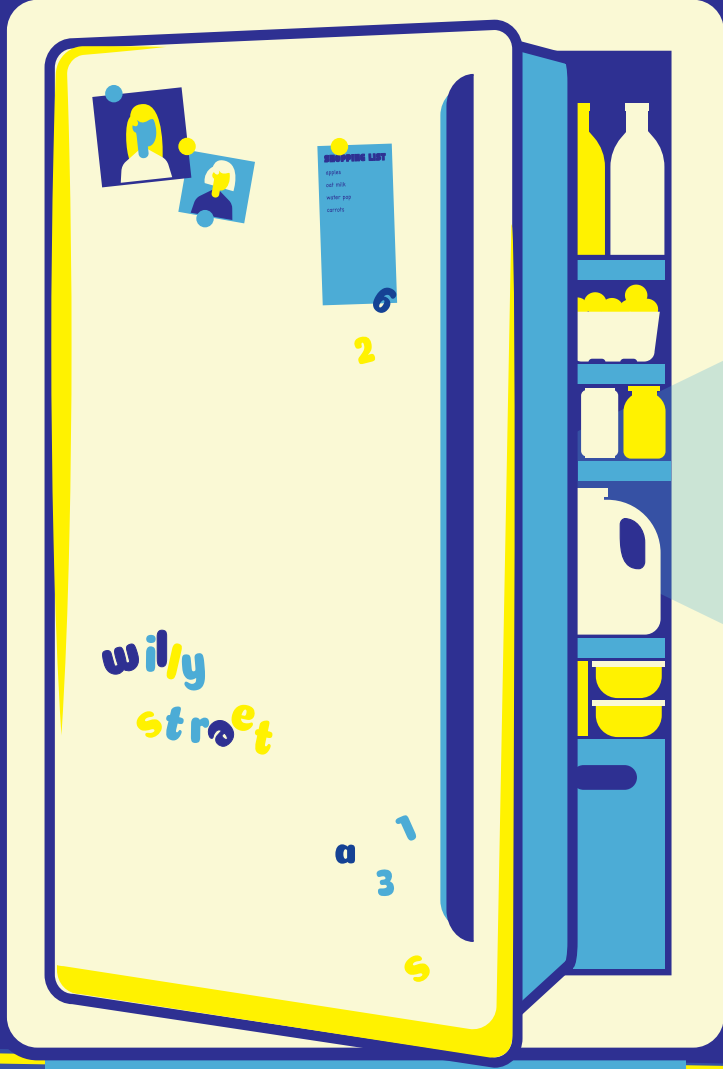


willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 48 • ISSUE 6 • JUNE 2021



WHAT'S IN



FRIDGE?

IN THIS ISSUE

Choosing the Right Sunscreen; Board Elections; COVID-19 Protocol Updates; Food Preservation Planning; and More!

STORES CLOSING AT 4:30PM JULY 4

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

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.

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: Willy East: 7:30am-9:00pm; Willy West: 8:00am-8:00pm;

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

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

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

Deli: 7:30am-9:00pm

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

**WILLY STREET CO-OP
MISSION STATEMENT**

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

**WILLY STREET CO-OP
BOARD OF DIRECTORS**

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

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

**BOARD MEETING
SCHEDULE**

June 16
July 21 (and Special Owner Meeting)

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

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



CUSTOMER COMMENTS

Write Us!

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

KOBUCHA ON TAP

Q: *What happened to the kombucha on tap at the East store location? This is my #1 purchase from the co-op and I'm concerned to see it suddenly missing from the store. Even the large format pre-bottled kombuchas are wasteful vs. the beverage being available on tap. Not to mention the wonderful seasonal and special flavors that seemed to only be available on tap.*

Is it still available at other locations? What does it take to bring this back to Willy East location?

A: Thank you for your comments and questions! We stopped selling bulk kombucha due to low sales at our stores. I believe North has a little left, but they will run out soon. We may decide to bring it back, if we feel like people are shopping more in the department again. I appreciate you voicing your opinion on the matter. It was a difficult decision to make given Willy Street Co-op has had a strong Bulk program for years. Have an excellent week! -Dean Kallas, Grocery Category Manager

REUSABLE BAGS

Q: *"The Streets Division recommended taking reusable bags when shopping" <https://www.nbc15.com/2021/04/06/madison-stops-accepting-plastic-bag-plastic-film-for-recycling/> can we do this again?*

A: Thanks for asking. We have been allowing customers to use reusable bags since August, and encourage customers to use good food safety practices for cleaning, storing, and packing bags. We recently did an article that provided tips for reusing bags in the *March Reader*. Please let us know if you have any other questions! -Kirsten Moore, Cooperative Services Director

OPENING TIME

Q: *It's summer-ish! I work early mornings and would love to be able to stop at North on my way to work for coffee and to grab lunch. Imagine my surprise this morning when arriving at the coop and finding it closed*

until 8 am!! Bummer to not get coffee OR lunch. A 7 am start time would likely do very well in this blue collar neighborhood for folks like me who find it easier to do things in the morning than at the end of the day...

A: It is summer-ish....finally! Thanks for sharing your thoughts on our store hours. As you probably know, our original hours of operation were 7:30am-9:30pm however we changed North's hours a few times over the past year due to the COVID-19 pandemic. We are currently open from 8:00am-9:00pm; however, store hours are something we continue to review on a regular basis to determine when we might expand our hours even further. I will keep your request for a 7:00am start time in mind as we have these conversations. Thanks again for reaching out! -Jenny Skowronek, Store Director—North

THANKS FOR THE NEW PRODUCT

Q: *I called a couple of weeks ago to ask if any of the co-op locations carried dragonfruit. The person I talked to was very nice and after checking with produce and frozen foods, regretfully informed me that you didn't carry it. I went in today and was pleasantly surprised to find the "new product" sign next to frozen dragonfruit! Just wanted to send a note and say thank you.*

A: Thanks for writing in with the positive feedback. I have shared it with the staff. I am so happy that we were able to bring the frozen dragon fruit in and that you have already found it for sale. Take the best care! -Amanda Ikens, Owner Resources Coordinator—East

SEAFOOD SOURCING

Q: *Thank you for the article about seafood sourcing in the most recent Reader! I was thrilled to learn that you use Seafood Watch to guide your seafood choices. Two questions:*

- 1. Would it be possible to indicate which products are green and which are yellow? I try to use the Seafood Watch app to guide my purchasing, but would love a quick visual indicator in the store (and also understand if this is too much of a burden on merchandising, especially if the information is subject to change!).**
- 2. Do all of your canned fish also pass the green/yellow Seafood Watch test? I've been surprised to learn that fish I typically thought were sustainable choices (sardines, anchovies) are actually not (due to the proliferation of aquaculture, I think).**

Thank you for helping us all

be more conscious consumers!

A: Thanks for the message! I'll take your questions one at a time:

- 1. We are looking into a few ways to get the Seafood Watch designation on our signs. Unfortunately, it's not as simple as having the information print on the signs with the method we currently use for printing—the database we use doesn't have a good way to hold that information. However we have a few ideas that we're working on to make sure that information is clear to customers. Stay tuned!**
- 2. Canned fish is handled by a different internal department than our new Seafood counters, and we haven't vetted that category of foods as carefully as we have our fresh fish selection. We do carry a lot of brands of sustainable canned fish; however, like most categories of goods in our stores, we haven't excluded other brands on the grounds of sustainability. I think it's a great call out, however, and I think we'll need to talk more internally about the discrepancy. Thanks for bringing it up!**

I hope that's helpful information. I'm sorry I don't have more clear cut answers for you—this is such a new program for us we are learning as we go to some degree. Best, Megan Minnick, Purchasing Director

EXCELLENT RECIPE

Q: *Just tried the Parmesan Spinach Cake recipe. It is DELISH. Tweaked with extra garlic, plus threw in a bit of gouda. It seemed too dry when I combined, but I watched it closely. Honestly, it's like spanekopeta without the extra calories from pie dough. Thanks!*

A: Thank you so much for letting us know! We are glad you enjoyed the recipe. Sounds like a good one. I'll have to try it myself! -Liz Wermerantz, Editor

DOUBLE YOLKS

Q: *A couple of weeks ago, I bought a dozen of M&M organic farms' extra large eggs. (Sell by date 4/9/21.) Over half of the eggs had double yolks. My wife and I are wondering about M&M's fertilization process. This clearly isn't a natural occurrence; it is in fact somewhat repulsive. Have any other customers/owners encountered this? Thanks.*

A: Thank you for your questions and comments on the M & M organic farms' eggs!! I buy jumbo eggs regularly, which I know aren't technically the same size as the extra large eggs you purchased, but I encounter double yolks on a pretty frequent basis. I found a good explanation for the phenomenon online from Nellie's Free Range Eggs,

who is a reputable producer.

My guess is the extra large eggs you bought were probably a bit bigger than normal, and could have been graded as jumbos. Quite honestly I have a tough time telling the difference when I look at them in a carton. M & M is a local egg producer, and I know they are doing their best to provide us with quality products.

I am truly sorry for the negative experience you had with their extra large eggs. I would like to make it up to you by providing you with a refund for them. I will ask our Willy West Customer Service team to issue you a credit for them. Please just check in with our staff at the Customer Service desk at Willy West. Have an excellent rest of your week! -Dean Kallas, Grocery Category Manager

PRODUCE PRICE

Q: *I just accidentally bought a bunch of asparagus for \$7.53. That's outrageously expensive. That's on me, I know, but it's not like it's an out-of-season item. Often bundles or containers are in weight amounts that reflect price per pound. Though I generally love the produce quality at all Coop locations, that's just too pricey.*

Thank you for reading.

A: Thanks for the message. I'm sorry that you were unhappy with the price of asparagus recently.

I'm not quite sure how the cost came out to so much for one bunch. Currently, our organic asparagus is priced at \$5.79/lb, and typically, the bunches are 1lb. Perhaps you got a really large bunch? For items sold by the pound, you are always welcome to break apart bunches and buy the amount that works for you.

It's true that the price did see a jump recently. This is because our sourcing changed from Mexico to California. California asparagus is typically of much higher quality than the Mexican equivalent, so we generally make the switch as soon as spring supplies from California are strong enough to be a consistent offering in our Produce departments.

Unfortunately, the California asparagus is also more expensive (\$5.79/lb compared to \$3.99- \$4.49/lb for Mexican) particularly in the beginning part of the domestic season. The biggest contributor to this is the fact that labor is more expensive for farmers in California compared to Mexico. It is counterintuitive I know, but I expect the price will rise even more as we move into local asparagus in May—local farms typically pay more for labor, and since they are much smaller than most West Coast growers they have higher overhead costs. We make a point to pay our

local farmers a fair price that will keep them in business, and since asparagus is a very labor intensive crop, it is not a cheap one for local farms to produce.

Thanks again for the feedback. I hope you're having a great day! Best, Megan Minnick, Purchasing Director

SUBSCRIPTION BOXES

Q: Will the produce boxes be available this spring/summer? When might I be able to sign up. We loved our subscription last year!! Thanks for all your efforts.

