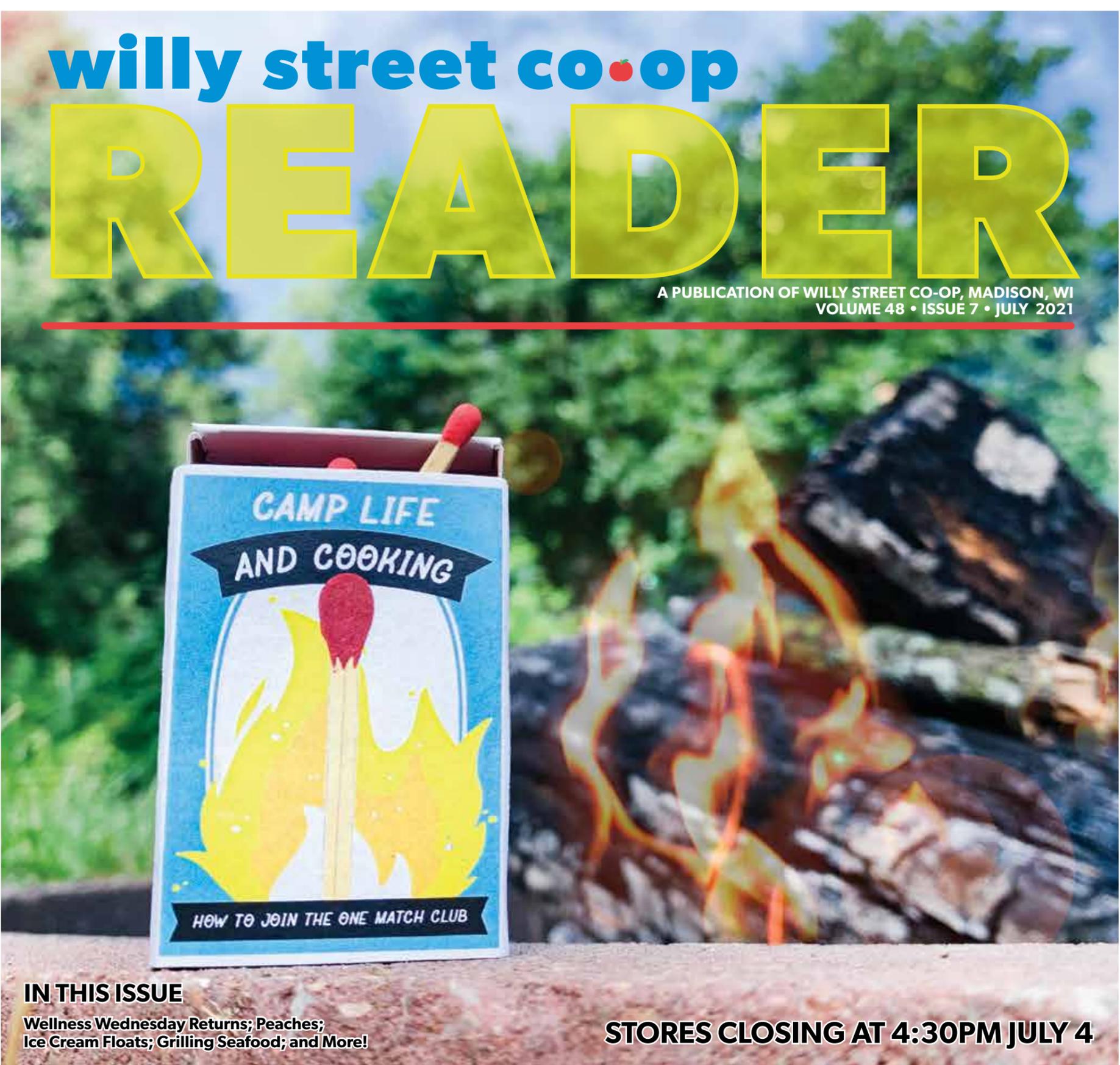


willy street co•op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 48 • ISSUE 7 • JULY 2021



IN THIS ISSUE

Wellness Wednesday Returns; Peaches;
Ice Cream Floats; Grilling Seafood; and More!

STORES CLOSING AT 4:30PM JULY 4

PRSR STD
U.S. POSTAGE
PAID
MADISON, WI
PERMIT NO. 1723

willy street co•op

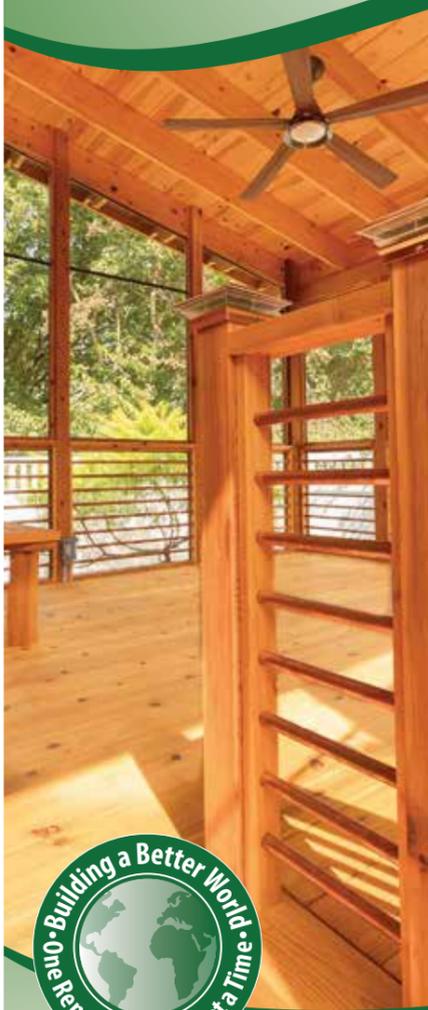
1457 E. Washington Ave • Madison, WI • 53703

POSTMASTER: DATED MATERIAL

CHANGE SERVICE REQUESTED



**Invite the
Outdoors In!**



**Porches/Decks
Sunrooms
Kitchens
Whole Home
Remodels
Additions
Bathrooms
Lower Levels**

**Call Today!
608-221-1799
ChadsDesignBuild.com**

willy street co-op

READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

East: 1221 Williamson Street, Madison, WI 53703, 608-251-6776
West: 6825 University Ave, Middleton, WI 53562, 608-284-7800
North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422
Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

EDITOR & LAYOUT: Liz Wermcrantz
ADVERTISING: Liz Wermcrantz
COVER DESIGN: Hallie Zillman
SALE FLYER DESIGN: Hallie Zillman
GRAPHICS: Hallie Zillman
SALE FLYER LAYOUT: Liz Wermcrantz
PRINTING: Wingra Printing Group

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

GENERAL EMAIL: info@willystreet.coop

GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

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

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

Willy North: 7:30am-9:00pm every day (starting July 5)

All Juice & Coffee Bars: 7:30am-7:00pm;

Deli: 7:30am-9:00pm

Meat & Seafood: 7:30am- 9:00pm

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

Jeannine Bindl, President
Ann Hoyt, Vice President
Brian Anderson
Stephanie Ricketts
Michael Chronister
Gigi Godwin
Sarah Larson
Caryn Murphy
Ashwini Rao

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

BOARD MEETING SCHEDULE

July 21 (and Special Owner Meeting)

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

IN THIS ISSUE

3	Customer Comments	8-9	Community Room Calendar	16	Ice Cream Floats
5	Wellness Wednesday; Our New Fiscal Year; and More!	10	Local Produce Availability	16	Grilling Seafood
5	Annual Meeting; Board Election; and More!	10	New Products	17	COVID-19: Progressing Towards Recovery
6-7	Board Candidate Information and Ballot	11-13	SPECIALS PAGES	18-19	Camp Life & Cooking
		14	Outdoor Adventures	20-21	Recipes
		15	Peaches! Tips & Tricks	21-23	Staff Picks

ADVERTISE IN THE READER

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



CUSTOMER COMMENTS

Write Us!

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

PLASTICS

Q: I was disappointed to see the response to a customer concern about plastic use in the co-op in the May 2021 Reader. I especially took issue with the statement "To complicate things we've noticed a real shift in what customers are purchasing at our stores: pre-pandemic, the move toward less plastic was really gaining momentum, but in the last year plastic packaged items have become much more popular amongst people who shop in our stores. It's a balancing act for us..." I take issue with this statement as it is hard not to see a higher demand in plastic packaged items when there are no other options. Plastic is not "popular", there literally have been no other options as those were removed early in the pandemic. I understood the need to shut down the bulk aisle and other plastic free options at the beginning of the pandemic and per PHMDC mandates before we knew that fomite transmission of covid-19 is very minimal. Now that we know better, we do better. In almost every Reader edition over the past year there have been customers asking, pleading, with the co-op to reduce plastic, let us bring our own bags, open the bulk, among other environmental concerns. Our community is a very environmentally conscious one and I think as owners we need to be heard. This statement also directly contradicts the response to a plastic concern in the April 2021 customer comments that states "if we don't push for reduced plastics in our stores, it will never happen, and I am committed to pushing". I have been a happy owner for many years now, but I would really like to see more action in this area. With covid-19 vaccines and low case numbers, it is time to reopen bulk mushrooms/greens, stop individually wrapping baked goods in cling wrap, fully open the bulk aisles, bring back bulk tea, etc. We truly do want these options available. Please also answer directly if we can now bring our own containers to purchase things from the bulk aisle.

A: Thanks for the comment. I'm sorry you weren't happy with the re-

sponse that I wrote that was published in the *Reader*.

I should have been more clear in my answer. When I referred to packaged items being more popular, I was referring to the items that we continued to offer in the Produce department as both bulk and packaged through the pandemic—things like bags of lemons, bagged apples, packaged green beans and peas, and other fruits and veggies that have been available both in packaging and bulk. For these types of items, we have seen a marked increase in our sales of the packaged version, and a decrease in the bulk versions. We've even had customers request packaged versions of items that have historically only been available in bulk.

Here's an update on the items you specifically asked for:

Regarding bringing your own containers for bulk, I'm happy to report that we have just made the decision to allow this practice again—we do ask that containers be clean and food safe, but you are welcome to bring them.

We have been wrapping bakery items since well before the pandemic. This was a tough call to make when we started doing it, but ultimately, we found that by wrapping the baked goods, we were able to reduce our food waste by a considerable amount. This is a recurring conundrum that comes up regarding packaging—packaging certain items reduces food waste by a considerable amount, and weighing those two factors from a sustainability perspective can be very difficult—sometimes there are simply no good answers!

At this time, we do not have a plan to bring back bulk herbs and tea. We do offer large bags of teas and herbs however. I will pass this comment on to our General Merchandise team so they know that there is interest.

The county is now allowing the use of tongs and scoops for bulk items in produce, so we are currently in the process of deciding when and how to begin offering bulk salad mixes and mushrooms again. Because bulk salad mix and mushrooms are historically the biggest contributor to waste in our Produce departments (they go bad much more quickly than packaged versions), we had decided to wait until we heard from customers that they would like them to return. We have so far received very few requests, so I'm glad you wrote! Thanks again, and have a great day! Best, Megan Minnick, Purchasing Director

DOUBLE-YOLK CREEP OUT

Q: Just had to reply to the reader who felt creeped out by double-yolked eggs. We had chickens when I was growing up, and they were totally organic and free-range. It was not unusual for the hens to lay double-yolked eggs; I even remem-

ber one or two tripled-yolked ones. (I'm guessing this occurrence would be almost non-existent in mass-produced eggs from factory-style henhouses.) Just think of this as a bonus dose of Vitamins A, D, E, and K; choline; and iron!

By the way, this has nothing to do with fertilization; most of the eggs sold in grocery stores are, in fact, unfertilized.

A: Thank you for sharing your egg knowledge and experience with us! It is really nice of you to explain it a bit more. I have seen double egg yolks frequently as a consumer, but it is helpful to have some confirmation from someone who has raised chickens in the past. Your point about their fertilization or lack thereof is an interesting one; I think most people assume they are fertilized, when that is not really the case.

I appreciate you taking the time to share your insights with us! I do not always feel like I have all of the information to answer all of the questions I receive, so I am thankful you decided to drop us a note. -Dean Kallas, Grocery Category Manager

GLASS JAR BABY FOOD

Q: I'm wondering if you will carry baby food in glass jars again. I admit I love the plastic "squirts" in a pinch, but I've been trying so hard to use less plastic. Several of my close friends are cancer survivors (we are in our thirties). I know we can only do so much, but I want to protect my loved ones as best I can from potential carcinogens. And of course, less plastic is better for the whole natural world, not just humans. But the more aware I am, the more I see plastic everywhere. I wish I had the time to, say, make my own yogurt, or the money to regularly buy yogurt in glass, but as anyone with a baby (or really, any person) understands, there just aren't enough hours in the day to make everything we eat/wear/use from scratch.

Thanks for any information about baby food and plastic-free food products in general! And thanks to all y'all for cultivating a really important institution. -Plasticphobe

A: Thank you for your comments and questions on baby food in glass jars!! I am not sure if you heard about the Congressional Report on Baby Foods that was released earlier this year, but it was the main reason we have been changing up our baby food selection. I am a big fan of food packaged in glass jars, but the levels of heavy metals found in some of the baby food products we were carrying was pretty disturbing.

If you would like, we can special order you a case of baby food packaged in glass jars. They are still available to us through our distributor. I

believe they come in 10-packs.

