

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 46 • ISSUE 2 • FEBRUARY 2019



RESILIENCE IN THE AGE OF GLYPHOSATE

IN THIS ISSUE: Comparison Shopping, Co+op Basics; No-Sugar Sweets; Staff Picks; and More!

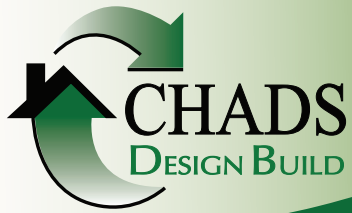
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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

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

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

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

& Sat-Sun: 7:30am-6:00pm; North Juice Bar: 7:30am-7:00pm

Deli: 7:30am to 9:00pm

Seafood Center—East and West: Monday–Saturday, 8:00am-8:00pm; Sunday, 8:00am- 6:00pm.

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

Jeannine Bindl, President

Meghan Gauger, Vice President

Patricia Butler

Brian Anderson

Ann Hoyt

Stephanie Ricketts

Trevor Bynoe

Michael Chronister

Dan Ramos Haaz (Interim Board Member)

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

BOARD MEETING SCHEDULE

Tuesday, February 19

Tuesday, March 19

Tuesday, April 16

Tuesday, May 21

Tuesday, June 18

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

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CUSTOMER COMMENTS

Write Us!

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

BANANA SELECTION

Q: *Banana Selection Thank you! For selling bananas that you are able to eat within a reasonable amount of time from purchase. I have no earthly idea of the complexity involved with timing produce sales. So I am wildly impressed with your selection. This store sells bananas that you are able to eat the day of purchase in winter, which astonishes me. Other grocers pass off lime green bananas that won't be ripe three weeks from purchasing.*

A: Thanks so much for your praise of the bananas offered at Willy North. You are correct that getting sensitive fruits like bananas on our shelves at just the right stage of ripeness is not an easy task. It requires careful attention—they are picked on farms in Central America, transported to a port, shipped via barge to the US East Coast, put on a semi, driven to a distribution warehouse in the upper Midwest, put on another semi, and then finally received in our stores. Though we don't get it right 100% of the time, I'd say our wholesale partners as well as our staff do a great job, and I'm happy that you agree!

I'm ccing the North Produce Manager, Brandy on this email. She and her team are in large part the ones who deserve this praise! Best, Megan Minnick, Purchasing Director

WEBSITE PRODUCT LISTINGS

Q: *I'm trying to find products on the website, and I don't see them any more. I've noticed this for a while, but was hoping they'd come back. I was reminded today because I'd like to refer someone to a product that we purchase there by sending them a link to it. Were they removed, or am I just not looking in the right place? If they were removed, when will they be returning? If they won't be returning, can you please share the reason?*

A: Thanks for contacting us with your question. You are right—the products listings have been removed from the website. We will have products listed on our e-commerce site when it launches in the spring. We had hoped to roll out the new

website and the e-commerce site at the same time, or at least much closer together than it turned out, but the e-commerce launch has been moved back by the developer. We looked into a stopgap option to temporarily preserve our product listing online, but the price quote was far too high for an interface that should only be in use for a few months (assuming there's not a further delay in the launch of the e-commerce site). I apologize for the inconvenience. I would be happy to send you an email when the e-commerce site launches if you are interested! I'd also be happy to track down product information for the product you were looking for if you can describe it. -Brendon Smith, Communications Director

BLINDED BY THE LIGHT

Q: *The led lights in the store are too bright. But moreover, the new message board led lights just about blinded me last evening around 5 pm, Dec. 26.*

A: Thank you so much for sending your feedback about the LED lights through out the store. There is no way for us to turn the lights down but there may be areas of the store where the lighting can be pointed better to avoid such bright lights at eye level. I will work with my facilities manager to see what we can do.

The new marquee sign is meant to be seen from quite a ways away so it is very bright. I will look into whether or not there is anyway to dim it a bit.

Thank you again for sending your feedback our way. I hope you have a lovely week. -Lindsey Hardy, Store Director-West

PB CHOCOLATE CHIP

Q: *I bought Willy Street peanut butter chocolate chip cookies (2nd time, I believe). But they don't taste much like peanut butter. I also gave one to my BF to test, he said the same thing. I suggest adding more peanut butter or change the name.*

A: Thanks for your comment regarding our Gluten-Free Peanut Butter Chocolate Chip Cookies.

It's a long name, eh? I totally hear you on the request to have them taste more like peanut butter. In fact, the only reason "peanut butter" is in the name is due to a customer comment from a few years ago requesting it to be called out more clearly (rather than just in the ingredients) to avoid consumption by someone with peanut allergies. The peanut butter was just a "binder" ingredient, largely, not a primary one.

Until we get a better labeling system for calling out allergens, I think I'll play it safe and keep the PB in the name. I appreciate your comment, however. -Patrick Schroeder, Prepared Foods Category Manager

WRAPPED IN PLASTIC

Q: *Message: I was so bummed to see the photo on page 11 of the current Reader of a head of organic cauliflower wrapped in plastic. As our oceans are choking on plastic, the LAST thing that needs to be wrapped is fresh produce. I know it's commonplace in many supermarkets; I'm working on a Greenpeace project to try to end it. But the Coop? Very disheartening.*

If you're doing it because cauliflower is not as easy as some other produce to stick the label on, PLEASE: TRY! It's not worth killing our planet!

A: Thanks for writing with your concern about plastic-wrapped cauliflower. Unfortunately, unless it is locally grown (which it is quite often in the summertime), we don't have a choice as to how our cauliflower comes to us. The industry standard is to wrap it in plastic, and when we purchase it that's how it comes. I wish it were different, as I agree, the plastic packaging of some vegetables seems like overkill.

There are some veggies that have two standards—plastic-wrapped and not, and we always choose the plastic-free option when we can (the industry calls this "naked" packaging). Items like celery and broccoli are commonly packaged in plastic, but we choose to purchase them "naked," for the reasons you call out.

I hope this is helpful. We'll continue to do all we can to eliminate our plastic usage in the Produce department! Best, Megan Minnick, Purchasing Director

JUMPING TO JUDGMENT

Q: *A little over a year ago, my wife and I went shopping at the co-op on a fine spring morning. We legally parked in a handicap stall, did our shopping, and returned to our car. When I approached the driver's side door I was met by a rather stout and dour, middle-aged woman with her arms firmly folded and a steely and unwavering glare face on her face full of judgment. Assuming that she thought we were not in need of such parking, I asked if I could help her. She turned and walked away in a bit of a huff.*

Today, I would do things differently. I would say different words. But, I can't. My wife died a couple of months later of the stage four pancreatic cancer she had been battling that day, and for the months previous. No doubt, to the judgmental woman we encountered that day at the co-op my wife appeared healthy, if very thin, as she returned to the car smiling and laughing. We made use of the handicap stall because my dear wife would easily get out of breath and she suffered from the con-

stant pain that accompanies such a dreadful disease.

We, here on the east side of Madison, are so smart and so eager to act upon perceived injustices. As the one-year anniversary of my wife's death approaches, I ask that we all pause to think before jumping to such easy judgment. That person in the handicap stall that appears so healthy to you may be bearing a heavier burden that your eyes can tell.

A: On behalf of the Co-op and personally, I express my deepest sympathies to you for the loss of your wife, and I am thankful to you for opening your heart and sharing your story. It's true, human nature can lean towards snap judgments, and I think it's safe to say that all of us would benefit from time to time in taking a step back and considering what we might not know or see before forming an opinion of one another and our actions. I'm so sorry to hear that you and your wife were met in our parking lot using the disabled parking stall for its intended purpose with anything other than open arms. I don't know if the person you described was an employee, a customer, or someone passing through the lot, but in any case, you and your wife deserved better. There are many people out there coping with hidden struggles, and I wish neither your wife, nor anyone else would ever have to experience them. You're right, it would certainly be easier to cope with our hidden struggles if we were all a little kinder to each other and maybe more mindful of our actions and opinions. Thank you for your courage in sharing this reminder with your fellow cooperators and community. I wish you well in the New Year and look forward to seeing you at the Co-op soon. Take care. -Kirsten Moore, Cooperative Services Director

ELECTRIC CAR CHARGING STALLS

Q: *Why don't you move these stalls to the far end of the parking lot? Taking up 2 stalls close to the entrance for this purpose is annoying. I'm sure there are more older customers as well as customers with infants and children than there are people looking to charge their cars. These customers deserve the convenience these stalls provide. The placement of the charging stalls is irrelevant to the entrance location. I'm not sure why the coop has to provide this service at all. Thank you.*

A: Thanks for the suggestion. I am not sure which store location you are referencing specifically, but the location of Madison Gas & Electric's transformer is the factor deciding where the spots are located. Moving the spaces or adding an additional

transformer is currently cost prohibitive. That said, anyone can park at the electric charging stations! Due to space limitations in the lots, we do not reserve those spaces solely for electric cars. The only spots that have parking restrictions are the spots for those with disabilities. We provide the charging stations due to customer request. Please let us know if you have other questions, or if there is a specific location you would like to contact you regarding the parking. Have a happy New Year! -Kirsten Moore, Cooperative Services Director

MONKEY MUFFINS

Q: Message: Please please PLEASE do not change the recipe for the gluten-free monkey muffin! I have been a coop owner since the turn of the century, and the GF monkey muffin is my favorite product you ever offered. I suffer from hypoglycemia and nothing raises my blood sugar like that butter cream frosting! I removed gluten from the diet recently after hearing about the dangers of wheat, and I love having this tasty snack available to me every day! I read a letter in the reader telling you to change the recipe, but I URGE you to leave it as is!

Anxiously waiting your assurance that the muffin will remain, otherwise, PLEASE warn me if I need to start stockpiling monkey muffins in my basement freezer, and please prepare a large special order of monkey muffins before the recipe is lost forever!

A: Have no fear—there are no planned changes to the Monkey Muffin. At most, I might consider a name change! To be honest, though, the comment published in the latest Reader is the only one I can recall that complained about this particular issue.

That being said, I want to assure you, no formulation changes are pending for your Monkey Muffin! -Patrick Schroeder, Prepared Foods Category Manager

PRODUCT MIX PROBLEMS

Q: It's difficult to determine where I typically shop—either West or East, occasionally North. But this concern is about the West store and my general commentary on how WSGC has changed. First congratulations on the great numbers at the end of the fiscal year. I worked at the co-op many years ago when we were always in the red. It's wonderful to see WSGC so successful and so long-standing in the community. But I want to express that I no longer trust the co-op any more than I do Metcalf's or Hy-Vee, etc. A few weeks ago I was looking for dried fruits other than raisins. I found papaya bits from some company calling itself "Creative" or some such euphemism. The papaya contained both yellow and red dye and when I went to the customer service area to register my complaint the employee

looked at me like I was crazy, didn't say a word and handed me a comment form. Not the kind of interaction I'm used to having at the West Store. NOT the kind of engagement employees ought to have with customer/members and NOT the kind of product WSGC should be selling. In addition over the years the Co-op has become much more like Sentry or Woodman's -- very few locally sourced products e.g. packaged dried cranberries from Vermont (an excellent product, but nevertheless with a large carbon footprint because of shipping). I rarely see locally sourced fresh fruit and veggies anymore so again I'm buying apples from Washington, Oregon, etc. berries from Mexico even during Wisconsin growing season. It's a disappointment. I'm a loyal co-opper so won't shop anywhere else, but it is disappointing when the co-op puts out all the promotional info saying it supports local farmers and producers and yet I rarely can buy local food. In addition, no one has ever responded to the written comment form I filled out at the West store, yet it requested a phone and email, which I provided.

A: I'm sorry to hear that you did not receive a response to your comment from November 19. During the holidays, it can sometimes take awhile to sort through comments and send them to the appropriate departments and then respond. As you can see, this comment took awhile to receive a response as well. I do apologize for the delay.

I am also sorry that someone handed you a comment form in place of providing you with direct and personal customer service. It is entirely possible that someone working that day in Grocery could have provided some information about the dried papayas for you. You are correct, that's not the kind of service engagement we expect with our customers, and we are following up with staff about that. With regard to the product, I checked in with our Grocery Category Manager Dean Kallas, who said that the \$3.49 10-ounce package of Creative Snacks dried papaya was a less expensive offering we brought in to serve that need by request. We also sell Mavuno Harvest's directly traded organic dried papaya for the same price (\$3.49) in a two-ounce package, which would be free from dyes. The dried cranberries come to us on a delivery with many products from a vendor with whom we already have a working relationship. We do carry as much locally grown produce as we possibly can, and you can follow how many items we have currently by checking out the signs in the Produce departments. Our Purchasing Director Megan Minnick noted that this past year yielded an unprecedentedly bad growing season. Though we had many farmers plant to fulfill need, some important crops were lost or significantly damaged due to weather, and this may

explain why you may have felt we provided less than you expect. If you have specific questions about why we do or do not have certain local items when they are in season, please do not hesitate to ask someone in the Produce department.

Other stores in town may carry similar products to us, that is very much the truth, and being able to carry products that keep us competitive with these other stores helps keep our cooperative viable by remaining in business and providing more of a one-stop shopping experience for those Owners and customers that would prefer that convenience due to time, budget, transportation or other personal needs. We also still carry more local products overall than our competitors; and as we are not owned by private stockholders and we headquartered locally, we put much more money back into the community due to supporting more local suppliers, being a 100% locally employed business, and contributing to local causes. You can see the difference we make in this past fiscal year's annual report, which you may have already received by mail or email and is now posted to our website. We do hope to see you in the stores again soon, and that we will be able to provide you with a better customer service experience moving forward. Hope your New Year is off to a great start! -Kirsten Moore, Cooperative Services Director

NO SODIUM

Q: Thank you for rotating and offering new low/no sodium products at Willy North. I noticed this a few weeks after submitting my annual survey, when I submitted this idea.

I would submit that you could sell more low/no sodium products with simple promotions (e.g., low sodium product sign in light blue). The idea being similar to "gluten-free" product awareness that you do well.

Switching to a lower sodium diet was one of my wisest life decisions. I did this seven years ago when my mother was diagnosed with chronic heart failure. As her primary caregiver, it was the least I could do for her.

