

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 49 • ISSUE 1 • JANUARY 2022

EATING TO BEAT THE WINTER BLUES



IN THIS ISSUE

Pandemic Challenges; Granola Done Savory;
Game Day Favorites; 2021 Community
Reinvestment Fund Reports; and More!

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January 1, 2022, New Year's Day: CLOSED

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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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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
Ann Hoyt
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

January 26, 2022

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!

CATERING

Q: Hi! I'm wondering if you're planning on bringing back your catering services for next year, and if so, would it be possible to talk to someone about wedding catering?

A: Thanks for reaching out about Willy Street Co-op's Catering. At this moment we have not resumed our catering program and are not sure when we'll be able to do so. If you'd like I can add your name to a list of folks to reach out to when it does start back up. We're hoping sometime in 2022, but are still working out the details of what that might look like. Best Wishes, Dustin Skelley, Prepared Foods Category Manager

RECIPE CORRECTION

Q: I was instantly attracted to the recipe for the *Browned Butter Walnut pie*, but think there is a mistake in the recipe. There is no way that amount of filling makes only one pie. I am thinking the recipe should read 2 pie crusts. I have been making pecan and walnut pies for many decades, and my recipes for a single pie use about half (or less) of the quantities in your recipe.

A: Thank you so much for bringing that to our attention. I'm sorry for any confusion it may have caused. I'll make sure to change the recipe on our end. Take care, Liz Wermcrantz, Editor

BULK LIST

Q: I am wondering if there is a way to access the current bulk items? I LOVE how much bulk food, spices, etc. you have but it

would be awesome to have a handy list (or something on the website) to consult so I know which containers to bring.

A: Thanks for your email, and I apologize for not responding sooner. There isn't really one location where we list our current bulk items. The closest we have is our e-commerce website (at <https://shop.willystreet.coop>, not supported on mobile devices at this time), but that only shows what we have available at Willy North, since that's where we fulfill our e-commerce orders. We have discussed listing all of our products on that site and, whether or not they're available for curbside pickup or delivery, and indicating at which store they're available...but that is at least a few years away from happening. I will pass along your suggestion/request to my colleagues so that we can consider other solutions. -Brendon Smith, Communications Director

BIG THANKS

Q: It's not easy being a manager of any organization: creating a vision, inspiring, caring about and organizing others, addressing big impact issues and countless details of operations, and putting in the time and effort to sustain this work.

Running a grocery store in a competitive market is especially challenging, plus at Willy Street there is also a union and a democratic cooperative ownership structure to manage. This all requires added governance and social missions, fielding feedback, and meeting very high expectations.

Now add in a pandemic. Whew. I am so grateful for the hard work, stability, and competence at the helm of this co-op over the years. Our world is better off with co-ops and we need good leadership to make that a reality. I appreciate that Anya, managers, directors, and staff have kept the co-op growing, evolving, and strong. There will always be more and better to achieve, but I am glad to have the reality of Willy Street building a cooperative economy here and now. Thank you.

A: It was a delight to read your

comment, one that I will share with great pleasure with the staff and management team. Our success is the result of a whole team effort, including Owners, so thank you for your continued support. Best, Anya Firszt, General Manager

SWEET EARTH

Q: Hi! I was shopping at the Co-op today and noticed that you carry the brand Sweet Earth, which makes vegan and vegetarian frozen foods. I wanted to bring to your attention that Sweet Earth is owned by Nestle and Nestle is a company whose values seem to contradict everything that the Co-op stands for. I implore you to take that into consideration and whether or not continuing to offer Nestle products is in line with your values. Thank you for taking the time to read this and for being awesome!

A: Thank you for your comments! We sell many products that are owned by major companies which may seem to contradict our core values. We are here to serve our owners and some owners have expressed interest in us having these products available. Sweet Earth used to be an independently owned company when we brought them on, and they were purchased by Nestle more recently.

I appreciate you voicing your concern and letting us know what you think! -Dean Kallas, Grocery Category Manager

NEAT EGG

Q: The Neat Egg has been out of stock for a very long time (months). Is it ever coming back?

A: Thank you for your comment and question! The Neat Egg has been out of stock for awhile now. I am sorry it has not been on the shelf, but many companies we work with have been experiencing production issues due to not having key ingredients and also not having enough staff.

Unfortunately I do not have an ETA on when it is supposed to be available again. It is still showing up in our distributor's catalog, which is a good sign. It is available directly from the company online, but I understand not everyone likes ordering this

way.

I am sorry we have not been able to get it in for you. Hopefully it will come in soon! -Dean Kallas, Grocery Category Manager

PALM OIL

Q: I recently purchased some Edward & Sons vegetarian bouillon from The Coop and was sad to see palm oil in the list of ingredients because of its cruelty to elephants and unsustainable farming practices. When I wrote the company, they responded that they are in the process of phasing it out:

"Thank you for contacting us! I am happy to advise we are in the process of replacing organic palm oil with organic shea butter in our Bouillon Cubes. Not-Chik'n™, Not-Beef™, Garden Veggie and Low Sodium Garden Veggie are currently available in both varieties. Low Sodium Not-Chick'n™ and Yellow Curry are currently only available with organic palm oil. The recipe containing organic shea butter will be available next year; I do not have an exact ETA."

Can you tell me if/when the Coop will be purchasing the Shea butter versions of their bouillon so I can buy with a clear conscience? Thank you!

A: Thank you for your comments and question! Manufacturers often change their ingredients and we do not know about it until after the fact. I am not seeing any of their Bouillon Cubes with organic shea butter in our distributor's catalog just yet. Since Edward & Sons is replacing the palm oil in these products, I think they will be coming in as soon as the old varieties are sold out. At least that is how it normally works.

I am sorry but I have no realistic timeline given the logistical issues that have been creeping up in our supply chain. Usually these types of changes take a few months to flow through. -Dean Kallas, Grocery Category Manager

LOOKING FOR A JOB

Q: I'm looking for a job and I be very interested to work here.

A: We are hiring! All open posi-

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tions and instructions for applying online can be found at www.willystreet.coop/about-us/employment. If you experience any difficulties while completing your application please email hr-staff@willystreet.coop with a detailed explanation of the problem, and someone from our Human Resources Department will get back to you right away. Thanks for your interest! -Kirsten Moore, Cooperative Services Director

EBT/SNAP

Q: Wondering if EBT SNAP is accepted

A: Thanks for asking! We accept SNAP at all three of our store locations. When shoppers use SNAP on Tuesdays currently, they are also eligible to receive Double Dollars vouchers that can be used for produce purchases. If you decide to become a Co-op Owner, you may also be eligible to participate in the Access Discount program and receive 10% off your grocery bill.

Visit www.willystreet.coop/double-dollars to learn more about Double Dollars.

Visit www.willystreet.coop/ownership/access-discount-program to learn more about the Access Discount program. We look forward to seeing you at the store! -Kirsten Moore, Cooperative Services Director

SEVILLE ORANGES

Q: I would like to try a recipe that was available in a past reader about making marmalade using Seville oranges. When are they in season, or when do/did you carry them?

A: Great question! We do carry Seville Sour Oranges, but they don't typically come into season until later in the winter. I just checked our records—last year they arrived for the last week of January. The year before, they arrived in the first week of February. I anticipate this year will be similar. Thanks! -Megan Minnick, Purchasing Director

GLUTEN-FREE BREAD BEST SELLER

Q: Hi, which gluten-free bread do you sell the most often?

A: Thank you for your question!! It would be the Canyon Bakehouse San Juan 7 Grain Gluten Free Bread. -Dean Kallas, Grocery Category Manager

WONDERFUL COMPANY

Q: We shop at Willy Street Coop because we firmly believe in shopping locally and seasonally; we don't believe we have the luxury of having every product immediately available at our convenience all year around.

I am extremely disappointed and concerned to find the Wonderful Company products in your store. The Wonderful Company is based in California, which is 1,700 miles away from us. In a time of "drought" and increased regulation around water in the west, the Wonderful Company has actually been able to expand their business. The Wonderful Company also receives massive federal subsidies that encouraged and continue to encourage the overconsumption and abuse of water in the west. The Wonderful Company is one of the largest produce companies in the world and the largest almond and pistachio company in the world. We shop at Willy Street Coop to get away from these large companies.

I am most concerned with pistachios, which is the product I found in your store. The Central Valley, where the Wonderful company grows their pistachios, only produces 20% of the water that is required for a productive harvest. By purchasing this product, you are enabling the continued abuse of water.

Please take this into consideration when stocking your shelves.

A: Thank you for your comments and the information you sent us on The Wonderful Company!! I understand the concerns you shared with us about their water usage. I am sorry to hear you are disappointed.

We carry products that our customers have an interest in seeing at our stores. Willy North carries many products that our other two stores do not have space for and it was opened to serve the neighborhood. It is our only store that sells the Wonderful pistachios and people seem to like having them available based on their movement over the past year.

We have not received any other comments about the Wonderful Company to my knowledge, but I would recommend that you look at our boycott policy on ways to take action. -Dean Kallas, Grocery Category Manager

NORTH APPRECIATION

Q: I have been a member of the co-op for over 20 years, and living 1.5 hours from Madison, have not visited much in the past year or so. I shopped at Willy's North my two last visits, and I want to show appreciation for the store. It is the roomiest, seems to have the greatest selection, is kept very neat and clean, no one bothers you, the checkers have been very nice, and to top it all off, I bought an Avocado Tempeh Wrap today, just ate it, and was absolutely floored. I have never eaten one this good before: nowhere near this good, though I always hoped for this flavor. The tempeh was cooked and spiced, the mayo was bright orange with flavor, there was enough mayo on it to actually taste it! The avocado was the perfect ripeness, it had fresh veggies, I savored every bite. It has been years since I bought one because I was disappointed every time, but I will definitely buy a wrap from north again if you continue to keep that preparation up. Please thank the preparers of them!!!! I am so glad my intuition steered me over to them....Happy Holidays, and thanks again!

A: Thank you so much for taking the time to write in about your experience at the north side store. I shared your comment with the Store Directors and the Deli Manager and in turn will share it with the north side staff. We are so pleased that you enjoyed your tempeh wrap, just reading your comment made me hungry!! Happy holidays to you and your family also and we look forward to seeing you in the store again soon. Take care. -Amanda Ikens, Owner Resources Coordinator

BRING YOUR OWN

Q: When I shop in the bulk section (flour/oats/spices), can I bring in my own reusable containers (plastic and glass) to fill up instead of using the plastic bags (it hurts me to use these) only to transfer that to my container when I get home? I don't care about paying for the weight of my containers--they aren't that heavy. Thanks in advance for addressing this!

A: I understand the want to decrease plastic bag usage. It would be fine for you to bring in your own container, but it must be cleaned and

sanitized before bringing it back to the store to fill in the bulk aisle. You should never pay for the weight of your own container and can do one of 2 things, either ask customer service or a cashier what the weight is of your empty container and write that number down for the cashier to take that weight off. That is referred to as the tare weight. Or you can use the scale in the bulk aisle to weigh it up and write that number down for the cashier. Thank you for checking in first. Have a beautiful day!

