

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
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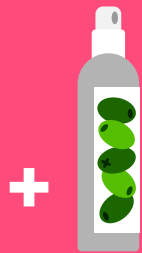
No-Oven Desserts

Orange Chocolate Almond Bars

Full recipe by Lynne Hodgman on page 20.



1. Spray an 8"-square glass baking dish generously with cooking spray.



Cooking oil

2. Place cookies in food processor and pulverize. Drizzle in melted butter, processing until it clings to the sides. Pat mixture firmly into prepared dish, cover, and freeze for 30 minutes or more.



3. Break up chocolates into heatproof bowl. Heat cream to nearly boiling and pour over chocolates. Using wire whisk, stir until chocolate is melted and incorporated into cream (you have now made ganache!). Add the orange liqueur and stir. Pour on top of crust.



4. Top with almonds, pressed in slightly. Cover and refrigerate and wait until it sets up (an hour or so).

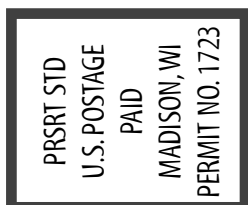


To serve, cut into small squares. Goes well with whipped cream, ice cold milk or espresso.

STORES CLOSING EARLY

All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

IN THIS ISSUE: Board Election Information; Fiscal Year End; Ice Cream Sundaes; More Local Produce in Our Prepared Foods; Staff Picks; and MORE!

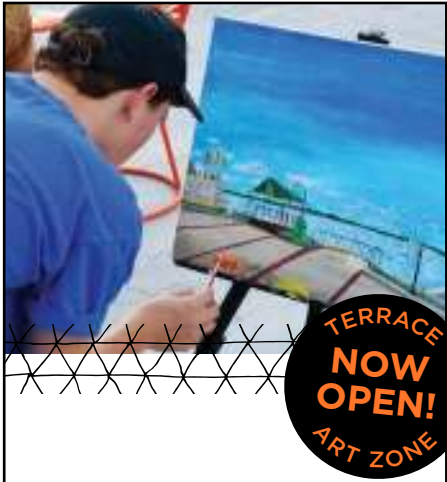


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READER

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

SUBMISSIONS

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

CUSTOMER SERVICE: EAST: 608-251-6776 WEST: 608-284-7800 NORTH: 608-709-5445

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: 7:30am to 9:30pm, every day

East Juice Bar: 7:30am to 6:00pm; West Juice Bar: M-F: 7:30am-7:00pm

& Sat-Sun: 7:30am-6:00pm.

Deli: 7:30am to 9:00pm

Seafood Center—East and West: Monday—Saturday, 8:00am to 8:00pm; Sunday,

8:00am to 6:00pm.

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

Holly Fearing, President
Holly Bender, Vice President
Mike Martez Johnson
Miguel Zamora
Dave Pauly
Jess Pernsteiner
Patricia Butler
Bruce Slaughenhaupt
Mike Engel

BOARD CONTACT INFO:

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

BOARD MEETING SCHEDULE

ALL MEETINGS BEGIN AT 6:30pm UNLESS OTHERWISE NOTED

July 18th: Regular Board Meeting and Election Special Session
August 15th: Regular Board Meeting

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CUSTOMER COMMENTS

Write Us!

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

FOOD WASTE

Q: As a member of the food waste task force, a committee made up of members from the Dane County Food Council and the Madison Food Policy Council, it is encouraging to see the coop highlight the problem of food waste [See Ben Becker's May's article "Food Waste" <http://tinyurl.com/17v2s24>]. With the incredibly large numbers put forth in the article, it can be a bit staggering to think that a single individual can make a impact. One person can. We have enough food in Dane County that no one need go hungry. The number one barrier by far is the 'people power' needed to get food from the point where it would have turned into waste to where it can be eaten by a person in need of food. If we can get people to volunteer as little as 2-3 hours a month, the results can be amazing. There is help needed in all aspects of food recovery: gleaning from farmers' fields, food pantry help, repackaging prepared food in licensed kitchens, transporting food from A to B, developing policy and help enacting changes in the system, etc. The list is endless. Everyone has the talent to help somewhere. Please help, it is invigorating and satisfying. -Bill Warner Dane County Food Council chair, Snug Haven Farm

A: Thank you so much for providing the additional ways one person can make a difference. We appreciate it! -Liz Wermcrantz, Editor

MULTI-UNIT AND COMMERCIAL BUILDINGS COMPOSTING

Q: [Editor's Note: This is in response to Charity Bingham's article "Common Ground" in April's issue of the Reader (<http://tinyurl.com/lqed2pq>).] The challenge faced by multi-unit dwellings (and commercial buildings housing kitchens) is a step beyond simple "do the right thing" advocacy. If the Coop stands by her recommendations, a huge segment of member/shoppers are being overlooked. These folks may want to compost but either:

1) Don't have a garden space in which to do so;

2) Are not aware they could en-

courage building management and condo associations to investigate options.

3) Uninformed about commercial, household pick-up services like Earthstew and City of Madison Recycling Office's (limited area) Compost Collection Program, to name only two;

4) Thinking it should be a no-brainer, as easy as other types of recycling.

An Urban Land Interests representative has discussed with me offering compost service for Block 89's multiple kitchens, but the logistics and expenses are daunting so far. On the other hand, one solution, City of Madison Streets Compost Program, is practically dormant due to lack of public demand. I realize this type of advocacy may be beyond The Coop's scope, but with the amount of space devoted to the April article, members deserve to be informed further.

Completely viable for curbside residential and small volume production kitchen pick ups, Madison's several years-old Streets Division Compost Program is growing very slowly due to lack of political will, resources and public interest. It now collects from a limited number of restaurants and bakeries. Other haulers provide such services to groceries and Brat Fest under certain conditions. These solutions can only become more available with demand!

A: Thank you for the input and for outlining some ways people in multi-unit or commercial buildings can make a difference! Take care, Liz Wermcrantz, Editor

MAMA, PAPA AND BABY BEAR BAGS

Q: I always bring plenty of reusable grocery bags and I do appreciate help with bagging, especially when I'm shopping for a whole week. But often I repack before I even load the car when some of the bags are much heavier and fuller than others. That makes it hard to carry and sometimes means that items fall out of the bags on the way home. Today I came home with a Papa Bear bag (20lbs maybe?), a Mama Bear bag, and a Baby Bear bag (a loaf of bread and 2 other small items). Can you please train your baggers to look over the whole load and try to make each bag a reasonable weight? Some of us older folks may look fit, but it's not as easy to carry a heavy bag as it used to be. By the way, when I bike I always pack my own bags because I don't expect everyone to understand how to balance the weight for a bicycle.

A: Thanks for sharing your feedback. You're right, it can be challenging to carry your groceries when they are unbalanced, or when one bag

is really heavy. I have shared your feedback with our Front End managers at East, North and West so that we can provide a reminder to those bagging to be more mindful of this in the future. Please let us know if there is anything else we may do for you! Enjoy the week! -Kirsten Moore, Director of Cooperative Services

WORKERS' RIGHTS

Q: Hey, guys! I have a little question about your canned tomatoes. In the Summer and Fall we usually grow our own, but during the cold months canned tomatoes are more convenient. Unfortunately, I know that a great deal of tomatoes these days are picked by underpaid immigrants- some of them quite literally slaves (I do know that there are also some tomatoes that are picked by machines).

Therefore, I'd be interested in any information you could give me on the workers' rights ethics behind any of your canned tomato brands. Now, because consumers are only just waking up to this issue, this information can be hard to dig up (I've tried a little myself and just reached dead ends!), but if you could pass on whatever you know that would be great.

Thanks so much again for all the incredible work you guys do! ;)

A: Thanks for writing! I'm afraid I don't have a ton of detailed information about the working conditions of the workers who grow and pick the tomatoes for all of our canned tomato brands. As you say, it can be really hard to get past the marketing for the larger brands and figure out what is exactly going on.

Here's what I can tell you:

Muir Glen and Field Day brand organic tomatoes are grown in California. Though there certainly is still exploitation of farm workers in California, there are also a lot more laws and regulations protecting workers than in many other places; and California is in the process of increasing the minimum wage for farm workers. Also, California has not had any of the high-profile tomato slavery rings that have recently been exposed in Florida. That said, to my knowledge, neither of these companies has put out any statement regarding their treatment of farm workers, so specific details are hard to come by.

Bionaturae and Yellow Barn brand organic tomatoes are both made with Italian-grown tomatoes. Italy certainly has its own share of issues with mistreatment of undocumented farm workers, many of whom come from Romania. That said, these two brands are of an extremely high quality and my guess is that they do uphold ethical treatment of their workers. Yellow Barn particularly stands out as they source tomatoes from a network of biodynamic farms, and one of the tenets of that form of

farming is social responsibility.

One brand we carry, ShurFine, is on our shelves because it offers a lower cost, non-organic option for Co-op Owners who prefer that. This is a low cost conventional brand, and it's very hard to say where the tomatoes come from or what the workers' circumstances are.

Willy Street Co-op also produces our own organically grown diced tomatoes, with tomatoes sourced from the same local farms that we work with in the Produce department. Unfortunately, this year, we did not produce enough to have a continuous supply through the winter, and all of our stores ran out about a month ago. We have a farm (New Traditions in Hillsboro, WI) lined up to grow tomatoes for us this year, in much larger quantities than we had this year, so I'm hopeful that these will be on the shelf from the fall of 2017 all the way through till the next local tomato season. I've visited this farm, and can say with certainty that the farmer, Robert, uses the best agricultural and employment practices.

I hope this is helpful information. Let me know if I can be of any more help! Best, Megan Minnick, Director of Purchasing

ORGANIC FOOD WASTE

Q: Could you please inform me what you are doing with your organic food waste? Are you recycling it?

A: Thank you for your question about food waste! We do in fact recycle much of our organic food waste through partnerships with composting services. Food waste we can recycle includes coffee and tea filters, fruits, grains, eggshells, breads and vegetables; but unfortunately, we cannot compost oils or dairy products. This waste is collected from the compost container in our Commons as well as from back-of-house operations like our Juice Bar. In part, the food waste we source to composting services will be recycled into the Purple Cow brand compost you can find at our stores. Leftover bones and meat from our Prepared Foods departments are also collected for rendering.

In addition to recycling, we strive to reduce the amount of waste we create by working to ensure that, as much as possible, the food we sell gets eaten. This includes offering many products that are in less-than-peak condition to customers at a discount. We also work with local food collection services including Second Harvest to donate our food surpluses. And, our Produce department can often provide a bag of discarded vegetable scraps to customers with hungry chickens or rabbits.

Thanks again for your question. We are always excited to share about our efforts to make the Co-op more sustainable! -Ben Becker, Executive Assistant

CUSTOMER SERVICE

Q: Customer service is AWESOME at the Co-op! I have come in with weird requests more than a few times. I've called in and received a full verbal list of everything you have locally and in season so I could design the menu for a party, I've been provided sample cups that weren't on sale for another party I was hosting, one team member stored his laptop over mine so I could go shopping without my computer in my arms. I am so grateful for how helpful the coop is, and also how easy it makes buying locally. I prioritize shopping at the farmers market and sourcing from my workshare, but the coop helps me fill in the gaps easily. I have a window of knowledge into how difficult it is to maintain a quality, consistent line of local products, and the co op does a great job. I just moved to the North side, and one of the largest draws to move here, in addition to the FEED kitchen and Warner Park, is the co op. I just love it here! Thank you for doing such an amazing job making it much easier for me to lead a healthy, sustainable lifestyle. I can't imagine the healthcare bills you are saving me and others, and all the potlucks and smiles you help make!

A: Thank you so much for sharing your Co-op experiences with us! It's great to hear that our staff has made grocery shopping more convenient for you. I've passed on your positive feedback to our Store Director at North, Jenny Skowronek and the Assistant Store Manager, Jeff Dempsey. I've also posted your comment for all staff to enjoy! Have a great weekend, and we hope we'll see you in the store soon! -Kirsten Moore, Director of Cooperative Services

KRAFT PRODUCTS

Q: please at least take out Kraft!

A: Thanks for writing! As you may know, our product mix at Willy North (and all of our stores) is based largely on the preferences of the Owners who shop there. We've received hundreds of customer requests for products (including Kraft brand items as well as other brands owned by Kraft), and we have chosen to carry quite a few of those items based on customer interest. As a consumer-owned Co-op, we exist to serve the needs of our Owners, and this is one of the most tangible ways we can do that.

That said, we do have a boycott policy in place so that Owners can join together to ask us to take certain products off the shelf. If we hear from 1% of our active Ownership that they would like us to stop carrying a product, we will open an official comment period, which may lead to an organization-wide boycott. Your comment will be counted toward that 1%.

Thanks again for writing. I really appreciate that you took the time! -Megan Minnick, Purchasing Director

FAIR TRADE TOMATOES

Q: Are any of the tomatoes carried at the coop fair trade? Thanks

A: Thanks for writing! We do carry certified Fair Trade tomatoes and other produce items when we are able to source them. Just a few years ago, the only fair trade produce item available to us regularly was bananas, but in the last few years that supply has increased greatly on a number of items including tomatoes and a few other staple crops from Mexico and Central America.

That said, there still isn't enough of a supply for me to guarantee that you will find certified fair trade tomatoes on our shelves all the time. I'd recommend looking for the fair trade certifier's certification on stickers or printed on the packaging for tomatoes.