Customer and staff education is key. When I chat with your staff, most don't understand the benefits of watching your sodium intake. My vitals are the best they've been! My doctor and I attribute this mostly to watching my sodium intake.

Know that I was an early supporter of Willy North, and will continue to shop there even though I've moved to southeast Madison. Your staff there and organization are a true gem!

Please extend my kudos to all! I read too much unnecessary negative feedback in the Reader. Carry on and build on your strengths! Peace always.

A: When it comes to special diets, we tend to shy away from heavily

promoting or labeling specific products as friendly to certain personal or healthcare needs. One reason is that there are lots of dietary choices people make, and we simply do not have the space to put up signage or labels about them all. Another is safety. Producers can change their ingredients at any time with no warning to us, and, when we used to create the gluten-free list, we were auditing the ingredient labels by hand, so by the time we were able to generate a comprehensive list, not only was there room for error, but portions of it were also already out of date. We don't want someone who truly needs to avoid gluten, or sodium, or a number of other ingredients, to accidentally consume some because of an error on our part. For this reason, we advocate strongly for reading labels ourselves, it is the safest way to ensure you are truly getting what you are looking for. You're right, education is important, and I'm so happy to hear that you have found a diet plan that works best for you and that we have been able to help support your needs. We do work with a local naturopath, Katy Wallace from Human Nature LLC, to offer free nutrition lectures on a variety of topics, and we'll be sure to suggest that a discussion about sodium might be well received. If you are ever looking for a low-sodium version of something that you are not able to find in the store, please make sure to ask someone on staff! We'd be happy to see what we can find for you.

Thanks again for writing! It was really nice to hear from you, and to know that you are enjoying Willy North too. We appreciate the kind words and suggestions. Take care! -Kirsten Moore, Cooperative Services Director

I LOVE THE CO-OP

Q: I wanted to share a quick story about why I love being a member of the Willy Street Co-op. The other night I bought a bunch of groceries and handed the cashier several coupons. I paid and headed home. About 15 minutes later I received a call from the Co-op telling me that the cashier realized after I had left that he forgot to apply two of the coupons. The caller apologized and said a gift card for about \$7 would be waiting for me at the customer service desk the next time I'm in the store! I was so pleasantly surprised to receive that call. Most stores would not take the time to track a customer down nor would they have the means to do so, but since we are members, the Co-op can. Thank you for a great shopping experience!

A: We appreciate your sharing such a terrific story with us. We are happy to follow-up with our Owners and customers if we make mistakes. It's important that you get the value out of your Co-op experience that you deserve! Thanks for the positivity! Hope you're having a great New Year! -Kirsten Moore, Cooperative Services Director

GENERAL MANAGER'S REPORT

Co+op Basics; Football Snacks; \$5 Dinner; and More!



by Anya Firszt, General Manager

February 2019 already! What happened to January? Time flies when you're having fun.

The cold snap in January produced (finally) a wintery playland for sledging, skating, snowshoeing, skiing, and even fishing! And,

my favorite—walking across the lake and back with my dog, Max!

CO+OP BASICS

In addition to celebrating a few special dates this month, we are focused on Co+op Basics. Co+op Basics are a selection of quality goods at everyday low prices (not just Co-op Owners). Hundreds of staple foods and household goods are part of this program. Check out a partial list on page 16, and see ways you can maximize your grocery dollars.

WELLNESS WEDNESDAY

All day at all three stores Wednesday, February 6. Owners, this is your monthly opportunity to stock up on lotions and potions, skin and hair care, vitamins, and supplements and save 10% on all your health and wellness purchases.

FOOTBALL SNACKS

If you are one of the millions of football fans that plan to watch the Super Bowl LIII game, or you plan to simply tune in to watch the commercials, we have snacky snacks to help make your game day party a touchdown! You can find appetizing as well as nutritious treats at all three stores that will score big with all your partygoers' needs and taste buds. Kick-off time is 6:30pm, Sunday, February 3.

VALENTINE'S DAY

And, if you are into celebrating Valentine's Day, alone or with a special someone, we have you covered. A few of my personal favorites: treat

yourself to a small round of French Saint-André or Four Fat Fowl St. Stephen. Both are a triple cream cow's milk cheese. Paired with a glass of bubbly and baguette—simply to die for! We have in stock oodles of decadent chocolaty treats, from truffles and salted caramels, to solid chocolate bars and covered morsels—oh my! If candles, wine, and roses are your cup of tea, we have those as well! Wednesday, February 14.

ANNUAL MEETING & PARTY

There are few things I love more than when I get an email from an Owner asking me, "When is this year's Annual Meeting & Party so we can plan our family summer vacation around it?!" A sweet reminder that this event is out of the ordinary and not to be missed.

Although it's cold outside now and six months away, we are already looking ahead to this year's Annual Meeting & Party (AMP). Save the date, Thursday, July 11 at McPike Park beginning at 4:00pm. If you haven't yet attended our annual event, we encourage you to join us. We plan to serve 5,000 meals, give away 1,000 gift bags, offer free samples, host our annual business meeting and wrap the evening up with live music. The party portion of the AMP is fun, of course, but the primary reason for the event is the AM part: our Annual Meeting. There you can hear from candidates running for a seat on the Board of Directors, hear a recap of the last twelve months of your Co-op, and have a chance to win some prizes.

\$5 DINNER

Mark your calendar for this month's \$5 Dinner at Willy North for Thursday, February 21st, from 4:00pm-8:00pm. Tamaleria de Polbano tamales are the featured main course; plus green chile black beans, nacho chips, green salad and a cookie on the side. Eat in or carry out. All for \$5!

ON THE HORIZON

Before you know it, seed packets will be available at the stores serving as a reminder that it is time to plan your spring and summer garden and patio planters and to get your starts started. This spring, we are excited to launch our new (and improved) online purchase and delivery program. And a final note, Board of Director candidate recruitment is soon coming up. If you have an interest in running for the Board, plan to check out a Board meeting (third Tuesday evening of the month) to get a taste of how the Board operates.

Until next month, be happy, stay warm.

BOARD REPORT

Willy Street Co-op: Food Source for the African American Heritage Natural Lifestyle Trend in North Madison



by Patricia Butler, Board Member

Greetings from your Willy Street Co-op Board of Directors! In the past month, your Board has been having fun. Yes, I said that, having fun! We have been practicing our policy monitoring skills as a group, getting ready for the upcoming Board

elections and learning about generative governance.

As I write this, our January Board meeting was just two days ago, and I still feel invigorated from the camaraderie and good discussion. Now would be a wonderful time to consider running for your Board of Directors; the application materials will be ready by March 1st!

We have spoken about generative governance in the past. This month Ann Hoyt introduced the topic to us in more detail using The Practitioner's Guide to Governance as Leadership. The goal of this learning is to make sense of the world around us so that we are better positioned as a strategic governing body.

To round out our Board article this month, Pat Butler has written a piece especially for Black History Month. Pat is one of your Board members, a pillar in the Northside community, and a strong advocate for the Co-op. -Jeannine Bindl, Board President

Embracing the "Natural hair" look among African Americans has become a movement. No more relaxers because of fear that it causes fibroid tumors. Is this true? I have found no studies that cleanly show a relationship between relaxers and fibroid tumors. But the natural hair look among African Americans has taken root and is now a movement that has grown quietly from its deep historical roots which YouTube star and Instagram influencer millennials have spread through social media. I think the main idea behind the natural hair look for African American women is proudly embracing their African heritage. To complete the natural look, African Americans are striving for healthy bodies through better food selections. This article is not about African American natural hairstyles, but instead, how local co-ops support staple food sources to prepare healthy soul food dishes.

Because most everyone is so

health conscious nowadays, cooking and eating healthy soul food has become more than just a fad. Many African Americans have abandoned the traditional method of preparing cultural soul food dishes such as candied yams, black-eyed peas, fried chicken, potato salad, cornbread, hot-water cornbread, grits, collard and mustard greens, pound cake, head cheese, hushpuppies, banana pudding, ham hocks, sweet potatoes, hog maw, okra, oxtails, pigs' feet, peach cobbler, and of course, neck bones. This revolutionary change has come about due to health concerns associated with the way our parents and grandparents used to prepare their foods and the growing health concerns among African Americans. Gone are the days of cooking with lard or hydrogenated vegetable oils and seasoning vegetables and beans with fattening pork product. Unlike the high-calorie fried chicken, macaroni and cheese and greens common to many "soul food" tables, the traditional foods of people of African heritage are actually very healthy. What we choose to eat, how we prepare it, serve it, and even how we eat our foods are all elements greatly affected by our own distinct cultural soul food legacies.

If you are an avid eater of soul food like me, I know what you're thinking: is it possible to eat soul food that is healthy? A better question: is it possible to transform classic soul food favorites into modernized healthy dishes to suit the healthier lifestyle.

The answer is yes; with a little knowledge and commitment, you can prepare healthy soul foods that are flavorful and deliciously satisfying. If this seems like a lot to give up all at once, ease your way into this endeavor one step at a time. The end result is that you will soon see it doesn't take much to make major improvements toward eating healthy.

As African Americans prepare for Black History month, many churches and family celebration tables will be graced with soul foods. These meals can be prepared in a health-conscious manner. Willy Street Co-op offers a huge, local, organic produce section, which gives the African American community access to desired organic and natural food selections to prepare healthy yet delicious dishes. African Americans who are looking for food to support a healthier soul food palette, may need to look no further than Willy Street Co-op to find fresh produce to prepare meals for satisfying festive meals. The many possibilities for cooking healthier soul foods are limited only by your imagination.

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willy street co-op

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.



BAKING

VEGAN BAKING SECRETS: FLAVORFUL CREAM PIES

Location: Willy East Community Room

Tuesday, February 19, 6:00pm–8:00pm

Ages: 13 and older; adult supervision not required

Instructor: Cara Moseley

Fee: \$20 for Owners; \$30 for non-owners

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

VEGAN BAKING SECRETS: LAYER CAKES

Location: Willy West Community Room

Tuesday, March 5, 6:00pm–8:00pm

Ages: 13 and older; adult supervision not required

Instructor: Cara Moseley

Fee: \$20 for Owners; \$30 for non-owners

Join Pastry Chef Cara Moseley to learn how to make delicious vegan layer cakes. With recipes for cakes, creamy custard and fruit fillings, “buttercream” frosting, as well as chocolate ganache, participants will leave with the knowledge and confidence to be able to make any vegan cake they can imagine. Vegan.



COOKING

COOKING WITH CHEF PAUL: QUICK AND TASTY SEAFOOD FAVORITES

Location: Willy West Community Room

Thursday, February 7, 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 how to make a delicious 30-minute seafood dinner. Paul will discuss how to choose seafood, how to season/brine, how to pan-fry and how to plan a complementary menu. On the menu: Trout with Rosemary, Capers and Garlic; Scallops with Braised Napa Cabbage, Ginger and Shiitake Mushrooms; Salmon or Cod with Lemon, Walnut Pesto and Nori.

COOKING WITH CHEF PAUL: XIAO-LONG BAO—STEAMED BUNS

Location: Willy East Community Room

Thursday, February 28, 6:00pm–8:00pm

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Lakeview Library

Thursday, February 7, 10:00am–2:00pm

Thursday, March 7, 10:00am–2:00pm

Location: East Community Room

Thursday, February 21, 9:00am–1:00pm

Thursday, March 21, 9:00am–1:00pm

Location: Willy West Community Room

Friday, February 9, 9:00am–1:00pm

Friday, March 9, 9:00am–1:00pm

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.

Ages: 13 and older; adult supervision required

Your Co-op’s Own Instructor: Paul Tseng

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

Xiao-long bao, a steamed bao-zi (bun), is different than other yeasted steamed buns. With a short ferment, the final product is thinly skinned and made to eat in one or two bites. Join Chef Paul to explore this unique steamed bun filled with a variety of delicious fillings.



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

Location: Willy West Community Room

Monday, February 4, 6:00pm–8:30pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$30 for Owners; \$40 for non-owners

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

HOME CREAMERY SERIES: MOZZARELLA AND RICOTTA

Location: Willy West Community Room

Monday, February 18, 6:00pm–8:30pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$30 for Owners; \$40 for non-owners

Join veteran home cheesemaker Linda Conroy as we curdle milk and stretch the curd. This class will provide a hands-on opportunity for participants to make ricotta and hand-stretched fresh mozzarella. Everyone will leave with recipes and cheese made in class. Vegetarian.

MUSHROOMS FOR FOOD, MEDICINE AND MORE

Location: Willy East Community Room

Wednesday, February 27, 6:00pm–8:30pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$20 for Owners; \$30 for non-owners

Mushrooms are an amazing source of nutrition as well as medicine. Join Linda Conroy to learn how to select mushrooms that help to alleviate health issues as well as those that strengthen the body. Cooking and medicine-making demonstrations will be followed by samples. Vegetarian.

HOME CREAMERY SERIES: FETA AND FARMER CHEESEMAKING

Location: Willy West Community Room

Monday, March 4, 6:00pm–8:30pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$30 for Owners; \$40 for non-owners

Join veteran home cheesemaker Linda Conroy to learn to make these two styles of cheese that can easily be made at home. Samples will be provided and participants will leave with cheese made in class and a culture to get started at home. Vegetarian.

HOME CREAMERY SERIES: CHEDDAR AND GOUDA

Location: Willy West Community Room

INDIVIDUAL NUTRITION CONSULTATIONS

Location: East Community Room

Wednesday, February 6, 2:15pm–5:30pm

Wednesday, March 13, 2:15pm–5:30pm

Location: Willy West Community Room

Tuesday, February 5, 2:15pm–5:30pm

Tuesday, March 12, 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.

Monday, March 18, 6:00pm–8:30pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$30 for Owners; \$40 for non-owners

Join veteran home cheesemaker Linda Conroy to learn to make two styles of cheese—cheddar and gouda—that can easily be made at home. Participants will be guided through the process of making each cheese, from curd to press. Leave inspired to go home and try these yourself. Participants will take home recipes and delicious cheese curds! Vegetarian.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy West Community Room

Thursday, March 14, 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.



