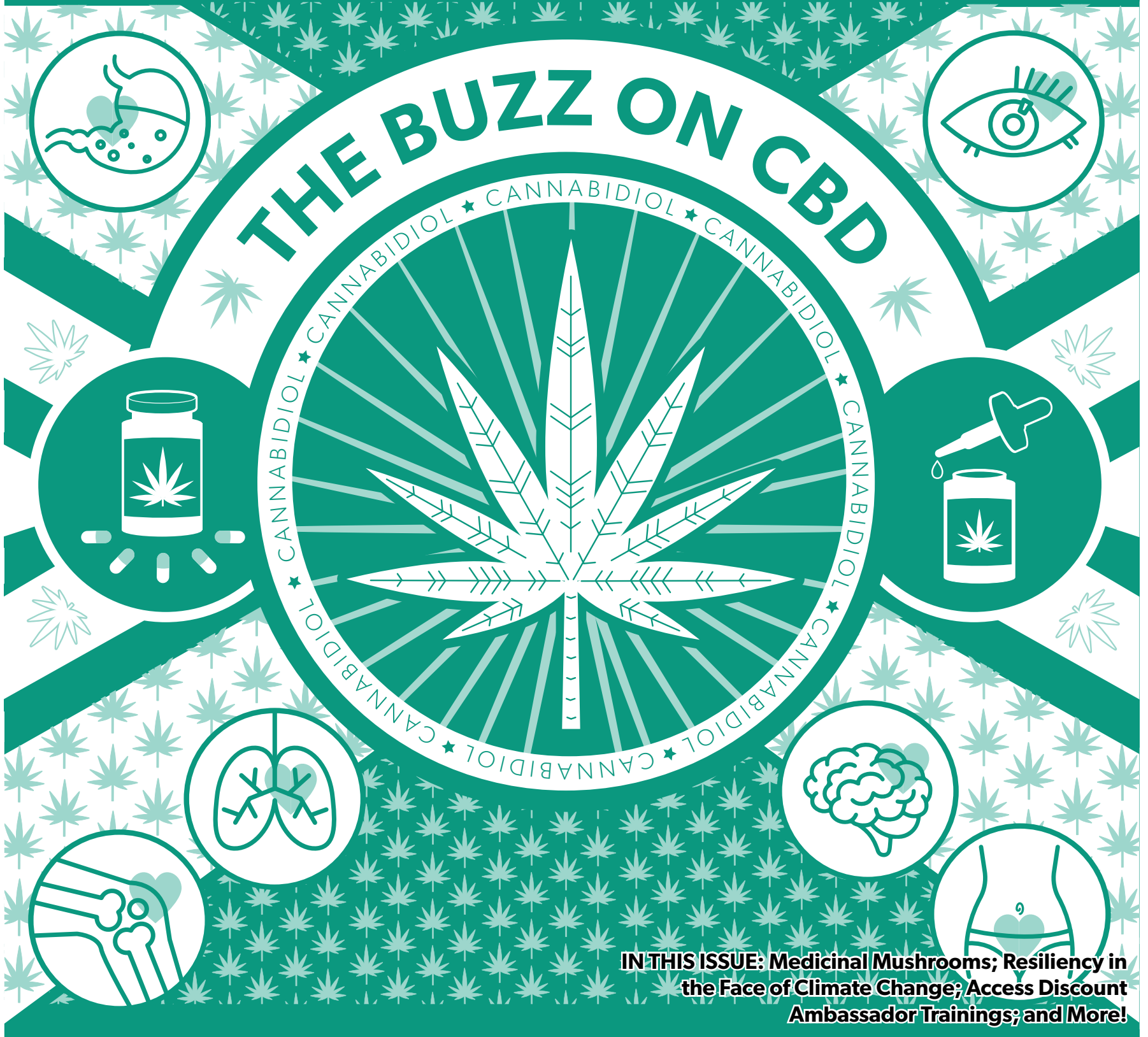


willy street co-op

# READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI  
VOLUME 46 • ISSUE 3 • MARCH 2019



**IN THIS ISSUE: Medicinal Mushrooms; Resiliency in the Face of Climate Change; Access Discount Ambassador Trainings; and More!**

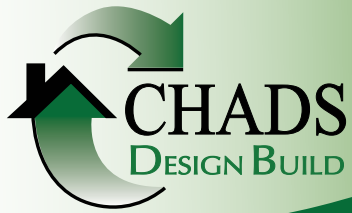
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# READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

## SUBMISSIONS

All advertising submissions must be reserved and arranged with the editor by the 10th of the month previous to publication. All advertisement copy must be submitted by the 15th of the month. Submissions should be emailed to [l.wermcrantz@willystreet.coop](mailto: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](http://www.willystreet.coop)

**BOARD EMAIL:** [board@willystreet.coop](mailto:board@willystreet.coop)

**STORE HOURS:** 7:30am-9:30pm, every day

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

& Sat-Sun: 7:30am-6:00pm; North Juice Bar: 7:30am-7:00pm

Deli: 7:30am to 9:00pm

Seafood Center—East and West: Monday–Saturday, 8:00am-8:00pm; Sunday, 8:00am- 6:00pm.

## WILLY STREET CO-OP MISSION STATEMENT

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

## WILLY STREET CO-OP BOARD OF DIRECTORS

**Jeannine Bindl, President**

**Meghan Gauger, Vice President**

**Patricia Butler**

**Brian Anderson**

**Ann Hoyt**

**Stephanie Ricketts**

**Trevor Bynoe**

**Michael Chronister**

**Dan Ramos Haaz**

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

## BOARD MEETING SCHEDULE

**Tuesday, March 19**

**Tuesday, April 16**

**Tuesday, May 21**

**Tuesday, June 18**

As always, Board meetings are held at the Central Office beginning at 6:30pm (unless otherwise noted). Dates are subject to change. Please see [www.willystreet.coop/events/board-of-directors](http://www.willystreet.coop/events/board-of-directors) to confirm.

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# CUSTOMER COMMENTS

## Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to [customer.comments@willystreet.coop](mailto: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!

### POLICY GOVERNANCE

**Q:** Hello, I am consulting with another local cooperative in the wellness/fitness industry and they are considering hiring a manager to run operations. Currently, every single decision goes through a board. We are wondering if you could share some information with me, either by email or in a face-to-face meeting, on how it works to manage in a cooperative structure. Thanks for considering!

**A:** Our Board uses the Policy Governance Model to oversee operations. A simple way to think of policy governance is to think of a means to an ends. Our Board provides the Cooperative with "Ends" to achieve. The Ends are documented in a policy and states the overarching results that they want the cooperative to produce. Then, the Board delegates the "Means" to achieve those Ends to our General Manager, who then is tasked with maintaining and hiring a workforce that can produce the results. The Board then monitors our achievement of their Ends via reports from the General Manager on both how we are achieving the overarching Ends and how we meet the terms of the sub-policies that stem from the Ends and their fiduciary responsibilities. As you know, we are a consumer cooperative, and consumers who are elected by the consumers who purchase an equity share of our business govern our Board. Operationally, the consumer-owners adopt the bylaws that we are to abide and elect our Board to represent their interests in our mission and to provide our Ends. So our employees and our business structure are beholden to those bylaws, the mission, and to providing the Means to achieve the Ends (and labor laws, of course!). Our staff is organized in a hierarchy, with a general manager overseeing operations; a team of directors overseeing specific aspects of the business; and various department heads, supervisors, and some skilled and some entry-level positions taking care of all the special details that make our Cooperative a great place to shop and work. The Policy Governance Model is one that many other cooperatives

has adopted for Board governance, as it provides a clear separation between the Board's responsibilities and those they have delegated to general manager and her employees. As cooperatives are autonomous, our way of doing things is simply one way of doing them; there are other grocery co-ops and consumer co-ops who are organized differently or use other governance models to delineate responsibilities between governance and operations. For more information about the Policy Governance Model created by Dr. John Carver, please visit [www.carvergovernance.com/model.htm](http://www.carvergovernance.com/model.htm). If you have other questions, please feel free to let me know and I'd be happy to see if I can point you in the right direction. Hope you're having a fantastic New Year. -Kirsten Moore, Cooperative Services Director

### FOOD DONATIONS

**Q:** There was an article in The Guardian newspaper today that I thought might be of interest to you all, if you have not already seen it. The title was: "Co-op to fight food waste with pre-closing time donation scheme." The sub-caption line was: "Retailer will give fresh produce to community groups two hours before stores close." It's about a co-op in the UK, but the ideas could be used here. I don't know what your policies are regarding "use by or before" dates, but I thought that these folks had a concept that you might want to consider, or at least be aware of. If interested, the story link is: <https://www.theguardian.com/business/2018/may/17/co-op-fight-food-waste-...> Kind regards to you all,

**A:** Thanks for writing to us back in May and sharing this idea. My apologies for not responding sooner. We appreciate your interest in this topic, and are pleased to report that viable food is first offered to the community before it ever goes to compost or landfill. Our current practice when we have a surplus of potentially viable product is to first offer it to employees to enjoy, and then contact Second Harvest Foodbank if there is still more available. They help us navigate whether the product can be donated and then whether Second Harvest will take it, or whether a neighborhood pantry in the area would benefit from the product more. Please let us know if you have any other questions or feedback. Hope you're having a great start to the New Year! -Kirsten Moore, Cooperative Services Director

### PAPER BAGS

**Q:** Please consider charging people for use of co-op paper bags and using the money for the "double dollars" donation. People who bring bags donate to this but

it seems backwards and use of significant additional money instead of charging for bags and therefore encouraging people to bring their own bags. Very distressing to look around and see how many people are walking out with fresh paper bags.

**A:** Thanks for the suggestion. At this time, there are no plans to change the way in which we incentivize reusing bags. We have budgeted for many years to provide a reward for reusing bags, previously via a 10¢ credit for every bag reused and now by giving that 10¢ to the Double Dollars program, which has now raised almost \$174,000 since April 2017 and allows Community Action Coalition of South Central Wisconsin to offer Double Dollars for SNAP benefits users at local farmers markets and the Co-op (it costs about \$80,000 annually at current availability). Converting the credit program to supporting Double Dollars (which covers about 67% of the total funding, and makes up less than 0.001% of our operating budget) has been cost-neutral if not better financially for the Co-op. We spend much less on bags, we are in the rare position to independently support this valuable program for our community, and the program incentivizes specifically shopping at the Co-op and shopping with local farmers. We prefer to use an incentive like this to charging people for bags because, in addition to using less disposable bags, it supports more people in purchasing fresh foods while rewarding bag reuse rather than creating a barrier by charging a penalty. Please let us know if you have questions about this program. -Kirsten Moore, Cooperative Services Director

### SENIOR DISCOUNT

**Q:** I love the coop I shop Willy East & North. I am a Senior & on a budget. How about a Senior day discount. OR better yet, an ongoing discount for Seniors. Thanks!

**A:** Happy New Year to you! Many years ago, the Co-op did have a discount program for seniors, and it was decided through work and input from staff, the Board and Owners that it would be more equitable to our entire community of Owners if we offered discount programs based on financial need rather than demographics. The program was replaced by our Access Discount Program, which offers 10% off all product to any Owner that can demonstrate they are utilizing one or more of the following: QUEST, Medicaid (Badger-Care/Senior Care), WIC, Section 8 Housing, the Senior Farmers' Market Nutrition Program, Supplemental Security Income, Social Security Disability Insurance, the Low Income Home Energy Assistance Program, or FairShare CSA Coalition Partner

Shares. If they are not utilizing one of those programs, Owners may also demonstrate eligibility by verifying gross income within the last year has been at or below 150% of the Federal Poverty Guideline. For more information about this program, please visit [www.willystreet.coop/ownership/access-discount-program](http://www.willystreet.coop/ownership/access-discount-program). We appreciate your concern for your budget, and if this program might work for you, we hope you will give it a try. Thanks for the suggestion! -Kirsten Moore, Cooperative Services Director

### WATER TESTING

**Q:** Regarding your bulk spring water, I would like to know how it's tested for quality. Also, has it been tested for containing micro plastics?

**A:** Thanks for asking! The bulk water we supply is from a reverse osmosis system, which we rent from Total Water Treatment Systems. They are Madison based and they are the service provider for Culligan water treatment equipment. The system processes water through the municipal supply through several stages:

1. The water runs through a water softener, removing calcium and magnesium.
2. There are two stages of carbon pre-filtration, which removes large particles that make it past the water softening stage.
3. The water is then filtered through a 5-micron spun polypropylene sediment filter. This removes ultra fine particles such as sand, rust, salt and mineral scale.
4. It's filtered through a semi-permeable RO membrane to remove up to 99% of total dissolved solids.
5. Then it goes through ultraviolet sterilization and another stage of carbon filtration, which removes odors, taste, discoloration and chlorine.
6. The resulting product water is then pumped through a constantly moving, closed distribution loop to further ensure there is no chance for algae or bacterial growth.
7. And then the water goes through a second and final ultra violet sterilization as the product water is being dispensed.

The RO systems receive monthly service, which includes 5-micron filter changes, coliform bacterial tests, and checking the ultraviolet sterilization lamps to see if they require changing. The carbon pre-filter cartridges are replaced monthly, and the entire system is sterilized annually. It is currently cost prohibitive for us to conduct full spectrum tests of the product water. Please let us know if you have other questions about the bulk RO water system, and I'll see what we can do for you. Have a great week! -Kirsten Moore, Cooperative Services Director



## NUTRITION FACT CONSISTENCY

**Q: The bulk granola doesn't have a consistent serving size on the nutrition fact (1/2 cup, 1/4 cup, 2 oz.) So I can't compare them to each other easily. How about one consistent serving size? Thanks : )**

A: We agree that it would be great if there were consistent serving sizes. We tried to standardize the serving sizes in the past and came across some barriers. Some of the manufacturers provide the serving as a weight (such as 1 oz., or 55 grams) and others provide it as a volume (such as cups). In order to come up with a conversion we would need to weigh various volumes of product and then manually do the conversion for each piece of information (since our system doesn't automatically convert this information for us). This practice proved to be too labor intensive. There was also a high potential for error. For the sake of accuracy, and to make sure we are meeting people's health needs, we chose to stick with using the nutritional information supplied to us from the manufacturer or our distributor. There may be an app you can find to help do the conversion yourself.