Thanks again for writing. We'll continue to seek out fair trade produce (including tomatoes), and I'm hopeful that more and more will become available to us in the next few years. Best, Megan Minnick, Purchasing Director

LOW-INCOME PROGRAMS

Q: I want to thank you for offering programs for low-income individuals and families. Being able to shop at Willy Street Co-op and having such a wonderful variety of local and organic foods to choose from is a privilege. The food bar, bakery and all vegan/vegetarian/gluten free options are greatly appreciated. I have a hard time hearing how some people think their privileged experience is somehow ruined with the inclusion of conventional items, non-organic foods or using the bag credit to help fund the Double Dollars program. Keep doing what you're doing. It's why I joined the co-op. And yes, I will always like to CHIP.

A: Thank you so much for the positive feedback, I've shared it with all of our staff to enjoy. We are proud to continue expanding our offerings and programs to meet the needs of all the people we serve in our community.

We're even prouder to work with our many Owners who continue to support Community CHIP and also wish to contribute personally to improving food access in Dane County. We appreciate your support, your Ownership, and the kind words. Have a great evening! -Kirsten Moore, Director of Cooperative Services

WEB SEARCH

Q: The products page (<https://www.willystreet.coop/products>) has both a search bar and product navigation (on the right). When you click on say 'bulk' it takes you to a page with out the search options. Since the site is made with Drupal and the page with views it would be nice if you added the search functionality to the product pages in a particular category (like bulk) Thanks

A: Thank you for your feedback! The search feature on our website could definitely use some improvement. If you enter your search on the main Products page, results from Bulk will come up if they match your search. If you happen to know the PLU number of the bulk item you're looking for, there is a PLU search on the Bulk page.

Although we can't make any changes to the current site, it is still important to get suggestions like yours to guide development of the new site. We are going to start developing a new website very soon, and making an intuitive search function is one of our top priorities.

Thank you for your comment, and I'm sorry we can't change the website at this time! Sincerely, Ellie Habib, Webmaster

PRODUCT INFORMATION

Q: Hi there, I hope this finds you well. I want to thank those at Willy Street co-ops for providing awesome food and I have really appreciated the depth of information that staff have about what is sold there and if they don't know they genuinely look into it. This goes more for Willy West folks as that is where I shop with the exception of the occasional east side trip. I imagine the helpfulness exists in all of the stores. My main reason for writing is prompted by my baby's elevated lead levels in her blood. We have exhausted much of the tests to be done in the home, and haven't found a significant source, so we are now turning to looking at our food. we aren't looking to blame, just to find the source so we can eliminate it. I don't think from my research that organic standards require soil testing for lead or testing animals or things like eggs for lead. this is really unfortunate because it's a big deal and pretty common especially on properties with old homes and outbuildings or sites where old buildings have been burned or torn down. At this point we are pinpointing animals products because that is what our daughter consumes more regularly

and consistently as opposed to veggies. I know that eggs can contain lead and that mammals store it in fat and bones and the liver. So with that in mind we are wondering about the following products that we consume very regularly (almost daily): *M & M's soy free organic eggs *Bones (I think these come from a variety of farmers) *twisted Oaks farm (we get their pork and chicken products) *Wisconsin Meadows Beef products (bones, liver, ground) My questions for each of these farms: 1. Have you visited these farms? 2. Are there older homes and buildings (basically built before 1978) that the animals have access to or roam around (within 20 feet) 3. were there ever-older homes or buildings that were torn or burned down 4. do you have contact information for these farmers that you are able to pass along to me? (if you aren't able to answer these other questions) 5. do you know if any of them do any testing in their soils, eggs, or animals for lead or the paint of any outbuildings the animals are near? Thank you for any support you are able to give in this regard,

A: Thanks for writing—I'm so sorry you're dealing with this issue with your daughter!

We've reached out to the three vendors you mentioned. Here's what we heard back:

M & M soy-free eggs: We have never visited this farm, but we have a great relationship with Michael Miller, the owner. He said that all of their buildings are new since 1991, and there are no older homes or barns that have been torn down. He suggested that you could contact his organic certifier if you'd like to know more about the testing required for his organic certification: GOA (Global Organic Alliance).

Twisted Oaks Farm: We have never visited this farm either. Chad, the farmer, reported that to his knowledge, no animals would come in contact with any lead. The farm buildings were all built post 1978, and the house on the property is from 2008. The only metal on the farm would be galvanized gates. The water is tested every year for slaughter reasons and it comes back very pure because of all the sand in the fields. All water pipes were replaced in 2008 as well and are plastic.

Wisconsin Meadows (Wisconsin Grassfed Beef Cooperative): This is actually a cooperative of 170 Wisconsin grass-fed beef farmers. We did reach out to Rod, our contact, but have yet to hear back from him. I'll let you know when he does get back to us.

Lastly, our Meat Category Manager found this article (chriskresser.com/bone-broth-and-lead-toxicity-should-you-be-concerned) that maybe useful for you - it does a good job of outlining the research that's been done on lead in bone broth.

If there's anything else I can do to help, please let me know. Thanks again for reaching out and good luck! Best, Megan Minnick, Director of Purchasing

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GENERAL MANAGER'S REPORT

Fiscal Year End; Upcoming Elections; & More



by Anya Firszt, General Manager

The month of June can mean different things depending on one's particular vantage point. It is the month when we, in the Northern Hemisphere, celebrate the summer solstice; the month with the longest days and the shortest

nights. It is the end of the traditional school year, as well as Dairy and Alternative Dairy Month, and National LGBT Pride Month.

FISCAL YEAR END

In our case, June marks the last month of our fiscal year. It is in this month that we do our level best to complete our planned projects, and make one last push to achieve budgeted numbers before we usher in the new fiscal year. It is the month when the management team finalizes and presents the coming fiscal year's operating and capital budgets to the Finance Committee for review before forwarding their recommendations onto the Board for their review and (hopeful) approval. Busy, busy month.

Thinking back on the concluding fiscal year about to end, it was a time of great activity in which our cooperative accomplished great things. Together we opened our third retail store, Willy North! We grew sales year over year by roughly 10%, a BIG accomplishment in this era of stiff and ever-changing competition. We grew our staff to 410 and our Ownership from 31,000 to over 35,000. Nicely done.

UPCOMING ANNUAL ELECTIONS. VOTE!

Last month, I reminded you of Board member Jess Pernsteiner's "5 Reasons You Should Run for the Board!" from April's issue of the *Reader* (<http://tinyurl.com/lcwpxgl>), as well as shared various aspects of the job a Board member is asked to do. This month I want to share reasons to vote.

Serving on the Board is a significant opportunity to participate in our cooperative. Another way Owners have to participate in our cooperative besides purchasing the goods and services we have to offer is to vote in the annual election. This is your opportunity to have a say in who you feel will best represent your voice and viewpoint on the Board, as well as what decisions need to be made to best serve the needs of our cooperative.

In the July issue of the *Reader*, you will find a ballot, along with candidate

statements and an explanation of three additional items on the ballot. You will be asked to vote for up to four candidates to fill the four open seats.

In addition to casting your vote for four new Board Members, we are also asking you to consider a bylaw change, along with the approval of the expenditure of funds that will allow the Co-op to grow—as Holly Fearing, Willy Street Co-op Board President, so beautifully alluded to in her report in this issue to the right. She also included a detail of dates that pertain to the upcoming election.

Owners are also invited to learn more about the upcoming ballot in person at one of three information sessions we have scheduled, one at each retail store, starting at 6pm on July 5th, 6th and 10th, at Willy North, Willy East, and Willy West respectively.

You will be able to vote online, or cast your paper ballot at any one of our retails, as well as at the Annual Meeting and Party. If you care to vote online, we need your current email address. If you are not sure if we have your current email address on file, call or ask Customer Service for assistance. Please note, that if you are part of a household membership, only one vote will be allowed, and should both names submit a ballot, only the primary Owner's ballot will be counted.

The Co-op consists of various stakeholders that serve one another; from our Owners to our staff to our vendors to our Board, we share a connection that makes us stronger together. As I have been known to say, "mind your own business," and make your vote count!

SPECIAL STORE HOURS—CLOSING AT 7:30PM

Please take notice, early in the next coming month (July), we have two closing early dates. The first is on Sunday, July 2nd, for our fiscal year-end physical inventory count. The second is two days later on Tuesday, July 4th, in recognition of Independence Day. On both dates we will close at 7:30pm at all our retail sites.

willy street co-op

FOLLOW US ON:



BOARD REPORT

Everything's Growing!



by Holly Fearing, Board President

It's that magical time of year again! Summer in Wisconsin is transformative for me. I will admit I do NOT love winter, but perhaps the best part about it is that it makes me appreciate our summers here even more. I look at the plants

in my yard now, tall and thriving; and the seeds I started, now bursting out of their pods ready to be transferred to the raised beds—and it seems amazing to me each year how summer can do all this.

BOARD ELECTION TIME

This time of year is also special for the Co-op, because it is election time! The participatory element of this (and every co-op) is what really sets it apart from being "just another grocery store." Willy Street Co-op is different because YOU own it, and your votes in our elections every year decide our future.

This year, we will have several different items on the ballot for your vote. New Board officers; a bylaw update and expenditures that will allow the Co-op to grow, thrive and produce value for our growing community—much like my vegetable garden that will soon be giving me a bounty of peas, beans, cucumbers, squash, two types of tomatoes...ahhh, summer!

Here's a run-down of everything you need to know about the upcoming election to be informed, be prepared to participate and act as a good steward of our growing Co-op:

JUNE 1ST

Board candidate submissions are closed. After two months of recruiting for candidates, our line-up has been filled, and you soon will be voting several new members onto our Board!

JULY 1ST

Voting begins! Candidate statements will be available online and in-store, published in the *July Reader* and available at the Annual Meeting & Party. See below for more details on your voting options. Look for an in-depth description of the ballot items in addition to the candidate statements (bylaw update, expenditure of funds) in the *July Reader*.

JULY 13TH

Annual Meeting & Party (AMP)! Come celebrate our Co-op with us—hear an update on all things Willy Street Co-op and gain insights from our General Manager, Director of Finance, Board of Directors and others.

Ask questions and speak to us there. The food is good, the drinks are good, the music is good—we hope the sun will be shining and to see you there!

JULY 18TH

Voting period ends. All paper ballots must be received by 6:00pm. (Online ballots must be cast by July 16th at midnight.) The Board will hold a special meeting to announce the results of the election.

AUGUST

Newly elected Board members participate in their first Board meeting.

VOTING

Both Individual and Household Owners are entitled to one vote. Your voting options include:

- In the store: Ballot boxes will be available in all retail locations from 7:30am on July 1st until 6:00pm on July 18th.
- By mail: Send your completed paper ballot, printed in the *July Reader* or available in stores, to: Owner Vote, Willy Street Co-op, 1457 E. Washington Avenue, Madison, WI 53703. Ballots must be received by July 18th at 6:00pm.
- At the Annual Meeting & Party: We will have a special voting area with candidate statements and ballots so you can place your vote when you join us at the AMP on July 13th.
- Online: If the Co-op has your email address, you will receive an email with a unique link that you can use to cast your vote. If you do not receive an online ballot via email, you're either not the primary owner on your account or the Co-op does not have your email address. If you would like to receive your ballot by email, please stop by the Customer Service desk at any store and fill out the appropriate form.

If you are interested in speaking with the Board and our General Manager directly, we will be offering info sessions prior to the end of the voting period, or you can submit your questions to the Co-op and we will answer them either in the *July Reader* (if received prior to our go-to-print deadline, June 10th), or at the AMP on July 13th. You can reach out to Ben Becker, Board Administrator (b.becker@willystreet.coop) with questions.

Summer is (finally) here—I hope you enjoy it as much as I do, and that as our gardens grow strong and healthy, you help our Co-op grow strong and healthy, too. Oh, and I forgot to mention the bunnies hopping around my neighborhood...they're always a welcome sign of summer for me, too. Enjoy!

Community Room Class Calendar

Please see class descriptions for fees. Owners enrolled in the Access Discount Program receive a 10% discount. Payment is required at registration; please register by stopping at the Customer Service desk or by calling Willy West at (608) 284-7800 or Willy East at (608) 251-6776. For more information about individual activities and classes, see willystreet.coop/calendar.

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



COOKING TOGETHER: BREAKFAST FOR DINNER—NOT JUST PANCAKES!

Location: Willy East Community Room
Thursday, June 1st, 5:30pm–6:45pm
 Ages: 5 and older; adult supervision required
 Instructor: Lily Kilfoy
 Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this exciting cooking class for families! You

can't beat breakfast because it is family-friendly and fun for any meal of the day. In this class, participants will whip up some of Lily's favorite recipes including Cheddar and Dill Biscuits, Mini Denver Frittatas, Caramelized Banana Upside-Down Coffee Cake, and Apricot Granola & Honey-Vanilla Yogurt Parfaits.

COOKING TOGETHER: SUPERB SUMMER PICNIC

Location: Willy West Community Room
Friday, July 7th, 5:30pm–6:45pm
 Instructor: Lily Kilfoy
 Ages: 5 and older; adult supervision required
 Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this cooking class for families. Learn about different foods and where they come from, kitchen safety, how to follow recipes and how to use an assortment of equipment and tools. When the weather gets hot, there is nothing better than eating outdoors. Explore sandwiches, salads, sides, skewers, dips, fruits, lemonade and more. We'll work in groups to create a superb summer picnic.