A: Thank you for your interest! As we noted in our most recent COVID-19 article in the April newsletter, times have changed and our fruit and vegetable box program is ending with our April run of subscriptions. You can still buy produce of your choice from shop.willystreet.coop if you prefer pickup instead of in-store shopping, and if you want to learn what fruits

and veggies are hot at the Co-op before you shop, you can sign up for our new Weekly Produce Update that starts this May on our website at www.willystreet.coop/about-us/departments#produce. If you are still interested in continuing to participate in a subscription-style program this summer, you may want to check out the farms associated with FairShare CSA Coalition and sign up for a regular pickup with a local farm. Please let us know if you have other questions. Enjoy the day! -Kirsten Moore, Cooperative Services Director

QUESADILLAS

A: I love your black bean quesadillas, but why did you make the decision to include salsa and sour cream in each container and increase the price? Could you reverse this decision and go back to the former pricing. If a person wants condiments, you already sell great salsas and sour cream

separately. Thanks.

A: Thanks for the feedback about the black bean quesadillas! We made the switch to line item pricing for this item because of feedback from customer comments just like yours. Folks were frustrated that there were no condiments and that they had to buy an entire jar of salsa or sour cream to dip their quesadillas in. Due to adding the condiments, and because of labeling requirements by the Wisconsin Department of Weights and Measures, we had to move to line item pricing.

I logged your comment and will be sure to continue to track sales. Based on customers' reactions and how movement has been impacted, we may make the change back to selling them by the pound. Please feel free to reach out if you have any additional questions. Best Wishes, Dustin Skelley, Kitchen Director

APPLES AND MANGOES

Q: Have meant to comment on the Apple boxes from October. I finished the last of the Ida Reds about a month ago. The note in the box said the apples were washed, and I also believe they must have had a wax film to have them keep so long. I did notice consistent lip chapping when I ate these apples raw, something I had never experienced. Just wondered if anyone else commented on that.

Also, re the frozen mangos from juice bar extras, I still have some repackaged pints left from my second bag. I used a thawed center block of mango pieces over

several days by putting mango in my heated oatmeal in generous amounts—think some oats with my mango! This caused not only heavily peeling lips but inflammation around my mouth. Research showed that mango skin and some flesh under the skin contains urushiol, the cause of the irritation. This is not a complaint, just an observation because who knew? I think I will try putting the rest of the fruit into mango bread. If I still react, I can share it with someone who isn't sensitized. However, I am hoping that I won't have to give up an occasional mango lassi!

Thanks,

A: Thanks for the comment! Regarding the apples—I am certain that Ela Orchard does not apply wax to their apples, but the varieties that we put in those boxes were known to be good keepers, so it doesn't surprise me that they lasted so long for you. Many apple varieties, particularly older varieties, have a naturally occurring wax that can sometimes be mistaken for an added coating. Maybe that's what you noticed? I've never heard of it causing chapped lips, but I suppose anything is possible!

Regarding the mango—it's true that many people have irritation to mango skin, which can be as mild as skin tingling, or as severe a serious allergic reaction. I suspect it's not as well known as some other allergies. I hope it stays on the mild side for you!

Thanks again for all of your support. Have a great day! Best, Megan Minnick, Purchasing Director



Save the date!

willy street co-op Annual Meeting will be held virtually this year on July 8th.

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

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

All registered attendees will be entered to win prizes!

Details will be available closer to the event.

www.willystreet.coop **willy street co-op**

VOTE

For the Willy Street Co-op

BOARD CANDIDATES AND BYLAW REVISIONS

Voting open July 1st - 20th

This year you can vote by mail, in the store, by email, or by phone. Not sure if we have your current email address on file? Please update it or confirm by June 19 so that we can email you a unique ballot.

GENERAL MANAGER'S REPORT

COVID-19; & More!



HELLO JUNE; HELLO DEAR OWNERS

June! The school year is wrapping up and kids of all ages are focusing on other important things: play, sports, camp, or summer jobs. Yeah! The weather is warming up as if on cue; *Farmers'*

by Anya Firszt,
General Manager

Almanac is forecasting a stormy summer season ahead. I love thunderstorms and lightning! And, the days leading up to the equinox (June 20) are offering just a little more daylight, and then we start the trend in the reverse direction. Ah summer.

COVID-19 AND OPERATIONAL PROTOCOLS

Thanks to you, the Co-op was open for business throughout the pandemic.

Finally, after 14 long months, there is light at the end of the tunnel. We anticipate a number of operational changes in the coming few days and weeks in response to the Public Health Madison Dane County ending and not renewing another Emergency Order with regard to COVID-19. The social distancing, masking, hand sanitizing and handwashing protocols that we put in place so many months ago to help provide for a safer place to work and shop are now under consideration for phasing out as the emergency orders end.

Stay informed of up-to-date changes by checking out our website or social media.

ON THE HORIZON

Over the last few months we have been reviewing the current year's financial performance, as well as looking ahead and planning our next fiscal year's operating and capital expenditures budgets. Typically, we look at trends over the year or couple of years to help guide us for the coming year's plan. We look at positive trends (sales increase) and negative trends (margin decrease) and depending on the results, we determine what we can do to stay the course or reverse the trend. The pandemic provided us an opportunity to learn that we could change how we have traditionally done business to meet the needs of our customers; for example growing e-commerce service, developing curbside pick-up and subscription boxes, and packaging bulk items.

Our goal for the coming year

is to return to profitability. During COVID-19 our sales growth suffered and by the end of March this year (Q3 Fiscal Year 2021) our sales were down over 9% for the quarter and 6% for the year. The sales mix of items we sell also shifted significantly during this time to items we make less money on (for example, from prepared foods to packaged groceries). We have focused on matching our expenses to the lower revenues, but have not been able to reduce our expenses at the same rate our revenue has gone down. We anticipate a large loss this fiscal year and are developing plans around pricing, staffing, and reducing costs to ensure we can generate the income and cash flows needed to return to profitability in the near future. This will allow us to continue to provide the array of services and products you have come to know at all of our locations. To be successful we need your help. We need you to consider supporting your Co-op by spending more of your grocery dollars at Willy Street Co-op.

In the coming few weeks, those departments that have been operating for the majority of the year at minimal capacity will begin to reopen. You will see increased product selection and services with the salad, hot, and olive bars opening at our stores, as well as service at the Juice and Coffee Bar opening to its regular hours. We'll be able to reopen outdoor seating, and eventually return to inside seating in the Commons and Community Rooms. I can't wait for more things to start opening up!

The Co-op is wrapping up the current fiscal year, which means the annual meeting and Board elections are right around the corner. Save the date: our 2021 Annual Meeting is a virtual event and scheduled to take place on July 8, 2021. So, mark your calendar and plan to attend. Registration is required; check willystreet.coop/2021-annual-meeting. At the time this report was submitted, we were unable to report who is running for the Board to fill the three open seats, but be ready for candidate statements in the July issue of the *Reader*. You will be able to cast your ballot online, by phone, in the stores, or by mail.

SPECIAL STORE HOURS: INDEPENDENCE DAY, JULY 4TH

The fiscal year ends on July 4, and store hours will be reduced to reflect the holiday as well as to conduct a year-end inventory count. All stores are open until 4:30pm on Sunday, July 4. Plan ahead!

BOARD REPORT

Board Elections; and More!



by Ann Hoyt,
Board Member

Electronic voting ends at 11:59pm on July 19 and paper ballot voting ends on July 21. The primary way you, as members, control our Co-op is by electing a Board of Directors that oversees the Co-op on your behalf. Please be sure to vote for the candidates of your choice.

In the meantime, the Board would like to thank Caryn Murphy for her service as a director. She has been an outstanding director—thoughtful, careful, participatory, informed, and gracious. Thank you,

Among lots of uncertainty related to COVID-19 this summer, you can count on one thing. There will be an election for three members of the Board of Directors. Both electronic and paper voting will begin on July 1, 2021.

Caryn, for the time you spent with us.

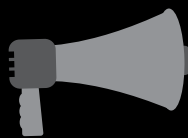
MOTION PASSED

Finally, I want to share the following motion passed by the Board in March. "The Board respects the request from the Union to add a Union-specific standing item to Board meeting agendas. However, the Board does not directly intervene in organizational decision-making; the General Manager is the Board's liaison to the Co-op's operations. As a result, the standing item request cannot be implemented. The Board will continue to support open channels of communication between members of the Union and management through follow-up with the GM, and monitoring of Co-op policies (specifically policies B6: Staff Relations and Compensation and B7: Communications to the Board)."

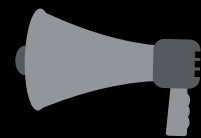
Thank you for your support of our Co-op. Remember to cast your vote in this year's Board election!

STORES CLOSING EARLY AT 4:30PM ON JULY 4

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willy street co-op

Community Room Class Calendar

Visit www.wilystreet.coop/events to register.

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



COOKING WITH CHEF PAUL: SUMMERTIME MEALS

Location: Google Meet
Thursday, June 3, 5:00pm–7:00pm
Your Co-op's Own Instructor: Paul Tseng
Fee: \$5 for Owners; \$10 for non-owners

Summer is upon us and with it the local produce bounty! Join Chef Paul to learn to make Pork Chops with Polenta & Sauce Vierge; Roasted Chicken with Potatoes, Squash & Salsa Verde; Sautéed Mushrooms with Greens; and Gazpacho. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: MEALS IN A WOK

Location: Google Meet
Thursday, July 1, 5:00pm–7:00pm
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

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

COOKING WITH CHEF PAUL: VERSATILE CAST IRON

Location: Google Meet
Thursday, July 15, 5:00pm–7:00pm
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

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

COOKING WITH CHEF PAUL: A LITTLE TASTE OF THAI

Location: Google Meet
Thursday, July 29, 5:00pm–7:00pm
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

We may have missed traveling in the past year, so why not bring a little taste of Thai to your own kitchen! Join Chef Paul to learn the basic Thai ingredients and time-saving tips. Chef Paul will demonstrate Chicken Satay with Peanut Sauce, Shrimp Cakes with Garlic Lime Sauce, Silken Tofu Salad, and Cucumber-Basil Lemonade with Lemongrass. The ingredients and supply list for the

recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.



