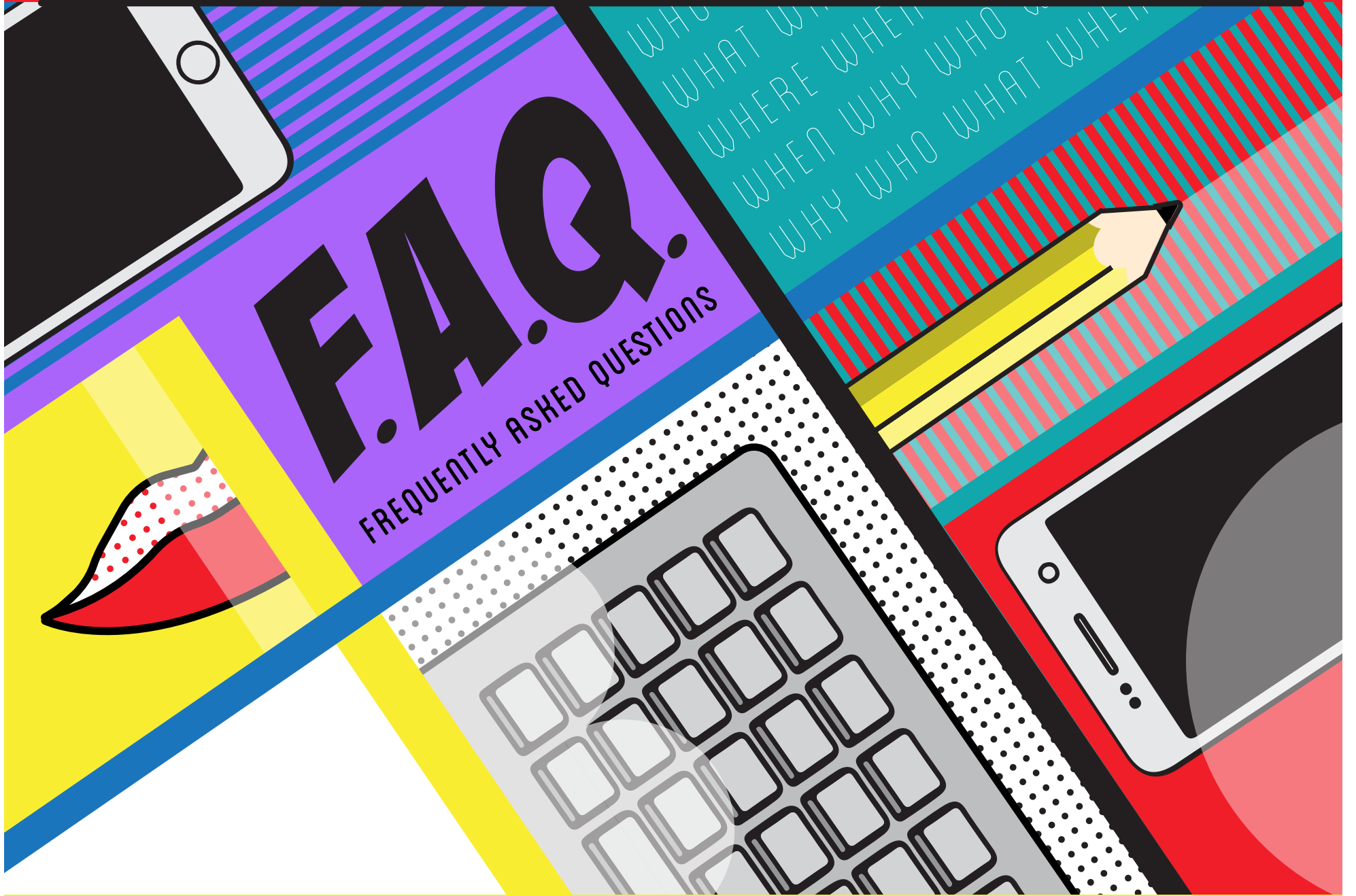


willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 45 • ISSUE 12 • DECEMBER 2018



HOLIDAY HOURS

DECEMBER 24: CLOSING AT 6:00PM
DECEMBER 25: CLOSED
DECEMBER 31: REGULAR HOURS
JANUARY 1, 2019: CLOSED

IN THIS ISSUE: Nifty Gifties; Fiscal Year 2019
Operating and Capital Budgets; Local Veggies in the
Winter; Groceries as Gifts; Staff Picks; and More!

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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

FAX: 608-251-3121

SEAFOOD CENTER: EAST: 608-294-0116 WEST: 608-836-1450

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EDITOR: l.wermcrantz@willystreet.coop

PREORDERS: EAST: es.preorders@willystreet.coop; WEST: ws.preorders@willystreet.coop; NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: 7:30am-9:30pm, every day

East Juice Bar: 7:30am-6:00pm; West Juice Bar: M-F: 7:30am-7:00pm & Sat-Sun: 7:30am-6:00pm; North Juice Bar: 7:30am-7:00pm

Deli: 7:30am to 9:00pm

Seafood Center—East and West: Monday–Saturday, 8:00am-8:00pm; Sunday, 8:00am- 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**
- Meghan Gauger, Vice President**
- Patricia Butler**
- Brian Anderson**
- Ann Hoyt**
- Stephanie Ricketts**
- Trevor Bynoe**
- Michael Chronister**
- Dan Ramos Haaz (Interim Board Member)**

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

BOARD MEETING SCHEDULE

- Tuesday, December 4**
- Tuesday, January 15**
- Tuesday, February 19**
- Tuesday, March 19**
- Tuesday, April 16**
- Tuesday, May 21**
- Tuesday, June 18**

As always, Board meetings are held at the Central Office beginning at 6:30pm (unless otherwise noted). Dates are subject to change. Please see www.willystreet.coop/events/board-of-directors to confirm.

Are you newly recovering from alcoholism?

If so, you are invited to participate in multiple research studies.

To learn more about the studies, visit go.wisc.edu/alcoholism or call **608-590-4794**

willy street co-op FOLLOW US ON:

TOO MANY GRAPES?

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

willy street co-op

HOLIDAY HOURS

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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!

A HEARTFELT THANK YOU

Q: *As I read through the published comments section of the latest edition of the Coop News I felt the impact of public published "thank yous." So, here is an overdue yet heartfelt thank you:*

In April of last year, the West Side Willy Street Coop generously donated to a worthy cause—the first ever Teaching Assistants Appreciation Day in UW-Madison's Department of Spanish and Portuguese. Hungry hardworking Teaching Assistants feasted on delicious organic food from the Coop. Cries of delight (¡Juepa, por fin comida buena! Hurray, good food finally!) emerged from the TA Workroom as they discovered fresh fruit, vegetables, cheese and cold cuts from the Coop. ¡Muchísimas gracias!

A: I hope this finds you well! I'm happy to hear the Teaching Assistants enjoyed the food. We're happy to be able to give back to those in our community! Best regards, Liz Hawley, Education and Outreach Coordinator

ACCESS DISCOUNT PROGRAM

Q: *Heard about \$4.00 a year rate and would like to know how to qualify for that. Currently I am receiving SSI disability and would I need to bring in letter from SSI. I heard there are other qualifiers too.*

A: Thank you for reaching out about our discount rate. This is a part of what we call our Access Discount Program. For those who qualify, you are able to make reduced equity payments (\$4/year), and you will receive the following benefits:

- Shop at the Co-op with a 10% discount.
- Receive one coupon for a free class every year at enrollment.
- Receive one free tote bag for each person on your account to carry home your groceries.

SSI is one of the qualifiers for this program. You simply need to bring your enrollment letter to our Customer Service desk at any of our stores and your first \$4 payment. The discount and your Ownership can be activated for you right away. (Just for your information, having an EBT card with active FoodShare benefits is the easiest way to qualify for our Access Discount. If you have an EBT

card with a positive balance, that will serve as proof of qualifying as well. To be clear, you only need to have one qualifier to be eligible.)

There is more information about this program that you will receive when signing up. I didn't want to bog you down with too much information at this time. If you have further questions about Ownership at Willy Street Co-op or the Access Discount Program, I am happy to help you with those.

I hope you're having a great week!
-Robert Halstead, Owner Records Administrator

SEPARATE PLATES?

Q: *Hi Willy Street Co-op, I get food from the hot bar at Willy West 2-4 times per week. I would love to add some items from the cold bar to my plate, but I don't want to get a separate plate/container for it because it seems wasteful for the limited quantity that I'm looking for. Is there any issue if I get items from both the hot and cold bar on a single plate and just pay the higher hot bar price per pound for all of it? Thank you!*

A: Thank you for taking the time to write to us with your question! We are so happy to hear that you enjoy our hot bar and salad bar. You are welcome to get both hot and cold food on a single plate while you're here. However, you will end up paying a slightly higher tax. Our hot bar is considered taxable, so if you have both on your plate, you will simply pay sales tax on both. I hope this helps! We look forward to seeing you soon! -Renee Strobel, Deli Manager-West

SEAFOOD SALAD REQUEST

Q: *Hi There! I love that the Seafood Center is in Willy Street Coop. I'm trying to sway my boyfriends diet more towards fish than red meat so when I cook for him I like to check out the seafood selection there. One thing that is at the Seafood Center store off Whitney Way is their pasta salad, honestly the best seafood pasta salad I have ever had in my life! I try to go there every week and pick up a couple of pounds of it. They make it fresh on Tuesdays. I live in Sauk City outside of Madison so it's a lot more convenient for me to go to the Co-op to get it than the Seafood Center (plus I'm at the Coop at least once or twice a week usually) if there is anyway you could look into offering that, I think it would go over really well. Thanks!*

A: Thanks for taking the time to write. The Seafood Center is a separate business from ours, and we have very little input on what products they decide to carry. With that said, I did reach out to Bob Crow the manager of the west side Seafood Center about

your request and he said he could bring it over. Or if you knew when you would want it to just give him a call a day or two ahead of time and he would make sure he has some for you when you come to the store to shop. You can reach the Seafood Center by calling the store (608) 284-7800 and asking to speak to the Seafood Center or by calling them directly at (608) 836-1450. -Jeremy Johnson, Meat & Specialty Category Manager

INGREDIENT CONCERN

Q: *El Rey corn chips are made with MSG (lemon flavor). I am very surprised to see Willy East carry an MSG produce with no SHELF WARNING LABEL. Please write up a "warning" label for the shelf to advise shoppers. (I saw a "beef broth" shelf label on hen of the woods chips.) I did not expect I had to read the label of everything I buy at WSGC—at Woodman's yes, but not at my "organic" food coop.*

A: Thanks for sharing your concern. We do sell many organic products, but also non-organic local products and many conventional products based on the interests of our Owners. In general, we do not print shelf tags with product information of warnings on them because the info on the manufacturer's label is the most accurate. We always recommend reading the label of any product you buy, no matter whether it's at our store or another, because products can change their ingredients without notice to anyone. Knowing that we have some shoppers who are very concerned about what they consume for health reasons or otherwise, we believe reading labels is by far the safest way to ensure that you are only purchasing those products that are acceptable to you. If we make a mistake in our labeling by omitting the warning, or putting it on the wrong product by accident, that could impact a customer's health. We did make an exception and call out beef broth as a potentially deal-breaking ingredient for vegans and vegetarians on the Hen of the Woods chips because it was such a surprising ingredient. We will consider running this comment in the newsletter as a notification. -Brendon Smith, Communications Director

IMPORTED ITEMS

Q: *Thank you for the progress toward more "green" and local items. Please cease selling imported items unless specifically fair trade/direct trade. Please support MORE local, sustainable, diverse businesses!*

A: Thank you for your comment asking us to cease selling imported items that are not Fair Trade or direct trade. I definitely appreciate the idea—in fact, this is how I prefer to eat myself: local first, with Fair Trade/direct trade items added to my diet when necessary.

As a consumer-owned Co-op, we have to make decisions about what we carry that are inclusive of the needs and preferences of all of our Owners. This includes Owners like you and I who prefer to purchase local and Fair Trade, but also Owners who prefer to purchase items that don't fit this criteria, or whose budgets necessitate that they make alternate choices.

If there are specific products that we don't carry that you would like to see us bring in, I'd love to hear what they are! Best Regards, Megan Minnick, Purchasing Director

BATHROOM PAPER TOWELS

Q: *pptowel in the bathroom please? With cold and flu season upon us it would be nice for opening the door and for putting toilet lid up or down. Thank you.*

A: Thank you for taking the time to share your feedback with us. We have received a lot of feedback about paper towel availability in the new bathrooms. When we discussed the changes for the bathrooms in the expansion preparation we decided that hand dryers were the more economical and earth-friendly choice. The cost of paper goods continues to rise at a fast clip while also taking a lot of energy to produce and contributing to the deforestation of the state of Wisconsin and the rest of the world. As a Co-op it is important to us to do what we can when it comes to conservation.

