

willy street co•op



READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 47 • ISSUE 8 • AUGUST 2020

Portable Lunches:

A Few Ideas from Around the World

IN THIS ISSUE
 Election Results; COVID-19 Updates; Wonderstate Coffee;
 Equity, Diversity and Inclusion; and more!

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: Willy East and Willy West: 8:00am-8:00pm, every day
Willy North: 9:00am-8:00am

East Juice Bar: 8:00am-4:00pm; West Juice Bar: M-F: 8:00am-2:00pm;

North Juice Bar: 7:30am-7:00pm

Deli: 7:30am to 9:00pm

Seafood Center-East and West: 10:00am- 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.

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

Jeannine Bindl, President
Ann Hoyt, Vice President
Brian Anderson
Stephanie Ricketts
Michael Chronister
Gigi Godwin
Sarah Larson
Caryn Murphy
Ashwini Rao

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

**BOARD MEETING
SCHEDULE**

August 18

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

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**THIS MONTH: Virtual
Wellness Any Day
coupon. See ad on page 9
for details.**

SPECIAL STORE HOURS

**Labor Day, September 7: All stores open from
8:00am-6:30pm**

CUSTOMER COMMENTS

Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to customer.comments@willystreet.coop or fill out a Customer Comment form in the Owner Resources area. Each month a small selection is printed in the *Reader*. Many more can be found in the commons or in the binder near Customer Service. Thank you!

THANK YOU

Q: I cannot thank you enough for putting the safety & health of your customers & staff ahead of every other concern. You are showing leadership by example during a difficult time.

A: Thank you for your kind words and gratitude! Take the best care, Liz Hawley, Education and Outreach Coordinator

TRICKY AVOCADOS

Q: Love your store and all that you do for the community, especially during these difficult times.

We wanted to share some quick feedback from recent experience buying avocados at the Willy Street West store. We bought five avocados 3 weeks back, and they never ripened properly. The flesh stayed rubbery and hard, and never developed a creamy / mashable texture.

We had the same problem again last week.

We have bought avocados at other local stores this season without any trouble (Trader Joe's, Regent, Hyvee, Whole Foods).

We just want to report this because it seems like it might be a supply chain: this can happen if avocados are harvested too early. Thanks!

A: Thanks for the comment! You are absolutely right, the quality of some of our avocados has been suffering recently. I can give you some backstory, and also a promise that things will get better soon!

Last fall, we made a commitment to switch our avocado supply to Fairtrade sourcing through Equal Exchange Co-op. At that point in time, the Mexican avocado season was just starting up, and Equal Exchange was procuring some really high-quality Mexican avocados that were certified Fairtrade under the international Fairtrade mark (which is known for being the best around.) We had a great run with these avocados through the winter, but about a month ago, the Mexican season ended, and Equal Exchange moved on to avocados from their partner grower co-ops in Peru. We were very hopeful that we would be able to continue to offer Fairtrade avocados from Peru, but unfortunately, as you noticed, the

quality of the fruit just isn't up to our standards. They don't ripen quite like we would expect, and have a grassy flavor and rubbery texture.

We did our best to work with the Peruvian avocados, trying different ripening techniques, but last week, we made the hard decision to switch our procurement away from the Fairtrade Peruvian avocados for the summer and back to avocados that are not certified Fairtrade from Mexico, and hopefully also some California avocados, which can be harder to come by and a bit more expensive, but they have excellent flavor and ripening qualities.

We plan to get back to Fairtrade avocados as soon as the Mexican season starts back up in the fall.

It may take a week or two to completely switch what is on our shelves, but it is our intention to move away from the Peruvian fruit, for all of the reasons you have called out.

Thanks again for writing. I certainly appreciate the feedback, and I apologize for the sub-par avocados that you purchased with us. All the Best, Megan Minnick, Purchasing Director

HOUSE LABEL SUPPLEMENTS

Q: I have a question about the Willy St Coop Vitamins and Supplements. I can't find anything on the bottle that indicates where they are made. (Just that they are "manufactured for" Willy St.) Could you tell me where they are produced?

A: Thank you for writing. Our private label Vitamins & Supplements are made by a company called Vitamer Labs. They are based in California and source ingredients from all over the world. I believe the majority of their final products come out of their Irvine, California facility; I know they also have a facility in Colorado Springs, Colorado. I hope that helps, thank you so much! -Angela Pohlman, Category Manager—Wellness

MASKS IN CARS?

Q: Would it also require a mask if you are in a car while groceries are being loaded in the trunk of my car? I am not sure if this would be an issue as in the past the trunk has been opened before the employee puts the groceries in the trunk and then the employee closes the trunk. I don't mind if I do have to wear a mask but thought I would ask the question as there may be others with the same scenario that would ask.

A: Thanks for asking, we have been thinking that this question would come up! We would prefer that customers wear a face covering whenever they interact with us. However, if our interaction is brief

and you do not leave your vehicle (preferably keeping your window closed), we will not refuse service to you. Please let us know if you have any other questions, and be well! -Kirsten Moore, Cooperative Services Director

THANKS FOR REQUIRING MASKS

Q: I'm glad to hear the decision to require customers to wear masks and fully support this decision. Many people are understandably tired of wearing masks and can lose sight of the intent: to protect others. Thanks for your continued vigilance on all our behalf's - Especially at risk workers.

A: Thank you for your support of our policy! Take the best care, Liz Hawley, Education and Outreach Coordinator

SENIOR HOURS

Q: I cannot find this information on the website. Do you have shopping times for seniors? I assume you do not have pick up service, but just double-checking. Thank you!

A: We do have shopping times for seniors until 10:00am every day. We open at West at 8:00am. We also have a delivery and pickup service at shop.willystreet.coop. You can find full details about our COVID-19/Coronavirus measures here: www.willystreet.coop/coronavirus. I hope this message finds you well. Take care! -Kirsten Moore, Cooperative Services Director

BAKERY AND BREADS

Q: I was at the East store yesterday evening (4/19) and noticed that there were no Co-op produced cookies, brownies, bars, quick breads, muffins, cake or pie slices on display. Just out of stock after a busy weekend, or no longer being produced? Temporarily in either case, I hope!

I asked a cashier but all she could tell me was that she thought she'd seen an e-mail about it that she hadn't read. Nothing on the Co-op website, nothing on the "News" blog, nothing on the Co-op's Facebook page. What's the story? And when will the Co-op produced, locally baked treats return?

A: Back in April, our production kitchen was temporarily closed. Due to COVID-19 and low prepared foods sales, it made more sense to offer work to our kitchen employees at our retail locations where they could support our pickup and delivery program. We have brought back some of our baked goods since the kitchen re-opened, and I hope you have been able to find them! Thanks for writing and if you have other questions, please let us know! -Kirsten Moore, Cooperative Services Director

HAND HYGIENE

Q: Omg, I can't believe I've become someone that writes to the letters to the editors. I should have said something, but I've now had 2 experiences during this pandemic that I feel require feedback. I've had 2 different cashiers wearing gloves during the checkout process. However, both times, the gloves weren't changed in between customers or after the cashier wiped down the checkout area with disinfectant and a towel. While gloves seem like they would offer protection, they often serve as a vector if not used appropriately. If a cashier elects to wear gloves, they should be removed, hand hygiene performed, and a new pair donned between each customer interaction. Alternatively, just using hand sanitizer between customer interactions would work just as well. Thanks, a public health nurse

A: Thanks for the feedback and for your patience. I'm sorry it took so long for you to receive a response. Our glove policy for employees who are not responsible for food preparation has been vetted by Public Health Madison and Dane County and requires non-food prep employees who opt to wear gloves to change them when:

- changing working locations within the site
- transitioning to or from bagging groceries while not assigned to a register lane
- following the performance of any cleaning tasks
- going on break or clocking-out
- returning from break
- after using the restroom
- and whenever an employee needs to wash hands or use hand sanitizer

We agree that the cashiers who opted to wear gloves should have changed them after wiping down the checkout area with disinfectant and a towel. I have passed your feedback on to our managers in the Front End to serve as a reminder to employees to change gloves in accordance with policy. I appreciate your bringing this to our attention. Please let us know if there is anything else we may do for you! -Kirsten Moore, Cooperative Services Director

ONE-WAY AISLES?

Q: Since the Coronavirus crisis, I have shopped only once, quickly, for three items. I greatly appreciated the fact that masks are required and that an employee stationed outside was limiting the number of shoppers inside at one time. I appreciated the plexiglass barriers for checkout staff. But I was terrified of other shoppers who seemed to be on automatic pilot, totally focused on a list they carried in hand or in mind, oblivious to distance, pirouetting the cart in the middle of an aisle to abruptly come toward me

when I had been following, forcing me to attempt to turn aside and head straight into someone else's path.

Would it be possible to ask that shoppers move through the aisles clockwise? It takes more patience and planning, but that's what this crisis is all about.

A: Thanks for the suggestion, and I apologize for taking so long to circle back to you. We have discussed one way aisles several times in recent months and do not believe this will work at our locations. What we have learned from others is that one-ways, even in stores larger than ours with longer aisles, are confusing and do not necessarily work well. In some cases, we've heard they cause customers to spend longer times in the store, due to confusion or the need to take longer routes to double back if they forgot something. We have also heard that in smaller stores like West, and even stores as large as North, one ways have created more bottlenecks. We are finding more success reducing bottlenecks and getting customers through the store quickly by working with our door monitors who are counting people in to watch the volume of customers in Produce (where people first enter the store) to manage how many people walk in at one time; and then letting customers do their shopping without a very strict route. That said, if you happen to notice another customer is too close to you, you may want to let them know. Sometimes a simple reminder can go a long way. Thanks for writing and I hope this message meets you in good health. -Kirsten Moore, Cooperative Services Director

DONATIONS

Q: We're very disappointed to learn that our Co-op is spearheading an effort to collect donations for Freedom Inc. Are you supporting the defunding of the police, as well? I'd hate to see how that would turn out for the co-op and the community. Why can't you just let us do our own donating, instead of alienating people who have more conservative social values? You're just making it harder for some of us to support you and our local farmers and vendors.

A: I've shared your message and my response with our Board President Jeannine Bindl and Vice President Ann Hoyt as well as our General Manager Anya Firszt.

Thanks for asking and for sharing Daniel Bice's opinion piece from the Milwaukee Journal Sentinel. Tone Madison published a local refute of the ideas he posed at www.tonemadison.com/articles/guest-column-freedom-inc-faces-down-racist-media-narratives if you are interested in another perspective.

We do support Freedom, Inc., and we have supported them for years via their membership in Community Shares of Wisconsin and their Community CHIP program. We also support our communities asking for police accountability and to consider

the reallocation of public funding to other services or means to address and meet public safety needs. As a business rooted in the alternative share model of cooperation, we are part of a rich history of people asking for, and consistently seeking, better ways of doing things. The Cooperative Principles also require us to recognize the autonomy and independence not only of our organization to act in its best interests, but of others to act in theirs. We are proud to back Freedom, Inc.'s demand for the autonomy and independence of black, brown, and indigenous people, and it's high time that our public officials hear them out.

You are not required to donate to the causes we support at the registers; your charitable giving as well as the stores you choose to support are optional. It's rare to find any organization or business out there that stands for everything one may personally believe in or subscribe to, and we understand that there is always a personal balance individuals need to strike with regard to their purchasing choices and purchasing power. If you have questions about the kind of business you are supporting when you shop at Willy Street Co-op, you may be interested in reading Bylaws Section II: Purpose and our Ends Policy at www.willystreet.coop/about-us/co-op-governance. -Kirsten Moore, Cooperative Services Director

THANKS FOR THE KINDNESS

Q: Hi there! I just wanted to say thank you from the bottom of my heart for the kindness you guys showed me. I got caught in a storm and I was taking shelter right next to the compost dumpster, and one of your employees (which I regretfully did not get the name of) brought me an umbrella and took me inside the store. He could have easily asked me to leave, but he showed me true compassion by not even second guessing my intentions. And after I came into the store, you guys allowed me to stay in the closed off common area while the storm passed. I really truly appreciate giving me shelter during the thunderstorm and I hope this is someway of expressing thanks!