COOKING TOGETHER: FLAVORS OF TIBET

Location: Google Meet
Thursday, June 10, 5:00pm–6:30pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will turn out her take on a tasty table from the tranquil country of Tibet. Customary tea, clarified butter known as ghee, barley (the staple grain), tofu, Takari, Thukpaa (a noodle dish), popular Momo dumplings, a rice pudding dessert called Day-si, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF POLAND

Location: Google Meet
Thursday, June 24, 5:00pm–6:30pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will put together her take on a palatable potluck of popular foods from Poland. Beets, dill, cucumber, mushrooms, Pierogi, Golabki (what we call cabbage rolls), Plaki (savory potato pancakes), buttery Thumbprint and Angel Wing cookies and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF PAKISTAN

Location: Google Meet
Thursday, July 8, 5:00pm–6:30pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

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

COOKING TOGETHER: FLAVORS OF INDONESIA

Location: Google Meet
Thursday, July 15, 5:00pm–6:30pm
Instructor: Lily Kilfoy



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Ages: 5 and older

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

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



KIDS IN THE KITCHEN: WACKY WATERMELON

Location: Google Meet

Tuesday, July 6, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old with adult supervision

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

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Zoom

Wednesday, June 2, 10:00am–2:00pm

Thursday, June 10, 10:00am–2:00pm

Wednesday, July 14, 10:00am–3:00pm

Tuesday, July 20, 10:00am–3:00pm

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

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

KIDS IN THE KITCHEN: STUPENDOUS SUMMER SQUASH

Location: Google Meet

Tuesday, July 20, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old with adult supervision

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

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



HEALTH BENEFITS OF MEAT

Location: Zoom

Wednesday, June 9, 6:00pm–7:00pm

Instructor: Katy Wallace

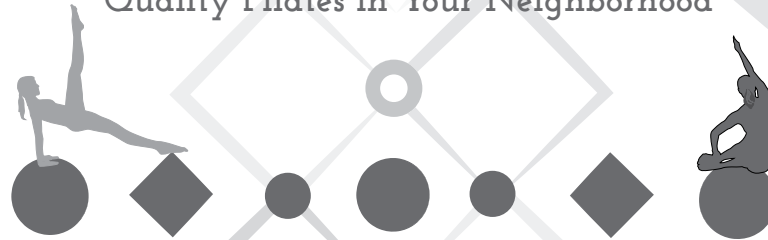
Fee: Free; registration is required

Various animal meats have different nutritional qualities. Katy Wallace, Traditional Naturopath of Human Nature LLC, will discuss their benefits and techniques for helping to improve digestion. She will discuss how meats can help lower inflammation and risk of disease, and also discuss the types of animal-farming operations that contribute to a healthy and sustainable planet.

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

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GS3270 2/6/2019

Preserving the Harvest



by Megan Minnick, Purchasing Director

The local growing season is upon us, and that means it's already time to start thinking about preserving this season's harvest to enjoy in those long winter months to come!

Last year, there was a national shortage on canning jars and other food preservation equipment, so this year it's a good idea to think

ahead, make a plan, and get what you need now to ensure that you'll be ready to can, dry, ferment, and freeze as many local goodies as you can! We'll have a large shipment of canning jars coming later this month, but we can't guarantee our supply after that.

To help you plan, we've prepared a guide for the most common foods that can (pun intended) be preserved in the coming months.

Remember that all types of food preservation, especially canning, can be risky if not done correctly. To avoid any food safety risk, make sure that you use a well vetted recipe and follow it carefully. The UW Extension publishes some great information about food safety and home food preservation on their website: fyi.extension.wisc.edu/safefood/recipes. Another great resource for information and recipes is the National Center for Home Food Preservation: nchfp.uga.edu.

JUNE

Asparagus

- *Preservation Methods:* canning, fermenting, freezing.
- *Recommended Applications:* pickled asparagus.
- *Note:* The season for asparagus tends to wind down sometime in June, so now is the time! Frozen asparagus loses much of its rigidity, so it's good for applications like soups, but not for eating as you would fresh asparagus.

Strawberries

- *Preservation Methods:* canning, freezing.

- *Recommended Applications:* jam, pie filling, syrup, smoothies
- *Note:* The strawberry crop typically starts mid-month and only lasts for a few weeks.

Rhubarb

- *Preservation Methods:* canning, freezing.
- *Recommended Applications:* jam; pie filling.
- *Note:* Rhubarb by itself can be a bit astringent. Consider pairing it with strawberries to make an excellent jam or pie.

Culinary Herbs & Teas

- *Preservation Methods:* drying, freezing.
- *Recommended Applications:* custom herbal blends for tea or cooking; frozen pesto.
- *Note:* Herbs can be preserved at almost any time during the season. To dry herbs, use a dehydrator, or use an open oven at its lowest heat for 30 minutes to an hour.

JULY

Cucumbers

- *Preservation Methods:* canning, fermenting.
- *Recommended Applications:* sweet pickles.
- *Note:* Local cucumbers are in abundance in July, but the flowering tops of dill are not ready quite yet, so if you want to make pickles this month sweet pickles are your best bet.

Blueberries

- *Preservation Methods:* canning, freezing.
- *Recommended Applications:* jam; pie filling; syrup; smoothies; pancakes.

Cherries

- *Preservation Methods:* canning, freezing
- *Recommended Applications:* jam; pie filling; brandied cherries; maraschino cherries.
- *Note:* Tart cherries are preferred for jams, jellies and pie, although sweet cherries can also be used in a pinch.

AUGUST

Peaches

- *Preservation Methods:* canning, freezing, drying

- *Recommended Applications:* jam; pie filling; diced, halves, or quarters canned in syrup, fruit leather

Plums

- *Preservation Methods:* canning, freezing
- *Recommended Applications:* jam; pie filling; pickles; canned in syrup.

Cucumbers (Dill Pickles)

- *Preservation Methods:* canning, fermenting.
- *Recommended Applications:* dill pickles.
- *Note:* Depending on the year, the window of time when pickling dill (the flowers of the dill plant) and cucumbers are available at the same time can be very short, so it's a good idea to make your dill pickles as soon as pickling dill becomes available. If you can't find fresh pickling dill, dried dill seed from the spice aisle is a good substitute!

Green Beans

- *Preservation Methods:* canning, fermenting, freezing.
- *Recommended Applications:* dilly beans.
- *Note:* The same advice for dill pickles applies here. If you like dilly beans, and plan to also make dill pickles, it's quite easy to do both at the same time. Green beans can be frozen, but they will lose their rigidity so are only good in recipes where it's okay that they are soft.

Tomatoes

- *Preservation Methods:* canning, freezing, drying.
- *Recommended Applications:* marinara; salsas; whole peeled tomatoes; diced tomatoes; tomato paste; ketchup; BBQ sauce.
- *Note:* Tomato preservation will likely take you into September. If you're feeling like it's all too much, try freezing whole tomatoes, skin and all in freezer bags. These won't be good for fresh applications, but you can process them however you wish later in the winter when there's more time and energy for such things. Another August tomato trick is to sear them on the grill to get the skins to split before canning. This takes some of the cooking out of the hot kitchen on warm summer days.

Sweet Corn

- *Preservation Methods:* freezing.
- *Recommended Applications:* any recipe that uses frozen corn!
- *Note:* Just cut the corn off of the cob and freeze! Unlike a lot of other

frozen veggies, no blanching or cooking is necessary.

SEPTEMBER

Watermelon Rind

- *Preservation Methods:* canning.
- *Recommended Applications:* pickled watermelon rind.

Raspberries

- *Preservation Methods:* canning, freezing.
- *Recommended Applications:* jam; smoothies.
- *Note:* Summer bearing raspberry varieties ripen in June or July, but the bulk of the harvest comes in the fall.

Peppers

- *Preservation Methods:* canning, drying, freezing.
- *Recommended Applications:* pickled peppers; chipotle or ancho peppers; (dried, smoked jalapeño or poblano peppers); roasted red peppers (frozen).

OCTOBER

Apples

- *Preservation Methods:* canning, freezing, drying.
- *Recommended Applications:* apple sauce; apple butter, dried apple rings; fruit leather.

Beets

- *Preservation Methods:* pickling, fermentation.
- *Recommended Applications:* pickled beets.
- *Note:* Beets are in season from late July through most of the winter, so if you want to preserve some, do it when there's a break in the work from other crops!

Pumpkin

- *Preservation Methods:* canning, freezing.
- *Recommended Applications:* pumpkin pie filling, pumpkin butter, frozen puree.
- *Note:* Frozen puree is extremely convenient for winter baking or soups.

Cabbage

- *Preservation Methods:* fermentation.
- *Recommended Applications:* sauerkraut; kimchi.

Cranberries

- *Preservation Methods:* canning, fermentation, freezing.
- *Recommended Applications:* jam or jelly; cranberry sauce.



Choosing the Right Sunscreen



by Sara Berg, Wellness Category Manager

There are a lot of competing claims for what should, or should not, be in sunscreen. We like Environmental Working Group (EWG) as a source of information, and this article draws on their recommendations. You can find more information on the sunscreen section of their website, including their 2021 sunscreen ratings: www.ewg.org/sunscreen.

First, we should note that they recommend sunscreen as a “last resort.” Whenever possible, wear clothing that protects your skin, spend time in the shade when the sun is high in the sky, and do your best not to get sunburned. Sometimes those things aren’t possible, and that’s when it’s especially important to wear a good sunscreen.

EWG recommends avoiding sunscreens with oxybenzone, vitamin A (retinyl palmitate), or added insect repellent; that are sprays or powders; or that have a SPF above 50. The organization recommends seeking out sunscreens with zinc oxide, avobenzone, or mexoryl SX; are a cream and water-resistant; offer broad spectrum protection; and have a SPF that suits your needs. Find it hard to remember all of this? EWG offers a handy printable wallet card on their website!

Below is a table showing the sunscreens we currently carry and how they compare. All of the products listed are broad spectrum and reef-friendly.



Brand	Product description	Size	Active Ingredient	Water Resistant
Badger	SPF 40 Clear Zinc Sunscreen—unscented and hypoallergenic	2.9 oz tube	clear zinc oxide	up to 80 minutes
Badger	SPF 40 Baby Clear Zinc Sunscreen—chamomile and calendula	2.9 oz tube	clear zinc oxide	up to 40 minutes
Badger	SPF 40 Kids Clear Zinc Sunscreen—tangerine and vanilla	2.9 oz tube	clear zinc oxide	up to 80 minutes
Badger	SPF 30 Clear Zinc Sunscreen—lavender	2.9 oz tube	clear zinc oxide	up to 40 minutes
Badger	SPF 30 Clear Zinc Sunscreen—unscented	2.9 oz tube	clear zinc oxide	up to 40 minutes
Badger	SPF 35 Clear Zinc Sunscreen—unscented	2.9 oz tube	clear zinc oxide	up to 80 minutes
Alba Botanica	SPF 45 Baby Clear Mineral Sunscreen	3 oz	zinc oxide & titanium dioxide	up to 80 minutes
Alba Botanica	SPF 45 Clear Mineral Sunscreen—wild mint	3 oz	zinc oxide & titanium dioxide	up to 80 minutes
Alba Botanica	SPF 30 Kids Mineral Sunscreen—fragrance-free	4 oz	zinc oxide & titanium dioxide	up to 80 minutes
Alba Botanica	SPF 45 Sport Mineral Sunscreen—fragrance-free	4 oz	zinc oxide & titanium dioxide	up to 80 minutes
Alba Botanica	SPF 30 Sensitive Mineral Sunscreen—fragrance-free	4 oz	zinc oxide & titanium dioxide	up to 80 minutes
Alba Botanica	SPF 33 Sensitive Mineral Sunscreen Spray—fragrance-free	6 oz	zinc oxide	up to 80 minutes
MyCHELLE	SPF 30 Sun Shield Clear Spray	6 oz	zinc oxide	up to 80 minutes
MyCHELLE	SPF 50 Replenishing Solar Defense Body Lotion	6 oz	zinc oxide	up to 80 minutes
MyCHELLE	SPF 28 Sun Shield—unscented	2.3 oz	zinc oxide & titanium dioxide	no
MyCHELLE	SPF 50 Sun Shield Liquid—available in tinted and non-tinted (for face)	1 oz	zinc oxide	no

DEFINITIONS

SPF: Sun Protection Factor

Per the US Food & Drug Administration, “SPF is a measure of how much solar energy (UV radiation) is required to produce sunburn on protected skin (i.e., in the presence of sunscreen) relative to the amount of solar energy required to produce sunburn on unprotected skin. As the SPF value increases, sunburn protection increases.” So why does EWG warn about SPF higher than 50 if higher numbers are better? There are a variety of reasons, including an imbalance of protection against UVA vs. UVB rays (see below) and only marginally increased protection. EWG found that “properly applied SPF 50 sunscreen blocks 98 percent of UVB rays” while “SPF 100 blocks 99 percent.” Learn more at www.ewg.org/sunscreen/report/whats-wrong-with-high-spf.

