

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 49 • ISSUE 8 • AUGUST 2022



THANK YOU!

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

As mentioned before, we are beginning to very slowly transition to mostly online and e-mailed copies of the *Reader* in order to save paper and to save money on postage. If you can and want to switch to receiving your copy by email, sign up here: willystreet.coop/emails. If you shop with us regularly, we'd love it if you'd pick up your copy of the *Reader* in one of our stores so we can reduce our postage costs. If you don't want either of these things, we will still happily mail it to you. The online and e-mail versions will have more hotlinks and more content to click through to. This content will increase as we get the hang of this new way of publishing the *Reader*. Thanks for reading!

IN THIS ISSUE

New Products; Beach Cups; Sauces that Make the Meal; and More!

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Tatiana Dennis
Gigi Godwin
Anthony Hernandez
Ann Hoyt
Carol Weidel
Ashwini Rao

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

BOARD MEETING SCHEDULE

September 28

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

WILLY STREET CO-OP MISSION STATEMENT

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

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**Affordable rates, wide
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READER

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

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NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: Willy East: 7:30am-9:00pm;
Willy West: 8:00am-9:00pm;
Willy North: 8:00am-9:00pm every day

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Customer COMMENTS

Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to customer.comments@willystreet.coop 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!

LITTLE FREE LIBRARY

Q: Hello! I work for Madison Reading Project and we recently began a project to maintain and install more LFLs in Madison. We noticed that there are LFLs at several Willy Street Co-op locations and wanted to see if your store would be interested in regular book deliveries/small repairs on boxes if necessary. Please email me at littlefreelibrary@madisonreadingproject.com, thank you!

A: Thanks for reaching out to us! This is amazing work that the Madison Reading Project is doing for the city—thank you! We are interested in regular book deliveries/small repairs on our Little Free Library boxes. Is this a service where there would be a cost? If so, please email me those details and I will respond back. Have a great week, Kristina Kuhaupt, Customer Experience Manager

OWNERSHIP

Q: My husband and I recently moved into the Madison area and were delighted to discover Willy's. We're interested in becoming owners, but I do have a question regarding the ownership. As we don't know if we will still be in the area in the next year or so, would it be best if we signed up for the partial payment plan (\$10/year or \$15/year for both of us)? Will this lock us in for 7 years? Or, will we be able to cancel the ownership if we move from the area? Thanks!

A: Thank you for reaching out about Ownership at the Willy Street Co-op! If you sign up for the yearly payment plan, you can cancel your Ownership at any time if you move away and the money you have invested can be refunded to you or donated to the Co-op to use for charitable purposes. Let me know if there are any other questions I can answer for you. We are excited to see you in the stores in the future! Enjoy your day! -Roselyn Murphy, -Owner Records Administrator

MEYER LEMONS

Q: When are Meyer lemons in season and available? I'd like to make Meyer Lemon Strawberry Jam w the local fresh strawberries. Also what is timing of fresh figs. We usually eat mission figs. Thank you kindly.

A: Thank you for reaching out about these two items. Meyer lemons have a really short season where we can be guaranteed a good supply in the fall. They do become available randomly throughout spring and summer. We heard we might have some available now for a few weeks and we'll bring them in if that's true.

We are just now seeing figs sporadically become available from some vendors. I talked with my buyer and we agreed to bring a case in and see how they sell. If they do well, we'll continue to bring them in while they're available. Willy East has them now and plans to keep bringing them in. Thank you, Cari Johnson, Produce Manager—West

ORGANIC PRUNES

Q: For the past 6+ years I've been able to purchase high quality organic prunes at the store. I'm unclear as to what happened causing this item to be eliminated. It was a bulk item that was sold in small and large plastic containers. I spoke with a young man in the bulk department about this product being removed. It wasn't clear why and it was a very popular item. The organic prunes that the store now carriesPaul Newman brand in a bag and there may have been one other alternative offered last month. Either way they are absolutely awful. I'm so disappointed to have an item like this without reason be removed from the store.

Can someone there explain if this product is returning? Or how and where we can purchase it? Thank you.

A: Thank you for your comments and questions about our organic prunes! Willy West had the Tierra Farm organic pitted prunes, their 8 oz and 16 oz plastic tubs, for a time at the beginning of the year. I believe this is the product you are referring to. Unfortunately, Tierra Farm stopped packing up products for us due to labor shortages, although they may still be selling it on their website. We have been trying to find a suitable replacement but have not had much luck.

I appreciate you letting us know what you are interested in getting at Willy West and what we are missing! Thank you, Dean Kallas, Grocery Category Manager

NEWSLETTER FLIP VERSION

Q: Great job on the newsletter flip version! Looks and works great. It's reader friendly even for the 70 year old.

A: Thank you so much for your feedback. We are trying to reduce the costs of paper and postage in making the new format. The new version has hyperlinks and other treats embedded within. We'll be adding more and more as we get used to the new format. I'll keep your comment in mind as we tweak this new procedure and see if there is a way to provide both. Thanks again! -Liz Wermcrantz, Editor

CONTAINERS

Q: I have recently moved to the area and am highly interested in becoming a member. Do you allow bringing your own containers in your bulk section? I'm particularly interested in the locally grown organic flours you have available! Thank you for your time

A: Welcome to the area!! I am excited to see that you found Willy Street Co-op and are interested in utilizing our bulk section; it is a great resource! Yes, you can bring in your own containers and/or bags to use for bulk items. They need to be cleaned and sanitized before bringing them in for use in

the stores. We just ask that you tare the weight of your container prior to filling it and notate it as you would desire on your container so that when you get to the registers, our front end staff can take off the container weight. We also give the option of using Co-op supplied bags and containers if you need that resource additionally. Happy shopping! -Kristina Kuhaupt, Customer Experience Manager

LABEL QUESTIONS

Q: Last week I was in the east side store, and picked up some Guisto's sea salt in the bulk section. I'm confused by something on the label, namely: "...in processing [solar evaporation] virtually all of the minerals [including iodine] found in seawater are eliminated."

Two things: Clearly, evaporation wouldn't remove the minerals; if that's happening, it must be in by some post-evaporation cleansing process. Second, I thought one of the main benefits of sea salt over standard ground salt was its additional mineral/nutrient content - ?

Also, if the minerals are being removed by a post-evaporation cleaning, any idea how much of the other things in sea water these days that we don't want are also being removed, such as mercury and lead? Do you know of any analysis of the level of these toxins in sea salt? Many thanks for any insights you can offer.

A: Thank you for your questions and comments on our bulk sea salt! I am happy that you decided to check in about this. I buy our bulk sea salt on a regular basis and have never noticed that printed on the bin label before.

I believe that at one time the Giusto's sea salt had that statement on their bulk bag and that is why we put it on the sea salt bin label. We also had the brand misspelled. When you go to their website, they have this info. for the bulk sea salt now: "Giusto's Natural Sea Salt is harvested from the San Francisco Bay. This extraordinary product is extracted from the only living sea salt bed in North America and is 100% pure—there are NO FLOWING AGENTS, ADDED MINERALS or ANTI-CAKING AGENTS."

I agree that evaporation would not remove minerals, so the old statement is misleading. I also feel like the main benefit of using sea salt is suppose to be the mineral content, so why would one remove this?

I do not have an analysis of the sea salt, but the company may be able to provide you with one if you contact them.

Thank you again for reaching out! -Dean Kallas, Grocery Category Manager



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willy street co-op

RUN

for the **willy street co-op** Board of Directors

See willystreet.coop/run-for-board

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



Please see our website or Board candidate application for dates!



Deadline for applications: September 1st at 11:59pm.

SPECIAL STORE HOURS

All Stores Closing at 7:00pm on September 5 for Labor Day



GENERAL MANAGER'S REPORT

Ends Policies; Diversity, Equity, & Inclusion; and More

by Anya Firszt, General Manager

VISION, MISSION, AND PURPOSE

Two years ago, in the summer of 2020, we partnered with Step Up: Equity Matters as a consultant to help us build a foundation to foster diversity and inclusion within the Co-op and to help us embed a diversity, equity, and inclusion (DEI) focus on everything we do.

Last fall, the Board and General Management Team worked with Step Up to review and update our vision, mission, and purpose (VMP) statements to be in alignment to support the development of strategic goals. Here are the revised statements:

Vision

Willy Street Co-op is a local community partner that nourishes a sustainable, accessible, and equitable food system where everyone can participate.

Mission

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

Purpose

Cooperating for a sustainable future. The Management Team has developed strategic goals to support VMP with a focus on diversity, eq-

uity and inclusion (DEI) and they are:

• Owner and Community Engagement

- Our customers reflect the demographics of the communities we serve.
- The Co-op is a place where our community participates and is proud to shop

• Retail and Supply Chain:

- Increased focus on DEI in the Co-op's vendor pool, and
- Product mix is aligned with our brand/identity while reflecting the com-

munities we serve

• Employee Engagement:

- Our employees reflect the demographics of the communities we serve
- Become an employer of choice through a

culture of acceptance, inclusion, and respect.

Why are we doing this work?

Because the Seven Cooperative Principles that guide our daily work are rooted in equity. Principle One, "Voluntary, Open Ownership," means that we are open to all without gender, social, racial, political, or religious discrimination. Principle Seven, "Concern For The Community,"

leads us to work for the sustainable development of our communities. We prioritize diversity, equity, and inclusion to reflect our employees, customers, partners, and suppliers as well as the communities we serve. Embedding equity and inclusion in our goals sets the standard for this work.

OWNER AND EQUITY DRIVE

This month, from August 15 through 28, we are hosting an Owner and Equity Drive.

Learn more by reading the article written by Kristina Kuhaupt, Customer Experience Manager, included in this issue of the *Reader* on pages 18-19. Become a paid in full Owner and help us reach our \$10,000 goal!