I hear you on using less plastic and seeing it everywhere. It is a constant struggle, and I hope we can find a better way to package things moving forward. Our shared planet is depending on us to do better. I appreciate you taking the time to reach out and voice your concerns! It is a tough topic, but a very important one for us to openly discuss. -Dean Kallas, Grocery Category Manager

CERTIFIED FIREWOOD

Q: Is the fire wood that you sell DATCP certified? I'm going camping and need firewood that has been purchased from a DATCP certified vendor.

Thank you.

A: Why yes! Our firewood is DATCP certified. Please let us know if you have any other questions, and happy camping to you! -Kirsten Moore, Cooperative Services Director

COMMONS AND HOT BAR REOPENING

Q: When do you plan to open the common area and hot bar again?

A: Great questions. Not knowing which locations you are interested in specifically, I can give you an overview of where we are at for all three stores.

The outdoor Commons are open at all stores. The indoor Commons during the public health emergency period took on some other roles: currently they have been serving as either break space or storage space, in particular for some registers that we removed to better allow for physical distancing between customers waiting in line. We are making plans to reinstall those registers and deep clean the indoor commons areas to bring them back into use, but we do not have the final timeline worked out as of yet. It is possible some locations may open up indoor commons sooner than others.

Hot bars are currently open at East and North with prepackaged food, and we are aiming to bring back self-serve foods to those locations by July 1. Our hot bar at West needs to be replaced and so we are anticipating that we will be back in action there in August or September. There was a really long lead time for the equipment when we placed the order, and to-date we have not been able to get a good read on when it will arrive for install.

Our Communications department keeps the website up to date with changes, if you are interested in keeping tabs on the return of these services, and we are also doing our level best to include updates about all of our services in the monthly *Reader*.

If you have any other questions, please do not hesitate to reach out! Enjoy your weekend. -Kirsten Moore, Cooperative Services Director

OLBRICH BOTANICAL GARDENS

TICKETS ON SALE NOW!

HOME GARDEN TOUR

Featuring Madison's Near West Side Gardens

July 9 & 10 | 9 a.m.-3 p.m. | olbrich.org

Presenting Sponsors



ROBERT B. DOWNING
LANDSCAPE ARCHITECT

SUMMER CONCERTS



JULY 6, 7-8 PM
Tony C. Latin Jazz Band

JULY 27, 7-8:30 PM
Kinfolk

JULY 13, 7-8 PM
The Blue Olives

AUGUST 3, 7-8 PM
The Lower 5th

JULY 16, 7-8 PM
Rhapsodie Quartet
(Ticket required)

FREE!

AUGUST 10, 7-8 PM
Fresco Opera
(Not ticketed)

FREE!

JULY 20, 7-8 PM
The German Art Students

AUGUST 17, 7-8 PM
Panchromatic Steel

TICKETS @ olbrich.org | 1 hour shows --> \$10 | 1.5 hour shows --> \$15
Kids 5 & under - free, no ticket needed

Ticket proceeds support Madison's local musicians and Olbrich Botanical Gardens.

OLBRICH BOTANICAL GARDENS

SUGAR MAPLE MUSIC FESTIVAL

6 AND 7 * AUGUST * 2021

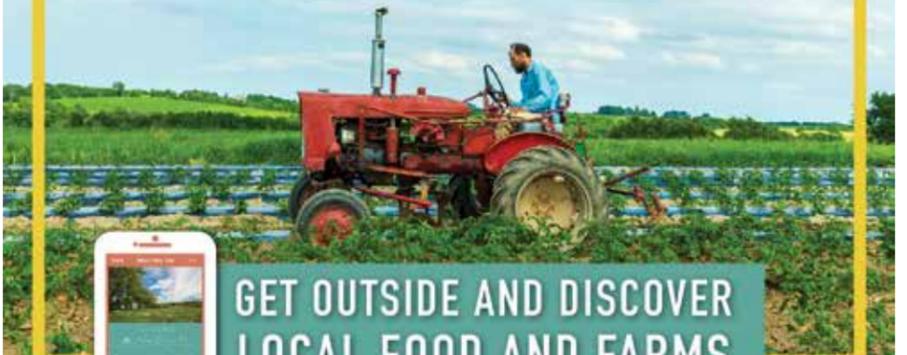
WILLIAM & LUNNEY LAKE FARM COUNTY PARK
MADISON • WISCONSIN

- * APPALACHIAN ROAD SHOW *
- * JOURDAN THIBODEAUX ET LES RÔDAILLEURS *
- * BILL KIRCHEN AND REDD VOLKAERT *
- * GINA FURTADO PROJECT *
- * LOUISE KIRCHEN *
- MORE ARTISTS TO BE ADDED!



EXPLORE YOUR LOCAL FOODSCAPE

routes TO roots BIKE - DRIVE - WALK



GET OUTSIDE AND DISCOVER
LOCAL FOOD AND FARMS
WITH OVER 10 SELF-GUIDED TOURS

REGISTER JUNE 1

csacoalition.org



FAIRSHARE
CSA COALITION

Registration supports critical food access & farmer education programs

**STORES CLOSING EARLY
AT 4:30PM ON JULY 4**

ADVERTISE IN THE READER

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

GENERAL MANAGER'S REPORT

Wellness Wednesday; Our New Fiscal Year; & More!



by Anya Firszt, General Manager

Welcome July; hello dear Owners. I am finishing writing this report on the summer solstice and there is music in the air with people heading out to Make Music Madison front yard, school yard, and back porch events throughout the community. Ah. Summer.

WELLNESS WEDNESDAY RETURNS

We are kicking the month off with the return of Wellness Wednesday on July 7. This is your chance to stock up and save 10% on your wellness and bodycare product purchases on this day. See the ad on the back cover for what is all included in this Owner-only discount.

OUR NEW FISCAL YEAR

July also marks the beginning of our new fiscal year and the first order of business is to close the last one. We will share preliminary year-end numbers at the 2021 Annual Meeting (via Zoom at 5:30pm on July 8), and audited financials will be reported following the annual audit and Board approval in early fall.

At the beginning of last fiscal year we were in the throes of the pandemic with facemask-wearing, social distancing, and capacity limits. So much has changed in our world in the last twelve months, and we now find ourselves at a turning point with light at the end of the tunnel and I, for one, have high hopes for a kinder and gentler fiscal year to come. Please read the article "COVID-19 Progressing Toward Recovery" by Kirsten Moore, Cooperative Services Director, included in this issue on page 17.

This fiscal year we are focusing on sales and margin recovery to support an improved fiscal outlook and return to profitability. We will continue to do our part in matching expenses to revenue, as well as adjusting to the new grocery landscape resulting from the pandemic. We are in the process of rebuilding the prepared foods program, which changed significantly over the last 15 months, with enhanced EatStreet offerings, and reopening our Juice & Coffee Bars and our olive bars. We plan to also rearrange some grocery and/or packaged goods departments (e.g.: bulk and refrigerated grocery) to provide the products people now want vs. what we have traditionally carried.

OUTDOOR SEATING IS BACK

And, finally, by now our outdoor seating has reopened and we are in the process of adding back customer use of the Commons at each store, as well as Community Room use at Willy East and West. If you get a chance, check out the patio furniture at Willy East. It's made of POLY-WOOD, a sustainable "lumber" composed almost entirely of recycled plastic.

ANNUAL MEETING AND BOARD ELECTIONS

Our 2021 Annual Meeting is scheduled for July 8 beginning at 5:30pm. So, mark your calendar and plan to attend to hear highlights from last fiscal year, meet the candidates running for the Board of Directors, and enter to win a cool prize! This event is virtual and registration is required, check www.willystreet.coop/2021-annual-meeting.

Our Board elections are also hosted this month. I encourage you all to participate in the 2021 Board Election Vote! The Board candidate statements are included in this issue of the *Reader*, and posted in the store on and online. Again, the Board candidates will be introduced at the 2021 Annual Meeting and results of the vote will be announced at the July 21 Special Owner Meeting.

I look forward to seeing you in person now that things have eased up and capacity limits have ended.

SPECIAL STORE HOURS: INDEPENDENCE DAY, JULY 4

In case you might head into the store to shop on the 4th, please take note that our stores are open until 4:30pm on Sunday, July 4.

On Monday, July 5th we are open regular hours; 7:30am-9:00pm.

Until next month...

ATTORNEY PAUL O'FLANAGAN

Coop member,
PROGRESSIVE & LOCAL
LAW FIRM OFFERING:

WILLS, TRUSTS, TAX,
ESTATE PLANS, PROBATE,
GUARDIANSHIP & FAMILY
ASSISTANCE TO FOLKS
AT REASONABLE COST.
FREE HOUSE CALLS.

CALL: 608-630-5068

BOARD REPORT

Annual Meeting; Board Election; and More!



by Gigi Godwin, Board Member

Greetings Owners, and a happy summer to you all! After such an uncertain and often anxious summer last year, I hope that in these warm-weather months, everyone can start to experience a "New Normal," be it dining inside a restaurant, going to a farmers market, attending a play or movie, seeing live music, or just kicking back and catching up with friends and family in the backyard or at a park.

ANNUAL MEETING

That said, due to the many, many months it takes to coordinate and plan myriad logistics for La Fete de Marquette, that beloved neighborhood festival is again cancelled this year. And that also means that the Co-op's Annual Meeting will once again be held virtually. This year's Annual Meeting takes place on Thursday, July 8, from 5:30pm-6:45pm. Attendees may listen via phone or watch via Zoom. For all the information on how to register, along with the meeting's agenda, ways to win prizes, and a PDF of last year's meeting minutes, please visit: www.willystreet.coop/2021-annual-meeting.

As a Co-op Owner, one of the main ways to make sure that your voice

is heard, is by casting your vote for the Board of Directors. So I am very pleased to report that this year's election is on! Three seats are open, each for three-year terms, and three Owners are running along with one Board incumbent. In this edition of the *Reader*, you will find the candidates' statements, their answers to three questions that were provided by the Board Development Committee, and the candidates' photos. You will also find a ballot to clip and submit at dropboxes at each of the Co-op's three locations, or you can mail the ballot to: Central Office, 1457 East Washington Avenue, Madison, WI, 53703. The polls will be open July 1-July 21, 2021. Online and vote-by-phone ballots will be due at 11:59pm July 19, and all paper ballots must be received by 6:00pm July 21, 2021, when the Board holds its special meeting to receive a tally of the votes. A very big thank you to all who are running!

THANK YOU, STEPHANIE

Speaking of thank yous, I want to give a shout out to another Board Director who has come to the end of her term: Stephanie Ricketts. With her infectious enthusiasm, insightfulness, inclusiveness, and knowledge of "all things cooperative," Stephanie, thank you for going above and beyond as a Director.

See you July 8 at the online Annual Meeting and please don't forget to vote in this year's Board election!

Save the date!

willy street co-op
VIRTUAL ANNUAL MEETING

THURSDAY, July 8th
5:30pm-6:45pm
on Zoom

See willystreet.coop/2021-Annual-Meeting for details.

All registered attendees will be entered to win prizes!

Attend to hear the year in review and the financial health of your Co-op, answers to questions from attendees, speeches from Board candidates, and more.

VOTE

For the Willy Street Co-op

BOARD CANDIDATES

VOTING OPEN JULY 1-21

Paper ballots are due by Wednesday, July 21 at 6:00pm. Online and phone voting ends Monday, July 19 at 11:59pm. Ballots will be counted at the Special Membership Meeting at the Central Business Office (1457 E. Washington Ave., Madison) beginning at 6:30pm, July 21. Drop your ballot off at the kiosk near the Customer Service desk at any of our stores, vote online via the unique ballot link emailed to you (if we have your current email address), vote by phone with the unique personal identification number (PIN) mailed or emailed to you, or mail your absentee ballot to: 2021 Owner Vote, 1457 E. Washington Ave., Madison, WI 53703. Candidate statements appear on pages 6 and 7 of this issue. Please vote for up to THREE candidates. Only Owners' votes are valid. One vote per Owner account. If both Owners on a Household Account vote, only the Primary Owner's vote will be counted. Candidates are listed in alphabetical order. (If you would like your ballot to remain anonymous, use the following procedure: 1. Place completed ballot in envelope and seal. 2. Write your name and Owner number and sign across the seal. 3. Mail or deposit in the ballot box.)

BOARD OF DIRECTORS

Please vote for up to THREE candidates. Ballots with more than THREE votes will not be counted.

- MICHAEL CHRONISTER
- TATIANA DENNIS
- MAX KOCH
- CAROL WEIDEL

Owner name (please print):

Owner Signature:

Owner Number:

Today's Date:



STORES CLOSING EARLY AT 4:30PM ON JULY 4

Your Board Candidates

In the candidate application, we required candidates to attend a Board Candidate Information Session and recommended candidates attend a Board meeting, but it was not required.



MICHAEL CHRONISTER

Attended Board Meeting? Yes

"Being on the board these past three years I have learned a great deal about our co-op and how it is governed. I feel with another term I can build on this knowledge and continue to work towards the fulfilling the co-ops mission and vision."

Why do you believe Owners should choose you to represent them?

The last three years have been challenging and a time of change for the Co-op. I feel the current board has done a great job handling these challenges and changes. I will continue to serve the members of the Co-op to the best of my ability and work to prepare the Co-op for a successful future.

How will you use your skills and experience to further the mission and vision of the Co-op?

Serving on the board the last three years has been a great experience. I have learned so much about cooperative governance in this short time. I feel another term on the board will allow me to use this gained knowledge to further the mission of the Co-op and provide a continuity to the board.