A: Thank you so much for sharing your experience with us, we are so grateful to the employee who supported you and showed you this kindness. Good health to you and enjoy the day! -Kirsten Moore, Cooperative Services Director

FACE COVERINGS

Q: I am writing regarding the email sent on Friday June 26th saying face coverings will be required as of Saturday the 27th. I am very disappointed the Coop has made this decision and gave no time for anyone to prepare. We are in the midst of fighting for freedom and equalities at this very moment, and the coop of all places was one I thought wouldn't mandate and take any freedoms or equalities

away from their community members. No human being should ever be mandated to cover their face. Life comes with risk, we take risk in almost everything we do. The coop has done an excellent job with the changes in recent shopping experiences and my family has thrived with the quality of food we can purchase from you. I will not shop anywhere I am required to cover my face and am saddened my children are growing up in a world where businesses dictate our freedoms and equalities. I ask that the board reconsider forcing customers to wear face coverings, especially in light of recent events where we are all fighting so hard for freedom, equality and equity. Thank you.

A: Workplace policies like these are implemented by operating staff, per the Board's broad governance guidelines. I have shared your message and my response with Board President Jeannine Bindl, Vice President Ann Hoyt, and General Manager Anya Firszt.

We're sorry the notice regarding requiring face coverings was short, however we have been encouraging customers to wear face coverings since April when the CDC started providing guidance to do so. We do have disposable paper masks available for those without a face covering, and so we did not feel that customers had to worry about being unprepared. I know you in particular wrote us in early June to thank us for not requiring face coverings, but unfortunately as the summer has gone on, fewer and fewer people have been wearing them, which made for unsafe conditions for our employees. Asking customers to wear a face covering while shopping our stores for 10-60 minutes to protect our employees is not a violation of anyone's freedom, customers have the freedom to decide whether they will enter any business based on any of their policies. We are also willing to make accommodations for those who have a medical reason to refrain from wearing a face covering if necessary. Take care. -Kirsten Moore, Cooperative Services Director

MASK POLICY

Q: Your new mask policy is extremely disappointing!!! You are decreasing the health of all those you shop at Willy Street Coop by reducing the oxygen in their bodies! OSHA regulations are being violated by your workers already (see attached video for test results of wearing masks impact on oxygen <https://youtu.be/cXQM09Ayn5M>; drops below OSHA safety standards in seconds). Lawsuits waiting to happen! And another test http://153news.net/watch_video.php?v=S2DHYM58ON24

Sold my Costco stock and stopped shopping there when they implemented their mask policy at the detriment to the overall health of their shoppers. Will shop somewhere else until your policy is

updated as well. You should look up how much I used to spend at Willy Street! I thought you guys had a higher education on health and genetics. So sad.

A: We're sorry to hear that you are disappointed that we are requiring face coverings for everyone at the Co-op but we disagree with your interpretation of OSHA's guidance. From the exact same OSHA link under the question heading "Should workers wear a cloth face covering while at work, in accordance with the Centers for Disease Control and Prevention recommendation for all people to do so when in public?" OSHA generally recommends that employers encourage workers to wear face coverings at work. Face coverings are intended to prevent wearers who have Coronavirus Disease 2019 (COVID-19) without knowing it (i.e., those who are asymptomatic or pre-symptomatic) from spreading potentially infectious respiratory droplets to others. This is known as source control." The link also says "This guidance is not a standard or regulation, and it creates no new legal obligations." We are confident in the research we have done and our choice to adopt public health guidelines in our workplace and retail locations and our employees' union also endorses this approach. Take care. -Kirsten Moore, Cooperative Services Director

MASK REQUIREMENT

Q: I have received your message about requiring face masks in store/on premises and I want to inform you that I will refrain from shopping at Willy Street while this rule is in place. I am a member but will not be sharing that info. Fear based living is an approach I refuse to participate in. When we start to participate in the thinking of blaming others for causing an illness we have gone to far. Illness is Nature's way of reminding us that we are not in control. I shop at Willy Street because I believe in Health as the way of Medical care/disease prevention. Wearing a mask regularly contributes to CO2 poisoning and other health issues. Fear is causing significant harm to our community.

Warmly, a disappointed customer

A: Thanks for the feedback, and we're sorry to hear we won't be seeing you soon. We don't see asking customers to wear a face covering while shopping as based in fear, but rather as a means to better empower our employees and customers to be in public settings like grocery stores where social distancing to prevent the spread of a communicable disease can be challenging to maintain. We do not blame anyone for COVID-19, and our adoption of public health guidelines is absolutely a reflection of our commitment to health, doing our best to reduce potential for harm to our employees and customers. -Kirsten Moore, Cooperative Services Director



GENERAL MANAGER'S REPORT

Equity, Diversity & Inclusion; Ballot Results; & More!



by Anya Firszt, General Manager

Welcome to the bookend month of summer—August. Who knew that selling groceries during a pandemic could ever seem normal, but we seem to have settled into a routine that

is working. Staff and customers continue to do their part to support a healthy and safe place to work and shop. We are wearing masks, practicing social distancing, limiting customer counts, figuring out ways to safely reuse shopping bags. We are providing curbside pick up and subscription box orders. We are changing the production and packaging of items to fill the void left when some of our departments have had to close down or where product is unavailable. We have had to get comfortable with making changes, and I expect there will be more to change in the coming weeks and months. Stay tuned.

EQUITY, DIVERSITY AND INCLUSION—NEXT STEPS

Willy Street Co-op announced late last month that we have entered into a three-year contract with Step Up: Equity Matters as a continuation of our ongoing commitment to identifying and eliminating systemic racism in the workplace.

Step Up: Equity Matters is a local company that will work to provide us a framework for positive change. Over the next three years Step Up: Equity Matters will work with Willy Street Co-op staff and the Board to build equity capabilities by:

- Conducting an organizational equity assessment
- Developing a strategic plan to prioritize equity initiatives across the following domains: 1) leadership and governance 2) talent 3) customer, Owner, and community relationships 4) branding and marketing 5) vendors and suppliers
- Supporting the Co-op during strategic plan implementation with a focus on equitable engagement and outcomes
- Designing an experiential training program that focuses on recognizing, owning, and disrupting biases individually and organizationally

To learn more about Step Up: Equity Matters, visit their website: stepupforequity.com

Again, let me say I am person-

ally motivated to address our shortcomings in terms of racism, equity, diversity, and inclusion at the Co-op, and I want to thank those of you who have recently reached out with your concerns. Stay tuned for progress updates as we move forward with our work.

2020 BALLOT RESULTS

Last month, Owners were invited to cast a ballot to elect Board Members and decide on proposed changes to the Co-op's Bylaws. Thank you to all 2,653 Owners for voting and for exercising your rights as Owners.

We have four newly elected representatives to the Board of Directors! Congratulations to Ashwini Rao, Brian Anderson, Jeannine Bindl, and Caryn Murphy. At the August Board meeting, the Board members will determine who will serve on governance committees and as Board Officers.

I would like to recognize Trevor Bynoe, outgoing Board member for his two years of valuable service to the Board. Thank you, Trevor.

Owners voted overwhelmingly in favor of amending the Co-op's Bylaws. Last August, the Board initiated a review process of our Bylaws. The Board's Policy Committee proposed changes to the Bylaws that were reviewed by the Board before sharing with Owners for their input. Owner input was collected via email or given by Owners at one of the seven in-person sessions. The Board took those comments and concerns under consideration, and revised the proposed bylaws accordingly. Those proposed changes were passed, with 2,469 votes in favor and 62 against.

Again, thank you for exercising your Owner rights and participating in the 2020 Board election and Owner referendum.

STORE HOURS

- Willy East and Willy West 8:00am-8:00pm; Willy North 9:00am-8:00pm. Hours earlier than 10:00am are reserved for seniors and those with compromised immune systems to shop.
- Labor Day Hours: September 7 All stores open from 8:00am-6:30pm

August has traditionally marked the end of summer vacation for most students as well as those dedicated teachers and administrators working for the school system. This August is no exception. Before the new and likely very different school year begins, soak up as much fun as you can!

Until next month, stay healthy.

BOARD REPORT

Annual Meeting; Board Election Results & More!



by Stephanie Ricketts, Board Member

VIRTUAL ANNUAL MEETING

Thank you to everyone who attended the Co-op's first ever virtual Annual Meeting on July 9, 2020! I think all of us keenly missed our bustling, happy, in-person Annual Meeting & Party (even the food lines). At least mother nature seemed to be feeling the same

way—for the first time in ages; it stormed throughout the meeting.

For those of you who were not able to attend, here's a short recap! We had 100 Owners register for the Annual Meeting and 66 total attendees, meeting the quorum requirement of 50 Owners present. At the meeting attendees heard from candidates for the 2020 Willy Street Co-op Board election, got a Year-in-Review for the whole organization from Anya Firszt, our General Manager, and a recap of the FY20 financials from Finance Director, Paige Wickline. If you'd like to read the draft minutes, you can find them at: www.willystreet.coop/images/PDF/200709-AMP-Agenda-and-Meeting-Minutes.pdf.

BOARD ELECTION RESULTS

This is an election year! We had four excellent candidates running for four open seats. Why were four seats open, you ask? Three seats opened up due to the typical term limits of the Board, and one seat opened up when a Board member departed

before the end of their term. I am happy to share the results of the election and introduce you to the newly elected representatives! 2,375 votes, Ashwini Rao 2,065 votes, Brian Anderson 2,063 votes, Jeannine Bindl 1,967 votes, Caryn Murphy

While we are very lucky to have a great selection of candidates this year, I am disappointed that for the second year in a row, the election is uncontested. Democracy is made stronger by choices among representatives, including here at our Co-op. If you have feedback for the Board about barriers to running for the Board, ways to encourage more candidates in next year's election, or other feedback on the election process, please email us! You can reach the Board via our email address: board@willystreet.coop.

BYLAW VOTE RESULTS

This year's ballot also had a variety of amendments to the Co-op's Bylaws.

I am pleased to share that the Bylaw amendments have passed! The amendments garnered 2,469 votes in favor and 62 votes against.

Thank you to everyone who took the time to also to share your thoughts on why you voted against the Bylaw amendment. It is useful information for the Board to have. If anyone reading this hasn't had a chance to share their thoughts yet, please feel free to do so! You can reach us at board@willystreet.coop.

Our Co-op is stronger when people participate in its governance, including in elections. THANK YOU to everyone who participated this year!



THIS MONTH: Virtual Wellness Any Day coupon. See ad on page 9 for details.

Visit our COVID-19 webpage

for up-to-date info on market operations and how you can support our farmers and safely buy directly from farmers!

dcfm.org/fresh/covid-19



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.

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.

Out of an abundance of caution, Willy Street Co-op classes are canceled through the month of August. Watch social media and our website for an announcement when classes resume. Additional precautionary measures will be implemented when we begin to offer classes again.

ATTORNEY PAUL O'FLANAGAN

Coop member,
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PRODUCE NEWS

Eat More Fresh Herbs



by Micky
Ellenbecker,
Purchasing
Assistant

Growing up, I was extremely fortunate to have parents who cooked all of our meals from scratch, but my parents were two different kinds of cooks. My father was the primary cook and would

follow a recipe to the T, while my mother only cooked occasionally and tended toward loosely following recipes or even just making something up completely. My mother's version of cooking drove me a little crazy and there are a few creations she'll never live down, but who did I end up cooking like? That's right, my mother. It didn't happen overnight. I definitely started out following recipes as written, but with more experience I became more confident (or maybe less concerned with messing it up) and started experimenting more. When it comes to cooking with fresh herbs, the possibilities are endless when you stray away from a written recipe. Once you start including fresh herbs in your circle of basic ingredients, it brings your meals to the next level. They can revive an old standby, be the pop of flavor added as a garnish to your soup, or simply make a green salad that much more flavorful.

SOFT HERBS VS. WOODY HERBS

Let me define two different categories of herbs. You've got your "soft herbs" and "woody herbs." Soft herbs include basil, chives, dill, parsley, cilantro, and mint. These all impart a bright delicious flavor without any cooking. Woody herbs include thyme, rosemary, sage, tarragon, and oregano, and they'll impart the most flavor when the oils are released during cooking. These are not hard and fast rules, but a general guide.

SWAPPING DRIED FOR FRESH

One's first step may be to swap out dried herbs for fresh herbs in one of your favorite recipes. There are conversion charts available online, but the general rule is to use two to three times the volume of fresh herbs. I personally like to be very generous with fresh herbs. They add so much flavor that they become more like a main ingredient, like a leafy vegetable, rather than just seasoning.