WILLY EAST ADDING PRODUCTS, REMOVING JUICE & COFFEE BAR

Willy East will be removing the Juice & Coffee Bar structure this month. As reported in April, we are not bringing back made-to-order beverages for the foreseeable future and, since then, we have considered how to best use that space.

We will replace the Juice & Coffee Bar area with shelving to offer additional packaged grocery

products; we will also improve traffic flow so that it's easier for you to get through the store. We anticipate the project to be completed in October. We will evaluate these services in the future for the best way to meet the Owner's needs.

SPECIAL SERVICES UPDATE

Did you know we offer pre-order discounts to Co-op Owners? Owners get a 10% discount when pre-ordering almost any of our products by the case. See Customer Service to place an order.

Due to low demand we have decided to end our practice of placing specials orders for products we do not regularly stock.

MARK YOUR CALENDAR

- Stores closing at 7:00pm on Labor day, September 5

WELCOME TO ANTHONY

A quick note that the Board has appointed Anthony Hernandez to the seat vacated by Michael Chronister; he will serve out the remainder of the term, ending with this year's election cycle. Anthony has been an "Owner-at-large" member of the Community Reinvestment Fund committee.



BOARD REPORT

Annual Meeting and Board Elections

by Brian Anderson, Board Member

ANNUAL MEETING

Mark your calendars! The Annual Meeting this year will be on Tuesday, October 11, 2022.

The Annual Meeting will be held in person, but with a remote (virtual) attendance option. The in-person meeting will be at the Middleton Performing Arts Center. Information on how to attend remotely will be provided later.

BOARD ELECTIONS

October will also be the month for elections to the Board of Directors. If you are a Co-op member and are willing to contribute some of your time, energy, skills, and experience to governing the Co-op, please consider running for the Board.

You can find a packet of information and requirements for board candidates at willystreet.coop/run-for-board. Applications must be received no later than September 1 at 11:59pm.

This year, four Board seats are to

be filled: three for 3-year terms and (to complete the unexpired term of a director who resigned) one 2-year term. Candidates who receive the most votes will choose whether they want a 3-year term or the 2-year term.

In general, on behalf of the Co-op members, the Board oversees the General Manager and adopts and monitors policies regarding governance of the Co-op. The Board is responsible for giving direction to, not operating, the Co-op.

Ideally, the composition of the Board should reflect the diversity of Co-op members. Please consider adding your unique skills and experience to the Board.

MY EXPERIENCE

In my own case, four years ago, I ran for the Board because I wanted to use my own skills and experience as a lawyer and accountant to support and advance the Co-op. I value the principles of cooperatives

and would like to see more businesses follow these principles.

WHAT I'VE LEARNED

As a Co-op Board member, I've learned the fundamentals of policy governance, gained valuable knowledge about cooperatives in general, and worked with great people (staff and Board members) who share my desire for the Co-op to succeed. The Board functions well and makes decisions collaboratively.

Over the course of its existence since 1974, the Co-op has experienced many challenges and grown from its humble beginnings on the east side of Madison to become a community institution with three stores, more than 300 employees, and more than 30,000 Owners. Like many businesses, the Co-op experienced some challenges during the pandemic. In my opinion, the Co-op is well positioned to take on future challenges. For its future success, however, the Co-op needs good directors. Might they include you?

Consider running for a seat on the Board of Directors!

See willystreet.coop/run-for-board for the candidate packet. Attendance at a candidate orientation session is required; the upcoming sessions are:

Wednesday, August 3 at 6:00pm (Online via Google Hangout)

Wednesday, August 10 at 6:00pm (East Store)

Candidate applications are due by Sept. 1, 11:59pm.



Community Room Calendar

Visit www.wilzystreet.coop/events to register and review COVID-19 Protocols.

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



COOKING WITH CHEF PAUL: ONE-POT MEALS

Location: Willy West Community Room
Thursday, August 4, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

It's not a new idea, but it is convenient, classic, and tasty! One-pot meals also save time cleaning up! Join Chef Paul to learn to make complete meals with starch, fiber, and protein all in one pot or pan. On the menu: Broiled Seafood with Veggies, Sirloin Steak with Onion and Greens, Risotto or Pilaf, and more. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: FARMERS' MARKET FINDS

Location: Willy West Community Room
Thursday, September 8, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

This class will showcase the bounty of local ingredients in season during the month of September! Join Chef Paul to learn the best cooking techniques to amplify these wonderful local ingredients. On the menu: Sautéed Greens with Mushrooms and Nuts, Braised Lamb Shank with Root Vegetables; Oven-Fried Chicken with Bok-Choy Slaw, and a green salad with sunflower oil vinaigrette. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: PLANT-BASED MEALS

Location: Willy West Community Room
Thursday, September 22, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

Have you been thinking of eating more plant-based meals? Join Chef Paul to learn helpful tips to get started—from setting up your pantry to cooking techniques to replacing animal proteins with plant-based ones to adding more fiber into your daily meals. The options are limitless! Ingredients/recipes may be modified based on seasonal availability.



PÂTE À CHOUX WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, August 3, 6:00pm–8:30pm
Ages: 12 and older; adult supervision required
Instructor: Pierre Ferland
Fee: \$20 for Owners; \$30 for non-owners

Join Chef Pâtissier Pierre Ferland in this class to learn how to make classic pastries such as éclairs, Paris Brest, and choux (cream puffs) as well as pastry cream and other fillings. From mixing to baking, this class will cover everything you need to know to make these classic French pastries.



BASIC KOMBUCHA BREWING FOR BEGINNERS

Location: Willy West Community Room
Tuesday, August 16, 6:00pm–7:00pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano
Fee: \$35 for Owners; \$45 for non-owners

Join Vanessa Tortolano, the original co-founder of NessAlla Kombucha, to learn the basics of beverage fermentation and how to make your own probiotic kombucha at home. Class includes a kit with everything you need to start your first batch of kombucha.

KOMBUCHA II

Location: Willy West Community Room
Tuesday, August 16, 7:15pm–8:15pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano
Fee: \$25 for Owners; \$35 for non-owners

Already know how to brew kombucha? Curious about what you can do

with extra SCOBY? Want to know what can be made with the vinegar? How do you fix mistakes and brews that aren't quite right? Join kombucha brewer and expert, Vanessa Tortolano for this intermediate class on troubleshooting, innovative ways to use your kombucha, and how to make other products. Basic Kombucha Brewing for Beginners is not required, but basic kombucha-brewing knowledge is recommended.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

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

Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices, and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with.



COOKING TOGETHER: FLAVORS OF TRINIDAD & TOBAGO

Location: SWilly West Community Room
Friday, August 12, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families and folks of all ages! Learn about different foods, where they come from, how to follow recipes, and how to use kitchen tools. In this class, participants will make a mouth-watering meal inspired by the melting pot of Trinidad & Tobago—revered roti, chutneys, chickpeas, curry, Caribbean calaloo, fruit chow, and more may be explored.

COOKING TOGETHER: FLAVORS OF TANZANIA

Location: Willy West Community Room
Friday, August 26, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families and folks of all ages! Learn about different foods, where they come from, how to follow recipes, and how to use kitchen tools. In this class, participants will prepare a delicious dinner inspired by the tantalizing tastes of Tanzania—unbelievable Ugali, eggplant (AKA biringani), Zanzibar Pizza, sweet Mandazi, and more may be explored.

COOKING TOGETHER: FLAVORS OF ISRAEL

Location: Willy West Community Room
Friday, September 9, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join Chef Lily Kilfoy in this hands-on cooking class for families and folks of all ages! Learn about different foods, where they come from, how to follow recipes, and how to use kitchen tools. In this class participants will prepare an incredible feast inspired by the flavors of Israel—lovable latkes, favorite falafel, honored hummus, savory shakshuka, renowned rugelach, and more may be explored.

COOKING TOGETHER: FLAVORS OF PAPUA NEW GUINEA

Location: Willy West Community Room
Friday, September 23, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join Chef Lily Kilfoy in this hands-on cooking class for families and folks of all ages! Learn about different foods, where they come from, how to follow recipes, and how to use kitchen tools. In this class participants will prepare a mouthwatering meal inspired by the flavors of Papua New Guinea.—keen Kaukau, kingly Kaima Bona Gatoi, enticing eggdrop soup, tropical Talautu, and more may be explored.





KIDS IN THE KITCHEN: FAIR FAVORITES!

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Late summertime is for fun and food, and that means theme parks, festivals, and everyone's favorite—the fair! Something served on a stick, cold drinks, cream puffs, or curds—in this class participants will prepare all sorts of fair favorites.

KIDS IN THE KITCHEN: SILLY SWEET CORN!

Location: Willy West Community Room
Tuesday, August 23, 4:30pm–5:30pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Almost all kids love sweet corn, but how often do they eat it anyway but plain? From dips to desserts, get silly with Chef Lily and use corn in creative ways. In this class, participants will make a marvelous meal that highlights this fantastic food in fun ways.

KIDS IN THE KITCHEN: BACK TO SCHOOL BREAKFAST!

Location: Willy West Community Room
Tuesday, September 13, 4:30pm–5:30pm
Instructor: Lily Kilfoy
Ages: 9–12 years old
Fee: \$10 for Owners; \$20 for non-owners

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. Breakfast is the most important meal of the day, and since it’s back to school time cooks will need new creative ideas for their morning meal—a take on toast, exciting eggs, super food smoothies, and more. In this class, participants will whip up a back to school breakfast.

KIDS IN THE KITCHEN: MUFFIN TIN MADNESS!

Location: Willy West Community Room
Tuesday, September 27, 4:30pm–5:30pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. Of course you can make muffins in muffin tins, but did you know that you can create other delicious dishes in them as well? Chef Lily loves to make wonton cups, pot pies, mac and cheese, and more using the nifty pans. In this class, participants will prepare multiple recipes using muffin tins.