Broad Spectrum

“Broad spectrum sunscreen provides protection from the sun’s ultra-violet (UV) radiation. There are two types of UV radiation that you need to protect yourself from—UVA and UVB. Broad spectrum provides protection against both by providing a chemical barrier that absorbs or reflects UV radiation before it can damage the skin” (FDA).

Active Ingredient

“Active ingredients in sunscreens function as either mineral or chemical UV filters that keep harmful rays from the skin. The most common sunscreens contain chemical filters. These products typically include a combination of two to six of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. Mineral sunscreens use zinc oxide and/or titanium dioxide” (FDA). In February 2019, the FDA released its final draft sunscreens monograph, which gave the “generally recognized as safe and effective” designation to just two active sunscreen ingredients: zinc oxide and titanium dioxide. COVID-19 temporarily disrupted further work on the results of the monograph.

Reef-Friendly

The term is unregulated, but it typically means a sunscreen that does not contain chemical ingredients that have been tied to deterioration of coral reefs.

Lonesome Stone Milling's Legacy Lives on as Meadowlark Community Mill



by Melissa Reiss, Purchasing Assistant

When Lonesome Stone Milling's co-owner Gilbert Williams recently retired, the entire stone mill was given a new life some 20 miles away on a new farm. In March of this year,

Meadowlark Community Mill was officially up and running.

Here is the story of a "team of passionate farmers, millers, bakers, and grain enthusiasts who are rebuilding our regional grain economy."

The team consists of John Wepking, supply manager/project manager; Halee Wepking, marketing and general manager; Rink DaVee, head miller and production manager who came over from Lonesome Stone; as well as Paul and Levi Bickford, who assist in equipment maintenance and fabrication; and Duane Wepking, who assists with mill design and facilities management.

John and Halee began a working relationship with Lonesome Stone Milling when they ran a cafe together in Lancaster, Wisconsin. After some time spent farming on John's family farm, the couple moved to Ridgeway—a village nestled in the Driftless area—where they started Meadowlark Organics. With more land and equipment, they were able to increase their grain production, and in 2016 they sold their first wheat to Lonesome Stone's owner and miller Gil. In 2018, Meadowlark Organics received a USDA Value Added Producers Grant which allowed Meadowlark to work with Lonesome Stone as a "toll-miller" (toll milling is when a company offers milling or grinding of materials as a service for another company who, in return, pays a fee or "toll") and establish its own brand and relationships with consumers and commercial bakers.

I recently chatted with Halee to get the scoop about the transition and what's in store for Meadowlark Community Mill. She was kind enough to share a recipe with us, so be sure to check that out too.

Could you explain a bit about the 'Community' part of your business name?

Halee: Central to our mill is the



idea that we are here to serve more than just our own farm. While 800 acres sounds like a lot, we have a very diversified crop rotation which means we only grow around 350 acres of small grains for milling (like wheat, rye, and spelt) each year. Our goal is to expand the demand for locally grown and processed small grains so that more farmers have access to an equitable market and the incentive to grow food for their community (instead of producing commodity row crops like corn and soybeans). We also plan to offer custom milling services to other growers who want to sell their grain as flour directly to their own customers. So, farmers are one of the communities we serve. We also are committed to the success of all bakers who use our flour and seek to cultivate a community of bakers who feel confident baking with our freshly milled stone ground flour. When we're able to do so safely, we hope to have baking classes, tours, and other gatherings at our on-farm mill in Ridgeway.

Let's talk about your product offerings. Anything new in your lineup since the transition?

We are using the same stone mill as Lonesome Stone and sourcing much of the same grain, so it should be a very familiar product to customers. In addition to the old standards like all-purpose and bread flours, you'll also see some heritage varieties emerging.

We are now selling several different kinds of cornmeal. In addition to the yellow, we have red and white. You'll also find some of our heritage and ancient varieties of grain like Spelt and Turkey Red.

In the coming months we'll have polenta and white grits, as well as buckwheat flour and light rye flour. We also plan to bring the pancake and cornbread mixes back!

What is your favorite product you make?

We are really excited about our red flint cornmeal, which has beautiful deep red flakes in a yellow cornmeal. This is an open-pollinated variety that we've been

hand-selecting seed for for years. We use the cornmeal in pancakes, waffles, cookies, and cakes. It adds a sweetness and a nice texture, as well as a lovely color.

Anything else you'd like to share with our readers?

Our Bolted Flours are what Lonesome Stone called "Sifted" but the process is the same—"bolted" is

a term from the early days of milling when bolts of fabric were used to remove a portion of the bran, and is now industry lingo.

Thank you, Halee, for your time! Check out Meadowlark Community Mill products in our Bulk aisle as well as our baking section. Look for the beautiful new package designs!



MEADOWLARK COMMUNITY MILL WHOLE GRAIN PANCAKES

The size of a proper pancake is quite a sliding scale, but for us, this recipe makes around 10-12 pancakes, which feeds two adults and two little ones just fine. If you have a kitchen scale, use the gram measurements. It's much faster, cleaner, and more accurate.

1 3/4 c. (225-240 grams) Whole Grain Flour. This can be a combination of Pastry or All Purpose flour. (Feel free to add in cornmeal, rye, or another variety but limit to 75 grams or 1/2 cup.)

3/4 tsp. salt

2 tsp. baking powder

1 1/4 c. (275 grams) milk

2 large eggs

1 tsp. of pure vanilla extract (if desired)

3 Tbs. (45 grams) butter (or lard)

2 Tbs. (35 grams) honey (or sorghum syrup)

Directions: In a small saucepan, warm the honey and butter until the butter is just melted. Set aside. In a large mixing bowl, combine the flour, salt, and baking powder. Whisk to combine. In another, slightly smaller bowl, combine the milk, eggs, and vanilla (optional). Whisk until the mixture is frothy and the eggs are well incorporated.

Add the liquid to the dry ingredients, and whisk until just combined. Slowly pour in the warm melted butter and honey mixture, whisking to incorporate. Be careful to not overmix.

Let the batter rest for 10-15 minutes (if you can possibly bear it), and preheat a heavy cast iron pan or griddle. Once the griddle is hot, reduce the heat to low. Observe your batter, and add a splash of milk if it seems a bit too thick. A well-seasoned pan shouldn't need any fat in the pan, but a little butter to grease the skids can't hurt. Fry one up, and adjust the hydration to suit your tastes. We've found that a batter a little on the thick side makes a more pillowy pancake.

Variations:

1. Lickety split: If you're in a hurry, you can skip the melted butter/lard and honey/sorghum step by just adding 2 tablespoons of granulated sugar to the dry ingredients and 3 tablespoons of neutral oil (canola, sunflower, etc.) to the wet.

2. Sourdough pancakes: Do you have a 100% hydration sourdough starter discard that you need a use for? Mix in a cup or so with the liquid ingredients (provided it hasn't gotten too sour/acidic). When we go this route, we like to replace 1/2 teaspoon of the baking powder with 1/4 teaspoon of baking soda. This will make the batter nice and lively.

Health & Wellness

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JUNE

co-op deals: June 16-29

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



Hi Ball Sparkling Energy Water

All Kinds on Sale!
16 oz • Save \$1.58/2

2 for \$4/tx



C2O Coconut Water

17.5 oz • Save \$1.58/2

2 for \$3



ECOs Dishmate Dish Liquid

All Kinds on Sale!
25 oz • Save 50¢

\$2.99/tx



Coolhaus Non-Dairy Ice Cream Sandwiches

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

\$3.49



Eden Organic Canned Beans

Great Northern, Pinto, Garbanzo, Black
15 oz • Save \$1.58/2

2 for \$4



Organic India Organic Tulsi Tea

All Kinds on Sale!
18 ct • Save \$1.49

\$3.50



Bionaturae Balsamic Vinegar

8.5 oz • Save \$1.30

\$2.99



Santa Cruz Organic Lemonade

32 oz • Save \$2.98/2

2 for \$3/tx

Earth Balance Organic Whipped Vegan Buttery Spread

13 oz • Save 80¢

\$3.99

Kalona Supernatural Organic Cottage Cheese

2%, 4%
16 oz • Save 50¢

\$4.49

Koia Organic Protein Drink

All Kinds on Sale!
12 oz • Save 80¢

\$2.99

Lundberg Organic Rice Cakes

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

\$2.99

Beyond Meat The Beyond Burger

8 oz • Save \$1.50

\$4.49

SunGold SunButter

16 oz • Save \$1.50

\$5.49

Woodstock Organic Pickles

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

\$3.99

Annie's Homegrown Honey Grahams

14.4 oz • Save \$2

\$3.49

Alter Eco Organic Chocolate Bars

All Kinds on Sale!
2.65-2.8 oz • Save \$3.98/2

2 for \$4/tx



Tucson Tamale Frozen Tamales

All Kinds on Sale!
10-11 oz • Save \$1.50

\$4.99



Dandies Vegan Marshmallows

Original, Mini
10 oz • Save \$1

\$3.49/tx



Field Roast Mini Vegan Corn Dogs

10 oz • Save \$1.30

\$5.99



Greek Gods Greek Yogurt

Plain, Honey, Honey Strawberry,
Vanilla Honey, Non-Fat Plain
24 oz • Save 50¢

\$3.49



Near East Boxed Couscous & Pilafs

All Kinds on Sale!
4.7-10 oz • Save 98¢-\$1.98/2

2 for \$4



Siete Tortilla Chips

All Kinds on Sale!
5 oz • Save \$2

\$3.49



Seventh Generation Free & Clear Laundry Detergent

100 oz • Save \$5

\$10.99/tx



The specials on this page are valid June 16-29
All Specials Subject to Availability. Sales Quantities Limited.



willy street co-op LOCAL PRODUCE AVAILABILITY

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

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

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

Curbside pickup or delivery available



willy street co-op



PICK 3 IN THE DELI



Creamed Corn with Bacon



Fried Chicken



Creole Roasted Sweet Potatoes

**1 Entree
+ 2 Sides
\$10.99**

Hundreds of combinations are possible!

