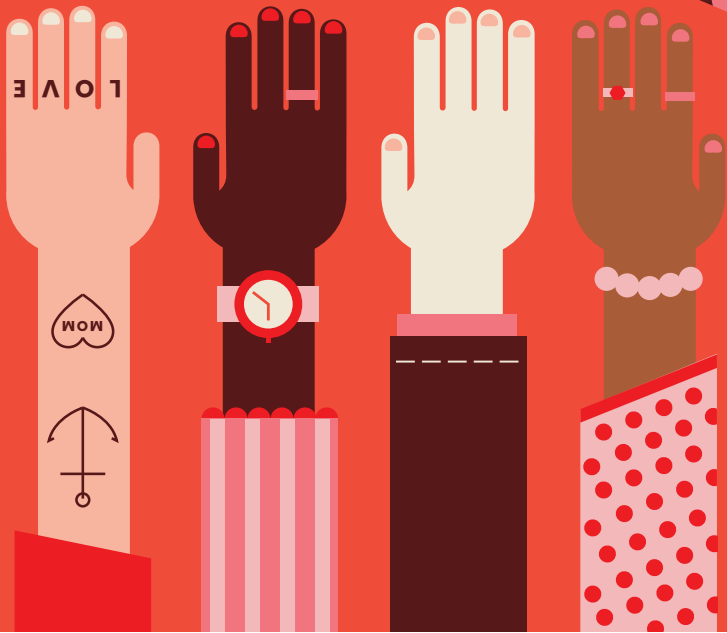


willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 49 • ISSUE 2 • FEBRUARY 2022

COOPERATION FOR EQUITY



IN THIS ISSUE

Winter Dry Skin; Chocolate Tasting Guide; Dessert Boards; and More!

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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.

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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.

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: Willy East: 7:30am-9:00pm; Willy West: 7:30am-9:00pm;

Willy North: 9:00am-8:00pm every day

All Juice & Coffee Bars: Varies by store; Please call for today's hours

Deli: 7:30am-9:00pm

Meat & Seafood: 7:30am- 8:00pm

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
Sarah Larson, Vice President
Brian Anderson
Tatiana Dennis
Michael Chronister
Gigi Godwin
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Carol Weidel
Ashwini Rao

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

BOARD MEETING SCHEDULE

March 23, 2022

April 27, 2022

June 22, 2022

July 27, 2022

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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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!

SALES CYCLES

Q: Can you tell me when your sale cycles start and stop? Possibly you do not have weekly cycles like that. I like to save on things like Siggis yogurt and might want to come in twice during the cycle to buy it. And it will help when looking online when trying to save a bit on things I get often. Thank you so much.

A: Thanks for the great question! We have several different promotional cycles:

Co+op Deals are sales that are open to Owners and non-owners. They run on a two week (sometimes three week) schedule starting on Wednesdays and ending on Tuesdays. These represent the majority of our grocery and wellness promotions.

Owner Rewards are sales that are open to Owners only. These are weekly, and run Monday through Sunday. All of our Produce sales, and most of our other fresh department sales are Owner Rewards, along with some from other departments.

You will also notice Co+op Basics signs on some products in our stores. These are everyday low prices that are not on any schedule. Co+op Basics prices and products do change, but not very often.

For both Co+op Deals and Owner Rewards you can find the dates of the sale listed on the signs so you'll know when they end.

I hope that's helpful! Best, Megan Minnick, Purchasing Director

GIFT CERTIFICATES

Q: Hi, I'd like to order a gift

certificate for \$100 for a friend who shops your store weekly. Can I do that over the phone and have it mailed to me?

A: What a thoughtful idea! We definitely sell gift cards, and you can find out how to purchase one over the phone and have it mailed to you at www.willystreet.coop/promotions/gift-cards. Thanks for thinking of us! -Kirsten Moore, Cooperative Services Director

LAS DIOSAS

Q: You used to carry Just Coffee's Las Diosas but stopped when Just Coffee had a supply issue for the Las Diosas co-op when a virus struck the crop. But Just Coffee is back to stocking it online. Could you bring it back to the Willy Street Coop, please? I really, really miss it but don't want to incur the carbon cost of ordering it by mail from Just Coffee when I could just walk to Willy East.

A: Thank you for your comments and question. I will check in with our Just Coffee rep and see if we can get it back in. It was a pretty popular product, so it would be nice to have it on the shelf again. I appreciate you bringing this to my attention! It is always good to hear what people are looking for us to carry. -Dean Kallas, Grocery Category Manager

THANK YOU

Q: I went to pick out meat for Christmas today. Angelo is always so helpful, personal and friendly. Today he went beyond and spent time with me explaining the cut of meat and how to grill it. He is a significant asset to Willy Street East. It is always a pleasure to shop at the Coop and we appreciate all Angelo does for us.

A: Thank you so much for taking the time to write in about your experience with Angelo. I agree wholeheartedly that he is an asset to our Meat department. His knowledge about his department is priceless and his customer service is outstanding. I have shared this comment with him and his Director. Thanks again and have a beautiful holiday. -Amanda Ikens, Owner Resources Coordinator

DE-ICING SALT

Q: Just stopped in today, and there had been snowfall overnight. I was disappointed to see liberal use of salt/chemicals (blue stuff) all around the entrance. With the warm temperature today, I don't understand why it was applied. Please use such stuff judiciously both in terms of when to use and where it is really needed (not under overhangs where the pavement is dry). Thank you. I am sure we all care about our waterways.

A: Thank you for your customer comment and bringing the issue you noted to our attention. I have copied your comment at the bottom of this email for reference.

A few things to note about snow and ice removal at Willy East:

- Our staff are not responsible for all of the snow and ice removal at the site. It is primarily handled by a snow plowing/shoveling service we have contracted with to deal with snow and ice during early morning and late hours and sometimes during open hours, during ongoing snow events. Part of their responsibility is to apply ice melter on the parking lot and sidewalks.
- Ice melter is applied by the snow removal service to provide safe access to/from the parking lot and to/from the store for customers, vendors, and staff. It is applied to reduce or eliminate slip and fall injuries to customers, vendors, and staff, as well as preventing liability issues for their business and ours.
- Even though outdoor temps can be above freezing during the day in winter, the service mainly works on snow removal at night or very early in the morning when outdoor temperatures are frequently below freezing. This is why they needed to apply ice melter on Monday morning to ensure the safety concerns mentioned above.

The snow removal service has been instructed not to use a heavy-handed application of ice melter and we have been informed by the owner of the company and the manager of the snow removal crew that their managers and route leaders have attended and have been certified through the City of Madison Winter Salt Certification

training. (www.cityofmadison.com/live-work/sustainability/winter-salt-certification)

The snow removal service is also aware of our desire to have "alternative" removal methods used (such as hand shoveling and hand scraping of ice) rather than heavy or unnecessary application of ice melter.

I did visit the site on Monday evening after seeing your customer comment and noted at least a couple of spots near the front of the store where the service applied way too much ice melter. I reached out to the manager of the snow removal crew and this is his emailed response:

"Thank you very much for bringing this to my attention.

"All of the management here are Salt Wise Certified, we are concerned about safe and efficient salt applications especially with our customers located on the isthmus and near the lakes.

"We will stress again with crews the importance of spreading de-ice applications and using safe amounts. We do have some new staff with us this year and I greatly appreciate your patience!"

I hope this addresses your concern. -Jim Jirous, Facilities Director

STORING GINGER

Q: Your article in the most recent WSC Reader, regarding turmeric and ginger, leaves me with a question—maybe you can answer. What is the best way to store/preserve remaining ginger once a bit has been cut off? Thank you.

A: The best way to store both ginger and turmeric is simply in an airtight plastic bag in the crisper drawer of your fridge. If you've cut a bit off, the "cut" generally dries and heals itself without any issue. Sometimes a bit of mold can develop on the area that's been exposed, but you can usually just cut that out and use the rest of the root without any problem. I've kept fresh ginger in my fridge for up to a month this way. I hope that's helpful! Best, Megan Minnick, Purchasing Director

BANANA BREAD

Q: Thank you so much for your

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banana bread! It is nutrient dense (and calorie dense, in a good way). Bananas are great for lowering blood pressure. This makes it the perfect food for long runs, both before the workout and mid-workout.

The co-op has been great for pursuing my fitness goals and keeping my family healthy. Thank you!

A: I shared your comments with the bakers at our Production Kitchen. I am so glad you enjoy the banana bread, and I am so happy to hear that we can help you out with your goals. The banana bread is surely a staff favorite! I hope this message finds you well. -Amanda Ikens, Owner Resources Coordinator

PLANT-BASED YOGURT

Q: Hi. I'm looking for healthier plant-based milk/yogurt options. I've noticed that most brands have emulsifiers and other ingredients (like guar gum and locust bean gum) that are not necessarily healthy ingredients to ingest. my

body does not process dairy. Do you carry any products that don't contain these preservatives? Thank you!!!!

A: Thank you for your comments and question! It is pretty difficult to find a plant-based milk or yogurt that does not have some type of filler and/or thickening agent. I did some research online and here are the products we carry that I think fit this description:

- Cocoyo Living Coconut Yogurt, 8 oz. Sold at all of our stores.
- Siggi's Non Dairy Vanilla Yogurt 24 oz. Sold at Willy East and Willy West.
- Nancy's Plain Oatmilk Yogurt, 24 oz. Sold at all of our stores.
- Malk Unsweetened Almond Milk, 28 oz. Sold at all of our stores.
- Forager Project Unsweetened Organic Oatmilk, 48 oz. Sold at all of our stores.
- Forager Project Unsweetened Cashew Milk, 48 oz. Sold at all of our stores.

There may be more products we have that work okay for you, but ingredients change from time to time, so please make sure to read their labels first.

I appreciate you reaching out to let us know what you are looking for when you shop! -Dean Kallas, Grocery Category Manager

ARTICLE FEEDBACK

Q: Mr. Gricevich, it's always a good issue of the Coop's The Reader when it includes one of your smoothly composed and highly readable articles. I appreciated your contributions to both the Dec. 2021 and January 2022 issues.

I appreciate the elegance of your clear writing when you produce articles dealing with nutrition and health. When you cover culinary subjects, such as in your "Holiday Meals" article printed in the Dec. 2021 issue of The Reader, I appreciate your having employed a wide cultural lens. I look forward to your future writings.

A: Thank you so much for the feedback. I have passed it along to Andy, and he is thrilled. We're lucky to have him writing for the *Reader*. Take care, Liz Wermcrantz, Editor

WELLNESS WEDNESDAY

Q: During COVID protocol in 2020 and 2021, I was excited that I could purchase Co-op wellness products with a discount one time per month on any day, as opposed to the pre-COVID one-day-only Wellness Wednesdays.

I don't live or work in Madison, and my Willy St. shopping days are Saturdays, when I can make it. I was never able to take advantage of Wellness Wednesday shopping, so I was surprised and pleased that the discount was offered once per month on whatever day I could shop at the Co-op, during COVID.

I see that you have returned to the first Wednesday of each month as the only day to purchase wellness products with the discount. That's too bad. Instead of buying lotions and toothpaste and soaps at Willy St, I will go back to the less expensive brands I can find at my local stores.

I do hope the wellness discounts for ANY shopping day, once per month, will be reconsidered.