SIX SPICES: COASTAL SHRIMP CURRY

Location: Willy West Community Room
Wednesday, June 7th, 6:00pm–8:30pm
 Ages: 18 and older
 Instructor: Neeta Saluja
 Fee \$20 for Owners; \$30 for non-owners

Join Chef Neeta Saluja as she demonstrates how to make Shrimp Curry in Creamy Coconut Sauce;

Saffron Rice, fragrant basmati rice cooked and flavored with Indian spices and saffron; and Tapioca Pudding.

SIX SPICES: SUMMER DISHES FROM INDIA

Location: Willy East Community Room
Wednesday, July 12th, 6:00pm–8:30pm
 Ages: 14 and older; adult supervision not required
 Instructor: Neeta Saluja
 Fee: \$20 for Owners; \$30 for non-owners

Join Chef Neeta as she demonstrates how to make Mango Lassi, fresh mango blended with plain yogurt, sugar and ice; Mint Chicken, marinated with Indian spices and mint; Lemon Rice, a refreshing rice dish prepared with fresh lemon juice; and Cabbage and Tomato Salad. Gluten-free.



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Lakeview Library
Monday, June 12th, 6:00pm–7:30pm
 Ages: 18 and older
 Your Co-op's Own Instructor: Paul Tseng
 Fee: Free; registration is required

Once your knife skills have improved, your cooking will be more efficient and more delicious. Join Chef Paul for a demonstration on how to dice, julienne, and chiffonade vegetables and fruits. Chef Paul will also discuss how to choose, care for, and sharpen knives.



OVERCOMING A SENSITIVE STOMACH NATURALLY

Location: Willy East Community Room
Monday, June 5th, 6:00pm–7:00pm
 Ages: Any; adult supervision required
 Instructor: Katy Wallace
 Fee: Free; walk-ins welcome

Recent news articles have discussed that the majority of reflux and heartburn problems can be overcome through a change in diet and lifestyle. Katy Wallace, Traditional Naturopath, will present food-based ways to address an "over-acidic" stomach and eat (and sleep) in comfort.

HEALTHY EATING ON A BUDGET

Location: Lakeview Library
Monday, June 19th, 6:00pm–7:00pm
 Your Co-op's Own Instructor: Ben Becker
 Ages: 13 and older; adult supervision not required
 Fee: Free; registration required

Feel empowered to prepare fresh healthy foods, even when limited by the size of your wallet. Through participation in discussion, food preparation and tasting, participants will explore strategies for procuring nourishing and af-

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy West Community Room
Wednesday, June 14th, 2:15pm–5:30pm
 Location: Willy East Community Room
Tuesday, June 20th, 2:15pm–5:30pm

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

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

LEARN ABOUT AND REGISTER FOR FOODSHARE WITH SECOND HARVEST

Location: Lakeview Library
Thursday, June 1st, 10:00am–2:00pm
 Location: Willy West Community Room
Wednesday, June 7th, 9:00am–1:00pm
 Location: Willy East Community Room
Tuesday, June 13th, 8:00am–12:00pm

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

fordable food; how to recognize healthy, fresh choices; and tasty and versatile preparation methods.

NATURAL SOLUTIONS FOR LEAKY GUT SYNDROME

Location: Willy West Community Room
 Tuesday, July 11th, 6:00pm-7:00pm
 Ages: Any; adult supervision required
 Instructor: Katy Wallace
 Fee: Free; walk-ins welcome

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



WILD FOOD/WILD MEDICINE PLANT WALKABOUT

Location: Willy East Community Room and Jenifer Street, Madison
 Sunday, June 4th, 10:00am-12:30pm
 Ages: 8 and older; adult supervision required
 Instructor: Linda Conroy
 Fee \$20 for Owners; \$30 for non-owners

Join herbalist and forager Linda Conroy to explore the wild plants that grow around us. We will learn about common

and uncommon wild plants that can be used for food and medicine. Identification techniques as well as ways to prepare plants for optimal nutrition and healing will be discussed. Dress appropriately for the weather and wear comfortable walking shoes. The tours leave promptly at 10:00am.



KIDS IN THE KITCHEN: CAMPFIRE COOKING

Location: Willy East Community Room
 Tuesday, June 6th, 4:30pm-5:30pm
 Ages: 5-8 years old; adult supervision not required
 Location: Willy West Community Room
 Tuesday, June 20th, 4:30pm-5:30pm
 Ages: 9-12 years old; adult supervision not required
 Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Summertime means camping and spending time in the great outdoors. In this class, participants will create multiple recipes for enjoying around the campfire. Vegetarian.

KIDS IN THE KITCHEN: SUMMER STRAWBERRIES

Location: Willy West Community Room
 Friday, June 9th, 4:30pm-5:30pm
 Ages: 5-8 years old; adult supervision not required
 Location: Willy East Community Room
 Friday, June 16th, 4:30pm-5:30pm
 Ages: 5-8 years old; adult supervision not required
 Instructor: Lily Kilfoy
 Fee: \$10 for kids of Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. With the beginning of summer come local strawberries that are bursting with flavor. In this class, participants will prepare multiple recipes using the sweet seasonal fruit. Vegetarian.

KIDS IN THE KITCHEN: PERFECT PASTA SALADS

Location: Willy East Community Room
 Tuesday, July 11th, 4:30pm-5:30pm
 Ages: 5-8 years old; adult supervision not required
 Instructor: Lily Kilfoy
 Fee: \$10 for Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Pasta is a fun food that comes in a plethora of shapes and sizes. In this class, recipes will use Wagon Wheel, Orzo, Rotini, and more different types! Kids will work together and use a range of tools to chop and snip seasonal vegetables and herbs, grate cheeses, blend pesto, and stir in tasty ingredients to create multiple perfect pasta salads. Vegetarian and nut-free.

KIDS IN THE KITCHEN: RED, WHITE AND BLUE FOODS

Location: Willy East Community Room
 Friday, July 14th, 4:30pm-5:30pm
 Ages: 5-8 years old; adult supervision not required
 Instructor: Lily Kilfoy
 Fee: \$10 for Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Watermelon, red pepper, raspberry, tomato, garlic, cauliflower, cheese, coconut, blueberry, cabbage and blue corn are a few examples of naturally red, white and blue foods. In this class, participants will work together and use a variety of equipment to prepare delicious dishes using foods of these colors. Vegetarian and nut-free.

STORES CLOSING EARLY

All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

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PRESERVATION

PRESERVATION BASICS: KOMBUCHA 201

Location: Willy East Community Room
Wednesday, June 14th, 6:00pm–7:30pm
Ages: 18 and older
Your Co-op's Own Instructor: Ben Becker
Fee: \$10 for Owners; \$20 for non-owners

Take your kombucha to the next level! This class will build on the information covered in Preservation Basics: Kombucha 101, with more flavors and

techniques. This class will cover fruity flavors, advanced fermentation techniques, perpetual kombucha brewing and starting SCOBYs! Vegetarian and dairy-free.

PRESERVING WITH CHEF PAUL: CANNING JUNE BERRIES

Location: Willy East Community Room
Wednesday, June 21st, 6:00pm–8:00pm
Ages: 16 and older; adult supervision not required
Location: Willy West Community Room
Wednesday, June 28th, 6:00pm–8:00pm
Ages: 16 and older; adult supervision not required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Paul to capture the aroma, color and taste of strawberries by preserving the local bounty. Participants will also learn to make crepes with jam and custard, and everyone will go home with a jar of freshly made jam. Vegetarian and gluten-free.



SIMPLY SERIES

SIMPLY LOCAL: HIGHLIGHTING OUR LOCAL PRODUCERS

Location: Willy East Community Room
Thursday, June 29th, 1:00pm–1:30pm and 5:00pm–5:30pm
Ages: 13 and older; adult supervision not required
Your Co-op's Own Instructor: Amanda Ikens
Fee: Free; walk-ins welcome

Supporting the local food system is one of Willy Street Co-op's main missions. Join Co-op Services staff to learn about what local means to us and for a tour through the Co-op

that features local businesses and products.

STORES CLOSING EARLY

All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

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Call 608 658 6718 to schedule one- or two-hour Mind Body Spirit Energy boosting Einstein Methods healing session(s) at 905 Lorraine Dr., Madison, near Willy Street West. (Come alone or with one or two friends or associates; same price.)

I will offer workshops and sessions at SuperCharge Wellness Center, Urban Farm & Juice Bar, 1902 E. Washington Ave. (at First St.) near Willy Street East when five or more people are interested.

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Double Dollars Begins at Farmers' Markets; MACN Yum Yum Fest to Match Up to \$5,000 for Double Dollars Fund Now Through June 20th



by **Kirsten Moore,**
Director of
Cooperative
Services

Double Dollars helps those using FoodShare/QUEST benefits to purchase more fresh foods at the farmers' markets from late spring to late fall, and fresh produce at the Co-op from late fall to early spring. It supports people with

low incomes making food purchases from local farmers, producers, and from us—a local, community-based retailer.

Last year, the City received a USDA Food Insecurity Nutrition Incentive (FINI) Grant to continue the program at the farmers' markets and expand Double Dollars to the Co-op during the farmers' market off-season. We piloted the expansion very successfully from last October to this past March. The pilot offered the Co-op an opportunity to launch the Double Dollars Fund, a program that fulfilled the request of Owners to allow customers to become more involved in helping neighbors purchase nutritious foods. Now shoppers can support Double Dollars for both the farmers' markets and the Co-op through donations at the registers and by bringing your own shopping bags to carry your groceries.

DOUBLE DOLLARS AT THE FARMERS' MARKETS IS BACK!

The Co-op pilot program was designed to fill a gap when the outdoor markets were out of season, and even with the initial grant funding, there weren't enough funds in the grant to offer Double Dollars through

April and May. This year, thanks to the USDA FINI Grant and support from other organizations and people like you, the gap is being narrowed, and the Double Dollars program at the farmers' markets will start a full month earlier than last year, and may continue into December at local winter markets as long as funds remain available. The program will start again at the Co-op this coming October. Community Action Coalition For South Central Wisconsin (CAC) is pleased to announce that the Double Dollars program starts up again June 3rd at the locations listed in the box below.

FoodShare/QUEST recipients may bring their EBT cards to these markets, make a withdrawal at the

MARKET	DAY/TIME	LOCATION	MARKET END DATE
Northside Farmers' Market	Sundays, 8:30am—12:30pm	Northside TownCenter	October 22nd
Monona Farmers' Market	Sundays, 9:00am—1:00pm	Ahuska Park	October 29th
El Mercadito de Centro	Sundays, 1:00pm—4:00pm	Centro Hispano of Dane County	September 24th
Eastside Farmers' Market	Tuesdays, 4:00pm—7:00pm	Central Park	October 31st
Dane County Farmers' Market	Wednesdays, 8:30am—1:45pm	Martin Luther King Jr. Blvd.	November 8th
Dane County Farmers' Market	Saturdays, 6:15am—1:45pm	Capitol Square	November 11th
Westside Community Market	Saturdays, 7:00am—12:30pm	UW Health — Health Digestive Center	November 4th

information booth, and receive a dollar-for-dollar match on their withdrawal for up to \$25 per market day to spend at the farmers' market where the withdrawal was made. Find out more about Double Dollars at the farmers' markets and receive program updates by liking CAC on Facebook or by visiting www.cacscw.org/EBT.php. Willy Street Co-op staff will be at the Eastside Farmers' Market, Northside Farmers' Market, and Westside Community Market once per month at the

information booth helping distribute FoodShare/QUEST and Double Dollars and to talk about the Double Dollars Fund and our Access Discount Program. If you see us there, stop by to say hello!

YOU CAN SUPPORT DOUBLE DOLLARS EVERY TIME YOU SHOP THE CO-OP

In April, we started the Double Dollars Fund to support Double Dollars at the farmers' markets and the Co-op. The Double Dollars Fund is fed two ways. One way is by making donations via scan card at the registers. Each register at all three Co-op locations has cards in \$1, \$5, \$10 and \$25 increments that you can use to add a tax-deductible donation to your grocery purchases. The other way to support the Double Dollars fund is to bring your own shopping bags to carry your groceries. Each time you use a reusable bag, you save the Co-op money that would be used to purchase disposable bags, and we use that money to fund Double Dollars. For every reusable bag you use, the Co-op tallies 10¢ for the Double Dollars Fund. For every reused disposable bag you use, the Co-op tallies 5¢ for the Double Dollars Fund. All scan card donations and tallies from reusing bags are paid to Community

MACN MATCHING UP TO \$5,000 IN DOUBLE DOLLARS FUND CONTRIBUTIONS THIS MONTH!

The Madison Area Chefs Network promotes greater use of locally grown foods by linking local food producers and farmers with local chefs. Their network of over 50 chefs share best practices and commit to bettering current local food endeavors to ensure their future longevity. They host Yum Yum Fest, MACN's annual end-of-summer celebration. This year, it's August 6th from 3:00pm-8:00pm at Breese Stevens Field. The festival features dishes and drinks from many local restaurants. Tickets are available now at www.yumyumfest.org. Thanks to their generosity, up to \$5,000 of proceeds from their Yum Yum Fest ticket sales are being offered as a match to support the Double Dollars Fund through June 20th. As reported on isthmus.com on May 8th, 2017, MACN executive director Bryan Weinstein said "MACN wanted to ensure a large chunk of money [from Yum Yum Fest] would go to charity... We're pledging this money because the most important thing for us is to give back to the community, especially to people who are improving the food system here in Madison."