At this time we have chosen to return the paper towels to the bathrooms due to customer demand but there may come a time where this is not the economical choice for our business and we will be evaluating this as prices of paper goods rise. We also hope customers and staff will work with us in our conservation efforts and use the hand dryers whenever possible. -Lindsey Hardy, Store Director-West

PASTURE & PLENTY COOKING KITS

Q: *I want to say that I Love the Pasture & Plenty cooking kits! Please continue!*

A: Thank you for your enthusiastic response to the new Pasture & Plenty cooking kits. I also am excited to try them. Your feedback will be shared with the staff. -Katie O'Connell-Jones, Owner Resources Coordinator-West

EXCEPTIONAL FOOD

Q: *Today's chicken wild rice was exceptional! First time I've had it, but I will look for again.*

A: Thank you so much for taking the time to write down and share your kind words with us. I will be sure to share this feedback with the staff. Best, Katie O'Connell-Jones, Owner Resources Coordinator-West

MORE CRANBERRY SCONES

Q: Please make more cranberry GF scones... every night I come here and they are gone.

A: Thank you so much for writing to us with your feedback! You will be pleased to hear that we have increased our orders for the Gluten-Free Cranberry Scones! We are happy to hear that you enjoy them, and hope this will allow you to pick some up on your next trip to the Willy West Deli! Thank you again, Renee Strobel, Deli Manager-West

DEMO PLASTICS

Q: Would like to see less plastic used in demos. Today a plastic cup and plastic spoon for spoonful of kimchi. Thank you.

A: Thank you for expressing concern about reducing the waste our Co-op puts out. For several years, we had our own internal sampling program with staff serving as the sampling agents and the program was very conscious of waste reduction. We used compostable cups as well as introduced the EcoTensil to many. (see ecotensil.com).

That program was eliminated but that allowed us to increase the

number of external vendor samplings at each site. This past September we reached our record high with 88 vendor visits across all three stores. Because of this high number of product demos, all visiting vendors are required to bring all supplies necessary for a successful demo including the small cups and utensils used for sampling.

I am not in favor of requiring visiting vendors to exclusively use non-plastic items because budgetary pressures might limit participation in the overall program from many start-up vendors, especially those in our new Retail Ready Lab program, but I do think that many of them are unaware options exist.

I would be happy to include suggested eco-utensils in a revised Demo Guide, a description of demo policies all visiting vendors receive. We also have a healthy stock of EcoTensils remaining from our internal program, which I can distribute to each site and those can be available for use to any vendor. I believe that the more we can let company representatives know about eco-friendly supply options the more companies will opt to use them. -Jack Kear, Event Coordinator

GENERAL MANAGER'S REPORT

Happy Holidays; and More!



by Anya Firszt,
General Manager

HAPPY HOLIDAYS!

December is filled with lots of holidays to celebrate over the next four weeks. Yay!

In the Northern Hemisphere we celebrate the Winter Solstice on December 21. I, for one, am looking forward to the return of

longer, warmer days and short nights. People also celebrate a number of holidays this month including Hanukkah, Christmas, Kwanzaa, and New Year's Eve. Whatever and however you celebrate this month, I hope you can do so with friends and family and you have ample opportunity to eat lots of delicious food!

The Co-op can help you with some or all of the items on your holiday grocery shopping list. We have what it takes to bake and prepare your traditional family favorite recipes or new-found delicacies. We also have in store uniquely handcrafted, local and Fair Trade items and specialty foods and spirits to complete your holiday gift-giving needs. Whether you are hosting a dinner or need a hostess gift, we have you covered.

SPECIAL RETAIL OPERATING HOURS!

- December 24: retails close at 6:00pm
- December 25: closed
- December 31: regular hours
- January 1, 2019: closed

DOUBLE DOLLARS FUND CONTRIBUTIONS ALSO SUPPORT FOOD PANTRIES THIS MONTH

You still have the rest of this month to make your Double Dollars Fund contributions count twice! Simply donate \$1, \$5, \$10, or \$25 using a scan card at the registers or reuse bags when you shop through December 31, and we'll match your contributions 1:1 up to \$10,000 to support our local food pantries (when you reuse bags, we contribute 10¢ for every reusable bag, and 5¢ for every reused disposable bag to Double Dollars). Your donations and bag reuse supports Double Dollars, and our match will be equally distributed among the following organizations: Wil-Mar Neighborhood Center's food pantry, Goodman Community Center's Fritz Food Pantry, Bread of Life Food Pantry, The River Food Pantry, the Lussier Community & Education Center's, and Middleton Outreach Ministries' food pantries. Thank you in advance for your generosity to help those in need, especially at this time of year.

FY18 ANNUAL REPORT

The Annual Report for Fiscal Year 2018 will reach your inbox or mailbox in the coming week or two. Please take moment to read the Annual Report to learn more about what the Co-op accomplished last fiscal year. I think you too will be proud of our good work.

BOARD SEATS FILLED!

Ann Hoyt and Dan Ramos Haas have been appointed by the Willy Street Co-op Board of Directors to fill two vacancies on the Board until the next election cycle in the summer 2019. Thank you both for accepting this appointment and rounding out the Board to its full nine members.

\$5 DINNER AT WILLY NORTH

Mark your calendar and plan to attend this month's \$5 Dinner at Willy North on Thursday, December 20 from 4:00-8:00 pm. This month's fare is pizza, including pepperoni, cheese and vegan options.

RETAIL FLOOR SUPPORT

I plan to be at the each of the stores weekend days and weekday evenings for the next several weeks to bag groceries, front product and direct customers to requested items. If you see me and want to ask or share anything, please feel free to do so! You can also reach me by calling me at my direct line: 608-237-1210 or emailing me at a.firszt@willystreet.coop.

OPERATIONS

Operationally speaking, the Co-op is doing well, no we're doing great! Sales are strong at all three stores, at or above budget, and expenses are being managed below budget. If you have not yet had an opportunity to check out the newly remodeled Willy West, you're in for a treat. Willy North now has an additional cash register stand, which has made a noticeable improvement in decreasing the lines at the check out.

In the next few months we will be turning our attention to a few much needed upgrades to equipment at the production kitchen, as well as planning for another round of improvements at Willy North. My sincere thanks and recognition to our staff that make good things happen around here.

GOODBYE 2018; HELLO 2019

As we bring calendar year 2018 to a close, may the time you spend with family and friends this holiday season be filled to overflowing with joy and happiness. Whether you make New Year resolutions or not, may the New Year be warm, safe and healthy. Happy New Year.

HOLIDAY HOURS

DECEMBER 24: CLOSING AT 6:00PM

DECEMBER 25: CLOSED

DECEMBER 31: REGULAR HOURS

JANUARY 1, 2019: CLOSED

willy street co-op



Thursday, Dec. 20th
4pm - 8pm
at Willy North

Join us for: pizza (pepperoni, cheese, or vegan), a side salad and a chocolate chip cookie all for \$5!
Vegan/vegetarian-friendly.

BOARD REPORT

Meet Board Member Michael Chronister



by Stephanie Ricketts, Board Member

Happy last month of 2018 everyone! We are fully in the holiday season now, and I hope it's more joyful than stressful for each of you. In my preparations for family meals, I found a sweet blessing to share with all of you; you'll find it at the

end of the article.

There was no Board meeting in November, due to the Thanksgiving holiday. You may have seen a few purple-shirted Board members at each retail location helping bag groceries during our busiest time of the year. Thank you for including Willy Street Co-op in your celebrations!



BOARD MEMBER MICHAEL CHRONISTER

I'm pleased to introduce you to another one of our new Board members, Michael Chronister! Michael was elected in the 2018 cycle for a three-year term on the Board.

Stephanie Ricketts (SR): What was your first memory of Willy Street Co-op?

MC: I think I first learned about Willy Street by shopping there in college when I went to school here. I didn't shop there much, but I knew if I wanted good food, that was the place to go. The first time I shopped at the Co-op was for a house party we were having. We wanted to get good food, and left the Co-op with fresh veggies, hummus, etc. We put together a nice spread. I remember thinking, "Wow, this food does taste better! Celery has a flavor; it's not just a bland water log!" That was my first time shopping, and really having a connection to it.

SR: How did you first learn about cooperatives, and what was the first co-op you joined?

MC: I grew up in northern Wisconsin, and back then everything was done via cooperatives. The telephone company was a cooperative, the electric company was a cooperative, and my parents were members of a credit union. So the first co-op I probably joined was their credit union, when I opened my first bank account.

I remember when the telephone cooperative closed or consolidated, my parents got a check in the mail. It seemed weird to me that they were getting a check, but they explained that, because they were members of the co-op for so long they had all this equity built up. The co-op was giving it back. That left an impression on me. I thought that it was pretty cool. There's a lot of history with co-ops in northern Wisconsin, in part because Scandinavian immigrants brought that model with them. Every small town had its own co-ops for everything. The cooperative model was very strong in northern Wisconsin.

SR: What do you rely on Willy Street Co-op for?

MC: Willy Street is the place where my household gets the majority of our groceries. I rely on it for all the fresh fruits and vegetables. It's definitely always the place to go if I ever want anything special. I know I'm always going to find the best ingredients, the best products and I definitely rely on it for that.

SR: What are your top three favorite Willy Street Co-op foods?

MC: That's a tough one—there are so many! One that we get a lot in my house (and it changes based on what's on sale) are the chocolate bars. There's a great selection of chocolate bars. Whether it's the XOXO brand, or the one with the animals on it, we usually go down that aisle and grab whatever bars are on sale. I'm a big fan of hummus, especially the spicy Sriracha one. Last, though I haven't seen them

in awhile, the peanut butter cookies Willy Street Co-op makes are very good.

SR: Do you have any favorite food traditions?

MC: We've made some of our own. My wife has been making French Onion Soup for Christmas, and if you haven't made it before, it is an all-day process as you cook onions down until they're a soup. We have these nice specific French Onion Soup bowls that we serve them in. It's one of our new traditions.

SR: Besides being a Willy Street Co-op Board member, what else do you like to do with your time?

MC: Well, I am an avid biker. I like to get out and go on rides as much as I can. I bike to work year-round, so get a lot of riding in with regular commuting, but I also like to get out in summer as much as I can. I also like to home brew now and again as well.

SR: What are you most excited about in being a new Board member, and what do you see as the biggest opportunities and challenges the Co-op will face over the next few years?

MC: For me it's about learning as much as I can about the processes of the Co-op and being on the Board. Learning how my role relates to the Board in general, the General Manager and the Co-op as a whole. I'm looking forward to expanding my knowledge base.

I think the Co-op is in a good place. The Madison grocery scene in general, with new people always coming in, will be the biggest challenge. However, I think we are positioned well to keep our customer base and expand. The big question is always where the next store is going to be, if

there is a next store. Expansion to a fourth retail location will be interesting, if it happens while I'm on the Board. As a Board member, going through that search, securing funding, working through the finances, etc. would be interesting.

SR: Is there anything else you'd like our Owners to know?

MC: I'm excited to be on the Board! I'm very new at this, but looking forward to learning as much as possible. If you see me in the store please say hi, and feel free to ask me whatever you want. I'll do my best to answer!

A LITTLE HOLIDAY BLESSING

For what we are about to receive let us be truly thankful ...to those who planted the crops ...to those who cultivated the fields ...to those who gathered the harvest.

For what we are about to receive let us be truly thankful to those who prepared it and those who served it.

In this festivity let us remember too those who have no festivity those who cannot share this plenty those whose lives are more affected than our own

by war, oppression and exploitation those who are hungry, sick and cold

In sharing in this meal let us be truly thankful for the good things we have for the warm hospitality and for this good company.

As always, thank you for being a part of this Cooperative! See you in the New Year.



Carlos & Sara Alvarado

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STATE LICENSED & CITY ACCREDITED



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.



VEGAN BAKING SECRETS: CHEESECAKES

Location: Willy West Community Room
Wednesday, January 16, 6:00pm–8:00pm
Ages: 13 and older; adult supervision not required
Instructor: Cara Moseley
Fee: \$20 for Owners; \$30 for non-owners

Pastry Chef Cara Moseley will demonstrate how to make vegan cheesecakes and apply your creativity to any vegan cheesecake recipe. Participants will learn the basic recipe and how to vary the crust, the filling and the topping to make the perfect vegan cheesecakes. Participants will enjoy samples and take home recipes and ideas from the class discussion. Gluten-free options will be demonstrated and discussed. Vegan.