COOKING TOGETHER: TASTE OF THAI

Location: Willy West Community Room

Friday, March 1, 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 cooking class for families to 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 mouthwatering meal inspired by the tastes of Thailand. Savory soup, fresh spring rolls, and sweet mango sticky rice are just a few of the delectable dishes that we'll explore. Vegetarian and nut-free..



KIDS IN THE KITCHEN: BURRITO BONANZA!

Location: Willy West Community Room

Friday, March 8, 4:30pm–5:30pm

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

Location: Willy East Community Room

Friday, March 29, 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 exciting hands-on cooking class. Almost everyone loves burritos—a flour tortilla rolled around fillings such as rice, beans, salsa, cheeses, guacamole, fresh vegetables and other tasty ingredients. In

this class, participants will work together to prepare a variety of flavorful fillings and make their own burrito. Fresh-squeezed limeade will round out the fiesta. Vegetarian.



KIDS IN THE KITCHEN: TASTE THE RAINBOW!

Location: Willy East Community Room

Tuesday, March 12, 4:30pm–5:30pm

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

Location: Willy West Community Room

Tuesday, March 19, 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 exciting hands-on cooking class. Some people think that March brings Leprechauns and rainbows. Whether you do or not, you can still prepare a magical meal using a kaleidoscope of ingredients. Red cherries, orange sweet potatoes, yellow summer squash, green spinach, blue blueberries and purple cabbages—what other colorful foods can you think of? Vegetarian.

SALT AND ITS HEALING PROPERTIES

Location: Lakeview Library

Tuesday, February 12, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; registration required

Katy Wallace, Traditional Naturopath of Human Nature LLC, presents ways that our bodies demonstrate salt imbalances such as Candida overgrowth, SIBO, stomach acid issues, low and high blood pressure, hormonal problems and over-acidity. We'll discuss the various sources of salt available to consumers and how to incorporate raw salts into your regular routine. Vegan, gluten-free and grain-free.

HEALTHY BENEFITS OF MEAT

Location: Willy East Community Room

Thursday, March 21, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; registration required

Various animal meats (fish, poultry, meat) have different nutritional qualities. Katy Wallace, Traditional Naturopath of Human Nature LLC, will discuss their benefits and present techniques for helping to improve digestion of animal proteins. She will discuss how meats can help lower inflammation and risk of disease, and also discuss the types of animal-farming operations that contribute to a healthy and sustainable environment.

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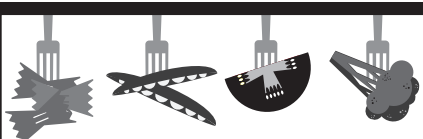
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PRICING NEWS

Comparison Shopping Results

Here at Willy Street Co-op, we are constantly striving to offer the highest quality products at the fairest prices. One of the ways we ensure that we are on track is by regularly evaluating our prices in relation to our local competitors.

This month we'd like to offer a snapshot of our pricing on various items from each of our departments and how it compares to some of our in-town competitors. We chose mainly items that are considered staples and are purchased most frequently amongst our shoppers.

Here is a selection of products from our most recent pricing review, done in January of 2019. We have found that our co-op pricing often falls at or below the average of our closest competitors, as you can see below. Prices are subject to change based on the market and may not be current at the time of publication.

		National Organic Retail Chain	Locally Owned Conventional Chain	Willy Street Co-op
MEAT				
	Organic Whole Chickens (per pound)	\$2.19-3.99	\$4.99	\$4.29
	Grass-Fed Extra Lean Ground Beef (per pound)	\$4.99-6.99	\$7.99	\$6.79
CHEESE				
	Hook's Blue Cheese (per pound)	\$14.99	\$16.99	\$12.99
	Roth Grand Cru Gruyere (per pound)	\$19.99	\$16.99	\$13.99
	Belgioioso Mozzarella (per pound)	\$3.99	\$4.39	\$3.99
PRODUCE				
	Organic Broccoli (per pound)	\$2.49	\$5.69	\$2.99
	5 oz. Organic Salad Mix Clam	\$3.49-3.99	\$3.99	\$3.79
	Organic Honeycrisp Apples, (per pound)	\$3.99	\$4.29	\$2.49
DELI				
	Deli-sliced Ham (per pound)	\$12.99	\$10.49	\$11.99
	Deli-sliced Turkey (per pound)	\$12.99	\$10.99	\$10.99
	Salad Bar (per pound)	\$8.99	\$6.99	\$8.49: organic vegetables
GROCERY				
	Organic Valley 2% Milk Half Gallon	\$4.19	\$4.39	\$4.39
	Organic Valley Butter Quarters	\$6.69	\$7.49	\$6.29
	Bulk Organic Short Grain Brown Rice (per pound)	\$1.99	\$3.49	\$1.99
	Organic Rolled Oats (per pound)	\$1.49	\$2.49	\$1.29
	Bob's Red Mill Organic All-Purpose Flour 5 lb. bag	\$7.99	\$8.29	\$8.29
	Muir Glen Organic Tomatoes 28 oz.	\$2.69	\$2.99	\$2.99
	Alden's Organic Ice Cream	\$8.99	\$10.59	\$9.49
	Earth Friendly Ecos Laundry Detergent 100 oz.	\$13.99	\$14.29	\$11.99
WELLNESS/GENERAL MERCHANDISE				
	Nordic Naturals Ultimate Omega 60 ct.	\$27.99	Product not offered	\$27.99
	Nature's Gate Herbal Shampoo	Product discontinued	\$7.79	\$7.99

DESSERT NEWS

No-Sugar Sweets



by
Angela Pohlman,
General
Merchandise
Category
Manager

A lot of folks are looking to reduce their intake of sugar, and for those of us with a sweet tooth, it is a real challenge. With Valentine's Day around the corner, we need a few new tricks. As always, check in with your doctor before making any changes to your diet.

THERE ARE SEVERAL WAYS PEOPLE ARE REDUCING SUGAR:

- You can replace all refined sugar with an alternative sweetener—like Stevia or Xylitol. This usually provides a similar amount of sweetness as regular sugar, but without the guilt. These alternative sweeteners are often processed. Many times you can find a cup for cup replacement, which is very convenient.
- Focus on natural sweeteners—like maple syrup, coconut sugar, fruit concentrates. These are often less sweet than regular sugar and less processed than alternative sugars. Many recipes need to have the amount of liquid and dry adjusted when substituting with these sweeteners.
- Whole food sweeteners—using dates, bananas, honey. These have nutritional value, and add a small amount of sweetness to a dish. Usually requires a food processor.
- Diet-dictated—some special diets, such as Keto or AIP tell you what sweeteners are okay.

I've searched around looking for some fun recipes to try, and I found a few that my family liked. There are so many online, but be sure to read the ingredients first, as the sweetener used may not fall into the diet you are following.

GRANNY SMITH APPLE CRUMBLE

Adapted from *21 Day Sugar Detox*

Truly sugar-free—relying completely on the sweetness of fruit. I was dubious of the almond meal for the topping, but it adds a richness that really helps feeling sated.

For the filling:

4 green apples, peeled and thinly sliced
Juice of 1/2 lemon
1 tsp. ground cinnamon

For the Topping:

1 1/4 c. almond meal or other nut meal
1/4 c. unsalted butter or coconut oil, softened
1 tsp. ground cinnamon
Pinch of sea salt
1 Tbs. unsalted butter or coconut oil, melted—for the pan

Directions: Preheat oven to 350°F.

Make the filling: toss apples with lemon juice and cinnamon

Make the topping: in a separate bowl, mix together the almond meal, butter, cinnamon, and salt until completely incorporated.

Brush the bottom and sides of a 9x9 pan with the melted butter. Place the apples in the dish and cover evenly with the topping. Bake for 20 minutes covered with foil, then for an additional 25-30 minutes uncovered, until the apples are soft and the topping begins to brown on the edges. Serves 4.

3-INGREDIENT COCONUT COOKIES

Adapted from: ohthatstasty.com

A great way to use up a very ripe banana! Very yummy. I want to try with a little pineapple juice next time...

1 very ripe banana (almost completely black peel)
2/3 c. finely shredded unsweetened coconut
1/4 tsp. vanilla extract

Directions: Preheat oven to 350°F.

In a small bowl combine the banana and vanilla, mash thoroughly. Stir

in coconut until combined. Should be about the consistency of mashed potatoes.

Using about 2 tablespoons of batter per cookie, scoop or roll them into balls and place on a parchment lined cookie sheet. Then, using a fork, gently mash them down crossways.

Place cookie sheet in the middle rack of the oven, and bake for 11 minutes, or until lightly browned on the edges and nicely brown on the bottom. Then broil for 1-4 minutes, until they are lightly browned on top. Watch carefully so they don't burn!

Keep in an airtight container and enjoy! Makes 8 cookies.

PALEO LAVA CAKES

From: 40aprons.com

I loved this recipe—again, the richness of the almond flour really adds to this recipe. This is also a great cake for a dark chocolate fan. My partner doesn't like dark chocolate, so it didn't go over as well for him.

1/3 c. refined coconut oil, butter, or ghee
1/2 c. chocolate chips - I used Lily's Stevia-Sweetened

2 eggs
1 egg yolk
1/4 c. coconut sugar
1/2 tsp. vanilla
Pinch of salt
1 Tbs. tapioca starch
3 Tbs. almond flour

Directions: Preheat oven to 450°F. Grease two 6 oz. ramekins really well with coconut oil or butter. Place the prepared ramekins on a baking sheet and set aside.

Place the coconut oil (or butter) and chocolate chips into a microwave safe bowl. Microwave at half power

for 30 seconds, stir well. Continue microwaving at half power in 30 second bursts, stirring in between until the chocolate is completely melted and smooth. Set aside.

In a medium bowl, whisk the eggs, yolk, coconut sugar, vanilla and salt well.

Fold the chocolate mixture into the egg mixture, then stir in the tapioca starch and almond flour. Spoon the batter evenly into the prepared ramekins. Bake for 12 minutes, or until the sides are firm but the center is very soft. Remove from the oven and let the cakes cook in the ramekins for 1 minute.

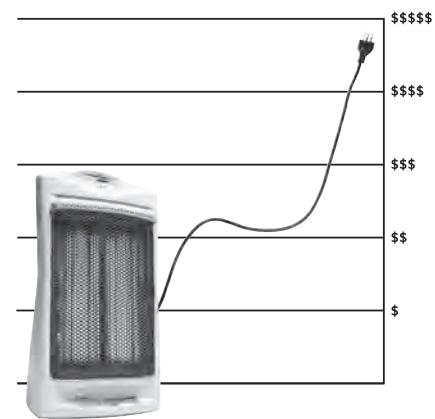
Run a very thin knife around the edge of each cake, cover each with an upside down dessert plate, then carefully turn each one over. Let stand for 10 seconds then unmold. Serve immediately!

To make ahead, prepare cakes up until you pour them into the ramekins - then put the full ramekins in the fridge. Add 1-2 minutes of bake time. Makes two servings.

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PRODUCE NEWS

Mushrooms



NOT A VEGETABLE, NOR AN ANIMAL

One of our Produce Managers recently commented to me that he thought perhaps we were selling mushrooms in the wrong department. He has a point—though we love selling fresh mushrooms in our Produce departments, they aren't

actually fruits or vegetables—in fact they aren't plants at all. They are fungi, which make up their own biological Kingdom entirely separate from plants or animals. Biologically, mushrooms may be better suited to the meat department, since the cellular structure of fungi is much more similar to that of animals than plants.

Don't worry, you won't find mushrooms in our Meat departments anytime soon. This is purely a theoretical exercise.

VITAMIN D

This biologic distance from plants explains a lot about mushrooms; such as the fact that they are the only non-animal food source of naturally occurring Vitamin D—also known as the sunshine vitamin. Just like us humans (and unlike plants) mushrooms synthesize Vitamin D from ultraviolet light, and they do it well: just 1/3 of a cup of crimini mushrooms that have been exposed to UV light have 1,072 IU of Vitamin D, which is almost double the USDA daily recommended amount of 600 IU.

This time of year, between the cold temperatures and the short days, it can be tough to get all of the Vitamin D we need from the sun. Mushrooms can be a huge help; they're an easy, delicious, and vegetarian way to add more of this essential nutrient to your diet.

LOW CALORIE, HIGH UMAMI

Another unique property of mushrooms is their high levels of glutamate, which is the chemical that is responsible for umami.

Umami is one of the five flavors (the others are salty, sweet, bitter, and sour), and is best described as "savory." It is found most often in meats, cheeses, and broth, and it helps stimulate the appetite and signal our body to feel full. More umami in a dish adds a depth of flavor that can make it easier to cut down on the salt in food without compromising on flavor.

The beautiful thing about the umami flavor of mushrooms is that it doesn't come with all of the calories or heaviness that are typical of many other foods that are rich in umami such as cheese and meat. Mushrooms add all of the flavor, but in a vegetarian package with just a fraction of the calories.

BLENDING WITH GROUND MEAT

There are many, many great ways to eat mushrooms. You can stuff them, put them in soup, on pizza, with pasta... I could go on and on. One popular new way to incorporate more mushrooms into your diet deserves a little extra attention—it's known as "The Blend."

The idea is simple—chop up fresh mushrooms (either button or crimini work well), mix them with raw ground beef, pork or lamb, and then cook as you would any other recipe that uses ground meat. The mushrooms add moisture, as well as a depth of flavor (remember that umami?), all while cutting the calorie count of your meal. Sounds pretty good, eh? It's a delicious solution that even a non-mushrooms loving family can get behind. You wouldn't even know they are there!

LOCAL YEAR ROUND

Fresh mushrooms are one of the other things you'll find in our Produce

departments that are local all year. Since they are typically grown indoors, weather isn't even a factor.

Wisconsin-grown mushroom varieties you'll find regularly in our Produce departments include:

BUTTON

The mildest of the common culinary mushrooms, and the least expensive. This white mushroom is a perfect contender for the "blend" technique described above. They are good raw or cooked, and tend to have more flavor after cooking.