Between now and June 20th, you can support the Co-op meeting MACN's Yum Yum Fest match for the Double Dollars Fund by either making a donation at checkout, or by reusing shopping bags. For every reusable bag you use, the Co-op will make a 10¢ contribution that will be matched; for every reused paper or plastic bag, we'll make a 5¢ contribution; and because of the match, every contribution will count twice! We're grateful to MACN for offering this fun challenge and a greater opportunity to support Double Dollars. Thank you, MACN!

DOUBLE DOLLARS CO-OP PILOT OUTCOMES

During our pilot from October 25th to March 14th, we issued 10,076 Double Dollars Coupons to those using FoodShare/QUEST at the Co-op, a total value of \$50,380. Our initial allocation from USDA FINI was \$40,000, and so the City made a request to the USDA to allow for the Co-op to distribute more coupons during the dates we intended to offer the

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program. Of those coupons distributed, customers redeemed 9,380 coupons, or 93% of the coupons distributed, which is at the higher end of redemption rates that the Co-op has heard about from similar programs at other retailers nationally. The total redemption value was \$45,824.41; and the average spent on each \$5 coupon was \$4.89, 98% of the coupon value, all spent on fresh fruits and vegetables. Compared to the same time period in FY16, Access Discount Enrollment increased 40%, purchases made using the Access

Discount increased by 8%, purchases made by FoodShare/QUEST participants increased by 22% and produce sales to FoodShare/QUEST participants increased by 29%. Your Co-op is incredibly grateful and proud to be part of this City program, and equally proud to hear that Owners want to get involved in its continued success. We're looking forward to seeing if we can make MACN's match in Double Dollars support by June 20th, and we thank you for all the support that you wish to provide.

FAVORITE NON-DAIRY YOGURT

- Winner: So Delicious Coconut Milk Yogurt
- So Delicious ruled this category. A few other brands got votes, including Almond Dream, Tempt, and Forager, but not enough to warrant runner-up status.



FAVORITE KEFIR

- Winner: Wallaby Whole Milk Kefir
- Runner Up: Helios Vanilla Kefir

Once again, whole milk won the day in the Kefir category. Wallaby whole milk was the clear favorite, particularly the cherry and strawberry flavors. For those who prefer vanilla, Helios brand was the clear favorite.



FAVORITE BUTTER

- Winner: Kerrygold
 - Runner Up: Organic Valley
- It was a tight race between Wisconsin-made Organic Valley butter, and Kerrygold, a grass-fed butter from way across the pond in Ireland. Surprisingly, Wisconsin lost out, with 29% voting for Organic Valley butter compared to 35% for Kerrygold.



FAVORITE NON-DAIRY BUTTER

- Winner Earth Balance Buttery Spread
 - Runners Up: Miyoko Vegan Butter, Lard
- Earth Balance was the clear favorite in this category, with 81% of the vote. Miyoko's vegan butter, and surprisingly, lard, were the only other entries.



FAVORITE ICE CREAM

- Winner: Sassy Cow Salted Caramel Ice Cream
 - Runners Up: Talenti Gelato, Alden's Organic
- This category got lots of votes, and unsurprisingly, everyone seems to have a different favorite flavor. That said, Sassy Cow Salted Caramel was the clear winner. With so many flavors to choose from, Talenti Gelato was a close runner up, along with Alden's Organic Ice Cream.



FAVORITE NON-DAIRY ICE CREAM

- Winners: So Delicious Coconut Milk Dairy Free Frozen Dessert, Luna and Larry's Coconut Bliss
- So Delicious and Luna and Larry's Coconut Bliss each garnered 37.5% of the vote, making this an exact tie. Interestingly, the favorite flavor from each of these brands was chocolate peanut butter. Who doesn't love chocolate peanut butter?



CHEESE

- Winner: Hook's Triple Play Extra Innings
- Runners Up: Sartori MontAmore, Cesar's String Cheese



Hook's Cheese Company, Inc.
World Championship Cheese Makers

Hook's Triple Play Extra Innings is a relatively new cheese to our lineup, but given that it won the 2017 Willy Street Co-op Cheese Challenge back in March, it was no surprise that it won here as well. Perennial favorite (and previous cheese challenge winner) Sartori MontAmore and the ever popular and delicious Cesar's String Cheese were close runners up.



June is Dairy Month! In honor of the occasion, I thought it would be interesting to poll my favorite group of dairy (and non-dairy) experts, the staff at Willy Street Co-op, to find out which dairy products they prefer. Below you will find the results. Some are quite predictable, but there are a few surprises as well. I know there's more than one item on this list that is new to me, and will be making it onto my grocery list soon!



by Megan Minnick, Director of Purchasing

FAVORITE DAIRY-BASED MILK

- Winner: Sassy Cow Creamery Chocolate Milk
- Runner Up: Sassy Cow Creamery Whole Milk
- Honorable Mention: Organic Valley Whole Milk

Apparently, our staff are not counting any calories, because chocolate and whole milk nearly swept this category!

FAVORITE NON-DAIRY MILK

- Winner: Califia Almond Milk
- Runners up: Wildwood Soy Milk, Willy Street Co-op Almond Milk

Almond milk was the clear favorite in this category, garnering nearly 40% of the vote. Califia was the preferred brand, although our own Willy Street Co-op house-made almond milk (available in the Juice Bar) has some loyal fans as well.



FAVORITE YOGURT

- Winner: Brown Cow Cream Top Yogurt
- Runner Up: Stonyfield Yogurt
- Honorable Mention: FAGE Yogurt

A full 15% of staff picked Brown Cow Cream Top Maple flavored yogurt as their favorite, making it by far the most popular flavor. Other flavor preferences were pretty evenly spread between the classic blueberry, strawberry, and good ol' vanilla.



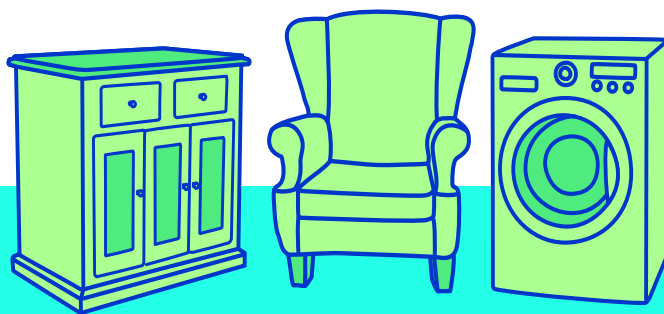
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Savory Strawberries



by **Melissa Reiss,**
Purchasing
Assistant

Summer means strawberries—local, juicy strawberries—which may have you thinking pies, crisps, jams, and sweet breads to use them all up. Strawberries are great in savory dishes as well! Here are some recipes that feature strawberries

as part of the main course—not just dessert (although they are great then, too).



STRAWBERRY SALSA

Adapted from foodnetwork.com
1 lb. strawberries, diced

- 1 medium red onion, very finely diced
- 1 red bell pepper, seeded and very finely diced
- 1 jalapeño, seeded and minced (optional, for spiciness)
- 1/2 bunch fresh cilantro, chopped
- Juice of 1 lime
- Salt to taste

Directions: Put the strawberries in a bowl along with the onions, bell peppers, jalapeno (if using) and most of the cilantro, reserving some for garnish. Add some salt and the lime juice. Mix it all together, and it's ready to serve. Or cover and refrigerate overnight to allow flavors to meld.

Serve in tacos with grilled chicken or fish and fresh arugula or spinach, topped with queso fresco. Or serve as a side or appetizer alongside some cinnamon chips for dipping.

STRAWBERRY BACON SALAD WITH HONEY BALSAMIC VINAIGRETTE

- Adapted from sallysbakingaddiction.com
- 8 c. chopped romaine lettuce or spinach
 - 1 lb. strawberries, sliced
 - 5-6 slices bacon, cooked and crumbled
 - 2/3 c. crumbled blue cheese (can substitute feta)
 - 2/3 c. chopped pecans

- For the vinaigrette:
- 1/4 c. olive oil
 - 2 Tbs. balsamic vinegar
 - 2 Tbs. honey
 - 1 tsp. dijon mustard
 - Salt & freshly ground black pepper, to taste

Directions: Whisk together the vinaigrette ingredients: olive oil, balsamic vinegar, honey and mustard. Add salt and pepper as needed. In a large bowl, toss all of the salad ingredients together, then mix in the vinaigrette. You may not need all the vinaigrette—use as much or little as you prefer.

STRAWBERRY TOMATO GAZPACHO

- From foodandwine.com
- 2 lb. tomatoes, 2 Tbs. finely diced, the rest chopped
 - 2 lb. strawberries, hulled and 2 Tbs. finely diced, the rest chopped
 - 1 large green bell pepper, 2 Tbs. finely diced, the rest chopped
 - 1/4 medium fennel bulb, 2 Tbs. finely diced, the rest thinly sliced
 - 1 1/2 c. sparkling mineral water
 - 2 garlic cloves, minced
 - Salt
 - Extra-virgin olive oil, for drizzling
 - 1 baguette, cut into 1-inch cubes, 1 c.

Directions: Preheat the oven to 350°F. Scatter the bread cubes on a baking sheet and bake for 7 minutes, or until crisp. Let cool. In a large bowl, combine the chopped tomatoes, strawberries









and bell pepper with the sliced fennel, mineral water, garlic and bread cubes; and, working in batches, purée in a food processor. Strain the gazpacho through a fine sieve set over another large bowl. Season the gazpacho with salt. Refrigerate for about 25 minutes, or until chilled.

Meanwhile, in a bowl, combine the diced tomatoes, strawberries, pepper and fennel. Refrigerate until chilled. Spoon the diced mixture into shallow soup bowls and ladle the gazpacho on top. Drizzle each bowl of soup with olive oil and serve.



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— *Bill Eaton,*
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Grilling: Charcoal vs. Gas



by **Jeremy Johnson,**
Prepared Foods
Category
Manager

Whether you're using a gas or charcoal grill, grilling food over an open fire is one of life's great pleasures. When deciding which of the two to use or purchase there is a lot to consider

CHARCOAL GRILLS

Charcoal grills are available in all shapes and sizes and at nearly any price. They take a little more time to light, either with lump charcoal or briquettes, but the rewards are deeply flavorful. All charcoal is made of the same thing: wood burned with little oxygen so that all that's left is essentially carbon.

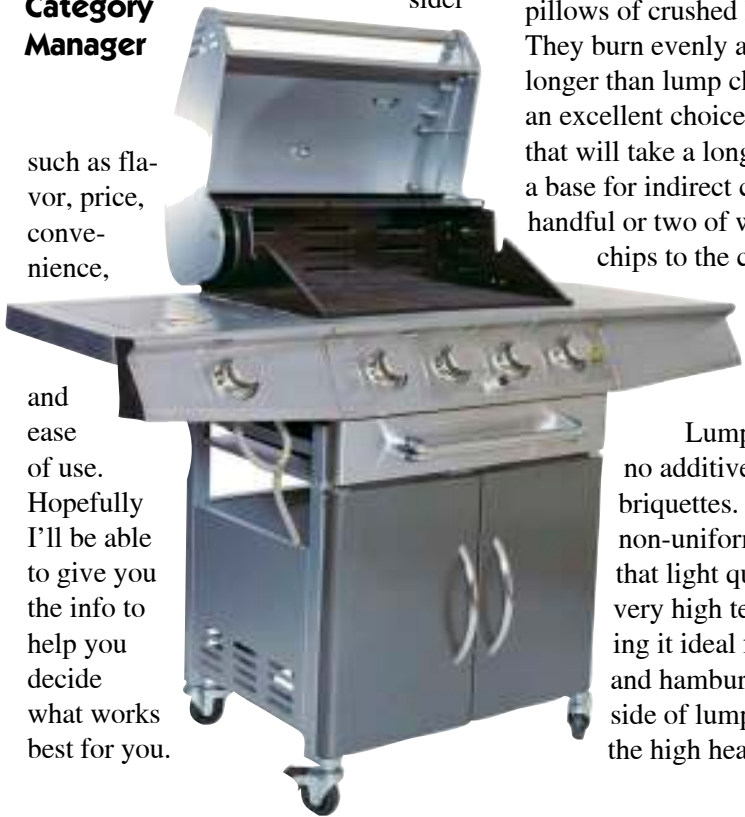
Briquettes are the most common form of charcoal. They are uniform pillows of crushed lump charcoal. They burn evenly and last much longer than lump charcoal. They are an excellent choice for grilling food that will take a longer to cook, and as a base for indirect cooking. Adding a handful or two of water-soaked wood chips to the coals is a great way

to add smoke to a recipe that calls for indirect cooking.

Lump charcoal contains no additives unlike regular briquettes. They are sold as non-uniform chunks of wood that light quickly and burn at very high temperatures, making it ideal for searing steaks and hamburgers. The downside of lump charcoal is that the high heat doesn't last very

such as flavor, price, convenience,

and ease of use. Hopefully I'll be able to give you the info to help you decide what works best for you.



long. If you are cooking with indirect heat, or want to cook something over a direct fire for a long time, charcoal briquettes may be a better choice.

GAS GRILLS

For ease of use, the gas grill is unparalleled. They are powered by propane, which you can buy at most gas stations or hardware stores. A gas grill can cost around \$150, although they can cost well up into the thousands. To light one, simply turn the knobs and push the ignition. Maintenance for a gas grill is a little more time-consuming than for a charcoal grill. You may need to repair or replace the supply lines, ignition and grate at some point to extend the life of the grill.