VEGAN BAKING SECRETS: FLAVORFUL CREAM PIES

Location: Willy East Community Room
Tuesday, February 19, 6:00pm–8:00pm
Ages: 13 and older; adult supervision not required
Instructor: Cara Moseley
Fee: \$20 for Owners; \$30 for non-owners

Join Pastry Chef Cara Moseley to learn how to make delicious vegan cream pies and how to vary one basic recipe to make several flavors of pies and tarts. Participants will learn the coconut cream pie, the chocolate tart and more! Cara will also discuss the many ways to imagine this simple vegan cream filling in many desserts. Students will try samples and leave with ideas and the confidence for their next sweet creation. Vegan.



SEASONAL SOUPS

Location: Lakeview Library
Wednesday, December 5, 5:00pm–6:30pm
Ages: 13 and older; adult supervision not required
Instructor: Lily Kilfoy
Fee: Free

Join Chef Lily Kilfoy in this community cooking class where she will teach the art of creating soup from scratch. Lily will discuss the process of making homemade vegetable stock and will demonstrate preparing two soup recipes: Butternut Squash Bisque and Creamy Tomato Soup. Recipes will also include Grilled Cheese Croutons. Sample portions of recipes will be served. Vegetarian and nut-free.

COOKING WITH CHEF PAUL: SICHUAN, THAI AND JAPANESE NOODLES

Location: Willy East Community Room

Thursday, December 6, 6:00pm–8:00pm
Ages: 13 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Paul for a demonstration of three different styles noodles from three different regions. Paul will explore Sichuan spicy noodles, Thai rice noodles with curry broth and Japanese Udon with sea vegetables. Each noodle dish has unique flavor and texture.

COOKING WITH CHEF PAUL: TEMPURA 101

Location: Willy West Community Room
Thursday, December 13, 6:00pm–8:00pm
Ages: 13 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

A crispy tempura vegetable will make us salivate, and the batter is the key to make it so tasty. Join Chef Paul to learn how to make the batter, how to select the ideal ingredients, how to cut them into proper sizes, what type of oil to use and the ideal temperature to fry them—plus dipping sauce and Udon noodles!



WINTER HERBAL REMEDIES

Location: Willy East Community Room
Sunday, December 9, 10:00am–12:30pm
Ages: 8 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$25 for Owners; \$35 for non-owners

Join Linda Conroy in this fun and useful class to make a winter herbal kit. Included will be hand-rolled throat lozenges, a simple herbal syrup (oxymel), an ointment for soothing dry skin and/or lips and an herbal steam blend. Recipes, instructions and a list of herbs for supporting and promoting health through the winter months for use will be included.



THE ART OF CRAFTING HERBAL ELIXIRS AND TONICS FOR WINTER HEALTH

Location: Lakeview Library
Saturday, December 15, 1:00pm–3:00pm
Ages: 13 and older; adult supervision required
Instructor: Linda Conroy
Fee: Free; registration required

Herbs are wonderful allies for winter health. Join herbalist Linda Conroy for this fun and inspiring program. Linda will share her favorite herbs for winter health, and she will demonstrate ways to transform herbs into tonics and elixirs that help to build health as well as relieve symptoms from common winter ailments. Samples of delicious healing elixirs and tonics will also be shared.



COOKING TOGETHER: TREAT EXCHANGE

Location: Willy East Community Room
Friday, December 7, 5:30pm–6:45pm
Location: Willy West Community Room
Friday, December 14, 5:30pm–6:45pm
Ages: 5 and older; registration for adults and children required

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

Join Chef Lily Kilfoy in this exciting cooking class for families. In this class, we'll work together to create scrumptiously sweet confections. Participants will measure, mix and pour as they prepare tasty treats to exchange with their classmates and take home. Vegetarian.

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Lakeview Library
Thursday, December 6, 10:00am–2:00pm
Location: East Community Room
Thursday, December 20, 10:00am–2:00pm

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: East Community Room
Wednesday, December 5, 2:15pm–5:30pm
Location: West Community Room
Tuesday, December 18, 2:15pm–5:30pm

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

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

COOKING TOGETHER: FESTA DE PIZZA

Location: Willy East Community Room

Friday, January 11, 5:30pm–6:45pm

Ages: 5 and older; registration for adults and kids required

Instructor: Lily Kilfoy

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

Join Chef Lily Kilfoy in this hands-on cooking class for families! Does your crew complain over which toppings go on the family pizza? Well not to worry, because in this class, participants will make their very own personal pizza. Come and hand-stretch and roll dough, grate cheeses, and snip and cut as we prepare a variety of toppings. Recipes will include a seasonal salad and dessert. Vegetarian option and nut-free.



KIDS IN THE KITCHEN: EDIBLE GIFTS!

Location: Willy West Community Room

Tuesday, December 4, 4:30pm–5:30pm

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

Location: Willy East Community Room

Tuesday, December 11, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. We'll make savory and sweet snack mixes, popcorn and date balls, cookies, quick breads and cheese spreads. There is nothing quite as nice as a homemade gift, especially one that can be eaten. In this class, kids will work together to create edible gifts. Vegetarian and nut-free.

KIDS IN THE KITCHEN: LUCKY FOODS!

Location: Willy West Community Room

Tuesday, January 15, 4:30pm–5:30pm

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

Location: Willy East Community Room

Friday, January 18, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join "The Kids Chef" Lily Kilfoy in this hands-on cooking class for kids. Pomegranate, black-eyed peas, cake, grapes, greens, soba noodles, ring-shaped foods and more—can you guess what these great groceries all have in common? They're all considered lucky foods for celebrating the new year. In this class, participants will create recipes using different lucky foods. Vegetarian.

KIDS IN THE KITCHEN: INCREDIBLE ITALIAN!

Location: Willy West Community Room

Friday, January 25, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join "The Kids Chef" Lily Kilfoy in this exciting hands-on cooking class. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare a home-made meal inspired by flavors from Italy. Basil, tomatoes, cheeses, garlic and pasta are just a few of the tasty things that will be explored. Vegetarian.



HOW THE THYROID GLAND WORKS

Location: Willy West Community Room

Tuesday, December 11, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; walk-ins welcome

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

KETOGENIC (FAT-BASED) DIETS

Location: Willy West Community Room

Tuesday, January 22, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; registration required

Until recently, the benefits of a fat-based diet were poorly understood by most. Katy Wallace, Traditional Naturopath of Human Nature, LLC will present how a fat-based diet may be key to resolving issues such as weight-loss resistance, cognitive decline, insomnia, and blood sugar swings. Learn what to expect, how to balance a meal, and how to track your progress. Gluten-free and grain-free.

WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

They build a local movement for social and environmental justice.

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

Physicians for Social Responsibility Wisconsin works to create a healthy and sustainable environment for all. In recent years, they have advocated for cleaner air and water, abolishing nuclear weapons, and better state-wide policy to address global warming. They have also educated healthcare providers and others about toxins in the environment and provided valuable materials for clinicians' use with their patients. They also partner with fellow CSW members Clean Wisconsin, Midwest Environmental Advocates, Sierra Club Foundation-John Muir Chapter, and the Wisconsin League of Conservation Voters on the Wisconsin Environmental Health Network project.



Photo: Wisconsin Environmental Health Network

Earlier this year, Nuestro Mundo Inc. co-sponsored Madison's sixth Dual Language Immersion Summit at Centro Hispano. Participants connected as a community in support of Dual Language Immersion (DLI) education and heard from panelists on the importance of allocating more resources to growing Madison's DLI education efforts. This includes providing more native Spanish speakers as teachers and more coordinators for DLI programming. One parent said: "DLI teaches students more than language; it teaches students acceptance and inclusion of differences. It has the power to transform our communities."



Photo: Nuestro Mundo Inc. (Photo by Althea Dotzour)

A sustainable food system begins with local farmers. The Wisconsin Farmers Union advocates tirelessly for policies that sustain rural communities—policies like developing clean energy, improving rural education, and creating cooperative opportunities that support family farms. Their training programs encourage peer-to-peer learning and civic engagement rooted in WFU's longstanding pillars of cooperation, legislation, and education.



Photo: Wisconsin Farmers Union Foundation

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Learn more at www.communityshares.com

HOLIDAY HOURS

DECEMBER 24: CLOSING AT 6:00PM

DECEMBER 25: CLOSED

DECEMBER 31: REGULAR HOURS

JANUARY 1, 2019: CLOSED

FINANCE NEWS

Fiscal Year 2019 Operating and Capital Budgets



by Paige Wickline, Finance Director

Fiscal Year 2019 runs from July 2, 2018 through June 30, 2019. The Fiscal Year 2019 budget was prepared by management, reviewed by our Board's Finance Committee, and approved by our Board at their June 2018 meeting. This budget includes the \$2.271 million expansion project at our Middleton store (Willy West) that was completed in October 2018. The project budget included \$2 million in capital expenditures, \$146k in additional operating expense and \$125k of additional inventory.

| Approved FY19 Operating Budget | | |
|--------------------------------|--------------|------------|
| | \$ | % of sales |
| Total Sales | \$54,562,000 | 100.00% |
| Cost of Goods | \$34,919,680 | 64.00% |
| Gross Margin | \$19,642,320 | 36.00% |
| Personnel Costs | \$14,145,988 | 25.93% |
| Other Operating Expenses | \$6,060,170 | 11.10% |
| Total Operating Expenses | \$20,206,158 | 37.03% |
| Income (Loss) from Operations | -\$563,838 | -1.03% |
| Other Income (Expenses) | \$89,442 | .16% |
| Net Income (Loss) | -\$474,396 | -.87% |

LONG TERM FINANCIAL SUSTAINABILITY AND INVESTMENT IN YOUR CO-OP'S FUTURE

When Willy East moved to 1221 Williamson Street in 1999, and when we opened Willy West in 2010, we budgeted to operate at a loss for multiple years due to the expense of moving into a brand new store. We anticipated we would have operating losses the first few years after we opened Willy North, and our current budget for FY19 is the third and final year we anticipate budgeting for net losses because of opening Willy North. The budgeted net loss also includes one-time operating expenses from our West Expansion Project that was originally planned to be completed in FY18. Once all project plans were complete the project start date was pushed back to the 4th quarter of Fiscal Year 2018 and was completed on time in October 2018.

Our financial results from the first two years after opening Willy North were much better than expected with actual losses almost \$1.5 million less than budgeted. In FY17 our sales exceeded our budget and we were able to manage our expenses to come in lower than expected. This is great news! In FY18 we didn't have the West Expansion one-time costs that had been budgeted due to the project start date being moved out, we exceeded our sales budget, and had a reduction in our tax liability because of the change in the tax law.

| Budgeted Loss compared to Actual First two years after opening Willy North | | | |
|--|-------------------------|------------------------|------------------------|
| Fiscal Year | Budgeted Net Inc/Loss | Actual Net Inc/Loss | Variance |
| 2017 | \$-1.100 million | \$-694 thousand | \$406 thousand |
| 2018 | \$-853 thousand | \$219 thousand | \$1.072 million |
| Total | \$-1.953 million | \$-475 thousand | \$1.478 million |

Total Sales: The Fiscal Year 2019 sales projections for our three retail sites and catering program are based on our current sales trends, changes in the Madison-area grocery market, and upgrades in our product offerings to allow for similar products and services at all our retail sites. The budget shows a sales increase of 4.73% year-over-year, with most of the growth continuing to come from Willy North and some from our increased retail space at Willy West.

Gross Margin: Gross margin refers to the the percent of sales remaining after subtracting the cost of goods sold. Gross margin dollars are the funds used to pay for our operations. Our gross margin of 36.0% is a slight increase from the previous fiscal year. We do not anticipate any significant changes to our pricing.

Personnel: Personnel expenses include labor hours and benefits and are budgeted to be 25.93% of sales, which is slightly lower than the previous year. This includes pay range adjustments for retail staff that were made late in the previous fiscal year and pay range increases for office staff at the beginning of the current fiscal year. We have also included funds for pay-for-performance pay increases of up to 3% to go into effect later in the year, and a 3% 401(k) match. We plan to continue to focus on labor efficiencies this year to help fund raising our starting wage again in FY20.

Capital Budget: The Fiscal Year 2019 approved capital budget is \$411,040 excluding the completed \$2,271,000 Willy West Expansion Project. The Willy West Expansion Project was approved by our Owners in July 2017, started in April 2018 and completed in October of 2018. Items included in the capital budget typically involve significant investments to support strategic initiatives such as customer service, sales growth and/or operational efficiency, equipment replacement, or facility improvement.

