

willy street co•op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 46 • ISSUE 12 • DECEMBER 2019

The Gut Ecosystem



IN THIS ISSUE

Compostable Ornaments;
Operating and Capital
Budgets; Nifty Gifties;
and more!

SPECIAL STORE HOURS

December 24: Stores close at 6:00pm
December 25: Closed
January 1: Closed

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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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West: 6825 University Ave, Middleton, WI 53562, 608-284-7800
North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422
Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

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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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GENERAL MANAGER: a.firszt@willystreet.coop

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
Ann Hoyt, Vice President
Brian Anderson
Stephanie Ricketts
Trevor Bynoe
Michael Chronister
Gigi Godwin
Sarah Larson

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

**BOARD MEETING
SCHEDULE**

Tuesday, January 21
Tuesday, March 17
Tuesday, April 21
Tuesday, June 16
Tuesday, July 21

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.

IN THIS ISSUE

3	Customer Comments	8	Fiscal Year 2020 Operating and Capital Budgets	16-17	The Gut Ecosystem
4	NDEAM Award; Holiday News; and More!	9	Nifty Gifties	18	Producer Profile: Big River Organics
5	Board Education Sessions; and More!	10	Compostable Ornaments	19	Support Your Community Through Charitable Giving and Community Awareness
6-7	Community Room Calendar	11-13	SPECIALS PAGES	20	Recipes
		15	New Products	21-23	Staff Picks

SPECIAL STORE HOURS

December 24: Stores close at 6:00pm; December 25 and January 1: Closed



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!

ITEM LOOK-UP

Q: *In the past I was able to look on the website to see the price of an item. I can't seem to figure out how to do that. Do you still offer that service? I need to know the price of organic bulk sugar.*

A: You can look up item pricing on our new e-commerce website shop.willystreet.coop. You can also get to our e-commerce site by clicking on the "Shop" button in the top right corner of our home page.

On the shop.willystreet.coop site you can use the search bar to search for items. After you search, you can click on a product category to further narrow it down. For example, I searched for "Sugar," and then clicked on "Bulk Food." Here you can see our bulk sugar offerings. You can use the filters on the left to narrow it down even further (for example, to show a specific brand). If you know the specific UPC or PLU of an item, you may search for that as well. Prices are displayed below the product image.

Please note that the product selection on our e-commerce site is based on our North side store, so some items sold only at East or West may not be listed. If you can't find the price of a specific item you are looking for, you are welcome to call Customer Service at any location and we will gladly look up the price for you! I hope this helps. Please let us know if you need more help! Thanks and have a great day! -Matt McHugh, Logistics Director

CO-OP GIFT CARDS

Q: *Hi, I have a friend who is a co-op owner and who loves Willy Street. I'd like to buy a gift certificate for her. Is it possible to buy a gift certificate or something similar? If so, how would I go about purchasing one as I live out of town?*

A: What a thoughtful idea! We definitely sell gift cards, and you can find out how to purchase one at www.willystreet.coop/co-op-gift-cards-available. Thanks for thinking of us! -Kirsten Moore, Cooperative Services Director

PRODUCE BAGS

Q: *I hate the new bags being used in produce. They attach*

themselves to fruits and vegetables and promote mold and rot. Please return to plastic and encourage recycling. Why did you make the switch?

A: Thanks for your comment regarding our new compostable produce bags. We started offering these new bags after hearing requests from quite a few Owners for options other than single-use plastic bags. The new bags are certified home-compostable, which is an option that many folks were looking for. It is true that some veggies do not hold up well when stored in the compostable bags—unlike traditional plastic, they "breathe" much like a paper bag would. Because of this, we recommend that for leafy greens and veggies such as broccoli that thrive in a wet environment, that you transfer your produce to a different storage container when you get home in order to preserve peak freshness. We are currently working on making some signage for the bag holders in the produce departments that explains this.

If you prefer to purchase your produce in the older traditional plastic bags, the Produce departments are all committed to carrying both options. If you need help finding the bags you are looking for, just ask a Produce clerk. Best, Megan Minnick, Purchasing Director

ONLINE SHOPPING

Q: *Hi! I don't think the online shopping pages are mobile-ready. I tried shopping from my iPhone and it's impossible to see things. It's a mess. I hope you can fix it because most people use phones for everything instead of computers.*

A: I received your comment about our online shopping site not being mobile-ready.

Our initial focus was to get the desktop version of the website ready for our public launch. Once we have some remaining fixes put into place we will shift our focus to getting the mobile version of the site up and running. We will be working with our software developer on this.

We don't have an ETA just yet, but it is a high priority for us! We agree that most people will want to shop on their phones. Stay tuned! Thanks, Matt McHugh, Logistics Director

BAREFOOT

Q: *Hi, just wondering: are shoes required to shop at the Co-op? I was in recently and a customer was walking around without shoes and I was horrified. Thanks!*

A: Thanks for asking. While we do recommend that customers wear shoes in the store, we do not require they do so. Please let me know if you have other questions. Have a good weekend! -Kirsten Moore, Cooperative Services Director

SELL-BY DATES

Q: *Hello! The last few weeks there has been no "sell by" date on the fresh meat that I buy (from the case, not frozen). I have a picture if you want me to send it. I usually use the "sell by" date to know when meat should be cooked by, but since there has been no "sell by" date, I have been assuming three days from purchase. However, on at least two occasions, my meat has gone bad by the third day (so if I buy it on Friday, I assume I can cook it until Monday). The meat also doesn't seem as fresh as it used to be. This lack of freshness, the lack of a sell-by" date and the fact that my meat has gone bad within three days of purchase, suggests to me that something is not right and also makes me wary of buying fresh meat from Willie (which is where I exclusively buy my meat!). Also, I called a few days ago and talked to someone in the meat dept about this and he said they should put sell-by dates and he would handle it, and then I went today and bought some meat and again, no "sell by" date. Is there a new policy to NOT include a "sell by" date on fresh meat? I prefer it when this date was included so we know when to cook it by. Please let me know.*

A: I am so sorry to hear about your experience. I checked in with our West Meat Department Manager Nick Heitman and our Logistics Director Matt McHugh. I can assure you that the policy IS to include a "sell-by" date on all of our meat. Thanks to your inquiry, we have come to learn that some of the price look-up codes (PLUs) in the Meat department have not been automatically populating the "sell-by" date on the label. We are now doing a full audit of our fresh case PLUs and looking into technical solutions so that sell-by dates automatically populate. We're also working with our Meat department staff to show them how to manually populate the correct date if it is missed in our system. We hope to have a remedy to the issue soon. If you haven't already asked for a refund for the meat that you were unable to enjoy, please contact Customer Service at West and we'd be happy to process a refund for you. Thank you so much for contacting us about this important issue. Have a great day! -Kirsten Moore, Cooperative Services Director

CUSTOMER SURVEYS

Q: *Hi, I would love it if you could extend the expiration of your customer surveys to a week. I never get to my receipts in time to take advantage of the survey and discount. Thanks for your consideration.*

A: We use the three-day expiration to ensure the feedback is still fresh in the minds of customers, but it's actually not a hard deadline. We definitely appreciate the feedback whenever it's provided and will still accept the survey and honor the coupon! If you have any trouble with the survey, please let me know. Thanks for sharing your feedback both through the customer comment and on the survey, and for shopping at Willy East! -Brendon Smith, Communications Director

MURAL

Q: *I'm really tired of that mural on the parking lot side of building. Boring. Can't we have another artist have his/her say? Why not, if not. So sick of it.*

A: Thanks for writing and for your interest in our community art spaces. I am not sure which side of the parking lot you are referencing, there are two murals that are near the parking lot. The first is on the side facing the fire station, and that mural was dedicated as public art, and the Marquette Neighborhood Association is responsible for its care and deciding its fate. You can contact their president at president@marquette-neighborhood.org to let them know your thoughts. I will pass your message on as well.

The other mural on the parking lot side of the building is near our loading dock. We commissioned that one, and it was intended to be temporary and so we may do something else with that wall at some point. As we have three locations and three murals in total at East, we have been focused on bringing community art to North and considering how to bring some community art work to West presently.

Please let us know if you have any other questions. -Kirsten Moore, Cooperative Services Director

FY19 ANNUAL REPORT

Q: *When will the FY2019 Annual Report be coming out? Last year's report is still pinned in the "About Us" section at the top of the website.*

A: Thanks for your question! We send out annual reports in December each year. Admittedly, that's months after the fiscal year has ended. First we have to make sure all of the accounting for the completed fiscal year is complete, then the balance sheet and income statement have been audited by external auditors, then we collect the other data and information, lay out the piece, and send it to the printer. We have talked about trying to shave a month or so off of the timeline, but it's unlikely we'd be able to get it sent out earlier than the beginning of November. -Brendon Smith, Communications Director

OH, THE WEATHER OUTSIDE IS FRIGHTFUL,
BUT THE DRINKS ARE SO DELIGHTFUL!



*Mulled
Apple Cider*

*Peppermint
Mocha Latte*

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a Peppermint Mocha Latte
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GENERAL MANAGER'S REPORT

NDEAM Award; Holiday News; and More!



by **Anya
Firszt,
General
Manager**

NDEAM AWARD

Wisconsin Secretary of Workforce Development Caleb Frostman and Deputy Secretary Joanna Richard presented Willy West Store Director Lindsey Hardy with an award recognizing the Co-op being an inclusive work-

place and welcoming workers with disabilities. We are appreciative of the acknowledgment!



Wisconsin Secretary of Workforce Development Caleb Frostman (middle) and Deputy Secretary Joanna Richard (left) presenting Willy West Store Director Lindsey Hardy (right) with the NDEAM Award.

DECEMBER IS FINALLY HERE!

Before we ring in the new year, we have a few holidays and events to celebrate in the four plus weeks to come.

One of my favorite events to celebrate is the winter solstice, which occurs in the Northern Hemisphere on December 21. It is the one day of the year that has the fewest hours of sunlight, and then the earth begins its nod back towards the sun again, and like magic, we begin to have more hours of sunlight! Yippee!

This month offers a few more reasons to celebrate and make-merry; whatever and however you celebrate the holidays, the Co-op is here to help you with your holiday gatherings and gift-giving list. We have all the baking supplies and ingredients you may need to spread joy and good cheer with your friends and family. Come on in to see and smell what we have in store for you.

Who on your list is hard to buy

for? Well, we have a plethora of things to choose from including a large selection of reusable eco-friendly containers, straws and Bee's Wrap. We have puzzles and games, notebooks and cards, and felted animals too. We have local cheese and crackers, as well as locally produced beer, cider, and spirits (the spirits are only at Willy West and Willy North). Another great gift is the Zum Bar Holiday Giftpack (which contains scented soaps and such). Hope to see you in the store doing your holiday shopping!