The Co-op is founded on the seven International Cooperative Principles. Please choose one of the principles and describe how you think the Board can encourage and foster that in our cooperative.

Cooperative Principle number 7 is Concern for Community. I believe the Co-op does a good job being a member of the community but there is more that can be done. Giving back to the community in the form of grants, donations and sponsorships is great but we need to work towards a goal of everyone feeling welcome at the Co-op. The board has started working on Diversity, Equity and Inclusion education and this will help us truly have concern for all community members.



TATIANA DENNIS

Attended Board Meeting? Yes

"I am running for Willy St. Co-op Board because I have a passion for making positive, permanent shifts in the community that raised me. Because I know the wellbeing of our community lies in the hands of those who feed it; and the upkeep of the Co-op lies in the hands of its owners, its board, and its community."

Why do you believe Owners should choose you to represent them?

Willy St. Co-op is more than just a place to get groceries for me. It has shaped who I was as a young child, who I've become as an adult, and it has influenced how I see the world. I spent years as a child running around the Co-op aisles, picking out my favorite foods with my mother, anxiously awaiting to get to check out so I could be the one to proudly tell the cashier, "54032!", the owner number my mom and I shared for over a decade. The Co-op showed me that I was powerful, even as a small child. It showed me the importance of shared leadership and responsibility. As a young black owner, I took pride in that, and I still do today.

I take pride in knowing that the Co-op has the power to influence it's community to be more inclusive and diverse; and I take pride in knowing I am going to help guide us there. By running for board, I am dedicating the next years of my life to move the Co-op forward, to a more sustainable, and healthier future.

How will you use your skills and experience to further the mission and vision of the Co-op?

My work at Urban Triage has a direct influence on how I see the board, the stores, the owners, and the city that birthed it all. It allows me to have a different lense on what creates a healthy community for everyone. At my job, our communities' wellbeing is at the forefront of our mission. I plan to bring that vision over to meld with the mission of Willy St. Co-op, to ensure we have a very well fed and happy community.

The Co-op is founded on the seven International Cooperative Principles. Please choose one of the principles and describe how you think the Board can encourage and foster that in our cooperative.

International Cooperative Principle number 7: Concern for Community

We can start by asking ourselves tough questions:

- How do we advertise Willy St. Co-op Ownerships in vulnerable communities while supporting their personal circumstance?
- How can the Co-op expand its reach when located in or near low income neighborhoods?
- How does Willy St. Co-op plan to engage a more diverse staff and board?
- How can we, as a board, not only ask ourselves tough questions, but address them head on? How can we become that change we are desperate to see? Embody the work that needs to be done? Represent the diverse community that lifts us up and serve them to the best of our ability? This is the work that needs to be done, which is why I am running for board.



MAX KOCH

Attended Board Meeting? Yes

“The Willy Street Co-op is one of the iconic institutions that make Madison such an incredible place to live. I believe that I can contribute to this organization with my experience in nonprofit management, my time volunteering domestically and abroad, and my work with social enterprises in New Zealand.”

Why do you believe Owners should choose you to represent them?

I have some unique volunteer and work experiences that I believe could help me to bring a fresh perspective to the Board. I spent some time in 2020-2021 working for a social enterprise cafe in Auckland, New Zealand, which emphasized community building and sustainability. The lessons that I learned there inform how I think about these areas. I also strive to be data-driven in my decision making and I have a preference for encouraging innovation in measured doses.

As an owner myself since 2014, I want a Board of Directors that plans for the long term and that strives to keep the Willy Street Co-op a place of welcome that is supportive of the ecosystem of owners, employees, suppliers and the surrounding community on which the co-op has an impact. I would consider it a privilege to work hard to preserve the co-op's unique identity and to keep pushing it forward.

How will you use your skills and experience to further the mission and vision of the Co-op?

I have been a volunteer board member of a youth-serving organization since 2014 and I believe that the ideas and issues that I have worked through as a member of that board has provided me with a framework to use when challenges arise for the Willy Street Co-op Board of Directors.

Separately, during my time as the Managing Director for a small nonprofit, I sought to build partnerships that benefitted both our nonprofit and community organizations that were looking for opportunities to serve. I know that the Willy Street Co-op already has some strong partnerships, but I would like to continue to work to find ways for us to strengthen our community by working hand-in-hand with some of the incredible organizations around Dane County and Wisconsin with similar goals.

The Co-op is founded on the seven International Cooperative Principles. Please choose one of the principles and describe how you think the Board can encourage and foster that in our cooperative.

When it comes to Voluntary Open Ownership, I believe that all members of the community should feel right at home at the Willy Street Co-op. However, saying this is very different than actually accomplishing it. By providing ample opportunities for users of the stores to easily report feedback, whether anonymously or otherwise, if they are subjected to discrimination or disrespect on Willy Street Co-op property, we can ensure that we are truly promoting an inclusive community for all. The Willy Street Co-op should be a gathering place for people from all walks of life.

Here is my website that I would like to provide as well: <https://www.linkedin.com/in/kochmax>



CAROL WEIDEL

Attended Board Meeting? No

“I am a long-time owner of the co-op. Today I am a retired public employee with time available to serve on the board. Our co-op is a successful local business and I would be honored to serve on the board and be part of the democracy.”

Why do you believe Owners should choose you to represent them?

The owners should choose me because I support the co-op - - with my purchases and my vote. I believe in the success and growth of the co-op. When offered the opportunity to buy bonds for expansion, I bought them (with great success!). Previously I served on the Board of Group Health Cooperative. As a result, I understand the importance of good management team, and essential role the board plays in governance. I understand the time commitment

How will you use your skills and experience to further the mission and vision of the Co-op?

My professional experience in state government was primarily as a research analyst. Show me the numbers! As an avid reader of the “comments” in the Reader, I know our owners are guided by diverse principles that we harmonize to continue our success. During my working life I was an active union member and elected officer. Democratic member control in both a union and co-op principle. As a union leader, non-profit board member and neighborhood association board member, representing members is my strength.

The Co-op is founded on the seven International Cooperative Principles. Please choose one of the principles and describe how you think the Board can encourage and foster that in our cooperative.

The principle of Owner Economic Participation is a principle I want to develop. We vote on the budget at the annual meeting, and I look forward to learning more. We make choices in our consumer purchases, and the co-op has many choices to offer. Improved outreach to members can only include more voices.

VOTE

For the Willy Street Co-op

BOARD CANDIDATES

Voting open July 1st - 21st

This year you can vote by mail, in the store, by email, or by phone.

Community Room Class Calendar

Visit www.wilystreet.coop/events to register.

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



COOKING WITH CHEF PAUL: MEALS IN A WOK

Location: Google Meet

Thursday, July 1, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

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

A wok is a versatile cooking pot! Join Chef Paul to learn what to look for in a wok, and how to season, maintain, and use it. Paul will give tips on batter-making and temperature control while demonstrating how to make wok-fried fish with a napa slaw. He'll also demonstrate how to make wok-steamed sweet & sour pork, a classic dim-sum dish, and a wok shrimp boil with coconut rice, an easy and quick one pot meal. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: VERSATILE CAST IRON

Location: Google Meet

Thursday, July 15, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

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

Join Chef Paul to learn how to season, clean, and maintain your cast iron skillet—one cooking pan you shouldn't be without! Then he'll show you how it can be used as a small oven by making a baked chicken breast. He will also demonstrate a simple browning technique with pork chops and herbs, and finally a fruit pie will round out the class—no pie pan needed, just a cast iron skillet! The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: A LITTLE TASTE OF THAI

Location: Google Meet

Thursday, July 29, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

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

We may have missed traveling in the past year, so why not bring a little taste of Thai to your own kitchen! Join Chef Paul to learn the basic Thai ingredients and time-saving tips. Chef Paul will demonstrate Chicken Satay with Peanut Sauce, Shrimp Cakes with Garlic Lime Sauce, Silken Tofu Salad, and Cucumber-Basil Lemonade with Lemongrass. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: PLANT-BASED MEALS

Location: Google Meet

Thursday, August 12, 5:00pm–7:00pm

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. On the menu are Cashew Coconut Rice with Greens, Soy Miso-Glazed Tofu with Pear Chutney, Nutty Dips with Crudité, Lemony Pasta Salad with Olives, and in-season fruit jam. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.



COOKING TOGETHER: FLAVORS OF PAKISTAN

Location: Google Meet

Thursday, July 8, 5:00pm–6:30pm

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 families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will serve up a spiced spread inspired by the phenomenal fare of Pakistan. A savory snack known as Chaat, bountiful Biryani, mouth-watering Masala, sides of Saag, a kingly Kheer and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian friendly.

COOKING TOGETHER: FLAVORS OF INDONESIA

Location: Google Meet

Thursday, July 15, 5:00pm–6:30pm

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 families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will cook a fantastic feast influenced by the incredible eats of Indonesia. Tantalizing Tempeh or Tofu Satay, glorious Gado Gado, nourishing Nasi Goreng, a blissful banana dessert, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian friendly.

COOKING TOGETHER: FLAVORS OF SENEGAL

Location: Google Meet

Thursday, August 5, 5:00pm–6:30pm

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 families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will set-out a sensational supper spurred by the seasonings of Senegal. Flavorful Fataya, stupendous sweet potatoes, common couscous, yummy Yasa, a drink made with healthy hibiscus flowers and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian friendly.

COOKING TOGETHER: FLAVORS OF CUBA

Location: Google Meet

Thursday, August 19, 5:00pm–6:30pm

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 families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will develop a delicious dinner inspired by the cuisine of Cuba. Tasty Tostones, magnificent Mojo, amazing Arroz Congri, classic camarones, creamy Flan Cubano and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian friendly.



KIDS IN THE KITCHEN: WACKY WATERMELON

Location: Google Meet

Tuesday, July 6, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old with adult supervision

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. In this class, participants will use watermelon in wacky ways to make a variety of venturesome vittles. Don't be wary—we assure that this fantastic fare will be well-balanced with wonderful watermelon suited to create soup, salad, salsa, and more. Vegetarian-friendly.

KIDS IN THE KITCHEN: STUPENDOUS SUMMER SQUASH

Location: Google Meet

Tuesday, July 20, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old with adult supervision

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

Join “The Kids Chef” Lily Kilfoy in this cooking class for kids. The season of sunshine is in full swing, and green gardens are already growing gigantic summer squash! Participants in this class will make a marvelous meal using stupendous summer squash in every delicious dish. Zoodles from the zucchini, pizza prepared with pattypan, cookies containing crooknecks, and more will be explored. Vegetarian-friendly.



KIDS IN THE KITCHEN: BENTO BOX BRILLIANCE

Location: Google Meet

Tuesday, August 3, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old with adult supervision

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. The name bento box belongs to a brilliant container of cool compartments. It was cleverly created centuries ago and is still a commonly celebrated component of Japanese cuisine. In this class, we will produce diverse dishes perfect for packing in a Bento Box. Vegetarian-friendly.

KIDS IN THE KITCHEN: PERFECT PANINI

Location: Google Meet

Tuesday, August 17, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old with adult supervision

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

Join “The Kids Chef” Lily Kilfoy in this cooking class for kids. A panini is a pressed and grilled sandwich, cooked until the bread is toasty and fillings are hot. Lily loves her own recipe with pesto, sun-dried tomato, and mozzarella or another with Colby cheese, avocado, and sweet roasted peppers. What creative combination will you come up with? In this class participants will prepare their own perfect panini. Vegetarian-friendly.

KIDS IN THE KITCHEN: SNEAKY SNACKS

Location: Google Meet

Tuesday, August 31, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old with adult supervision

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

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. In this class, participants will make sneaky snacks using secret ingredients. Seaweed slipped in the smoothie, garbanzo beans going in granola bars, perhaps quinoa camouflaging in quesadillas? Everyone will be delightfully deceived by these delicious sneaky snacks. Vegetarian-friendly.

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Zoom

Wednesday, July 14, 10:00am–3:00pm

Tuesday, July 20, 10:00am–3:00pm

Wednesday, August 11, 10:00am–3:00pm

Tuesday, August 24, 10:00am–3:00pm

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

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



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Google Meet

Thursday, August 26, 5:00pm–7:00pm

Your Co-op’s Own Instructor: Paul Tseng

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

Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with. Vegan. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

HOW THE THYROID GLAND WORKS

Location: Zoom

Wednesday, August 18, 12:00pm–1:00pm

Instructor: Katy Wallace

Fee: Free; registration is required

Are you fatigued, constipated, and have brain fog and wonder if it’s your thyroid hormone levels? Come learn about how thyroid hormones, essential to every cell in the body, are produced, and how auto-immunity, stress, and inflammation interfere. Katy Wallace, Traditional Naturopath of Human Nature, will present the roles of minerals and diet in supporting the thyroid gland.

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.



Tenney Nursery & Parent Center

A Preschool & Community-based Parent Cooperative

1321 E. Mifflin St. | director@tnpckids.com | 255-3250

www.tnpckids.com

Pre-School age 2-5
Parent/Child Playgroup age 0-3
STATE LICENSED & CITY ACCREDITED



Find Energy Savings Here.



Partner with MGE to save energy.

Make mge.com your first stop.

- Get easy, low-cost ways to save energy.
- Use calculators to estimate your savings.
- Learn about incentives from Focus on Energy.

Join us in creating a more sustainable future.
Visit mge2050.com.