Entrees are 8oz and each side is 6oz. Menu may vary daily, but there will always be vegan/vegetarian options.

willy street co-op

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

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LUSA ORGANICS TOOTH POWDER

LuSa's Mineral Tooth Powder is made with calcium, xylitol, and activated charcoal. It leaves your teeth and mouth feeling fresh and clean! Free of fluoride, glycerin, and synthetic surfactants.



BADGER CLEAR ZINC SUNSCREEN

Now available: SPF 40 Baby, SPF 40 Kids, SPF 30 Lavender, SPF 40 Unscented and Hypoallergenic



IMPOSSIBLE BURGER PATTIES

The Impossible Burger is now available in a convenient pre-formed patty! Each quarter-pound patty has 19 grams of non-animal protein, and zero grams cholesterol. Ready for throwing on the grill this summer.

Available at East

- Aura Cacia Calming Chill Pill & Clearing Breezeway Fizzy Bath, 2.5 packets
- Acura Body Wash: Hydrating, Conditioning & Energizing, 8 fl oz
- Alba SPF 45 Clear Mineral Sunscreen
- Badger Citronella Outdoor Candle
- Dr. Formulated by Garden of Life Prenatal DHA 30 ct

Available at West

- Bucky Badger Garlic Wing Sauce
- Bucky Badger Hot Wing Sauce
- Ithaca Hummus Lemon Garlic Hummus
- Deane's Kombucha Vinegar
- Freshe Aztec Ensalada Gourmet Tuna Meal
- Freshe Thai Sriracha Gourmet Tuna Meal
- Freshe Provence Niçoise Gourmet Tuna Meal
- Freshe Sicilian Caponata Gourmet Tuna Meal
- Aura Cacia Calming Chill Pill & Clearing Breezeway Fizzy Bath, 2.5 packets
- Acura Body Wash: Hydrating, Conditioning & Energizing, 8 fl oz
- Alba SPF 45 Clear Mineral Sunscreen
- Badger Citronella Outdoor Candle
- Dr. Formulated by Garden of Life Prenatal DHA 30 ct

Available at North

- Double Take Signature Hot Sauce
- Double Take Scotch Bonnet Mustard Hot Sauce
- Double Take Ghost Pepper Pineapple Hot Sauce
- Double Take Carolina Reaper Hot Sauce
- Double Take Cilantro Avocado Hot Sauce
- Prairie Farms Black Walnut Ice Cream
- Prairie Farms Savannah Fudge Pie Ice Cream
- Prairie Farms Cookies and Cream Ice Cream
- Prairie Farms Caramel Toffee Brittle Ice Cream
- Prairie Farms Caramel Praline Pecan Ice Cream
- Brianna's Mango Vinaigrette
- Brianna's Honey Ginger Vinaigrette
- Woodstock Scorpion Pepper Hot Sauce
- Woodstock Scotch Bonnet Hot Sauce
- Aura Cacia Calming Chill Pill & Clearing Breezeway Fizzy Bath, 2.5 packets
- Acura Body Wash: Hydrating, Conditioning & Energizing, 8 fl oz
- Alba SPF 45 Clear Mineral Sunscreen
- Badger Citronella Outdoor Candle
- Dr. Formulated by Garden of Life Prenatal DHA 30 ct



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- Handwork and the arts
- Mythology and Legends
- Spanish and German
- Nature-based
- Arts-integrative Curriculum

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♦♦♦ MUSIC FESTIVAL ♦♦♦

6 AND 7 * AUGUST * 2021

♦ WILLIAM & LUNNEY LAKE FARM COUNTY PARK ♦
 MADISON ♦ WISCONSIN

* APPALACHIAN ROAD SHOW *
 * JOURDAN THIBODEAUX ET LES RÔDAILLEURS *
 * BILL KIRCHEN AND REDD VOLKAERT *
 * GINA FURTADO PROJECT *
 * LOUISE KIRCHEN *
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willy street co-op

TOO MANY GRAPES?

Grapes are sold by the pound. Feel free to break the bag up and purchase the quantity you want.

willy street co-op

COVID-19 Protocol Updates in Non-Emergency Times



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

With high vaccine and low COVID-19 case rates locally, we are seeing lots of opportunity and changes coming to the way COVID-19 is managed in our community, and the Co-op has been busy reviewing the possibilities on the horizon. Here's the latest news.

PHMDC ENDS EMERGENCY ORDERS JUNE 2

As of June 2, all Dane County public health emergency orders will expire, citing the "county's steep decline in COVID activity, incredible progress in vaccination, and the science that shows how effective COVID vaccines are." Public Health Madison and Dane County (PHMDC) also noted that Dane County has one of the highest vaccination rates across the U.S. At the time of writing, vaccines were abundantly available and just over 56% of County residents had completed their vaccination. All Co-op employees have been offered flexible paid and unpaid leave options to make vaccination appointments at their convenience, and have been offered the opportunity to be vaccinated by Group Health Cooperative regardless of whether employees participate in the Co-op's healthcare plan. Employees who have voluntarily participated in our anonymous vaccine poll have indicated that the Co-op's completed vaccinations are currently tracking at about the same rate as the County.

PHMDC also says that their emergency orders are no longer necessary because the overall public health goals of having orders have been met: preventing severe outcomes and deaths, preserving hospital capacity, and protecting the most vulnerable populations. 95% of people ages 65+

have started vaccination, and cases in both schools and congregate living communities have declined at similar rates as cases across the community, attributable to the volume of persons vaccinated.

With no emergency orders, PHMDC recommends employers follow the Centers for Disease Control and Prevention (CDC), Wisconsin Department of Health Services (DHS), and PHMDC guidance to determine what protocols to lift, and what to keep in place. Even without public health orders, businesses and workplaces may continue to voluntarily implement policies for employees and customers. The Co-op has been reviewing protocols, deciding both which ones to phase out as our community returns to non-emergency conditions and when to schedule these changes.

PLEASE WEAR A FACE COVERING

Since PHMDC began issuing emergency orders with face covering mandates last year, both the Co-op's face covering policy for employees, and the face covering policy for customers, business partners, and service providers have enforced their orders to the letter.

The CDC and PHMDC continue to recommend people who have not been vaccinated wear face coverings. Based on the guidance available, current statistics, and feedback from representatives from the employees' union, UE 1186, employees will continue to be required to wear face coverings and we will also ask that customers continue to wear face coverings for the safety of everyone at the Co-op. Our requirement of employees and our ask of customers will remain until certain metrics regarding infection rates and fully vaccinated status are achieved. At the time of writing we were still considering those specific metrics. Masks are available at all three retail locations for anyone who would like one.

KEEPING YOUR DISTANCE

When PHMDC's emergency

orders expire June 2, maximum capacity levels will be based on building limits established by municipal code. Regardless of the Co-op's in-store capacity, we have reviewed both pre-pandemic and current transaction counts and have determined that not only is there plenty of space to manage typical transactions without being even close to reaching capacity, but that we also will still continue to have slow hours of the day where capacity is naturally lower and more suited to social distancing. If you are not vaccinated or are interested in continuing to keep a distance from others while shopping generally, you can find out how busy our stores are currently by visiting www.willystreet.coop and looking at how busy we are in real time where the store locations and phone numbers are listed. If you are planning ahead to shop, you can check our Google Business listing to find both popular and unpopular times to shop. Shopping when the Co-op is slower means you will have better luck social distancing in the store, and it will support our employees in serving you more efficiently when there are less crowds.

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

PRACTICE GOOD HAND HYGIENE

We also continue to strongly recommend that customers practice good hand hygiene while shopping regardless of vaccine status, either by washing your hands in our public restrooms, or using hand sanitizer of your own or that we provide for you at various points throughout the store. Hand hygiene is not only a good practice for COVID-19 prevention, but also for handling food and protection from other germs.

DELIVERY AND PICKUP OPTIONS REMAIN

Regardless of Public Health orders or our safety protocols for shopping in the store, for those of you who would rather spend less time in the grocery store, our online shopping features will remain available, including the option to ask for your delivery to be contactless, or to ask for curbside pickup. Rest assured, we continue to have options to ensure that you can get groceries and stay out of the public

if you would prefer doing so. Visit www.willystreet.coop/curbside to learn the delivery and pickup options available to you.

REUSABLE CONTAINERS

While we have permitted reusable bags at checkout and in produce for months, we have been slow to allow reusable containers in the bulk aisles and for self service coffee. For those of you who are interested in using reusable containers in these areas, we have good news: as long as your reusable container is washable, clean, and designed for reuse, you may begin using them again. Please, do not reuse single-use containers in these areas, only new single-use containers provided by the Co-op the day you shop are allowed. There are sinks available in the Bulk aisle at East and West if you need to clean your reusable container, and if you need to clean your reusable container at North, please ask at the Deli counter to have it cleaned for you. Hand sanitizer is near all bulk aisles and at the self-service coffee areas. We ask that you practice good hand hygiene whenever you shop the bulk aisle and regardless of whether you are using a container designed for reuse, or a single-use container provided by the Co-op.

A PHASED APPROACH

June 2 will not bring all COVID-19 protocols to a halt at the Co-op, but it will bring the beginning of change, likely in phases based on safety, as well as time and labor available. We are currently focused on face coverings and capacity as they have the most impact on the other decisions we need to make. Other protocols that require review include and not limited to re-opening the indoor Commons and Community Rooms; sampling; outdoor activities; and barriers, signs, and markers related to social distancing. It will take time to adjust and as we have done in the past, we will continue to monitor changing conditions and evaluate the need to update or reinstate policies as deemed necessary by PHMDC or other regulators. We continue to be grateful to live and work in a community where COVID-19 has been taken seriously, and that our collective commitment to safety has led to this time where we can truly consider returning to non-emergency ways and activities. Thank you for your continued support!

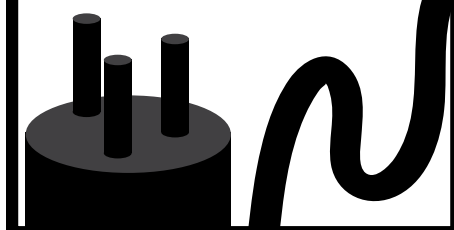
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TOGETHER WE CAN TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Photo courtesy of Orgullo Latinx LGBTQ+ of Dane County

In June we recognize the freedom to love and the freedom to express one's gender. Community Shares of Wisconsin member nonprofits work every day to create a world with equality and safety for all, including members of our LGBTQ+ community.