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Plant Amnesty

References upon Request

Approved FY19 Capital Budget

| Item | \$ | Comment |
|-------------------------------|--------------------|---|
| Outdoor Busing Station | \$3,340 | East - More efficient for Staff to maintain. |
| Bulk Revamp | \$25,000 | East Grocery - Increase Retail Space. |
| Replace Juice Bar Counter | \$5,000 | East - Repair |
| Replace Commons Floor | \$9,700 | East - Repair |
| Cooler Upgrade | \$85,000 | North Produce Dept - current equipment is at end of life. |
| Register | \$10,000 | North Front End -Add Register to meet customer needs. |
| Replace Doors | \$7,200 | North -/Upgrade Current Backstock Doors at end of life. |
| Tilt Kettle | \$6,500 | OSK -Expand offerings and create Labor Efficiency. |
| Walk In Freezer | \$27,000 | OSK - Replace equipment at end of useful life |
| Freezer | \$7,700 | West Meat - Additional freezer to increase product sales. |
| Produce Dry Racks | \$10,700 | West - Replace obsolete equipment to support sales reduce loss. |
| Security Camera System | \$42,000 | West - Equipment obsolete at end of life. |
| Receiving Doors | \$5,000 | West - Equipment Repair at end of life. |
| Deli Freezer/Cooler | \$48,000 | West - New Equipment not included in Expansion Budget |
| Hot Merchandiser | \$3,400 | West -Hot Merchandiser support sales. |
| San Replacement | \$15,500 | CO - Equipment obsolete. |
| Unallocated Contingency Funds | \$100,000 | Fund for unanticipated capital investment |
| Sub-total | \$411,040 | |
| Willy West Expansion | \$2,000,000 | |
| Total | \$2,411,040 | |

Our focus continues to be long-term financial sustainability which is achieved by investing in staff and our retail outlets, continuing to provide high-quality and fairly priced products and meeting and exceeding our Owners' expectations. This year we expanded the retail space at Willy West to be able to expand the products we sell and improve your shopping experience at West.

If you have any questions regarding the FY2019 budget, feel free to email me at p.wickline@willystreet.coop.



PRODUCE NEWS

Local Veggies in the Winter



by Micky Ellenbecker, Purchasing Assistant

As winter begins to set in, our local produce options become more limited. Sometimes it requires more effort and creativity on our part to incorporate these local veggies into our weekly menus and continue to support our local farms. We are quite lucky to work with so many passionate and skilled local growers and it is one of the more rewarding aspects of working at the Co-op. Nothing would please me (and I'm sure them!) more than to have your continued support for locally grown produce during the winter months. Who better to ask for inspiration than the farmers themselves! A big thank you to our contributors, and please enjoy!

FRIED POTATOES AND ONIONS

by Robert and Summer Schulz, New Traditions Homestead, Hillsboro, WI

This simple dish is one of our favorites. A true family tradition that was first noticed in our "Up North" cabin (better described as a shack) in Marinette County, WI. This is where we'd go as kids with our dad to fish, hunt, and cut firewood. My dad still prepares this dish for breakfast at most of our family gatherings. We all love it. I feel this dish is extremely easy to prepare and affordable, yet it does take a bit of "touch" and experience to make it taste great. It has become a time-tested family favorite.

6 large or 12 small yellow potatoes
1 large or 2 medium-sized yellow onions
Salt
Pepper

3-4 Tbs. oil of your choice (lard, bacon fat, butter, olive oil, coconut oil)

Directions: Two options to prepare the potatoes: Either boil and peel off the skins or cut into 1/4" slices and boil with the skins on. (Our family tradition is to only use the smallest potatoes of the harvest and boil them first. Not a long boil, just 2-3 minutes. Test them with a fork. You don't want them to get mushy!! Let them cool a bit, and then we hand-pull the skins off with a paring knife. This makes the dish more "creamy" and takes out any rough texture). Whether made with the skins on or off, cut into 1/4-1/2" slices.

In a skillet (preferably a cast iron skillet) coat with your choice of oil.

(Our choice would be either lard or olive oil, but if you use olive oil it's important not to bring the heat up too high too quick that you create smoke.) Add potatoes and cook down for about a minute or so. If the pan gets too hot, add water to make sure you don't burn the bottom.

Next, add the sliced/diced onions. Cook down the onions and potatoes until you notice the potatoes are getting soft. Again, make sure not to burn on the bottom of the skillet—keep flipping and turning. Begin seasoning with salt and pepper. Don't be shy with either.

For some variation, we like to add in hot pepper flakes or add sautéed kale or collards. Also, it's nice to have an accompaniment of baked winter squash, sauerkraut or kimchi, or a fresh salad. We always feel it's important to have a variety of color on the plate, as well as a balance of cooked and fresh foods.

CABBAGE BLUE CHEESE WALNUT SLAW

enjoyed by Mike and Cassie Noltnerwyss, Crossroads Community Farm, Cross Plains, WI (original recipe adapted from *Tender: A Cook and His Vegetable Patch*)

Since we are local farmers, we try really hard to eat what we grow all year round. That means come January we are really craving the fresh, raw crispness of salads. This winter salad keeps us going as we wait for the early spring greens to come.

For the slaw, serves 4:

A quarter red cabbage
Half a fennel bulb (optional)
1 apple
1 medium carrots
Blue cheese (proportion to your liking)
1 handful of walnuts
Celeriac (a good chunk)
For the dressing:
2 Tbs. red wine vinegar
2 tsp. Dijon mustard
3 Tbs. peanut oil
2 Tbs. walnut oil
A pinch of sugar or honey

Directions: Shred the cabbage and fennel. Cut the apple into quarters, discarding the core, then slice finely. Shred the carrots into matchsticks (or grate coarsely). Slice the cheese thinly. Toast the walnuts in a nonstick pan until they smell warm and nutty. Thinly slice or grate the celeriac.

Make the dressing by mixing the vinegar and mustard with a little salt and black pepper. Beat in the peanut and walnut oils, then taste and add a little sweetness if necessary.

Toss the salad ingredients together gently so you don't break up the cheese too much. Drizzle the dressing on each individual plate.

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WHITE BEAN & BEET DIP

by **Andrea Yoder, Harmony Valley Farm, Viroqua, WI**

This makes a colorful and flavorful dip to serve with winter vegetable crudité's such as kohlrabi, carrots, turnips, etc. It's a good Super Bowl recipe as well as a good one for holiday parties, and it's super simple to make. It's also tasty on toast, incorporated into a veggie wrap, or used as the base for a veggie pizza.

Yields 3-4 cups.

6-8 baby beets or 3-4 medium beets, cooked
2 c. cooked cannellini beans, excess liquid drained off
4-5 cloves garlic, peeled
2 Tbs. apple cider vinegar
2 Tbs. olive oil
2 Tbs. lemon juice
1 1/2 tsp. ground cumin
1 tsp. ground coriander
1 1/2 tsp. salt freshly ground black pepper

Directions: Peel cooked beets and cut into quarters. You should have approximately 1 cup of beets. Combine beets, beans and all remaining ingredients in a food processor. Process until you have a very smooth puree. If the mixture is too thick, thin it with a little bit of water. Refrigerate for 1-2 hours or overnight to allow the flavors to develop. Serve cold or at room temperature.

SWEET POTATO RAVIOLI

enjoyed by **Rufus Haucke, Keewaydin Farms, Viola, WI (original recipe adapted from Best-Ever 500 Simply Delicious Recipes)**

1 large sweet potato
1/4 c. olive oil
1 Tbs. fresh basil
1 clove garlic, crushed
5 oz. ricotta cheese
2 Tbs. Parmesan cheese
2 8 oz. packets egg won ton wrappers
2 oz. butter
4 spring onions, chopped
2 cloves garlic, crushed
10 oz. cream
basil leaves to serve

Directions: Preheat oven to 425°F, place sweet potato on baking tray and drizzle with oil. Bake for 40 minutes, or until tender. Transfer the sweet potato to a bowl with ricotta, garlic, basil, and Parmesan and mash until smooth. Cover won ton wrappers with a damp towel. Place two level teaspoons of the sweet potato mixture into the center of one wrapper and brush the edges with a little water. Top with another wrapper. Place onto baking tray lined with baking paper and cover with a damp towel. Repeat until you have around 60 or so ravioli. Melt butter in frying pan. Add spring onions and garlic and cook over medium heat for 1 minute. Add cream, bring to a boil, then reduce heat and simmer for 4-5 minutes, or until cream has reduced and thickened. Keep warm.

Bring large saucepan of water to a boil. Cook the ravioli in batches for 2-4 minutes, or just until tender. Drain well. Ladle the hot cream sauce over the top of the ravioli, garnish with the basil leaves and serve.

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GROCERY NEWS

Groceries as Gifts



by
**Melissa
Reiss,
Purchasing
Assistant**

While you are shopping for holiday gifts, don't forget to take a look at some of the Grocery department's offerings here at the Co-op—from staple items like coffee and maple syrup, to more unique treats like bacon jam or

vegan jerky—there's surely something for everyone. Giving food as a gift could be as simple as a stocking stuffer or two, a care package to a loved one out of state, or a gift box or basket of hand-picked goodies. Read on for some of our most-giftable groceries.



Gail Ambrosius Five-Piece Salted Caramels

Let's start things off with one of my personal favorite gifts to give (and receive!). These chocolates are truly out of this world—a perfect balance of sweet and salty, chewy yet melt-in-your-mouth soft. I've given these for birthdays, holidays, and thank you gifts.



Wisconsin Maple Syrup

For a gift that is 100% from Wisconsin, give a taste of the Northwoods: pure maple syrup from Wisconsin. The Co-op carries a few local options; look for the purple local tags. Also try Maple Valley's Organic Maple Sugar for sprinkling on toast or in hot beverages, or their six-piece maple candy in fun shapes made out of maple syrup and nothing else.



Locally Roasted Coffee

Coffee is a great gift! For a Wisconsin buzz, we have many options from dark to light to decaf. Kickapoo Coffee, Just Coffee, EVP, and Johnson Bros. are all based here in Wisconsin.



Rishi Tea

For the tea drinker, we have a wide selection of hot teas. Rishi Tea is based in Milwaukee. Their varieties are packaged in tea bags or loose leaf in a reusable tin. Also consider pairing with a mug or an insulated hot beverage travel mug.



Quince & Apple Preserves

Founded by husband and wife duo Matt and Clare, Quince & Apple creates unique fruits preserves made right here in Madison. According to them, they "love [their] preserves with cheese most of all, but they're great with pastries, on sandwiches, drizzled over ice cream and mixed into yogurt." Lots of options to enjoy this special treat!



Doggie Bones

Don't forget about the pups! Pet Factory's knotted bones are made in the USA out of 100% American beefhide. And Pet Factory is a local company to boot!

Carmella's Bacon Jam

For the bacon lover in your life! This uncommon treat by Carmella's, an Italian restaurant in Appleton, is sure to be a memorable gift.

Louisville Vegan Jerky

A great stocking stuffer idea for vegans or vegetarians, especially fans of the outdoors! This Louisville company took the meatless jerky category by storm with its flavorful, satisfying snack line. Choose from a number of varieties!

SOME REFRIGERATION REQUIRED

The following ideas are perishable, so it may take some creativity for gifting as these products need to stay refrigerated. But they are too good to leave out, so if refrigeration isn't an issue, consider the following!

Wisconsin Cheese

What's more Wisconsin than cheese? See our Cheese department staff for guidance in selecting cheese fit for your recipient, or take my suggestion and grab a hunk of Sartori's Montamoré and a bag (or two) of cheese curds. Truly the gem of Plymouth Wisconsin's Sartori cheese company, Montamoré is a white block cheese that tastes like a cross between a cheddar and a Parmesan. The texture and the flavor are unbelievable. Great for cheese plates, with fruit, and on grilled cheese sandwiches. Cheese curds are a must for out-of-towners who like cheese but have never sunk their teeth into a squeaky cheese curd. Available as plain curds or tossed with herbs or spicy peppers!

Growler of NessAlla Kombucha

NessAlla was our first locally brewed kombucha at the Co-op, and they've joined us at many an event slinging' booch samples to our Owners. Now share the fizzy love and gift a whole growler to your favorite kombucha lover.

Growler of Cold Brew Coffee from Let It Ride

For the coffee fans, there is our locally brewed cold brew coffee from Let It Ride. Cold brew coffee isn't just for the summertime! With a lower acidity and smoother taste than hot brewed coffee, this stuff is refreshing any time of year. Brewed the slow way right on the east side of Madison using only Fair Trade and organic coffee beans.

MADISON WALDORF SCHOOL
WINTERFESTIVAL

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food
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stories
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fun

DECEMBER 8, 10-3

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Numerous, unique gifts you will never find on-line or in the big box stores!