Thanks for taking the time to reach out! Please let us know if you have any other questions! -Matt McHugh, Logistics Director

## MOVING BEYOND EXPEDIENCE

**Q: I love all you've done to add back more of a holistic feel to the store. It's feeling cozier.**

**I continue to insist that you move beyond expedience to become a truly visionary company. Visionary companies are more successful in the long terms. In addition to requesting the you exclusively source products with an ethical mission and compliance to that mission in the areas of social responsibility and ecological responsibility, I am asking that you become the first store in our community to go plastic free and/or use hemp or other plant-based packaging, including produce bags. There will always be excuses from those who lack vision. Don't be those people.**

A: Thanks for your continued feedback and for noticing some things you enjoy about the Co-op! I'm glad

to hear things feel more holistic and cozy these days. Your message was forwarded to me from Board President Jeannine Bindl. Expedience stems from a sense of self-interest, and the Co-op is not about that, we are about the interests of 35,000+ people in our community and seeking ways to meet their mutual interests and to allow some divergent interests of our fellow cooperative owners in our diverse community to coexist within our stores. Our cooperative is entering its 45th year and is considered a successful example in the cooperative community nationally and internationally due to our ability to remain a viable business open to the ever changing makeup of our ownership and surrounding region; our forward thinking and ability to adapt to a changing cooperative makeup and landscape is part of why we have a reputation for vision and have achieved long term success. We have corresponded previously with you about our product choices, and why as a cooperative committed to inclusion we do not choose an exclusive approach to what we put on our shelves: there is an ethic to providing products that represent diverse needs, be they physical, mental, financial, environmental, political, spiritual, or simply needing a store where people in the neighborhood can shop in one stop for themselves or their families (who may also express competing needs and values on their grocery lists). With regard to plastic, we appreciate your sentiment and agree that moving towards plastic-free is our social and ecological responsibility. But while 100% plastic-free not a commitment we are able to honestly make at this time, we are taking steps to move towards less plastic over time when feasible to do so. We do source some plant-based packaging when it is available to us, and we have highlighted these products in previous advertising and in the Reader. Speaking of which, you may find the cover story newsletter writer Ben Becker wrote for the Reader in July of value for learning more about this topic and some of the challenges the cooperative faces with regard to plastic use. You can find it at [www.willystreet.coop/july-2018/future-of-plastics-at-the-co-op](http://www.willystreet.coop/july-2018/future-of-plastics-at-the-co-op). This year, you may be pleased to hear we are working on a food waste and discarded

materials audit of our stores, so that we can gauge statistically where there is room for further improvement and develop our further waste reduction goals from there.

We appreciate the opinions and values of our Owners, yours included. Thank you for encouraging us to continue to consider your needs and values as well as our social and environmental responsibility. We take it seriously, and we will continue to keep your voice, as we do the voices of our other fellow owners, in consideration as we further develop and change as a cooperative. -Kirsten Moore, Cooperative Services Director

## VOLUNTEERING

**Q: Talk with your attorneys. Bring back volunteerism @ the co-op. For those who have been co-op members across America since the 1970s-1980s, we remember the benefits of volunteering at the Co-op. Not only for discounts on food but for many of us, these were our communities, where visions emerged to create a better co-op, a better neighborhood, a better city or town. In the past decade, it seems so many newer members don't have a connection about what it means to be part of a food co-op, how a food co-op is different than a grocery store, why it matters to look for the broom around the corner of the bulk aisle to sweep up what you just spilled, wipe up the herbs that overflowed your bag in the bulk herb section, to bag your groceries while the clerk rings up your shop (instead of just standing there waiting for her/him/them to finish. Bring back volunteerism. Find a way to make it work for all of us again. Thanks... from a member whose original member # was in the 600's!**

A: Thanks so much for your comment. I checked in with our new human resources director Brian Wolhaupter in responding. I appreciate your deep value for our Co-op, and desire to increase community within it. The legal issues cited for originally ending the volunteer program are still true under the Fair Labor Standards Act requiring services provided by volunteers to be used for public service, religious or humanitarian objectives. The US Department of Labor says cooperative members of a commercial business contributing time would be considered employees subject to minimum wage requirements. East End Food Co-op has an opinion letter from the US DOL on their website about the legal issues here: <https://bit.ly/2CosnkC>.

However, there are also many other reasons our Co-op prefers to be one that employs 100% of its workforce. We prefer to pay people a wage for their time as opposed to relying on volunteerism and providing a discount on food. We are so grateful to all of our Owners and customers, who allow us to be a thriving business in our community, and to provide employment to about 400 people across the greater Madison region.

This is a contribution we make to the lives and communities we serve that can be made in no other way. A fully employed Co-op is also more efficient; with a specific group of people providing consistent, quality service; that value gets passed to everyone via better price tags.

Of course, we are also grateful to those Co-op owners who take a stake in our Co-op as well, by letting us know when there is a spill in the bulk aisle, by taking carts back to where they are stored, and making the Co-op a place where we can all visit with people we know when we shop, and share food together in the commons from time to time. With 35,000+ Co-op Owners, there will always be some of us who join simply to shop with benefits, and others who want a deeper involvement. The Co-op accepts and appreciates us all! Your desire to enhance community and serve others is a welcome inspiration to us.

For many, time is extremely valuable and very short. A volunteer program at the Co-op would benefit those with the most privilege of time to contribute, and those who may benefit from volunteering for a discount the most would gain much more from receiving a paycheck. This is in line with guidance from our food bank and pantry partners, who say it is poor practice to offer a program where people volunteer in exchange for food access. We encourage those interested in volunteering to explore the myriad of local nonprofits that accept volunteers and we would rather send those with available time to the businesses who truly rely on volunteers to function. Your time will help many, and spread the same gift of community you want to give here at the Co-op even further. If you are looking for volunteer opportunities that provide an opportunity to specifically connect with local food, you may find ideas at Fair Share CSA Coalition both with the organization and with local farms, REAP Food Group, or one of the many farmers' markets, food banks, or pantries in the area.

If you are interested in serving on one of our committees, which is a way to provide valuable feedback and insights to your Co-op, or if you are curious about running for the Board of Directors, please contact the Board Development Committee at [bdcc@willystreet.coop](mailto:bdcc@willystreet.coop) and they will keep you apprised of future opportunities. Thanks again for reaching out, and have a Happy New Year! [www.csacoalition.org](http://www.csacoalition.org); [Reapfoodgroup.org](http://Reapfoodgroup.org) -Kirsten Moore, Cooperative Services Director

## NO MORE MAMBO SPROUTS

**Q: Will you be getting more Mambo Sprouts coupon books? Have they stopped publishing them?**

A: After a few attempts to contact them, I've learned that they're closing their doors. We'll be sorry to see them go! -Brendon Smith-Communications Director

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MARCH 27, 2019

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## GENERAL MANAGER'S REPORT

# Cheese Challenge; Pronoun Stickers; and More!



### HELLO MARCH!

The March weather forecast can be hard to predict; snow showers one day, rain showers the next.

by Anya Firszt, General Manager

### MARCH MADNESS CHEESE CHALLENGE

You don't need to know how to play basketball to participate in our version of the seasonal event known as March Madness—you just need to like cheese. Our third annual Cheese Challenge is set to begin March 21 lasting through March 31. You are invited to play along and sample 16 local Wisconsin cheeses that are vying for the top-seeded position. You can vote weekly for your favorite local Wisconsin cheese, with the winners advancing to the next round until we get a Cheese Champion. Anyone can submit their completed bracket before the tasting begins—the one that most closely matches the end results will win eight pounds of cheese. Good tasting.

### \$5 DINNER—MORE CHEESY GOODNESS

Mark your calendar for this month's \$5 Dinner at Willy North for Thursday, March 21, from 4:00pm-8:00pm. The Mac & Cheese Bar is back by popular demand! The main course is macaroni and cheese with assorted toppings including bacon, hot dogs, broccoli and sautéed mushrooms; a green salad; and a cookie. Vegetarian, vegan, and gluten-free options are also available. Eat in, carry out. All for \$5!

### ACCESS DISCOUNT

Access Discount annual renewal is again happening in March; if you are a recipient of this program, please check in at the Customer Service desk to renew your access.

If you are not yet signed up for this program, anyone who has a financial need can apply. This program offers a 10% discount on food and other products purchased at the Co-op and a longer-term, more affordable Ownership payment plan. To learn more, check out the information posted on our website: [willystreet.coop/ownership/access-discount-program](http://willystreet.coop/ownership/access-discount-program) or ask about it at the Customer Service desk at each store.

### MEET THE BOARD AND GM

We've carved out some time to be at the stores to meet you, answer any of your questions or address any

concerns. Our next scheduled time is at Willy North on March 17, from 11:00am-1:00pm. On April 14, we'll be at Willy West, and on May 19, we'll be at Willy East.

If those dates and time don't work for you, you can reach the Board at [board@willystreet.coop](mailto:board@willystreet.coop) or me at [a.firszt@willystreet.coop](mailto:a.firszt@willystreet.coop) or 608-237-1210.

### PRONOUN STICKERS

You may have noticed some Co-op staff are wearing a pronoun sticker on their name badge. We wanted staff to be able to proudly share their preferred pronoun, and these stickers can help move the conversation along. Wearing a pronoun sticker is a personal choice, not a requirement.

### ANNUAL BOARD ELECTIONS

It's that time of year again to consider if this is the year you decide to run for the Willy Street Co-op Board of Directors. This year, three 3-year seats will be vacated at the end of fiscal year, which need to be filled by maybe you?

Candidates are required to attend at least one Board meeting and Candidate Orientation Session prior to the election. The Board meets regularly the third Tuesday of each month; meetings begin at 6:30 pm, and are held at the Co-op's administrative offices, which is located at 1457 E. Washington Ave., Madison. Candidate statements are due June 3. Elections are held the first three weeks of July, and candidates are invited to address Owners at the Annual Meeting & Party (AMP) on July 11, as part of the business meeting. Owners can cast their ballot as well as at the AMP. Look for more information in the upcoming *Reader* publications or on our website.

### KUDOS TO OUR STAFF

In the last month and a half, we've had a number of snow and cold weather emergencies notices, and more no-school days than I remember having my entire time in elementary school! I want to extend a big shout out to our staff that made it to work on even the worst of those days to see that the stores were open for business—I applaud their fortitude and stick-to-itiveness. Thank you!

To those staff who stayed home to care for their little ones that were unable to go to school, I applaud them as well! And, to those that were simply not able to make it in for whatever reason, thanks for taking care of your safety. Thank you!

Regardless of the weather forecast, more daylight hours are in our future.

## BOARD REPORT

# Policy Monitoring Reports



by Stephanie Ricketts, Board Member

**W**elcome to spring, Willy Street Co-op community! The Equinox falls on March 20th this year, and I hope you're enjoying every extra second of daylight as much as I am. This winter has been a doozy,

making me extra grateful for every little harbinger of the new season. Ramps, morels, fresh local greens: I can't wait to see you in the Produce departments!

### POLICY MONITORING REPORTS

Recently, the Board has reviewed a variety of policy monitoring reports. For those who might be reading this section of the *Reader* for the first time, the Willy Street Co-op Board follows a policy governance model. What does that mean? In a nutshell, the Board sets high level policies that guide the work of the General Manager, and evaluates progress towards the goals laid out in those policies via monitoring reports. Many of these reports are annual, although there are some (mainly financial policies) that the Board receives updates on more frequently. Monitoring the nuts and bolts of the organization falls into the fiduciary governance portion of the Board's job, the aspect of governance that is focused on close oversight of immediate operational outputs and performance. On the Board's Hierarchy of Needs, this would be the base of the pyramid.

### So, what policies have been on the Board's agenda recently?

**Policy C9: Board Compensation:** This policy outlines how the Board should be compensated for our work, and whether or not that compensation was accurately issued. (Side note: Board compensation consists of a 15% discount at the register, and a \$200 stipend each month. The Board VP receives an additional \$100/month, and the President an addi-

tional \$200/month given their significantly higher workload). The Co-op is in compliance with this policy.

**Policy B9: Management Continuity:** This policy requires the General Manager to designate a well-qualified interim successor, should the GM unexpectedly, say, win the lottery and retire to France. In addition, the GM provides the Board with a management continuity plan for the organization as a whole. The Co-op is currently in compliance with this policy as well.

**Policy B6: Staff Relations and Compensation:** This policy describes the requirements for the General Manager relating to employee compensation, staff culture, and morale in general. Examples of items in this policy are ensuring the employee handbook is not in conflict with state, federal or local laws, establishing equitable benefits and compensation, and working toward a living wage model. For this policy, the Board opted to table the report to the next meeting, after asking some clarifying questions around some policy language specifics. We'll be reviewing the details of this report again.

In addition, the Board is spending time considering how to be more strategic and generative in our leadership of the Co-op. Earlier I mentioned the base level of our Board governance pyramid, fiduciary governance. The next level up is strategic governance, wherein we set our gaze beyond just the immediate monitoring of the organization, ahead to where the organization wants to be three, five, seven years from now. This can look like, among other things, reviewing financial projections spanning beyond the calendar year, and discussing expansion and remodels. The Boards of the recent past have built a strong practice of strategic governance, which we new/newer Board members are striving to maintain.

Generative governance is the new frontier for the Willy Street Co-op Board, the top of our pyramid. Generative governance takes an even broader and deeper look at the organization's overall mission, goals and trajectory. It involves asking lots

### WANT TO HELP LEAD THE CO-OP?

The election of new Board members will happen in July, and there will be three seats open. Do you know someone who loves the Co-op, works well in a group, and will do their best to represent the needs of all Owners? Consider running for the Board!

The Board candidate applications are due June 3, 2019. Note: attending a Board meeting and Candidate Orientation Session beforehand is a requirement of running. The Board candidate applications and available meeting/orientation session dates are at [willystreet.coop/run-for-board](http://willystreet.coop/run-for-board), and at the Owner Resources Area in the stores.

of big questions, and having robust conversations about the co-op's values and possibilities. As a group, we are benefitting from interim Board member Ann Hoyt's insights on generative governance, and are learning how to balance our time between our fiduciary, strategic and generative responsibilities.

As always, it is a pleasure and a privilege to be a part of your Board. If you have any questions about this report, or would like to learn more about running for the Board yourself, please let us know! You can get ahold of the Board by emailing us at [board@willystreet.coop](mailto:board@willystreet.coop).

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**Community Room Class Calendar**

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

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



**VEGAN BAKING SECRETS: LAYER CAKES**

Location: Willy West Community Room

Tuesday, March 5, 6:00pm-8:00pm

Ages: 13 and older; adult supervision not required

Instructor: Cara Moseley

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

Join Pastry Chef Cara Moseley to learn how to make delicious vegan layer cakes. With recipes for cakes, creamy custard and fruit fillings, "buttercream" frosting, as well as chocolate ganache, participants will leave with the knowledge and confidence to be able to make any vegan cake they can imagine. Vegan.