When you say YES to donate through Community CHIP® at Willy Street Co-op, you support nonprofits that work for a just, equitable society including:

- Fair Wisconsin Education Fund
- Freedom, Inc.
- GSAFE
- Orgullo Latinx LGBTQ+ of Dane County
- Outreach LGBTQ+ Community Center

Save the date for **September 23** when we will celebrate our 50th anniversary with our annual Community ChangeMakers awards. The event will feature special guest speaker Vu Le, social justice leader and author of the blog Nonprofit AF.



communityshares.com

Save the date!

**willy street co-op
Annual Meeting
will be held virtually
this year on July 8th.**

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

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

All registered attendees will be entered to win prizes!

Details will be available closer to the event.

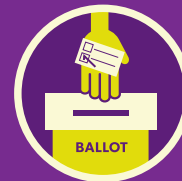
www.willystreet.coop **willy street co-op**

VOTE

For the Willy Street Co-op
**BOARD CANDIDATES
AND BYLAW REVISIONS**

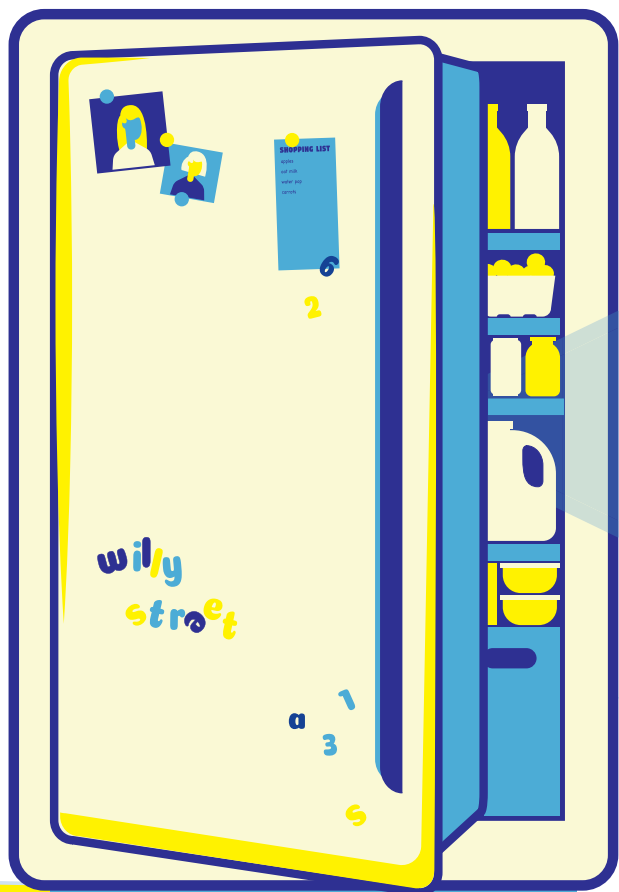
Voting open July 1st - 20th

This year you can vote by mail, in the store, by email, or by phone. Not sure if we have your current email address on file? Please update it or confirm by June 19 so that we can email you a unique ballot.



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WHAT'S IN

YOUR

FRIDGE?

by Ben Becker, Newsletter Writer

You are what you eat. This cliché statement could be considered through many nuanced perspectives and has been explored repeatedly in this newsletter. How much does what you eat say about who you are? Often times our culinary inclinations have some relation to our cultural identity, as we may manifest our heritage through the experience of traditional family recipes passed down through preparation

and shared enjoyment. In addition to what the food we eat might say about our identity or who our ancestors are, what else can our food choices say about who we are? Does what we place on our table reveal something about our personality? Can our grocery shopping list offer a perspective into our souls? This month we try to gain some insight about a cross-section of Willy Street cooperators by asking, “What’s in your fridge?”

JESSE THURBER: FRONT END SUPERVISOR

- Bottle of Florajen
- Mayonnaise
- Bagels
- Broccoli
- Pre-bagged salad mix
- Frozen pizza
- Fage Yogurt
- Cascadian Farms Frozen Peas and Carrots
- Honest Tea
- Spice World Minced Garlic
- Untitled Art CBD Water
- Cedar Farms Sausage and Deli Meats



Jesse Thurber, a long-time front-end supervisor at Willy Street Co-op East, gives us the first peek into the inner workings of his icebox. At the top of Jesse’s list is a bottle of Florajen probiotics. This product is great for maintaining your gut health by helping to restore a normal balance of intestinal bacteria, which can help treat such issues as urinary tract infections or diarrhea. When speaking of his favorite condiment, Jesse states, “I love mayonnaise!” Jesse enjoys using mayo as a dipping sauce into which he will dunk both sandwiches and homemade corndogs. When it comes to toaster fare, Jesse keeps it simple, by warming up bagels with just a little bit of butter.



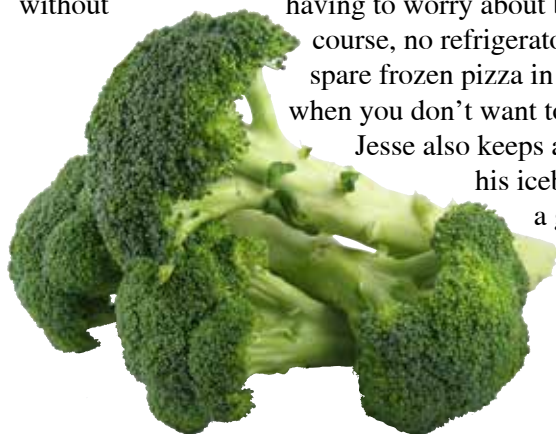
When feeling thirsty, Jesse will reach for one of the many non-caffeinated flavors of Honest Tea, or an Untitled Art CBD Water. “I really love that water. It’s a nice treat at the end of the night.”

Jesse also is sure to keep some fresher options on hand. Primary on this list is broccoli, as it is “Very good to eat raw or as a side.” Jesse also enjoys breaking into a pre-bagged salad mix, making use of its ease of preparation, noting that “it would be hard to replicate, very convenient, good mix of toppings, and it is almost a meal.” Jesse also makes good use of Fage Yogurt. A small tub is good to have on hand. You can use it to make dips by adding a mix or some Penzey’s Spices to it.” In order to keep things flavorful, you are always sure to find a jar of diced or minced garlic from Spice World, which has the advantage of staying fresh without



having to worry about bulbs rotting or growing shoots. Of course, no refrigerator would be fully stocked without a spare frozen pizza in the freezer, whether just for fun or when you don’t want to make something more complex.

Jesse also keeps a frozen bag of peas and carrots in his icebox which he says always make for a good side.



ROBERT HALSTEAD: OWNER

- Arugula
- Parmesan
- Balsamic reduction
- Bagels Forever Onion Bagels
- Muenster Cheese Slices
- Pomelo-Grapefruit Klarbrunn
- Black Cherry White Claw
- Mango Man Salsa
- MoJo’s MaJik Sweet Barbecue Sauce



A journey to the heart of Robert Halstead’s kitchen will reveal that he is a man of discerning tastes. His cold storage harbors the sharp flavors of arugula, Parmesan and a balsamic reduction which when combined make a salad worthy of the more sophisticated palate. Complementing his go-to mix of greens, Robert is sure to pick up slices of muenster cheese when he swings through Willy North. Yet, as intimidating as these accoutrements may be; this refrigerator also contains the more relatable Bagels Forever Onion Bagel, a common favorite among many Co-op shoppers no doubt as a result of their comforting flavor and impressive value. When it comes to condiments, Robert keeps things local with Madison’s own Mango Man Salsa. All that flavor must build a powerful thirst, which can be reliably quenched by such preferred refreshments as the Black Cherry White Claw or a Pomelo-Grapefruit Klarbrunn.



**ANYA FIRSZT:
GENERAL MANAGER**

- Kalamata olives
- Mustard
- Mrs. Clark's Mayo
- Sandwich fixins: schmear, bread, lettuce, tomato, peppers, meat, and cheese
- Cheese
- Organic Valley Sour Cream
- Hot sauce or Sriracha
- Tortillas
- Salad fixins
- Capers
- Woodstock Pickles
- Jeff's Garden Banana Peppers
- Kerrygold Butter
- Westby Local Butter
- Eggs
- Milk



When stocking her refrigerator, General Manager Anya Firszt is sure to have a number of core items well represented. She will always have some kind of olives cooling down, but says, "If I can only pick one it would be kalamatas." Anya is also a connoisseur of sandwich components, stocking savory spreads like mustard such as dijon or spicy brown, as well as Mrs. Clark's mayonnaise. Cheese is another critical victual which Anya keeps for every occasion, including cheese to grate, a more grill-worthy variety, crumbly queso, or just something for noshing on such as brie. One of her favorites is the Farmer John Parmesan. Anya also keeps things spicy with a variety of hot sauces, and you can be sure that you will spot the iconic rooster on a bottle of Sriracha.

ANNA SISSON: OWNER

- Smoked turkey slices
- Siete Tortillas
- Olives from the Olive Bar
- Dashelito's Jalapeño Hot Sauce
- Lesser Evil Power Spicy Salsa Power Curls
- Daiya Frozen Pizzas
- Lotzza Motzza Pizza
- Primal Kitchen Avocado Mayo
- Cypress Grove Midnight Moon Cheese
- Spicy Italian sausage



If one were daring enough to experience all that Anna Sisson's fridge has to offer, they would quickly realize that such an undertaking is certainly not for the faint of heart. To keep hunger at bay, Anna makes sure to keep some potent provisions around. Unwilling to tolerate dull moments at her table, Dashelito's Jalapeño Hot Sauce is one way she keeps blandness at bay. For some exciting snack fare, Anna will crunch down on the Spicy Salsa Power Curls from Lesser Evil. These paleo-friendly poppers provide protein-packed with a taste that can only be described as epic. Keeping in the spirit of a diet-friendly to our cave-dwelling ancestors, this fridge stays filled with Primal Kitchens Mayo. This spread made with healthy avocado oil is friendly to paleo or keto diets as it contains no gluten, grain, sugar, or industrially processed oil. Proceeding deeper into the chilly recesses of cold storage, Anna is undaunted when she reaches for a Midnight Moon Cheese from Cypress Grove in order to enjoy the complexities created when combining its nutty, buttery flavors with a slight crunch! Clearly a cheese lover, Anna keeps her freezer stocked with the Lotzza Motzza Brew Pub Pizzas, with each one boasting over half a pound of Wisconsin mozzarella.

**CARYN MURPHY:
BOARD MEMBER**

- Brown Cow Yogurt
- Blueberries
- Yuppie Hill Eggs
- Hummus
- Klarbrunn
- Baby carrots
- Cheddar cheese
- Shredded mild cheddar
- Bagels Forever Onion Bagels
- Stoneground mustard
- Pickles
- Ginger or ginger juice
- Butter
- Apples
- Amy's Pizza
- Organic Valley Grass-Fed Half & Half
- Salad greens



From examining Co-op Board member Caryn Murphy's groceries, it would not be difficult to discern a set of principles and values which recommend her to a director's seat. Placed prominently within her refrigerator is a demonstration of her concern for animal welfare embodied by her breakfast choices. When regarding her breakfast staples, Caryn notes her dietary reliance on the rich and healthy eggs from Yuppie Hill Poultry when explaining, "I don't eat meat, so I try to eat eggs every morning." Eggs are not alone in Caryn's breakfast rotation. She currently favors Brown Cow as it fits her yogurt philosophy: "I think that yogurt should have fruit on the bottom." When looking for a little more fruitiness she will also throw in blueberries to enhance this breakfast dish. And a complement to the most important meal of the day is a fresh carton of Organic Valley Grassfed Half & Half as a treat for coffee.