True vintage electrical meets modern safety when we restore and rewire them faithful to the original designer! From **35.00 to 225.00**. We won't split this rare matched pair for **185.00**.

Every imaginable kind of vintage and steam punk table, desk, night stand lamp you can imagine. Some with USB ports, some with dimmers... all useful and beautiful from **15.00-225.00**.

And remember, we do custom lighting too!

We are located just across the street from the Willy Street Co-op. Walk over and we'll help you in finding that "Inspirational Gift for him!"

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HOLIDAY HOURS

DECEMBER 24: CLOSING AT 6:00PM
DECEMBER 25: CLOSED
DECEMBER 31: REGULAR HOURS
JANUARY 1, 2019: CLOSED

NEW



ANNIE'S HOMETGROWN GLUTEN-FREE CHEDDAR BUNNY TAILS

Here's a similar version to their wildly popular Cheddar Bunnies snack crackers but gluten-free! Great for all ages. Certified organic. Available at East, West and North.

FORAGE KOMBUCHA—PEACH KOMBUCHA, TROPICAL KOMBUCHA

Try these all-new flavors from local up-and-coming kombucha brewers Forage. The peach is a bouquet of apple, peach, and quince with a base of white tea. Tropical is a lush combination of mango, passionfruit, and lychee with oolong tea. Available at East and North.



RIVER HILLS HARVEST ELDERBERRY SYRUP



Elderberry juice contains powerful amounts of antioxidants, vitamins, and other essential nutrients. Also known for boosting the immune system. Drizzle on pancakes, French toast, ice cream or taken by the spoonful for a high-potency elderberry dose. 100% pure elderberry juice not from concentrate! Available at East and North.

WALLABY YOGURT DIPS

Three fun and delicious Australian yogurt-style dips from Wallaby! Try the Everything Bagel dip as a cream cheese alternative on bagels. Flavors are Zesty Buffalo and Spicy Red Pepper. Great for dipping fresh veggies or as a spread on slices of baguettes. Great snack item or for a party spread. Available at East, West and North.



GAIA MOOD UPLIFT

Designed to support emotional and mental well-being. This blend combines herbal extracts such as passionflower, ginkgo, St. John's Wort, gotu kola and more. All either organic or ecologically harvested. Available at East, West and North.



MATRIX AROMATHERAPY LAVA BEAD BRACELET

Fashionable bracelets with porous lava beads that soak in your choice of essential oils. Choose your own aromatherapy adventure!



DERMA E LOTIONS

Rich, hydrating body lotion that is vegan, GMO-free, gluten-free, and soy free. Entoxicating scents such as Jasmine & Vanilla, Rosehip & Almond, and Lemongrass & Thyme. Available at East, West and North.



ENZYMEDICA BERBERINE

Berberine is an alkaloid found in plants that is used for metabolic and blood sugar support. Enzymedica's version is derived from barberry seeds—a sustainable and renewable source. It is enteric coated, and each capsule provides 500 mg. Contains no gluten, dairy, soy, eggs. Available at East, West and North.



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Nifty Gifties

The holidays are a time for togetherness, family, food, love, and frantically searching for gifts for everyone on your list. We're hoping to help make things a little easier with a short list of some products we think would make a great gift!



MULXIPLY HAND-FELTED WOOLIES

Hand-felted wool animals so cute you'll want to collect them all! Also, when you buy products made by Mulxiply, you are supporting a woman in the developing world. Fair Trade.

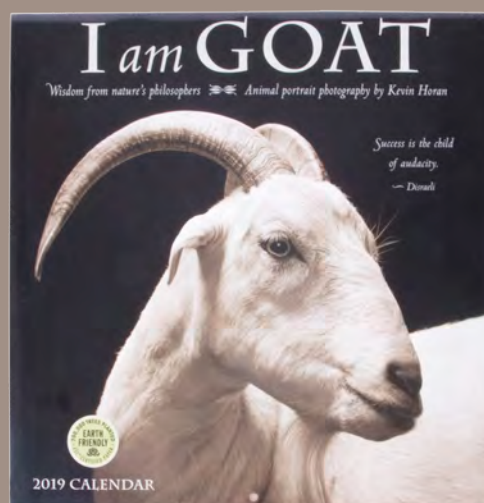


SILK ROAD BAZAAR ORNAMENTS

Support artists in Central Asia who are carrying on traditional craft culture. It's easy to do with these adorable ornaments. They make a lovely gift, or start a new ornament-giving tradition. Fair Trade.

SHUPACA SCARVES, HATS, GLOVES

Shupaca works with South American artisans to bring traditionally made products that are fashionable and beautiful. Made with alpaca wool, their winter gear is soft and warm.



SMALL CHANGES GIFTS PUZZLES & CALENDARS

We have a large variety of calendars—something for everyone! This company also makes gorgeous puzzles for all ages, from glow-in-the-dark for kids to 1,000-piece Charlie Harper ones for your advanced puzzler.

MATR BOOMIE BELLS AND CHIMES

Fair Trade, handmade bells and chimes—these make beautiful decorations for your home year-round. The bells are made of recycled metal and come in a variety of sizes and tones.



ANDES GIFTS FAIR TRADE KNIT WINTER HATS, MITTENS, SCARVES, ETC.

Find Nifty Gifties at Willy Street Co-op, like Andes Gifts Fair Trade hats, scarves and mittens for adults and kids. Hand-knit by indigenous women in the highlands of Peru and Bolivia. Your purchase of an Andes Gift item helps employ 10-15 women that knit for Willy Street Co-op's three locations. Kids options, Fair Trade.



**TERRA
NATURALS
SCARVES, HATS,
GLOVES**

Sustainable and Fair Trade winter gear and gifts. Gorgeous pieces that create opportunities for indigenous cultures in South America to preserve and practice their traditional crafts.



BEGIN AGAIN KIDS' TOYS

Using sustainably harvested wood and rubber, Begin Again make toys that are designed for well-balanced play. Bright, colorful, inviting, and, most of all, fun! Kids' stuff! Plant-based.



**BEARS FOR
HUMANITY
STUFFED BEARS**

100% organic, Fair Trade and hand-sown in the USA—how many kids' products can say that? Get the kid in your life a stuffed animal you can feel good about.



PACHA FROTH BOMBS

Give the gift of a luxurious, frothy bath with these holiday-scented Froth Bombs made with only premium, ethically sourced ingredients. Each purchase gives soap to communities in need.

Double Dollars Tuesdays run through March 12th, 2019!



Each Tuesday, for every \$5 spent using a FoodShare/QUEST card for any FoodShare/QUEST eligible items, the Co-op will give you one \$5 Double Dollars coupon, up to \$20. These coupons are good for any fresh, frozen, or canned produce; edible plant seeds; and edible plant seedlings.

NOTE: Due to the last Tuesday in December and the first Tuesday in January falling on holidays, we will distribute Double Dollars on Wednesday, December 26th and Wednesday, January 2nd.

All Willy Street Co-op stores are closed on Tuesday, December 25th (Christmas Day) and Tuesday, January 1st (New Year's Day).

HOLIDAY HOURS

DECEMBER 24: CLOSING AT 6:00PM

DECEMBER 25: CLOSED

DECEMBER 31: REGULAR HOURS

JANUARY 1, 2019: CLOSED

willy street co-op
Catering
willystreet.coop/catering

**Why do all the work,
when we can do it for you?**

Vegan & Gluten-free options available.



Attention Willy Street Co-op Owners:

Are you interested in serving the Co-op?

Do you have a passion for communicating the Co-op's values and experience with communication and outreach activities?

The Board Development Committee seeks an Owner at large to apply for a seat on the Committee for a two year term. Work with Board members to continue to improve our outreach and communication with Owners, and help to recruit Owners to run for the Board.

Requirements: attend committee meetings once a month and participate in committee tasks. Interested in applying?

Email bdc@willystreet.coop with your name, Owner number, why you are interested in serving on the committee, and any relevant experience.

Applications are due January 31, 2018. Applications will be reviewed in February and an Owner at large will be appointed to the committee in March.



Send a Message



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2018 ANNUAL MEETING & PARTY

Double Dollars/Pantries of Plenty Match



Your contributions go twice as far in November & December!

We will match up to \$10,000 when you make a cash donation or reuse bags to support Double Dollars in November and December!

That money will be split among our six neighborhood food pantry partners to provide them with fresh food during the winter season.

HOLIDAY HOURS

DECEMBER 24: CLOSING AT 6:00PM; DECEMBER 25: CLOSED
DECEMBER 31: REGULAR HOURS; JANUARY 1, 2019: CLOSED

Nourishing Your Community This Holiday Season



by **Kirsten Moore,**
Cooperative Services Director

Happy holidays! Here at the Co-op, we're invested in nourishing our community this holiday season, and there are a number of ways you make that support possible and that you can get involved.

DOUBLE DOLLARS FUND

HOLIDAY PANTRIES OF PLENTY CAMPAIGN: SUPPORT DOUBLE DOLLARS, SUPPORT LOCAL FOOD PANTRIES

Did you know that right now we are doubling your Double Dollars Fund contributions? It's true! Since the beginning of November and through the rest of December we're matching your cash donations and bag reuse dollar-for-dollar and dime-for-dime.

Double Dollars is a nutrition incentive program to help those using FoodShare/QUEST purchase fresh or frozen fruits, vegetables and legumes; and seeds and seedlings for growing edible plants. Double Dollars are available year-round, from October to May at the Co-op, and from June to November at participating local farmers' markets. The vouchers are primarily funded through the Co-op's Double Dollars Fund where you can either participate by choosing \$1, \$5, \$10, or \$25 Double Dollars Fund scan cards at the cash registers to add a cash donation to your receipt at checkout, or by simply reusing bags when you shop at the Co-op. When you bring reusable bags for your shopping trip, we'll save 10¢ to contribute to the fund, and when you reuse disposable bags for shopping, we'll save 5¢ to contribute to the fund.

Until the end of December, when

you make a cash donation or reuse bags to support Double Dollars, we will match up to \$10,000 of your donations by providing Pantries of Plenty to our six neighborhood food pantries: Bread of Life Food Pantry, Goodman Community Center Fitz Food Pantry, Lussier Community Education Center, Middleton Outreach Ministry, The River Food Pantry and Wil-Mar Neighborhood Center. The match will be split six ways to each food pantry and provided in Co-op gift cards to provide fresh items that are harder to come by in the winter season.

Supporting Double Dollars always supports your local food pantries because when people can purchase groceries instead of relying on food pantries, food pantries can then focus on those who need their resources most. Please consider contributing to the Double Dollars Fund whenever you shop the Co-op by scanning donation cards or bringing in bags to reuse. It makes a difference, and throughout December, the difference is double! Thank you for your continued support of these valuable community programs.

For more information about Double Dollars, please visit www.willystreet.coop/double-dollars.

FIFTH ANNUAL SANTAS WITHOUT CHIMNEYS DRIVE

It's been five years since we started partnering with Autonomous Solidarity's Santas Without Chimneys (SWC) program to collect gifts for homeless and highly mobile children and youth in the Madison Metropolitan School District (MMSD). Now through December 20, we're collecting gifts at all three retail locations.

SWC is an independent, all-volunteer, "ask-based," crowd-sourced and non-faith-based holiday donation drive organized with the assistance of MMSD's Transitional Education Program and district social workers. SWC seeks to bring cheer and giving, and one of the greatest sources of

support for gift donations comes in the form of dropboxes in local businesses. If you are interested, you may bring items such as cozy blankets (no bed comforters); kids' socks, gloves, mittens, hats and scarves; new hair accessories; teen and pre-teen cosmetics; new or like-new books, or new art supplies to any of our locations and drop them in SWC's designated drop boxes in the foyers. All gifts must be unwrapped; please do not wrap your gifts! Drop boxes will be at the stores through December 20.

For more information, please visit www.santaswithoutchimneys.org.

SUPPORT LUNA'S GROCERIES IN THE ALLIED-DUNN'S MARSH NEIGHBORHOOD

About three years ago, the Allied-Dunn's Marsh neighborhood lost their one walkable source for groceries, a Walgreens. At that time, I began meeting with the Allied Community Cooperative (ACC), a multi-stakeholder cooperative owned by neighborhood residents and community organizations that operate within the Allied-Dunn's Marsh neighborhood. We began to explore various avenues for opening an independent healthy corner store, ideally cooperatively owned by the residents of the neighborhood. In our talks, the people in attendance were clear: they wanted something started and owned by people from the neighborhood. The ACC established a grocery committee, and together, we secured funding from the City of Madison's Healthy Retail Access Program to reimburse ACC for conducting a feasibility study and deciding whether ACC should move forward with developing a cooperatively-owned corner store within the neighborhood. We worked together to acquire a market study, to develop a financial pro forma to determine how much a store would cost to open, how much money ACC would need to support the store, how long it might take to become a profitable or sustainable business, and how the store could feasibly be staffed. We also met with a variety of community leaders, charitable organizations, investors, and neighborhood residents along the way to seek creative partnerships, funds, and to learn what people in the community wanted to see at what would ultimately become their neighborhood store. The process was slow

and deliberate, as the cooperative process can often be, because when a cooperative is seeking to open a business owned by a community, it needs the support of the community. That means the organizers need to present a plan to potential co-op owners that is financially sound and predicts success. The committee was working on it, but not confident just yet.

Enter Mariam and Joe Maldonado, two Allied-Dunn's Marsh residents. Mariam has family history in the grocery business, and a dream to open Luna's Groceries, her own small grocery store in the neighborhood. With a business plan at the ready and more support from the City's Healthy Retail Access Program, UW Health, a GoFundMe campaign, plus the additional backing of the residents of the Allied-Dunn's Marsh Neighborhood and ACC (who is supplying the Maldonados with the information from the grocery committee study for reference), they are opening a neighborhood store very similar to the one ACC dreamed of three years ago. The ACC grocery committee is grateful to Mariam and Joe for their passion and efforts! At the time of writing this article, the Maldonados were anticipating opening on November 15.

On November 3, the Allied-Dunn's Marsh neighborhood honored me with one of their annual Allied Accountability Awards for my service on the grocery committee, and I am very grateful for the recognition. It has been a pleasure to work with the Allied Community Cooperative and to get to know the people in the neighborhood over the past three years, and I appreciated the experience and opportunity to consider the cooperative possibilities there. I am also thrilled that the Maldonados are investing in their neighborhood and putting themselves and local residents to work to supply groceries for their community, which is almost exactly what the Allied Community Cooperative was seeking all along. Congratulations to the Allied-Dunn's Marsh neighborhood and to the Maldonados. Here's to Luna's Groceries' success!

You can support Luna's Groceries several ways: by contributing to their GoFundMe at www.gofundme.com/friends-of-luna039s, by shopping Luna's Groceries when you are near or in the Allied-Dunn's Marsh Neighborhood, and by finding them on Facebook at www.facebook.com/

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LunasGroceries. Luna's Groceries is located at 2010 Red Arrow Trail in Madison.

IT TAKES A COMMUNITY

Whether you reuse bags or make cash donations to Double Dollars, bring unwrapped gifts for Santas Without Chimneys, visit Luna's Groceries' GoFundMe from your computer, say "yes" to Community CHIP at our cash registers, or whether you have other charitable opportunities outside the Co-op that you enjoy, we are grateful for your contribution to the greater community because it takes each and every one of us to make a collective difference. Cheers to community, warmth, and nourishment today and in 2019. Thank you for supporting your Co-op and supporting your neighbors!



What's for lunch?
See the Deli hot bar menus on our website.
www.willystreet.coop



The CRAFTY FAIR

DECEMBER 1ST & 2ND
10-4PM

new location
BRASSWORKS
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thecraftyfair.com

FAQs Answered

by Andy Gricevich, Newsletter Writer

At Willy Street Co-op, we're willing to answer just about any question. Though it's unrealistic to expect that everyone working at one of our stores would know about every product and policy related to their store, striving toward that goal is an important part of our customer service philosophy. If we don't know the answer to something, we'll refer you to someone who does, but we're curious and inquisitive enough that we want to learn for ourselves as well.

Certain questions come up again and again. Some are thoroughly straightforward, while others open up a can—even a six-pack—of worms. We thought we'd publish some of the questions we hear most frequently in each of our retail departments, to get the answers to as many of our customers as possible (in a few cases, answers may vary between sites).

PRODUCE

Is your produce organic?

We carry both organic and conventional produce at all stores, although the ratios vary. At Willy East and Willy West stores, up to 97% of the produce we carry at any given time is certified organic, and there's always plenty available at North as well. Because our stores aren't themselves certified organic sites, you'll see the phrase "organically grown" on our signage. We also often carry "conventionally grown" produce that's essentially organic, or otherwise sustainably grown.

What's the difference between the orange sweet potato varieties?

Garnet sweet potatoes are a bit richer in color and a little softer, with a slightly higher sugar content; they're best for mashing. Jewels and Beauregards, a little firmer and drier, are best in casseroles, or for sweet potato fries.

How do I cook chard, lacinato or purple kale?

They're very versatile! Sauté them (garlic, olive oil, and lemon juice is a classic combo) or use them in soups or casseroles. Chard is closer to spinach; lacinato is more tender than purple or green kale.

How do I get the seeds out of a pomegranate?

Here's our favorite method: cut the pomegranate in half along its "equator." Turn each half upside-down over a bowl of water and give it five or six good whacks with the round back of a large spoon, until the seeds have fallen into the water. Any white pith that goes in with

them will float to the surface, where you can skim or pour it off. Drain the water, and there you have your delicious seeds!

This local product is at the farmers' market stand for this grower. Why don't you have it here?

Often, the answer is that the grower in question only has enough product for a few cases, and it's to their financial advantage to sell it all at market, rather than through a retail store, where the profit would be lower for the producer.

GROCERY

Where are your pine nuts?

We stock pine nuts in the refrigerated cooler in our bulk aisle. That's also where you'll find flax meal, organic walnuts, and other products that tend to degrade in quality quickly when stored without refrigeration.

There have been big problems internationally with fake or adulterated "olive oil." Which brands can I trust to contain only pure olive oil?

There are a few dependable routes. Go with one of our domestic, single-producer California brands, like Bariani. Olivo Beato is a reliable, extensively tested import. Paleon is a Madison business sourcing its oil directly from family producers in Greece. Riojana is a co-op that works only with co-ops. Canaan is a Palestinian company with its national headquarters in Madison; they work with small growers, especially with women farmers, and do good work all-around, including negotiating the difficulties of export from Palestine under current political conditions.

Which oils work well for high-heat cooking?

"Smoke point" is a significant issue—a healthy oil, when overheated, becomes distinctly unhealthy. Grapeseed oil is great for high heat; nearly flavorless, it's also nearly zero-waste, as a byproduct of wine-making. Refined coconut oil is a good, if much more flavorful, alternative, and avocado oil is also popular and heart-healthy. Try Driftless Organics locally grown and pressed sunflower oil. We haven't researched algae oil as extensively, but it looks to be another healthy oil for high-heat applications.

What's the difference between pasteurized and ultra-pasteurized milk? Do you carry unpasteurized dairy?

Ultra-pasteurized milk is heated to a high temperature (280°F, for about two seconds) to kill off more of the bacteria in milk than get zapped by traditional pasteurization. That makes for a very long shelf life in unopened containers of milk. It also affects the nutritional value of the

milk adversely, degrading proteins and reducing some vitamin content. Unpasteurized (raw) milk is illegal for sale in Wisconsin (as in most states), except as the basis for raw milk cheeses, which we do carry.

Do you carry water-processed decaf coffee?

Yes—all the bulk coffee we carry is either organic or naturally processed. No chemical decaffeination.

MEAT

Do you have fresh turkey available at any other time than November?

No. Most turkeys are raised to be slaughtered in early November and kept fresh through Thanksgiving, so thawed turkey is the only option until fresh birds arrive for the season.

Why is there no grading system for grass-fed beef?

The grading system is set up for large-scale, industrialized beef production based on force-feeding grain. That system allows for meticulous control, basically engineering the bodies of the animals. Grass-fed beef comes from a variety of much smaller operations, and the natural diet and grazing behavior of their cattle allows for greater variation in their development.

Do you have grass-fed chicken and pork?

Chickens and hogs are omnivores. Chickens naturally eat green plants, bugs and worms, as well as seeds and grains. Hogs eat plants and their roots and seeds, nuts and fruits, rodents and even snakes. We do carry free-range chicken and pork from hogs raised naturally on pasture.

How do you cook grass-fed beef?

For steaks and burgers, go with shorter cooking times at higher heat. Give cooked steaks a 5-10 minute rest before eating. Instead of this "quick and high" method, you can also get good results with a lower-temperature oven or slow-cooker method. That's definitely what you want for the bigger cuts like arm roasts and briskets, where it's often best to cover the meat for at least half of the cooking process, and to give roasts cooked without liquid a longer rest period.

DELI

Do you have chickens?

We usually have roasted chickens available on a daily basis. If no hot chickens are out, there are likely more waiting in the wings. We also stock cooked, cooled whole chickens in our Grab & Go case.

Are the chickens organic?

No. We use Bell & Evans all-natural antibiotic-free chicken.

What's the difference between the varieties of turkey in the Deli case?

Michigan Turkey is raised on clean feed on a number of Michigan farms. Ferndale turkey is clean, free-range, and more minimally processed. At East and West, we offer Golden Legacy Turkey from Michigan Turkey Producers that is raised without antibiotics on vegetarian feed. At North, we offer Golden Legacy Black Label Turkey that uses whole turkey breasts and no artificial binders or starches and commands a lower price point.

Do you have salami?

With the addition of Underground Meats' local, traditionally cured salami, the answer is finally yes!

HEALTH & WELLNESS

Tell me about CBD products.

That's a topic that deserves—a full article in the Reader. See the November issue for a brief outline of some of the products we're carrying.

Should I buy chelated mineral supplements?

It's a complicated issue! Chelation is the process of binding molecules of minerals to organic molecules—usually amino acids—to prevent the minerals from being flushed from our systems before we can absorb them. Evidence indicates that this works well sometimes; different minerals bind to different organic compounds and not others, and are absorbed by different tissues. Also, bioavailability (the usability of nutrients by our bodies) of some minerals depends on the presence of other minerals. In some cases, chelation might be ineffective or even counterproductive. There still needs to be more targeted research on the topic.

What are the differences between whole-food, food-based, and other types of supplements?

There's no perfect answer to this question, as regulations on what can be said about supplements are extremely loose. At least three different kinds of supplements can be labelled as "whole-food." First, there's the standard capsule of synthetic vitamins and minerals, combined with dried plant foods and additives. Evidence on the effectiveness of synthetic nutrients is all over the place and specific to each nutrient; some of it definitely suggests serious issues with non-absorbability and even toxicity. In another method (employed by New Chapter and Megafood, often labelled "food-based"), synthetic nutrients are fed to yeasts, which absorb them into their own cell structures, making them more bioavailable to us, though they're present in lower concentrations than in standard capsules. These supplements may also cause problems for people with yeast sensitivities. Finally, we have products composed partially or exclusively of dehydrated natural foods. Servings of these supplements provide even lower concentrations of each nutri-

ent, so they often come in powdered or liquid form to facilitate larger doses. Since they're "just food," it seems like they should provide high bioavailability—but there are also concerns that the food combinations included pit nutrients against "antinutrients" that block their absorbability. None of these products can replace a healthy, varied diet—but any of the alternatives might provide important additional support, especially for individuals with certain needs and conditions. This issue could easily fill an entire article, which would still probably fail to answer the question in a satisfactory way.

FRONT END/CUSTOMER SERVICE

Do you have a list of all your gluten-free items?

At least once a year (before Thanksgiving), we update our list of vegan or gluten-free products. It is not exhaustive, and it is subject to change, but it's a solid list. Because manufacturers can change their ingredients at any time, we always recommend double-checking a label before purchasing any product on our list.

Do you take EBT? Do you take WIC?

Yes, we accept EBT at all three of our locations. Our North store also accepts WIC.

Does the Co-op provide catering?

Yes! Our catering menu is available at the Customer Service desk. Catering orders may be picked up at any of our stores, and delivery is available for an additional charge. You can find more info on our website at www.wilystreet.coop/ catering. You can also contact Bill Pohlman at (608) 237-1201 or catering@wilystreet.coop.

What's on the hot bar today?

We post our menus daily on our website (at wilystreet.coop/menus), but for the most accurate information you'll want to call the store directly. Sometimes we have to make last-minute changes to our planned menus, or we run out of certain dishes.

Is CHIP tax-deductible? Do I have to save all of my receipts for tax purposes?

Yes, the CHIP donation (to Community Shares of Wisconsin, who distributes it to more than 60 local nonprofits) is tax deductible. You can pick up a record of your CHIP donations for the previous year for tax purposes at any customer service desk.

Do you have a fax machine/printer/copier I can use?

We don't have one in a publicly accessible location. At North, though, you can use the library next door (when open), and there's a UPS store next to West.

What's the difference between Owner Rewards, Co-op Basics and Co-op Deals?

The Owner Rewards program offers sales to shoppers with an ownership share in the Co-op. Any prod-

uct in the store could be an Owner Rewards item for a week or two; we might decide to feature an unfamiliar produce item from a small local farm, or highlight a new bakery item in our deli. Almost all of our produce sales are Owner Rewards. Co-op Basics discounts are available to anyone shopping at the Co-op. They're typically everyday staple foods like olive oil, apples, and canned beans. Co-op Basics items are usually sourced from larger-scale natural foods producers and distributors, who can offer us big quantities of product, at a discount we then pass on to you. They aren't sale items, but are at an everyday low price year-round. Co-op Deals are sales that change every two or three weeks—mostly, again, on stuff from larger producers, and mostly (though not exclusively) set up by National Cooperative Grocers for its member stores.

THERE YOU HAVE IT

There you have it: some of our most frequently asked questions and

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willy street co-op

their answers. We hope this has been helpful and informative. Remember, if you have any questions for us, you can give us a call, write us an email, or stop in at one of our stores. Our staff will happily do what they can to get you the answer.

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RECIPES

Pot Roast with Rutabaga and Parsnips

Adapted from www.biggirlsmallkitchen.com.

chuck eye roll (2 to 2 1/2 pounds)
1/2 lb. rutabaga (cut into a large dice)
1/2 lb. parsnips (cut into a large dice)
salt
pepper
2 Tbs. sunflower oil
2 onions (large, sliced)

Directions: Use paper towels to pat the meat dry. Season with 1 1/2 teaspoons of salt and some black pepper. Heat a heavy, lidded pan (slightly larger than the meat) over high heat for 3 minutes. Add the sunflower oil, then place the chuck eye roll in the pan. Sear 4-5 minutes, until golden brown, then flip and sear the other side. Lower the heat to medium, and push the meat to the side of the pan. Add the onions and stir to coat in oil. Season with salt and pepper, and cook, stirring, 2-3 minutes. Pour water into the pot, enough to come halfway up the meat. Bring to a boil, then turn the heat to very low and cover. Simmer for 3 1/2 hours, turning the brisket occasionally. Add the rutabaga and parsnip, and cook for another 45-60 minutes, until the vegetables are cooked through, and the meat is fork-tender. Makes 4 generous servings.

Rutabaga Custard Pie

From Harmony Valley Farm

3/4 lb. rutabaga (peeled and cut into one-inch chunks)
2 pears (or apples, large, peeled, cored and quartered)
1 Tbs. maple syrup
1/2 tsp. coriander (ground)
1/4 tsp. ginger (ground)
1/8 tsp. nutmeg (ground)
pinch salt
2 eggs
2 Tbs. brown sugar
1 c. half and half
1 pie crust (9-inch, unbaked)

Directions: Preheat oven to 400°F. Steam or boil rutabaga chunks 20 minutes; add pears or apples and cook 10 minutes longer. Puree together, then add maple syrup, spices and salt. In separate large bowl, beat eggs with sugar until thick. Stir in rutabaga mixture and half and half. Pour into pie crust.

Bake for 15 minutes, then reduce heat to 350°F and bake 25-30 minutes longer or until custard is set. Makes 8 servings.

Root Vegetable Gratin with Cheddar and Horseradish Rye Crumb Crust

Recipe adapted from *From Asparagus to Zucchini* by MACSAC

1 lb. rutabaga (peeled and cut into chunks)
1 lb. sweet potatoes (peeled and cut into chunks)
1/2 lb. parsnips (or turnips, peeled and cut into chunks)
2 Tbs. olive oil
1/3 c. apple cider (or white wine)
1 Tbs. minced garlic
salt

black pepper
3 Tbs. butter
3 Tbs. flour
1/8 tsp. ground nutmeg
2 c. milk (heated)
2 Tbs. horseradish
4 oz. cheddar cheese (aged, grated)
1/2 c. bread crumbs (preferably rye)

Notes: Try substituting winter squash for the sweet potatoes.

Directions: Heat oven to 375°F. Spread vegetables in large baking dish, drizzle with olive oil and cider or wine, scatter on the garlic, sprinkle with salt and pepper to taste, and toss well. Cover the dish tightly with foil and bake 20 minutes, then remove foil and continue to roast until vegetables are brown-tipped and tender, 20-35 minutes longer.

Meanwhile, make a white sauce by melting the butter in a saucepan; add the flour and cook over low heat, stirring, for 3-5 minutes. Whisk in the warm milk, bring sauce to a simmer and cook gently about 10 minutes, stirring often. Season well with salt and pepper; stir in the nutmeg, then fold in the vegetables. Transfer to a buttered casserole dish or leave in the roasting pan. Mix horseradish, cheddar and breadcrumbs with your fingers and sprinkle evenly over the vegetables. Continue to bake until bubbly, 20-30 minutes longer. Makes 6 servings.

Pomegranate Chicken

Adapted from www.allrecipes.com

1/4 c. olive oil
1 Tbs. garlic (minced)
1 chicken (3-4 lbs., quartered)
1 pomegranate (halved)
1/4 c. white wine (dry)
1 lemon (juice of)
1 Tbs. cinnamon sugar
salt
pepper

Directions: Preheat the oven to 375°F. Mix oil and garlic together in a shallow dish. I recommend using a spoon to mash the garlic slightly in the oil, to further release its flavors.

Brush the chicken with the garlic oil, making sure to cover all surface areas. Place the chicken in a shallow baking dish and drizzle with the remaining oil. Bake for 45 minutes, basting several times with the juices from the pan. If necessary, add a bit of water to the pan for basting purposes. When the skin is browned and the juices run clear when a thigh is pierced at its thickest point with a fork, you know the meat is done.

Remove 1 tablespoon of seeds from the pomegranate. Set them aside for garnishing the dish. Remove the rest of the seeds and squeeze out the juice through a sieve into a small dish. Set aside.

In a small, non-reactive saucepan, mix the pomegranate juice, wine, lemon juice, and cinnamon sugar together. Bring it to a boil, then immediately reduce the heat to low. Cook for 5 minutes. Season with salt and pepper to your liking.

Place the roasted chicken on a serving platter, and pierce in several places. Pour the sauce over the chicken. Garnish with the extra pomegranate seeds, and serve at room temperature. Makes 4 servings.

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RECIPES

Barley and Wild Rice Pilaf with Pomegranate Seeds

Adapted from www.eatingwell.com

- 1 onion (minced)
- 2 Tbs. olive oil
- 1/2 c. wild rice (rinsed)
- 1/2 c. pearl barley
- 3 c. broth (chicken or vegetable)
- 1/3 c. pine nuts (toasted)
- 1 c. pomegranate seeds (from 1 large pomegranate)
- 2 tsp. lemon zest
- 2 Tbs. flat-leaf parsley (chopped)

Directions: In a large saucepan over medium heat, sauté the onion in olive oil until softened. Stir in the wild rice and barley, then pour in the broth. Bring to a boil, then reduce heat to low. Cover and simmer until wild rice and barley are tender and most of the liquid has been absorbed, 45-50 minutes.

Transfer the wild rice and barley to a large bowl. Fluff with a fork. Add the pine nuts, pomegranate seeds, lemon zest, and parsley, and toss to combine. Serve hot. Makes 6 servings.

Pumpkin Fatayer

Adapted from *Moro: the Cookbook* by Sam and Sam Clark

- 1 1/2 c. all-purpose flour (plus more for dusting)
- 1/2 tsp. instant yeast
- 1/2 c. warm water
- 1/2 tsp. salt (plus more to taste)
- 3 Tbs. olive oil (divided)
- 2 lb. pie pumpkin (peeled, seeded, and cut into chunks - or try kabocha or butternut squash)
- 1 clove garlic (smashed)
- 2/3 c. feta cheese (crumbled)
- 1/4 c. oregano (fresh, chopped)
- 1 Tbs. pine nuts (toasted)
- pepper (to taste)

Directions: For the dough, place the flour in a big mixing bowl, then make a hollow in the center. Sprinkle the yeast into the hollow, then drizzle in the warm water. Mix together, then add 1/2 tsp. of the salt and 2 Tbs. of the olive oil. Transfer to a lightly floured surface and knead until the dough is smooth and no longer sticky, about 5 minutes. Cover with a clean dish cloth and set aside.

Preheat the oven to 450°F. Arrange the pumpkin on a baking sheet and top with the remaining Tbs. of olive oil, the garlic, and a sprinkling of salt. Stir to coat with oil. Roast until soft, stirring occasionally, 25-30 minutes. Set aside and allow to cool for a few minutes. Puree in a food processor until smooth.

Divide the dough into four equal pieces. Shape each piece into a ball. Use a rolling pin to roll each ball out very thinly. Dollop a fourth of the pumpkin puree onto each round, then top with some feta, oregano, and pine nuts. Moisten the dough edges with a bit of water, then join the edges into a rough triangle shape.

Place a sheet of parchment onto a baking sheet, then arrange the fatayer on the baking sheet. Bake until golden brown, 10-15 minutes. Allow to cool for a few minutes before serving. Makes 4 servings.

Roasted Squash and Cheese Soup

From Paul Tseng, Willy Street Co-op

- 1/2 lb. shallot (roughly diced)
- 3 Tbs. olive oil
- 4 cloves garlic (minced)
- 1 lb. carrot (diced)
- 2 butternut squash (seeded, roasted, then peeled and roughly chopped)
- 5 qt. vegetable stock
- 1 lb. jack cheese (use Mt. Sterling goat country jack, roughly chopped)
- salt (to taste)
- pepper (to taste)
- parsley (fresh, for garnish)

Directions: In a large stock pot, sauté the shallot in olive oil over medium heat until it turns translucent. Add the garlic and sauté for 1 more minute. Stir in the carrot and cook for 4-5 minutes. Add the roasted squash and vegetable stock and bring to a boil. Turn the heat to low and simmer until the carrot is tender. Add the cheese and fold it in until melted.

If you have an immersion blender, use it to puree the soup until smooth. If you don't have an immersion blender, ladle the soup into a regular blender and puree in batches, being careful not to fill the blender more than halfway. Cover the lid with a folded dish towel and hold down tightly while the motor is running. Return the pureed soup to the stock pot and heat through over medium heat. Season with salt and pepper to taste.

Serve hot, garnished with parsley.

Butternut Beet Hash

Crafted by Willy Street Co-op

- 5 lb. butternut squash (peeled, seeded, cut into 1-inch dice)
- 1 1/2 lb. beets (scrubbed, trimmed, sliced in half or quarters)
- 1/4 c. olive oil (divided)
- 1/4 c. canola oil (divided)
- 2 tsp. sea salt
- 1 tsp. black pepper
- 1 1/2 lb. red onions (diced)
- 2 Tbs. red wine vinegar
- 2 Tbs. white wine vinegar
- 1 1/2 Tbs. honey (or agave or brown rice syrup)
- 1/2 c. slivered almonds (toasted)
- 2 Tbs. minced chives (fresh)

Directions: Preheat oven to 350°F. Combine the olive oil and canola oil in a small bowl, and set aside.

Place the diced squash in a steaming basket over a pot of boiling water. Steam over medium-high heat for 10 minutes, until almost tender. Transfer the squash to a large sheet pan. Toss with 1 tablespoon of the oil blend, and season with the salt and pepper. Roast for 20-30 minutes, or until lightly browned. Set aside.

Place the beets in the steaming basket, and steam 10-12 minutes, until tender, and the skins slide off. Remove from heat and allow to cool enough to handle. Under running water, peel the skins off. Slice beets into 1 to 3/4-inch dice, place in a large mixing bowl, and set aside.

Heat the remaining oil in a skillet over medium-high heat. Sauté the red onion until golden. Add the red wine and white wine vinegar, and deglaze the pan, scraping up any browned bits from the pan. Cook an additional 5 minutes.

Add the butternut squash, sautéed red onion, and honey to the bowl

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RECIPES

of beets, and toss to combine. Fold in the slivered almonds, and serve, topped with the minced chives. Enjoy warm or at room temperature. Makes 8 servings.

Beet Soup in Roasted Acorn Squash Bowls

Adapted from Gourmet Magazine

4 acorn squash (halved and seeded)
kosher salt
1 large red onion (chopped)
1 1/2 Tbs. oil (plus extra for brushing in squash prior to roasting)
5 medium beets (peeled and cut into 1 inch pieces.)
1 red apple (peeled and cut into 1 inch pieces)
2 cloves garlic (minced)
4 c. stock or broth
2 Tbs. cider vinegar
1 Tbs. brown sugar (lightly packed)

Directions: Acorn squash bowls: Preheat oven to 375°F. Place squash halves on a lined baking sheet cut side up. Brush with oil and sprinkle with salt. Roast for 1 1/2 hours or until tender. Prepare soup while these are baking.