**HOME CREAMERY SERIES:  
FETA AND FARMER CHEESEMAKING**

Location: Willy West Community Room

Monday, March 4, 6:00pm-8:30pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$30 for Owners; \$40 for non-owners

Join veteran home cheesemaker Linda Conroy to learn to make these two styles of cheese that can easily be made at home. Samples will be provided and participants will leave with both cheese made in class and a culture to get started at home. Vegetarian.

**COOKING WITH CHEF PAUL:  
EXPLORING VIETNAMESE AND FRENCH CRÊPES**

Location: Willy West Community Room

Thursday, April 25, 6:00pm-8:00pm

Ages: 13 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

Fee: \$10 for Owners; \$30 for non-owners

Join Chef Paul to explore the unique cultural experience of crêpes from across the globe! Learn all about the differences between French and Vietnamese crêpes—how they're made, how they're filled, and how they're enjoyed in these two distinct regions of the world.



**LEARNING WITH CHEF PAUL:  
KNIFE SKILLS AND SAFETY**

Location: Willy West Community Room

Thursday, March 14, 6:00pm-8:00pm

Ages: 18 and older

Your Co-op's Own Instructor: Paul Tseng

**LEARN ABOUT AND REGISTER FOR FOODSHARE  
LOCATION: LAKEVIEW LIBRARY**

Location: Lakeview Library

Thursday, March 7, 10:00am-2:00pm

Thursday, April 4, 10:00am-2:00pm

Location: East Community Room

Thursday, March 21, 9:00am-1:00pm

Thursday, April 18, 9:00am-1:00pm

Location: Willy West Community Room

Friday, March 8, 9:00am-1:00pm

Friday, April 12, 9:00am-1:00pm

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



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

Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with. Vegan.

### HOME CREAMERY SERIES: CHEDDAR AND GOUDA

Location: Willy West Community Room

Monday, March 18, 6:00pm–8:30pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$30 for Owners; \$40 for non-owners

Join veteran home cheesemaker Linda Conroy to learn to make two styles of cheese—cheddar and gouda—that can easily be made at home. Participants will be guided through the process of making each cheese from curd to press. Leave inspired to go home and try these yourself. Participants will take home recipes and delicious cheese curds! Vegetarian.

### LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room

Thursday, April 18, 6:00pm–8:00pm

Location: Willy West Community Room

Thursday, June 6, 6:00pm–8:00pm

Ages: 18 and older

Your Co-op's Own Instructor: Paul Tseng

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

Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice. Vegan.



### COOKING TOGETHER: TASTE OF THAI

Location: Willy West Community Room

Friday, March 1, 5:30pm–6:45pm

Ages: 5 and older; registration for adults and kids required

Instructor: Lily Kilfoy

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

Join Chef Lily Kilfoy in this cooking class for families to learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a mouthwatering meal inspired by the tastes of Thailand. Savory soup, fresh spring rolls, and sweet mango sticky rice are just a few of the delectable dishes that we'll explore. Vegetarian and nut-free.

### COOKING TOGETHER: FLAVORS OF GERMANY

Location: Willy East Community Room

Friday, April 26, 5:30pm–6:45pm

Ages: 5 and older; registration for adults and kids required

Instructor: Lily Kilfoy

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

Join Chef Lily 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 a variety of tools. In this class, participants will prepare Chef Lily's take on a homemade meal inspired by flavors from Germany. Cabbage, Berox, potatoes, Spatzel, and a buttery cherry dessert are just a few of the tasty things that will be explored. Vegetarian.

### INDIVIDUAL NUTRITION CONSULTATIONS

Location: East Community Room

Wednesday, February 6, 2:15pm–5:30pm

Wednesday, March 13, 2:15pm–5:30pm

Location: Willy West Community Room

Tuesday, February 5, 2:15pm–5:30pm

Tuesday, March 12, 2:15pm–5:30pm

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

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



### HERBS AND FERMENTATION FOR DIGESTIVE HEALTH

Location: Lakeview Library

Thursday, March 14, 5:00pm–7:00pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: Free; registration required

A healthy microbiome promotes overall health of the digestive and immune systems. Join Linda Conroy to learn about the beneficial herbs and fermented foods that are easy to make and to incorporate into everyday life. Recipes and samples will be provided. Vegetarian.

### IN THE KITCHEN AND APOTHECARY: FUNGI FOR OPTIMAL HEALTH AND HEALING

Location: Willy West Community Room

Thursday, April 18, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

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

Preparing mushrooms for food and medicine is fun, delicious and healing. Herbalist Linda Conroy will share some of her favorite ways to prepare mushrooms with a focus on potentiating optimal health and healing. Everyone will make a healing mushroom tonic, sample mushroom snacks as well as beverages and leave with recipes. Vegan, gluten-free and grain-free.



### KIDS IN THE KITCHEN: BURRITO BONANZA!

Location: Willy West Community Room

Friday, March 8, 4:30pm–5:30pm

Ages: 9–12 years old; adult supervision not required

Location: Willy East Community Room

Friday, March 29, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join “The Kids Chef” Lily Kilfoy for this exciting hands-on cooking class. Almost everyone loves burritos—a flour tortilla rolled around fillings such as rice, beans, salsa, cheeses, guacamole, fresh vegetables and other tasty ingredients. In this class, participants will work together to prepare a variety of flavorful fillings and make their own burrito. Fresh-squeezed limeade will round out the fiesta. Vegetarian.

### KIDS IN THE KITCHEN: TASTE THE RAINBOW!

Location: Willy East Community Room

Tuesday, March 12, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Location: Willy West Community Room

Tuesday, March 19, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join “The Kids Chef” Lily Kilfoy for this exciting hands-on cooking class. Some people think that March brings Leprechauns and rainbows. Whether you do or not, you can still prepare a magical meal using a kaleidoscope of ingredients. Red cherries, orange sweet potatoes, yellow summer squash, green spinach, blue blueberries and purple cabbages—what other colorful foods can you think of? Vegetarian.

### KIDS IN THE KITCHEN: PERFECT POTATOES!

Location: Willy East Community Room

Tuesday, April 9, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Location: Willy West Community Room



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Tuesday, April 23, 4:30pm–5:30pm

Ages: 9–12 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join Chef Lily Kilfoy for this hands-on cooking class for kids. Almost everyone loves the humble potato, and in this class, participants will work together to prepare several dazzling dishes that highlight this incredible ingredient. Baked, whipped, french-fried—even sweet potatoes will be explored. Vegetarian.

### KIDS IN THE KITCHEN: DREARY DAY DESSERTS!

Location: Willy West Community Room

Friday, April 12, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Location: Willy East Community Room

Friday, April 19, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join Chef Lily Kilfoy for this hands-on cooking class for kids. April can be filled with dreary, drizzly days, and in this class, participants will mix up sweet and rewarding recipes that are perfect for a rainy day stuck inside—cookies, cakes, confections and much more! Vegetarian.



### PREPARING MEAT FOR GOOD DIGESTIVE HEALTH

Location: Willy East Community Room

Thursday, March 21, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; registration required

Katy Wallace, Traditional Naturopath of Human Nature LLC, will discuss the benefits of various fish, poultry, and meat. She will present techniques for helping improve digestion of animal protein, and she will also discuss the fatty acid profiles of animal foods and how they can either help lower inflammation and risk of disease, or make it worse. Gluten-free and grain-free.

### SALT AND ITS HEALING PROPERTIES

Location: Willy West Community Room

Tuesday, April 16, 6:00pm–7:00pm

Ages: Any; adult supervision required

Fee: Free; registration required

Katy Wallace, Traditional Naturopath of Human Nature LLC, presents ways that our bodies demonstrate salt imbalances such as Candida overgrowth, SIBO, stomach acid issues, low and high blood pressure, hormonal problems and over-acidity. We'll discuss the various sources of salt available to consumers and how to incorporate raw salts into your regular routine. Vegan, gluten-free and grain-free.

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## WELLNESS NEWS

### Medicinal Mushrooms



by **Mike Burns,**  
**Product Placement Manager**

The magical, mysterious fungi that have captivated humans throughout history are continuing to mystify and sustain us today. Mushrooms, the spore-producing fruiting bodies of fungus, are incredible and have been a staple of both diet and medicine cabinets for millennia.

Today, they are undergoing clinical and scientific research that supports folkloric claims and even shows promise for unforeseen health benefits. I've chosen a few of my favorite 'shrooms in hopes that I can peak your interest in the potential life-changing health benefits of these fungi.

#### VARIETIES OF MEDICINAL SHROOMS

Chaga is a mushroom that can be found in the high latitudes of the northern hemisphere growing on birch trees as a type of parasite. It has historically been used as a folk remedy in Russia and northern Europe to treat cancer, tuberculosis, diabetes and digestive issues. Studies with chaga showed evidence that it may help regulate the production of cytokines, which are the immune system's messengers and regulators of various inflammatory responses. As a sufferer of psoriasis and psoriatic arthritis, this is of great personal interest since cytokines play a major role not just in my disease but many other autoimmune diseases.

Reishi also called the "mushroom of immortality" or ling zhi, have been used in China for thousands of years. This mushroom has been used for everything from cancer treatment to blood pressure reduction, to improving immunity, to relieving allergy symptoms, and a host of other ailments. While there have been some recent

clinical studies done with reishi supporting historical claims and uses, more studies are needed to fully understand its potential health benefits.

Cordyceps are one of my favorite mushrooms because of the substrate they grow on, dead insects. In China, the cordycep most widely used is one that grows from caterpillars, called dong chong xia cao. The mushroom is believed to enhance athletic performance by improving aerobic activity and combatting fatigue. There has also been some research into its potential tumor-shrinking capacity and improvement of mental energy.

Turkey Tail gets its name from its unique colors and patterns that give it a resemblance to a wild turkey tail. Turkey Tail is found throughout the world and has been used in many cultural traditions. Like the other mushrooms mentioned, turkey tail is considered an adaptogen and an immune-boosting fungus. There are number of studies conducted over the past decade that show a wide range of health benefits ranging from increased immune capacity in people with HIV and following radiation treatment for cancer, as well as its ability to repair digestive inflammation and halt the spread of cancer cells.

#### TOP BRANDS AT WILLY STREET CO-OP

Host Defense was created by Paul Stamets and C. Dusty Yao to bring the healing power and potential of mushrooms to everyone. All the mushrooms used in their product lines are certified organic and grown sustainably on their farm in Washington State. Host Defense offers mushroom supplements in tincture (liquid), spray or powdered capsule form. Each of their products contain one or more of the mushrooms I mentioned. This is a great company and I highly recommend their mushroom supplements, most of which are used in the wide range of clinical studies conducted with mushrooms over the last decade.

Om is another fungal-focused company that we carry in the Wellness department. Founded by Steve Farrar and Sandra Carter, they focus on loose powder forms of mushrooms. Unlike the more supplemental approach of Host Defense's tinctures and capsules, Om is a medicinal mushroom powder you can add to smoothies, juices or other beverages. I use their chaga and restore blend every morning in my smoothie and most certainly notice when I go without.

Next time you are in one of stores, check out our medicinal mushroom selection in our Wellness department and try their incredible health benefits for yourself!

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## PRODUCE NEWS

# Resiliency in the Face of Climate Change

## A NEW NORMAL FOR OUR LOCAL FARMERS



by  
**Megan Minnick,**  
Purchasing  
Director

**T**ypically, the mid-winter planning meetings that our Produce teams have with our local farmers are something we look forward to all season. During the depths of winter, we take time to reconnect with our farmers, dream of the summer bounty to come, and rehash both the successes and the learning opportunities of the previous year.

This year felt different. 2018 was, by all accounts, one of the worst local growing seasons in memory. That by itself is concerning, but it's even more worrisome when you consider the fact that with the onset of climate change, extreme weather events and patterns like the ones that contributed to the atypically poor growing conditions in 2018 may very well become more and more typical.

I came away from our farmer meetings this year with a sense of foreboding that I've never experienced in my 18 years working with local farms. This particularly poor growing year brought home the reality that we can no longer take our bountiful Wisconsin local food supply for granted. In the coming years, our farmers may need our support more than they ever have before.

### 2018

So what was so terrible about 2018? It can be summed up quite simply: too much water at just the wrong time.

Things started well. In early summer, the bountiful rain meant that our farmers had huge amounts of beautiful cooking greens such as kale, collards, and chard. Vegetable crops like broccoli, brussels sprouts, and other planned late summer/fall crops grew

like crazy and things looked promising.

Then August came and it started to rain, and rain, and rain. Though there were farms in our local area that suffered catastrophic flooding, none of the farms that we work with directly were flooded in the traditional sense. The damage came in a different and more subtle way: the excess moisture in the soil stunted the growth of many plants and the moisture in the air facilitated disease pressures that were too much for even the most skilled organic farmers to overcome. Mold, mildew, and other moisture related diseases literally took over farmers' fields.

Late summer/early fall is usually the height of local produce season in Wisconsin. I can generally look to almost any of our farms and come up with plenty of things to put on sale to celebrate Eat Local Month. This year, though we had local produce on the shelves, there were very few things that were bountiful enough to put on sale, and some crops that we expected to have were a struggle to find locally at all.

### CLIMATE CHANGE AND ITS IMPACT ON OUR LOCAL GROWER

Were the poor growing conditions of last year a function of climate change? Though it can be tough to directly correlate our day-to-day weather with larger climate patterns, it is widely accepted that climate change will mean more extremes, such as the extreme amount of rain we saw in the summer and fall of last year. As David Bachhuber from Lovefood (our local culinary herb farmer) put it to me in an email:

*"My general feeling is that weather is going to continue to be more extreme as time goes on. I expect droughts, I expect floods, I've also heard that we should be expecting more hail. In general, my understanding is that even if we have the same*

*amount of rain, we should expect for it to come in shorter more intense bursts."*

Certainly there are things that farms can do to prepare for these extremes, and many farmers are investing as much time and money as they can into this effort. These are things like drainage ditches and ponds to deal with too much rain, well water irrigation systems that can provide water during a drought, and high/low tunnels to protect plants from hail and heavy rain.

