

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 48 • ISSUE 3 • MARCH 2021

FAST & SLOW



IN THIS ISSUE

Equal Exchange's BioRevolution;
Brands Committed to Renewable Energy; and More!

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

SEAFOOD CENTER: EAST: 608-294-0116 WEST: 608-836-1450

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GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

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

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: Willy East: 8:00am-8:00pm; Willy West: 8:00am-8:00pm; Willy North: 8:00-9:00pm every day

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

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

Deli: 7:30am-9:00pm

Seafood Center-East and West: 10:00am- 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
Ann Hoyt, Vice President
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Stephanie Ricketts
Michael Chronister
Gigi Godwin
Sarah Larson
Caryn Murphy
Ashwini Rao

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

**BOARD MEETING
SCHEDULE**

March 17
April 21
June 16
July 21 (and Special Owner Meeting)

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

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ADVERTISE IN THE READER

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

CUSTOMER COMMENTS

Write Us!

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

PERSONALIZED PRODUCT DELIVERY WASTE

Q: *In the most recent Reader, Megan Minnick wrote that the future for the bodycare/wellness department was bleak because so many folks are now ordering such products online. What with the pandemic raging, I understand that, but once we're past the plague, couldn't the Co-op make an issue of the waste involved in personalized product delivery? I use Andalou Naturals haircare products for thinning hair, but felt guilty ordering them from Amazon, seeing as the entire packing/shipping industry had to be brought to bear on the delivery of these few small items. Recently I learned y'all carry these products, and I was thrilled. I'm willing to pay the higher price for the convenience of having the products available when I want them. Of course the Coop has to call upon the packing/shipping industry to deliver its wares, too, but you're ordering in bulk, which I presume cuts down considerably on the amount of fossil fuel expended to bring consumers and products together.*

Just a thought. Too few people nowadays think about how the package on their doorstep is contributing to climate change and the deterioration of the environment.

A: Thanks for the comment, and the suggestion. I think you make a really great point, and we'll definitely keep it in mind as we develop a path forward (and a marketing plan) for our General Merchandise departments. All the Best, Megan Minnick, Purchasing Director

MINOCQUA BREWING

Q: *I'm not a new vendor, but a loyal customer. We really need the Minocqua Brewing Company products in the coop.*

They have great beer, that would be extraordinary popular in the Madison area. Please consider this request.

A: Thanks for reaching out! We've had quite a few requests for this beer over the weekend!

Because our Bylaws, and Cooperative principles state that we are a non-partisan cooperative, we are unfortunately not able to carry this

product. We are able to advocate for issues that pertain to our Mission and Ends Statement (such as sustainable agriculture and equitable food systems), but we are not able to participate in partisan issues.

As you probably know, the Minocqua Brewing Company donates 5% of their profits to their Super PAC that is dedicated to defeating Republican candidates. As this is a purely partisan mission, we are not able to support it.

We've reached out to the Minocqua Brewing Company to wish them luck, explain our position, and give them some ideas about stores in Madison that may be interested in carrying their beer.

I hope this is helpful and makes sense. I'm truly sorry that we aren't able to carry the product since we do have a lot of customer interest. Best, Megan Minnick, Purchasing Director

RECENT PRODUCE QUALITY

Q: *I have been shopping almost exclusively at the Co-op for as long as I have lived in Madison (over 10 years!). Understandably, every so often, I bring home some produce that will spoil much faster than I would anticipate. However, lately, I feel like this is happening more and more frequently. This week, I bought a handful of cara cara oranges and now midway through the week, 2 of them have rotten spots. Recently, I bought a bag of satsuma mandarins and within a few days several of them were going bad. Earlier this winter, I bought a pomegranate that was rotten when I opened it within a few days of purchase. I make a point to try to buy produce that should be seasonal and fresh. I am so frustrated that this is happening. Is this a trend that others are finding these days too? What is going on?*

A: Thanks for writing, I'm so sorry that you've been running into quality issues with our produce! I'm adding Andy Johnston, the Produce Manager at Willy East onto this email so he can see your comment as well.