I have been an owner since 1993. In 2018, I signed up my partner on my membership. He may occasionally use the Wellness Wednesday discounts, but he's not as excited about lotions and soaps and oils as me. :-)

I appreciate the knowledgeable staff, the awesome food and wine selections, and other great specials at Willy St. Co-op. Thank You!

A: Thanks for the comment. We discontinued the "Wellness Any Day" coupon for Owners after January of 2021 because, simply put, we could not afford to continue offering it. With the pandemic, sales in our Wellness department generally have suffered (see my January 2021 article for more information on this,) and with the loss in sales, compounded by all of the financial challenges of COVID, the 10% Wellness Any Day discount became untenable.

With the Wellness Wednesday discount (10% off Wellness on the first Wednesday of the month), we see a sales increase in all departments of our stores during that one day, and the discount is mainly paid for in labor efficiencies gained. Unfortunately, with the Any Day Coupon, the math just did not work out.

I hope that's helpful information. I understand that it's probably not what you want to hear. I know a lot of Owners really appreciated the Wellness Any Day coupon—I too wish we could continue it, but we also need to make sure that our business remains financially sustainable, and sometimes that means making hard decisions like this one. All the Best, Megan Minnick, Purchasing Director

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GENERAL MANAGER'S REPORT

Staffing; Union Contract Negotiations; & More!



HELLO FEBRUARY

In addition to celebrating a few special dates this month, we are busy managing our routine and not-so-routine business affairs and adapting as needed!

Two years ago next month, the pandemic outbreak changed how we did

(almost) everything. We continue to operate under many of the protocols that were put in place then to keep our staff and customers safe (masking, social distancing), and it doesn't seem much is going to change on that front anytime soon.

STAFFING

Staffing remains our number one challenge in terms of routine operations. Between staff turnover at an all time high and staff calling in because of COVID-19 related issues—it's been rough on us and you.

We are working hard to not only keep all departments open, but also to be consistent in our service hours. Staffing shortages lead to unexpected changes that no doubt have an impact on you; it must be terribly frustrating to make the trek to one of the stores and not find the service or product you came for.

So, to better inform you of current department and store status, we have added a new resource to our website. The "When are service departments open?" page (at www.willystreet.coop/when-open) has the current hours of our Meat counter, Seafood counter, Deli counter, Deli sandwich station, hot bar, salad bar, and Juice & Coffee Bar, as well as our overall store hours. The webpage will be updated as needed. You are also invited to call Customer Service and ask for an update in current services: 608-251-6776 for Willy East; 608-284-7800 for Willy West; and 608-271-4422 for Willy North.

PRODUCT SOURCING

A couple of national trends you may be all too familiar with that are affecting everyone is product availability and price increases. Product sourcing has been another challenge, our vendors and distributors are also being stressed by staffing shortages that have resulted in an increase in out of stocks and, in some cases, missed/skipped deliveries. And, the cost of goods is on the rise. We are working to manage cost increases as they happen, and look forward to when this levels off.

To get a more complete picture of the impacts the pandemic continues to have on our Co-op, our staff, and

you, read the article "The Co-op in the Omicron Phase of the Pandemic" by Kirsten Moore, Cooperative Services Director, included in this issue of the *Reader* on page 16.

We appreciate your patience and apologize for the inconvenience!

UNION TA AND CONTRACT NEGOTIATIONS UPDATE

Early last month, we negotiated another temporary agreement (TA) with the United Electrical, Radio and Machines Workers of America (UE) with regard to COVID-19. This TA continues to promote and support vaccine efforts; upholding workplace safety best practices; and an acceptance of personal responsibility throughout the workforce both on and off the clock. Additionally, we will continue to extend 10-minute rest breaks to 15 minutes, and also offer some new provisions for time off (paid and unpaid) for staff related to COVID-19 vaccinations, boosters, and positive test cases.

This month we will begin bargaining our second contract with the UE. Our first two-year contract with the UE was ratified in March 2020. Stay tuned for updates as we move through this important work.

ANNUAL MEETING & PARTY (AMP)

The Board of Directors, after much contemplation and evaluation with members of the management team, has decided that our Annual Meeting will move from being held in July in conjunction with La Fete de Marquette to early October. The annual Board election will also shift to October instead of July. Look for more specific information on why this change was made and what you can expect as a result of the change in the Board President's report on this page.

We are still planning to have a presence at La Fete this year to celebrate Owners and community; stay tuned for festival updates in the coming months.

FOND FAREWELL

Kirsten Moore, Cooperative Services Director, has resigned her post at the Co-op to embark on a new chapter of her life. In her eight and a half years at the Co-op, Kirsten has made countless contributions to shape and influence our Owner and customer services and programs, to provide clear and timely reporting, develop and enhance cooperative outreach, and to onboarding new hires. We are a better organization because of her many talents and expertise.

Thank you, Kirsten, wishing you much luck in your future endeavors.

In closing, whatever you choose to celebrate this month, do so with heart and soul. In the meantime, stay safe, stay healthy.

BOARD REPORT

Annual Meeting & Party Changes



by Jeannine Bindl, Board Member

Fellow Co-op Owners—February is here and typically, we would be getting ready to start recruiting for new Directors for your Co-op. Instead, we have an exciting update!

Since the early 2000s our Co-op's Annual Meeting has been part of one of Madison's iconic festivals, La Fete de Marquette, on Madison's east side. This has been done in an effort to support La Fete financially and make it possible to combine our annual meeting with a party to celebrate Ownership.

For the past two years, we have held our Annual Meeting virtually and forgone the party. We have missed the opportunity to see Owners in person but it has been the best option in a season of uncertainty. During this time, your Board of Directors and Co-op management have taken some time to evaluate what we would like our Annual Meeting and Owner appreciation events to look like in the future. In light of how our community has grown, we have decided to make a few changes.

Some of the criteria we considered in the evaluation of future Annual Meetings were: weather, labor costs, and communities represented at the Annual Meeting. We determined that separating the Annual Meeting from weather patterns, moving towards lower labor requirements (especially in a season of historic labor shortages), and rotating the Annual Meeting location within our three store communities would be more effective ways to connect with Owners and use Co-op resources wisely.

Starting this year, the Co-op's Annual Meeting & Party will change a little bit. We have decided to move our Annual Meeting from July to October, which will enable us to present a more accurate year in review, including financial information. Our new Annual Meeting format will be more flexible and able to move to each of our three store communities on a rotating

basis. We will be able to maintain a virtual option for those unable to attend in person; we will also have the opportunity to connect more intimately with Owners through in-person engagement activities. A few other perks will include drinks, snacks, and opportunities to cast your ballots for Board members on-site.

The Co-op will continue to have a presence at and sponsor at La Fete de Marquette, though it will look a little bit different than it has in the past. We will also continue developing our relationships with the Good Neighbor Festival and are looking to establish a partnership with a festival on the north side of Madison. This will enable all Owners to have opportunities to enjoy their local festivals with perks and benefits sponsored by the Co-op.

Board Elections

Like I mentioned earlier, this means that our annual routine will be a little bit delayed this year. We will begin recruiting for new Board candidates in June and ask for applications to be turned in by September 1. In the past we started recruiting in March and had applications due on June 1. Elections will be held in October instead of July.

We do not take changes to our previous Annual Meeting and Party lightly; we believe that these changes will make our meetings and Owner engagement efforts more inclusive and a better use of Co-op resources.

All that said, we are excited to see you! Our fingers are crossed that in-person events will be safe this year. Now, we have three different festivals to congregated at and an Annual Meeting format that will be more conducive to detailed year in review updates Owners are looking for.

THANK YOU

We would like to thank you for your continued support of our community and our cooperative. Please do not hesitate to reach out with any questions or areas of clarification. Your Board can be reached at board@willystreet.coop and the Board plus some management can be reached at all-board@willystreet.coop. Happy February, all!

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Community Room Class Calendar

Visit www.willystreet.coop/events to register and review COVID-19 Protocols.

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@willystreet.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.



CHOCOLATE TRUFFLES WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, February 2, 6:00pm–8:30pm

Location: Willy East Community Room
Wednesday, February 9, 6:00pm–8:30pm

Ages: 12 and older; adult supervision required

Instructor: Pierre Ferland

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

Chocolate truffles are rustic-style confections traditionally meant to mimic the wild truffle but have evolved into many different shapes and presentations such as cocoa powder, powdered sugar, and other ingredients such as cocoa nibs, roasted coconut, and chopped candied nuts. Join Chef Pâtissier Pierre Ferland to learn how to make chocolate ganache, temper chocolate, and hand-roll truffles.



COOKING WITH CHEF PAUL: A CITRUS CELEBRATION

Location: Willy East Community Room
Thursday, February 3, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

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

Join Chef Paul to discover new ways to use citrus—the shining star of the season—to its fullest! On the menu are: Papillote Citrus Seafood with Herb Butter, Carrots with Honey Citrus Dressing, and Jam and Citrus Galette. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: PASTA & DUMPLINGS

Location: Willy West Community Room
Thursday, February 17, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

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

Join Chef Paul to learn how to turn flour, water, and salt into delicious delights. From pasta to dumplings, Chef Paul will share his knowledge and techniques and guide the class in kneading the dough and forming both pasta and dumplings. A classic tomato sauce will be prepared to pair with the pasta, and a spicy soy dipping sauce will complement the dumplings. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: SUSHI AND SPRING ROLLS

Location: Willy East Community Room
Thursday, March 3, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

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

The key to a tasty sushi roll is the well-seasoned rice! Join Chef Paul to learn how to perfectly season sushi rice and roll your own sushi. Chef Paul will also teach the envelope-forming technique to make fresh spring rolls—a perfect way to enjoy the fresh produce of the spring season! Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: SPRING GREENS

Location: Willy West Community Room
Thursday, March 17, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

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

After a long, cold winter has passed, it's time for early spring greens! Join Chef Paul to learn a variety of ways to enjoy the first greens of the season. The menu will include: Spring Green Quiche or Pie; Spring Salad with Lentils & Nuts; and Easy Stir-Fried Greens with Bacon & Egg. Ingredients/recipes may be modified based on seasonal availability.



COOKING TOGETHER: FLAVORS OF NORWAY

Location: Google Meet

Friday, February 11, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

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

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will build a nourishing nosh inspired by the flavors of Norway—lovable lefse, a stew called Lapskaus, a side of Surkal, Oslo Kringle, and more may be explored.

COOKING TOGETHER: FLAVORS OF ALGERIA

Location: Google Meet

Friday, February 25, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

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

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare a delectable dinner inspired by the flavors of Algeria—tantalizing Thwart, Maakouda, Harira, a sweet made from semolina, and more may be explored.

COOKING TOGETHER: FLAVORS OF THE PHILIPPINES

Location: Google Meet

Friday, March 11, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

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

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare a delicious dinner inspired by the flavors of the Philippines—luscious Lumpia, glorious Ginataang Gulay, popular Pansit, tantalizing Turonm, and more may be explored.

COOKING TOGETHER: FLAVORS OF ARGENTINA

Location: Google Meet

Friday, March 25, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

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

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will cook an awesome meal inspired by the flavors of Argentina—enticing Empanadas, celebrated Chimichurri, comforting Carbonada, ambitious Alfajores, and more may be explored.