FOOD-BASED CLEANSING

Location: Zoom
Wednesday, August 31, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Learn new ways to get healthy by assisting the body's major elimination and toxin-removing organs

(liver, kidneys, and digestive tract) with food and herbs that allow for internal cleansing. Katy Wallace, Traditional Naturopath of Human Nature, LLC will discuss food-based ways to support the natural detoxification pathways in the body to help you achieve optimal health.

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

NATURAL ALLERGY AND HISTAMINE RELIEF

Location: Zoom
Wednesday, September 21, 12:00pm–1:00pm
Instructor: Katy Wallace

Fee: Free; registration is required; [click here to register](#)

Learn how low-histamine foods can bring relief from allergic responses. Katy Wallace, Traditional Naturopath of Human Nature, LLC, presents natural approaches, including natural supplements and foods, that aid the body in naturally lowering histamine levels.

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy West Community Room
Tuesday, August 30, 1:30pm–4:45pm
Wednesday, September 28, 1:30pm–4:45pm
Location: Zoom
Tuesday, August 9, 1:00pm–4:00pm
Wednesday, September 14, 1:00pm–4:00pm

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

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

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GROCERY NEWS

Sauces that Make the Meal



by **Micky Ellenbecker,**
Purchasing
Assistant

When it's time for dinner prep, we don't always have that much time or necessarily want to give that much time to the process. Or maybe we want to be sure we eat our vegetables, but we also don't want to get bored with them either. What I have to say is: we've got a sauce for that!

MADAME CHU SAUCES

Yet another locally made staff favorite, Madame Chu Sauces are authentic Southeast Asian cuisine made by Chef Josey Chu. The Sambal Nyonya sauce is a spicy, red chili paste with a deep caramelized flavor and it's great with noodle dishes, in



ramen broths, or anything you want to add some heat to. The Satay Peanut Nyonya is a rich peanut-based paste with a mild level of spiciness and is great with noodle soups, dishes with a co-



conut milk base, and goes great with chicken or tofu. The Ginger Garlic has a strong ginger kick with a hint of garlic, but no heat; it's a good option for folks that aren't accustomed to spicy foods, but it still brings a lot of flavor. It's delicious as an addition to rice while cooking. Since all three varieties are in a dense paste form, you usually only need a few teaspoons per meal and one jar will last you several meals. Adding a small amount of liquid to the sauce, such as broth, coconut milk, or water, will aid in its distribution. All three sauces can be found at all of our stores.

MANGO MAN RED SALSA

This locally made sauce has been a staff all-time favorite for years and is an authentic Latin American/Caribbean fusion masterpiece by Chef Thony of Cafe Costa Rica fame! Though it is coined a "salsa," it is more like a sauce in nature. It has a smooth texture with a deep, rich flavor, and a little goes a long



way. It's both sweet and tangy, has a mild to medium level of heat, and a unique flavor profile that includes curry. It's great on tacos, quesadillas, burrito bowls, eggs, as a marinade...well it's good with just about anything really. Think of all other foods as the medium for this delicious sauce because it will take just about any dish to the next level. You can find it at all three of our stores.

BITCHIN' SAUCE

This almond-based dip is, you guessed it, another staff favorite. It has similar applications as hummus, such as a veggie dip or included on a sandwich or wrap, and that's likely how it's used most of the time; but its flavor and thinner texture allow for more versatility than hummus. It can be used as a creamy sauce that you drizzle over tacos, pasta salad, burgers, and nachos. The Original and Chipotle varieties can be found at all three stores, and West carries the Cilantro Chile and Bombay varieties in addition.

MAYA KAIMAL SIMMER SAUCES

These simmer sauces make dinner about as easy as it gets. They have their pitch right when they say all you need is some rice, veggies, and chicken (or



veggie option), and they'll bring the sauce. You can start by sautéing your choice of veggies and protein, pour the sauce over, and cover and simmer until fully cooked. Pair with rice or your grain of choice and you have a satisfying meal. You can find a selection of five to six different flavors at each of our stores.

BACHAN'S JAPANESE BBQ SAUCE

When one thinks of BBQ sauce, the thick, smokey southern-style of sauce usually comes to mind, but Bachan's is quite different from that standard. It's closer to a teriyaki sauce, both in flavor and thickness. Like southern-style BBQ sauce, that traditional application is to be used as a marinade and/or grilling sauce, but its salty, sweet, tangy flavor also livens up noodle dishes, fried rice, and veggie stir-fry. All of our stores offer the Original BBQ Sauce, and West also offers the Hot & Spicy version.

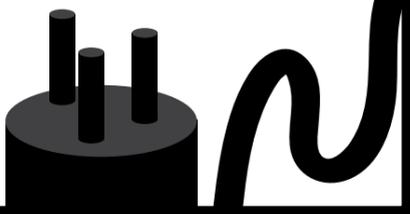


MIKE'S HOT HONEY

Hot Honey has been really trendy lately, and it may not be what makes the meal, but many see it as adding sweet, tangy, spicy flavor dimensions to salty dishes. For example, Mike's Hot Honey got its start as a pizza topping at the pizzeria Mike was working at. Other applications include drizzling over cornbread, ribs, pulled pork sandwiches, salmon, roasted brussels sprouts or other roasted veggies, and, if you're feeling like you really want to splurge, fried chicken and waffles. East and West carry the original Hot Honey, and East and North carry the Extra Hot.



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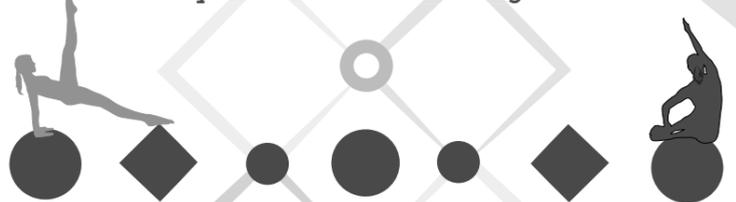
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GROCERY NEWS

Make a Splash With Beach Cups



by **Hallie Zillman**,
Art & Design
Coordinator

A no-bake summer dessert for kiddos and kitsch fans!

BEACH CUPS

INGREDIENTS:

- 1 can coconut milk (or 2 cups of milk of your choice)
- 1 package European Gourmet Bakery Organic Vanilla Pudding Mix
- 1 cup TruWhip plant-based whipped cream
- 12 Newman's Own Vanilla Cookies
- 1 package Surf Sweets Organic Delish Fish candy
- 1 package Surf Sweets Organic Fruity Rings candy
- Blue food coloring
- Blue decorating sugar
- Paper umbrellas
- Jelly jars

DIRECTIONS:

1. Twist and separate 12 vanilla cookies into two sandwich bags. One bag with just cookie sides, and one bag with cookie and vanilla frosting sides. Use a rolling pin or saucepan to crush each bag of cookies. The side without the vanilla filling should be crushed

- more thoroughly as this will represent sand.
- 2: In a saucepan whisk 2 cups Classic Coconut Milk (unsweetened) and European Gourmet Bakery Organic Vanilla Pudding Mix and a few drops of blue food coloring and bring to a boil. Continue to cook and stir for one minute. Remove from heat and pour into a bowl for cooling. I prefer coconut milk as it adds a nice summery coconut flavor, feel free to use your preferred milk of choice. Refrigerate until cool (at least 90 minutes).
3. Loosely fold the whipped topping into your cooled pudding. No need to fully mix this, as this is your "water" and the swirls of white with the blue help to represent waves.
4. Get out your jars and spoon a heaping teaspoon of the pudding/whipped topping mix into the bottom of each jar. Then add a teaspoon of the crushed cookies with vanilla topping, then add another larger spoonful of pudding/whipped topping mix. Do this until



- you have filled each jar. If not ready to serve, refrigerate at this point.
 5. To each jar add a few Delish Fish and sprinkle half of the top with the crushed cookie tops (sand). Sprinkle some blue sanding sugar along the edge where the water meets the sand. Then add a Fruity Ring and a paper umbrella and DIVE IN!
- Serving size about 8 cups



willy street co-op LOCAL PRODUCE AVAILABILITY

Grown or raised in the state of Wisconsin, or within 150 miles of the Capitol building.



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

| Item Name | Aug | Sept | Oct |
|-----------------------|-----|------|-----|
| Apples | | x | x |
| Arugula | | x | x |
| Baby Bok Choi | x | x | |
| Beans, Green | x | x | |
| Beets, Bunched | x | x | x |
| Blueberries | x | | |
| Bok Choi | | x | x |
| Broccoli | x | x | x |
| Brussels Sprouts | | x | x |
| Burdock Root | x | x | x |
| Cabbage | x | x | x |
| Cantaloupe | x | x | |
| Carrots, Bulk | x | x | x |
| Cauliflower | x | x | |
| Celeriac, Bulk | | x | 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 | x |
| Garlic | x | x | x |
| Herbs | x | x | x |
| Jerusalem Artichokes | | | x |
| Kale | x | x | x |
| Leeks | x | x | x |
| Lettuce | x | x | |
| Mustard Greens | x | x | |
| Onions, Sweet | x | x | x |
| Parsnips | | x | x |
| Peppers | x | x | |
| Peppers, Poblano | x | x | |
| Peppers, Spicy | x | x | |
| Potatoes, Fingerlings | x | x | x |
| Potatoes, Purple | x | x | x |
| Radish, Beauty Heart | | x | x |
| Radish, Daikon | | x | x |
| Radish, Red | x | x | |
| Rhubarb | | | |
| Rutabaga | | x | x |
| Salad Mix | x | x | |
| Scallions | x | x | |
| Shallots | | | x |
| Spinach | x | x | x |
| Squash, Summer | x | x | |
| Tah-tsai | | | x |
| Tomatillos | x | x | |
| Tomatoes, Heirloom | x | x | |
| Turnips | | x | x |
| Watermelon | x | x | |
| Squash, Zucchini | x | x | |

ADVERTISE IN THE READER

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PRODUCT NEWS

New Products in Wellness & General Merchandise



by **Melissa Reiss,**
Purchasing Assistant

It's been awhile since we've featured new products in the *Reader*, so starting with this issue we are reintroducing this as a semi-regular column. As always, look for the green "New!" tags in-store for additional new products at your Co-op!