After breakfast time, Caryn keeps her fridge stocked with Klarbrunn in order to stave off dehydration throughout her day, noting that enjoying this fizzy beverage "helps me to drink a lot of water." As the day wears on, this board member is always sure to have solid snacking options including baby carrots, apples, and two-year-old cheddar cheese. On another shelf sits a jar of homemade pickles, which are easily prepared by recycling new cucumber slices into leftover brine and topping it off with fresh vinegar. Once fully pickled, Caryn will use these slices to spice up her egg salad. For another homemade favorite, ginger or conveniently premade ginger juice is kept in the mix for making switchel, a potent beverage that can restore vigor on hot days.

If a complicated dinner preparation is not in the cards, Caryn always has a few Amy's Pizzas in the freezer for a quick and easy fix.



WHAT'S IN YOUR FRIDGE?

Whether or not the contents of your refrigerator stand as a true expression of our personality, it is clear that the foods we keep on hand may be an expression of our values, our practical habits, perhaps a penchant for the refined, or maybe a spirit of adventure. Even if an inspection of your crisper drawer doesn't reveal hidden psychological depths, it does allow us to get to know more about our fellow eaters and to build human connection. Whether for some deep moments of self-reflection or just as a means to start your grocery list, you may want to ask, what's in your fridge?

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

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RECIPES

Crunchy Thai Kale Salad

Adapted from www.minimalistbaker.com

This Thai-inspired recipe makes a perfect healthy dinner for one, but can be easily multiplied for more servings.

Prep. 30m; Serves 1
1/4 lb. tofu
2 Tbs. sesame seeds
1/4 c. peanut butter
1 Tbs. soy sauce
2 Tbs. brown sugar
1 1/2 Tbs. lime juice
1/2 tsp. chili garlic sauce
4 1/2 c. packed kale
2 tsp. sesame oil
2 tsp. agave
1/2 c. radishes, thinly sliced
1/2 c. carrots, thinly sliced

Directions: Wrap the tofu in a towel and gently press out moisture. Let sit 5 minutes. Slice into cubes, then toss in the sesame seeds to coat. Set aside. In a small bowl, whisk together the peanut butter, soy sauce, brown sugar, 1 1/2 tablespoons of lime juice, and chili garlic sauce. Whisk in very hot water, a tablespoon at a time, until the sauce is pourable. Taste and adjust seasoning if needed. Set aside. Place the kale in a large bowl and add remaining teaspoon of lime juice, sesame oil, and agave. Massage the kale with your hands for 1 minute to incorporate the ingredients and soften the leaves. Transfer to a plate or bowl, and top with sliced radishes, carrot, and sesame-tofu cubes. Serve with peanut sauce. Leftover peanut sauce will keep covered and refrigerated for 2 days.

Risotto with Lacinato Kale

By www.willystreet.coop/recipes/risotto-lacinato-kale

Prep 25m; Cook 30m; Serves 4
1 1/2 c. arborio rice
1/2 c. Parmesan cheese, grated
3 1/2 c. broth
1 bunch Lacinato kale, chopped
1/2 white onion, chopped
3 cloves garlic, minced
1/3 c. dry white wine
3 1/2 c. water
1 Tbs. olive oil
2 Tbs. unsalted butter
1 Tbs. sea salt

Directions: Bring broth and water to a slow boil while you prepare other items. Remove the thick tough stems from the kale. Chop remaining leaves. Reduce pot to simmer and add kale. Simmer for 7 minutes. Remove kale with tongs and place in sieve to drain. After a few minutes of cooling, place kale in a bowl and return drippings to simmering pot. In a deep pot melt butter with olive oil. Sauté onion, garlic, and sea salt, covered, over medium heat until softened. Stir. Add rice, stir to coat with onion mixture. Add wine and cook until wine is absorbed. Begin to add the broth in 1/2 cup portions. As each 1/2 cup is absorbed by the rice mixture, add another 1/2 cup. Continue until rice begins to resemble thick oatmeal. This should be approximately 20 minutes, and you will probably have leftover broth. Remove from heat and stir in cheese. Add another ladle of broth if rice mixture seems too dense after the cheese is added. Serve in large wide bowls with warm drained kale on top.

Watermelon, Fennel, and Goat Cheese Salad

Adapted from www.onevanillabean.com

This salad of simple ingredients is so refreshing!

Prep. 15m
2 1/4 c. watermelon
2 Tbs. olive oil
1/4 tsp. lime juice
salt
black pepper
1 fennel bulb
3 c. arugula
1/4 c. mint leaves
4 oz. goat cheese

Directions: Press 1/4 cup of the cubed watermelon in a fine-mesh sieve

over a small bowl; you'll have about 2 tablespoons of juice. Discard the watermelon in the sieve. Whisk the olive oil, lime juice, and a pinch of salt and pepper into the watermelon juice until incorporated. Set aside the dressing.

Roughly chop the reserved fennel fronds and place in a serving bowl. Slice the fennel bulb in half and pare out the core. Slice the bulb very thinly and add to the fennel fronds. Top with the arugula and mint, drizzle with the dressing, and toss well to coat. Arrange the watermelon cubes and crumbled goat cheese on top, and serve.

Scallop and Sugar Snap Pea Stir-Fry

Adapted from www.sunset.com

This flavorful shellfish recipe captures the flavors of spring in every bite. Serve with steamed white rice for a filling meal.

Prep 10m; Cook 10m; serves 2.
1/2 c. chicken broth
2 Tbs. mirin
1 Tbs. cornstarch
2 Tbs. sunflower oil
2 Tbs. thinly sliced scallions
1 Tbs. minced garlic
1/4 tsp. crushed red pepper flakes
12 oz. sea scallops
12 oz. sugar snap peas
1/2 c. finely sliced fresh basil leaves

Directions: In a small bowl, whisk together the chicken broth, mirin, and cornstarch. Set aside. Heat the oil in a large nonstick frying pan or large wok over high heat. Add the scallions, garlic, and crushed red pepper flakes, and cook, stirring, until fragrant, 30-45 seconds. Add the scallops to the pan and cook, stirring occasionally, for 2 minutes, until mostly opaque. Fold in the sugar snap peas, then add the broth mixture. Cook, stirring, for 2-3 minutes, until the sauce is thick and glossy and the scallops are opaque, but are still moist in the center (cut one to check). Fold in half of the basil and remove from heat. Transfer to a serving dish, and top with the remaining basil.

Honeydew-Mint Sorbet

By www.willystreet.coop/recipes/honeydew-mint-sorbet

No ice cream maker needed for this sorbet!

Prep 2h; Cook 15m; Serves 4.
1 honeydew melon
1 c. fresh mint leaves
3/4 c. sugar
3/4 c. water

Directions: Place the cubed melon in a shallow container and freeze. Place the 1 cup of chopped mint, sugar, and water in a small saucepan over medium heat. Stir until the sugar is dissolved. Bring to a boil and simmer undisturbed, for 2 minutes. Pour syrup through a fine-mesh sieve, pressing hard on the solids, and refrigerate until chilled.

Place the frozen melon in the bowl of a food processor. Add remaining 1/4 cup of mint leaves, the cold mint syrup, and process until smooth. Serve immediately, or store in an airtight container for up to 2 weeks.

Bowties with Sugar Snap Peas, Lemon, and Ricotta

Adapted from www.smittenkitchen.com

So many green vegetables would go well with lemon and ricotta, so mix it up with asparagus pieces, green beans, or baby spinach, adjusting the cooking time as needed.

Prep 10m; Cook 18m; Serves 4
1 lb. pasta
1 lb. sugar snap peas
1 oz. Pecorino Romano, grated
olive oil
salt
black pepper
1 lemon
1/2 c. fresh mint leaves
1 c. ricotta

Directions: Cook the pasta in a large pot of salted boiling water for 2 minutes less than the suggested cooking time. Add the sugar snap peas. Drain, reserving 1 cup of the pasta water. Return the pasta and sugar snap peas to the pot, and stir in 1/2 cup of the reserved pasta water, the grated Pecorino, a slug of olive oil, salt, and pepper. Toss to coat, and cook over high heat for 1 minute, stirring constantly. If the pasta looks too dry, add a

splash or two more of the pasta water.

Remove from heat and transfer to a wide serving bowl. Dollop ricotta all over in large spoonfuls, and lightly drizzle with olive oil. Squeeze the lemon juice over the whole dish, and sprinkle with mint. Serve immediately.

Asian Barbeque Chicken Bake

Featured Chef Lakewinds Natural Foods • Minnetonka, MN for the Co-op Advantage Program

Quick, easy and delicious, but don't forget the marinating time!

Prep 30m; Cook 1hr; Serves 4.

1 chicken, cut into pieces
8 oz. Asian barbecue sauce
3/4 lb. red cabbage
1/2 red bell pepper
1 bn scallions
1 c. water

Directions: Preheat oven to 375°F. Place the chicken in a large shallow baking dish, and cover with the barbeque sauce. Marinate in the refrigerator for 1-3 hours. Arrange the cabbage, red peppers, and scallions in a casserole dish along. Pour in the water. Place the marinated chicken pieces on top of the vegetables and pour all of the marinade into the casserole dish. Bake uncovered for 20 minutes. Cover with foil and bake another 20-25 minutes. The chicken should have an internal temperature of 165°F. Serve the chicken with the vegetables and juices.

Chickpea of the Sea Salad

Adapted from www.thekitchn.com by way of *The Kripalu Cookbook*

This delicious salad is a dead ringer for tuna salad, but has no tuna (or other animal products) in sight! Spread on hearty, toasted bread with crisp romaine leaves for a yummy sandwich, or place a dollop on a green salad. This is also a nice dip for crackers or vegetable spears. I hope you like it as much as I do!

Prep 15m; Serves 4.

15 oz. chickpeas
1/4 c. Veganaise
1 Tbs. whole grain mustard
1 1/2 Tbs. umeboshi vinegar
2 tsp. celery seeds
1/4 c. celery
2 scallions
black pepper
pinch cayenne

Directions: Place the chickpeas in the bowl of a food processor and pulse until roughly chopped. Add the Veganaise, mustard, umeboshi vinegar, celery seeds, chopped celery, scallions, cayenne and pepper. Pulse to incorporate, scraping down the sides of the food processor if necessary.

Southwestern Layered Bean Dip

Adapted from www.eatingwell.com

Served with your favorite tortilla chips, this brightly colored, fiber-full dip is such a nice change of pace from run of the mill salsa. Perfect for game day!

Prep 15m; Cook 15m; Serves 6.