It should be noted that organic growing practices themselves can be hugely important to a farm's resiliency to climate events. Steve Pincus of Tipi Produce, one of our most masterful and experienced organic produce farmers put it this way:

*"Well-tended organic farms tend to fare okay during poor (wet, dry, hot) seasons. Biologically active mineral balanced soils will buffer the worst effects of poor weather. I've seen this on my farms, and research from Rodale Institute backs this up. It takes years of investments and improvements to create organically healthy productive soil; six years on this farm before it really started to act like a true organic farm, and it's still improving."*

Which leads me to one last vulnerability of our local food system in the face of climate change: new farms are at a huge disadvantage. Steve from Tipi has been farming for over 30 years, and he had this to say:

*"...we are economically mature: we have a full line of reliable equipment and buildings, mortgage all paid, no bank loans, adequate savings to cushion against downturns, solid pre-season cash flow from CSA memberships. Younger farms won't yet have all this built up, so are at risk from problems that we can endure."*

Last year, it was some of our newer farms that suffered the hardest losses, and are having the hardest time recovering. These folks are the future of our local food system, and their vulnerability puts that future at real risk.

### WHAT CAN WE DO?

This is pretty sobering stuff. So what can we do? I reached out to a group of our farmers and asked this question. Cassie Noltnerwyss from

Crossroads Community Farm had the following answer, which was echoed by many others:

*"I think my answer would be education—using your platforms... to educate consumers about climate change and how it impacts our growing. Consumers expect perfection, but if we can educate them in ways that help them understand how much waste can sometimes lie behind those perfect-looking vegetables, maybe they'd be willing to buy things that aren't as perfect?"*

It may also be helpful to consciously try to channel your support toward young farmers in particular. Thinking of signing up for a CSA? Consider signing up with a new farm, or visiting a new booth you've never noticed before at the farmers' market. Though we have many long term suppliers here at the Co-op, every year we make an effort to start relationships with a few young farmers. It is vital that we all support them as much as we can.

Now, more than ever, your grocery dollars spent on local products, (whether that be at the Co-op, the farmers' markets, or CSAs) are incredibly important. It's this income that sustains our local farmers, and allows them to invest in the infrastructure they will need to be successful in the coming years. As always, we will do everything we can to bring as much fresh local produce to our shelves as possible, and we're committed to doing more to communicate how our local farmers are faring throughout the year. They will need all of our support as they face the challenges to come.

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## CHEESE NEWS

### Our Annual Cheese Challenge is Here!



by **Jeremy Johnson,**  
Category  
Manager

**M**arch is one of my favorite months. It means spring is almost here, and it has one of my favorite food holidays—St. Patrick’s Day with the corned beef and cabbage. There are also Reubens and corned beef hash, and that’s followed up with what I think is the best sporting

event there is: March Madness. With March Madness comes our Annual Cheese Challenge. This will be the fifth year we have done the Cheese Challenge. If you are not familiar with it, we take Wisconsin cheeses put them head to head in a bracket-style tournament and let our Owners vote to decide the winner.

We did make one small change to the format this year. In the past, we started with 32 cheeses; this year we cut that in half and are starting with only 16. Not because there are not enough great cheeses, but because it is hard to manage the logistics of that many potential cheeses moving on. Having fewer cheeses will allow us to put all of the participating cheese

on sale for Owners. All 16 cheeses will be on sale at 10% off for the first week of the tournament, and the following week, the eight remaining cheeses will be on sale for 10% off.

The tournament begins at all three stores on Thursday, March 21 and 22. Voting will begin at 3:00pm and end at 6:00pm. The hours will change during the weekend with voting starting at noon and going until 5:00pm. The way the voting works is there will be two cheeses (customers are strongly encouraged to try samples of both cheeses even if you don’t think you will like it because you might be surprised) and then vote on which of the two you like the most. Each of the days there will be two sets of two to vote for until the tournament ends on March 31, when the last two go head-to-head and one will be named the champion. Hook’s Triple Play Extra Innings, the cheese that has won the last two years, will not be participating this year as they have been added to our cheese hall of fame as the only back-to-back winner. The other winners have been Roelli Dunbarton Blue and Sartori Montamore.

Don’t forget to fill out the bracket (found on page 16) and submit before the tournament begins March 20 for your chance to win eight pounds of cheese.

## DELI NEWS

### What’s New in Prepared Foods



by **Patrick Schroeder,**  
Category  
Manager

**M**arch means St. Patrick’s Day and all the food and drink that comes with it! Thankfully, Willy Street Co-op has got you covered with all the trappings to properly celebrate the culture and cuisine of the Emerald Isle. Are you cooking up something special

for St. Pat’s? You will surely find all the corned beef, cabbage, potatoes and stout beer you might need at any of our three locations, but hey, why work on the weekend? If you need a taste of the holiday without the fuss and bother (and hours of waiting for your brisket to simmer!), you need to check out the Co-op Delis on March 16 and 17. The hot bar at all three stores will feature special offerings to scratch your Irish itch, regardless of your extraction. Stout-braised beef stew, made with Wisconsin beef and locally brewed beer? Yeah, we got that. How about colcannon, corned beef (from our friends at Cedar Roads Meats in Iron Ridge), and cabbage?

Of course we have that! If you’re a fan of the Vegan Shepherd’s Pie, which we debuted last St. Pat’s, you’ll be happy to find it on the hot bar that weekend as well. Our Dublin Coddle (another Production Kitchen original), featuring our own Willy Street Co-op bratwurst braised with bacon, beer and winter veg, will also make an appearance. I would be in hot water like a corned beef if I failed to mention the bakery putting in extra hours to bring us Irish Soda Bread (delicious with a generous dab of mustard and a slice of brisket), and a new creation: Peppermint Pie. If you’re a fan of our Peanut Butter Pie, you need to try this. It’s so rich and luscious, yet light and airy, and the chocolate crust, and the cool creamy mint, seriously, good stuff.

My friends and I at the Production Kitchen look forward to holidays like this one, not only because it gives us the chance to stretch our culinary legs a bit and break from our routine, but also for the opportunity to make something special for you, our fellow Co-op Owners. We hope you enjoy our food all year ‘round, and we especially love helping to make your holiday special, whether it’s corned beef and cabbage, or turkey with all the trimmings. Be well, celebrate safely, and may the road rise to meet you.

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DeForest • Verona • Dodgeville • Lancaster • Platteville







Photo courtesy GSAFE (Photo by Cate Barry)

## The Big Share Returns to Make History on Tuesday, March 5!

by Emily Winecke, Community Shares Communications and Marketing Director

**Y**ou're invited to take part in a day of excitement, generosity, and inspiration as The Big Share™ returns on Tuesday, March 5. Hosted by Community Shares of Wisconsin (CSW), The Big Share benefits local nonprofits working to advance social justice, defend civil rights, and protect the environment in Dane County and across Wisconsin—organizations Willy Street Co-op owners generously support each time they say “yes” to the Community CHIP® Program.

2019 marks the fifth year of The Big Share—a single day of online giving to benefit nonprofit members of Community Shares of Wisconsin,



as well as organizations featured by CSW as Inspiring Voices groups—Black and Brown-led organizations outside of CSW’s membership that are working to reduce racial disparities and advance racial equity.

To date The Big Share has raised over \$1.2 million for participating nonprofits and encouraged thousands

of people across Wisconsin to give to local organizations, many for the first time. In 2018 alone, The Big Share raised over \$430,000 from 3,248 donors—shattering previous fundraising expectations.

To commemorate the fifth anniversary of The Big Share, its organizers hope to push community giving even further by collectively raising \$500,000 for participating organizations.

“We are blown away by the community’s continued support for The Big Share,” said CSW Executive Director Cheri Dubiel. “The Big Share has become an incredible platform to demonstrate that people across Wisconsin can come together to advocate for social justice and to protect our environment.”

Much of the excitement of The Big Share comes through matching donations, prizes, and events leading up to The Big Share and on the day. Participating organizations develop creative, and often funny, strategies to help potential donors understand their mission and its impact.

“It’s a unique way for donors to connect to local causes and make a

difference—whether that’s by making a donation or sharing an organization’s message on social media,” said Dubiel.

### BUILDING SUPPORT, BUILDING COMMUNITY

In addition to attracting new donors, The Big Share has also helped

participating nonprofits deepen support and engagement within their own communities.

“The Big Share has been a huge catalyst for our board of directors to get engaged and excited about fund development,” said Michele Erickson, Executive Director of Wisconsin Literacy, which has led several successful Big Share campaigns. “Not only are they involved with planning our campaign, but they are sharing our work via their social media networks.”

Hedi Rudd agrees. As Director of the Badger Rock Neighbor Center, which is part of CSW member group Center for Resilient Cities (CRC), she helped CRC grow its Big Share campaign in 2018.

“The Big Share is a valuable opportunity for smaller agencies to learn how to fundraise,” she said. “And to do so during a time when crowdfunding and appealing to a new generations of donors is very important to our future. It is also a lot of fun and helps us to see how important our work is to the community.”

### STRENGTHENING COMMUNITY PARTNERSHIPS

New for The 2019 Big Share, local businesses will be able to participate as fundraisers for participating nonprofits. Community members will also have the opportunity to support CSW’s seven newest member groups in this year’s Big Share. They include Mentoring Positives, MOSES (Madison Organizing in Strength, Equality, and Solidarity), Omega School, Orgullo Latinx LGBT+ of Dane County, Positive Women for Change, Rebalanced Life Wellness Association, and Voces de la Frontera.

Key to the success of The Big Share is the ongoing support of longtime partners and sponsors—many of which have been involved with The Big Share from the very beginning. Most particularly, Madison Community Foundation, which has been a founding sponsor of The Big Share from its first year and has helped ensure The Big Share can continue to make an impact in the community. Recently Madison Community Foundation announced a new three-year grant to support The Big Share through 2021.

“Over the past five years, the Big Share has proven to be an integral addition to the giving landscape. It’s a wonderful opportunity to build awareness and capacity for Community Shares and its 70 member nonprofits,” said Bob Sorge, president of Madison Community Foundation. “We are proud to be the Founding Sponsor and pleased to extend our primary sponsorship support for the next three years as the Big Share expands its reach and impact in Dane County.”

Additional support comes from partners like the UW-Madison School of Journalism and Mass Communications, which has offered training and support, with additional support from the Evjue Foundation. Longtime media partners 105.5 Triple M Radio, WKOW TV, and Isthmus will again be The Big Share’s media sponsors for a fifth straight year.

Individuals and area businesses wanting to learn more about ways to support The Big Share are encouraged to visit [www.thebigshare.org](http://www.thebigshare.org) or to call Community Shares of Wisconsin at 608-256-1066.



### ABOUT MADISON COMMUNITY FOUNDATION

Madison Community Foundation’s mission is to enhance the common good through philanthropy. Established as a community trust in 1942, Madison Community Foundation, together with donors, awards over \$12 million every year to strengthen causes and communities in Dane County and around the world. Learn more at [www.madisongives.org](http://www.madisongives.org).

### ABOUT COMMUNITY SHARES OF WISCONSIN

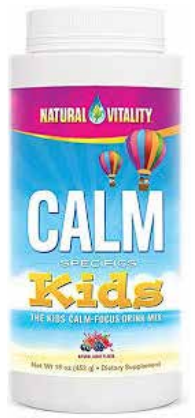
Since 1971, Community Shares of Wisconsin and its members have worked together to advance social justice, protect the environment, and defend civil rights in Dane County and across Wisconsin. Together they envision a future where people come together to ensure every member of their community is safe, healthy, and able to thrive. More at: [www.communityshares.com](http://www.communityshares.com)



# NEW

## NATURAL VITALITY CALM SPECIFICS KIDS

Formulated for kids using magnesium, L-theanine, choline, B Vitamins, and other nutrients to help kids calm and focused. It tastes great, sweetened with organic stevia, and is gluten-free. Available at East, West and North.



## SWERVE BROWN SUGAR REPLACEMENT

You've found replacements for cane sugar for some time now, but finally there's a sugar-free replacement for brown sugar! Swerve sweetener has zero net carbs, and does not affect blood sugar levels. Use as a cup-for-cup replacement for brown sugar in any recipe! GMO-free. Available at East and North.



## BIOMIC SCIENCES RESTORE

Restore is a first in its class, soil-derived liquid supplement that works immediately to promote your body's own powers of defense and detoxification. Tight junctions are gate keepers between the cells of our megamembrane, which extends from the nasal cavity to the colon. Tight junction integrity can be impacted by environmental factors such as herbicides and pesticides in our foods, our clothing, our cars, biotech toxins, and in the air we breathe. As a result, our immune system can become overwhelmed. University-based scientists have shown in laboratory studies that Restore boosts membrane integrity, even in the presence of toxins that tend to destroy membrane structure. By enhancing our body's natural firewall, Restore works where health begins, in the gut. Available at East West and North.



## ANGELIC BAKEHOUSE SWEET POTATO WRAPS

Made with seven sprouted grains and blended with sweet potatoes and turmeric for all your wrapping needs—veggie and hummus wraps, sandwich roll-ups... you name it. These hearty wraps are not merely a tasteless vehicle for the fillings, but a nourishing addition! Non-GMO Project Verified, and free of peanuts, tree nuts, dairy, soy, and eggs. Made locally! Try their other sprouted wraps, too! Available at East and North.



## FOUR SIGMATIC MUSHROOM COFFEES

This is a whole new type of product for us. Organic Arabica coffee blended with mushrooms and rhodiola root for a boost of energy and focus. Lion's Mane mushrooms are recognized for their cognitive enhancing properties. Chaga mushrooms are known for their immune function support. Rhodiola is an adaptogen, known for its support of concentration and memory. Ready to drink with hot water- just mix and drink! It tastes like coffee—not mushrooms! Blend in coconut oil or ghee for a creamier texture! Lion's Mane at all stores; Chaga at East and West.



## INNOVATIVE CBD LOZENGES: NEW APPLE AND WATERMELON!

Get the benefits of CBD in a delicious lozenge! Using an un-refined, solvent free, full spectrum, terpene rich hemp oil; each lozenge provides 5 mg of CBD, and you get four in a package. We have two new flavors: Watermelon and Apple! Available at East West and North.



## MEGAFOOD BABY & ME DAILY MULTI POWDER

FINALLY! A whole food-based prenatal vitamin in a powder form. Just stir into a juice or smoothie. This multi-powder contains additional organic ginger root to support healthy digestion. No sweeteners, no GMOs, vegetarian, and glyphosate-free! Available at East, West and North.



## Eat local all winter.

Late Winter Market & Taste of the Market Breakfast  
Madison Senior Center  
Saturdays, January 5 - April 6  
Market: 8 am - Noon | Breakfast: 8:30 - 11 am  
[dcfm.org](http://dcfm.org)



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Life's difficulties and our often fragmented culture can impact mental and emotional well-being in many ways, leading to feelings of isolation and disconnection. Seeking therapy need not be viewed as an expression of mental illness.

- \* More than 30 years' experience
- \* For anyone wanting to live life more fully and become their most authentic self
- \* Affordable; sliding fee scale available
- \* Independent practice; no need for diagnostic labels required by insurance companies. We are all unique.