This is the first comment we've gotten in a very long time regarding produce quality, so I'm not sure if it's a trend or not. I can tell you the produce is cycling through our stores as fast as it ever has, so I don't believe it's an issue of freshness at our stores. With the citrus, it sounds to me like perhaps those things that you purchased may have been wet when picked—when this happens, citrus can suddenly develop rot spots that are extremely hard to predict before they happen. In the industry this is called "clear rot."

If you ever run into issues like these again, please know that we are more than happy to refund you for any purchase that you are not happy with. Just stop by the Customer Service desk and they can easily take care of

that for you.

We'll keep an eye out for more feedback like this and continue to do our best to make sure that only the highest quality produce makes it to our shelves. Thanks again for writing! Best, Megan Minnick, Purchasing Director

BLACK SILK ESPRESSO

Q: *Hi —before COVID I used to purchase Equal Exchange Black Silk Espresso whole beans from your store. But unable to find lately. Will you start carrying it again or have you and I am just not looking in the right place? Thanks for your time!*

A: Hope your week is going well! We did sell the Equal Exchange Black Silk Espresso whole beans in our Bulk department before the pandemic hit last March. We shutdown the Bulk department at that time and haven't been able to bring it back to full strength. Currently we have some bulk coffee bins up and running, but the majority of our sales are happening in packaged. We are hopeful that we will be able to bring it back in the future, as demand for bulk products grows again.

I checked in with our Equal Exchange rep and it is only available to us in a 10 lb. case (two 5 lb. bags per case). Would that be of interest to you? Have a great day!! -Dean Kallas, Grocery Category Manager

PRODUCT REFUNDS

Q: *I bought Cheddar Cheese Garden Veggie Chips today and as I opened them I noticed a slice in the seal about 7/8" long that looks like a utility knife type cut. The interesting thing is that the plastic cap is not cut. I took a few pictures if you are curious. This seemed like something you should be aware of. I'm going to toss these in the trash but can I have a refund for these next week when I come in next week or so?*

A: I am sorry that you got a damaged product. We can definitely refund the cost of the product or do a product exchange for you. The next time you are at Willy Street Co-op East, just stop by the Customer Service desk and we can get a refund or new product sorted out for you.

Thank you for contacting us and again, sorry about the damaged product. Best, Kjerstin Bell, Customer Service Representative

SEAFOOD CENTER

Q: *We are very sorry to hear that Willy will be replacing the Seafood Center vender. We love the quality of their fish and the expertise of their sellers. We buy fresh fish once a week. We will be adding a trip to the Seafood Center's west side store to our weekly grocery shopping trips.*

A: Thanks for the message. I

certainly understand why you wish to continue using the Seafood Center for your seafood needs, and I'm glad that you are able to shop at their westside location. We will always endeavor to have a good selection of high quality seafood in our stores once the Seafood Center leaves us in April, and we'll be there if you need us! Best, Megan Minnick, Purchasing Director

VEGAN CRANBERRY SCONES

Q: *Dear West Coop Bakery, I am addicted to your Vegan Cranberry Scone. I am not a vegan but that scone is delicious—not too sweet, flavorful, dense and crunchy. I always buy at least 3 of them but there has been a shortage recently. When I come to shop in mid afternoon I am lucky to find the last one. I realize you are making fewer of them because you introduced 2 new scones. I tried both but they are no match for the original vegan one. They don't have much flavor, no density, no crunch and I don't care for the sugar glaze on top. I don't know what other customers prefer. Sales will tell. I am just sharing my feedback.*

A: Thank you for taking the time to write to us about the vegan cranberry scones! We are so glad to hear that you love them! We receive this product from our kitchen every morning, with the exception of Sundays and Mondays. If you'd like, you can call us in the morning if you know you will be in, and we can set some aside for you! Thanks again for your feedback! Thank you, Renee Strobel, Deli Manager—West