All of these products listed here are available at all stores.

Ancient Nutrition Dr. Axe Formula Mushroom Supplements. All certified organic formulas!

• **Multi Mushroom**

Daily Immune Defense Tablets:

This collection of mushrooms provides a variety of beneficial compounds, including polysaccharides and polysaccharide peptides, beta glucans, glycoproteins and triterpenes. Together, they offer a variety of benefits, including promoting immune system modulation and supporting the body's ability to adapt to stress.

• **Cordyceps Energy and Endurance:** We could all sometimes use a little extra energy and endurance. Cordyceps Energy and Endurance Tablets are formulated to help you



get it with extracts from organic cordyceps mushrooms and ashwagandha root and leaf. Together, they provide a range of benefits to help you get going and keep going, from supporting healthy energy and stamina to promoting mental clarity and concentration to supporting a healthy stress response and more.



• **Reishi Stress and Immune Support Tablets:**

Reishi—also known as the King of Mushrooms—is an adaptogenic superfood. This formula supports immune system balance and the body's ability to adapt to stress.



• **Turkey Tail Immune System Balance:**

Turkey Tail is a beneficial mushroom with a long history of use in Asia among practitioners of traditional Chinese herbalism. This formula supports immune defense and immune system balance.



• **Lion's Mane Mental Clarity and Concentration:**

Lion's Mane mushroom has been used in culinary and health applications around the world, and it features antioxidants, polysaccharides, beta glucans, and beta-glucoxylan to generally support healthy cognitive function, energy levels and more. Combined with organic Ashwagandha root and leaf extract, this formula helps promote mental clarity and concentration, reduces stress and promotes a positive mindset, and healthy energy and reduces fatigue.



Nordic Naturals Ultimate Omega D3: 60 & 120 ct

Ultimate Omega-D3 combines healthy doses of two essential nutri-

ents for optimal wellness, omega-3 EPA+DHA and vitamin D3, in a concentrated serving.



- 1,280 mg total omega-3s; 1,000 IU Vitamin D3
- High-intensity support for the heart, brain, and bones
- Made exclusively from 100% wild-caught sardines and anchovies
- Added vitamin D3 (cholecalciferol)
- Fresh lemon taste

Klean Kanteen Camp Mugs

Beautifully crafted from 90% post-consumer recycled 18/8 stainless steel, these 12 oz Camp Mugs come with an ergonomic



stainless steel handle, splash proof lid, and award-winning Climate Lock™ vacuum insulation. The Camp Mug's rugged good looks are right at home just about anywhere, from the campfire to the coffee shop. On sale August 17 through August 30! Styles and colors vary by store.

HiBAR Solid Fash Wash Bars

With twelve different amino acids, HiBAR Face Wash bars are pH balanced to work in harmony with your skin, while leaving your natural moisture barrier intact and encouraging the development of new skin cells.



There are three different formulas, each with a unique benefit:

- **Cleanse** has the most cleaning agents, but it's still pH-balanced and gentle enough for daily use.
- **Hydrate** has less lathering ingredients and more super-moisturizing olive squalane.
- **Renew** combines amino acids and olive seed powder to provide a feather-light exfoliation.

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Health & Wellness

co-op deals: August 3-16

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Alaffia Authentic Black Soap
All Kinds on Sale!
16 fl oz • Save \$2.80
\$6.49/tx 



Nordic Naturals Nordic Berries
120 ct • Save \$7
\$19.99/tx 

Tom's of Maine
Simply White Toothpaste
Sweet Mint
4.7 oz • Save \$2
\$5.99/tx 

The Honey Pot
Pantliners
30 ct • Save \$1.50
\$6.49/tx 

Nutrition Now
PB 8 Probiotic
60 cap • Save \$6
\$10.99/tx 

Organic India
Organic Whole Psyllium Husk
12 oz • Save \$5.50
\$12.99/tx 

Moon Valley Organics
Lotion Bar
All Kinds on Sale!
1.9 oz • Save \$4
\$7.99/tx 



Thayers
Witch Hazel Alcohol-Free
All Kinds on Sale!
12 fl oz • Save \$4
\$8.49/tx 



MegaFood
Blood Builder
30 tab • Save \$9
\$11.99/tx 



Garden of Life
myKind Organics Elderberry Gummies
120 ct • Save \$19
\$17.99/tx 



co-op deals: August 17-30



Dr Bronner's
All-One Toothpaste
All Kinds on Sale!
5 oz • Save 99¢
\$4.50/tx 

Avalon Organics
Shampoo & Conditioner
All Kinds on Sale!
11 fl oz • Save \$4
\$7.99/tx 



Everyone
Hand Soap
All Kinds on Sale!
12.75 fl oz • Save \$2.49
\$3.50/tx 



Alba Botanica
Un-Petroleum Multi-Purpose Jelly
3.5 oz • Save \$3
\$5.99/tx 

Andalou Naturals
Cleansing Foam
Sensitive 1,000 Roses
5.5 fl oz • Save \$4
\$9.99/tx 



Natural Factors
Vitamin D3
1,000 IU
180 ct • Save \$4
\$6.99/tx 

Spectrum Essentials
Organic Ground Flaxseed
14 oz • Save \$2.30
\$6.49/tx 



Klean Kanteen
Camp Mug 12 oz
All Kinds on Sale!
1 ea • Save \$7.96
\$16.99/tx 



Country Life
Core Daily-1 Multivitamin
Women's, Men's
60 ct • Save \$12
\$15.99/tx 

Natural Vitality
Calm Gummies
All Kinds on Sale!
120 ct • Save \$11
\$18.99/tx 

coop™ deals

co-op deals: August 3-16



Crofter's Organic Premium Fruit Spread

All Kinds On Sale!
16.5 oz • Save \$1-\$1.80

\$4.99



Ben & Jerry's Ice Cream

Non-Dairy Cherry Garcia, Non-Dairy Peanut Butter & Cookies, The Tonight Dough, Americone Dream, Half-Baked
16 oz • Save \$1-2\$.50

\$4.49



Endangered Species Chocolate Bars

All Kinds On Sale!
3 oz • Save \$3.29/2

Buy One, Get One
FREE
2 for \$3.29



Birch Benders Organic Pancake & Waffle Mix

16 oz • Save \$1.50

\$3.99



Udi's Gluten-Free Bread

12 oz • Save \$1.50

\$4.49



Amy's Frozen Pizzas

All Kinds On Sale!
9.1-14 oz • Save \$2.50

\$7.99



Purely Elizabeth Granola

All Kinds On Sale!
8-12 oz • Save \$7.99/2

LIMIT 3 FREE
Buy One, Get One
FREE
2 for \$8.49



Nixie Organic Sparkling Water

All Kinds On Sale!
8 pk • Save \$4.99/2

Buy One, Get One
FREE
2 for \$5.49

Made In Nature Organic Dried Fruit

Mangos, Apricots
3-6 oz • Save \$1.30-\$1.50

\$3.99

Safe Catch Elite Pure Wild Tuna

5 oz • Save \$2.98/2

2 for \$5

Evol Burritos

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

2 for \$4

Near East Boxed Couscous

All Kinds On Sale!
5.4-10 oz • Save \$1.58/2

2 for \$4

Brianna's Salad Dressing

All Kinds On Sale!
12 oz • Save \$1.29

\$3.00

Annie's Homegrown Organic Graham Crackers

All Kinds On Sale!
14.4 oz • Save \$2.70

\$4.29

Forage Kombucha Kombucha

All Kinds (except Grapefruit, Jasmine Rose) On Sale!
12 oz • Save 58¢/2

2 for \$4

Let's Do Organic Organic Sweetened Condensed Coconut Milk

7.4 oz • Save \$1.20

\$3.29

Hi Ball Sparkling Energy Water

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

2 for \$4 /tx



Blue Diamond Nut Thins

All Kinds On Sale!
4.25 oz • Save 99¢

\$3.00



Oatly Oat Milk

All Kinds on Sale!
64 oz • Save 80¢

\$3.49



Cascadian Farm Organic Cold Cereal

All Kinds On Sale!
8.6-14.6 oz • Save 80¢-\$1

\$3.99



Rx Bar Protein Bars

All Kinds On Sale!
1.83 oz • Save 84¢

\$1.65



Go Macro Bars

All Kinds On Sale!
1.8-2.3 oz • Save \$1.58/2

2 for \$4



Nutiva Organic Extra Virgin Coconut Oil

14 oz • Save \$3

\$7.99



Biokleen Free & Clear Laundry Powder

10 lb • Save \$3.50

\$15.99 /tx



The specials on this page are valid August 3-16

All Specials Subject to Availability. Sales Quantities Limited.

AUGUST

co-op deals: August 17-30

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KIND

Bars

All Kinds On Sale!
1.4 oz • Save 58¢/2

2 for \$3

coop deals.



Koyo

Ramen

All Kinds On Sale!
2-2.1 oz • Save 25¢

\$1.00

coop deals.



Paqui

Tortilla Chips

All Kinds On Sale!
7 oz • Save \$1.49

\$3.50

coop deals.



Santa Cruz

Organic Lemonade

All Kinds On Sale!
32 oz • Save \$1.70

\$1.59/tx

coop deals.



Sir Kensington's

Classic Mayonnaise

12 oz • Save \$1.50

\$5.49

coop deals.



Talenti

Gelato & Sorbetto

All Kinds (except Strawberry Hibiscus Sorbetto) On Sale!
16 oz • Save \$1

\$3.99

coop deals.



Van's

Waffles

All Kinds On Sale!
9 oz • Save \$1.30

\$2.99

coop deals.



Alter Eco

Organic Chocolate Bars

All Kinds On Sale!
2.65-2.8 oz • Save \$3.98/2

2 for \$5/tx

coop deals.

