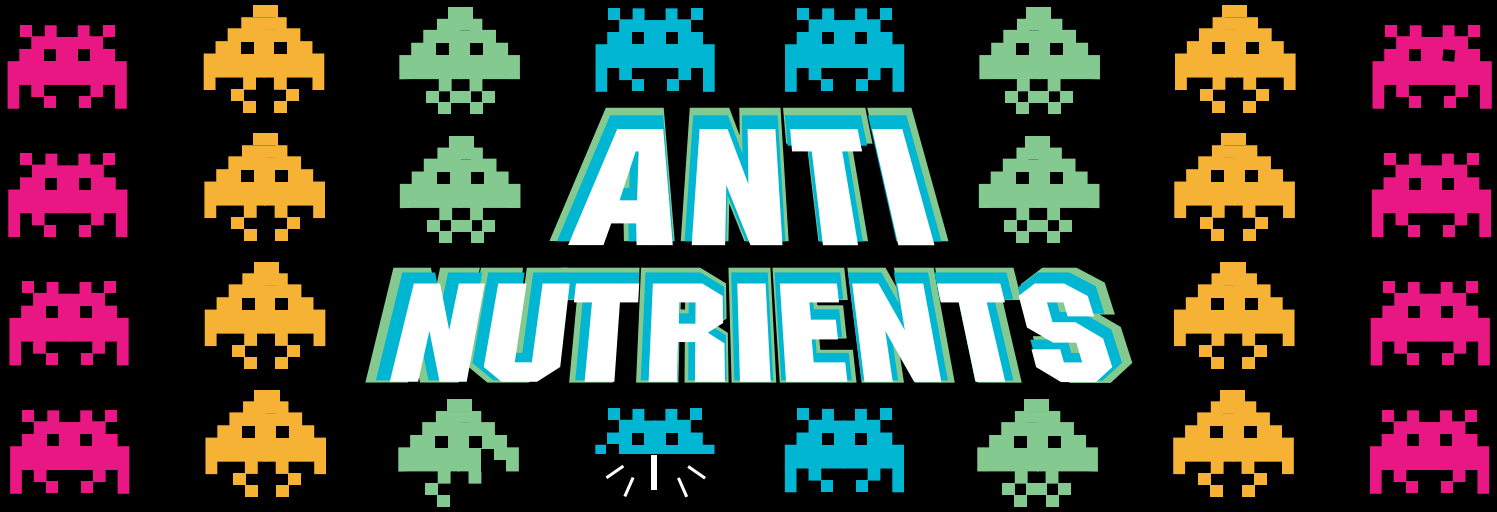


willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 47 • ISSUE 2 • FEBRUARY 2020



 **CREDIT: 99**

IN THIS ISSUE

Indian Spice Kits; The Big Share, Tea; 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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

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

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GENERAL MANAGER: a.firszt@willystreet.coop

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

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

BOARD MEETING SCHEDULE

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

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

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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!

FUNKY JAZZ

Q: Please don't make me listen to rap music. Something relaxing please. And the customer service desk should have control. The music is loud in the back. Funky jazz would be great.

A: Thanks for your comment! With the store music we are striving for representation and hope everyone is able to hear something they enjoy. While we use several different musical groupings, none of them are specific to rap, but some songs like that end up in the Funk or Groove groupings. I can see about lowering the volume at North. Thanks! -Eric Wehrheim, Brand Coordinator

AVOCADOS FROM MEXICO

Q: I am unable to purchase avocados at your store because they come from Mexico. Mexican avocados are run by drug cartels. www.latimes.com/world-nation/story/2019-11-20/mexico-cartel-violence-avocados. Thank you.

A: Thanks for reaching out! At this point in the season, Mexican avocados are the only avocados available to us. That said, I'm happy to say that our organic Mexican avocados are sourced from small farmer Co-ops in Michoacan, Mexico; they are Certified Fair Trade under the International Fair Trade mark; and their supply chain is overseen by Equal Exchange—a company that is dedicated to transparent, cooperative supply chains.

You can learn more about Equal Exchange avocados on their website. If you are interested in knowing that your avocados aren't contributing to violence and cartel activities, these are avocados that you can feel good about purchasing!

If you have any additional questions about our avocados, please ask! I can also put you in touch with the folks at Equal Exchange—they are always happy to answer questions about their supply chain. Best, Megan Minnick, Purchasing Director

PRIVATE COOKING CLASS

Q: Hi- I am working on planning a party and we are interested in a cooking class for an event. Do you have any options for hosting private group classes.

A: Thanks for thinking of Willy Street Co-op! We do offer private

group cooking classes for groups up to 15. The cost is \$200 for a 2-hour class + ~\$10/person for ingredients (this varies depending on the menu you select).

If you're interested in scheduling a class, please fill out the form at willystreet.coop/private-classes, and we can work out the details from there. Best regards, Liz Hawley, Education and Outreach Coordinator

WELCOMING PERGOLA

Q: During member appreciation week a nice welcoming pergola appeared in the produce section at Willie West that made the space very warm and inviting. It's gone now and my husband and I have asked why it was taken down—and were given two different answers. First my husband was told it was taken down because it was hard for shoppers to maneuver around... Because he didn't think that answer made any sense, we asked again when we were in today and were told it was only up for a special display during customer appreciation week. What's true? Also, please bring the pergola back! We loved how inviting it made the space, and now without it, walking into the produce section just looks kind of plain and cold and not as inviting. Thanks for listening!

A: Thanks for writing about the pergola—I'm so glad you liked it! I understand that it must have been confusing to get two separate lines of reasoning from staff at Willy West, but it turns out that both were mostly right.

The pergola was meant as a short term display method to highlight our "World's Largest Display of Fair Trade Produce" attempt. Our intent from the start was to only have it up during that display—basically the latter half of Owner Appreciation week. We liked it so much that there was some talk internally about keeping it up, but in the end we decided that it would be too much of a choke point for customer traffic, especially headed into the busy holiday months.

Again, I'm really glad you liked it. Myself and a few other staff members hatched the idea of a pergola, and honestly, we thought it might look a little crazy, but in the end it did really create a wonderful welcoming structure. Thanks again for writing! Best, Megan Minnick, Purchasing Director

READER DELIVERY

Q: I just received my November issue of the Reader. Yes, today is December 11! Is there some reason I can't receive this newsletter in the month that it is dated for?

A: I feel like the coop could do a little better than this!

A: Each issue of the newsletter is mailed out on the same day every month (targeted to reach mailboxes the 1st of the publication month). It hasn't varied in the 20 years I've been doing it. They are sent bulk mail,

which can sometimes take more time outside of the Madison area. If you are having trouble getting mail on time, I would contact your local post office and file a complaint. Once we send them to the post office, it is in their hands. Thanks for writing! -Liz Wermerantz, Editor

CHECK OUT GREETINGS

Q: Hi there! I just wanted to leave a note about check out greetings. I was speaking with a friend who has checked out several times at Willy North and has been asked "What is your owner number?" or "Owner number?" right after a person of color has checked out in front of her and been asked "Are you a member?" first instead of just "What is your owner number?" to begin with. I think this stands out to her because she is not a member, so the assumption is always incorrect. Even though the difference is small I was hoping it could be standardized to have cashiers ask everyone if they are members first and then ask for a number in order to reduce the implicit construction of racial biases in people's minds about who is and who is not a member of the co-op. It's totally possible this policy already exists but in any case I wanted to underline its importance! Thank you so much!

A: Thank you so much for the message and for bringing this to our attention. It is absolutely important that we be reminded of implicit biases, and make sure all staff are aware. We do not currently have a policy on whether or not staff ask a customer for an Owner number or if they have an Owner number. I personally switched to only asking customers if they have an Owner number with us awhile back. I never want to make anyone feel like they have to be an Owner to shop, all are welcome. We often get Owners shopping at the Co-op daily, in this case, cashiers are likely to ask, "What's your Owner number?" If a cashier is not certain that a customer is an Owner, we agree with your message, and will train staff to ask if the shopper has an Owner number with us. Thank you so much for writing to us. All the best, Stacy Iruk, Front End Manager—North

FRESH VS. FROZEN

Q: Hi, I just wanted to let you know that the fresh Ferndale Turkey that I purchased for Thanksgiving was partially frozen. There was ice in the cavity and the innards were still frozen. The flesh of the turkey was not the creamy white color that I am used to when purchasing a fresh turkey but had the pink hue of a thawed turkey.

A: The fresh sticker was on the wrapper and it was my understanding that 'fresh' means never frozen. I am disappointed that I did not get the fresh turkey and wonder if anyone else had this experience. Just

thought you ought to know.

A: Thank you for taking the time to write. I'm sorry you had this experience, I understand how the bird feeling frozen while it says it is fresh can be confusing, and if you are not satisfied with the turkey we can refund your purchase. This issue comes up at least once or twice a year because admittedly the turkeys do feel frozen but according to the U.S. Department of Agriculture, which regulates these terms, the definition of "fresh" means it has never gone below 26 degrees.

So even a bird labeled "fresh," and one that will give a bit to thumb pressure, could have an icy interior, that doesn't mean the bird is frozen. It just means that the liquids coming off the bird have been frozen. There is a good reason for this. Fresh turkey is not something that is sold year-round. The only way to supply the millions of people who want to buy a fresh turkey and have them all last until Thanksgiving is to chill them to below 32 degrees. This happens with every brand of fresh turkey I have ever worked with. I will pass this comment on to Ferndale to let them know about your experience. If you have any other questions please feel free to reach out to me directly. -Jeremy Johnson, Meat & Specialty Category Manager

WONDERFUL CASHIERS

Q: Willy St. Co-op cashiers are wonderful people. They are consistently present, consistently kind, and they make extended eye-contact—almost every one, almost every time. There is no robotic "have a great day," rushing to the next transaction. They are people maintaining authenticity in a professional, consumer environment. Right on Willy St. I see you.

A: Thank you so very much for sharing your great experiences with us. It means a lot to hear from you about the excellent customer service that our cashiers are giving. Our Front End Managers do a very thorough training and really like to focus on giving the best customer service that they can give. We look forward to seeing you in the store soon and have a beautiful day! -Amanda Ikens, Owner Resources Coordinator—East

TIPI BULK CARROTS

Q: I just want to pass a positive compliment about the bulk carrots we stock, currently from Tipi in Evansville. They're so nice, and as a chef, I really appreciate being able to select those best suited to what I'm preparing, AND get carrots none of which are cracked. KUDOS!

A: Thanks for the kind words! I agree they are a far superior carrot in my book also. I have passed your positive feedback onto the produce manager and shared it with the staff. We hope this message finds you well and happy holidays! -Amanda Ikens, Owner Resources Coordinator—East

GENERAL MANAGER'S REPORT

Collective Bargaining; Bylaws; and More!



by Anya Firszt, General Manager

HELLO FEBRUARY

Welcome February 2020, the shortest month of the year, and some might say the sweetest. This year, February has one more day than usual, making this a leap year. This extra day comes around every four years; what will you do?

