.99**



Steaz  
**Organic Iced Tea**  
16 oz • Save 70c  
**\$1.59**

Enzymedica  
**Lacto Enzymes**  
30 cap • Save \$10.00  
**\$14.99**

Ener-C  
**Multivitamin  
Drink Mix**  
30 pc • Save \$4.00  
**\$12.99**



Seventh Generation  
**Dish Liquid**  
19 oz • Save \$1.29  
**\$3.50**

Banza  
**Gluten-Free  
Pasta**  
8 oz • Save \$1.30  
**\$3.49**

Acure  
**Ultra Hydrating  
Shampoo &  
Conditioner**  
8 fl oz • Save \$5.98 on 2  
**2 for \$10**



Quorn  
**Meatless ChiQin  
Nuggets**  
10.6 oz • Save \$1.80  
**\$4.49**

Chosen Foods  
**Vegan Avocado  
Oil Mayo**  
12 oz • Save \$1.80  
**\$6.99**

Tom's of Maine  
**Whole Care  
Toothpaste**  
4 oz • Save \$2.00  
**\$5.99**



Just  
**Plant-Based  
Folded Eggs**  
8 oz • Save \$2.00  
**\$4.99**

Annie's  
**Organic Graham  
Crackers**  
14.4 oz • Save \$2.50  
**\$4.49**

Sambazon  
**Organic Acai  
Bowl**  
6.1 oz • Save \$1.00  
**\$2.99**



Country Life  
**Chelated Magnesium  
Glycinate**  
90 tab • Save \$7.50  
**\$13.49**

Natural Factors  
**Stress-Relax  
Suntheanine  
L-Theanine 125 mg**  
60 cap • Save \$10.00  
**\$16.99**

Ardor  
**Organic Sparkling  
Energy Drink**  
12 oz • Save \$1.58 on 2  
**2 for \$5**



Bachan's  
**Japanese  
BBQ Sauce**  
17 oz • Save \$2.50  
**\$6.99**

The Honey Pot  
**Menstrual Cup**  
1 ea • Save \$3.00  
**\$18.99**

Kite Hill  
**Plant-Based  
Ravioli**  
9 oz • Save \$2.50  
**\$5.99**



To improve flyer readability, we're no longer writing out "+tax" on taxable sale items. Tax will still be applied as required.

Sales on this page valid July 31–August 20, 2024. All sales subject to availability. Sales quantities limited.



Buy One, Get One  
**FREE**



*Co-op Deals  
are sales for everyone!*



Beyond Meat  
**Plant-Based Sausages & Brats**  
14 oz • Save \$10.49 on 2  
**Buy One, Get One FREE**



Nixie  
**Organic Sparkling Water**  
8 ct • Save \$5.99 on 2  
**Buy One, Get One FREE**



Purely Elizabeth  
**Granola**  
8–12 oz • Save \$8.49 on 2  
**Buy One, Get One FREE** *i*



Goodpop  
**Pops**  
4 ct • Save \$5.99 on 2  
**Buy One, Get One FREE**



Annie's  
**Mac and Cheese**  
6 oz • Save \$3.49 on 2  
**Buy One, Get One FREE**



Solely  
**Organic Fruit Jerky**  
.8 oz • Save \$1.99 on 2  
**Buy One, Get One FREE**



Crofter's  
**Organic Just Fruit Spread**  
10 oz • Save \$4.99 on 2  
**Buy One, Get One FREE**



Herban Cowboy  
**Deodorant**  
2.8 oz • Save \$7.49 on 2  
**Buy One, Get One FREE**



Preserve  
**Toothbrush**  
1 ea • Save \$3.29 on 2  
**Buy One, Get One FREE**



Weleda  
**Salt Toothpaste**  
2.5 oz • Save \$7.79 on 2  
**Buy One, Get One FREE**



AUGUST 21–SEPTEMBER 3

**coop deals**  
Sales For Everyone!

Alden's Organic  
**Orange Cream Bars**

4 ct • Save \$2.30

**\$4.99**



Evolution Fresh  
**Organic Orange Juice**

59 oz • Save \$1.00

**\$8.99**



Que Pasa  
**Organic Tortilla Chips**

11 oz • Save \$1.00

**\$3.49**



Cascadian Farm  
**Organic Frozen Fruit**

8-10 oz • Save \$3.00

**\$3.99**



Woodstock  
**Organic Pickles**

24 oz • Save \$1.80

**\$5.49**



Alaffia  
**EveryDay Shea Body Wash**

32 fl oz • Save \$3.00

**\$9.99**



Seventh Generation  
**2-Ply Bath Tissue**

12 pk • Save \$1.00

**\$10.99**

CalBee  
**Snapea Crisps**

3.3 oz • Save \$1.58 on 2

**2 for \$4**

Evol  
**Frozen Burritos**

6 oz • Save \$1.10

**\$2.99**



Lesser Evil  
**Organic Himalayan Pink Salt Popcorn**

4.6 oz • Save \$1.20

**\$2.79**

Wholesome Sweeteners  
**Organic Brown Sugar**

24 oz • Save \$2.00

**\$4.79**

Alter Eco  
**Organic Chocolate Bars**

2.65-2.8 oz • Save \$1.50

**\$2.99**



Lundberg  
**Organic Rice Cakes**

8.5 oz • Save \$1.50

**\$3.79**

Jason  
**Anti-Dandruff Scalp Care Shampoo**

8 fl oz • Save \$3.00

**\$9.49**

Birch Benders  
**Organic Buttermilk Pancake Mix**

16 oz • Save \$1.70

**\$5.49**



Smarty Pants  
**Kids Multi & Fiber Gummies**

120 ct • Save \$15.00

**\$18.99**

Barlean's  
**Organic Lignan Flax Oil**

16 fl oz • Save \$7.00

**\$19.99**

Nutrition Now  
**PB 8 Probiotic**

60 cap • Save \$5.70

**\$10.29**



Matt's  
**Cookies**

10.5 oz • Save \$1.50

**\$3.99**



Great Lakes Wellness  
**Collagen Peptides**

10 oz • Save \$5.00

**\$22.99**

Organic Valley  
**Organic Salted Sweet Cream Butter Quarters**

16 oz • Save \$1.30

**\$7.49**



Greek Gods  
**Greek Yogurt**

24 oz • Save \$1.20

**\$3.79**

Made in Nature  
**Organic Dried Mango**

3 oz • Save \$1.50

**\$4.29**

Dr. Bronner's  
**Pure Castile Soap**

16 fl oz • Save \$2.60

**\$8.39**



To improve flyer readability, we're no longer writing out "+tax" on taxable sale items. Tax will still be applied as required.