Noka

Fruit & Veggie Purees & Smoothies

All Kinds On Sale!
4.22 oz • Save 98¢-1.98/2

2 for \$4

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Bionaturae

Organic Tomato Paste

7 oz • Save 80¢

\$1.99

coop deals.

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Organic Pickles

All Kinds On Sale!
24 oz • Save \$2.30

\$4.99

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Jolly Llama

Sorbet Squeezeups

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

\$3.99

coop deals.

Back To Nature

Crackers

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

5.5-8.5 oz • Save \$2.98/2

2 for \$5

coop deals.

Justin's

Nut Butter Squeeze Packs

All Kinds On Sale!
1.15 oz • Save 49¢

\$1.00

coop deals.

GT's

Organic Kombucha

All Kinds On Sale!
16 oz • Save \$1.58/2

2 for \$5/tx

coop deals.

Smart Sweets

Candy

All Kinds On Sale!
1.8 oz • Save \$1.58/2

2 for \$5/tx

coop deals.

Beyond Meat

The Beyond Burger

8 oz • Save \$2.50

\$3.99

coop deals.



Chobani

Greek Yogurt

Key Lime, Plain, Strawberry, Blueberry, Peach, Raspberry, Black Cherry
5.3 oz • Save 24¢

\$1.25

coop deals.



Deep Indian Kitchen

Potato & Pea Samosas

11 oz • Save \$2

\$4.49

coop deals.



Once Again

Organic Sunflower Seed Butter

16 oz • Save \$2

\$5.99

coop deals.



Nature's Path

Organic Eco-Pac Cereal

All Kinds On Sale!
26.4-32 oz • Save \$1.60-\$3.10

\$7.39

coop deals.



Seventh Generation

Dish Liquid

All Kinds On Sale!
19 oz • Save \$1.20

\$2.79/tx

coop deals.



Simple Mills

Almond Flour Crackers

All Kinds On Sale!
4.25 oz • Save \$1.80

\$3.99

coop deals.



Westbrae

Organic Canned Beans

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

2 for \$5

coop deals.



The specials on this page are valid August 17-30

All Specials Subject to Availability. Sales Quantities Limited.



PRESERVING SUMMER PRODUCE

by Andy Gricevich Newsletter Writer

What are you supposed to do with all this zucchini? An insane amount came in your CSA box—or grew in your garden—or you couldn't resist the big, discounted bags in your Co-op's produce department—or someone left it on your doorstep like a kitten they hoped you wouldn't reject. Even after the gifted zucchini bread, zucchini noodles, frittatas and stuffed squash dishes, there's still plenty left over. Must you simply toss it in the compost, inviting another monstrous abundance of volunteer vines next summer? No, indeed. It's time to preserve the bounty.

We've traditionally been seasonal eaters; there's been no other choice for most of human history. Even in places that never see drought or winter, though, we've never wanted to be restricted only to what's in season—and wasting a good harvest is counter to our survival instincts. We've always found ways to keep food around, and creative uses for the food we've preserved. Some techniques, like freezing and canning, depend on technology that's only been widely available for a century or so, while drying and fermentation go back as far as archaeological evidence can determine. Preserving food can

be a long, sweaty labor of love or a ten-minute quick job. However it's done, preservation deepens our relationships with the plants we eat, and connects us with traditions around eating in ways that can be profoundly satisfying.

DEHYDRATION

Linda Black Elk, indigenous food sovereignty activist and educator, urges everyone to air-dry more of their food. She says zucchini, cored, sliced into rings and hung on a string in a place with some air-flow, is unbelievably transformed by drying. Indeed, dehydration not only makes food more compact and portable, but very often intensifies flavors. Think of sun-dried tomatoes, dried mangoes and raisins, or the rich umami of the mushroom powders recently appearing on many grocery store shelves.

Food can often easily be dried in the sun, on baking sheets or screens. Industrious tinkerers can easily find plans for simple solar dehydrators that do even better. Sun-drying is particularly appropriate for sliced fruit, and especially for fruit leather, made by mashing or blending fruit and spreading it out as thinly as possible on trays. Homemade fruit leather is easy, often much tastier than commercial fruit

strips and gummies, and makes for great camping, hiking, or road-trip food, calorically dense and sustaining. Sun-dried veggies make good snacks, or can be mixed together to make delicious bouillions for soup.

Air-drying is great for many vegetables and mushrooms, and is the preferred method for dehydrating greens and herbs. Bundled and hung from anything that's convenient until crisply dry, green plants can be stored in jars and used for teas, crumbled for soup stocks, or ground into green powders for smoothies. If you have a garden, it's a great way to preserve some common garden weeds, many of which—like nettles, lamb's quarters and quickweed—dry very well, and are as delicious and nutritious as anything cultivated intentionally. Greens are best dried out of the sun, while mushrooms produce additional D vitamins when exposed to sunlight.

Sun and air are the least energy-intensive methods of dehydration. Their main drawback is that they're weather-dependent; even in perfect conditions, foods generally need to be brought in at night to prevent morning dew from rehydrating them, and animals from making them vanish. Convenience may call for a commercial dehydrator, which can also handle portions too large

and dense to dry fully in the sun and breeze. There are great, effective multi-tray food dehydrators readily available, usually featuring variable temperature settings appropriate for different foods. Drying some foods (like whole berries) can take some trial and error, to avoid either underdoing them and ending up with mold problems, or ending up with hard, crisp fruit (which can be creatively ground and mixed with flour for baked goods). Generally, though, dehydration is tremendously easy and effective.

ACIDIFYING

Lacto-fermentation is another of the oldest forms of food preservation, and it's made a real comeback during the last couple of decades. In fermentation, bacteria and yeasts present on the surfaces of plants and in the air around us preserve foods by lowering their pH, making them acidic and thus, slowing the growth of microorganisms responsible for decay. Fermentation also unlocks nutrients in food and alters its flavor, often in remarkable ways.

Fermentation is incredibly safe, with exactly zero documented cases of poisoning on record in the U.S. and Europe. That's not surprising, since the microbes responsible for fermentation create a highly inhospitable environment for



pitiable environment for harmful bacteria. It's also easy: vegetables are either chopped and then covered with salt water, or shredded, salted, and pounded to release liquid before fermenting for anywhere from a couple of days to a few years. Basic sauerkraut, cucumber pickles, and diced carrots or radishes are frequent starter projects for people who haven't fermented before, but most vegetables work well, and it's no real challenge to make classics like dilly beans and giardiniera, kimchis, or your own mixes. There are plenty of good sources in print and online to get you started; Sandor Katz's *Wild Fermentation* is the classic starting place.

Pickling with vinegar (itself a product of fermentation) is another way to acidify produce for long-term storage and delicious transformation. Vegetables or fruits are packed into jars, then covered with a pickling medium that usually consists of vinegar, water, salt, a little sugar, and seasonings. When the pickles are intended for storage in the pantry, the pickling medium is almost always boiled before being poured into the jars, which are then sealed and submerged in boiling water for a period of time to kill microorganisms and create a vacuum inside the jars—the process known as water bath canning. Alternatively, pickles can be made to go in the refrigerator, in which case the pickling medium doesn't always need to be boiled, and can contain less vinegar for a lower acidity (since refrigeration will assist with preservation).

Pickling offers an incredible range of possibilities. Starting with traditional recipes for common vegetables will give you a basic sense of what kinds of vinegar and other flavorings work best with different ingredients, as well as how to make sure you have the right level of acidity for safe preservation. From there you can branch out into less familiar classics like Southern pickled pears and peaches, or—returning to the garden weeds—Spanish and South American verdolagas, a marvelous relish of pickled or fermented purslane. Explore further, and find out what herbs best complement pickled grapes or cherry tomatoes. Serve small amounts of ferments and pickles as appetizers; their sourness encourages salivation and cuts through and brightens rich flavors (which makes them great mixed with cream cheese or sour cream for unique dips and spreads). USDA pamphlets and boxes for Ball canning jars contain very basic information for pickling, while books like Leda Meredith's *How to Pickle Everything* can provide inspiration for further discoveries.

MORE STEAM, OR NOT, AND SUGAR, OR NOT

One wonders if general humidity rises during the fleeting seasons for locally grown fruits, as so many

people sweat over boiling pots to make jars of delicious jams and jellies. Water-bath canned fruit preserves are shelf-stable and make great gifts, and making them at home offers the opportunity for using much less sugar than we can typically find in stores. In fact, it's perfectly possible to preserve fruit this way without any sugar at all.

The main role of sugar is to promote a firmer texture. Sugar interacts with pectins (usually added to recipes in the form of powder or liquid, though present in varying degrees in fruit skins) to help preserves gel. Their juices may be sweet enough to interact with that pectin sufficiently, or commercial pectin may be required. Even failed preserves can simply be used for different purposes (like topping ice cream or yogurt). Easily available canning guidelines provide basic information on how much pectin to typically add to different varieties of fruit to ensure a good “set” (degree of firmness).

Jellies almost always require the addition of sugar and pectin to set properly. While jams are made from pieces of fruit crushed to some degree, jellies only use sugar and juice, extracted either with a steam juicer or by straining out the fruit pulp and skin after boiling and mashing it. Whatever form the preserves will take, the critical factor for food safety is acidity. Basic canning instructions (in USDA pamphlets, or on the labels for jars of pectin) give guidelines for how much acid—typically lemon juice—to add in order to ensure a proper pH level that will make preserves shelf-stable for a year or significantly more.

Stone fruit like peaches, plums, apricots, and cherries can be preserved in large slices or entire halves (pits removed) by being cooked briefly in their own juices, in sugar syrup, or in some combination. Added sugar will help preserve the texture of the fruit—as will selecting fruit that's barely fully ripe (i.e., don't can the juiciest, best peaches—just eat all those and deal with the consequences). Whether to sweeten or not depends on your goals.