## Health & Wellness

co-op deals: February 27–March 12

**THIS MONTH: March 6**  
Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!





**Acure**  
**Shampoos or Conditioners**  
All Kinds on Sale!  
12 oz • Save \$3.30  
**\$5.99/tx**


**Nordic Naturals**  
**Nordic Berries Gummy Multivitamins**  
For Kids and Adults  
120 pc • Save \$10  
**\$19.99/tx**



**Cleanwell**  
**Hand Sanitizer**  
Original, Orange  
1 oz • Save 50¢  
**\$1.99/tx**



**Herb Pharm**  
**Immune Season Herbal Spray**  
1 oz • Save \$3  
**\$8.99/tx**



**Derma E**  
**Body Lotion**  
All Kinds on Sale!  
8 oz • Save \$2.30  
**\$6.99/tx**



**Topricin**  
**Natural Pain Relief Cream**  
2 oz • Save \$4  
**\$9.99/tx**



**Natural Factors**  
**Curcumin-Rich Theracurmin**  
Stays in the bloodstream longer!  
60 cap • Save \$5  
**\$19.99/tx**



**Nubian Heritage**  
**Bar Soaps**  
All Kinds on Sale!  
5 oz • Save \$1.79  
**\$3.00/tx**



**New Chapter**  
**Perfect Prenatal**  
48 tab • Save \$6  
**\$19.99/tx**



**South of France**  
**Liquid Hand Soap**  
All Kinds on Sale!  
8 oz • Save \$1.29  
**\$3.00/tx**




## co-op deals: March 13–April 2



**Andalou**  
**Shampoo or Conditioner**  
All Kinds on Sale!  
11.5 oz • Save \$2.30  
**\$6.99/tx**




**Source Naturals**  
**Ultra-Mag**  
120 tab • Save \$2.50  
**\$13.99/tx**




**Mineral Fusion**  
**Facial Moisturizer with SPF 40**  
3.4 oz • Save \$4  
**\$16.99/tx**




**Megafood**  
**Turmeric Strength for Whole Body**  
60 ct • Save \$16  
**\$33.99/tx**



**Amazing Grass**  
**Effervescent Greens**  
All Kinds on Sale!  
10 tab • Save \$2.50-4  
**\$5.99/tx**



**Lily of the Desert**  
**Organic Aloe Vera Juice**  
32 oz • Save \$3.30  
**\$5.99/tx**



**Rainbow Light**  
**Women's or Men's One Multivitamin**  
90 tab • Save \$7  
**\$29.99/tx**



**Kirk's**  
**Castile Bar Soap**  
Original, Fragrance-Free  
4 oz • Save 49¢  
**\$1.50/tx**





**Natural Vitality**  
**Natural Calm Magnesium**  
All Kinds on Sale!  
8 oz • Save \$7-\$8  
**\$14.99/tx**


**Aura Cacia**  
**Natural Essential Oils**  
All Kinds on Sale!  
.5 oz • Save 20%  
**20% off**



# coop™ deals

co-op deals: February 27–March 12



**Back to Nature Crackers**  
All Kinds on Sale!  
4-8.5 oz • Save \$2.98/2

**2 for \$5**



**Biokleen Oxygen Bleach Plus**  
2 lb • Save \$1

**\$4.79**



**Three Twins Maxine's Organic Ice Cream**  
All Kinds on Sale!  
48 oz • Save 30¢

**\$6.99**



**Golden Temple Bakery Bulk Granola**  
All Kinds on Sale!  
Rndm wt • Save 80¢/lb

**\$2.99/lb**



**Green Mountain Gringo Salsa**  
All Kinds on Sale!  
16 oz • Save \$1

**\$3.99**



**Traditional Medicinals Teas**  
All Kinds on Sale!  
16 ct • Save \$2.98/2

**2 for \$7<sup>tx</sup>**



**Muir Glen Canned Organic Tomatoes**  
All Kinds on Sale!  
14.5 oz • Save 99¢-\$1.29

**\$1.00**



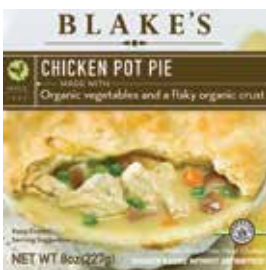
**From the Ground Up Cauliflower Crackers**  
Sea Salt, Cheddar  
4 oz • Save 80¢

**\$2.99**



**Wild Planet Wild Albacore Tuna**  
With Salt, No Salt Added  
5 oz • Save \$1.49

**\$3.00**



**Blake's Pot Pies**  
All Kinds on Sale!  
8 oz • Save \$1.80

**\$3.99**



**Bionaturae Organic Extra Virgin Olive Oil**  
17 oz • Save \$4

**\$10.99**



**Koyo Ramen**  
All Kinds on Sale!  
2.1 oz • Save 29¢

**\$1.00**



**Siggi's Icelandic Style Yogurt**  
All Kinds on Sale!  
5.3 oz • Save 54¢

**\$1.25**



**Organic Valley Fuel Protein Shake**  
Chocolate, Vanilla  
11 oz • Save 70¢

**\$3.29**



**Justin's Nut Butter Chocolate Peanut Butter Cups**  
1.4 oz • Save 98¢/2

**2 for \$3<sup>tx</sup>**



**Rudi's Organic Bakery Sandwich Breads**  
All Kinds on Sale!  
20-24 oz • Save 50¢-\$1.30

**\$3.99**



**Go Veggie! Vegan Parmesan Flavor Grated Topping**  
4 oz • Save 70¢

**\$2.79**



**Mountain Valley Spring Sparkling Spring Water**  
33.8 oz • Save 64¢

**\$1.65**



**Garden of Eatin' Tortilla Chips**  
6-8.1 oz • Save \$1.58/2

**2 for \$6**



**Beanfields Bean & Rice Chips**  
All Kinds on Sale!  
5.5 oz • Save \$1.98/2

**2 for \$5**



**Clif Nut Butter-Filled Organic Energy Bars**  
All Kinds on Sale!  
1.76 oz • Save \$2.96/4

**4 for \$5**



**Celestial Seasonings Teas**  
20 ct • Save \$2.58/2

**2 for \$5**



**R.W. Knudsen Mango Peach Juice**  
32 oz • Save \$1

**\$2.99**



**Zevia Stevia-Sweetened Soda**  
All Kinds on Sale!  
6-pk • Save \$1

**\$3.99<sup>tx</sup>**



The specials on this page are valid February 27–March 12  
All Specials Subject to Availability. Sales Quantities Limited.



# MARCH

co-op deals: March 13–April 2



**Woodstock Farms**  
**Frozen Vegetables**  
Snap Peas, Sliced Okra, Broccoli Rabe,  
Brussel Sprouts  
10 oz • Save 84¢  
**\$1.65**



**Stonyfield Organic**  
**Organic Yogurt**  
All Kinds on Sale!  
5.3 oz • Save \$1.45/5  
**5 for \$5**



**Taste Republic**  
**Gluten-Free**  
**Fresh Pasta**  
Fettuccine, Linguini  
9 oz • Save 80¢  
**\$2.99**



**So Delicious**  
**Coconut-Based**  
**Dairy Free Creamer**  
All Kinds on Sale!  
16 oz • Save 50¢-\$1  
**\$1.49**



**Wyman's**  
**Frozen**  
**Strawberries**  
15 oz • Save 70¢  
**\$2.79**



**Tres Latin Foods**  
**Pupusas**  
10 oz • Save \$1.30  
**\$4.49**



**Tandoor Chef**  
**Naan Pizzas**  
All Kinds on Sale!  
7.4-8.5 oz • Save \$1.58/2  
**2 for \$4**



**Wallaby**  
**Kefir**  
All Kinds on Sale!  
32 oz • Save \$1  
**\$3.49**



**Hope**  
**Hummus**  
All Kinds on Sale!  
8 oz • Save \$1.98-2.58/6  
**2 for \$6**



**G.H. Cretors**  
**The Mix Popcorn**  
A mix of cheese popcorn and  
caramel corn!  
7.5 oz • Save \$1  
**\$2.79**



**R.W. Knudsen**  
**Just Black Cherry**  
**Juice**  
32 oz • Save \$1.50  
**\$4.99**



**Annie's**  
**Bunnies Crackers**  
All Kinds on Sale!  
7.5 oz • Save \$1.98-\$2.98/2  
**2 for \$6**



**Guayaki**  
**Sparkling Organic**  
**Yerba Mate Drinks**  
All Kinds on Sale!  
12 oz • Save 98¢/2  
**2 for \$4**



**Essentia**  
**Electrolyte-Enhanced**  
**Water**  
50.72 oz • Save \$2.58/2  
**2 for \$3**



**Blue Diamond**  
**Almond Breeze**  
**Almond Beverage**  
All Kinds on Sale!  
64 oz • Save 80¢  
**\$2.99**



**Nature's Path**  
**Instant Hot Oatmeal**  
**Multipacks**  
All Kinds on Sale!  
14 oz • Save \$1.80  
**\$2.99**



**Organic Valley**  
**Shelf-Stable Single**  
**Serve Milk**  
Great for lunches!  
12-pk • Save \$2  
**\$12.99**



**Eden**  
**Organic**  
**Canned Beans**  
Great Northern, Pinto, Garbanzo,  
Black, Navy  
15 oz • Save 84¢-\$1.14  
**\$1.65**



**LaraBar**  
**Bars**  
All Kinds on Sale!  
1.6-1.7 oz • Save \$7.90/10  
**10 for \$10**



**Pacific**  
**Bisque Soups**  
Cashew Carrot, Butternut Squash, Roasted  
Red Pepper, Hearty Tomato  
17.6 oz • Save \$2.58/2  
**2 for \$5**



**Muir Glen**  
**Organic**  
**Pasta Sauce**  
All Kinds on Sale!  
25.5 oz • Save \$2.98/2  
**2 for \$5**



**Quorn**  
**Chik'n**  
Tenders, Nuggets, Patties  
10.6-12 • Save \$4.58/2  
**2 for \$5**



**Pamela's**  
**Figgies & Jammies**  
**Gluten-Free Fig Cookies**  
9 oz • Save \$1.20  
**\$3.49**



**Kashi**  
**Go Lean Cereal**  
13.1 oz • Save \$1.50  
**\$3.29**

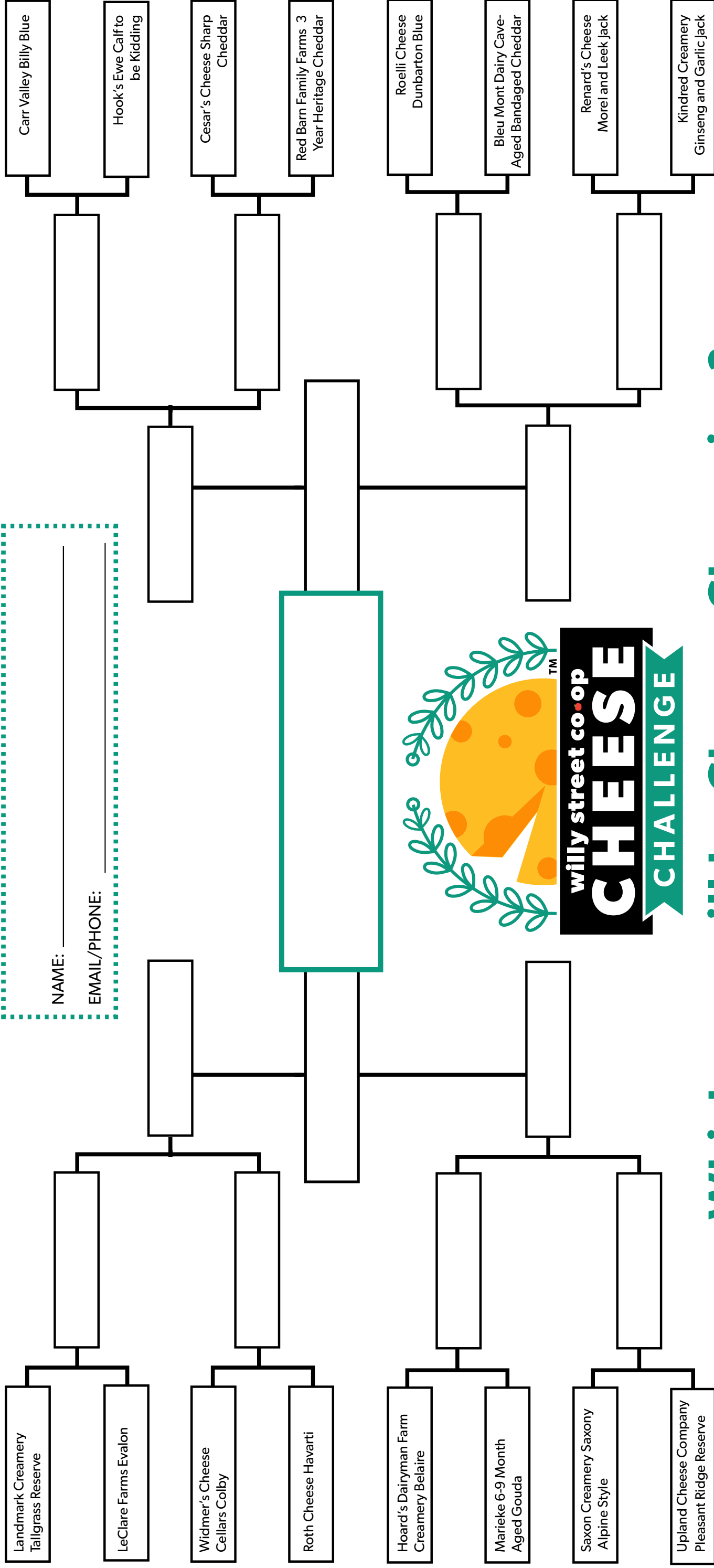


The specials on this page are valid March 13–April 2  
All Specials Subject to Availability. Sales Quantities Limited.

# 16 LOCAL WISCONSIN CHEESES

## You could win eight pounds of cheese!

1. Fill out your bracket with which cheese wins each match-up and moves on to the next round. Write the one you think will be the Cheese Challenge Champion in the large box.
2. Drop it in the entry box in stores by March 20th. Brackets that most closely compare to the final match-ups will be entered to win eight pounds of cheese! In the event of identical brackets, the winner will be chosen at random. No purchase necessary.
3. Join us in any store 3pm-6pm Thursdays & Fridays, and 12pm-5pm Saturdays & Sundays, March 21st-March 31st and vote to advance your favorites to the next round.



Which one will be Cheese Champion?