Sales on this page valid August 21–September 3, 2024. All sales subject to availability. Sales quantities limited.



Willy Street Co-op

# Heirloom Tomato Guide

Unseasonable weather and supply changes could affect availability.

## Black Krim

Originally from Crimea, this strikingly beautiful dark maroon tomato has a rich, smoky flavor.

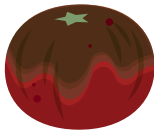
Good for: Fresh eating Roasting Drying



## Pierce's Pride

Rich tomato flavor that is sweet and slightly tangy.

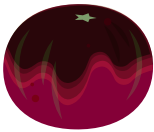
Good for: Fresh eating Roasting Drying



## Carbon

Exceptionally intense, rich flavor with very little acid. Meaty flesh.

Good for: Fresh eating Roasting Drying



## Paul Robeson

Sweet, smoky flavor with more of a tang than other black tomatoes. A Russian variety named after American entertainer/activist Paul Robeson.

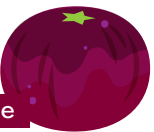
Good for: Fresh eating Roasting Drying



## Pruden's Purple

Rich, well balanced flavor with a perfect silky, rich texture.

Good for: Fresh eating Roasting Canning Sauce



## Cherokee Purple

One of our favorites, with a complex sweet, deep, rich flavor and juicy flesh.

Good for: Fresh eating Roasting



## Pink Boar

Very striking wine-colored tomato with blue/green striping. Sweet and juicy, with a stunning appearance.

Good for: Fresh eating Roasting Sauce



## Cosmonaut Volkov

A Ukrainian heirloom named after Volkov, a Russian explorer that perished in space. This pink/red beefsteak tomato has a full, complex flavor and nice acidic/sweet balance.

Good for: Fresh eating Canning Sauce



## Mortgage Lifter

This entertainingly named variety was introduced in 1932 in West Virginia after the developer MC Byles sold seedlings for \$1 each and paid off his \$6,000 mortgage. Delicious, rich, sweet flavor.

Good for: Fresh eating Roasting Drying Canning Sauce



## Costoluto Genovese

An Italian variety with a complex, sweet flavor and a truly unique bulbous shape.

Good for: Fresh eating Roasting Drying



## German Johnson

Originally from West Virginia. Deep, acidic flavor and firm, rich, creamy texture with very few seeds.

Good for: Fresh eating Roasting Canning Sauce



## Franchi Red Pear

Northern Italian variety with a distinct ribbed pear shape. Thin skin. Very meaty, sweet, and rich with few seeds.

Good for: Fresh eating Roasting Canning Sauce



## Valencia

A variety from Maine with sweet, fruity flavor with notes of pineapple. Meaty flesh with very few seeds.

Good for: Fresh eating Roasting Sauce



## Yellow Brandywine

Smooth, silky texture with an intensely rich tomato flavor.

Good for: Fresh eating Roasting Drying Sauce



## Striped German

Beautiful bicolored tomato with a marbled yellow/red interior. Complex, sweet, fruity, flavor and smooth texture.

Good for: Fresh eating Roasting Drying Sauce



## Aunt Ruby's German Green

You won't believe how good a green tomato can taste! These consistently rank as one of our all time favorite tomatoes with a sweet, tart, rich flavor and juicy, meaty flesh.

Good for: Fresh eating Roasting Sauce



## Tasty Evergreen

Originating in Ohio, this green and yellow tomato has a rich, well balanced flavor with a hint of smokiness. Very juicy.

Good for: Fresh eating Roasting Canning Sauce



# DIY Salad Dressings

## Vinaigrette

- 1 Part Acid
- 3 Parts Oil
- Flavors to Taste

## Creamy

- 3 Parts Creamy
- Liquids to Thin
- 1 Parts Flavor

## Pick 1 Acid

- Lemon
- Lime
- Vinegar
- Dissolve a pinch of salt into 1 part acid



## Pick 1 Creamy

- Greek Yogurt
- Creme Fraiche
- Mayo
- Sour Cream
- Mix in 3 parts creamy



## Pick 1 Oil

- Grapeseed Oil
- Olive Oil
- Brown Butter
- Bacon Fat
- Whisk in 3 parts oil



## Pick 1 Liquid

- Lemon
- Lime
- Water
- Milk
- Add liquid to thin until it coats a lettuce leaf



## Pick Flavors

- Garlic
- Herbs
- Mustard
- Shallots



## Pick Flavors

- Anchovies
- Blue Cheese
- Chill Sauce
- Garlic
- Herbs
- Honey
- Scallions
- Soy Sauce



Season with Salt & Pepper

Season with Salt & Pepper



willy street co-op





**BY JESS NEUMANN,  
MERCHANTISER**

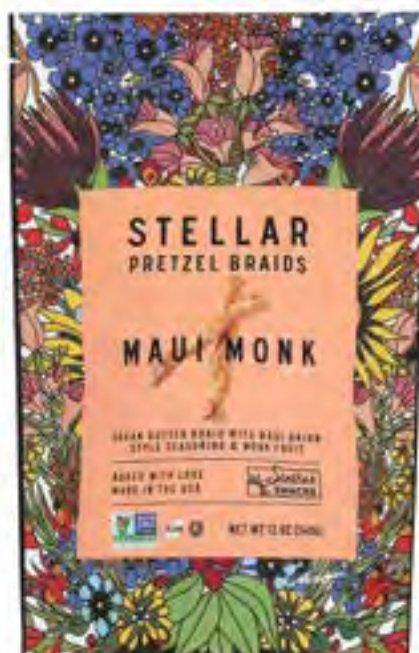
**NATURAL RENEWALS  
SEA MOSS GEL**

Sea moss is a superfood that provides our bodies with 92 of the 102 essential minerals and nutrients we are made up of! My Moss is 100% organic wildcrafted Irish sea moss that some use for its antimicrobial and antiviral properties. No preservatives, fillers, or binders are added. Sea moss can be taken as is, in a smoothie, juice, water, or tea. The vendor recommends two tablespoons once or twice daily. Learn more at <https://naturalrenewals.com>.



**STELLAR SNACKS  
PRETZEL BRAIDS**

Stellar is a woman-owned company making vegan pretzels with no artificial colors, artificial flavors, or corn syrup in a dedicated peanut-free facility. Flavors include Simply Stellar (the original vegan butter braid with sea salt), Maui Monk (vegan butter braid with Maui onion-style seasoning and monk fruit), Sweet & Sparky (vegan butter braid with buffalo-style seasoning and monk fruit), and Bold & Herby (vegan butter braid seasoned with garlic, onion, and monk fruit). Available at Willy North only. Learn more at <https://stellarsnacks.com>.



