

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 48 • ISSUE 2 • FEBRUARY 2021



IN THIS ISSUE

Winter Skin; Valentine's Day Staff Picks; Local Chocolate Companies; The Big Share; 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

EDITOR: l.wermcrantz@willystreet.coop

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

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

East Juice Bar: 8:00am-4:00pm; West Juice Bar: M-F: 8:00am-2:00pm;

North Juice Bar: 7:30am-7:00pm

Deli: 7:30am-9:00pm

Seafood Center-East and West: 10:00am- 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
Michael Chronister
Gigi Godwin
Sarah Larson
Caryn Murphy
Ashwini Rao

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

**BOARD MEETING
SCHEDULE**

March 17
April 21
June 16
July 21 (and Special Owner Meeting)

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

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ADVERTISE IN THE READER

Affordable rates, wide reach, discounts for non-profits and Owners. Find info here: willystreet.coop/advertising.

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!

DONATIONS

Q: *A high percentage of the apartments being built across from Willy West will be affordable housing. I would like to donate so those eligible for affordable housing can get a free ownership. Others may be interested in doing the same. How can we make this happen?*

A: Thanks for the inquiry! We do not have a program for donating funds to the Co-op to select people to offer Ownerships. However, we do have ways for individuals and organizations/businesses to purchase gift Ownerships to provide to friends, family, staff, clients, residents, or others and distribute using their own criteria if that is something you are interested in or if you would like to work with the property managers directly. Please let me know if you would like more information about this. Have a wonderful day! -Kirsten Moore, Cooperative Services Director

STORE CAPACITY

Q: *I have heard that you folks are planning on increasing the number of people in the store at any one time on the Northside? Is this true or will it be staggered? We love you folks, but with the spread of Covid we are concerned about finding times that would suit to shop.*

A: Thanks for writing. We have kept our total capacity limits at or below 25% throughout the pandemic, and have made small adjustments based on the ratio of employees and customers in the stores as well as efficiencies we have been able to gain in providing faster service for customers. We hope this message meets you well! Take care and have a safe and happy New Year! -Kirsten Moore, Cooperative Services Director

REUSABLE BAGS

Q: *I hope you will think about allowing reusable bags again.*

A: We started allowing reusable bags again in September, and I hope you have been able to start reusing them again at the stores yourself! Take care. -Kirsten Moore, Cooperative Services Director

CURBSIDE PICKUP

Q: *Are you guys doing curbside pickup? If so, what's the process? I don't see anything on the website. Thanks!*

A: We do have a few curbside options and you can find them here: www.willystreet.coop/curbside. I hope you have a wonderful New Year! -Kirsten Moore, Cooperative Services Director

THANK YOU

Q: *Thank you. I realize what strenuous circumstances you are functioning under. And, through all that you managed to provide me and my family with an extra 10% off during July and June (and May?) because of our financial needs. I now realize what a significant financial help that was. Thank you for stretching even further than necessary. I appreciate you.*

A: We appreciate the kind words, and are so grateful that we were able to provide a little extra support to the community during Safer At Home. Thank you so much for reaching out and for your patience with our late response. We wish you a safe and happy New Year. Take care! -Kirsten Moore, Cooperative Services Director

RECIPROCITY

Q: *I see in the list of owner benefits, "similar benefits at partnering co-ops" do you have a list of these other co-ops we can shop at?*

A: Benefits vary from co-op to co-op as we are all independently owned and operated. If you are curious whether a specific co-op offers reciprocity to owners of other grocery co-ops, I would recommend calling them to confirm, as benefits can be subject to change. Many grocery co-ops are members of National Cooperative Grocers, and you can locate them here: www.welcometothetable.coop/all-coops. Have a wonderful New Year! -Kirsten Moore, Cooperative Services Director

BIKE PANNIERS

Q: *I shop at North and East equally and when East I am always on my bike. I am working at adapting to your policy of not allowing bike panniers into the store—including skipping some shopping trips because my bike bag has something of value like my computer and I can not shop without confidence of theft of items I can't do without. I typically have to carry my keys, wallet-phone (they are one item) in my hands (if you haven't heard most women's summer clothes don't have pockets)—my keys and phone are definitely the most *contaminated* items I possess for perhaps obvious reasons and instead of being safely tucked in my bag, I get to figure out how to juggle them while I go*

through the store (I usually tuck them into my waistline and hope I don't lose them). When I finish my shopping, I have to be quick and especially on a hot day—frozen items melt quickly when the sun is blazing down on the concrete, etc.—if I have a cart, I try to pack my bags in my cart but if not, I usually end up having to lay my food down on the concrete while I unlock my pannier (which I find disgusting and then I'm usually annoyed with myself that I forgot to grab a cart.) Usually there is some stranger less than six feet away, struggling similarly to pack items out of their cart and onto their bike—we get to negotiate space for our carts, bikes, bags, and bodies in a space not built for this purpose. It seems unlikely that your going to change your policy soon, so a simple request—please provide cyclist a with a small card table to pack up groceries. If it were a space with a bit of shade, better yet. Provide disinfectant wipes to clean between customers (or add this to the greeter responsibilities).

Also, please ask customers if they want items double bagged (seems to be the new trend on the North side) and consider taking back paper bags (tho folks at the food bank take them gratefully)—it has been well established that it is very unlikely that one can contract Covid from surfaces and meanwhile the planet is still suffering greatly from the weight of our consumption which is one of the reasons I started shopping at the co-op years ago—the strong ethic around environmentalism (which is notably different with the latest version of management). This has changed my shopping habits and I am spending much less money at the coop as you don't stand out anymore as a place that is trying to uphold this ethic (I may as well pay less if there no actual difference between say Willy East and the Jenny St Market, who does provide me a safe place to put my bike bag inside the store).

I'd appreciate a response. Thank you.

A: Thanks so much for writing. Looking back at records, I see you wrote to us twice regarding these issues and were not personally responded to either time, and we apologize for that.

Discontinuing bag reuse early in the pandemic was a decision we made with Public Health Madison and Dane County guidance and in accordance with public orders. Hopefully by now you have been to the Co-op and have seen that we no longer require people to leave personal bags outside, and we also started allowing customers to bag their groceries in their personal reusable bags

in early Fall. We are also continuing to refine our practices related to surfaces, and doing our best to not only keep up with new science but also continue to heed public health guidance, knowing updates to official guidance sometimes trails scientific reporting.

We appreciate your feedback, and while we didn't respond right away, I can personally assure you that your thoughts have been part of the conversations we have been having with staff and management regarding what we now know about surfaces and COVID-19. We agree that reusable bags are not a means to spreading COVID-19 and that reuse is, of course, better for the environment. We are looking forward to better communicating that and getting back on track in the New Year. Take care. -Kirsten Moore, Cooperative Services Director

VENT PORTS

Q: *I am surprised you allow people wearing masks in that have the vent ports on them. These provide no filtration of exhaled breath.*

A: Thanks for writing, I'm sorry that no one had gotten back to you in a timely fashion, and that it appears that someone may have been in the Co-op with a face covering that does not meet our policy nor Public Health Madison and Dane County standards. Our policy states that "mesh masks, masks with holes or openings, and masks with vents are not acceptable face coverings" and we do discuss face covering choices with customers when we notice that they are not aligned with policy (you can find the full policy here: www.willystreet.coop/about-us/store-policies). I hope this message meets you well and that you have a safe and Happy New Year. Take care! -Kirsten Moore, Cooperative Services Director

DELIVERY SERVICE

Q: *Hi, my mom lives in Madison. If you deliver to her, what is the delivery charge and how far in advance will she need to place the order? Also, which store would this be? I usually shop at West/Middleton store (I live out of town) so I'm more familiar with your Westside products. But maybe no difference with there and Eastside (I think East might be closer to her house). I will buy her a 1 year membership if she wants to order from you guys, but only if you deliver. Ordering for pick up won't be an option for her. Thus all the questions. Thank you in advance for any info!*

A: Thanks for thinking of us! Our delivery service does include that zip code. Delivery service is \$9.99 for Owners and \$14.99 for non-owners. Currently, our delivery service is

very popular and timeslots fill up about a week in advance. Available delivery times pop up in our FAQ window when you visit the site. Our online delivery service runs out of our North location, which is our largest store, meaning that they carry a lot of what you see at Willy West, and some other items as well. Please note: our delivery service currently requires a computer to use. The mobile application is still under development and so it won't work with a cell phone or tablet. You can find more information in our FAQ and navigate the shopping site from any desktop or laptop computer at <https://shop.willystreet.coop>.

If you are thinking of purchasing an Ownership, you can do so by selecting "Become an Owner" from the homepage of the shopping site. I've added our Owner Records Administrator Robert Halstead here in case you have any questions about registering for Ownership or using the Ownership in conjunction with shopping the delivery service site.

Please let us know if we can assist you further. Thanks! Happy New Year! -Kirsten Moore, Cooperative Services Director

AN APPLE A DAY

Q: I subscribe to the adage: An apple a day keeps the doctor away and I really enjoy slicing my apple up with a dollop of peanut butter. My favorite peanut butter I have found locally is freshly ground honey roasted peanut butter from Willy St North. It is SO good!

My concern is that when I went looking for the same product at Willy East, where I typically shop more often because it

is bikeable from my house, it was nowhere to be found! I would love for the same delicious honey roasted goodness to be available at all locations so I do not need to burn excess fossil fuels traveling further to the north branch. I understand that all products are not available at all locations but I would encourage you to consider bringing honey roasted peanut butter to all locations—specially as more bulk items become available as this awful global pandemic hopefully winds down. Thanks for all that you do!

A: Thank you for your feedback! I have heard many good things about the honey-roasted peanut butter that is at Willy North in their Bulk section, so I am happy to hear that you are a fan.

Unfortunately, our Bulk peanut butter machines have been shut down since the beginning of the pandemic and we are not sure when we will be getting them back into use again. I know our Bulk Buyer at North has been prepacking the honey-roasted peanut butter there for folks. We could transfer a package of it to our Willy East store for you, if that interests you?

I will also speak with our Grocery Manager at East about carrying it in the future. Currently we are prepacking the most popular variety at our Kitchen for our three stores, but they have limited capacity. Have an excellent week! -Dean Kallas, Grocery Category Manager

BULK AISLE

Q: Greetings, WSGC. I shopper wrote, in a recent issue of The Reader, to raise the issue of

whether or not it was sanitary to sell products in bulk, now that the bulk aisle is, well, bulking up. I write to say how grateful I am that WSGC is able to return to selling items in bulk. Use a lot of olive oil, as I do? Then you, too, may be grateful you can purchase good quality olive oil in mass quantities, filling a container according to the Coop's requested safe handling of such things. Use about 1/4 teaspoon of curry powder every other month (if that) yet want a quantity of curry powder that's not been sitting in a jar for three years? Head to the bulk aisle to obtain only as much as you need, again proceeding according to the Coop's requested safe handling of such things. Thanks, WSGC.

A: Thank you for your kind words! I am happy we have been able to reopen some of our bulk aisle again, too. I will make sure to pass on your comments to our Bulk Buyers. -Dean Kallas, Grocery Category Manager

DONATION IDEAS

Q: I have a Champion Juicer in good condition with parts and the manual that I would like to donate. Would you have a suggested resource before I donate it to St. Vincents or Goodwill?

A: What a nice thing to donate (and an interesting question too)! I'm not 100% sure, but I looked up your Owner record and in your area, and you might want to reach out to Clark Street Community School, Lussier Community Education Center, Wisconsin Youth Company, or the Middleton Youth Center to see if a juicer would be of benefit to some of their food-related educational activities. In some cases, if it would be useful to them, they may want to know if the juicer is a commercial model before accepting. Otherwise, I'm sure someone would really enjoy the opportunity to receive a Champion Juicer through St. Vincents or Goodwill like you are already considering. Please let us know if we can assist you further! I hope your juicer finds a good home! -Kirsten Moore, Cooperative Services Director

DOUBLE DOLLARS CONTRIBUTIONS

Q: I read about the Double Dollars fund struggling financially in your newsletter. I would like to make a one-time donation to support the program. Can I do that without coming into the store?

A: Thanks so much for the thoughtful support! You can make a donation through our online shopping service at shop.willystreet.coop by typing "Double Dollars" into the search engine and then selecting one of the donation choices and the quantity that will match the donation value you are considering. Or, you may also send a check payable to Willy Street Co-op with "Double Dollars donation" in the memo line, and we can make sure it gets added

to the funds that are dedicated for that program.