KINDNESS COMMENTS

Q: *Good morning! Thank you for the excellent issues of the Willy Street Coop Reader. I look forward to receiving every issue. As I read the current issue, I was pleased and inspired by the kindness expressed by some customers in the comments. I believe and hope that we are moving to a "new day and new way" as we learn from the current situation. I'm optimistic that being kinder and more considerate is integral to success in our future. I'm encouraged when I read about folks who are eager to contribute to make life a bit better for those who are less fortunate. The spirit of kindness is a trademark of Willy Street Coop staff and customers. My thanks to those who continue to inspire us to demonstrate Kindness and Compassion as these qualities raise everyone up! Thank you for sharing the inspiring ideas from members on how we all might help our neighbors—near and far. Thank YOU!*

A: Thank you so much for your feedback! I, personally, share your hope that there is more kindness in our future. Take care! -Liz Wermcrantz, Editor

ROAD SALT

Q: I have noticed excessive road salt applied to the parking lot and sidewalks at Willy East. Road salt is extremely harmful to our lakes and groundwater. I encourage your staff and/or snow removal contractor(s) to become certified through Madison's Salt Certification Program. Link: <https://www.cityofmadison.com/live-work/sustainability/winter-salt-certification>

A: Hi. Thank you for reaching out to us regarding your concern about excessive road salt usage.

I'm assuming the incident or incidents that prompted your customer comment were due to a snow removal subcontractor that was not adhering to the instructions given to them by our normal snow removal contractor. We received several complaints in late December through mid January and the subcontractor has since been removed from servicing our property. Our regular contractor committed to having his crew service the property

going forward and they also cleaned up the excessively applied ice melter shortly after the incidents.

I have checked on the property after the last few snow storms and have verified that the contractor has been using very little ice melter.

A few things to note about snow and ice removal at Willy East:

Our staff are not responsible for all of the snow and ice removal at the site. We hire a snow plowing/ shoveling service to deal with snow and ice during off hours and sometimes during open hours, with ongoing snow events. Part of their responsibility is to apply ice melter on the parking lot and sidewalks.

Ice melter is applied by this service to improve access to the parking lot and store for customers, vendors and staff, to eliminate slip and fall injuries to customers, vendors and staff, as well as preventing liability issues for their business and ours.

The snow removal service has been instructed that we do not want them to use a heavy-handed applica-

tion of ice melter and we have been informed by the owner of the company that their route leaders have attended and have been certified through the City of Madison Winter Salt Certification training.

<https://www.cityofmadison.com/live-work/sustainability/winter-salt-certification>

The snow removal service is also aware of our desire to have "alternative" removal methods being used (such as hand shoveling and hand scraping of ice) over heavy or unnecessary application of ice melter. -Jim Jirous, Facilities Director

ZAPP'S

Q: I feel like the Co-op brand represents products that are healthy and good for you and the planet. That's why it surprised me when I saw this label on the back of the Zapp's chip bag. NOT FOR SALE IN CALIFORNIA. When I investigated further it turns out this product, although delicious, may have a manufacturing byprod-

uct that is known by the state of California to cause cancer. I would ask that the Co-op discontinue products that are known to be cancerous. I understand this may be a large ask. An alternative would be to clearly mark these products with a shelf label of some kind letting members know they may be purchasing harmful products. Perhaps the state of California with a no icon over the top.

A: Thanks for writing! Your comment led me to do some research regarding the warning that you noticed on the bag of Zapp's potato chips.

Proposition 65 in the State of California requires food manufacturers to include a warning if the product exposes consumers to chemicals that cause cancer, birth defects or other reproductive harm. The specific chemical in question in potato chips and some other cooked foods is Acrylamide, which is a chemical that naturally occurs when a plant based food is cooked at a high temperature—it's a byproduct of the Maillard, or browning effect. The same thing that turns toast brown, or turns potato chips or fries golden brown. So this is not specific to any brand of chips, it's all of them.

Since this warning is only required in the State of California, we rarely see it here in Wisconsin.

Here is an interesting article that I found about Proposition 65 and its ramifications for food products like potato chips and french fries.

I hope this is helpful information. I'm glad you asked about it. I learned a lot by doing this research! Best, Megan Minnick, Purchasing Director

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Check the back of this issue or signs on the shelf.

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Watch for



product signs to see what we've recently added to our store.

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Thank you for your cooperation!



Hours before 10am are for those who are seniors or immunocompromised.