Where sugar can act as a preservative is in the production of fruit syrups. With a sugar to water/juice ratio of at least 2-to-1, syrups can be shelf-stable for a while, especially if properly canned. If you want to skip the cooking and canning, and have space, make freezer jam! With this method, raw (or sometimes minimally cooked) fruit is mixed with pectin and sugar (as with cooked jams), allowed to sit for a while, then frozen. Freezer jam

preserves the color and texture of fresh fruit much better than canning, and doesn't require heating up the kitchen on a summer day.

Going back to fermentation, another, more off-the-beaten-track way to preserve fruit without canning is to make your own vinegar. You start with either fruit juice or slightly-mashed fruit in water, often with some sugar, let it start fermenting in a food-grade bucket or other container, stirring daily for a few days until it's bubbly, then straining out the fruit pulp. From there, the methods for taking it through an alcoholic stage to vinegar vary. The results can be astonishing (and the same thing can be done by beginning with edible flowers steeped in sugar). *Homebrewed Vinegar*, by Kirsten K. Shockey, is a great place to begin.

Vegetables can be preserved by canning as well, but many of them aren't acidic enough to be safely preserved in a hot water bath, if they aren't pickled. Tomatoes can usually be water-bath canned, but it's important to make sure their pH is low enough, as varieties vary widely. A pressure canner is the right tool for putting up many other veggies. In an era when most people eat only a small variety of vegetables, most of them available year-round thanks to long-range shipping, pressure canning can seem like a thing of the past—but it's not really as outmoded as it seems. Nutritional analyses show that produce often loses as much potency in shipping and storage as it does as a result of

briefly boiling and quickly canning when fresh. In addition, while boiling greens does mean losing some water-soluble vitamins, it actually makes their valuable minerals more accessible to our bodies—evidence in favor of the dietary habit of eating plants in every way they taste good, at different times of year. Blanching (a very brief dunk in boiling water), draining, and freezing vegetables is another good option—though it also uses more energy, and takes up often-valuable freezer space.

USING THE PRESERVED HARVEST

Dried, canned, pickled, fermented, and frozen summer produce can play wonderful roles in meals during the dormant times of year. A creative home cook can draw from their pantry to make meals that take us beautifully back through the seasons. It's as simple as a pasta Bolognese in the winter, made with tomatoes canned at peak ripeness—or as complex as glazing a roast with spiced fruit jelly and layering it with the deep flavor of dried mushroom powder, served with nourishing canned wild greens brightened with homemade vinegar, with a few lacto-fermented blueberries on the side. It's dried cherries in oatmeal and perfect pickles on a sandwich. It's the memory of how hard you worked and sweated, ideally together, and always in the company of people whose lifeways have been preserved in the long traditions of preservation.





CUSTOMER EXPERIENCE REPORT

Owner Benefits Coming Your Way

by Kristina Kuhaupt, Customer Experience Manager

BIKE/BUS THE BARNs REGISTRATION OPEN

FairShare CSA Coalition is a non-profit organization based in Madison, Wisconsin and serves the Midwest region. Their mission is to support and connect farmers and eaters through Community Supported Agriculture (CSA). They envision a future where CSA is the backbone of a strong local food system and where all families have access to locally produced, organic food from small-scale farms.

To help support this cause, and have fun in the process, consider joining us for the return of FairShare CSA Coalition's 14th Annual Bike the Barns (www.csacoalition.org/bike-the-barns) on Sunday, September 18, 2022! Pedal together to help

This year, there is also a second option, Bus the Barns. You can enjoy the same farm tours, gourmet local food, and live music—plus special on-farm activities when you choose to Bus the Barns instead! Enjoy bus transportation and a small-group tour guide as you drive through the gorgeous Wisconsin countryside to three farm stops with curated activities at each stop. Save your spot on the bus at www.csacoalition.org/bus-the-barns. We are excited to announce that Willy Street Co-op is sponsoring a bus for this event, where two of our staff members will also ride with you and facilitate a pleasant experience during the day. FairShare is giving Co-op Owners a \$10 discount for Bus the Barns specifically. Please use this

growing season, which helps farmers plan ahead and cover the initial annual costs to operate. By purchasing your vegetables in this way, you support a sustainable farming system that connects farmers directly with customers and ensures a fair price for their products, while you receive quality, fresh, local, organic products that you feel good about eating.

DONATIONS: UPHOLDING COOPERATIVE PRINCIPLE #7 (CONCERN FOR THE COMMUNITY)

Did you know that in fiscal year 22 (roughly July 2021 to June 2022) the Co-op donated almost \$100,000 to over 140 local community and cooperative charitable organizations? That is an amazing number, and we

would love to help support the community in FY23 in the same way. The Co-op helps support 501(c)3 nonprofit groups and their special projects and fundraising efforts. Do you belong to or know an organization that meets this criteria? We love to encourage and foster neighborhood development—drop us a request (www.willystreet.coop/donation-request) today!

OWNER EQUITY DRIVE AUGUST 15-28

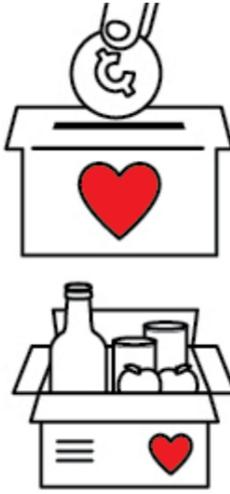
What is equity? Well, it can mean

different things based on the context, but how does it relate to the Co-op? Equity is your investment into the business, which means this is YOUR money! It is not a fee or extra charge. You get your invested money back, or you can donate it to the Co-op's fund for charitable giving if for some reason you choose not to be an Owner anymore. With this investment you are supporting our grocery business with your dollars so that your voice gets heard in making the Co-op a place you want to shop and find products and inclusive trade that you can

align yourself with for years to come. During our Equity Drive, you can pay off any outstanding money that is left in your investment (\$56 individual; \$91 household for your account to be paid in full). This investment is a great way to ensure you and your family have a trusted food and product source.

The great thing about our Co-op is that you don't need to be an Owner to shop and experience all the amazing quality products we sell. However, if you are not an Owner, and wondering why you may want to consider making an equity investment, here are the main reasons that benefit you directly:

Owner Rewards: If you buy an



families in need afford farm-fresh veggies. When you sign up for Bike the Barns, you raise money for the Partner Shares Program (www.csacoalition.org/partner-shares). Your ride helps families access organic food grown by a local CSA farmer in their community. Sign up today and help bring farm-fresh food to every family!

Bike the Barns is a day full of community fun, local food, festive music, and farm tours. This year riders will visit Vitruvian Farms (www.vitruvianfarms.com), a certified organic vegetable and mushroom farm located in McFarland; Parisi Family Farm (parisifamilyfarm.com), a small family farm growing various produce using regenerative organic agriculture practices in the Town of Dunn; Lovefood Farm (www.lovefoodfarm.com), an organic family farm that grows various herbs and vegetables in Stoughton; and Sprouting Acres (www.sproutingacres.com), a small, family-run, certified-organic CSA with on-farm pizza nights, private events, and a kids' summer farm camp located in Cambridge. Registration is open now and spots fill up fast! Learn more and secure your place in the ride at www.csacoalition.org/bike-the-barns.

code: WILLYST*10 at your registration checkout to save!

The broader question is: what is Community Supported Agriculture? For some, it has been a staple in their everyday lives for some time, for others it is a totally new experience one might want to explore. A CSA farm provides a method to buy local, usually organic, food directly from a farmer, typically in your community. After deciding to do this, you purchase a share and become a member. Then, once a member, you can choose your local pick-up location, and the farmer delivers a box of farm products to you regularly throughout the growing season. As a member, you sign up with the farm in advance of the



average of \$40 worth of groceries per week, you'll save an average of \$100 per year through our Owner Rewards sales. For example, most of our fruit and vegetable sales are for Owners only. Many of us come to the Co-op specifically for fruit and vegetables based on the quality of the products we sell—you might as well get some good discounts on these purchases!

Wellness Wednesday: You save 10% on Health and Wellness products the first Wednesday of every month. Time to stock up on body-care and supplements!

Patronage Refund: In years when the Co-op is profitable and pending Board approval, you may receive a refund based on a percent of your annual purchases. Yay for money back in your pockets—exciting!

Case pre-order discounts: Get a 10% discount when you pre-order almost any of our products by the case. So that bottle of tea that you can't live without and powers you through the day, buy it in bulk and save some extra money to put towards a fun new product find, or extra staple groceries; plus then your favorite item is always close at hand without running out quickly.

Class Discounts: Save \$10 on classes for which we charge a registration fee compared to non-owner prices. Never taken a class before? Come see what all the fun is about! These classes can take you on a food adventure around the world, have contact with an individual nutritional consultant, and get your kids involved in the kitchen with courses designed specifically for their age group. It is a great way to learn a new skill and decompress for a bit, while getting a new skill to bring to a new home routine—sign me up (www.wilystreet.coop/events)!

Recipe Requests: If you love one of our recipes and want to make

it for yourself, no problem! Just write to us at www.wilystreet.coop/contact-us.

Online shopping fee discounts: Owners pay lower fees for delivered or picked-up orders placed through shop.wilystreet.coop. Great way to save some time in your day with this service.

Your voice is heard: You have the right to run for our Board of Directors, serve on committees, attend our annual meeting and vote on important business matters.

PLUS: You get this newsletter! Also, you have the opportunity to enroll in our Access Discount Program to receive 10% off everyday purchases, an opportunity to get a Festival Perks Pass (see ad to the right), the Bus the Barns discount, and more!

Our Equity Drive will be August 15–28, 2022. During this time, not only will your administrative fee be waived, but if you invest the rest of your equity to make your account paid in full, you will be entered into a drawing for three \$20 Co-op gift cards for all Owners who have paid off their equity during the year.

Investing your Owner equity in full helps save you money on administrative fees and strengthens the Co-op's financial equity. A strong cooperative investment in equity allows us to finance more of our major expenditures internally instead of borrowing from others. Show your support of local businesses with your Owner equity investment paid in full. Show your Co-op loyalty and invest in our widespread support of the Madison community and beyond. Many Owners are already fully invested and we appreciate your support! Thank you!

New Owners will also be eligible to sign-up with no administrative fees. If you are already an Owner, refer a friend or family member and you'll receive a \$25 gift card!



willy street co-op
FESTIVAL PERKS PASS

PERKS•PASSES
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- **Good Neighbor Festival**
(Middleton)
- **Northside Festival at Mallards stadium**
(Northside Madison)

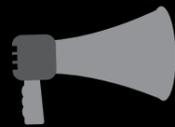
Up to 1,500 Willy Street Co-op Owners will be able to get half-priced meals and beverages during a three-hour span for one of these festivals.

Limited Festival Perks Passes available.

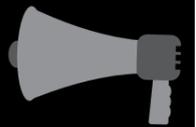


Learn more at
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Thursday, September 22, 2022
5pm · Union South and online
RSVP at communityshares.com

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

Dana Pellebon

Nominated by OutReach LGBTQ+ Community Center
Winner of the Liesl Blockstein Community Leadership Award

Phyllis Greenberger

Nominated by Disability Rights Wisconsin
Winner of the Sally Sunde Family Advocate Award

Elisabeth Lambert

Nominated by ACLU of Wisconsin Foundation
Winner of the Linda Sundberg Civil Rights Defender Award

Wisconsin Environmental Health Network
(a project of Physicians for Social Responsibility Wisconsin),
Midwest Environmental Advocates,
and River Alliance of Wisconsin

Winners of the CSW Collaboration Award, for using the power of the law to protect the health of Wisconsin communities.

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Recipes

Cajun Kale Salad

Adapted from www.fooddownunder.com.

SERVES 6 | PREP TIME: 25min | COOK TIME: 20min

Give your dark leafy greens a kick with this recipe! Try the Cajun spice seasoning on other leafy greens, or on some popcorn.

INGREDIENTS:

4 ears of corn
1 bunch kale
1 red pepper, chopped
1 green pepper, chopped
1 onion, chopped
1 clove garlic, minced
1 1/2 tsp. Cajun spice mix
2 Tbs. lemon juice
Cajun Spice Mix:
1 tsp. paprika
1/2 tsp. salt
1.2 tsp. garlic powder
1/4 tsp. dried oregano
1/4 tsp. dried thyme
1/4 tsp. ground black pepper
1/4 tsp. onion powder
1/4 tsp. cayenne pepper
1/8 tsp. red pepper flakes (optional)

DIRECTIONS:

1. Combine all the Cajun spice ingredients in a small bowl and mix fully. Store in an airtight container.
2. Bring 2 c. water to boil; add corn. Cook until bright yellow—this will probably take about 5 minutes. Remove the corn from the water.
3. If using fresh corn, cut the kernels off the cob. Reserve 1 c. of the cornified liquid in a large mixing bowl.
4. Wash the kale in a large basin of cool water, then strip or cut the leaves from the tough stems. Chop the leaves and discard the stems.
5. Bring the reserved corn water to a boil and add the chopped kale. Cook for about 5 minutes, or until the kale is just tender and still bright green.
6. When the kale is cool, toss with the corn, peppers, onion, garlic, and Cajun spices. Just before serving, toss with the lemon juice.



Carnitas with Tomatillo Salsa

Adapted from www.food52.com.

SERVES 6 | PREP TIME: 40min | COOK TIME: 4hr

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

INGREDIENTS:

5 lb. pork shoulder
2 dried chilies
salt
black pepper
4 cloves garlic
5 cloves
3 c. cilantro, chopped
2 red onions, diced
1/2 bunch radishes, sliced
3 limes
1/2 lb. tomatillos
1/2 avocado
12 corn tortillas
6 oz queso fresco

DIRECTIONS:

1. Preheat the oven to 275°F.
2. Rub the pork all over with chiles, 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.
3. While the meat is cooking, combine the sliced radishes, a pinch of salt, and juice from 1 1/2 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 2 cups of the chopped cilantro. Set aside to use as a garnish.
4. 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 1 1/2 limes, the last diced red onion, the last 1 cups of cilantro, and the avocado to the food processor. Pulse until puréed. Taste and add more salt or lime juice as needed.
5. Serve the carnitas with warmed tortillas, onion and cilantro garnish, salted radishes, tomatillo salsa, queso fresco, and lime wedges.



Grilled Corn with Basil Butter

Adapted from www.susanspungen.com.

SERVES 6 | PREP TIME: 30m | COOK TIME: 25min

Grilled corn on the cob is incredible when slathered in a summery basil compound butter!

INGREDIENTS:

- 1 c. basil leaves
- 8 Tbs. butter
- 8 ears of corn

DIRECTIONS:

1. In a food processor, pulse basil and butter together until thoroughly combined and basil is in tiny bits. With a rubber spatula, scrape the basil butter into a small dish. Refrigerate until ready to use.
2. Heat a charcoal or gas grill until hot. Lightly brush grill with oil. Grill corn about 10 minutes, rotating frequently, until tender and lightly charred.
3. Serve hot, with cold basil butter, and sprinkled with salt.



Fried Green Tomatoes

Adapted from www.equinoxcommunityfarm.com.

SERVES 4 | PREP TIME: 15min | COOK TIME: 20min

Fried green tomatoes are the perfect solution to the impatience resulting from watching your tomato plants daily, hoping to find a splash of red or orange or yellow.

INGREDIENTS:

- 4 green tomatoes
- 2 eggs
- 1/2 c. milk
- 1 c. flour
- 1/2 c. cornmeal
- 1/2 c. breadcrumbs
- 2 tsp. kosher salt
- 1/4 tsp. black pepper
- 1/4 c. vegetable oil

DIRECTIONS:

1. Slice tomatoes 1/2-inch thick. Discard the ends.
2. Whisk eggs and milk together in a medium-size bowl.
3. Scoop flour onto a plate. Mix cornmeal, bread crumbs, and salt and pepper on another plate.
4. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat.
5. In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat.
6. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes; they should not touch each other.
7. When the tomatoes are browned, flip and fry them on the other side. Drain on paper towels.



Fiesta Zucchini

Adapted from *Bon Appetit* magazine.

SERVES: 2 | PREP TIME: 20min | COOK TIME: 10min

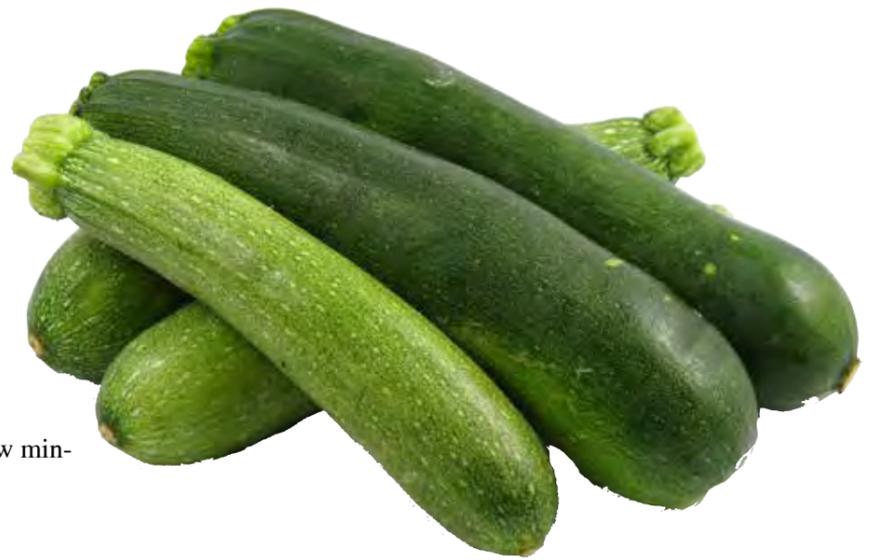
This easy skillet dish will use up some of summer's bounty.

INGREDIENTS:

- 2 Tbs. olive oil
- 1 lb. zucchini, quartered lengthwise and sliced in 1/2-inch pieces
- 3 cloves garlic, minced
- 1/4 tsp. dried oregano
- 1 c. corn kernels, fresh or frozen (defrosted)
- 1/2 c. salsa of choice
- 1/2 c. shredded Monterey jack cheese

DIRECTIONS:

1. Heat olive oil in heavy skillet.
2. Add zucchini, garlic and oregano and sauté 2 minutes. Stir in corn.
3. Add salsa and bring to a boil.
4. Reduce heat and simmer until zucchini is just tender, about 5 minutes.
5. Sprinkle with cheese, cover and let stand a few minutes until cheese is melted.



Stuffed Summer Vegetables

Adapted from *Caroline Cummins from the Culinate Kitchen*. Reprinted with permission from www.culinate.com.