Your community energy company

GS3343 03/31/2020



willy street co-op LOCAL PRODUCE AVAILABILITY

ITEM NAME	JULY	AUG	SEPT
Apples			x
Arugula	x	x	x
Baby Bok Choi	x	x	x
Beans, Green	x	x	x
Beets, Bunched	x	x	x
Blueberries	x	x	
Bok Choi	x	x	x
Broccoli	x	x	x
Brussels Sprouts			x
Burdock Root	x	x	x
Cabbage	x	x	x
Cantalope		x	x
Carrots, Bulk	x	x	x
Cauliflower		x	x
Celeriac, Bulk			x
Chard, Swiss	x	x	x
Collard Greens	x	x	x
Corn, Sweet		x	x
Cucumbers	x	x	x
Dandelion Greens	x	x	x
Eggplant, Globe		x	x
Fennel	x	x	x
Garlic		x	x
Herbs	x	x	x
Jerusalem Artichokes			x
Kale	x	x	x
Leeks		x	x
Lettuce	x	x	x
Mustard Greens	x	x	x
Onions, Sweet	x	x	x
Parsnips			x
Peppers		x	x
Peppers, Poblano		x	x
Peppers, Spicy		x	x
Potatoes, Fingerlings		x	x
Potatoes, Purple		x	x
Radish, Beauty Heart			x
Radish, Daikon			x
Radish, Red	x	x	x
Rhubarb			
Rutabaga			x
Salad Mix	x	x	x
Scallions	x	x	x
Shallots			x
Spinach	x	x	x
Squash, Summer		x	x
Tah-tsai			
Tomatillos			x
Tomatoes, Heirloom		x	x
Turnips			x
Watermelon		x	x
Squash, Zucchini	x	x	x

Chart reflects planned availability; unseasonable weather and supply changes could affect availability.

Grown or raised in the state of Wisconsin, or within 150 miles of the Capitol building in Madison. **Completely and truly local.**



CORE HOME STORAGE CONTAINERS

Glass storage containers with a concaved bamboo lid perfect for stacking to help conserve space. Several different colors and sizes to choose from.



Available at East

Core Home Storage Containers
 GT's California Citrus Organic Kombucha
 GT's Lemon Berry Organic Kombucha
 Bachan's The Original Japanese Barbeque Sauce
 Kettle Brand Habañero Lime Krinkle Cut Potato Chips
 Badger Anti-Bug Balm Travel Stick .60 oz.
 Alba Botanica After Sun Gel 98% Aloe 8 fl oz.
 Garden of Life Dr. Formulated Vegan DHA 30 ct.
 Bee's Wrap Vegan Plant-Based Assorted Wraps

Available at West

Core Home Storage Containers
 GT's California Citrus Organic Kombucha
 GT's Lemon Berry Organic Kombucha
 Great River Organic Milling Multi-Grain Hot Cereal
 Bob's Red Mill Dark Rye Flour
 KIND Caramel Almond & Sea Salt Thins
 KIND Dark Chocolate Nuts & Sea Salt Thins
 Kettle Brand Habañero Lime Krinkle Cut Potato Chips
 Kettle Brand Truffle & Sea Salt Krinkle Cut Potato Chips
 Poppi Prebiotic Sodas
 Ithaca Buffalo Ranch Hummus
 Violife Epic Smoked Cheddar Flavor Vegan Cheese Block
 Annie's Organic Cookie Brownie Bar Mix
 Badger Anti-Bug Balm Travel Stick .60 oz.
 Alba Botanica After Sun Gel 98% Aloe 8 fl oz.
 Garden of Life Dr. Formulated Vegan DHA 30 ct.
 Bee's Wrap Vegan Plant-Based Assorted Wraps

Available at North

Core Home Storage Containers
 GT's California Citrus Organic Kombucha
 GT's Lemon Berry Organic Kombucha
 Bob's Red Mill Dark Rye Flour
 Bachan's The Original Japanese Barbeque Sauce
 Kettle Brand Habañero Lime Krinkle Cut Potato Chips
 Kettle Brand Truffle & Sea Salt Krinkle Cut Potato Chips
 Annie's Organic Cookie Brownie Bar Mix
 Badger Anti-Bug Balm Travel Stick .60 oz.
 Alba Botanica After Sun Gel 98% Aloe 8 fl oz.
 Garden of Life Dr. Formulated Vegan DHA 30 ct.
 Bee's Wrap Vegan Plant-Based Assorted Wraps

ADVERTISE IN THE READER

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

Health & Wellness

co-op deals: June 30-July 20

Want to get an email reminder about Co-op Deals sales? Sign up at www.willystreet.coop/promotions/co-op-deals. You can unsubscribe at any time.



W.S. Badger Clear Zinc Sunscreen
All Kinds on Sale!
2.9 oz • Save \$4
\$10.99/tx



Ultima Electrolyte Powder
All Kinds on Sale!
3.6 oz • Save \$8
\$14.99/tx

Tom's of Maine
Kids Toothpaste

All Kinds on Sale!
5.1 oz • Save \$1

\$4.49/tx



Dr. Tung's
Stainless Steel Tongue Cleaner

1 pc • Save \$1

\$5.99/tx



Shikai
Shampoo & Conditioner

All Kinds on Sale!
12 fl oz • Save \$2.80

\$5.99/tx



Garden of Life
Vanilla Protein & Greens Powder

19.2 oz • Save \$2

\$31.99/tx



Seventh Generation
Hand Soap

All Kinds on Sale!
12 fl oz • Save \$1.79

\$3.00/tx



Jason
Dandruff Shampoo

8 fl oz • Save \$5

\$8.49/tx



Lakewood
Organic Whole Leaf Aloe Juice

32 fl oz • Save \$1.50

\$6.99



Nordic Naturals
Arctic-D Lemon Cod Liver Oil

8 fl oz • Save \$7

\$21.99/tx



co-op deals: July 21-August 3



South of France
Liquid Hand Soap

All Kinds on Sale!
8 fl oz • Save \$1.30

\$2.99/tx



Boiron
Arnica Gel

2.6 oz • Save \$1.50

\$8.99/tx



Bulletproof
Brain Octane MCT Oil

14 fl oz • Save \$8

\$17.99/tx



Gaia
Resveratrol 150 mg

50 cap • Save \$8

\$16.99/tx



Mineral Fusion
Nail Polish

All Kinds on Sale!
.33 oz • Save \$3.99

\$5.00/tx



T-Relief
Extra Strength Pain Relief Cream

3 oz • Save \$1

\$10.99/tx



Amazing Grass
Effervescent Tabs

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

\$6.99/tx



Natural Factors
Chewable DGL 400 mg

90 tab • Save \$5

\$9.99



Alba Botanica
SPF 45 Clear Zinc Wild Mint Mineral Sunscreen

3 oz • Save \$6

\$10.99/tx



Vital Proteins
Marine Collagen

7.8 oz • Save \$9

\$26.99/tx



coop™ deals

co-op deals: June 30-July 20



Food Should Taste Good Tortilla Chips

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

2 for \$4

coop deals.

Goodpop Frozen Fruit Pops

Watermelon Agave, Strawberry
Lemonade, Coconut Lime
11 oz • Save \$1

\$3.99

coop deals.

Honest Tea Iced Tea

All Kinds on Sale!
16 oz • Save 50¢

\$1.29/tx

coop deals.



Epic Pork Rinds and Cracklings

All Kinds on Sale!
2.23-2.5 oz • Save \$1

\$2.99

coop deals.

Chatham Village Croutons

All Kinds on Sale!
5 oz • Save 70¢

\$1.79

coop deals.

Boulder Canyon Canyon-Cut Potato Chips

Sea Salt, Sour Cream &
Chive
6.5 oz • Save \$1

\$2.29

coop deals.



Hope Hummus

All Kinds on Sale!
8 oz • Save \$1.29

\$3.00

coop deals.

Caboo Bamboo Bathroom Tissue

12 pk • Save \$2.50

\$8.99/tx

coop deals.

Tony's Chocolonely Chocolate Bars

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

\$3.50/tx

coop deals.



Annie's Organic Salad Dressings

All Kinds on Sale!
8 oz • Save \$1.50

\$2.99

coop deals.

Primal Kitchen Organic Mayo with Avocado Oil

12 oz • Save \$2

\$6.99

coop deals.

Cascadian Farm Organic Frozen Fruit

All Kinds on Sale!
8-10 oz • Save \$1.49-\$1.79

\$3.00

coop deals.



Quinn Gluten-Free Peanut Butter-Filled Pretzels

7 oz • Save \$1.30

\$3.99

coop deals.

Salpica Salsa

16 oz • Save \$1.29

\$3.00

coop deals.

Rebbl Elixir Drinks

All Kinds (except Protein Drinks) on Sale!
12 oz • Save 80¢

\$2.99

coop deals.



Angie's Boom Chicka Pop Sea Salt Popcorn

4.8 oz • Save \$1.98/2

2 for \$5

coop deals.

Essentia Electrolyte-Enhanced Water

50.72 oz • Save 79¢

\$2.00

coop deals.

Wildbrine Organic Korean Kimchi

18 oz • Save \$1.80

\$4.99

coop deals.



Nature's Path Organic Waffles

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

2 for \$5

coop deals.

Let's Do Organic Ice Cream Cones

Regular (Not Gluten-Free)

1.2 oz • Save \$1

\$2.49

coop deals.

Lifeway Whole Milk Kefir

All Kinds on Sale!
32 oz • Save \$1

\$3.99

coop deals.



Beyond Meat The Beyond Burger

8 oz • Save \$1.50

\$4.49

coop deals.

Seventh Generation Liquid Dish Soap

All Kinds on Sale!

19 oz • Save 80¢

\$2.99/tx

coop deals.

Zevia Organic Stevia- Sweetened Soda

All Kinds on Sale!

6 pk • Save \$1

\$3.99/tx

coop deals.



The specials on this page are valid June 30-July 20

All Specials Subject to Availability. Sales Quantities Limited.

JULY

co-op deals: July 21-August 3

Want to get an email reminder about Co-op Deals sales? Sign up at www.willystreet.coop/promotions/co-op-deals. You can unsubscribe at any time.



Talentì Gelato
All Kinds on Sale!
16 oz • Save \$2.29
\$3.50



Wild Planet Wild Skipjack Light Tuna
5 oz • Save \$1
\$2.79



Mediterranean Organic Olives
All Kinds on Sale!
8.1-8.5 oz • Save \$1.29
\$3.50



Stacy's Pita Chips
All Kinds on Sale!
7.33 oz • Save 98¢/2
2 for \$5



Clif Bars
All Kinds on Sale!
2.4 oz • Save 25¢
\$1.00



Brown Cow Cream-Top Yogurt
All Kinds on Sale!
5.3 oz • Save 50¢
79¢



Harmless Harvest Organic Coconut Water
16 oz • Save \$1
\$3.99



Silk Unsweetened Soymilk
64 oz • Save 20¢
\$3.29



Bitchin' Sauce Almond-Based Dip
Original, Chipotle
8 oz • Save \$1.50
\$4.49



GoodBelly Probiotic Fruit Drink
All Kinds on Sale!
32 oz • Save 80¢
\$2.99



Green Mountain Gringo Salsa
All Kinds on Sale!
16 oz • Save \$1.30
\$4.49



Forager Project Organic Cashewgurt
All Kinds on Sale!
5.3 oz • Save 50¢
\$1.29



Zoe Organic Extra Virgin Olive Oil
33.8 oz • Save \$3.50
\$10.99



Hodo Soy Thai Curry Tofu Nuggets
8 oz • Save \$1.30
\$4.49



Ben & Jerry's Ice Cream
All Kinds on Sale!
16 oz • Save \$2
\$3.99/tx



Lily's Sweets Stevia-Sweetened Chocolate Bars
All Kinds on Sale!
3 oz • Save \$1.29
\$3.00/tx



Lightlife Fakin Bacon Tempeh Strips
6 oz • Save \$1.30
\$3.99



Blue Diamond Almond Breeze Milk
All Kinds on Sale!
32 oz • Save \$1.58/2
2 for \$4



Mary's Gone Crackers Super Seed Crackers
All Kinds on Sale!
5.5 oz • Save \$1.50
\$3.99



Miyoko's Creamery Cheddar Roadhouse Spread
8 oz • Save \$1.30
\$4.99



Woodstock Natural Hardwood Lump Charcoal
8.8 lb • Save \$1.80
\$7.99/tx



Santa Cruz Organic Lemonade
All Kinds on Sale!
2 oz • Save \$2.98/2
2 for \$3



Blue Sky Soda
All Kinds on Sale!
6 pk • Save 50¢
\$2.99/tx



Nixie Organic Sparkling Water 8-Pack
All Kinds on Sale!
96 oz • Save \$1
\$3.99/tx



The specials on this page are valid July 21-August 3

All Specials Subject to Availability. Sales Quantities Limited.

willy street co-op

OUTDOOR ADVENTURES

Prices guaranteed through 7/31/21 for all customers.