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RUN

for the willy street co-op Board of Directors

See willystreet.coop/run-for-board or the Owner Resources Area in the stores for details.



Deadline for applications: June 1st at 11:59pm.

Candidates are required to attend a Candidate Orientation Session to be eligible to run.

Please see the website or Board candidate application for details!



GENERAL MANAGER'S REPORT

Changes; Human Resources; & More!



by Anya Firszt, General Manager

In the last year, a lot has changed in the way we operate our business. Our business, which is selling groceries and providing services to our Owners and customers, has likely forever changed due to the pandemic and we will never be in that pre-pandemic space

again. We can take what we have learned about our business in the past year, which includes a deeper understanding of what is and is not within our control, to develop a plan to move forward.

As I reported last month, our plan is to develop a conservative sales budget for our next fiscal year that reflects a year of transition for the pandemic and continued economic challenges. We will continue to look for ways to bring our expenses in line with sales, as well as evaluate all of our programs and services to determine if we will continue, change, or eliminate some of them. We have proven in the last year to be more willing and able to expedite change and provide options to be open for business, and I see no reason to not carry on with this new learned skill.

It was a year ago this month that our employees ratified our first collective bargaining agreement, and we

entered into our first year of a two-year contract with the union (United Electrical, Radio and Machine Workers of America). And, a year ago this month, we entered a new chapter of our grocery operation under completely different protocols due to the outbreak of the pandemic. We continue to support the countless number of COVID-19 protocols that were developed in the last year. I, for one, look forward to fewer restrictions related to the pandemic as more people are vaccinated against the coronavirus and new improved safety measures are developed.

NEW HUMAN RESOURCE MANAGER

Finally, I am thrilled to announce we have hired a new Human Resources Director, Alysa Hartman, who started the last week of February. They are responsible for the HR department functions including benefits administration, recruitment, hiring and training programs, as well as union relations. They will also help us with improved communication within the cooperative, and development and implementation of equity, diversity, and inclusion efforts.

STAY WARM; STAY WELL

A heartfelt thank you to those of you who continue to play by the rules, wear face coverings, and maintain social distancing while you are in the store to help others stay safe.

BOARD REPORT

Unionization; and More!



by Ann Hoyt, Board Member

Looking back, 2020 was a year our Co-op experienced significant changes in the way we operate, financial stress, changes in the grocery industry and expanding local competitors. An impact of these changes is a desire by our employees to have

higher wages, improved benefits, employment stability, and input on organizational decisions. To accomplish these goals, they overwhelmingly voted to join a national labor union (the United Electrical, Radio and Machine Workers of America, or UE).

Your current Board of Directors supported the employees' right to vote to join UE. We want to ensure a safe and rewarding workplace and to ensure more organizational transparency. In a perfect world, it would be easy to reduce the disconnect between employees' expectations and their experiences. But we are also required to ensure the financial stability of the Cooperative, protect the Owners' investment and meet Owners' expectations for healthy food, fair prices, local sourcing, and community support.

Becoming a unionized cooperative creates new requirements and expectations for your Board of Directors. Recognizing that, the Board decided to use our annual February retreat to learn more about directing in our new environment. We invited our Co-op attorney to the first of two virtual meetings which will constitute our retreat. The following reports on some of what we learned that day.

Mr. Anderson described the nature of unions, emphasizing their democratic structure. He described the respective legal roles of unions, management, and the Board in unionized organizations.

He summarized the Board's duties of loyalty, care, and obedience and stressed the importance of avoiding/disclosing any potential conflicts of interest a board member might have with interests of the cooperative. An important part of the discussion distinguished the differences between Board and management in relation to employee relations. Throughout the presentation Mr. Anderson emphasized the importance of employee satisfaction.

The advice I took from the presentation included: follow and respect the policies and decision-making structure relative to employees; listen carefully, but, unless authorized, I don't speak for the Board; be clear about the changes in my role as a Director; be true to my loyalty and fiduciary duties; and identify any of my real or perceived conflicts of interest.