ADDING HERBS

Let's say you've tried subbing in some fresh herbs in scripted recipes, but what do you do with the leftover herbs? A great vehicle is a green salad. Chopped soft herbs can easily be added to any basic salad without disappointment! Some other ideas:

- Add fresh dill, oregano, parsley, and/or mint to a Greek salad for maximum flavor.
- Add fresh cilantro, mint, and/or parsley to carrot slaw for a quick side dish.
- Garnish roasted carrots with feta, mint, and dill.
- Make a homemade ranch salad dressing with chives, parsley, and dill.
- Add just about any fresh herb to scramble eggs to impart new flavors on an old standard.
- Add parsley, mint, or cilantro to your next green smoothie.
- Pesto doesn't have to be limited to using just basil.
- Try the traditional Italian garnish gremolata, consisting of minced parsley, lemon zest, and garlic, or experiment with a new version, like mint, orange zest, and chives.
- Experiment with different herbs other than or in addition to cilantro in your guacamole.
- Muddle up basil or mint for sun tea, cocktails and mocktails.
- Add basil, parsley, and chives to pasta salad.
- Try to move beyond sage as a flavor only for Thanksgiving and make Butternut, Sage, and Goat Cheese Quesadillas or Roasted Chicken with Sage and Orange.

HERBS + FAT = DELISH

I reached out to our fresh herb aficionado, David Bachhuber of Lovefood, to find out what wisdom he had to impart on the uses of herbs. Three words: Herbs + Fat = Delish. It's that simple! David suggests infusing oil with herbs for salad dressing or for cooking, or making herb butters. His 10-year old daughter, Soleia, has even mastered her technique of grinding up herbs with a mortar and pestle, mixing them in with some oil, and letting them sit for a bit. Then they drizzle the oil over her favorite American fries-style potatoes before roasting them in the oven. So simple, yet so tasty, and your kids can even help!

Just have fun with it and don't be afraid to experiment! For example, I just made quesadillas and was out of cilantro, but I had mint and chives and threw those in instead. It was unconventional, but it still tasted good because it brought such fresh flavors to the meal.

Wellness



Wednesday

**THIS MONTH: Virtual
Wellness Any Day
coupon. See ad on page 9
for details.**

COFFEE NEWS

Wonderstate Coffee



by
**Melissa
Reiss,
Purchasing
Assistant**

This month, you'll notice what looks like a new local coffee in the Co-op enrobed in bright blue, mustard yellow, and white bags. Meet Wonderstate Coffee. For fifteen years, they were known as Kickapoo Coffee, named after the river that runs through Viroqua where they are based.

Recently they recognized their use of the name as an appropriation of the Kickapoo Nation and have conducted a full re-brand.

I spoke with Justin Sprecher, the Co-op's main liaison at Wonderstate, for more on their name change and other initiatives.

Melissa: Thanks for taking some time to speak with me today, Justin! What is your role at Wonderstate Coffee?

Justin: "Hi Melissa, I'm the Interim Brand and Marketing Manager for Wonderstate Coffee."

Why did Wonderstate Coffee change their name and what is the story behind the name Wonderstate? What does your new logo depict?

"Wonderstate was originally founded as Kickapoo Coffee in 2005. We chose the name with the intention of honoring where our business has its roots: the Kickapoo River Valley. But as the brand spread outside of Wisconsin we became more and more aware that Kickapoo is not just the name of a river. The Kickapoo are a People.

"The Kickapoo Nation is composed of the Kickapoo Traditional Tribe of Texas, the Kickapoo Tribe of Oklahoma, the Kickapoo Tribe in Kansas, and the Mexican-Kickapoos. By using "Kickapoo," we claimed a name that was never ours to take. The decision to use their name, and to continue to roast under it, was an act of appropriation. In an effort to right that wrong, we decided to change our

name.

"As a company committed to social justice and the pursuit of a more fair and equitable world, our name change reflects a desire to hold ourselves accountable. It is not the result of a change in ownership or management. We are still the same people, roasting the same coffee, committed to the same values.

"Wonderstate means a lot of different things to us at the roastery. To me personally, it speaks to always being in a constant state of wonder



and allowing small simple things to constantly amaze me. I love being outdoors—hiking, biking, canoeing, you name it. Being outdoors lets me slow down, switch off and take in the little wonders around me. Light glinting off a lake, the sound of the wind blowing through a field of grass, the smell of damp forest floor. Coffee is similar. The process of slowing down to make and savor a good cup of coffee allows time for reflection.

"The bug in our logo is a cicada. Historically, cicadas represent personal change, renewal and transformation. We feel it represents the change we've undergone as a brand and the excitement of our future going forward."

What is your Raise The Bar initiative? How is it different from Fair Trade Certified?

"Fair farmer compensation has been an ideal in the world of coffee for more than two decades. It's been an ideal for us since we opened our doors. The fair trade movement and direct trade model have both made meaningful progress in addressing poverty at origin and inequality in the supply chain, but we felt we can go a step further.

"Coffee farmers make less today

than they did 40 years ago, even as the specialty coffee market has bloomed. Initiatives like Fair Trade haven't kept pace with inflation and the costs of production and the direct trade movement tends to leave many farmers behind. The more closely we looked at the dynamics affecting farmer pay, the more certain we were that something had to change.

"In response, we created our 'Raise the Bar' minimum price guarantee for our farmers. When we started the program in 2017 we established a minimum payment that was 70% higher than the conventional Fair Trade guarantee, and we have committed to paying more every year: our guarantee is now more than 80% above the conventional Fair Trade price. While this is one of the highest published minimum prices in the States, we don't want it to be. Our hope is that others will join us in taking the next steps to create a more equitable and sustainable coffee supply chain."

What is your 5% giving program?

"Every year we donate 5% of our profits to initiatives that strengthen rural, agricultural communities. Our roastery is located in a small community of Viroqua, Wisconsin, and our coffee farmers are located in some of the most remote places on the planet, small villages in the highlands of Central and South America and in Africa. We're all a connected community."

Speaking of community, what was your first experience with the Willy Street Co-op? Are there other staff members at Wonderstate that have ties to the Co-op's community here in Madison?

"My first experience with the Willy Street Co-op was in the mid 2000s

when I was a student at UW-Madison. I remember riding my bike over the Eastside location and feeling like it was the end of the earth—a feeling most undergrads seem to have anywhere east of the Capitol! I immediately fell in love with the Co-op and the Eastside. So much so that a few years later, after I graduated, I moved directly across the street from the Co-op. I've moved a little farther east over the years but am still thrilled to be living close to the Co-op in the Atwood neighborhood.

"Many of the Wonderstate staff have a deep connection to the Co-op as well. One of our owners, Caleb, and our events and outreach manager, Havvah, are both former Madison residents. Our production manager, Jackie, worked at Willy East for almost 10 years before moving to Viroqua."

Thank you, Justin, for your time! For more information, head over to Wonderstatecoffee.com

willy street co-op
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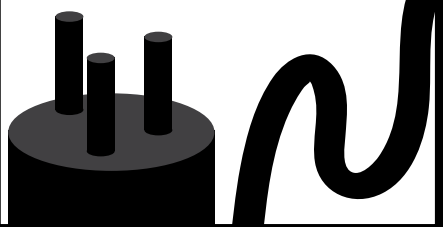
Visit our COVID-19 webpage

for up-to-date info on market operations and how you can support our farmers and safely buy directly from farmers!

dcfm.org/fresh/covid-19



Unless our parking lot is full, please leave the electric car stalls for electric cars.



Our Meat Department staff will gladly



cut meat to order.

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Photo courtesy of REAP Food Group

THANK YOU WILLY STREET SHOPPERS

When you say YES to CHIP at the register, your donations add up!

Community Shares of Wisconsin thanks every Willy Street Co-op owner and shopper who contributed to Community CHIP®.

You raised \$313,692.31 for Community Shares of Wisconsin and our member groups during Willy Street's 2019-2020 fiscal year.



communityshares.com

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

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

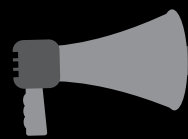
New Owner must give your name and email address and/or phone number when signing up.

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

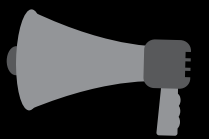
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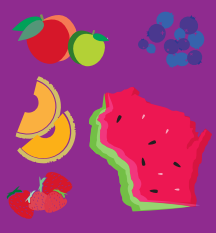
willy street co-op

SPECIAL STORE HOURS

Labor Day, September 7: All stores open from
8:00am-6:30pm



SEPTEMBER IS Eat Local Month



We define "local" as within 150 miles of the State Capitol building or anywhere in Wisconsin.

OUR THREE LEVELS OF LOCAL



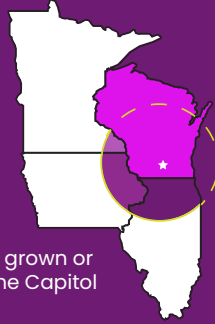
100% LOCAL: Grown or raised in the state of Wisconsin, or within 150 miles of the Capitol building in Madison. Completely & truly local.



ESSENTIALLY LOCAL: At least 50% of the ingredients are grown or raised in the state of Wisconsin, or within 150 miles of the Capitol building in Madison.



ESSENTIALLY LOCAL: There may be ingredients grown elsewhere, but this food was processed or assembled by a local company.



Willy Street Co-op Owners:

We'll have Owner-only sales and chances to win prizes all month long.

Check www.willystreet.coop in mid-August for more information.

Instead of Wellness Wednesday,
we are offering a Wellness Any
Day Virtual Coupon!

willy street co-op Owners

GET 10% OFF

Wellness or Bodycare products

on any one transaction they choose
during the month of August.

No paper coupon needed!

Discount can only be used one time 8/1/20-8/31/20 per Individual or Household Owner account. Coupon will not work again on an Owner account after being used; please plan your purchases accordingly. Not valid for online orders. No cash value.



Just tell the cashier at check
out that you would like to
use this virtual coupon.

Be a part of our new ad campaign!

Interested in participating?

Visit willystreet.coop/love-the-co-op.

We will work with you to set up a time for a brief interview and photo shoot.

All Owners who have photos taken will receive a \$50 gift card.

Photos will be taken at the store of the Owners' choosing between June and September. The photo and quotes will be used for advertising purposes, and the person will be identified as a Willy Street Co-op Owner with their first name and last initial. We expect the photo shoot and interview to take about 30 minutes. The interview will be audio recorded. Not all photos and quotes may be used.

willy street co-op



THIS MONTH: Virtual
Wellness Any Day
coupon. See ad on page 9
for details.

SPECIAL STORE HOURS

**Labor Day, September 7: All stores open from
8:00am-6:30pm**



BEAR POND FARM PREMIUM BASIL PESTO

There's a new fresh basil pesto in the store, just in time to complement the bounty of local tomatoes! Bear Pond Farm grows USDA-certified organic herbs on their family farm in Connecticut. Using all non-GMO ingredients, this pesto is gluten- and nut-free (although it's processed in a facility that processes pine nuts and pecans). Very versatile! Great with pasta, veggies, on sandwiches, or in soups! Available East, West, and North.



VEGA PROTEIN MADE SIMPLE: VANILLA, DARK CHOCOLATE, CARAMEL TOFFEE, OR STRAWBERRY BANANA

Made with only four to eight plant-based ingredients, this is an easy way to add 15 grams of protein to your smoothie regimen. Sweetened with organic cane sugar but still only one gram of sugar per serving. No stevia. Available at East, West, and North.



FLYING EMBERS ORGANIC HARD KOMBUCHA

Flying Embers creates their certified organic bevies "rooted in ancient traditions, brewed with botanical adaptogens, and enlivened with innovative fermentation techniques." Their name comes from their close call with a California wildfire that threatened to destroy their home and fermentation lab. Fortunately, the fire changed direction, leaving the lab intact, a deep gratefulness, and reverence for nature in the Flying Embers crew. Their drinks are brewed with a blend of adaptogen roots, and vary from 4.5%-7.2% ABV, therefore you need to be over 21 to purchase. Contains live probiotics and zero grams sugar. Available Available at East, West, and North; flavors vary by store.