This month, like every month at the Co-op, is a busy one. February has two events that some people celebrate, which are the Super Bowl and Valentine's Day. If you observe either or both, Co-op staff have been busy ordering up on tasty cheeses (vegan options too), decadent dark chocolates, dip fixin's, and sparkling wines and juices to help you with the festivities. We will also have good-smelling lotions, oils, and candles for giving or simply enjoying yourself! Cheers!

Wellness Wednesday, February 5, is Owners' next chance to save 10% on any of your Wellness products.

This month, on the operations side of business, we will finish the repairs at the Production Kitchen that were started at the end of last month. You may have noticed some of the new products we brought in to keep our Deli and Bakery shelves stocked while our Kitchen was closed. We'd love to hear your feedback about what products you missed and what temporary replacements should be added permanently! You can let us know via comment boxes in the Deli or at willystreet.coop/contact-us.

We will also begin planning in earnest for the Annual Meeting & Party (AMP), which is scheduled for July 9, and the budgeting process for next fiscal year.

Two other items on this month's agenda include collective bargaining and the Willy Street Co-op Bylaw listening sessions; read more below.

COLLECTIVE BARGAINING NEGOTIATIONS

Collective bargaining continues to produce fruitful discussions between the Union and Co-op management, and each meeting moves us closer to a final contract. I am pleased to announce that we have reached a temporary agreement on the attendance policy. We have 30 days from the signing of the temporary agreement to implement, on or before February 15, 2020. This new policy will remain in effect until the full contract with the Union is negotiated, and the language will be incorporated into the final contract.

There are bargaining sessions scheduled throughout this month, and likely into next.

WILLY STREET CO-OP BYLAWS

As an Owner of the Co-op, you not only have the right to vote on any changes made to our Bylaws, it's your responsibility. At the beginning of this fiscal year, the Board asked their Policy Committee to review the current Bylaws, and proposed changes. The Board then reviewed and finalized those proposed changes for you to consider. These proposed changes were shared in last month's *Reader* and you were invited to offer input.

Additionally, the Board also decided to host several Owner Bylaw Listening Sessions, six in total, with two more sessions scheduled for this month; February 8 from 10:30am-12:00pm at Goodwill, next to Willy North, and February 12 from 6:00pm-7:30pm at Willy West.

If you are unable to attend one of the remaining sessions, please take a moment to send your comments/concerns to us at www.willystreet.coop/contact-us. Your feedback is encouraged and will be used to determine if any additional changes will be made to the proposed language before Owners are asked to vote on them this coming summer.

DISASTER RELIEF: GLOBALGIVING

Through February 15, we will be collecting donations at the registers for GlobalGiving. All money collected will be split between relief efforts for the Australian fires and the Puerto Rican

earthquakes. If you're interested in donating, please let your cashier know how much to add to your receipt.

What will you do with your extra day this month? Relax, volunteer, walk on the lake, celebrate with friends? Whatever you do, make the most of it!

BOARD REPORT

Union; Customer Surveys; and More!



by Ann Hoyt, Board Vice President

IMPORTANT! OWNER INPUT REQUESTED!

We admit it. It's hard to get most people excited about bylaws and even harder to get them excited about bylaw revisions. Even so, bylaws are crucially important in cooperatives. They are the Owners' directions to the Board about how they want their investments in the Co-op to be used. They speak to fundamental issues in the Co-op, like what is our purpose, what work environment we want for our employees, what are their Owner rights and responsibilities, and who can serve on the Board of Directors and how they are elected. As we reported last month, the Co-op is engaged in a significant effort to update and revise the bylaws. Suggestions for revisions appeared in the January 2020 issue of the *Reader* and are available online at www.willystreet.coop/images/Reader/2020/bylaws-final.pdf. In January the Board held four listening sessions for Owners to learn about and comment on the revisions. But it's not too late! You can still learn and comment at two sessions scheduled for early February. These are scheduled for:

- Goodwill Community Room (next to Willy North): February 8, 2020; 10:30am-12:00pm
- Willy West: February 12, 2020; 6:00pm-7:30pm

REFLECTIONS ON THE UNION

We are all pleased that management and the union have reached agreement on a revised attendance policy. From the beginning when the

staff held the vote to unionize and then voted in favor of the union, the Board has supported their right to union representation if they choose it. We appreciate the many Owners who have written to us expressing their support for the staff and the union and want to assure staff and Owners that we have been learning how our role may change regarding staff. Note that the proposed change to Bylaw 2.2.3 reads that the Co-op [through its directors] shall strive to "Maintain the business in an open, sustainable manner that respects employees' rights to a humane work environment their contributions to the organization's business and community growth."

CUSTOMER SURVEYS

One way the Board learns what is important to our customers is through customer surveys. As many of you know, we often ask you short questions about your shopping experience when you check out at one of our stores. In addition, in May we publish a longer Customer Survey in the *Reader*. The Board is currently working on the questions that will be included in the 2020 survey. Look for it in the May *Reader*. It is one of the best ways that you can let the Board know what's important to you about your Co-op.

FEBRUARY BOARD MEETING

Please note: the Board will not hold a regular meeting in February. Instead we will be participating in a retreat to help prepare us for strategic planning. We expect to be learning about the future of the grocery industry both nationally and locally, thinking about how we do strategic planning and improving our generative thinking skills.



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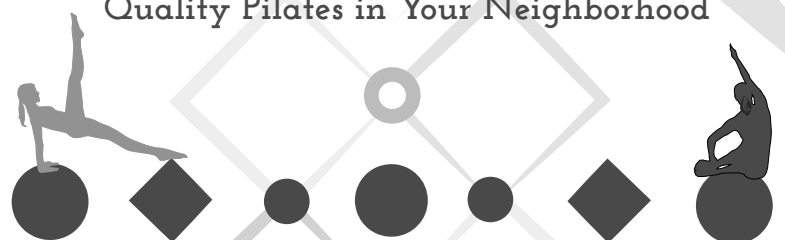
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Community Room Class Calendar

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.



COOKING

COOKING WITH CHEF PAUL: FONDUE AND SHABU-SHABU

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

Join Paul and experience this collision of culinary cultures! Both Fondue and Shabu-Shabu are both hotpot dishes that are quick and easy to make—both use cheese and the other stock. It's a great way to entertain by gathering your friends and family around the hotpot on a cold winter day.

DIY

HOME CREAMERY: FETA AND RICOTTA

Location: Willy East Community Room
Wednesday, February 19, 6:00pm–8:00pm
Ages: 10 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$35 for Owners; \$45 for non-owners

Feta and ricotta are two styles of cheese that can easily be crafted in the home kitchen. Linda will discuss the best milk choices for making cheese at home, and then delve into a hands-on experience making cheese. Samples will be provided, and you will take home cheese, as well as recipes for making cheese and for incorporating it into other recipes. Vegetarian, gluten-free, and grain-free.

HOME CREAMERY: LET'S MAKE CHEESE CURDS AND FARMER CHEESE!

Location: Willy East Community Room
Wednesday, March 4, 6:00pm–8:00pm
Ages: 10 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$35 for Owners; \$45 for non-owners

Learn how simple it is to make cheese curds in your own kitchen! You will learn about the cheese-making process, and then dive in to make the best cheese curds you have ever tasted. Linda will also teach the class to press the curds to make a simple farmer cheese. Participants will take home samples of cheese curds made in class, as well as recipes to make more at home. Vegetarian, gluten-free, and grain-free.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room
Thursday, February 27, 6:00pm–8:00pm

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Willy East
Thursday, February 20, 9:00am–1:00pm
Thursday, March 19, 9:00am–1:00pm
Location: Willy North
Thursday, February 6, 10:00am–2:00pm
Thursday, March 5, 10:00am–2:00pm
Location: Willy West
Friday, February 14, 9:00am–12:00pm
Friday, March 13, 9:00am–12:00pm

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

Location: Willy West Community Room
Thursday, March 12, 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.

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

Location: Lakeview Library
Tuesday, March 24, 5:00pm–7:00pm
Ages: 10 and older; adult supervision required
Instructor: Linda Conroy
Fee: Free; register at www.madisonpubliclibrary.org/events

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



FAMILY

COOKING TOGETHER: FLAVORS OF LOUISIANA

Location: Willy East Community Room
Friday, February 14, 5:30pm–6:45pm
Ages: 5 and older; registration for adults and kids required
Instructor: Lily Kilfoy
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this family cooking class and learn about different foods and where they come from, how to follow recipes, and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a marvelous meal inspired by the flavors of Louisiana—the melting pot state. Savory hush puppies, gumbo, jambalaya, and festive king cake cupcakes will be explored. Vegetarian.

COOKING TOGETHER: FLAVORS OF IRELAND

Location: Willy West Community Room
Friday, March 6, 5:30pm–6:45pm
Ages: 5 and older; registration for adults and kids required
Instructor: Lily Kilfoy
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on family cooking class. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a satisfying supper inspired by the flavors of Ireland. Savory hand pies, Irish lentil stew, traditional colcannon, soda bread, and more will be explored. Vegetarian.



KIDS IN THE KITCHEN: OODLES OF NOODLES!

Location: Willy East Community Room
Tuesday, February 4, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required

Location: Willy West Community Room
Tuesday, February 11, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
Wednesday, February 12, 2:15pm–5:30pm
Tuesday, March 10, 2:15pm–5:30pm
Location: Willy West Community Room
Tuesday, February 18, 2:15pm–5:30pm
Wednesday, March 18, 2:15pm–5:30pm

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

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Almost everyone loves noodles, and in this class participants will collaborate to create a mouthwatering meal that highlights this fantastic food. Macaroni, penne, spaghetti, and farfalle are some of the fun shapes of noodles that we'll investigate. Vegetarian and nut-free.

KIDS IN THE KITCHEN: RAD RED FOODS!

Location: Willy West Community Room

Friday, February 7, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Red grapes, cherries, cranberries, raspberries, pomegranate and more—what do these fantastic fruits all have in common? They're all really red! In this class, kids will work together and make multiple recipes using radical red fruits. Vegetarian and nut-free.

KIDS IN THE KITCHEN: MARVELOUS MUFFINS!

Location: Willy West Community Room

Tuesday, March 10, 4:30pm–5:30pm

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

Location: Willy East Community Room

Tuesday, March 17, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on kids cooking class. It's March; spring may be around the corner yet the weather is still crisp. What better way to cope with the continuous cold than to whip up multiple muffin recipes! Blueberry, lemon poppy seed, or pumpkin perhaps—what's your preferred flavor? Vegetarian and nut-free.

KIDS IN THE KITCHEN: PERFECT PANINI!

Location: Willy East Community Room

Friday, March 13, 4:30pm–5:30pm

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

Location: Willy West Community Room

Friday, March 27, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join Chef Lily in this cooking class for kids. A panini is a pressed and grilled

sandwich, cooked until the bread is toasty and fillings are hot. Lily loves her own recipe with pesto, sun-dried tomato, and mozzarella or another with Colby cheese, avocado, and sweet roasted peppers. What creative combination will you come up with? In this class participants will prepare their own perfect panini. Vegetarian and nut-free.