Given all of this, very good news was reported to the Board in mid-February. Since last May the Co-op has not had a Human Resources Director. After a lengthy search, Ms. Alysa Hartman was hired for the position. Alysa has 14 years of HR leadership experience. She will be employees' main contact for personnel matters, benefits administration, and union relations, and will lead safety, training, hiring and diversity efforts.

Your Board recognizes we have work to do to build a strong collaborative unionized cooperative. In a 2015 *Cooperative Grocer* article Heather Wright wrote, "Addressing labor activity in the cooperative world is tough. Questioning how unions fit in the cooperative environment can create some internal conflict. Resolving this conflict requires deep deliberations and soul searching.... engaging in the evaluative process is the key to developing a strategy that embodies your Co-op's unique values." Your Board is committed to doing this work.

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Community Room Class Calendar

Visit www.wilystreet.coop/events to register.

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



COOKING WITH CHEF PAUL: SPRING VEGETABLE CABBAGE ROLLS AND GINGER COCONUT RICE AND CHICKEN WITH BOK CHOY

Location: Google Meet

Thursday, March 11, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Paul for a new series of online cooking classes from the comfort of your own home! Chef Paul will lead the class step-by-step through one recipe, and then participants will sit back and enjoy the dish they prepared while Paul demonstrates a variety of cooking techniques and new recipes, including Spring Vegetable Cabbage Rolls with Sour Cream Dipping Sauce and Ginger Coconut Rice and Chicken with Bok Choy. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: PORK CONFIT, ORANGE & QUINOA SALAD, AND BISCUITS AND GRAVY

Location: Google Meet

Thursday, March 25, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Paul for a new series of online cooking classes from the comfort of your own home! Chef Paul will lead the class step-by-step through one recipe, and then participants will sit back and enjoy the dish they prepared while Paul demonstrates a variety of cooking techniques and new recipes, including Pork Confit with Orange & Quinoa Salad. Paul will also demonstrate how to make perfect biscuits and sausage gravy. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: A SEAFOOD FEAST

Location: Google Meet

Thursday, April 8, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: \$5 for Owners; \$10 for non-owners

Cooking with seafood is quick and delicious! Chef Paul will cover all the basics of selecting fresh seafood and cooking techniques, including pan-frying, steaming, poaching, and gravlax salmon. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: POTSTICKERS AND DUMPLINGS

Location: Google Meet

Thursday, May 6, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: \$5 for Owners; \$10 for non-owners

Potstickers and dumplings—a classic appetizer and also a meal in itself! Join Chef Paul to learn how to make potstickers from scratch. Make your own wrappers, fillings, and dipping sauce! Chef Paul will also teach the basic pasta dough-making skills in the class, plus how to cook the dumplings and how to fry the potstickers to golden brown perfection. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: SUSHI AND SPRING ROLLS

Location: Google Meet

Thursday, May 20, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: \$5 for Owners; \$10 for non-owners

The key to a tasty sushi roll is the well-seasoned rice! Join Chef Paul to learn how to perfectly season sushi rice and roll your own sushi. Chef Paul will also teach the envelope-forming technique to make fresh spring rolls—a perfect way to enjoy the fresh produce of the spring season! The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY WITH FOOD WASTE

Location: Google Meet

Thursday, April 22, 5:00pm–7:00pm

Your Co-op's Own Instructor: Paul Tseng

Fee: \$5 for Owners; \$10 for non-owners

What do you do with a bruised onion, wilted celery or carrots, or any non-so-good-looking produce? Chef Paul will answer all of your concerns about food waste with a focus on fresh produce! Chef Paul will guide the class through hands-on knife skills, including the major cuts, slices, and dices. He will discuss kitchen knife essentials, including how to sharpen and maintain a knife. To learn these essential kitchen skills, participants will learn to make a simple broth by using what they may have on hand in their kitchen. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Ingredients/recipes may be modified based on seasonal availability.



COOKING TOGETHER: FLAVORS OF IRELAND

Location: Google Meet

Thursday, March 4, 5:00pm–6:30pm

Your Co-op's Own Instructor: Lily Kilfoy

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on family cooking class. 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 satisfying supper inspired by the flavors of Ireland. Savory hand pies, Irish lentil stew, traditional colcannon, soda bread, and more will be explored. Vegetarian. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class.