AVAILABLE AT EAST

- Gaia Black Elderberry Gummies: Everyday, Extra Strength, or GaiaKids (40 ct.)
- Pacha Hand Soaps: French Lavender, Clarifying Charcoal, Vanilla Almond, Spearmint Lemongrass, or Sand & Sea (selection varies at each store)
- SunSoil Organic Peppermint CBD Spray (5 mg per serving)
- Gaia Hemp & Herbs Sleep (30 ct.)
- Jeni's Splendid Ice Cream Milkiest Chocolate Ice Cream
- Jeni's Splendid Ice Cream Pistachio Honey Ice Cream
- Mammoth Creameries Chocolate Keto Frozen Yogurt
- Mammoth Creameries Peanut Butter Keto Frozen Yogurt
- Mammoth Creameries Vanilla Bean Keto Frozen Yogurt

- Big B's Organic Pomegranate Lemonade
- Big B's Organic Lemonade
- Talenti Lemon Berry Pie Gelato Layers
- Blendtopia Organic Energy Superfood Frozen Smoothie Kit
- Blendtopia Organic Detox Superfood Frozen Smoothie Kit
- Blendtopia Organic Glow Superfood Frozen Smoothie Kit
- RISE Brewing Co. Organic Original Oat Milk
- Udi's Soft & Delicious Gluten-Free White Sandwich Bread
- Udi's Soft & Hearty Gluten-Free Whole Grain Bread

AVAILABLE AT WEST

- Terry Naturally Heartburn Rescue
- Gaia Black Elderberry Gummies: Everyday, Extra Strength, or GaiaKids (40 ct.)
- Pacha Hand Soaps: French Lavender, Clarifying Charcoal, Vanilla Almond, Spearmint Lemongrass, or Sand & Sea (selection varies at each store)
- Vital Proteins Vitality Immune Booster: Orange or Lemon Grape
- SunSoil Organic Peppermint CBD Spray (5 mg per serving)
- Carlson Buffalo Liver (60 cap)
- Gaia Hemp & Herbs Sleep (30 ct.)
- Big B's Organic Pomegranate Lemonade
- Birch Benders Banana Paleo Pancake Mix
- Maya Kaimal Organic Chickpea, Coconut and Kale Everyday Chana
- Maya Kaimal Organic Black Chickpeas, Tamarind, Sweet Potato Indian Entrée
- Maya Kaimal Organic Chickpeas, Tomato & Onion Indian Entrée
- Maya Kaimal Organic Coconut Green Chile Indian Entrée
- The Meatless Farm Meat Free Breakfast Sausage
- Hope Roasted Garlic Nut Dip
- Late July BBQ Potato Chips
- Late July Sea Salt & Vinegar Potato Chips
- Late July Sea Salt Potato Chips
- Annie's Cookie Brownie Bar Baking Mix
- Sweet Earth Enlightened Foods Italian Style Sliced Pepperoni
- Kevita French Oak Apple Master Brew Kombucha

AVAILABLE AT NORTH

- Gaia Black Elderberry Gummies: Everyday, Extra Strength, or GaiaKids (40 ct.)
- Pacha Hand Soaps: French Lavender, Clarifying Charcoal, Vanilla Almond, Spearmint Lemongrass, or Sand & Sea (select varies at each store)
- SunSoil Organic Peppermint CBD Spray (5 mg per serving)
- Pacha Bath Brew: Sleepy Lavender & Hops or Uplifting Flower Power
- Gaia Hemp & Herbs Sleep (30 ct.)
- Kodiak Cakes Buttermilk & Honey Flapjack and Waffle Mix
- Kodiak Cakes Whole Wheat Oat & Honey Flapjack and Waffle Mix
- Sweet Earth Enlightened Foods Awesome Cheeseburger Burrito
- General Mills Raisin Nut Bran Cereal
- Jeni's Splendid Ice Cream Milkiest Chocolate Ice Cream
- Jeni's Splendid Ice Cream Pistachio Honey Ice Cream
- Maya Kaimal Organic Chickpea, Coconut and Kale Everyday Chana
- Maya Kaimal Organic Black Chickpeas, Tamarind, Sweet Potato Indian Entrée
- Maya Kaimal Organic Chickpeas, Tomato & Onion Indian Entrée
- Maya Kaimal Organic Coconut Green Chile Indian Entrée
- The Meatless Farm Meat Free Breakfast Sausage
- Hope Roasted Garlic Nut Dip
- Late July BBQ Potato Chips
- Late July Sea Salt & Vinegar Potato Chips
- Late July Sea Salt Potato Chips
- Annie's Cookie Brownie Bar Baking Mix
- Dashelito's Pineapple Lava Hot Sauce
- Near East Couscous Herbed Chicken

Health & Wellness

co-op deals: August 5-18



Dr. Bronner's
Pure Castile Soap
All Kinds on Sale!
16 fl oz • Save \$2
\$6.99/tx



Nordic Naturals
Nordic Berries
120 pc • Save \$6
\$19.99/tx

Nutrition Now
PB8 Probiotic
60 cap • Save \$5
\$9.99/tx



Mineral Fusion
All Cosmetics at least 15% off



Teraswhey
rBGH-Free Whey Powder
Plain, Bourbon Vanilla, Dark Chocolate
12 oz • Save \$4.50
\$15.99/tx



Andalou Naturals
Ultra Sheer Daily Defense Facial Lotion SPF 18
2.7 oz • Save \$4
\$9.99/tx



evanhealy
Rose Geranium or Lavender Hydrosol
4 fl oz • Save \$5
\$24.99/tx



Organic Valley
Fuel Ready-to-Drink Protein Shake
Vanilla, Chocolate, Coffee
11 fl oz • Save 50¢
\$2.49



Spry
Kids Tooth Gel
2 oz • Save \$1
\$4.79/tx



Vital Proteins
Collagen Peptides
10 oz • Save \$3
\$21.99/tx



co-op deals: August 19-September 1



Natural Factors
Vitamin D3 5000 IU
120 sg • Save \$5
\$9.99/tx




Desert Essence
Prebiotic Toothpaste
6.25 oz • Save \$1.80
\$3.99/tx




Gaia Herbs
Agile Mind Support
60 ct • Save \$14
\$27.99/tx




PlusCBD
Gold Drops 3 mg
Unflavored, Peppermint
1 oz • Save \$3
\$24.99/tx



Herban Cowboy
Natural Deodorants
All Kinds on Sale!
2.8 oz • Save \$1.30
\$5.99/tx



Rainbow Light
Vibrance One Multivitamins
Womens, Mens, Prenatal
30 tab • Save \$3
\$9.99/tx



Pranarom
Diffusion Blends
All Kinds on Sale!
.17 fl oz • Save \$1
\$8.99/tx



Host Defense
Lion's Mane
60 cap • Save \$3
\$23.99/tx



Natural Vitality
Calm
All Kinds on Sale!
8 oz • Save \$7
\$16.99/tx




Preserve
Toothbrushes
Ultra Soft, Soft, Medium
1 pc • Save 50¢
\$2.49/tx



coop™ deals

co-op deals: August 5-18



Justin's Nut Butter Squeeze Pack

Great For Hiking!
All Kinds on Sale!
1.15 oz • Save 49¢

\$1.00 



Terra Chips Vegetable Chips

All Kinds on Sale!
5-6 oz • Save \$1.98-\$2.58/2

2 for \$5 



GT's Kombucha Organic Kombucha

All Kinds on Sale!
16 fl oz • Save 98¢/2

2 for \$5/tx 



Turtle Island Foods Tofurky Deli Slices

All Kinds on Sale!
5.5 oz • Save \$1.98/2

2 for \$5 



Garden Of Eatin' Tortilla Chips

All Kinds on Sale!
7.5-8.1oz • Save \$2.58/2

2 for \$5 



Nancy's Oatmilk Yogurt

All Kinds on Sale!
6 oz • Save 54¢

\$1.25 



Hi Ball Sparkling Energy Water

16 fl oz • Save \$1.58/2

2 for \$4/tx 



Luna & Larry's Coconut Bliss Coconut Frozen Dessert

Dark Chocolate, Vanilla Island,
Chocolate Peanut Butter
16 oz • Save \$1.80

\$4.99 

Annie's Organic Mustard

All Kinds on Sale!
9 oz • Save \$1.30

\$2.99 

Upton's Naturals Seitan

All Kinds on Sale!
8 oz • Save \$1

\$3.29 

Simple Mills Gluten-Free Soft Cookies

Chocolate Chip, Peanut Butter,
Snickerdoodle, Dark Chocolate
6.2-6.8 oz • Save \$1

\$3.99 

Siete Tortillas

All Kinds on Sale!
7 oz • Save \$3

\$5.99 

Woodstock Organic Pickles

All Kinds on Sale!
24oz • Save \$1.50

\$4.49 

Inka Crops Plantain Chips

All Kinds on Sale!
3.25-4oz • Save \$1.58/2

2 for \$3 

Bobo's Oat Bars Stuffed Oat Bars

All Kinds on Sale!
2.5 oz • Save \$1.58/2

2 for \$4 

Amy's Burritos

Cheddar Cheese, Southwestern
6 oz • Save 70¢

\$2.29 

C2O Coconut Water

All Kinds on Sale!
17.5 fl oz • Save \$1.58/2

2 for \$3 



Caulipower Vegetarian Pizzas

All Kinds on Sale!
10.9 oz • Save \$1

\$6.99 



Oatly Oat Milk

All Kinds on Sale!
64 fl oz • Save 50¢

\$3.49 



Nutiva Organic Extra Virgin Coconut Oil

14 fl oz • Save \$3

\$6.99 



Nature's Path Organic Eco Pac Cereals

All Kinds on Sale!
23.8-32 oz • Save \$1.80-\$2.80

\$6.49 



Go Macro Bars

All Kinds on Sale!
1.8-2.5 oz • Save \$1.58/2

2 for \$4 



From The Ground Up Crackers

All Kinds on Sale!
4 oz • Save \$2.58/2

2 for \$5 



Honest Tea Iced Tea

All Kinds on Sale!
16 fl oz • Save \$2.16/4

4 for \$5 



The specials on this page are valid August 5-18

All Specials Subject to Availability. Sales Quantities Limited.

AUGUST

co-op deals: August 19-September 1



Crofter's Just Fruit Spread

No Added Sugar!
All Kinds on Sale!
10 oz • Save \$1.50

\$2.99 



Perfect Foods Bar Protein Bars

All Kinds On Sale!
2.2-2.5 oz • Save \$1.98/2

2 for \$4 



Quorn Meatless Nuggets

10.6 oz • Save \$1.29

\$3.50 



Talenti Gelato

All Conventional Kinds On Sale!
16 oz • Save \$2.29

\$3.50 



Kevita Kombucha, Probiotic Drink, Tonic

All Kinds on Sale!
15.2 fl oz • Save 98¢/2

2 for \$5 



Siggi's Triple Cream Icelandic Yogurt

All Kinds on Sale!
4 oz • Save 79¢

\$1.00 



Kettle Brand Potato Chips

All Conventional Kinds on Sale!
5 oz • Save \$1.98/2

2 for \$4 



Santa Cruz Organic Lemonade

All Kinds on Sale!
32 fl oz • Save \$2.98/2

2 for \$3 

Alter Eco Organic Dark Chocolate Bars

All Kinds On Sale!
2.8 oz • Save \$2.58/2

2 for \$5 

Deep Indian Kitchen Samosas with Chutney

11 oz • Save \$1.98/2

2 for \$5 

Cascadian Farm Organic Granola Bars

All Kinds on Sale!
6.2-7.4 oz • Save \$1.99

\$3.00 

Rising Moon Organics Frozen Ravioli

All Kinds On Sale!
8 oz • Save \$2.29

\$3.00 

Drew's Organic Salad Dressings

All Kinds on Sale!
12 oz • Save \$1.30

\$2.99 

Que Pasa Tortilla Chips

All Kinds on Sale!
11 oz • Save \$1

\$2.99 

Natural Sea Chunk Light Tuna

5 oz • Save \$2.58/2

2 for \$5 

Mavuno Harvest Organic Dried Fruit

All Kinds on Sale!
2 oz • Save \$1.98/2

2 for \$5 

Blue Diamond Nut Thins

All Kinds On Sale!
4.25 oz • Save \$2.58/2

2 for \$5 



Annie's Boxed Macaroni and Cheese

Classic, Shells and White Cheddar, Four Cheese,
Shells and Real Aged Cheddar
6 oz • Save 99¢-\$1.79

\$1.00 



Beyond Meat The Beyond Burger

8 oz • Save \$1

\$4.99 



Near East Boxed Cous Cous

Plain, Roasted Garlic, Parmesan,
Toasted Pine Nut
5.6-10 oz • Save 84¢

\$1.65 



Spectrum Organic Extra Virgin Olive Oil

25.4 oz • Save \$4

\$9.99 



Canyon Bakehouse Gluten-Free Bread

All Kinds on Sale!
18 oz • Save \$1.30

\$4.49 



Organic Valley Organic Ultra Pasteurized Grass-Fed Milk

64 fl oz • Save 80¢

\$4.99 



Evolution Fresh Organic Orange Juice

59 oz • Save \$1.50

\$6.99 



The specials on this page are valid August 19-September 1

All Specials Subject to Availability. Sales Quantities Limited.