FISCAL YEAR 2019 ANNUAL REPORT

The FY19 Annual Report has been sent to Owners! Please take a moment to review and feel good about the many wonderful things we accomplished last year. And, on page 8, you can read about this year's budget.

COLLECTIVE BARGAINING NEGOTIATIONS

We continue to be engaged in collective bargaining with the union that staff voted to represent them, the UE Local 1186. We will keep you posted about any agreement reached.

SPECIAL STORE HOURS

Please note our special store hours and closed dates:

- December 24: the retailers close at 6:00pm
- December 25: closed
- December 31: stores open regular hours
- January 1: closed

ONLINE SHOPPING AND DELIVERY FROM WILLY STREET CO-OP

Another reminder that you can shop online to save time and help make your holiday shopping easier. Find out more about store pick up or home delivery here: shop.willystreet.coop.

ANYONE CAN SHOP, ANYONE CAN JOIN, EVERYONE WELCOME

As we bring the calendar year to a close, we wish to recognize all of you and respect your differences and commonalities. As a reminder, it's important for you as well as your friends, neighbors, and community members to know that regardless of gender, social, racial, political, or religious affiliation, you are welcome here. If you need assistance in the store or in our parking lot, please ask us for help, we are here for you and welcome you!

I hope you all have a wonderful end to 2019, and here's to a happy 2020.

SPECIAL STORE HOURS

**December 24: Stores close at 6:00pm
December 25 and January 1: Closed**

BOARD REPORT

Board Education Sessions; and More!



by
**Sarah
Larson
Board
Member**

December brings with it a focus on reflection, family and friends, self-made or long-held traditions, and celebration. Whether that means a house full of people, a kitchen full of sustainable food, or quiet time full of reflection, we hope you

find tools and sustenance to support your year-end rituals at our Co-op. For me, at year's end, I look forward to reflecting on how my relationships have grown in the last year and how I can best show my appreciation for that growth—whether through a thoughtful gift, note, or taking the time to treat a loved one to a shared experience.

FIRST EDUCATION SESSION

Amidst all this, there is also still work to do and balls to keep in the air. In November the Board held our first education session. We are excited to bring education sessions into our Board routine; not only do they provide an opportunity to keep Board members current on best practices in governance, they allow us to hear from experts on issues most relevant to our Co-op's unique needs. This helps your Board be better informed and it enables us to become better Board members and better representatives, of you, the Ownership.

In November, our education session focused on:

- **Unionization/Collective Bargaining Process:** The Board received an overview of what to expect during the collective bargaining process.
- **Bylaws:** We have been reviewing the bylaws with various Board committees, management and legal counsel. The last full review was carried out in 2008, two years before Willy West opened. We plan to present proposed changes as part of our review process to Owners for input in January and February with

ample time to consider Owner feedback ahead of the July ballot.

- **General Manager Evaluation Best Practices:** Just like our bylaws, there are other practices or processes that should receive an occasional review. Another one that came up was the evaluation process of the Board's one employee—the General Manager. Thus, we incorporated this into our education session and spoke with Columinate (a national consulting cooperative serving mission-driven organizations, including food co-ops) about ways they see evaluations best occurring within the Policy Governance model.

We learned a lot from this session and feel we are working through the unionization process in a way that is both fair and consistent with and in a timeframe in line with other co-ops who have gone through similar journeys. We have also been left with some additional perspectives to take into our policy monitoring report reviews to affirm we are incorporating the best practices and best metrics to inform General Manager evaluation.

Watch for some of your Board members helping bag groceries during this busy time of year. It's all hands on deck as we focus on the end of the year rush. Thank you for your continued support and for being a part of another year of collective cooperative impact!

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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 70 member nonprofits.

Wisconsin Conservation Voters uses its platform to amplify the political voice to the environment and raises awareness among Wisconsin voters. For the last four years, the organization has been a leading voice for the discussion on clean drinking water in Wisconsin through email campaigns and informative outreach events. Before elected, Governor Tony Evers was one of the first governor candidates to take the organization's Conservation Pledge, promising to commit to clean and safe drinking water for all. Cheers to Wisconsin Conservation Voters for your continuous advocacy for clean drinking water for everyone in our state!



Photo: Wisconsin Conservation Voters

In September 2018, **FairShare CSA (Community Supported Agriculture) Coalition** hosted its 12th annual Bike the Barns to raise awareness of fresh food for all. Over 700 riders were in attendance. The proceeds from the ride went to the organization and the Partner Shares Program to help grant families in need access to fresh,



Photo: Light & Life Photography

organic food. Riders visited four organic farms and reconnected with the land. It's a fun friendly event and quite popular with bike enthusiasts. It allows for city dwellers to explore our nearby farms and help a great cause. The CSA financial assistance program raised over \$43,000 and will help subsidize CSA shares for nearly 200 families.

It has been a busy year for **River Alliance of Wisconsin**. Throughout the year, members logged more than 1,050 advocacy actions to inform elected officials about water policy issues. The organization also piloted a program for farms to implement the Alliance for Water Stewardship standard. Once certified, the farms will be the first in the county to apply a comprehensive approach to water stewardship. On August 17, 2019 Aquatic Invasive Species Snapshot Day, volunteers monitored more than 150 sites along rivers and lakes and identified 20 previously undocumented invasive species populations.



Photo: River Alliance (AIS Snapshot Day)

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THIS MONTH: DECEMBER 4
Owners take an extra 10% off during
Wellness Wednesday, the first Wednesday
of the month!



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.



COOKIES FOR THE HOLIDAYS

Location: Willy West Community Room
 Tuesday, December 3, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Instructor: Pam Barnes
 Fee: \$20 for Owners; \$30 for non-owners

Holidays don't always have to include sugar cookie cut-outs with icing and sprinkles! Pam Barnes, former owner of Sole Passion Baker, will show you how to make three kinds of cookies: Gingerbread Eggnog, Orange Zest & Candied Ginger Snickerdoodles, and Dried Cranberry-Pistachio Shortbread cookies. These will be a welcome addition to a holiday cookie platter or holiday gift-giving!



COOKING WITH CHEF PAUL: HOLIDAY SIDE DISHES

Location: Willy East Community Room
 Thursday, December 12, 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 to learn various holiday side dishes from different regions of the world while keeping it simple and easy. On the menu is: Arroz con Gandules, Soy & Honey-Glazed Baby Back Ribs, and Orzo Tuna Salad with Olives.

COOKING WITH CHEF PAUL: TAIWANESE DANZAI NOODLE

Location: Willy East Community Room
 Thursday, January 9, 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 to learn to make this simple yet flavorful dish that is sure to warm you up during the cold winter months. This noodle dish requires a number of culinary techniques, including making stock, braising, and preparing fresh pasta.



FROM THE GARDEN: HERBAL GIFT-MAKING

Location: Willy East Community Room
 Thursday, December 5, 6:00pm–8:30pm
 Location: Willy West Community Room
 Thursday, December 12, 6:00pm–8:30pm
 Ages: 13 and older; adult supervision required
 Instructor: Linda Conroy

Fee: \$38 for Owners; \$48 for non-owners

Join herbalist Linda Conroy for this hands-on class. You will make 8+ herbal gift items that you can gift or keep for yourself. The Community Room will be set up in stations and you will rotate through, making a different item at each station. Learn about the variety of herbs offered and select herbs that resonate with you. All supplies and decorative packaging provided.

FROM THE GARDEN: HERBAL GIFT-MAKING

Location: Lakeview Library
 Monday, December 16, 5:00pm–7:30pm
 Ages: 13 and older; adult supervision required
 Instructor: Linda Conroy
 Fee: Free; register at www.madisonpubliclibrary.org/events

Join herbalist Linda Conroy for this hands-on class. You will make 8+ herbal gift items that you can gift or keep for yourself. The Community Room will be set up in stations and you will rotate through, making a different item at each station. Learn about the variety of herbs offered and select herbs that resonate with you. All supplies and decorative packaging provided.

HOME CREAMERY: CULTURED MILK, KEFIR, YOGURT, AND MORE!

Location: Willy East Community Room
 Wednesday, January 29, 6:00pm–8:00pm
 Ages: 10 and older; adult supervision required
 Instructor: Linda Conroy
 Fee: \$35 for Owners; \$45 for non-owners

Join veteran home cheesemaker Linda Conroy for this fun and inspiring class. Linda and the class participants will make and sample yogurt, kefir, cultured cream, and cultured butter. After transforming milk into these cultured products, Linda will teach the class to transform them into soft spreadable cheese. Participants will leave with recipes and a culture to get them started at home! Vegetarian, gluten-free, and grain-free.



COOKING TOGETHER: FLAVORS OF RUSSIA

Location: Willy East Community Room
 Friday, December 6, 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 family 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 Chef Lily's take on a marvelous meal inspired by the flavors of Russia. Pirogi dumplings, borscht soup, stroganoff with noodles, Russian tea cake, and more will be explored.

COOKING TOGETHER: FLAVORS OF CHINA

Location: Willy West Community Room
 Friday, January 24, 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 family cooking class and 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 Chef Lily's take on a scrumptious supper inspired by flavors of China. Handmade egg rolls, vegetable and egg fried rice, a surprise tasty tofu entrée, and more will be explored. Vegetarian and nut-free.

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Willy East
 Thursday, December 19, 9:00am–1:00pm
 Thursday, January 16, 9:00am–1:00pm
 Location: Willy North
 Thursday, December 5, 10:00am–2:00pm
 Location: Willy West
 Friday, December 13, 9:00am–12:00pm
 Friday, January 10, 9:00am–12:00pm

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
 Tuesday, January 7, 2:15pm–5:30pm
 Location: Willy West Community Room
 Wednesday, December 18, 2:15pm–5:30pm
 Wednesday, January 15, 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.



WILD FOOD/WILD MEDICINE THROUGH THE SEASONS: A VIRTUAL PLANT WALK

Location: Lakeview Library
Monday, January 27, 5:30pm-7:30pm
Ages: 10 and older

Instructor: Linda Conroy

Fee: Free; register at www.madisonpubliclibrary.org/events

Join herbalist and Forager Linda Conroy for this fun presentation! She will lead the class on a virtual tour of the flora of Wisconsin, focusing on the plants that can be foraged for food and medicine during each season. Suggestions for how to prepare the plants and how to incorporate them in your kitchen and apothecary will be shared. The class will conclude with an herbal drink as well as a herbal/wild food snacks.



KIDS IN THE KITCHEN: SNOWY DAY SNACKS!