COOKING TOGETHER: FLAVORS OF COSTA RICA

Location: Google Meet

Thursday, March 18, 5:00pm–6:30pm

Your Co-op's Own Instructor: Lily Kilfoy

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class to learn about different foods and where they come from, how to follow recipes, and how to use different tools. In this class, participants will collaborate to cook Chef Lily's take on a feast featuring flavors frequently found in the fare of Costa Rica. Gallo Pinto, Casado, tantalizing tropical fruits, a Dulce de Leche dessert, and even empanadas will be explored. Vegetarian. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class.

COOKING TOGETHER: FLAVORS OF SOUTH AFRICA

Location: Google Meet

Thursday, April 1, 5:00pm–6:30pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare Chef Lily's take on a dinner that celebrates a fusion of flavors found in the melting pot Republic of South Africa—Gatsby, Bunny Chow, Pap, Chakalaka, and a sweet treat made of sweet potatoes will be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF IRAN

Location: Google Meet

Thursday, April 15, 5:00pm–6:30pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. This class will introduce incredible ingredients found in Iran as participants cook Chef Lily's take on Persian cuisine, including Fesenjan, sweet and savory spices, dishes of fragrant rices, kabobs, and more.



The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF CANADA

Location: Google Meet

Thursday, April 29, 5:00pm–6:30pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will prepare her take on nourishing nosh inspired by the cuisine of our neighbors up north in Canada. A popular dish of Poutine, foraged foods such as fiddlehead ferns or maple syrup, perhaps yellow split peas or a Hodge-Podge Stew, Bannock or Tourtière, a delicious dessert known as Nanaimo Bars, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF BRAZIL

Location: Google Meet

Thursday, May 13, 5:00pm–6:30pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will fix her take on a fantastic feast using flavorful foods found in Brazil. Black beans e arroz, the superfood açai berry, tantalizing tropical fruits, Empadão, Pão de Queijo, sweet chocolate Brigadeiros, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.

COOKING TOGETHER: FLAVORS OF MADAGASCAR

Location: Google Meet

Thursday, May 27, 5:00pm–6:30pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$5 for Owners; \$10 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will make her take on a memorable meal influenced by the incredible ingredients of majestic Madagascar. Rice, the staple of Malagasy cuisine, the vaporous vanilla bean, bountiful bananas, classic tomato Lasary, Loaka, the name of any side dish, Mofo, noodles known as Minsao, and more may be explored. The ingredients and supply list for the recipe to cook along with will be sent one week prior to the class. Vegetarian.



OVERCOMING A SENSITIVE STOMACH

Location: Zoom

Wednesday, March 24, 6:00pm–7:00pm

Instructor: Katy Wallace

Fee: Free; registration required

Recent news articles have discussed that the majority of reflux and heartburn problems can be overcome through

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Zoom

Tuesday, March 10, 10:00am–2:00pm

Wednesday, March 23, 10:00am–2:00pm

Tuesday, April 13, 10:00am–2:00pm

Wednesday, April 28, 10:00am–2:00pm

Wednesday, May 5, 10:00am–2:00pm

Tuesday, May 25, 10:00am–2:00pm

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

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

change in diet and lifestyle. This lecture will present food-based ways to address an "over-acidic" stomach and eat (and sleep) in comfort. Join Katy Wallace, traditional Naturopath of Human Nature, LLC, for a discussion of digestive cleansing and proper food combining.

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

HOLISTIC APPROACH TO FATS AND CARDIOVASCULAR HEALTH

Location: Zoom

Wednesday, April 21, 12:00pm–1:00pm

Instructor: Katy Wallace

Fee: Free; registration is required

This program will cover the basic facts about fats and their link with heart health. We will address the effects of each fat (unrefined, expeller-pressed, and refined) and the roles of each fat in the body including those that cause inflammation and those that heal. For example, did you know that expeller-pressed oils like canola, sunflower, and safflower oils typically include high heat and chemicals in their processing? And that butter is considered healthy for the heart? Katy Wallace, traditional Naturopath of Human Nature, LLC will provide clear shopping tips on how to select fats to protect your heart.