Most grill snobs sneer at gas grills because they don't deliver smoky charcoal flavor. And perhaps gas grills are not the best grill on which to sear a steak, or smoke a brisket. But they offer excellent temperature control and are extremely convenient. They are perfect for cooking brats, pizzas, seafood, corn, and other fruits and veggies.

TEMPERATURE CONTROL

Whether you choose to use a gas or charcoal grill, temperature control is one of the most important and hardest skills to master. When you build a fire in your grill, it's best to do so with zones for both direct and indirect cooking. Even when you're grilling a steak over high heat, you want a cooler area where you can move it if it is cooking too quickly.

Cooking over direct heat

means that food is placed directly over the coals or flame. It should be used for food that will cook through before it burns, like steaks, kebabs, hamburgers and seafood.

Using indirect heat means that food is cooked on a cooler part of the grill without coals or flame beneath it. This is essential for foods that need slower cooking like roasts, chickens, and smoked foods; and for finishing food that you've seared on the outside and now want to cook through near but not over fire.

To create the two zones in a charcoal grill, build the fire under only half the grill. On a gas grill, leave one burner off. If your grill has an upper rack, you can place the food on it for indirect cooking, but remember that heat rises and the ambient temperature at the top of the grill will be high.



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JUNE

Our weekly Owner Rewards specials are listed in an in-store flyer, on our website, or are available by email. We are doing this to be able to be more flexible with our sales and offer better sale pricing. For more information, including how to sign up for the email flyer, see willystreet.coop/Owner-Rewards.

Health & Wellness co-op deals: May 31–June 20



Dr. Bronner's Castile Liquid Soap

All Kinds on Sale!
16 oz • Save \$3

\$6.99/tx



MegaFood Men's One Daily

30 tab • Save \$9

\$18.99/tx



Quantum Extreme Buzz Away

4 oz • Save \$2.30

\$6.99/tx



Badger Sunscreen

2-2.9 oz • Save \$3.50

\$9.99/tx



Garden of Life Organic Ground Flax & Chia Seed Blend

12 oz • Save \$1.50

\$7.99/tx



Kiss My Face Shave Cream

All Kinds on Sale!

11 oz • Save \$2.50

\$4.99/tx



EveryDay Shea Foaming Hand Soap

All Kinds on Sale!
18 oz • Save \$1.80

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Tom's of Maine WholeCare Toothpastes

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2.5 oz • Save \$2

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New Chapter Prostate Take Care 5LX

60 vcap • Save \$7

\$26.99/tx



Manitoba Harvest Organic Hemp Protein Powder

16 oz • Save \$4

\$12.99/tx



Health & Wellness co-op deals: June 21–July 4



Andalou Naturals Body Lotion

All Kinds on Sale!
8 oz • Save \$2.30

\$6.99/tx



Grandpa's Pine Tar Soap

3.25 oz • Save \$1.30

\$2.99/tx



Nature's Gate Toothpastes

5-6 oz • Save \$1.80

\$3.99/tx



Aura Cacia Lavender Essential Oil

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\$7.99/tx



Alba Botanica Kid's Mineral Sunscreen

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Vega Smoothie Powders

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8.9 oz-10.6 oz • Save \$3

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PURPLE = LOCAL

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coop™ deals

co-op deals: May 31–June 20



**Greek Gods
Greek Yogurt**

All Kinds on Sale!
24 oz • Save \$1.30

\$2.69



**Amy's
Organic
Refried Beans**

15.4 oz • Save 49-79¢

\$2.50



**Spectrum
Organic
Extra Virgin
Olive Oil**

25.4 oz • Save \$4.50

\$11.99



**Essentia Water
Electrolyte
Enhanced Water**

50.72 oz • save \$1.10

\$1.69



**Earth Balance
Vegan Cheddar
Squares**

6 oz • Save 99¢

\$3.00



**Almond Dream
Vanilla Bites**

6.6 oz • Save \$1.40

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**Eden Organic
Organic Beans**

All Kinds on Sale!
15 oz • Save 84¢-\$1.14

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**Willy Street Co-op
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Salted, Unsalted
16 oz • Save 80¢-\$1.80

\$4.69



**Glee
Gum**

All Kinds on Sale!
16 pc • Save 50¢

99¢



**Siggi's
Icelandic Yogurt**

All Kinds on Sale!
5.3 oz • Save 54¢

\$1.25



**Barbara's Bakery
Cheese Puffs**

Original, Jalapeño
7 oz • Save 99¢

\$2.00



**R.W. Knudsen
Organic Grapefruit or
Mango Nectar Juice**

32 oz • Save \$1.79

\$3.00



**Luna & Larry's
Coconut Bliss
Frozen Dessert**

All Kinds on Sale!
16 oz • Save \$1.80

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**Jackson's Honest Chips
Potato Chips**

All Kinds on Sale!
4.5-5 oz • Save \$1.20

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**Stonyfield Farm
Yogurt**

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32 oz • Save 70¢

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**Nature's Path
Waffles**

All Kinds on Sale!
7.4-7.5 oz • save 99¢

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**Talenti
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All Kinds on Sale!
32 oz • Save \$3.50

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**Zevia
Stevia Soda**

All Kinds on Sale!
6-pack • Save \$1

\$3.99/tx



**Field Roast
Grain Meat Sausage**

Apple Sage, Italian, Mexican Chipotle
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\$3.99



**Blue Diamond
Almond Breeze**

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64 oz • Save 80¢

\$2.99



**Daiya
Pizza**

All Kinds on Sale!
15.7-19.4 oz • Save \$2.50

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**Frontera
Tortilla Chips**

All Kinds on Sale!
10-12 oz • Save 79¢-99¢

\$2.50



**Green Forest
Bathroom Tissue**

12 pack • save \$3

\$7.99/tx



The specials on this page are valid May 31–June 20

All Specials Subject to Availability

JUNE

co-op deals: June 21-July 4



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**Everyday
Extra Virgin Olive Oil**
16.9 oz • Save \$3.30
\$8.69



Saffron Road
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10 oz • Save \$1.30
\$3.99



Brown Cow
Cream Top Yogurt
All Kinds on Sale!
6 oz • Save 20¢
79¢



Kevita
**Organic
Probiotic Drinks**
All Kinds on Sale!
15.2 oz • Save 50¢
\$2.29



Newman's Own Organics
Fig Newmans
All Kinds on Sale!
10 oz • Save \$1.30
\$3.49



Sir Kensington's
Mayo
Classic, Chipotle
10 oz • Save \$1.50
\$3.99



Endangered Species
**Chocolate
Chocolate Bars**
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3 oz • Save \$1.29
\$2.00/tx



Nature's Path
**Organic
Love Crunch Granola**
All Kinds on Sale!
11.5 oz • Save \$1.60-\$1.90
\$3.39



Earth Friendly
**Dishmate
Dish Soap**
All Kinds on Sale!
25 oz • Save 99¢
\$2.50/tx



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Organic Valley
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Mountain High Organics
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Rndm wt • Save 30¢/lb.
\$1.69/lb



Annie's Homegrown
Organic Grahams
Cinnamon, Honey
14.4 oz • Save \$1.60
\$3.39



San Pellegrino
**Sparkling Fruit
Beverages**
All Kinds on Sale!
6 packs • Save \$1.50
\$3.99/tx



Garden Of Eatin'
**Multigrain
Tortilla Chips**
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8.1 oz • save \$1.49
\$2.00



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10.6 oz • Save \$1.60
\$3.39



Alden's Organic
Organic Ice Cream
All Kinds on Sale!
48 oz • Save \$3.50
\$4.99



Sky Valley
Sriracha Sauce
18.5 oz • Save \$1.80
\$5.99



Canyon Bakehouse
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All Kinds on Sale!
18 oz • Save \$1.30
\$4.49



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The specials on this page are valid June 21-July 4

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 Sat: 9 a.m. - 6 p.m.
 Sun: 11 a.m. - 6 p.m.

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 One entry per person, and anyone can enter; you don't
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co+op basics

Ice Cream Sundaes!



by **Ansley Knoch**,
Purchasing Assistant

It's almost summer in Wisconsin. There is no better time to make ice cream sundaes. Nearly any event can be improved with ice cream—Father's Day, the Summer Solstice, The First Day Above 80 Degrees, Friday, you name it! Especially when the toppings are both plentiful and unusual. You, your friends, family and colleagues, will all have a blast building an aesthetic and engineering marvel and then attempting to consume it before it melts.

Personally, I almost never eat ice cream by itself. I have been known to put any number of bizarre pantry items in my bowl in search of the perfect sundae. I start with a theme to set the tone—am I in the mood for something light with fruit, or rich and decadent with chocolate, or sweet and salty with caramel? Then, with theme in mind, I set out in search of toppings. Crackers, trail mix, shredded coconut, breakfast cereal, last year's leftover fruit preserves—all fair game

and worth at least one try.

This month, I'm sharing some of the best combinations to be found once you get off the beaten path. I've grouped them into categories and sorted them from least to most adventurous. All ingredients can be found right here at the Willy Street Co-op.

Be bold and be brave, think outside the box, but most of all enjoy a wonderful summer treat. Best of luck in choosing your own ice cream sundae adventure!

LOOKING FOR SOMETHING FRESH, SUMMERY, AND FRUITY?

Dipping Your Toe In

Start with Luna & Larry's Naked Coconut Bliss, add chopped fresh mango pieces, and top with ground cardamom and Dang coconut chips.

Jumping In

Start with vanilla or vanilla bean ice cream, add a scoop of lemon curd, and top with pistachio mulberry granola and extra pistachios!

Off the High Dive

Begin with your favorite vanilla ice cream, add a generous amount of sliced strawberries; top with a few chopped basil leaves, a drizzle of balsamic cream and a sprinkle of ground black pepper.

IN THE MOOD FOR A SWEET AND SALTY TREAT?

Dipping Your Toe In

Start with vanilla ice cream, add Hokey Pokey mix (from the bulk aisle) or caramel corn and top with salted peanuts.

Jumping In

Start with equal parts Sassy Cow Salted Caramel and Alden's Chocolate Chocolate Chip Ice Cream and top with crushed Kettle Sea Salt Potato Chips.

Off the High Dive

Begin with cookie dough ice cream, add crushed chocolate cookies, pretzel rods, and a drizzle of your favorite salted nut butter.

IN SEARCH OF A SUNDAE WITH A NUTRITIOUS KICK?

Dipping Your Toe In

Start with dark chocolate ice cream, add finely chopped crystallized ginger, and sprinkle with hemp seeds.

Jumping In

Begin with Halo Top Chocolate Ice Cream, add Tierra Farms' Very Berry Mix, and top with raw cacao nibs from the bulk aisle.

Off the High Dive

Start with Sassy Cow Salted Caramel Ice Cream, add caramelized banana slices (you will have to caramelize them yourself), top with dark chocolate Gorilly Goods, and sprinkle with roasted salted sunflower seeds.

LOOKING TO INDULGE YOUR INNER CHILD?

Dipping Your Toe In

Start with mocha or coffee ice cream and top with mini marshmallows and Nature's Path Koala Crisp cereal.

Jumping In

Start with banana chocolate swirl gelato, add cut up brownie pieces and banana bread chunks, top with banana chips and finish with whipped cream.

Off the High Dive

Top a bowl of blue moon ice cream with Cascadian Farms Fruitful O's and Surf Sweets Gummy Bears and finish with a Tillen Farms marshino cherry.



DOUBLE DOLLARS Matching Donation

For every dollar donated to the Double Dollars Fund May 30th-June 20th, Madison Area Chef's Network will match it, up to \$5000!

Donate at the register or we'll make a contribution for every reusable bag you shop with.



The Double Dollars Fund provides Double Dollars vouchers at both participating local farmers markets and at Willy Street Co-op. The vouchers help make food more affordable for those receiving Supplemental Nutrition Assistance Program (SNAP) benefits.

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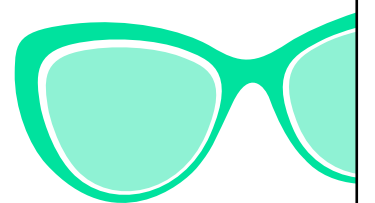
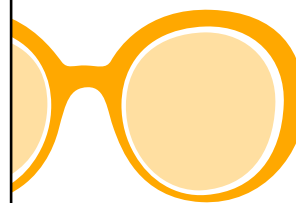


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NEW LEAF FIELDS SMUDGE BUNDLE

Made in Augusta, this is a trio of mini smudge—cedar, sage, and white pine. Burn or boil to release the wonderful scents. Available at East, West and North.

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Give your skin a dose of vitamin C with this light-weight day moisturizer. It smooths, firms and revitalizes. Available at East, West and North.



WATUSEE CHICKPEA CRUMBS

A new breadcrumb alternative! Great for those who avoid gluten, grains or yeast, this breadcrumb alternative is ONE ingredient: certified organic chickpeas! Try these even if you do eat bread; these crumbs contain five grams of protein and four grams of fiber per serving! Use anywhere you'd use breadcrumbs: breading for fried chicken, sprinkled on oven-baked, gluten-free macaroni and cheese, or in meatballs! Available at East, West and North.



BOB'S RED MILL PALEO STYLE MUESLI

A delicious, satisfying cold breakfast for summer mornings! Unsweetened, un sulphured coconut flakes are the foundation of this cereal—complemented by dried fruit, nuts, and seeds. They create a wonderfully balanced sweet/tang with protein to help keep you full until lunch. Pour it into yogurt, or let soak in your milk of choice overnight in a covered container for a get-up-and-go morning meal. Gluten-free! Available at East and West.