KIDS IN THE KITCHEN: KOOKY QUESADILLAS

Location: Google Meet

Tuesday, February 1, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. Almost all kids love quesadillas, and in this class we'll be making offbeat kooky kinds of this Mexican staple. Hawaiian BBQ Quesadillas, Loaded Breakfast Quesadogas, or Cheesecakeadilla—which weird one will be your favorite?

KIDS IN THE KITCHEN: RAD RED FRUITS

Location: Google Meet

Tuesday, February 15, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old

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

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

KIDS IN THE KITCHEN: RAINBOW RECIPES

Location: Google Meet

Tuesday, March 1, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class. Some people think that March brings magic and rainbows. In this class, participants will prepare rainbow recipes and create a magical meal by using a kaleidoscope of ingredients. Red bell peppers, orange sweet potatoes, yellow lemons, green kiwi, blue blueberries, and purple eggplant—what other colorful foods can you think of?

KIDS IN THE KITCHEN: LUCKY TREATS

Location: Google Meet

Tuesday, March 15, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. We’re feeling fortunate that spring is just around the corner, and we are ready to celebrate! In this class, participants will prepare multiple recipes for lucky treats. Mint Chocolate Chip Cookies, Shamrock Shakes, Lucky Pops, or Irish Apple Cake—which one will be your favorite?



VITAMIN D AND SUN EXPOSURE

Location: Zoom

Wednesday, February 16, 12:00pm–1:00pm

Instructor: Katy Wallace

Fee: Free; registration is required

Katy Wallace, Traditional Naturopath of Human Nature, LLC will present how vitamin D and sun exposure help lower disease and mortality rates. Sun exposure supports resilient cells and better energy production, and promotes balanced hormone production. Learn how to keep your vitamin D and light exposure levels optimal and protect against hypertoxicity of vitamin D.

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.

HOLISTIC FATS

Location: Zoom

Wednesday, March 16, 12:00pm–1:00pm

Instructor: Katy Wallace

Fee: Free; registration is required

This program will cover the basic facts about fats and their link with heart health. We will address the effects of each fat (unrefined, expeller-pressed, and refined) and the roles of each fat in the body including those that cause inflammation and those that heal. Katy Wallace, traditional Naturopath of Human Nature, LLC will provide clear shopping tips on how to select fats to protect your heart.

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: Willy East Community Room

Tuesday, February 22, 1:30pm–4:45pm

Wednesday, March 23, 1:30pm–4:45pm

Location: Willy West Community Room

Wednesday, February 9, 1:30pm–4:45pm

Tuesday, March 8, 1:30pm–4:45pm

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.

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Photo by Sam Li

MAKE CHANGE HAPPEN

THE BIG SHARE® - TUESDAY, MARCH 1

You advance social and environmental justice when you support the 70 nonprofit members of Community Shares of Wisconsin. Making your online donation to The Big Share is easy.

It only takes a few minutes to give and with a minimum donation of only \$5, it is easy to get involved. Take your advocacy to the next level by creating a personal fundraising campaign to support your favorite member nonprofits.

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



Photo by Hedi LaMarr Photography

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MAKE CHANGE HAPPEN

THE BIG SHARE® - TUESDAY, MARCH 1

The Big Share 2022 Set for March 1

by Community Shares of Wisconsin

On Tuesday, March 1, Community Shares of Wisconsin will host The Big Share®, an online day of giving focused on social and environmental justice. Now in its eighth year, the annual campaign is themed “Make Change Happen” and set to raise over \$500,000 for the 70 nonprofit members of Community Shares of Wisconsin. For the first time, the group hopes to engage 5,000 donors, as well. Visit thebigshare.org for details.

“Community Shares of Wisconsin is a hub for supporting the local causes we care about most,” said Board President, Bernie Hoes. “All donations help make change happen. With a minimum donation of \$5, we hope to engage all individuals looking to get involved. The Big Share amplifies your donations with

matches and nonprofit cash prizes, making it a great tool for people who want to work for systemic change.”

The Big Share 2022 will continue building its online impact by hosting its second “Big Share Live,” a day-long virtual telethon highlighting local entertainment and featuring interviews with, and information from, Community Shares’ member nonprofit leaders and other friends of Community Shares. The March 1 online event will allow the public to follow along with the fun and help participating charities win cash prizes donated by local businesses and individuals. Big Share Live will broadcast on thebigshare.org and on YouTube.

Events leading up to The Big Share—including a kickoff event and Power Hour at 6:00pm on Monday, February 28—will be announced on Community Shares of Wisconsin’s social media platforms.

- Facebook: www.facebook.com/communityshares
- Twitter: twitter.com/comshareswi
- Instagram: www.instagram.com/comshareswi

Both the kickoff and the full day

of events on March 1 will have a special focus on virtual and donor-led experiences, allowing donors, supporters, and nonprofits to interact online. Community members will find it easy and fun to donate to their favorite groups. Visit thebigshare.org to search for groups by name or by issue area. Donate to one group or multiple groups. A gift to Community Shares supports all groups.

Take your advocacy for social and environmental justice to the next level by creating your own campaign to build support for the organizations and causes you care about. Individuals in the community can create peer-to-peer fundraising campaigns for their favorite Community Shares member nonprofits. New this year are grand prizes which peer-to-peer fundraisers earn by raising the most money or by securing donations from the highest number of donors. To see if peer-to-peer fundraising is for you, visit thebigshare.org.

If your local business is looking for a way to get involved, you can set up a business fundraising page. Your business fundraising page can be promoted among employees and to the public on your business social media accounts.

“Now is a key time to support the nonprofits working for equality and systemic change,” said Executive Director Cheri Dubiel. “The last two years have both demonstrated and exacerbated the need for change. Our member groups work to improve life and create a just place for all. The Big Share gives every donor, large or small, an opportunity to empower these groups and make change happen.”

Celebrating its 50th anniversary in 2021, Community Shares of Wisconsin continues its original mission to be a vehicle for nonprofit organizations to fundraise cooperatively. Since 1971, Community Shares of Wisconsin and its members have worked together to advance social justice and protect the environment in Wisconsin. Together they envision a future where people come together to ensure every member of their community is safe, healthy, and able to thrive.

The Big Share's 2022 presenting sponsor is Madison Community Foundation. Additional sponsors will be announced.



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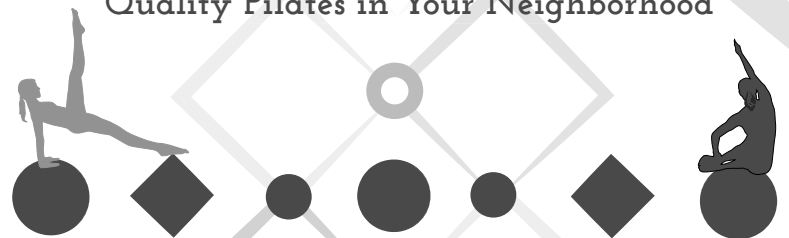


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Winter Dry Skin



by
Megan Minnick,
Purchasing Director

There's no escaping it. Winter in the upper Midwest means dry skin—in all its itchy, rough, cracking, flaky, and uncomfortable glory.

As a Wisconsin native, I've experienced my share of dry skin. The vast majority of the moisturizers I've tried seem to help for a few minutes but don't really do much in the long term. The lotion evaporates quickly, leaving my skin just as dry and uncomfortable as it was to start with. So what's the secret to keeping skin hydrated in the winter? I sat down with our General Merchandise Category Manager Sara Berg to get some answers. Here's what I learned!

WHY IS OUR SKIN DRIER IN THE WINTER?

Weather. Cold winter temperatures leave very little water in the air to replenish our skin's natural moisture. The frigid winds of a Wisconsin winter make this drying effect even worse.

Dry Heat. Who doesn't love to curl up next to a fireplace or a heater on a cold winter day? Turns out your skin doesn't. To counteract winter cold, we tend to crank up the heat indoors, and all that dry heat sucks even more moisture out of our skin.

Hot Water. A long, hot, shower can do wonders to take the chill out of a cold day, but just like the dry heat from a fireplace or furnace, very hot water can be damaging and drying to our skin.

HOW DO MOISTURIZERS WORK?

In order to get to the bottom of the problem of dry skin and choose a moisturizer that's right for you, it's helpful to first understand how moisturizers work. Most moisturizers include a mixture of these three types of ingredients:

Emollients. When our skin dries out, it becomes damaged, resulting in rough patches, cracking, and general discomfort. Emollients are substances that fill in the cracks and work to smooth, soften, and heal.

In natural bodycare products, emollients are generally plant-derived oils such as coconut oil, palm oil, sweet almond oil, avocado oil, argan oil, sunflower oil, safflower oil, and olive oil. Some emollients like borage oil, evening primrose oil, and rosehip seed oil also contain antioxidants and vitamins that help protect and heal skin that has been damaged due to dryness or other factors.

Occlusives. Occlusives create a physical barrier on top of your skin, locking in the water and keeping your skin moist and hydrated. When looking to alleviate dry winter skin, it's imperative to seek out products that contain ingredients with occlusive properties, because otherwise any moisture quickly evaporates into the air, leaving your skin just as dry as it started.

Petroleum Jelly is a well known occlusive. For those of us looking to avoid synthetic and petroleum-based products, beeswax, shea butter, cocoa butter, jojoba, and lanolin are all very effective and natural occlusives.

Humectants. Emollients do a great job of smoothing and softening and occlusives hold moisture in, but neither actually adds moisture back into your skin. This is the job of the humectants—"water-loving" substances that actively draw in moisture from their surroundings. When applied, humectants attract water to the upper layer of your skin, either from the air or from the lower levels of your dermis.

Conventional moisturizers often use synthetic, petroleum-based humectants such as propylene glycol and butylene glycol. We prefer humectants derived naturally from plants such as glycerine, aloe vera, seaweed, and honey.

It's important that humectant ingredients be paired with occlusives. Without the barrier provided by the occlusive, the water that's drawn up from the deeper levels of your skin by

the humectant just evaporates, leaving you with drier skin than when you started.

WHICH ARE THE BEST PRODUCTS FOR DRY SKIN?

Balms & Lotion Bars. These are the thickest, densest moisturizers, typically containing a high amount of occlusive ingredients. Because they create a thick barrier between your skin and the dry winter air, balms and lotion bars are some of the best products for combating dry winter skin—but they also tend to be heavy and greasy, and by design, they don't soak in very quickly since they're really only working as long as they're present on the top of your skin. For these reasons, many people prefer to use them only at night.

We recommend Booda Butter, Badger Balm, and lotion bars from Moon Valley Organics, Madison Soap Company, and LuSa Organics.

Creams. Creams are thicker than lotions, but not quite as thick and greasy as balms or lotion bars. They tend to have a good balance of occlusive ingredients, emollients, and humectants.

We recommend the Seaweed Bath Company Body Cream and ShiKai Borage Therapy Hand Cream.

Lotions. For daytime, frequent application, lotions are usually a good bet. They tend to be thinner than balms or creams, feel lighter and "silkier," and contain a higher proportion of emollients. Because they contain less occlusive ingredients, lotions can seem to "evaporate" from your skin quickly and must be applied frequently.

Some of our favorite moisturizing

lotions include Alaffia EveryDay Shea Body Lotion and ShiKai Borage Therapy Lotion.