**CHARCUTNUVO  
SAUSAGES**

Charcutnuvo's Denver-based sausage company is led by a fourth-generation sausage maker whose legacy blends traditional European techniques with modern flair. They craft their sausage using Regenerative Organic Certified grass-fed and grass-finished beef for their organic sausages alongside non-GMO, antibiotic-free, and hormone-free chicken, beef, and pork products with reduced sodium. Beyond taste, this company is dedicated to kindness—supporting children's education and sustainable agriculture in the community. All three stores now carry Charcutnuvo's Chicken Breakfast Sausage, Pork Breakfast Sausage, Beef Bratwursts, and Beef Polish Sausage. Learn more at <https://charcutnuvo.com>.



**POP DADDY SNACKS  
SEASONED PRETZELS**

Michigan-made seasoned pretzels with no artificial colors or flavors in resealable bags. Flavors include Mexican Street Corn (notes of fresh summer corn, the spice of cayenne and chili peppers, and creamy cotija cheese), Beer Cheese Seasoned Pretzels (with real cheese seasoning and the aromas of a cold craft brew) and Yellow Mustard. Available at Willy North only. Learn more at <https://popdaddysnacks.com>.



**PUREPAC FISH**

Purepac fish is caught by experienced fishermen from the Canadian Great Lakes and other fresh waters. To meet their exacting standards, each fish is hand-cut by a skilled filleter to make the most of each delicious bite. Choose from wild-caught yellow perch, walleye, lake trout, and whitefish. Learn more at <https://purepac.com>.





# For Black Business Month, we're highlighting our Black-Owned Inclusive Trade vendors.



**Alaffia**  
Body Care Products



**Mina**  
Authentic Moroccan  
Pantry Staples



**Sharay's**  
Ghana Style Brittle



**Just Water**  
Pure Spring Water



**Soul Brew**  
Kombucha



**Me & The Bees**  
Lemonade



**Sambucol**  
Elderberry Syrup



**A Dozen Cousins**  
Authentically  
Seasoned Beans



**Yoléé**  
Gluten-Free  
African Grain

More information at [willystreet.coop/inclusive-trade](http://willystreet.coop/inclusive-trade) ►



Watch for the Inclusive Trade symbol, which indicates a vendor is 51% owned, controlled, and operated by a person or persons who are women; Black, Indigenous, and/or Persons of Color; LGBTQIA+; veterans; and/or persons with disabilities.



**willy street co.op**



## VENDOR SPOTLIGHT

BY: MELISSA REISS,  
PURCHASING ASSISTANT



As you may know, last year we launched our Inclusive Trade program. An Inclusive Trade vendor is owned and operated by persons who are women, Black, Indigenous, Persons of Color, LGBTQIA+, persons with disabilities, and/or veterans. We have begun highlighting these products in-store. Just look on the shelf tag for the orange circle with the letter “i” inside.



About 3% of American businesses are Black-owned, according to the Pew Research Center.

August is National Black Business Month, which highlights and appreciates the contributions of Black-owned businesses to the U.S. economy and in promoting diversity and equity. Here are some brands that are Black- and/or African American-owned at your Co-op.

### MINA

Though Mina began crafting her harissa sauce in the 1950s, it was honed in Paris and then New York City before arriving in grocery stores in the 2010s. The brand is named after its founder and is now run jointly with her son, who has a background in business and marketing. Every product is truly authentic, developed by Moroccan-born Mina, and made with all-natural ingredients with the goal of making Moroccan food easy and user-friendly.

Here’s what they have to say about their signature sauce, Spicy Harissa: “Harissa has been hailed as the heart and soul of Moroccan cuisine. Our version of the traditional Moroccan red pepper sauce is perfect for anyone who loves a kick of heat. Made from just six simple ingredients (red chile pepper, red bell pepper, garlic, extra virgin olive oil, vinegar, and salt), our vibrant Spicy Harissa transforms anything from eggs, pastas, and sandwiches to meats and seafood. Try our versatile harissa as a sauce, dip, or spread and you’ll soon see why it is an essential in Moroccan kitchens.”



### YOLÉLÉ

Yolélé Foods was founded by Senegalese chef, restaurateur, and activist Pierre Thiam and food entrepreneur Philip Teverow. Yolélé’s mission is to connect small farmers in Africa with global markets



for their crops by introducing the West African grain fonio to North American tables. Fonio is a versatile grain that works for both sweet and savory applications—it’s perfect for cooking, baking, and just about anything. At the Co-op, you’ll find their pilafs—ready in five minutes, perfect for the main course or a side. Selection varies by store.

### JUST WATER

You may have heard of JUST Water’s founder before—he is rapper/actor Jaden Smith (son of Will Smith and Jada Pinkett-Smith). When learning to surf when he was ten years old, he saw a plastic bottle floating next to him in the water. Unable to shake the image of plastic polluting the Pacific, he decided to do something.

So what’s this container made from? Eighty-eight percent of the materials start out as plants—trees for the paper, and sugarcane for the cap and shoulder. The carton creates up to 74% less carbon emissions than similarly-sized plastic bottles. Inside is mountain-sourced spring water, which is rich in minerals and naturally alkaline.



### ME AND THE BEES

Another product you’ll find in the beverage cooler was also hatched by a child. When she was four, founder Mikaila Ulmer was stung by a bee twice in a week. Her subsequent fear led to her learning about them, and eventually selling lemonade at a stand in front of her house using her grandmother’s recipe, which includes flaxseed and is sweetened with honey. She grew her business and since then,

she’s found success on the TV show Shark Tank, met former president Barack Obama, and has been named one of Time magazine’s 30 Most Influential Teenagers. From the very start, Mikaila invested a portion of the profits from the sale of her lemonade to organizations fighting hard to save the bees through her Health Hive Foundation.



### ALAFFIA

Alaffia creates skin, body, and hair care essentials with Fair Trade, cruelty-free ingredients handcrafted at women-led co-ops in West Africa.



## MOROCCAN KEFTA KABOB

### INGREDIENTS

- 1 pound ground beef or lamb
- 1 medium onion, finely chopped
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- 2 tablespoons Mina harissa
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cinnamon (optional)
- ¼ cup Greek yogurt or tahini
- ¼ cup Mina harissa
- ½ small red onion, thinly sliced
- Ripe tomatoes, trimmed and cut into wedges
- Mina Purple Beldi olives, whole
- Fresh parsley, chopped
- Mina extra-virgin olive oil
- Lemon juice, to taste
- Salt and pepper

Recipe & photo courtesy of Mina

### PREPARATION

#### Step 1

Combine meat, onion, herbs, harissa, spices, and salt and pepper in a large bowl. Using a fork or your hands, thoroughly mix ingredients together. Gently shape mixture into small oval-shaped patties or mold around skewers.