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willy street co-op

EVERYONE WELCOME!

LOCAL PRODUCE PROFILES

More Local Produce in Our Prepared Foods



by Patrick Schroeder, Prepared Foods Category Manager

Our Produce departments have, for years, defined and refined really excellent internal systems for getting local farmers' produce into our stores and to your table. As a onetime outsider to their system, I was in awe of the amount of thought and time put into the practice

of sourcing product, negotiating price with individual farmers, and keeping commitments to farmers throughout the entire Wisconsin growing season. My background was originally in restaurants and delis, so I was used to "just getting the ingredients in the door" and working with one or two local farmers, tops. The gargantuan effort our Produce departments expend each year begins in the winter with a marathon of face-to-face meetings with all prospective local farmers. An in-depth dialogue begins wherein growing needs are determined, pricing is agreed upon, and feedback is delivered to both sides of the table, strengthening the working relationship in a way that cannot be done through email or over the phone.

INCORPORATING MORE FARMS

I had my first foray into this world of coordinated mass purchasing of local produce two winters ago. As the Prepared Foods Category Manager, I had been charged with the task of incorporating more of these farmers' produce into our Deli foods that we make daily at all four of our sites (Production Kitchen included!). We made strides that first year in achieving our goals. The Production Kitchen, especially, built some great sourcing relationships with Robert Shulz of New Traditions Farmstead and Wisconsin Growers. During the 2016 spring and summer, those two farms accounted for well over half of all produce we used at the Production Kitchen. In fact, despite the end to the growing season, we are still working through a stock of cubed butternut squash from Robert that was processed and frozen for us by Wisconsin Innovation Kitchen in Mineral Point. We also deepened our ties to Dan Bernard of Healthy Ridge Farm in Door County by sourcing apples and cherries for our holiday pies. Our Delis worked in local produce where they could, as well, relying heavily on players like Vitruvian Farms for salad greens and spinach, Tipi Produce for carrots, and Crossroads Community Farm for various other items.

CONTINUING IMPROVEMENTS

Even though we had clearly taken ground when it came to getting local produce into our Deli and Bakery foods, the Prepared Foods department still paled in comparison to the commitment our Produce departments were achieving. This year, we hope to build on our momentum by continuing to make improvements. We have fully jumped on board, using the same internal purchasing systems and practices that our friends in Produce have been refining for years. It means more time behind a spreadsheet, on the phone, and talking to each other, but participation in this system heralds a new level of purchasing coordination for us. Even though it means more work for each of us along the way, it will bring exponential growth in the amount of local produce you see on your plate when you purchase food from our Delis. We have just rolled out this system last month, so we're still getting our sea legs, but we're really excited to see its impact on you, on our bottom-line, and especially on our partner-farmers.

DOUBLE THE ORGANIC FARMS

Which brings me around to a wider point: organic farms in Wisconsin have nearly doubled in number from a decade ago, according to the UW Center for Integrated Agricultural Systems. Wisconsin is second in the nation in number of organic farms, yet fifth in amount of revenue from organic produce sales, which says to me that there are a lot of smaller-scale operations coming on board in our state. Retailers like

your Co-op play a decisive and integral role in providing stable revenue to farms on this scale, and our expansion of our local produce purchasing to all of our Delis and Prepared Foods departments is in direct support of this. We do things like this because it makes good sense all around: we have influence on pricing and can determine fair rates for people we can see and talk to, it meets our Owners' desire to see these products in their shopping carts, and it supports these local entrepreneurs in their risky venture of becoming organic farmers in a volatile growing climate. This culture that we, all of us involved, have emboldened is a large contributor to the rate of growth in this industry in our state, I have no doubt.

WE MAY HAVE TO DO MORE, HOWEVER

The state is still lacking in processing and collection services for organic fruits and vegetables, meaning farmers have to rely upon themselves to sell product at farmers' markets or through direct delivery to retailers and restaurants. The community that sees the value of these farmers and the food system they help promote needs to come to a clearer vision of our next step. We need to improve the local food infrastructure to support our current and future farmers so they can continue to do their work. When farmers can get their product to consumers faster, more safely and more easily, we all win. I look forward to the day when buying local produce isn't more work, but simply the way it works.

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No-Oven Desserts

by Lucy Hodgman, Newsletter Writer



Far be it from me to knock baking, which I did for five years at the Co-op's Production Kitchen. Nevertheless, there comes a time of year, particularly in the Midwest, when nobody gets excited about going home and turning on the oven. What to do when the sugar cravings strike? Well, of course, outsourcing is an option. Buying a Sheba Bar from the Co-op is always a great choice, because of course, the Production Kitchen operates year-round. If you want to make something for a dinner party or a potluck, though, or just for an everyday dessert, that's what this article is going to delve into. No-bake desserts can call to mind a particular kind of traditional cookie known to many, though going by different names in different areas. Truth is, the category goes far beyond that. And, thanks to their lack of flour that would require an oven, a lot of no-bake desserts are naturally gluten-free. Without cooking a crust or shell, many frozen desserts can stand alone. What's more, many can also be made vegan. In this article, we'll go over a broad array of delicacies to fit a number of diets.

RAW FOOD

For adherents to a raw food diet, definitions vary: raw food enthusiasts say that the maximum temperature for raw food is anywhere from 104-120°F.

If you want to find a smorgasbord of no-bake recipes, look no further than the large selection of raw food cookbooks now available. I found several specifically about raw desserts that were easily available within the Madison public library system. That being said: most of these recipes go above and beyond simply not turning on the oven, since they are specifically designed to have no cooked ingredients. Raw food enthusiasts will extol the benefits of this diet, and if you're interested in trying it, there's a whole world to explore. The methods and recipes that we'll be reviewing in the rest of this article will include some completely raw options, but also others that involve cooking—just not with your oven. The book *Living in the Raw: Desserts* by Rose Lee Calabro recommends four basic pieces of equipment if you're going to dive into the world of completely raw desserts: heavy-duty blender, dehydrator, food processor, and electric juicer. Not all recipes will require all of these, but if you intend to go in-depth on this route, you may find you need them.

Of all the books I checked out from the library about raw desserts, one in particular stood out as having lots of great in-depth information about recommended techniques, and that was *Sweet Gratitude: A New World of*

Raw Desserts: Recipes of Café Gratitude by Matthew Rogers and Tiziana Alipo Tamborra. Check it out if you're interested.

RAW COOKIES

Here's a recipe for raw cookies with one of my favorite spices, cardamom. This recipe does call for the use of a dehydrator, but if you don't have access to one, rest assured that there will be plenty of recipes later in this article that don't require one.

Cardamom Cookies

Adapted from *Everyday Raw Desserts* by Matthew Kenney

3 c. shredded coconut
2 c. almond flour
1 c. agave nectar, maple syrup, or honey
1 Tbs. vanilla extract
1 tsp. almond extract
1 vanilla bean, scraped
1/2 Tbs. cardamom powder
1 tsp. salt
1/2 c. coconut oil, melted
36 almonds for garnish

Directions: In a food processor, combine the shredded coconut and almond flour. Process until well combined. Add the remaining ingredients and process into dough. Scoop cookies with a tablespoon or small ice cream scoop, making small 1 to 1 1/2-inch cookies. Press an almond into each

cookie. Dehydrate for at least 24 hours. Makes about 3 dozen cookies.

USING PRE-BAKED INGREDIENTS

If your goal is less “eat a raw food diet” and more “just don't turn on the oven,” one popular method is to use some pre-baked ingredients in your desserts. The whole category known as “icebox cakes” offers a world of mash-ups...boxed cookies plus other frozen and fluffy ingredients. This idea can be expanded to any sort of combination of boxed cookies and sweet additions, such as these:

Orange Chocolate Almond Bars

Recipe adapted from Lynne Hodgman
10.5 oz. crunchy cookies (preferably chocolate and/or orange flavored)
6 Tbs. butter, melted
10-12 oz. good quality chocolate—can combine very dark with medium-dark with milk with unsweetened baking chocolate
7-8 oz. heavy cream
1 Tbs. orange liqueur
1/2 c. roughly chopped salted roasted Marcona almonds

Directions: Spray an 8" square glass baking dish generously with cooking spray. Place cookies in food processor and pulverize. Drizzle in melted butter, processing until it clings

to the sides. Pat mixture firmly into prepared dish, cover, and freeze for 30 minutes or more. Meanwhile, break up chocolates into heatproof bowl. Heat cream to nearly boiling and pour over chocolates. Using wire whisk, stir until chocolate is melted and incorporated into cream (you have now made ganache!). Add the orange liqueur and stir. Pour on top of crust. (Lick bowl with secret glee...) Top with almonds, pressed in slightly. Cover and refrigerate and wait until it sets up (an hour or so). To serve, cut into small squares (about 36), and cover or surround each plated portion with whipped cream. Goes well with ice cold milk or espresso.

MICROWAVE CAKES

Trendy on social networks, single-serve microwave cakes are a snap to make. Try this recipe adapted from the Food Network:

Whisk 1/4 c. flour, 5 Tbs. sugar, 2 Tbs. cocoa powder, 1 egg, 3 Tbs. milk, 3 Tbs. vegetable oil and a dash of vanilla extract and salt in a large mug until smooth. Microwave until puffed, about 2 minutes.

COOKIES

Of course, no-bake cookies are an option, but also consider the following: if you have a toaster oven, you can bake a few cookies at a time without turning on the whole oven, keeping dough in the refrigerator to take out bit-by-bit. This is a trick I learned from my mother. Look in a vegan cookbook or on the internet for egg-free chocolate chip cookie dough if you're worried about raw egg dough sitting in the fridge. Note that baking times may differ in a toaster oven; keep an eye on them and go by color and smell. Daily fresh cookies are within your reach!

MOUSSES & PUDDINGS

Mousses are the lighter and fluffier cousins of puddings; both are made stove-top without the use of an oven. Mousse is lightened by folding in whipped cream or whipped egg whites. In the case of vegan mousse, coconut milk is trending currently (as it is in all



spheres of vegan life). Check out this three-ingredient vegan peanut butter mousse recipe from Minimalist Baker: minimalistbaker.com/3-ingredient-peanut-butter-mousse/

CURDS

Personally, I almost think I actually like making curds better than baking! Sometimes the process can be tedious, particularly when making large quanti-

ties; but it's very satisfying. Curds are magic—you start with a thin liquid, and stir it for longer than you think you'll need to, and right when you think it's never going to get anywhere, it starts to thicken; and then the process speeds right along and you have a glorious, spreadable fruit curd. You do need the stove, but you don't need the oven. Curds can be enjoyed in a parfait cup with a spoon, maybe topped with a little whipped cream; though if you do want to create a pie or tart without turning on the oven, you can try a raw dessert technique for crust. Another possibility: put a dollop (small or huge) on your waffles or pancakes.

Here's a lemon curd recipe: www.foodnetwork.com/recipes/ina-garten/lemon-curd-recipe. Are you vegan or otherwise avoiding eggs? Try this vegan lemon curd recipe: minimalistbaker.com/vegan-lemon-curd.

ICE CREAM (DAIRY & NON)

What's the opposite of a kitchen-heating dessert? Making ice cream! If you already have an ice cream maker, you probably already know how to make ice cream (or have access to information on how to do it). If you don't (like me!), well, it turns out you can make ice cream without any special equipment at all. Truth be told, I found out that ice cream makers aren't a super-expensive piece of kitchen equipment—you can get a good one for \$30, and of course, fancier versions at increasing price points. But if you're on a tight budget or you aren't sufficiently committed to the idea of making ice cream to justify another kitchen gadget, it's totally possible to go low-tech. Food website *Thekitchn* recommends a method that simply involves using a mixer or whisk twice, once when first mixing the ice cream, and later after freezing in the freezer surrounded by ice cubes. For complete instructions, refer to their guide at [www.thekitchn.com/how-to-make-ice-](http://www.thekitchn.com/how-to-make-ice-cream-without-124210)

[cream-without-124210](http://www.thekitchn.com/how-to-make-ice-cream-without-124210).

For a non-dairy ice cream recipe: minimalistbaker.com/no-churn-vegan-chocolate-ice-cream.

CANDIES

Candy-making might make you think of the holidays, or of something mainly done by professionals, but it doesn't have to! There's a whole gamut of candy recipes ranging from extreme-

ly simple to advanced-but-achievable. Candies often require the use of a stove, but not an oven.

One of my favorite desserts of all time is maple sugar candy—the crystalized kind that melts on your tongue so sublimely. What I didn't know until relatively recently is how dang simple it is to make. You do have to pay attention and work quickly, but the process is extremely uncomplicated. Try out this recipe, adapted from allrecipes.com:

Ingredients: 2 c. pure maple syrup
Special equipment: candy molds



Directions: In a large heavy-bottomed saucepan, bring the maple syrup to a boil over medium-high heat, stirring occasionally. Boil until syrup reaches 235°F on a candy thermometer. Remove from heat and cool to 175°F without stirring, about 10 minutes. Stir mixture rapidly with a wooden spoon for about 5 minutes until the color turns lighter and mixture becomes thick and creamy. Pour into molds. Set aside to cool. Once cool, unmold candy. Store in airtight containers up to 1 month.

Believe me, your friends and family will be impressed.

What about chocolate candy, though? Truffles generally have a few more steps and ingredients, and while they don't require an oven, they do still require the stove...unless you're making raw vegan date truffles.