The check can be sent to: Willy Street Co-op Central Office Attn: Finance Director 1457 E. Washington Avenue Madison, WI 53703

We appreciate you staying in tune with what's going on in the Co-op community, and your generosity. -Kirsten Moore, Cooperative Services Director

WELLNESS COUPON

Q: Today at the Coop North, I heard that the wellness coupon benefit will be suspended and no longer offered. I am very sorry to hear this. This benefit, very in line with the Coop's Mission, is a greatly appreciated benefit by Coop members. In the months ahead, many/most of us will need to "cut back" and do with less. Can the coop also find a way to adjust its bottom line around profit, and continue to offer the wellness benefit for members?

A: Thanks for reaching out. We too, are very sorry that the wellness benefit is not one that we can afford to continue in the manner by which we were currently offering it (as the Any Day Wellness coupon). We did not arrive at this decision lightly, and the economic reasons have been highlighted in our January Reader. This change is also intended to be temporary. Pre-pandemic, the Co-op offered Wellness Wednesday as an Owner benefit, a win-win for Owners and the cooperative: Owners received 10% off the first Wednesday of the month. This benefit promoted stocking up and transactions and sales would be high on those days, resulting in labor efficiencies that largely paid for the discount and gave the Co-op a head start on monthly projected sales. A wellness coupon that can be used any time of the month does not provide the same sales boost or incentive to stock up, and so the Co-op no longer reaps the benefits of the labor efficiency. We are seeing regular income loss as a result, and based on recent financial reporting, these are not losses the Co-op can afford. While we agree that wellness benefits support our mission, benefits we offer, as per our mission, must also be economically sustainable. Owners who are experiencing financial hardship, as you have identified, are encouraged to participate in our Access Discount Program, which is a benefit designed to address those needs, and offers 10% off of all groceries.

We do plan to bring back the Wellness Wednesday Owner benefit in the future, dependent on the outcomes of coronavirus prevention and the economic impacts. We will reevaluate when the economy and the financial outlook for the Co-op turns around. We appreciate your understanding and continued support, and look forward to better times. -Kirsten Moore, Cooperative Services Director

willy street co-op

Find DIY Pizza supplies in our Deli Grab & Go cooler or order a **MAKE YOUR OWN PIZZA BUNDLE** for Curbside pick up at www.willystreet.coop/curbside

Bundle Includes: Dough, Sauce & Cheese for \$12.99.

Did you know our dough is vegan?



GENERAL MANAGER'S REPORT

Vaccines; Seafood Center; & More!



GROCERY WORKERS: VACCINE PHASE 1

The State Disaster Medical Advisory Committee has made their Vaccine Priority Group 1B recommendations to the Wisconsin Department of Health Services

by Anya Firszt, General Manager

(DHS) and as of press time, grocery workers and food production workers are included. Willy Street Co-op, our employees' union, and several individual employees and customers were represented in the 1700 comments urging the committee to include our essential workers. Thank you to everyone who joined us in advocating to prioritize our workforce for COVID-19 vaccination. It has made a difference! At press time, the recommendation was being reviewed for finalization at DHS. We look forward to learning more.

SEAFOOD CENTER AND CO-OP PART WAYS

As reported on our website and social media, the Co-op and the Seafood Center are amicably parting ways on April 4, 2021. The Seafood Center has had service counters at Willy Street Co-op since 1999, when the Center opened a location inside Willy East and eventually Willy West. Since that time, the economic landscape has changed, and the businesses feel that moving on may be more sustainable for both parties.

The Co-op plans to assume seafood operations at Willy West and Willy East sometime in the spring. This move, which was mutually agreed upon by the Co-op and the Seafood Center, will create better consistency between the seafood department and the rest of the Co-op's stores. The Seafood Center plans to keep their Whitney Way location open, which has more offerings available than space allowed at the grocery locations.

Scott Kennedy, manager-owner of the Seafood Center, said, "We've always enjoyed our relationship with the Co-op and look forward to our new chapter and to their continued success."

POPULAR HOURS

Did you know that you can check our Google Business listing and see how busy each of our stores are currently and how busy they'll likely be in the future? We want your business, but if you would like

to avoid busier times, check the link below and scroll to Popular Times to help you plan when you'll shop. (Store hours before 10:00am are reserved for seniors and those who are immunocompromised.)

- Willy East: open 8:00am-8:00pm <http://g.page/WSC-east>
- Willy North: open 8:00am-9:00pm <http://g.page/WSC-north>
- Willy West: open 8:00am-8:00pm <http://g.page/WSC-west>

ON THE HORIZON

Fiscal Year 2022 Budget Planning

We just closed the second quarter of the current fiscal year, and this month we will begin the budgeting process for next fiscal year, Fiscal Year 2022. There continues to be great uncertainty around the economy and many unknowns about the timeline for ending the COVID-19 pandemic. Given this, our plan is to develop a conservative sales budget that reflects a year of transition for the pandemic and continued economic challenges. We will continue to look for ways to bring our expenses in line with reduced sales growth while maintaining and expanding curbside pick up and delivery options.

The FY122 budget will be submitted to the Board for approval at their June Board meeting; once approved a summary will be shared with Owners in the *Reader* before calendar year end.

COMMUNITY REINVESTMENT FUND APPLICATION PERIOD NOW OPEN

The deadline for Community Reinvestment Fund grant applications is the end of this month. To learn more about our Community Reinvestment Fund, check out willystreet.coop/CRF for the 2021 details and grant application, as well as previous CRF recipients.

SUPER BOWL LV

On the lighter side of life, the Tampa Bay Buccaneers and the Kansas City Chiefs are heading to the Super Bowl. The game will be played Sunday, February 7 beginning at 5:30pm central time. We'll have an assortment of super-duper game day and half-time snacks to get you to the final play.

STAY WARM; STAY WELL

A heartfelt thank you to those of you who continue to play by the rules, wear face coverings, and maintain social distancing while you are in the store to help others stay safe.

BOARD REPORT

Board Committees; Annual Election; and More!



by Stephanie Ricketts, Board Member

As we move further into the New Year, we have the opportunity to participate in many of the familiar rhythms of the year. For some this may be weather or nature related, for others it can be an eagerness for change or perhaps work rhythms. Your Co-op's Board has some rhythms as well.

JANUARY MEETING

In January we often have our first Board meeting in a couple of months. The holiday season is busy for the grocery industry; the Board tries to give as much mental space to the operational team as possible during this time. At our January meeting this year we reviewed four different policy monitoring reports presented to the Board, followed up on a few monitoring reports with action items from a previous meeting, received a financial update, and discussed our continued relationship with Step Up: Equity Matters, among other things. If you would like in-depth information about our Board meetings, we post the agenda and minutes in stores and online after they have been approved.

BOARD COMMITTEES

In addition to Board meetings, your Board also has committees who meet regularly. One such committee is the Board Development Committee (BDC). At the beginning of each calendar year, the BDC focuses on putting the finishing touches on the election process for the upcoming election of Board Directors.

From a business perspective, cooperatives are unique. "A co-op, or cooperative, is a company that is

owned by customers who invest in the business." By being a member of the Co-op, you are a part Owner. (A small aside, while members "own" the Co-op, I think it is worth emphasizing that our membership model does not exclude anyone from shopping at the Co-op. We do not require a membership to shop in store or online.)

ANNUAL ELECTION

A significant benefit to being a partial Owner of your local Co-op is that each Owner number is eligible to vote on matters concerning our Co-op. The most frequent vote is our annual election of Directors to the Board. The Board consists of nine Owners; who are they? They are Owners, just like you, who through one path or another decided that they wanted to invest in their community through the Co-op's Board of Directors.

SEND US A MESSAGE

Perhaps this year, as part of the annual rhythms, you have an itch to plug in locally. Or, perhaps around this time of year you often resolved to learn a new skill. Maybe you're just interested to hear more about what exactly a Board of Directors does. Great! Send us a message, we would love to discuss anything you have questions about.

BOARD EMAIL

The best way to connect with us right now is via email. The Board can be reached at Board@willystreet.coop. If you'd like to reach out to one specific Board member, let our Board administrator (b.becker@willystreet.coop) know who you would like to connect with. We hope that the rhythms of winter find you happy, healthy, and possibly, looking to connect with your Co-op in a deeper way.

Pilates on Harrison

Quality Pilates in Your Neighborhood

710 Harrison Street
pilatesonharrison.com
608.709.1775

Community Room Class Calendar

Visit www.wilystreet.coop/events to register.

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



COOKING WITH CHEF PAUL: OVEN-FRIED CHICKEN, SUNCHOKE HUMMUS, AND OVEN-FRIED SWEET POTATOES

Location: Google Meet

Thursday, February 11, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: Free; registration is required

Join Chef Paul for a new series of online cooking classes from the comfort of your own home! Chef Paul will lead the class step-by-step through one recipe, and then participants will sit back and enjoy the dish they prepared while Paul demonstrates a variety of cooking techniques and new recipes, including fried chicken in the oven, without the leftover frying oil! The chicken will be paired with a hazelnut coleslaw and a sunchoke hummus. Add in some oven-fried sweet potatoes for a perfect combination. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: EGG FOO YUNG WITH BLOOD ORANGE & RED ONION SALAD

Location: Google Meet

Thursday, February 25, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: Free; registration is required

Join Chef Paul for a new series of online cooking classes from the comfort of your own home! Chef Paul will lead the class step-by-step through one recipe, and then participants will sit back and enjoy the dish they prepared while Paul demonstrates a variety of cooking techniques and new recipes, including the iconic egg foo yung paired with a ginger dipping sauce.

The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: SPRING VEGETABLE CABBAGE ROLLS AND GINGER COCONUT RICE AND CHICKEN WITH BOK CHOY

Location: Google Meet

Thursday, March 11, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Paul for a new series of online cooking classes from the comfort of your own home! Chef Paul will lead the class step-by-step through one recipe, and then participants will sit back and enjoy the dish they prepared while Paul demonstrates a variety of cooking techniques and new recipes, including spring vegetable cabbage rolls with sour cream dipping sauce and ginger coconut rice and chicken with bok choy. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: PORK CONFIT, ORANGE & QUINOA SALAD, AND BISCUITS AND GRAVY

Location: Google Meet

Thursday, March 25, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Paul for a new series of online cooking classes from the comfort of your own home! Chef Paul will lead the class step-by-step through one recipe, and then participants will sit back and enjoy the dish they prepared while Paul demonstrates a variety of cooking techniques and new recipes, including Pork Confit with Orange & Quinoa Salad. Paul will also demonstrate how to make perfect biscuits and sausage gravy. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.



COOKING TOGETHER: FLAVORS OF THE MIDDLE EAST

Location: Google Meet

Thursday, February 4, 5:00pm–6:30pm

Instructor: Lily Kilfoy

Fee: Free; registration is required

Join Chef Lily Kilfoy in this hands-on cooking class for families. 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 the Middle East—olives, pita, spices, garbanzo beans, basmati rice, kabobs, dates and honey will be explored. Vegetarian and nut-free. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class.

COOKING TOGETHER: TASTE OF THAI

Location: Google Meet

Thursday, February 18, 5:00pm–6:30pm

Instructor: Lily Kilfoy

Fee: Free; registration is required

Join Chef Lily Kilfoy in this cooking class for families to learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a mouthwatering meal inspired by the tastes of Thailand. Savory soup, fresh spring rolls, and sweet mango sticky rice are just a few of the delectable dishes that we'll explore. Vegetarian and nut-free. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class.

COOKING TOGETHER: FLAVORS OF IRELAND

Location: Google Meet

Thursday, March 4, 5:00pm–6:30pm

Your Co-op's Own Instructor: Lily Kilfoy

Fee: \$5 for Owners; \$10 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. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class.

COOKING TOGETHER: FLAVORS OF COSTA RICA

Location: Google Meet

Thursday, March 18, 5:00pm–6:30pm

Your Co-op's Own Instructor: Lily Kilfoy

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class to learn about different foods and where they come from, how to follow recipes, and how to use different tools. In this class, participants will collaborate to cook Chef Lily's take on a feast featuring flavors frequently found in the fare of Costa Rica. Gallo pinto, casado, tantalizing tropical fruits, a dulce de leche dessert, and even empanadas will be explored. Vegetarian. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class.