#### Step 2

Grill on medium-high heat until browned and cooked through, but still juicy, about 3 to 5 minutes on each side.

#### Step 3

Meanwhile, prepare the dipping sauce. Mix Greek yogurt or tahini and harissa in a small bowl and season with salt and pepper.

#### Step 4

Make the salad: combine tomatoes, onion, olives, and parsley in a medium bowl. Dress with olive oil, lemon juice, and salt and pepper.

#### Step 5

Serve patties or kebabs with tomato salad (or salad of your choice) and warm pita. Enjoy!







**Thursday, September 19, 2024**  
**5pm · Union South and online**  
**RSVP at [communityshares.com](https://communityshares.com)**

Join us as we celebrate local leaders and organizations who are advancing social and environmental justice in our community. This hybrid event will take place in person at Union South and online.

**Mary Berryman Agard**

*Nominated by Bayview Foundation*

Winner of the Liesl Blockstein Community Leadership Award

**Brandi Grayson**

*Nominated by Urban Triage*

Winner of the Sally Sunde Family Advocate Award

**Maria I. Rodriguez**

*Nominated by ACLU of Wisconsin*

Winner of the Linda Sundberg Civil Rights Defender Award

**Tenant Resource Center  
and Legal Action of Wisconsin**

Winners of the CSW Collaboration Award

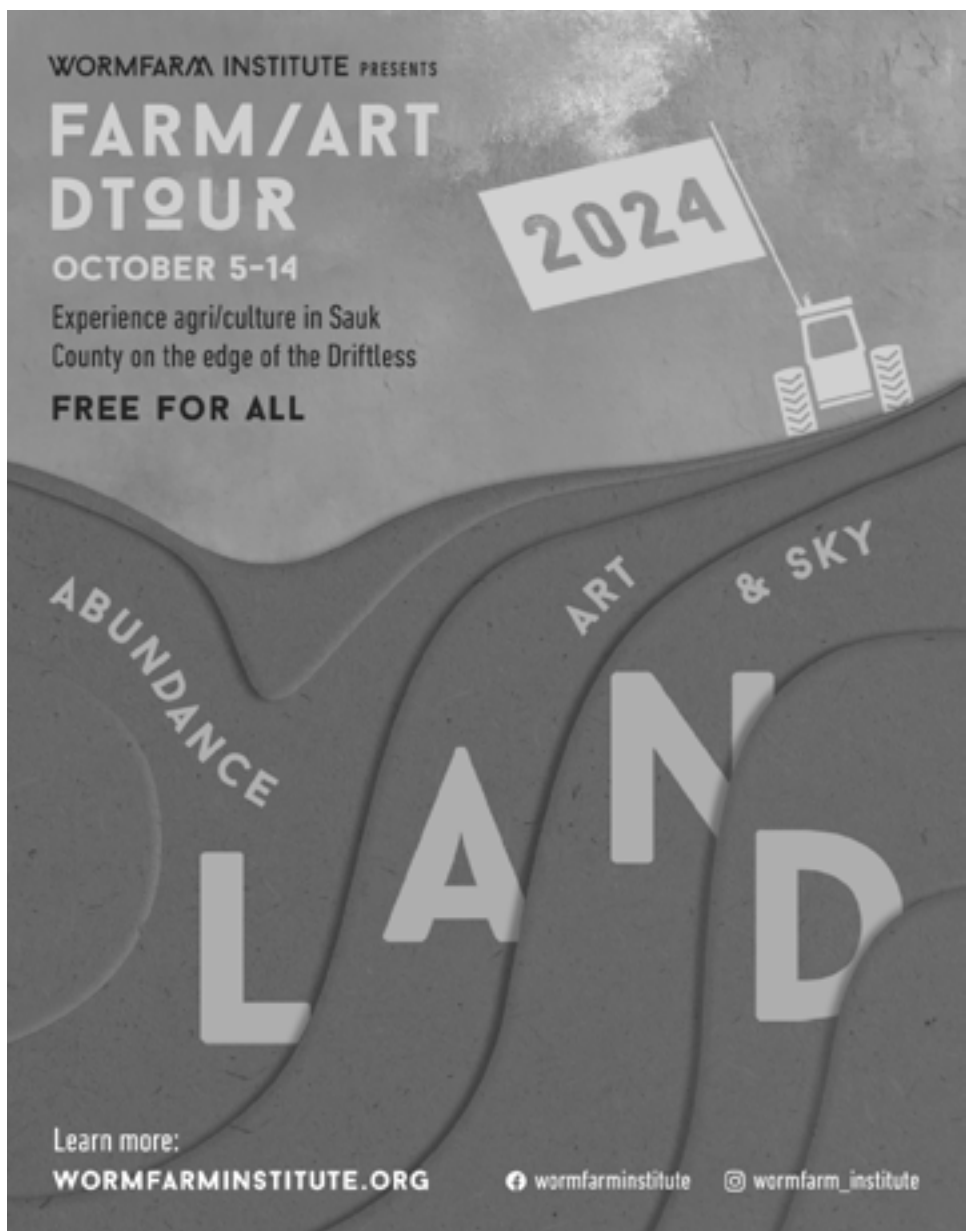
**Michele Erikson**

Winner of the CSW Lifetime Achievement Award

Presenting sponsor:



[communityshares.com](https://communityshares.com)



**Behind on your bill? MGE is here to help.**



**We're here to work with you.**

MGE representatives are here to help households and businesses that may need help. If you need assistance or have questions about your account, please visit the Customer Service section of [mge.com](https://mge.com) or call us at (608) 252-7144.

**Scams are on the rise. Make sure it's us.**

If you receive a call, email or visit that you suspect is fraudulent, please call MGE at (608) 252-7222.

**Get free energy-saving advice.**

MGE can provide expert advice for how to assess and manage your energy use. Email our Energy Experts at [AskExperts@mge.com](mailto:AskExperts@mge.com).

**MGE is committed to safe and reliable service.**

Lights out, power line down or other emergency? Call us at (608) 252-7111. Smell gas? Leave immediately and call us at (608) 252-1111.



Your community energy company

GS3351 9/3/2020

**ATTORNEY  
PAUL O'FLANAGAN**

**Coop member,  
PROGRESSIVE & LOCAL  
LAW FIRM OFFERING:**

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

**CALL: 608-630-5068**



**Advertise in the Reader**

Reach over 34,000 Co-op Owners.  
 Affordable rates, wide reach, excellent returns.  
 Discounts for non-profits, Owners and for multiple insertions.  
 Find info here: [willystreet.coop/advertising](https://willystreet.coop/advertising)  
**willy street co-op**



# INTEGRATED PEST MANAGEMENT

BY: ANDY JOHNSTON,  
PRODUCE CATEGORY  
MANAGER



As consumers, we're bombarded with information that aims to identify what makes a product unique. Product labels are full of marketing and regulatory terms that are intended to inform and provide value to the product. They provide the producer an opportunity to differentiate their product from similar products. The information can be helpful but it can also be confusing, and maybe a bit overwhelming: what does it all mean?!