VITAMIN D AND SUNLIGHT FOR VITALITY AND LONGEVITY

Location: Willy East Community Room

Wednesday, March 11, 6:00pm–7:00pm

Location: Willy West Community Room

Thursday, March 19, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; walk-ins welcome

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

LEAKY GUT: NATURAL SOLUTIONS

Location: Lakeview Library

Tuesday, February 11, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

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

Do you have aches, pains and swelling throughout the body? Increasing frequency of food reactions? Or frequent bloating after meals? Studies are showing that leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and autoimmunity. We can help! Join Katy Wallace, Traditional Naturopath, to discuss natural approaches that work.



MUSHROOMS IN THE KITCHEN AND APOTHECARY

Location: Willy West Community Room

Monday, March 23, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$32 for Owners; \$42 for non-owners

Learn about the healing value of mushrooms as well as how to prepare them for optimal nourishment and healing. Samples will be provided and you will leave with a mushroom tonic made in class. Recipes and all supplies provided. Vegetarian, gluten-free, and grain-free.

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WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

They build a local movement for social and environmental justice.

Your gifts support Community Shares of Wisconsin (CSW) and its 70 member nonprofits.



Photo: Dane County TimeBank

Dane County TimeBank (DCTB) connects people in sharing their time and talents to meet the needs of our communities. Recently, DCTB became a core partner in and launched the Mutual Aid Workspace, a new coworking and collaboration space at the Social Justice Center. Another example of how these connections are rooted in social justice is their new pilot program at LaFollette High School that is designed to show LHS staff support and appreciation for the value they bring to our city community.

Common Wealth Development (CWD) core programs focus on affordable housing, small businesses, and workforce development. Willy Street Fair, business incubator space, a tool lending library, youth business mentoring programs, and Yahara River View Apartments are just a few of the many ways CWD helps grow and sustain our vibrant community. We salute Common Wealth Development! Since 1979 they have addressed affordable housing, provided business incubation, and have been a leader in innovative community development in Madison.



Photo: Common Wealth Development



Photo: Tenant Resource Center

As a local leader in the housing justice movement in Wisconsin, **Tenant Resource Center (TRC)** is on the forefront of promoting positive relationships between renters and landlords. They offer services statewide, and they have specific services for UW Madison Students on campus. TRC has worked for years to help families overcome the economic struggle to pay their evictions. They host mini fundraisers, raise awareness of the need, provide referrals, and mediation; these tools may seem easy to access, but in the time of crisis for a family, TRC is an invaluable resource in our community.

CHIP gifts are 1% of your bill, or 10 cents on a \$10 purchase.

Thank you!

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Co-op Preschool Openings Available!



Our play-based, part-time, mixed-age, preschool has immediate openings in morning and afternoon classes.

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THIS MONTH'S WELLNESS WEDNESDAY IS FEBRUARY 5

Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!

29 Favorite Things



by **Angela Pohlman,**
General Merchandise
Category
Manager

It's a Leap Year! This February has 29 days this year; the next one is 2024. I was born on the 29th, after 25 hours of labor, sorry Mom... I am one of only 187,000 Leaplings in the U.S., and the only one (as of this writing) working at the Co-op! How

many Leaplings do you know? I was often the only one in my classes, but in high school there were a few of us in my graduating class. I forgot how special it was until I moved to Wisconsin.

WHAT THE HANK IS A LEAP YEAR?

We say that a year has 365 days, but really it is more like 365.2422 days. So, after some trial and error, Caesar added a leap day to compensate for that extra time, then Pope Gregory XIII replaced it with a calendar that we still use today. I don't pretend to fully understand how this all works, I just do what the calendar tells me.

I am sometimes the only Leapling folks have met. It can be

pretty amusing to see how excited people are when they find out. The biggest question I get is when do I celebrate my birthday? I claim Feb 28th: I like to keep it within February, but legally that doesn't always work. For example, when I turned 21 earth years, I legally could not make an alcohol purchase until March 1st. This year I get a real birthday and will be 10 years old! That is nearly middle aged for a Leapling.

Here are other questions I get: Do you celebrate every year? Yeah, I still recognize when an Earth year passes. Do I have a big party when my birthday comes around? Not always, but I will surely try this year. My only regret is when I realized I could have had a 9 3/4 themed birthday in 2019! Any issues with your birthday in official paperwork? Sometimes, especially when filling out forms online, I often get the "invalid date" bounceback. Any famous Leaplings? I didn't know of any before I googled it, but notably Pedro Zamora, Ja Rule, Saul Williams, Dinah Shore, Peter Scanavino, Sugar Sammy, Superman—tons more, these are just folks whose names I recognized.

Even if you cannot celebrate a birthday on the 29th this year, everyone has an extra day! On a Saturday! How will you spend your time?

29 FAVORITE THINGS

To celebrate with my favorite Owners, I'll share a list of my favorite 29 things at the Co-op, in no particular order. This list is not all inclusive and can change at any moment :)

- Amazing Grass Strawberry Watermelon Effervescent Greens tabs:** Yummy, hydrating, and I get a little greens. Wins!
- Willow Creek Bacon:** Need I say more?
- Stasher bags:** all sizes! We're nuts about these at our house.
- Evo Hemp Protein Bars:** all flavors! Great pick-me-up in the middle of the day!
- Nutrigold Triple Strength Fish Oil:** No burps, high potency.
- Pink Lady Apples:** yums.
- Artichokes:** mostly an excuse to eat a lot of butter.
- Kalona Super Natural 4% Cottage Cheese:** There's no comparison, this is the best.
- Broccoli:** Seriously. #1 veggie.
- Kal Magnesium Glycinate:** No laxative effect!
- Four Sigmatic Mushroom Coffee with Lion's Mane:** Keeps me sharp.
- Mushrooms:** Any really: button, crimini, portobello.
- Enzymedica Digest Gold:** Eases the effects of food I shouldn't be eating...
- Functional Remedies CBD Capsules:** CBD butter in a capsule!
- Mount Hagen Instant Fair Trade Coffee:** My lifeline on mornings when I am too weak to make it properly.
- Ripple Creamer:** Dairy-free and actually creams!
- Halo Top Ice Cream:** Guilt-free indulgence
- Reign Energy drinks:** Some times you need a little more than coffee...
- Amy's Frozen Bowls:** Easy office meal!
- Nature's Path Grain-Free Maple Pecan Granola:** Full of nuts, and nuts are the best.
- Tamaleria el Poblano Tamales:** So, so good.
- DreamFarm Goat Cheese:** Super seasonal, but so worth it!
- LaClare Family Creamery Whole Goat Milk:** Yummy, creamy, and not goaty!
- Hook's 10-Year Cheddar:** Cheddar is my favorite cheese—period—and this one is pretty exceptional.
- Acure Volumizing Shampoo & Conditioner:** Gives life to the otherwise dead mass on my head.
- Siggi's Triple Cream Lemon Yogurt:** Love the sugar-to-protein ratio!
- NorthStar Bison:** Burgers, tacos, whatever! So good.
- Simple Soyman Herbed Tofu:** Toast some bread, smear some mayo, sliced tomatoes, thick slices of this tofu: you're welcome.
- Oral Essentials Sensitive Toothpaste:** Actually reduces my sensitive tooth pain!

Are you a Co-op shopper and a Leapling? What are your favorite products?

TASTE OF THE CO-OP

@ Madison Family Fest
(formerly the Natural Family Expo)

Sunday, March 22
10 A.M. TO 4 P.M.
at Monona Terrace

Enjoy samples from a variety of Co-op vendors, activities, classes, giveaways, and more!

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PRODUCER PROFILE

Masala Mojo & Flavor Temptations INDIAN SPICE KITS



by Megan Minnick, Purchasing Director

For people who immigrate to this country, food can be one of the most tangible connections to home. This is true of both of our locally based Indian spice kit vendors: Masala Mojo and Flavor Temptations. The entrepreneurs who started these companies feel a strong connection to the food that they grew up cooking in India, and lucky for us, they both started successful local businesses dedicated to sharing the cuisine that they love with the rest of us in their new home.

MASALA MOJO

Neeraj Kulkarni, owner of Masala Mojo, grew up in India, but has made Madison her home for the past 20 years. Here's what she told me about her upbringing in India, and the genesis of her spice kit business.

"My upbringing in India merged traditional Indian values with modern sentiments. Growing up, when my mother saw I was whiling away my time watching TV or doing nothing, she would call me in the kitchen to help her out. It was just a part of my life to be in the kitchen with her: watching her cook, following the little tips when grinding wet or dry spices, adding the right amount of water to the curry at the right temperature, and most importantly listening to her words of wisdom about balancing being an independent woman yet not losing traditions."

"It is with these values that I completed my education in engineering in India and am now a passionate cook, mom, a small business owner, and an IT Professional."

"Having lived in Madison for two decades, while I feel welcome and assimilated in the American culture, there is some part of me that is still connected to my roots in India. This connection is mostly shown through the food on the table in my home. Following the true American spirit, I have shared my culture with friends and neighbors, and food has always been a part of that sharing. This sharing has made me aware that there is a large part of our community that likes to experience Indian cuisine, not just by getting ready-made Indian food, but also by wanting to cook fresh and authentic Indian food at home."

Neeraj hand toasts the spices used in her spice kits, and uses the exact same recipes that her mom taught her in India when she was a child. You can find four Masala Mojo kits on the shelves at all three of our stores: Vegetable Curry & Cumin Rice; Vegetable Sauté & Cumin

Rice; Spinach Daal & Cumin Rice; and Chicken Curry & Cumin Rice.

FLAVOR TEMPTATIONS

In 1993, co-owners Sara and Partha Parthasarathy immigrated from India with their 9-year-old son and just six suitcases containing their worldly belongings. They arrived on Christmas Day—leaping from 80 degree warmth to a -5 Wisconsin day. According to Sara:

"Like most parents we wanted to send our son, Gautam, off to school with what he needed for success, along with something from home. Sara created a spice box—common in Indian culture—that contained the spices used most often at home. When Gautam tried cooking, he had difficulty getting the delicate balance of spices and sequence of steps to prepare a meal. Gautam did not understand what good cooks know from experience—that measuring, smelling, and tasting are all part of creating a meal. This experience sparked the idea to create pre-measured organic Indian flavor packs that contain Sara's Mom's recipe to help someone new to cooking, or the experienced cook, have success creating meals from India. Now, not only can Gautam learn from Grandma, so can others!"

Flavor Temptations' mission is to help customers cook and eat healthy, home-cooked, flavorful meals. They use all organic spices, and even donate a portion of their proceeds to help fight hunger in America. Look for three spice kits at all Willy Street Co-op locations: Chana Masala, Curried Potatoes, and Chicken Tikka Masala.

SO HOW DO THESE SPICE KITS WORK?

I wanted to find out, and so I tried out the Chicken Tikka Masala kit from Flavor Temptations as well as the Spinach Daal & Cumin Rice kit from Masala Mojo.

I'm happy to report that these dishes ended up being just as delicious as I imagined they would be. The authentic spices and cooking techniques brought a whole new dimension of flavors and aromas to my home cooking. One word of caution: these are not the kind of meal kits that save time, either in cooking or shopping. They contain only the necessary spices and instructions—all other ingredients must be purchased separately. Preparing the

two kits took me a good 2 1/2 hours, but that's okay in my book because sometimes good food just takes time.