TIPS FOR PREVENTING WINTER DRY SKIN

While there's no avoiding dry winter skin, there are some things you can do to help minimize the problem.

Bathing and showering.

Apply a moisturizer right away after bathing, when your pores are open and your skin is well-hydrated. Make sure the product you use includes a good amount of occlusive ingredients to prevent moisture from evaporating.

Keep baths and showers short (10 minutes or fewer) and use lukewarm water instead of hot water.

Avoid harsh soaps.

Pat dry with a soft towel rather than vigorously rubbing your skin.

Stay hydrated.

In winter, there's not a whole lot of moisture in the air for those humectant ingredients to pull water from, so make sure you have a good reserve of water in your lower dermis by staying hydrated.

Use a humidifier.

Wear gloves and cover as much skin as you can when going outside to protect it from the harsh winter cold.

Avoid sitting in the direct dry heat from a fireplace or heater.



Chocolate Tasting Guide



by **Dean Kallas,**
Grocery
Category
Manager

Chocolate has come a long way since I was young, or maybe my taste buds have changed. I remember when you could get a decent-sized candy bar for a dime. And then they kept getting smaller and more expensive. There were no chocolat-

iers in the city I grew up in. The only dark chocolate was the major brand bar with 45% cacao.

So what does good chocolate taste like? Many believe it is up to the individual to decide for themselves. Although I tend to agree with this sentiment, having a greater knowledge of chocolate and its components is important in choosing your favorite.

WHERE DOES ALL THAT FLAVOR COME FROM?

The flavor notes that come through when you pop some chocolate in your mouth result from several factors: the soil the cacao beans are grown in, the methods used to ferment these beans after harvest, and the expertise used by the chocolatiers when creating the final product. There are three varieties of cacao and each has unique characteristics. The type of sweetener and the amount used also influence the outcome. Other ingredients can overshadow the true flavor of the chocolate.

For example, many people prefer milk chocolate to dark chocolate, but milk itself diminishes the chocolate's strength. Caramel is another overpowering flavor. Coffee, pieces of fruit, or mint can dominate as well. We all have different favorites, but when it comes to trying chocolate, some of these get in the way.

SETUP FOR TASTING

Make sure the chocolate is at room temperature before you start. Ideally it is better to not refrigerate your chocolate at all unless it is raw. Store it in a cool, dry place. It is

useful to have a palate cleanser on hand to neutralize the flavor of the bar you just finished, so you can move on to the next one. I like using spring water as my cleanser.

For a true chocolate tasting, do not serve other food or wine, as these will interfere. Some connoisseurs like to taste wine and chocolate combinations, but that is a subject for another time.

HOW TO TASTE CHOCOLATE

If you have quite a few bars you want to try, it is better to start out with those that have a lower percentage of cacao in them and work your way up to the darker chocolate. More intense flavor tends to come through with the darker varieties, and it is best to start simple and get more complex.

Begin by giving each chocolate a good smell before you taste it to note its aromas. Smell is a major component of taste. I was at an olive oil tasting a number of years ago, and the trainer literally had us hold our nose so we could not smell. It was an educational moment, because not being able to smell made it very difficult to taste.

After you have given your bar a good smell, take a look at the chocolate. If it is pale or has a whitish coating it is not of good quality. Hopefully it is shiny and when you break it apart it makes a good snapping sound. Now place a small piece in your mouth, but do not chew it. Let it slowly melt in the center of your tongue so its flavor can come through. Note the mouthfeel. Is it creamy? Is it dry? Is it coarse or smooth?

What do you taste? Is it acidic with fruity notes or more vinegary? How bitter is it? How sour? There are many flavor notes that you might detect, such as: cocoa, sweetness, dried fruit, fresh fruit, nuttiness, floral notes, and spices. There may be an aftertaste. If you notice defective flavors, this is a sign that the chocolate has deteriorated or been contaminated somewhere along its journey.

TASTING NOTES AND CHOCOLATE BARS TO TRY

For my tasting, I chose chocolate bars in the 70% cacao range because I find they have just enough sweetness but without any milk content. All of these bars are carried at each of our stores. They are not the bars of my childhood. If you are a chocolate lover like me, I think you will like these too.

Alter Eco Dark Chocolate with Sea Salt

Price: \$3.99
Size: 2.8 oz
Fair Trade? Yes
Vegan? Yes
Cacao percentage: 70%
Cacao origin: Ecuador
Tasting Notes: Smooth, cocoa flavor with sweet notes, dried fruit.



Divine Dark Chocolate

Price: \$3.99
Size: 3 oz
Fair Trade? Yes
Vegan? Yes
Cacao percentage: 70%
Cacao origin: Ghana
Tasting Notes: Strong cacao flavor.



Endangered Species Chocolate Bold + Silky Dark Chocolate

Price: \$3.29
Size: 3 oz
Fair Trade? Yes
Vegan? Yes
Cacao percentage: 72%
Cacao origin: Unknown
Tasting Notes: Bitter at first, giving way to slightly sweet fruity finish.



Equal Exchange Very Dark Chocolate

Price: \$3.49
Size: 2.8 oz
Fair Trade? Yes
Vegan? Yes
Cacao percentage: 71%
Cacao origin: Dominican Republic and Peru
Tasting Notes: Rich, fudgy, with hints of fruit and a sweet finish.



Gail Ambrosius Bittersweet Bar

Price: \$5.75
Size: 3 oz
Fair Trade? No
Vegan? Yes
Cacao percentage: 81%
Cacao origin: Ecuador
Tasting Notes: Smooth, velvety texture, subtle citrus notes.



Hu Simple Dark Chocolate

Price: \$5.29
Size: 2.1 oz
Fair Trade? Yes
Vegan? Yes
Cacao percentage: 70%
Cacao origin: Unknown
Tasting Notes: Sweet, coarse, strong cacao taste.



Theo Chocolate Pure Dark

Price: \$3.79
Size: 3 oz
Fair Trade? Yes
Vegan? Yes
Cacao percentage: 70%
Cacao origin: Democratic Republic of the Congo
Tasting Notes: Smooth, slightly sweet, vanilla, slow melting.



Tony's Chocolonely Dark Chocolate

Price: \$4.99
Size: 6.35 oz
Fair Trade? Yes
Vegan? Yes
Cacao percentage: 70%
Cacao origin: Ivory Coast and Ghana
Tasting Notes: Smooth, hints of banana.



Wm. Chocolate Classic Dark

Price: \$4.99
Size: 1.8 oz
Fair Trade? No
Vegan? Yes
Cacao percentage: 70%
Cacao origin: Dominican Republic
Tasting Notes: Smooth, dried fruit and floral.



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16 oz • Save \$2.30
\$4.49

Essentia
**Electrolyte-
Enhanced Water**
50.72 fl oz • Save \$1.98/2
2 for \$4

ECOS
**Dishmate
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25 oz • Save 50¢
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Milk
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59 oz • Save 50¢
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Muir Glen
Organic Tomatoes
All Kinds On Sale!
28 oz • Save \$3.58-3.98/2
2 for \$4

Uncle Matt's
**Organic
Orange Juice**
Pulp-Free, With Pulp, With Calcium &
Vitamin D
52 oz • Save \$1
\$5.99



Bragg
Liquid Aminos
16 oz • Save \$1
\$3.99

GT's
Organic Kombucha
All Kinds on Sale!
16 fl oz • Save \$1.58/2
2 for \$5/tx

Greek Gods
Greek Yogurt
All Kinds On Sale!
24 oz • Save 50¢
\$3.49



Epic
Organic Bone Broth
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\$2.50

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\$2.99

Lotus Foods
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Rice Noodles**
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\$3.00



R.W. Knudsen
**Simply Nutritious
Juice**
All Kinds On Sale!
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Napa Valley Naturals
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Balsamic Vinegar**
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\$4.49

Mount Hagen
**Organic
Instant Coffee**
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\$8.99



Mary's Gone Crackers
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Crackers**
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\$3.50

Pacific
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\$4.99

Alexia
Fries
All Kinds On Sale!
15-16 oz • Save \$1.29
\$3.50



Endangered Species
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All Kinds On Sale!
3 oz • Save \$1.58/2
2 for \$5/tx

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\$4.49

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

Seventh Generation
Bathroom Tissue
12 rolls • Save \$2.50
\$7.49/tx



The specials on this page are valid February 16-March 1

All Specials Subject to Availability. Sales Quantities Limited.



Design Your Own Dessert Board

1. Bill Doran Flowers. 2. Hu Cashew Butter & Vanilla Bean Dark Chocolate. 3. Endangered Species Vibrant Cherries + Dark Chocolate. 4. WM Chocolate Extra Dark.
5. Honey Mama's Lavender & Rose Cocoa Truffle Bar. 6. Tony's Chocolonely Milk Chocolate Bar. 7. Sartori Merlot BellaVitano. 8. Organic Pink Lady® Apples. 9. Gentle Breeze Honey Sticks. 10. Greenbush Bakery Old Fashioned Cherry Cake Donuts. 11. Quince & Apple Figs and Black Tea Preserves. 12. Carr Valley Cheese Cranberry Chipotle Cheddar Cheese. 13. Pipcorn Cheddar Cheese Balls. 14. Slide Sea Salt Chips. 15. Bulk Chocolate Covered Pretzels. 16. Organic Strawberries. 17. Love Corn Sea Salt Roasted Corn. 18. Surf Sweets Organic Cinnamon Bears. 19. Feed Kitchen Sugar Cookies. 20. Nutcrack Firecracker Chili-Spiked Candied Pecans. 21. Lily's Sweets Original Dark Chocolate Bar. 22. Willy Street Co-op Valentine's Day Cupcakes. 23. Alter Eco Organic Dark Chocolate Bars (Quinoa Crunch, Sea Salt). 24. Made in Nature Cranberry Pistachio Figgy Pops. 25. Pocky Chocolate Cream Covered Biscuit Sticks. 26. Surf Sweets Gummy Bears. 27. Surf Sweets Gummy Worms. 28. Willy Street Co-op Espresso Swirl Brownies. 29. Bulk Roasted & Salted Pistachios. 30. Gail Ambrosius Chocolate Dipped Orange Peel. 31. Surf Sweets Organic DelishFish. 32. Gail's 5pc Caramels. 33. Smart Sweets Sourmelon Bites. 34. Jennies Coconut Macaroons. 35. Organic Blood Oranges. 36. Smart Sweets Fruity Rings. 37. Maple Valley Co-op Organic Maple Candy. 38. Made in Nature Organic Dried Apricots. 39. Organic Cara Cara Oranges. *SELECTION VARIES BY STORE.

Chicken Wings



by **Jeremy Johnson,**
Meat &
Specialty
Category
Manager

Chicken wings are a staple for any game day menu. The two biggest challenges in making wings are deciding how to cook them and how to season them.

When it comes to cooking wings there are a few popular options.

DEEP FRYING

In an electric skillet or deep-fat fryer, heat oil to 375°F. Fry wings in batches until skin is crisp and meat is tender, 8-10 minutes. Drain on paper towels.

BAKING

Preheat the oven to 400°F. Line a sheet pan with foil and place an oven safe rack on top of the foil. Coat the rack with cooking spray. Arrange the wings in a single layer on the rack. Bake for 45 minutes or until crispy and golden brown.