In the Produce departments at Willy Street Co-op, we try to keep our labeling clear and simple. Products that are USDA-certified organic are labeled as Organic. If products meet our local definition (within 150 miles of the state capitol building or anywhere in Wisconsin), they're labeled as Local, regardless of whether they are organic or not.

One thing we don't talk much about is Integrated Pest Management. At a local level, most of the farms we work with are USDA-certified organic. Over the years, we've established relationships with other local growers as an effort to provide local products that we've had difficulty sourcing from organic growers, either they weren't growing it at all, or their volume was better suited for farmers markets or CSA shares. For any number of reasons, producing enough volume to support a wholesale account was a challenge. But for many farmers, the primary reason was that it was just too difficult to grow using exclusively organic practices; it just wasn't practical in our upper midwest climate. So, we went looking for local sources that weren't certified organic, but were using practices that supported a high level of sustainability. And this is where integrated pest management comes into play.

The IPM Institute (located right here in Madison), works with a number of organizations, agencies, and industry members to develop and implement programs that incorporate IPM standards. They define integrated pest management as a sustainable, science-based, decision-making process that combines biological, cultural, physical, and chemical tools to identify, manage and reduce risk from pests and pest manage-

ment tools and strategies in a way that minimizes overall economic, health, and environmental risks.

For many of the growers we work with, using IPM practices is just a more practical approach than becoming certified organic. With farming, there are inherent risks, regardless of the crop. You can buy 1,000 seeds of romaine lettuce for around 1¢/ea (\$10 total), and you'll have lettuce in about 70 days. You probably plan on losing a few in the process, and if you don't get a good germination rate, you can always plant more. If you're spending thousands of dollars planting fruit trees that won't even produce fruit for several years, and then several years more before you're at a point where you're able to wholesale that product, the risk is significantly higher. You could lose the entire orchard to disease before even selling a single piece of fruit.

Carandale Fruit Farm in Oregon, Wisconsin, has crops that are USDA-certified organic, and crops that are not certified organic, but where they use IPM strategies. They grow a variety of tree fruits and berries at the farm and supply Willy Street Co-op with Fredonia and Concord grapes, and aronia berries. I reached out to Cory at Carandale and asked why they chose to incorporate both practices on the farm.

"I think to answer the question as to why we use both IPM and organic management practices, we must first assess our intent as well as the crop being grown. In addition, please understand that being a certified organic crop does not exclude it from also being managed with IPM principles, as they are not mutually exclusive. The organic movement prohibits all man-made compounds and allows only natural fertilizer and pesticides; over time this distinction has become somewhat blurred, but is still the philosophical basis in approving substances for use in organic farming.

"IPM spans beyond conventional versus organic farming; it is incorporating the philosophies of different cultural practices including, but not limited to, rotating chemical modes, crop rotations, use of cover crops, preserving beneficial insects, windbreaks/grass strips, timing, and good old-fashioned time and effort monitoring crops for specific location and population thresholds. Agriculture is always most sustainable when the widest possible range of production tools can be used. So at Carandale Farm we incorporate these IPM concepts into ALL our cultural efforts... regardless if organic or conventional. The deciding factor regarding certifying a crop organic is based on the crop itself, its characteristics, and the region in which it is being grown.

We decided to grow our strawberries using IPM principals because fleshy fruits can/do readily absorb water/chemicals that

come into contact with them. So reducing any/all chemical applications is our intent with strawberries so as to reduce overall residual ppm (parts per million) of chemical absorbed by the berry/plants and into the environment. So why can IPM reduce chemical loading more than organic practices alone? In general organic chemicals have much less residual/persistence and must be reapplied more frequently to maintain their desired effects/controls... thus more chemical applications to maintain the desired effect over time.

"IPM allows us to use many other tools as stated above. We can use chemicals (often organic, if appropriate) in the areas in which the infestation or encroachment is happening... so when using IPM we spend a large amount of time monitoring to isolate those areas of concern and stop issues before they affect the entire area. For example, if I do proper crop monitoring I can often get away with ONLY spraying the edge 5 rows instead of the entire field(s). If pesticides are needed, they are selected on the basis of least toxicity and timed or applied in a manner that eliminates or minimizes contact with fruit and beneficial insects.

"That being said, we chose to go organic with our aronia berry, black currants, and other various woody perennials because they are less prone to certain diseases and insect issues in their native area (Wisconsin), and our IPM practices in/around the crops have proven [their] effectiveness. So in short, we chose which crop we can grow safely as organic-based on our intent-by knowing the local probability of insect and disease issues associated with that crop."

Blue Roof Orchard in Belmont, WI, supplies Willy Street Co-op with a variety of delicious certified organic local apples. I reached out to Chris at Blue Roof, and asked if he could identify IPM practices they incorporate as part of their organic strategy.

"In our certified organic apple orchard we primarily grow apple varieties that have innate resistance to destructive diseases of apples such as apple scab. Apple scab is a fungus that infects apple trees and can cause spots on the apple leaves, as well as large black spots and cracking on the fruit. Like many plant diseases, scab is favored by wet weather such as we have had this spring—the fungus can only penetrate and infect leaves and fruit when they are wet. Scab is an extremely destructive disease, not merely a "cosmetic" issue—scab-infected leaves will drop from trees, causing premature defoliation and major reductions in yield. Scab is especially difficult to manage in organic orchards; non-organic growers typically spray chemical fungicides in spring to control the disease.

"In human medicine, we're increasing-

ly aware that people have different genetic susceptibility to conditions such as heart disease and cancer. Similarly, apple varieties genetically vary in their susceptibility to attack by the apple scab fungus. McIntosh and Cortland apples, for example, are notoriously susceptible to scab. As a first line of defense against this disease, we've primarily planted apple varieties that have strong genetic resistance to scab, such as Winecrisp and Liberty apples. As an additional defense, we are also careful to mow the fallen leaves on our orchard floor several times in very early spring. The apple scab fungus actually survives the winter on fallen, dead leaves, not on the tree itself, and by shredding and destroying leaves after the snow melts we reduce the likelihood that scab fungi living in the dead leaves will produce spores that can re-infect the trees in spring."