MARCH 21ST - MARCH 31ST



FILL IN THE BLANKS & WIN SOME CHEDDAR!

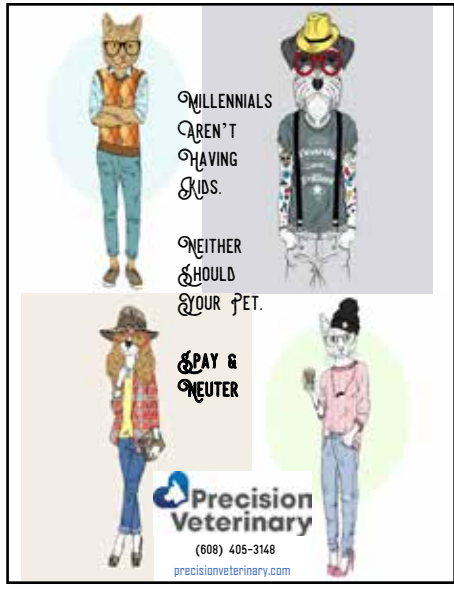




**Are you newly recovering from alcoholism?**

If so, you are invited to participate in multiple research studies.

To learn more about the studies, visit [go.wisc.edu/alcoholism](http://go.wisc.edu/alcoholism) or call **608-590-4794**




MILLENNIALS AREN'T HAVING KIDS.

NEITHER SHOULD YOUR PET.

SPAY & NEUTER

**Precision Veterinary**  
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[precisionveterinary.com](http://precisionveterinary.com)

**Grass Fed Beef**  
*No Hormones or Antibiotics*



**608-838-7590**  
[weberpastures.net](http://weberpastures.net)

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Reach over 34,000 Co-op Owners.

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**willy street co-op**

Join **FAIRSHARE** at the **FOOD & FARMS FILM FESTIVAL**  
for a night of inspirational films and speakers on sustainable food systems.  
— at High Noon Saloon —



This year's festival theme, **Downstream**, will explore the impacts that our everyday food choices have on our environment, economy, farmers & fishermen, and our communities.



March 5<sup>th</sup> 2019 | Doors Open at 6 PM | Films at 7 PM | Tickets available at High Noon Saloon

Fresh Food From a Farmer's Hands to Yours...  
**That's CSA**

Meet the Farmers who Grow Your Food and Join a CSA This Year!

Attend the **Find Your Farm** Event on March 17<sup>th</sup> from 11am to 2pm at the Monona Terrace.



Visit [www.ThatsCSA.org](http://www.ThatsCSA.org) to learn more and find your farm virtually!

**FAIRSHARE**  
CSA COALITION

**Thanks for voting**



**willy street co-op**



Best Grocery Store



Specialty Food Store

**Refer an Owner, get a \$25 gift card!**

If someone you refer becomes an Owner, we'll give you a \$25 gift card!

New Owner must give your name and email address and/or phone number when signing up.

Gift cards may take up to 60 days to be created and distributed.



Spread the Love

**willy street co-op**

**SAVE THE DATE!**  
**THIS YEAR'S ANNUAL MEETING & PARTY IS THURSDAY, JULY 11.**



# Access Discount Ambassador Training



**by Robert Halstead, Owner Records Administrator**

*Hi there! I'm out here today to make sure everyone knows about our Access Discount program. It provides a 10% discount on all purchases to those who qualify. If this doesn't apply to you at this time in your life, maybe you know someone who could use some assistance.*

More or less, this is what I would say to you if I saw you at the store while tabling to promote Willy Street Co-op's Access Discount. Once per month, Co-op Services Department staff set up at each retail site to help promote a variety of community nutrition resources. We do this in partnership with Second Harvest who provides a representative to sign people up for FoodShare benefits and answer any questions. Consulting with this representative takes place in the Community Rooms at Willy East and Willy West to help maintain privacy. At Willy North, we reserve a conference room in our neighboring Lakeview Library for these consultations.

I think it's a shame that there are stigmas around needing any kind of public assistance, but it is especially hard to see this play out in regards to food. This prevents many people from obtaining the help they need and deserve. Part of the reason we reach out to everyone when we promote the Access Discount is to help normalize conversations about food insecurity. Second Harvest tells us that it often takes three instances of encountering information about FoodShare before someone feels comfortable enough to seek out the help or ask for more information.

It is my hope that a vast majority of those you reading this already know quite a bit about our Access Discount or at the very least, that it exists. I am thankful that oftentimes

I don't even make it to the second sentence of the spiel I shared at the beginning of this article before I get interrupted. "Yep, I know all about it. Thank you for being out here!" As much as I enjoy discussing this program with anyone and everyone, nothing makes me happier during these shifts than to hear positive reactions from those who already know about it.

What about you? Do you know the details of this program well enough to explain to someone who might qualify? Well, if you've read this far you might have forgotten that the title of this article is "Access Discount Ambassador Training." That's right. You're in the middle of a training right now, and look at your progress! You are already about one-third of the way through, and I promise the rest will be relatively painless!

## ACCESS DISCOUNT HISTORY

For over 25 years, Willy Street Co-op extended non-equity paying, special ownerships including a 10% courtesy discount for those who were seniors (over 60), had disabilities, or qualified for low-income assistance. Staff memberships also fell into this non-equity paying category and included a 20% discount as well as all benefits of Ownership.

In 2005, courtesy ownerships were found to no longer be financially sustainable. Concerns focused on the fact that courtesy discounts with no equity invested were outpacing the growth of sales for the Co-op. Equity is an important part of cooperative business, as it better positions your Co-op to make investments that benefit all owners, and finance expenditures from internal resources rather than borrowing from others. From 2005 to 2008, a Courtesy Discount Task Force met to find a new solution. In the fall of 2008, they recommended replacing the courtesy ownerships and their discounts with a program based on financial need only. The Access Discount program was proposed for those with low income, and the 20%

employee discount became a benefit of Ownership for Owners who work for the Co-op. The changes were fully implemented in March 2009.

Unlike our former courtesy memberships, Access Owners were now required to make equity payments which meant that they were able to begin contributing to the Co-op's capital, a key part of the cooperative principles, like all other Owners, in addition to receiving the Owner benefits. Investing equity while enrolled in the Access Discount program is made affordable by the option of paying reduced equity installment plans towards a paid-in-full Ownership (\$4/yr for Individual Accounts, \$7/yr for Household Accounts) over a 14 year time period (instead of the standard seven year payment plan). Additionally, Access Owners receive 10% off of almost all their grocery purchases, one coupon for a free class every year at enrollment, as well as one free tote bag for each person on the account to carry their groceries home.

In the 10 years since it began, the Access program has remained financially sustainable enough that we continue to look for ways to expand the program to benefit more people experiencing food insecurity. More on that later. Right now, let's talk about how to apply for enrollment.

## ENROLLMENT

To apply for the Access Discount program, you can talk with staff at the Customer Service desk. You must show proof of income (annual income, before taxes, at or below 150% of the Federal Poverty Guideline) or registration in one of the following assistance programs:

- QUEST Food Share Program (SNAP)
- Medicaid (BadgerCare/Senior Care)
- Special Supplemental Program for Women, Infants, and Children (WIC)
- Section 8 Housing Assistance/Community Development Authority (HUD)
- Senior Farmers' Market Nutrition Program
- Supplemental Security Income (SSI)
- Social Security Disability Insurance (SSDI)
- Low Income Home Energy Assistance Program (LIHEAP)

- FairShare CSA Coalition Partner Shares
- Fruit and Vegetable Prescription Program
- HungerCare Food Security Screening

Please visit our website or ask staff at the Customer Service desk to find out what documentation is needed for proof of registration in the programs listed above.

Once enrolled, using the program couldn't be easier. The Access Discount is connected to an Owner's account. When they check out, they will tell the cashier their Owner number and the cashier will confirm the name(s) on the account as they would with any Owner. Both primary and secondary Owners on a Household Ownership account can use the Access Discount, and qualification can come from either the primary Owner or secondary Owner.

## ANNUAL RENEWAL PROCESS

To sustain this benefit for the long term and to avoid sharing personal information at the registers, all Access Owners are asked to renew their discount application during the month of March at the Customer Service desk. All Access Owners who were enrolled before January 1, 2019 were sent a renewal letter on February 15. At the time of renewal, we ask Owners who are using the Access Discount to show us any current eligibility documents to verify them for the benefit and ensure consistency in our process.

The discount gets taken off any accounts that do not renew by March 31, 2019. There is not a penalty for missing the renewal deadline. However, we take multiple measures to communicate this date and process to ensure the discount continues for those who qualify.

## ACCESS DISCOUNT REVIEW COMMITTEE

Every two years a committee is formed to review and assess the Access Discount program as it stands and considers recommendations for improvements/changes to be implemented beginning in the following fiscal year. This group consists of the Co-op Services Director, the Owner Records Administrator, a Co-op Finance staff member, a Board member, and two or three Owners who either have partici-

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pated in the Access Discount Program themselves, or have other personal or professional experience with food insecurity.

The committee is meeting again this year. At the time of writing this article, we have only had our first of three meetings, and the thoughtful, creative, and positive energy present in the room was palpable. I have no doubt that this group will provide important recommendations to strengthen and expand the Access Discount program going forward. Stay tuned as you can be certain that we will broadcast the end result of this committee's diligent work.

### OFF YOU GO

Well, look at that! You made it through what can traditionally be a fairly dry, but incredibly important topic. I congratulate you and hereby appoint you to the position of Willy Street Co-op Access Discount Ambassador. Your mission is to go forth and spread the word about the Access Discount to anyone you think could benefit from the program. Furthermore, I challenge you to do what you can to normalize conversations about food insecurity. We need to be more open as a society in discussing this problem if we have any chance of finding effective and lasting solutions.



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# THE BUZZ ON CBD

by Ben Becker, Newsletter Writer

It is likely that you have been hearing more about the mysterious and exciting chemical known as CBD. You may have seen billboards or heard radio ads promoting awareness of this wellness product. You may have even encountered news about how the state of Wisconsin is regulating this product and what impacts that could have on agricultural producers. CBD is rapidly gaining in popularity and availability, with a multitude of offerings of many different forms that can be found at your local Willy Street Co-op. For those looking to know more about this mystifying chemical, or anyone considering using it as part of a healthy lifestyle, there is a lot to know. Sorting through the information and confusion can be challenging, but as customers, physicians, and producers engage with the impact CBD can have, it becomes clear why so much buzz surrounds it.

## WHAT IS CBD?

One of the biggest points of confusion regarding CBD is its relationship with marijuana. CBD is in fact related to marijuana in its origin, however, unlike recreational and medical marijuana products, CBD products do not contain large amounts of the psychotropic chemical tetrahydrocannabinol, better known as THC. Because CBD products are lacking in THC, they do not produce the intoxicating effects or “high” resulting from marijuana use. This is an essential difference between the two, both in how they are used and in how regulatory bodies might choose to approach them. The relationship, and the confusion between the two, results from the fact that CBD, or cannabidiol, is like THC in that it is a chemical found in cannabis, meaning that it is part of a larger family of chemicals known as cannabinoids.

While cannabis is a term that is often used interchangeably with marijuana, it more accurately refers to a larger classification of plants. In addition to marijuana, the cannabis family also includes hemp. Hemp has a long and storied history as an industrial product for which it is well known, but probably less present in most people’s minds are the benefits hemp offers as a dietary supplement.

Hemp is sometimes referred to as a superfood because its seeds contain protein and amino acids in addition to fatty acids such as omega-6s and omega 3s. In addition to this wealth of nutrients, hemp seeds are also a good source of fiber. Unlike marijuana, hemp has very little in the way of THC, but it provides the source from which CBD is derived. In summary, CBD and hemp should not be confused with psychoactive drugs including both recreational and medical marijuana. This confusion is to be expected because our society has known about marijuana as an intoxicant for a long time, but cannabidiol is still a rather recent discovery.

## HOW DOES CBD WORK?

Cannabidiol was initially discovered in 1940, and its full chemi-

cal structure was not fully known until 1963. However, it wouldn’t be until the 1990s that scientists began to unravel how the human body is structured to interact with this substance. In 1995, researchers identified two cannabinoid receptors within the human body: CB1 and CB2. CB1 receptors are concentrated in the parts of the brain responsible for mental and physiological processes such as memory, cognition, emotion and coordination. CB2 receptors are found throughout the immune system and peripheral tissues. This signaling system, which reacts to cannabinoids, is known as the endocannabinoid system. Endocannabinoids are naturally produced by our body, but they are similar in behavior to how cannabinoids like CBD interact with our internal systems. As CBD comes into contact with receptors and the neurotransmitters in your body, your endocannabinoid system works to regulate various bodily functions including intestinal function, metabolism, and homeostasis. When CBD interacts with our CB1 and CB2 receptors, these receptors function more capably while also promoting greater balance and maintenance of our vital health systems.

Overall, this endocannabinoid system permeates numerous facets of our biology to maintain our organic harmony as we respond to the environment around us. We are continuing to realize just how prevalent this system extends within us, as endocannabinoid receptors have been found in our skin, skeletal muscles and fat tissues and in organs including the liver, pancreas, kidneys, liver and heart, in addition to our immune systems, neural pathways and gastrointestinal tracts. The presence of these receptors within the human body has led many to theorize that humans have a prehistoric relationship with cannabis as an important part of diet, health and livelihood. Research has traced the evolution of the endocannabinoid system to over 500 million years ago, and numerous animals from mammals and birds to amphibians and fish all produce endocannabinoids. As we continue to learn more about CBD and how our bodies and minds have developed to interact with it, there are some very exciting possibilities for how this chemical could impact and improve our wellness.

## WHAT DOES CBD TREAT

One of the most fascinating developments in CBD’s potential to promote wellness is efficacy in treating epilepsy. In cases where numerous other forms of treatment and medications have failed to show positive results, some medical professionals have chosen to prescribe cannabidiol as an alternative means to reducing seizures for epileptic patients. Research into CBD as a treatment of this condition—in particular, some forms of child epilepsy—has produced results where cannabidiol has been observed as very effective in reducing seizures. Recently, this research





has led to the FDA approving an oral treatment containing pure CBD for treatment of childhood epilepsy.

The positive impact of CBD oil is not limited to only one condition alone. Many users find CBD to be an effective treatment for chronic pain. Studies taking place in the last few decades have thus far indicated that cannabidiol can be used effectively to manage pain without producing adverse side effects. By interacting with receptors in your brain and immune system, CBD suppresses the body's inflammatory response while helping to produce regulatory cells and managing the perception of pain. As a result, CBD may be of use in dealing with arthritis, or when seeking relief from the pain and other symptoms.

What makes CBD especially attractive for pain management is that it is less dangerous and habit forming than using opioid medication.

Cannabidiol also works to reduce stress and anxiety by helping to rebalance hormone levels. By regulating stress signals, CBD prevents the brain from releasing too much cortisol, a hormone related to our body's response to stressful situations that can negatively impact our immune and physiological functions.

In addition to pain relief and stress management, science is finding that cannabinoids present a lot of potential for multiple conditions that can benefit from therapeutic use. Research into cannabinoids has unveiled that these chemicals can have positive impacts in coping with not only inflammation and pain, but also for treating anxiety, psychosis, sleep disorders, and in combating free radicals. While this research is still in its infancy, it says a lot about how chemicals like CBD may come to play a part in our future medicine and lifestyle.

When it comes to treating pain, evidence in favor of cannabinoids is already substantial. This same research has also shown that cannabinoids have efficacy in helping chemotherapy patients in addressing their nausea and vomiting, and for controlling spasticity in those suffering from multiple sclerosis.

Scientific research is continuing to explore how cannabinoids may prove promising in addressing a multitude of mental and physical adversities including tourettes syndrome, social anxiety, traumatic brain injury, and post-traumatic stress disorder. There is even a moderate amount of evidence that cannabinoids can help with improving sleep for those who suffer from sleep apnea or fibromyalgia.

Scientists are continuing to investigate how illnesses ranging from anxiety and schizophrenia to heart disease and cancer may be treated with cannabidiol. While the growth in prescriptions of CBD by conventional medical professionals is similar to the emergence of medical marijuana as a potentially viable means of treatment for pain, nausea, loss of appetite and other conditions, CBD differs largely in that its use does not have

the mind-altering impact that patients and lawmakers may view as undesirable. However, just as the legality of medical marijuana varies by how it is used and the state or nation in which the user resides, so too is the variety of regulation and legality concerning CBD dependant upon geographic location.

## LEGAL QUESTIONS

How the state and federal government regulates the production and distribution of cannabidiol is a confusing topic, and absolute clarity is elusive even to lawmakers. Cannabis is still a substance our society regards with suspicion and prejudice even though restrictions surrounding its use have loosened in recent years, especially for the treatment of medical conditions. Currently in America, 29 states and the District of Columbia have legalized marijuana for medical use, but the federal government continues to categorize marijuana as a Schedule I drug, or in other words, a controlled substance whose use is heavily restricted.

Even though hemp contains less than 0.3 percent of the mind-altering compound THC, due to its close association with the psychoactive properties of marijuana, hemp and its derivative cannabidiol suffer from a bewildering legal status. This confusion came to a head in Wisconsin last spring, when the Wisconsin Department of Justice advised law enforcement agencies that hemp remained illegal without a prescription. This advisory caused quite a dust-up, especially because it conflicted with both a federal law that allowed the sale of CBD as a nutritional product derived from agricultural hemp, as well as state laws passed in 2014 and 2017. The 2017 state legislation was intended to allow individuals to possess CBD oil and for farmers to produce agricultural hemp provided it did not contain more than 0.3 percent THC.

As the 2017 legislation was intended to support Wisconsin agriculture, growers were particularly taken aback by the severity and poor timing of the Department of Justice's announcement, especially because it threatened their seasonal planning and endangered millions of dollars worth of investments. In spite of this perplexity, stores carrying health supplements have continued to offer CBD oil, seeing it as essential to ensuring customers can enjoy the care that maintains their healthy lifestyle.

Since last spring, new legal

developments have occurred regarding the legality and regulation of cannabidiol and hemp products. In October,

the Wisconsin Controlled Substances Board downgraded the status of CBD drugs containing no more than 0.1 percent THC to a Schedule V substance in order to allow for pharmaceutical prescriptions to treat epilepsy. At the federal level, hemp has become legal nationwide through the passing of the most recent farm bill.

## CBD PRODUCTS

While regulation of cannabidiol continues to develop, this exciting substance is proving popular in a variety of forms and products. Cafe owners and mixologists are offering CBD infused coffees and cocktails. You can even purchase treats for your pets containing cannabidiol. Co-op Owners searching for CBD at their local Willy Street Co-op will find that we carry a wide assortment of CBD products from lotions and tinctures, to CBD oil chocolate bars. You can even ask our Juice Bar staff to add CBD to your smoothie!

Hemp-based wellness products containing CBD differ in their forms and intensity. Its first form is the raw hemp formula, which you can find in such products as oil drops, balms, or softgels. In its raw form, CBD is chemically bound to an additional acid chemical, which prevents it from crossing the blood-brain barrier. This makes the raw formula ideal for issues below the neck, especially when applied topically to the skin, or when taken internally for gut health, allowing it to interact with serotonin receptors. In its second form, cannabidiol is refined from its raw form, releasing it from its attachment to acid to create a purer form of CBD. At this stage,

the CBD oil still has a large percent of plant materials making it appropriate for distinct uses. However, in this form it is not ideal for topical use. In its most refined form, CBD oil is concentrated into a high strength formula that can be applied through topical solutions, applicators, or ingested in drops or even gummies! Whether you are looking to use CBD in a lotion for treating sore muscles, as a dietary supplement taken through a capsule form, or even to inhale it through a vaporization cartridge, Willy Street Co-op Wellness staff have a huge knowledge base that they can use to guide you in finding the CBD product that will meet your needs.

While looking to understand and effectively incorporate CBD into our lifestyle, we should be sure to do so with care, remembering to maintain balance as the goal. Just like any other medicine, we should collaborate with a healthcare professional when seeking to treat any infirmity for which we see cannabidiol as a potential source of relief. When looking to enhance our health through the use of CBD products, it is essential to view cannabidiol as a supplement to a complete diet and a lifestyle which includes proper exercise. Just as cannabinoids work to bring our system into equilibrium, we should ensure that the choices we make to promote health are bringing our life into balance. As the availability of cannabidiol products progresses along with our knowledge about the potential of stimulating our endocannabinoid system, the future of CBD and hemp should prove to be exciting.





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# RECIPES

## Avocado Burgers

Adapted from *The New York Times Natural Foods Cookbook*

A unique bean burger that utilizes avocado in the patty rather than as a condiment. A very nice variation on the veggie burger.

- 1 medium avocado
- 1 c cooked soybeans
- 1/2 small onion
- 1 tsp. prepared mustard
- 1 Tbs. tomato puree
- sea salt, to taste
- whole wheat bread crumbs
- oil
- 2 burger buns
- lettuce
- tomato, sliced

**Directions:** Combine avocado, soybeans, onion, mustard, tomato puree and sea salt in a blender or food processor and process until smooth. Transfer to a bowl and add breadcrumbs until mixture holds together. Shape into patties. In a heavy skillet, fry in oil until browned on both sides. Toast buns as desired and serve with lettuce, tomato, and your favorite condiments.

## Avocado Fries with Queso Dip

Adapted from [www.joythebaker.com](http://www.joythebaker.com).

- 2 avocados
- 1 lime
- 2 eggs
- 2 Tbs. water
- 1/2 c. all-purpose flour
- 1 tsp. salt
- 1 tsp. chili powder
- Pinch cayenne
- 1 1/4 c. panko breadcrumbs
- 1/2 tsp. black pepper
- avocado oil
- 3 c. grated extra-sharp Cheddar
- 1 1/2 c. grated Monterey Jack cheese
- 1 Tbs. cornstarch
- 1/4 c. milk
- 4 oz. diced green chiles

**Directions:** Place the avocado wedges on a plate and sprinkle with lime juice. Set aside. In a small bowl, whisk together the eggs and water. Set aside. In another small bowl, stir together the flour, 1/2 teaspoon of the salt, chili powder, and cayenne.

In a medium bowl, combine the breadcrumbs, remaining 1/2 teaspoon of salt, and black pepper. Line a baking sheet with parchment paper. Make an assembly line, and dip the avocado slices first in the flour mixture, then the egg mixture, then the breadcrumb mixture. In a medium, heavy saucepan outfitted with a fry thermometer, heat an inch of oil to 375°F. Use tongs to place avocado in the oil, about 6-8 wedges at a time. Fry until golden brown, then transfer to the prepared baking sheet and sprinkle with salt and more cayenne. Continue frying the remaining avocado wedges, letting the oil come back up to temperature between batches.

Combine the cheeses with the cornstarch in a medium saucepan. Heat over a low flame and stir in the milk. Cook, stirring, for 10-15 minutes, until melted and smooth. Stir in the chiles and juices. Serve the avocado fries hot, with warm queso.

## Leek and Spinach Frittata

Adapted from [www.sproutedkitchen.com](http://www.sproutedkitchen.com).

This hearty egg dish is lovely when allowed to cool a bit before serving, with a dollop of thick Greek yogurt and some torn basil on top. The recipe calls for 10 egg whites plus a couple of yolks, but you can use 8 whole eggs instead with good results. Serve for breakfast, lunch, or dinner.

- 2 eggs
- 10 egg whites
- 1/3 c. milk
- 2 leeks
- 1 Tbs. butter
- 1 c. steamed spinach
- 3/4 c. shredded cheese

# RECIPES

2 tsp. hot sauce  
10 cherry tomatoes  
salt  
pepper  
fresh basil  
Greek yogurt

**Directions:** Preheat oven to 350°F. In a large, ovenproof skillet (well-seasoned cast iron or nonstick, preferably) over medium heat, warm the butter and cook the leeks for about 10 minutes, until they are golden and tender. Set aside.

In a large bowl, whisk the eggs, egg whites, and milk until very frothy, 3-4 minutes. Stir in the hot sauce. Season with salt and pepper. Squeeze water out of the steamed spinach and chop. Squeeze once more.

Spread the leeks into an even layer in the skillet. Turn the heat up to medium, then pour in the egg mixture. Top with the chopped spinach and shredded cheese. Cook for 1 minute, then arrange the sliced tomatoes on top. Cook an additional 4-6 minutes, until the edges start to pull away from the pan. Transfer the skillet to the hot oven, and bake 16-18 minutes, until set.

Enjoy at room temperature with a spoonful of yogurt on each serving and some torn basil.

## Spinach Pie

### From Willy Street Co-op

An impressive dish for guests.

1 Tbs. olive oil  
1/2 tsp. nutmeg  
1 t black pepper, or to taste  
2 tsp. salt, or to taste  
1/4 lb. butter, melted  
1 pkg. phyllo (filo) dough, defrosted if frozen  
1 lb. feta cheese, crumbled  
3 cloves garlic, minced  
2 medium yellow onions, chopped to about 1/2-inch  
2 lb. fresh spinach, rinsed and chopped

**Directions:** Sauté onions and garlic in olive oil until onion has softened. Add spinach and cook until the spinach is just wilted. Drain mixture thoroughly (this is very important). Add feta and spices, mix and set aside to cool. In a greased baking pan, layer phyllo dough, overlapping sheets in the middle of the pan. Brush on melted butter and cover with 1/6 of the spinach mixture. Repeat this process until you have a 6-layered pie. Coat the top with a final layer of butter. Bake covered at 350° for 20 minutes, uncover, and bake an additional 5-10 minutes or until browned.

## Beet and Poppy Seed Muffins

### Adapted from [www.cannellevanille.com](http://www.cannellevanille.com).

These rosy-hued muffins flecked with dark poppy seeds are great in the morning on your way out the door. Dairy- and gluten-free, they'll be a hit with everyone in the house.

1 red beet  
1/2 c. coconut milk  
1 tsp. lemon juice  
1/2 c. brown rice flour  
1/2 c. almond meal  
1/4 c. quinoa flour  
2 tsp. poppy seeds  
3/4 tsp. baking powder  
1/4 tsp. baking soda  
1/4 tsp. salt  
1 egg  
1/4 c. brown sugar  
1 vanilla bean  
1/4 c. coconut oil

**Directions:** Bring a small pot of water to a boil. Add the beet, cover, and reduce heat to medium. Cook until the beet is fork-tender. Drain and allow to cool. When cool enough to handle, peel and chop into chunks. Place in the bowl of a food processor and purée until smooth. Measure out 1/4 cup of purée and reserve the rest for another use (you can freeze it).

Preheat oven to 350°F. Prepare a muffin pan by lining with papers or liners. Set aside. In a medium bowl, whisk together the coconut milk

and lemon juice. Set aside for 5 minutes.

In a large bowl, whisk together the brown rice flour, almond meal, quinoa flour, poppy seeds, baking powder, baking soda, and salt.

Add egg, brown sugar, vanilla seeds, coconut oil, and reserved beet purée to the bowl of coconut milk and lemon juice mixture. Whisk to combine. Add the wet ingredients to the dry ingredients, and whisk to combine.

Scoop the batter into prepared muffin pan, and bake for 18-20 minutes, until a toothpick inserted into the center comes out clean. Let cool on a wire rack.

## Chicken and Sweet Potato Curry

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

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

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

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

Heat the oil in a medium pot over medium heat. Add the shallot, garlic, crushed red pepper, and last tablespoon of curry powder, and stir until fragrant, about 10-15 seconds. Add the chicken and cook until the edges begin to turn golden, 3-4 minutes. Stir in the fish sauce, sugar, lemongrass, ginger, and chicken broth. Bring to a boil, then reduce heat to low, and add the carrots. After about 10 minutes, pour in the coconut milk. Fold in the onions and sweet potato, and simmer for 15-18 minutes, until the vegetables are tender. Serve hot, garnished with basil.

## Creamy Lemon Asparagus Pasta

### Adapted from [www.minimalistbaker.com](http://www.minimalistbaker.com).

This pasta dish is tossed with tender, roasted asparagus, and a creamy, lemon and garlic infused sauce that's also dairy-free.

1 bunch asparagus  
3 1/2 Tbs. olive oil, divided  
salt  
black pepper  
2 lemons  
2 Tbs. minced garlic  
10 oz. bowtie pasta  
2 1/2 c. almond milk  
3 Tbs. flour  
2 Tbs. nutritional yeast flakes  
2 Tbs. lemon juice

**Directions:** Preheat oven to 400°F. Place the asparagus on a rimmed baking sheet and drizzle with 1/2 tablespoon of the olive oil and a pinch of salt and pepper. Layer the sliced lemon over the asparagus. Roast for 20-25 minutes, until the asparagus is tender. Transfer the asparagus to a cutting board and chop into thirds.

Bring a large pot of salted water to a boil. Cook the pasta according to package directions, until al dente. Drain, and set aside.

Heat a large, deep skillet over medium heat. Add the remaining 3 tablespoons of olive oil and sauté the garlic for 1-2 minutes, just until it begins to turn golden. Whisk in 3 tablespoons of flour, and cook, whisking, for 30 seconds. While whisking, pour in the almond milk, 1/2 cup at a time. Stir in some salt and pepper. Lower the heat to medium-low, and continue cooking, whisking frequently, until the mixture thickens.



# RECIPES

Whisk in the nutritional yeast, if using. If the sauce seems too liquid-y, whisk in an additional tablespoon of flour. (For an extra creamy sauce, use an immersion blender to blend it at the end.) Stir in the lemon juice. Taste, and add more salt and pepper if needed.

Transfer the cooked pasta and asparagus into the sauce. Toss well to coat. Serve hot.

## Crispy Peanut Tofu Stir-Fry over Cauliflower Rice

Adapted from [www.minimalistbaker.com](http://www.minimalistbaker.com).

This crispy tofu is baked, not fried, and glazed with an easy sauce that only has five ingredients. If you've never tried cauliflower rice, it's a game-changer - so fast and yummy, and a great way to get more vegetables in your diet! Use gluten-free soy sauce, and this recipe is gluten-free as well as vegan.

12 oz tofu  
2 1/2 Tbs. sesame oil  
1 small head of cauliflower  
2 clove garlic  
1 c. soy sauce  
4 Tbs. light brown sugar  
1 tsp. chili garlic sauce  
2 1/2 Tbs. peanut butter

**Directions:** Wrap the tofu in a dish towel or paper towels, place on a cutting board, and top with a heavy weight. Allow to sit for at least 15 minutes, and up to 45.

Preheat oven to 400F. Line a baking sheet with parchment paper.

Cube the tofu, and arrange on the parchment-lined baking sheet in a single layer. Bake for 25 minutes. Remove from oven and set aside to cool.

In a large bowl, whisk together 1 1/2 tablespoons of sesame oil, soy sauce, brown sugar, chili garlic sauce, and peanut butter. Taste and adjust the seasoning as needed. Add the tofu, once cooled, to the bowl of sauce. Toss to coat in the sauce, and let sit for at least 15 minutes.

Use a large box grater or a food processor to shred the cauliflower. If using a food processor, don't over-shred it, just shred it to the texture of rice.

Heat a large skillet over medium heat. Use a slotted spoon to spoon tofu into the skillet, and add a little sauce on top to coat. Cook, stirring frequently, for 3-4 minutes, until browned (don't worry if some sticks to the pan). Transfer to a dish and set aside.

Rinse the skillet under hot water and scrape to remove any residue. Heat over a medium flame and add the remaining 1 Tbs. of sesame oil to the pan. Add garlic and cauliflower rice and stir. Cover the pan and cook, stirring occasionally, until slightly browned and tender, 5-8 minutes. Stir in a few spoonfuls of the peanut sauce.

Serve the cauliflower rice topped with the peanut tofu.

## Green Garlic Chicken

Adapted from *Cook This Now* by Melissa Clark.

This golden, savory chicken cooked in a skillet with fresh herbs is a perfect spring dinner.

1 chicken  
1 Tbs. olive oil  
1 t coarse salt  
1/2 tsp. black pepper  
3 thyme  
1 green garlic  
3/4 c. dry white wine  
2 Tbs. unsalted butter

**Directions:** Place the chicken in a large, shallow bowl. Drizzle with olive oil, sprinkle with salt and pepper, then add the thyme and garlic. Toss to coat the chicken. Cover and refrigerate for at least 3 hours, or up to overnight.

Heat a large, heavy skillet over medium heat. Place the chicken in the skillet with the herbs and garlic. Cook the chicken undisturbed for 10 minutes. Flip chicken and cover the pan. Continue cooking, undisturbed for 15-20 minutes. Check the breasts for doneness by sticking with a sharp paring knife; the juices should run clear. If not, keep cooking until done. Transfer the chicken breasts to a plate and cover.

Remove 2-3 spoonfuls of fat from the skillet. Pour the wine into the skillet, and scrape any browned bits from the bottom of the pan. Simmer, scraping the pan occasionally, until the liquid reduces and the rest of the chicken is completely cooked. Use a slotted spoon to transfer the chicken to the plate with the chicken breasts.

Add the butter to the skillet, and whisk constantly until melted and incorporated. Serve the chicken ladled with the sauce, and enjoy.

## Green Garlic and Creamy Avocado Pesto Gnocchi

Adapted from Erin Gleason of *The Forest Feast* on [www.the-kitchn.com](http://www.the-kitchn.com).

Green garlic is just young garlic, so the taste is milder and, depending on how young it is, usually isn't encased in papery skin that needs to be peeled. Simply cut off the roots, and slice like an onion. You can eat the stalks as well, like scallions.

1 avocado  
3 green garlic  
1 c. basil leaves  
1/4 c. parmesan  
1/4 c. olive oil  
1/4 c. sunflower seeds  
pinch coarse salt  
32 oz. gnocchi

**Directions:** Combine the avocado, green garlic, basil, Parmesan, olive oil, sunflower seeds, and salt in the bowl of a food processor or a blender. Process until smooth, scraping down the sides occasionally. Taste and add more salt if needed.

Bring a large pot of water to a boil, and cook the gnocchi according to package directions. Drain, and place in a large bowl. Top with the pesto, and toss gently to coat. Eat right away, while hot, garnished with more grated Parmesan.

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# Staff Picks



## KELSEY

### Mineral Fusion Glitter Top Coat Nail Polish

You can use it as a top coat on other colors to make them glittery, or you can just wear this by itself for a pure glitter look. The trick is to pour a bit of the polish on a makeup sponge, dab it onto your nails, then add another layer once



it's dry. It's a bit messy, but you get the most glittery nails ever.

### Acure Incredibly Clear Acne Spot Treatment

I can put just a tidbit of this product on before bed and see a significant difference in the morning! You don't need much of this, so the little bottle will last a long time.



## TIFFANIE

### Mineral Fusion Purifying Gel Cleanser

This cleanser makes my face happy. It helped calm my unpredictable skin. My face feels fresh and clean without any dryness. It also smells great and a little goes a long way.



## orchard street APPAREL

## LACEY

### Orchard Street Apparel

Comfy, well-fitting shirts and sweatshirts with really cute designs, Orchard Street is a small screenprinting and design company out of Milwaukee that uses water-based inks and soy-based cleaners. Their goal is to "provide eco-friendly screenprinting on ethically produced garments."



## RACHAEL

### Pacha Bath Salts

Baths are how I like to treat myself, and Pacha Bath salts are the perfect complement to my bath-time regimen! They are

fragrant and relaxing and really help the muscles after a shift on my feet!



## THAYER

### Veriditas by Pranarom: Bug Bite Eraser

This anti-itch product is fantastic on mosquito bites. I'm not sure how I would make it through the summer without this soothing relief! Calms the itch right away but also lasts hours. And it smells good. The container is the right size for carrying around, especially as it's a non-drip roll-on so fear of leaking.



## ABIGAIL

### Bodhi Ocean Breeze Whipped Body Scrub

For a bath connoisseur like myself, this product is awesome for when you are running short on time but still crave a fancy bath experience. Bodhi Scrubs make showering as luxurious as a bath but faster! It is a scrub and a soap—exfoliating and cleansing. All the scents are delightful, but my favorite right now is Ocean Breeze—to remind me of sun and warmer days.



### McClure's Garlic Dill Pickles

As a lifelong pickle lover, these are my go-to. Very flavorful and crunchy. Sometimes they become my whole meal because I cannot eat just one. They pack the jar full, and it is worth every penny!



## JESSE

### Virgil's All-Natural Zero Sugar Cola

Virgil's makes the best zero-sugar/zero-calorie cola. I've tried other brands, and they all tend to leave an icky taste in my mouth and are never satisfying. Virgil's blend of sweeteners hits it on the head. This really hits the spot when I'm craving a cola, but want to avoid all the ingredients in traditional soda that I don't need.



## JOE

### Royal Hawaiian Macadamia Nuts

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



## PHIL

### Quorn Nuggets

These are my go-to easy-to-make dinner/snack. Vegetarian but somehow taste better than most chicken nuggets!



## MOURNING DOVE

### Maple Valley Organic Dark Robust Maple Syrup

This maple syrup is awesome because it's local, tastes better than sugar in everything, and you can use a mason jar to save on wasteful packaging. Try mixing with some tahini for a nut-free apple dip!



## CATE

### Equal Exchange Organic Jasmine Green Tea

I love this tea. I love the flavor, the aroma, the way it takes just a touch of honey to sweeten. The price point is fantastic! I suggest stocking up when it goes on sale to maximize your tea-spending power. And it is an Equal Exchange product supporting small, organic farmers.







**PATRICK**

**Little Secrets Milk Chocolate Crispy Wafers**

Learn from my errors. Don't buy these! They're just too good. You won't be able to stop; it'll become a thing; these "little secrets" will become big problems.



Seriously, everything about these is spot on! I've long since accepted that I have a candy problem—that being that my mouth wants those conventional candies I grew up with, but now I want cleaner ingredients and sourcing. And these, regrettably(?) fit the bill perfectly!

**Orgain Chocolate Nutritional Protein Shake**

Orgain's Shakes are one of my go-tos for early morning shifts at the Co-op. Packed with enough protein and nutrition to keep me going for a while, these shakes are worth their value. Both the dairy option and the vegan option are great. Not chalky at all and with good chocolate taste!



**LAURA**

**Just Coffee Half Caff**

If you're like me and are a bit caffeine sensitive and prefer the buzz more of tea than coffee (but love the coffee flavor and still want a bump!!!) this might be the perfect roast for you. It's also a truly delicious roast—smooth and malty and roasted by a super-cool Fair Trade, organic company right here in Madison!



**TALON**

**Gentle Breeze White Clover Honey**

I like this product as an excellent sugar substitute with tea and coffee. It also goes great in marinades and just about anything else you want to make.



**ANDY**

**Local Burdock**

I once saw a couple of farmers in the Produce department laughing with disbelief at the idea that someone would grow this pesky pasture weed on purpose—yet burdock has been cultivated for food and medicine in Asia and elsewhere for a very long time. In Japan, it's sliced into thin strips, steamed, and served with soy sauce and sesame oil. Its mildly sweet and earthy flavors great in soups and stews as well (try it with

other root crops, mushrooms and miso). Burdock's liver-stimulating properties also make it a helpful, cleansing addition to the winter diet.

**South River Three-Year Barley Miso**

I love miso, and South River's is the best! They make their miso in the traditional Japanese manner. It's chunkier and more flavorful than the stuff we who are used to miso are used to, and its slow fermentation process renders its ingredients more nutritionally accessible. South River's barley miso is their richest and most intense. It makes a great soup; I like it best as a sauce, just a little thinned out with sesame oil and rice vinegar. That goes on top of sauteed, garlicky lacinato kale, itself atop baked sweet potatoes—an umami-laden, satisfying winter dish.



**Local Oyster Mushrooms**

Mushrooms are amazing beings, and the oyster's exceptional in its role in ecological processes, as well as its probable benefits to humans. In any case, oyster mushrooms are beautiful, mild and delicious. I like to fry them in hot bacon fat or oil until they turn golden brown and chewy—or mix with other wild or cultivated mushrooms and bake for a long time with dill and sour cream.



**KELLY**

**Taylor Farms Organic Power Greens Wellness Blend**

These greens are delicious! Spinach, mizuna, chard, and kale all in one container washed and ready to go. My kids love it on tacos or with dressing. High in vitamin C and affordable. East and North only.



**DUSTIN**

**Shallots**

King of the Onion; these will take many dishes to the next level of flavor town. Try caramelizing these with a pale ale and some sugar and you'll have a new favorite topping for fish or poultry.



**JON**

**Willy Street Co-op Juice Bar Green Zinger**

This is my favorite of our Juice Bar's creations. It is delicious and refreshing. This is great pick-me-up without the caffeine or processed sugar found in most energy drinks or coffee. If you are wondering what gives it zing, it's the ginger.

**Bell and Evans Organic Bone-in, Skin-on Chicken Thighs**

This is my favorite chicken that we sell. It is so delicious. The bones and skin add an amazing flavor and are easy to remove once cooked. It stays nice and moist in the oven. Always a wonderful addition to dinner.



**ROBERT**

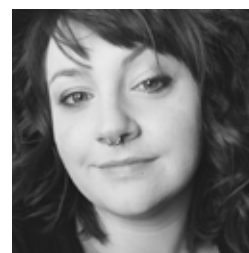
**Willy Street Co-op Risotto Cakes**

I use these tasty little cakes for an easy side dish at dinner or a post-lunch snack. I'm sure they are extra delicious coming out of an oven, but 45 seconds in the microwave does me just fine. Now made with no gluten ingredients!

**MELISSA**

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

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



**HALLIE**

**Cesar's Queso Fresco**

This cheese completes me! Perfectly salty



and crumbly in texture. AMAZING on pretty much anything, but especially perfect on sweet corn or tacos.

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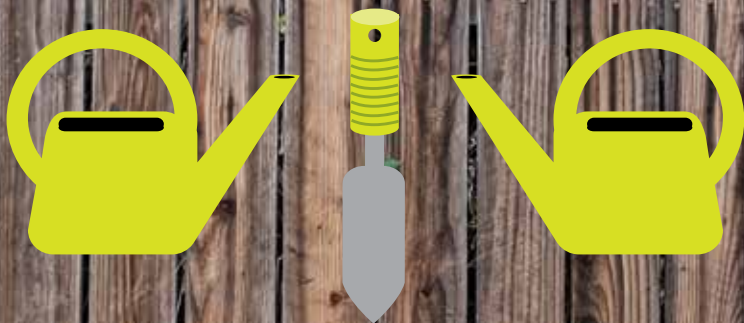
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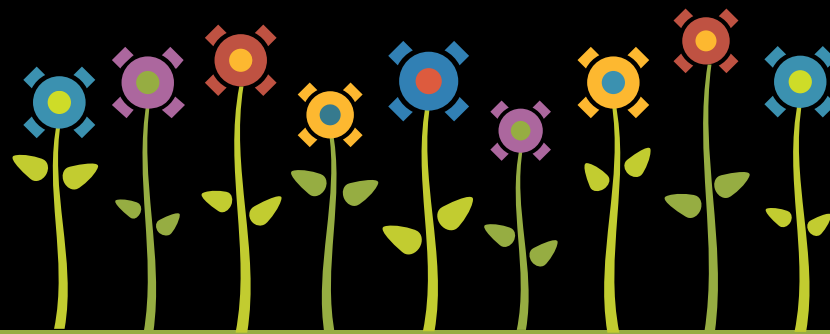
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