Kind Protein Bars
1.4 oz
\$1.59/ea



Klean Kanteen Classic Stainless Steel Water Bottle
18 oz
\$18.95/ea

Tierra Farm Flavored Bulk Cashews
Curry or Cajun • Rndm Wt
\$14.49/lb



Underwood Canned Wine
375 ml
\$5.99/ea

Nuun Electrolyte Drink Tabs
10 tab
\$7.79/ea



Wisconsin Meadows Grass-Fed Beef Jerky
4 oz
\$8.99/ea

Nature's Bakery Bulk Trail Mix
Rndm wt
\$8.29/lb



W.S. Badger Clear Zinc Sunscreen
2.9 oz
\$14.99/ea



Willy Street Co-op Sausages
Rndm wt
\$7.99/lb

Equal Exchange Organic & Fair Trade Chocolate Bars
2.8-3.5 oz
\$3.49/ea



Dandies Vanilla Marshmallows
10 oz
\$4.49/ea



Annie's Homegrown Graham Crackers
Honey Or Cinnamon • 14.4 oz
\$5.79/ea



5 WAYS TO SPICE UP S'MORES

- 1 STRAWBERRY CHEESECAKE**
+ Graham Cracker
+ Strawberry Jam
+ Marshmallow
+ Whipped Cream Cheese
- 2 STROOPWAFEL S'MORE**
+ Stroopwafel
+ Marshmallow
+ Chocolate
- 3 LEMON MERINGUE PIE**
+ Graham Cracker
+ Lemon Curd
+ Marshmallow
- 4 CHURRO S'MORE**
+ Cinnamon Graham Cracker
+ Caramel Sauce
+ Marshmallow
- 5 NUTELLA BANANA**
+ Graham Cracker
+ Banana Slices
+ Marshmallow
+ Nutella Spread



Peaches! Tips & Tricks



by Megan Minnick, Purchasing Director

Not many things in this world are as delectable as a good peach, with its drip-down-your-chin juice and perfectly balanced sweetness. There's also nothing quite as disappointing as a mealy, dry peach. But how do you tell which is which? It's harder than you might think.

Our Produce management team has over 80 years of peach handling experience between us, and we're still learning.

Below you'll find some tips and tricks that we've learned over the years for selecting and ripening that perfect peach.

If you walk away with one thing from this article it should be this: *the only really tried and true way to know if a peach is good is to taste it.* We do our best to make sure every peach that hits our shelves is delicious, but they are such a finicky fruit that it would be disingenuous to say that we are always successful. If you'd like to try before you buy, just ask a Produce staff member and we'd be glad to cut one for you to try!

HOW TO SELECT A GOOD PEACH

I've said it before (and I'll say it again), tasting a peach is the only fail-safe way to know if it's good or not. That said, here are a few other cues to look for when selecting a good peach.

Aroma

Aroma is the first thing to check for. A good peach should smell like a peach—the stronger the fragrance, the better. One big caveat here is that if the peach in question is in refrigeration, the chill will dull the aroma, so this trick is best used on room temperature fruit.

Appearance

The appearance of the fruit can be less of a give away than you might think. Many modern peach varieties have been bred for looks, not eating quality—so an aesthetically pleasing peach might not always be as pleasing to your taste buds as it is to your eyes. The amount of red “blush” on the peach is not as important as the background color, which should be cream colored (not green).

Size

Size has nothing to do with peach quality. Typically, peaches are graded at the orchard—the larger fruit are sold at premium prices since many shoppers prefer bigger, showier peaches, while the smaller fruit are sold for less. Peaches from the same

tree will generally taste the same no matter their size.

Peaches that are a bit wrinkly are usually ripe, but dehydrated. Without as much water in the fruit, the sugars and other flavors are condensed, making for a very sweet but not quite so juicy eating experience. These are some of my favorites, especially if you like really sweet, flavorful fruit!

Texture

Texture is the last thing to look for. I hesitate to even bring it up, since the bane of any produce manager's existence is the over-eager customers squeezing (and bruising) the peaches. All it takes to assess the texture of a fruit is to gently close your hand around the peach. It should be the consistency of a tennis ball. If it feels like a baseball, it was likely picked too green to ripen correctly.

WHAT MAKES A BAD PEACH BAD?

The most common reason that peaches turn mealy, flavorless, and dry is chill damage. If peaches are subjected to cold (near 32°F) temperatures for too long, they will not ripen correctly no matter how good the peach was to start with or what ripening techniques are used. Chill damage almost never happens at the orchard itself but in transit, and it is impossible to detect without cutting into the fruit.

As a produce manager, avoiding peaches with chill damage can be a real challenge. We go to great lengths to make sure that we are purchasing peaches from highly skilled growers and distribution partners we trust, but if one truck en route from California has their refrigeration turned just a few degrees too low, it can ruin the whole load, and it likely won't be detected until the fruit starts to ripen in our stores or at customers' houses.

We do our best to sample as many peaches as we can to ensure that we stock only the highest quality fruit—and most of the time we are successful—however if you ever do get a poor quality peach from one of our stores, don't hesitate to return it for a full refund. It's actually quite helpful for us to get returns on fruit like this so we can change our sourcing.

RIPENING & STORAGE

You've got your tennis ball textured peach home, and you want to ripen it to perfection. What's the best way to go about it?

If you are looking to ripen a peach as quickly as possible, you can put it in a paper bag on the counter or on top of the fridge. The bag traps the ethylene gas emitted by the peach and hastens the ripening process. You'll want to check the peach very often however—twice a day at minimum—to avoid over-ripening.

A slower, but safer method of ripening is to simply leave the fruit out at room temperature. You'll still want to check it once a day and more often in hot weather.

A ripe peach will be extremely aromatic and soft to the touch. Once you've reached peak ripeness, either eat it right away or it can be stored in the fridge for a few days. Just like aroma, refrigeration can dull the flavors of a peach so savor your peaches at room temperature for the best eating experience.

YELLOW VS. WHITE PEACHES

Through most of the summer, we carry both yellow and white peaches. Yellow peaches have more acid with a balanced, classic peach flavor. White peaches are sweeter, with a more delicate flavor. Yellow peaches are by far the more popular of the two, but a good white peach is a delicious thing.

KNOW YOUR ORIGIN

Each growing region produces its own unique peach characteristics, based on the specific climate and soil in that area. Here's a quick rundown of the most common growing regions where we source our peaches.

You might notice

Georgia and other Southern states are not on this list.

The reason is that there aren't a lot of certified organic peaches grown in that state, and those that are typically are shipped to East Coast markets, so we don't have access to them.

California

The first part of the summer (late May through sometime in July) is dominated by California-grown organic peaches. The climate in California is perfect for peach-growing, and that state produces some of the most delectable peaches on Earth. However, it is also a long way from Wisconsin, and there are a lot of opportunities for California peaches to be damaged en route. We've found that California peaches are the trickiest to manage, but when we get good ones, they are GOOD!

Pacific Northwest (Washington and Oregon)

After the California organic peach season, the harvests move north into the Pacific Northwest. Peaches from Washington and Oregon are typically sweeter and firmer than California peaches with a bit less of an acidic balance to their sugars. They are less prone to mealiness.

Colorado

Because Colorado is a little closer than California, farmers there typically allow their fruit to ripen further on the trees before harvest. This means that organic Colorado peaches have a much more dependably good texture—juicy and soft and are less likely to be mealy. Colorado peaches have a really nice peach flavor, but they tend to have a little less sweetness than West Coast peaches.

Door County, Wisconsin

Typically available from mid-August through September, these peaches are from Barnard Farms in Sturgeon Bay, Wisconsin, and are not certified organic. Door County peaches are smaller than those from the West Coast or Colorado. They are a little firmer when ripe, and tend to have a little less sugar, more acid, and really nice peach flavor.



GROCERY NEWS

Ice Cream Floats



by Jess Catherine, Merchandising Assistant

I thought I would experiment with an old favorite—The Root Beer Float. I admit, why change a good thing? But with all the yummy and local options at the Co-op, I thought I would give some more unique flavors a try. I also brought along a

few colleagues to get some feedback and here is what happened.

Ingredients: To start out I chose a number of sparkling beverages, and a few flavors of ice cream. I kept it simple by using vanilla, strawberry, and chocolate and I also opted for some fruity gelato. Yum!

We tried a slew of variations and in the end came up with some ridiculously good tasting floats!

Reed's Ginger Beer & Vanilla Ice Cream

The ginger beer was a nice option because it offers more complexity than the standard super sweet soda.

Cherry Wisco Pop & Chocolate Ice Cream

I didn't think I'd like this one, but

it actually worked. It was kind of like a cherry chocolate milk but fizzy!

GT's Bloom Kombucha (Elderflower, Jasmine, Violet) & Vanilla

My personal favorite.

GT's Lavender Love Kombucha & Raspberry Gelato

This one works excellent with vanilla ice cream. I can't wait to try mango or blackberry gelato next time.

Pineapple Coconut Juice, Vanilla Ice Cream, & Seltzer

A little less sweet and perfect for any time.

LOWER-SUGAR FLOAT IDEAS

Tropical juices, macha tea, coffee, herbal teas, and passion fruit nectar... endless possibilities.

So grab a 6-pack of seltzer water if you don't typically keep soda around and add a splash. Club soda and sparkling water will work just fine too! However, seltzer generally does not contain added minerals, which gives it a more "true" water taste, although this depends on the brand.

I hope you get to try out some of these new flavors, and if you do, please let me know what you liked or didn't like about them.



SEAFOOD NEWS

Grilling Seafood



by Jeremy Johnson, Meat & Seafood Specialty Category Manager

From whole fish to shrimp and scallops, anything goes when it comes to grilling seafood. So, fire up the grill and enjoy these seafood grilling recipes.

GRILLED RED SNAPPER

The biggest challenge of grilling fish is having

it stick to the grill and tearing the flesh. Lubricating with plenty of oil lessens that risk. I coat the fish in olive oil to start, then spray the section of grill grate I am about to use. And I don't just do it once, but every time I plan on moving or flipping the fish.

- 1-2 lb. red snapper, scaled
- 1 large shallot, coarsely chopped
- 2 garlic cloves, roughly chopped
- 1/4 c. chopped fresh parsley
- 2 Tbs. chopped fresh tarragon
- 1 Tbs. lemon zest
- 1/4 c. fresh lemon juice
- 1 1/2 Tbs. salt
- 4 Tbs. olive oil, divided

Directions: Make 3 to 4 parallel cuts (1 1/2 inches apart) into fish, slicing into the flesh at a 45-degree angle, down to the bone. Combine shallot, garlic, herbs, lemon zest and juice, salt, and 2 tablespoons olive oil in a blender. Process until combined. (Marinade should still have a chunky texture.) Place fish in a shallow dish; pour marinade over fish, turning to coat both sides. Cover and refrigerate for 30 minutes.

Meanwhile, light one side of the grill, heating to medium-high heat (350°F to 400°F) heat; leave the other side unlit.

Wipe excess marinade from fish; brush fish with remaining 2 tablespoons olive oil. Place fish on well-oiled grates directly over heat; grill 5 to 7 minutes. Carefully turn fish using 2 oiled metal spatulas, and place on the unlit side, grill covered with grill lid, 15 to 20 minutes or until fish flakes easily when tested with a knife. Once cooked, served immediately.

LEMON GARLIC SHRIMP

- 1/2 c. butter, melted
- 2 Tbs. fresh lemon juice (about one lemon)
- 1 Tbs. honey
- 1 Tbs. smoked paprika
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. salt

- 1/2 tsp. dried oregano
- 1/4 tsp. black pepper
- 1/4 tsp. cayenne pepper
- 1-1 1/2 lb. large shrimp, thawed

Shrimp can be grilled with or without the shell on! It's truly just a preference; I like to leave the shell on because I think the shrimp comes out more flavorful. The shell will also protect the shrimp from sticking to the grill but peel if you want before the marinade.

Directions: If you're using wooden skewers, soak them in warm water for 30 minutes to prevent burning on the grill.

In a medium bowl, whisk together the melted butter, lemon juice, honey, smoked paprika, garlic powder, onion powder, salt, oregano, black pepper, and cayenne until smooth. Save about 1/4-1/3 cup of the marinade and set aside to dip the grilled shrimp in.

Add the thawed shrimp to the marinade and stir. Cover and let marinate at room temperature for 20 minutes, any longer and the citrus starts to break down the shrimp and can make it mushy.

Preheat your grill to medium-high heat. Lightly brush a small amount of vegetable oil over the grill grates to prevent sticking if desired.

Thread the shrimp onto the skewers. Grill each skewer for 2-3 minutes per side. Just until shrimp is cooked and no longer transparent and forms a C.

BACON-WRAPPED SCALLOPS

Bacon must be par-cooked before scallops are wrapped to ensure crispy bacon. Do not overcook scallops. Cook until scallops are just opaque. Internal temperature should be 130°F Use high heat to quickly sear scallops.

- 1 lb. sea scallops
- About 12 slices bacon, thinly sliced
- Olive oil
- Salt and pepper to taste

Directions: Place bacon slices on a piece of aluminum foil on a hot grill. Cook bacon until soft. Flip to the other side and cook just until starting to brown.

Allow bacon to cool for a few minutes and wrap 1/2 slice of bacon around each scallop.

Secure bacon with a skewer. Brush scallops with olive oil, salt, and pepper to taste. Grill over high heat until browned about 2-3 min. Flip and brown second side until scallops are opaque and measure 130°F on an instant thermometer. Do not cook scallops over 130°F. And serve.

Integrative Dental SOLUTIONS

Integrative Dental Solutions is a proud supporter of the Willie Street Co-op

NOT SURE WHERE TO GET STARTED?

Call us to Learn about Our \$99 New Patient Special!