Barnard Farm in Sturgeon Bay, WI, supplies Willy Street Co-op with their incredible sweet cherries and peaches! Jim started working with fruit in 1960 in his parents' orchard, and started his orchard in 1974. You can find Jim and his daughter Susan at the Dane County Farmers' Market, and their delicious local fruit at Willy Street Co-op. Peach season is fast approaching, so start making plans. We typically start seeing Door County peaches from the Barnard family the second week of August.

Barnard Farm also incorporates IPM practices to help maintain a healthy, sustainable orchard.

"Starting at the ground level, we don't use any herbicides between the trees. The clover and hairy vetch we have planted in the orchard attracts pollinators and beneficial insects. The result is that our orchards are not as pretty as some conventional ones but we prefer a healthy orchard.

"We also analyze leaf and soil samples to see what nutritional needs the orchard might have. A healthy tree will not only produce fruit for years to come but be able to resist disease more easily.

"The least glamorous part of our IPM practice is keeping up with research and new developments for stone fruit. The university and trade publications are where we find new varieties, methods of growing, or better ways of handling fruit that keep us moving forward."

I'm a big fan of IPM! I see it as a practical middle ground between organic and conventional farming methods that enables local growers an opportunity to mitigate risk on vulnerable crops. For the Co-op and its Owners, buying from farms using IPM is an opportunity to support a stronger, more sustainable local economy that aligns with the values we share. And, we get to eat their great food.



CARANDALE FARM HAS A TREE FENCE BOUNDARY TO REDUCE NEIGHBOR CHEMICAL DRIFT AND WIND DESICCATION.



HAND-PLANTING ORGANIC BLACK CURRANTS USING WEED FABRIC; FABRIC REMOVED AFTER ESTABLISHMENT.



SPOT-SPRAY CANADIAN THISTLE TO SYSTEMICALLY KILL ROOTS, THEN HAND PULL, AND REMOVE FROM FIELDS REPRESENTING IPM MANAGEMENT.



GRASS STRIPS REDUCE INSECT AND DISEASES SPREAD, CONTAINING INFESTATIONS TO REDUCE CHEMICAL USE, WHILE ALLOWING ACCESS FOR EQUIPEMENT, AND REDUCING COMPACTION ISSUES ON CROPS.

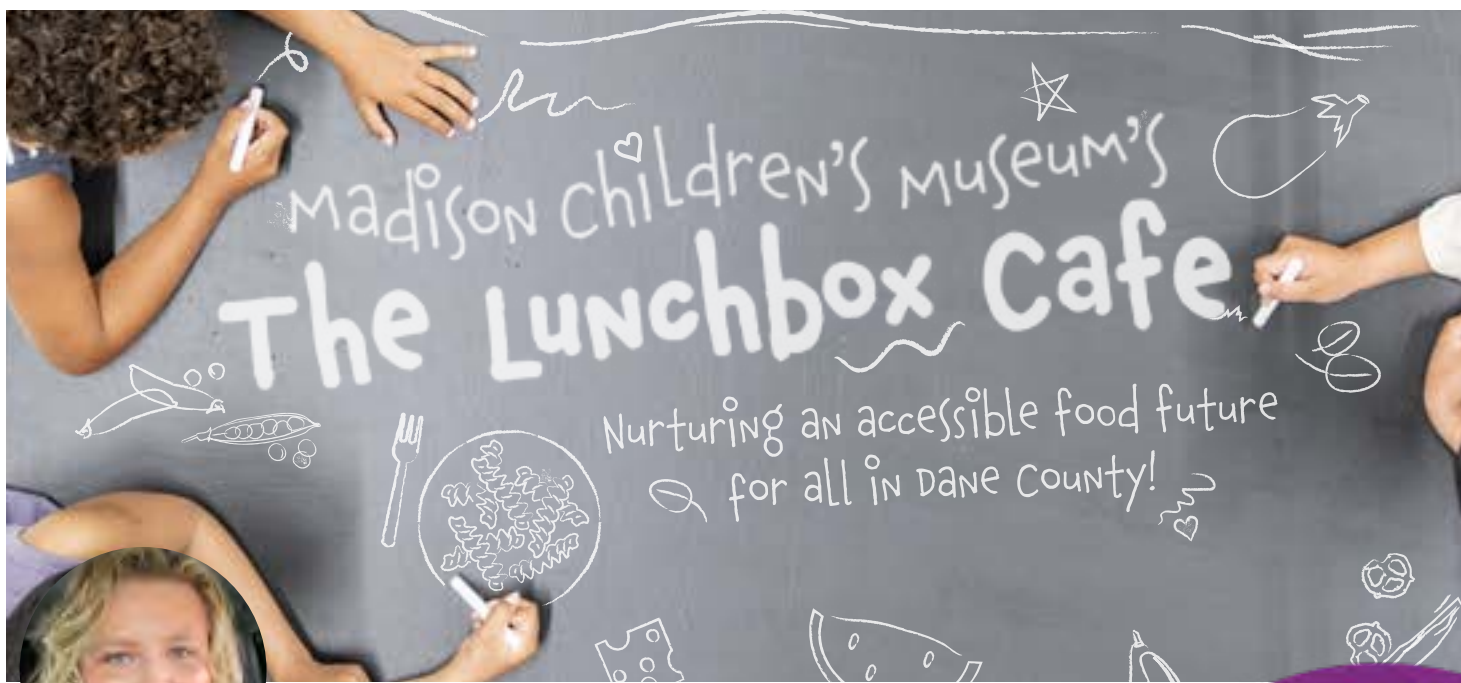


ALTERNATE ORGANIC ARONIA WITH BLACK CURRANTS AS IPM CONCEPT TO STOP OR SLOW DISEASE AND INSECT SPREAD.



SPOT-SPRAYING WITH RED DYE INSTEAD OF BOOM-SPRAYING ENTIRE FIELD REDUCES CHEMICALS USED.





**BY KRISTINA KUHAUPT, CUSTOMER EXPERIENCE MANAGER**

**W**hen I think of childhood, some themes come to mind: endless play, blissful creativity, and always asking my parents, “What’s for lunch?!” I can only imagine how many times a day Madison Children’s Museum (MCM) staff see and hear these same responses.

As I stepped into MCM recently, I was immediately transported into another world filled with an instant flurry of activity, the boundless joy of kids racing around exploring, and at the same time, families picking up yummy food to eat together before their kiddos are off once again to explore some more. Observing for a moment this rush of activity swirling around me so organically, made me smile and think fondly of the times that I too went to museums like this and felt so free. At the time I did not realize what a gift it was to have these experiences, but as an adult, I am very grateful.