Hit the Trails

These portable, protein-packed snacks will give you the energy you need for your outdoor adventures.

Reprinted by permission from welcometothetable.coop.



No-Bake Apricot Cashew Energy Bars

Servings: Makes 14 bars. Prep time: 1 hour, 15 minutes; 15 minutes active.

- 1 1/2 c. chopped dried apricots
- 1/2 c. cashews
- 1/2 c. almonds
- 1/2 c. cashew butter
- 1/2 c. peanut butter
- 1 c. flaked coconut
- 1/3 c. shelled hemp seeds
- 1/3 c. chia seeds
- 3 Tbs. cacao powder
- 1 Tbs. maca powder

Directions: Place the apricots, cashews, almonds, and cashew butter in a food processor and mix until the apricots are finely chopped and the ingredients have come together. The mixture will still be coarse.

Transfer to a mixing bowl and add the remaining ingredients. Stir until the mixture takes on the consistency of a very thick dough. Line a loaf pan with parchment paper and press mixture firmly into the bottom of the pan. Chill in the refrigerator for at least one hour, then check to make sure it has set. When set, turn the mixture out onto a cutting board and slice into 14 pieces. Keeps refrigerated up to five days.

Chewy Cocoa Granola Bars

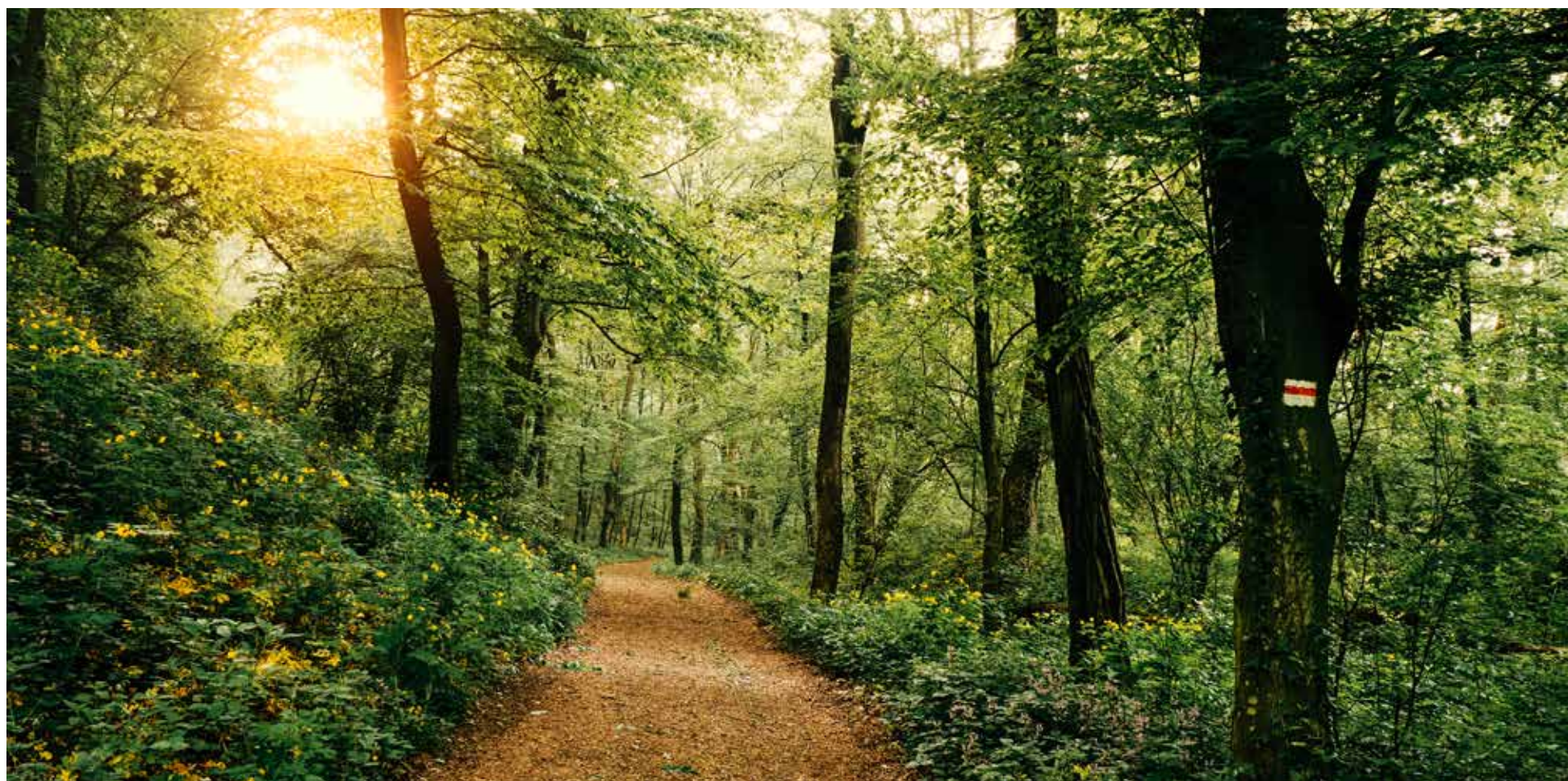
Servings: Makes 12. Prep time: 20 minutes active; 50 minutes total.

- 2 c. rolled oats, thick
- 1/2 c. raisins, dried cherries or other dried fruit
- 1/2 c. coarsely chopped almonds, walnuts or peanuts
- 1/4 c. cocoa
- 1/4 tsp. salt
- 3/4 c. applesauce
- 1/2 c. honey or agave syrup
- 1 tsp. vanilla

Directions: Preheat the oven to 350°F. Cut a piece of parchment paper 8 inches wide, and place it in an 8" x 8" baking pan, with the edges hanging over to make handles for easy removal of the finished bars. On a sheet pan, spread the oats and toast them in the oven for about 10 minutes, until fragrant and lightly golden in spots. Let cool on a rack. Place the cooled oats in a large bowl and add the dried fruit, nuts, cocoa, and salt and stir to mix well.

In a medium bowl, combine the applesauce, honey, and vanilla. Stir until smooth, then pour over the oat mixture. Stir until well mixed, then spread in the prepared pan. Using a spatula, press the mixture firmly and evenly in the pan.

Bake for 30 minutes, until the bars feel firm when pressed. Cool on a rack for 10 minutes, then use the parchment to lift the bars out and let cool completely. Cut 3-by-4 to make 12 bars. Store, tightly wrapped, for up to 4 days at room temperature or a week in the refrigerator.





Chocolate Matcha Energy Balls

Servings: Makes 16. Prep time: 15 minutes.

- 1/2 c. raw cashews
- 1/4 c. raw walnuts
- 1 c. pitted dates
- 1 Tbs. maple syrup or honey
- 2 Tbs. unsweetened cocoa
- 1 Tbs. plus 1 tsp. matcha, divided
- pinch of salt

Directions: Place cashews and walnuts in the food processor and grind the nuts to a fine mince, then scrape them to the center of the container. Add the dates, maple syrup or honey, cocoa, 1 Tbs. matcha and salt. Process until the dates form a thick paste and the mixture holds together if you squeeze a bit of it.

Scoop out a Tbs. of the mixture, form into a ball and place into a medium bowl; repeat until all of the mixture has been used. Use a wire mesh strainer to sift the remaining matcha over the balls. Roll the balls around to coat. Store, tightly wrapped, in the refrigerator for up to a month.



Nut Butter and Flax Powerballs

Servings: 15. Prep time: 20 minutes.

- 1 1/2 cups almond butter
- 1 banana, peeled and mashed
- 2 Tbs. ground flaxseed
- 2 Tbs. whey protein powder
- 2 Tbs. cocoa powder
- 1 Tbs. honey
- 1/3 c. almonds, finely chopped

Directions: In a mixing bowl, stir together the almond butter, banana, flax, protein powder, cocoa powder and honey. Blend until smooth. Line a plate or pan with parchment paper. Roll the mixture into 1- to 2-inch balls and place on parchment paper. Next, roll each ball in the chopped almonds and return to parchment paper. Place in the refrigerator or freezer until firm.

willy street co-op

Local Produce

AVAILABILITY

| ITEM NAME | AUG | SEPT |
|-----------------------|-----|------|
| Apples | | x |
| Arugula | x | x |
| Baby Bok Choi | x | x |
| Beans, Green | x | x |
| Beets, Bunched | x | x |
| Blueberries | x | |
| Bok Choi | x | x |
| Broccoli | x | x |
| Brussels Sprouts | | x |
| Burdock Root | x | x |
| Cabbage | x | x |
| Carrots, Bulk | x | x |
| Cauliflower | x | x |
| Celeriac, Bulk | | x |
| Chard, Swiss | x | x |
| Collard Greens | x | x |
| Corn, Sweet | x | x |
| Cucumbers | x | x |
| Dandelion Greens | x | x |
| Eggplant, Globe | x | x |
| Fennel | x | x |
| Garlic | x | x |
| Herbs | x | x |
| Jerusalem Artichokes | | x |
| Kale | x | x |
| Leeks | x | x |
| Lettuce | x | x |
| Muskmelon | x | x |
| Mustard Greens | x | x |
| Onions, Sweet | x | x |
| Parsnips | | x |
| Peppers | x | x |
| Peppers, Poblano | x | x |
| Peppers, Spicy | x | x |
| Potatoes, Fingerlings | x | x |
| Potatoes, Purple | x | x |
| Radish, Beauty Heart | | x |
| Radish, Daikon | | x |
| Radish, Red | x | x |
| Rhubarb | | |
| Rutabaga | | x |
| Salad Mix | x | x |
| Scallions | x | x |
| Shallots | | x |
| Spinach | x | x |
| Squash, Summer | x | x |
| Tah-tsai | | |
| Tomatillos | | x |
| Tomatoes, Heirloom | x | x |
| Turnips | | x |
| Watermelon | x | x |
| Squash, Zucchini | x | |

Chart reflects planned availability; unseasonable weather & supply changes could affect availability.

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SPECIAL STORE HOURS

Labor Day, September 7: All stores open from 8:00am-6:30pm

COVID-19 Updates: Preparing for the Long Haul



by **Kirsten Moore,**
Cooperative Services Director

At the time of writing, epidemiologists at Dane County saw a rise in COVID-19 incidents every week for five weeks throughout the southern region that also includes the counties of Adams, Columbia, Dodge, Grant, Green, Iowa, Jefferson,

Juneau, Lafayette, Richland, Rock, and Sauk. Over the past two weeks, more than 5% of all COVID-19 tests have come back positive in Dane County, and statistics point to community spread, making contact tracing difficult. As things continue to play out, we expect the temporary precautions we initially implemented to become more long-term as we look into the future. That means we must continue to evaluate our practices for practicality, efficiency, and safety.

CURRENT HOURS

Store hours have held steady at 8:00am-8:00pm daily for East and West and 9:00am-8:00pm daily for North. We continue to ask customers to reserve the hours prior to 10:00am daily for those who are seniors or who have compromised immune systems. We have had customers ask whether hours will return to normal, and we currently do not have a timetable for that. Opening later and closing earlier has allowed for our employees to do more of the cleaning and stocking that needs to be done on the retail floor without customers being present. This is safer for both customers and employees to distance and allows for employees to do a more thorough cleaning job when there are less people present. If we opened earlier and closed later, we would likely need to add hours to the beginning

and end of our employees' shifts. This would cost the Co-op more in labor and we are not currently in a financial position to add more labor to the workday. So the hours remain what they are, for now.

FACE COVERINGS

The Co-op is pro-face coverings, and we believe that wearing one will keep you and our employees safe when you shop. Employees have been required to wear face coverings since April (medical exemptions have been requested by less than one percent of our staff). Since that time, we have encouraged our customers to wear face coverings as well. However, once Dane County began its Forward Dane phasing to reopen businesses, we started to notice that fewer and fewer people were bringing face coverings to shop at the Co-op. Consensus among employees and management alike, as well as many customers, was that simple encouragement was no longer the safest way to protect those within the Co-op's walls, and so we made face coverings mandatory the last weekend of June, a couple weeks ahead of the County's Emergency Order #8, which made face coverings required across the area. We implemented and have been refining our procedures around face coverings based on guidance from the CDC, OSHA, and Public Health Madison & Dane County.

All employees, customers, and business partners must wear face coverings over their mouth and nose when in line to enter the Co-op, inside the Co-op, and when interacting with Co-op employees on Co-op premises indoors or outdoors. Accommodations can be made for those who meet certain criteria per County ordinance for not wearing a face covering. We do offer disposable masks to those who arrive without a mask, and we also have adult- and child-sized face coverings available for sale. Thank you for your cooperation and for keeping

our employees and the community safe.

PLEASE PAY WITH DEBIT OR CREDIT IF YOU CAN!

Like many other businesses, we've been asking customers to pay with credit or debit since COVID-19 began, since using a credit or debit card requires less points of touch for our shoppers and reduces the amount of cash and coins our employees in the Front End and Finance have to handle. Individuals, too, have been more reluctant to use cash and coin, as money that has been in circulation is simply not very clean. This reluctance to circulate cash, as well as some social distancing and safety measures implemented at the US Mint, has caused a slow in coin production as well as an overall shortage in small bill and coin circulation. That means that when you pay for your groceries with cash, if you do not pay with exact change, it is harder for your Co-op to guarantee that we will have change to give you.

Due to the current situation, we continue to ask those who are able to please use credit or debit when you shop. When you pay with a credit or debit card, you help us keep the cash and coins we have on hand available for change to give to those who have to pay with cash. We are also no longer selling rolls of coins to customers, nor exchanging cash or coins for other denominations of cash or coin. We will only give change back from a purchase. If you are looking for rolls of quarters or other change, or to exchange cash or coin, we recommend contacting local credit unions or banks to see if they can provide the support you need.

REUSABLE BAGS

We are in the middle of some long discussions at the Co-op about reusable bags, now that the CDC's studies are showing that people are less likely to catch COVID-19 by touching surfaces or objects than through aerosolized droplets produced when people talk, cough, and sneeze. We want to bring back reusable bags, and hopefully at a later time, other reusable systems, in a safe and hygienic way.

When we first banned reusable

bags to prevent the spread of COVID-19, it was about the potential for spreading disease from surfaces, and we did not know how long we would be in this situation. We had initially planned to bring back reusable bags as soon as we didn't have to maintain social distancing and could open all the lanes again. Now reality is settling in, and we see that we may be practicing social distancing at the registers for a fairly long time.

Our Front End departments currently would prefer a system where when shoppers bring reusable bags in, they must bag them themselves. They would prefer this because unfortunately not everyone brings in reusable bags that are as clean as they should be for expecting others to handle them, and we respect that valid concern. When register lane traffic is light, having customers bag their own groceries is no problem whatsoever, but when lines are long, we want to move people through the lanes as quickly as possible so that they don't need to be indoors any longer than necessary. It's challenging for us to keep the lines moving when we can't help shoppers bag groceries safely and currently the safest way for our Front End to do that is by offering paper bags. We also cannot reduce the lines by opening more lanes, because keeping every other lane closed is the only way we can adequately maintain social distancing for our cashiers.

Currently, customers are allowed to bring their bags into the store with them, they do not need to be left in a vehicle or outside. However, if a customer wishes to use those bags to pack their groceries, they can ask the cashier to reload groceries to the shopping cart instead of packing them. Then, the customer can pack their own bags outside after checkout. When you do opt to pack your own groceries after checkout, you can let the cashier know how many bags you have, and we will make a contribution to the Double Dollars Fund for your efforts.

We recognize this is not ideal at all, and are talking about different solutions to implement soon, solutions that take into account good hygiene, keeping the lines at checkout

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flowing, and our ability to reduce paper bag use.

CART CLEANING AND BASKETS

Throughout the spring and early summer, it was very challenging for us to get cleaning wipes, and so we were not able to offer them to customers to wipe down carts before or after use. To mitigate this, our employees were cleaning each cart after each use with a slightly messy spray solution. At East and West, we had to do this work outside, and at North, this work had to be done in the foyer. This was a challenging process, that took a lot of labor, a lot of space all day long, and also was subject to conflicts with weather at two of our stores.

Pre-saturated cleaning wipes are still hard to come by these days. However, at West and North we have successfully implemented self-cleaning stations, where customers can take cleaning wipes that we saturate with our own cleaning solution, and wipe their carts down. We will eventually be offering this service at East as well. The new system is proving to be much more efficient and cost-effective. Carts will still be cleaned by employees on a daily routine, but it will be a lot easier, faster, take up less space, and be less dependent on weather for shoppers to be able to give their carts a quick wipe when they enter the store.

Also, at the time of writing, West began piloting a program to offer shopping baskets again, with a new cleaning regimen in place. We look forward to learning from

their efforts for the other stores and continuing to make improvements to both our basket and cart services.

WELLNESS ANY DAY VIRTUAL COUPONS

We still do not want to encourage Owners to all visit the store on one particular day during the pandemic, as this could cause long waits and make the stores crowded throughout the day. Therefore, we continue to offer the Wellness Any Day virtual coupons in lieu of a Wellness Wednesday. Make sure to take advantage of this great monthly benefit! Simply plan for purchasing the health and beauty care products you need ahead of your trip, then when you get to checkout and provide your Owner number, ask the cashier to apply your Wellness Any Day coupon to receive your one-time 10% off discount for the month.

SELF-SERVICE/BULK UPDATE

At this point in time, the Forward Dane plan and the County's Emergency Order #8 still includes a prohibition on "customer dispensing of bulk food items and condiments," and requires us to "except for produce areas, cease any customer self-service operations of all unpackaged food, such as salad bars, and buffets." Our understanding has been that once the County moved Forward Dane into Phase Three, we could resume at least self-dispensing of bulk groceries. However, since we may be in Phase Two for quite awhile, the Co-op is starting to consider some longer

range plans for these products that are important to our Co-op Owners and customers. We do not have more updates regarding this at this time.

VEGGIE AND FRUIT BOXES AVAILABLE THROUGH SEPTEMBER

Order-ahead fruit and local veggie boxes are available for touchless pickup and we are still accepting subscriptions for the month of September! Visit www.willystreet.coop/boxes for details. Weekly pickup days and times scheduled for each retail location.

STAYING SAFE IN THE MOMENT WHILE ALWAYS LOOKING AHEAD

As the pandemic will likely continue through the fall months and we need to also be prepared

for taking precautions in winter, your Co-op is discussing all kinds of ideas related to capacity counting, our pickup and delivery service, curbside options, the holidays and more. We continue our commitment to doing our best to provide the best working and shopping environment we possibly can during these challenging and unprecedented times for our community. As always, we will do our level best to keep you informed of new developments and continue to work with our community partners to keep the Co-op community healthy. We continue to express gratitude for our Board of Directors, our suppliers, our benefits providers, Public Health Madison and Dane County, UE 1186, and all our employees, Owners, and managers for their steadfast commitment to our safety. Thanks for your cooperation with us.



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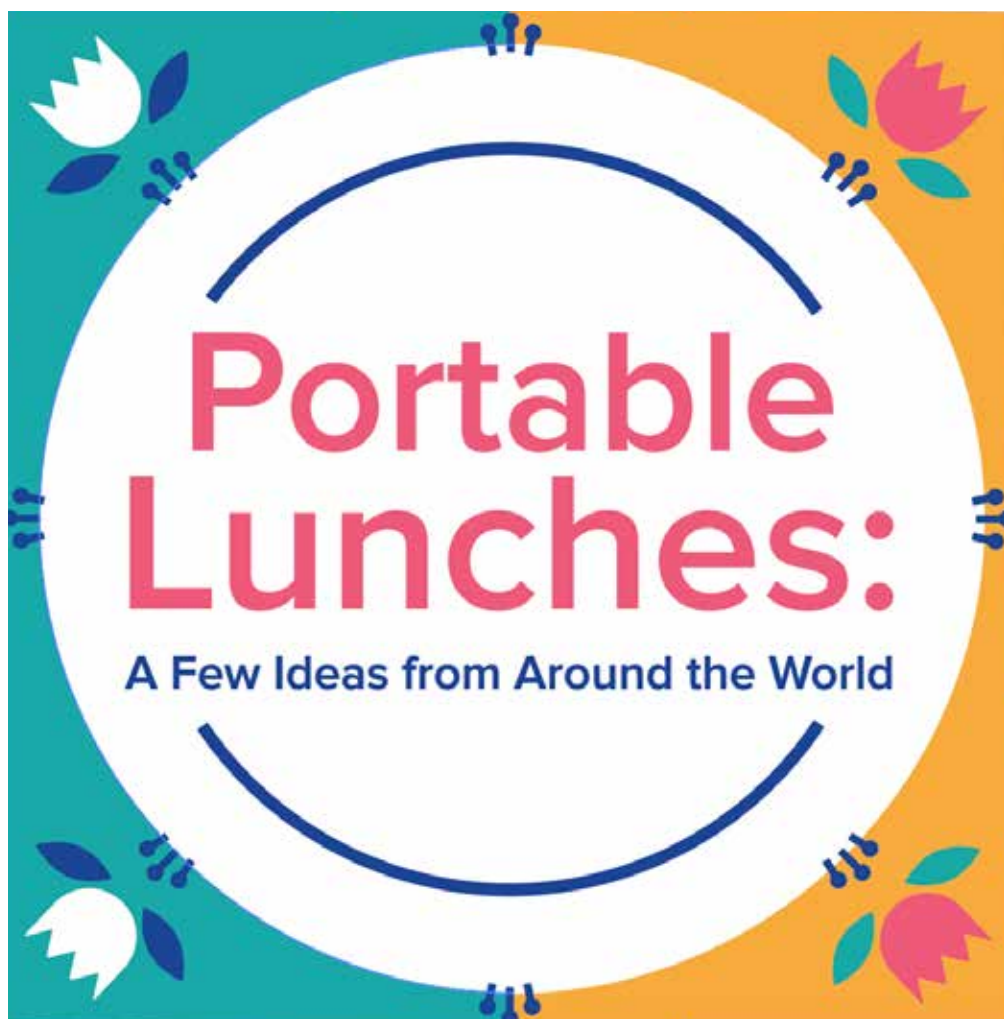
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GS3343 03/31/2020



by Ben Becker, Newsletter Writer

As the impact of COVID-19 continues, its disruption of our regular social habits continues to reshape our lifestyles. Summertime is particularly affected in this regard, as the pandemic has vastly reduced opportunities for vacation travel. Similarly, those events which we have long looked forward to such as concerts or festivals, including the Willy Street Co-op's own Annual Meeting & Party, have become victim to social distancing practices necessary to mitigating COVID-19. As leisure and recreation take such a major hit, the longing to indulge in the ambiance and warmth of local eateries and watering holes



becomes all the more profound. Yet, with bars and restaurants operating at minimum capacities, such opportunities to escape from the routine through culinary exploration remain limited and beyond the bounds of prudence.

In order to reduce an ever-growing reliance on take-out food, greater engagement with our creativity in the kitchen is often necessary. With the warmer weather, we also want to carry our enjoyment of cuisine outside as well, whether it be for picnicking, camping, or for a mid-day break from school or work. Taking

on this tactic is not only valuable for recreation or spicing up your daily routine, but also helps to aid in social distancing and reduce contact with potential infection or health hazard, as it is recommended by the Center of Disease Control and Protection that we encourage visitors and house guests to bring their own food and drinks when you go to a social gathering or cookout.

KEEP IT FRESH, KEEP IT GREEN

While we often think of those school lunches packed in a paper bag, packing our lunch or picnic presents an opportunity to reduce our resource consumption and waste, especially as we forego the packaging that comes along with picking up food at the drive-through or food cart. Classic examples of portable food containers include the ever-iconic lunch pail or that vintage A-Team lunch box you have tucked away.

Perhaps you would like to do some updating beyond your reliable Thermos container. An excellent way to dispense with plastic beverage containers is to pick up a Klean Kanteen at your local Willy Street Co-op store. These water bottles are sturdy and a great way to stay hydrated at mealtime or throughout the day. They also offer vacuum-seal varieties that provide hours of temperature control, making them great for cold drinks or hot coffee, and their larger sizes are great if you want to pack for the whole crew.

When trying to pack away your meals for the workday or for a road trip vacation, there are many places to look for inspiration so that you can avoid creating waste. In fact, while many cultures throughout the world have approached portable meals with disposable packaging such as a paper sandwich wrap, others have a long

history of using more permanent packaging such as bento boxes or Tiffin carriers.

OSLO BREAKFAST

One international meal formula which epitomizes the idea of the balance and health is the Oslofrokosten or Oslo breakfast. While the idea of the school lunch is one we so readily take for granted today, what would become the Oslo Breakfast was born of a time when proper nutrition or the financial means to provide it were hardly a given. At the start of the 20th century, poverty among children in Norway and other parts of Europe was a common problem, and the resulting hunger in these children affected their ability to learn in school.



Eventually, political and social movements led to the introduction of universal meal program in Norway, through which both children with and without means might receive sustenance during school hours.

Originally a hot meal heavy in fats and calories, the emergence of better nutrition knowledge and the desire to instill healthy habits in young people led to the development of a lighter form of the school meal thanks in large part to Carl Schiotz, the director of medical services in Oslo.

From Schiotz's vision came the more balanced breakfast which included crispbread or kneippbrod,

margarine, an apple, carrots or oranges, cheese or sausage, and milk. This strategic breakfast was intended to introduce more vitamins and minerals into the student's diet, and it led to greater weight over the previous hot meal. The victory of this simple meal over the hot lunch was not only seen in Norway but also had an influence on meal programs across Scandinavia and Europe at-large.

While originating from the need for schools to provide a meal for the underprivileged, the Oslo Breakfast would eventually shift to being prepared at home and packed by parents for their young students. The appeal of simple, modest, yet nutrient-rich meals was not only limited to Norwegian children, however, and still today, the people of Norway carry on a similar tradition into their lunch hour.

MATPAKKE

Tracing its roots to the Oslo Breakfast, the matpakke evolved into an integral part of Norwegian culture. Matpakke or packed lunch is an iconic, if humble, approach to a mid-day respite, and like the Oslo breakfast in that it reflects the tastes of a nation who once knew poverty, but that also had continued concern for efficiency despite transformative economic growth over the past century.

The Norwegian tradition of eschewing a hot lunch in favor of cold-packed one can be a valuable model in these times when the lunch hour lacks the freedom and myriad of options Americans generally enjoy. The tradition of matpakke trades excitement for efficiency, in that, it is always the same; it can be enjoyed within a very short break; and while commonly perceived as boring, removes any concern for additional gastronomic-based decision making. At its most basic, matpakke

consists of brown bread, slices of cheese, or 'brunot' that is often made from cream and goat's milk, or liver pate, eaten together as an open-faced sandwich. While traditional matpakke during a Norwegian lunch break is strict about quantities and the variety of fillings, more adventurous eaters often add mackerel in tomato sauce or cod from a tin or tube.

SMØRREBRØD

If the Norwegian approach to a sack lunch appears far too austere to consider appealing, you may prefer to take inspiration from another Scandinavian sandwich culture. Nearby Denmark boasts with patriotic pride their own take on the open-faced sandwich, which they call the Smørrebrød. There are some similarities between this Danish delicacy and Norway's lunch staple; they both might consist of bread, cheese, and perhaps some kind of fish or other protein, and are served open-faced. However, despite the geographical proximity of the two nations, their entire approach to lunch couldn't be more different, with the Danes preferring a far more decadent experience over the Norwegian's penchant for efficiency.

Smørrebrød conventionally begins with a base of a fermented Danish rye bread tasting richly of malt and tangy sweetness. Next, a thin spread is applied, either of butter or goose fat, though the American palate might be inclined to employ mayonnaise, cheese, or even avocado at this stage. The sandwich may be as simple as these two ingredients, but it is in the following stages where smørrebrød demonstrates its versatility, and it is this receptiveness to innovation that truly gives the dish great value as it can absorb many of those items you are trying to use up in your fridge, whether its old pasta salad, an apple that is about to turn, or last night's chicken. For the classic flavors of Denmark, Danes top their buttered rye bread with shrimp, pickled herring, and boiled eggs. More modern takes often incorporate produce of many kinds, which could include apples, plums, cherries, beets, fennel, or asparagus, all of which can be rotated based on the season. Danes often eat these sandwiches in courses with knife and fork, so be sure to pack some in your mess kit or picnic basket.

BOXED LUNCHES

Bento

If a packed lunch of sandwiches sounds too close to a played out peanut butter and jelly, you might want to search for inspiration outside of Europe, in favor of Asian cuisines. A great place to start is, of course, with Japan's boxed lunch known as bento. While bento might be sometimes as-

sociated with a more luxurious dining experience of sushi, Bento's long history as a means of packing a convenient meal should dispel any concerns about the inaccessibility of this long-standing staple. In fact, the origins of bento go back over 1,500 years, when these meals were packed into a design similar to that of a farmer's seedbox and were used to carry convenient sustenance into the field by hunters, farmers, and warriors.

The bento box contains a multitude of compartments separating different dishes which could be fish, rice, or vegetables. Over the millennia, the use of bento spread and has taken on a variety of attributes in Japanese culture, ranging from their use in settings such as religious

holidays, festivals, and gatherings to the more mundane everyday availability of these boxes at train stations. These versatile packages may contain a myriad of dishes, but always contain rice, which may be either plain or seasoned with soy sauce, black sesame, seaweed, or mixed with cooked meat or vegetables. Small amounts of other dishes are packed alongside this starchy centerpiece. These may include fried tempura,

grilled fish, potato, or vegetable salad. Bento boxes may be filled with Japanese dishes such as boiled beans or simmered fish, Chinese foods like pepper steak and sweet and sour pork, or even western dishes such as stuffed cabbage or hamburger steak.

Dosirak

Across the sea of Japan, a similar tradition of packaged and portable food can be experienced throughout the southern section of the Korean peninsula. Dosirak is a very popular form of the packed meal which can be picked up in train stations in Seoul or Busan. Packed either together in a large container with or without compartments, or in smaller individual containers, Dosirak often consists of several dishes and usually contains bap or a Korean dish made from rice or other grains such as barley or millet combined with vegetables, seafood, or meat.

Dhabba

If you are looking for luncheon tradition from where East meets West, you may want to ditch your plastic lunch box in favor of a dhabba. The containers of all shapes all sizes are designed for the enjoyment of tiffin, a lunchtime tradition that has evolved from the intersection of British and Indian culture. The dhabba, or tiffin lunch box, are usually round metal containers stacked on top of each other with a tight-fitting lid, making for a perfectly sealed collection of dishes, perfect for carrying food to work or an outing. To observe the traditional fare, pack these

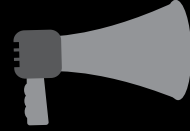
containers with some afternoon tea, a light snack, or with Indian recipes such as spicy vegetables, cooked vegetables, some yogurt, bread, and maybe even some pickles for a respite that is worth looking forward to.

Whatever your new normal looks like, there's no need to suffer from exhaustion over carryout or delivery. You can continue to challenge your

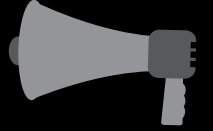
creativity throughout the summer and fall by bringing an inspired dish made at home to your next potluck or marathon Zoom meeting. As you look for inspiration from the locally grown foods on your Co-op shelf or eCommerce page, you can combine seasonality and sustainability with the excitement of traditional and innovative approaches to a packaged meal.



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RECIPES

Blueberry Crisps

Adapted from www.saveur.com

These delicious little blueberry pots topped with a yummy crumble are so easy to make! Serve with crème fraiche or vanilla ice cream.

14 Tbs. sugar
6 Tbs. flour
1/4 c. rolled oats
1/4 c. light brown sugar
1/4 c. walnuts, chopped
1 tsp. lemon zest
2 tsp. lemon juice
3/4 tsp. vanilla extract
1/2 tsp. salt
1/4 tsp. cinnamon
4 Tbs. butter
4 c. blueberries
2 Tbs. cornstarch
2 tsp. brandy
crème fraiche
vanilla ice cream

Directions: Preheat oven to 350°F. Place four 6-oz. ceramic ramekins on a baking sheet lined with parchment paper.

In a medium mixing bowl, mix together 6 Tbs. of the sugar, the flour, oats, brown sugar, walnuts, lemon zest, 1/4 tsp. of the vanilla extract, and the cinnamon. Use your fingers to work the butter into the flour and sugar mixture until crumbly. Place the crumble topping in the freezer to chill for 30 minutes.

In a large bowl, combine the remaining 8 Tbs. of sugar with the salt, lemon juice, and the last 1/2 tsp. of vanilla extract. Stir in the blueberries, cornstarch, and brandy. Divide the berry mixture between the ramekins, then top each ramekin with the crumble topping. Bake until the topping is browned and the berries are bubbling, about 35-40 minutes. Serve with crème fraiche or a scoop of vanilla ice cream if you'd like.

Carnitas with Tomatillo Salsa

Adapted from www.food52.com

Carnitas basically cooks itself. After four hours in the oven with garlic and chilies, it's packed with flavor and makes a great meal served with warm corn tortillas and all the fixings.

10 lb. pork shoulder
4 dried chilies, minced
salt
black pepper
8 cloves garlic, minced
10 cloves
6 c. cilantro, chopped
4 red onions, diced
1 bunch radishes, sliced
6 limes
1 lb. tomatillos
1 avocado
24 corn tortillas
12 oz. queso fresco

Directions: Preheat the oven to 275°F. Rub the pork all over with chilies, salt, pepper, and minced garlic. Dot with the cloves. Set in a large roasting pan, and cover with aluminum foil. Cook about 4 hours, until the meat is falling off the bone. Remove from the oven and let sit until cool enough to handle. Pull the meat off the bone and shred.

While the meat is cooking, combine the sliced radishes, a pinch of salt, and juice from 3 of the limes in a medium bowl. Set aside. This is best done about an hour before serving. Place 3/4 of the diced red onions in a large bowl, and fold in 4 cups of the chopped cilantro. Set aside to use as a garnish.

Turn on the broiler. Set the tomatillos on the rack of a broiler pan 1 to 2 inches from heat. Broil, turning once, until tomatillos are softened and slightly charred, about 7 minutes. Place in the bowl of a food processor. Add the juice from the remaining 3 limes, the last diced red onion, the last 2 cups of cilantro, and the avocado to the food processor. Pulse until puréed. Taste and add more salt or lime juice as needed.

Serve the carnitas with warmed tortillas, onion, and cilantro garnish, salted radishes, tomatillo salsa, queso fresco, and lime wedges.

Corn Pudding

Adapted from www.epicurious.com

This is a delicate dish, somewhat like a Mexican version of Southern spoon bread. It's delicious with ham or grilled meats.

2 lb. corn
whole milk
6 eggs
1/2 c. sugar
6 Tbs. butter
3/4 c. flour
1 tsp. salt
1 tsp. baking powder
1 c. Monterey jack cheese, shredded
1 poblano chile, cut into strips
1/2 red bell pepper, cut into strips

Directions: Preheat oven to 350°F. Lightly grease a 9x13-inch casserole and set aside. Place the corn in the bowl of a food processor and purée the corn with milk, no more than 1 cup, just enough to make a smooth purée. While the food processor is running, add the egg yolks one at a time, and process for 30 seconds after each one. With the processor still running, add the sugar a bit at a time and process for about 3 minutes, until the sugar is dissolved and the mixture is lighter in color. Add the butter and process until smooth. Transfer to a large bowl and set aside.

In a separate bowl, combine the flour, salt, and baking powder. Fold it into the corn mixture. Beat the egg whites until soft peaks form. Fold the egg whites into the corn mixture, then fold the shredded cheese into the corn mixture. Pour into the prepared casserole and top with strips of chile and red bell pepper. Bake until golden brown, about 45 minutes. Serve warm.

BLTs with Green Garlic Aioli

Adapted from www.epicurious.com

These are BLTs with a twist: pancetta, mizuna or arugula, and a light and fresh aioli made with green garlic.

1/4 c. olive oil
2 Tbs. green garlic
1/4 tsp. salt
3/4 c. mayonnaise
2 tsp. lemon juice
6 oz. pancetta
12 slices bread
1 bunch mizuna
3 tomatoes, sliced

Directions: Preheat oven to 450°F. In a food processor, blend the olive oil, green garlic, and salt. Add 2 tablespoons of the mayonnaise and blend well. Transfer to a small bowl and whisk in the rest of the mayonnaise and the lemon juice.

Arrange the pancetta on two rimmed baking sheets in a single layer. Bake about 10 minutes, until crisp. Transfer to paper towels to drain.

Place toasted bread on a work surface and spread each slice with aioli. Arrange the mizuna on 6 of the slices of toast, then top with the tomatoes, then pancetta. Top with the remaining slices of toast, aioli side down. Slice each sandwich in half, and serve.

Corn, Cherry Tomato, Arugula and Blue Cheese Salad

Adapted from *Bon Appetit Magazine*

Sweet, juicy, crunchy, pungent, spicy, delicious. Unforgettable.

2 3/4 c. corn kernels
1 pint cherry tomatoes, chopped
4 stalks celery, chopped
1/2 red onion, chopped
1 oz. arugula, chopped
2 Tbs. balsamic vinegar
1/3 c. olive oil
1 c. blue cheese

Directions: Combine first 5 ingredients. Place vinegar in a small bowl and gradually mix in oil. Season to taste with salt and pepper. Add 3/4 c. blue cheese. Serve with salad and garnished with remaining cheese. Serves 6.

Fattoush Salad

Adapted from www.mamaslebanesekitchen.com.

This classic Lebanese salad packed with toasted pita, summer vegetables, and loads of herbs tends to be a hit with everyone, and is filling

enough to serve as a meal.
 5 pita
 2 tsp. sumac
 2 Tbs. olive oil
 2 lb. tomatoes, cut into cubes
 1 lb. Mediterranean cucumbers, sliced
 1 bunch scallions, chopped
 1 bunch fresh mint, chopped
 1 bunch flat-leaf parsley, chopped
 1/2 bunch radishes, sliced
 1 green pepper, chopped
 1 head romaine lettuce, chopped
 3 cloves garlic, minced
 1/3 c. olive oil
 1/3 c. pomegranate molasses
 1/2 c. lemon juice
 salt

Directions: Preheat oven to 400°F. Separate each pita loaf and slice into 1-inch squares. Spread onto baking sheets and drizzle with 2 tablespoons of olive oil. Sprinkle with 2 teaspoons of sumac. Toast in the oven for 3-5 minutes, until light brown. Remove from oven and set aside.

Combine the tomatoes, cucumber, scallions, mint, parsley, radishes, green pepper, and lettuce in a large bowl.

In a small bowl, whisk together the garlic, pomegranate molasses, lemon juice, remaining 2 tablespoons of sumac, and a pinch of salt. Drizzle in the 1/3 cup of olive oil and whisk to combine. Taste and add more salt as needed.

Add the toasted pita to the large bowl of vegetables, and gently toss to combine. Drizzle with dressing, and toss to coat. Serve immediately, so the bread doesn't get soggy.

Garden Ratatouille

Courtesy of Katie O'Connell-Jones, Willy Street Co-op's Owner Resources Coordinator

When the garden comes in this is the recipe to have on hand. It goes together quickly, and you can easily adjust the vegetables to make more if you have a bumper crop of tomatoes or peppers.

1 onion
 4 cloves garlic, minced
 5 Tbs. sunflower oil
 3 c. eggplant, cubed
 1 zucchini, sliced
 1 red bell pepper, chopped
 1 1/2 c. tomatoes, coarsely chopped
 1 Tbs. fresh oregano, chopped
 1 Tbs. fresh thyme, chopped
 1 Tbs. fresh cilantro, chopped
 salt
 pepper
 3/4 c. fresh basil leaves, chopped

Directions: In a large skillet, sauté the onion and garlic in 2 Tbs. of the sunflower oil over medium-low heat, until the onion is softened. Take care not to burn the garlic. Add the remaining oil raise the heat to medium-high. Add the eggplant and cook, stirring occasionally, for 8 minutes or until eggplant is softened. Stir in the zucchini and red bell pepper and cook over moderate heat, stirring occasionally for 10-12 minutes or until veggies are soft. Stir in oregano, thyme, cilantro, and salt and pepper to taste and cook for one minute. Stir in the basil and mix well.

In a large skillet, sauté the onion and garlic in 2 Tbs. of the sunflower oil over medium-low heat, until the onion is softened. Take care not to burn the garlic. Add the remaining oil raise the heat to medium-high. Add the eggplant and cook, stirring occasionally, for 8 minutes or until eggplant is softened. Stir in the zucchini and red bell pepper and cook over moderate heat, stirring occasionally for 10-12 minutes or until veggies are soft. Stir in oregano, thyme, cilantro, and salt and pepper to

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Staff Picks



LAURA

Evanhealy Whipped Shea Butter for Lips

This is the most moisturizing lip balm I've ever used. It's packed full of all the most moisturizing oils (argan, coconut, avocado), plus shea and cacao butters. Red raspberry oil contains antioxidants and fatty acids, which promote lip health. Vitamin E oil helps reduce signs of aging.



Acure Dry Shampoo

Camping, using semi-permanent hair dye, or just don't have the time to wash and dry your hair? Try dry shampoo! Not only is it easy to use and convenient, it also has only six ingredients—all vegan, sulfate- and paraben-free!



KRISTI JO

Jason Rosewater Body Wash

This product is my bath time jam! It makes a really great bubble bath as well as a body wash. The scent is so beautiful! Take time to get in the bath and smell the roses.



TIFFANIE

Preserve Toothbrush

Preserve toothbrushes have a 100% recycled handle, they are BPA-free, no animal testing, and come in six fun colors. Ditch your old toothbrush and pick up a Preserve toothbrush.



BRENDON

Local Organic Cauliflower

The local organic cauliflower is so fresh and flavorful! I love it roasted with a little olive oil and sea salt.



ABIGAIL

Gaia Bronchial Wellness Syrup

This stuff is powerful! Very eucalyptus-y and really helps clear out the bronchial passage and nasal passage. A teaspoon is all you need and you can even add it to tea, if you like. A big plus is how awesome a company Gaia is. They use really high-quality herbs and the syrup comes in a glass amber bottle. Give it a try if you are feeling under the weather or even if you have a little scratchy throat from allergies.



Forage Peach Kombucha

The perfect amount of kombucha for one person, in a can! I love drinking this stuff. It is light but flavorful and not too "vinegar-y." People who don't think they like kombucha may like this one! Even better that it is locally made, and peach is such a unique flavor for kombucha. YUM.



ALLISON

Endangered Species Forest Mint + Dark Chocolate Bar

This chocolate has the perfect combination of creaminess, dark-but-not-too-dark chocolate, and natural minty flavor. Quickly becoming my standard go-to!



KJERSTIN

Luna and Larry's Dark Chocolate Coconut Bliss

I'm not an ice cream lover (especially the vegan ones) but, in summer, there is ALWAYS some of this in my freezer. Both a happy ingredients list (so rare for processed foods!) and incredibly yummy ice cream. My favorite is the dark chocolate, but all of the flavors are slightly coconutty and de-lish!



MEGAN

Champaign Grapes

These tiny little grapes are one of my all time faves! The stems are edible, so there is no need to bother plucking them off one by one—just pop the whole bunch in your mouth and enjoy a burst of sweet/tart grape flavor!



MELISSA

Maya Kaimal Red Lentil Butternut Squash Everyday Dal

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



CATE

Wisconsin Meadows Grass-Fed Beef Jerky

This flavorful, lean jerky has become a staple in our house. Really glad that the product is local and grass-fed. Makes a nutritious high-protein snack that is great for those grab-and-go moments in life.



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Field Day Organic Roasted Garlic Pasta Sauce

I find the pasta sauce section at the store daunting...so many choices, flavors and brands. For years I have been trying tons of different sauces hoping to find a go-to sauce that is organic, reasonably priced, and suits my taste. Finally, I did! The Field Day roasted garlic pasta sauce is flavorful enough on its own, yet plain enough to be dressed up with your favorite veggies or what have you. Plus, the price is right and it is ORGANIC! Yay!



SHELLEY

RP's Pasta Frozen Portabello & Parmesan Ravioli

It tastes like restaurant-quality at home. Fast and easy to cook and feeds a family. You will be full and happy after eating this!



Deep Indian Kitchen Naan Pizza Margherita

The crust is crispy and a little fluffy. Perfect size for one person or an appetizer. It is a must-have for my freezer for an emergency snack.

Just Pik't Natalie's Frozen Florida Orange Juice

It really tastes fresh. If you can't have fresh-squeezed, this will do. Good for fancy mix drinks or just as your favorite O.J.



DUSTIN

Sambazon Berry Bliss and Superberry Acai Bowls

These are the perfect portion sizes and a great breakfast option for a warm summer day. I like to put fresh berries, banana, coconut flakes, and peanut butter on mine!



LEAH

Bountiful Bean Soyfoods Taboulie

You know that summertime quick food you always had in your house growing up? Pita filled with hummus and Bountiful Bean Taboulie was ours because it was easy enough for us kids to make a quick little lunch or afternoon



snack on our own. It still is one of my go-to food items. It is a bulgur wheat Middleeastern salad with tofu, peppermint, carrots, celery, scallions, parsley, tamari and apple cider vinegar, and it is 100% tasty. It is versatile enough to throw in tortillas, on scrambled eggs, or sprinkled on a salad. It tastes like summer with the all the fresh herbs, and will perfectly complement your sunshine activities!



CAITLYN

Meredith Dairy's Marinated Sheep & Goat Cheese

This is my new favorite cheese, thanks to Dan in the Cheese department at Willy East. It is so good warmed up under the broiler on some crusty bread.



KELSEY

Sweet Italian Frying Peppers

I get so excited when these come in each year. They are perfect to sauté with garlic and serve over pasta. Plus we get them from a local farm.



EMILY

Superior Fresh Farm-Raised Salmon

This is the mildest farm-raised salmon that I've ever eaten, and I think I'm in love. It's raised in an aquaponic farm outside of Hixton, Wisconsin. Ever try Superior Fresh packaged greens? Their fish fertilizes their greens! Who ever thought that we could enjoy fresh and local salmon in Wisconsin?! Find this salmon at the service case at Willy North and at the Seafood Center at East and West.



JESS

Willy Street Co-op Celery Juice

Good for inflammation and J-Lo drinks it. In bottles at Willy East and West only.



ANGELICA

Perfect Bar Dark Chocolate Almond

These delicious protein bars sustain me the best of all our granola bars and protein snacks. I try to move on to other products, but I can't help coming back and buying these by the case, because I need them in my life. The flavor is sweet and complex and the texture makes it feel like a dessert bar. In addition to being tasty, they are full of superfoods and nutrients! I make sure to pull them out of the fridge a while before eating so that the chocolate gets a little gooey. Actually perfect!



Naked Baker Sea Salt & Chocolate Cookies

These are some of my favorite chocolate chip cookies ever. They are gluten-free, which makes their excellent texture even more amazing. The chocolate and salt strike a superb balance of flavor. I'm not even avoiding gluten and I regularly buy these perfect cookies. They are available individually or in four packs.



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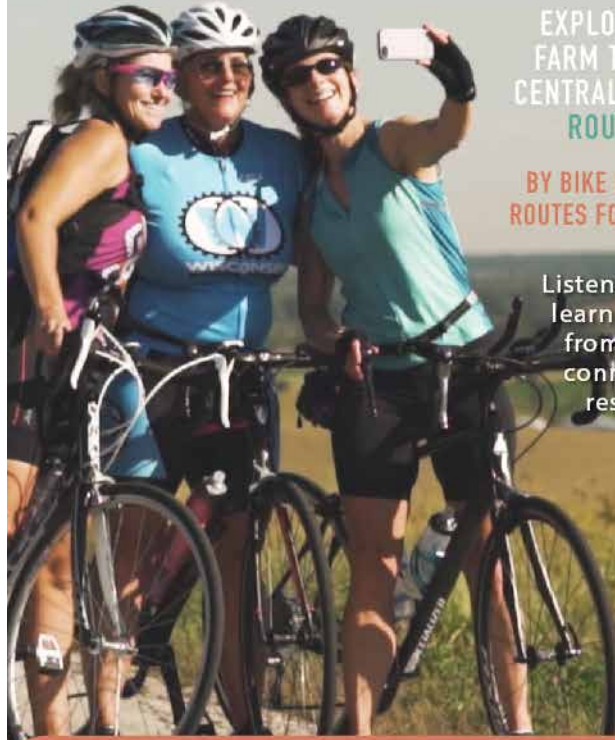
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