Location: Willy West Community Room
Tuesday, January 7, 4:30pm-5:30pm
Ages: 5-8 years old; adult supervision not required
Location: Willy East Community Room
Tuesday, January 21, 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. Winter is here, and kids are having a blast romping in the snow. This means they'll need warm and comforting snacks to keep playing before supper. In this class, participants will work together to prepare multiple recipes that are perfect for snacking on during a snowy day. Vegetarian and nut-free.

KIDS IN THE KITCHEN: CALZONE AND CUPCAKE CELEBRATION!

Location: Willy East Community Room
Friday, January 10, 4:30pm-5:30pm
Ages: 5-8 years old; adult supervision not required
Location: Willy West Community Room
Friday, January 17, 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 hands-on cooking class for kids. Making

Italian folded pizzas, known as calzones, is a fun and delicious activity for people of all ages. Add cupcakes to the equation, and that's cause for a celebration! In this class, participants will create their own personal calzone and work together to create cupcakes for a delectable dessert. Vegetarian and nut-free.



VITAMIN D AND SUNLIGHT FOR VITALITY AND LONGEVITY

Location: Willy East Community Room
Tuesday, January 14, 6:00pm-7:00pm
Ages: Any; adult supervision required
Instructor: Katy Wallace
Fee: Free; walk-ins welcome

Vitamin D and sun exposure help us to be disease-free, according to new studies. Sun exposure supports resilient mitochondria (meaning cells function better) and balanced hormone production (for healthier hair among other things!). Katy Wallace, Traditional Naturopath of Human Nature LLC, will cover these benefits plus ways to protect against hypertoxicity of Vitamin D and lifestyle suggestions.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy West Community Room
Thursday, December 5, 6:00pm-8:00pm
Ages: 18 and older

Your Co-op's Own Instructor: Paul Tseng

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

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

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Lakeview Library
Thursday, January 23, 6:00pm-7:30pm
Ages: 13 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: Free; register at www.madisonpubliclibrary.org/events

Once your knife skills have improved, your cooking will be more efficient and more delicious. Join Chef Paul for a demonstration on how to dice, julienne, and chiffonade vegetables and fruits. Chef Paul will also discuss how to choose, care for, and sharpen knives.

SPECIAL STORE HOURS

December 24: Stores close at 6:00pm; December 25 and January 1: Closed

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Using a portable electric space heater is one of the most expensive ways to heat your home. At today's prices, electric heat costs five times more per BTU than natural gas.

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Questions? Visit: mge.com/heater

your community energy company

GS1759 1/4/2019

FINANCE NEWS

Fiscal Year 2020 Operating and Capital Budgets



by Paige Wickline,
Finance Director

Fiscal Year 2020 runs from July 1, 2019 through June 28, 2020. The Fiscal Year 2020 budget was prepared by management, reviewed by our Board's Finance Committee, and approved by our Board at their June 2019 meeting.

Approved FY20 Operating Budget		
	\$	% of sales
Total Sales	\$60,609,610	100.00%
Cost of Goods	\$38,790,150	64.00%
Gross Margin	\$21,819,460	36.00%
Personnel Costs	\$15,603,634	25.74%
Other Operating Expenses	\$6,379,238	10.53%
Total Operating Expenses	\$21,982,872	36.27%
Income (Loss) from Operations	-\$163,412	-2.27%
Other Income (Expenses)	\$60,198	.10%
Net Income (Loss)	-\$103,214	-1.7%

This is the fourth year in a row we are budgeting for a loss. We had originally expected to have positive net income in FY20 following three years of losses after opening Willy North. The expansion project at Willy West which was completed in FY19, will result in another year of operating losses. Operating expenses increased due to the expansion. These expenses include additional rent, utilities and depreciation/amortization expense for the equipment and construction costs. We anticipate it will take another year for our sales to grow enough to cover the additional expenses.

Total Sales. The Fiscal Year 2020 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 expanded retail space at Willy West. The budget shows a sales increase of 7.4% year-over-year.

Gross Margin. Gross margin refers to 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 the same as the previous fiscal year.

Personnel. Personnel expenses include labor hours and benefits. These

costs are budgeted to be 25.74% of sales, which is slightly lower than the previous year.

Capital Budget. The Fiscal Year 2020 approved capital budget is \$807,746 which includes \$707,746 in specific items and \$100,000 for unanticipated items. This year at Willy East we plan to replace equipment that can no longer be repaired along with several upgrades at West that we did not have funds for as part of the FY19 expansion.

Approved FY20 Capital Budget		
Item	\$	Comment
Production Kitchen Improvements	\$334,246	Kitchen – repairs and upgrades to facility and walk in freezer.
Security Cameras	\$5,000	Kitchen – Add security cameras - exterior of building.
Security Cameras	\$10,000	East – Additional security cameras in the store.
Produce Merchandising	\$35,000	East – Replace Produce Island & Dry Rack Merchandising.
Deli Grab 'n' Go Merchandising	\$30,600	East – Replace cooler for grab 'n' go items in Deli.
Hearth Oven	\$20,000	East – Replace Hearth Oven with conventional oven.
Foyer Floor	\$24,000	East – Replace foyer floor.
Floor Machine	\$7,000	East – Replace machine at end of useful life.
Produce Merchandising	\$12,900	West – Replace dry rack in produce.
Produce Cooler/Merchandising	\$30,000	West – Replace cooler in Produce.
Endcap Merchandiser	\$8,800	West – New endcap freezer for Grocery Dept.
Facade Work	\$25,500	West – Facade work deferred from expansion.
Upgrade Cart Corral	\$5,000	West – Repair/Upgrade - unit in disrepair.
Upgrade Trash Corral/Ramp	\$30,000	West – Meet city requirements to add dumpster.
Ceiling Panels	\$10,000	West – Add sound panels to reduce noise in store.
Ceiling Tiles Deli	\$4,500	West – Upgrade ceiling tiles in Deli
Display Screen	\$5,000	West – Community Room for use in meetings and demos.
Cheese/Meat Case	\$80,000	North – Replace cheese/meat cooler/bunker.
Inventory Management	\$20,200	Co-op – Upgrade to wireless in walk in coolers/freezers
E-Commerce	\$10,000	Co-op – Additional funds for software development.
Unallocated Contingency Funds	\$100,000	Fund for unanticipated capital investment

The past four years we have made some large investments in Willy North and West that will allow us to maintain and grow our market share through convenient locations for our Owners and customers. We look forward to continuing to provide each of you with the best customer experience possible along with the fairly priced high quality products you have come to expect from Willy Street Co-op.

If you have any questions regarding the FY20 budget, feel free to email me at p.wickline@willystreet.coop.

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608.348.6700

Serves Platteville & Lancaster



LEAH MCDONALD

Agricultural & Commercial Lender
NMLS #1672638
lmcdonald@heartlandcu.org
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DeForest • Verona • Dodgeville • Lancaster • Platteville



Nifty Gifties



by Angela Pohlman,
General Merchandise
Category Manager



SOCKS!

No longer a dreaded holiday gift, the socks we have are inspiring! We have options for everyone—fun and vibrant, warm and cozy, Fair Trade and heart-warming—something for everyone. Warm the tootsies of your loved ones with socks from your Co-op!



ANDES GIFTS

Fair Trade Knit Winter Hats, Mittens, and more!

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.



SILK ROAD BAZAAR

Fair Trade 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.



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.



BOXED HOLIDAY CARDS

Send holiday tidings to all your friends and family with our beautiful selection of cards! Choose from classic holiday to playful; spiritual to artsy. The selection varies at all sites. Get them while supplies last!



PUZZLES

We all love puzzles, and this year, we have a lot more for you to choose from. They make fantastic gifts, or a great activity for the whole family. We have large 1,000+ piece puzzles for heavy users and small 16 piece puzzles for wee ones. The selection will be different at each store, so shop around at all three locations to see everything we have to offer!



CANDLES

Light up the night with scented candles. We have many local options, as well as sustainable palm wax or sweet beeswax. More scents than we can list. You can never have too many!



BEGIN AGAIN

Kids Toys

Using sustainably harvested wood and rubber, Begin Again makes toys that are designed for well-balanced play. Bright, colorful, inviting, and, most of all—fun!



PACHA

Bath 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.

We're Not Just Your Neighborhood Bank. We're Your Neighbors.



A Great Offer for New Customers!

Monona Bank

Receive **\$300** When You Open
A New True Checking Account
With Monona Bank.

JUST FOLLOW THESE THREE EASY STEPS:

- 1 OPEN** a True Checking account with at least \$100. We make banking simple with no minimum daily balance requirement and absolutely no monthly service charge.
- 2 START** using at least two other qualified accounts or services which may include: online or mobile banking, debit or credit cards, Bill Pay, and other options.
- 3 SET UP** regular ongoing direct deposits from your employer or Social Security. Keep your account in good standing and actively use your new account and services.

It's Easy. CONTACT ONE OF OUR BANKING ADVISORS TODAY.

Your \$300 bonus will be deposited into your new non-interest bearing account within 90 days after you complete the three easy steps. We really want to be your new bank, so while we truly value our current clients, this special offer is only available to households that have not received a similar bonus in the past and don't currently have a checking account with us. Offer expires on December 31, 2019.

Exclusive CD Bonus Offer!

EARN **3.00%** Annual Percentage Yield (APY) when you open a new client Certificate of Deposit for 13 months at the same time you take advantage of our new client checking offer.

This special CD bonus rate is available on your deposit up to \$20,000, with a minimum of \$1,000 to open the CD. The interest earned will not compound with the CD and will be conveniently transferred into your new Monona Bank checking account. Naturally, you'll be charged a penalty fee if you withdraw your funds early and fees will reduce your earnings. Minimum to earn the 3.00% APY is \$0.01. This offer expires December 31, 2019.

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HOLIDAY NEWS

Compostable Ornaments



by
**Jess
Catherine,
Purchasing
Assistant**

December can be an expensive time of year. If you are looking to incorporate some festive and natural decor into your home—with the environmental mind—consider compostable ornaments as we end one year and start anew.

Below are some of my favorite recipes for compostable ornaments that are easily made at home.



DRIED CRANBERRY GARLAND

Fresh Cranberries
Kitchen twine
Large needle (easier for threading)
Beeswax
Sheet pan
Parchment paper
Wood beads (optional)

Directions: Place the fresh berries into a bowl and cover with boiling water. Once they have popped, drain and dry. Place them in a single layer on some parchment paper on a baking sheet and leave in the freezer for a couple of hours; this helps with the drying process. Heat the oven to 350°F for 10 minutes. Turn the oven off and place in the cranberries on a baking sheet, leave overnight until they are dry. Wax your twine by running each side over the beeswax several times until all sides are coated. Make a loop at one end waxed twine and thread cranberries onto it with a large needle and you have your garland. Store the dried fruit in an airtight container with a little rice to absorb any moisture and they should last you for several years. Some people like to spray them with a shellac for long term use, but this will not be safe for animals or your compost.

**For a fresh cranberry garland, omit the boiling and baking and just string them up! Should last about two weeks indoors.*

POPCORN GARLAND

White or yellow popcorn kernels
Kitchen twine
Beeswax
Large needle

Directions: Pop the kernels—no need for butter or salt. Let sit out overnight to become stale. This will help keep popcorn from breaking—you'll have to make a fresh batch to nibble on.



Tie a large loop at the end and wax your needle and twine, then pull your popcorn through and tie another loop. Done.

CITRUS ORNAMENTS

Dried citrus is a favorite of mine; besides its natural beauty it smells amazing! I've noticed the smaller the size, the better the fruits dry and keep their shape. Add pinecones, wood beads, dried chilli peppers, nuts and cinnamon sticks to the fruit for extra interest. Lemons, limes, clementines, oranges, or grapefruit
Kitchen twine
Beeswax
Large needle
Optional (cranberries, cinnamon sticks)

Directions: Heat the oven to 200°F. Place some parchment paper on a baking sheet. Using a serrated knife, thinly slice the fruit crosswise into thin wheels about 1/8 to 1/4 inch. Arrange the fruit in a single layer. Bake until dry to the touch—4 hours for the lemon and lime slices, and up to 7 hours for the oranges and grapefruit. Make sure to flip every slice to help dry evenly. The larger ones will take longer, so be patient. Wax your twine by running each side over the beeswax several times until all sides are coated. Threading can start once dry.

ROSEMARY WREATHS

Fresh rosemary bunches
Kitchen twine

Directions: Trim your rosemary and form into a wreath, tie where needed to create your desired size. Once you have secured your shape, tie a bow at the top with twine and hang or string for an aromatic garland.

coop™ deals

DECEMBER

Health & Wellness

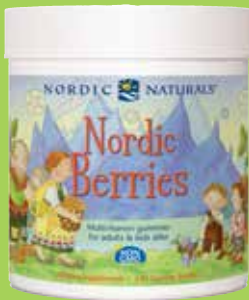
co-op deals: December 4-17

THIS MONTH: DECEMBER 4
Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!



**Dr. Bronner's
Castile Bar Soaps**
All Kinds on Sale!
5 oz • Save \$1.49

\$2.50/tx

**Nordic
Naturals
Nordic
Berries
Multivitamins**
120 ct • Save \$5

\$19.99/tx



**Mineral Fusion
Nail Polish**

All Kinds on Sale!
.33 oz • Save \$1.80

\$5.99/tx



**Andalou
Shampoos or
Conditioners**

All Kinds on Sale!
11.5 oz • Save \$2.30-\$2.50

\$6.99/tx



**Aura Cacia
Organic Single Note
Essential oils**

All Kinds on Sale!
.25 oz • Save at least 20%

at least
20% off



**Desert Essence
Hand & Body Lotion**

All Kinds on Sale!
8 oz • Save \$2.50

\$5.99/tx



**Oregon's Wild Harvest
Organic Turmeric**

60 cap • Save \$10

\$21.99/tx



**Mad Hippie
Vitamin C Serum**

1.02 oz • Save \$4

\$24.99/tx



**Klean Kanteen
Vaccum Insulated
TKWide 16 oz Bottle**

All Kinds on Sale!

1 ea • Save \$9.96

\$19.99/tx

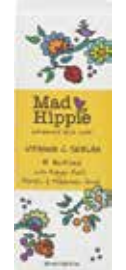


**Garden of Life
RAW Organic Protein**

All Kinds on Sale!

20.5-23.4 oz • Save \$14

\$32.99/tx

co-op deals: December 18-31



**Preserve
Recycled Toothbrush**

All Kinds on Sale!
1 pc • Save 50¢

\$2.29/tx




**Natural Factors
Melatonin 1mg
Chewable**

90 pc • Save \$2

\$4.99/tx




**Ancient Nutrition
Multi Collagen
Proteins**

Original, Vanilla, Chocolate,
Strawberry Lemonade
475-535 gm • Save \$4


\$39.99/tx




**MegaFood
Blood Builder**

60 tab • Save \$9

\$21.99/tx



**Source Naturals
Wellness
Immune Formula**

90 tab • Save \$3

\$19.99/tx



**Nourish
Rose Butter**

5.2 oz • Save \$5

\$10.99/tx



**Dr. Formulated
Once Daily
Probiotics**

Women's, Men's
30 cap • Save \$11-\$12

\$29.99/tx



**Herban Cowboy
Natural Deodorant**

All Kinds on Sale!

2.8 oz • Save \$1.30

\$5.99/tx



**PlusCBD
All CBD
Supplements**

at least
20% off




**Booda Organics
Eco Lip Balms**

All Kinds on Sale!

.30 oz • Save \$1.50

\$3.99/tx




PURPLE = LOCAL

coop™ deals

co-op deals: December 4-17



Divine Chocolate Bars

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

2 for \$5^{/tx}



King Arthur Flour All-Purpose Unbleached Flour

5 lb • Save \$2

\$4.49



Endangered Species Dark Chocolate Bars

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

2 for \$4^{/tx}



Crofter's Premium Fruit Spread

All Kinds on Sale!
10 oz • Save \$1

\$2.99



88 Acres Organic Pumpkin Seed Butter

Nut-free!
16 oz • Save \$2.50

\$9.99



Koyo Ramen

All Kinds on Sale!
2-2.1 oz • Save 50¢

79¢



Drew's Organic Salsa

Mild, Medium
12 oz • Save \$1.50

\$2.99



Boulder Canyon Potato Chips

All Kinds on Sale!
5-7 oz • Save \$1.98/2

2 for \$4



Dr. Bronner's Organic Coconut Oil

Whole Kernel, White Kernel
14 oz • Save \$3.50

\$6.99



Mary's Gone Crackers Super Seed Gluten-Free Crackers

All Kinds on Sale!
5.5 oz • Save \$1.99

\$3.50



Muir Glen Organic Canned Tomatoes

All Kinds on Sale!
14.5 oz • Save 99¢-\$1.29

\$1.00



Deep Indian Kitchen Potato & Pea Samosas with Chutney

11 oz • Save \$1.98/2

2 for \$5



Wholesome Sweeteners Organic Powdered Sugar

Perfect for baking season!
16 oz • Save \$1.80

\$2.99



Kite Hill Almond Milk Yogurt

Plain, Vanilla
16 oz • Save 80¢

\$4.49



Pacific Organic Chicken Soups

Chicken Noodle, Chicken & Wild Rice,
Santa Fe Chicken
17.6 oz • Save \$1

\$2.99



Go Macro Energy Bars

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

2 for \$4



Annie's Mac and Cheese

Shells & White Cheddar, Four Cheese,
Bunny Pasta with Yummy Cheese, Shells &
Real Aged Cheddar, Classic
6 oz • Save \$1.79

\$1.00



Yogi Tea Organic Boxed Teas

All Kinds on Sale!
16 oz • Save \$1.49

\$3.00^{/tx}



Seventh Generation Laundry Detergent

Free & Clear, Eucalyptus & Lavender
100 oz • Save \$3

\$12.99^{/tx}



San Pellegrino Sparkling Fruit Beverage

All Kinds on Sale!
6 pk • Save \$2

\$3.79



Garden of Eatin' Tortilla Chips

Blue, Yellow, Red Hot
16 oz • Save \$1.49

\$3.50



ECOs Dishmate Liquid Dish Soap

All Kinds on Sale!
25 oz • Save 50¢

\$2.79^{/tx}



Rishi Tea Organic Masala Chai Tea Concentrate

32 oz • Save \$1.50

\$4.49



Simple Mills Almond Flour Crackers

All Kinds on Sale!
4.25 oz • Save \$1

\$3.99



The specials on this page are valid December 4-17

All Specials Subject to Availability. Sales Quantities Limited.

DECEMBER

co-op deals: December 18-31



Organic Valley Organic Egg Nog

Tis the season!
32 oz • Save 50¢

\$3.99



Talenti Gelato

All Conventional Kinds on Sale!
16 oz • Save \$1.80

\$3.99



Kettle Brand Krinkle Potato Chips

Party size!
All Kinds on Sale!
13 oz • Save \$1.50

\$3.99



Taste Republic Gluten-Free Fresh Pasta

Fettuccine, Linguini
9 oz • Save 80¢

\$2.99



Equal Exchange Organic Hot Cocoa

All Kinds on Sale!
12 oz • Save \$1.50

\$5.99/tx



Luna & Larry's Coconut Bliss Organic Dairy-Free Frozen Dessert

All Kinds on Sale!
16 oz • Save \$1.80

\$4.99



Maple Valley Organic Maple Syrup Squeeze Bottle

Grade A Dark Robust,
Grade A Amber Rich
12 oz • Save \$2

\$8.99



Mom's Best Naturals Cold Cereal

All Kinds on Sale!
15-24 oz • Save 49¢-\$1.29

\$3.00



Mediterranean Organic Organic Olives

All Kinds on Sale!
8.4-8.5 oz • Save \$1.80

\$2.99



Bob's Red Mill Organic Flour

Unbleached White, Whole Wheat,
Whole Wheat Pastry
5 lb • Save \$1.80

\$6.99



Wilde Chicken Chips

Made with real chicken!
All Kinds on Sale!
2.25 oz • Save \$1.49

\$3.50



Terra Chips Sweets & Apples with Cinnamon Veggie Chips

5.5 oz • Save 50¢

\$2.99



Earth Balance Vegan Buttery Sticks

For all your vegan baking needs!
13 oz • Save 50¢

\$3.99



Silk Vegan Nog

32 oz • Save 50¢

\$2.29



Bob's Red Mill 1 to 1 Gluten-Free Baking Flour

Replace 1:1 to wheat flour in any
recipe!
44 oz • Save \$2.50

\$6.99



Santa Cruz Organic Applesauce

All Kinds on Sale!
23 oz • Save \$1

\$2.99



Cascadian Farm Frozen Organic Vegetables

All Kinds (except Cut Spinach) on
Sale!

10 oz • Save \$1.58-1.98/2

2 for \$4



Chocolove Chocolate Bars

All Kinds on Sale!
2.9-3.2 oz • Save \$1.98/2

2 for \$4/tx



Barbara's Bakery Cheese Puffs

Original, Jalapeño, Original Baked
5-5.7 oz • Save \$1.98/2

2 for \$4



Gerolsteiner Naturally Sparkling Mineral Water

25.3 oz • Save 98¢/2

2 for \$3



Immaculate Baking Company Organic Cinnamon Rolls

Fresh from your oven!
17.5 oz • Save \$2

\$3.99



Green Forest Bathroom Tissue

12 pk • Save \$5

\$6.99/tx



Amy's Organic Canned Soups

All Kinds on Sale!
14.1-14.7 oz • Save \$1.98-\$2.98/2

2 for \$5



R.W. Knudsen Sparkling Celebration Fruit Juices

All non-Certified Organic on Sale!
750 ml • Save \$2.98/2

2 for \$5



The specials on this page are valid December 18-31

All Specials Subject to Availability. Sales Quantities Limited.

ENJOY **Clasen's European Bakery**
THIS HOLIDAY SEASON

Stollen breads, fruit cakes, spritz cookies, and other holiday delights!

Look for the giant gingerbread houses at all three stores!

willy street co-op

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Naturally.

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WILDE CHICKEN CHIPS

These crunchy chips ditched the potato and instead use premium cuts of real chicken, raised without antibiotics or added hormones. The chips contain no dairy, potatoes, nuts, corn, gluten, grains, or added sugar. Great for paleo diets! Available at East, West, and North. Flavors vary by store.



ALPHA FOODS VEGAN POT PIES

Heat one of these new pot pies up for a hearty, nourishing meal. Choose from pesto or spinach pot pie. Dairy-free and vegan. Available at North.

INSPIRED ALCHEMY TRUFFLES

Looking for a host-gift that supports wellness AND a local business? Be on the lookout for Inspired Alchemy chocolate truffles, in the refrigerated

Grab 'n' Go coolers at Willy East and Willy West. These truffles are packed with raw superfoods like chaga, lucuma, camu camu, and many others, while being made primarily from raw cacao, medjool dates, and coconut oil. Some of these pieces of "concentrated goodness" are also available with powerful, full-spectrum CBD—25 mg in each piece! Inspired Alchemy, driven by Aubree Saia and her expertise in nutrition and wellness, uses only ingredients that are organic or wild-harvested, raw, gluten-free, dairy-free, and paleo. The superfood truffles will be available in 6-packs, the full-spectrum CBD truffles in 6-packs and singles. Available at East, West, and North.

LOCAL CRATE MEAL KITS

Uncertain about dinner tonight? Try our new Local Crate Meal Kits, now available in all three Willy Street Co-op Delis. These kits, produced in St. Paul, Minnesota from regionally sourced ingredients and ideas, make for straightforward solutions to your "what's for dinner?" question. Enjoy chef-created concepts like: Five-Cheese Creamy Rustic Tomato Pasta with Wilted Kale, Chorizo Picadillo Tacos with Cilantro Lime Crema, Thai Chicken Noodle Bowls with Peanut Sauce, and several other exciting recipes. Each kit serves two people and range from \$8.50-\$10.50 per serving! Responsibly sourced food, reasonably priced, without the commitment of a weekly or monthly subscription. Available at East, West, and North.



THE NAKED BAKER COOKIES AND BROWNIES

Hailing from New Berlin, Wisconsin, these cookies are the brain-children of Susan Knutson. Sue formulates her own blends of flours and starches to be the basis of these wonderfully delicious, gluten-free (but you can't tell), cookies and brownies. Available in 5-packs of varieties like Sea Salt Chocolate Chip, Monster Cookies, Peanut Butter Bomb, and more. Quickly becoming a staff favorite—try them all! Available at East, West, and North.



COUNTRY LIFE MAXI COLLAGEN 7000

Contains clinically studied Verisol Bioactive Collagen Peptides, which is shown to increase skin elasticity and reduce eye wrinkles! This high-potency collagen also has vitamins A and C and biotin to help support skin health. Convenient, flavorless powder; easy to add to smoothies or beverages. Available at East, West, and North.



BAXYL HYALURONIC ACID SUPPLEMENT

Hydrate your joints with Baxyl! This patented formula has been clinically shown to support the joints. This liquid supplement begins absorbing in the mouth, so it is important to use as directed. Vegan, gluten-free, and non-GMO. Available at East, West, and North.

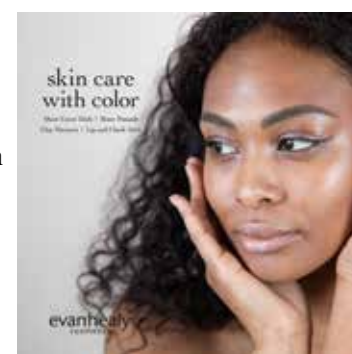
COUNTRY LIFE GUT CONNECTION

Probiotic-free approach to digestive health! This line is designed to help balance your gut microbiome with pre-biotics—whole food fermentate that helps your body support your existing colonies. Choose from eight unique formulations to support: Digestive, Cognitive, Energy, Immune, Mood, Sleep, Stress, or Weight. Available at West and North.



EVANHEALY COSMETICS

We are excited that our West location is one of the few stores in the U.S. that was picked to offer evanhealy's new skincare with color line—a unique line of cosmetics that actually nourishes skin. Using natural mineral pigments, plants, butters, and waxes, this minimalist line of cosmetics is a great option for anyone wanting a truly natural option for make-up. The collection includes a Sheer Cover Stick, Lip & Cheek Sticks, Brow Pomade, and Mascara. The line will only be at our West location, so be sure to stop by and check it out!



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The Gut Ecosystem

by Andy Gricevich, Newsletter Writer

Microbes have been around since well before the rest of us were a twinkle in evolution's eye. Unimaginably diverse and adaptively rapid, they've found ways to live on and in every conceivable environment, from vents of hot volcanic gas at the ocean's bottom to the core of ice shelves—and they feed on or make their home inside every living creature. Many plants, animals, and fungi can't survive at all without the bacteria and viruses they host, and the ones who can are very different without them.

Invisible for so long, microbes have moved powerfully into the public eye. Freed from a longstanding phobia about "germs," a new science of tiny critters has been exploring uncharted territory. As a young field, it's full of enticing, hard-to-test theories, as well as good hypotheses and solid experimental observation. Unsurprisingly, the human microbiome gets a lot of attention, especially with regard to the role of microbes, helpful and hostile, in our immune system.

Microbes populate every surface of our bodies, outnumbering human cells ten-to-one, and each part of us hosts a unique, specialized community. Over millennia, some microbes have helped create a bodily environment that makes us good hosts, and a good host has to stay healthy. As many as 99% of these native bacteria make their home in one major bodily organ, one that we don't intuitively think of as "outside:" the gut.

THE GUT AS ECOSYSTEM

The gut is more than the stomach; it includes the whole folded tube running from the mouth down through the intestines and the colon. The majority of gut microbes live at the lower end, where—when things are going well—they form complex systems of interrelationships. Such systems are best understood ecologically, in terms of microbial communities.

Both a healthy forest and a thriving salt marsh feature organisms that house and feed all the others (like big trees or large cattail mats), peak predators (wolves or large fish), smaller plants (shrubs, duckweeds), etc. Each ecosystem may feature different species, but there are always the same roles to fill in order to keep the system in balance. A well-functioning gut works in exactly the same way, with a parallel distribution of roles. Different bacteria prefer different foods, and the byproducts of one microbe can be the nourishment of another; their populations are managed by bacteria-eating viruses and other larger microorganisms.

The "ground" of this complex

community is the gut lining. The gut is bounded by a very thin layer of cells, protected by a double layer of mucus. The thicker layer, on the inside of the gut tube, is the preferred home for our gut bacteria. The thinner layer is kept mostly unpopulated by antibacterial compounds produced in the adjacent lining. Beyond the lining itself reside seventy percent of our immune cells. When microbes do make it to the inner mucus layer, these cells grab them, pull them through, and perform a genetic analysis to determine whether the organism is friend or foe, distributing that information to the immune system before assaulting the invader with antibodies.

CHALLENGE AND BREAKDOWN

Ideally, our gut contains around fifteen percent hostile microbes, ensuring short-term stresses that keep the system well-informed, responsive and able to return to a normal, relaxed state once a threat has passed; that's positive inflammation. When the system has to handle too much, for too long, it can get stuck in overdrive, ultimately attacking beneficial microbes and even the body's own cells. That kind of inflammation often springs from a damaged gut, and it plays a major role in many of the diseases of the "developed world," including food sensitivities, irritable bowel syndrome, autoimmune disorders, cancer, and even mood disorders.

In a healthy gut, a high population of beneficial or neutral microbes takes up space that could otherwise be filled by hostile organisms. In addition, microbes stay where they belong. A damaged gut lining lets microbes and other particles escape into the bloodstream, where they can overstimulate the immune system. Excess stress, lack of sleep, and overconsumption of alcohol can lead to a leaky gut, but the most damaging factors in modern western society are our overreliance on antibiotics and our diet.

Antibiotics are life-savers, but they're also prescribed excessively (and often needlessly). These substances (and the antibacterial products we use so enthusiastically) kill microbes indiscriminately, and every dose wipes out some of our native bacteria. Some species may recover from the blow, while others weaken or never return. As space opens up, hostile microbes move in. For example, salmonella infections skyrocket after antibiotic treatment in humans and in heavily medicated livestock. Surviving bacteria can give birth to "super-germs," resistant to medications, just as herbicides encourage the rise of resistant weeds.

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and water supplies are now broadly tainted with glyphosate, the main ingredient in the widely used herbicide Roundup. Glyphosate treats our microbes like weeds, wreaking havoc on our gut. Even without chemicals, our modern diet tends toward poor gut health. What we eat determines which microbes thrive and form our internal communities.

Some of our most valuable microbes are the fiber-digesters, which break down materials we can't process ourselves; they probably first allowed us to glean significant nutrition from plant foods. As they eat what we can't, they excrete crucial short-chain fatty acids that reduce inflammation by letting immune cells know they can settle down.

Our fiber-poor diet, rich in processed foods, leaves those microbes hungry, so they feed instead on our thick mucus lining, perforating it so that other bacteria and various particles can pass through. Eventually their population dwindles as they starve.

Of more profound consequence, this situation is heritable. We're given our foundational microbiome by our mothers, and then it develops as we come into contact with the wider world. Ideally, our immune system learns from exposure to a wide variety of microbes, preparing us for a resilient existence. If we inherit a microbial community that's already poor in fiber-digesters, and continue with modern dietary practices and chemical exposure, our collective microbiome will be gradually impoverished, and we'll likely see a continued increase in the health problems that plague our culture.

TOOLS FOR RESILIENCE

To reverse this trend, a good diet is foundational. If we want to maximize the contributions of our microbial partners and minimize our exposure to factors that damage our gut and make room for more pathogens, the basic solutions are pretty simple. Above all, we need to increase our consumption of prebiotics.

Prebiotics are starchy fibers that only our beneficial microbes can digest; harmful bacteria prefer other food sources. We get them from all kinds of fruits and vegetables, including sweet potatoes, barley, flax, bananas, apples, and greens. Particularly beneficial are the vegetables with high amounts of inulin: especially Jerusalem artichokes, asparagus, dandelion, burdock, garlic, and onions. These foods give us the basic ground in which a healthy microbiome can take root.

Many otherwise healthy plant foods contain antinutrients, compounds that can interfere with our ability to absorb vitamins and minerals. Lectins in beans and nightshades, as well as tannins and phytates in seeds and nuts, can also damage our gut walls. Traditional processing can help. We can soak beans, seeds, and nuts, and cook tomatoes and peppers, and boil greens and brassicas like broccoli to deactivate or remove antinutrients.

We don't need to do those things religiously, though. A seasonal diet gives our bodies time to process or flush out antinutrients. It also supports natural cycles of microbial ecology, in which different strains become dominant at different times, providing us with a wider variety of useful byproducts. Organic, fiber-rich foods, changing with the seasons, are the best medicine for our microbiome.

PROBIOTICS

Probiotics are all the rage in the natural foods world. They fall into two basic categories: fermented foods containing live microbial cultures, and supplements composed of a range of potentially beneficial microbes. Probiotics are widely recommended to boost immunity, increase the diversity of gut microbes, and more. Research suggests a range of reliability for these such claims.

It's often said that the living organisms in products like sauerkraut, yogurt, and kimchi can increase the quantity and diversity of gut flora. Most studies, however, have found that these microbes rarely survive the saliva and stomach acids they encounter on the way to the colon, and claims that we can "repopulate" gut bacteria with probiotics should probably be viewed with skepticism. This doesn't, however, mean that fermented foods don't benefit us and our bacterial partners.

Some lactobacillus cultures found in live-culture yogurt have a close relation to our native gut bacteria, and—when present in sufficient quantities, and in some hosts—have been shown to make their way successfully through the digestive system, alleviating diarrhea in the wake of antibiotic treatments and even indicating positive effects on mood and mental clarity. It's also likely that the bacteria in ferments convey genetic information about microbes outside to our immune system, helping it respond to potential threats and benefits from foreign visitors.

In any case, fermented foods have some definite dietary benefits. Bacteria responsible for fermenting vegetables and milk do work similar to that of our gut flora, digesting compounds we can't deal with on our own and producing essential nutrients (like certain B vitamins) we can't access otherwise.

Fermentation also reduces or negates antinutrients, and has even been shown to lower pesticide residues. It's another traditional processing method that makes food more usable and allows us to eat nourishing foods out of season while minimizing the disadvantages of doing so.

Probiotic supplements are based less in tradition than in the cutting edge of microbial science. Conscientious researchers are developing products based on a holistic understanding of bacterial communities, using their knowledge of what organisms can survive in our gut and what effects they have when present in particular proportions. Research is focused on the potential to treat highly specific physiological and psychological conditions with well-formulated cultures.

One exciting area of study concerns soil-based microorganisms, or SBOs. Dirt plays an important role in the development of our native microbiomes. Compared to earlier populations, hunter-gatherers, and traditional farmers, who regularly come into contact with dirt and other animals, our typical microbial communities are much weaker and less diverse (and our soils less alive). Manufacturers of SBO-based supplements try to make up for our lack of exposure by sampling and cultivating microbes from undisturbed soil, and they're showing some promising results for supporting gut health.

Before purchasing any expensive supplement, we'll ideally want to do some independent research. Which producers provide the most specific information about the bacterial strains included in their products? What's solidly known about the effects of different combinations of species when introduced into our gut? It's a delightfully deep rabbit hole for the curious researcher. Those without the drive to dive into that hole can still stick with tradition.

LIVING IN THE ECOSYSTEM

Though we may want to consult nutri-

tionists, scientists and doctors to help us recover from serious conditions, we can ordinarily cultivate a diverse, strong, well-informed immune system in ways that require no research or complicated dietary plans. Seasonal, produce-heavy diets feed our most desirable bacteria, while also providing essential, immune-supporting antioxidants like those found especially in greens and berries. Fresh, locally grown produce provides diverse microbes (including SBOs); ingesting them helps calibrate our system for our own region.

Time outdoors helps as well. Even in winter, contact with nature exposes us to beneficial microbes of all kinds. We're used to thinking about cold as inclining us toward illness, but—as long as we're not freezing—the open air does our microbial community a world of good. One study, conducted in a hospital, found a high number of pathogens inside the sealed building full of antibiotic-dosed patients and sterilized surfaces. Just opening windows for a short time and letting cold outside air in quickly shifted the microbial population indoors toward a more positive state.

Adopting some simple ways of living can bring us more in line with the long-evolved partnership between our microbes and ourselves. We can do a lot to stay well through harsh climates and new strains of flu just by eating well, resting enough, and spending time outside. Our world definitely presents novel threats in the form of chemical exposure and unprecedented stresses. The good news is that microbes change and adapt much more quickly than we do! If we take care of our microbiome, it may help us thrive in circumstances we may feel are changing so fast that we can't keep up.



PRODUCER PROFILE

Big River Organics



by
Angela Pohlman,
Wellness Category Manager

You may have met the Big River Organics' owner Sue Krause when they were a Retail Ready Lab vendor back in May of 2019. Through your votes and purchases, they are now a regular vendor for Willy Street Co-op!

Where are you located?

The folks at Big River Organics are so pleased to join Willy Street Co-op as a local small business. We are located on the banks of the mighty Mississippi River in Cassville, Wisconsin. Once a coal-burning town with two power plants, the area is now rebuilding its economy as an eco-tourism destination. The pace is slow, like our river.

Why worms? What inspired starting this business?

Growing up as a kid, my family raised big gardens and composted using traditional methods. In 2006, I was working with two Madison south side communities on developing community gardens. At a training I met Will Allen of Milwaukee's tremendous Growing Power urban

farm. He gave me a bucket of red wiggler composting worms—I was “hooked!”

Tell us more about vermicompost—why would I use that vs. regular compost?

Vermicompost vs compost. Traditional compost is wonderful for our gardens and keeps food waste out of our landfill. The process is usually “hot” with thermophilic or heat-loving organisms transforming raw materials to finished compost. On cold days, an active pile steams, releasing methane and other gases. The vermicompost is a cooler process, with a greater diversity of microbes. A bit of magic happens in the composting worm as food waste passing through the gut is ground fine and mixed with enzymes. These compounds in the worm poop or castings are nutrient-rich for plants and make a superior soil amendment.

What other kinds of products do you make?

Bees and butterflies are losing habitat which includes important wildflowers used for food and shelter. We have created seed bombs which are small balls of vermicompost packed with wildflower seeds. We gather the seed from our gardens here in Cassville.

The seed bombs are for sale now at the Co-op. They make terrific gifts

for a gardening friend or you can toss them where a splash of color and habitat is needed! If you are a by-the-book gardener, plant them at the edge of your garden or flowerbed this fall. The winter cold will insure the stratification needed by many wildflower seeds to emerge in the spring. Or, if you are a wildflower child, simply toss where some pollinator love is needed. Our seed bombs include milkweed, big and little bluestem, coneflower, zinnia, cosmos, borage, sunflowers and other beneficial seeds. The seed bombs are packaged in a compostable bag with a sprig of Russian Sage....super cute!

You can also special order a custom built worm bin complete with wigglers, bedding and instructions through the Co-op!

The bins are handcrafted out of cedar at Big River Organics, and include approximately 1,000 wigglers ready to compost food waste. I like the cedar because it breathes, allowing moisture to evaporate, unlike plastic units.

There is no smell, no escaping worms and it is a terrific way to teach kids about the benefits of composting. The secret is starting slow, burying a banana peel, apple core, or melon rind once a week under the bedding for your worms to munch. Once the food is gone, bury another fruit or veggie and it will soon disappear!

Our worms and bins are raised and built by us at Big River and we guarantee your complete satisfaction.

If a customer is feeling squeamish about putting worms in their house, how would you comfort them?

Red wiggler worms make terrific housemates! They like their environment dark and moist. You should feed

them sparingly (one apple core or piece of melon rind) a week. Always bury the food waste under the bedding (shredded moist newspaper). Wigglers will stay happily in their bin unless the environment is too wet or overfed. Because wigglers like it dark, starting with a light source (bulb) above the bin will keep your new friends tucked in! This isn't necessary, but if you are particularly concerned about escapees upon starting a bin, it provides extra peace of mind.

You were in the Retail Ready Lab—how did that impact your business?

I was thrilled to take part in the May 2019 Retail Ready Lab! I was able to meet Co-op customers at the three Co-op locations and chat about vermicompost. I started as a member way back in 1988 (when the Co-op was across the street in the current Social Justice Center). The Co-op is important to me as both a shopper and a vendor!

Is your farm open to the public?

Visitors are always welcome to tour our facility where we house our worms. Email us at skrause2630@gmail.com to schedule a visit! We have large bins in our building where we raise the livestock. To feed our wigglers, we recover fruit and veggie waste from grocery stores and Cassville Schools, keeping waste out of the landfill. The final product is vermicompost, the black gold which is a nutrient-packed soil amendment. Check out our website at bigriverorganics.com

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Supporting Your Community Through Charitable Giving and Community Awareness



by **Kirsten Moore, Cooperative Services Director**

Winter arrived early this year, and this holiday season there's lots of reasons to think about our loved ones, and those who need love around us. Whether it's through monetary support of organizations who provide for the community, through reusing bags to support Double Dollars, donating a

can of food to the donation shelves, or a gift for a child with inadequate housing, deciding who and what organizations to support at the year's end, or simply offering a smile or hello or an ear to a person who looks like they could use the positive interaction, all of us at the Co-op have ways to bring each other warmth and kindness in the toughest, coldest months of the year.

PANTRIES OF PLENTY: WIN-WIN FOR DOUBLE DOLLARS AND NEIGHBORHOOD FOOD PANTRIES

It's our holiday tradition to match Double Dollars contributions up to \$10,000 to support our five neighborhood food pantries. Through December 31 contributions are matched 1:1. You can support Double Dollars either by a \$1, \$5, \$10, or \$25 scan card donation at the registers, or by reusing bags so we can save money we would spend on paper bags to support Double Dollars instead. The match supports Goodman Community Center Fritz Food Pantry, Lussier Community Education Center, Middleton Outreach Ministry, The River Food Pantry, and Wil-Mar Neighborhood Center with Co-op gift cards for fresh items in the winter season. Your Double Dollars support is a win-win for those using Double Dollars and those reliant on



our food pantries.

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 from October to May at the Co-op, and from June to November at participating farmers' markets. The Double Dollars Fund has been providing vital program support since April 2017.

The Pantries of Plenty Double Dollars match is made possible through abandoned Owner equity. When Owners leave the Co-op, they are given the option to have their equity refunded or to donate it for charitable purposes such as this match and the Community Reinvestment Fund.

You support local food pantries whenever you support Double Dollars. When people can purchase groceries instead of relying on pantries, 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 right now the difference is double!

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

SANTAS WITHOUT CHIMNEYS ENTERS YEAR SIX AT THE CO-OP

Through December 20, Santas Without Chimneys will collect gifts at all three Co-op retail locations for children and youth who experience homelessness or are highly mobile. The non-faith-based donation drive is independent, and volunteer operated with Madison Metropolitan School District's Transitional Education program support.

Santas Without Chimneys provides "presents to families currently living doubled-up or in campsites, cars, on the streets or in other inadequate accommodation." Families who do not

attend MMSD may also be eligible if they are awaiting foster care placement; doubled-up due to economic hardship or a similar reason; living in a car, park, campground, abandoned building, or other inadequate accommodation; temporarily living in a motel or hotel due to loss of housing, economic hardship or similar reasons; or unaccompanied youth living alone as a minor student(s) not in the physical care of a parent or guardian. If one of these situations describes your family, or if you know a family who may be eligible, contact swc@santaswithoutchimneys.org or private message the Santas Without Chimneys Facebook page to confirm eligibility.

Generally, Santas Without Chimneys seeks cozy blankets (no bed comforters); kids' gloves, mittens, hats, and scarves; new hair accessories for all hair types, pre-teen/teen makeup supplies for all skin colors, and nail polish; new or like-new books; new art supplies; and gift cards to downtown restaurants or grocery stores (for teens who live on their own).

If you are interested in volunteering, setting up a drop box at your business, sponsoring a child, or giving cash to Santas Without Chimneys, please visit santaswithoutchimneys.org for more information.

PANHANDLING AROUND THE CO-OP

The Co-op has noticed an increase of people panhandling (stopping people to ask for food or money) near Willy East and Willy North. It's troubling, as increases in panhandling can indicate that there are more people who have needs in our community than are able to be met by resources available. It can also be troubling for the passerby: to give or not to give, to be asked by the same people every time they walk through the area, or to feel harassed or unsafe due to the uneasiness of the interaction. The east and north sides are no exception; other parts of the Madison area have also seen a rise in panhandling.

We recently sought some guidance from the Madison Police Department, and we continue to seek guidance from local nonprofits engaged in supporting those in situations that may lead to deciding to panhandle. Our goals are to make everyone feel welcome and safe at the Co-op, free from discrimination and harassment, and to also have some clear guidelines for activities on our properties.

Panhandling is not allowed on our properties and in our landlord's lots. This has been our policy for decades. When we are able to address people engaged in panhandling in person, we will ask them to leave the property. We only engage law enforcement if the person panhandling refuses to leave or if they take other actions deemed unsafe to others or themselves. On public property and in the public right of way (which at Willy East includes the area near the MGE transformer and the bike parking near the Williamson Street driveway), people are allowed to ask anyone they

want for food or money. Under the law, people who panhandle in public areas are protected by freedom of speech: asking for food or money is not seen as disorderly conduct. When the Co-op receives complaints about people panhandling in public spaces, we do not take action based on panhandling activity alone. We will call the police if we learn in a timely fashion of safety concerns, such as people completely blocking the sidewalk or driveways, interfering with traffic, causing a public disturbance such as yelling at people on our property, or engaging in violent behavior. If you notice unsafe or dangerous activity on public or private property near the store, you may visit the Customer Service desk and ask for the support of a Manager on Duty. 911 is also an option if you notice unsafe or dangerous activity.

Grocery stores are popular for panhandling because the soliciting tends to yield high returns. While it is completely within your rights to decide to give directly to someone in need, the City of Madison discourages giving to people who panhandle, and encourages redirecting support to nonprofits and social services who provide assistance to people who need resources. There are a number of ways to find services to support at the Co-op: putting non-perishable goods on our food pantry donation shelves, contributing to the Double Dollars Fund or Community CHIP™ at the registers (Community CHIP™ supports about 70 local nonprofits who are members of Community Shares of Wisconsin), buying products made by nonprofits such as Porchlight, purchasing the Street Pulse newspaper from a certified vendor outside the stores, participating in various donation drives throughout the year such as Santas Without Chimneys, or reviewing the informational materials we have in our Owner Resources Areas and at the Customer Service desks for people experiencing homelessness or food insecurity. While none of these solutions are the sole solutions to address panhandling outright, these solutions may provide other outlets to give and further insights about the resources available to those who may decide to panhandle.

We will continue to assess what we can further do to address panhandling and support those who panhandle such as additional signage, education, or partnerships in our neighborhoods. We appreciate all of you who have expressed concerns either for your safety or for the safety of those who panhandle. Both are important and it is a complicated issue for the entire community. It's also very personal to those who are most vulnerable in society.

WINTER IS UPON US; LET'S KEEP EACH OTHER WARM

We hope you are doing something special to give tribute to those you support and those who support you as we end the decade and move forward cooperatively together. On behalf of the Co-op, happy holidays and New Year to you.



RECIPES

Gingery Coconut Stew with Brussels Sprouts and Rutabaga

Adapted from www.theppk.com.

This stew is just the thing to warm you up when the temperatures start to drop to the single digits.

- 1 Tbs. coconut oil
- 1 yellow onion, chopped
- 1 lb. Brussels sprouts, trimmed, cut in quarters
- 1/2 tsp. crushed red pepper flakes
- 2 cloves garlic, minced
- 2 1/2 Tbs. fresh ginger, minced
- 3/4 lb. rutabaga, cut into cubes
- 1 c. sliced carrots
- 4 c. vegetable broth
- 15 oz. chickpeas
- 1/2 c. coconut milk
- 1 lime
- salt
- fresh cilantro
- jasmine rice

Directions: Heat the coconut oil in a large stockpot or Dutch oven over medium-high heat. Add the onion and a pinch of salt and sauté until golden. Push the onions to the sides of the pot and add the Brussels sprouts in a single layer (or as close to a single layer as possible). Allow them to sear, stirring only occasionally. Stir in the ginger, garlic, and crushed red pepper flakes. Cook 1 minute, until fragrant. Add the rutabaga, carrots, and vegetable broth. Cover, and bring to a boil. Lower the heat to a simmer and stir in the chickpeas and lime zest. Cook, partially covered, stirring occasionally, for 5-10 more minutes, until the rutabaga is tender. Stir in the coconut milk and lime juice and cook an additional minute, until heated through. Taste and add more salt if needed. Top with cilantro and serve with jasmine rice.

Root Ribbons with Sage

Adapted from *The Herbal Kitchen* by Jerry Traunfeld.

Burdock, sweet potatoes, turnips, or other root vegetables would be good substitutes for the ones listed below. Avoid beets though, as they would turn your dish scarlet.

- 1/2 lb. carrots
- 1/2 lb. parsnips
- 1/2 lb. rutabaga
- 1/2 lb. salsify
- 3 Tbs. butter
- 1/4 c. sage
- 1 1/4 tsp. salt
- black pepper
- 1 Tbs. maple syrup
- 2 tsp. lemon juice

Directions: With a vegetable peeler, peel the carrots, parsnips, rutabagas, and salsify from their tops to their roots into ribbons. Turn the roots after each strip is peeled, leaving you with small cores. (Reserve the cores for another use, like making stock.)

In a large skillet over medium heat, melt the butter with the sage. Stir for a minute until the sage is well-coated in butter, then add the ribbons. Toss in the pan until they begin to wilt, then add the salt, black pepper, maple syrup, lemon juice, and 3/4 cup of water. Cook over medium heat, tossing them occasionally, until the liquid has evaporated and the ribbons are tender, about 10 minutes. Serve hot.

Coconut Panna Cotta with Pomegranate-Satsuma Compote

Adapted from www.feedmephoebe.com.

A compote made from Satsuma mandarins and both pomegranate juice and seeds makes this rich and creamy panna cotta extra-special.

- 2 Tbs. cold water
- 1 tsp. agar agar
- 15 oz. coconut milk
- 2 Tbs. sugar
- 1 tsp. vanilla extract
- 3 satsumas, juiced
- 1 pomegranate
- 1/2 c. pomegranate juice
- 2 tsp. lemon juice

Directions: Place the cold water in a small bowl and stir in the agar

agar. Set aside. Pour the coconut milk into a small saucepan and whisk until smooth. Pour in the agar agar mixture and let sit for 10 minutes.

Place the saucepan over medium-high heat. Stir in the 2 tablespoons of sugar, and warm the coconut milk mixture, stirring constantly, until it begins to steam, without bringing to a boil, until the sugar has dissolved. Remove from heat and whisk in the vanilla. Divide the mixture into 4 ramekins or small bowls, and refrigerate for 5 hours, or until set.

In the meantime, make the pomegranate compote. Combine the satsuma zest in a saucepan with the pomegranate juice and remaining 1/2 cup of sugar. Stir to combine, and bring to a boil over medium-high heat, stirring until the sugar dissolves and a thin syrup forms. Remove from heat, and use a fine mesh strainer to strain the syrup into a small bowl. Whisk in the Satsuma juice, and return the mixture to the saucepan. Heat over medium-high heat and bring to a boil until reduced enough to coat a spoon, about 8 minutes.

Place the pomegranate seeds in a small bowl. Add the syrup to the pomegranate seeds and stir to coat. Refrigerate until cool. Serve the coconut panna cotta with a spoonful of compote.

Pork Chops with Roasted Parsnips, Pears, and Potatoes

Adapted from www.foodandwine.com.

- 3/4 c. olive oil
- 12 cloves garlic
- 4 rosemary sprigs
- 3 lemons, zested
- black pepper
- 8 pork chops
- 6 parsnips
- 6 Bartlett pears
- 3 lb. Yukon Gold potatoes

Directions: In a large roasting pan, combine 3/4 cup of the olive oil, the garlic, rosemary, lemon zest, and 1/2 teaspoon of black pepper. Place the pork chops in the pan, and turn to coat them in marinade. Arrange them in a single layer, and marinate the pork chops for 1 hour at room temperature, or up to 12 hours in the fridge. (Return to room temperature before roasting.)

Move oven racks to the top and bottom of oven. Preheat oven to 425°F. Transfer the pork chops to a platter, scraping off any marinade bits back into the roasting pan. Set aside.

Set the parsnips, pears, and potatoes in the roasting pan, and toss to coat in marinade. Season with salt. Transfer the vegetables to 2 large rimmed baking sheets. Roast 40 minutes, stirring occasionally, until very tender, rotating the sheet pans midway through cooking.

Heat 1 tablespoon of olive oil in each of 2 large skillets. Place the pork chops in the skillets and season with salt. Cook over high heat until golden brown, 2-3 minutes on each side. Arrange the pork chops on the two baking sheets when the vegetables are finished roasting, setting the pork chops right on top of the vegetables. Roast for 5 minutes for slightly pink meat. Transfer the pork chops and vegetables to a large serving platter and enjoy hot.

Winter Squash Soup with Gruyère Croutons

Adapted from *Bon Appetit*.

- 1 1/4 tsp. sage
- 5 1/2 c. broth
- 4 clove garlic, minced
- 1 onion, chopped
- 1/4 c. whipping cream
- 2 tsp. brown sugar
- 1/4 c. butter
- 1 baguette
- 4 c. butternut squash
- 1 c. Gruyère cheese, grated
- 1 1/4 tsp. thyme
- 4 c. acorn squash, cut into cubes

Directions: Soup: In a stock pot, melt butter over low heat and sauté onion and garlic until translucent. Add broth, all squash and herbs and bring to a boil. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Transfer portions to blender and puree until smooth. After entirely pureed and returned to the same pot, fold in cream and sugar. Simmer on low heat. Do not allow to boil. Season to taste with salt and pepper. Ladle into bowls and top with Gruyère Croutons. Gruyère croutons: Preheat broiler. Butter 1 side of slice of bread. Place butter side up on a lined sheet pan and broil briefly until lightly golden, about 1 minute. Sprinkle with cheese, salt and pepper. Return to broiler for about 1 more minute or until cheese is melted. Serve on top of piping hot soup.

Staff Picks



DAN

Nutcrack

First, a warning. These caramelized pecans are seriously addictive. Second, they makes an awesome gift for just about anyone without a nut allergy. Nutcrack goes great on a cheese board, but unless you get more than one, you'll probably finish them before you get your board set up.



MELISSA

Maya Kaimal Red Lentil Butternut Squash Everyday Dal

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



PEACH

Shiitake Mushrooms

As the seasons shift, so do my tastebuds. The airy days of summer are gone and I'm pulling in the earthy, grounding, umami flavors of autumn and winter. Mushrooms embody all those qualities and so much more! They add a depth and complexity you just can't beat. Shiitakes are some of my favorites.

Bulk Wild Rice

Its getting cold in the Midwest, and there is something homey, rustic, and earthy about wild rice. I love making a wild rice salad with seasonal fruits and nuts, vegetarian wild rice burgers or throwing it in soup. Bulk is a smart and easy way to buy.



DAKOTA

Quince and Apple Fig and Black Tea Preserve

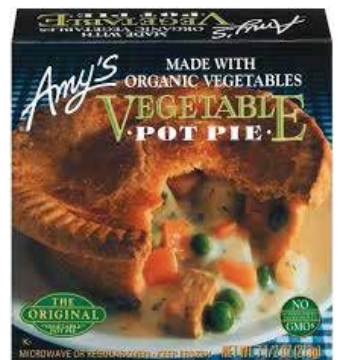
Need a quick dish to make for a holiday gathering? Not sure what to gift to your distant cousin twice removed? Here's an option! Quince and Apple's Preserves come in a variety of delicious flavors, taste great spread on top of a fancy cheese and a local artisan cracker, and make excellent gifts! The Fig and Black Tea Preserve is my favorite.



EVAN

Amy's Vegetable Pot Pie

Great comfort food that has good flavor and consistency. I could probably eat it every day for lunch if possible. Pro Tip: Microwave for five minutes then put in a toaster oven for three to five minutes. This will cut cooking time down greatly.



MELISSA

Willy Street Co-op Vegan Pumpkin Pie

I've tried a LOT of pumpkin pie over the years, and this is one of my favorites. SO GOOD!

So Delicious Coco Whip

This tasty topping pairs well with our Willy Street Co-op Vegan Pumpkin Pie. It's delicious and dairy free!



CATE

Rishi Organic Green Tea Matcha Super Green

On cold winter days this tea gives me a huge wellness lift. The smell plus the pretty green color plus the feeling like I've done something good for myself by drinking a cup or two during my day is really uplifting and feels great. I also really like that Rishi is locally prepared. Yay Wisconsin!



PATRICK

Olio Beato Olive Oil

Hands down, I think Olio Beato's organic olive oil is the highest-quality olive oil we offer. It has such a rich, buttery taste that no other oils can match. It is also one of our pricier oils so I typically reserve it for when I'm cooking a "fancy dish" or if I want a nice finishing oil.



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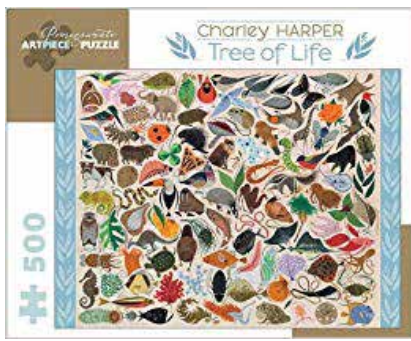
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LIZ
Pomegranate Puzzles

It's jigsaw puzzle season! These have beautiful designs and sturdy pieces. I'm a puzzle freak and these are my favorite.



CAITLYN
Delice de Bourgogne

This French triple cream cheese is the queen of all cheeses. If you want to wow some folks at a holiday party this year, bring this cheese and a baguette and you too will be a queen of cheese. Better yet, just buy it for yourself.



JESS
Stasher Bags

They are easy for my kiddos to use, and they fit into their lunch tote better than a hard container. Easy to wash and reusable. Did you also know that you can warm up food in them?



Aura Cacia Chamomile Bubble Bath

It smells so good! I use a cap-full in the bathtub for my two little boys. It is a great relaxing smell all year round, and the bubbles last for the whole bath!



CARRIE
Wisconsin Candle Company Candles

The scents are really nice and not too strong. I really love Northwoods Bonfire.



DUSTIN
Rush Creek Reserve by Uplands

I started including this in my Thanksgiving cheeseboard about four years ago. Since then my family has insisted I bring it every year. This cheese is creamy like a custard and a bit earthy from the spruce that it is wrapped in. It's only available for a few weeks each fall, so don't miss your chance to try this one-of-a-kind cheese!



JOE
Swerve Confectioners Sweetener

I finally found a way to make my Christmas cookies without a frightening amount of sugar. I also mix a tiny bit with mayo to make dressing for coleslaw.



EMILY
Chemex Coffee Pot

I love making coffee in my Chemex coffee pot. It has a great all-glass design, and you can channel your inner chemist when brewing a pot. Clean up is a breeze with compostable paper filters, and it makes a great gift!




Willy Street Co-op Olive Bar
You can put together your own assortment of high-quality olives, whether just a few for a snack or a lot for a party tray. Also allows you try something new without buying a whole jar.



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SPECIAL STORE HOURS
December 24: Stores close at 6:00pm; December 25 and January 1: Closed



TYLER

Jones Dairy Farm Country-Style Scrapple

Tastes like a wonderful pork-and-sage-flavored stuffing. Pan-fried with an over-easy egg on the side makes a nice brunch. Available at Willy North only.



MICHAIAH

Local Beauregard Sweet Potatoes

I like supporting local and they're the same price as the garnet from California! Virtually the same taste too! Thick sweet potato fries are my favorite, with cayenne, ginger, cumin, salt, and oil.



LEAH

Willy Street Co-op Hot Toddy Concentrate

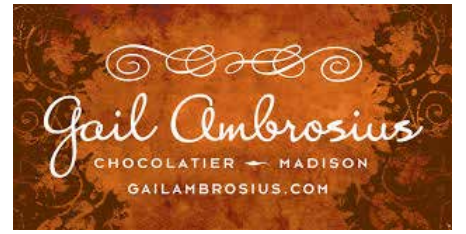
Boost your immune system with this great drink that is made right in the stores! Delicious with hot water added per the directions, or you know, throw in some brandy or whiskey like your parents used to do!



DADDYDEAN

Gail Ambrosius Truffle Gift Boxes

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



KELSEY

FEED Bakery Sugar Cookies

These sugar cookies are just the latest; they're chewy and delicious. The holiday candy-coated versions have super cute designs, and the butter cookies are a classic. I also love the FEED Bakery Training program, which helps un- and under-employed folks on the north side with baker training and job placement. Holiday candy-coated available at East, North and West. Butter and sugar cookies are available at North only.



PHILIP

Olli Salumeria Genoa

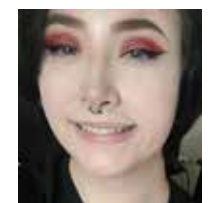
It's like an adult lunchable with high-quality meat (pork raised without antibiotics). Great quick snack that will stick with you.



MOURNING DOVE

Willy Street Co-op Turmeric Lemon Ginger Shot

These make a great pick-me-up in the morning, and I love that they come in glass instead of plastic. Great taken as a shot for a quick energy boost or sipped slowly for an afternoon recharge. Available at East only.



EMERY

Satsuma Mandarins

They taste great—so sweet and juicy. They are easy to peel with just your hands, so they are great for kiddos to eat without



extra help. Not to mention they make great healthy snacks and are easy to put in a lunch for school or work.

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COMMUNITY REINVESTMENT FUND GRANT COMMITTEE MEMBER NEEDED

The Co-op seeks one Co-op Owner-at-Large to serve on the CRF grant committee. Committee members must be available from 6-9pm between March 16 and April 3 for two meetings. Time outside of meetings is required to review documents and a reception for the grant winners and committee members will be scheduled the week of May 18. Ideal candidates have backgrounds in at least one of the following program areas of focus: food justice and/or access, creating cooperatives, sustainable agriculture, health and well being, and/or social change.

Please email l.hawley@willystreet.coop no later than December 15 with brief resume details and information about your interest and qualifications to serve.

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Through December 31, when you use a Double Dollars scan card the Co-op will match up to \$10,000 and split it between our five food pantry partners: Goodman Community Center Fritz Food Pantry, Wil-Mar Neighborhood Center, The River Food Pantry, Lussier Community Education Center, and Middleton Outreach Ministry. That money will be split among our five neighborhood food pantry partners to provide them with fresh food during the winter season.



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

**This month's
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