GRILLING

Grill the wings, covered, flipping occasionally, until they are golden brown, crispy and completely cooked through, about 20 minutes.

AIR FRYING

Preheat the air fryer at 400°F for two minutes. Add the wings in a single layer to the air fryer (they should NOT be touching), and cook for 10 minutes at 400°F. After the timer goes off, open and carefully flip over the chicken wings, and cook at 400°F for eight minutes.

SEASONING

When it comes to seasoning chicken wings your options are virtually endless. There are three main types of seasonings for wings: sauce, dry rub, and marinade. Here are a few of my favorite recipes:

Oyster Sauce Wings

3 lb. chicken wings
2 tsp. salt
1 tsp. ground black pepper
1 tsp. ground white pepper
1 tsp. garlic powder
3 Tbs. oyster sauce
1 teaspoon sesame oil

Directions: In a large bowl, toss the wings with the salt, black pepper, white pepper, garlic powder, oyster sauce, and sesame oil. Let the wings marinate for at least one hour or overnight for best results. Grill, bake, or air fry.

Five-Spice Wings

3 lb. chicken wings
4 Tbs. butter
1 tsp. grated fresh ginger
2 tsp. Chinese 5-spice powder
1/4 c. honey
3 Tbs. soy sauce

Directions: Melt butter in a small saucepan over medium-low heat. Add ginger and 5-spice powder, cook until fragrant, about one minute. Stir in honey and soy sauce. Bring to a boil and cook until slightly thickened, about three minutes.

Place cooked wings in a bowl, add sauce, and toss to completely cover the wings and serve.

Dry Rub Wings

3 lb. chicken wings
1 Tbs. olive oil
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. paprika
1 tsp. salt
1/2 tsp. black pepper

Directions: Place uncooked wings into a bowl and drizzle olive oil over them. Toss to coat. Add garlic powder, onion powder, paprika, salt, and pepper. Toss to completely coat the wings. Bake, grill, or air fry.

Garlic Parmesan Wings

3 lb. chicken wings
1 tsp. salt
Freshly ground black pepper
1 stick melted butter
4 cloves garlic, minced
2 Tbs. freshly chopped parsley
3/4 c. freshly grated Parmesan, plus more for serving
1 tsp. red pepper flakes

Directions: In a large bowl, stir together melted butter, garlic, parsley, Parmesan, and red pepper flakes. Add wings and salt and pepper and toss until completely coated. Sprinkle with Parmesan and serve. Bake, grill, or air fry.

Jerk Chicken Wings

1 yellow onion, chopped
6 stalks green onions, chopped
3/4 c. low sodium soy sauce
1/4 c. vegetable oil
1/2 c. white vinegar
2 Tbs. brown sugar
1 habañero pepper, seeded, and halved (you can substitute a jalapeño pepper for less heat)
1 Tbs. fresh thyme leaves
1/2 tsp. kosher salt
1/2 tsp. ground allspice
1/2 tsp. ground cinnamon
1/2 tsp. ground cloves
3 lb. chicken wings

Directions: In a food processor add the green onions, onion, habañero, soy sauce, vinegar, vegetable oil, brown sugar, thyme, kosher salt, cinnamon, cloves, and allspice and purée until smooth.

Place chicken in a large ziplock bag with half the marinade and reserve the rest of the marinade in the refrigerator. Marinate in the refrigerator for at least 8 hours. Bake, grill, or air fry. Brush the reserved marinade onto the chicken wings while cooking.



The Co-op in the Omicron Phase of the Pandemic



by Kirsten Moore, Cooperative Services Director

The Omicron variant has changed the trajectory of the COVID-19 pandemic globally, nationally, locally, and at your Co-op. We continue to take the pandemic and the necessary protocols to keep our employees and customers safe very seriously, and the numbers we have to report below

are a testament to our efforts. December and January have not been an easy time for anyone, and we appreciate your continued support and dedication to keeping each other safe.

OMICRON VARIANT INCREASES POSITIVE CASE REPORTS

As the Omicron variant has shifted COVID-19 statistics throughout Dane County, the Co-op has also seen a recent increase in positive cases in our workforce. At the time of writing on the week ending January 16, the Co-op had received 44 reports of employees testing positive for COVID-19 since March 30, 2020. Of those 44, 28 had been reported since December 18, 2021 (two days after the Omicron variant was reported as detected in Dane County). Here is how the Co-op's percent positivity among our workforce compares to average percent positivity rates throughout Dane County:

EMPLOYEE SYMPTOMS, EXPOSURES, POSITIVE TESTS

The Co-op is committed to providing as safe an environment as possible for employees and customers, and we strictly follow Public Health Madison and Dane County (PHMDC) guidelines and public health orders. Everyone who works at the Co-op is required to report when they are experiencing symptoms, have been exposed to someone positive (either at work or elsewhere), or test positive themselves for COVID-19. When an employee makes a report of exposure, symptoms, or testing positive for COVID-19, the Co-op then uses the most recent PHMDC guidance to determine if an employee needs to quarantine or isolate, and when employees who are in quarantine or isolation can start to be considered for return to work. Medical advice employees receive from their healthcare provider is also considered and takes precedence over PHMDC guidance for when an employee can return.

The Co-op investigates for potential exposure at the Co-op whenever a positive test is reported. Investigation involves interviewing the infected employee and their manager about when they worked, where they worked, and who they worked with (employees, customers, or service providers) during the time period PHMDC considers contagious. When an infected employee works in areas that have security camera surveillance, we also use footage to review for any potential exposures. Between

the interview and the footage available, we use PHMDC's close contact criteria to decide who to notify that they may have been exposed to COVID-19. Service providers and any customers we have contact information for would also be notified if we had reason to believe they were exposed. We provide PHMDC's exposure guidance to employees both when employees report exposure to COVID-19 themselves and when we identify employees as potentially exposed in the workplace.

From the beginning of the pandemic through January 16, the Co-op has made 102 notifications of potential exposure at the Co-op. At the time of writing, only one service provider outside of our workforce had been identified as potentially exposed, and no customers have been identified as having 15 minutes or more close contact with our employees. Of those 102 notifications of potential exposure, only one of those people so far has tested positive for COVID-19, and their case also did not appear to be related to the potential exposure we identified.

LEARN ABOUT RECENT POSITIVE CASES AT RETAILS

If you are concerned about whether or not you were shopping on a day that an employee who tested positive for COVID-19 may have been contagious while working, you can visit our website at www.willystreet.coop/coronavirus/when-open. We also post signs outside all our buildings when an employee tests positive for COVID-19 and may have been working at that site during their contagious period.

STAFFING LEVELS

As positive cases, symptoms, and exposures increased around the New Year, the Co-op also has had to make operational decisions that allow for us to provide as many services as we possibly can with the workforce available. You may have noticed some changes to store hours overall at some locations, and some services with limited availability as well. Thank you for your patience and understanding while we continue to prioritize our employees' and your safety at the Co-op. You can find information about current store hours and changes

to services on our website at www.willystreet.coop.

CAPACITY AND CUSTOMER TRAFFIC AVERAGES

A few customers have asked about whether the Co-op intends to limit capacity due to the increase in COVID-19 cases throughout Dane County. Since PHMDC lifted orders limiting capacity in June of 2021, the COVID-19 Team comprised of managers and staff representing the employees' union have been monitoring the average traffic capacity at the stores at peak times. We calculate maximum capacity based on the criteria of one person per 60 square feet on the retail floor (instead of gross square feet for the entire building). Each time we meet, we review the previous two weeks of employee and customer traffic in the stores, using statistics from a door tracking device at our stores called SafeCount. Since we started monitoring, we are seeing an average peak capacity daily at East of 57%, 36% at North, and 43% at West. We also notice that we are still seeing less transactions per hour at our retails than pre-pandemic, and higher basket sizes (the average amount spent per transaction). This indicates that people in our community are still in the habit of shopping less often and purchasing more groceries to last them a longer period of time. The last time we reviewed a comparison on transactions per hour were over the weeks of Christmas Day and New Year's Day, and we noted that transactions at East were at 68%, North were at 85%, and West were at 80% of the volume of transactions per hour during the same time period before the pandemic in 2019. Based on what we are seeing related to foot traffic and transaction activity, we do not believe that we need to limit the capacity of customers to ensure ample space to shop safely.

RECENT AGREEMENT WITH UE1186

The Co-op has had temporary agreements with our employees' union throughout the pandemic, and they have been renewed regularly with updates based on the current situation. On January 11 the most recent agreement went into effect and will remain in effect until April 11,

Time Period	Co-op Percent Positivity (based on 370 employees in FY21, 347 employees presently in FY22)	Average Percent Positivity Dane County
Fiscal Year 2021 (June 29, 2020-July 4, 2021)	2%	2.5%
Fiscal Year 2022 Weeks 1-23 (July 5, 2021-December 12, 2021)	1.7%	3.7%
Fiscal Year 2022 Weeks 24-28 (December 13, 2021-January 16, 2022)	8%	16%

ATTORNEY PAUL O'FLANAGAN

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- you can unsubscribe any time you wish.

Unless our parking lot is full, please leave the electric car stalls for electric cars.

2022. Both the Co-op and UE1186 agree that keeping the Co-op safe during this period of the pandemic requires the Co-op to continue to promote and support vaccine efforts; upholding workplace safety best practices such as face covering use, social distancing, and high expectations for hygiene and cleanliness; and an acceptance of personal responsibility throughout the workforce both on and off the clock. The current agreement continues to extend 10 minute break periods to 15 to accommodate for more rest while having to wear a face covering throughout the working day, offers paid vaccination and booster leave, and offers either paid COVID-19 leave, emergency unpaid leave, or expanded family and medical leave (eFLMA) to employees based on meeting certain criteria. The Co-op is also providing a starter kit of KN95/N95 respirators to employees who would like to voluntarily wear them. All employees are currently eligible to receive 12 respirators, which amounts to providing one per week for employees through April 11, 2022.

The recent agreement with the employees' union also put efforts in motion to comply with the Occupational Safety and Health Administration's (OSHA) emergency temporary standard related to vaccination and testing of employees in businesses with over 100 workers. We agreed to prepare for compliance as we had been doing, and also continue to monitor OSHA requirements with the ability to amend, revise, or discontinue the policy as needed. At the time of writing, the Supreme Court of the United States had blocked the

mandate in its current iteration. The Co-op's workforce continues to report vaccination rates that align with vaccination rates in Dane County.

OUR HEARTFELT GRATITUDE EVERY DAY

The information we report this month isn't easy to report, but also shows that our efforts to keep each other safe have kept the Co-op as safe as possible. The fact that we still see fewer cases reported among our workforce than locally, and the fact that we haven't seen any cases at the Co-op that were related to each other, that is a testament to all of our managers and employees: we are committed to keeping each other safe. It is also a testament to our Owners and customers, the vast majority of which respect our face covering policies and demonstrate concern for our well-being. We are hoping that the reports we hear about Omicron are true and that it has resulted in mostly mild infections and that it will cease to be such a dominant force in our communities very soon. If you or your loved ones have been infected with the coronavirus at any time throughout the pandemic, we hope you all are well and we wish you the best in your recovery and ongoing journey. And if you have been lucky enough to escape COVID-19's path, we wish you and yours continued luck. Thank you to all of you for your continued support of your Co-op, and interest in the safety of all of us who work here. Your appreciation for the work we do for you helps us get through the tough days, of which we hope are less frequent in days to come. Much gratitude to you.