SMART Certified with Biological PPE since 2007!



www.WiNaturalDentist.com
262-746-5508

2 Convenient Locations in Pewaukee & Glendale

COVID-19: Progressing Towards Recovery



by **Kirsten Moore, Co-operative Services Director**

It has been almost a month since Public Health Madison and Dane County's (PHMDC) public health emergency expired and what a month it has been. Even without the parameters of public health orders, Dane County continues to progress locally towards a stronger and stronger COVID-19 recovery. At the time

of writing, cases per day were lower than the cases seen in May of 2020 and percent COVID-19 positivity continued to hover below 1% week after week. 68% of residents countywide (78% of the eligible population and 96% of people ages 65+) had started and 62% had completed their vaccine series. PHMDC now turns its focus to providing mobile vaccination opportunities in areas of our region where vaccinations have been locally lower, and we appreciate their continued efforts to increase the potential for herd immunity for all of our population. We are so grateful to be part of a community committed to its collective health, the fruits of all of our efforts certainly seem to be paying off. While we continue to monitor the County's efforts to vaccinate the community and control COVID-19 outbreaks in the face of variants, the overall positive outlook for local epidemiology gives us confidence in our ability to relax some of our stricter prevention protocols during this reprieve. Here's how things have progressed over the past month and where we are headed.

STORE HOURS CHANGE JULY 5 TO 7:30-9 AT ALL LOCATIONS

We are pleased to finally be able to open all three locations at 7:30am again daily, and that all three stores can again support staying open until 9pm. Store hours changed and continued to change to support changing cleaning tasks, labor needs, and shortages throughout the pandemic. We know this has been confusing at times and we appreciate your patience with us and are glad to return to offering early morning service and consistency!

WELLNESS WEDNESDAY STARTS AGAIN JULY 7

Starting this month we welcome back the popular Wellness Wednesday benefit for Owners. On the first Wednesday of every month, you can enjoy an additional 10% off of all wellness and bodycare items (see the ad on the back cover to see what's included. We suspended this benefit early in the pandemic to avoid over-

crowding, and were unable to offer an alternative that was financially sustainable. We are thrilled to bring this benefit back for everyone to enjoy.

FACE COVERINGS NOW STRONGLY ENCOURAGED FOR UNVACCINATED PEOPLE AGES 2+

As of June 2, we lifted the requirement for customers to wear face coverings, but kept the employee face covering policy and continued to ask customers to consider wearing face coverings in the wake of PHMDC's orders expiring out of an abundance of caution. This mirrored how our face covering policies came to be: we first made face coverings required for employees as epidemiologists began recommending such workplace policies and ahead of PHMDC's face covering mandate, and then—shortly before the mandate—we implemented a requirement for customers. This hybrid approach to recovering from the public health emergency bought the Co-op and our employees' union, United Electric Local 1186, time to assess the public health data and our own vaccination rates at the Co-op, and what benchmarks we wanted to set.

PHMDC claims targets for herd immunity lie between 60% and 90%. Co-op management met with UE1186 the week of June 7 and came to mutual agreement that since Co-op employees have been voluntarily reporting well over 60% full vaccination status at all sites since June 3, that we would lift the employee face covering policy and promote the CDC's recommendations for unvaccinated individuals starting three days after PHMDC reported 60% full vaccination in Dane County. Dane County reached that goal by the end of day June 10 and the employee face covering policy was replaced with CDC recommendations by June 14.

The CDC, PHMDC, the Co-op, and UE Local 1186 strongly encourages everyone ages two and older who has not been vaccinated for COVID-19 to wear a face covering while inside the Co-op.

ANYONE WHO WANTS TO WEAR A FACE COVERING MAY WEAR ONE

While we are no longer requiring customers nor employees at this time to wear face coverings, all employees and customers, regardless of vaccination status, may continue to wear face coverings while at the Co-op if they wish to do so. Since we rescinded the requirements, we have seen many customers and employees, some of which have disclosed that they are vaccinated, continue to wear them either for all or some of their time on Co-op property. As our locality is no longer under a public health emergency, we

encourage the community to trust each other when it comes to personal health decisions. We do not judge your health status based on your decision to wear a face covering.

OUR WORKFORCE IS COMMITTED TO SAFETY

The vast majority of our workforce is unable to complete their work duties from home. The majority of our workforce is also full time. That means that for 15 months, many employees spent 18-24% of their waking hours required to wear face coverings, often while doing very physical labor, and also while needing to communicate at a distance, or from behind a barrier. The managers and employees working in these conditions embraced and endorsed these requirements driven by our mission to support customers and other employees. Enforcing face covering requirements has not been easy, especially for managers and employees who have had some challenging conversations with people who disagreed with our policies, but the data is showing that the effort made a difference when it needed to do so.

We also have supported vaccination opportunities throughout the pandemic. Employee reporting on vaccination status is voluntary and anonymous at the Co-op and have been both grateful and encouraged to see that well over 60% of our employees across sites have taken the opportunity to vaccinate, and more are continuing to get vaccinated as they are able.

Our consistent commitment to face coverings; fostering social distancing whenever possible; and working with UE1186 to provide ample opportunity to take time off for COVID-19 symptoms, testing, recovery, and vaccination has kept our workplace COVID-19 case percentages below 3% throughout the pandemic. These precautions also allowed the Co-op to entirely avoid workplace cluster outbreaks, and yielded strong workforce vaccination rates. We are so proud of our team, and trust our entire workforce to make good personal decisions when it comes to wearing face coverings and continuing to serve the public in a healthful manner as conditions continue to improve.

WE CONTINUE TO MONITOR STATISTICS

Our work is not done! We recognize that there is still a global pandemic, that not everyone has had the access or opportunity to be vaccinated, and that COVID-19 variants will persist and continue to challenge the science. For now, we trust PHMDC's guidance and the numbers they are reporting, and that gives us confidence that we can relax our guidelines and policies related to COVID-19. Yet, we acknowledge that the guidance could change, and that we may need to be prepared to make adjustments again for public safety if warranted. We are prepared to be flexible, and we appreciate all our Owners for their continued support and willingness to roll with the changes and challenges we face together.

WE CONTINUE TO OFFER MASKS AND CURBSIDE/ DELIVERY SERVICES

If you are not vaccinated and forgot your face covering to come to the store, or if you would simply be more comfortable wearing a face covering for your own safety or (for example) to promote wearing face coverings to children or others who cannot be vaccinated, please stop by customer service; we still have disposable face masks complimentary for your use while you shop.

Would you prefer to avoid coming into the store at all? We still have you covered! Visit www.willystreet.coop/curbside to learn the delivery and pickup options available to you. Your delivery or pickup can be contactless too.

ACTUAL STORE OCCUPANCY REMAINS LOWER THAN CAPACITY ALLOWS

Since we lifted our capacity restrictions in tandem with the rescind of the local public health emergency, we've been monitoring our store capacity levels. Even at peak times, the occupancy levels currently trend at all three locations between 36-56% of the capacity of the retail footprint. We measure occupancy as the maximum number of employees that may be staffed at one time plus the number of customers who enter and exit the store counted by our SafeCount monitoring system. Our maximum occupancy capacity is calculated at 60 square feet per person. While we are still seeing fewer transactions than we managed pre-COVID at all three locations, they are closer to pre-COVID transaction levels, and we do not anticipate that any retail location would face the likelihood of reaching maximum retail capacity.

Interested in keeping your distance? You can see how busy the stores are by visiting www.willystreet.coop and looking at how busy we are in real time where the store locations and phone numbers are listed. If you are planning ahead to shop, you can check our Google Business listing to find both popular and unpopular times to shop.

- East: <http://g.page/WSC-east>
- North: <http://g.page/WSC-north>
- West: <http://g.page/WSC-west>

THANKS FOR PLAYING IT SAFE

It's a testament to our community that we are at this turning point. The weight is lifting thanks to our steadfast commitments to each other's health and that is reason for hope. We mourn for the loss and sacrifice we and our families and friends have experienced and endured during this wrenching year and a half, and are humbled by our collective ability to hold each other up, evolve, and continue moving forward. It's because of you that we have progressed through the hard times and will continue to progress. Thank you for playing it safe, and continuing to cooperate with each other. The news improves slowly but surely, and here's to hoping for even better news in the coming months ahead.



by Ben Becker, Newsletter Writer

Summer in Wisconsin offers a multitude of unique opportunities for recreation. From the geologic wonders left undisturbed by the age of glaciers, to the majesty of the north woods and the Great Lakes beyond, our state boasts so many marvels to be enjoyed by the outdoor enthusiast. Yet whether you're the heartiest of thru-hikers, or your idea of adventure lies no further than your backyard barbecue, making necessary preparations can help to ensure that your plans end in success, whatever they may be.

DIFFERENT TYPES OF CAMPING

Definitions of camping vary wildly. For those with memories of scouting expeditions from their youth, expectations may center on a modest pup tent and meals cooked over a campfire. On the other side of the spectrum is "glamping," usually requiring the movable but solid walls of a recreational vehicle or trailer. Glampers may bring the kitchen with them, foregoing the trials and tribulations faced by those who cook over coals. Somewhere in between is car camping. While car campers might pitch a tent and sleep outdoors, they are usually never far from the road they drove in on and, when camping in state parks, often have access to water and bathrooms.

BARE NECESSITIES

These bare necessities ensure an experience that is usually more convenient and cleaner, if perhaps a bit less rugged. Car camping also has several other advantages over a backpack trip in terms of the planning and gear requirements. Car campers can enjoy conveniences such as larger, more spacious tents, chairs to sit and relax in around the fire, and coolers in which to store perishable foods or just to keep their favorite beverages at a refreshing temperature.

While a heavy investment in gear, equipment or vehicles can bring most of the comfort of home into an outdoor setting, there are still some basic things to remember which can enhance your experience, no matter your level of insulation or isolation.

Bugs

When putting together your pack

list, be sure that repellent is bold and underlined at the top of the page.

When using spray, you will want to target exposed areas of the skin and around your ankles. Many conventional bug repellents use DEET as their active ingredient, which is effective but has toxic properties. For those who prefer a more natural alternative, you might employ incense sticks designed for this purpose, such as the Nantucket Spider brand. Garlic, that most pungent and wondrous of alliums, also has natural repellent properties which can be effective against flying insects. The Co-op carries other more natural, DEET-free bug sprays such as All Terrain's Herbal Armor.

When camping near bodies of water, wetlands, or after a rainstorm, mosquitoes and blackflies can be an especially pesky nuisance. Even if the weather is friendly, the romantic experience of sleeping out under the stars without a tent or shelter can leave you exposed to these irritating critters. A simple mechanical solution is to set up mosquito netting to help you enjoy a more restful sleep.

An increasingly dangerous threat to your wellbeing is the growing population of deer ticks. Often hard to spot, these parasites are thick within the deep woods, especially off the beaten path. You will need to be vigilant in checking for and removing ticks from your body. Ticks have small heads relative to their body which need to be completely removed using a tick key, or by flipping them upside down with the edge of a knife. If bitten, should you begin to display symptoms of Lyme Disease such as a rash, joint aches, and flu like symptoms; seek treatment right away. If caught early, Lyme Disease is easily treatable, but left unchecked it could

result in permanent complications for your health.

Toilet Paper

In addition to protection from insects, there are several other must-haves that will make your camping experience much more enjoyable. Bringing a supply of extra toilet paper can make your morning constitutional feel a bit more civilized. Of course, you should also bring a small trowel along with you to bury all of it should you find yourself away from the necessary facilities.

Towels & Towelettes

Another valuable item to have along after an unexpected rain or a quick dip in the lake is a small, super-absorbent towel. These items are usually available from outfitters and are much easier to carry than your standard bath towel.

Caring for your hygiene will help you to stay comfortable in the woods and make your experience more enjoyable. With this in mind, you won't want to find yourself without a supply of moist towelettes or cleansing napkins. These can be very handy for cleaning and disinfecting your hands and face, or any other body parts that may need it.

Plastic Bags

Of course, some small plastic bags can also be of use as well. Their light weight and packability will make them easy to carry, but they can also help to provide some level of water repellent for food or other items you need to keep dry and are particularly handy for hauling out material waste from your campsite to ensure that you leave no trace.

Rain Flies & Tarps

If you do plan to pitch a tent, you can make your temporary shelter more comfortable by ensuring that you have a rain fly, a ground tarp, or other ground

cover, and a sleeping pad. While hot weather will make a better-ventilated tent more livable, having a correctly attached rain fly above you will reduce the likelihood of waking up cold and soaked from a summer storm. A tarp or some other ground cover set up under your tent floor will not only add another layer of insulation to your shelter, but will preserve your tent from wear.

Sleeping Pads

Anyone who has ever slept on the hard ground knows the stiffness and discomfort a sleeping pad can alleviate. While an inflated air pad may be suitable, you should favor an eggshell foam design to ensure the most comfort short of hauling a cot with you.

FIRE

Of course, no camper is fully prepared without a supply of matches and or other ignition devices. For the experienced fire builder, using just one match to get their campfire to full blaze is often a point of pride.

Outfitters often sell a variety of premium fire-starting tools such as waterproof matches or other materials that burn hot and are easy to ignite; however, you can generally make do with an affordable strike-on-the-box variety available at regular retail stores. Be sure that when you pack your matches, you keep them secure and dry by storing them within a sealed plastic bag within your pack.

Tinder & Kindling

Before you light anything, you will need to gather small tinder and kindling to act as your initial fuel source. Wood shavings, dry leaves, and pine needles especially are very effective, but you can use some spare newspaper if you are in a pinch. If you want to make it easy on yourself, prepare firestarters at home by compacting scraps of paper into small scrolls and dipping them into melted candle wax. Easy to light, these handy crafts will burn quickly with enough heat to build up your blaze without the frustrations of generating those first small sparks.

Gradually work your way up to a blaze by adding small twigs, followed by branches of increasing diameter until you have sufficient heat to add logs.