I was especially happy that unlike at a restaurant, I was able to choose my own organic and whole grain ingredients—including brown rice.

The finished daal was amazing. It used ingredients previously unknown to



The ingredients used for the Spinach Daal and Cumin Rice kit.



The finished Daal.



The ingredients used in the Chicken Tikki Masala from Flavor Temptations.



The finished Chicken Tikki Masala.

me like dried mango powder, and jaggery, and the combination was the most aromatic, warming, and satisfying thing imaginable.

This is one of my go-to dishes at Indian restaurants and I was somewhat dubious that I would be able to duplicate it at home. I'm happy to say that not only was it as good as any restaurant, it was better! I'll be making this again!

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ACURE

Coconut & Argan Shampoo Bar

You may become a one-product shower taker with this bar. Moisturizing coconut and argan are combined to give your hair and body a luscious cleansing. Plastic-free! Available at East, West, and North.



MRS. BEASTER'S BISKITS

CBD Dog Treats

Local pet treat maker Mrs. Beaster's Biskits partnered with Wisconsin Hemp Scientific, LLC to formulate the CBD for a new doggie treat. The full spectrum CBD comes entirely from Wisconsin hemp and—at 15 mg per treat—are a higher dose than other CBD treats on

the market, making them more effective. They are nestled in one of their classic flavors, Peanut Berry Blasters, as that flavor in particular masks the taste of CBD the best. Only the finest ingredients: oats, brown rice, CBD oil, peanuts, strawberries, raspberries, and blueberries. Mrs. Beaster's also grows organic produce and uses it in all their treats. They also hire adults with cognitive disabilities, and donate 100% of their profits to dogs and humans with special needs. These CBD treats are available at East, West, and North.



SMOKING GOOSE

Charcuterie

All Smoking Goose recipes begin on the farm. Using old-world craft and new world flavors, Smoking Goose makes a variety of slow-cured and smoked meats, salumi, and sausages in small batches. The Smoking Goose gang still butchers by hand and cures without compound nitrates. Available at East, West, and North. Selections may vary by store.

AVAILABLE AT WILLY EAST

Oral Essentials Whitening Strips
 Mason Tops Pickle Pipe Fermentation Airlocks: Regular or Widemouth
 Weleda Skin Food Body Butter
 Desert Essence Hand Sanitizer with Probiotics
 Aleia's Gluten-Free Croutons: Classic, Parmesan
 Bulk Roasted and Salted Soy Nuts
 Bulk Organic Jelly Beans
 Bulk Dark Chocolate Covered Ginger
 Bulk Sliced Almonds
 Bulk Antioxidant Trail Mix
 Bulk Organic Multi-Color Popcorn
 Butler Soy Curls
 Better Than Bouillon Turkey Base

AVAILABLE AT WILLY NORTH

Oral Essentials Whitening Strips
 Mason Tops Pickle Pipe Fermentation Airlocks: Regular or Widemouth
 Weleda Skin Food Body Butter
 Desert Essence Hand Sanitizer with Probiotics
 BioChem Whey Protein Isolates
 Amazing Grass Amazing Protein Glow: Plant-based collagen support
 Aleia's Gluten-Free Croutons: Classic, Parmesan
 Equal Exchange Palestinian Medjool Dates
 Bare Fuji & Red Organic Apple Chips
 Kevita Blackberry Hops Master Brew Kombucha
 Perfect Snacks Refrigerated Peanut Butter Cups: Milk Chocolate, Dark Chocolate, Dark Chocolate Coconut
 Reign Total Body Fuel Energy Drinks
 Bibigo Korean BBQ Sauce
 Bibigo Spicy Korean BBQ Sauce
 Bibigo Gochujang Hot Sauce
 Pacific Low Sodium Roasted Red Pepper and Tomato Soup
 Gardein Frozen Breakfast Bowls: Meatless Saus'age Kale, Stea'k & E'ggs, Southwest Saus'age & Veggie
 Canyon Bakehouse Gluten-Free English Muffins
 Woodstock Frozen Organic Broccoli Rabe

AVAILABLE AT WILLY WEST

Oral Essentials Whitening Strips
 Mason Tops Pickle Pipe Fermentation Airlocks: Regular or Widemouth
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 Late July Organic Restaurant-Style Tortilla Chips: Sea Salt, Sea Salt & Lime, Chia & Quinoa
 Amy's Organic Black Bean Veggie Burgers
 Blake's Turkey Shepherd's Pie
 Caulipower Turkey Pepperoni Pizza
 Field Day Classic Mild Cheddar Macaroni & Cheese Dinner
 Tasty Bite Organic Brown Rice with Quinoa & Lentils
 Tasty Bite Organic Couscous & Quinoa
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 Back to Nature Mini Vanilla Wafers Multi-Pack

coop™ deals

FEBRUARY

Health & Wellness co-op deals: February 5-18

This month's
Wellness
Wednesday is
on February 5.





Nordic
Naturals
**Ultimate
Omega**
60 sg • Save \$8
\$19.99/tx



Jason
**PowerSmile or Sea
Fresh Toothpastes**
6 oz • Save \$1.50
\$3.49/tx

Seventh Generation **Hand Soap**

All Kinds on Sale!
12 fl oz • Save \$1.80

\$2.99/tx



Salvation CBD **CBD Bath Salts**

All Kinds on Sale!
4 oz • Save \$1.50

\$6.49/tx



Klean Kanteen **TK Wide 16oz**

All Colors on Sale!
1 ea • Save \$9.96

\$19.99/tx



Orgain **Plant-Based Protein Powders**

Vanilla, Chocolate
2.03 lb • Save \$12

\$29.99/tx



Aura Cacia or Pranarom **All Single-Note Essential Oils!**

at least
20% off



Natural Factors **CoEnzyme Q10**

100 mg
60 sg • Save \$4

\$15.99/tx



Mineral Fusion **All Cosmetics**

(excludes Nail Polish)

at least
20% off



Gaia **Turmeric Supreme Extra Strength**

60 cap • Save \$20

\$19.99/tx



co-op deals: February 19-March 3



Herban Cowboy **Body Wash**

All Kinds on Sale!
18 fl oz • Save \$2.50

\$5.99/tx



Desert Essence **Jojoba Oil**

4 fl oz • Save \$3

\$9.99/tx



Evo Hemp **Hemp Extract Tincture**

500 mg Bottle!
1 fl oz • Save \$5

\$19.99/tx



EveryDay Shea **Fair Trade Shea Butter**

11 oz • Save \$3

\$8.99/tx



Mrs. Meyer's **Hand Soap**

All Kinds on sale!
12.5 fl oz • Save \$1.50

\$3.99/tx



Andalou **Body Lotion**

All Kinds on Sale!
8 fl oz • Save \$4.30

\$4.99/tx



Schmidt's **Original Deodorants**

All Kinds (except Charcoal Magnesium)
on Sale!

3.25 oz • Save \$1

\$6.99/tx



Nature's Way **UMCKA ColdCare Syrup**

All Kinds on Sale!
4 fl oz • Save \$2

\$12.99/tx



Shikai **Borage Hand Cream**

Fragrance-Free

2.5 fl oz • Save \$3

\$4.99/tx



Country Life **Maxi Collagen Powder**

7.5 oz • Save \$4

\$15.99/tx



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co-op deals: February 5-18



Muir Glen Organic Tomatoes

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

2 for \$4



Mike's Mighty Good Ramen Cup

All Kinds on Sale!
1.6-1.9 oz • Save 64¢

\$1.65



Amy's Frozen Pizzas

All Kinds on Sale!
11-14 oz • Save \$1.80-\$2.80

\$5.99



Terra Chips Vegetable Chips

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

2 for \$5



Woodstock Farms Organic Kosher Dill Pickles

All Kinds on Sale!
24 oz • Save \$1

\$4.99



Mary's Gone Crackers Organic Super Seed Crackers

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

\$3.99



A2 Milk

Whole, 2%
59 fl oz • Save 70¢

\$3.29



Tasty Bite Indian Entrées

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

2 for \$5



Upton's Seitan

All Kinds on Sale!
8 oz • Save \$1

\$2.99



Ripple Foods Plant-Based Milk

Original, Unsweetened
48 fl oz • Save \$1

\$3.29



KIND Bar

All Kinds on Sale!
1.4 oz • Save 99¢

\$1.00



ECOs Dishmate Liquid Dish Soap

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

\$2.79/tx



Newman's Own Newman-Os Cookies

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

2 for \$5



Ben & Jerry's Dairy Ice Cream

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

\$4.49



Wilde Chicken Chips

All Kinds on Sale!
2.25 oz • Save \$1

\$3.99



Chocolove Chocolate Bars

All Kinds on Sale!
2.9-3.5oz • Save 98¢/2

2 for \$5/tx



Sambazon Acai Amazon Energy Drink

12 fl oz • Save 98¢/2

2 for \$4



Noosa Australian-Style Yoghurt

All Kinds on Sale!
8 oz • Save 64¢

\$1.65



Garden of Eatin' Tortilla Chips

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

\$3.50



Primal Kitchen Salad Dressings and Vinaigrettes

All Kinds on Sale!
8 fl oz • Save \$1.50

\$4.99



Crofter's Premium Organic Fruit Spread

All Kinds on Sale!
10 oz • Save \$1.20

\$2.79



Field Day Organic Canned Beans

All Kinds on Sale!
15 oz • Save 20¢

\$1.29



Divine Chocolate Bars

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

2 for \$5/tx



Imagine Organic Broth

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

2 for \$6



The specials on this page are valid February 5-18

All Specials Subject to Availability. Sales Quantities Limited.

FEBRUARY

co-op deals: February 19-March 3



Once Again Almond Butter

Crunchy, Smooth
16 oz • Save \$3

\$8.99



Drew's Organic Salad Dressings

All Kinds on Sale!
12 oz • Save 80¢

\$3.49



Endangered Species Chocolate Bars

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

2 for \$4^{/tx}



Kettle Potato Chips

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

2 for \$4



Natural Sea Wild Albacore Tuna

With Salt, No Salt Added
5 oz • Save \$3.58/2

2 for \$5



Maya Kaimal Simmer Sauce

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

\$3.50



Epic Pork Rinds

All Kinds on Sale!
2.23-2.5 oz • Save \$2.98/2

2 for \$5



Alo Aloe Vera Drinks

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

2 for \$3



From The Ground Up Cauliflower Crackers

Sea Salt, Cheddar
4 oz • Save \$2.58/2

2 for \$5



Justin's Peanut Butter Cups

Milk, Dark
1.4oz • Save 98¢/2

2 for \$3^{/tx}



Just Egg Substitute

Vegan!
12 oz • Save \$1.50

\$6.99



ECOs Ultra Ecos Laundry Detergent

All Kinds on Sale!
100 fl oz • Save \$2

\$9.99



Dr. Bronner's Organic Coconut Oil

Whole Kernel, White Kernel
14 oz • Save \$2.50

\$7.99



Lundberg Organic Rice Cakes

All Kinds on Sale!
8.5 oz • Save \$1

\$2.99



C2O Coconut Water

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

2 for \$3



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Chioccioline

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Brown Cow Cream Top Yogurt

Plain, Vanilla, Maple
32 oz • Save 80¢

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San-J Tamari Soy Sauce

10 fl oz • Save 80¢

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Uncle Matt's Organic Orange Juice

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52 fl oz • Save 50¢

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Blue Diamond Artisan Nut Thins

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

2 for \$5



Barbara's Bakery Cheese Puffs

All Kinds on Sale!
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Silk Unsweetened Cashew Milk

Creamy and delicious!
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THE **BIG SHARE** COMMUNITY SHARES OF WISCONSIN

THEBIGSHARE.ORG

- GIVE TO LOCAL NONPROFITS -
TUESDAY, MARCH 3

One day, one community,
many ways to share

Support over seventy local nonprofits dedicated to building an equitable and just community and to protecting our environment.