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, 2022 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



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willy street co-op

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- NO plastic bags**
- NO dirty plastic containers**
- NO coffee cups**
- NO dirty plastic cups**
- NO napkins**
- NO food**

willy street co-op



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COOPERATION FOR EQUITY

by Ben Becker, Newsletter Writer

What is it that distinguishes a cooperative retailer from a conventional corporate grocery store? In our regular shopping trips, the way most of us might answer this question personally relates to our experience as customers. Every owner likely has their own individual reasons. There might be a particular product they can't find anywhere else. Some may desire access to organic, local, or fair trade products. In that same vein, many are choosing to support a supply chain and producer economy based on healthier foods and just and equitable commerce. Customers may be attracted to the unique programs a cooperative can provide, including classes on meal preparation or support with nutrition access for those struggling financially. Beneath the experiences and participation a cooperative offers, many of us might also choose to patronize this institution because we have some skin in the game; because our shared ownership in such an enterprise means that

throughout all the challenges and successes, the organization where we purchase our food continues to be a reflection of us.

Whether our relationship with cooperatives is one of just grabbing ingredients for dinner or one rooted in a dedication to the community and shared principles, there is still more that separates a cooperative from the big box store down the road. Behind the walls of merchandise and beneath the feet of many devoted staff and owners hides a tradition and history oft-forgotten, but broiling with a tradition of conflict and resistance. At the same time, it is also a tradition of striving for social justice, democracy, and inclusion amidst an economy and society less interested in those on the margins.

ROCHDALE AND THE COOPERATIVE PRINCIPLES

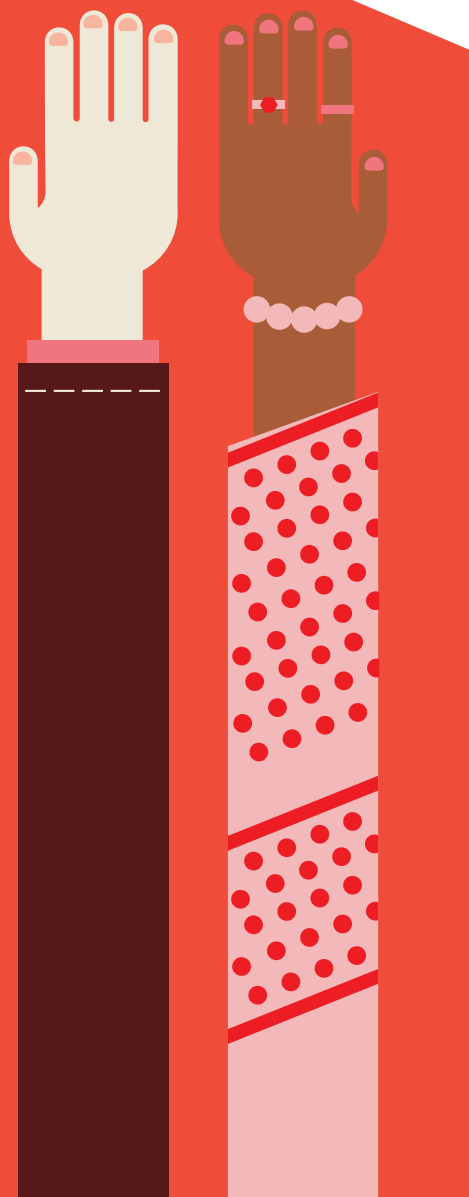
Looking back to the early days of the cooperative movement, we can see our own cooperative principles reflected back in the ideals set forth by the Rochdale Society of Equitable Pioneers. Foremost among such principles is the belief in open and voluntary membership. To be truly open in this sense is to champion inclusion across social distinctions without

discrimination based on race, caste, religion, or ethnicity. This equity across social lines alone does not fulfill the cooperative vision, however, as aspirational as open membership might seem. Cooperatives must also upend the broader power structures seen throughout society and other business models by allowing for both democratic member control and economic participation. In creating a system where wealth and profit are not concentrated but distributed across membership with equal say in the utilization of resources, this cooperative model promises a means to disrupt the broader social inequities and consolidation of financial power cemented within the culture at large. While the world around us may not always appear to reflect the vision set forth by the original cooperators, we can still observe the successes along with the shortcomings of those leading the cooperative movement.

ECONOMIC EQUITY AND THE NEW ORLEANS CONSUMER'S COOPERATIVE UNION

One prime example of the cooperative model as a force for equity and inclusion is the story of the New Orleans Consumer's Co-operative Union (CCU). This integrated consumer-owned grocery store and credit union was inspired by the Rochdale cooperative and successfully operated within its working-class neighborhood from 1941 through 1965. At a time when Jim Crow laws continued to oppress People of Color and enforce segregation throughout the South, the CCU stood as a paragon of inclusion and openness through the participation and leadership of immigrant, Latin-American, Black, and female consumer activists. The founders and leaders of the CCU saw cooperative economic and political institutions as a means to end America's racial and class inequalities. While the rapid social upheavals of the 1930s struggled against the entrenched Louisiana political machine to gain a foothold for economic cooperation, they would lay the groundwork for progress in the decades to come. Mirroring the anti-poverty efforts in the South, the corporate threat to democratic ideals was also countered in California by the formation of 2,000 cooperatives in 1932 alone. Such efforts did see some successful results in the early postwar era including a shift from sales taxes benefiting large corporations, lower utility rates, the creation of postwar jobs, and higher living standards both for returning veterans and civilians. As the cooperative movement in Louisiana took root, its leaders would

go on to use credit unions as a vehicle for thousands of low-income residents to access financial institutions and services. Agents of social change would indeed identify cooperatives as the agents that would invest ordinary Americans with the self-confidence and self-sufficiency needed to lead an economic revolution. They believed that by forming local "non-political, voluntary association[s] of people," consumers would gradually and organically form a new, egalitarian economy. However, the CCU was not immune to competition from large corporate entities. As in neighborhoods across the country, supermarkets and chain stores consolidated their hold over the retail markets of New Orleans. The middle- and working-class urban demographics and proximity to streetcar lines attracted three grocery chains that would go on to dominate CCU's neighborhood by 1944, while a new supermarket, with its vast stock and competitive prices, siphoned off patrons from independent businesses. In response to the need to economize through scale, grocery cooperatives created regional umbrella organizations to compete with large retailers and independent grocers by reducing overhead costs for struggling store owners by sharing warehouses and brokering purchasing agreements. While these practices allowed CCU to remain economically viable in a competitive market, its leadership was continuing to take action against segregation. By fostering direct action, meeting at Black institutions and integrated spaces, granting equal voting privileges to Black members, and electing People of Color to the store's board of directors, CCU mounted a serious challenge to the entrenched hegemony within the economic power structure while creating a bulwark against accepted notions of racial superiority within the American south. During a time when large swaths of the globe were rapidly falling under the boot of fascist regimes, some believed that sustained economic development in the South would end racism and halt the spread of fascism among southern segregationists. While standing as a notable challenge to Jim Crow by African-Americans and integrated racial justice organizations in New Orleans, the cooperative movement found in the scarcity of the Great Depression and war years an opportunity for not just political change but a for a major political shift as well. By stocking foods that honored its members' ethnic and racial diversity, CCU helped broaden the definition of American identity. The grocery store supplied local New Orleans staples such as



fresh fish, lobster, and picnic hams while catering to immigrant families with imported specialty goods like sardines packed in oil and Pompeian olive oil. The CCU's delicatessen also targeted ethnic and Black customers seeking organ meats, neck bones, and hot sausage. While the general public long disdained spicy, garlicky foods or mixed stews as hallmarks of an inassimilable otherness, food reformers now hailed immigrant and Black housewives for their food-stretching methods of efficiency that originated in the prewar economic necessity. By celebrating food cultures better suited to such lean times, this movement incorporated previously rejected ideas and recipes into the American identity. Effectively, the CCU's food selections reflected its belief that a racially and ethnically diverse cooperative could demonstrate civic values while promoting systemic political and economic transformation.

COOPERATIVES AS A FORCE FOR DECOLONIZATION

While the post-war shift to suburban lifestyles and the resulting urban decline eventually closed the doors of the New Orleans Consumer's Co-operative Union, the cooperative movement continued as a means of liberation, resilience, and economic transformation throughout the American South and the United States at large. As cooperative enterprises have arisen in various sectors and industries at different periods and places, their impact and meaning have taken different forms. While the New Orleans community found that economic independence through the CCU empowered them to challenge segregation, political corruption, and oppression, other cooperatives have provided opportunities to reconstruct communal identity. As the mid-Twentieth Century witnessed unprecedented activism within the civil rights movement, many of its organizers saw cooperatives as a means to achieve greater freedom. Such visions led to the creation of the Federation of Southern Cooperatives. With the participation of agriculture cooperatives within the FSC, including the Freedom Farms Cooperative, Black farmers found opportunities to build both food security and food sovereignty. Their legacy continues today through the work of cooperative organizations such as Indian Springs Farmers Cooperative and the Detroit Black Community Food Security Network. By engaging in cooperative development at the agricultural level, Black communities have found a means to preserve cultural heritage through food, but also to create resilience in the face of institutional and economic oppression. Such efforts to cooperate and celebrate don't

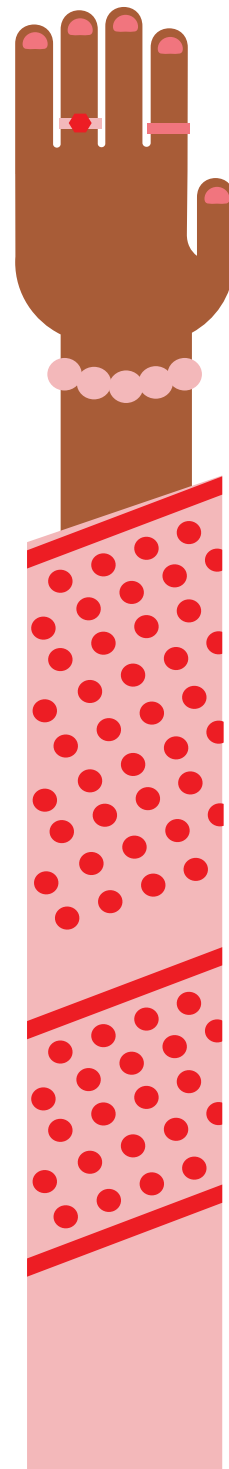
end with farmers or growers either. Inspired by earlier efforts such as the Freedom Farms Cooperative, Oakland California hosts the Freedom Farmers' Market. In addition to allowing space for spiritual, psychological, and cultural resiliency, Freedom Farmers' Market acts as both a gathering place and venue for economic opportunity. More than that, however, it presents an outlet for expression and the exchange of ideas. By providing for community control over access to food, this culturally rooted enterprise also seeks to address issues of hunger and poverty overlooked by the larger food supply chain and economy. The impact of such a cooperative exchange is profound, as the exchange of traditional foods even fosters continued transference of plant knowledge and agroecological stewardship amongst participants.