CRIMINI

Crimini have more Vitamin D than any of the other common culinary mushrooms. They have an earthier flavor than the button mushrooms, making them a great variety to use if you want to maximize that umami flavor.

PORTABELLA

Portabellas are the largest of the common culinary mushrooms, and size is what drives most recipes that use them. They have large meaty "caps" that let you omit the ground meat altogether and enjoy a burger-sized mushroom slice.

SHITAKE

Typically used in Asian cuisine, the shitake mushroom has a unique rich, woodsy flavor and firm meaty texture that is distinct from any other mushroom.

OYSTER

These beautiful fungus have a mild, nutty flavor and delicate texture, with a subtly sweet, almost fruity aroma that lends an unexpected flavor dimension to savory dishes.

DELI NEWS

What's New in Prepared Foods



by Michael Tomaloff, Kitchen Supervisor

Anyone who frequents our Co-op's hot bar is bound to be familiar with the Gluten-Free Mac and Cheese. Arguably the ultimate comfort food, everyone has a favorite version of macaroni and cheese; whether it's Grandma's recipe or from a box. Our take on it is really pretty good, but I am excited to tell you here about our new and improved recipe for "GF Mac" that we have come up with at the Willy Street Co-op Production Kitchen.

The traditional method for making macaroni and cheese, the method we have been using, is to thicken hot milk with roux, gradually add cheese, and then mix that with cooked pasta. It's a great method. It's been the method for at least 200 years. The flour thickens the milk, and the cheese binds with the sauce, and all

is velvety and delicious. Usually. The gluten-free flour blend we employ is finicky. It doesn't always behave as we wish, particularly in the large quantities we produce, and it definitely imparts a flavor that is easily masked in baked goods, but leaps to the fore in some other applications. So what's a cook to do?

Well, I ran across a method on an internet forum for professional cooks that forgoes the flour altogether, and uses a mixture of baking soda and citric acid to emulsify the cheese with the liquid ingredients (water and milk in this case). The resulting sauce is creamy and rich, without being heavy and starchy; the flavor is that of cheese, and salt, and butter, not of garbanzo bean flour. Best of all, as it waits for you on the hot bar, it doesn't break or get lumpy as a roux-based sauce tends to do.

I know, I know, maybe it's a little silly to be this excited about mac and cheese, but passion and innovation are what drive us at the Production Kitchen, and our Gluten-Free Mac is just the latest in a long list of new and exciting culinary delights we look forward to sharing with you in the new year.

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willy street co-op



Thursday, Feb. 21st
4pm - 8pm
at Willy North

Join us for: Two Tamales (mix & match flavors) our green chile black beans, tortilla chips, our nacho cheese, fresh green salad, and a cookie!
Vegetarian, vegan and gluten-free options.

willy street co-op
CATERING



Nonprofit organizations receive a 20% discount on catering food orders.

Does not include delivery charges. All catering service restrictions apply.

See www.willystreet.coop/catering or Customer Service for a menu!

Eat local all winter.

Late Winter Market & Taste of the Market Breakfast
Madison Senior Center
Saturdays, January 5 - April 6
Market: 8 am - Noon | Breakfast: 8:30 - 11 am
dcfm.org



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weberpastures.net

Cast Iron Cookware
On Sale! Thru Feb.



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Hardware Center
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257-1630

NEW



DAIYA ZESTY CHEDDAR-STYLE DELUXE CHEEZE SAUCE

Love Daiya's vegan cheese? Now you can get a pre-made sauce in a pouch, ready for anything you dream of. Vegan mac-n-cheese. Drizzled over steamed broccoli. Nachos. You get three packets of sauce per box, so have them on hand for quick weeknight meals or anytime snacks. Available at East, West and North.



DAIYA BURRITOS

Also new at North in the freezer aisle, Daiya vegan burritos! Great for lunches at work or after-school/work meals. Available at North only.



AVALON DEEP HYDRATION SHAMPOO & CONDITIONER

Get the benefits of a maple sap hair mask in the convenience of shampoo! Perfect for dry, brittle hair that needs intense hydration. Available at East, West and North.

ACURE DEODORANTS

Natural deodorant that is free of aluminum, parabens, sulfate, mineral oil, petrolatum, silicone, and propylene glycol. 100% vegan and cruelty-free. Contains organic oils to nourish your delicate pits. In four delightful scents: Lavender & Coconut, Cedarwood & Mint, Lemon Verbena, or Fragrance-Free. Available at East, West and North.



88 ACRES PUMPKIN SEED BUTTER

This product was launched after owner Nicole dealt with a severe tree nut allergy in her family. She went to work creating snacks that were free from common allergens. This pumpkin seed butter is made in a bakery free of peanuts, tree nuts, gluten, dairy, eggs, soy, and sesame. This is a new line for us at the Co-op. Let us know how you like it! Available at East, West and North.



DR. FORMULATED KETO MEAL

Looking to decrease sugar or carbs in your diet? Try this delicious Keto Meal shake. Grass-fed butter and whey make up the base of protein and fat along with MCT for sustained energy. The balance of fat to protein to carbs fits with the Keto protocol, so you don't have to do math. In Vanilla & Chocolate. Available at East, West and North.



NATURAL VITALITY CALMFUL MUSCLES

Relax and recover your tired muscles. Get all the benefits of magnesium, plus a unique combination of amino acids and enzymes in a delicious watermelon-flavored formula. Available at East, West and North.



FROM THE GROUND UP CAULIFLOWER PRETZEL TWISTS AND STICKS

In case you haven't noticed, cauliflower is hot right now. What makes it so fantastic is its versatility. The folks at From the Ground Up really took cauliflower to the next level by creating snack crackers and now pretzels with cauliflower powder. With the addition of cassava and other vegetable flours, these crackers and pretzels look like their traditional, wheat-based counterparts, but are gluten-free. Give 'em a try! Available at East, West and North.

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February 8-10

EXHIBITION HALL AT THE ALLIANT ENERGY CENTER, MADISON

Purchase tickets at wigardenexpo.com

INCLUDES SUNDAY FARMERS' MARKET!



Health & Wellness

co-op deals: January 30–February 12

THIS MONTH: February 6
Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!



MINERAL FUSION™
minerals on a mission™

Mineral Fusion Makeup

Sizes vary • 20% off

20% off



CV Sciences CBD Gummies

5mg; Cherry Mango, Citrus Punch

30 ct • Save \$4

\$31.99/tx



Aura Cacia Select Essential Oils

.5 oz

at least

25% off



Shire City Herbals Fire Cider

Original, Unsweetened

8 oz • Save \$5

\$11.99/tx



Schmidt's Original Deodorant Sticks

All Kinds on Sale!

3.25 oz • Save \$2.30

\$6.99/tx



New Chapter Turmeric Force Liquid Veggie Caps

Sustainably sourced turmeric!

120 sg • Save \$11

\$44.99/tx



Wishgarden Kick-Ass Immune

Activate your immune response with herbs!

.66 oz • Save \$3

\$6.99/tx



Andalou Naturals Body Lotions

All Kinds on Sale!

8 oz • Save \$4.30

\$4.99/tx



Enzymedica Candidase

Contains two enzyme blends that break down and digest yeast cells with no harsh discomfort!

42 cap • Save \$9

\$19.99/tx



Dr. Bronner's Pure Castile Soap

All Kinds on Sale!

16 oz • Save \$3

\$6.99/tx



co-op deals: February 13–26



Herban Cowboy Deodorants

All Kinds on Sale!

2.8 oz • Save \$2.50-\$2.50

\$5.99/tx



Natural Factors Coenzyme Q10

100mg

60 sg • Save \$7

\$12.99/tx



Spectrum Organic Ground Flaxseed

14 oz • Save \$3.30

\$5.99/tx



MegaFood Baby & Me Prenatal Multivitamin

120 tab • Save \$15

\$32.99/tx



Wedderspoon Organic Manuka Honey Pops

Great for kids!

4.15 oz • Save \$4.50

\$7.99/tx



Mrs. Meyer's Liquid Hand Soap

All Kinds on Sale!

12.5 oz • Save \$1.50

\$3.99/tx



Source Naturals Wellness Immune Formula

120 cap • Save \$4

\$17.99/tx



W. S. Badger All Season Sunscreen Stick

SPF 35

.65 oz • Save \$1.50

\$6.99/tx



Boiron Oscilloccinum

Treat flu-like symptoms.

6 pc • Save \$7

\$9.99/tx



Nature's Gate Shampoos or Conditioners

All Kinds on Sale!

18 oz • Save \$3.29

\$5.00/tx



coop™ deals

co-op deals: January 30–February 12



Crofter's Just Fruit Spread

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

\$2.99



European Gourmet Bakery Organic Cake Mix

Chocolate, Vanilla
15.25 oz • Save \$1.30

\$4.49



Dr. Bronner's Organic Coconut Oil

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

\$6.99



Chocolove Chocolate Bars

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

2 for \$4^{tx}



A2 Milk

Whole, 2%
59 oz • Save 70¢

\$3.29



So Delicious Coconut Milk Yogurt

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

2 for \$3



Frontera Salsa

All Kinds on Sale!
12.5-16 oz • Save \$1-\$1.30

\$2.99



Arrowhead Mills Pancake and Waffle Mix

Multigrain, Buttermilk
26 oz • Save \$1.30

\$3.99



GT's Kombucha

All Kinds on Sale!
16-16.2 oz • Save 98¢/2

2 for \$5^{tx}



Kettle Brand Potato Chips

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

2 for \$4



KIND Bars

All Kinds on Sale!
1.4 oz • Save 99¢

\$1.00



Nature's Path Organic Cold Cereals

All Kinds on Sale!
10.5-14 oz • Save \$1.70

\$3.79



Once Again Almond Butter

Crunchy, Smooth, No Stir
16 oz • Save \$3

\$8.99



Uncle Matt's Organic Orange Juice

With Pulp, Pulp Free,
Calcium & Vitamin D
52 oz • Save 50¢-\$1

\$6.29



Muir Glen Organic Tomatoes

All Kinds on Sale!
28 oz • Save \$1.98-\$3.58/2

2 for \$4



Brown Cow Cream Top Yogurt

All Kinds on Sale!
5.3 oz • Save 54¢

75¢



Happy Tot Organic Baby Food

All Kinds on Sale!
4-4.22 oz • Save 20¢

\$1.29



Mary's Gone Crackers Super Seed Gluten-Free Crackers

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

\$3.99



Amy's Pizza

All Kinds on Sale!
11-14.5 oz • Save \$1.80-\$3

\$5.99



Ben & Jerry's Dairy Ice Cream

All Kinds on Sale!
16 oz • Save \$1.80-\$2

\$3.99



Siete Grain-Free Tortillas

Cassava Coconut, Almond Flour
7 oz • Save \$2

\$6.99



Blue Sky Organic Soda

Cola, Root Beer, Ginger Ale
6-pk • Save \$1.20

\$2.99^{tx}



Theo Organic Chocolate Bars

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

2 for \$5^{tx}



Bragg's Raw Apple Cider Vinegar

32 oz • Save \$1.30

\$4.99



The specials on this page are valid January 30–February 12
All Specials Subject to Availability. Sales Quantities Limited.

FEBRUARY

co-op deals: February 13-26



So Delicious
**Refrigerated
Coconut Milk**
All Kinds on Sale!
64 oz • Save 70¢
\$2.79



Bionaturae
**Organic
Tomato Paste**
7 oz • Save \$1
\$1.79



C2O
Coconut Water
17.5 oz • Save \$1.58/2
2 for \$3



HiBall
Energy Drink
All Kinds on Sale!
16 oz • Save \$1.58/2
2 for \$4/tx



Blake's
Pot Pies
All Kinds on Sale!
8 oz • Save \$1.30
\$4.49



Kalona Supernatural
Organic Sour Cream
16 oz • Save 80¢
\$2.99



Endangered Species
Chocolate Bars
All Kinds on Sale!
3 oz • Save \$2.58/2
2 for \$4/tx



Alter Eco
Chocolate Bars
All Kinds on Sale!
2.8 oz • Save \$2.58/2
2 for \$5/tx



Luna & Larry's
**Coconut Bliss
Frozen Dessert**
All Kinds on Sale!
16 oz • Save \$1.80
\$4.99



Noosa
Yoghurt
All Kinds on Sale!
8 oz • Save 50¢
\$1.79



Doctor in the Kitchen
**Flackers Gluten-Free
Flax Crackers**
All Kinds on Sale!
5 oz • Save \$1.80
\$3.99



Field Roast
Mini Corn Dogs
10 oz • Save \$1
\$5.99



ECOs
**Dishmate
Liquid Dish Soap**
All Kinds on Sale!
25 oz • Save 50¢
\$2.79/tx



Drew's
**Organic
Salad Dressing**
All Kinds on Sale!
12 oz • Save \$1
\$2.99



Garden of Eatin'
Tortilla Chips
All Kinds on Sale!
16 oz • Save \$3.98/2
2 for \$6



Silk
Cashew Milk
Original, Unsweetened
64 oz • Save 50¢
\$2.99



Cascadian Farm
**Organic
Frozen Vegetables**
Sweet Corn, Broccoli Cuts, Garden Peas,
Mixed Vegetables, Green Beans, Cut Spinach
10-16 oz • Save \$1.58/2
2 for \$5



Mom's Best Naturals
Cereal
All Kinds on Sale!
15-24 oz • Save \$1.98-\$3.58/2
2 for \$5



Westbrae
Organic Beans
All Kinds on Sale!
25oz • Save \$1.98/2
2 for \$5



Heartland Mill
**Organic Bulk
Steel Cut Oats**
Rndm wt • Save 30¢/lb
99¢/lb



Rudi's Organic Bakery
English Muffins
Whole Grain Wheat, Multigrain Flax
12 oz • Save 80¢
\$3.49



Yogi
Tea
All Kinds on Sale!
16 ct • Save \$2.98/2
2 for \$6/tx



San-J
Sauces
Teriyaki, Thai Peanut
10 oz • Save 80¢
\$2.99



Upton's Naturals
Seitan
All Kinds on Sale!
8 oz • Save \$1
\$2.99



The specials on this page are valid February 13-26
All Specials Subject to Availability. Sales Quantities Limited.