Madison Children’s Museum is a positive testimony to what can be accomplished when people come together to offer access for all, similar to that of the cooperative movement, which the early organizers of our Co-op deeply embraced. Both MCM and Willy Street Co-op started with humble beginnings in the mid-70s and early 80s, and both have now flourished into established community hubs for all to enjoy our experiences together.

Although MCM has many amazing facets, such as workshops, an endless rotating curriculum of

activities, interactive exhibits, mobile roadshows, and camp days, to name a few, I want to focus on one of their newest ventures—The Lunchbox Cafe, a pay-what-you-can cafe, that started in July of 2022. I heard of this concept a year ago when I was reading through many hard-working non-profit grant applications for the Co-op’s Community Reinvestment Fund with our grant committee that is made up of Co-op staff, board members, and Owners-At-Large. I remember thinking, WOW, this is a really cool concept to be brought to such a well-known and beloved Madison institution; this could really change the trajectory of how we interact with community spaces of play. And sure enough, it did! That year, MCM received a Community Reinvestment Fund grant with which they provided 1,400 meals the following year through a pay-what-you-can model, the first-of-its-kind venture in any museum in the United States!

I love this quote from MCM’s website, “Everyone, and particularly every child, deserves delicious food to help them grow, play, and learn. Again, it’s ok to pay nothing, a little, or a lot.” This new concept removes the stigma of any assumptions concerning food insecurity and puts families at ease knowing that their children can pick what they want to eat that day with no restrictions. This food structure provides peace of mind for caretakers as they provide long-lasting, positive experiences for their children. This value of MCM parallels our Access and Double Dollars Programs here at Willy Street Co-op.

The Co-op believes everyone should have access to nutritious food no matter their financial circumstances.

As MCM’s concept evolved into its newest iteration in April of 2024, Willy Street Co-op was happy to partner with them by supplying some of our most popular grab-and-go items made by hand at our Offsite Kitchen on East Main Street in Madison. MCM purchases this food from us

through preferred pricing. The Co-op is invested in seeing the success of this cafe, and we are delighted that our product reaches an even wider audience, especially our youngest community members! Products range from Curry Mango Chicken Salad, Hearty Vegan Chili, and traditional Mac and Cheese, plus six more choices thus far. Stop in to experience all the offerings as you and your family explore, play, and make memories together!

Nicholas Oconnor, Prepared Foods Category Manager at Willy Street Co-op, who helped make this partnership possible says, “This relationship speaks to many of us on so many levels. The intersection of sustainability and community means ‘local’ to me—building relationships within our community to help sustain our community. Dollars spent here get recirculated within our community and continue to help boost our local economy. This is what Willy Street is all about.” We deliver to the museum every Wednesday and Friday, and you can find our offerings in the museum’s cafe alongside offerings from Ugly Apple, Golden Produce, and snack items from various outlets.

I met with Lily Hoyer-Winfield, Director of Visitor Services, and former Willy Street Co-op North Assistant Site Director, who said, “There is weight in the word ‘can.’ Some people can pay a lot, some little, but everyone gets to eat!” This space is meant to take the pressure off of not only figuring out what to eat for lunch, but the potential limiting parameters of food cost prices, and create a space free of these anxieties. It is a moment to forget the world a little bit, and just be in the moment to play and eat; two things essential to childhood development.

Lily also noted, “We want you to use The Lunchbox like your own kitchen;” a place to gather not only

in your own personal family and friend communities, but to also create opportunities to broaden your community with others. The experiences and general space of MCM remind me of the concept of “Blue Zones,” where citizens in certain cities across the world tend to live happier, healthier, longer lives.

One component highlighted in the Blue Zone philosophy is the long-lasting positive effects of a healthy community of social networks. MCM, in my opinion, sets the stage for Dane County residents to experience the possibilities of creating this Blue Zone Effect in their own lives. This can be found through the nurturing of healthy foods, play, and community in an accessible way for all to participate not only through meals, but through their vast every-ability programming filled with dance, art, exploration, music, sensory workshops, and accessible pay structure, just to name a few including their newest exhibition: Nice Age Trail that is “Inspired by nature and designed to teach kindness, this interactive exhibit invites kids to explore four Wisconsin seasons across four habitats—and the world of the animals who live there.”

- MCM Website

The Lunchbox was also named as one of the Twelve Museum Innovations of 2023 in conjunction with the numerous awards MCM has received throughout the years since 2022. Quality is the key word here, both in experiences as well as nutrition.

I encourage you to check out this Madison institution if you have not already. It may help you, even as adults, tap back into that boundless sense of joy and exploration we had as children not only through your time spent with your children but also through their Adult Swim programming which recreates play and camps specifically for adults—how fun!!



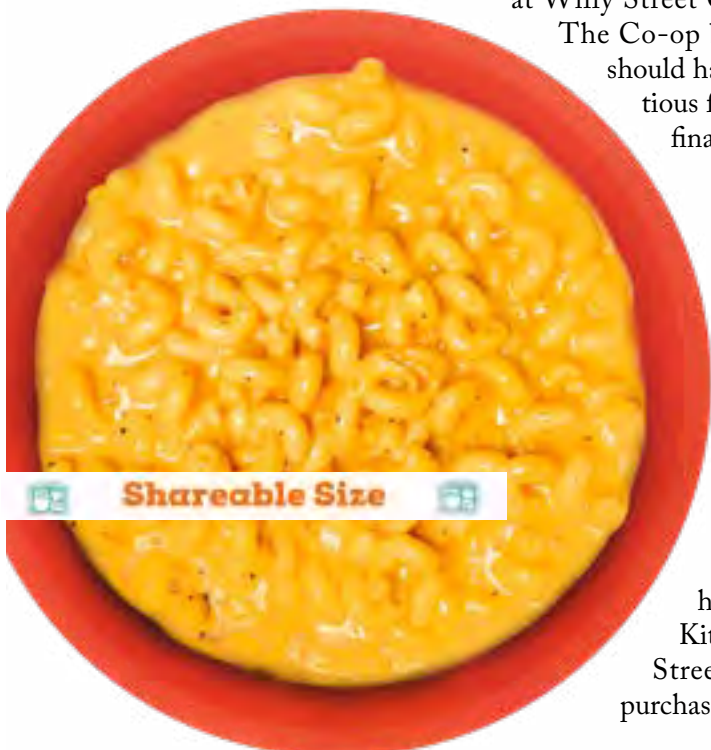
**Just For Me Size**



**Try Me Size**

**SOME LUNCHBOX FACTS:**

- Since opening, 77% of food costs have been covered by payments in the cafe. (MCM received additional cafe funding from individuals, businesses, and grants).
- That percentage has been rising, reaching 90% of food costs covered by in-cafe payments in June 2024.
- Over 1,200 watermelon slices have been eaten since May.
- MCM works with Green Box Compost to continue its efforts to divert organic materials from the landfill and becoming methane gas and help reduce our footprint.



**Shareable Size**

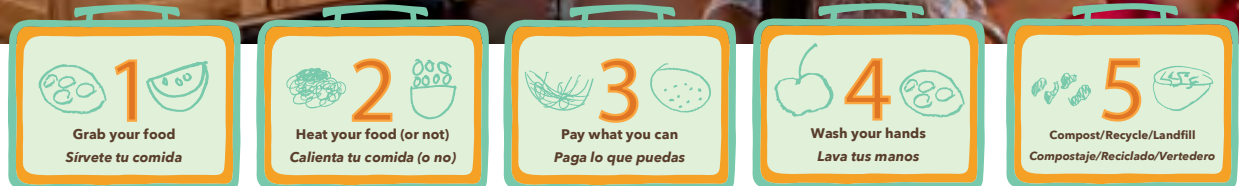


We are also excited to announce that Willy Street Co-op and Madison Children's Museum will be teaming up from August to December of this year to provide unique interactive Co-op experiences for your little ones to enjoy such as, helping make our famous Co-op Mac and Cheese with Mr. T, playing some sweet tunes on our Produce Piano, and getting your creative juices flowing while coloring designs created from our in-house graphic designer, Hallie! Lunchbox Cafe Co-op Kids Series, will take place at MCM from 10:00–11:00am on August 14, 28, September 18, October 16, November 13, and December 18. We look forward to seeing you then!

If you are compelled to support this wonderful program and give what you 'can,' just like the pay structure for the meals at The Lunchbox, MCM would be most grateful. Your generous donation will help continue this work for future years and ensure this program continues to thrive. For donation information, please visit: <https://madisonchildrensmuseum.org/visit/lunchbox/>.

**SIGNAGE USED AT THE LUNCHBOX CAFE AND A PHOTO OF THE SPACE.**

**CO-OP STAFF MEMBER EVAN MAKING A FOOD DELIVERY TO MCM**

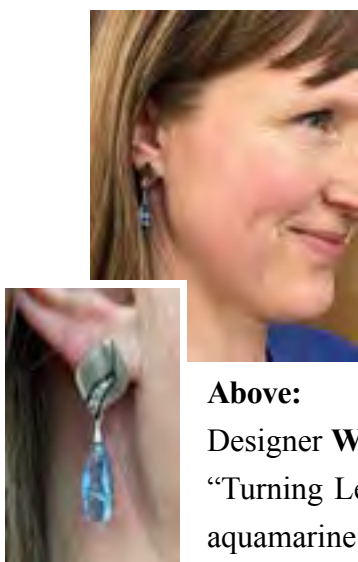


**RESOURCES TO LEARN MORE**

- Willy Street Co-op Community Reinvestment Fund: <https://www.willystreet.coop/crf>
- Madison Children's Museum Lunchbox Cafe <https://madisonchildrensmuseum.org/visit/lunchbox/>
- Ugly Apple: <https://uglyapplecafe.com/>
- Blue Zones: <https://www.bluezones.com/exploration/>
- Madison Children's Museum: <https://madisonchildrensmuseum.org/>
- Museum Innovations of 2023: <https://tinyurl.com/2023-museum-innovations>
- Green Box Compost: <https://www.withgreenbox.com/>
- Madison Children's Museum Lunchbox Cafe Donations: <https://madisonchildrensmuseum.org/visit/lunchbox/>

# 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 •



**A SPECIAL OFFER  
FOR NEW CUSTOMERS!**

RECEIVE

**\$250**

WHEN YOU START BANKING WITH US.



**Lake Ridge  
Bank™**

**JUST FOLLOW THESE TWO EASY STEPS:**

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

Your \$250 bonus will be deposited into your new Forward Checking account within 90 days after you complete the two easy steps above. Of course, you'll need to keep your accounts in good standing and actively use your new accounts and services (5+ transactions per month). While we truly value our current clients, this special offer is only available to households that have not received a similar bonus (one bonus per household) in the past and don't currently have a checking account with us. Complete these requirements within 90 days of account opening to receive your bonus. **Offer expires on June 29, 2024.**



**IT'S EASY.**

JUST SCAN THE QR CODE  
AND USE THE CODE **BANK250**  
TO OPEN YOUR ACCOUNT  
ONLINE TODAY.

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

**OUR TRUSTED TOOLS MAKE YOUR BANKING EASIER.**



**35,000 +  
Surcharge-free  
ATM Network**



**Digital Wallet**  
Venmo, Apple Pay,  
PayPal,™ Google Pay,  
and Samsung Pay®



**Text and  
Email Alerts**



**Mobile Deposit**  
Deposit a check using  
your smartphone.



**Credit Sense**  
Your Credit Score and  
a whole lot more.



**Send money by  
text or email to  
friends and family.**



**MEMBER  
FDIC**

6430 Bridge Road, Monona, WI 53713 • [lakeridge.bank](http://lakeridge.bank)

**Help Save a Tree**

Go to [willstreet.coop/emails](http://willstreet.coop/emails) to sign up to get the Reader via email. For every 1,000 Owners who switch from a printed newsletter to the email version, we'll save one tree per month.



**Petinary**

**Excellent Pets Deserve  
Excellent Care**

1014 Williamson St  
608.255.1239

[www.petinaryclinic.com](http://www.petinaryclinic.com)

Quality Veterinary Care on Willy St Since 1981



**100 years of Service**

**ACE**

**Hardware Center**

1398 Williamson St. 257-1630

[acewilly@tds.net](mailto:acewilly@tds.net)

**LAUER REALTY GROUP** Not just Realtors® - but your neighbors and friends.  
We know this community and we know real estate.

Powerful Results. Real People. [www.LauerRealtyGroup.com](http://www.LauerRealtyGroup.com) | 608.444.5725

**FARM TOURS** **GOURMET FOOD**

EVANSVILLE WISCONSIN **SEPTEMBER 15, 2024**

FOOD FOR EVERYONE  
FAIRSHARE

**BIKE THE BARNS**

REGISTER [CSACOALITION.ORG/BIKE-THE-BARNS](http://CSACOALITION.ORG/BIKE-THE-BARNS)  
OR, JOIN US ON THE BUS: [CSACOALITION.ORG/BUS-THE-BARNS](http://CSACOALITION.ORG/BUS-THE-BARNS)

**BETHKE**  
HEATING & AIR CONDITIONING, INC

**EMERGENCY  
SERVICE 24/7  
251.2222**

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

FINANCING AVAILABLE

Locally Owned. Locally Operated.

**BethkeHeating.com**