Fuel

When collecting fuel, you will want to avoid any wet or damp material that will burn poorly and create noxious smoke. Your best strategy to gather dry material while preserving local flora after heavy rain is to search for hanging deadwood. This material can be found suspended from the trees, is easy to remove without much effort, and is dry enough to snap cleanly, and is free of flexibility or greenness.

Cautions

If you are purchasing firewood, be sure to buy it when you arrive at your campground, as invasive insects can often hide in wood carried in from distant locations. Most importantly, you will want to respect the danger that fire can pose to yourself and your surroundings, so take care to refrain from adding metals and toxins which can release harmful chemicals, and always extinguish your campfire completely with water and dirt before you leave your site.

COOKING OUTDOORS

When you know what you're doing, a campfire is not only a welcome source of heat, but a natural gathering place for friends and family to enjoy. However, no one in your party is likely to have a very good time if you don't keep them well-nourished. When cooking outdoors, some will employ a wealth of equipment to ensure a gourmet experience, while others might shell out for expensive, freeze-dried meals they can pack with them. Just because you are using less fancy methods such as a campfire or a grill doesn't mean your meals should lack flavor. Relying on some simple techniques (and some seasoning) can go a long way to raising your open-air gastronomy game.

When cooking over a campfire, most think their options are limited to some charred frankfurters and a can of baked beans. Yet, with a bit of gumption, a campfire makes for a ready hearth that will lend itself to a hearty meal.

S'mores

There is nothing quite so synonymous with a fire ring as the ever-popular s'more. Yet as any five-year-old with a stick can tell you, roasting a marshmallow to golden brown perfection is no easy feat. The trick to getting that billowy yet crispy consistency without erupting into char involves building your fire just right. Instead of striving for that picturesque blaze, you will need to forego large logs in favor of a generous supply of smaller branches. Unlike larger chunks of wood which will burn slowly and create a large amount of ash, converting your fuel into hot coals will create a source of steady heat with less flame, that will evenly cook your marshmallow without risk of it being engulfed.

Once you have achieved optimum gooeyness, why not mix it up by substituting your milk chocolate with a darker variety or one containing caramel? Or, spread some peanut butter on your graham cracker for another layer of richness.

Pie Irons

If s'mores are played out, bring along a few pie irons for an easy-yet-tasty dessert alternative. Just butter the

outsides of two pieces of bread, and sandwich a bit of canned pie filling or other fruits between them, and flavor with a sprinkle of cinnamon. Pie irons can also make for an easy pizza pocket by swapping out the fruit for tomato sauce, cheese, some pepperonis, and

for preparing French toast. Alternatively, you could use similar ingredients while avoiding some of the fuss to make toads in the hole! Just poke a few holes in your bread before you lay it in the pan, then fry your eggs within the center of each slice.



other toppings. Just be sure your equipment is made from some quality cast iron, as cheap molds can often melt right off the handle.

Tin Foil Packet Dinner

Another easy campfire option with minimal clean-up is a tin foil packet dinner. Simply combine a portion of ground hamburger with a high-fat content or perhaps some ground sausage, some chopped onions, cut potatoes or other vegetables, and wrap them tightly into an aluminum foil envelope. For best results, add cheese or seasoning salt. You can cook your packet directly on the coals and eat straight out of the foil. Just be sure that your protein is fully cooked for safety, or if meat isn't your thing, just swap it out with any vegetable-based oil that boasts a high smoke point.

Cast Iron Skillet Meals

If pack weight isn't an issue for you, campfire cooking possibilities abound when you carry in your cast iron skillet. So long as you properly care for them with proper cleaning and seasoning (never use soap and avoid unnecessary exposure to moisture) you are likely to count this cookware among your most treasured personal property. Start your day by frying bacon before you crack a few eggs into the sizzling liquid remaining in the pan. Cast iron is also excellent

Canned Foods

Just because you are without a cooler doesn't mean you can't have animal protein. Bring along a few cans of chicken, tuna, or perhaps even sardines to enrich whatever you've got stewing.

Coffee

If you need a morning caffeine fix without a French press, you don't need to limit yourself to instant coffee. Pack in some loose-leaf tea bags along with a container of your favorite oolong variety, or use the bags as a filter for a coffee grind from your favorite local roaster.

Ready-to-Eat Foods

Whether parked at the campsite or out on a long hike, sometimes cooking can be more effort than it's worth, especially if all you need is a light snack. In either case, picking up some dry ready-to-eat foods from the Co-op's Bulk aisle will be perfect for eating on-the-go. Carry some dried fruits, such as raisins, dried cranberries, or banana chips. If you are looking for something chewier but still sweet, don't shy from dried apricots, mango, papaya, or pineapple.

For other dehydrated staples, you might even be daring enough to chomp down on some fruit leather or enjoy the reliable sustenance beef jerky can provide. You can stay well fortified by stocking up on your favorite nuts, or by selecting from the many mixes of granola available including blueberry and gingersnap. Many hikers like to have their favorite trail mix along with them, such as GORP, or add the sweetness of dark chocolate chips or carob nibs.

Bear-/Animal-Proofing

Be sure to keep your leftover food and packaging carefully stored in a bear-proof container or hung far from the campsite to avoid any hungry scavengers from showing up unannounced.

RELAXING IN NATURE

Whether your weekend respite occurs along the shores of Mirror Lake, beyond the waters of Chequamegon Bay, or just outside your own backyard, employing new techniques and menus is sure to keep your time out of doors comfortable and satisfying. Take some time to brush up on your wilderness or barbecue skills, and don't forget to try some new snacks along the way. With a full belly, some dry feet, and a safe distance between yourself and any nasty insects, you are sure to experience all the relaxation nature has to offer.

Jet Boils

Should you find yourself in the back country without a fire pit carrying a small miniature stove such as a jet boil can allow for some creative meals without needing overpriced meal kits. A clean water supply combined with rice, lentils, or pasta can ensure a hearty meal on the cheap. If you are a true dirtbag explorer at heart, bring a few packs of ramen that you can mix in with whatever other foods you have and you're sure not to run out of money or flavor.

In these times, having the right home for you and your family to stay safer at home is our priority. We are all in this together, we are here and we care. Be well.

Powerful Results. Real People.

www.LauerRealtyGroup.com | 608.467.3220



COMMUNITY SHARES OF WISCONSIN STILL STANDS WITH THE BLACK LIVES MATTER MOVEMENT.

When you say YES to Community CHIP® at the Willy Street Co-op, you'll donate 1% of your grocery bill at the register and help us raise hundreds of thousands of dollars for nonprofits working for social change.

Your contributions to Community CHIP® were a part of the community support for member nonprofits who organized last summer's BLM demonstrations including Dane County TimeBank, Freedom, Inc., and Urban Triage.

Save the date! Community Shares of Wisconsin's 50th Anniversary Celebration and Community Change-Makers Awards will be held in person and online on September 23.

COMMUNITY
CHIP
COMMUNITY SHARES OF WISCONSIN

COMMUNITY
SHARES
OF WISCONSIN
50 YEARS

communityshares.com

ADVERTISE IN THE READER

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

RECIPES

Baked Szechuan Tofu with Ginger Green Beans

Adapted from www.san-j.com.

An easy Asian-style dish that is almost as fast as take-out!
Prep 10m; Cook 35m; Serves 4

- 1 lb. firm tofu, drained and cut into 1" cubes
- 7 tsp. San-j Szechuan Sauce, divided use
- 1/2 lb. fresh green beans, cleaned and trimmed or 10-oz. pkg frozen green beans
- 1 tsp. vegetable oil
- 2 cloves garlic, thinly sliced
- 1 Tbs. fresh ginger, minced
- 3 c. hot, cooked brown rice

Directions: Pour the 2 tablespoons Szechuan sauce into a non-reactive mixing bowl, add the tofu cubes and toss gently until coated. Cover and marinate in refrigerator for about 30 minutes. Preheat oven to 375°F. Transfer the tofu to a lightly oiled baking dish and bake 30 minutes, stirring once. Meanwhile steam fresh green beans until just barely tender. Rinse them with cold water to stop the cooking and drain very well. If using frozen beans defrost and drain well, do not steam. Heat a large skillet or wok; swirl in the oil and add the garlic and ginger. Stir-fry a minute or two until soft. Do not let the garlic brown! Add the baked tofu and steamed green beans to the skillet and toss to mix. Add the remaining teaspoon of Szechuan sauce and toss to coat beans and tofu. Heat through and serve over brown rice.

Dilly Beans

Adapted from *Moosewood Restaurant Cooks at Home*.

This quick version of dilly beans does not require canning, but keeps in the refrigerator for about four days.
Prep 15m; Cook 20m; Serves 2

- 1 1/2 c. water
- 3 Tbs. dill
- 1/3 c. cider vinegar
- 2 c. green beans, trimmed
- 2 cloves garlic, minced
- 1/4 tsp. crushed red pepper flakes
- 1/2 tsp. sugar
- 1 tsp. canola oil

Directions: Bring the water to a boil in a saucepan; add the beans, cover and reduce the heat. Cook 3-5 minutes; the beans should still be bright green and just tender, but not soft. Drain well and turn into a serving bowl. Add the dill and mix. In a saucepan, combine the remaining ingredients through the sugar and bring to a boil over high heat. Simmer for two minutes, then pour the hot dressing over the beans and mix well. Add the oil if desired. Let the beans stand for 10-20 minutes to allow the flavors to meld.

Blueberry Crisps

Adapted from www.saveur.com.

These delicious little blueberry pots topped with a yummy crumble are so easy to make! Serve with creme fraiche or vanilla ice cream.
Prep 45m; Cook 40m; Serves 6

- 14 Tbs. sugar
- 6 Tbs. flour
- 1/4 c. rolled oats
- 1/4 c. light brown sugar
- 1/4 c. walnuts, chopped
- 1 tsp. lemon zest
- 2 tsp. lemon juice
- 3/4 tsp. vanilla extract
- 1/2 tsp. salt
- 1/4 tsp. cinnamon
- 4 Tbs. butter
- 4 c. blueberries
- 2 Tbs. cornstarch
- 2 tsp. brandy
- creme fraiche
- vanilla ice cream

Directions: Preheat oven to 350°F. Place four 6-oz. ceramic ramekins on a baking sheet lined with parchment paper. In a medium mixing bowl, mix together 6 Tbs. of the sugar, the flour, oats, brown sugar, walnuts, lemon zest, 1/4 tsp. of the vanilla extract, and the cinnamon. Use your

fingers to work the butter into the flour and sugar mixture until crumbly. Place the crumble topping in the freezer to chill for 30 minutes.

In a large bowl, combine the remaining 8 tbsp of sugar with the salt, lemon juice, and the last 1/2 tsp of vanilla extract. Stir in the blueberries, cornstarch, and brandy. Divide the berry mixture between the ramekins, then top each ramekin with the crumble topping. Bake until the topping is browned and the berries are bubbling, about 35-40 minutes. Serve with creme fraiche or a scoop of vanilla ice cream if you'd like.

Fiesta Zucchini

Adapted from *Bon Appetit Magazine*.

This easy skillet dish will use up some of summer's bounty of zucchini.

Prep. 10m

2 Tbs. olive oil

1 lb. zucchini, quartered lengthwise and sliced in 1/2-inch pieces

3 cloves garlic, minced

1/4 tsp. dried oregano

1 c. corn kernels, fresh or frozen (defrosted)

1/2 c. salsa of choice

1/2 c. shredded Monterey jack cheese

Directions: Heat olive oil in heavy skillet. Add zucchini, garlic, and oregano and sauté 2 minutes. Stir in corn. Add salsa and bring to a boil. Reduce heat and simmer until zucchini is just tender, about 5 minutes. Sprinkle with cheese, cover, and let stand a few minutes until cheese is melted.

Zucchini Bruschetta

From *Willy Street Co-op*.

A lovely way to use oh so plentiful zucchini!

Prep 20m; Cook 15m; Serves 4

2 cloves garlic, minced

1 Tbs. olive oil

1 zucchini, chopped

1 loaf Italian bread

Parmesan cheese, to cover
rosemary leaves, minced

Directions: Cook the garlic in the olive oil, add the zucchini when the garlic gets some color, cook until it's tender. Place it on top of the Italian bread slices. Spread the cheese then the rosemary on top of it and bake it in hot oven until the cheese has melted and the bread is toasting a bit. Serve it with red wine as an appetizer.

Penne Pasta Salad with Zucchini, Chickpeas, and Olives

Adapted from www.feedmephoebe.com.

Serve with an herby, lemony salad for a satisfying meal, or serve as a side dish alongside something grilled. Try using gluten-free pasta!

Prep 10m; Cook 20m; Serves

1 lb. zucchini, sliced

1 c. chickpeas, cooked

1/2 c. kalamata olives, roughly chopped

2 Tbs. red wine vinegar

1 c. fresh basil leaves, coarsely chopped

1/2 c. flat-leaf parsley leaves, coarsely chopped

1 clove garlic, minced

1 lemon

1 lb. penne pasta

Directions: Heat a large, heavy skillet over high heat. Coat the bottom of the pan with a thin coat of olive oil. In batches, arrange the zucchini in a single layer in the skillet. Cook, undisturbed, until they begin to brown, 1-2 minutes. Flip the zucchini over, and continue to cook until golden brown and very tender. Use a slotted spoon to transfer to a large bowl. Repeat with remaining zucchini, adding more oil if needed.

Reduce heat to medium-high, and add the chickpeas and olives. Sauté about 2 minutes, until the chickpeas begin to brown, and the olives are fragrant. Transfer to the bowl with the zucchini. Drizzle with the vinegar and add 1/2 teaspoon of salt. Toss to combine and set aside.