coop™ basics



Organic Valley
Organic Milk
Whole, 1% Low Fat, 2% Reduced Fat, Fat-Free Skim • 128 oz
\$6.39/ea



Field Day
Organic Canned Beans
Black, Pinto, Kidney, Garbanzo, Baked, Great Northern, Cannellini 15 oz
\$1.49/ea



Simple Soyman
Plain Firm Tofu
16 oz
\$2.29/ea



Organic Green Kale
Origin: USA
One Bunch
\$1.99/ea



Field Day
Organic Pasta Sauce
Tomato Basil, Italian Herb, Roasted Garlic, Marinara, Portobello Mushroom, Spicy Arrabbiata • 26 oz
\$2.99/ea



Field Day
Organic Cereals
Toasted O's, Honey Nut O's, Cinnamon Crunch, Golden Rice Crisps, Bran Plus, Raisin Bran, Wheat Squares • 10-14 oz
\$3.39/ea



Field Day
Organic Extra Virgin Olive Oil Cooking Spray
5 oz
\$4.99/ea



Wisconsin Meadows
Grass-Fed Lean Ground Beef
Origin: Wisconsin • Rndm wt
\$6.99/lb



Lonesome Stone Milling
Bulk All-Purpose Organic Whole Wheat Flour
Rndm wt
\$1.19/lb



Nature's Bakery
Bulk Almond Raisin Granola
Rndm wt
\$4.29/lb

**Quality products
+ everyday
low prices for
everyone!**



Willy Street Co-op
Organic Bulk Rolled Oats
Rndm wt
\$1.29/lb



Field Day
Organic Apple Juice
64 fl oz
\$5.99/ea



Field Day
Organic Broth
Chicken, Chicken Low Sodium, Beef, Vegetable, Vegetable Low Sodium 32 oz
\$2.29/ea



Seventh Generation
Ultra Thin Pads
18 pc
\$4.99/ea+tx



Field Day
Crackers
Organic Golden Round, Stoneground Wheat • 8 oz
\$2.99/ea



Bell & Evans
3-5 lb All-Natural Fryer Chicken
Origin: USA
Rndm wt
\$2.99/lb



Field Day
Mediterranean Sea Salt
Coarse, Fine 24oz/26 oz
\$1.99/ea



Field Day
Paper Towels
Recycled 3 Roll
\$3.99/ea+tx



Equal Exchange
Organic Bulk Coffee
Fair Trade Mind, Body & Soul, Fair Trade Bird of Paradise, Fair Trade Peru Medium, Fair Trade Midnight Sun French Roast.
Rndm wt
\$8.49/lb



Everyone
Lotions
Lavender Aloe, Unscented 6 oz
\$4.99/ea



Everyone
3-in-1 Soap
Coconut Lemon, Citrus Mint, Lavender Aloe 16 oz
\$5.99/ea+tx



Field Day
Organic Peanut Butter
Smooth With Salt, Crunchy With Salt, Smooth No Salt Added, Crunchy No Salt Added 18 oz
\$4.99/ea



Field Day
Organic Canola Oil Cooking Spray
5 oz
\$4.99/ea



Aflaffia
Everyday Shea Fair Trade Shampoo or Conditioner
Lavender, Unscented 13.5 oz
\$10.99/ea+tx



Willow Creek Farm
Pastured Bone-in Pork Shoulder Roast
Origin: Wisconsin
Rndm wt
\$5.99/lb



Field Day
Bath Tissue
12 pack
\$6.99/ea



Cedar Grove
Mild White Cheddar Cheese
Rndm wt
\$5.49/lb

Plus many more products!
All items may not be available at all stores.

Organic Spring Mix Salad
Origin: USA • 1-lb clamshell
\$5.99/ea

Garden of Eatin'
Tortilla Chips
Yellow Corn, Blue Corn, Red Hot Blues
16 oz
\$4.99/ea

Wholesome Sweeteners
Organic Fair Trade Cane Sugar • Rndm wt
\$2.29/lb

Organic Yellow Onions
Origin: USA • Rndm wt
\$1.49/lb

5-lb Bag Organic Carrots
100% Local
\$7.99/ea

Field Day
Organic Chocolate Chip Cookies • 8 oz
\$3.69/ea

Lundberg
Organic Brown Basmati Rice • Rndm wt
\$2.29/lb

Lundberg
Organic White Basmati Rice • Rndm wt
\$2.29/lb

Field Day
Organic Fire-Roasted Garlic Salsa • 16 oz
\$3.39/ea

Field Day
Organic Apple Cider Vinegar • 32 oz
\$4.99/ea

Organic Baby Spinach
Origin: USA • 1-lb clamshell
\$5.99/ea

Field Day
Expeller Pressed Canola Oil • 32 oz
\$3.99/ea

Organic 3-lb Bag Gala Apples
Origin: Washington
\$3.99/ea

Organic Navel Oranges
Origin: California
Rndm wt
\$1.99/lb

Field Day
Organic Maple Syrup
8 oz
\$6.99/ea

Field Day
Lime Sparkling Water
33.8 oz
99¢/ea

Field Day
Organic Mild Cheddar Deluxe Macaroni & Cheese
6 oz
\$1.99/ea

Field Day
Classic Unsweetened Coconut Milk
13.5 oz
\$2.39/ea

Field Day
4pk Diced Organic Peaches Cups
4 oz
\$3.69/ea



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

**THIS MONTH:
February 6**

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

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

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

Gift cards may take up to 60 days to be created and distributed.



willy street co-op

Now it's even easier to get your Reader emailed to you!

Want to help save a few trees and be able to read your Co-op newsletter on your computer or smartphone? Sign up to get your newsletter emailed to you! For every 1000 Owners who switch from a printed newsletter to the email version, we'll save one tree per month.



Just go to willystreet.coop/subscribe and fill out the short form. You can also subscribe to the email newsletter on our Facebook page or ask at the Customer Service desk.

Are you enrolled in the Access Discount Program?

It's time to renew your Access Discount!

Willy Street Co-op will be sending out renewal notifications to all current Access Owners at their email address on file or their last known mailing address.

To avoid a lapse in your enrollment, please stop by one of our Customer Service desks by March 31st, 2019 to fill out your renewal form.

For more information about the Access Discount Program please contact the Owner Records Administrator at 608-284-7794 or ora@willystreet.coop.

Information about the Access Discount Program can be found at the Customer Service desk and on our website at www.willystreet.coop



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Find info here: willystreet.coop/advertising

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

willy street co-op

WE CAN CUT CABBAGE

Just want half? Ask a Staff Member.

willy street co-op

willy street co-op EVERYONE WELCOME!



Shopping with Kids?

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



Compliments of the Willy Street Co-op Produce Department

SNAP, Double Dollars, and Food and Beverage Impacts from the Partial Federal Government Shutdown



by **Kirsten Moore,**
Cooperative Services Director

At Reader deadline, the federal government has been partially shut down since December 22. While Wisconsin ranks the “46th most-affected state” by the shutdown according to a report from Wallet-Hub, the United States Department of Agriculture (USDA) is

one of nine federal agencies impacted, with Vox reporting 66.5% of employees have been put on furlough. This affects people relying on the Supplemental Nutrition Assistance Program (SNAP) that funds FoodShare/QUEST in Wisconsin, nonprofits providing food security to local citizens, farmers, and the food and beverage industry. Here’s a roundup of the ways the shutdown has affected customers and groceries.

THE CO-OP CONTINUES TO ACCEPT FOODSHARE/QUEST AND WIC

Fortunately, our licensing for each of our retail locations to accept FoodShare/QUEST and for Willy North to accept the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is current; we were not scheduled for licensing renewal prior to the shutdown. This means that unlike some other grocers who were in the middle of applying or renewing licensing to accept these benefits when the shutdown occurred, we are still able to accept FoodShare/QUEST and WIC at this time. So far, the Co-op has not heard of any changes impacting WIC to date.

FOODSHARE/QUEST FOR FEBRUARY DISTRIBUTED TO PARTICIPANTS EARLY, BY JANUARY 20

There are nearly 39 million people enrolled in SNAP programs like FoodShare/QUEST and SNAP provides about \$4.8 billion in benefits monthly nationwide (the average household receives \$249/month). FoodShare/QUEST provides extra money for groceries to individuals and families with low-income. According to Politico, SNAP is a mandatory entitlement (anyone who meets the guidelines receives the benefits), but it relies on appropri-

tions from Congress for funding. Prior to the shutdown, future appropriations were not authorized yet, and so a work-around was implemented to ensure February funding and to buy time for March planning. In order for SNAP participants to receive full February benefits, the USDA required all states to distribute the benefits by January 20. This is highly unusual, as benefits are typically distributed on a staggered schedule, with a certain number of participants receiving benefits each week. Staggered distribution makes the program easier to administer fiscally, and, *Politico* says, easier on grocery stores, since most participants shop as soon as they receive benefits. Some participants may have been confused or surprised by receiving February benefits early. Some people also may feel compelled to spend more of their benefits earlier than usual, leaving them stretched thin later in February. Presently, there is no news available regarding March benefits distribution and the shutdown. That not knowing could be stressful for those relying on these benefits to feed their families.

RECEIVE ONE EXTRA VOUCHER DOUBLE DOLLARS TUESDAYS THROUGH FEBRUARY

To support people using FoodShare/QUEST amid these challenges and uncertainty, we increased the total Double Dollars vouchers a person can receive when spending \$5 to \$20 or more on Tuesdays using FoodShare/QUEST. Double Dollars is a nutrition incentive program helping those using FoodShare/QUEST purchase fresh or frozen fruits, vegetables and legumes; and seeds and seedlings for growing edible plants. From January 20 through February 28, FoodShare/QUEST participants will be eligible to receive one extra \$5 voucher while shopping on Double Dollars Tuesdays:

- Spending \$5-\$9.99 using FoodShare/QUEST yields \$10 (2 vouchers)
- Spending \$10-\$14.99 using FoodShare/QUEST yields \$15 (3 vouchers)
- Spending \$15-\$19.99 using FoodShare/QUEST yields \$20 (4 vouchers)
- Spending \$20+ using FoodShare/QUEST yields \$25 (5 vouchers)

This increased distribution of Double Dollars is available January 22 and 29, and February 5, 12, 19,

and 26. On March 5 and 12, we will continue distributing Double Dollars at the 1:1 match in their regular \$5 increments up to \$20 regardless of whether new March SNAP funds are available. Double Dollars can be spent at the Co-op any day of the week through May, and you can save unused vouchers to spend in October at the Co-op when the program returns. Special thanks to our Double Dollars coalition partners Community Action Coalition for South Central Wisconsin, the City of Madison, Dane County, Double Dollars Fund contributors, and other private donors for making Double Dollars and this special increase possible.

DOUBLE DOLLARS FUND/POP HOLIDAY MATCH MET! FOOD PANTRIES NEED SUPPORT DURING THE SHUTDOWN

Double Dollars vouchers are primarily funded through the Co-op’s Double Dollars Fund, which you can support via choosing \$1, \$5, \$10 or \$25 Double Dollars Fund scan cards to add a cash donation at checkout, or by reusing bags when you shop the Co-op. When you use reusable bags, we save 10¢ to contribute to the fund, and when you reuse disposable bags, we save 5¢ to contribute to the fund.

One big reason we are able to give extra Double Dollars vouchers this February during the shutdown is you! We told you that in November and December we would match your Double Dollars Fund contributions 1:1 to support our six neighborhood food pantries with Pantries of Plenty, up to \$10,000. You met our matching goal by contributing an amazing \$15,952.75 to Double Dollars. Each participating food pantry (Bread of Life Food Pantry, Goodman Community Center Fitz Food Pantry, Lussier Community Education Center, Middleton Outreach Ministry, The River Food Pantry and Wil-Mar Neighborhood Center) will receive \$1,765 this year in Co-op gift cards to spend on fresh products that may be harder to come by during the winter season. Thank you for your generosity and for making this match a success!

The *Appleton Post-Crescent* reported last month on impacts the shutdown may have on Wisconsin’s food banks and pantries, noting the longer some federal employees go without pay, the more they may struggle to pay for food. This, compounded with potential SNAP benefits shortages in March, could be an issue for food pantries. Feeding Wisconsin’s executive director David Lee said in this article that this shutdown is putting “a lot of pressure on the charitable food system in our state.” If you wish to further contribute to our neighborhood food pantries, you may consider putting more food on the donation shelves located at each of our stores,

or making cash donations to them via their websites online.

FOODSHARE/QUEST CONTINUES TO ACCEPT APPLICATIONS FOR BENEFITS

If you are considering applying for FoodShare/QUEST benefits, applications are still being accepted during the shutdown. You can find out more about FoodShare/QUEST by talking with someone from Second Harvest Foodbank of Southern Wisconsin, and we host FoodShare/QUEST learning opportunities every month at all three Co-op retail locations (see the Community Calendar in the *Reader* or www.willystreet.coop/events to find the next date at a store most convenient for you). The benefits come on an easy-to-use debit-like card that can be used at the Co-op, many farmers’ markets, and most major grocery stores. 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 are eligible, please call 877-366-3635 for a confidential screening and appointment to apply. 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 are welcome at the Co-op-hosted events.

SNAP BENEFITS HAVE A MULTIPLYING IMPACT ON THE COMMUNITY

SNAP is a very important program for food security. As we reported in September 2017, when you shop your Co-op or shop local, you can generate more money in the community than you’ve spent, because you spend it here, and then it gets spent again in the local community. According to National Cooperative Grocer, for every \$1 we as shoppers spend at the Co-op, \$1.60 goes back into the local economy. According to the USDA, \$5 spent in FoodShare generates up to \$9 in local economic activity by supporting local grocery stores and local farmers via the farmers’ markets and community shared agriculture (which is also eligible for FoodShare/QUEST spending). Any money that gets circulated locally increases local resilience and sustainability, even during economic downturns. SNAP benefits currently account for about 2% of our transactions Co-op-wide and provide on average about 7,741 meals to participating Co-op shoppers per month.

FARMING IMPACTS FROM THE GOVERNMENT SHUTDOWN

Co-op News recently reported that agricultural co-ops and other farmers are facing shutdown-related strains as they await various “payments, loans and disaster assistance funds, compensation for losses from

the trade war, and funding for conservation programmes.” Cornelius Key, Georgia’s coordinator for the Federation of Southern Cooperatives told *Co-op News* “small farmers that normally submit farm loan applications in December and January can’t submit loans at the moment. The shutdown will have a domino effect as it ultimately leads to a decreased harvest, greater farm debt, and loan defaults that could translate to land and farm losses.” This impact is not only felt for southern farmers, but farmers nationwide, including our local region. The *Milwaukee Journal Sentinel* says that USDA Farm Service Agencies, who process farm loans and support farmers with data needed to make growing and business decisions, are currently closed. They also noted that the 2018 Farm Bill, which passed close to the end of last year, also has not been implemented due to USDA furloughs, which is delaying the start of “its program aimed at helping small dairy farms endure one of the worst downturns in the dairy industry in recent memory.”

FOOD SAFETY AND LABELING

At press time, the USDA Food Safety and Inspection Service was continuing to conduct inspections of meat, poultry, processed eggs, grains (and other commodities), and imports. The Food and Drug Administration had not recommended any changes to diets due to the shutdown and they have been monitoring for foodborne

illness outbreaks, and high-risk food and medical product recalls. For more information about food safety and the shutdown, you may find full statements about shutdown impacts at www.fda.gov, www.usda.gov. If you would like to learn more about food safety at home, the Partnership for Food Safety Education’s website www.fight-bac.org has a number of resources and techniques to share regarding cleaning, separating, cooking and chilling food properly. We are also continuing our own food safety practices and monitoring for any potential product recalls in the food industry.

The Alcohol and Tobacco Tax and Trade Bureau (TTB), part of the US Department of the Treasury, was also closed during the shutdown. According to National Public Radio (NPR), they review “alcohol labels for things like alcohol content or fluid ounces in a bottle” to approve new products. The TTB receives about 3,000 applications weekly, and due to the closure, labels were not being approved. That means alcohol producing companies like breweries can make new products and sell them in draft form, but not in bottles or cans until approval. This has impacted about 50% of the craft beer industry, and producers are bracing for a potential backlog of label approvals. Wisconsin brewer Joe Katchever of Pearl Street Brewery (one of many breweries waiting for new labels to be approved) said to NPR “We’re all hoping they figure out what they need to figure out and open the government back up.”

SOME IMPACTS NOTED, BUT NOT ALL

The roundup provided here summarizes only a fraction of the impacts the partial government shutdown has had on people, producers, and the food supply. Your Co-op will continue to monitor impacts and

do our best to keep you apprised of grocery issues that may impact you. Thanks for supporting your Co-op and the local community! It takes a village to get through the hard times, and the village that makes up this cooperative is doing what we can to navigate together.

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RESILIENCE IN THE AGE OF GLYPHOSATE

by Andy Gricevich, Newsletter Writer

Glyphosate: history's most heavily used agricultural chemical. More familiar to most of us as the main ingredient in Monsanto's herbicide Roundup, glyphosate has found its way into our food, our water, and our bodies. The World Health Organization's International Agency for Research on Cancer, however, announced in 2015 that glyphosate is "probably carcinogenic to humans." That decision took into account the many studies, over decades, that linked the chemical to an array of serious health problems. Though the maker of glyphosate has always claimed that its products, if used as instructed, pose no serious risks to humans or the environment (a claim maintained by its new owner, the German pharmaceutical company Bayer), litigation (8,000 or so lawsuits against the agrochemical giant) has brought out internal documents showing that the company has long been aware of the risks, and has engaged in all kinds of unsavory tactics to keep them under wraps.

What is glyphosate? How did it become so omnipresent? What can we do to limit our exposure, and to increase our resilience? If food is the main way herbicides get into our bodies, will eating organically guarantee us a clean diet? If so, is it enough?

A BRIEF HISTORY OF GLYPHOSATE

We don't have space to go into the scientific details of glyphosate's composition. As a chelator (bonding strongly with minerals), it first hit the market as a descaler for plumbing. In the late 1960s, Monsanto scientists

discovered its effectiveness as a weed-killer. They added a surfactant to help it penetrate the internal tissues of plants, working down to the roots, inhibiting an enzyme crucial for building new cells and killing the plants within days. Roundup was born.

It was a massive hit upon its release in 1974. Roundup was more broadly effective than its predecessors, and, according to Monsanto, much safer. Its success was good news for the company, which was working to keep business booming in the wake of lawsuits over the concealment of the dangers of PCBs and DDT. By 1995, 40 million pounds of glyphosate were in use.

In 1996, Monsanto unveiled another scientific miracle. In the sludge ponds surrounding one of their Louisiana production plants, company scientists had discovered a bacterium that could survive contact with glyphosate, and found that inserting its genetic material into the DNA of a soybean made the plant resistant as well. For the first time, an herbicide could be sprayed directly onto fields in any season, killing everything but the desirable crop plants. With the introduction of "Roundup-ready" crops to the world seed market—just in time for the 2000 expiration of the Roundup patent—annual glyphosate use grew, reaching 276 million pounds in 2014.

Monsanto even encouraged grain growers to directly spray non-resistant wheat and barley at harvest time. Glyphosate quickly ripens and dries (desiccates) grain that otherwise has to be left in the field for days, exposing it to the risk of mold from late fall weather. It's also used to desiccate lentils and chickpeas, and to increase the sucrose content of sugar beets.

The company made major donations to groups like the Nature Conservancy as well, encouraging their use of Roundup to treat invasive plants. As usage spread and profits soared, the maker of glyphosate celebrated its success in "feeding the world." Scientific studies, though, were sounding alarms.

RISKS AND REGULATIONS

For decades, scientists have found strong correlations between glyphosate exposure and a suite of health concerns. The biggest is non-Hodgkin's lymphoma, a virulent form of cancer. Glyphosate is also a suspected endocrine disruptor, and has been linked to birth defects and reproductive disorders. It kills beneficial bacteria, opening up habitat for harmful microbes, wreaking havoc on our microbiome (just like the soil's) and probably thereby contributing to food allergies and childhood autism. Though Monsanto has dismissed every critical evaluation as "junk science," there's ample data pointing to glyphosate's toxicity. Research also indicates that the combination of chemicals in herbicides powerfully increases the volatility of each component, and that the forms glyphosate takes as it breaks down are even deadlier than the original.

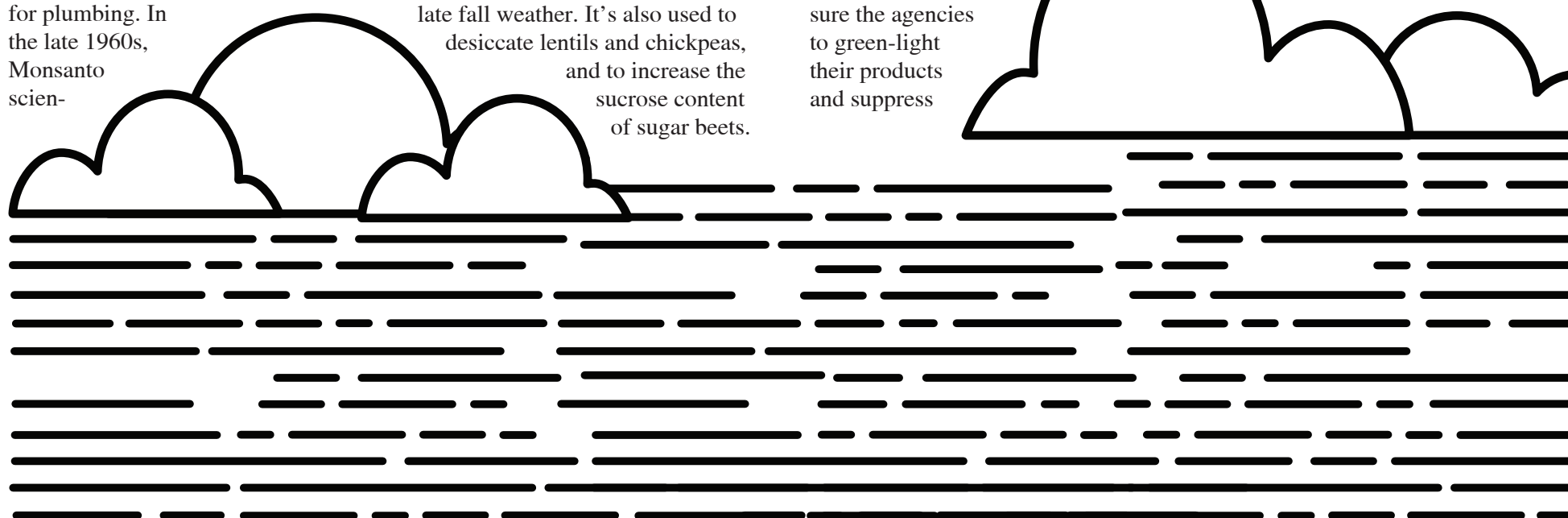
Government agencies have done little to staunch the flow of glyphosate. The Environmental Protection Agency, the U.S. Department of Agriculture, and the Food and Drug Administration have always had close ties to the agrochemical industry. Companies like Monsanto and Dow Chemical pressure the agencies to green-light their products and suppress

critical data. The EPA has hardly studied glyphosate at all. Its only review of data, in 1985, came up with an assessment of possible risk, but, subjected to a slew of Monsanto-produced studies and a good deal of political pressure, it revised its judgment, six years later, to "evidence of non-carcinogenicity to humans." The USDA doesn't test for glyphosate in foods, and has repeatedly failed to conduct required environmental impact studies before approving and deregulating Roundup-ready products.

Despite all this negligence, the end of glyphosate is likely around the corner. National governments are enacting bans, while sprayed fields are being overrun by glyphosate-resistant "superweeds," large and strong enough to break agricultural equipment. Whatever the fate of glyphosate, though, and whatever comes next, this chemical has been used so heavily that we may have to deal with its presence for some time.

GLYPHOSATE AND ORGANICS

For those of us who don't work directly with herbicides, diet is the most critical factor in mitigating glyphosate exposure. USDA Organic standards prohibit the use of synthetic chemicals, and inspectors run annual tests to ensure compliance. Most scientists concerned about glyphosate suggest eating organic as the most important choice for health. Members of the nonprofit Moms Across America, having found glyphosate residues in their own breast milk and urine, as



well as in popular breakfast cereals, witnessed the rapid disappearance of their children's food allergies and autistic symptoms after changing their diets.

In the current environment, though, there are no absolute guarantees of purity. Some organic farmers have to negotiate with neighbors who spray Roundup widely, with no regard for wind speed and direction. They try to prevent contamination by planting buffer zones and windbreaks to prevent herbicidal drift.

Beekeepers face a harder challenge. Many apiaries are located near GMO cropland. Bees travel within a two-to-four mile radius to forage, feeding on the flowers of sprayed crops. Labs have found significant glyphosate residues in 45% of organic honey tested, and there's no federal standard regulating herbicides in honey. Glyphosate is also widely considered one of the biggest killers of pollinators.

The USDA actually permits small percentages of chemical residues in organic foods. The allowable quantities are calculated as a small percentage of the EPA's general limits, which not only vary from crop to crop, but are blurry with regard to glyphosate (for which the EPA has repeatedly raised allowable levels as its use has increased). Nonetheless, organic fruits and vegetables tend to come out clean when tested, as do foods from animals living on uncorrupted pasture land and supplemented with glyphosate-free feed.

Grain is a bigger challenge. Multiple tests over the last few years have found glyphosate in organic grains at percentages alarmingly close to those found in herbicide-desiccated conventional product. The contamination might be the result of drift from adjacent farms, of residues in the soil (which one figure claims can persist for up to twenty years, much longer than the three required for organic certification), or of contact with corrupted product in processing facilities. The grain tested mostly comes from the big growing regions (Montana, the Dakotas, and western Canada), and barley, oats and wheat have shown the highest percentages (they also have the highest EPA allowances).

That's bad news for those of us who want to eat bread and drink beer (or wine, which, even when made from organic grapes, has also shown traces). It's not hopeless, though. Here in Wisconsin we're lucky to have companies like Lonesome Stone Milling, which works exclusively with small-scale regional growers (and is also the main supplier for Madison Sourdough). At least one customer has had LSM's product tested, and it came out pure. Though it's still currently too expensive for most businesses to test all of their product and guarantee it glyphosate-free, it's encouraging that there are companies setting that as a goal—and the tests are getting better and cheaper. The biggest advantage to buying organic food from local

producers, though, is traceability; you can find out a good deal about the land where your food was grown.

We can strengthen our resilience by adding particular nutrients to our diet. Sulfur (which glyphosate depletes) breaks down damaged proteins whose accumulation promotes cancer growth, and helps remove heavy metals and boost glutathione, an important antioxidant. Eggs, onions, garlic and cheese are good sulfur sources; we synthesize crucial sulfates with the addition of cholesterol found in grass-fed dairy and meat. Glyphosate also bonds with manganese, which we need for gut health and cellular resilience (get it from tea, cloves, mussels, and molasses). Probiotics (especially from live vegetable ferments) can support our gut microbiome as well, and a diet rich in prebiotic fiber is essential.

Gut and liver support and detoxification are also aided by plants like dandelion, barberry and burdock root. Activated charcoal, bentonite clay, and humic and folic acid from soil all seem to help pull glyphosate out of our systems. The Co-op recently started carrying Restore, a soil-derived product with some very interesting potential for increased resilience and healing. Vitamin C and sunlight also help us protect our systems from chemical toxicity.

OUR ENVIRONMENT IS ALSO OUR DIET

We can minimize the effects of glyphosate via our dietary choices, and the more support we give to organic producers, the more clearly we show our preference for clean food. Given the resistance of government agencies to promoting a shift away from chemical-intensive agriculture, consumer choice is the greatest power we have to change our food system. Other sources of exposure, though, may call for different strategies.

The City of Madison and Dane County apply significant amounts of glyphosate-based herbicides to athletic fields, parks, sandboxes, sidewalks and lakes (information on Middleton's use is harder to come by, though it's clearly used in similar areas). Most of it involves spot-spraying at close range—but it's still working its way into our soil and water. While both the city and conservation organizations tend to be pretty good about posting warnings, kids and pets are unlikely to read them before plunging into a sprayed colony. When it comes to private use, landscaping companies routinely spray around homes for "weeds," and homeowners frequently use Roundup on their own lawns, directly exposing themselves, families, neighbors and animals, with no signage requirements.

If we think that the health risks of glyphosate outweigh the longing for a dandelion-free lawn, or even the need to keep garlic mustard from taking over prairies and forests, we need to voice our concerns. Madison dismantled its Pesticide Management

Advisory Committee in 2013, a year after it passed legislation allowing licensed volunteers to spray in public spaces, and a year before deciding to significantly increase herbicide use. We can pressure the government to reverse that trend, and ask our mayors and city councils to establish relevant committees. We can talk to our neighbors about their spraying. We can get involved in neighborhood associations to organize voluntary bans, which could be the building blocks of a glyphosate-free city (it's not far-fetched; Chicago has banned it in public places, and Vancouver in both public and private—though current Wisconsin law blocks communities from placing direct restrictions on herbicide use). We can volunteer with conservation organizations and try to move them toward less toxic options for controlling invasives, which certainly exist.

When our society allows new chemicals to permeate the environment without truly rigorous, independent study to prove their safety, we're wagering that the consequences won't be severe or irreversible. History hasn't shown that to be a good bet. Perhaps the near-invisibility of such chemicals makes it easy enough for us to ignore them. Perhaps a wish for "experts" to provide security in a confusing world keeps us from asking too many questions. Hopefully, this article has provided some starting points for you to do your own research, and to live out the freedom that still remains to decide what we want in our environment, which makes up our very bodily being; which we make and remake through our own choices; in which each participant is utterly dependent on the well-being of the others.

COMMUNITY REINVESTMENT FUND GRANTS AVAILABLE

Since 1992, the Willy Street Co-op has contributed \$402,000 to local nonprofits and cooperatives to support developmental and educational projects for our community. Grants from the Community Reinvestment Fund may be awarded to projects supporting food justice or access, creating cooperatives, sustainable agriculture, health and well-being, and/or social change. Grant applications and further details can be downloaded from www.willystreet.coop/community-reinvestment-fund.

The deadline for applications is February 28, 2019

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RECIPES

Quick Sausage and Mushroom Lasagna

If you'd like a meat-free lasagna, substitute the Italian sausage for vegetarian sausages, or experiment with hearty vegetables like eggplant or portabella mushrooms.

8 oz. Parmesan
8 oz. Romano
2 Tbs. olive oil
1 lb. mushrooms, sliced
1 onion
1 1/2 tsp. basil
1 1/2 tsp. oregano
1 1/2 tsp. marjoram
1 1/2 tsp. thyme
1 lb. Italian sausage
3 cloves garlic, minced
1 c. red wine
4 2/3 c. pasta sauce
12 oz. lasagna noodles
16 oz. ricotta

Directions: Preheat oven to 400°F. In a small bowl, stir together the grated Parmesan and grated Romano. Set aside.

In a large skillet over high heat, heat the olive oil. Add the mushrooms, onion, basil, oregano, marjoram, and thyme. Sauté until starting to soften, 5-6 minutes. Add the sausage and break up with the back of spoon. Sauté until browned and cooked through, about 5 minutes. Add the garlic and sauté until fragrant, about 1 minute, then pour in the wine. Simmer, stirring frequently, until most of the liquid has evaporated, 2-3 minutes. Set aside.

Spread 2/3 c. of pasta sauce over the bottom of a 13x9-inch casserole dish. Place noodles (about 4, it's okay if they overlap a bit) in a layer over the marinara sauce. Cover with another cup of sauce, then with 1/3 of the ricotta and 1 cup of the Parmesan-Romano mixture. Spread 1/3 of the sausage mixture over the cheese. Repeat twice with the noodles, sauce, ricotta, Parmesan-Romano mixture, and sausage. Finish with a layer of 4 noodles, then 1 cup of sauce and remaining 1 cup of Parmesan-Romano. Cover with aluminum foil and bake for 45 minutes. Remove the foil and bake an additional 10 minutes, until cheese is browned and lasagna is bubbling at the edges. Allow to sit for 15 minutes before serving.

Cauliflower and Brussels Sprouts Grating

Warm and comforting.

1 1/2 lb. Brussels sprouts
1 1/2 lb. cauliflower
2 1/2 c. heavy whipping cream
1/2 c. chopped shallots
1 Tbs. chopped fresh sage
1 1/2 Tbs. olive oil
1/2 c. dry breadcrumbs
1/2 c. pine nuts
2 Tbs. chopped fresh flat-leaf parsley
2 1/2 c. grated Parmesan cheese

Directions: Preheat oven to 375°F. Fill a large bowl with ice and cold water. In a large pot of salted boiling water, cook the Brussels sprouts for 2 minutes. Add the cauliflower and cook until all the vegetables are crisp-tender, about 2 minutes. Drain and transfer immediately to a bowl of ice water, submerging them to stop the cooking. Drain well.

In a large saucepan, stir together the cream, shallots, and sage, and bring to a boil. Reduce heat to a simmer, and reduce the mixture to about 2 1/2 cups, about 10 minutes. Sprinkle with salt and remove from heat. Set aside.

In a large skillet over medium heat, warm the oil. Add the breadcrumbs and cook, stirring, until they begin to brown, about 2 minutes. Transfer to a small bowl and allow to cool. Stir in the pine nuts and parsley, then sprinkle with salt and pepper.

Lightly butter a 9x13-inch baking dish. Sprinkle with salt and pepper, then with 1 cup of the Parmesan. Layer the Brussels sprouts and cauliflower over the cheese, and sprinkle with the rest of the Parmesan. Pour the cream mixture over the vegetables, and cover the dish with aluminum foil.

Bake covered for 40 minutes. Uncover, then top evenly with the breadcrumb topping, and bake uncovered for 15 more minutes. Enjoy

Peppercorn Steak Salad with Roasted Carrots and Gold Beets

Adapted from www.simplyfreshdinners.com

This fresh dinner salad is made with sweet, roasted carrots and beets, and spicy, peppery steak atop a bed of tender greens.

1 onion, sliced
3 beets, cut
1/2 lb. carrots, sliced
2 Tbs. olive oil
2 Tbs. maple syrup
salt
pepper
4 steaks
3 Tbs. black peppercorns
3 Tbs. butter
8 c. arugula
1 c. walnuts
2 Tbs. balsamic vinegar

Directions: Combine the onion, beets, and carrots in a large mixing bowl. Drizzle with olive oil and maple syrup, and sprinkle with salt and pepper. Toss to coat, then transfer to a rimmed baking sheet and spread in an even layer. Bake for 20 minutes, or until the vegetables are tender.

Sprinkle both sides of the steaks with salt. Sprinkle the crushed peppercorns over both sides of the steaks, pressing them to stick. Melt the butter in a large skillet over medium-high heat. Cook the steaks in the skillet, turning once. For medium, it will be 10-15 minutes, or until an instant-read thermometer reads 155°F. When they are cooked to your desired doneness, transfer to a cutting board and tent with aluminum foil. Let stand for 5 minutes, then slice into thin slices against the grain.

Divide the arugula between 4 plates. Arrange the sliced steak over the greens, then top with the roasted vegetables, crumbled goat cheese, and walnuts. Finish each salad with a drizzle of balsamic vinegar.

Grapefruit Yogurt Cake

Adapted from Ina Garten

Deliciously flavored with grapefruit, this cake is light and springy. Nice for a sweet breakfast, or of course, for dessert.

1 1/2 c. all-purpose flour
2 tsp. baking powder
1/2 tsp. kosher salt
1 c. yogurt
1 c. sugar + 1 Tbs.
3 eggs
1 Tbs. grapefruit zest
1/2 tsp. vanilla extract
1/2 c. vegetable oil
1/3 c. grapefruit juice

Directions: Preheat oven to 350°F. Grease an 8 1/2 x 2 1/2-inch loaf pan. Line bottom with parchment, and grease and flour the pan.

Sift together the flour, baking powder and salt in a medium bowl. Whisk together the yogurt, 1 cup of the sugar, eggs, grapefruit zest, and vanilla in a large bowl. Slowly whisk the dry ingredients into the wet ingredients. Use a rubber spatula to fold the vegetable oil into the batter until well incorporated. Pour batter into prepared loaf pan and bake for 50 minutes, or until a toothpick inserted into the center comes out clean.

Simmer the grapefruit juice and last tablespoon of sugar in a small pot over medium heat until the sugar dissolves and the mixture is clear. Allow the cake to cool in the pan for 10 minutes. Place on a wire rack over a sheet pan. Pour the grapefruit-sugar mixture over the cake and allow it to be absorbed. Let the cake cool, then enjoy.

Radish, Arugula, and Red Onion Salad with Tangerines

Adapted from www.epicurious.com

Crunchy and vibrant, this salad is flavorful and refreshing.

2 tangerines
12 radishes, finely chopped
1/2 c. red onion, finely chopped
1 Tbs. lemon juice
1/4 c. olive oil
coarse salt

RECIPES

black pepper
1 fennel bulb
3 c. arugula, chopped
1/4 c. mint, minced

Directions: Finely grate 1 teaspoon worth of rind from the tangerines, place in a small bowl and set aside. Use a sharp knife to slice the top and bottom from each tangerine, then remove all peel and white pith, following the curve of the fruit. Slice vertically in half, then crosswise into 1/4-inch slices. Place in a large bowl and set aside.

Add the finely chopped radishes, the chopped red onion, and lemon juice to the bowl of tangerine peel, stir to combine, and let rest for 5 minutes. Slowly whisk in the olive oil. Season to taste with salt and pepper.

Place the sliced radish, sliced onion, fennel, arugula, and mint in the bowl with the sliced tangerines. Sprinkle with salt and toss to combine. Drizzle the dressing over the salad, and toss to coat. Transfer to a serving bowl, and enjoy.

Crispy Peanut Tofu Stir-Fry over Cauliflower Rice

Adapted from www.minimalistbaker.com.

This crispy tofu is baked, not fried, and glazed with an easy sauce that only has five ingredients. If you've never tried cauliflower rice, it's a game-changer - so fast and yummy, and a great way to get more vegetables in your diet! Use gluten-free soy sauce, and this recipe is gluten-free as well as vegan.

12 oz. tofu
2 1/2 Tbs. sesame oil
1 small head of cauliflower
2 cloves garlic
1 c. soy sauce
4 Tbs. light brown sugar
1 tsp. chili garlic sauce
2 1/2 Tbs. peanut butter

Directions: Wrap the tofu in a dish towel or paper towels, place on a cutting board, and top with a heavy weight. Allow to sit for at least 15 minutes, and up to 45.

Preheat oven to 400°F. Line a baking sheet with parchment paper.

Cube the tofu, and arrange on the parchment-lined baking sheet in a single layer. Bake for 25 minutes. Remove from oven and set aside to cool.

In a large bowl, whisk together 1 1/2 tablespoons of sesame oil, soy sauce, brown sugar, chili garlic sauce, and peanut butter. Taste and adjust the seasoning as needed. Add the tofu, once cooled, to the bowl of sauce. Toss to coat in the sauce, and let sit for at least 15 minutes.

Use a large box grater or a food processor to shred the cauliflower. If using a food processor, don't over-shred it, just shred it to the texture of rice.

Heat a large skillet over medium heat. Use a slotted spoon to spoon tofu into the skillet, and add a little sauce on top to coat. Cook, stirring frequently, for 3-4 minutes, until browned (don't worry if some sticks to the pan). Transfer to a dish and set aside.

Rinse the skillet under hot water and scrape to remove any residue. Heat over a medium flame and add a drizzle of sesame oil to the pan. Add garlic and cauliflower rice and stir. Cover the pan and cook, stirring occasionally, until slightly browned and tender, 5-8 minutes. Stir in a few spoonfuls of the peanut sauce.

Serve the cauliflower rice topped with the peanut tofu.

Avocado Burgers

Adapted from *The New York Times Natural Foods Cookbook*

A unique bean burger that utilizes avocado in the patty rather than as a condiment. A very nice variation on the veggie burger.

1 medium avocado
1 c. cooked soybeans
1/2 small onion
1 tsp. prepared mustard
1 Tbs. tomato puree
sea salt, to taste
whole wheat bread crumbs
oil
2 burger buns
lettuce

tomato, sliced

Directions: Combine avocado, soybeans, onion, mustard, tomato puree and sea salt in a blender or food processor until smooth. Transfer to a bowl and turn in bread crumbs until mixture holds together. Shape into patties. In a heavy skillet, fry in oil until browned on both sides. Toast buns as desired and serve with lettuce, tomato, and your favorite condiments.

Green Goddess Chicken Sandwiches

Adapted from www.food52.com

If grilling won't work for you, you can broil the chicken breasts instead. See the note for cooking instructions. This take on Green Goddess sauce calls for 1/2 cup of fresh herbs, and you can use any combination you like. Some good ones to try: basil, chives, cilantro, and parsley, or chervil, mint, and tarragon.

2 boneless chicken breasts
sunflower oil
1 tsp. coarse salt
1/2 tsp. black pepper
1 clove garlic
1/2 c. fresh herbs
1 avocado
7 oz. plain Greek yogurt
1 Tbs. honey
2 tsp. lemon juice
2 tsp. white balsamic vinegar
1/4 tsp. ground white pepper
4 sandwich rolls
1 c. baby spinach leaves

Directions: Prepare grill for direct grilling over medium heat. Brush both sides of the chicken with sunflower oil and season with 1/2 teaspoon of the salt and the black pepper. Set on the grill, and cook, flipping once, until the chicken reaches an internal temperature of 165°F and there's no longer any pink, 8-10 minutes. Transfer to a plate and set aside.

Place the garlic in the bowl of a food processor. Pulse until minced. Add the herbs, and pulse until finely chopped. Add the avocado, yogurt, honey or agave, lemon juice, vinegar, white pepper, and the last 1/2 teaspoon of salt, and pulse until creamy and well-combined.

Assemble the sandwiches on the rolls with grilled chicken, Green Goddess sauce, and baby spinach. Enjoy!

Grapefruit-and-Sugar-Rubbed Pork Tenderloin

Adapted from www.saveur.com.

1 c. dark brown sugar
1 Tbs. smoked paprika
1/2 tsp. ground cumin
1/2 tsp. ground fennel
1/4 tsp. cayenne
5 clove garlic
2 grapefruit
coarse salt
black pepper

1 1/2 lb. pork tenderloin
Directions: Preheat oven to 450°F. Place the sugar, paprika, cumin, fennel, cayenne, garlic, grapefruit zest and segments, and salt in the bowl of a food processor. Purée until smooth and transfer to a large bowl. Add the pork tenderloin and toss to coat. Cover with plastic wrap and let sit at room temperature for 15 minutes.

Transfer the pork to a parchment-lined baking sheet fitted with a wire rack. Cook about 20-45 minutes until the internal temperature of the pork reaches 140°F, and the outside is lightly caramelized. Let rest for 10 minutes, then slice and serve.

Linguini with Roasted Beets, Tarragon, and Caraway

Adapted from www.foodandstyle.com

This striking, dark pink pasta dish looks as good as it tastes. A simple green salad is all you need to make this the star of a special meal.

6 red beets
1/2 c. extra-virgin olive oil
1 1/2 tsp. caraway seeds
1 Tbs. salt

RECIPES

1 lb. linguini
 4 clove garlic
 2 Tbs. balsamic vinegar
 1/4 c. coarsely chopped fresh tarragon
 black pepper

Directions: Slice the beets into 1/8" slices, then cut into julienned strips. Transfer to a bowl and set aside.

Heat a large, heavy skillet over high heat. Add the oil, caraway seeds, and sliced beets. Sauté 10-12 minutes, stirring occasionally, until the beets look dark around the edges and lose their moisture. Remove from heat and set aside.

Bring 6 quarts of water to a boil in a large pot. Add a tablespoon of salt, then add the pasta and cook according to package directions, until al dente. Drain, reserving 1/2 cup of the pasta water.

Heat the beets over high heat. Stir in garlic and vinegar, and sauté for 1 minute. Add the drained pasta, reserved cooking water, and tarragon. Sprinkle with remaining 1/2 teaspoon of salt and a pinch of black pepper. Remove from heat and use tongs to toss the pasta until well-coated with sauce. Serve immediately.

Cauliflower Polonaise

Adapted from *The New Basics Cookbook*, by Julee Rosso and Shelia Lukins

A delightful cauliflower dish full of protein and flavor.

4 Tbs. unsalted butter
 5 Tbs. fresh breadcrumbs
 1 hard cooked egg
 2 Tbs. parsley
 1 head cauliflower
 salt
 monterey jack or parmesan cheese
 freshly ground black pepper

Directions: Melt 2 Tbs. of the butter in small skillet and brown the breadcrumbs over medium heat (about 5 minutes). When finished, set aside. Press the hard-boiled egg through a sieve, or chop until very finely minced. (A food processor will also work very well). Combine the crumbs, egg and parsley in a small bowl and mix well. Set aside. Bring large pot of water to a boil and add then cauliflower. Simmer until just tender, 6-8 minutes. Drain and pat dry. Melt the remaining butter in a large skillet and lightly sauté the cauliflower until heated through (3-4 minutes). Season with salt and sprinkle with the reserved garnish. Toss to coat well. Serve immediately, with big helping of cheese and pepper.

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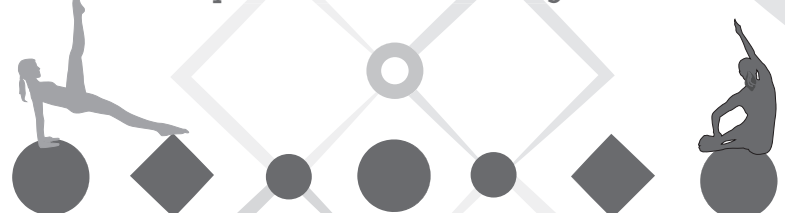


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Staff Picks



JUSTIN

Cara Cara Oranges

I have loved navels my whole life, they are rich, juicy and the perfect balance of sweet and sour. Cara Cara Navels take all of that and add the additional complexity of the best pink grapefruit you've ever had without the bitterness. It's no wonder that some day soon they might be our best-selling citrus.



ANDY

Kumquats

If you see me in the winter, I'll have a bag of kumquats stashed somewhere ready to pop one in my mouth while I walk or to offer to anyone nearby. Roll one between your fingers to bring the juiciness out. Eat the whole thing at once; the sweetness (and a lot of vitamin C) is in the peel, hiding an enlivening burst of delicious sourness. The espresso of fruit! So easy, so delicious.



OLIVE

Willy Street Co-op Spring Rolls with Spicy Peanut Sauce

These are perfect for lunch or a snack. They are light, refreshing and just the right mix of textures. The spicy peanut sauce adds just the right tangy kick!



ERICA

Willy Street Co-op Sweet Greens Juice

I usually can't do green juice. My body just doesn't like it. Sweet Greens hides any and all hints of green! All I taste is apples, and I'm also getting a healthy dose of greens. My son loves it too. Great way to get the veggies in!



KELSEY

Klean Kanteen Water Bottle

I love my Klean Kanteen water bottle. These bottles are good quality, stainless steel, and there are tons of great color options. I picked out the bright turquoise blue.

Willy Street Co-op Lemon Cheesecake Bar

These bars are delicious—creamy filling, lemon flavor that isn't overpowering. A great little treat if you want something sweet but not too sweet.



LEAH

Willy Street Co-op London Fog with Oat Milk

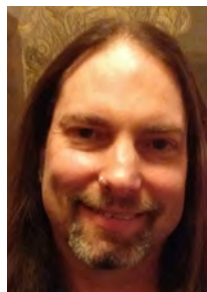
DO YOU WANT YOUR MIND BLOWN?! Are you a tea drinker? This is by far my favorite drink of all time. The in house-made lavender syrup is to die for, and Earl Grey tea is amazing no matter what, but then you combine both those things with the sweetness of oat milk and it is like cozy in a cup.



PATRICK

Mushroom Parm QBalls

Protein-packed! Meatless meatballs that are made with quinoa, egg, and parmesan cheese. No meat, still complete!



JON

Bell & Evans Organic Bone-in, Skin-on Chicken Thighs

These is my favorite chicken that we sell. It is so delicious. The bones and skin add an amazing flavor and are easy to remove once they are cooked. They stay nice and moist in the oven. Always a wonderful addition to dinner.



LAURA

Evanhealy Whipped Shea Butter for Lips

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



Vitamin E oil helps reduce signs of aging.

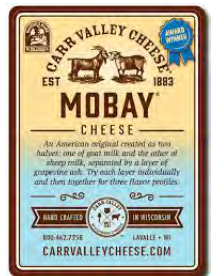
Tierra Farm Pistachio Mulberry Granola

This is, hands-down, the only granola for me. Just the right balance of sweet and salty and packed full of delicious pistachios and mulberries—two of my favorite superfoods! I love it in yogurt for breakfast or anytime as a snack!



Carr Valley Mobay

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



DUSTIN

Cesar's Sharp Cheddar

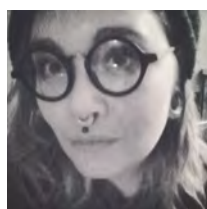
This cheese is better than most sharp cheddars that are double the price!



MOURNING DOVE

Aura Cacia Lemon Essential Oil

I like to use this brightening essential oil when I've been working on the same task for too long, or I've been stuck working at a computer for hours. Dab a few drops on your wrists and take a deep breath in for a mid-afternoon pick-me-up!



ABIGAIL

KerryGold Salted Butter

Hands down the tastiest butter stocked on the Co-op's shelves. My household wouldn't be what it is without it. Delicious—pairs wonderfully softened with a Batch Bakehouse baguette.



Oregon's Wild Harvest-Muscle Relax

This brand is awesome! They have such lovely, high-quality products at reasonable prices. The Muscle Relax is one of my favorites. I take it when I get home after a workout, and it really helps my body to chill and recover. It is also a great product for people who feel anxious or are restless before bed to help with sleep. There are only three ingredients: valerian, skullcap, and hops—all organic of course!





BRENDON

Willy Street Co-op Lemon Blueberry Muffin

This muffin is deeeelicious. The tartness and the sweetness combine really well with the cakeiness of the muffin.



AMANDA

Ultima Replenisher Electrolyte Supplement

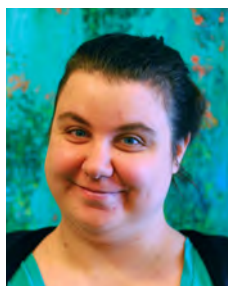
These are perfect if you are on the go and need something more than water. Great for hikes, camping or travel. Gives me a good start to my day. I prefer the grape, but the cherry pomegranate is a close second.



JAMIE

Four Elements Women's Power Surge Tincture

Dear Ladies: how many hats are you wearing right now!? I use 4Elements Women's Power Surge to help manage stress, anxiety and symptoms of perimenopause (hello, mood swings! Where did you come from?). It has changed my life (and everyone's around me..) for the better!



ANGELA

Sliced Button or Crimini Mushrooms

I love mushrooms, and I'm busy. Enter: pre-sliced mushrooms. I can just grab a handful and throw them into whatever I am making or dump the whole thing and fry them in butter and garlic.

Kal Magnesium Glycinate 400

I take magnesium at bed to help with my restless leg, and this is the form that I've had the most success with. Only two tablets to hit 400 mg; it's the best value per dose. It works fast; but does not send me running to the bathroom.



Four Sigmatic Mushroom Coffee with Lion's Mane

At first I thought mushrooms in coffee was a terrible idea, but then I tried it. I cannot taste the



mushrooms because the coffee overpowers it. On top of that, after a few days of having a cup a day, I feel smarter, I can focus more, tasks don't feel as overwhelming. It's getting those juices flowing in ways I was not expecting! I highly recommend it.



CATE

Frontier Bulk Pizza Seasoning

I love the Bulk spice section of the Co-op. It smells lovely and is a super cost-effective way to buy spices. When I discovered the Pizza Seasoning from Frontier, I was immediately won over by the wonderful aroma...since then I have discovered many uses for this gem beyond just pizza! I've used it in all sorts of ways including stuffed peppers, soup and even scrambled eggs. Total game-changer!



PATRICK

Young Mountain Tea Nepali Golden Black Tea

I don't always drink black tea, but when I do it's Young Mountain's Golden Black for me. This organically and sustainably grown tea comes from cooperatives in Nepal and is a rich, smooth tea



with some hints of chocolate. As it is a full leaf loose tea, you can steep the leaves repeatedly and each time get not only a delicious cup of tea, but each steeping has a slightly different flavor profile. Great for curling up on the couch with a book in the cooler months!

Sno-Pac Frozen Veggies all kinds

When I need a frozen veggie, it's always Sno-Pac for me. The quality and "freshness" just seems to be a bit better than some others. Plus ALL Sno-Pac varieties are ALWAYS sourced from the U.S. Nothing from China or South America here. Another big-selling point for me is that, unlike their competitors (the ones outta Washington), their bags are recyclable in the city of Madison. That's huge these days!



MEGHAN

Siggi's Triple Cream Vanilla Yogurt

This triple cream yogurt is so decadent and delicious! It's a healthy treat that isn't too sweet. I love adding a few fresh berries to make it extra special!



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RYAN

Sahale Snacks Honey Almonds 1.5 oz

These are my new go-to snack! They're not overly sweet but still feel like a treat. The addition of dried cranberries add a great burst of flavor. Great to bring hiking or anywhere on-the-go.



TALON

Black Chia Seeds

This is a great energy-boosting food that packs a lot into a tiny package. Great for adding to smoothies or other concoctions like homemade seed crackers.



KELLY

Plainville Farms Honey Maple Uncured Ham

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



Quorn Chik'n Patties

These Quorn patties are easy to make and taste great alone or as a sandwich. I can just pop them in the toaster oven and they're done in 20 minutes. My kids love them with honey and I love to make them into a sandwich. Good source of protein and soy-free.



JOE

Silver Creek Venison Summer Sausage

Tastes great, and it doesn't get much more "Wisconsin" than venison!



Primal Kitchen Salad Dressings

Paleo/primal-friendly, made with healthier fats than most other brands, and tastes great! Honey Mustard is my favorite at the moment.

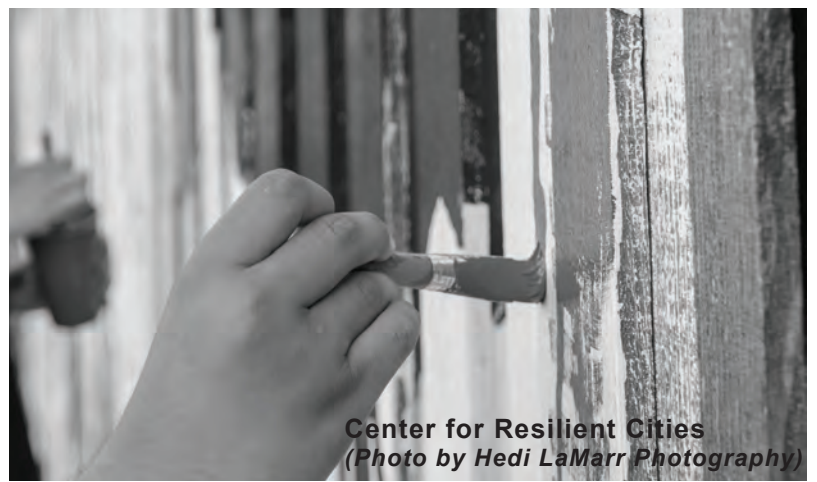


RITA

Cedar Teeth Cheesus Crust Pizza

This pizza is very simple but very tasty. The crust is crispy and has a really good rosemary taste. It reminds me of being a kid for some reason.

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Center for Resilient Cities
(Photo by Hedi LaMarr Photography)

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GSAFE (Photo by Cate Barry Photography)

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