Beet soup: In a stock pot, sauté onions in oil until translucent. Add beets and apple and continue braising for 5 minutes, stirring occasionally. Add garlic, stirring to fully incorporate. Add broth, cover and simmer until the beets are tender, about 40 minutes. Stir in vinegar and brown sugar. Transfer portions to blender and puree until very smooth. Return to stock pot, adding water if soup is too thick and season to taste with salt and pepper. Serve piping hot in roasted squash bowls. Makes 8 servings.

Sweet Potato Pie

Adapted from www.saveur.com

1 lb. sweet potatoes (peeled, cut into large pieces)
2 eggs
1 1/2 c. milk
4 Tbs. butter (melted and cooled)
1 c. brown sugar
1/2 tsp. cloves (ground)
1 1/2 tsp. cinnamon (ground)
1/2 tsp. nutmeg
1/4 tsp. salt
9" pie crust (unbaked)

Notes: For pie crust, try our recipe for No-Fail Pie Crust (at www.willystreet.coop/prepare/recipe/no-fail-pie-crust).

Directions: Preheat oven to 450°F. Bring a large pot of salted water to a boil. Add the sweet potatoes to the pot and cook over high heat until tender, about 20 minutes. Drain well, then transfer to a bowl. Mash with a potato masher and measure out 1 1/2 cups. (If there is any excess, reserve for another use.) In a large mixing bowl, whisk together the eggs, milk, melted butter, brown sugar, cloves, cinnamon, nutmeg, and salt. Add the mashed sweet potatoes and beat until smooth. Pour into an unbaked 9" pie

crust. Bake for 15 minutes, then lower the heat to 350°F. and bake an additional 20-25 minutes until set. Allow to cool completely before serving. Makes one 9" pie.

Sweet Potato and Greens Gratin

Courtesy of National Cooperative Grocers Association

2 lb. sweet potatoes (peeled, sliced into 1/4" thick rounds)
1/2 lb. kale (or Swiss chard, washed and shredded)
1 tsp. smoked paprika
1 tsp. chili powder
salt
pepper
4 Tbs. butter (melted)
1 1/4 c. heavy cream
1/4 c. parmesan (or smoked cheddar, shredded)

Directions: Preheat the oven to 375°F. Butter or oil a 9x13-inch casserole dish. Blanch the kale or chard for 3 minutes in boiling water. Drain and squeeze out any excess liquid with tongs. Line the prepared casserole dish with half of the sweet potato, arranged in a single layer, with the slices only slightly overlapping. Sprinkle with half of the smoked paprika, half the chili powder, and a sprinkle of salt and pepper. Spread half of the kale or chard over the sweet potatoes. Drizzle with half of the melted butter. Repeat with another layer of sweet potatoes, chard or kale, spices, and butter. Pour the heavy cream evenly over the top.

Cover with aluminum foil and bake for 30 minutes. Remove the foil, sprinkle the cheese evenly over the gratin, and bake another 10-15 minutes, until bubbly and the cheese is beginning to brown. Serve warm. Makes 8 servings.

Rutabaga-Turnip-Sweet Potato Puree

Adapted from www.recipesource.com

1 large rutabaga
1 lb. turnips
1 sweet potato
1/4 tsp. cayenne pepper
1/8 tsp. nutmeg
1/2 c. milk
1 Tbs. butter
3 Tbs. minced fresh parsley or chives

Directions: Peel vegetables, dice and place in saucepan with enough water to just cover. Bring to a boil, cover the pan and simmer vegetables until tender. Drain the vegetables, reserving some of the cooking water. Mash vegetables, by hand or using a blender or food processor, with the milk, butter, cayenne and nutmeg. Add some of the reserved cooking water if needed to obtain the desired consistency. Garnish with the parsley or chives and serve. Makes 6 servings.

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Staff Picks



ANGELA

Bears for Humanity Animal Pal

My son was gifted a Pink Bear from this company, and it quickly became his favorite bear. Soft, snuggly, and well-made is enough, but knowing that the bear is made with organic cotton, hand-sown by folks in the U.S., and teddy bears are donated for every purchase—that fills my heart. I would for sure recommend this bear.



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. Such a treat and would make a perfect gift for any cheese lover in your life.



Pomegranate Gifts Charley Harper Puzzle

I am a big fan of Charley Harper and puzzles so this is just a match made in cold weather heaven.



Wisconsin Candle Company's Kettle Moraine Forest Fragrance Spray

I am not usually one for sprays but this is an exception. It smells so fresh and clean and cozy. It is a body, room and linen spray all in one, but I use it in my home after a thorough cleaning. Available at East.



JOE

Enviro Products Premium Shower Filter

I noticed the difference right away when I put one of these on my shower—no more chlorine smell! The replaceable filter lasts so long I keep forgetting to replace it.



LEAH

Flipside Hats

These hats are handcrafted from upcycled, deadstock and humanely sourced (the wool they use on their hats comes from happy sheep!) materials right here in the United States of America. That means they are working to reduce waste both in materials and shipping! These hats are all stylish and make a great gift for the hat lovers out there! Available at North and West.



TIFFANIE

Orchard Street Apparel Sweatshirts

The Orchard Street sweatshirts are super soft and cozy. It's like getting a warm hug all day long.



AMY

Sock It To Me Socks and Boody Underwear Combo

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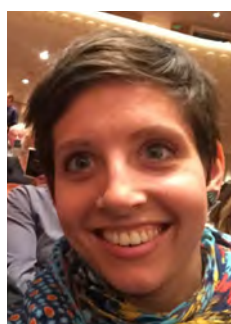
KELSEY

The Cider Farm Classic Hard Cider

I love this cider. It's locally made, from local apples, and it is the best hard cider I've ever had. The Classic is a little dry and balances nicely between sweet and tart.

Quince & Apple Preserves

These locally made preserves come in a bunch of amazing flavor combos like fig and black tea. We carry them in full-size jars and mini jars. The mini jars make it easy to sample every flavor to find your favorite.



ALLISON

Pipcorn Sea Salt Mini Popcorn

I love, love, love popcorn and this is by far my favorite packaged kind. Small, salty, delicious! Available at North and West.



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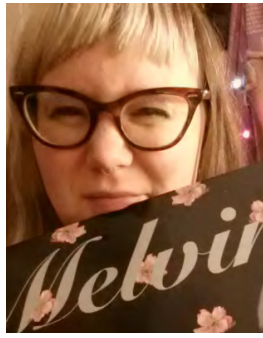
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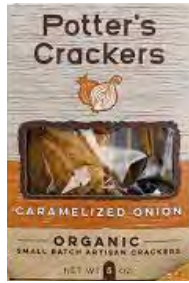
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LACEY

Potter's Crackers Caramelized Onion Crackers

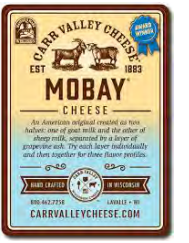
If you're looking for the perfect cracker for a cheese plate, this is the one! Potter's Crackers are made with organic and locally sourced whole-wheat flour, milk, and butter in Madison and most of their produce also comes from small, local farms. This flavor goes with so many cheeses, but I recommend it with Dream Farm's Farmstead Goat Cheese.



LAURA

Carr Valley Mobay

Locally made, half goat cheese, half sheep cheese, separated by a line of vegetable ash. Delicious on pizza, crackers, on a burger or even on its own. Taste for yourself why this cheese should actually be spelled MoBAE ;)



DADDYDEAN

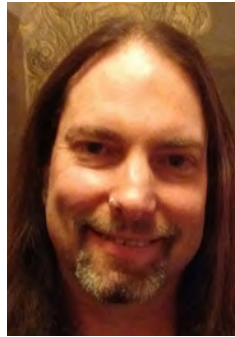
Gail Ambrosius Truffle Gift Boxes

She makes some of the best chocolate candies I have ever consumed!



Alden's Chocolate Chip Cookie Dough Ice Cream

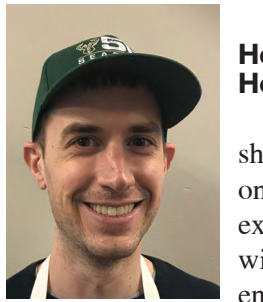
It's SO delicious! Lots of cookie dough flavor throughout with occasional larger chunks of dough. Love just about any of their flavors to be totally honest!



JON

Pinn Oaks Rack of Lamb Chops

All of the Pinn Oaks lamb is wonderful, but these chops are the best. The flavor is spectacular and the ratio of fat, meat and bones is perfect. If you've never tried lamb before this is a great place to start, and if you love lamb, you won't be disappointed by these.



BENJAMIN

Heavenly Organics Mint Chocolate Honey Pattie

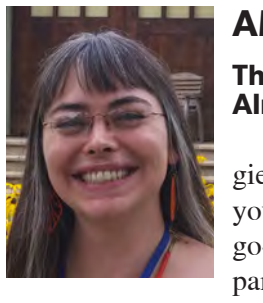
Biting into the bitter dark chocolate shell and then tasting the sweet honey on the inside makes for an amazing taste experience! I love how simple they are with only three quality organic ingredients, which are: dark chocolate, honey, and peppermint oil. I sometimes eat these patties in combination with peanut butter and a banana for a super snack.



KELLY

Plainville Farms Honey Maple Uncured Ham

Humanely raised ham with no additives at a good price. Our favorite way to eat it is 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.



AMANDA

The Original Bitchin' Sauce - The Almond Dip

It is so tasty! Great on crackers, veggies, pita, put it on a sandwich, or just your finger. I love this new sauce. It is my go-to when I need to bring something to a party. I have my friends hooked!



ANGELICA

Willy Street Co-op Juice Bar Toddy Spritzer

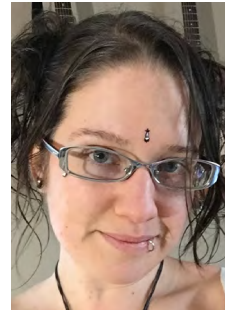
The synergy of the ginger plus the bubbly water makes this refreshing cold beverage delightful at any time of year. To fully knock this drink out of the park, it is sweetened with local honey and includes fresh lemon juice!



DAN

Jane's Joys Grilled Sweet Onions with Thyme

Once upon a time there was a pepper relish from Hawkwind. We loved it. This is a close second for me. It's produced locally at the FEED Kitchens, and 23 cents of each jar goes to fund dementia research in honor of Jane. Available at East and West.



MOURNING DOVE

Golden Beets

Cut into a golden beet and you'll know what pure sunshine is like. I like to eat these babies raw, sliced super thin and used as a chip for guacamole. Perfect for raw nachos!



PHILIP

Dr. McDougall's Vegan Spring Onion Noodle Soup

Quick, easy, hot, delicious...and vegan! Just add hot water to this and it's ready in minutes. Great for a cool fall or winter day. Good to have around when you want a hot meal but don't have time or energy to prepare a full-on meal. Delicious and convenient!



EMILY

Willy Street Co-op Juice Bar Orange Juice

Once you try this, you'll never want any other orange juice! Made on-site from fresh oranges, Willy Street Co-op OJ tastes just like an orange picked right from the tree. Always a breakfast staple. Enjoy on its own or with carbonated water for a bubbly burst.

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EVERYONE WELCOME!





JUSTIN

Fuyu Persimmons

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



MARISSA

Willy Street Co-op Almond Cheese Balls

Perfect gift for bringing to parties for non-dairy dip option.



CAITLYN

Honeycrisp Apples

The sweet flavor and crisp texture of honeycrisp apples are ideal for fall. They are organic and the ideal serving size for a perfect snack. Honeycrisp apples are delicious and the perfect apple to use for pies or eat with cheese.



KJERSTIN

Willy Street Co-Op Classes

I love the classes that the Co-op offers. You get to learn while you create and eat delicious foods or make wonderful products (soap, cheese, herbal remedies, ferments—I've loved them all!). My favorite classes are those by Linda Conroy, Paul Tseng, and Neeta Saluja, but all the instructors are fantastic. Give the gift of a class to a friend and maybe treat yourself to the class and time with your friend all at once.



JOHN

Local Kabocha Squash

Generally speaking, I prefer the more dry, finely textured varieties of winter squash; kabocha is all this and more. One of the more naturally sweet varieties, with a sublime nuttiness, which I find very pleasing to the palette. And if I may be so bold, a superior alternative to pumpkin for pie making. Taste for yourself!

Refer an Owner, get a \$25 gift card!

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 to be created and distributed.



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HOLIDAY HOURS

DECEMBER 24: CLOSING AT 6:00PM
DECEMBER 25: CLOSED
DECEMBER 31: REGULAR HOURS
JANUARY 1, 2019: CLOSED

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