Truffles

Adapted from rawmanda.com/2-ingredient-raw-chocolate-truffles/
2 c. high-quality soft dates, pitted
2-3 Tbsp. raw cacao or carob powder, additional for coating
optional ingredients: 1 Tbs. coconut oil, 2 Tbs. chopped nuts, 1 tsp. vanilla extract, sea salt to taste

Directions: Blend your high quality soft dates and cacao/carob powder in a high speed blender or food processor until you have a very smooth uniform consistency. Use your tamper or spatula to scrape the dough down until it's well combined as you blend. Scoop out mixture, roll into small balls and place on parchment-lined baking sheet. Mixture will be very sticky; wet or lightly coat hands with coconut oil to make it easier to manage. Roll balls into cacao/carob powder. Place truffles in the refrigerator for at least one hour to firm up.

Notes: If you are not using high-quality soft dates, soak in warm water for at least an hour beforehand, pour out excess water, and dry off dates very well.

Add coconut oil if the dates are too hard while blending.

Store truffles in an airtight contain-

er in the refrigerator.

Beyond maple and chocolate, there is still a huge world of candy-making to explore. Caramels can be made on the stove (though they involve a bit more standing over the pot, which might be less ideal on super-hot days). Toffee is somewhat similar to caramel in process, with a little less oversight required. Check out a candy cookbook or the internet for more recipes.

DRINK YOUR DESSERT

Who says you have to eat your dessert? Break out the blender! Pick one or more frozen ingredient and one or more liquid ingredient, and add to a blender. Your liquid should come no higher than the top of the frozen ingredients, maybe slightly lower, for a good consistenc—it's easier to add more liquid if necessary than to add more solids (though you can totally do that too, if you need to).

Frozen: ice cream, frozen fruit, plain ol' ice cubes, tea ice cubes, coffee ice cubes

Liquid: milk, juice, water, tea, coffee, portion of alcohol (along with another liquid)

If you're using an unsweetened ingredient from one category, you'll probably want to pick at least one sweetened ingredient too, or what you'll get will be more like a refreshment than a dessert. Not that there's anything wrong with that, if that's what you're going for.

Other ingredients to consider adding: cocoa powder, fruit, boxed cookies, chocolate chips. The sky's the limit...just don't break your blender.

THINK SEASONALLY, THINK CREATIVELY

Throughout the summer, assuming optimal weather, local berries abound. Berries topped with a little bit of half-and-half, heavy cream, or whipped cream make an excellent dessert all on their own—or, combine them with several of the ideas above to make a deluxe parfait from some combination of fruit, whipped cream, curd, mousse, and ice cream.

THERE'S ALWAYS CHEESE

One final idea: there's a European tradition of serving a cheese course to finish off a meal. You can add a touch of sweetness to your cheese plate with honey or dried fruits and nuts. And if you want to get fancy, you can candy the nuts on the stove—no oven needed! Consider creating a cheese plate with a variety of cheeses—three or four total, from categories such as hard, soft, blue, goat, cow, and sheep. If you want help selecting an assortment, the Co-op Cheese department staff will be more than happy to advise you.

Summer in Madison can be a beautiful thing. Sooner than we may want, the time will come when turning on the oven and putting on cozy sweaters sounds like just the thing. Until then, I'll be right along with you relishing some of these summery sweets. Here's to enjoying it while it lasts!

RECIPES AND DRINK RECOMMENDATIONS

Take 10% off recommended beverages... Just show your Willy Street Co-op Owner card at Star Liquor!

Grilled Salmon, Fennel, and Corn with Dill Butter

Adapted from www.brooklynsupper.com.

This is a stand-out summer meal, perfect for an evening when you have some time to spend firing up a grill (the actual cooking time is quite short though!).

4 ears corn, mostly shucked, with a layer or 2 of husk remaining
4 Tbs. butter, softened
1 Tbs. plus 1 tsp. minced fresh dill, divided
1 tsp. lemon zest
salt
1 1/4 lb. salmon, sliced into 3/4-inch-thick fillets
2 bulbs fennel, trimmed leaving the core intact, sliced vertically into 1/4-inch-thick pieces
2 lemons
black pepper

Directions: Place the corn in a large pot or basin and fill with cold water to soak. Slice one of the lemons into rounds and the other into wedges. Combine the butter, 1 tablespoon of the minced dill, lemon zest, and a pinch of salt in a large mixing bowl. Mix to incorporate. Transfer to a small bowl, cover and refrigerate.

Prepare a hot grill. Spread out the coals. Place the ears of corn on the grill, cooking for about 12 minutes, turning every few minutes to cook evenly. Remove the husks and place on a large serving platter.

Place the salmon and fennel on the grill and cook the salmon for 2-3 minutes per side, and the fennel for about 3 minutes per side, or until the edges of the fennel have turned deep golden brown. Add the salmon and fennel to the serving platter.

Set the lemon rounds on the grill and cook for 1-2 minutes per side, and place on the platter. Sprinkle everything with a pinch of salt and pepper, and the last teaspoon of fresh dill. Serve with lemon wedges, and enjoy the dill butter on both the corn and the salmon. Serves 4.

Star Recommends: Castello di Ama Rosato—The Rosato comes from the same terroir as Castello di Ama San Lorenzo. This delicious rosé, introduced in the early 1980s, is a blend of Sangiovese and Merlot, with proportions varying from year to year, for a wine closer in character to a young red than to a white, since it is made with juices drawn off by the saignée method from lots that then become our Chianti Classico.

Roasted Beet and Creamy Dill Cashew Cheese Sandwiches

Adapted from www.ohmyveggies.com.

Sliced into rounds, roasted beets are surprisingly good in sandwiches, almost like vegetarian cold cuts. These sandwiches pair them with a layer of herbed cashew cheese, and hold up great in a packed or picnic lunch. The recipe yields more cheese than you'll need for the sandwiches, so if you don't devour it right away by the spoonful, you can freeze it in a covered container.

4 beets, medium, scrubbed
1 Tbs. olive oil
2 Tbs. balsamic vinegar
salt
pepper
1 c. raw cashews, soaked in water 4-8 hours, drained and rinsed
1/4 c. soy or almond milk, plain, unsweetened
1 Tbs. lemon juice
1 clove garlic
1/2 c. finely chopped fresh dill
8 slices sandwich bread, toasted if you like
lettuce leaves
1 small red onion, thinly sliced

Directions: Preheat oven to 400°F. Rub the beets with olive oil and



wrap them all together in a packet of aluminum foil. Set in a small baking dish, and bake about 1 hour, until the beets are easily pierced with a fork. Remove from oven, unwrap from the foil, and let sit until cool enough to handle. When cool, rub the beets to remove the skins. Slice beets into 1/4-inch thick slices and place in a medium bowl. Toss with the balsamic vinegar and a sprinkle of salt and pepper.

Combine the cashews, milk, lemon juice, and garlic in the bowl of a food processor fitted with a steel blade. Pulse until smooth, thinning with a little more milk if needed. Season to taste with salt and pepper, then transfer to a large mixing bowl. Fold in the dill. Taste, and adjust seasoning if needed.

Spread 4 slices of bread with a layer of creamy cashew dill cheese, then top roasted beets, lettuce leaves, and sliced onion. Top with the remaining sliced bread, slice in half, and serve. Makes 4 sandwiches.

Star Recommends: Tascante Ghiaia Nera—The Wine Advocate: "From the blackened slopes of Mount Etna, Tascante Ghiaia Nera is a pure expression of Nerello Mascalese. The Tasca family purchased precious vineyard land on Etna and began releasing a series of volcano-based wines about five years ago. This is a very successful, ruby-colored expression that is appropriate for near-term consumption. The grape's natural tannins have been softened and the wine shows generous fruit tones, mineral shadings, leather, tobacco and exotic spice."

Baked Egg with Tomato and Dill

Adapted from www.fortheloveofcooking.com.

This is a special, but still simple, alternative to the basic breakfast you might have typical mornings. Tomato, dill and egg complement each other perfectly. Scale up for a group.

olive oil
1 egg
1/2 tomato, diced
1/2 tsp. chopped fresh dill
1 Tbs. milk or cream
salt
black pepper

Directions: Preheat oven to 350°F. Coat a small ramekin with olive oil. Crack the egg into the ramekin, leaving the yolk whole. Sprinkle the diced tomato and dill on top, add the milk, and season with salt and pepper. Set on a baking sheet and cook for 5 minutes. Turn the oven on to broil, then broil for an additional 5 minutes, or until the white is set and the yolk is done to your liking. Remove from oven and serve hot. Makes 1 serving.

Star Recommends: Jean-Baptiste Adam Cremant d'Alsace Brut Rose—Aromas of currant and red fruit. A team of fine bubbles caresses the palate.

Steak Tacos with Radish-Cilantro Salsa

Adapted from www.bonappetit.com.

These tacos take just minutes to prepare, and they're packed with flavor. The easy radish salsa is peppery and crunchy.

2 Tbs. vegetable oil, divided
1 lb. skirt or flank steak
salt
black pepper
1/2 c. fresh cilantro, divided
4 radishes, trimmed, chopped
4 scallions, trimmed, white and light-green parts only, thinly sliced
1/2 jalapeño, seeds removed (if desired), minced
2 Tbs. lime juice
8 corn tortillas, warm
2 oz. Cotija cheese, crumbled

Directions: In a large skillet over a medium flame, heat 1 tablespoon of the vegetable oil. Sprinkle the steak with salt and pepper, and cook in the skillet for about 5 minutes per side for medium-rare. Remove from

please drink responsibly.

skillet and let rest for 5 minutes.

Combine the radishes, scallions, jalapeño, lime juice, and last tablespoon of oil in a medium bowl. Chop half of the cilantro and fold it into the radish salsa. Season to taste with salt and pepper.

Slice the steak into strips, and serve on warm tortillas with the radish salsa, cheese, and the remaining cilantro. Serves 4.

Star Recommends: Scott Harvey Zinfandel—Soft, gentle, and balanced. Raspberry, blackberry, and allspice show on the nose. Lots of raspberries show on the palate, ranging from fresh tart berries to sweet berries in cream. It has a touch of vanilla and a pantry full of spice, including allspice, black pepper, and cloves. Vanilla and some brown sugar come out on the mid-palate and run through the finish, showing the effect of the wood.

Roast Chicken with Radishes

Adapted from Cooking for Jeffrey by Ina Garten.

With lemon, thyme, and radishes, this roasted chicken is tender, comforting, and far from boring.

1 roasting chicken, about 4-4 1/2 pounds, washed and dried very well

salt

pepper

1 lemon, quartered

5 sprigs fresh thyme

1 1/2 lbs. radishes, scrubbed, trimmed, dried well, cut in half or quartered if very large

3 Tbs. unsalted butter, melted

Directions: Preheat oven to 425°F. Set the chicken in a small roasting pan and season the cavity with salt and pepper. Add the lemon and thyme to the cavity. Arrange the radishes around the chicken in the bottom of the pan.

Brush chicken and radishes with melted butter, and season with more salt and pepper. Roast for at least 1 1/2 hours, until the juices run clear. Remove from oven and cover loosely with a sheet of aluminum foil; let rest for 10 minutes. Carve, then serve with roasted radishes and pan juices. Serves 4.

Star Recommends: Catena Alta Chardonnay—The Catena Alta Chardonnay shows an intense green-yellow color with golden highlights. The nose offers ripe white fruit aromas such as pears and peaches that are interwoven with delicate citrus and floral notes, such as jasmine. The palate shows rich and concentrated ripe pear, apple and apricot flavors with a light note of minerality. The wine finishes long and complex with crisp, mineral acidity.

White Bean and Beauty Heart Radish Salad

Adapted from www.epicurious.com.

This hearty salad is much more than the sum of its parts, and happens to be beautiful too. A great accompaniment to anything from the grill.

3/4 c. olive oil

2 Tbs. capers, drained and rinsed

2 c. packed flat-leaf parsley leaves, divided

1/4 c. fresh lemon juice

salt

black pepper

2 15 oz. cans cannellini beans, rinsed

3/4 c. oil-cured black olives, pitted, sliced in half

1 bunch beauty heart radishes, trimmed, sliced into thin wedges

2 scallions, trimmed, thinly sliced

Directions: Use a blender to make a coarse puree of the olive oil, capers, and 1 cup of the parsley. Transfer to a large bowl, then stir in the lemon juice and some salt and pepper to taste. Add the beans and olives and toss to coat. Transfer to a serving dish and top with the radishes, remaining parsley, and scallions. Serve at once, or chill for up to 4 hours. 6 servings.

Star Recommends: Berger Gruner Veltliner—This light, refreshing white makes an excellent introduction to Gruner Veltliner. An excellent value that's an easy pairing for a wide array of foods, Berger Gruner Veltliner has a pleasant acidity, a delicious palate of citrus and stone fruits, and a hint of minerality.

Blueberry Lemon Poppy Seed Scones

Adapted from www.halfbakedharvest.com.

Lemon and blueberries seem made for each other; and these buttery, flakey scones are a perfect way to enjoy them. And they only take about a half hour to make!