MERITS OF A KETOGENIC DIET

Location: Zoom

Wednesday, January 27, 6:00pm–7:00pm

Instructor: Katy Wallace

Fee: Free; registration required

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

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

SMOOTH MOVES

Location: Zoom

Tuesday, February 23, 12:00pm–1:00pm

Instructor: Katy Wallace

Fee: Free; registration required

Learn how to overcome constipation for yourself or a loved one (kids included) without laxatives or other harsh approaches. Katy Wallace, Traditional

Naturopath of Human Nature, will explain the foods, seasonings and lifestyle practices that relieve constipation and address underlying digestive imbalances.

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

OVERCOMING A SENSITIVE STOMACH

Location: Zoom

Wednesday, March 24, 6:00pm–7:00pm

Instructor: Katy Wallace

Fee: Free; registration required

Recent news articles have discussed that the majority of reflux and heart-burn problems can be overcome through change in diet and lifestyle. This lecture will present food-based ways to address an "over-acidic" stomach and eat (and sleep) in comfort. Join Katy Wallace, traditional Naturopath of Human Nature, LLC, for a discussion of digestive cleansing and proper food combining.

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Zoom

Tuesday, February 9, 10:00am-2:00pm

Wednesday, February 24, 10:00am-2:00pm

Tuesday, March 10, 10:00am-2:00pm

Wednesday, March 23, 10:00am-2:00pm

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

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

WILLY STREET CO-OP

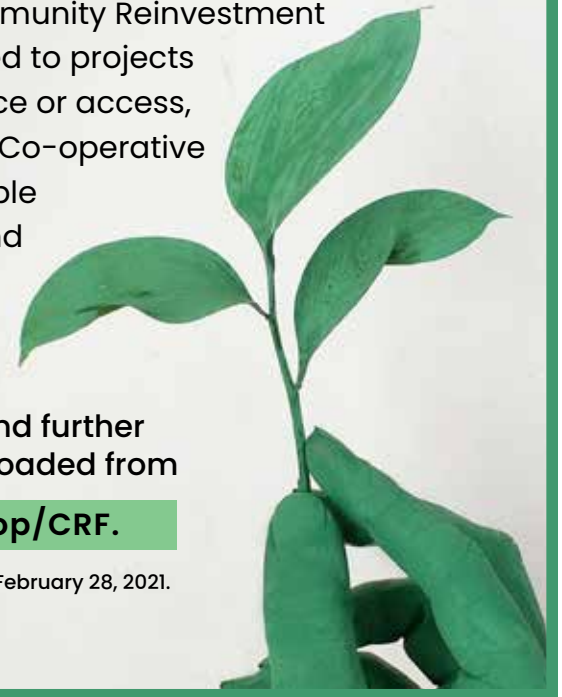
COMMUNITY REINVESTMENT FUND GRANTS AVAILABLE

Grants from the Community Reinvestment Fund may be awarded to projects supporting food justice or access, creating/developing Co-operative businesses, sustainable agriculture, health and well-being, and/or social change.

Grant applications and further details can be downloaded from

www.willystreet.coop/CRF.

The deadline for applications is February 28, 2021.



Community Room Classes have begun again virtually. See page 6 for listings.

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Local Chocolate Companies



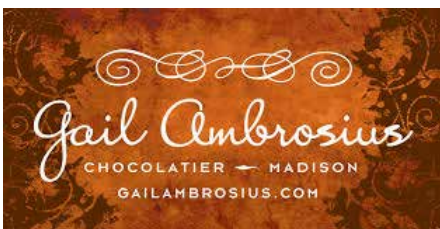
by Megan Minnick, Purchasing Director

Nobody starts a local food business to get rich. In my experience, our local food makers do what they do simply because they love and sharing those foods with others is what brings them joy. These are people with enough passion and dedication

to sharing their culinary craft that they are willing to do the hard work and take the risks involved in starting their own enterprise, not to make gobs of money, but simply so they can do what they love and share the results with the rest of us.

HOW LUCKY WE ARE TO HAVE THEM!

In that spirit, I'd like to introduce you to three of the local chocolate companies that grace our shelves, and the people behind them. Whether you are buying a Valentine's Day treat for your sweet, or a well deserved gift to yourself, a chocolate from one of these skilled artisans will surely brighten your day—not through your taste buds alone, but also through the knowledge that by simply eating this delicious chocolate you are an integral part of a interdependent and vibrant community of suppliers, makers, and eaters.



GAIL AMBROSIOUS CHOCOLATIER; MADISON, WISCONSIN

If our community has a superstar chocolatier, Gail is it. She has been making chocolate confections on Madison's eastside since 2004 to great national and local acclaim. Most importantly, her chocolates are divine!

When did you decide that you wanted to be a chocolatier?

When I was a little girl I had dreams of making chocolate for people. I had no idea there was such a profession as a chocolatier, I only knew I loved making chocolate treats and seeing the joy on people's faces when they ate it; their happiness became mine.

What makes your chocolate products different from any others?

We use primarily dark, single-

origin chocolate. When I started I would say "all dark, all the time." I have since started making some milk and some white chocolate options, but we still make 90% of our products in dark chocolate. We mostly use single-origin chocolate, which means it all comes from one farm/area. Like wine, this showcases the flavor of each location, or terroir, where the beans are grown.

What's the most rewarding thing about owning your own chocolate business?

When customers share their stories of how our chocolates have created a personal connection in their lives. Perhaps we provided desserts for their wedding, gifts for a baby shower, a special birthday tradition, or even treats to bring smiles at a funeral. These stories are so touching and I feel privileged to be a part of it all.

How has COVID-19 affected your business?

We have a small retail space; sadly this had to be closed to the public in order to preserve the health and safety of our staff and our customers. We do offer curbside pickup, delivery, and shipping. All orders have to be taken over the phone or through our website. This was certainly an adjustment but both our staff and customers have done a great job adapting. I do so miss seeing our customers in the shop and I look forward to tasting chocolates with them once again.

Where do you see yourself in five years?

I think I will still be here making chocolate. I will have celebrated 21 years in business by then, but I hope to eventually turn the business over to my son and his wife who have been working with me for the past 9 and 11 years. After a smooth transition, I hope to be traveling to Central and South American cacao farms as much as possible!



TABAL CHOCOLATE; WAUSATOSA, WISCONSIN

To understand Tabal Chocolate, you have to first understand the difference between a chocolate maker and a chocolatier. Whereas chocolatiers make confections using pre-made chocolate; chocolate makers start with the whole, raw cacao beans. The beans are roasted, cracked, winnowed into nibs, ground, and then tempered and poured into molds. Owner Dan Bieser is passionate about this "bean-

to-bar" process, which allows him to work directly with small cacao farmers and make a real difference in the lives of farmers across the globe, and also to educate consumers here in the Midwest about the process.

When did you decide that you wanted to be a Chocolate Maker?

In 2012 I started Tabal Chocolate after being inspired during a trip to Toronto and visiting craft chocolate makers. I love the profession because it allowed me the flexibility to use my many creative skills in marketing, package design, chocolate product development, person to person sales, travel, and building relationships with customers, farmers, and our community.

What makes your chocolate products different from any others?

Our chocolate is unique because it is made in collaboration with the cacao farmer that we work with to supply the world's most flavorful and high quality cacao beans, and we use superfood inclusions including chaga, peppermint, maca berry, turmeric, cinnamon, and other teas and spices to flavor our chocolate.

What's the most challenging thing about running your own chocolate business?

The challenge is educating consumers that high-quality bean-to-bar dark chocolate is worth the value. Helping them learn that they are having a positive world wide effect when they purchase Tabal Chocolate. We consider our chocolate a food rather than a candy and treat it as the nutrient-packed superfood that it is.

How has COVID-19 affected your business?

COVID has reduced our walk-in traffic at our retail store and factory in Wauwatosa, and increased our online business. Overall we did not have the year we expected but we have had amazing community support and will be in a good position to start 2021.

Where do you see yourself in five years?

We continue to grow and expand our production capacity and we are excited to add many new products in the next few years. We are building relationships with farmers world wide and are poised to build a supply chain for cacao and chocolate ingredients that will help many more farmers thrive in the years to come



MADISON CHOCOLATE COMPANY

I first met Megan Hile, owner

of Madison Chocolate Company, several years ago when she was part of our Retail Ready Lab program and working to grow her business beyond her shop on Madison's westside to the shelves of retail grocers like ours. Her enthusiasm for her craft is contagious, and her unique confections are out-of-this-world delicious!

When did you decide that you wanted to be a chocolatier?

Life decides for you sometimes. My former life was in bilingual education. In 2010 I was in the hospital for a serious MS attack. While in the hospital, my friends and family brought me food daily and dined with me, so I was never alone. During this time I not only relearned how to physically walk, but I also truly learned that food shared in good company brings joy, and food made with intention changes and heals the spirit.

With several months of downtime, I began relearning the importance of making food with intention. I landed upon a confection recipe that piqued my interest and suddenly an obsession with chocolate was born. Choosing to work with chocolate allows me to create confections that bring joy to others. We are grateful to see our products leave our shop and bring delight and comfort to many.

What makes your chocolate products different from any others?

Our chocolates and confections are unique to us because of our recipes and ingredients. As a chocolatier, you get to choose your butter, heavy cream, flavors, and most importantly the chocolate. We use chocolate from many different chocolate makers, from many different origins—all with varied flavor profiles. Our recipes are balanced with subtle flavors that allow one to still taste the important chocolate notes and not be overwhelmed by more dominant flavors.

How has COVID-19 affected your business?

We learned how to quickly (immediately) move from a full-service cafe and chocolate shop to serving the needs of our clients in a different way. We had to move the entirety of our shop on-line. That was challenging with a steep and incredibly fast learning curve. It also has been very eye-opening to see purchasing habits change and how we had to evolve right along with them. It goes without saying that the effects are daily. As a team I would say that we have adapted well and are lucky enough to keep our doors open. We are always in dialogue at the shop for what our next steps should look like.

What's the most challenging thing about running your own chocolate business?

The most challenging is trying to set aside downtime to take care of oneself. It is very easy to get caught up in work life, and very difficult to set aside time for all the other wonderful things that life has to offer.

FOOD NEWS

Cooking Contributions



by Josh Perkins,
Prepared Foods
Category
Manager

Hercules Posey was an enslaved Black chef, regarded along with his family as the legal property of President George Washington. While details are hard to pin down in reading about his remarkable life, accounts

seem to agree that he fled to freedom on Washington's birthday in 1797 and died a free man. His family remained enslaved. Two months after his escape, the valet of Louis-Phillipe, future king of France, offered his condolences to Hercules' youngest daughter, saying she must be very upset because she would never see her father again. She replied, "I am very glad, because he is free now."

The mark Hercules left was of a gifted chef and a fanatic for cleanliness. His food was so good that he collected an auxiliary income of (in today's money) about \$5,000 a year by selling the leftovers, and he was allowed by Washington to walk the city at his discretion. Martha Washington's grandson recalled him as a "celebrated artiste." You will find no mention of him in *Hamilton* (along with enslaved chef James Hemings, who was the first American to train as a chef in France and cooked the meal Hamilton and Jefferson met over to form the Compromise of 1790) and you'll have a tough time finding mention of him on podcast or television show. You may have an even tougher time finding material on Emeline Jones, an emancipated chef, or George Crum, an African-American/Mohawk chef, but you have heard of the food each is variously credited with inventing—the potato chip.

In the recent rush of many businesses to respond to the death of George Floyd and the mass protests against racial injustice which spanned the globe, some overt sym-

bols of cartoonish and demeaning renditions of Black people on food packaging have been removed, or changed. However, avoiding offense isn't the same as according respect. The reality of American culinary culture is that Black cooks and chefs have made a major contribution to what we know and love as a nation, and this should be well-known.

An important aspect of this contribution was, and is, the resourceful and skilled use of ingredients that were (are) not regarded as premium. In recent years, with the media explosion of culinary pursuits, this has become better-known and even exciting for those new to it. But, well before that, enslaved African-Americans needed to find ways to subsist on the cuts of meat their white owners had no taste for—like chitterlings, or chitlins, the prepared intestine of a pig or cow, or a cut that might be used to season—but not provide large portions of meat, like a ham hock (pig knuckle). Another was the introduction of crops from Africa to America, via ships plying the slave trade—among these being black-eyed peas and okra, now taken for granted as synonymous with Southern cuisine. Another of these that rivals the potato chip for fame and fortune; coffee.

A culinary memory that has stuck with me: Eating dinner at SavannahBlue in Detroit while in town on a job. The dining room is elegant and the atmosphere restrained. SavannahBlue enforces a dress code. And the shrimp and grits with andouille-mushroom gravy ranks up with the most satisfying things I've ever eaten. As the hour got on toward 9:00pm, the chef came out of the kitchen and I had the chance to say hello and thank him. It was the second time I had met a Black person at the head of their own kitchen, the first being a husband and wife Memphis BBQ team I worked for long ago. I'm sure this is partly a reflection of me, and where I have or haven't been. But, watching the media currents that shine light on certain chefs and not others, such as the Food Network, African-American chefs hold two of twelve Featured Chef spots. Widening the list to all the chefs on the network, the percentage gets much lower. This could change, with a little less focus on celebrity status and more focus on culinary skill and innovation.

The full story of Black chefs and their influence on the food we know today as "Southern" and/or "Soul Food" is too much to fairly render in an article twenty times this length, not the least of reasons being that it is not finished. It isn't easy to find, but it isn't hard, either, not in the day of the internet. Take what's here as an appetizer.

BODYCARE NEWS

Winter Skin



by Angela Pohlman,
General Merchandise
Category
Manager

Winter, coupled with frequent hand-washing to keep viruses at bay, is brutal on our skin. With all that, you're looking at some scaly patties. For me, I often have cracked and

bleeding skin and itchy rashes on my hands. Working with bodycare products for over 17 years has given me a few hot tips on dealing with this seasonal issue.

EXFOLIATION

My favorite way to combat gator skin is exfoliation. There are plenty of awesome premade products out there that you can use such as Lusa's sugar scrubs which are super yummy smelling scrubs that are never too greasy. You can also make a quick version that is my go-to: 2 parts sugar, 1 part oil. You could literally just take a teaspoon and scoop it into your hand—no bowl needed! I suggest using coconut oil. It's easy to measure out and is nice and moisturizing. Smells great as is. Try half a teaspoon coconut oil, 1 teaspoon sugar. Mix them together in your hands and scrub all over like you are washing them. Give your rough lips a rub too. Keep those puckers soft! Rinse (or lick) the sugar off, you can then continue to work the oil into your hands. You can get fancy and add essential oils to create an aromatherapy experience if you want. I like to make a big mason jar of this to keep in the shower to work off all the scaly bits.

STATIC HAIR

I also suffer from static-y and fragile hair in the winter months. I love to take an oil (could be coconut, olive oil, argan oil, anything you have really), saturate my hair and then put it up in a shower cap. Let it sit for a minimum of an hour, ideally overnight. Then put shampoo directly onto your head without getting it wet and start working in a lather—that way you get more of the excess oil off your noggin. It may take a double shampoo session to get it all out, and then condition as normal. My hair is super shiny and silky after this treatment.

Moisturize after every shower or bath. It really seems to make a difference, especially if, like me, you have itchy legs after a shower. So make sure to get in the habit of

rubbing yourself with lotion after getting the hose.

MOISTURIZER

You don't have to limit your moisturizer to lotions. If you haven't guessed, I am a big fan of just using oils on my skin. Shea butter is awesome to use all over your body. It is solid at room temperature and a little goes a long way. Liquid oils are nice too; just be careful if you are applying it in the shower—a few drips on the floor and whoops!

My feet can get pretty gnarly. Before bed, I like to use a thick lotion or balm (Booda Butter is pretty great for this), generously coat my feet and put some thick socks on. Careful it's not your \$300 cashmere socks—the oil can stain. Come morning, prepare yourself for super soft feet.

HAIR, SKIN, AND NAILS SUPPLEMENTS

Making sure your body is getting good nutrients to support those tissues helps your skin feel better from the inside out. I'm a big fan of Biosil, and Country Life makes some awesome formulas. Doesn't hurt that it could help with hair and nail growth!

Of course, don't forget the importance of drinking water. Essential for good health, period!



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OFF THE BLOCK CHEESE PIZZA

Off the Block was created by Mentoring Positives as a platform for Madison youth to develop their skills and talents. Their first product was salsa, which you may be familiar with. Off the Block Pizza started as a way to expand their social entrepreneurship venture and bring another great product to market under the Off the Block label. From their website: "Our pizza recipe was developed by our youth participants, in partnership with the University of Wisconsin Extension. In 2020 we were licensed to produce our pizzas at FEED Kitchens in Madison. Our youth are involved in every aspect of making our pizzas. They roll out the dough, they cook the sauce, they assemble and package the frozen pizzas. In August of 2020 we achieved our weekly goal of making 150 pizzas in a week." Try the cheese pizza at the Co-op, available with white or whole wheat crust.



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- Patagonia Provisions Organic Cacao Mango Bar
- Blendtopia Organic Superfood Smoothie Kit Energy
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- Ben & Jerry's Snackable Cookie Dough Chocolate Chip
- Ben & Jerry's Vegan Snackable Cookie Dough Chocolate Chip
- Ben & Jerry's Peanut Butter Half Baked Ice Cream
- Saffron Road Korean BBQ Chickpeas
- Saffron Road Falafel Crunchy Chickpeas
- Me & the Bees Prickly Pear Lemonade
- Me & the Bees Ginger Lemonade
- Rebbl Mayan Cocoa Gold Label
- Oatly Chocolate Oatmilk
- Knorr French Onion Soup Mix
- Swan Hydrogen Peroxide 32 oz.
- Humble Lip Balms
- Tey-Art Alpaca Socks: New Styles
- Honey Pot Sensitive Wipes

Available at West

- Patagonia Provisions Organic Apricot Almond Bar
- Rebbl Mayan Cocoa Gold Label
- Lonesome Stone Milling Whole Wheat Pastry Flour
- Lonesome Stone Milling Organic Sifted Artisan Bread Flour
- Lonesome Stone Milling Artisan Whole Wheat Bread Flour 2 lb.
- Lonesome Stone Milling Whole Wheat Pastry Flour 2 lb.
- Roland Lo Mein Noodles
- Roland Udon Noodles
- Oatly Chocolate Oatmilk
- Knorr French Onion Soup Mix
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- Rao's Homemade Italian Wedding Soup
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- Folkmanis Finger Puppets
- Tey-Art Alpaca Socks: New Styles
- Honey Pot Sensitive Wipes

Available at North

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- Lonesome Stone Milling Artisan Whole Wheat Bread Flour 2 lb.
- Lonesome Stone Milling Whole Wheat Pastry Flour 2 lb.
- Pillsbury All Purpose Flour
- Food Club Cut Sweet Potatoes
- Sprecher Brewing Grape Soda
- Knorr French Onion Soup Mix
- Swan Hydrogen Peroxide 32 oz.
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Chocolove Chocolate Bars
All Kinds on Sale!
2.9-3.2 oz • Save 98¢/2
2 for \$5 coop deals.



Parm Crisps Crunchy Baked Cheese Snacks
All Kinds on Sale!
1.75 oz • Save \$1.98/2
2 for \$5 coop deals.

Eden Organic Gomasio
All Kinds on Sale!
3.5 oz • Save 70¢
\$2.29 coop deals.

Field Roast Grain Meat Sausages
All Kinds On Sale!
12.95 oz • Save \$1.50
\$4.49 coop deals.



Alter Eco Organic Fair Trade Dark Chocolate Bars
All Kinds On Sale!
2.8 oz • Save \$2.58/2
2 for \$5 coop deals.

Dr. Bronner's Organic Coconut Oil
Whole Kernel White Kernel
14 oz • Save \$2.50
\$7.99 coop deals.

Traditional Medicinals Organic Tea
All Kinds On Sale!
16 ct • Save \$1.50
\$3.99 coop deals.



Native Forest Organic Classic Coconut Milk
13.5 oz • Save 50¢
\$2.49 coop deals.

Annie's Pizza Poppers
Cheese, Uncured Pepperoni
5 oz • Save \$2.58/2
2 for \$5 coop deals.

Kite Hill Ravioli
All Kinds On Sale!
9 oz • Save \$2.50
\$5.49 coop deals.



Tony's Chocolonely Organic Fair Trade Chocolate Bars
All Kinds On Sale!
6.35 oz • Save \$1.49
\$3.50 coop deals.

Treeline Vegan Cheese
Scallion, Sea Salt & Pepper, Herb-Garlic
6 oz • Save \$1.30
\$5.49 coop deals.

Immaculate Baking Company Organic Cinnamon Rolls
17.5 oz • Save \$2
\$3.99 coop deals.



Muir Glen Organic Tomatoes
All Kinds on Sale!
28 oz • Save \$1.98-\$2.58/2
2 for \$4 coop deals.

San Pellegrino Sparkling Fruit Beverage
All Kinds On Sale!
6 pk • Save \$1
\$4.79 coop deals.

R.W. Knudsen Simply Nutritious Juice
All Kinds on Sale!
32 fl oz • Save \$2.98/2
2 for \$5 coop deals.



Ripple Plant-Based Milk
All Kinds On Sale!
48 fl oz • Save \$1
\$3.29 coop deals.

Drew's Organic Salad Dressing
All Kinds On Sale!
12 oz • Save \$1.20
\$3.29 coop deals.

ECOs Ultra Ecos Laundry Detergent
All Kinds on Sale!
100 fl oz • Save \$2
\$10.49 coop deals.



The specials on this page are valid February 3-16

All Specials Subject to Availability. Sales Quantities Limited.

FEBRUARY

co-op deals: February 17-March 2



Bionaturae
Organic Durum Semolina Pasta

Spaghetti, Penne Rigate, Fusilli
16 oz • Save \$1.14

\$1.65

Lightlife
Smoky Fakin' Bacon Tempeh Strips

6 oz • Save \$1.50

\$3.99

Miyoko's Creamery
Organic Cultured Vegan Butter

8 oz • Save 80¢

\$4.49



Oatly
Oat Milk

Full Fat, Original, Low Fat
64 fl oz • Save 50¢

\$3.49

Lundberg
Organic Jasmine Rice

White, Brown
32 oz • Save \$2

\$5.99

Rao's Specialty Food
Marinara Pasta Sauce

24 oz • Save \$2.80

\$5.99



Just
Egg Substitute

12 oz • Save \$1

\$4.49

Sesmark
Rice Thins

All Kinds on Sale!
3.2-3.5 oz • Save 98¢/2

2 for \$5

Uncle Matt's
Organic Orange Juice

All Kinds On Sale!
52 fl oz • Save \$1

\$5.99



Pacific
Organic Soup

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

\$3.50

Ben & Jerry's
Cherry Garcia Dairy Ice Cream

16 oz • Save \$1.50

\$4.49

Garden of Eatin'
Tortilla Chips

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

\$3.50



Justin's
Nut Butter Cups

All Kinds on Sale!
1.4 oz • Save 98¢-\$1.58/2

2 for \$3

Forage Kitchen
Kombucha

All Kinds on Sale!
12 fl oz • Save \$2.96/4

4 for \$5

Epic
Pork Rinds

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

\$2.99



San-J
Tamari Soy Sauce

10 fl oz • Save 50¢

\$2.29

Upton's Naturals
Seitan

All Kinds On Sale!
8 oz • Save \$1.30

\$3.49

Stacy's
Pita Chips

All Kinds On Sale!
7.33 oz • Save 98¢/2

2 for \$5



Cascadian Farm
Organic Frozen Vegetables

Sweet Corn, Broccoli Cuts,
Garden Peas, Green Beans
16 oz • Save \$1.58/2

2 for \$5

Natural Sea
Albacore Tuna

Salt, No Salt Added
5 oz • Save \$1.50

\$2.79

Quinn
Gluten-Free Peanut Butter Pretzels

7 oz • Save \$1.30

\$3.99



Koyo
Ramen

All Kinds on Sale!
2-2.1 oz • Save 29¢

\$1.00

SunGold
Sunflower Butter

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

\$5.49

Maya Kaimal
Everyday Dal

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

\$2.99



The specials on this page are valid February 17-March 2
All Specials Subject to Availability. Sales Quantities Limited.

Supporting a Safe, Sustainable Community with Double Dollars, Community Reinvestment Fund, the Access Discount Program, and You!



by **Kirsten Moore, Cooperative Services Director**

Because of you, we are able to offer several charitable programs to the community: Double Dollars to support shoppers using SNAP; donations to five partner food pantries and grants to local nonprofits and cooperatives; and our Access Discount Program

for Owners experiencing financial hardship. We also continue to maintain and update our COVID-19 practices and advocacy based on your feedback and support as well as what we learn as the pandemic continues. Thank you!

HOLIDAY DOUBLE DOLLARS FUNDRAISER MEETS ITS MATCH!

Every holiday season for the past four years, your Co-op has held a matching campaign to support both Double Dollars and our five neighborhood food pantry partners. When you donated to Double Dollars at the registers, or when you reused bags to carry your groceries, we matched your cash donations 1:1 and matched the 10¢ we save for Double Dollars from bag reuse to give to the food pantries, up to \$10,000. The match was made possible thanks to Owners who abandon or donate their equity to our Co-op to use for educational or charitable purposes.

I am pleased to report that by the end of the giving period in November and December, Co-op Owners met our match with \$10,858.15 in cash donations and bags reused. Your generosity not only helps keep Double Dollars operating, but also allows for us to provide \$2,000 in gift cards to each of our partner food

pantries: Goodman Community Center Fritz Food Pantry, Lussier Community Education Center, Middleton Outreach Ministry, The River Food Pantry, and Wil-Mar Neighborhood Center. They will use the gift cards in the winter season to purchase items that are harder to come by through food donations and recovery. Thank you for your support!

DOUBLE DOLLARS NEEDS YOUR SUPPORT NOW MORE THAN EVER

Double Dollars is a nonprofit nutrition incentive program provided by a team of public and private partners to help those using FoodShare/QUEST purchase fresh or frozen fruits, vegetables and legumes; and seeds and seedlings for growing edible plants. Every Tuesday from October 20 through March 9, any shopper using their FoodShare/QUEST card to purchase groceries is eligible to receive up to \$20 worth of Co-op Double Dollars vouchers per Tuesday. Last month, we reported that the increase in SNAP benefits participation county-wide has increased the demand for Double Dollars. Projections at the time of writing anticipate that we will end our Double Dollars season at the Co-op this year with a 33% increase in redemptions (an even larger increase than we anticipated in last month's *Reader*). This, combined with the reduction of bag reuse due to COVID-19 means that the Co-op, which has fully funded the Co-op side of the program and a portion of the program at local farmers' markets as well, is looking at a potential \$30,000 deficit in funding for the Fiscal Year 2021 program. The Double Dollars partners (City of Madison, Dane County, Community Action Coalition for South Central Wisconsin, and the Co-op) are currently seeking grants and other private donations to fill the gap. Our

goal at this time is to maintain the program throughout the scheduled season without altering the incentive match or duration of distribution and redemption at the Co-op. We do anticipate changes both to the maximum match and the season length for the next Double Dollars season starting October 2021.

If you are interested in the sustainability of the Double Dollars program throughout the COVID-19 pandemic and beyond, please continue to support Double Dollars through the Double Dollars fund! There are three ways you can contribute: by using one of the scan cards at the registers when you shop in store to add a cash donation to your receipt, by purchasing a Double Dollars donation on shop.willystreet.coop (you do not need to purchase other groceries or pay any online shopping fees to make a donation on its own), and by reusing bags when you shop the Co-op. A \$5 cash donation is the equivalent of one Double Dollars voucher. Thank you to all of you who continue to support this important food security program.

REUSING BAGS IS GOOD FOR THE ENVIRONMENT, DOUBLE DOLLARS, AND YOUR CO-OP!

At the beginning of the COVID-19 pandemic we followed public health and Safer at Home orders to cease accepting reusable bags. Since then, the guidance has changed. Nick Heckman, Food Security Policy Analyst for Public Health Madison and Dane County (PHMDC) says "Retail spaces that have remained open during the pandemic have assumed risks associated with customers moving through the retail space and the frequent handling of items by staff, distribution teams, or other customers, however transmission from surfaces to individuals is not believed to be a primary driver of COVID-19 infection. Customer use of clean reusable bags is not likely to increase the chance of COVID-19 transmission above the risks that are already present in these environments. At this time, PHMDC does not recommend treating reusable bags differently than other items handled in grocery environments. Staff and customers in retail spaces remain encouraged to frequently

wash hands and use hand sanitizer to support personal hygiene." The U.S. Center for Disease Control agrees: "Currently, no cases of COVID-19 have been identified where infection was thought to have occurred by touching food, packaging or shopping bags."

Since we started allowing reusable bags again at the stores in August, customers are reusing bags 75% less than they did pre-pandemic, though we see bag reuse increasing every week. We know it's hard to build a habit and that once habits change it's challenging to go back. When you reuse bags you make a huge difference: you support the environment by keeping paper and plastic bags out of circulation, and you support the Co-op's ability to pay into the Double Dollars program, a program that is actually more cost effective than buying paper bags at \$0.17 per bag. If you were committed to reusing bags before we encourage you to recommit now, or give it a try if you have never done it before.

COMMUNITY REINVESTMENT FUND GRANT APPLICATION DEADLINE FEBRUARY 28

On January 1 we posted the application for 2020 Community Reinvestment Fund grants and the deadline to apply is February 28. \$25,000 is available this year for nonprofits and cooperatives serving the Greater Madison area doing projects that support food justice and/or access, sustainable agriculture, health and well being, social change, or creating or further developing cooperatively incorporated businesses. This funding comes from the same pool of funds we used for the Double Dollars match, and is made possible thanks to Owners who abandon or donate their equity to our Co-op to use for educational or charitable purposes. Grants are competitive, and in Fiscal Year 2020, the Co-op made awards to 12 organizations. In the last three years, the average award provided to each organization was \$2,301. As it says on our website, we seek to fund "innovative, hands-on, educational, and entrepreneurial projects that impact a large group of people, reach out to underserved populations, create jobs or develop

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Check the back of this issue or signs on the shelf.

willy street co-op

Tenney Nursery & Parent Center
A Preschool & Community-based Parent Cooperative
1321 E. Mifflin St. | director@tnpckids.com | 255-3250
www.tnpckids.com
Pre-School age 2-5
Parent/Child Playgroup age 0-3
STATE LICENSED & CITY ACCREDITED

skills, foster social engagement, and offer opportunities for diversifying partnerships and collaboration.” For more information, to learn about past grants awarded, or find the application form, visit www.willystreet.coop/community/CRF.

ACCESS DISCOUNT RENEWALS DUE MARCH 31

The Access Discount Program is an Owner benefit available to those with a financial need and offers a 10% discount on your purchases as well as a longer time period to pay any outstanding Owner equity (\$4 per year for Individual Owners, \$7 per year for Household Owners). When you enroll in the Access Discount Program, the benefit is activated through the calendar year. If you still have a financial need at the end of the year, you must renew by March 31 in order to continue receiving the benefit. Current Access Discount participants will receive reminders in mid-February, and those who have not renewed by mid-March will receive a second reminder. To protect the privacy of our Owners, we do not provide renewal reminders at the registers.

Applying for the Access Discount is easy at the Customer Service desk, and you do not need to bring any special information with you. Following completion of a simple form, you will sign that you agree to the terms of service. See sidebar to see if you may qualify. You may also qualify to receive the Access Discount if annual gross income within the last year has been at or below 150% of the Federal Pov-

erty Guideline (FPG). FPG charts are available on the Access Discount form.

The Access Discount Program is supported by annual sales income. In FY2020 the Co-op distributed \$316,637 in discounts via the program to 1240 Owners. That means 0.5% of our sales support just about 3.5% of active Owners. The best way to support the Access Discount Program is to shop the store. Thank you!

COVID-19 VACCINATIONS

Finally, the time of writing, the Co-op submitted formal comments to the Wisconsin State Disaster Medical Advisory Committee (SDMAC) Vaccine Distribution Subcommittee urging them to reconsider their initial proposal for inclusion in COVID-19 Vaccine Priority Group 1B. The draft proposal excluded grocery workers. We shared our formal comments with State, County, and local officials urging them to get involved and ensure that grocery workers be added to the list as per the recommendations of the CDC as well as their own definition of front line workers as indicated in Wisconsin Emergency Order 12: Safer at Home, when not only were grocery workers identified as essential, but also provided Tier 2 prioritization for childcare. “Our front line workers, our business, and our community deserve the extra security vaccinating our employees early will provide: protection for our staff to continue keeping the public fed, and added protection for our customers who may rely on shopping our

business in person,” we said. “Our workers adapt to ever-changing recommendations and guidelines, bear the brunt of face covering scofflaws, and many of them take extra care to keep distance from friends and loved ones to keep them safe from the public exposure to COVID-19 workers face every day. Please consider including our workers in Tier 1B for

vaccination as essential as your word that we are essential.” are pleased to report that the SDMAC has now included grocery workers in Tier 1B. Thank you to all of you out there who also provided comments to the Vaccine Distribution Subcommittee regarding this topic. We appreciate your supporting grocery workers and safer shopping throughout our state.

You may qualify for the Willy Street Co-op Access Discount if you are receiving support from:

The FoodShare/QUEST Program (SNAP)

Medicaid (BadgerCare/Senior Care)

The Special Supplemental Program for Women, Infants, and Children (WIC)

Section 8 Housing Assistance/Community Development Authority (HUD)

The Senior Farmers' Market Nutrition Program

Supplemental Security Income (SSI)

Social Security Disability Insurance (SSDI)

The Low Income Home Energy Assistance Program (LIHEAP)

FairShare CSA Coalition Partner Shares

The Free or Reduced School Lunch and Breakfast Program

Wisconsin Shares Child Care Subsidy Program

Wisconsin Works; Heat for Heroes

Early Head Start/Head Start

Are you enrolled in the Access Discount Program?

It's time of year to renew your Access Discount!

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

To avoid a lapse in your enrollment, please stop by one of our Customer Service desks by March 31st, 2021 to fill out your renewal form.

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

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



Winner Winner



Order dinner online and pick up curbside on your way home! Choose from heat & eat meals, salads, beer, wine, and more!

Vegetarian and vegan options available. [f](#) [t](#) [m](#) Everyone welcome!

A decorative header featuring stylized illustrations of various plants and jars. From left to right: a pink pot with a green plant, a white jar with a green lid, a pink pot with a cactus, a green pot with a large green plant, a white jar with a yellow and pink liquid, and a pink pot with a green plant. The word "OVERCOMING" is written in large, bold, black letters across the top, with the letter 'G' inside the white jar with the green lid.

OVERCOMING

A decorative header featuring stylized illustrations of jars and plants. From left to right: a green jar with a pink lid, a pink jar with a green lid, a green jar with a pink lid, and a pink jar with a green lid. The word "WINTER WEARINESS" is written in large, bold, black letters across the top, with the letter 'E' inside the pink jar with the green lid and the letter 'A' inside the green jar with the pink lid.

WINTER WEARINESS

by Ben Becker, Newsletter Writer

For some, winter in Wisconsin is a glorious time of year.

Many of us look forward to that first snowfall and we rush out to make the first snow angels or to capture the beauty of the luminescent crystals that entrap the bare branches of trees as they frost over. The colder months can also bring long-awaited activities, such as skiing, snowshoeing, or simply a new perspective when viewing a familiar hiking trail. These snowy days and short daylight hours can also be a gift to those craving rest and a respite from the breakneck pace of warmer months. As streets and roads become less passable, they invite a slower gait and a pause for reflection sheltered within our warm, snow-laden homes.

Yet while this annual cool-down brings with it much to marvel at, along with much joy and excitement around the holidays, by February these frigid days can often grow tiresome. The lack of sunlight and long nights may lead you to long for the warmth and glow of far off summer days. Navigating sidewalks and streets covered with slush, salt, and icy hazards can grow tiresome. The wet boots and bitter winds of February may steal away our December cheer only to leave a sullen gloom. As we grind through the dark hours in the sun's shadow in anticipation of its return to our hemisphere, it is necessary to take steps to keep our spirits up. This need is only amplified by the isolation and limited activity needed to keep our communities safe in this time of pandemic. So while we can't yet cast off the heavy burden of winter coats or escape from the confines of COVID-19, there are still creature comforts and other strategies to keep our bodies whole and our mental health maintained.

HAPPY FOODS

Most new years start with bold resolutions and a change in lifestyle, at least for the first few weeks or so. Diet and exercise have a big impact on your state of mind, so re-examining your habits and menus can be helpful for boosting your winter resolve. Looking to replace fast foods with more wholesome choices and lean proteins and vegetables are incorporated into improving our physical health, but restocking your pantry or fridge can also be done consciously to improve mental wellbeing as well. There are a number of foods that will supplement healthy brain function and brighten your mood as well. Many of these foods do so by protecting and reinforcing the integrity of your neural cells or by helping to balance the release of energy to your brain. If a pescetarian plate doesn't force you to turn up your nose, fatty fishes like salmon can be a great staple due to their high concentration of omega-3 fatty acids. As your body is unable to synthesize these compounds, receiving their benefits requires inclusion in diets or supplements. Not only do they work to maintain brain development and cell membranes, but studies have shown they can impact depression.



BEANS, LENTILS, NUTS, AND SEEDS

On a frigid day, it's nice to know you can melt the snow off your bones with a hot bowl of lentil stew or a heaping helping of bean chili. It's common knowledge that beans, lentils, and other legumes are a great source of protein and fiber that can be easily stored and used in cold weather months, but it may be surprising to learn that these small wonders also boast a wealth of nutrients that provide both comfort and energy. Rich in B vitamins, lentils, and beans can promote better function of the many complex processes within your brain, as these nutrients promote higher levels of serotonin, dopamine, and other neurotransmitters that help regulate your state of mind. While the B vitamins also help with communication between nerve cells, other mood-boosting nutrients such as iron, magnesium, and zinc make these legumes a great way to raise your spirits. In addition, other plant-based sources of protein can also help to support not only your body with fiber and healthy fats but with similar supplements for your brain function. Certain nuts and seeds are good sources of essential minerals such as zinc and selenium, the presence of the amino acid tryptophan aids in the production of serotonin.

BANANAS

Another great food that combines natural sugars, fiber, and nutrients to create better mood stimulation and release of energy is that everyday exotic fruit the banana. Bananas are both sweet and wholesome, containing fiber and naturally occurring sugars glucose, sucrose, and fructose. Because they contain

fiber, the digestion of bananas allows a stable release of these sugars into your bloodstream, allowing for greater mood stability while avoiding swings in blood sugar levels that can make you more irritable. Like other foods that help support mental health, bananas are high in vitamin B6, a nutrient that is important in aiding the brain's ability to synthesize dopamine and serotonin.

When you buy bananas at the Co-op, you have access to Equal Exchange and other Fair Trade brands. Not only are these bananas organic, but sourced through an alternative supply chain that puts growers first. Getting bananas to market in the US is truly a labyrinth of complex logistical challenges, making these exotic staples an incredible value when you consider what has to happen in order to transport and ripen this fruit before it is ready for you to eat. When you choose bananas with the Equal Exchange or Fair Trade label, more of your money will end up in the pockets of those working hard to grow and package this produce, rather than empowering commodity traders and middlemen. Growing these small, community-based economies make this small investment an incredible means of building a better global economy, which is a great inspiration in addition to the impact bananas have on your brain chemistry.

CHOCOLATE

While many of the foods the best winter foods for stabilizing mental energy and brain chemistry utilize the presence of fiber to supplant the cravings for sugar and fat-rich processed foods, certain comfort foods can also help stimulate a more positive state of mind. When eaten in moderation, the concentration of sugar and chemicals that stimulate the brain's

pleasure centers can produce some feelings of elation. These chemicals include not only caffeine, but also flavonoids which counter inflammation and increase blood flow, and a substance similar to CBD known as N-acylethanolamine, providing both stimulation and ease within your mind and body. In choosing chocolate for positive health benefits, it is important to consume small quantities due to its high caloric value and to favor darker varieties of 70% cacao content or more with higher ratios of flavonoids to sugar. These can be found in the grocery aisle at your Co-op, with many chocolate manufacturers donating proceeds to important conservation causes or in the case of Equal Exchange to guarantee that chocolate producers aren't exploited by carrying the Fair Trade certification.



FERMENTED FOODS

It may be surprising to learn that the fermentation process can actually bring about some positive outputs that can benefit brain health. Fermentation is basically a chemical process that takes place via the digestion of raw materials by microorganisms such as yeast and bacteria. Through this digestion, those microorganisms transform sugar in order to release carbon dioxide, alcohol, acids, and probiotics. At eye level, fermentation changes raw foods and sugar into products such as yogurt, kefir, kombucha, kimchi, and sauerkraut. However, not all fermented foods contain probiotics in significant concentrations as a result of cooking and filtering, including bread, beer, and wine. The acids, probiotics, and the presence of healthy bacteria within your digestive system help to support gut health, and improve brain function as well by increasing serotonin levels, resulting in healthier mood, appetite, and stress management. Maintaining gut health is an important way to support serotonin levels because as much as 90% of your body's serotonin is produced by the collection of bacteria known as the gut microbiome.

TEAS

A hot cuppa can be an especially welcome ritual to warm our bodies on brisk mornings or to soothe the soul at bedtime. If your New Year's resolution includes a decreased reliance on the heavily caffeinated ritual of a daily coffee (or two), black and green teas might serve as a welcome substitute to curb your intake by giving you a nice boost of energy or focus without the jitters of an espresso inspired anxiety. Once again, Equal Exchange is a great brand to fill this need, providing quality varieties of green and black tea sourced responsibly to ensure that growers and producers are treated well and compensated fairly. This author particularly enjoys their green tea with

ginger, not only because it contributes to a more just global economy, but because it helps incorporate the health benefits (and antioxidants) of ginger into a fresh verdant brew. Tea doesn't just have to be enjoyed for the caffeine boost either. White and herbal teas can provide for an exploration of flavors and diverse benefits. Consider trying a Rooibos variety, which is high in antioxidants, contains anti-inflammatory properties, and can help to deal with skin ailments. If you are looking for a tea to serve as more than a warm libation, but also as a natural means of supporting your health and combatting the maladies that long winter months can throw at you, check out the selection of Yogi teas in the beverage aisle. With Yogi's straightforward marketing, it couldn't be easier to find the variety to meet your needed form of herbal support. If you are still recovering from the excess of New Years', give their Detox and Roasted Dandelion flavors a go. These blends help stimulate your liver function utilizing the properties of dandelion root and an enticing but gentle flavor. If the harsh sub-zero temperatures are making you achy and hoarse, try the Yogi Throat Comfort blend. It has a pleasant sweetness that can help to soften and heal that lingering itch. A spoonful of honey mixed in may also enhance the effectiveness and flavor of this helpful satchel. If you are a true tea enthusiast, be sure to track down the loose leaf teas (in the Wellness aisle). Freedom from the prepackaged tea bags can allow for greater experimentation in your brewing experience, as you can not only steep your leaves without any containment but perhaps even blend varieties together. If you have no use for fortune-telling with used tea leaves, you can always brew these

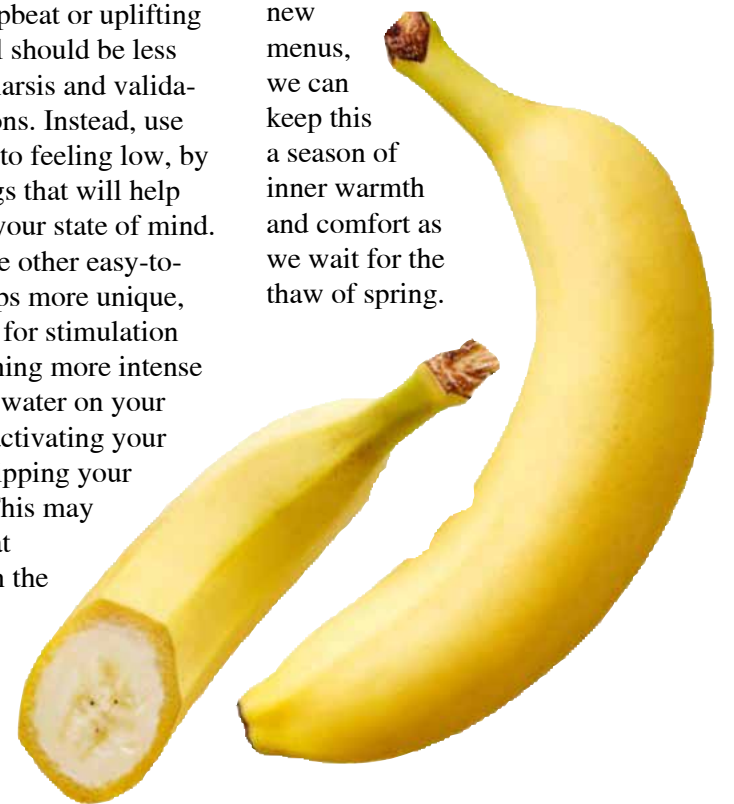
bulk blends using a novelty strainer (many of the best ones are designed to resemble aquarian animals such as ducks or manatees), or use a specially designed teapot with a built-in strainer so that you can enjoy multiple cups as you sit at your desk with a book or laptop.

REDUCING CORONAVIRUS STRESS

In addition to the many foods and recipes you may employ to fortify your mind and body against the attacks of weather and illness, there are also activities you might introduce into your routine to invigorate and defend yourself against winter weariness. Using a playlist to motivate during a run or a workout is a common way to use music as an emotional tool, but it can also be utilized to combat stress amidst the fears and confinement of the pandemic. Take a music break during the day where you employ a comforting playlist as a respite from the world. Often the tracks we choose are informed by our mood, but instead of indulging in melodies laden with heartache, loneliness, or sadness, look to get inspired by more upbeat or uplifting music, as your goal should be less to seek out the catharsis and validation of your emotions. Instead, use music as a remedy to feeling low, by engaging with songs that will help with transcending your state of mind. There are also some other easy-to-do, although perhaps more unique, means you can use for stimulation as well. For something more intense than just splashing water on your face, you may try activating your dive response by dipping your face in ice water. This may seem odd given that you're dealing with the constant cold temperatures, but by using this method you increase

blood flow to your brain. Just fill a bowl with ice water, hold your breath, and gently plunge your face below the surface for 15 to 30 seconds. If plunging your face into an ice bowl sounds too extreme, there are more relaxed ways to reset your brain chemistry. An almost meditative technique called "Anchoring" employs a form of mindfulness to deal with stress. Simply dig your heels into the floor and think to yourself "What am I thinking? Feeling, doing? How does my response help me?" This mini moment helps to ground your mind and body, and to think more consciously. For anyone who is a fan of *Die Hard*, it may remind you of John McClane made balls with his feet to overcome jetlag, which should be a ringing endorsement for this mental exercise.

Getting over the harsh conditions of the year 2020 certainly make this winter a rougher season than most years. However, it is also a time to take stock and to employ mindfulness not only about what foods we eat and how they are serving us but what we can do to influence the way our mind works. By creating new habits and new menus, we can keep this a season of inner warmth and comfort as we wait for the thaw of spring.





THE BIG SHARE® IS ON TUESDAY, MARCH 2

ONE DAY, ONE COMMUNITY,
MANY WAYS TO SHARE

In its seventh year, The Big Share is an easy way to support your favorite causes. Find Community Shares of Wisconsin member organizations or Inspiring Voices nonprofits you'd like to donate to at TheBigShare.org.

Follow Community Shares of Wisconsin or #CSWBigShare on social media for announcements about events, donation matches, Power Hours that award top fundraising nonprofits with bonus cash, and more.



Photo taken March 5, 2020

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The Big Share is an Easy Way to Support Local Nonprofits

by Mitchell Pralle, Community Shares of Wisconsin Communications Coordinator

On Tuesday, March 2, Community Shares of Wisconsin nonprofit groups will participate in The Big Share®, an online day of giving that has raised millions for participating member groups. In the seventh annual Big Share campaign, 70 local nonprofit groups aim to raise \$500,000.

“As we head into Community Shares’ 50th anniversary year, Wisconsinites can look to Community Shares as a hub for the causes they care about most,” said Community Shares of Wisconsin Executive Director Cheri Dubiel. “Whether it’s an environmental group that has worked to protect our climate since the first Earth Day or grassroots, racial justice groups that mobilize youth power through social media, you can find a cause to support through The Big Share.”

The Big Share is an easy way to give back to your community. You can donate online to participating member groups and share your support with your own social media network. Because we cannot gather in person for events this year, you can set up your own fundraising campaign in support of your favorite nonprofit and invite your friends to give too.

This year’s Big Share includes our five newest member organizations. In addition to conNEXTions and Padres E Hijos en Accion, two groups that conducted their first Big Share campaigns in 2020, the following three organizations, featured through last year’s Inspiring Voices program, will

Black students and change the conditions in schools that keep inequities in place.

Urban Triage is an organization devoted to empowering Black families and children by developing and managing life-changing programming and mobilizing community resources to distribute them to those most in need.

This past year has tested our strength as a community, and on March 2 we have an opportunity to come together to celebrate and amplify the work of grassroots leaders through The Big Share. The multiple crises our country faces are not over but we must center the voices of the Black Lives Matter movement and the people most directly impacted.

“It’s more important than ever to support groups that work for equality and systemic change,” said Dubiel. “If we are going to recover from this tumultuous time, we have to amplify the work of those working for justice. The Big Share is a way to donate to groups doing just that.”

Your contribution to The Big Share builds support and community, while deepening member nonprofit engagement within their own communities. Individuals and area businesses who want to learn more about ways to support The Big Share can visit www.thebigshare.org or call Community Shares of Wisconsin at 608-256-1066.

Madison Community Foundation, an organization involved with The Big Share since the program’s debut in 2014, will be the presenting sponsor for The Big Share 2021. More



Photo taken March 5, 2020

be participating in The Big Share for the first time.

Inspire Barber College promotes spiritual, mental, physical, and financial growth for individuals who are committed to enhancing their lives and the lives of others through the art and science of barbering.

Natural Circles of Support is a mentorship and support program that centers the voices of African American students and builds on the strengths of their families and teachers to create conditions that support

local companies will be announced soon as sponsors of virtual events, prizes, and Power Hours in which top fundraising nonprofits can win extra cash.

As we celebrate 50 years of social and environmental justice advocacy, Community Shares of Wisconsin thanks the Willy Street Co-op shoppers who have been saying “Yes!” to the CHIP® program. Your contributions help fuel activism in our communities and empower our member groups to fulfill their missions.

RECIPES

Medley of Brussels Sprouts, Turnips, and Beets with Hazelnuts

Adapted from *Bon Appetit*

Prep 30m; Cook 2h; Serves 6

4 medium gold beets, tops trimmed

1 1/2 lb. Brussels sprouts, halved lengthwise

1 1/4 lb. turnips, peeled, cut into eighths

6 Tbs. unsalted butter

1/3 c. shallots, minced

1/3 c. hazelnuts, finely chopped

3 Tbs. fresh thyme, chopped

3 large garlic cloves, minced

Directions: Preheat oven to 375°F. Wrap beets in foil and bake about 1 hour and 45 minutes or until tender to the center. Cool in ice water, drain and peel. Cut each beet into eighths. Boil Brussels sprouts in salted water about 6 minutes or until crisply tender. Transfer to ice water to cool. Place turnips in boiling water for about 7 minutes or until crisply tender, drain, chill in ice water. Over medium heat melt butter and sauté shallots and hazelnuts about 7 minutes or until nuts start to begin to turn golden. Add thyme and garlic. Continue sautéing until nuts are browned. Add cooled Brussels sprouts, beets and turnips; cover and simmer until thoroughly heated, stirring occasionally. Salt and pepper to taste.

Winter Soup

Adapted from a recipe from www.theworldwidegourmet.com

This hearty flavorful soup is just the thing for a cold blustery day!

Prep 30m; Cook 1h; Serves 4

4 c. stock or broth

2 leeks, cleaned and diced

2 medium carrots, peeled and diced

2 turnips, peeled and diced

2 potatoes, peeled and diced

1 wedge of squash or pumpkin, peeled and diced

1/4 white cabbage, cut into strips

2 celery stalks, cleaned and diced

3 Tbs. butter

salt and fresh ground pepper to taste

Directions: Melt the butter in a large stockpot and cook the leeks, celery, carrot and turnip or about 10-15 minutes or until softened but not browned. Add the stock, cabbage, potatoes and squash or pumpkin and simmer for about 30-45 minutes or until everything is nice and tender, adding water if necessary. Adjust the flavor with salt and pepper, transfer to a tureen and add a knob of butter just before serving.

Roast Chicken with Potatoes, Lemons and Capers

Adapted from www.blue-kitchen.com

Roasting chicken and potatoes with lemons, rosemary and capers imparts them with tons of flavor, and your kitchen will smell amazing, too!

Prep 20m; Cook 1h 5m; Serves 4

1 chicken

salt

black pepper

2 lemons

1 fresh rosemary sprig

olive oil

12 red potatoes, cut into chunks

1 onion, roughly chopped

2 Tbs. capers

Directions: Preheat oven to 450°F. Remove giblets from chicken and reserve for another use, if you like. Rinse chicken inside and out; pat dry with paper towels. Season the inside with salt and pepper. Slice one of the lemons in half and place in the cavity, squeezing the lemon to release some juice. Use the side of a heavy knife to smooch the rosemary sprig, and add it to the cavity. Rub the outside of the chicken with some olive oil, and season with salt and pepper.

Lightly grease a skillet or shallow roasting dish with olive oil. Set the chicken breast-up in the pan and roast for 20 minutes. Place the potatoes in a mixing bowl and toss with olive oil, rosemary leaves, and salt and pepper. Slice the remaining lemon into thick slices and drizzle them with olive oil.

Reduce heat to 375°F. Arrange the potatoes around the chicken. Return

to the oven and roast for an additional 20 minutes. Remove the chicken from the oven and arrange the sliced lemon, onion and capers around it. Continue to roast for another 25 minutes, or until a thermometer inserted into the thickest part of the thigh (away from bone) reads 165°F, and the juices run clear.

Transfer the chicken to a cutting board and let sit for 5 minutes before carving. Arrange the chicken and roasted vegetables, lemon and capers on a serving dish. Serve warm.

Rosemary Potato Pizza

Adapted from www.simplysogood.com

Crispy potatoes and a sauce made from white wine, lemon, and herbs top this delicious, filling pizza.

Prep 30m; Cook 20m; Serves 4

2 red potatoes, sliced

1 Tbs. olive oil

salt

pepper

5 Tbs. butter

1/4 c. shallot, minced

2 Tbs. garlic, minced

2 1/2 tsp. thyme leaves, chopped

1/3 c. white wine

1 Tbs. lemon juice

1 tsp. chicken bouillon

2 pizza crusts

2 c. mozzarella, shredded

1 1/2 tsp. rosemary

Directions: Preheat oven to 350°F. Line a baking sheet with parchment paper, and coat with 1 tablespoon of olive oil. Arrange the sliced potatoes on the baking sheet and sprinkle with salt and pepper. Bake 20 minutes, or until the potatoes are just starting to brown. Remove from oven and set aside. Increase the oven heat to 500°F.

Heat 1 tablespoon of the butter in a small saucepan over medium heat. Stir in the shallot, garlic, and 1 teaspoon of thyme. Cook, stirring, until golden brown. Add a pinch of salt, some pepper, the lemon juice, white wine, and chicken bouillon. Stir to combine, and cook until the liquid is reduced to 1/4 cup. Remove from heat, and stir the remaining butter 1 tablespoon at a time, whisking well after each addition.

Set the pizza crusts on lightly greased baking sheets. Spread half of the white wine sauce over each pizza crust. Top each with a layer of mozzarella, potato slices, rosemary and remaining 1 1/2 teaspoons of thyme. Bake 10-12 minutes, until the cheese is bubbling and golden.

Sweet Potato Tempeh Stew

Adapted from www.thekitchn.com

Along with tempeh and sweet potatoes (a perfect pair!), this hearty stew is scented with warming spices and is served garnished with a dollop of yogurt and nutty toasted pumpkin seeds.

Prep 30m; Cook 40m; Serves 4

1 Tbs. olive oil

1 onion, chopped

2 cloves garlic, minced

1 Tbs. ginger, grated

6 cardamom pods

1 tsp. coriander seeds

1/4 tsp. red pepper flakes

1/4 tsp. salt

3 c. vegetable stock

2 lb. sweet potatoes, cubed

8 oz. tempeh, cubed

1 c. yogurt

1/4 c. pumpkin seeds

Directions: Heat the olive oil over medium heat in a large, heavy stock pot. Add the onion and garlic and sauté until onion is translucent. Stir in the ginger, cardamom pods, coriander, red pepper flakes, and salt. Sauté for one more minute. Add the vegetable stock or water, then add the cubed sweet potatoes. Bring to a boil, then reduce heat to low, and simmer for 10 minutes. Add the tempeh, and simmer for 8-10 minutes, until the tempeh is cooked through and the sweet potatoes are tender.

Taste, and adjust seasonings if needed. Stir in 1/2 cup of the yogurt, then serve. Top each bowl with a dollop more of yogurt and a sprinkle of the toasted pumpkin seeds.

Crispy Potato Roast

Adapted from www.smittenkitchen.com

Similar to Hasselback potatoes, this is a knock-out side dish made up of very thinly sliced potatoes nestled in a baking dish, seasoned simply with salt and pepper and fresh thyme.

Prep 20m; Cook 1h 50m; Serves 6

3 Tbs. butter, melted

3 Tbs. olive oil

coarse salt

1/2 tsp. black pepper

4 lb. russet potatoes, thinly sliced

4 shallots, very thinly sliced

8 fresh thyme sprigs

Directions: Preheat oven to 375°F. Combine the melted butter and olive oil together in a small bowl. Set aside. Use a sharp knife or mandoline to slice the potatoes (crosswise) very thinly. Spread about a tablespoon of the butter and oil mixture over the bottom of a baking dish. Sprinkle with a generous pinch or two of salt and the black pepper. Arrange the potato slices vertically in the dish, like dominoes. Very thinly slice the shallots, and nestle them in between the potatoes, distributing them evenly throughout the dish. Sprinkle with more salt. Bake 1 hour 15 minutes, then place the thyme sprigs on top, and bake an additional 35 minutes, or until the potatoes are cooked through and are crispy on top. Cover with foil if they are browning too quickly. Serve immediately.

Spicy Indian Cabbage and Potato Curry (Bund Gobhi Aur Aloo Ki Subzi)

Adapted from www.saveur.com

This quick curry is perfect for a weeknight. Serve with warm flatbread.

Prep 10m; Cook 35m; Serves 4

3 Tbs. canola oil

1 1/2 tsp. cumin seeds

1/2 tsp. cayenne

1/2 tsp. ground turmeric

1 serrano chile

2 bay leaves

1 red onion, chopped

1 1/2 lb. Yukon Gold potatoes, cubed

4 Roma tomatoes, chopped

1/2 green cabbage, chopped

salt

Directions: Heat the oil over medium-high heat in a large skillet with a lid. Add the cumin seeds, and cook 1-2 minutes, until they pop. Stir in the cayenne, turmeric, chile, bay leaves, and onion, and cook until the onion is tender, 3-4 minutes. Add the potatoes, tomatoes, cabbage, and a pinch of salt, and toss to combine. Cover, and cook, stirring occasionally, until the potatoes are soft, about 30 minutes. Taste and add more salt if needed. Serve hot.

Beet and Poppy Seed Muffins

Adapted from www.cannellevanille.com

These rosy-hued muffins flecked with dark poppy seeds are great in the morning on your way out the door. Dairy- and gluten-free, they'll be a hit with everyone in the house.

Prep 30m; Cook 30m; Serves 9

1 red beet

1/2 c. coconut milk

1 tsp. lemon juice

1/2 c. brown rice flour

1/2 c. almond meal

1/4 c. quinoa flour

2 tsp. poppy seeds

3/4 tsp. baking powder

1/4 tsp. baking soda

1/4 tsp. salt

1 egg

1/4 c. brown sugar

1 vanilla bean

1/4 c. coconut oil

Directions: Bring a small pot of water to a boil. Add the beet, cover, and reduce heat to medium. Cook until the beet is fork-tender. Drain and allow to cool. When cool enough to handle, peel and chop into chunks. Place in the bowl of a food processor and purée until smooth. Measure out 1/4 cup of purée and reserve the rest for another use (you can freeze it).

Preheat oven to 350°F. Prepare a muffin pan by lining with papers or liners. Set aside. In a medium bowl, whisk together the coconut milk and lemon juice. Set aside for 5 minutes. In a large bowl, whisk together the brown rice flour, almond meal, quinoa flour, poppy seeds, baking powder, baking soda, and salt.

Add egg, brown sugar, vanilla seeds, coconut oil, and reserved beet purée

to the bowl of coconut milk and lemon juice mixture. Whisk to combine. Add the wet ingredients to the dry ingredients, and whisk to combine. Scoop the batter into prepared muffin pan, and bake for 18-20 minutes, until a toothpick inserted into the center comes out clean. Let cool on a wire rack.

Cheesy Vegetable Barley Bake

Adapted from *American Whole Foods Cuisine* by Nikki and David Goldbeck

Prep 15m; Cook 1h; Serves 6

2 Tbs. olive oil

2 cloves garlic, minced

1 c. onion, chopped

2 carrots, sliced

2 medium zucchinis, sliced

2 medium potatoes, sliced

1/2 lb. eggplant, diced

3 c. barley

1 c. tomato juice or vegetable broth

1/2 c. water

1 tsp. oregano

salt and pepper to taste

2 c. Monterey jack cheese, grated

Directions: Heat oil in large skillet and sauté onion until softened. Stir in garlic and cook a minute more. Add the rest of the vegetables and sauté, stirring occasionally about five minutes. Add barley, tomato juice, water, oregano and salt and pepper to taste. Heat to a boil, cover and simmer about ten minutes. Preheat oven to 350°F. Transfer vegetable mixture to a large, shallow baking pan and stir in half the cheese. Cover and bake 45 minutes or until vegetables and barley are tender. Top with remaining cheese and bake, uncovered, about ten minutes more to melt cheese.

Lentil Shepherd's Pie with Parsnip and Potato Mash

Adapted from www.food52.com.

This hearty vegan main dish is perfect for a special occasion. The parsnip and potato mash is great on its own too. It also freezes well, and many of the components can be prepared ahead of time.

Prep 15m; Cook 1h 20m; Serves 6-8

2 1/2 lb. russet potatoes

6 parsnips

2/3 c. non-dairy milk

salt

black pepper

1 1/2 c. lentils

4 Tbs. olive oil

1 onion, chopped

3 cloves garlic, minced

2 carrots, chopped

2 celery ribs, chopped

2 Tbs. tomato paste

1/2 lb. mushrooms, sliced

1/2 c. dry red wine

1/2 c. vegetable broth

1 tsp. dried rosemary

1/4 tsp. dried thyme

Directions: Set the potatoes and parsnips in a large pot. Cover with at least an inch of cold water, and add a generous pinch of salt. Bring to a boil, then lower heat to a simmer. Cook for 25-35 minutes, until very tender. Drain, then return to the pot (off the heat). Add 2/3 cup of milk, 2 tablespoons of the olive oil, and salt and pepper. Use a potato masher to mash until creamy, adding up to 1/3 cup more milk if needed. Cover and set aside.

Combine the lentils and 3 cups of water in a saucepan over medium-high heat. Bring to a boil, then reduce heat to simmer and cook until the lentils are tender and all the liquid has been absorbed (30-35 minutes). Remove from heat and set aside.

In a large skillet over medium heat, heat remaining 2 tablespoons of olive oil. Add the onions and garlic and cook until the onions are golden and translucent, 8-10 minutes. Add the carrots and celery, and cook until tender, about 8 minutes. Stir in the tomato paste and cook, stirring, for 2 minutes. Stir in the mushrooms and cook for 3 minutes. Pour in the red wine and bring to a simmer. Scrape any browned bits from the bottom of the pan, and cook, stirring frequently, until the liquid has reduced by half. Add the lentils, rosemary, thyme, and 1/2 cup of vegetable broth. Simmer for 3 minutes, stirring frequently, adding more broth if needed to keep the mixture moist but not liquid-y. Season to taste with salt and pepper.

Preheat oven to 350°F. Spread the lentil and vegetable mixture into a large baking dish in an even layer. Add the parsnip-potato mash and gently layer over the lentils. Bake 20 minutes, until the mash begins to brown. Serve hot.

Staff Picks



ANGELA
MaskTite

Pretty simple product, but so amazing! MaskTite is medical grade double sided tape that you use to keep your mask on. Apply it to the part that covers your nose. It holds the mask in place so you get: 1) No glasses fog, 2) No slipping—no constantly adjusting your mask! A must-have



for anyone who has to wear a mask for long periods of time. You can take it off to each lunch and put it back on. It holds for me through an entire workday without adding another. With 36 in a pack, nearly a two-month supply.



JESS
Wedderspoon Manuka Honey Drops & Pops

Manuka honey is a type of honey native to New Zealand. It's produced by bees who pollinate the flower known as the Manuka bush. Manuka honey's antibacterial properties are what set it apart from common honey. In fact,



it has traditionally been used for wound healing, soothing sore throats, preventing tooth decay and improving digestive issues and therefore makes this my go-to honey and cough drops!

Fire Cider Vinegar Tonic

This is the best vinegar tonic! Chock-full of raw, organic, health-promoting ingredients with a citrus and apple cider base. The vinegar extracts all the plants' beneficial compounds and flavors over the course of several weeks, then they mix in raw, organic wildflower honey to balance all that spicy tartness. It's a distinctive fresh-foods taste that's potent and energizing and worth a daily dose.



TARA
evanhealy Rosehip Treatment Facial Serum—Rose

This serum is a great addition to my regular skincare lineup! Shout out to my sister Bri for the rec. I love to drop some into my palm along with a spray of my favorite facial mist and apply either alone or with moisturizer. It's hydrating and nourishing but not super oily when mixed with a mist and gives me the nicest glow!



MOURNING DOVE
Boody Eco Wear Shaper Bra



Normally I'd say burn the bras, but these are so soft and comfortable. They are made out of eco-friendly bamboo and are perfect for yoga!

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!



Kishu Mandarins

These tiny little oranges are not only adorable, but they taste like childhood. Fresh, sweetly unique, and oh so itty bitty.



AMY
Endive (aka, Chicory, Witlof)

I tried this roasted with salt and pepper and olive oil and it was transcendental. Grill it for char. In its raw form it does a 180 to a crispy, mild, natural scoop for dips. Get seriously snooty with this veggie!



Brianna's Dijon Honey Mustard Dressing

My new go-to salad dressing. The Dijon really pops and it's light on the honey sweetness. They recommend its deliciousness on avocado. How about on chicken? Potato salad?!? Oh, isn't mustard just a miracle?



MELISSA
Gardein Meatless Meatballs

I used these for classic (but vegan) spaghetti and meatballs the other night. They are delicious and cook up quickly. I simmered mine in sauce. I will try a "meatball" sub next.



Go Veggie! Grated Parmesan-Style Topping

I used this recently on vegan spaghetti and meatballs, but I also use it on salads, pizza, garlic bread, eggs, etc. The flavor is fantastic! No lactose, no gluten, AND it's vegan.



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**BEAN****Barbara's Jalapeño Puffs**

Wow whatta snack. I can easily eat a whole bag in a day and a half. No shame! Spoiler alert: They're not spicy. Still delicious!

**JOE****Cauliflower Pizza Crust**

We have several awesome gluten-free pizza crusts. Made largely of cauliflower, this one has a traditional texture, and tastes great (like pizza crust, not cauliflower).

**SAGE****RISE Oat Milk Latte**

RISE cracked the code for the perfect nitro cold brew, and with an oat milk latte no less! Whether considering size, amount of caffeine, or its naturally sweet and creamy nature, you'll be hard-pressed to find a more refreshing and delicious option for your day.

**JAMES****Chocolate Shoppe Zanzibar Chocolate Ice Cream**

If you're a fan of chocolate ice cream but have never had this particular flavor by Chocolate Shoppe, you are SERIOUSLY missing out! Regular chocolate ice cream doesn't even compare to this stuff. Zanzibar is on a whole new level of chocolate and once you have it, you'll have a hard time ever going back.

**MINDY****Raw Rev Glo Peanut Butter, Chocolate and Sea Salt Bars**

I searched far and wide for a high protein bar that wasn't packed with sugar. Raw Rev Glo fits the bill perfectly—sweet, delicious, and nutritionally balanced. I eat at least one a day, and tend to buy them by the case!

**AMANDA****Banza Pasta**

I LOVE PASTA!! But we are trying to eat less wheat, so I tried this pasta as it is made from chickpeas. It is fantastic! Pairs well with whatever sauce I throw on it.

**MARIA****Dandy Blend Instant Herbal Beverage with Dandelion**

Dandelion is so good for the liver. My favorite way to drink this is with a teaspoon of Dandy Blend, a half teaspoon of instant decaf coffee, a splash of vanilla extract, a dash of cinnamon, sweetener of choice (optional) and choice of milk in 16 oz. of water. Delicious!

**EMILY****Cedar Road Meats Peppered Bacon**

This bacon comes with a built in peppery kick. It is super delicious in a BLT, crumbled over a salad, or added to any breakfast sandwich!

**LAURA****Canyon Bakehouse Deli Rye-Style Gluten-Free Bread**

Don't miss out on regular bread anymore now that you are gluten-free. Everything from this company is fabulous and even tastes good cold! One of our shoppers told me that even though he's not gluten-free, he prefers this bread to regular! Melted Renard's Morel and Leek Cheese with pastrami sandwiched between two slices of this bread is a winter favorite in my household.

**BENJAMIN****The Naked Baker Gluten-Free Mexican Hot Chocolate Cookies**

Made with plenty of cocoa and cinnamon, this chocolate cookie is a delicious treat. The quality ingredients like butter and eggs make for an exceptionally soft cookie that melts in your mouth. An additional bonus is that it's gluten-free! Pair it with a cup of coffee and you're in heaven.

**KELLY****Plainville Farms Honey Maple Uncured Ham**

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

**EMILY****Concorde Pears from Washington**

These seasonal pears rank supreme in my book. When ripe, they are soft, sweet, and juicy, with hints of almond flavor. Some people taste vanilla instead of almond—either way, they're the best. They are well worth the price!

**CAITLYN****Willy Street Co-op Juice Bar's Cold Brew**

Cold brew season is year-round for me and the Juice Bar's brew is always nice and strong.

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Casas Del Bosque
Pinot Noir

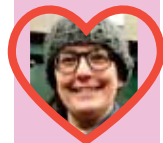
Red wine is perfect for a nice cold winter day. This will warm you up. It is a perfect drinkable wine that most enjoy. I like to bring it to gatherings and share it with friends and family.



Amanda,
Willy East

RP's Pasta
Frozen Portabello & Parmesan Ravioli

It taste like restaurant-quality at home. Fast and easy to cook and feeds a family. You will be full and happy after eating this!



Shelley,
Willy North

Staff Picks

Tony's Chocolonely
Almond Sea Salt Dark Chocolate Bar

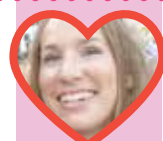
With dark, but not too dark, chocolate, crunch almonds, and just the right amount of sea salt, Tony's has achieved the trifecta of chocolate bar flavor combos. It not only tastes amazing, but Tony's chocolate is 100% slave-free, and their mission is to make all chocolate slave-free.



Amanda,
Willy East

Chatham Village
Homestyle Caesar Croutons

I enjoy a crunch to my salad and don't always have time to make my own croutons. These are a good alternative. Tasty and consistent in quality.

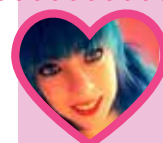


Kelly,
Central Office



LaClare
Evalon

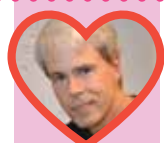
Seriously under-rated and seriously tasty. Sweet and nutty and not overly goaty. Try it as a replacement next time you need a Parmesan/Asiago! Available at East and North only.



Bean,
Willy East

Lily's Sweets
Dark Chocolate Bars

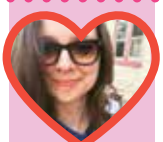
They're sweetened with stevia and erythritol, not sugar. The one with almonds is my favorite.



Joe,
Central Office

Kaleidos
Cherry Tomatoes

These colorful and diverse cherry tomatoes are a burst of flavor! They're great in salads, tossed in pasta, and a beautiful addition to a crudite plate.



Emily,
Willy North

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**Community Room Classes have
begun again virtually. See page
6 for listings.**