Cook the penne in a large pot of boiling water according to package instructions. Drain and set aside.

Place the basil, parsley, garlic, lemon zest and juice, 2 tablespoons of olive oil, and 1/2 teaspoon of salt in the bowl of a food processor. Purée until smooth. Add it to the bowl of zucchini, chickpeas, and olives. Add the cooked pasta to the bowl, and toss to incorporate the vegetables and coat everything in the herb sauce. Serve warm, at room temperature, or cold.



SARA

Nantucket Spider Insect Repellent

Nantucket Spider offers a variety of natural, DEET-free insect repellents made with essential oils. They are effective, smell wonderful, and they are safe for humans. There's even one especially for dogs which repels both mosquitoes and ticks!!! Protect yourself and your best friend (your dog) this summer while you're out

hiking or camping or rolling around in the grass. If you would prefer not to apply an insect repellent to you skin or cloths, don't worry, Nantucket Spider has that covered too. They have Outdoor Garden Incense Sticks which you can place strategically around your yard to protect you from mosquitoes and flies. Keep those unwanted insects 'socially' distant from you this summer while you gather with your friends and/or family!



VERONICA

Nuun Lime Electrolyte Tablets

It has more electrolytes than name brand sports drinks like Gatorade, is made with natural sweeteners, does not contain any artificial colors, and it gets added to about 16 ounces of water for consumption so it helps you intake more fluids. Nuun

Electrolyte Tablets are perfect for staying hydrated on hot summer days. They also taste pretty good and add slight carbonation to the water.



KRISTI JO

MamaP Bamboo Toothbrush

MamaP is a purpose-led health and wellness company. Womxn-founded and minority-run, they strive to makes choices that will make Mama Earth proud by sourcing sustainable

products for every day life that also give back to our communities and planet. Pick a color, choose a cause! 5% of each toothbrush sale goes to one of the following causes: Red = Planned Parenthood; Yellow = Save the Bees; Green = Support Mental Health causes; Blue = Conserve the Oceans; Rainbow = Equality for LGBTQ+.



**STORES CLOSING EARLY
AT 4:30PM ON JULY 4**



AMANDA

Ultima Replenisher Electrolyte Supplement

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



KELSEY

Klean Kanteen Water Bottle

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



TARA

Weleda Skin Food Body Butter

If you've ever tried Weleda's Original Skin Food Moisturizer and thought, wow this is amazing but kinda on the thick and greasy side, then their new body butter is for you! It's made with simple ingredients, deeply moisturizing, easy to apply and has a subtle fresh scent that I find really nice. I really dislike a moisturizer that's oily or greasy, and this is neither! My new go-to!



JESSE

Untitled Art CBD Water, All Varieties

A light, refreshing, subtly flavored sparkling water with a little something extra. It's a bit pricier than Klarbrunn or La Croix, but now those just feel like pale substitutes. All the flavors are good, but the Blackberry is my favorite. I like to treat myself to these during a hectic day at work or in the evening before I go to bed.



Josie's Organic Chopped Salad Kits, All Varieties

These kits are always good to have handy! So delicious and flavorful with their bevy of ingredients, that they could almost be a whole meal on their own. I feel if I were to try and recreate these salads by hand, I'd spend too much money and a lot of the ingredients would go to waste. Such a time-saver, too.



MOURNING DOVE

Purple Sweet Potatoes

Purple sweet potatoes have been taking center stage in my smoothies lately. A

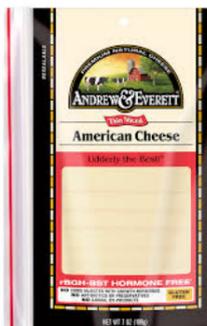
smoothie bowl made with purple sweet potatoes and frozen bananas and topped with strawberries and blueberries is a beautifully vibrant, creamy, delicious treat!



CAITLYN

Andrew & Everett White American Sliced Cheese

I've got a big soft spot for American cheese and this one is on top of the list. All of A&E's milk comes from grass-fed Wisconsin cows. Upgrade that grilled cheese or burger today.



LAURA

Saffron Road Chicken Tikka Masala

You know how in most frozen dinners with meat, you get maybe two or three pieces? Saffron Road's dinners are NOT one of those! In every dinner I've had, there has been an ample portion of meat. Plus, they are downright delicious and you can't go wrong with Chicken Tikka Masala!



GRANT

Wisco Pop! Ginger and Grapefruit Sodas

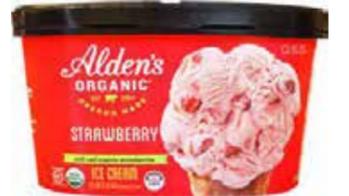
If I'm drinking a soda, I'm drinking a refreshing, ice-cold Wisco Pop! You can't beat natural cane sugar and the ingredients are so fresh and real you can see them settle at the bottom of the bottle. Tastes like summer. Truly a treat!



DADDYDEAN

Alden's Organic Ice Cream: Vanilla, Double Chocolate, Mint Chip, Strawberry

My husband and I love this brand of ice creams! We regularly work through most of the line with these flavors above getting the most frequent rotations! They are rich and creamy and for some reason, I do not need to eat a Lactaid tablet when I eat them!



KATIE

Lundberg 5 Grain Thin Stackers

You know that mid morning/afternoon my blood sugar is cratering time? These rascals can help. They are a great vehicle for transporting needed protein, as in hit them with some almond butter, or a slice of avo and you experience great taste, crunch and whole grains. Winner, winner.



EVAN

Field Roast Mini Corn Dogs

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



ABIGAIL

Willy Street Co-op Juice & Coffee Bar's The Green C Juice

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

Kettle Brand Chips Krinkle Dill Pickle Chips

I LOVE dill pickles, and ever since I was a little girl my favorite savory snack that came in a bag has been dill pickle chips. Kettle Brands' version is delicious! The krinkle cut of these chips bring an extra crunch factor and the dill seasoning can get in those little crevices for maximum flavor. You'll often find me with a opened bag of these. (But good luck trying to get me to share!)



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



DUSTIN

Bhuja Snack Mix

This is the perfect blend of sweet and salty. Plus it's gluten-free and vegan!

Pabst Blue Ribbon

It won a blue ribbon!



BENJAMIN

Luna Caramel Walnut Brownie Bar

This bar is chocolatey and delicious! It reminds me of eating a candy bar except that it has eight grams of protein. I love to pair it with a banana for the perfect afternoon snack.



Ember Foods Samosas with Chutney

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

Bell's No, Yeah Easy-Drinking Golden Ale

This is the perfect summer beer! Sometimes I get tired of all the heavy IPAs and just want something tasty and light. This beer fits the bill! I appreciate that its ABV is only 4.5% while other beers ABVs are trending higher. I also love the, fresh design and funny midwestern phrases on the can. Bells can do no wrong in my book! Available at North and West.



DAN

Sensible Portions Garden Veggie Chips

First off, these taste like Pringles. So the brand name is a misnomer as you will eat far more than is sensible. Generally I will finish off a quarter can while making dinner, and my wife will eat alone because I am full. Sensible.



JAMES

Chocolate Shoppe Zanzibar Chocolate Ice Cream

If you're a fan of chocolate ice cream but have never had this particular flavor by Chocolate Shoppe, you are SERIOUSLY missing out! Regular chocolate ice cream doesn't even compare to this stuff. Zanzibar is on a whole new



level of chocolate and once you have it, you'll have a hard time ever going back.

Epic Bars

These meat bars are really one-of-a-kind when it comes to flavor, texture, and price! I opt for them over traditional jerky almost always. They have a good amount of chew to them but with the benefit of not getting stuck in your teeth as much as thin, dry jerky. I find that they are a great addition to camping and hiking trips and anytime you just need something quick while on the go!



FORREST

Willy Street Co-op Ranchero Salad

This is a perfect light lunch or dinner. Great base of greens topped with seeds, cheese, and salsa. The housemade ranch dressing brings out a melody of flavors.



MELISSA

Willy Street Co-op Vegetable Spring Rolls with Spicy Peanut Sauce

I love fresh spring rolls. Our Co-op spring rolls are made with the same quality organic vegetables you'll find in our Produce section, then stuffed with soft rice noodles for a chewy complement to the crunch of the fresh veggies. And then we have the sauce. This stuff is so good I'd eat it on almost anything. Sweet, savory, and slightly spicy, this stuff is seriously delicious. They make a great appetizer to a grab-and-go lunch at the Co-op! I'm actually eating these as I type this.



JACK

Cedar Roads Cheese & Onion Hot Dogs

Don't tell the entire state of Wisconsin I said this but one go-around with these and you may never have another brat again. Available at North only.



COLIN

Fox Heritage Beer & Cheddar Bratwurst

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



MEGHAN

Niman Ranch Snack Pack: Pepperoni, Provolone and Dark Chocolate Almonds

This is the perfect protein-filled snack. The meat and cheese pair well together, and the chocolate-covered almonds add a little sweetness which is always welcome!



HALLIE

Cesar's Queso Fresco

This cheese completes me! Perfectly salty and crumbly in texture. AMAZING on pretty much anything, but especially perfect on sweet corn or tacos. Available at North and East.



EMILY

Door County Cherries

These little beauties come to us from Door County, Wisconsin, and the window of their availability is pretty small, so I stock



up! While at their peak, I buy a bunch to pit and freeze for later use (think pies and other baked yummys).

Kohlrabi

Who would've thought that a spikey green bulb would be so tasty? I'm glad someone did, because kohlrabi sure is a tasty veggie. I like to slice it thin and sprinkle it with a little bit of fancy Maldon sea salt. It's also an easy addition to a salad or as a slaw.



Gardening Essentials
Seeds-Mulches- Soils
Planters, Tools & more
Live herbs, veg & annuals
Plus Mower & Tool Sharpening

ACE Hardware Center
 1398 Williamson St. 257-1630
 acewilly@tds.net

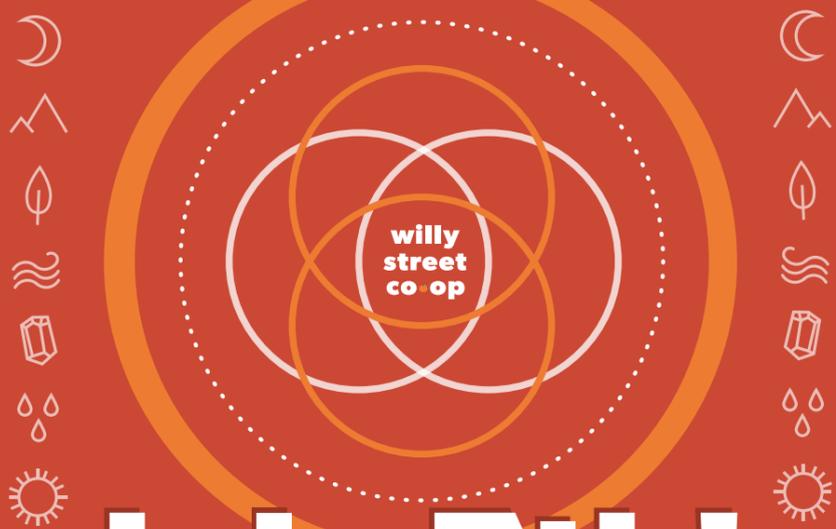
ATTORNEY
PAUL O'FLANAGAN

Coop member,
PROGRESSIVE & LOCAL
LAW FIRM OFFERING:

WILLS, TRUSTS, TAX,
 ESTATE PLANS, PROBATE,
 GUARDIANSHIP & FAMILY
 ASSISTANCE TO FOLKS
 AT REASONABLE COST.
 FREE HOUSE CALLS.

CALL: 608-630-5068

Wellness Wednesday is back



July 7th!

OWNERS GET 10% OFF Wellness & Bodycare items
the first Wednesday of every month!

Wellness & Bodycare includes:

- 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
- Antioxidants
- Amino Acids
- Water Filtration Products

BETHKE
HEATING & AIR CONDITIONING, INC

EMERGENCY SERVICE 24/7
251.2222

- Furnaces • Boilers
- Air Conditioners • Humidifiers
- Duct Cleaning • Maintenance Plans • Ductless Mini-Splits

FINANCING AVAILABLE

Locally Owned. Locally Operated.

BethkeHeating.com



100% FAIR TRADE CERTIFIED ORGANIC

JUST
COFFEE CO-OP

**HALF THE CAFFEINE,
ALL THE FLAVOR**

BULK HALF CAFF ON SALE

5NINES CYBERSECURITY



5NINES has been securing Madison business computers, infrastructures and networks for 18 years. Visit security.5nines.com and learn how we can protect your business from costly downtime and disaster.

security.5nines.com

Advertise in the Reader

Reach over 34,000 Co-op Owners.

Affordable rates, wide reach, excellent returns.

Discounts for non-profits, Owners and for multiple insertions.

Find info here:
willystreet.coop/advertising

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

willy street co-op

STUDIO SPARK SALON & BARBERSHOP

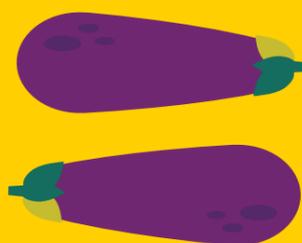
CUTS & COLOR

Elevate your style with a little spark!

STUDIOSPARK105.COM

Book online or call 608.334.4348

willy street co-op
EVERYONE WELCOME!



willy street co-op
FOLLOW US ON:

