

willy street co•op

# READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI  
VOLUME 44 • ISSUE 8 • AUGUST 2017



**IN THIS ISSUE:** Election Results; Local Produce Availability; Canning Supplies; Retail Ready Lab; and MORE!  
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willy street co-op  
**READER**

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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.

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

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**WEBSITE:** www.willystreet.coop

**BOARD EMAIL:** board@willystreet.coop

**STORE HOURS:** 7:30am to 9:30pm, every day

East Juice Bar: 7:30am to 6:00pm; West Juice Bar: M-F: 7:30am-7:00pm

& Sat-Sun: 7:30am-6:00pm.

Deli: 7:30am to 9:00pm

Seafood Center-East and West: Monday-Saturday, 8:00am to 8:00pm; Sunday,

8:00am to 6:00pm.

**WILLY STREET CO-OP MISSION STATEMENT**

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

**Shopping with Kids?**  
 Kids are free to take a piece of pre-washed fruit from the basket near the Produce Department.

Compliments of the Willy Street Co-op Produce Department

**Advertise in the Reader**

Reach over 34,000 Co-op Owners.

Affordable rates, wide reach, excellent returns.

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Find info here: willystreet.coop/advertising

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

willy street co-op

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**FOLLOW US ON:**

**OPEN UNTIL**  
 7:30pm on Labor Day (Monday, September 4th)

**WILLY STREET CO-OP BOARD OF DIRECTORS**

- Holly Fearing
- Dave Pauly
- Patricia Butler
- Bruce Slaughenhaupt
- Jeannine Bindl
- Brian Anderson
- Meghan Gauger
- Evan Cameron
- Stephanie Ricketts

**BOARD CONTACT INFO:**

board@willystreet.coop  
 all-board@willystreet.coop (includes the GM, Executive Assistant and Board Administrator)

**BOARD MEETING SCHEDULE**

ALL MEETINGS BEGIN AT 6:30pm UNLESS OTHERWISE NOTED

August 15th: Regular Board Meeting

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## CUSTOMER COMMENTS

### Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to [customer.comments@willystreet.coop](mailto: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. The rest can be found in the commons or in the binder near Customer Service. Thank you!

#### ORGANICS ON THE SALAD BAR

**Q:** *The salad bar says it's 90% organic but only one or two items are labeled as such. Clearer labels as to what products are and where they're sourced from would be appreciated.*

A: Thanks for the feedback on better labeling our salad bar. Your suggestion is a great one and I'm going to work on implementing it this summer. In the meantime here's a list of the few things that are not organic:

- Green Olives
- Black Olives
- Pepperoncini
- Blue Cheese (locally sourced)
- Feta Cheese (locally sourced—rBGH-free)
- Turkey (Michigan—antibiotic- and hormone-free)
- Ham (Garrett Valley)
- Artichoke Hearts
- Croutons (Made in house, but not with organic bread)
- Cheddar Cheese (Locally Sourced; rBGH-free)

Besides the items listed above, everything else is organic. Thanks again for the awesome suggestion!

Cheers, Dustin Skelley, Deli Assistant Manager—East

#### BEST LEMON CAKE

**Q:** *The refrigerated slice of lemon cake with blueberry frosting I bought today was one of the best cakes I've ever tasted. Will you promise to keep making it? :)*

A: Thanks for the praises! I'm so glad you are liking our lemon cake! I've passed your positive feedback on to our bakery and kitchen, and also shared it with our staff to enjoy. While we can never make promises about products being around forever, this kind of feedback definitely helps us make product and menu decisions, and we appreciate it. Have a great weekend! -Kirsten Moore, Director of Cooperative Services

#### LOCAL BULK

**Q:** *We were at the coop the other day buying some bulk items and produce. We noticed that some of the bulk items and produce like sunflower seeds and sweet potatoes are not from Wisconsin or the midwest. I frequently go to a coop in Minnesota that gets sunflower seeds locally from that state, why doesn't our*

*coop do the something similar? Also, why don't you source from places like Don's at the farmer's market for sweet potatoes. They have them almost year round in large quantities. Thank you for answering my questions.*

A: Thanks for asking about our product sourcing. I checked in with the folks in our Produce and Grocery departments regarding sourcing. While it is true that there are local producers of sunflower seeds and sweet potatoes, there are a few reasons you may not see them on our shelves: seasonality and supply. With regard to sunflower seeds, it is possible that there is a Minnesota supplier that a co-op there is able to get sunflower seeds from at a price that is competitive and in quantities that can serve the owners of their cooperative sufficiently. Here at our Co-op, we have not been as lucky to find a local source that would adequately supply the demand at our stores. That said, our Grocery Category Manager Dean Kallas told me that he would check out sources again, and see if there's one that is viable for us.

The same is true for sweet potatoes. Some farmers in Wisconsin may have very large supplies at the farmers' markets, and have enough stored to last year-round. In some cases, they make better money on the supply they have by selling directly to the consumer than they would with us in the middle, and in other cases, their supply may be great for farmer's markets with set times several times a week, but not enough to supply a grocer with product seven days a week. Presently, we simply have not been able to find a farmer or group of farms that produce enough sweet potatoes in Wisconsin to have enough stored up to sell us year round. When sweet potatoes are in abundance during the fall harvest season, it is much easier for us to provide a consistently local supply (and we do throughout the winter!). Please let me know if we may assist you further. -Kirsten Moore, Director of Communications

#### BULK IDEAS

**Q:** *Hello, I have three thoughts about the bulk sections. 1) If the bulk items typically stocked at each store could be listed on the new website, that would be amazing. Prices and current stock wouldn't be necessary. 2) Bulk freezer section for items like blueberries, peas, etc. (Seattle has it: <https://imgur.com/tXcTX2c>). It's possible this exists and I've missed it. 3) It would be awesome if you could advertise how the bulk foods come packaged, it would allow owners to make more educated decisions about what they purchase and how. This could be on the website or part of the bulk foods course (which I haven't taken yet, so it's totally possible that this already exists).*

A: Thanks for your suggestions. We are in the middle of a long-term project that involves the development

of an e-commerce website. This site will list, at a minimum, products that will be available for purchase via the site, including bulk items. Pricing will also be included, and we hope that at some point current stock would be available as well; this is a work in progress. With regard to frozen bulk, we have experimented with this in the past, and based on movement and space limitations, we have found that it is instead best at our stores to have a mix of product sizes available for customers to choose.

We do have a Simply Bulk class that is free for customers to take and learn about the bulk aisle and we also have a brochure with preparation guidelines. We have also produced videos about using the bulk aisle in the past as well. The class does talk about the various ways one can shop in bulk. Sizes and bulk packaging vary frequently, and so if there is a specific volume you are seeking, the best recommendation we have is to ask a bulk buyer. We will keep your thoughts about bulk education in mind as the new website is being developed. Please let us know if we may assist you further! -Kirsten Moore, Director of Cooperative Services

#### COOKIE CONTRABAND

**Q:** *Recently, my progress through TSA airport screening in Albany, NY was slowed because they saw something on the x-ray. It turned out to be my bag of Willy St Vegan Cowgirl Cookies. Clearly, I got them to Albany from Madison with no problem, but this was pretty funny, especially because my bags are usually full of electronics that I use for outreach activities (I am a professor of Electrical Engineering). I guess this proves that your cookies are really substantial if they show up so clearly on x-ray.*

A: Thanks for sharing! You're right, that's pretty funny. Our Cowgirl Cookies have a reputation for being attention-getters, but getting TSA's attention? Well, there's a first time for everything. We hope you and the cookies enjoyed the trip! -Kirsten Moore, Director of Cooperative Services

#### ANNUAL MEETING & PARTY MEAL TICKETS

**Q:** *On 07/11/17 I was told that the meal tickets for the annual party were out. I feel really bad about this. I have seen one member getting 5-6 meal tickets just based on what she says about the number of family members (the clerk didn't check any document to verify). Then when I need just one ticket, they said the tickets were all out. This doesn't seem to be fair; a party should be for every member who wants to join. Why don't you limit the number of tickets per member (instead of just giving away any number of tickets even without checking and then ending up with no tickets for a member*

*who needs the ticket), or make more meals for every member who wants to join? BTW, is there any way I can get the ticket at the party? I really want the meal ticket.*

A: Thanks for contacting us with your concern. It's true, we ran out of meal tickets. We switched to issuing a set number of tickets about five years ago when we ran out of food with ticket-holders in line. Since that time, we pledged to ensure that there was a meal for every Owner (and person in their household) who had a ticket.

Serving five thousand meals is all we're capable of at this time, given the cost and the logistics of plating and serving them in under four hours. Depending on our finances in the next fiscal year and how our food service goes this year (it improves each year), we may decide to increase the number of meals next year, but that would likely be a fairly modest increase—maybe up to 5,500.

Because so much of the food has to be prepared ahead of time (brats have to be made, ingredients ordered, etc.), we wouldn't be able to distribute an undefined number of tickets and ensure we'd have food for all of those ticket-holders.

As for distributing to families, we take our Owners at their word as to how many people are in their household—I don't think there's a good way that we could validate that, and it would be an onerous task for those distributing the tickets.

Having said all of that, in the weeks after the event we meet and evaluate what went well and what we should change next year. Your comments will be taken into account for that discussion. Although we ran out of meal tickets, we still had beverage and gift bag tickets, and free samples, kids' activities, live music, the business meeting and more. Plus we allowed La Fete food vendors to start selling meals at 5:30pm for those who couldn't get a meal ticket in time. I hope that you were able to attend, and thanks again for expressing your concerns. -Brendon Smith, Director of Communications

#### BEST CHOCOLATE CHEESECAKE

**Q:** *Can I just say—for once a good comment and not a complaint—that the chocolate cheesecake slices you guys offer are the absolutely best dessert in the world! Thanks so much—no matter how bad a day I'm having I feel 100% better after eating one of them! Luckily I can't justify buying them a lot otherwise it could turn into a real problem! :) This is something you guys are doing absolutely perfectly! Thanks!*

A: Thanks for the positive feedback about our chocolate cheesecake! I've passed it on to our Bakery Manager and Kitchen Director, as well as to all staff to enjoy! Have a great weekend! -Kirsten Moore, Director of Cooperative Services



## GENERAL MANAGER'S REPORT

# Elections Results; Beer & Wine at East; and More!



by Anya Firszt,  
General  
Manager

**W**elcome August! Following the very eventful July, this month offers us the opportunity to look forward with enthusiasm to a number of big changes that will take place in our cooperative.

### 2017 ELECTION

Last month we conducted our annual Board election, which was a great opportunity to hear from Owners on the future of our cooperative and its leadership. We want to thank you for choosing to exercise your Ownership rights and taking the time to vote! With five brand new Board members, our Co-op's governance body is going through a huge turnover, and we are hopeful that the new Board members will bring fresh energy to their duties while working to engage the Owners they represent. With that said, I am pleased to announce the new Board members:

- Receiving 1,448 votes, Jeannine Bindl
- Receiving 1,361 votes, Brian Anderson
- Receiving 1,342 votes, Meghan Gauger
- Receiving 1,263 votes, Evan Cameron
- Receiving 1,186 votes, Stephanie Ricketts

As our new Board of Directors take on the responsibilities of fiduciaries for the organization, I must also call out the commitment shown to our Cooperative by our departing Board Directors. Mike Martez Johnson and Holly Bender have rotated off the Board after completing a three-year term. Mike Engel, a former Board member, graciously accepted the request of the Board to serve as an interim Director over the past several months. Additionally, Board members Miguel Zamora, Jess Pernsteiner, and Kathy Kemnitz resigned earlier this year. To these departing Board members and our four returning Directors, I offer gratitude on behalf of the Cooperative for their leadership and continued patronage.

The ballot also presented Owners with three additional asks, which included two referendums for the expenditure of funds, as well as a bylaw change.

- Willy West expansion passed, receiving 1482 or 84.75% of total votes cast;
- Co-op expansion passed, receiving 1,378 or 77.23% of total votes cast; and

- Bylaw 5.7 Subsection 3 change passed, receiving 1700 or 94.94% of total votes cast.

Again, I want to thank you all 2,561 Owners for choosing to exercise your ownership rights and taking the time to vote!

### WILLY EAST BEER & WINE APPLICATION

Willy East is in the process of applying for a liquor license. We plan to offer a small selection of locally produce beer, wine and cider. Offering even a very modest selection of these products will better align our offerings at Willy East with those at Willy North and Willy West and will offer a greater service to our customers. While we have very limited space to make this offering and there is currently no room for us to offer spirits, we feel that this is an important business decision that will help better support the cooperative and meet the needs of our ownership.

We applied for our license in mid-July, and the neighborhood meeting that is part of the licensing process is scheduled for Tuesday, August 8th at 7:00pm. We look forward to this opportunity to share our plans and address any comments or concerns our Owners might have.

We plan to have about six feet of refrigerated space and about six feet of non-refrigerated selections. Currently, there are no plans to offer purchases for consumption on site; and, we will be making more efficient use of space; no products will have to be discontinued to make room.

As always, we acknowledge that Star Liquor is our good neighbor, and we have every intention of continuing to cooperate with Star; and with our limited selection, we do not expect to rival or interfere with Star's business. We also have a long-standing tradition of working with Star Liquor to provide pairing tips with recipes in our monthly *Reader*. We hope to continue that great collaboration and discuss more ways that we can be an asset to each other.

Ultimately, we see the addition of a small beer, wine and cider selection as one that will be of a convenience to shoppers, and one that will make good on a long-term request from our cooperative Owners. We hope to have your support in this endeavor.

In closing, I would like to extend my compliments to La Fête de Marquette festival organizers, the Wil-Mar Neighborhood Center, for the truly magical festival grounds they designed where we hosted our Annual Meeting & Party (AMP) on the opening night of Le Fête. And, to the staff for their efforts before, during and after the AMP—you have my everlasting respect and admiration.

## BOARD REPORT

# Thank You, Welcomes and Farewells



by Holly Fearing,  
Board  
President

**T**hank you, Owners, for voting in our new Board members and enabling our Co-op to continue to grow and serve our community! Your vote is extremely important and is the primary channel through which the governance team can ensure Owners'

voices are directing our actions. The results of the vote also highlight that Owners have confidence in our Co-op and support our strategic direction. We are honored and humbled to be part of this great community.

### ANNUAL MEETING & PARTY (AMP)

As you may have learned at our Annual Meeting and Party, as of fiscal-year-end 2017, we have 34,753 Owners. We saw at least 5,000 of you on July 13th at the AMP during the Wil-Mar Neighborhood Center's Fête de Marquette festival—we know because that's how many meals we served! If you joined us, thank you so much for your support and interest in what's happening at the Co-op. This year we played a game of Annual Meeting and JeoParty where we had fun sharing several interesting facts about the Co-op and its involvement in the community, including:

- Since 2010, the Co-op has served 29,000 meals to Owners during the AMP.
- The Co-op provided \$35,000 in grant funds to 14 community organizations through our Community Reinvestment Fund this fiscal year.
- Owners have provided \$2,294,370 to Community Shares of Wisconsin since the Community CHIP program began at the Co-op.

We hope you enjoyed this year's meeting and party and look forward to seeing you there again next year.

### NEW BOARD MEMBERS

We are thrilled to have Jeannine Bindl, Brian Anderson, Meghan Gauger, Evan Cameron and Stephanie Ricketts elected to the Board. Watch for future *Reader* articles highlighting each new Board member to learn more about them. Even better, drop by a future Board meeting and meet your new directors in person!

Together as a Board, we will collectively work to represent the ideas and concerns of our community of Owners, while balancing the Co-op's strategic goals and values that make it a successful business. One of our first major events together as a new team

will be our two-day Board retreat in September. Join me in welcoming Jeannine, Brian, Meghan, Evan and Stephanie.

### WEST EXPANSION, CO-OP GROWTH, BYLAW CHANGE

All three ballot initiatives recommended by the Board passed by Owners in our election. Nearly 85% of voters supported the ballot initiative on expenditure of funds for the expansion and remodel of West. Seventy-seven percent of votes received were in favor of the ballot initiative that would allow the Co-op to pursue an expansion project in excess of 10% of Owner equity within the next three years. And just shy of 95% of voters supported the provision to amend Co-op bylaw 5.7. Thank you for voting on these important initiatives and exhibiting, through your vote, the trust you hold in our Co-op. We will keep you updated as we move forward.

### THANK YOU TO OUTGOING BOARD MEMBERS

Finally, a shout out and a tremendous "thank you!" to our outgoing Board members: Holly Bender, Mike Johnson and Mike Engel. At our last Board meeting we shared a moment of appreciation for the time and effort these members have contributed over their years of service. Holly B. has been an exceptional Vice Chair and was never afraid to push us when we needed it. We're also grateful for her willingness, as she has said herself, to "think about Board policy all day long." Mike Johnson has been, among many things, our go-to resource and expert in all things Robert's Rules. And Mike Engel, I'm pretty sure, dreams in Policy Governance—and has been our John Carver stand-in when we needed guidance in that governance model. I'd also like to thank Kathy Kemnitz, Jess Pernsteiner and Miguel Zamora for their service on the Board this year.

Thank you again for your support and as always, if you have questions for the Board, please email us at [board@willystreet.coop](mailto:board@willystreet.coop).

**OPEN  
UNTIL**

**7:30pm on Labor  
Day (Monday,  
September 4th)**





## Community Room Class Calendar

Please see class descriptions for fees. Owners enrolled in the Access Discount Program receive a 10% discount. Payment is required at registration; please register by stopping at the Customer Service desk or by calling Willy West at (608) 284-7800 or Willy East at (608) 251-6776. For more information about individual activities and classes, see [willystreet.coop/calendar](http://willystreet.coop/calendar).

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 contact Customer Service with 72 hours notice to receive a full refund or transfer their registration to another class. No refunds or transfers will be granted for cancellations within 72 hours of an event. In order to cover costs incurred, there are absolutely no exceptions to the Refund Policy.



**COOKING**

### HEALTHY EATING ON A BUDGET: LOCAL EDITION

Location: Willy East Community Room  
 Monday, September 11th, 6:00pm–8:00pm  
 Ages: 13 and older; adult supervision not required  
 Your Co-op's Own Instructor: Ben Becker  
 Fee: Free; registration required

Feel empowered to prepare fresh, healthy foods, even when limited by the size of your wallet. Through participation in discussion, shopping, preparation and tasting, participants will explore strategies for procuring nourishing and affordable food, and recognizing fresh, nutritious choices. This class will feature introductions to recipes, shopping strategically, and the preparation of an in-class meal.



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

Location: Willy West Community Room  
 Wednesday, August 9th, 6:00pm–8:00pm  
 Ages: 18 and older  
 Your Co-op's Own Instructor: Paul Tseng  
 Fee: \$10 for Owners; \$20 for non-owners

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. Vegan.

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

Location: Lakeview Library  
 Tuesday, September 12th, 6:00pm–7:30pm  
 Ages: 18 and older  
 Your Co-op's Own Instructor: Paul Tseng  
 Fee: Free; registration is required

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.



**FAMILY**

### COOKING TOGETHER: FLAVORS OF THE SOUTHERN UNITED STATES

Location: Willy East Community Room  
 Friday, August 25th, 5:30pm–6:45pm  
 Ages: 5 and older; registration for adults and children required  
 Instructor: Lily Kilfoy  
 Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this class for families. Learn about different foods and where they come from, kitchen safety, how to follow recipes and how to use a variety of equipment and tools. Lily can't wait to share her take on the taste of the Southern United States. Corn bread, mac and cheese, black eyed peas, and

peaches and cream are a few fixings that come to mind. Come craft a meal that highlights the flavors of the southern states. Vegetarian and nut-free.



**FREE LECTURES**

### OVERCOMING A SENSITIVE STOMACH NATURALLY

Location: Lakeview Library  
 Wednesday, August 16th, 6:30pm–7:30pm  
 Ages: Any; adult supervision required  
 Instructor: Katy Wallace  
 Fee: Free; registration required

Recent news articles have discussed that the majority of reflux and heartburn problems can be overcome through a change in diet and lifestyle. Katy Wallace, Traditional Naturopath, will present food-based ways to address an "over-acidic" stomach and eat (and sleep) in comfort.

### INTERNAL CLEANSING

Location: Willy West Community Room  
 Thursday, August 24th, 6:00pm–7:00pm  
 Ages: Any; adult supervision required  
 Location: Lakeview Library  
 Wednesday, August 30th, 6:00pm–7:00pm  
 Ages: Any; adult supervision required  
 Location: Willy East Community Room  
 Thursday, September 7th, 6:00pm–7:00pm  
 Ages: Any; adult supervision required  
 Instructor: Michelle Jolly  
 Fee: Free; registration required

This program is an introduction to the food-based cleansing process. Join Michelle Jolly, Health Coach of Human Nature, to 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. Vegan, gluten-free and grain-free.

### COOKING MATTERS AT THE STORE

Location: Willy North  
 Thursday, September 7th, 10:00am–11:00am and 12:30pm–1:30pm  
 Ages: Any; adult supervision not required  
 Instructor: Lytonia Floyd  
 Fee: Free; registration required

Are you eligible for SNAP benefits? If so, join us to learn how to get the most nutrition for your food dollars. A UW-Extension FoodWise Nutrition Educator will lead a free guided tour of the Willy North grocery store. Registration is required; please register by contacting Lytonia Floyd by phone 608-224-3645 or by email [Floyd.lytonia@countyofdane.com](mailto:Floyd.lytonia@countyofdane.com). FoodWise programs empower Wisconsin residents to make healthy choices through learner-centered nutrition education. For more information, visit their website: [fyi.uwex.edu/foodwise/](http://fyi.uwex.edu/foodwise/) or call 608-224-3714.



**HERBS**

### WILD FOOD/WILD MEDICINE PLANT WALK ABOUT

Location: Lake View Hill Park, 1202 Northport Drive, Madison  
 Saturday, August 5th, 10:00am–12:30pm  
 Ages: 8 and older; adult supervision required  
 Location: 4864 Pheasant Branch Conservancy Springs,

Middleton  
 Sunday, August 6th, 10:00am–12:30pm  
 Ages: 8 and older; adult supervision required  
 Instructor: Linda Conroy  
 Fee \$20 for Owners; \$30 for non-owners

Join herbalist and forager Linda Conroy to explore the wild plants that grow around us. We will learn about common and uncommon wild plants that can be

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used for food and medicine. Identification techniques as well as ways to prepare plants for optimal nutrition and healing will be discussed. Dress appropriately for the weather and wear comfortable walking shoes. The tours leave promptly at 10:00am.



### KIDS IN THE KITCHEN: SCRUMPTIOUS SMOOTHIES AND WONDERFUL WRAPS

Location: Willy East Community Room  
*Tuesday, August 8th, 4:30pm–5:30pm*  
Instructor: Lily Kilfoy  
Ages: 5–8 years old; adult supervision not required  
Location: Willy West Community Room

*Tuesday, August 15th, 4:30pm–5:30pm*

Instructor: Lily Kilfoy

Ages: 9–12 years old; adult supervision not required

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids.

Two tasty topics will tantalize your taste buds. Berries, tropical and stone fruits, juices, yogurt, seeds and even veggies will find their way into these smoothies. Tortillas, lettuces and more will be used to wrap fantastic fillings. Participants will work in cooperation to create scrumptious smoothies and wonderful wraps. Vegetarian and nut-free.

### KIDS IN THE KITCHEN: DELICIOUS DIPS

Location: Willy West Community Room

*Friday, August 11th, 4:30pm–5:30pm*

Ages: 5–8 years old; adult supervision not required

Location: Willy East Community Room

*Friday, August 18th, 4:30pm–5:30pm*

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. All cuisines have their own style of dips and delicious items to go with. From fresh guacamole with corn tortilla chips to garlic hummus with pita crisps and everything in between, in this class, participants will delight in making delicious dips from around the world. Vegetarian and nut-free.

### KIDS IN THE KITCHEN: HARVEST SNACKS

Location: Willy East Community Room

*Friday, September 8th, 4:30pm–5:30pm*

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

Location: Willy West Community Room

*Friday, September 15th, 4:30pm–5:30pm*

Ages: 9–12 years old; adult supervision not required

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. It's harvest time, and a cornucopia of crops is still coming in—apples, tomatoes, butternut squash, raspberries, sweet corn and more. What else can you think of? In this class participants will work together and use a variety of equipment and tools to produce harvest snacks.

### KIDS IN THE KITCHEN: GLORIOUS GRILLED CHEESE

Location: Willy West Community Room

*Tuesday, September 12th, 4:30pm–5:30pm*

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids.

Cheddar, Gouda, colby, Swiss, and mozzarella. The ooiest and gooiest of cheeses melt to make the best sandwiches. In this class, kids will grate local cheeses,

slice and snip seasonal vegetables and herbs, and butter fresh-baked breads to create their very own glorious grilled cheese sandwiches.



### PRESERVATION BASICS: KOMBUCHA 101

Location: Willy West Community Room  
*Monday, August 7th, 6:00pm–8:00pm*  
Ages: 13 and older; adult supervision not required  
Your Co-op's Own Instructor: Ben Becker  
Fee: \$10 for Owners; \$20 for non-owners

Looking for a raw brewing experience?

Looking to have a do-it-yourself fermented beverage at home? In this kombucha basics class, we will give you an introduction to what kombucha is, how to make it at home, and what you will need to start brewing this tasty, invigorating drink. Vegetarian and dairy-free.

### PRESERVING THE HARVEST: THE BUBBLING CROCK

Location: Willy East Community Room

*Thursday, August 10th, 6:00pm–8:00pm*

Ages: 13 and older; adult supervision required

Location: Willy West Community Room

*Wednesday, August 23rd, 6:00pm–8:00pm*

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$22 for Owners; \$32 for non-owners

Join Linda Conroy to learn to chop fresh vegetables and transform them into a delightful ferment. In this class, we will make or discuss sauerkraut, carrot kraut and kimchi. Everyone will take home a jar of fermented vegetables to finish the fermentation process at home. Vegetarian.

### PRESERVING THE HARVEST: FERMENTING LOCAL AND WILD FOOD

Location: Willy West Community Room

*Wednesday, August 16th, 6:00pm–8:00pm*

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$22 for Owners; \$32 for non-owners

Join Linda Conroy to learn how adding wild food to our fermented vegetables is delicious and nutritious. She will discuss ways to increase the nutrient density of ferments by adding wild food to local fermented vegetables. We will make carrot/burdock kraut, adding other herbs and wild food to craft a unique ferment. Everyone will take a jar home. Vegetarian.

### PRESERVATION BASICS: KOMBUCHA 201

Location: Willy West Community Room

*Monday, August 21st, 6:00pm–7:30pm*

Ages: 13 and older; adult supervision not required

Your Co-op's Own Instructor: Ben Becker

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

Take your kombucha to the next level! This class will build on the information covered in Preservation Basics: Kombucha 101, with more flavors and techniques. This class will cover fruity flavors, advanced fermentation techniques, perpetual kombucha brewing and starting SCOBYs! Vegetarian and dairy-free.

### EASY FOOD PRESERVING: CANNING-FREE

Location: Willy East Community Room

*Thursday, August 24th, 6:00pm–8:00pm*

Ages: 15 and older; adult supervision not required

Instructor: Megan Cain

Fee: \$25 for Owners; \$35 for non-owners

Preserving food doesn't have to be difficult or take a lot of time. And if you

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think canning is the only option, then this workshop is for you! Learn the quickest and easiest ways to preserve vegetables, fruits and herbs so you're eating food from your garden all 12 months of the year; learn which foods give you the most bang for your buck; and discover delicious recipes for highlighting your preserved food.



### **SIMPLY MEAT: AN INTRODUCTION TO THE MEAT DEPARTMENT**

Location: Lakeview Library  
*Monday, August 14th, 6:00pm-7:00pm*  
 Ages: 13 and older; adult supervision not required  
 Your Co-op's Own Instructor: Robert Halstead  
 Fee: Free; registration required

Join Co-op Services staff to learn about the farmers who supply our Meat department and their animal welfare practices. We will discuss our different offerings in the meat case and coolers, including some lesser-known cuts. We'll also provide tips on how to prepare different cuts of meat.

### **SIMPLY LABELS: DECODING PRODUCT LABELS**

Location: Willy West Community Room  
*Tuesday, August 15th, 1:30pm-2:30pm*  
 Ages: 13 and older; adult supervision not required  
 Your Co-op's Own Instructor: Katie O'Connell-Jones  
 Fee: Free; registration is required

Do you know how to read a nutrition label? Do you have special dietary interests such as vegan, gluten-free, food allergies or fair trade? Join Co-op Services staff for an introductory course on labels you might encounter while shopping for your groceries. We'll help decipher label meanings on food products, and participants will walk away more confident as they navigate the grocery aisles and make food selections.

### **SIMPLY LOCAL: HIGHLIGHTING OUR LOCAL FOOD PRODUCERS**

Location: Willy East Community Room  
*Wednesday, September 6th, 10:00am-10:30am and 4:00pm-4:30pm*  
 Ages: 13 and older; adult supervision not required  
 Location: Willy West Community Room  
*Friday, September 8th, 11:00am-11:30am and 4:00pm-4:30pm*  
 Ages: 13 and older; adult supervision not required  
 Location: Willy North Commons  
*Thursday, September 14, 10:00am-10:30am and 2:00pm-2:30pm*  
 Ages: 13 and older; adult supervision not required  
 Your Co-op's Own Instructor: Co-op Services Staff  
 Fee: Free; walk-ins welcome

Supporting the local food system is one of Willy Street Co-op's main missions. Join Co-op Services staff to learn about what local means to us and for a tour through the Co-op that features local businesses and products.

### **LEARN ABOUT AND REGISTER FOR FOODSHARE WITH SECOND HARVEST**

Location: Lakeview Library  
*Thursday, August 3rd, 10:00am-2:00pm*  
 Location: Willy West Community Room  
*Wednesday, August 2nd, 9:00am-1:00pm*  
 Location: Willy East Community Room  
*Tuesday, August 8th, 8:00am-12:00pm*

Is money tight? You may be eligible for FoodShare benefits on a QUEST Card! FoodShare is a federal benefit, like social security, that provides extra money for groceries to low-income individuals and families. The benefits comes on an easy-to-use debit-like card that can be used at the Willy Street Co-op, many farmers' markets, and most major grocery stores. The income guidelines are higher than you might think: individuals earning \$11+ per hour and working 40 hours per week may qualify. To find out if you may be eligible, please call 1-877-366-3635 for a confidential screening and to schedule an appointment to apply at Willy Street Co-op. During your appointment, a FoodShare Outreach specialist will assist you with an application, answer questions, and connect you with other great community resources. Walk-ins welcome. Se habla Español.

### **INDIVIDUAL NUTRITION CONSULTATIONS**

Location: Willy West Community Room  
*Thursday, August 10th, 2:15pm-5:30pm*  
 Location: Willy East Community Room  
*Tuesday, August 22nd, 2:15pm-5:30pm*

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

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

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## PRODUCE NEWS

# An Introduction to Canning Supplies



by **Melissa Reiss,**  
**Purchasing Assistant**

**W**hen we find ourselves up to our ears in fresh fruits and vegetables by this time of the year, one's thoughts typically lead to canning or otherwise preserving the fresh flavors of the harvest season to enjoy later on. However, the procedure and equipment list

often feels daunting. Gathering your supplies doesn't have to be intimidating. Here is a short introduction to equipment that is commonly called for in water-bath canning.

### MASON JARS

I like to start with new jars, or some that I've used in previous years. Inspect each jar for cracks and chips along the lip. It is especially important to avoid using chipped jars so that you achieve a nice seal if you are using these for water-bath canning. We sell cases of Mason jars in half-pint, or pint—regular or wide-mouth. We also sell jars separately so you don't have to buy a whole case at a time (although if you're doing a lot of canning, buying a case will save you money).

### EXTRA LIDS AND BANDS

You can reuse jars from year to year, but you cannot reuse the lids for water bath canning. The lids contain a compound that seals them to the jar during the water bath canning method. This seal is only good one time. After that, you may use the lids with jars for storage purposes for leftovers or bulk items, but a food-safe seal will not be possible again. The band is the ring that holds the lid to the jar to allow the seal to be made airtight. You may use these again and again for water bath canning, but if they start to rust, then they should be

replaced. At the Co-op, we sell packs of just lids, or lids and bands in both regular and wide-mouth sizes.

### JAR TONGS

These are, in my mind, the fourth most essential tool besides your jars, lids, and bands. The jar tongs are what you will need to pull the jars out of boiling pots of water with hot steam everywhere. Trust me, you will need to depend on a good, sturdy pair of these to grip the jar and securely carry it to the waiting counter space to cool. If the tongs you use have a rubber coating to ensure a solid grip, make sure to replace them if the rubber cracks and peels away.

### JAR RACK

For water-bath canning, you will need to prevent the jars from bumping into each other in the boiling water of



the pot. Regardless of the number of jars of food you are processing, the pot will need to be full of jars also to prevent the jars of food from tipping over. A jar rack is placed on the bottom of the pot before it's filled with water. When it's time to heat-process the jars, you will lower them into the pot and the rack will keep them upright and in place.

### CANNING FUNNEL

This is very helpful to have to effectively place your prepared food into the jar without missing it and spilling all over. This is most useful in canning tomatoes, applesauce, or anything into regular mouth jars.

### MAGNETIC CANNING LID LIFTER

This is a very simple piece of equipment—a magnet on one end of a plastic stick. What this does is lifts one lid at a time out of the bowl of hot water they will need to sit in in order to activate the sealing compound before processing in the pot. This

nifty device lifts it for you so there is no need to burn your fingertips trying to snatch a lid.

Find all of these and more at the Co-op—whether you are looking to replace a worn out item or you are trying canning for the first time! We carry a convenient five-piece canning set by Harold Import Company, and individual items by Ball.

For a thorough procedure for canning tomatoes using the water bath method, see Katie Powderly's article, *Extending the Local Season: Canning Tomatoes*, published in the 2009 Reader at: [www.willystreet.coop/reader/extending-the-local-season-0](http://www.willystreet.coop/reader/extending-the-local-season-0).

## SUMMER NEWS

# Summer Slump Recipes



by **Ansley Knoch,**  
**Purchasing Assistant**

**A**ugust is definitely my summer slump time. I don't feel like making anything more complicated than crackers and hummus, I've long since given up tending my garden in the heat, and going swimming doesn't even clear my head enough to get excited about food. I can only imagine how all the Madison folks who are moving come August 15th are mustering the energy (and dishes) to eat something nutritious right now.

I may have figured my way around it this year, though! All of these cold salads are more exciting (and more substantial!) than lettuce, shredded carrots, and cucumber, and all of them are just as fast to make. I can set myself up for the week by making a big batch of some kind of cooked grain and then making it into different salads each day. These recipes all list specific ingredients, but get creative—swap out the veggies for whatever you have on hand, change up the nuts and seeds for different flavor profiles, make it work for you.

The most important features of this month's recipes are that they are cold, they are fast, and they don't require many dishes. Bonus, you could totally bring these to a potluck and your friends would think you've really got it together.

### Herbal Grain Salad with Cashews

4 c. cooked farro (or other grain of choice), room temperature  
1 c. toasted coconut  
1 c. chopped, toasted cashews  
3/4 c. loosely packed of each of the following: mint, basil, and cilantro leaves  
2 small shallots, minced  
2 Tbs. fresh lime juice  
Sea salt, to taste  
1 garlic clove  
1 c. plain full fat yogurt

**Directions:** This is a great salad to make last minute. I like to cook a big batch of rice or farro or quinoa early in the week and then just keep it in the fridge to use as needed.

In a large bowl, combine the farro, coconut, cashews, herbs, shallots, lime juice and salt, and toss.

Mash the garlic clove into a paste with a generous pinch of salt and whisk into the yogurt, drizzling generously over the salad, serving the rest on the side.

### Avocado Salad with Miso Dressing

For the dressing:  
1 Tbs. miso paste

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1 Tbs. rice vinegar  
 1 Tbs. tamari  
 Juice of 1/2 lime  
 4 Tbs. yogurt  
 Sea salt  
 For the salad:  
 1 head of broccoli, cut very small  
 2 Tbs. toasted pumpkin seeds  
 2 Tbs. toasted sesame seeds  
 2 big handfuls of mixed greens,  
 washed and dried  
 1 ripe avocado, pitted and halved  
 1 15 oz. can white beans, rinsed and  
 drained

**Directions:** Mix all your dressing ingredients together in a bowl, adding a little salt if needed and set aside.

Next, steam the broccoli in a covered bowl in the microwave, just until bright green, 2-3 minutes. Drain and let cool.

Pile the greens into a serving bowl, then chop the avocado into chunks, and add them to the bowl along with the beans and seeds. Once the broccoli is cool, add it too. Dress and toss well.

### Tortellini Pasta Salad

20 oz. cheese tortellini  
 2 c. cherry or sungold tomatoes  
 8 oz. fresh mozzarella cheese cilieg-  
 ine  
 1/4 c. shredded Parmesan cheese  
 Basil for garnishing  
 1/2-3/4 c. pesto  
 2-3 handfuls baby spinach leaves  
 1/2 c. sliced olives

**Directions:** Heat a large pot of water and cook the cheese tortellini to package directions. After draining, rinse thoroughly with cold water and drain well.

Toss the pasta with half of the pesto, tomatoes, mozzarella, spinach, olives, and a handful of Parmesan cheese. Adjust with additional pesto to preference. I usually need all the pesto. You can also add olive oil to the salad if the pesto is not to your desired consistency. Top with chopped basil and the rest of the Parmesan before serving.

This salad can dry up a bit in the fridge, but adding a little olive oil will freshen it right up.

## ENVIRONMENT NEWS

# Leave No Trace



by Mike Burns, Merchandiser

Could you imagine if humans never left a trace of their existence? It's arguably impossible, as our fossil records show. Even when we have no intention of leaving our mark, we fall into a tar pit while hunting mammoths only to be discovered tens of thousands of years later as fossils. It's almost as if we are destined to leave some trace behind. The thing is, up until the last few centuries, it wasn't a big deal if we left some pottery

around or even large scale cities or monuments. It was when we started moving beyond our interwoven relationship with the natural world and began to attempt to conquer nature and saw what happens when we leave a very big and sometimes irreversible trace. Leaving a trace does not become a big deal until it becomes unsustainable.

I initially starting writing this article about the non-profit organization created by the USDA in 1994 called the the Leave No Trace Center for Outdoor Ethics. The national organization is amazing. It was founded to help protect the outdoors



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by educating and inspiring people to enjoy the outdoors responsibly. The organization's vision is "to sustain healthy, vibrant natural lands for all people to enjoy, now and into the future" with a goal that "every person who ventures outside puts Leave No Trace practices into action." Leave No Trace has gone as far as to partner with major businesses (such as Subaru and REI) to travel across the country and educate folks of all backgrounds on the importance of this outdoor ethic. Every outdoor adventurer that I have met is familiar with the term and it has become a tenant of outdoor adventure. Whether you're camping, backpacking, hunting, or walking your dog, the ethic stands true that you should never leave a trace of you (or your kids or pets) behind. Nobody wants to set out for an outdoor getaway for revitalization only to find a trail full of trash or a campsite overrun with someone else's mess.

But then I got to thinking, leave no trace goes far beyond this incredible non-profit. The USDA did not come up with this concept. In fact, humans have been following this

principle for most of our existence and we have most certainly lost track of it. It seems the further away we get from the "outdoors" or nature, the harder it is to remember our utter reliance upon it. This is more than just picking up after yourself. This is about ethics.

### ENVIRONMENTAL ETHICS

The standard definition of environmental ethics is "the study of the moral relationship of human beings to, and also the value and moral status of, the environment and its non-human contents." In other words, environmental ethics pertains to how our human decisions directly impact our environment and all non-human things in it. This essentially expands on our idea of ethics (right and wrong) to include everything else besides humans.

As our global human population continues to grow alongside the intrinsic need for people to get away and spend some time in the woods amidst our hectic lives, the need to respect the natural world and its life-sustaining systems has grown as well. There is a delicate balance between the natural world and our modern society with potentially catastrophic results with regard to to global-scale issues like climate change, species loss, and the development/destruction of natural space, among others.

Maintaining this balance is essential, yet sometimes these heavy, large-scale concerns can become so overwhelming that we are overcome with a sense of helplessness. The best solutions can be so simple if we work with what we can contrib-

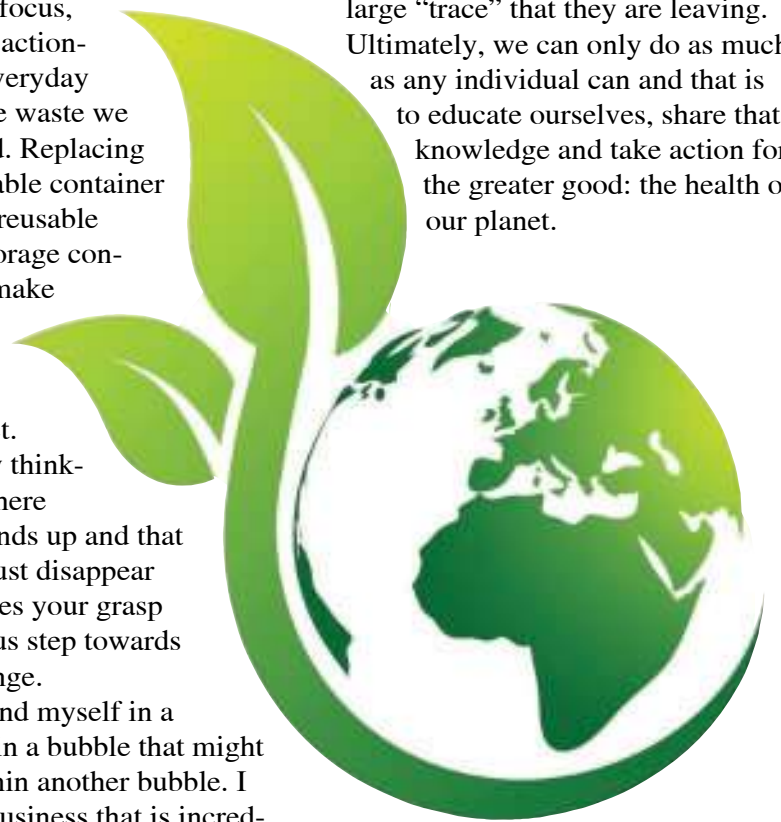
ute. Focusing on the impact you have on your environment, other people and living creatures, as well as future generations, can be the game changer. Could you imagine if we changed our collective modern mindset from one of "out of sight, out of mind" to one of "what happens to this \_\_\_\_ when it leaves my possession?" If even a fraction of the global population shifted to a "leave no trace" mindset, the world would be a much different place and these large-scale concerns would seem manageable.

### WHAT TRACE ARE WE LEAVING?

How do we make a giant change like this a possibility? Aside from shifting our focus, we can take actionable steps everyday to reduce the waste we leave behind. Replacing your disposable container or cup with reusable bottles or storage containers can make your daily routine one of minimal waste impact. Even simply thinking about where packaging ends up and that it does not just disappear when it leaves your grasp is a conscious step towards making change.

I often find myself in a bubble within a bubble that might even be within another bubble. I work for a business that is incredibly conscious of its impact both

locally and globally, with coworkers that are extremely aware of their impact, all while living in Madison. And we still have our challenges. What about the big box store in the middle of nowhere? How do we get them on board? Well, we are slowly but surely getting the message across and we are doing it with the most powerful tool capitalism has to offer, money. As consumers turn to alternative energy, local organic farmers, and neighborhood co-ops, the larger market machine is paying attention and shifting to organics, energy—and cost-saving initiatives and an overall smaller footprint. We must continue to be conscious shoppers and hold the larger retail industry accountable for the very large "trace" that they are leaving. Ultimately, we can only do as much as any individual can and that is to educate ourselves, share that knowledge and take action for the greater good: the health of our planet.



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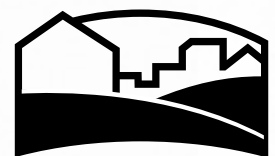
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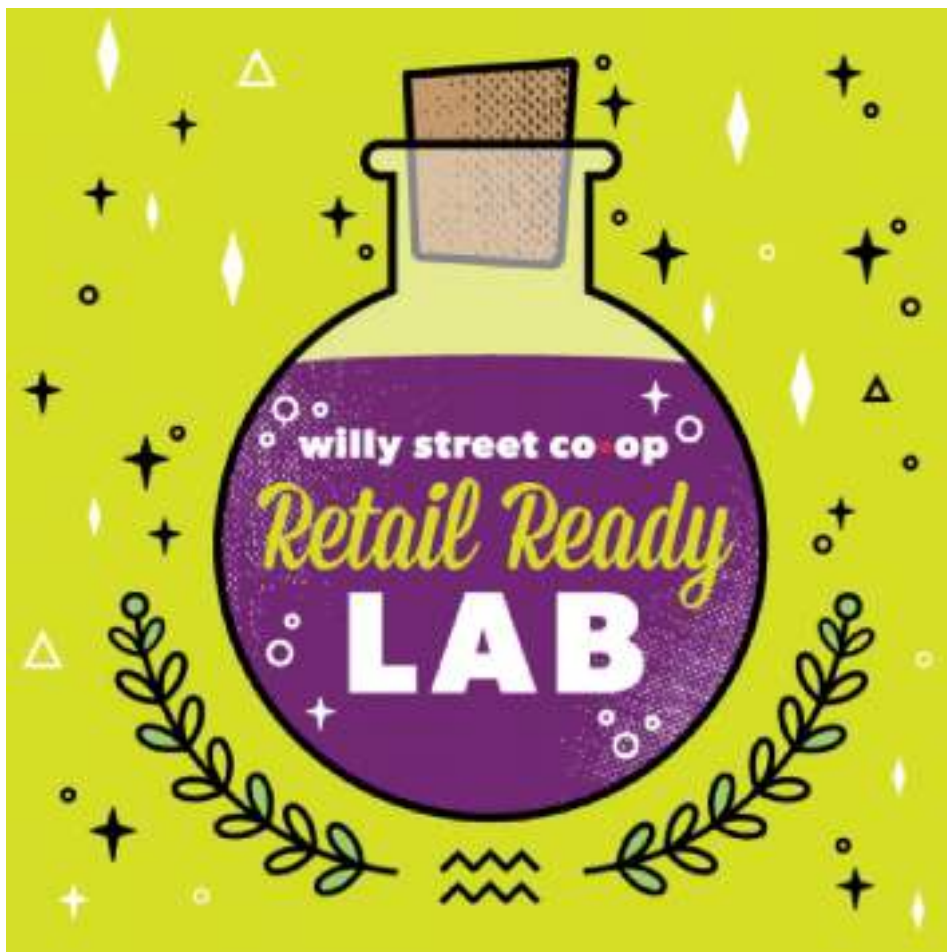
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by  
**Angela Pohlman,**  
**General Merchandise Category Manager**

**M**y name is Angela, and I am a part of our Purchasing team. We are responsible for product selection for all of our locations. One of the biggest requests we see from customers is for more local options.

There are difficulties involved with bringing in

more local products, and they are not only about space; often local vendors are very small companies that are newer to selling to retail stores and can face a lot of challenges getting into the market. It might be their packaging, prices, or telling their story. We may end up saying “not yet” to a local vendor because some of these pieces are not finessed, or because we don’t feel we can justify the space on the shelf until we can discern if the product is a good fit for our Owners. These issues have had us scratching our heads for a long time, and we realized what we needed to do was to devote time and physical and mental space to focus on small local

companies.

Enter the Retail Ready Lab—this creates the space and time in a structured way to work directly with local vendors to get their product in the door.

### WHAT IS THE RETAIL READY LAB (RRL)?

The RRL is an opportunity for small local vendors to sell their products in our stores for a full month and receive beneficial feedback from customers and staff.

### HOW DOES IT WORK?

Potential vendors apply for the program by emailing [newvendor@willystreet.coop](mailto:newvendor@willystreet.coop). We will respond to that email with instructions on how to access the application. The Purchasing department looks through applications and chooses a few local vendors to feature for each month. During that month, we will work directly with the vendor in one-on-one meetings, feature their products prominently in the stores, set up live vendor demos with them so folks can meet them and try their products, feature them in the *Reader*, and tell their story on social media. Most importantly, we will gather feedback from customers and staff to help the vendor improve.

If the feedback we receive is great, and sales are what we’d like to see, we’ll bring the vendor’s products into our stores. If the feedback has some actionable steps the vendor can take, we’ll give the vendor that feedback.

### WHAT WE NEED FROM YOU

Your feedback! Please come check out the Retail Ready Lab Sta-

tion and come to the vendor demos. Give us your feedback either via the paper questionnaire that will be at RRL Station or the website version (coming soon). Think about what you would like to hear if you were an entrepreneur—remembering that these are your neighbors. Things like: “The font on your label is challenging to read” or “I’d love to buy this in a larger bottle” are helpful, whereas “Your product stinks” or “I hate hot sauce” are not as helpful. Get it?

### WHEN DOES IT START?

The program is launching in September for Eat Local Month! We are finalizing our vendor picks for September as of this writing—in the next edition of the *Reader* we will reveal who we chose!

### WHAT IF I WANT TO APPLY?

Fantastic! Please email [newvendor@willystreet.coop](mailto:newvendor@willystreet.coop) for instructions.

## Advertise in the Reader

Reach over 34,000 Co-op Owners.

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**willy street co-op**

willy street co-op											
Local Produce Availability											
*Severe weather conditions (excessive rain, drought, etc.) will affect availability and price.											
Item	Aug.	Sept.	Oct.	Item	Aug.	Sept.	Oct.	Item	Aug.	Sept.	Oct.
Apples	x	x	x	Daikon		x	x	Peppers	x	x	x
Aronia Berries		x	x	Dandelion Greens	x	x	x	Peppers, Hot	x	x	x
Arugula	x	x	x	Edamame	x	x		Potatoes	x	x	x
Basil	x	x		Eggplant	x	x	x	Pumpkins		x	x
Beans	x			Fennel	x	x	x	Radishes		x	x
Beets	x			Garlic	x	x	x	Raspberries		x	
Blueberries	x			Grapes	x	x	x	Rutabaga	x	x	x
Bok Choy		x	x	Herbs, Pickling Dill	x	x		Salad Mix	x	x	x
Braising Mix	x			Herbs, Others	x	x		Sauté Mix	x	x	
Broccoli	x	x	x	Horseradish	x	x	x	Scallions		x	
Brussel Sprouts		x	x	Kale	x	x	x	Shallots		x	x
Cabbage	x	x	x	Kohlrabi	x	x	x	Spinach	x	x	x
Carrots, 5lb Bag	x	x	x	Leek		x	x	Sprouts	x	x	
Carrots, Bunched	x	x	x	Lettuce	x	x	x	Squash, Summer		x	
Carrots, Juice		x	x	Melons, Musk	x	x	x	Squash, Winter		x	
Cauliflower		x	x	Mustard Greens	x	x		Tat-Tsai		x	
Celeriac		x	x	Mushrooms	x	x	x	Tomatillo	x	x	
Celery	x	x		Nectarines	x	x		Tomatoes, Cherry	x	x	
Chard	x	x	x	Okra		x		Tomatoes, Roma	x	x	
Cilantro	x	x	x	Onions	x	x	x	Tomatoes, Slicing	x	x	
Collards	x	x	x	Parsley	x	x	x	Tomatoes, Heirloom	x	x	
Corn		x		Peaches	x	x		Turnips		x	
Cucumber	x	x		Pears		x	x	Watermelon	x	x	





### JUSTIN'S SNACK PACKS

Perfect for lunchboxes or an on-the-go snack! These snack packs contain nut butter paired with something to dip into it: either pretzels or banana chips. Nut butter is a good source of protein to keep you going until your next meal. Nut butter varieties include Maple Almond, Chocolate Hazelnut, Peanut Butter, and more. The snack packs with banana chips are gluten-free. Available East, West and North; however, flavors do vary by location.



### NEW KLARBRUNN FLAVORS: CHERRY LIME, BLUEBERRY PASSIONFRUIT

Sparkling water is all the rage these days, and Klarbrunn is getting adventurous with their flavor profiles! These two new blended flavors are crisp, refreshing, and delicious. Perfect for a warm summer day. Available East, West and North.



### FIELD ROAST MAC 'N CHAO—CREAMY ORIGINAL OR CHILI MAC WITH TOMATO CAYENNE CHAO SLICES

Field Roast has recently launched their fantastic and unique Chao vegan cheese slices; now they've created two wholesome

macaroni and cheese meals with Chao's plus penne pasta. Mac n' Chao makes a satisfying and convenient lunch or quick dinner. The chili version includes Field Roast burger crumbles and beans as their meatless version of chili mac. Available at East and West.



### QUINCE & APPLE PEAR MOSTARDA

A traditional Italian condiment, mostarda is made of candied fruit and mustard-flavored syrup. Quince & Apple's version uses sweet pears, apples and fresh lemons, which are balanced

out by mustard seeds and mustard oil. Try pairing with cured meats, bold flavorful cheeses, or as a sandwich spread. Available at East and West.



### EVERY MAN JACK BODY WASH

Hydrating body wash with coconut-derived surfactants and essential oils. Refreshing scents that will appeal to all! No parabens, phthalates, dyes, or sodium lauryl sulfate. Not tested on animals and certified cruelty-free. Available East, West and North.

### FARMHOUSE CULTURE KRAUT KRISPS

These may look like a tortilla chip (especially since they are found in the snack aisle along with the other chips), but the first ingredient is cabbage! Well, sauerkraut to be more specific. Farmhouse Culture took their fresh krauts and dried them into a chip while maintaining all the probiotic cultures. Certified organic, vegan, gluten-free with different flavors to choose from! Great for snacking out of the bag or paired with dips. They have been a huge hit so far amongst our staff! Available East, West and North. Also check out their fresh krauts and Gut Shots (a punchy probiotic drink) in the refrigerated section. Available East, West and North.



### ORGANIC INDIA CINNAMON 90 AND 180 CAPS

USDA certified organic, vegan and gluten-free capsules. Cinnamon may help maintain blood sugar levels already in the normal range and also support healthy digestion. Available East, West and North.



### SOYOUNG LUNCH BAGS

SoYoung creates eco-friendly, stylish and adorable lunch bags for both children and adults. Many designs to choose from! Designed in Toronto, Canada, this lifestyle bag and accessory company was begun in 2006 by a new mom out of her home. SoYoung supports the WE Movement, which donates 1% of its online sales to programs that support women's empowerment in Kenya, Africa. Available East, West and North.



### ALAFFIA NEEM TURMERIC

New from Alaffia: Nourishing neem oil paired with anti-inflammatory turmeric for a skin- and hair-care line that is calming and soothing. The line includes a face cleanser, mist, day cream, night cream, hand-and-body lotion, shower gel, shampoo, and conditioner. Uses ethically traded, sustainable and wildcrafted ingredients. Alaffia empowers communities in Togo and the United States where their products are sourced and created. Available East, West and North.



### MY MAGIC MUD TOOTH POWDER

This toothpaste combines activated coconut-shell charcoal with bentonite clay to whiten teeth, remove plaque and freshen breath, while being gentle on enamel. Xylitol in these toothpastes is used as an alternative to fluoride, as clinical trials over the last 25 years show that xylitol in chewing gum helps reduce cavities. Non-GMO! Available East, West and North.



### WILLY STREET CO-OP STRAWBERRY CAKE

Vegan, whole-wheat-flour base with a delicious and very well-balanced strawberry flavor. A refreshing summer cake! You'll love it whether you're vegan or not! Available as cake slices, or build your own full cake through our Catering department.

### WILLY STREET CO-OP BLUEBERRY LEMON CAKE

Classic buttercream with local Wisconsin blueberries over a bright, lemony cake. Available in the Bakery as cake slices or through our Catering department in full 9"x13" sheet or 9" round cakes.

### WILLY STREET CO-OP FUDGY FLOURLESS BROWNIE

Dense, chocolatey, wheat-free indulgence. Available in the Bakery section.

### WILLY STREET CO-OP PEANUT BUTTER BLONDIES

Vegan. Rich and buttery. Peanut lovers rejoice; this bar is for you. Available in the Bakery.



# coop™ deals

# AUGUST

Our weekly Owner Rewards specials are listed in an in-store flyer, on our website, or are available by email. We are doing this to be able to be more flexible with our sales and offer better sale pricing. For more information, including how to sign up for the email flyer, see [willystreet.coop/Owner-Rewards](http://willystreet.coop/Owner-Rewards).

## Health & Wellness co-op deals: August 2-15



### Natural Vitality Natural Calm

Raspberry Lemon  
8 oz • Save \$7

**\$14.99/tx**



### New Chapter Turmeric Force Liquid Caps

60 sg • Save \$8

**\$24.99/tx**



### Thayers Alcohol-Free Witch Hazel

All Kinds on Sale!  
12 oz • Save \$2.30-3.50

**\$6.99/tx**



### Dr. Bronner's Citrus Orange Castile Bar Soap

5 oz • Save \$1.50

**\$2.99/tx**



### Preserve Toothbrushes

All Kinds on Sale!  
1 ea • Save \$1.19

**\$2.00/tx**



### Every Man Jack Deodorant

All Kinds on Sale!  
3 oz • Save \$2

**\$4.99/tx**



### Nordic Naturals Vitamin D3 Gummies

60 pc • Save \$5.50

**\$10.99/tx**



### Alaffia Coconut Reishi Hand & Body Lotions

8 oz • Save \$2

**\$7.99/tx**



### Tom's of Maine Anti-Plaque Toothpaste

All Kinds on Sale!  
5.5 oz • Save \$1

**\$3.99/tx**



### South of France Liquid Hand Soap

All Kinds on Sale!  
8 oz • Save \$1.29

**\$3.00/tx**



### Rainbow Light Women's & Men's One Multivitamins

90 tab • Save \$7

**\$19.99/tx**



### tera'swhey RGBH-Free Protein Powder

All Kinds on Sale!  
12 oz • Save \$5.50

**\$14.99**



## Health & Wellness co-op deals: August 16-29



### Kiss My Face Shave Cream

11 oz • Save \$1.50

**\$5.99/tx**



### Preserve Food Storage Containers

All Colors on Sale!  
8 oz • Save 60¢

**\$1.39/tx**



### Acure Shampoos & Conditioners

All Kinds on Sale!  
8 oz • Save \$3.30

**\$5.99/tx**



### Ancient Nutrition Bone Broth Turmeric Protein

460 gm • Save \$8

**\$41.99/tx**



### My Magic Mud Whitening Tooth Powder

3 oz • Save \$6

**\$12.99/tx**



### Aura Cacia Lemon Eucalyptus Essential Oil

.5 oz • Save \$1.30

**\$3.99/tx**



### Natural Factors Vitamin D3

1,000 IU  
.5 oz • Save \$6

**\$13.99/tx**



### Shikai Body Lotions

All Kinds on Sale!  
8 oz • Save \$2.30

**\$6.99/tx**



### EO Everyone 3-in-1 Soap

All Kinds on Sale!  
16 oz • Save \$1

**\$6.49/tx**



### Enzymatic Therapy Chewable DGL

100 tab • Save \$5

**\$9.99/tx**



### Similasan Dry Eye Relief Drops

.33 oz • Save \$3

**\$7.99/tx**



### Spectrum Organic Ground Flaxseed

14 oz • Save \$4

**\$4.99/tx**



PURPLE = LOCAL

All Specials Subject to Availability. Sales Quantities Limited.

# coop™ deals

co-op deals: August 2-15



**Evol**  
**Burritos**  
All Kinds on Sale!  
6 oz • Save 79¢  
**\$2.00**



**Glee**  
**Gum**  
All Kinds on Sale!  
16 pc • Save 50¢  
**99¢/tx**



**Greek Gods**  
**Greek yogurt**  
All Kinds on Sale!  
24 oz • Save 99¢  
**\$3.00**



**Jovial**  
**Brown Rice Pasta**  
All Kinds on Sale!  
12 oz • save \$1.60  
**\$2.69**



**Stretch Island**  
**Fruit Leather**  
All Kinds on Sale!  
.5 oz • Save 25¢  
**40¢**



**PROBAR**  
**Energy Bar**  
All Kinds on Sale!  
3 oz • Save \$1.29  
**\$2.00**



**Golden Temple**  
**Bulk Granola**  
All Kinds on Sale!  
Rndm wt • Save 80¢  
**\$2.29/lb**



**Cascadian Farm**  
**Organic Vegetable Blend**  
California, Gardener's  
10 oz • Save 79¢  
**\$2.00**



**Guayaki**  
**Yerba Mate**  
All Kinds on Sale!  
15.5 oz • Save 49¢  
**\$2.00/tx**



**Talenti**  
**Gelato & Sorbetto**  
All Kinds on Sale!  
16 oz • Save \$1.80  
**\$3.99**



**Brown Cow**  
**Cream Top Yogurt**  
All Kinds on Sale!  
5.3 oz • Save 24¢  
**75¢**



**KeVita**  
**Probiotic Drink**  
All Kinds on Sale!  
15.2 oz • Save 50¢  
**\$2.29**



**Nature's Path**  
**Toaster Pastries**  
All Kinds on Sale!  
11 oz • Save \$1.30  
**\$2.99**



**bionaturae**  
**Organic Fruit Nectar**  
Apricot, Peach, Sour Cherry  
25.4 oz • Save \$1  
**\$2.99**



**Annie's Naturals**  
**Organic BBQ Sauce**  
All Kinds on Sale!  
12 oz • Save \$1  
**\$2.99**



**Ling Ling**  
**Potstickers**  
Chicken & Vegetable, Vegetable  
13 oz • Save \$1.20  
**\$4.29**



**Arrowhead Mills**  
**Pancake & Waffle Mix**  
Buckwheat, Multigrain, Buttermilk  
26 oz • save 80¢  
**\$3.99**



**EnviroKidz**  
**Organic Crispy Rice Bars**  
All Kinds on Sale!  
6 oz • Save \$1.50  
**\$2.99**



**Newman's Own Organics**  
**Newman O's Creme Cookies**  
All Kinds on Sale!  
8 oz • Save \$1  
**\$2.29**



**Follow Your Heart**  
**Vegan Egg**  
4 oz • Save \$1  
**\$4.49**



**Frontera**  
**Red Chile Enchilada Sauce**  
8 oz • Save 70¢  
**\$1.79**



**Zevia**  
**Sugar-Free Soda**  
**6 Packs**  
All Kinds on Sale!  
6-pk • Save \$1.70



**Organic Valley**  
**Organic Shredded or Grated Parmesan**  
4 oz • Save \$1  
**\$3.99**



**Garden Of Eatin'**  
**Multigrain Chips**  
sea salt or everything  
8.1 oz • save \$1.49  
**\$2.00**



The specials on this page are valid August 2-15

All Specials Subject to Availability



# AUGUST

co-op deals: August 16-29



Drew's  
**Dressing**  
All Kinds on Sale!  
12 oz • Save 79¢  
**\$2.50**



Annie's Homegrown  
**Organic Chewy  
Granola Bars**  
All Kinds on Sale!  
5.34 oz • Save \$1.50  
**\$2.99**



Siggi's  
**Icelandic Yogurt**  
All Kinds on Sale!  
5.3 oz • Save 79¢  
**\$1.00**



Nature's Path  
**Organic Eco Pac  
Cereals**  
All Kinds on Sale!  
26.4-32 oz • Save \$1.50-2.50  
**\$5.99**



Bearitos  
**Sea Salt Corn Chips**  
9 oz • Save \$1  
**\$2.79**



Just Mayo  
**Premium Mayo**  
16 oz • Save \$1  
**\$4.29**



Cascadian Farm  
**Organic Cereal**  
All Kinds on Sale!  
8.6-14.6 oz • Save \$2.49  
**\$2.50**



Wild Planet  
**Wild Sardines**  
All Kinds on Sale!  
4.375 oz • Save 80¢  
**\$1.99**



Jackson's Honest Chips  
**Potato Chips**  
All Kinds on Sale!  
5 oz • Save \$1.29-1.49  
**\$2.50**



RP's Pasta Company  
**Gluten-Free Pasta**  
Fettuccine, Linguini, Fusilli  
9 oz • Save \$1  
**\$3.19**



Wallaby  
**Organic  
European-Style  
Sour Cream**  
16 oz • Save \$1.10  
**\$3.69**



Koyo  
**Ramen**  
2-2.1 oz • Save 49¢  
**80¢**



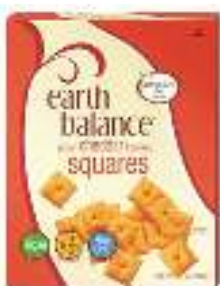
Maya Kaimal  
**Simmer Sauce**  
All Kinds on Sale!  
12.5 oz • Save \$1  
**\$4.29**



Simple Mills  
**Almond Flour  
Crackers**  
4.25 oz • Save \$1  
**\$3.99**



Crofter's  
**Organic Premium  
Fruit Spreads**  
All Kinds on Sale!  
10 oz • Save \$1.30  
**\$2.69**



Earth Balance  
**Cheddar Squares**  
6 oz • Save \$1  
**\$2.99**



Perfect Bar  
**Energy Bars**  
All Kinds on Sale!  
1.6-2.5 oz • Save 79¢-\$1.49  
**\$2.00**



Native Forest  
**Organic Sliced  
Crimini Mushrooms**  
4 oz • Save 80¢  
**\$1.69**



Julie's  
**Organic Fudge  
Ice Cream Bars**  
4 oz • Save \$1.30  
**\$3.39**



Organic Prairie  
**Organic Uncured  
Pepperoni**  
5 oz • save \$1.30  
**\$4.99**



Field Roast  
**Chao Cheese Slices**  
All Kinds on Sale!  
7 oz • Save \$1.50  
**\$3.99**



Quorn  
**Meatless  
Chik'n Nuggets**  
10.6 oz • Save \$1  
**\$3.79**



Newman's Own  
**Mints**  
All Kinds on Sale!  
1.76 oz • Save 50¢  
**\$1.79/tx**



Blue Sky  
**Soda 6-Packs**  
All Cane Sugar Kinds (except Organic)  
on Sale!  
6-pk • Save 99¢  
**\$2.50**





Tell us why you ❤️ your co-op



Tell us why you love your Co-op by using **#ILoveMyCoopBecause** or direct messaging us.

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**TOO MANY GRAPES?**

Grapes are sold by the pound. Feel free to break the bag up and purchase the quantity you want.

**willy street co-op**

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Wellness



Wednesday

10% off all Wellness and Bodycare items for Owners the first Wednesday of every month.

**THIS MONTH:  
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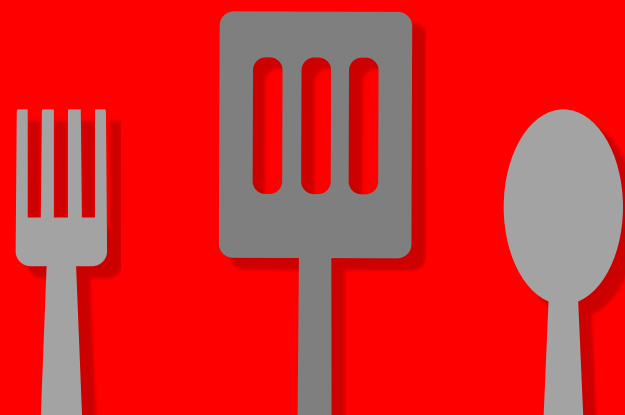
Madison's Homebrewing and Wine Making Headquarters for over 40 Years

**What's  
for lunch?**

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our website.

[www.wilystreet.coop](http://www.wilystreet.coop)

**willy street co-op**





# willy street co-op Annual Meeting & Party









# The Impact of Owner Input



by **Kirsten Moore,**  
**Director of Cooperative Services**

**A**s we get closer to the one-year anniversary of Willy North, it's important for our Co-op to reflect on you: the Owners, the backbone of our business. Your Ownership is your voice in how we cooperate together to provide groceries

to our community. Each one of you can play a part in making major decisions about our business because you are invested in the cooperative, and we also listen to you and look to you for feedback regarding what we can do to serve you better. One of the biggest values of a cooperative business is that each Owner gets one vote. It's not how much money you invest that counts; it's that you are invested, period. And that means that we are here to serve your collective needs and the needs of your community. Here is a look back on some of the things we have done recently because of you, the Owners.

## OPENING WILLY NORTH

You voted way back in 2013 to allow your Co-op to explore opening a third retail location, giving your Board and employees the backing and flexibility to decide where to best locate that third store. When we began to consider the space that is now Willy North, it was your overwhelmingly positive input that gave us the confidence that we were headed in the right direction with our decision (over 90% of the comments we received about opening North were positive). Here we are today with a beautiful new store that is right on track and being increasingly embraced by our community.

## BRINGING IN MORE PRODUCTS

We bring in products based on what our Owners ask us to provide, and when they sell well and remain available to us, those products remain on our shelves for you to purchase when you need or want them. This year, when we opened North, we purposefully opened the doors with only about 80% of the shelves stocked. We did this so that you could tell us how to fill those shelves. Thanks to your input, your Co-op added 6,372 new products (from about 1,340 brands) to the shelves at North in the last year, and many others at East and West too.

We want your Co-op to be a store where you can take care of as many of your grocery needs as possible, and we appreciate your continued advice as to how we can make that possible for you.

## FUNDRAISING FOR DOUBLE DOLLARS

Due to the requests of numerous Owners and their generous offers to help us support shoppers with low income, we launched a new fundraising initiative: the Double Dollars Fund, to support the Double Dollars

**One of the biggest values of a cooperative business is that each Owner gets one vote. It's not how much money you invest that counts; it's that you are invested, period.**

program at the Co-op and local farmers' markets, which helps shoppers using FoodShare/QUEST purchase more fresh and local foods. Customers contribute either by reusing bags to carry groceries or by making a cash donation using a scan card at the registers. Since we launched the program on April 3rd, we finished Fiscal Year 2017 on July 2nd having already raised \$19,314 for the program. Thank you for requesting that we start a program for this cause and for your continued contributions! We plan to bring Double Dollars back to the Co-op this October.

## CUSTOMER COMMENTS—98% RESPONSE RATE!

You see some of the customer comments each and every month in the *Reader* and also posted in our stores. Did you know that we actually receive on average about 129 comments per month? It's true. In the last fiscal year we received 1,545 comments and responded to over 98%. Comments typically include requests for Co-op product recipes, updating Owner records, naming what products you would like to see on the shelves (and in some cases hearing you would not like to see on the shelves), providing general suggestions, and responding to both positive and negative Co-op experiences. Your input has helped us do a number of things this past year, such as improve signage, bring in more products, start the Double Dollars Fund, add some classes and

### ATTORNEY PAUL O'FLANAGAN

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offer more classes for free, add more vegan meals to those available for the Annual Meeting and Party, bring back grab-and-go sandwiches prepared in-house at all three locations, and more.

## YOUR INPUT IS MAKING OUR FUTURE

We have some great things coming for your Co-op at all three locations this year, thanks again to your continued patronage and input.

At Willy East, we are preparing

good on what may have been the number one request we saw last year for Willy North, and we're excited to be able to offer these services to you on the north side in the near future.

You also just voted in favor of our expanding Willy West (85% of votes cast voted yes to expansion on last month's ballot). Thanks to your support, we can now begin to see what we can do to make this expansion a reality for you. Expansion would improve traffic flow throughout the store, widen the aisles for a better customer experience, allow us to expand our beer and wine selection, and improve our Juice Bar work and service area. We also hope to increase cooler space so that we can reduce out-of-stocks and bring in more products you have requested.

## WE ARE YOUR CO-OP, YOUR BUSINESS

The cooperative also voted last month in favor of us continuing to pursue expansion, which means that we will be looking at options to improve our ability to serve even more of you better over the next three years. There are now almost 35,000 reasons to own your Co-op, and so it's your collective input that has really provided us with the information we need to know what we can do better for all of you, and where you would like us to focus our attention as we move into the future. Thank you for all your feedback! We appreciate our ongoing conversation with you and the continued opportunity to be your business and to serve our local community.

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Most people believe that manifesting amazing things is difficult. (Only true if you believe it is.) The key to Manifesting the Amazing is to work harmoniously with nature.

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- b) 2 persons - \$40 each, \$80 an hour total.
- c) 3 persons - \$30 each, \$90 an hour total.
- d) 5 persons - \$20 each, \$100 an hour total.
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## Learn to Do Less, Accomplish More

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# Creative Juices

by Lucy Hodgman, Newsletter Writer



**J**uice: the word (in its culinary sense) encompasses everything from fruit to vegetables to, yes, even grass. In the town where I went to college in Minnesota, our grocery store had an aisle marking for “Adult Juice.” We loved this, wondering what, exactly, was in a juice denoted specifically for adults. It wasn’t naughty in any sense, it turns out. While I’m still not entirely sure what the store intended, it seems likely that it was referring to the vegetable juices in the aisle, and maybe the juice blends of fruits less interesting to children than Juicy Juice.

I like it all; many of us of all ages do! People have been juicing for a very long time. The earliest known ancient reference to juicing for health comes from the Dead Sea Scrolls, which mention a combination of mashed figs and pomegranates used for “profound strength and subtle form.” In more recent history, juice pioneer Norman Walker published a book in 1936 called *Raw Vegetable Juices*; he also invented one of the first modern juicers, which is still manufactured today, and extolled a raw food diet. These days, fresh juice has been experiencing a huge boom. A delicious way of getting nutrients while hydrating at the same time, people are getting very creative with what they extract liquid from and how they combine various ingredients. Juice has its share of fervent advocates, for health reasons, as well as its detractors—also for health reasons, interestingly enough, since many people these days are concerned about the sugar content in fruit juices. Fortunately, it turns out there’s something for everyone. If you’re watching your sugar intake, read on to find out about low-sugar (but still delicious and nutritious) juices you can make at home or buy at the Willy East and West Juice Bars, typically centering on light and fresh vegetables (but there’s nothing saying you can’t throw in some fruit too, if that’s your jam). If you’re just looking for a classic 100 percent fruit juice, we’ll discuss those timeless favorites, and many twists on them, as well.

One important note: although juice can be a good way of supplementing your diet, it can’t fully take the place,

nutritionally, of eating whole foods. Thanks to their fiber, fruits and vegetables provide you with a more measured delivery of nutrients than juice does (causing less of an insulin spike) and provide some nutrients that are lost in juice due to the missing peel. So, while juice consumed in moderation can be part of a healthy diet, it isn’t recommended to be the whole story of a person’s fruit and vegetable consumption. On a related note, juice isn’t a miracle cure for what ails you: “even though specific juices have been shown to benefit certain health conditions, juices in general should not be viewed as drugs,” in the words of Michael T. Murray, N.D. in *The Complete Book of Juicing*. Instead, as this author advises, “juicing must be part of a comprehensive and holistic health program if long-term results are desired.” With those caveats in mind, let’s move on to how to incorporate juice into your life!

## MAKING JUICE: HOME EQUIPMENT

There are three main types of juicers: centrifugal, masticating, and citrus juicers. Masticating juicers are typically the priciest. They are also known as cold press juicers, and a major advantage is that juice remains at its optimal freshness level, with nutrients intact, for approximately one day instead of one hour. Masticating juicers make it easier to juice wheatgrass and leafy greens.

Centrifugal juicers are more affordable and still great for general usage, especially when you’ll be consuming the juice right away, or are comfortable with it losing some of its nutrients over time.

When trying to decide whether to buy a centrifugal or a masticating/cold press juicer, Huffington Post recommends:

### Buy a centrifugal juicer if:

- You use the juice mostly for cooking, baking or other processes where heat will eventually be applied.
- You’re not picky about getting maximum nutrients.
- You’re trying to save cash.

Buy a slow-press juicer if:

- You’re into cleansing, making nut

milks and green juices, and you like fresh juice.

- You want to pack the most nutrients into your body as possible.
- You don’t mind spending a few extra bucks.

If you’re looking to juice only wheatgrass, consider a manual wheatgrass juicer. These are hand-crank juicers that are relatively inexpensive.

If you’re looking to juice only citrus, buy a citrus juicer, which could be extremely inexpensive...you know, those pointy ridged cones that you impale half an orange on. I was a fan of the classic glass ones until I bought a plastic one. One of the reviewers online, also previously a plastic juicer skeptic, noted that plastic can be sharper than glass without hurting a human hand, so you get a higher juice yield per piece of fruit. Sold.

## JUICE NUTRITION

*The Complete Book of Juicing, Revised and Updated: Your Delicious Guide to Youthful Vitality* by Michael T. Murray, N.D. is chock-full of nutrition charts about almost any juice you can imagine. For example, some vitamin C powerhouses you may not have known about: red chili peppers, guavas, red sweet peppers, kale, parsley, collard leaves, turnip greens, green sweet peppers, and broccoli. Some high-potassium foods: dulse, kelp, sunflower seeds, wheat germ, almonds, raisins, and parsley.

The book also provides charts with comprehensive nutritional information for specific fruits and vegetables. For example, here’s what’s in one cup of pitted cherries (145 g):

### NUTRIENTS & UNITS

Water 117.09 g  
Calories 104 kcal  
Protein 1.74 g  
Fat 1.39 g  
Carbohydrate 24 g  
VITAMINS:  
Vitamin A 31 RE  
Vitamin C 10.2 mg  
Thiamine 0.073 mg  
Riboflavin 0.087 mg  
Niacin 0.58 mg

### MINERALS:

Potassium 325 mg  
Calcium 21 mg  
Iron 0.56 mg  
Magnesium 16 mg  
Phosphorus 28 mg  
Sodium 1 mg

Check out the book for lots more nutritional information as well as recipes.

## FRUIT JUICES

There are always the classics: apple juice is beloved by all ages. If you haven’t ever had just-made apple juice, it can taste amazingly fresh compared to bottled. Orange juice, one that more people have had fresh-squeezed, and one of the easiest to make at home with a simple citrus juicer, can make you feel like you’re taking a stroll through Southern California or Florida. Watermelon juice is probably my new favorite. Seasonally bottled at the Juice Bars at Willy East and Willy West, depending on availability, watermelon juice tastes just like liquid watermelon. To add a little zip when juicing at home, consider adding some lime or hot pepper.

For some more fruit types for possible home production, consider: pineapple, which has a great tropical flavor; and tomato...technically a fruit, not a vegetable, and super-nutritious!

Or try one of these recipe from the bright and colorful book *The Big Book of Juices* by Natalie Savona:

### Black Peach

2 peaches or nectarines  
2 handfuls blueberries, blackberries and/or blackcurrants

### Pale Faced

2 grapefruits  
1 apple  
1/2 fennel bulb  
1 small bunch fresh mint

## VEGETABLE JUICES

For veggies to use as a base liquid, some of the juiciest are cucumber, celery, and root vegetables like carrots. Carrot juice is often surprisingly sweet. I love it as a smoothie base. Cucumber juice is very light and



refreshing, and if you're looking for a sweeter drink, pairs very well with apple. Beets add a potent flavor and color; at the Co-op Juice Bars, we offer beet as an additional ingredient to combine with a base; it doesn't take much of this powerhouse to get that glorious reddish-pink hue.

For people looking for lower-sugar alternatives to fruit juice, vegetable juices are a great option. Willy West Juice Bar Coordinator Lily Hammel recommends, "If you're watching your sugar intake, try mixing a sweeter juice like apple or orange with something like cucumber or celery. The flavor is still sweet but it's less sugar and tastes great." Celery and cucumber juice contain only about 10-15 percent of the amount of sugar that's found in the same quantity of apple juice. Personally, I'm a fan of cucumber as a light and refreshing base juice, and an increasing number of customers at the Willy East Juice Bar seem to be in agreement.

**For home juicing, here's a veggie juice recipe from *Juice: Recipes for Juicing, Cleansing & Living Well* by Carly de Castro, Hedi Gores, and Hayden Slater:**

Makes 1 to 2 (8-ounce) Servings  
 2 or 3 kale leaves, to taste  
 Large handful of spinach  
 1 head romaine  
 2 celery stalks  
 1 large or 2 small cucumbers, peeled  
 1 small bunch fresh parsley  
 1/2 lemon, peeled  
 1/2 lime, peeled

### GRASS/GREENS JUICES

Shots of wheatgrass juice are one of the most popular made-to-order items the Co-op Juice Bars sell. Did you know we offer a punch card that earns you a free shot after you buy ten? Ask for one next time you're at the Juice Bar!

Would you rather juice your own wheatgrass shot, but don't want to buy or grow a whole flat of it at a time? You can buy a single-portion quantity of wheatgrass from the Juice Bar for the same price as a shot, or (when our backstock allows) you can even buy a whole flat. Just ask a Juice Bar clerk. By the way...cats sometimes like eating wheatgrass, too! Look out, though: it may stimulate regurgitation for your cat (not necessarily a bad thing for their health, but watch your carpets closely). For more information about

the benefits of wheatgrass for cats, check out [pets.thenest.com/benefits-wheatgrass-cats-9839.html](http://pets.thenest.com/benefits-wheatgrass-cats-9839.html).

In addition to wheatgrass shots (for humans), parsley can be juiced in a similar manner using a wheatgrass juicer (also available as shots from the Juice Bars).

### JUICE ADDITIONS

Many people like to add supplements to their juices. Some supplements are well-suited to being incorporated in juices; others affect texture in a way that makes them a better fit for smoothies. *The Big Book of Juices: More than 400 Natural Blends for Health and Vitality Every Day* by Natalie Savona recommends the following juice additions: vitamin and mineral drops/powders; herbal drops (assuming the particular herbs are considered effective when mixing with juice instead of water); spirulina, barleygrass, and wheatgrass powder. For smoothie-only additives, the author recommends wheat germ, flaxseeds, pumpkin and sunflower seeds, cold-pressed seed oils, tahini, blackstrap molasses, lecithin, and brewer's yeast.

### JUICES AT THE CO-OP'S JUICE BARS

If you want to pick up a fresh juice at Willy East or West, the regular menu offers a delightful variety, but you can also really have fun with the Make Your Own options! Willy East Juice Bar Coordinator Samantha Kocian told me that her personal favorite combination is carrot, parsley, spinach and ginger. (She also likes using carrot juice as a smoothie base.) Lily Hammel's favorite is one from the menu: Caribbean Queen, full of citrus, consisting of orange, lemon, and ginger juice. If you're going to make your own juice, whether from our Juice Bars or on your own at home, Samantha says, "Knowing the flavor profiles of what you're juicing is important so you can create that perfect juice formula just for you." She recommends picking a combination of a high-yield ingredient, something sweet, something earthy, and something spicy.

### SMOOTHIES & FROZEN JUICE

Okay, so smoothies aren't juices, but they deserve a mention here as another way to get liquid nutrients. If sugar is a concern for you, smoothies may be a better option than juice,

since whole fruit (as you get in a smoothie) contains fiber and is therefore processed more slowly by the body, potentially leading to less of a blood sugar spike than you'd get from drinking the juice of fruit of high-sugar veggies. And you can further reduce the sugar in a smoothie by using a milk (especially an unsweetened non-dairy milk) instead of a juice as the liquid base.

For another excellent summer treat, Samantha notes, "Something totally awesome about juicing is you can freeze your juice concoction into popsicles! A perfect frozen treat for our hot humid Wisconsin summers." I've also made bottles of juice into ice cubes: one 16 oz bottle from our cooler just about perfectly fills one standard ice cube tray. Try plunking a few into a glass of lemonade.

### INDUSTRY & FUTURE

There are as many types of juices

as there are ideas in your head. If anything in particular struck me when looking into juice-related books, it's that you can find literally hundreds of recipes between two covers—and there are so many books in that category. For a springboard, check out one of the books referenced in this article. If you've got a home juicer, start experimenting! Learn about your ingredients, identify your goals (fabulous flavor? more vitamins for you or your kids? using up an excess of produce from your garden?) and see what you can dream up.

According to *Beverage Industry*, fresh juices and drinks were the fastest-growing organic grocery subcategory in 2015, with a growth of 33.5 percent. I, for one, am excited to see how this field continues to evolve and adapt to science, culture and our taste buds. I hope you'll be part of the group of juice-drinkers who helps shape the juice future!

**Mix & Match six-packs of beer at Willy West.**



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Your gifts support Community Shares of Wisconsin (CSW) and its 65 member nonprofits.

Students from Leopold Elementary School's Student Advocacy Team received bikes and equipment from **Wheels for Winners** for their volunteer work with the Healthy Kids Collaborative. The students met weekly to assess the health and wellness of their school grounds and neighborhood and created a presentation for the Madison Bike Equity committee detailing strengths, challenges, and suggestions for improvement.



Photo Credit: Wheels for Winners



Photo Credit: Wisconsin Wetlands

**Wisconsin Wetlands Association** (WWA) collaborated with University of Wisconsin-Extension (UWEX) to provide more communities across Wisconsin with training and support to protect local wetlands. To expand the impact of UWEX's programs, WWA organized a workshop on wetland communication and outreach for UWEX educators. The workshop included field learning, lectures on wetlands and water messages, and discussions on ways to improve community programs.

This year **Perfect Harmony Men's Chorus** celebrates 20 years of singing to make a better world. Through performances in Wisconsin and across the U.S., Madison's gay and gay-friendly chorus educates the public about issues affecting LGBTQ community members, while also demonstrating through music what can be achieved when different types of people come together in harmony and respect.



Photo Credit: A&J Photography

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## RECIPES AND DRINK RECOMMENDATIONS



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### Heirloom Tomato Tart in a Parmesan Crust

Adapted from [www.101cookbooks.com](http://www.101cookbooks.com).

An unfortunate attribute of many tomato tarts is a soggy, tomato-juice-laden crust, but in-season tomatoes are so full of flavor they deserve better! This recipe solves the mushy crust dilemma. A tart dough made with lots of hard cheese is parbaked and sliced tomatoes are lightly salted to remove excess water and are then arranged in the tart shell just before serving. The uncooked tomatoes retain their vibrant summer flavor, and the tart shell retains its structure. Served with a leafy green salad (and a glass of wine), this tart makes a very special and unfussy meal.

6 medium heirloom tomatoes, sliced into rounds 1/6-inch thick

1 tsp. fine sea salt

1/2 c. all-purpose flour

1/2 c. whole wheat flour

1/2 c. butter, unsalted, cut into 1/4-inch cubes

4 oz. good Parmesan, finely grated (about 2 cups)

2 Tbs. ice water

2 Tbs. olive oil

1/4 c. finely shredded fresh basil

**Directions:** Preheat oven to 350°F. Arrange the tomatoes in a single layer on a clean dish towel or layers of paper towels. Sprinkle evenly with the salt, and gently press another dish towel or paper towels on top of the tomatoes. Let sit like this until you're ready assemble the tart.

Combine the flours, butter, and Parmesan (except for a tablespoon or so—set that aside to use later) in the bowl of a food processor and pulse 20-30 times, until the mixture is sandy and the butter is pea-sized. With the motor running, drizzle in the ice water and blend just until combined. When you press some of the dough between your fingers, it should stick together.

Turn the dough into a 9" or 10-inch tart pan. Working quickly, press the dough into the pan, pressing it into an even layer across the bottom of the pan and up the sides, forming a rim. Chill in the refrigerator for 15 minutes.

Poke the bottom of the crust in several places with the tines of a fork. Cover the tart with a round of parchment, then fill it with pie weights (or dried beans). Bake 15 minutes. Remove from oven and gently remove the parchment and pie weights. Return the tart shell to the oven and continue to bake for another 10 minutes, until deep golden brown. Sprinkle the tart shell with the remaining tablespoon of grated Parmesan. Let sit and allow to cool to room temperature.

Just before serving, arrange the tomatoes in the tart shell. Drizzle with the olive oil and sprinkle evenly with the basil. Slice and serve at room temperature. Makes one 9 or 10-inch tart.

**Star Recommends:** *Bisceglia "Terra di Vulcano" Aglianico del Vulture: Here's a young Aglianico that opens with aromas of blue flower, earth, plum and spice. The simple but savory palate delivers ripe blackberry, raspberry and black licorice alongside firm tannins.*

### Flank Steak Sandwich with Heirloom Tomatoes and Chimichurri Mayo

Adapted from [www.food52.com](http://www.food52.com).

These over-the-top sandwiches are great for a crowd. Herb-marinated steak is piled onto buttery Texas toast and topped with juicy tomatoes and Chimichurri mayonnaise. Mince the herbs, arugula and garlic by hand or whiz in a food processor.

1 flank steak, 1 1/2 to 2 pounds

1 c. fresh flat-leaf parsley, large stems removed, finely minced



1/2 c. arugula, finely minced  
 2 cloves garlic, finely minced  
 1/4 tsp. dried oregano  
 1/4 tsp. crushed red pepper flakes  
 1/2 c. olive oil plus 2 tablespoons  
 2 Tbs. red wine vinegar  
 salt  
 pepper  
 1/4 c. mayonnaise  
 1 loaf ciabatta, brioche or other bread with a soft crumb, sliced 1-inch thick  
 1 large heirloom tomato, sliced  
 butter

**Directions:** Place the parsley, arugula, garlic, oregano, crushed red pepper, olive oil and red wine vinegar in a bowl and stir to combine. Season generously with salt and pepper. Place the steak in a shallow dish and cover with all but 2 tablespoons of the Chimichurri sauce. Flip the steak over to coat both sides in sauce, then cover and refrigerate for about 2 hours. Cover and refrigerate the remaining Chimichurri. 45 minutes before cooking the flank steak, remove it from the fridge. Spoon off some of the chimichurri, and salt the steak. Let rest about 45 minutes.

In a small bowl, stir the mayonnaise and the reserved 2 tablespoons Chimichurri sauce. Set aside. Pat the steak to remove excess moisture. Heat a skillet over very high heat. Set the steak in the pan and sear 3-4 minutes per side for medium-rare. Remove from skillet and transfer to a cutting board. Sprinkle the steak with pepper, and let rest 5-10 minutes.

Heat a frying pan. Butter both sides of the sliced bread, and toast in the pan about 1 minute per side, until golden and crispy. Thinly slice the flank steak across the grain. Assemble the sandwiches on the toast with a smear of Chimichurri mayonnaise, some sliced steak and heirloom tomatoes. Serves 4.

**Star Recommends: Cuma Organic Malbec: A great dry and medium bodied Malbec with exuberant blueberry and plum flavors. The Cuma Malbec is mouth filling with a minty and spicy character full of tarragon, eucalyptus and rosemary. The distinct and fresh plum aromas are typical of this grape.**

## Thai Pork Omelet with Heirloom Tomatoes and Fresh Herbs

*Adapted from www.recipes.farmhousedelivery.com.*

This is simple and elegant meal, and the flavors of the varied ingredients remain bright and distinct. It's a nice way to highlight very fresh herbs and a perfect summer tomato.

1/4 c. fish sauce  
 1/2 lime, juiced  
 3 Tbs. cold water  
 pinch of crushed red pepper flakes  
 pinch of sugar  
 1 Tbs. grapeseed oil  
 1 hot pepper, seeded if desired, diced  
 1 bunch scallions, trimmed, thinly sliced  
 3 cloves garlic, minced  
 1" piece of ginger, peeled and grated  
 1/3 lb. ground pork  
 3 eggs, lightly beaten  
 pinch of salt  
 1 medium heirloom tomato, cored and diced  
 1 Tbs. chopped fresh basil leaves, plus 1/4 cup more  
 1 Tbs. chopped fresh cilantro leaves, plus 1/4 cup more  
 1/4 c. fresh mint leaves  
 1 small head of butter lettuce, leaves separated from core, washed, dried

**Directions:** In a small bowl, whisk together the fish sauce, lime juice, cold water, crushed red pepper flakes and sugar. Set aside.

Heat a small skillet over medium heat. Add the oil and swirl to coat the bottom and sides of the pan. Add the hot pepper, scallions, garlic and ginger and cook, stirring frequently, for 45 seconds or so. Stir in the ground pork and continue to stir fry until cooked through. Use the back of a wooden spoon to distribute the contents of the skillet into an even layer. Pour in the beaten eggs and tilt the skillet so the eggs are evenly coating the pan. Sprinkle with a pinch of salt. Scatter the chopped tomato over the omelet, and top with the tablespoon of chopped basil and the tablespoon of chopped cilantro. Use a spoon to gently push the edges of the omelets up towards the center of the pan so the uncooked egg can run underneath. When almost cooked, use a spatula to flip the omelets over. Cook another minute until the other side is set and golden brown.

Divide the omelets between two plates. Serve with the remaining basil, cilantro and mint, wrapped in the butter lettuce leaves, and dip in the prepared dipping sauce. Serves 2.

**Star Recommends: Glatzer Blaufrankisch: A classic Blaufrankisch, with dense structure and bright acidity. This wine displays cherry fruit and spicy flavors and has soft tannins.**

## Pearl Couscous Salad with Heirloom Tomatoes and Basil Pesto

*Adapted from www.thecafesucrefarine.com.*

This summery salad is packed with herbs, spinach and heirloom tomatoes. It travels well and is great at room temperature, so it's perfect for a picnic or packed lunches. Use a combination of red, yellow, green and orange tomatoes if you can.

6 c. packed arugula  
 1 c. packed fresh basil  
 2 c. pearl couscous  
 1/2 c. olive oil, plus more for drizzling  
 1/4 c. pine nuts  
 4 cloves garlic, chopped  
 1 lemon, zested and juiced  
 1 tsp. salt  
 1/2 tsp. black pepper  
 6 medium heirloom tomatoes, cut into 1/2-inch dice  
 1 large cucumber, peeled, diced  
 1 small white onion, finely diced

**Directions:** Blanch the arugula in a large pot of boiling water for 10 seconds. Dunk the basil in the pot too, then use tongs to immediately transfer the arugula-basil mixture to a colander. Rinse under cold running water to stop the cooking, until no longer warm to the touch. Set aside to drain.

Return the pot of water to a boil. Add the couscous and cook, stirring occasionally, until al dente, 8-10 minutes. Drain, then spread out the couscous on a rimmed baking sheet and drizzle with a bit of olive oil, and toss to coat. Let cool to room temperature. In a small skillet over medium heat, toast the pine nuts until golden brown, about 2 minutes. Remove from the pan and set aside to cool. Squeeze remaining water from the arugula-basil mixture. Transfer to the bowl of a food processor. Add the pine nuts, garlic, lemon zest, lemon juice, salt, pepper and olive oil. Pulse until smooth, adding a little water a bit at a time if the consistency is too thick. Taste, and adjust with more salt and pepper if needed.

Transfer the couscous to a large serving bowl. Add some of the pesto (you may have some left over) and stir to coat. Fold in the tomatoes, cucumber and onion. Serve. Serves 8.

**Star Recommends: Domaine Tinel-Blondelet G netin (Pouilly-Fu-m ): Named after a former name for the Sauvignon Blanc grape, this wine is well balanced between ripe fruit and crisper herbal flavors. A strong minerality gives the wine its youthful texture. Crisp at the end, it is still full and concentrated.**

## Yellow Watermelon and Mint Pops

*Adapted from www.epicurious.com.*

While mint is probably the most kid-friendly, you can try using basil or tarragon instead. When the pops are frozen, they will seem less sweet than when you're preparing the puree, so keep that in mind when you're adding sugar to the mixture.

3/4 c. sugar  
 6 large sprigs of fresh mint, plus 2 teaspoons very thinly sliced fresh mint  
 1 quart peeled, seeded, chopped yellow watermelon  
 2 Tbs. lemon juice

**Directions:** In a medium saucepan over high heat, whisk together the sugar and 3/4 cup of water. Bring to a boil, stirring frequently until the sugar is dissolved. Reduce heat to medium-low, and simmer about 5 minutes, until a slightly thick syrup has formed. Remove from heat. Stir in the large sprigs of mint, and let stand uncovered until the syrup is completely cool. Pour the syrup through a mesh sieve over a bowl and squeeze the mint to extract as much flavor as possible. Discard the mint.

Place the watermelon in a blender or food processor and puree. Pour into a mixing bowl. Stir in the lemon juice. Stir in enough mint syrup to create a very sweet fruit puree. Fold in the sliced mint, then transfer the puree into ice pop molds, leaving some room at the top for them to expand. Cover and freeze until solid, about 4 hours. Hold the molds under lukewarm running water for a few seconds to unmold them, if needed. Makes eight 1/2-cup ice pops.

**Star Recommends: Soter Brut Ros : Subtle rose hue, bordering on salmon in color, the 2011 Brut Ros  displays brilliant clarity, evidence of its three years spent in the bottle prior to disgorgement. The wine is, as always, intensely and immediately seductive, showing notes of cranberries, early cherries and toast. A forward, beautifully fruit-driven nose is complemented by an array of secondary flavors.**



## Grilled Watermelon with Lime and Red Pepper

*Adapted from www.thekitchn.com.*

The combination of lime zest and crushed red pepper flakes on watermelon is really lovely, but you can try other flavor combinations like brown sugar, lime and cumin, or nothing at all. Be sure to slice the watermelon into wedges - large round steaks will likely fall apart when you try to flip them.

- 1 small watermelon, 3-5 lbs.
- 1/4 c. sugar
- 1 Tbs. lime zest
- 1/2 tsp. crushed red pepper flakes
- 1 lime, cut into wedges

Directions: Prepare a charcoal grill for direct heat grilling, or heat a gas grill to high. Slice the ends off the watermelon, then stand it on one end. Cut it in half, then slice each half in half once more. Slice the quarters into 1/2-inch-thick slices. In a small bowl, stir together the sugar, lime zest and crushed red pepper. Sprinkle the seasoning on both sides of the watermelon wedges, and rub it in evenly. Set the watermelon on the grill, and cook 2-3 minutes per side, until grill marks appear. Serve with the lime wedges. Serves 6.

**Star Recommends: Berger Gruner Veltliner: This light, refreshing white makes an excellent introduction to Gruner Veltliner. An excellent value that's an easy pairing for a wide array of foods, Berger Gruner Veltliner has a pleasant acidity, a delicious palate of citrus and stone fruits, and a hint of minerality.**

## Watermelon and Prosciutto with Mint and Toasted Almonds

*Adapted from www.bonappetit.com.*

This salad is an unlikely mix of salty and sweet, and could end up a frequent addition to your summer table.

- 2 Tbs. chopped almonds
- 1/2 c. chopped fresh mint leaves
- 1/2 tsp. finely grated orange zest
- 2 Tbs. orange juice
- 1 Tbs. olive oil
- salt
- 3 lb. seedless watermelon, rind removed, diced into 1-inch cubes
- 2 Tbs. white wine vinegar
- 2 oz. thinly sliced prosciutto

Directions: Toast the almonds in a small dry skillet over medium heat, stirring frequently, until golden, about 5 minutes. In a small bowl, stir together the almonds, mint, orange zest, orange juice and oil. Season with salt.

Place the cubed watermelon in a large serving bowl and toss with the vinegar. Season with salt and arrange the prosciutto on top. Drizzle with the almond-orange dressing and serve. Serves 4.

**Star Recommends: Castello di Ama Rosato: This delicious rosé, introduced in the early 1980s, is a blend of Sangiovese and Merlot, with proportions varying from year to year, for a wine closer in character to a young red than to a white, since it is made with juices drawn off by the saignée method from lots than then become Chianti Classico.**

## Roasted Green Pepper Butter

*Adapted from www.saveur.com.*

If you're in the mood for something different to spread on corn on the cob, this easy, smoky butter will do the trick. Similar to a compound butter but with roasted green peppers instead of herbs, there's no need to chill it before eating—it's nice at room temperature.

- 1 green pepper
- 1/2 lb. softened butter
- 1 clove garlic, peeled and minced
- 1 pinch of cayenne
- salt

Directions: Turn on a gas burner on your stove to high. Set the pepper directly on the grate, and use tongs to turn the pepper occasionally until charred all over, no more than 5 minutes. Wrap in a clean dishtowel, then place the wrapped pepper in a large plastic bag to steam. Remove from the bag, and when cool enough to handle, peel and chop the pepper. Transfer to a mixing bowl. Add the butter, garlic, cayenne and salt. Mix until incorporated. Use immediately, or refrigerate for up to 1 week. Makes 1 cup.

**Star Recommends: Joan d'Anguera Altaroses: The Altaroses is Joan d'Anguera's first certified biodynamic and organic wine. Fresh wild strawberries, garrigue and warm spices on the nose. Very expressive. Medium weight, with mouth-watering acidity and soft warm fruit. Soft tannins and well-balanced structure between acidity, tannin, fruit and alcohol make this extremely gulpable.**

## Vietnamese Chicken and Cabbage Salad with Green Peppers

*Adapted from www.thedomesticman.com.*

- 1/2 head green cabbage, cored and shredded
- 2 boneless, skinless chicken breasts
- 1 tsp. olive oil
- 1/4 c. avocado oil
- 1 large shallot, thinly sliced
- 6 cloves garlic, chopped
- 1 Tbs. lime juice
- 1 Tbs. fish sauce
- 1/2 tsp. salt, plus more to taste
- 1/4 tsp. black pepper
- 1 tsp. honey
- 1 tsp. apple cider vinegar
- 2 green bell peppers, cored and julienned
- 1 spicy red chile pepper, seeds removed, thinly sliced
- 1/2 c. fresh cilantro, chopped
- 1/2 c. mint leaves, chopped

Directions: Place the cabbage in a large bowl. Cover with cool water and stir in a pinch of salt. Set aside for 20 minutes, then strain well and set in a large bowl. Prepare a bowl of ice water. Rub the chicken with olive oil and season with salt and pepper. Set on a hot grill and cook until charred and cooked through, about 3 minutes per side. Transfer the chicken to the bowl of ice water, and set aside for at least 5 minutes to cool. When cool, remove from water and use two forks to shred the chicken. Transfer the shredded chicken to the bowl of cabbage, and set aside.

In a large skillet over medium-high heat, add the avocado oil. When hot, add the shallot and sauté for 2-3 minutes, until translucent. Stir in the garlic and sauté another 2 minutes, until golden. Strain the garlic and shallots into a fine mesh strainer, collecting the avocado oil in a bowl underneath. Set the oil aside to cool, about 5 minutes. Reserve the shallots and garlic. When the oil is cool, whisk in the lime juice, fish sauce, salt, pepper, honey and apple cider vinegar. Taste the dressing and add more salt if needed. Add the julienned green pepper, chile pepper, cilantro and mint to the bowl of chicken and cabbage. Cover with the dressing, and toss to combine. Taste and add salt to taste. Serve topped with the fried shallots and garlic. Serves 4.

**Star Recommends: Avinyo Petillant: Petillant is a vi d'agulla, the Catalan name for prickly wine. This vibrant and refreshing wine is the traditional summertime quaffer of the Penedès region of Catalonia, and it's perfect for drinking out of a porron. Bright honey-suckle and almond on the nose. Bracingly dry on the palate, with flavors of lemon peel and a faint brininess.**

## Gazpacho

This chilled soup is fairly straightforward to make but it does need one or two hours in the fridge, so plan ahead if you want this for dinner.

- 1 lb. tomatoes, with an "x" sliced into the bottom of each one
- 2 c. cubed bread
- 1 Tbs. olive oil
- 2 cloves garlic
- 1/4 c. fresh basil
- 1/2 Tbs. fennel seeds
- 1 tsp. paprika
- 1/2 c. diced green pepper
- 1/4 c. diced onion
- 1/2 c. diced peeled cucumber
- 1 Tbs. balsamic vinegar
- 2 c. cherry or grape tomatoes
- salt
- pepper

Directions: Bring a large pot of water to a boil. Place the tomatoes in the boiling water for 4 minutes and use a slotted spoon to transfer to a cutting board to cool. When cool enough to handle, peel the skins and scoop out the seeds. Set aside. In the bowl of a food processor, combine the bread, olive oil, garlic, basil, fennel, paprika, half of the green peppers, half of the onion, and half of the cucumber. Add the tomatoes. Process until the mixture is smooth. Add the remaining green peppers, onion, cucumber, balsamic vinegar, salt and pepper and cherry tomatoes. Pulse to achieve your desired consistency. Transfer to a bowl and refrigerate for 1-2 hours before serving. Serves 2.

**Star Recommends: Vina Sastre Flavus Blanco: Bright yellow. Sexy, expansive aromas of dried orchard fruits, white flowers and lemon curd, with a bright mineral overtone. Densely packed pear and tangerine flavors show unlikely vivacity and pick up a mineral nuance with air. Closes on an emphatic floral note, with excellent clarity and persistence.**



# Staff Picks



## ANDY GRICEVICH

### French Orange Melon from Harmony Valley Farm

Imagine the best cantaloupe conceivable. If you don't like cantaloupe (as I hadn't for most of my life), imagine one good enough for you to like. Now



imagine that melon concentrated, reduced to its ambrosial essence in the form of these little, vivid orange marvels. One of the best late-summer meals I've had: the French Orange with ripe figs, thinly-sliced Willow Creek ham, and Dream-Farm goat cheese, maybe with some Harmony Valley Farm arugula thrown in. Outdoors. Like tasting the September light.

### Rishi Tea Kukicha

Rishi's Kukicha is about as good as any fine Japanese green tea I've had—fresh, vegetal, light, restorative, fragrant and beautiful in the cup, without a trace of bitterness. Brew with a decent quantity of loose tea, use water just hot enough to steam, and steep as many as six or seven times for short intervals. You won't be disappointed. East and West only.



## LIZ WERMCRANTZ

### Alaffia Lavender Spice Hand Soap

For clean, great-smelling hands, use this soap! The smell is delicious and reminds me a little of the Bonne Bell Dr. Pepper Lip Smackers I had as a kid.



## KELSEY FOSTER

### Alaffia Beautiful Curls—Curl Enhancing Leave-in Conditioner

I've had bad luck with leave-in conditioners in the past, but this is great. It keeps frizz down and helps define my curls. I've used it with the Beautiful Curls shampoo and with other shampoos, and



either way it leaves my hair looking curly and fantastic, even in these dry winter months. East and North only.



## KEVIN DEWAN

### Frontier® Organic Hibiscus Flowers

I like to make iced tea with Earl Grey and hibiscus. Put 3-4 Earl Grey tea bags and 1/4 cup of hibiscus blossoms into a jar with a quart of water. Refrigerate overnight and strain. It's delightfully floral!



## ANNA GREENWOOD

### Alaffia Coconut Reishi Chai Shower Gel

This shower gel smells amazing!!! I purchased this out of the blue one day and I just can't get over how much I love it. It smells just like a delicious chai tea and makes every shower so relaxing.



## SARA HUNTER

### Booda Organics Booda Butter

This product is AMAZING!! I have the crabbiest skin in the winter, and Booda Butter has been the best thing to happen to me in all my years of being a Wisconsin Winter survivor! Not only does it go on nicely, it lasts through



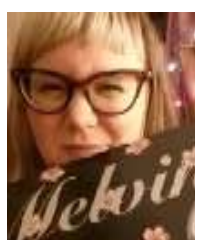
hand-washing, it makes my tattoos look bright and happy, and my skin has seriously never been softer! And it's organic, vegan, and cruelty-free so it's definitely an all-around winner! East and North only.



## DUSTIN SKELLEY

### Giovanni Conditioner

Conditioner is great because it makes the hair silky and smooth! What are you looking at, SWAN!?



## LACEY SMITH

### Cedar Teeth Pizza—Blacksmith Hammered

Cedar Teeth makes tasty Veggie and Vegan pizzas locally, with love. The Blacksmith Hammered is my new favorite because it's spicy and has a



really unique rosemary crust. There's no other Veg pizza like it that I've had. Dooo iiiiiiit!



## AMANDA IKENS

### Bell & Evans Breaded Chicken Breast Nuggets

In a hurry? This is a fast and delicious nugget. They are better than my home-made ones. They also have a gluten-free choice!



### Simple Mills Almond Flour Crackers

I am most fond of the Fine Ground Sea Salt flavor, and the Rosemary & Sea Salt one is quite delicious, especially when paired with a soft goat cheese. I normally shy away from cheese-flavored crackers, but they are pretty darn tasty!



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### DANIEL MUNOZ

#### New Wave Enviro BPA-free 1 Gallon Round Jug

This trusty little jug is by far one of the best purchases I have made. Not only is it made out of a BPA-free plastic, but also carrying it around each day helps me remember to drink more water. Since my gallon-a-day challenge began a month ago, I have noticed how much better I feel when I am well-hydrated. You will not regret purchasing a jug like this. East and West only.



#### McClure's Garlic Dill Pickle Spears

These pickles are probably the best, next to pickling your own. These are sure to satiate that savory/sour craving you have. Yummers!

#### Madame Chu Sambal Nyonya

This stuff is amazing. All you need is a lil dab in a pan with veggies, and you've got yourself a stir fry that will impress all your friends.



### JUNIPER GRAYSON

#### Wasabi Peas

Looking for a crunchy snack? Skip the chips—crunch that packs a punch. :) Delicious and nutritious.



#### Bragg Organic Apple Cider Vinegar Drink—ACV and Honey

Cheers :) to your health! ACV is a powerhouse and delicious.



### RITA LANHAM

#### Raw Rev Glo Bars—Peanut Butter, Dark Chocolate & Sea Salt

These bars make perfect snacks—they are low in carbohydrates and sugar, and high in fiber! This is my favorite flavor but they are all great! :)



### KATIE O'CONNELL-JONES

#### Willy Street Co-op Green Citron Iced Tea

I love that this product is super clean, crisp and delicious without any added sweeteners! The tea blend is composed of ginger root and lemongrass with a little extra punch of lemon. Get your summer on.



### PHILIP RENNER

#### Sungold Tomatoes

These are the perfect snack for anyone on the go! They're sweet and delicious and a great addition to any salad.



### HELEN BEUTLER

#### Cipollini Onions in Balsamic Vinegar

These are so delicious! Sweet and crunchy, they are a perfect addition to salads, a cheese plate, or just to eat whole on their own (as I usually do). Available on the olive bar at East only.



### SHAWN PADLEY

#### Willy Street Co-op Vegan Spinach Dip

When I found out I had to remove dairy from my diet, a dark cloud descended over my life. Then one day, as I was browsing the hummus on my lunch break, a ray of sunshine broke through in the form of vegan spinach dip. I eat it with Stacy's® Simply Naked® chips for lunch, and I can't get enough of it!



### STEPHANIE LANGHAM

#### Willy Street Co-op Watermelon Juice

It's Watermelon Juice.... Great chiller for a hot summer day without the juice running down your arms! Supply dependent on weather and product quality.



### ANNA SISSON

#### Willy Street Co-op Hearty Vegan Chili

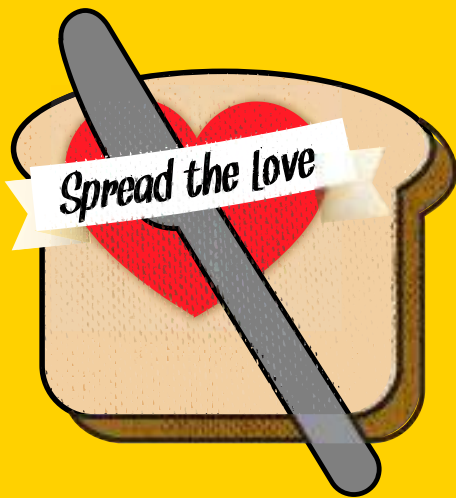
This is my favorite soup from our Deli. It's full of vegetables and super-filling without being too heavy. It's especially great with a dollop of cottage cheese on top. (Seriously! Just try it! Thanks to Lily at North for the idea.)

#### Honest Tea "Just" Green Tea

This is a great refreshing iced tea! It's unsweetened and a good price. I could slam like six of them in a shift but I try to refrain from that. Also, the "Just" Black Tea is awesome too.



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What's for Dinner?

See the Deli hot bar menus on our website.  
[willystreet.coop/menus](http://willystreet.coop/menus)



**Batch Bakehouse Croissants**

We carry three varieties of Batch croissants. All three are awesome. Super-buttery and flaky, they are a nice treat. I love the Gruyère one, and I often bring my boyfriend a chocolate one home a few times a week.



**Pluots**

It is known that I reallyyyy don't like fruit. But there are some exceptions. Pluots (plum + apricot) are delicious. Initially sweet when you bite into them, with a nice tart finish. They are a great summer treat.



**ETHAN ZLOMKE**

**Willy Street Co-op Meatballs**

Good base, rather large, great broken up on a frozen pizza! Available at East only.



**SHARON PUTTMANN**

**Willy Street Co-op Ground Turkey**

Just the right balance of lean to fat. This makes the perfect burgers. Be sure to add plenty of fresh herbs.


**Uncle Matt's Pure Organic Orange Juice with Pulp**

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**Option #2:** Enter from & exit onto Park St. (northbound only, no left turn onto Park St.).

**Option #1:** Enter from & exit onto Elmwood Ave. (behind store) during construction



## Wheezing/Asthma Prevention Study

The UW Pediatric Asthma Research Program is looking for infants with a history of eczema or a parent with physician-diagnosed asthma to participate in a research study. This study will see if a daily capsule of the investigational medication Broncho-Vaxom® (a mixture of bacteria products) helps prevent at-risk infants from developing wheezing illnesses or asthma.

### Details

- Infants between 5 - 17 months
- The study consists of 12 visits and 26 phone calls over approximately 36 months
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