The Big Share Returns to Make History on Tuesday, March 3rd!

by Araceli Esparza, Community Shares Communications and Marketing Director

Community Shares of Wisconsin (CSW) is so grateful to Willy Street Co-op shoppers who have been saying “Yes!” to the CHIP program for many years! By saying “Yes!” to CHIP, you are saying “Yes!” to the social and environmental justice movement.

The same nonprofits who benefit from the CHIP program also participate in The Big Share online giving day. The 6th Annual Big Share is coming up on Tuesday, March 3 giving you further opportunity to show your support and help to build the movement.

Through The Big Share, you can designate your gifts, “Share” your support online, and even help your favorite nonprofits raise additional funds by setting up your own fundraising campaigns.

To date, The Big Share has raised over \$1.7 million for participating member nonprofits, as well as organizations featured through our Inspiring Voices program—black and brown led organizations outside of CSW’s membership that are working to reduce racial disparities and advance racial equity. The Big Share has encouraged thousands of people

across Wisconsin to give to local organizations, many for the first time. In 2019 alone, The Big Share raised over \$456,000 from 3,365 donors—exceeding previous fundraising expectations.

To commemorate the sixth anniversary of The Big Share, its organizers hope to push community giving even further by collectively raising \$500,000 for participating organizations.

“We are inspired by the community’s support for The Big Share,” said CSW Executive Director, Cheri Dubiel. “We knew there was a great deal of support for social and environmental justice in our community but continue to be humbled by how much The Big Share grows every year.”

Much of the excitement of The Big Share comes through matching donations, prizes, and events leading up to The Big Share and on the day. Participating organizations develop creative, and often funny, strategies to help potential donors understand their mission and its impact.

“It’s a unique way for donors to connect to local causes and make a difference—whether that’s by making a donation or sharing an organization’s message on social media,” said Dubiel.

BUILDING SUPPORT, BUILDING COMMUNITY

In addition to attracting new donors, The Big Share has also helped participating nonprofits deepen support and engagement within their own communities.

“The Big Share has been a game changer for GSAFE! It has helped us get creative and rethink how we engage new and existing supporters and provide them with opportunities to invest in our day-to-day work, both during The Big Share and throughout the year,” said Brian Juchems, Co-Director of GSAFE. “The enthusiasm and attention generated by the member agencies and local businesses who sign on as sponsors make for an exciting day that makes a world of difference for so many!”

Will Green agrees. As CEO/Founder of Mentoring Positives, a CSW member group, he has helped to grow our city’s afterschool options. “The Big Share is an amazing opportunity for small agencies like Mentoring Positives to learn some really good fundraising techniques.”

“Community Shares of Wisconsin sets a stage and platform for The Big Share participants to be introduced and engaged with a number of different donors and funders. Being able to expose our services to new donors and individuals is a blessing and very important for Mentoring Positives’ future. The Big Share is a lot of fun as you’re able to connect with your supporters through this one day of giving.

“A big Thank You to CSW for creating this fun and engaging way to fundraise!”

STRENGTHENING COMMUNITY PARTNERSHIPS

New for the 2020 Big Share, local businesses will be able to participate as fundraisers for participating nonprofits. Community members can also support CSW’s newest Inspiring Voices groups—ConNEXTions and Padres e Hijos en Acción.

Key to the success of The Big Share is the ongoing support of long-time partners and sponsors—many of which have been involved with The Big Share from the very beginning. Most particularly, Madison Community Foundation, which has been a founding sponsor of The Big Share from its first year and has helped ensure The Big Share can continue to make an impact in the community. Recently Madison Community Foundation announced a new three-year grant to support The Big Share through 2021.

“Community Shares—and the Big Share in particular—demonstrate the value of collaboration. 70 organizations are coming together to raise money, build capacity and learn from each other—dividends that keep paying long into the future,” said Bob Sorge, president of Madison Community Foundation. “We are proud to be the Founding sponsor.”

Additional support comes from partners like the UW-Madison School of Journalism and Mass Communications, which has offered training and

support. This year’s media partners are Isthmus, 105.5 Triple M Radio, and WISC-TV News 3 Now.

Individuals and area businesses wanting to learn more about ways to support The Big Share are encouraged to visit www.thebigshare.org or to call Community Shares of Wisconsin at 608-256-1066.



CSW 2019 Big Share night celebration with special guests: Viv Ncaus dancers



CSW 2019 Big Share Check Delivery to Freedom Inc. for most donors prize



CSW 2019 Big Share check delivery with Underdog Pet Rescue to Wisconsin Literacy power-hour winner



Cargo Coffee with CSW members 2019 Big Share morning kick off

ABOUT COMMUNITY SHARES OF WISCONSIN

Since 1971, Community Shares of Wisconsin and its members have worked together to advance social justice, protect the environment, and defend civil rights in Dane County and across Wisconsin. Together they envision a future where people come together to ensure every member of their community is safe, healthy, and able to thrive. More at: www.communityshares.com.

Instructor Spotlight: Kids in the Kitchen Chef Lily Kilfoy



by **Amanda Iken, East Owner Resources Coordinator**

As a Co-operative we are guided by seven principles that have been around since the late 1800s. The one that comes to mind while working on this piece is Principle Five—Education, Training and Information: Co-operatives provide education and training

for Owners so they can contribute effectively to the development of their cooperatives. This month I had a great opportunity to interview our very own kids class instructor, Chef Lily Kilfoy. Lily teaches two series of classes for the Co-op: Kids in the Kitchen for children ages five to eight, and ages nine to 12; and Cooking Together: family cooking classes to learn about different foods, where they come from, how to follow recipes and how to use a variety of tools. Cooking Together classes are open to students ages five and up.

Amanda: How long have you been teaching?

Lily: I have been teaching cooking classes since 2011.

Amanda: What brought you to

teaching?

Lily: Back then I was actually working for Willy Street Co-op at the Production Kitchen as a Cook. I was a recent graduate of the Culinary Arts program at MATC with big dreams of entrepreneurship. I wanted a business centered around food but not in the service industry, and the objective to create a positive impact on communities. One day I was brainstorming business concepts with my coworker/friend. He had the idea that I begin to teach kids cooking classes at the Co-op, claiming they would be a hit, and that my foot was in the door as an employee. I pitched the idea to Lynn Olson, who managed the classes at that time. She really liked the idea and thought Owners would too. She said yes to the classes and hired me as a contracted cooking instructor.

Amanda: What is your background in teaching?

Lily: Before going to cooking school I worked as a childcare teacher and studied early childhood education.

Amanda: Why do you like to focus on teaching children at the Co-op?

Lily: I like to focus my teaching on children because of their real need for hands-on experiences. They develop life skills in the kitchen, especially when we allow things to get

messy. At the Co-op, students show up excited to participate and handle the various foods and tools they'll be introduced to. It's often a whirlwind, and at the end everyone is eager to taste and show off what's created. The boost that the kids gain in turn gives me immeasurable satisfaction.

Amanda: What challenges do you face when teaching?

Lily: Challenges are countless, but I would say managing the clock is my biggest. Everything from an introduction, the execution of multiple recipes, and sitting down to eat happens in just one hour.

Amanda: What are the things that surprise you when working with kids?

Lily: I have been surprised by how witty they are! Kids have a natural ability for coming up with jokes when seeing the humor in the sights, sounds, and scents of the kitchen. They are always making me laugh.

Amanda: What have you learned from kids? What have they taught you?

Lily: The kids have taught me how to adapt and be flexible based on their individual or group needs. Everyone is a unique person with their own abilities, preferences, limitations, communication or learning style, background, and even attention span. I've learned to respect and value these differences.

Amanda: Your top three favorite things to teach? Or top favorite foods to work with?

Lily: My three favorites: tacos, sushi, and pizza. All three dishes are popular with any age range, can be individualized, and are super diversifiable.

Amanda: Fun facts about cooking or something we would not have thought of when working with kids?

Lily: It's super fun if a kid believes a food is gross but has a change of mind by the end of class! Often a child will come in looking at ingredients, and loudly proclaim that they dislike something they see. Yet, they'll taste the creation that contains their loathed component when realizing everyone else is gobbling it up. I'm also amused by the fact that in nearly every class students of all ages will bravely give unfamiliar foods a chance after they have hands-on exposure in the kitchen.

Amanda: You also teach a Cooking Together class. What are those

like, how do those work?

Lily: They work so that folks of all different ages can experience a hands-on cooking class. We open these to ages five and up, and children must attend with an adult. Families with children and teens, friends of all ages, organizations of adults, and solo grown-ups often register. Everyone works in groups to create a portion of a meal, and sits down after cooking to share the entire meal together.

Amanda: How are these classes different from the kids' classes?

Lily: Cooking Together classes are suited for beginners and kids, yet most recipes are more complex than what I teach in Kids in the Kitchen classes. A big difference is that groups are very self-directed, with guardians leading their younger cooks. I set up cooking stations with supplies, pair up groups, and assign recipes based on age range and make up of members. I move around and provide support, mostly making sure everyone is on task. We also run these a little longer for 75 minutes versus one hour.

Amanda: What are your hopes and dreams for the future of kids classes?

Lily: I want to continue expanding! I dream of developing cooking opportunities geared towards preschoolers, tweens and teens, youth with special needs, and more. We have recently extended programming to off-site locations including a local middle school. I have high hopes to bring classes directly to various places within the community to reach an even wider range of kids.

The Co-op offers classes for people of all ages. We have two stores that are able to hold the classes in the community rooms at East and West, and the North store partners with the Lakeview Library next door to hold classes. You can see what classes are coming up by checking the *Reader*, our website, and they are listed on the back of our weekly Owner Rewards sales flyer. That sales flyer is available at each store, and is usually posted by the front door. You can also subscribe to receive the flyer via email. If you are ever interested in a class, I highly recommend that you contact Customer Service at any of the locations to sign up quickly, all classes have a capacity and some of the classes fill up fast.

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BEVERAGE NEWS

Tea



by **Mike Burns,**
Product
Placement
Manager

Plants are incredible. We would not exist as we know it without them—for many reasons. But some plants are more revered than others and have become intricately intertwined with human evolution far beyond producing oxygen and sustenance. For thousands of years,

humans have had a unique and deep-rooted relationship with a particular plant, *Camellia sinensis*, commonly known as tea. Tea has been used for just about everything from medicinal uses, to household cleaners, to filling for bedding, to paper and even money.

The tea plant originated in Southeast Asia (most likely the Yunnan region of China) and provides the leaves for all major styles of tea: green, oolong, black, dark, yellow, and white. This excludes what is ambiguously called “herbal” tea, which is essentially all other teas that do not use *Camellia sinensis* as a base. Beyond the tea plant, cultures across the globe have their own varieties of plants that have been utilized much like *Camellia sinensis* but without the global dominance the plant has established. When most people around the world now think of tea, they are thinking of *Camellia sinensis*, but tea can be made from a large array of different plants.

HEALTH BENEFITS

Tea is a powerful beverage with many touted health benefits. Not only is tea well-established as anti-inflammatory and high in antioxidants, but the presence of health-promoting polyphenols also makes our little buddies in our gut healthier too. Our microbiome benefits greatly from these polyphenols as many studies

have shown. Historically tea has been used for just about every ailment and recent studies have supported a great deal of them lining up age-old wisdom with modern science.

No matter if you are using a *Camellia sinensis*-based tea or any number of herbal varieties like chamomile or peppermint, making tea generally follows the same process. Take your tea medium and add water, usually hot water, and let it sit for a determined amount of time. You can then strain, press or just straight up drink the goodness that has been pulled from the plant. Tea brewing/steeping is a whole art in itself.

There are countless ways to make tea and all kinds of parameters to make “the perfect tea,” which of course depends on what plant you are using. Green tea, for example, is delicate and can become quite bitter quickly, so its usually steeped for a short period of time and with a slightly lower temperature than say black tea. Medicinal teas utilizing a number of herbs are usually steeped much longer to pull out all of the various phytonutrients. Some are even boiled with the plant matter in it, like with medicinal roots. Each process is unique and has been perfected over the centuries. I highly encourage folks to research the process of making the tea for whatever it is you plan to make, it really does make a difference.

Whether you are a more traditional tea drinker or looking for an herbal blend or maybe something with some kick, Willy Street Co-op has a number of great tea brands to checkout. I’ve included three of my personal favorites to get you started.



Rishi Tea is a great local company headquartered in Milwaukee that imports traditional teas from around the world. I personally have not found better quality green and oolong teas than the ones I have tried from Rishi. The company is also focused on organic and direct trade sourcing which adds another level

of quality you can feel good about supporting. Rishi has taken part in a number of firsts in the organic world, including being among the first to earn organic certification in 2002 from the USDA as well as the first direct trade importer of many EU certified organic teas and botanicals. They offer herbals teas, but I turn to them specifically for their greens and oolongs. You can also purchase a number of these teas in bulk at each of our stores.

When it comes to local herbal/medicinal teas, there is no company I enjoy more than Four Elements. Located in North Freedom, WI, the 130-acre certified organic farm was founded by Jane Hawley Stevens in 1987 to produce herbal wellness products, including tea. The farm is truly beauti-

ful and well cared for, surrounded by large swaths of protected land preserves working towards establishing the surrounding area to its pristine native ecological wonder. All of their products are amazing but I especially love their herbal teas. Minus Sinus is their best seller and for good reason, its a wonderful tea for cold and flu season. Try out all of their teas, tinctures, and the rest of their body care product line and feel good about supporting your neighbors.

Traditional Medicinals is a long-standing herbal tea company founded in 1974 by Drake Sadler and the godmother of modern herbalism, Rosemary Gladstar. Although both are no longer with the company, their values and quality herbal blends still remain. If you are looking for specific herbs or herbal blends that are a bit more traditional (see what I did there), then I would look at what Traditional Medicinals has to offer as they have an extensive line of teas.

There are a number of other tea companies and offerings at our stores, including bulk herbs often used as teas and provided by Rishi, Frontier, and Oregon’s Wild Harvest, among others.

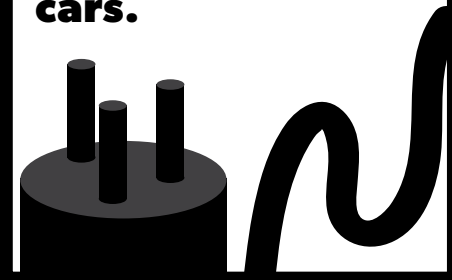
From traditional matcha and green teas to sweetened iced tea in the summer to herbal blends when you are feeling under the weather, there is nothing quite like tea to lift the spirits. If you have never had the opportunity to try some tea, do yourself a favor and give it a try.



FOUR ELEMENTS



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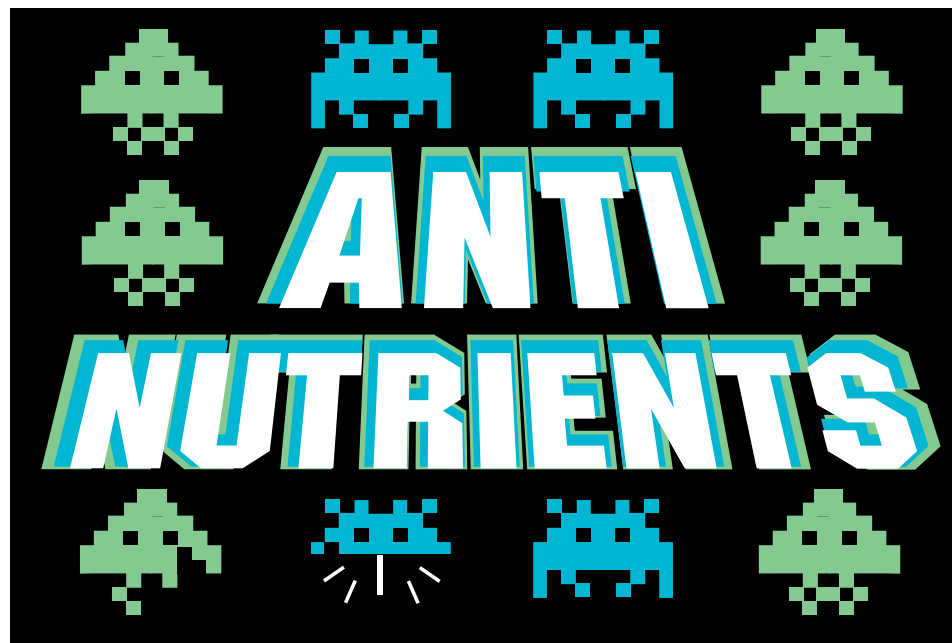
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GS3291 6/19/2019



by Andy Gricevich, Newsletter Writer

Sometimes it seems like there's a new dietary trend every time we sit down to a meal.

Have you noticed a profusion of diets focusing on the harmful effects of antinutrients? These compounds, naturally present in much of the food we eat, are being singled out as the root causes of many modern ailments. What are antinutrients, and why are they so dangerous, even in the healthiest of diets?

Unlike animals, which can hide, flee or attack when threatened, plants have had to develop subtler defenses against their natural predators. One such strategy involves the production of chemical compounds that can kill bacteria, fungi, and insects outright, and that will weaken and sicken larger animals over time. In general, they lock nutrients up into larger molecules that our digestive system can't break down. That can starve us of essential minerals. Different antinutrients make this happen in different ways; the three most talked-about categories, each with its own potential for harm, are lectins, oxalates, and phytates.

As always, talk to your healthcare provider before making changes to your diet.

LECTINS

"Lectin-free" diets are all the rage these days, due in part to the popularity of Steven M. Gundry's book *The Plant Paradox*. The term "lectins" covers a range of "sticky" proteins occurring in every living thing, many of them essential within their native organisms. The ones we're told to watch out for are produced by plants, found especially in raw legumes (beans, lentils, soybeans, peanuts), whole grains, nuts and seeds, as well as the fruits we call vegetables (particularly tomatoes, cucumbers, peppers, and squash, where they're concentrated most

highly in the seeds and skin). We've all heard about the most famous lectin—gluten—but there are many more in some of what we often think of as the healthiest foods we can eat.

Lectins are very hard to digest. As they make their way through our digestive system, they stick to the walls of our small intestine and our gastrointestinal tract, where they'll often hang around for a long time, binding with the phosphorus, calcium, iron, and zinc in our food and making it unavailable to our bodies. In addition, all lectins are "messengers" that tell other molecules how to behave—in this case, producing compounds that tell the tight inner lining of our gut wall to loosen up. This can lead to "leaky gut," in which food materials and microbes that shouldn't enter the bloodstream make it through, triggering an overaggressive immune system and leading to high long-term inflammation—a condition held responsible for a host of serious autoimmune disorders.

To make matters worse, lectins can also mimic the structure of other molecules. When they imitate our own gut tissue, our immune system, trying to eradicate the lectins, can lose the ability to distinguish between good and bad material, attacking the gut itself and damaging it further. Once lectins make it into the bloodstream and reach the brain, they can interfere with neural communications, leading to "brain fog." That's all in addition to the feelings of bloating and nausea that can accompany high lectin consumption.

On the other hand, plant lectins can also function as powerful antioxidants! They also slow digestion and absorption of carbohydrates, moderating spikes in blood sugar and evening out insulin production. Then there are the fiber and minerals in beans, or the valuable lycopene in tomatoes? Later,

we'll try to untie the knot of this paradoxical situation. For now, we'll maintain suspense and look at our other main antinutrient categories.

OXALATES

Most plant foods contain some amount of oxalic acid, a compound also produced by our own bodies, which typically get rid of any excess in our urine. Plant-based oxalates bond easily with calcium, iron, and other minerals (as well as B vitamins), forming structures called oxalates. Oxalates can form larger crystals, and when they accumulate, they can become the basis for kidney stones. Additionally, recent research, based on extensive work on "oxalate poisoning" done in the latter half of the 19th century, has linked oxalate accumulation to fibromyalgia, lupus, glandular dysfunction, and some forms of autism. It appears that plant oxalates (oxalates in animal foods are no problem) worsen autoimmune conditions when they penetrate a damaged gut lining.

Here again, the list of foods with the highest oxalic acid concentration might seem shocking: spinach, beets and their greens, chard, sweet potatoes, almonds, and chocolate, among many others whose health benefits receive extensive praise. The oxalates in a raw spinach smoothie can actually make us unable to absorb the calcium so abundant in the greens! Does this mean we have to stop eating all these plants and get all our essential micronutrients from supplements? Again, we'll try to clarify matters after visiting our third culprit.

PHYTATES

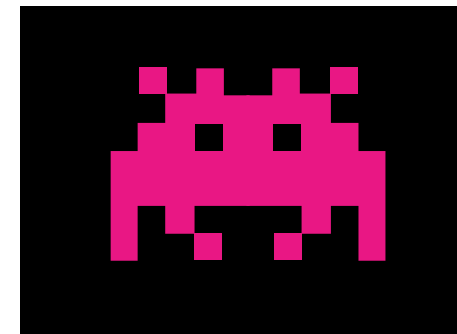
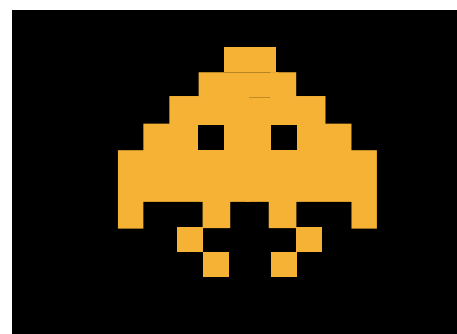
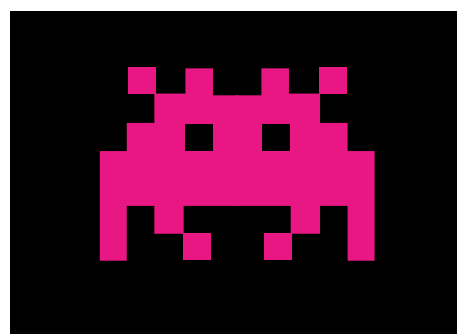
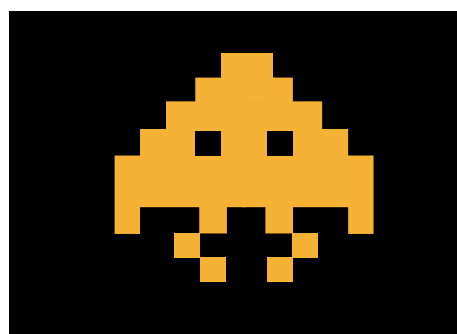
Phosphorus is an essential fuel for seeds when it comes time for them to sprout and begin growing a new plant. Nuts, beans, grains, and other seeds produce phytic acid (concentrated

especially in their hulls), which holds onto phosphorus until it's needed. Phytic acid, it turns out, is also excellent at holding onto calcium, magnesium, iron, copper, and zinc, among other nutrients, producing compounds known as phytates. Non-ruminant animals (like us) can experience harmful nutrient depletion when they eat a diet rich in these plant foods (ruminants have specialized digestive organs to break down phytates).

Conditions of poverty and certain dietary ideologies (like the Standard American Diet) typically feature a heavy dependence on grains and legumes. In such cultures, nutrient depletion can become a real problem (as it is in ours, with major shortages of magnesium in the diet). But aren't beans supposed to be healthy? Should we switch to white flours (whether wheat-based or gluten-free), trading the benefits of whole grains for the reduction in phytic acid resulting from the milling process? What about the essential fatty acids found in nuts? If we dig a little deeper, we also find phytic acid credited for its antioxidant properties, destruction of tumors, and prevention of kidney stones. Are these superfoods, as we've been told, or supertoxins?

HOW TO KEEP EATING

There are other antinutrients we could touch on, including tannins, protease inhibitors, and glucosinolates—all found in some of the most nutrient-dense plant foods we typically consume. To stave off panic, though, let's try to answer some fundamental questions. If you search for "antinutrients" online, you're bound to find plenty of ideologically charged arguments for and against eating these foods (especially between Paleo devotees and vegans). Eventually, though, you can begin to find information that helps us understand why we seem to



be so vulnerable now to the effects of antinutrients, how people have dealt with them in the past, and what we can do today.

We've been eating plant foods for a long, long time (though it's significant that the foods highest in lectins have only been a major part of our diet since the relatively recent rise of agriculture). A healthy gut makes us much less vulnerable to the triggering of autoimmune conditions and other problems than one that's already perforated and leaky. A healthy gut also means a healthy microbial population; our native bacteria have evolved to break down oxalates and phytates to a significant degree, and some of them can also handle lectins pretty well (for more on the microbiome, see my article in the December 2019 *Reader* issue). If we're not frequently bombarding our systems with large doses of antinutrients, these microbes will multiply, increasing the resilience of our gut to their effects.

Unfortunately, most of us in the West probably have compromised guts, with microbial populations damaged by exposure to pesticides, herbicides, and other chemicals. Our microbes and our gut walls are further under attack by our standard dietary practices, with their heavy dependence on the grains and legumes highest in lectins and phytates, as well as an unprecedented lack of dietary variety. Pre-agricultural humans ate a much more varied diet, and both the food they ate and the ways they prepared it changed with the seasons. Even in the agricultural age, it's only very recently that anyone could eat raw tomatoes with a salad in December.

Previously, we typically ate a diet

rich in animal foods, with a significant plant component in which most species were only in prime condition for a short time; we'd then move on to something else. That meant we were only exposed to a given antinutrient in high concentrations for a short time, allowing us to benefit from its medicinal value before cleaning the rest of it from our bodies. The mineral-binding effects of antinutrients mostly don't last very long; a high-oxalate breakfast won't usually impede calcium absorption at dinner, and iron and zinc absorption has even been found to increase a week after a high-phytate meal. Many of our problems with antinutrients may be rooted in the loss of seasonality in our diet.

PREPARATIONS

Earlier humans didn't just switch their diet up with the seasons. Like other animals, we learned how to reduce and compensate for antinutrients—but we have a wider range of tools available to do it. Cooking is the big one. After an early spring of eating raw greens, we learned to boil them briefly to reduce their oxalic acid content (we didn't, of course, know oxalic acid by name, but we had plenty of time to observe its effects on our bodies, starting with the chalky feeling on our teeth after consuming greens). Oxalic acid isn't water-soluble, but some of it precipitates into the cooking water, which can then be discarded. Later, we learned to soak beans and grains, ideally adding something alkaline (today, baking soda) before changing the water and boiling thoroughly. The result was improved digestibility, which—it turns out—is due to the

deactivation of many of the lectins present in these foods (in the modern kitchen, a pressure cooker is by far the best cooking method for deactivating lectins). We've traditionally prepared peppers and tomatoes by removing skins and seeds, roasting and stewing, with similar effects on the biochemical level.

When the time comes to sprout (in the presence of warm water and, typically, slightly acidic soil), nuts and seeds produce phytase, a compound that shuts off the nutrient-binding capability of phytic acid, thereby releasing the phosphorus needed for growth. Humans learned to "trick" seeds into producing phytase by soaking them in water (often with a little added acid). This unlocks their valuable nutrients. In the case of grains, nuts, seeds, and legumes, sprouting further deactivates antinutrients.

Lacto-fermentation is by far the best method for mitigating, or entirely removing, the effects of many antinutrients. Making bread with a sourdough starter can result in a complete elimination of phytates. Fermenting soybeans in the form of tempeh or miso drastically reduces lectin content, and fermented vegetables feature much lower antinutrient contents than their raw forms. In contrast to the loss of some nutrients resulting from cooking, vegetable ferments are also still raw, with enhanced amounts of essential vitamins.

DO IT YOURSELF

Our modern food system has abandoned most of these traditional preparation techniques, but we can pick them back up pretty easily. It may take time, effort and skill to start

a sourdough culture and bake our own bread, but it's easy to soak beans and grains the night before we plan to cook them. It's also not hard to learn what's in season, and to change what we eat at different times of year in accordance with that knowledge. There's abundant information out there as well about what to eat, or not eat, with certain foods, and much of it is pretty intuitive. Looking at traditional cuisines can tell us a lot here about food combinations.

For many people, home cooking feels like it takes too much time and planning. Even if we're not preparing everything ourselves, we can maximize foods that promote gut health and avoid some commercially prepared foods that either skip essential preparation steps (like mass-produced bread products) or replace traditional staples with alternatives that turn out to be extremely high in antinutrients (examples include most gluten-free flours, as well as soy- or nut-based "dairy").

All in all, the solutions depend on the state of your own health. How well do you digest grains and beans? Do you already have an autoimmune condition? What to eat, or not to eat—with exceptions—will depend on your own individual needs. Though there are universals here, everyone's path to a nourished body will be a little different. They all, though, will return to some food traditions—chemical-free food, seasonality, and variety in both ingredients and preparations—that have made not only for healthy digestive and immune systems, but for cultures in which food is a foundational pleasure, rather than something we need to fear.

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

THIS MONTH'S WELLNESS WEDNESDAY IS FEBRUARY 5

RECIPES

Baked Eggs with Collards and Cheddar Garlic Polenta

Adapted from *From Asparagus to Zucchini*

1 Tbs. balsamic vinegar
salt and pepper
1 clove garlic, minced
1 bunch collards
1 c. polenta
1 1/2 c. sharp cheddar cheese
4 eggs

Directions: Oil four individual baking dishes. Heat oven to 400°F. Wash collards, cut out stems and chop the leaves. Steam or sauté greens until just wilted. Sprinkle with the vinegar and season to taste with salt and pepper. Set greens aside. Place 4 cups water and garlic in sauce pan and bring to a boil. Slowly whisk in polenta. Simmer 10-20 minutes, stirring occasionally, until thickened. Stir in the cheese and half of the cooked greens. Portion the polenta into prepared baking dishes. Make a well in the center; nestle the remaining greens into the indentations, and crack an egg over the top of each. Sprinkle with salt and pepper. Bake until the eggs are set, 10-15 minutes.

Brandied Cranberry Short-Rib Stew

Adapted from www.sunset.com.

Perfect for a cozy dinner with friends, this slow-cooked stew will warm your kitchen and fill it with tantalizing scents.

6 lb. bone-in beef short ribs
2 tsp. coarse salt
1 tsp. black pepper
3 Tbs. vegetable oil
3 lb. kabocha squash, cut into cubes
2 onions, chopped
1/3 c. flour
4 cloves garlic, minced
3 Tbs. cocoa powder
5 c. beef broth
1 c. brandy
1/2 c. dried cranberries
2 Tbs. candied ginger
1 Tbs. orange zest
1 1/2 c. cranberries

Directions: Preheat oven to 400°F. Dry the short ribs on paper towels, and sprinkle with 1 teaspoon of the coarse salt and the black pepper. Heat 1 tablespoon of the oil in a large, ovenproof pot over medium-high heat. Working in batches, brown the ribs all over, and transfer to a bowl.

Place the kabocha squash on a rimmed baking sheet and toss to coat with the remaining oil. Roast 10-15 minutes, until caramelized (it doesn't need to be tender.) Remove from oven and lower the heat to 300°F.

Add the onions and remaining teaspoon of salt to the pot you used for the ribs. Cook over medium-high heat about 3 minutes, until softened. Stir in the flour and cook, stirring, until deep golden brown, 4-5 minutes. Stir in the garlic and cocoa, and cook for 1 minute. Stir in the beef broth and brandy. Add the dried cranberries, ginger, and orange zest, and bring to a boil. Return the ribs to the pot, cover, and bake for 3 1/2 hours. Remove from oven and spoon off the fat. Fold in the kabocha squash and fresh cranberries, and return to the oven. Bake until the kabocha is tender, and the meat pulls away from the bone, about 30 minutes more.

Acorn Squash Velouté with Ginger and Mustard Seeds

Adapted from *Bon Appétit*

A velvety, pureed soup topped with toasted cumin and mustard seeds. Acorn squash is spiced with ginger and cayenne, which adds quite a bit of flavor and gives this soup a slightly fancy feel.

2 1/2 c. onions, chopped
3 Tbs. oil
4 1/2 c. broth
2 Tbs. tomato puree
1 pinch cayenne pepper
1 Tbs. cumin seeds
1 Tbs. mustard seeds
8 c. acorn squash, cut into cubes
2 Tbs. fresh ginger, grated or minced
Salt
Pepper

Directions: In a heavy stockpot, heat oil and sauté onions until lightly golden, about 8 minutes. Add squash and ginger and continue braising for another 5 minutes. Add broth, cover and simmer for about 20 minutes or until squash is tender. Transfer portions of this mixture to a blender and puree. After entirely pureed and returned to the same pot, add the tomato puree and cayenne. Season to taste with salt and pepper. Continue simmering to blend flavors, adding more broth if soup is too thick. Just before serving, toast cumin and mustard seeds in remaining teaspoon of oil or about 2 minutes or until fragrant. Ladle soup into bowls, garnish with toasted seeds and serve piping hot.

Roasted Butternut Squash and Brussels Sprouts with Pomegranate Seeds and Gorgonzola

Adapted from www.ambitiouskitchen.com.

Butternut squash and Brussels sprouts are tossed in a garlic-chili-maple sauce before roasting, then served topped with sweet pomegranate seeds and creamy Gorgonzola cheese. The effect is a salad balanced with surprising flavors, something that would be a wonderful addition to the holiday table.

1 lb. Brussels sprouts, halved
4 c. cubed butternut squash, cubed
1 Tbs. olive oil
1 Tbs. maple syrup
2 cloves garlic, minced
1/2 tsp. chili powder
1/4 tsp. cinnamon
salt
pepper
1/2 c. pomegranate seeds
1/4 c. crumbled Gorgonzola cheese

Directions: Preheat oven to 400°F. In a small bowl, whisk together the olive oil, maple syrup, garlic, chili powder, and cinnamon. Place the Brussels sprouts and butternut squash in a large bowl. Drizzle with the olive oil-maple syrup mixture and toss to coat. Transfer to a rimmed baking sheet and spread into an even layer. Season with salt and pepper. Roast until squash is tender and the Brussels sprouts are getting crispy, 25-30 minutes. Remove from oven and set aside for a few minutes. Transfer to a large serving bowl, and top with the pomegranate seeds and Gorgonzola. Serve immediately.

Butternut Squash Salad with Farro and Pepitas

Adapted from www.smittenkitchen.com

The pearling process removes the inedible hull that surrounds the wheat, and farro is generally sold either pearled, semi-pearled or regular. The pearled will take the shortest time to cook. If you're not sure what you have, just use the cooking directions on the package. The cooking time and process in this recipe are for semi-pearled.

1 butternut squash, cubed
4 Tbs. olive oil
1/2 tsp. salt
black pepper
1 c. farro
1/3 c. pepitas
3 oz. ricotta salata
1 Tbs. sherry vinegar
1 Tbs. water
1/2 tsp. sugar
1/2 red onion

Directions: Preheat oven to 375°F. Peel squash, then halve lengthwise and scoop out seeds. Roughly chop squash into 3/4" cubes. Oil a baking sheet, and spread the squash out in a single layer. Sprinkle with salt and black pepper to taste. Roast in the oven until tender, about 30 to 40 minutes, turning them over halfway through the cooking time. Set aside to cool slightly. While squash is in the oven, cook farro in a large pot of simmering salted water until the grains are tender but chewy, about 30 minutes. Drain and set aside. In a small bowl, whisk together sherry vinegar, water, 1/2 teaspoon salt, and sugar until sugar and salt dissolve. Stir in onion, then cover and refrigerate at least 30 minutes. In a large bowl, toss together butternut squash, farro, red onion, and vinegar brine, the crumbled cheese, and pepitas. Toss with 3 tablespoons of the remaining olive oil, use the 4th one only if needed. Taste and adjust seasonings. Serve. The salad will keep, covered and refrigerated, for a week.



Staff Picks

Tierra Farm Pistachio Mulberry Granola

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



Quinn Peanut Butter-Filled Pretzels

One of the things I like most about working in the Grocery department (and any of our departments, for that matter) is discovering new products. I don't know if I ever would have paused to consider these had I not been stocking them the other day. I am so glad that I was in need of a snack and decided to give them a try. It's always a joy—as a gluten-free person for over eight years—to find something that you haven't been able to have in years done well! I don't know that I will be able to put them down!



RACHEL

Good Karma Flax Milk Unsweetend

This yummy dairy milk alternative is THE BOMB in smoothies! It's creamy and delicious without any flavor compromising. I put it in every type of smoothie that comes to mind for me and it always works! Pretty good in cereal and cooking too if you need a little creaminess



CATE

Weleda Skin Food and Pomegranate Regenerating Hand Cream

This lotion combo is one I really enjoy giving as a gift in the winter time. By late December my hands need some serious moisturizing help so I figure friends and family will find this a welcome gift too. Both of these lotions are amazing! The



Skin Food is super thick and rich and feels wonderfully protective. The Pomegranate is light, restorative, and helps to soften dry and wind-burnt hands.

ShiKai Cucumber Melon Shower Gel

I've used this shower gel for more than 20 years... Not kidding! This soap-free body wash is super gentle, very moisturizing and, smells light and lovely. It is made in California with no animal testing or ingredients. No animal testing is pretty standard now but 20+ years ago it wasn't. So yeah, I love this product!



Blue Farm Blue Corn Tortilla Chips

These chips are delicious and salty. The fresh corn flavor really complements a bowl of homemade salsa or guacamole. However, they taste great just all on their own. The blue corn is grown in Wisconsin by family farmers and the chips are produced in Janesville. They are my favorite tortilla chip at the Co-op.



LAURA

Alaffia Neem Turmeric Lotion

This is a great lotion for the fall and winter months when the skin is dry and the germs are active. It contains hydrating shea butter, restorative turmeric, plus neem with all of its antibacterial awesomeness! As an added bonus, you will be supporting Alaffia, a Fair Trade company which also donates a portion of



its profits to the communities of West Africa (where the Shea Butter is sourced)—where one of Alaffia's founders is from!



PHIL

Westby's French Onion

Organic, yet still very affordable. Great, easy snack for yourself or to take to a party. Great combo with chips, crackers or veggies. Yum!



Bota Box Redvolution

Cheap, but still better than a lot of bottled wines out there. Throw a little Klarbrunn in the mix to spritz it up!



MOURNING DOVE

Iceberg Lettuce

This crisp, light, fresh, and juicy green is SO underrated. Add to sandwiches and summer rolls. Perfect for a larger than life taco salad. Or take a chunk and use it to scoop up your guac. Yum!



MELISSA

Cedar Teeth Pizza

These are my current fave frozen pizza. The crusts on these are SO GOOD. If you're looking for a little something unique than your typical frozen pizza, give these a try! I also like that they are made by a small business in Milwaukee. The classic Cheesus Crust is my go-to: I like the simple nature of a cheese pizza, but if I'm feeling it, I'll add pickled jalapeños or banana peppers.



GT's Cayennade Kombucha

This is the best kombucha in existence. Perfect if you have to wake up early, are recovering from a night out, or if you feel a cold coming on. Tastes great, super refreshing, and has a kick!



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DAN

Madam Chu Ginger Garlic Sauce

I cook. A lot. This sauce is so good that I have four jars in my fridge. I add it to sauces, use it for a really easy stir fry, and marinate meats in it. Every time Josie is in the store to sample, she gives me more ideas...and I buy another jar.



KELSEY

Crafted in the Woods Creme Brulee Cafe Candle

All of these locally made soy candles are fantastic, but the creme brulee cafe scent is by far my favorite. A warm, sweet, vanilla-ish scent that you will love.

Renard's Creamy Salsa Spread

Creamy Salsa Spread? More like Dreamy Salsa Spread! This is an awesome spread for burgers, with a taco salad, or eaten with a spoon while no one is watching. Plus it won't break the bank!



DAKOTA

Willy Street Co-op Liquid Vitamin D3

Can't decide what dose of Vitamin D3 you should be taking? Then consider picking up the Co-op's Liquid Vitamin D3. One drop is 1,000 IU and you can up your dose as needed with this same product. One bottle lasts me up to five to six months!



SARA

Miyoko's Cultured Vegan Butter

I'd been using Earth Balance for years but had ethical concerns with their inclusion of palm oil as an ingredient. I finally got around to trying Miyoko's butter, and I wish I wouldn't have waited so long. It's delicious (even better than Earth Balance) and palm oil-free. The texture is excellent on bread and in cooking. Earth Balance still works in baking and in a pinch but I'm a Miyoko's convert!



Pranarom Argan Oil

Argan oil is amazing! Its fatty acid content makes it a great non-greasy face moisturizer and a perfect leave-in conditioner to use on the ends of your hair. Argan oil is also a zero on the comedogenic scale so it's great for folks with sensitive skin. A little goes a long way and this two fluid ounce size lasts me quite a while.



SARA

baraka Dry Nose

I get terrible dry nose problems and congestion throughout the winter. Baraka Dry Nose has saved me the pain and discomfort of this the past couple of years. One bottle lasts me through the winter. and I use it just about every night. I also contacted the company about usage in fear that it may be bad to use every day for three-to-four months straight. They contacted me back so quickly and assured me it is okay to use daily. Great company, awesome product!



AMANDA

Salpica Salsa con Queso

Looking for a low cal snack, pair it with your favorite tortilla chips. It is also great for game days, or ladies night!



AMY

Nami Chips

Think thin, sophisticated, made from scratch. These are dehydrated chips, made with the finest local veggies, sprouted seeds and Japanese Koji, a fermented culture. All a delicious "Meal in a Chip" to be savored and shared only with those you are truly fond of. Choose from three flavors to suit your mood: Shiso Tomato, Sunny Garden, and Butternut Curry. Support this Viroquan wonder-food!



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 someday soon they might be our best-selling citrus.



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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. So easy, so delicious.



MICKY

Beauregard Sweet Potatoes

This variety makes the best sweet potato fries! I like to toss the fries with coconut oil, chili powder, smoked paprika, salt and pepper. I roast in the oven at 400°F for 45 min to 1 hr, turning them once half way through. So good!



ABIGAIL

Willy Street Co-op The Green C Juice

This is really filled with a lot of vitamin C! Only three ingredients (orange juice, parsley juice, and lime juice), and it is all organic. I like to drink this when I need an cleansing boost or for a refreshing summertime drink. Don't let the parsley scare you--it pairs so well with the citrus. Yum!



SHELLEY

Cesar's Cheese Queso Oaxaca

The best string cheese ever. I always take this cheese with me on road trips and bring an extra pack when visiting my sister down south. So stringy.



DUSTIN

Cesar's Sharp Cheddar

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



JOE

Tipi Carrots

These are simply the best tasting carrots! Also (or maybe because) they're organic and locally grown.



Silver Creek Venison Summer Sausage

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



PATRICK

Willy Street Co-op Grass-Fed Burger Patties

These burger patties are ground fresh on-site from grass-fed Wisconsin Meadows beef. So good! Available at East and West only.



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willystreet.coop/community-reinvestment-fund.

**The deadline for applications is
February 29, 2020.**