As older incarnations of cooperative economics such as the New Orleans Consumer's Co-operative Union may only endure within the yellowed pages of history, their legacy continues to persist and take root. Thanks to early efforts to champion more just, inclusive, and equitable economic systems, the cultural recognition and celebration of cooperative enterprise has gained legitimacy. Even government entities once hostile to the cooperative movement, and to changes in the social status quo, have shifted to embrace and support these vehicles of change. A recent example par excellence is the USDA's investment in New Cooperative Agreements for Racial Justice and Equity. This federal effort to combat institutional racism and oppression has made up to \$50 million available to historically underserved farmers and ranchers, including Native American organizations and tribal governments, working to address climate concerns through agriculture and forest. Through such an investment, the Department of Agriculture seeks to remove financial barriers to producers with limited resources, those transitioning into farming, or those who face social disadvantages. By subsidizing this program, the government also creates an incentive for more environmentally sustainable agriculture. The program provides funds for natural resource conservation practices with the potential to improve soil health, water quality, wildlife habitat, and the viability of farmland. The investment is also intended to "Build and strengthen local food projects that provide healthy food and economic opportunities."

By taking a broader, historical view of the cooperative movement, both within the food and agriculture sector but also amidst numerous industries, we see the potential of

collaborative thinking to not only promote equity, justice, and freedom but also to promote the economic, social and environmental health within our community that the larger corporate model has disrupted. As we approach a future fraught with uncertainty, division, and potential conflict; taking a deep look into our past can not only be illuminating, but instructive. There is much to find in our shared history that is not only inspiring, but that can set an example for what the mission and vision of a cooperative should be. Cooperative pioneers have established for us not only a model of greater equity and social justice but also a legacy for building democracy in the wider community. Yet even with such a rich history, living up to the principles of equity and inclusion that the cooperative movement stands for still proves a challenge for many cooperators in the past and today. Fulfilling our promise and living up to the vision of the cooperative forebears continues to demand not only hard work but a willingness to be open to new ideas and change. The employees of Willy Street Co-op continue to look forward to greater achievement in these areas. As our cooperative will continue to be a reflection of our Owners, our values, and shared principles, we look forward to continued cooperation between our organization and the community-at-large.

Much of the research and inspiration that led to this article owes credit to the writings of UW-Madison professor Monica M. White. For more in-depth information and further reading, check out her book *Freedom Farmers*, as well as *Co-operatives in New Orleans* by Anne Gessler and Marie Isabelle Pautz.




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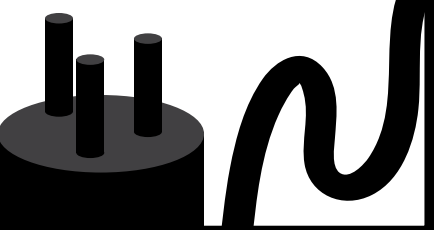
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Interested in trying something different?
Get new ideas from our



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

willy street co-op



RECIPES

Beet Gratin with Gruyere and Thyme

Adapted from www.tastefoodblog.com

Prep 20m; Cook 45m; Serves 4

Butter
6 beets, sliced
olive oil
6 oz. gruyere cheese, grated
3 Tbs. thyme
nutmeg
salt
pepper

Directions: Butter a casserole dish. Preheat oven to 350°F. Arrange a single layer of beets in the casserole. Brush lightly with olive oil, then sprinkle with a bit of cheese, a little thyme, and a pinch of nutmeg, then salt and pepper. Continue to layer the rest of the ingredients (only sprinkle salt, pepper, and nutmeg on the first layer), pressing down lightly as you go. Bake until gratin is bubbling, the beets are tender, and the cheese golden, about 45 minutes. Allow to rest 5 minutes before serving.

Beet Soup in Roasted Acorn Squash Bowls

Adapted from *Gourmet Magazine*

This soup is nothing short of stunning. Vibrant. Mesmerizing. It is the dinner equivalent to typing in all caps, and begs to be described with exclamation points. Green! Orange! Red! Exciting! Great for guests, since many people have not seen a squash used as a bowl before. Serve with an arugula or spinach salad topped with fresh goat cheese.

Prep 30m; Cook 2h 30m; Serves 8

4 acorn squash, halved
kosher salt
1 large red onion, chopped
1 1/2 Tbs. oil
5 medium beets, grated
1 red apple, grated
2 cloves garlic, minced
4 c. stock or broth
2 Tbs. cider vinegar
1 Tbs. brown sugar

Directions: Acorn squash bowls: Preheat oven to 375°F. Place squash halves on a lined baking sheet cut side up. Brush with oil and sprinkle with salt. Roast for 1 1/2 hours or until tender. Prepare soup while these are baking. Beet soup: In a stock pot, sauté onions in oil until translucent. Add beets and apple and continue braising for 5 minutes, stirring occasionally. Add garlic, stirring to fully incorporate. Add broth, cover and simmer until the beets are tender, about 40 minutes. Stir in vinegar and brown sugar. Transfer portions to blender and puree until very smooth. Return to stock pot, adding water if soup is too thick and season to taste with salt and pepper. Serve piping hot in roasted squash bowls.

Chocolate Beet Cake

Loosely adapted from www.marthastewart.com

Crushed beets are an inexpensive way to make a nearly molten, incredibly moist cake and highlight deep chocolate flavor.

Prep 30m; Cook 1h 30m; Serves 6

4 beets
butter
2 c. flour
1 1/2 c. sugar
1/2 c. cocoa powder
1 1/2 tsp. baking soda
3/4 tsp. salt
2 eggs
3/4 c. warm water
1/4 c. safflower oil
1 tsp. vanilla extract
1 c. creme fraiche

Directions: In boiling water, cook the beets whole and unpeeled. Cook until tender and easily pierced with a sharp knife, 30-40 minutes. Drain, then cool under running water. When cool enough to handle, trim stem and root ends and peel. In a food processor or blender, process into a smooth purée.

Butter a 9-inch round cake pan and line with a round of baking parchment. Preheat oven to 350°F.

In a large bowl, whisk together the flour, sugar, cocoa powder, bak-

ing soda, and salt. Whisk in eggs, water, oil, vanilla, and 1 1/4 cups of the beet purée. Reserve any remaining purée for another use. Pour the batter into the prepared pan. Bake for about 45 minutes, until a toothpick comes out clean. Allow to cool on a wire rack for 20 minutes, then transfer to a dish and allow to cool completely.

Serve with a dollop of creme fraiche and a sprinkle of poppyseeds on each slice.

Slow Cooker Coconut & Green Curry Pork

Adapted from www.thekitchn.com

This mostly hands-off dish is delicious served over rice with chopped cilantro, chives, or toasted coconut flakes.

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

2 lb. red potatoes, chopped
salt
pepper

2 1/2 lb. pork butt
1 Tbs. vegetable oil
4 oz. green curry paste
15 oz. coconut milk

Directions: Place the potatoes in a slow cooker. Sprinkle with salt and pepper. Turn on broiler. Place the pork on a rimmed baking sheet and sprinkle liberally with salt and pepper. Broil, turning once, for 15-20 minutes, or until well-browned. Remove from broiler and drain any collected liquid fat. Place the pork in the slow cooker with the potatoes.

In a large skillet, heat the vegetable oil over medium-high heat. Add the curry paste, and fry, stirring occasionally, 3-5 minutes. Whisk in the coconut milk, and bring to a boil. Remove from heat and pour the coconut curry mixture over the pork and potatoes in the slow cooker. Cook undisturbed for 6-8 hours on low. At the end of the cooking time, use two forks to gently shred the pork. It should be quite tender. Serve hot.

Shepherd's Pie with Panko Parmesan Crust

Adapted from www.food52.com

There is no better use for leftover mashed potatoes than shepherd's pie! This version is topped with crispy panko breadcrumbs and a little Parmesan cheese for a crispy, savory crust.

Prep 30m; Cook 40m; Serves 8

1/4 c. panko bread crumbs
1/4 c. parmesan cheese
2 lb. ground beef
salt
black pepper
1 Tbs. butter
1 Tbs. olive oil
1 leek, chopped
1 onion, chopped
3 carrots, chopped
3 celery stalks, chopped
2 cloves garlic, minced
6 oz. tomato paste
1 c. red wine
1 1/2 c. beef broth
2 Tbs. Worcestershire sauce
6 thyme sprigs, chopped
1 bay leaf
1 c. peas
8 c. mashed potatoes

Directions: Preheat the oven to 400°F. Combine the panko bread crumbs and Parmesan cheese in a small bowl. Set aside.

Heat a large, deep skillet over medium-high heat, and brown the ground beef, using a wooden spoon to break it up into evenly-sized pieces. Cook, stirring frequently, until completely brown, with no pinkish pieces. Sprinkle with salt and pepper. With a slotted spoon, transfer the ground beef to a plate, pressing the beef against the pan to drain the fat away. Discard the remaining fat in the pan.

Melt the butter in the same pan, lowering the heat to medium. Add olive oil, leek, onion, carrots, and celery. Sprinkle with salt. Cook, stirring occasionally, for 8-10 minutes, until softened. Stir in the garlic and cook for 1 more minute. Stir in tomato paste, and cook for 2 more minutes, stirring frequently. Pour in wine, and use a wooden spoon to scrape up any browned bits on the bottom of the pan. Simmer for 3-4 minutes, until liquid has reduced by half. Return the ground beef to skillet, and fold to combine. Add beef broth and Worcestershire sauce, stir well. Tie thyme and bay leaf together with kitchen twine, and add to the skillet. Simmer 12-15 minutes, until liquid thickens. Remove thyme and bay leaf. Taste and adjust the seasoning if necessary, and fold in the peas. Transfer meat

mixture to a 9x13-inch casserole. Dollop the mashed potatoes on top, and spread them out in an even layer. Sprinkle the top with reserved panko and cheese, then bake for 25-30 minutes, until top is golden brown. For an extra crispy crust, set under the broiler for 1-2 minutes. Allow the shepherd's pie to sit at room temperature for 10 minutes before serving.

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 1hr; Serves 6

4 c. stock or broth

2 leeks, 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, 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.

Maple-Roasted Root Vegetables

Crafted by Willy Street Co-op

Winter root vegetables turn sweet and packed with flavor when roasted, and when lightly coated in maple syrup, they turn into a stand-out side dish.

Prep 30m; Cook 40m; Serves 10

1 lb. parsnips, chopped

1 lb. turnips, cubed

1 lb. carrots, chopped

2 lb. sweet potatoes, cubed

1/4 c. olive oil

1/2 Tbs. salt

1/2 Tbs. black pepper

1/2 lb. yellow onion, chopped

1 1/2 Tbs. butter

1/2 lb. leeks, sliced

1/8 c. maple syrup

Directions: Preheat oven to 375°F. Line baking sheets with parchment, and set aside. Combine the parsnips, turnips, carrots, and sweet potatoes in a large bowl. Toss with 3 tablespoons of the olive oil and the salt and pepper. Spread onto the sheet pans in a single layer and roast until tender, about 25 minutes. Toss the onion with the remaining 1 tablespoon of olive oil and place on a baking sheet. Roast about 10 minutes, until golden and tender.