16 oz. refried beans
15 oz. black beans
4 scallions
1/2 c. salsa
1/2 tsp. cumin
1/2 tsp. chili powder
1 jalapeño, chopped
1 c. cheddar cheese
1/2 c. sour cream
1 1/2 c. romaine lettuce, chopped
1 avocado, diced
1/4 c. black olives, sliced

Directions: Preheat oven to 350°F. Combine the refried beans, black beans, scallions, salsa, cumin, chili powder, and jalapeños in a medium saucepan and heat, stirring, over a medium heat. Transfer to a shallow, 2-quart casserole, and top with shredded cheese. Bake for 8-10 minutes, until the cheese is melted and the filling is bubbly.

Use a rubber spatula to spread with the sour cream. Sprinkle with chopped lettuce, tomato, avocado, and black olives. Serve with tortilla chips.



MEGGIE

Bunky's Hummus

This hummus is about as soft and luxurious as hummus could be. It's a great local on-the-go addition to summer picnics and cloud-watching lunches.



ANGELICA

Rebbl Reishi Cold Brew

This vegan beverage energizes and lifts the spirit without any of the irritability some caffeinated beverages can cause thanks to the high content of creamy coconut milk. Sweetened with stevia, so no blood sugar chaos either!



Willy Street Co-op Spicy Collard Greens

I love heating these greens up for lunch with a slab of our Southern Fried Tofu. They are chewy, flavorful and nutritious and an excellent addition to any fried meal, as the juices are perfect for dipping as well. The spice level is moderate but definitely palatable. It's making me hungry just talking about them!



LAURA

Eden Spicy Pumpkin Seeds

Forget croutons, especially if you're gluten-free. I prefer these to give a spicy kick to my salads! Plus, pumpkin seeds are loaded with antioxidants and are a mainstay for a healthy urogenital system. Win, win!



KJERSTIN

Taste Adventure Bulk Instant Refried Black or Pinto Beans

I always keep these on hand! Super great for at home, at work, road trips, camping, or hiking. Just add hot water and grab some tortilla chips/plantain chips/crackers/sesame sticks/whatever and in two minutes you have a deliciously filling meal or snack for one or many! Pretty good on their own, these refried beans become incandescent when you top with chopped green chilies, salsa, pico de gallo, cilantro, fried or scrambled eggs, cheese, nutritional yeast... really anything. They also can make a great thickener or beanily delicious addition to soups or casseroles.



HALLIE

Wisco Pop Grapefruit Soda

This is great alone, but AMAZING with vodka or tequila! Especially on a hot summer evening. Salt the rim first and it's even fancier and more balanced. Too many though and you may lose your balance!





COLIN

Border Bourbon

Incredible bourbon at this price point, very smooth, notes of sweet grain and vanilla. Great on the rocks, straight, or in a bourbon old fashioned. Available at North and West.



Pretzilla Pretzel Bun

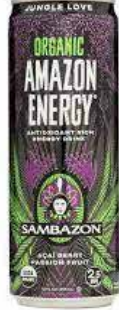
Hands down the best pretzel bun I've had. Use this on burgers, bison burgers, turkey sandwiches or really anything that could benefit from a savory and salty bun. My favorite sandwich on this bun is a bison burger with muenster cheese.



MICHAEL

Sambazon Jungle Love Energy Drink

Try as hard as I might, I am just not a morning person. To my chagrin I'm often working early in the morning. This is the only energy drink I've found that gives me enough of a boost to ride out my day without crashing really hard halfway through. It isn't hard on your insides like coffee can be and it tastes great. Finally it has that delightfully short ingredient list with ingredients you'll actually recognize as food.



JACK

Vitruvian Farms Shiitake Mushrooms

Fry these with garlic, ginger, baby bok choy, and scallions, soy sauce, rice vinegar, and sesame oil dressing. Dinner is that easy.



Wishgarden Deep Lung 2 oz.

As a seasonal runner I wanted something to build up my lung strength and help with stamina and since I began using this last summer I feel those big deep breaths more often.



Bulk Taco seasoning

Ever since discovering we carry this, my tacos have gotten more experimental because I know I always have the essential seasoning to give it taco realness.

Tortilleria Zepeda Yellow Corn Tortillas 12-pack

As a lifelong flour tortilla spokesmodel, I didn't think conversion to Team Corn was possible. Color me wrong—and that color is yellow.



KELSEY

Sassy Cow Salted Caramel Ice Cream

You have many salted caramel ice cream options to choose from. What makes this different is the saltiness—it's not overwhelming, I promise you won't be taking a bite of cold salt!, but it's more noticeable than in other varieties. You really get that salty and sweet combo. Plus Sassy Cow is a great local business.



CAITLYN

Willy Street Co-op Juice Bar's Cold Brew

Our Juice & Coffee Bars have some potent cold brew if you are looking for that extra spring in your step. They use locally roasted Just Coffee beans too.



AMY

Honey Pot Company Everyday Herbal Pantliners

Black woman-owned, this is the only menstrual-care system out there using herbal infusion. Chemical and cruelty-free is also great, but the most magical thing of all with these particular pantliners are that they are imbued with essential oils, including mint, which cool and refresh your Honey Pot in a way like no other!



KATIE

GT's Hibiscus Ginger Kombucha (any size)

I need my booch fizzy and not full of sugar and GT's delivers. Hibiscus Ginger is my new favorite flavor. It has nuances of ginger and hibiscus without being overpowering. I enjoy it straight up the best but its not a bad mixer for a great summer cocktail.



Sprout Living Epic Protein

This protein-packed collagen superfood is my go-to every morning. It hits me with 15 grams of clean protein to get me going on my day. I love the added vitamins, minerals and mushrooms. No chalky aftertaste with this powder. The Raspberry Pomegranate flavor is delicious and goes down smoothly.



JAMES

Ferndale Smoked Turkey, Sliced from the Deli

I never used to care much for turkey sandwich meat until I tried this smoked turkey! Now I use it any chance I get—for turkey and swiss sandwiches/melts, on top of a bagel with cream cheese, and even tossed into an omelet! It is a staple in my house, for sure!



Tula Hats

It's summer, so that means sun hats are out! I love these hats because of the many different styles they offer and the fact that they come in different sizes so you can find one that actually works for you! Not only that, but the band on the inside is also super comfortable and not itchy. Try one on, you'll have a hard time putting it back! And, if you're like me, you'll end up buying two before summer is over.



GRANT

Giant Jones Brewing

Don't overlook these single bottles! Giant Jones quickly became one of my favorite local brewers once I discovered them. They specialize in stronger, darker brews and bottle into the one "giant" 500ml size. Aside from every beer they put out being phenomenal, Giant Jones is certified organic, woman-owned and queer woman-operated right here in Madison. Support local beer!



Carr Valley Cranberry Chipotle Cheddar

Smoky and spicy chipotle peppers live in perfect, flavorful harmony with the subtle hint of tangy cranberries in a sharp white cheddar. What's not to love? Available at East and North.



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Milton Four Alarm Cheddar

You like cheese? You like it spicy? You're welcome. Available at East and North.



JESS

Mont Gravet Rose

Fresh and fruit-forward dry rosé wine with lovely aromas of raspberry and blackberry and is full body and long on the palate. This rosé is a wonderful "any time" wine and a delicious aperitif. It pairs well with a wide variety of foods, as it's refreshing, savory and well-balanced. It will accompany beautifully any salads, fish, BBQ, and white meat dishes.



Willow Creek Farms Smoked Boneless Ham Steak

Breakfast, lunch, or dinner—so many options.

Tanka Buffalo Bites

They offer unique flavor options like Cranberry and Black Pepper.



AMANDA

Lotus Foods Rice Ramen Noodles

These noodles are great for making ramen soup at home. They pair well with the Willy Street Co-op in-house bone broth for a nice flavorful bowl of soup.

Wisconsin Meadows Uncured Beef Hotdogs

Their member farms are committed to producing high-quality, sustainably raised beef for Wisconsin. These hot dogs taste great, and I love them as chili cheese dogs. Also great for camping and roasting over an open fire!



MARNIE

Local Arugula

The flavor profile of springtime arugula is delicious. It's nutty, peppery, and just a little bitter. It's a delicate yet hearty green that can be eaten raw or lightly sautéed. I like to use arugula as a salad base topped with blue cheese, toasted nuts, and a balsamic dressing or wilt it into my scrambled eggs. One of my favorite ways to eat arugula is to lay a bed of raw arugula in a bowl and top it with warm pasta and sauce. Yum!



DUSTIN

Oyster Mushrooms and Swiss Chard

Oyster mushrooms and Swiss chard are one of my favorite combinations! Sauté the mushrooms in olive oil with some onions, add a little garlic, lemon juice and salt and pepper, and then add the swiss chard until it's wilted. I love putting this on a ciabatta roll with some provolone cheese.



MOURNING DOVE

Willy Street Co-op Juice Bar Turmeric Lemon Ginger Shot

These make a great pick-me-up in the morning, and I love that they come in glass instead of plastic. Great taken as a shot for a quick energy boost or sipped slowly for an afternoon recharge. Available at East.



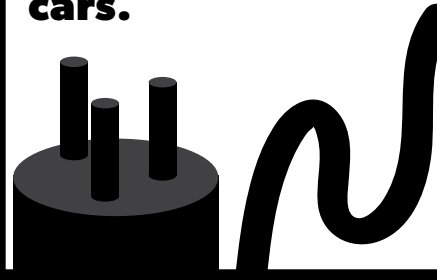
KRISTI JO

Heritage Store Rosewater

Cool yourself off while fancying yourself up with the delicate scent of real roses. I use this as a toner as well as mixing it with my rose clay facial mask. So many ways to use it! A quick splash is a lovely re-freshener in the middle of a hot day too.



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



TOO MANY GRAPES?

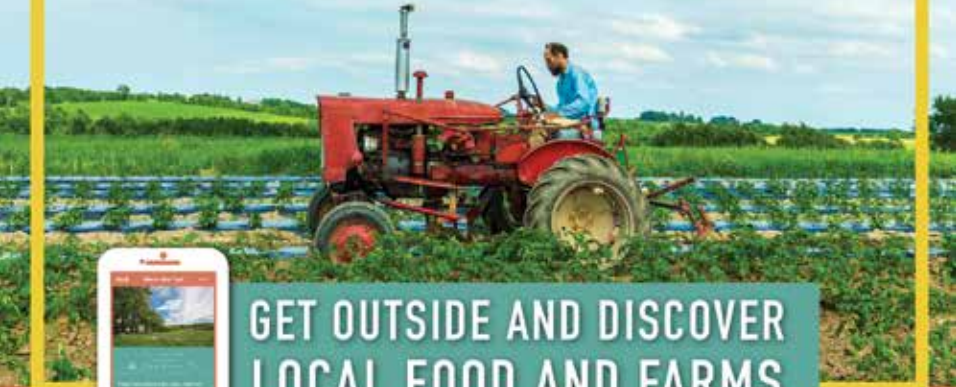
Grapes are sold by the pound. Feel free to break the bag up and purchase the quantity you want.

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