2 1/2 c. all-purpose flour

2 Tbs. sugar

1 Tbs. baking powder

1/2 tsp. salt

8 Tbs. unsalted butter, cold, grated on a box grater, plus 2 Tbs. melted butter

1 egg, beaten

3/4 c. buttermilk (or coconut milk, or regular milk), plus a little more for brushing

1 Tbs. plus 1/2 tsp. vanilla extract, divided



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References upon Request

- 1 1/2 c. fresh blueberries, rinsed
- 1 Tbs. lemon zest, divided
- 1/2 c. powdered sugar
- 1/4 c. lemon juice
- 2 Tbs. poppy seeds

Directions: Preheat oven to 400°F. Line two rimmed baking sheets with parchment.

Combine the flour, sugar, baking powder and salt in a large mixing bowl. Add the grated butter, and toss to incorporate. Stir in the egg, butter-milk, and 1 tablespoon vanilla extract until just combined, and be careful not to overmix. Fold in the blueberries and half of the lemon zest.

Turn the dough onto a lightly floured surface and gently pat it into a square about 1 inch thick. Slice the dough into 12 squares, then arrange them onto the baking sheets about 2 inches apart. Brush the scones with more buttermilk.

Bake 15-18 minutes, rotating the baking sheets after 8 minutes, until the scones are golden brown.

In a small bowl, whisk together the powdered sugar, lemon juice, melted butter and 1/2 teaspoon vanilla extract. Stir in the remaining lemon zest and the poppy seeds.

Let the scones cool a few minutes, then glaze with spoonfuls of lemon poppy seed glaze. Serve while still warm. Makes 12 scones.

Star Recommends: Centorri Moscato di Pavia—Centorri Moscato is a pale sunshine yellow color with a slight frizzante. This Moscato has intense aromas of peaches, rose petals and ginger. On the palate, it is delicately sweet and sparking, with modest acidity, good balance, and complexity with a finish of fresh apricots.

Blueberry-Coconut Ice Cream

Adapted from www.eyecandypopper.com.

If you haven't got an ice cream maker, don't let that stop you from making ice cream! This recipe calls for just three ingredients, and you'll have delicious, creamy ice cream using only a blender.

- 1 can coconut milk (full fat)
- 1 1/2 c. fresh blueberries, rinsed

- 3 Tbs. maple syrup

Directions: Combine all ingredients in the pitcher of a blender (or in a bowl, and use an immersion blender). Blend on high for 45-60 seconds, until very smooth, ideally creating lots of bubbles in the process. Transfer the mixture to a freezer-safe container and freeze for 3-4 hours, or overnight.

If it's frozen solid, let sit at room temperature for 20-30 minutes to soften. Scoop into bowls, and enjoy with any favorite toppings. Makes 4 servings.

Star Recommends: Champagne Larmandier-Bernier Longitude—Longitude" is an allusion to the length and the very pure, frank and mineral style of these great terroirs, where the chalk is very close to the surface. Very broad and rich.

Blueberries with Maple Cream

Adapted from www.marthastewart.com.

Summer's tastiest blueberries are elevated with an out-of-the-ordinary whipped cream.

- 3 c. fresh blueberries, rinsed, picked over
- 1/4 c. packed light brown sugar
- 1 tsp. lemon zest
- 3 Tbs. lemon juice
- 3/4 c. heavy cream
- 1/4 c. sour cream
- 1/4 c. maple syrup

Directions: Combine the blueberries, brown sugar, lemon zest and lemon juice in a medium bowl.

Combine the heavy cream and sour cream in a large bowl, and use an electric mixer on high speed (or a whisk and some elbow grease) until soft peaks form. While whipping, drizzle in the maple syrup, and continue to whip until the maple cream is thick and velvety.

Serve the berries in bowls with dollops of the maple cream. Serves 6.

Star Recommends: Cambridge Winery Brianna—Made from the cold climate Brianna grape this semi-sweet white comes from a winery right down the road in Cambridge, WI.



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Co+op Basics Giveaway

Enter on Facebook to win \$100 worth of Co+op Basics groceries!

The first three weeks of June we'll be giving away \$100 in Co+op Basics each week, one prize per store.

Follow us on Facebook and watch for the posts!

One entry per person, and anyone can enter; you don't have to be a Co-op Owner. No purchase necessary.

Co+op basics



Staff Picks



GIANOFER FIELDS

Peanut Chicken, Chicken Tikka Masala or any tamale

I usually have it all worked out. I plan on bringing my lunch every day, and for once, show a little restraint. However, when the Deli busts out the tamales, Peanut Chicken, or Chicken Tikka Masala...all my newfound frugality flies out of the window. Too good to pass up. Dang.

Willy Street Co-op Deli Sliced Roast Beef

Licking my chops while thinking of making a roast beef sandwich. Lean and delicious.



SEAN FLYR

Broccolini

This is the lesser-known cousin of broccoli, with a fancy name. The entire thing is edible and can be cooked basically any way, or eaten raw. Some people swear by sautéing it; others love to use it in stir-fries. I like to coat it in olive oil, salt and pepper, then oven-roast it at a high temperature until it starts to char, and then finish it with a squeeze of lemon. You might want to make extra, because it's hard to resist munching on it straight from the pan. Please enjoy!



SARA BERG

LüSa Hey You. Shoo. Natural Insect Repellent Essential Oil

LüSa uses simple, safe ingredients in this natural insect repellent. It's made with aloe vera juice, witch hazel and a blend of essential oils:

lemon eucalyptus essential oil (a natural oil that is as effective as DEET is for discouraging insect bites in preliminary research trials); rose geranium essential oil (an effective tick repellent); cedarwood essential oil (works wonders at keep-



ing black flies at bay). I love this product; I even spray it on my dogs to help repel ticks. And it's made locally, right in Viroqua, Wisconsin! Seasonal.

DAKOTA FAHRENKRUG



ConcenTrace® Trace Mineral Drops

I've usually got a bottle of Trace Mineral Drops close at hand. It's a great go-to when I'm feeling a lack of concentration, low on energy, or want some extra help warding off a cold. Each serving contains over 72 trace minerals and the bottle lasts me a very long time. Just a few drops in my water bottle does the trick!



Om Mushroom Powders

Om Mushroom powders are ideal for those of us who cannot seem to stick to our daily vitamin regimen but wouldn't think twice about adding some extra goodness to our morning coffee, smoothies or homemade meals. Mushrooms are packed full of health benefits, and these powders can be easily worked into your day-to-day, so you don't miss out.



IAN ADCOCK

Veriditas Just Plain Relief!

As I'm someone dealing with chronic pain, this essential oil has become a lifesaver. It's a great natural pain relief that actually works. I never leave home without it.



JESSE THURBER

American Provenance Natural Men's Hair Pomade

Initially, I had a hard time justifying paying this much for a jar of pomade, but was willing to go out on a limb and try something new. I'm glad I did, because this is quality product and now I can't see myself going back to a conventional brand. The texture takes a little time getting used to, but you'll find a little goes a long way; one jar lasts me MONTHS. Holds well and doesn't leave your hair feeling greasy—nor does it dry out and get crispy after several hours. Different scents at each location.



ABIGAIL

LüSa Da Balm

This product really helps with those pesky, itchy mysterious bites and bumps that summertime brings. Seasonal.



BRENDON SMITH

Tamaleria el Poblano Chicken with Green Salsa and Jalapeño Cheese Tamales

They're locally made and make for a satisfying meal. My son took them for his school lunch every day for months.

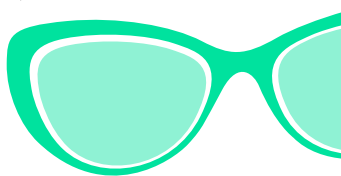
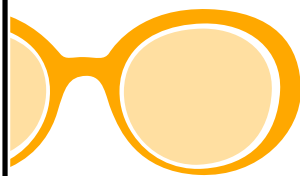
Willy Street Co-op Bottled Cold Brew

As soon as the snow leaves the ground, this goes into my refrigerator. It is a helpful pick-me-up in the late morning and lasts me 2-3 days.

Sunglass Spectacular!

Save up to \$100 off

*See store for details. Through June 30, 2017.



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What's Cooking?

Check out our recipe racks in the stores and try something new!

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WE CAN CUT CABBAGE

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CATE VEITH

River Hills Harvest Throat Coat Elderberry Juice

Great for the immune system and super-helpful during allergy season when throats get scratchy. Sweet and delicious. Used medicinally, an 11 fl. oz. bottle will definitely last a while.



Used as a mixer for the perfect spring and summer thirst quencher, it may not.

Mitica® Drunken Goat® Cheese

Of all of our non-local cheeses, this is my favorite. It's firm but creamy, with a fruity undertone thanks to being bathed in red wine.



RACHAEL GROENING

Cedar Teeth Pizza

As a native Milwaukeean, I am so very glad to see we recently started carrying Milwaukee's own Cedar Teeth Pizza! As I am a fan of the thick-crust pizza, I love their unusual



sourdough crust; and the toppings are always fun and creative! My favorite is the Vegan Peanut Gallery and the Mashed Potato Pizza!



SARAH LINTON

REBBL Protein Drinks

These have considerably more protein and less sugar than the protein bars I normally snack on. And they are way more delicious! They are 100% plant-based, and in addition to the nutrition they provide, they have the herbs maca, reishi, and ashwagandha to support energy and stress management. I love both flavors so much, but if I had



to pick one, I'd probably go for the vanilla spice.



PAIGE WICKLINE

Apricots

Apricots are those beautifully orange-colored fruits full of beta-carotene and fiber. So delicious as a healthy snack!



AMY PAYNE

Szczutkowski Orchard Organic Applesauce

My grandma made the best applesauce in the world. This is a very close second! (As close as I have ever found!)



KATY BROWN

Jeff's Naturals Sliced Tamed™ Jalapeños

These are an absolutely perfect nacho topping! Not too hot even if you're not a spicy food fan.



EVAN COLEMAN

Willy Street Co-op Summer Lemon Iced Tea

Cheap and super refreshing in the summer.



ASTORIA GOLDSBY

Brown Cow Cream-top Whole Milk Cherry Vanilla Yogurt

I hate yogurt but the cream top and the flavor of cherry vanilla makes me forget I am eating yogurt. Added bonus: throwing blueberry granola on top makes for the best snack.



AMANDA IKENS

RP's Tortelloni

I wish I had time to make fresh pasta at home; this is the closest to homemade pasta! They do all the work for you and this is awesome for a quick meal!



DOUBLE DOLLARS

Matching Donation

For every dollar donated to the Double Dollars Fund May 30th-June 20th, Madison Area Chef's Network will match it, up to \$5000!

Donate at the register or we'll make a contribution for every reusable bag you shop with.



The Double Dollars Fund provides Double Dollars vouchers at both participating local farmers markets and at Willy Street Co-op. The vouchers help make food more affordable for those receiving Supplemental Nutrition Assistance Program (SNAP) benefits.

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Shopping with Kids?

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Compliments of the Willy Street Co-op Produce Department



JEFF DEMPSEY

Batch Bakehouse Scali Bread

This bread is the best! The toasted nuttiness of the sesame seeds combined with the perfect density of the crumb makes this my go-to bread when the craving strikes.



MARNIE MCMULLIN

Garlic Scapes

Garlic scape pesto is my all time favorite pesto to make and devour. The garlic scapes give the pesto a mild creamy garlic flavor and make the texture more like a dip and less like an oily pesto. Admittedly, I have eaten garlic scape pesto straight from the jar with Blue Farm corn chips or rice crackers. I usually add about a cup or so of garlic scapes to a traditional basil pesto recipe and I skip the garlic cloves. I use almonds or pecans instead of pine nuts. Garlic scapes come around just once a year, so make a big batch and freeze it in small jars for later use.



JUNIPER GRAYSON

Braggs Apple Cider Vinegar

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KELSEY FOSTER

Beyond Meat Beyond Beef® Crumbles

An excellent alternative to beef. The texture is the closest to real ground beef of any other alternatives I've tried. It makes great tacos. And I say this as someone who is not vegan or even vegetarian!



WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

They build a local movement for social and environmental justice.

Your gifts support Community Shares of Wisconsin (CSW) and its 65 member nonprofits.



Photo Credit: Wisconsin League of Conservation Voters Institute

Members of the Wisconsin League of Conservation Voters Institute (WLCVI) field team have had a busy and productive spring. In addition to educating communities about the 2017 WLCVI policy agenda, they recruited over 300 Conservation Lobby Day participants from across the state, resulting in several policy wins at the state capitol. These included bipartisan support for legislation to protect drinking water from lead pipe contamination and removal of manure-related policy from the state budget.



Photo Credit: Freedom, Inc.

Freedom Inc. works to challenge the root causes of discrimination in Wisconsin. At the "A Day Without Women" March earlier this year, Freedom Inc. staff members Jessica Williams and Zon Moua spoke about ending violence against Black and Southeast Asian communities. They were joined by hundreds participants from across the region.

For survivors of abuse, exploitation, and harassment, simple acts like registering to vote can be dangerous because abusers may seek their personal information using public records. That's why End Domestic Abuse Wisconsin worked with partners to develop the Safe at Home program. The initiative provides victims of actual or threatened domestic abuse, child abuse, sexual abuse, stalking, and trafficking with a legal substitute address to be used for both public and private purposes.



Photo: End Domestic Abuse Wisconsin

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

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Shopping with Kids?

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The UW Pediatric Asthma Research Program is looking for infants with a history of eczema or a parent with physician-diagnosed asthma to participate in a research study. This study will see if a daily capsule of the investigational medication Broncho-Vaxom® (a mixture of bacteria products) helps prevent at-risk infants from developing wheezing illnesses or asthma.

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- Infants between 5 - 17 months
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