SERVES: 6 | PREP TIME: 30min | COOK TIME: 30min

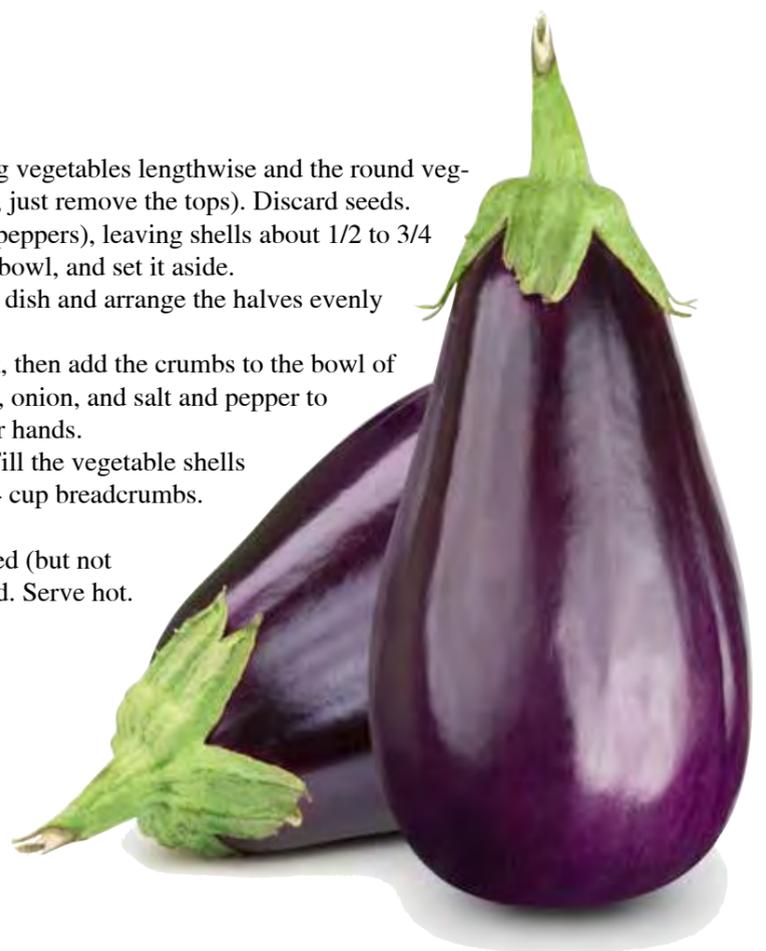
Using a mix of vegetables will dress-up a summer dinner.

INGREDIENTS:

- 8 small zucchini or eggplant, medium round summer squash or large peppers
- 2 Tbs. olive oil
- 1 1/4 c. medium breadcrumbs, divided use
- 1/4 c. milk
- 1 lb. ground pork or loose sausage, ground chicken or ground turkey
- 3 cloves garlic, peeled and chopped
- 1/2 small onion, diced
- salt and freshly ground black pepper to taste
- 3 large ripe tomatoes, diced
- 3 Tbs. chopped fresh herbs (parsley, basil, etc.)

DIRECTIONS:

1. Preheat the oven to 375°F.
2. Trim the tops off the vegetables. Halve the long vegetables lengthwise and the round vegetables horizontally (for round summer squash, just remove the tops). Discard seeds.
3. Scoop out the remaining flesh (except for bell peppers), leaving shells about 1/2 to 3/4 inches thick. Chop the flesh, put it into a large bowl, and set it aside.
4. Drizzle 1 Tbs. of the olive oil in a large baking dish and arrange the halves evenly in the dish.
5. Briefly soak the 1 cup breadcrumbs in the milk, then add the crumbs to the bowl of vegetable flesh. Add the crumbled meat, garlic, onion, and salt and pepper to taste; mix everything together evenly with your hands.
6. Add the tomatoes and herbs and mix loosely. Fill the vegetable shells with the stuffing and sprinkle each with the 1/4 cup breadcrumbs. Drizzle with the remaining 1 Tbs. olive oil.
7. Bake for 1 hour, or until the shells have softened (but not crumpled) and the crumbs on top have browned. Serve hot.





Staff Picks



EVAN

Late July Sea Salt Dippers

Perfect amount of salt and shape for all your dipping needs. I love these when I make a vegan cashew queso, but they are also great with salsa and guacamole or any dip, really.



HALLIE

Wisco Pop Grapefruit Soda

This is great alone, but AMAZING with vodka or tequila! Especially on a hot summer evening. Salt the rim first and it's even fancier and more balanced. Too many, though, and you may lose your balance!



JOE

Rainbow Light Men's One Multivitamin

I like this because it's remarkably complete for a one-a-day, especially in this price range. Notably, it contains vitamin K, methyl B12, iodine, selenium, balanced copper and zinc, and even a little magnesium. It also has digestive enzymes, probiotics, and a "superfoods" blend.



GRANT

Willy Street Co-op Green Zinger Bottled Juice

My favorite juice blend! This bottle is packed with freshly juiced goodness including a shot of wheatgrass, and it tastes great! When I drink one of these I feel invigorated for the rest of the day!

Harmless Harvest Organic Coconut Water

Hands down the tastiest and most refreshing coconut water. A little pricier, but you're getting what you pay for. Delicious!



Granola Kitchen Chocolate-Covered Pretzels

Chocolate? Did you say chocolate? Chocolate! CHOCOLATE!!!



JAMES

Steaz Yerba Mate Peach Please

I'm obsessed with this stuff. It tastes like a classic peach tea and has plenty of caffeine to get me through the day (without making me jittery). I literally buy one at the beginning of every shift.



Smart Sweets Sourmelon Bites

It's hard not to eat a whole bag of these in one sitting. If you like sour candy, definitely give these a try! They've got a great flavor, are not too sticky, and are sweetened with allulose, which is all natural—it comes from foods like figs, raisins, molasses, and maple syrup.



KELSEY

Olli Salumeria Calabrese Snack Pack

These are basically Lunchables for grown-ups. The Calabrese salami and sharp Asiago are balanced out with the simple crackers, and it's just the right size pack for an afternoon snack or a light lunch.



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.

La Perla Flour Tortillas

These are the Goldilocks of tortillas—just right. Simple taste that doesn't overwhelm the fillings, without being bland. Thick enough to hold together without being too bread-like. I literally never buy other types of tortillas. This is The One.



LILYIAN

Ben & Jerry's Cherry Garcia Non-Dairy Frozen Dessert

I love that even made with almond milk, this alternative is shockingly the same as the original. It's the classic minus the stomach pain for lactose-intolerant folks :)



KELLY

Plainville Farms Honey Maple Uncured Ham

Humanely raised ham with no additives at a good price. Our favorite way to eat is it slightly toasted on a bagel sandwich or rolled up in a tortilla with cheese. One slice is all you need to make a nice meal. North and West only.



Natural Vitality Calm Gummies

They work and my kids love them. Great digestion aid as well as calming.



AARON

Tate's Bake Shop Gluten-Free Chocolate Chip Cookies

As someone with celiac, it can be difficult to find gluten-free alternatives that are just as good as, if not better than, their gluten-containing counterparts. Tate's cookies are super crispy and the chocolate chips melt in your mouth perfectly. I highly recommend them!





SARA

Nantucket Spider Natural Bug Repellent

Nantucket Spider offers a variety of natural, DEET-free insect repellents made with essential oils. They are effective, smell wonderful, and safe for humans. There's even one specially for dogs that repels both mosquitoes and ticks!!! Protect yourself and your best friend (your dog) this summer while you're out hiking or camping or rolling around in the grass. If you would prefer not to apply an insect repellent to you skin or cloths, don't worry, Nantucket Spider has that covered too. They have Outdoor Garden Incense Sticks which you can place strategically around your yard to protect you from mosquitoes and flies. Keep those unwanted insects "socially distant" from you this summer while you gather with your friends and/or family!



AMY

biokleen Bac-Out Stain & Odor Remover

I use this stuff constantly, as I am as messy an eater as a toddler. It really does help get out stains. If the odors referred to are mustard and pasta sauce, I can attest that it removes these too.

Ferndale Market Sliced Smoked Turkey

This is the best one. I very much like to eat it over the kitchen sink, wrapped in a handful of lettuce leaves and a cornichon in the middle.



LAURA

Mifroma Blumenkase

Eat this cheese whenever you want to feel like you're rolling in a field of flowers. It's coated with nearly every type of flower/herb there is. I often just eat it by itself for a tasty, teleporting snack; the flavors are so complex on their own. East and North only.



CAITLYN

Fever-Tree Elderflower Tonic

G&Ts are my favorite cocktail, and this tonic is my favorite tonic. Yes, this is made with handpicked English elderflower, and yes, it is also made with high quality quinine from the "fever trees" of the Democratic Republic of Congo. But all that fancy talk aside: if you like G&Ts, this will change you.



MELISSA

Local Heirloom Tomatoes

When tomatoes are not in season locally, I usually don't bother to eat them. The wait is worth it—local heirloom tomatoes are so flavorful and juicy, just like they should be. At my house, it's constant caprese salads, BLTs (or in my case, Tempeh Lettuce Tomato), and tomato slices on everything.



ANGELICA

Willy Street Co-op Red Curry Tofu Salad

This vegan salad is both filling and delicious. The tofu has a nice springy texture. I enjoy it in a wrap or sandwich or on its own. The sauce is complex and tangy and just ever so slightly spicy. Also, we make it at our very own Production Kitchen!



NANCY

Spindrifft Sparkling Water and Real Squeezed Fruit

After a 40-year love affair with classic Coke (140 calories per can!) and plenty of scolding from my doctor and dentist, I reluctantly agreed to look elsewhere for a beverage that would tame my never-satisfied sweet tooth. Diet soda leaves an evil aftertaste in my mouth and I'm highly suspicious of the "natural" synthetic fruit flavoring found in many national sparkling water brands. Enter Spindrifft real fruit-squeezed sparkling water!

With 11 flavors ranging in calories from 2-17 per can, each 8-pack lists how many pieces of real fruit were squeezed to make it. My favorite is the cranberry raspberry. Every time I drink one, I am impressed that this product helped me lose and keep off 25 pounds!



PATRICK

Cedar Teeth Cheesus Crust Pizza

I love everything about this pizza (and all of their pizzas). And what's not to love? They're local, they're clearly light-hearted and fun, oh, and they taste amazing! Something about that rosemary sourdough crust, just... phenomenal! Seriously we keep a minimum of two of these in our freezer at all times. Perfect quick dinner or an awesome late night snack. SO GOOD!!



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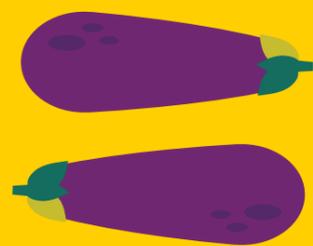
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