-Amanda Ikens, Owner Resources Coordinator

COOKING CLASSES

Q: Hello! I am wondering if you will be hosting cooking class for tweens/teens in the near future? My two children (11 & 13 years old) would really like to take a cooking class. Thank you for your consideration!

A: Thanks for your question! Most of our cooking classes are for ages 12 and older, and for these classes, minors do need to attend with an adult. The kids' classes are typically recommended for 5-12 years old, and they are currently being offered virtually. When kids' classes are in-person, they're divided by age groups—classes for 5-8 year olds and classes for 9-12 year olds.

As another option, we offer private cooking classes. If you have a group of teens that would like to take a class together, we could make arrangements for that on a day that works for you. Private classes are \$100 for a one-hour class + \$7/person for ingredients.

Please let me know if you have any further questions or if you'd like to schedule a private class. -Liz Hawley, Education and Outreach Coordinator

UNDERWEAR

Q: I love your store but I was shocked when I saw a display near the front service desk with people in their underwear. You are a family store and I do not think kids need to see that and I don't want to see that! Thank you

A: Thanks for the comment. I believe you are referring to the display of Boody brand clothing that's located behind the customer service desk at Willy West. Boody makes sustainable base layer clothing (including underwear) made from ultra soft bamboo. We've carried this brand for over five years, and it's a favorite of many of our customers.

The bodies displayed on the packaging for the Boody are meant to show the style and fit of the clothing, nothing more. This is the first complaint we've received in all the years that we've carried the product. That said, I'm certainly sorry if you found them to be distasteful. Thanks so much! -Megan Minnick, Purchasing Director



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GENERAL MANAGER'S REPORT

Pandemic Challenges; Mid-Year Financial Update; & More!



by Anya Firszt, General Manager

Hello January, Hello 2022. Happy New Year! A new year lies ahead, full of promise and new resolve.

Our Co-op is a resilient and resourceful organization, we have been able to figure out new and different

ways to deal with challenges and setbacks. We remain focused on our commitments to move our Cooperative forward to be a more equitable place to work and shop, to provide a safe and healthy environment for everyone who enters our doors, and to supply you with groceries!

Last year and much of the year before was spent navigating a multitude of challenges related to the pandemic, and this new year with the coronavirus variants is shaping up to be much the same. Since the outbreak of the coronavirus in March 2020, we have changed services and hours of operation due to staffing limitations and safety protocols. We also expanded or launched new and different ways to help you shop; online grocery delivery and curbside pick-up options are available, as well as EatStreet orders from either Willy East or Willy West. None of this has been ideal, but we are making it work. Thank you for your continued patience and support as we settle into the new normal.

CHANGE IN STORE HOURS AT WILLY NORTH

We have changed the hours of operation at Willy North to 9:00am to 8:00pm. This is a temporary change due to the staffing shortages we have been experiencing at North. By reducing store hours in this manner, it is our hope to provide some relief to staffing (fewer open hours) while maintaining consistent services.

MID-YEAR FINANCIAL UPDATE

January marks the beginning of the new calendar year and also the second half of our fiscal year. I wanted to share with you a mid-year

financial update; sales for the first half of the fiscal year are tracking close to budget, transactions are under budget, but basket size is above budget. Personnel expenses are under budget due to total hours at the retail sites being under budget (under-staffed). Less than ideal staffing is a national trend—fewer workers looking for employment and those seeking jobs are generally not looking for shift work. Look for additional financial updates in future *Reader* publications.

ANNUAL REPORT

A reminder that the FY2021 Annual Report was sent out last month to you either by printed copy or electronically. If you missed it, you can check out the report on our website here: www.willystreet.coop/images/AnnualReports/FY2021-annual-report.pdf.

WELLNESS WEDNESDAY

Another reminder, Wellness Wednesday, scheduled for the first Wednesday of each month, is on January 5 this month; this is your chance to stock up and save 15% on all your health and wellness purchases.

ON THE HORIZON

We will begin contract negotiations for our second collective bargaining agreement with the UE this month. And, budget planning for our next fiscal year (FY2023) will also begin this month.

STEP UP

And, finally, last fall, the Board and management team worked together with Step Up: Equity Matters to draft vision and mission statements, and identify strategic objectives that included DEI initiatives. The Board, at their December meeting, approved turning over the statements to the management team who will now develop goals and objectives to support the strategic plan. Fun, exciting, and challenging work!

I'll leave you with a quote that I personally relate to everyday, "The more I learn, the more I realize how much I don't know." -Albert Einstein.

All the best to you in this new year.

BOARD REPORT

Recent Charitable Activities



by Brian Anderson, Board Member

With the challenging 2021 calendar year behind us and the more promising 2022 calendar year ahead, we wish to reflect on some of the Co-op's recent charitable activities.

These activities are part of the Co-op's commitment to the community. They are examples of how the Co-op achieves one of its ends, namely, being at the forefront of a cooperative and just society that has a culture of generosity. Even when the Co-op has operating losses, as was true in the Co-op's last two fiscal years, the Co-op budgets for these charitable activities.

ACCESS DISCOUNT PROGRAM

One of the Co-op's most important charitable activities is the Access Discount program. Owners who have a financial need can apply for this program and obtain a 10% discount to buy food and other products. Under this program, during the last fiscal year, the Co-op provided 1,371 Owners with discounts worth \$301,778.

DOUBLE DOLLARS

Another significant charitable activity is the Double Dollars program. Customers with low income who use their FoodShare/QUEST card to purchase groceries are eligible to receive Double Dollars vouchers that can be used to help purchase fresh, canned,

or frozen produce or seeds/seedlings for growing edible plants. Under this program, during the last fiscal year, the Co-op redeemed \$59,243 worth of Double Dollars vouchers.

COMMUNITY REINVESTMENT FUND

The Co-op provides Community Reinvestment Fund (CRF) grants to 501(c)(3) and/or cooperative organizations that support projects benefiting Dane County, especially projects promoting food justice or developing cooperative businesses, sustainable agriculture, health and well-being, or social change. During the last fiscal year, the Co-op made \$25,000 of CRF grants to 10 organizations. Five of the awarded grants went to supporting extensions of current programming and five grants were awarded to organizations starting new programming.

OTHER DONATIONS

The Co-op also donated \$94,263 to more than 25 community organizations in support of their fundraising efforts and events such as the Middleton Good Neighbor Festival, La Fete de Marquette, Madison Family Fest, the Black Women's Wellness Expo, Youth Leadership for Social Change, and various local farmers' markets.

COMMUNITY CHIP

All this was on top of the \$309,634 of donations made by Co-op customers through the Community CHIP® program.

As the year comes to a close, we are grateful that we were able to support our community and look forward to doing more of the same in 2022.

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HOLIDAY HOURS

December 31, New Year's Eve: Regular Hours
January 1, 2022, New Year's Day: CLOSED

Community Room Class Calendar

Visit www.wilystreet.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@wilystreet.coop with 72 hours notice to receive a full refund or transfer their registration to another class. No refunds or transfers will be granted for cancellations within 72 hours of an event. In order to cover costs incurred, there are absolutely no exceptions to the Refund Policy.



BAKING

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

COOKING WITH CHEF PAUL: PLANT-BASED MEALS

Location: Willy East Community Room
Thursday, January 6, 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

Have you been thinking of eating more plant-based meals? Join Chef Paul to learn helpful tips to get started—from setting up your pantry to cooking techniques to replacing animal proteins with plant-based ones to adding more fiber into your daily meals. The options are limitless! The menu for this class will include greens, quesadillas, rice, tofu, tempeh, seitan, pesto, soup, nut cream, and more! Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: SHABU-SHABU

Location: Willy West Community Room

Thursday, January 20, 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

In cold weather, making stock will warm up our dwellings and hearts. In this class, you will learn how to make vegetable and meat stock. We will also show you how to utilize trimmings from produce and meat. Once the stock is made, shabu-shabu can be served. You will experience the whole process from the beginning to the end. Ingredients/recipes may be modified based on seasonal availability.

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.



FAMILY

COOKING TOGETHER: FLAVORS OF AFGHANISTAN

Location: Google Meet

Friday, January 14, 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 an adventurous feast inspired by the flavors of Afghanistan—Popular Pulao, Bolani, Borani Banjan, Sheer Khurma, and more may be explored.

COOKING TOGETHER: FLAVORS OF MEXICO'S YUCATAN

Location: Google Meet

Friday, January 28, 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 create a marvelous meal inspired by the flavors of Mexico's Yucatan Peninsula—Panuchos, pickled red onions, achiote marinade, mouthwatering Marquesitas, and more may be explored.

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.



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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.



KIDS IN THE KITCHEN: SNOWY DAY RECIPES

Location: Google Meet

Tuesday, January 18, 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. Winter is here, and so are snowy days that are perfect for soup. In this class, participants will learn to prepare comforting soup from scratch, including Tomato Basil, Cheesy Broccoli, and more. Which one will be your favorite?

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.



NATURAL WAYS TO SUPPORT A HEALTHY IMMUNE SYSTEM

Location: Zoom

Wednesday, January 19, 12:00pm–1:00pm

Instructor: Katy Wallace

Fee: Free; registration is required

Immune system support is now more important than ever. Katy Wallace, Traditional Naturopath of Human Nature, will cover the supplements, diet, and lifestyle factors that provide strong support for the body when faced with viral stress.

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

Wednesday, January 26, 1:30pm–4:45pm

Tuesday, February 22, 1:30pm–4:45pm

Location: Willy West Community Room

Tuesday, January 11, 1:30pm–4:45pm

Wednesday, February 9, 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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PRODUCE NEWS

Ginger & Turmeric



by Megan Minnick, Purchasing Director

Walk through one of our produce departments, and you're essentially touring a museum of plant parts—a collection of fruits, stems, leaves, tubers and roots, each one the result of thousands of years of culinary and agricultural

tradition. Let's focus for a moment on one piece of plant anatomy that's often left off of the list, the rarest of them all (at least on our shelves,) and possibly the most powerful: the rhizomes.

Simply put, a rhizome is a stem that grows underground. New branch-

es sprout out of a rhizome, making it distinct from a root like a carrot, turnip, or beet. Sometimes part of a rhizome thickens, resulting in a tuber, like a potato, jicama, or sweet potato. If you're looking for an edible rhizome, you'll only find two in our produce departments: ginger and turmeric.

Both ginger and turmeric are members of the *Zingiberaceae* family of tropical plants, and both have powerful medicinal properties as well as delicious culinary applications.

GINGER

Ginger is a familiar flavor to many—spicy, sharp, warm, and pungent. The active ingredient in fresh ginger is called gingerol, and it's what gives it its spicy flavor. When cooked or dried using heat, gingerol transforms into a different flavor compound called zingerone, which is sweeter and milder than gingerol.

Gingerol from fresh ginger packs a serious flavor punch. Its spicy heat can be just the thing to warm you up on a cold winter day, and it's also where many of the medicinal benefits of fresh ginger are found. For centuries, ginger has been used to aid in digestion, to ward



off nausea, and studies have shown that it has antibacterial properties as well.

TURMERIC

Turmeric doesn't have the spiciness of ginger, but it has an earthy, pungent, bitter and somewhat peppery flavor that, when combined with its intensely bright orange color, is also a wonderful anecdote to a cold winter day.

The compound that's responsible for turmeric's color is called curcumin, and it's one of the most widely studied natural compounds anywhere. Curcumin has been shown to be a powerful anti-inflammatory, useful in the treatment of many different ailments such as osteoarthritis, joint pain, and indigestion. Cooking curcumin, at least for short periods, does not lessen its effectiveness. In fact, some studies have been shown that exposing curcumin to heat may help it be absorbed into the body.

QUICK & EASY WAYS TO INCORPORATE GINGER & TURMERIC INTO YOUR DIET

Turmeric Milk

This traditional Indian drink is extremely warming, making it a lovely wintertime drink. Try adding crushed peppercorns for extra heat, or a spoonful of ghee (clarified butter) to soothe a sore throat. Simmer a stick of grated turmeric in milk (dairy or non-dairy) for up to 20 minutes; remove from the heat and steep for a few minutes more. Strain, add honey to taste and enjoy!

Ginger Tea

Another wonderful winter drink. It's important that you only steep the ginger in hot water—boiling it for any length of time will start the conversion of gingerol into zingerone and reduce the medicinal benefits of the tea. Steep thinly sliced ginger in boiling water for 5-10 minutes. Strain if desired. Add honey or maple syrup for sweetener.

Golden Rice

Mix finely grated turmeric to cooked brown rice to give it a lovely color and added flavor dimension.

Salad Dressings and Marinades

Add fresh-grated ginger to salad dressings and marinades for an extra spicy flavor. This is particularly good for soy sauce based preparations.

Stir Fries and Curries

Both turmeric and ginger are wonderful additions to any stir fry or curry. Simply grate them on top right before serving (like you might use Parmesan cheese), for the freshest flavor.

Smoothies

Add small pieces of turmeric or ginger to any smoothie for added flavor, color, and nutrition.



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Meet Your Farmer: Olden Organics



by Micky Ellenbecker, Purchasing Assistant

Shortly after opening Willy West, the Produce departments started experimenting with more in-house pre-cut products, such as coleslaw and guacamole. Over the next five to six years we kept adding more and more offerings and making bigger and bigger

batches, but it was a struggle to keep up with demand. We started bringing in pre-cut products from our produce distributors out of Minnesota, and that worked for a time, but it meant that we lost control of what products we had to choose from and what they were comprised of. It just so happens our growing pains in pre-cut produce ran side-by-side with a new organic production kitchen built by Tracy and Dick Vinz of Olden Organics in Ripon, Wisconsin. Our partnership started slowly, with just a handful of products, but one of the amazing aspects of working with the Vinzs is their willingness to use our recipes. Fast forward five years and they now make almost all our pre-cut veg and fruit offerings. When we started working with Olden Organics, we considered it a test run, but their commitment to produce the highest quality organic products for our customers has proven to be a wonderful partnership that we are very grateful for.

I reached out to Tracy recently to ask her more about their farm and their experiences being farmers. Tracy graciously agreed, and I'm happy to share more of Olden Organics story with you now.

Can you give us a brief history of your lives as farmers?

Our farm journey started 17 years ago. I quit my corporate job in marketing to start our farm. We started a small CSA with 17 members and did one farmers' market each week. Each year after that we grew our CSA membership and added more markets. In 2011 Dick started on the farm full-time. In 2016 we became certified organic. Our wholesale sales had started to increase and even though we grew "organically" and were certified naturally grown, our grocery customers wanted us to become certified organic. In 2016 we put up our new pack shed and processing facility. That was the last year we offered CSA. In 2017 we hit the ground

running with our line of cut vegetable products or "Veggie Creations" as we call them. We have always farmed at our current location. This farm has been in Dick's family for over 110 years. We are the fourth generation



The Olden Organics crew.



Tracy and Dick Vinz.

to have the privilege to care for the land.

How do you and Dick divide up the duties/tasks?

In order to stay married, we very much split up the management of the farm. The germination of crops is managed by me and then, once the crops are planted in the fields or greenhouses, management is passed to Dick. The processing kitchen and wholesale orders are managed by me, and I also handle all "HR" duties. Dick manages soil health, crop rotation, pest and disease management, as well as our harvest crew. We both manage farmers' markets and still personally attend them each week.

Did you always see yourselves as farmers or how'd you get into farming?

We never thought we would be farmers. I grew up in Green Bay, and my father was the farmers' market manager for the city of Green Bay for 20 plus years. I spent Saturdays working for any produce vendor who needed help at the market. This is how I learned math and how to make change. Dick grew up spending as much time as possible with his

grandfather Glenn. This is where he developed his love for nature and caring for plants. When we inherited our farm it seemed like our direction was provided for us.

What got you interested in starting your own processing kitchen?

Our processing kitchen was started because we were looking for something to do with our extra and "ugly" produce. We grew zucchini in 2015 on a large scale for a large grocery chain in the state and dur-

when she has time in the winter months and Lori Redmond who co-owns Redmond's Apple Basket Orchard has worked in our greenhouses and currently works in our processing kitchen in the winter/early spring.

What's your favorite crop to grow?

My favorite crop to grow is tomatoes, and Dick's favorite is melons.

What's your favorite pre-cut product you produce in your kitchen?

My favorite pre-cut product is the sweet potato hash. We are huge sweet potato lovers and the hash is super easy to use in just about everything. I love it in chili, and sautéed with onions and peppers and added to omelets.

What's your biggest seller from your pre-cut line?

Our best sellers are our coleslaw mix and guacamole. Willy Street Co-op brought both items to us and asked us to process them. The Guacamole is Willy Street Co-op's very own Max Wilke's recipe.

What is your biggest challenge as a farmer?

The biggest challenge as a farmer is labor. Now more than ever there is a shortage of people who want to work as hard and as much as farmers do. The 2021 season was the first year that the farm had a crew of H2A (a visa program for temporary agricultural workers) workers from Mexico. This made a huge difference in farm efficiency. We are working very hard to ensure we will be able to provide work for them year after year. These guys want to come to the U.S. to make a living for their families. They are very hard-working and caring individuals. We cannot imagine farming without them now.

Do you have any future changes planned for your farm?

We are currently in the design stages of our second pack shed/processing kitchen expansion. We need to increase the size of our processing kitchen and add another walk-in cooler just for finished product from the kitchen. We also need to add a loading dock and an additional walk-in cooler for the farm and additional dry storage. It was supposed to happen in 2021 but has been delayed until 2022. The farm is also getting a few horses to feed my love for them and also give our four Australian Shepherds something to herd besides us.

What was your dream job as a kid?

Dick's dream job was to be a forest ranger and then changed to be an urban forester. He was the Village of Howard's Forester from 1998-2003. My dream job was to raise horses. I did this for a few years from 1999-2002, and I now hope to get back into it on a much smaller scale to just cover the expenses of having them.



ing that season the farm got hail. It was horrible to have to pick all the zucchini and donate as much as we physically could and compost the rest. We never wanted to be in a situation like that again. We knew in order to be profitable we had to come up with something that would turn our "seconds" into profit. We also wanted to provide year around work for employees and having the processing kitchen has provided that.

What percentage of the produce in your products is grown on your farm? And do you partner with other organic farms to supply you with produce?

We grow about 50-60 percent of the produce that is in our products. It varies each year depending upon the yields from our crops. We do partner with other organic farms in the state to supply us with produce as well. We work with Driftless Organics, Hill & Valley, Boerson Farm, and Park Ridge Organics, and we purchase through the Wisconsin Food Hub as well. We are also very proud of the fact that we have and still do employ fellow farmers in their off season. Danielle from Boerson Farm has worked in our processing kitchen

Granola Done Savory



by
**Jess
Catherine,
Purchasing
Assistant**

Now that the holidays are behind us, I wanted to boost some staple items I have in the pantry and also try my hand at some new flavor toppings and snack mixes.

I make a lot of soup during the winter months, which would definitely work for

adding some crunchy toppings, but might I be able to incorporate this into more offerings, such as salads, avo toast and baked soft cheese appetizers?

Rolled oats are easy to find and affordable! A lot of the other ingredients I have listed you might already have, but feel free to substitute with your favorites. These recipe ideas are also vegan and gluten-free adaptable.



BALSAMIC & SUN-DRIED TOMATO GRANOLA TOPPING

- 1 egg white
- 1 1/2 c. rolled oats
- 1 c. sunflower seeds (raw or roasted and salted)
- 1/2 c. flax seeds
- 1 c. sun-dried tomatoes, finely chopped
- 1/4 c. nutritional yeast
- 2 Tbs. coconut oil
- 2 Tbs. balsamic vinegar
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. cayenne
- 1/4 c. fried shallots (french fried onions) save for last!

Freshly ground black pepper to taste

Flaky sea salt such as Maldon

Directions: Preheat oven to 300°F. Line a large baking sheet with a silicon baking mat or parchment paper.

Add the dry ingredients together in a large bowl except for the fried shallots. Mix egg white, balsamic, and coconut oil together. Then pour over the dry ingredients, and stir.

Transfer the mixture to the prepared baking sheet and spread out in an even layer. Sprinkle the top with a hefty pinch of flaky salt. Bake for 15 minutes then stir to keep from burning. Bake for another 10 minutes or 30 minutes total for golden brown.

Cool completely then mix in the fried onions. Store in an airtight container for up to two weeks.

SESAME GRANOLA TOPPING & BLACK PEPPER

For the next mix, I wanted to try a more robust flavor. I decided to go with more oil and the addition of raw mixed nuts.

- 1 1/2 cups rolled oats
- 1 c. chopped raw mixed nuts (but feel free to use what you like)
- 3 Tbs. sesame seeds (white or black)
- 1/4 c. pure maple syrup
- 2 tsp. toasted sesame oil
- 2 Tbs. sesame oil or olive oil if you don't have sesame
- 1 tsp. low-sodium soy sauce or tamari
- 1/4 tsp. ground ginger or more to taste
- 1/2 tsp. coarse black pepper

Flaky sea salt such as Maldon

Directions: Preheat oven to 300°F. Line a baking sheet with a silicon mat or parchment paper.

In a large bowl, combine the rolled oats, mixed nuts, and sesame seeds. In a separate bowl, whisk the syrup, oil, soy sauce, ground ginger and black pepper.

Add the wet ingredients to the dry ingredients and mix with a spatula until well combined. Transfer the granola to the prepared baking sheet and spread out in an even layer. Sprinkle the top with a hefty pinch of flaky salt. Bake for 15 minutes, then stir and bake until golden brown or 30 minutes total. Let the granola cool on the baking sheet for at least 20 minutes before breaking it up into chunks.

Serve with your favorite soup or try as a topping on your favorite



warm brie or goat cheese. Store in an airtight container for up to two weeks.

SAVORY WARM OATMEAL

This dish is prepared by simmering the rolled oats in chicken stock, and topped off with a runny egg, soy sauce and green onions. It has only a handful of ingredients, but makes for a some tasty comfort food. I think this would be really good with the addition of a few grilled peppers, shrimp, and hot sauce. Makes 4 servings for breakfast, lunch, or dinner.

- 2 c. rolled oats
- 4 c. chicken stock
- 4 eggs
- 2 Tbs. soy sauce or tamari
- 2 Tbs. sliced green onions, just the green bits
- Chili oil or toasted sesame oil to taste (optional)
- Fried onions or shallots (optional)

Directions: Cook oatmeal in chicken stock until it has reached your desired texture. Transfer to serving bowls. Poach eggs in a large pot of water. Pan fry or soft boil would work too!

Top the Oatmeal with the eggs, soy sauce to taste and then sprinkle with the Green onions and fried shallots. Serve and Enjoy!

If you find some more great substitutions to these dishes please send my way, and thanks for reading.

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\$3.49



Theo
Organic Chocolate Bars
All Kinds on Sale!
3 oz • Save 79¢
\$3.00

Kettle Brand
Potato Chips
All Conventional Kinds on Sale!
5 oz • Save \$2.58-\$3.58/2
2 for \$4

Just
Vegan Egg Substitute
8 oz • Save 80¢
\$3.99



Hope
Organic Hummus
All Kinds on Sale!
8 oz • Save \$1.49
\$3.00

Wild Planet
Wild Sardines
All Kinds on Sale!
4.375 oz • Save \$1.98/2
2 for \$4

Wildwood
Organic Super Firm Tofu
16 oz • Save \$1.50
\$2.29



Hi Ball
Sparkling Energy Water
All Kinds on Sale!
16 fl oz • Save \$1.98/2
2 for \$4/tx

Field Roast
Meatless Sausages
All Kinds on Sale!
12.95 oz • Save \$1.80
\$4.49

Goodbelly
Probiotic Fruit Drink
32 oz • Save \$2.58/2
2 for \$5



Mike's Mighty Good
Ramen Cup
All Kinds on Sale!
1.6-1.9 oz • Save \$1.98/2
2 for \$3

Kashi
Go Lean Cereal
13.1 oz • Save \$1.99
\$3.00

Yogi
Boxed Tea
All Kinds on Sale!
16 ct • Save \$1.49
\$3.50/tx



Forager Project
Organic Cashewgurt
All Kinds on Sale!
5.3 oz • Save 58¢/2
2 for \$3

Hippeas
Chickpea Puffs
All Kinds on Sale!
4 oz • Save 80¢
\$2.99

Daiya
Vegan Pizzas
All Kinds on Sale!
169.4oz • Save \$1.50
\$6.99



Spectrum
Organic Extra Virgin Olive Oil
25.4 oz • Save \$3.50
\$10.99

Lundberg
Organic Bulk Brown Basmati Rice
Rndm wt • Save 50¢/lb
\$2.49/lb

Van's
Frozen Waffles
All Kinds on Sale!
9 oz • Save \$1
\$2.79



Cascadian Farm
Organic Frozen Vegetables
All Kinds on Sale!
16 oz • Save \$2.58/2
2 for \$5

Nixie
Organic Sparkling Water
All Kinds on Sale!
8 pk • Save 50¢
\$4.49

Manitoba Harvest
Hemp Hearts
16 oz • Save \$2.50
\$11.99



The specials on this page are valid January 19-February 1

All Specials Subject to Availability. Sales Quantities Limited.

Game Day Favorites

Organic **Cauliflower**
Rndm Wt.
Price varies

Frank's **RedHot Original Cayenne Pepper Sauce**

5 fl oz
\$1.79/ea

Cheese Curds

Selection and price varies by store
All are Local!

Bell & Evans **All-Natural Chicken Wings**

\$6.49/lb

Off the Block **Salsa**

Local • 16 oz
\$5.99/ea

Andrew & Everett **Port Wine Cheddar Cheese Ball**

Local • 8 oz
\$5.99/ea

Unique **Original "Splits" Pretzels**

11 oz
\$3.99/ea

Carr Valley Cheese **Spicy Beer Cold Pack Cheese Spread**

Local • 8 oz
\$5.79/ea

El Rey **Lemon Nacho Tostaditas Chips**

Local • 12 oz
\$3.99/ea

Karben4 **Fantasy Factory IPA**

Local • 6 x 12 oz
\$9.79/ea

Fair Trade & Organic **Avocados**
Price varies

UP YOUR GUAC GAME

Get some greens with chopped **Kale**



Try a squeeze of **fresh orange** juice instead of lime or lemon juice for a sweet surprise!

Mix in some **Feta Cheese** for a tangy touchdown!

Fresh ginger can add an extra bite to any spicy guac!

Can't choose between dips? Add **Hummus** for a winning combination!

Go **Bananas!** Mash one in for a bit of sweet!

Enter to win an air fryer



Check [f](#) [i](#) or our website starting Jan. 17th!

willy street co-op

Prices shown are regular price; good through 1/31/22. Some products on sale during this time; see www.willystreet.coop.

Find Your Wellness at Willy Street Co-op



willy street co-op
**Owner
Rewards**

Select sales Jan. 3rd-9th. Sales for Willy Street Co-op Owners only.

Owners can save a lot the first week in January!

**Superior Fresh
Farm-Raised Salmon fillets**

Rndm weight • Local

\$17.99/lb

Owners save \$3.00/lb



**Organic
Ginger, Garlic, Turmeric**

Rndm weight • Imported/USA

30% off

Owners save 30%



**Organic
Kale**

All kinds on sale!

1 bunch • California

2 for \$3 or \$1.79/ea

Owners save 20c - \$2.98/ea



**Organic
Navel Oranges**

4lb Bag • California

\$4.99/ea

Owners save \$5.00/ea



**Equal Exchange
Fair Trade & Organic Avocados**

1 each • Mexico

5 for \$5 or \$1.29/ea

Owners save 50c - \$3.95/ea



**Rebbl
Organic Super Herb Elixirs**

Maca Mocha, Reishi Chocolate, Matcha Latte, Turmeric Golden-Milk, Maca Cold-Brew

12 fl oz • Local

\$2.50/ea

Owners save \$1.29/ea



**Forage Kombucha
Kombucha**

All Kinds on Sale!

12 fl oz • Local

\$1.29/ea

Owners save 70c/ea



**THIS
Wellness
Wednesday**
(January 5th)
**Owners take
15% off**

wellness & bodycare items, instead of the usual 10%!



Includes products like these, even ones already on sale:

- Antioxidants
- Amino Acids
- Water Filtration Products
- Body Care Accessories
- Body Care Aromatherapy
- Cosmetics & Beauty Aid Products
- Hair Products
- Oral Care
- Deodorant
- Topical Personal Care & First Aid
- Skin Care
- Soap & Bath Preparations
- Liquid Bulk
- Pre-Packaged Loose Leaf Tea & Herbs
- Herbal Formulas
- Digestive Aids & Enzymes
- Protein Powder
- Supplement Oils
- Aloe Vera Juice
- Bee Pollen
- CBD Supplements
- Single Herbs
- Flower Essence
- OTC Internal Products
- OTC Topical Products
- Homeopathic Medicines
- Coenzyme Q10 (CoQ10)
- Chromium Picolinate
- DHEA
- Glucosamine & Chondroitin Supplements
- Electrolyte Powder & Effervescent Tabs
- Vitamins & Minerals

For the full list of Owner Rewards sales, see the flyer in the store or at willystreet.coop/owner-rewards on Jan. 3.

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2021 Community Investment Fund Reports



by **Liz Hawley,**
Education and Outreach
Coordinator

With the New Year comes the new cycle of Community Reinvestment Fund grant applications, decisions, and awards! Applications for the CRF grant are now open, and we will be accepting applications from local 501(c)3 nonprofits and co-operatives through

January 31. Grants provide for local projects that are innovative, hands-on, educational, impact a large group of people, reach out to underserved populations, create jobs or develop skills, foster social engagement, and offer opportunities for diversifying partnerships, collaboration and entrepreneurialism. Grants are competitive, and this year your Co-op's Board of Directors has allocated \$35,000 from abandoned Owner equity to award. For more information and to download the application, visit www.willystreet.coop/crf.

All organizations that receive awards provide progress reports to the Co-op about their funded projects. Here are the stories we received this past year.

BIKEEQUITY

BikeEquity established the Kittie Knox Mobile Bike Library to improve cycling access for people with lower incomes and Black, Indigenous, and People of Color (BIPOC). The program supports kids and families who face barriers to cycling, including obstacles to owning bicycles and helmets. BikeEquity used the Kittie Knox Mobile Bike Library for 36 events where 380 participants enjoyed safe and inclusive bike rides. In addition to the bike rides, BikeEquity provided free bike repair, bike repair classes, and riding lessons for kids and adults. This project exceeded the expected outcomes! In addition to the bike library community events initially proposed, they also created middle school Bike Clubs in partnership with Sennet and Whitehorse Middle Schools. The Bike Clubs serve snacks and empower kids with the basic understanding of the mechanics of a bike and how to ride safely. Upon completing the Bike Club programs, students are eligible to earn a bike, helmet, and lock to keep. BikeEquity offers community volunteer opportunities to teach a kid or adult how to ride a bike. Visit www.bikeequity.org to learn more.

BRIARPATCH

Briarpatch used grant funds to expand their successful Madison Summer Team program providing

14–16 year old youth with first time employment experience. This past summer, the program partnered with small, local BIPOC-owned businesses to employ 17 youth. Each youth received Briarpatch Youth's Job Center coaching throughout their employment, and received opportunities to learn financial empowerment



A group of Briarpatch youth receiving pre-employment job skills training.



BikeEquity's community event at Penn Park in May 2021. Bike learners and parents get acquainted with balance bikes.

skills through Summit Credit Union. Briarpatch staff noted, "The Minority Business Project exceeded our expectations, and we hope to continue it again next year. The project offered an innovative solution during COVID, which prevented Briarpatch from conducting many of the large-group youth employment activities we have

traditionally used in the past."

Briarpatch welcomes referrals of youth with barriers to employment for summertime jobs, and seeks additional BIPOC-owned businesses to participate in the program. Learn more at youthsos.org.

CHRYSALIS

Chrysalis promotes mental health recovery by supporting work opportunities that encourage hope, healing, and wellness. This past year, Chrysalis successfully developed and implemented their "Fuel Zone" project for their Clubhouse. Clubhouses are an

plugged in the refrigerator, we have seen an increase in members' attendance and productivity. It has given us an opportunity to have an income source and provide nutrition through food and beverages to colleagues during the day." The "Fuel Zone" has also provided cash-handling and record-keeping experiences for their members.

CROSSROADS COMMUNITY FARM

Crossroads Community Farm and the Mellowood Foundation brought weekly fresh vegetable shares from



Donated Crossroads Community Farm vegetable shares being delivered to Bayview Community Center's neighborhood house by Healthy Food for All.

Crossroads Community Farm to many underserved neighborhoods on Madison's south side for the past two summers, and last year, they increased deliveries to 100 boxes each week. This project brings together Crossroads' skills and ability to grow, wash, pack, and deliver high-quality produce with Mellowood Foundation's community connections, logistical support, and ability to deliver directly to households in the neighborhoods they serve. With

many of the Mellowood Foundation's volunteers returning to academic life in September, Crossroads Community Farm developed partnerships with Badger Prairie Needs Network and Healthy Food For All to fulfill the delivery/logistical side of the project. Each week from September to mid-October, Crossroads sent 50 produce boxes to Badger Prairie Needs Network's food pantry, and Healthy Food for All delivered 50 boxes to homes and neighborhoods weekly.

They intend to continue this project next year, and the best way for the community to get involved is by contributing to Crossroads' vegetable production or by donating to Healthy Food for All's delivery efforts. See crossroadscommunityfarm.com or hffadane.org for more information.

GOODMAN COMMUNITY CENTER

Goodman Community Center's grant supported their gardening program for middle and high school students to learn about horticulture, nutrition, and local ecology. They purchased cover crop seeds, an apple tree, spring bulbs, grape vines, and garden carts to move plants from their greenhouse to garden areas. They also purchased lumber to build potting tables, to repair a damaged tiered table in the greenhouse, and to place bird houses throughout the Goodman campus. Goodman's project fulfilled the intended outcomes, saying, "Our

activities took students outside and kept them actively engaged with gardening, landscaping, and harvesting... Youth were exposed to different ways they can connect with nature and a variety of ways to use their skills.”

This project will continue next summer. Anyone interested in volunteering can check out their website at www.goodmancenter.org/volunteer or contact Susan Ramsbacher at sramspacher@goodmancenter.org.



Harvesting and cleaning green onions from the Goodman Community Center gardens.

KIDLINKS WORLD

Kidlinks World expanded the Kidlinks Briarpatch Vegetable Garden. While the pandemic created some difficulties for them, expansion was ultimately a success. They reported, “Briarpatch brought small groups of youth to the garden every Thursday afternoon throughout the summer, giving the kids an opportunity to plant, weed, water, and harvest high-quality fruits and vegetables. These were complete with games, discussion, and fresh produce tastings. Some students even took produce home from the garden and cooked it for dinner at Briarpatch. During the farm training and work sessions, they referenced the Growing Solutions, Food System Curriculum (www.foodspan.org) to educate youth regarding sustainable food systems, from production to consumption.” In addition to fresh produce consumed by the youth at the farm, at Briarpatch, and at home with family, they donated 719 pounds of produce grown on the farm to Dane County food pantries. They noted, “It’s hard to stay away from all that the garden offers. We were able to have important conversations about our elders and ancestors who grew food, and how beautiful it is that we are able to continue the long tradition of feeding others. We had several teens show parents and grandparents all that we grew on the farm. This was definitely a

source of pride and family connection for our growers!”

In 2022 the project will expand to reach more kids in the community, develop a more permanent educational curriculum, and host a community outreach event at the farm.

MENTORING POSITIVES

Mentoring Positives provides mentoring, academic support, and entrepreneurship opportunities to underserved youth throughout Dane County. They worked to increase sales of their Off the Block pizzas, increase the proportion of self-funded revenue, and expand their customer base by vending at the Eastside Farmers’ Market (EFM). They purchased equipment necessary for this endeavor, including a generator, chest freezer, and a pop-up tent. Through the summer, they sold their products at nine farmers’ market events and three private events. They reported, “The market was a valuable learning experience for the [youth], and gave our Off the Block business good

exposure in the community. This new experience at EFM allowed us to develop a system for preparing for market and training kids in sales, and that will reap benefits in future years.” Not only did this program meet its benchmarks, it also allowed them to deliver their pizzas to the River Food Pantry for children in low-income households in the community.

The best way to support their work is by purchasing their salsas and pizzas, either via www.offtheblock.store or at Willy Street Co-op—salsas are available at all three locations, and pizza is available at Willy North.



Neighborhood House’s freshly stocked refrigerator from Wonka’s Harvest CSA.

NEIGHBORHOOD HOUSE

Neighborhood House started its Fresh Food Connection project in June 2021 to increase access to fresh, local, nutritious foods. Neighborhood House purchased produce from local farms, including Raleigh’s Hillside Farm, Spring Rose Growers Cooperative, and Wonka’s Harvest. They also received donations from Troy Gardens and Crossroads Community Farm’s CSA. Neighborhood House then distributed the produce at pop-up events at the center, community meals, and onsite at affordable housing complexes in the Triangle Neighborhood. Additionally, they added a large chest freezer to the pantry to freeze and store produce for the winter months. They estimate that more than 300 individuals were served through this program.

Neighborhood House is looking for donations of fresh food for their pantry, and they encourage community members to donate from their own household gardens. See neighborhoodhousemadison.org for more information.

RAPE CRISIS CENTER

Rape Crisis Center’s (RCC) GameChangers youth advisory group provides education on sexual assault and consent in middle and high schools, works to improve the landscape for victims of sexual violence, and contributes to preventing sexual abuse from occurring. In the past year, 16 students from 13 high schools in Dane County participated in the GameChangers program. The participants developed their end of the school-year community impact projects, benefitting a total of 264 community members. The three projects included a virtual event titled Consent During the Time of COVID to discuss how the language we use to talk about COVID can be used to discuss consent, a video series geared towards younger students where teens teach kids about their bodily autonomy and boundaries in age appropriate terms, and a ’zine titled Dreaming Ourselves which features art from local youth artists.

The GameChangers are available to facilitate Consent During the Time of COVID for community members or groups who are interested in learning more. And the GameChangers ’zine for the upcoming year will be taking submissions from students in the community who are interested in being a part of this project. Community agencies and storefronts who would like to display the ’zine can also request copies from RCC. If interested in these opportunities please contact Prevention Coordinator, Heather Chun at heather.chun@thercc.org.

RISE WISCONSIN’S RESPITE CENTER

The Respite Center, a program at RISE Wisconsin, is a respite service provider, offering relief for families with children ages 0-14 who are

experiencing high levels of ongoing stress and crisis. The Respite Center launched their Essential Needs Pantry in early 2021 in response to the challenges COVID brought to their work: how to provide childcare in a COVID-safe way and how to meet families’ basic needs if they did not qualify for emergency childcare during COVID restrictions. They noted, “This grant was crucial in providing support and assistance to families facing hardships during a once in a century pandemic. Many of the families who received care from our pantry are facing many insecurities, including job, food, and housing insecurities. As families expressed unmet needs, we were able to respond efficiently and with compassion. This not only helps deepen relationships between our staff and families, but is a conduit for better relationships and building cohesiveness in our community.”

The Respite Center continues to accept donations of diapers, formula, baby wipes, and kid friendly non-perishable food items for their pantry. See risewisconsin.org for more information.



The Respite Center’s stocked Essential Needs Pantry shelves.

THANK YOU 2021 COMMUNITY REINVESTMENT FUND GRANT RECIPIENTS AND OWNERS

Each year we look forward to reading about the innovative projects our local nonprofits propose when they apply for the Community Reinvestment Grant Fund. Hearing about the successes when projects come to fruition is even more inspiring. For us, another grant cycle has come to a close, but the work of these nonprofits never ends. Thank you to all of the organizations for the impactful work you do for the communities you serve! Thanks, also, to the Owners who have left the Co-op and opted to donate their equity to charitable purposes—this funding is possible because of your generosity—thank you! We’re looking forward to reading the innovative grant proposals for 2022!

EATING TO BEAT THE WINTER BLUES

by Andy Gricevich, Newsletter Writer

Do you feel down in the cold season? It's not only widespread, but natural and normal. In cultures with strong links to the rhythm of the seasons, people simply haven't been expected to be as vibrant or productive during the winter. Our own culture insists that we keep things going year-round, and—whether we simply have a hard time with punching in and out of our jobs in the darkness, or consider ourselves clinically subject to Seasonal Affective Disorder (SAD)—it's not surprising that many of us find the long Wisconsin winters emotionally challenging. One way we often try to cope with that challenge is through food.

There's a lot of shame around coping, and eating habits are subjected to especially merciless treatment. Why should that be the case? We need food, and there's no reason it shouldn't bring comfort and enjoyment. Not only does much of what we crave when we engage in winter "emotional eating" make sense, in terms of a seasonal diet; science suggests that many of our favorite comfort foods actually can play important roles in supporting emotional resilience.

Maximizing the ways food can help us feel better might involve some tweaks in your snacks and meals. It shouldn't, however, have to amount to a radical and rigorous diet of denial and displeasure. Ideally, it would involve an expansion of the palette of pleasure and

relief available as you eat your way through the season. Whether time in the kitchen sounds like winter fun to you or makes you want to run for the snack cabinet, it's easy to eat in ways that you can enjoy, and that provide much-needed comfort and relief.

THE BOWL OF MASHED POTATOES

Carbohydrates get a lot of bad press. As with many nutrients, though, the role they play is a matter of "how much," "when," and "how



often." Carbs are an essential macronutrient, after all, and they used to be precious before the advent of agriculture made them so readily available in our modern diet.

Why do we crave a big bowl of creamy mashed potatoes on a winter evening? Obviously, they're warm, comforting, and filling, but there's also a biochemical side of the story. The blood/brain barrier regulates what compounds can pass from our bloodstream into our brain, and thereby affect mental activity. Among those compounds are various amino acids derived from the food we eat, and they compete for the privilege of crossing the barrier. Carbohydrates trigger the production of insulin, which reduces the concentration of many such amino acids in our blood. It doesn't, however, limit tryptophan, which the brain uses to produce serotonin, a neurotransmitter associated with feelings of calm and

well-being, as well as a reduction in cravings of all kinds. The upshot is that carbohydrate-rich meals can actually result in a significant uptake in serotonin production and, therefore, an increased sense of ease.

There is a flip-side. Simple carbohydrates (as found in potatoes, white bread, and especially refined and processed sugars and sweeteners) get processed quickly by our bodies. When we eat lots of simple carbs on their own, a big spike in serotonin collapses quickly into an equally extreme dip. After short-term satisfaction, we can end up feeling more sluggish than we did before eating. That might not be a big deal if we have a lot of carbs shortly before bed; in fact, that's a recommendation we hear from some sleep professionals—serotonin, after all, is also associated with improved quality of sleep. In general, though, we may want to minimize sugar and carb

them yourself, go ahead and throw some dark chocolate chips in as well! Chocolate, at least when it contains 70% or more cacao, has been shown to produce helpful, mood-modulating endorphins.

THE TUNA NOODLE CASSEROLE

Once we start to mix up our meals, things get predictably more biochemically complicated. As soon as we toss in some high-fiber beans, we've also introduced protein, which immediately begins to interfere with the magic carb-tryptophan process. The solution isn't to eat less protein, of course. It's another crucial nutrient, and it, too, gets used by the brain to manufacture important neurotransmitters. While serotonin calms us, dopamine and norepinephrine increase concentration and alertness—valuable resources in a state of winter lassitude. Maximizing the feel-good aspects of food through brain chemistry is a matter of rhythm and balance. We might favor proteins early in the day and carbs later—or we might simply combine a variety of foods in fairly intuitive ways, letting the nutrient balances work themselves out.

Simple carbs don't provide us with any tryptophan on their own; they simply help get it past our brain's gatekeepers. For more diet-derived serotonin, we'll want to eat more tryptophan-rich foods, and there are plenty to be had, with many present in classic comfort food combinations.

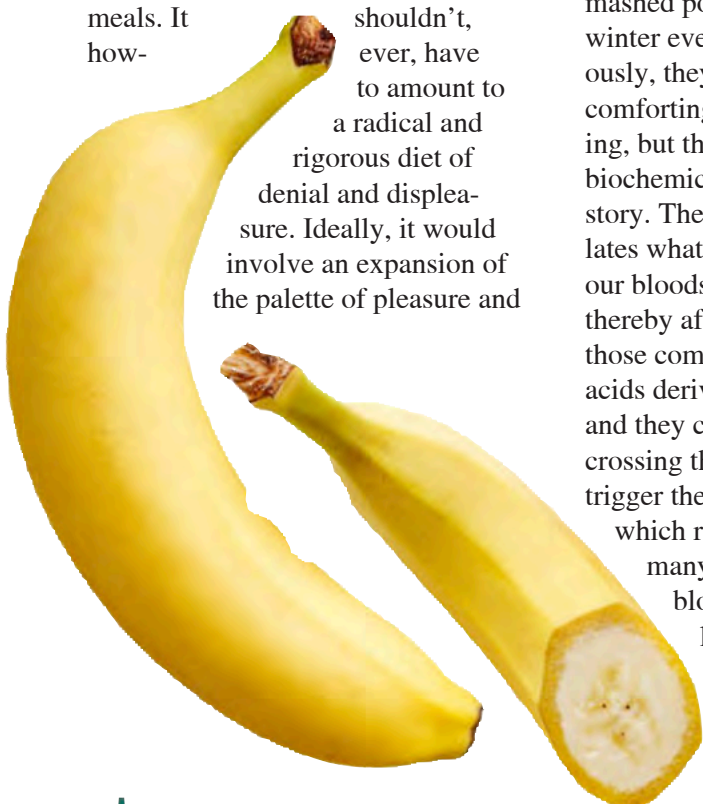
Take the classic tuna-noodle casserole, clearly invented by busy home cooks to produce a nourishing meal by opening a few cans, mixing them together and tossing the whole thing in the oven. The tuna contains a lot of tryptophan, as well as other important nutrients, including plenty of protein and beneficial fats. Noodles provide satisfying carbs, while cream of mushroom soup gives you some vitamin D from the mushrooms and milk (D also plays a role in serotonin production).

We also find significant levels of tryptophan in soy (especially accessible in its fermented forms), and in many kinds of seeds and nuts—mak-



binges, and at least to eat in ways that slow that metabolic work.

That can be as simple as including more dietary fiber, which slows down processing of sugars, in our meals. Just leaving the skins on those potatoes already helps (though including sweet potatoes or sunchokes is even better). Having an orange for dessert following your mac and cheese provides not only fiber (as with most whole fruits), but also a variety of micronutrients and antioxidants—most famously vitamin C. If cookies are the carbohydrate source you're reaching for in lieu of a lunch, oats are a good high-fiber ingredient. If you're baking



ing the latter perfect for snacking. Maple-glazed nuts, readily available these days from sources like your Co-op's Bulk department, can satisfy a craving wonderfully—and maple is unique among common sweeteners in that, according to some studies, it contains compounds that actually slow down the body's processing of sugar! Bananas are another good sweet source (no harm in a toasted nut butter-and-banana sandwich). Grass-fed red meat and pork contain tryptophan, and turkey and other poultry are other famously good sources, as are their eggs.

CHEESY GRITS AND EGGS

Eggs definitely deserve a place in your comforting winter diet—especially their yolks, which provide vitamin D and incredibly important fats like Omega-3s. We need fats, and recent studies have shown that not only has their broad vilification been misguided, but that even some of the most prominent targets (like saturated fats) can be part of a healthy, nourishing diet. In any case, nearly everyone agrees that Omega-3s, one of the main types of essential fatty acids we get from food, are incredibly important for our bodies—and especially our brains.

A warm-



ing breakfast of corn grits, with some grated cheese mixed in and a fried egg on top, is a perfect comfort food with which to start the day. For a snack, sardines and crackers are hard to beat nutritionally. Fatty fish like sardines, salmon, trout and anchovies (as well as mussels, oysters and other shellfish) are by far the best Omega-3 source out there. They're what we ate as staple foods during countless evolutionary generations of seaside habitation and gradually ballooning brains. Incidentally, only wild-caught (not farmed) seafood provides the right fats and D vitamins for our bodies. Plants don't give us Omega-3s in forms we can utilize quite as fully, but flax seeds and walnuts do pretty well—and go great together as elements of a delicious trail mix to snack on, especially in familiar combinations with antioxidant-rich raisins and other dried berries.

BERRY CRISP, GREENS AND MORE PLANT MEDICINE

Chronic inflammation, in which the body gets stuck in a mode of fighting off harmful intrusions, has been linked to a host of modern ailments, including depression, and berries—especially dark blue and purple ones, like blueberries, acai, and aronia—are packed

with anti-inflammatory compounds. Fresh berries make a great, easy snack, and—if their winter price tag intimidates, they're just as nutritious frozen and can be easily added to hot cereal or pancakes at breakfast. A dessert crisp with a topping of fiber-rich oats is another great vehicle.

Dark, leafy greens (especially kale, collards, and spinach, but also broccoli) also shine when it comes to antioxidants and other micronutrients. Many greens boast levels of vitamin C higher than that found in citrus. They're packed with fiber, and also offer significant quantities of B vitamins—especially B12, yet another micronutrient linked to healthy brain function. These days you can get fresh greens year-round, and a spinach salad with a rich ranch or blue cheese dressing, or some nuts and dried cranberries, makes for a satisfying side or snack—but frozen greens aren't much less nutritious, and are easy to add to a variety of comforting foods. Throw some greens in with a big batch of rice and beans, and, beyond adding color and texture, you'll have the basis for a series of meals that provide many of the best, most balanced nutrients for fighting seasonal doldrums—especially if you use them as the basis for any satisfying toppings and seasonings you love: cheese and sour cream, the warming spice of ginger or hot sauce, peanut butter and soy sauce, you name it.

Speaking of plant medicines, what of caffeine? Its mood-elevating properties can be helpful. Nutritionally, traditional caffeine-containing beverages aren't bad either. Coffee contains potent antioxidants. Tea (especially green tea—and matcha is particularly wonderful in this respect) contains L-theanine, an important amino acid in dopamine production that can also induce feelings of calm. Caffeine is only problematic when overconsumption brings on increased nervousness and anxiety, and leads to crashes that require larger, and decreasingly effective, doses to try to combat the energetic troughs. In moderation, the comforts of a cup of tea and the bracing punch of a good coffee balance not only the nutrition, but the sensory experience, of our winter eating.

"HEDONIC RATING"

Sensory experience: flavor, texture, color and aroma are every bit as important to feel-good eating as the pure nutritional content of what we put in our mouths and bellies. Just as saltiness balances sugar and makes it more delectable, so bright colors make the whites and browns of many comfort food plates more satisfying, while the tang of citrus and vinegar add liveliness to the experience of being filled up. Complex pleasures tend to be more lasting, and there's no need for eating to become a drudgery. Nutritional science has even humbly allowed pleasure into its vocabulary by measuring it by "hedonic rating"—a tacit acknowledgment that real, good food nourishes us in ways we can never experience via nutritional supplements. In other words, don't let guilt drive you to substitute pills for food!

Of course, food doesn't stand on its own. Nutrition, and even the pleasure of eating, are intertwined with other aspects of our lives. How we exercise, rest, deal with stress, and find enrichment in any areas of life affect our responses to what we eat. It's a whole-life deal, in which mindful practices support better eating, exercise leads to better sleep, and engaging activity, in solitude or with others, gives meaning to what we do.

If we're falling short in some area, however, that doesn't mean we don't deserve the pleasures of another. Though eating in ways that truly support well-being may take some willpower, guilt and self-denial aren't the best foundations for any healthy diet. The winter is a fine time to let oneself be embraced by the comforts and enjoyments life provides, saving radical renewal for the spring, if we so desire. In a culture that encourages us to be either highly indulgent with our desires or to be very hard on ourselves, it's worth tuning out, at least to some extent, what experts might say, finding out for ourselves what ways of eating bring us happiness, and not stressing out too much about the ways in which we might fall short.



Save money and find out our best fruit & veggies



Did you know you could sign up to get emails telling you about what's new and tasty in produce or what's on sale for Owners this week?

Visit willystreet.coop/emails to sign up for emails - you can unsubscribe any time you wish.

RECIPES

Chicken and Sweet Potato Curry

Adapted from *Pleasures of the Vietnamese Table* by Mai Pham

Don't let the long list of ingredients scare you! After you've chopped all the vegetables, this curry comes together fairly quickly, and makes a great dinner with a pot of white rice.

Prep 45m; Cook 45m; Serves 4

3 Tbs. curry powder
1/2 tsp. salt
2 lb. chicken thighs
2 Tbs. vegetable oil
1 Tbs. shallot, minced
1 clove garlic, minced
2 tsp. crushed red pepper flakes
3 Tbs. fish sauce
1 Tbs. sugar
2 lemongrass stalks
2 tsp. ginger, minced
1 1/2 c. chicken broth
3 carrots, chopped
1 1/2 c. coconut milk
1 onion, chopped
1 lb. sweet potato, chopped
1/2 c. basil, chopped

Directions: Combine 2 tablespoons of the curry powder and the salt. Place the chicken in a shallow casserole and sprinkle with the curry mixture, turning the chicken to coat evenly. Set aside for 30 minutes.

Heat the oil in a medium pot over medium heat. Add the shallot, garlic, crushed red pepper, and last tablespoon of curry powder, and stir until fragrant, about 10-15 seconds. Add the chicken and cook until the edges begin to turn golden, 3-4 minutes. Stir in the fish sauce, sugar, lemongrass, ginger, and chicken broth. Bring to a boil, then reduce heat to low, and add the carrots. After about 10 minutes, pour in the coconut milk.

Fold in the onions and sweet potato, and simmer for 15-18 minutes, until the vegetables are tender. Serve hot, garnished with basil.

Roasted Chicken with Celery Root and Onion

Adapted from *Everyday Food*

A one-dish meal with a sensational blend of flavors, from the mellow celeriac to the lively crushed red pepper

Prep 45m; Cook 1hr; Serves 4

1 chicken
salt
pepper
1 red onion, roughly chopped
1 celeriac, roughly chopped
1/2 tsp. crushed red pepper flakes
4 tsp. lemon zest
4 Tbs. lemon juice

Directions: Preheat the oven to 425°F. Generously season the chicken with salt and pepper. Tuck the tips of the wings under the chicken and tie the legs together with twine. Place in a metal roasting pan and roast for 20 minutes. Remove the chicken from the oven and place the onion and celeriac around the chicken. Using a wooden spoon, toss the vegetables in the pan, coating well with the pan drippings. Sprinkle the vegetables with crushed red pepper flakes and salt and pepper. Put the pan back in the oven and roast, flipping the vegetables after about 15 minutes. Let cook about another 30 minutes, or until the juices run clear when the chicken is pierced between the breast and the leg, and the vegetables are tender. Let the chicken rest for about 10 minutes before carving. Sprinkle the chicken and vegetables with the lemon zest and juice upon serving.

Delicata Squash Stuffed with Apple Cornbread Dressing

Adapted from www.thekitchn.com

A delicious and elegant vegetarian entrée. If you have time to make your own cornbread for the dressing from scratch, do! The cornbread is best made a few days ahead of time so that it's a bit dried out.

Prep 45m; Cook 2h; Serves 8

6 c. cornbread, cubed
3 Tbs. olive oil
1 1/2 c. onion, minced

1 c. celery, chopped
1 Tbs. garlic, minced
2 Tbs. poultry seasoning
3 c. vegetable broth
3 Tbs. parsley, finely chopped
1 apple, chopped
4 oz. vegetarian sausage, crumbled
salt
black pepper
2 Tbs. vegetable oil
4 Delicata squash, cut in half with seeds removed
1 c. water

Directions: Preheat oven to 250°F. Spread the cornbread cubes in a single layer on 2 baking sheets. Bake until golden brown and dry, about an hour. Stir gently once while in the oven. Remove from oven and set aside. Raise the oven temperature to 350°F.

Heat 2 tablespoons of the olive oil in a large sauté pan over medium-high heat. Add the onion and celery and sauté until the onion is translucent, about 5 minutes. Add garlic and poultry seasoning and sauté until fragrant, about 30 seconds. Add 2 cups of vegetable broth and simmer. Use a wooden spoon to scrape up the flavorful browned bits on the bottom of the pan. Transfer to a large mixing bowl and add the cornbread, parsley, and apples. Gently fold ingredients together.

Using the same sauté pan, heat the remaining tablespoon of olive oil over medium heat. Add the vegetarian sausages and sauté, stirring constantly, until golden brown and crispy, about 3 minutes. Add the sausages to the cornbread mixture and gently fold in. Season with salt and pepper. Set aside.

Brush the cut sides of squash with vegetable oil, and place cut side up in a baking dish. Sprinkle with salt and pepper.

If the cornbread dressing seems dry, add a bit more vegetable broth. Using a 3/4 cup measuring cup, scoop dressing into each squash boat. Add water or stock to the bottom of the baking dish. Cover tightly with aluminum foil and place in the oven. Place any extra dressing in a small baking dish, cover with foil, and bake with the squash. Let squash cook for 45 minutes to an hour, removing the aluminum foil for the last 10 minutes of cooking time to allow the stuffing to crisp. Serve hot!

Black-eyed Peas with Collard Greens

Adapted from www.cooking.nytimes.com

For good luck all year long, here's what to eat on New Year's Day. With bay leaf and dill, and no ham hock, this vegetarian version is Greek-inspired, not Southern.

Prep 15m; Cook 1h 10m; Serves 4

1/2 lb. black-eyed peas
1 onion, chopped
4 cloves garlic, minced
1 bay leaf
2 Tbs. tomato paste
3 Tbs. olive oil
salt
1 bunch collard greens, chopped
1/4 c. chopped fresh dill, minced
black pepper
lemon wedges

Directions: Place the black-eyed peas in a large pot and cover with 2 inches of water. Bring to a boil, then drain. Return the black-eyed peas to the pot, add half of the onion and half of the garlic, and cover with 2 inches of water. Set over medium-high heat and bring to a simmer. Add the bay leaf, and reduce heat to medium-low. Cover, and simmer for 30 minutes, until the black-eyed peas are just barely tender. Set a colander over a bowl, and drain, reserving all the cooking liquid.

Preheat oven to 350°F. Place the tomato paste in a small bowl, and add 1/2 cup of water. Whisk to combine. Set aside.

In a large Dutch oven or other oven-safe pot, heat 2 tablespoons of the olive oil over medium heat. Add the rest of the chopped onion and sauté for 5 minutes, until tender. Stir in the garlic, and cook another 30 seconds. In batches, stir in the collard greens, stirring and letting each batch wilt before adding more. Stir in the tomato paste and water mixture, and season with salt. Add the cooked black-eyed peas, and pour in enough of the reserved cooking liquid to just cover everything. Place the pot in the oven, and cook for 30 minutes, until the collards and black-eyed peas are very tender.

Return the pot to the stovetop over medium-low heat. Add some more of the cooking liquid if it seems dry. Stir in the last tablespoon of olive oil and chopped dill. Cover, and simmer for an additional 10 minutes. Season with salt and pepper to taste. Serve hot, with lemon wedges.

Gingery Coconut Stew with Brussels Sprouts and Rutabaga

Adapted from www.theppk.com

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

Prep 10m; Cook 30m; Serves 4

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

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

Pot Roast with Rutabaga and Parsnips

Adapted from www.biggirlsmallkitchen.com

When the weather turns chilly, a recipe like this is great to turn to - the roast cooks for hours in the oven, warming your house and whetting your appetite for dinner.

Prep 10m; Cook 3h 15m; Serves 6

chuck eye roll
1/2 lb. rutabaga, chopped
1/2 lb. parsnips, chopped
salt
pepper
2 Tbs. sunflower oil
2 onions, chopped

Directions: Use paper towels to pat the meat dry. Season with 1 1/2 teaspoons of salt and some black pepper. Heat a heavy, lidded pan (slightly larger than the meat) over high heat for 3 minutes. Add the sunflower oil, then place the chuck eye roll in the pan. Sear 4-5 minutes, until golden brown, then flip and sear the other side. Lower the heat to medium, and push the meat to the side of the pan. Add the onions and stir to coat in oil. Season with salt and pepper, and cook, stirring, 2-3 minutes. Pour water into the pot, enough to come halfway up the meat. Bring to a boil, then turn the heat to very low and cover. Simmer for 3 1/2 hours, turning the brisket occasionally. Add the rutabaga and parsnip, and cook for another 45-60 minutes, until the vegetables are cooked through, and the meat is fork-tender.

Roasted Moroccan Potatoes

Adapted from www.partial-ingredients.com

This recipe calls for harissa, a thick North African chili sauce. If it's new to your pantry, you'll find that it's a versatile ingredient that's wonderful in fish or meat stews, couscous dishes, or as a rub for meats.

Prep 20m; Cook 45m; Serves 4

4 potatoes, sliced
2 Tbs. olive oil
1 lemon
1 Tbs. harissa
1 Tbs. honey
salt
pepper
1/2 c. parsley, chopped

Directions: Preheat the oven to 375°F. Place the potatoes in a large bowl and toss with olive oil. Zest the lemon with a microplane or zester,

then juice it. Add the lemon zest, 1 tablespoon of the lemon juice, harissa, and honey to the potatoes. Toss well to coat. Reserve the remaining lemon juice for later. Transfer the potatoes to a large baking sheet and roast for 35-45 minutes, until golden brown and tender. Rotate the baking sheet halfway through the cooking time. Sprinkle the roast potatoes with remaining lemon juice, top with chopped parsley, and serve hot.

Hurricane Ridge Banana Bread

Printed with permission from kissmyspatula.com

Prep 30m; Cook 1h 10m; Serves 8

2 c. flour
3/4 tsp. baking soda
1/2 tsp. salt
1 c. sugar
1/4 c. butter
2 eggs
1 1/2 c. bananas
1/4 c. yogurt
3 Tbs. dark rum
1/2 tsp. vanilla
1/2 c. coconut, shredded and toasted
1/2 c. walnuts, chopped and toasted
cooking spray
1 Tbs. sweetened coconut
1/2 c. powdered sugar
1 1/2 Tbs. lime juice

Directions: Preheat oven to 350°F. Sift flour, baking soda, and salt. Set aside. Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended. Add eggs, 1 at a time, beating well after each addition. Add banana, yogurt, rum, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. Stir in toasted coconut and walnuts. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle with 1 tablespoon coconut. Bake at 350°F for 1 hour or until a wooden toothpick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Combine powdered sugar and juice, stirring with a whisk; drizzle over warm bread. Cool completely on wire rack.

Grapefruit Rosemary Olive Oil Cake

Adapted from www.dessertsforbreakfast.com

Fresh rosemary is an unexpected ingredient in desserts, and it adds a warm, complex note in this simple and straightforward grapefruit cake. Use the nicest olive oil you can.

Prep 1h ; Cook 50m; Serves 8

1 grapefruit
2 1/2 c. sugar
3 c. all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
2 1/2 Tbs. chopped fresh rosemary
4 eggs
6 Tbs. olive oil
confectioners' sugar

Directions: Slice a small sliver from the top and bottom of grapefruit to reveal the flesh. Set the grapefruit in a small saucepan and cover with water. Bring to a boil, and cook for 1 minute. Drain. Repeat these steps two more times (covering with water, boiling, cooking for 1 minute, and draining).

Place the blanched grapefruit in a medium pot with 1 cup of the sugar and 3 cups of water. Cook over medium heat for 20-30 minutes, until you can easily pierce the grapefruit rind with a fork and the sugar has dissolved. Use tongs to remove the grapefruit from the pot, and place on a plate to cool. Reserve the sugar liquid, setting it aside to cool.

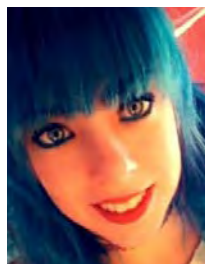
Preheat oven to 350°F. Grease and flour a 10-inch round cake pan, set aside. In a mixing bowl, whisk together the flour, baking powder, baking soda, salt, and chopped rosemary. Set aside.

Slice the cooled grapefruit in half and scoop the flesh into the bowl of a food processor. Scrape out most of the pith from the rind, and discard. Slice the rind into large chunks and add to the food processor. Add the eggs, and pulse to combine, until you have a chunky purée. Add the olive oil and the last of the sugar, and pulse to incorporate. In batches, add the flour mixture, pulsing after each addition to combine. Don't overmix.

Transfer the batter into the prepared cake pan. Bake 40-50 minutes, until the top and edges begin to turn golden brown, and a toothpick inserted into the center comes out clean. Set on a wire rack. Use a pastry brush to brush some of the reserved grapefruit-sugar liquid on top of the cake. Let cool on the rack for 15 minutes, then remove from pan and cool completely. When cool, dust with powdered sugar, and slice and serve.



Staff Picks



BEAN

Bunky's Hummus

I have literally never been so excited for a hummus before. I dream of this hummus. It's just perfection.



ABIGAIL

Stonyfields Frozen Vanilla Yogurt

Frozen yogurt gets a bad rep for not being as wonderful as regular ice cream. You can kiss that fabrication good bye because Stonyfields Frozen Yogurt is at Willy Street Co-op! I think what makes this fro-yo so yummy is that is made with whole milk instead of the usual non-fat stuff associated with frozen yogurt. If you'd like to upgrade your ice cream with some healthy probiotics but not slack on the decadence, try this product (and treat it like ice cream!)



Matiz Espana Organic Mussels in Extra Virgin Olive Oil and Vinegar

YUM. For canned seafood, these mussels really hit the spot! Although it may seem contradictory, they taste really fresh. The olive oil makes a can of these with some bread a full meal, and the vinegar adds a flavor complexity you don't usually find in canned seafood. Treat yourself to a lunch (or snack!) of these delicious and high-quality mussels!



LAURA

Nemat Amber Perfume Oil

Normally, I am not a fan of amber oil, but I can NOT get enough of this stuff! I would say this Amber is more similar to Egyptian Musk (which I am a huge fan of), rather than most other amber oils I have smelled which, as a former essential oil guru acquaintance once remarked, are too presumptuous. The oil is delicious, and if you are feeling like treating yourself, check out the perfume mist!



Quinn Peanut Butter-Filled Pretzels

One of the things I like most about working in the Grocery department (and any of our departments, for that matter) is discovering new products. I don't know if I ever would have paused to consider these had I not been stocking them the other day. I am so glad that I was in need of a snack and decided to give them a try. It's always a joy—as a gluten-free person for over 8 years—to find something that you haven't been able to have in years done well, but also be gluten-free, and these are definitely one of those items! I don't know that I will be able to put them down!



PATRICK

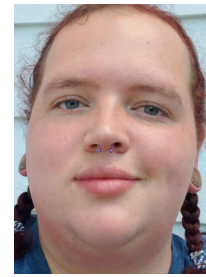
Sno-Pac Frozen Veggies

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



Fizeology Kickapoo Curtido

Refreshing and local with a slight spicy kick, this stuff has become one of my new favorites to have atop Tres Foods Papusas for lunch. It also goes great on multiple other things, but I'm especially digging that combo—some cheese melted over the papusa and slices of avocado with a heaping pile of curtido on top!



KYLA

The Greek Gods Honey Greek-Style Honey Yogurt

All the honey and fruit varieties of these taste like ice cream. A delicious and easy way to get some probiotics in your diet.



BENJAMIN

Lakefront Brewery River West Stein Amber Lager

The rich malt and caramel flavor on this beer is amazing! I would like to branch out and try other beers but this one is too perfect and I keep coming back to it. If you like ambers you've got to try this beer.



LEAH

Swiss Chard

It can be hard to get color in your winter meal, but the stems of our Swiss chard can add a rainbow of color to your dish! No waste on these large leaves because stems and all can go in to your dish. I love to sauté it on the stove top or add it in to my winter soups.

Willy Street Co-op Hot Toddy Concentrate

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

Pacific Foods Organic Oat Milk

Thinking about getting on a more plant-based diet in the new year? Oat milk is the most wonderful solution for an alt milk! I put it in my coffee, in my tea, in my baking and in my oatmeal. Oat milk has no added sugar and gets its sweetness naturally from the oats. If you're scared to try it, my grocery friend Mike says that it tastes like the milk at the end of your cereal bowl. That is pretty tasty!



MELISSA

Cedar Teeth Pizza

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



RACHEL

Good Karma Unsweetened Flax Milk

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



AMANDA

Willow Creek Cottage Bacon

It is locally sourced and sustainably raised bacon. It takes a BLT to another level. Once you go cottage bacon on a BLT, you might never go back to regular bacon.



Madame Chu Ginger Garlic Sauce

This is a must-have staple in our fridge. I use it all the time. It is perfect to add to vegetables and or meat. The flavor is great! She balanced the flavors of garlic and ginger in this locally made sauce. You can tell that she puts her heart and soul into it.



SHELLEY

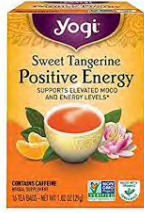
Deep Indian Kitchen Naan Pizza Margherita

The crust is crispy and a little fluffy. Perfect size for one person or an appetizer. It is a must-have for my freezer for an emergency snack.



Yogi Sweet Tangerine Positive Energy

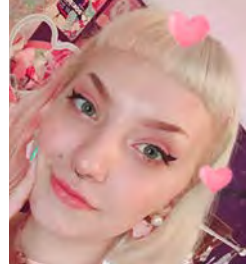
Delicious tea with a nice citrus flavor.



KELSEY

Olli Salumeria Calabrese Snack Pack

These are basically lunchables for grown-ups. The calabrese salami and sharp asiago are balanced out with the simple crackers, and it's just the right size pack for an afternoon snack or a light lunch.



AARON

Jovial Brown Rice Pasta

I think this may be my favorite gluten-free pasta of all time. After trying Jovial, I had a hard time going back to the other brands I used to buy!



TARA

Vern's String Cheese Whips

This is the most fun cheese we sell in my opinion. I can't help but swing these little ropes of cheese in the air and smile when pulling one out of the bag. It's also a tasty and filling snack, great for when you're on the road or need something quick. West and North only.

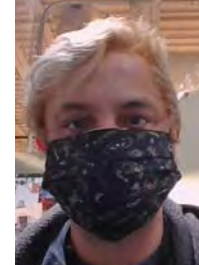


LACEY

The Simple Soyman Tofu

I've been receiving tofu deliveries from The Simple Soyman since my first natural foods grocery job 20 years ago! In fact, they've been making quality products out of Milwaukee since '83! Before it was cool. Their tofu is the perfect firmness.

I usually just stir fry it, cubed or cut into triangles, with garlic, tamari, balsamic vinegar, and a pinch of cayenne. Another plus is it's part of our Co-op Basics program.



COLLIN

Spanish Mahon

This classic Spanish cheese is the perfect balance of buttery, creamy and salty. It is the ideal companion for your next charcuterie board. It effortlessly complements salami, chorizo, prosciutto, or other dried meats, but also pairs excellently with dried fruit, figs, and your favorite red wine.



PHILIP

Olden Organics Sweet Potato Hash

Olden Organics Sweet Potato Hash will make a simple yet delicious addition to your lunch or evening meal. I typically take two tubs of hash, one tub of their mirepoix mix and combine in a cake pan with olive oil, salt, and pepper. Cook for 15 min on 400°F. Stir and cook for an additional 15 min. If you're feeling on the adventurous side, throw in some shredded chicken. This will make enough so you have leftovers for a few days. A simple dish for meal preppers!



JOEL

Ernie's Mild Kick Sauce

This has a flavor profile that is subtly different from our usual hot sauces. The African influence is magical, and locally made. Two thumbs up!



MAX

Page Mandarin

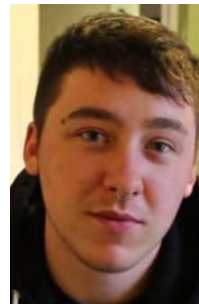
Juicy, sweet jewels! One of the best tasting mandarins we carry each season, I highly recommend to eat these now until they are gone! Bright colored flesh that carries a good bright citrus flavor. Best eaten out of hand, but they also work great in salads, in dressings, with fish, or any other way you like!



SARA

Nordic Naturals Melatonin Gummies

The Nordic Naturals melatonin gummies are a delicious raspberry flavored gummy with 1.5mg of melatonin per piece. They are gelatin-free, vegan and have zero sugar! I take one and it helps me fall asleep faster and stay asleep through the night. When I wake in morning, I feel well rested and ready to accomplish great things! Results may vary. Discuss with your healthcare practitioner before taking supplements.



JAMES

Cafe Spice Chicken Tikka Masala with Saffron Rice

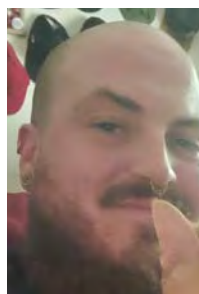
This is one of my go-to microwaveable meals when I'm on break at work. I like that it's not frozen and doesn't take a lot of time to heat up. I have had all of the other frozen chicken tikka masala meals and this one is currently my personal favorite. Definitely worth a try!



SAM

Everyone Nourishing Lavender and Aloe Lotion

Great for use all year round! Adds moisture during the dry winter months but isn't too moisturizing that you don't want to use it during the humid summer. The lavender-scented one is my favorite; the lavender scent is very pure and leaves you with lightly perfumed skin. The lavender and aloe also make a great team to soothe and cool after too much sun!



JONATHAN

Ember Foods Moong Masala Meatballs

This is one of our newest products from Ember Foods and it's delicious! Locally made beef meatballs cooked in a masala sauce and it's as good as something you'd find in a restaurant! I like to pair it with some of the other Ember Foods items like the Chicken Tandoori Salad or some rice and naan. You can even wrap it in some naan with some paneer cheese and it's like an Indian meatball sandwich! I hope everyone who likes Indian food gives these a shot!



JOE

Willow Creek Braunschweiger

Delicious way to get some healthy organ meat in your diet. The secret is Willow Creek bacon, and no unwanted additives like some other brands.

Royal Hawaiian Macadamia Nuts

These are delicious, affordable, and come in a handy resealable bag!



Ancient Nutrition Vanilla Bone Broth Protein

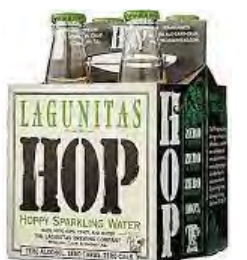
High-quality, paleo-friendly instant protein option. Tasty vanilla flavor makes it versatile for more mixing options.



JESS

Lagunitas HOP Hoppy Refresher

Seriously refreshing! And zero of the following: calories, carbs, and alcohol!



MOURNING DOVE

Golden Beets

Cut into a golden beet and you'll know what pure sunshine is like. I like to eat these babies raw, sliced super thin and used as a chip for guacamole. Perfect for raw nachos!



AMY

Willy Street Co-op Toddy Spritzer

A very refreshing, but also serious beverage. Another name for it might be Fizzy Super Ginger Lemon KaPow. East only.

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