Heat the butter in a large sauté pan over medium-high heat. Add the leeks with a pinch of salt and pepper and turn the heat to low, cover, and cook, stirring occasionally, until tender and wilted, about 15 minutes. Combine the roasted vegetables in a large bowl, and fold in the leeks. Drizzle with the warm maple syrup.

Halftime Chili

Adapted from *Bon Appetit*

Prep 20m; Cook 1hr 30m; Serves 8-10

2 Tbs. olive oil

1 1/2 c. onions, chopped

8 large garlic cloves, chopped

3 lb. ground chuck

5 Tbs. chili powder

1 Tbs. ground cumin

1 tsp. dried basil

1/2 tsp. dried oregano

1/2 tsp. dried thyme

28 oz. can crushed tomatoes with added puree

14 1/2 oz. can low-salt chicken broth

12 oz. bottle beer

6 oz. can tomato paste

15 to 16 oz. can prepared chili beans

Directions: Heat oil in heavy large Dutch oven over medium-high heat. Add onions and garlic and sauté until onions are translucent. Add chuck and sauté until brown. Break up the meat with back of spoon, about

5 minutes. Add thyme, chili powder, cumin, basil, oregano. Stir 2 minutes. Mix in crushed tomatoes, chicken broth, beer and tomato paste. Simmer until desired consistency, stirring occasionally to prevent sticking (approximately 1 hour 15 minutes). Add beans. Simmer 5 minutes. Season with salt and pepper.

Butternut, Sweet Potato, and Red Lentil Stew

Adapted from www.ohsheglows.com

Creamy winter squash, sweet potatoes and red lentils are cooked in a creamy coconut-tomato broth, and enlivened by spicy turmeric, cumin, chili powder, cayenne, garlic and a touch of apple cider vinegar. Best when allowed to sit for a day.

Prep 20m; Cook; 40m; Serves 6

2 Tbs. olive oil

1 onion, chopped

4 cloves garlic, minced

3 c. diced butternut squash, cubed

1 sweet potato, cubed

salt

3 c. vegetable broth

14 oz. tomatoes, diced

14 oz. coconut milk

1/2 c. red lentils

3 Tbs. tomato paste

1 1/2 tsp. turmeric

1 1/2 tsp. cumin

1/2 tsp. chili powder

1/4 tsp. cayenne pepper

black pepper

3 tsp. apple cider vinegar

1 bunch chard, chopped

Directions: Heat the olive oil in a large pot over medium heat, and saute the onion and garlic for 3-5 minutes, until softened. Stir in the squash and sweet potato and add a pinch of salt. Sauté for 5 minutes. Pour in the broth and stir in the tomatoes, coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, and salt and pepper to taste. Stir to combine, then increase heat and bring to a boil. Reduce heat to medium, stir, and simmer uncovered, stirring occasionally, for 30 minutes, until the squash and sweet potato are tender. Stir in the vinegar and chard. Continue to cook until the chard is wilted. Taste, and adjust seasonings as needed. Enjoy warm.

Parsnip Cake with Lemon Cream Cheese Icing

Reprinted with permission from *From Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce*

Prep 30m; Cook 40m; Serves 10

1 2/3 c. whole wheat pastry flour

1 c. sugar

1 1/2 tsp. cinnamon

1 tsp. baking powder

1 tsp. baking soda

1/2 tsp. salt

3 eggs, beaten

1/2 c. oil

2 c. parsnips, grated

1 c. apple, grated

1/2 c. hickory nuts, chopped

11 oz. cream cheese, softened

11 Tbs. butter, softened

5 c. powdered sugar

1 1/2 tsp. lemon extract

dried cherries

Directions: Heat oven to 350°F. Grease and flour two 8-inch round cake pans (or substitute a greased 9 X 13 inch cake pan). Whisk flour, sugar, cinnamon, baking powder, baking soda, and salt in a large bowl. Combine eggs, oil, parsnips, and apples in a second bowl; stir well. Stir wet mixture into dry just until they are barely combined. Stir in nuts. Divide batter evenly into pans. Bake until cake springs back when lightly touched in the center, 25-35 minutes. Cool 10 minutes, and then turn cakes out of pans to cool thoroughly.

To make icing, cream the cream cheese and butter. Beat in powdered sugar and lemon extract until smooth. Cut the cooled cakes in half horizontally with a long, thin, sharp knife. Frost layers to make a four-layer cake (or make a two-layer cake instead). Decorate with finely chopped nuts and/or dried cherries, if desired.



AMANDA

Pine River Port Wine Cheese Spread

This locally made cheese spread is a perfect snack. All you need are crackers and a butter knife and you are golden. MMMMM! Available at East and West only.



Milton Creamery Prairie Breeze Cheese



This might be one of my favorite cheeses of all time. This is the perfect addition to your cheese platter and will wow your guests! It is crumbly, yet creamy and has crunchy crystals. This small family farm really nailed this award-winning cheese!

Tey-Art Alpaca Socks

These are the softest socks! So comfy your feet will thank you. They make great gifts or pamper yourself.



Fix Tart Cherry Grenadine

All of their syrups are great and will up your cocktail/mocktail game. But the cherry one is my favorite. Add it to your Old Fashioned, you will thank me.



ANGELICA

Montebello Organic Farfalle

Do you enjoy feeling fancy while munching on comfort food? This simple organic bow-tie pasta comes from northern Italy and has a delightful firm texture. I enjoy it with a light marinara, sautéed garlic, and Sartori shredded Parmesan. Sausage and peppers would be a great addition if you are looking for additional protein and fiber in your meal!



Willy Street Co-op Hot Bar Hot Dish

Beefy, cheesy, potatoey, hot... what more could a Wisconsinite want on a cold Saturday afternoon?



KRISTI JO

Honey Mama's Lavender & Rose Cocoa Truffle Bar

I feel like a queen bee when I treat myself to one of these beautiful chocolate bars. They are made in Portland, Oregon with seven simple ingredients: raw honey, cocoa powder, coconut meat, unrefined coconut oil, salt, lavender oil, and dried red rose petals. If you're like me and need to work on prioritizing your pleasures, you should start here. They make a great gift as well (just remember to keep refrigerated)!



JOEL

Jeni's Ice Cream. Any and all flavors

This is simply the best ice cream ever in every respect, in every flavor, in every spoonful. Sorry Babcock Hall, but Jenni's is my favorite.



SARAH

Paqui Jalapeño Tropical Tortilla Chips

The flavor combo of these chips is AMAZING.



SHELLEY

Nutcrack Candied Pecans

I absolutely love pecans, and these are by far the best candied pecans I have ever tried! Plus, they have a lot less added sugar than the bigger national brands.



RP's Pasta Frozen Portabello & Parmesan Ravioli

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



MEL

Tony's Choclonely Almond Sea Salt Chocolate Bar

With dark chocolate (but not too dark), crunchy almonds, and just the right amount of sea salt, Tony's has achieved the trifecta of chocolate bar flavor combos. This chocolate bar is basically the only chocolate I regularly buy now. It not only tastes amazing, but Tony's chocolate is 100% slave-free, and their mission is to make all chocolate slave-free. I always keep a couple of these bars stashed away at home and at work.



KELLY

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.



JOE

Lily's Sweets Dark Chocolate Bars

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



Caulipower 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).



EVAN

Field Roast Mini Corn Dogs

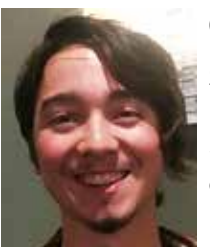
Super easy to make and great for school lunches. It uses Field Roast's very good Frankfurter hot dog that is very good on its own also.



CAITLYN

Donkey Salted Tortilla Chips

These local tortilla chips stand up to any dip—salsa, guacamole, bean dip, hummus, you name it. A perfect chip.



GRANT

Spry Chewing Gum

This gum just hits all the marks. Sure to snuff out even the strongest dragon breath.





AMY

Bill Doran Flower Bouquets

A serious cliché, but with good reason! Make an every day an amazing day. Have you ever treated yourself? How about your crossing guard? How about your kid? How about your dad's caregiver? Don't be creepy about it. Just let someone know you appreciate them. That you are grateful. I'm not crying, you're crying.



SAM

Mad Hippie Vitamin C Serum

I tried this out when I was first creating my skin care routine and immediately fell in love with how easy it was to use and the AMAZING citrus smell! It's helped improve the shine and health of my skin as well as add moisture! Sometimes I use this instead of my moisturizer and I never regret it!



Kalamazoo Candles

So many incredible scents, you can't go wrong with any of them! They do have a strong enough scent that it fills the room but it doesn't overpower the senses. They have a softer, natural scent compared to other candles. My favorites are the sandalwood, campfire and the lavender. They're a great substitute for when you can't open your window and smell them fresh!



SARA

Pacha Froth Bombs

Relax and unwind with a Froth Bomb from Pacha. There are several scents to choose from all of which are crafted with essential oils and ingredients that will leave your skin feeling refreshed and rejuvenated.



Take some time for yourself, soak your loins, and escape from reality for a little bit. You deserve it!



JON

Moon Valley Herbal Shampoo

Very simple ingredients, rinses clean with no residue. Creates a rich lather that is perfect for short hair and even shaving. The Siberian Fir leaves my scalp feeling fresh and smelling woody. Sweet Carrot formulation available for dry hair, Lemongrass for oily.



ABIGAIL

Evan Healy French Rose Clay

This is my go-to "treat yo self" Wellness Wednesday item! Very luxurious and helps my skin look its best. Instead of using regular water when mixing the clay, I recommend using Heritage Store Rosewater for a divinely rose-scented experience.



COLIN

Fox Heritage Beer & Cheddar Bratwurst

Nothing is more Wisconsin than a beer brat. These are wonderfully made with real tasty cheese and high quality meat. Beer flavor is great but if you pan-fry in a skillet and deglaze with a nice lager (I recommend New Glarus Two Women) you really get a mind-blowing brat. Pair with a pretzel bun and mustard.



BARBARA

Willy Street Co-op Gluten-Free Meatballs

These are the best meatballs hands down! Even better than I can make and that says a lot. Try them; I guarantee you will be buying these time and time again. I know I am.



PIPER

Willy Street Co-op Fudgy Flourless Brownies

Crisp, crunchy top, rich fudgy chocolate middle. They are my favorite brownies in town! And they are gluten-free! Available at East and West only.



CAROLYN REYES

Willy Street Co-op Hot Bar Vegetable Fried Rice

Just a bit of shiitake mushroom and soy sauce give this vegan rice an incredibly satisfying "meaty" umami flavor. Great on its own or with a stew or extra veggies, it's my healthy meets comfort food favorite.



BENJAMIN

Ember Foods Samosa 2-Pack with Chutney

This is such a delicious and comforting dish. When you heat them up, they smell amazing and taste even better! The combination of cumin, potatoes, and green chiles makes for a satisfying meal.



MICKY

Beauregard Sweet Potatoes

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



JUSTIN

Cara Cara Oranges

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



MOURNING DOVE

Organic Leeks

These anti-inflammatory suckers add a delicate onion flavor and make food look so pretty. Thinly slice and sprinkle over whatever dish you're cooking, and you'll look like a fancy pants chef.

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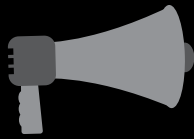


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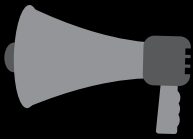


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