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

LEAKY GUT: NATURAL SOLUTIONS

Location: Zoom

Wednesday, May 12, 12:00pm–1:00pm

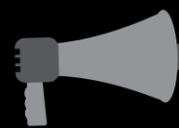
Instructor: Katy Wallace

Fee: Free; registration is required

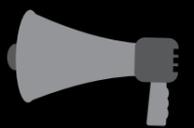
Do you have an increasing frequency of food reactions? Frequent bloating after meals? Aches, pains, and swelling throughout the body? Studies show leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and auto-immunity. Join Katy Wallace, Traditional Naturopath of Human Nature, to discuss natural approaches that work.

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

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Annual Farmer Meeting Wrap-Up



by Megan Minnick, Purchasing Director

Last May, as the realities of the pandemic were just starting to hit home, I wrote the following in the *Co-op Reader*:

“In January, the Produce Managers and I held our annual planning meetings with the farmers who supply us. We heard a similar story from many of them: climate change is an increasingly serious threat. They had just weathered two of the worst growing seasons in memory—2018 and 2019 were both incredibly wet years, with weird weather patterns that made profitable farming very difficult. On top of that, Community Supported Agriculture (CSA) subscriptions in the Madison area are down significantly from where they were several years ago. More than one of our established and experienced growers told us that in order to continue, they simply had to have a good season in 2020.

“Then COVID-19 hit. Typically, our local farmers and small producers make their living by a combination of CSA shares, wholesale accounts to grocery stores (like Willy Street Co-op), farmers’ markets, and restaurant sales. With CSAs already on the wane, restaurant sales diminished greatly due to the COVID-19 crisis, and farmers’ markets largely delayed, many farmers and producers have found themselves with significantly less income than they had planned for. If this crisis had hit two years ago, before the 2018 and 2019 growing season, many of them probably could have weathered this storm, but with diminished reserves, this is an extremely dangerous situation

for many local producers. “It was like that part in a novel where everything is hopelessly wrong, and it doesn’t seem like there’s any way to get to a happy ending...”

So how did it all turn out? I can’t tell you the end of the story—both climate change and the pandemic are ongoing—but I can give you a sense of where we stand a year later; and I’m happy to report that just like in many novels, it’s at the most hopeless point of the story that things start to turn around.

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SECOND HARVEST FOODBANK PARTNERSHIP

One of the first bits of happy news came in April, when Dane County announced an \$8 million partnership with Second Harvest Foodbank. This money was designated to purchase food from local farmers to supply the foodbank. It proved to be a win-win as farmers gained a much needed outlet for their excess produce, and the foodbank was able to procure fresh, healthy food for people in need.

At least two of the organic produce growers who supply the Co-op have told us that this program was extremely beneficial to the financial health of their farms, replacing necessary income that normally would have come from restaurants and farmers’ markets. The program was set to expire on January 31, 2021, but in December, Dane County announced a \$5 million extension until the end of July 2021, meaning that this important income stream will remain viable for farms through the spring and early summer.

CSA CONSUMER SUPPORT

Another bit of good news in the spring of 2020 came in the form of overwhelming consumer support

for CSA shares. The CSA model, where consumers pay farmers up front for a regular box of veggies through the growing season, had been waning in Dane County in recent years. CSA numbers were shrinking across the board, and there was a lot of talk in the farming community about the viability of the model. COVID-19 changed everything. Suddenly, the idea of a “touchless” box of fresh local veggies seemed more appealing than ever. According to Carrie Sedlak, Executive Director of FairShare CSA Coalition, 95% of CSA farms that are part of the coalition sold out of shares in 2020, many of them ending up with waiting lists, compared to only 53% the previous year. Twenty-six of the FairShare farms outsold their original goal, adding 1,200 more CSA shares than they originally intended to.

AN EXCELLENT GROWING YEAR

The third and perhaps most important positive development in 2020 was the weather. After two years of poor weather conditions, 2020 provided a reprieve and shaped up to be an excellent year for growing vegetables. This couldn’t have come at a better time!

PEOPLE

Weather is certainly important, but if you ask me, the best part of what happened in 2020 had everything to do with people.

Our farmers are incredibly resilient—it’s in the job description—but 2020 required a new level of resiliency. Not only did farmers have to do the usual hard work of growing food and managing their farms, but they had to find creative ways to pivot their business models to the realities of the COVID-19 summer. They found new markets, they created online stores, and some even offered home delivery. They also found new ways to structure their crews in the fields and in the pack sheds in order to ensure adequate social distancing. The majority of them somehow found a way to not only survive 2020, but to thrive. According to many farmers that I’ve talked to, 2020

was by far the most challenging and exhausting year in recent memory, but it was also the most rewarding, and many of them ended the year in a better financial position than they began it.

COMMUNITY OF EATERS

Which brings me back to you, the community of eaters who call this place home. Without people who care enough about our local farming community to go out of their way to sustain it, none of this positive momentum would have been possible. The people of Dane County went out of their way to advocate for farmers at the County level, purchase CSA shares, shop farmers’ online stores, seek out local produce at the Co-op, and one way or another, find creative ways to fill their fridges and countertops with local food.

This support for farms in 2020 went well beyond the financial. The year brought a new sense of connection between the people who supply local food and the people who eat it. We all realized, really realized, just how much we need each other. I noticed this in my work at the Co-op—a sense of gratitude from our customers that I had never felt in the same way, and many of our farmers felt it too. As Farmer Andrea from Harmony Valley Farm put it during our winter planning meeting this year, “Gratitude is a powerful tool.” This was an extremely difficult year, but successful nonetheless, and it meant so much to feel supported and appreciated by our community or eaters. Thank you.

CLIMATE CHANGE

Though the pandemic is finally drawing to an end, climate change is not, and there is no doubt that it will prove to be a much larger threat to our local farming community than the pandemic ever was. As we move into that unknown future, let’s hold on to that resiliency, creativity, gratitude, and sense of connection that we found last year. If we can do that, I have no doubt that our local farming community will remain strong for many many years to come.

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COFFEE NEWS

Equal Exchange's BioRevolution



by **Melissa Reiss, Purchasing Assistant**

There's a new coffee here at the Co-op from Equal Exchange that supports an exciting new initiative—the BioRevolution Project.

It has become apparent through climate change that industrial

agriculture is not sustainable. Thirty-three percent of the world's soils are degraded, and we are headed down a worrisome path—the Food and Agriculture Organization of the United Nations estimates that by the year 2050, eighty to ninety percent of the world's cultivable soils will be degraded.

HERE'S THE UPSIDE

We have the power to slow—if not reverse—this trend. The answer lies within the soil. Healthy soils provide the largest store of Earth's carbon. When managed sustainably, soils can play an important role in climate change mitigation by storing



carbon and decreasing greenhouse gas emissions in the atmosphere.

Small-scale farmers are the primary stewards of the Earth's ecosystems, therefore they are leaders on the path towards climate resilience. They grow a significant portion of the world's food while building a sustainable future for our planet and our people. By improving soils, farm productivity increases. With higher crop yields comes higher incomes

which enriches the lives of the farmer and their families.

WHAT CAN WE DO?

As consumers, we need to follow the path forged by small-scale farmers and farmer cooperatives by supporting regenerative projects with our dollars whenever possible.

Fifty cents per pound from your purchase of BioRevolution coffee supports innovative projects in organic regenerative farming, carbon sequestration, and climate resiliency. Equal Exchange's goal is to contribute up to \$25,000 annually in addition to fair trade premiums.

The first round of funding from this coffee is going to a cooperatively owned biodynamic research farm, La Fortaleza, in Honduras. La Fortaleza has trained thousands of producers in developing regenerative farming skills in Latin America and beyond.

La Fortaleza's two primary goals are to develop easy, inexpensive, and appropriately scaled biotechnologies (i.e. composting systems and organic fertilizer recipes) that farmers can use to improve their soil and land, and secondly to share a farming mindset that emphasizes learning, experimentation, and an action/reflection cycle —so farmers can adapt the tools and skills they learn at La Fortaleza to their own particular climates, soil conditions, and cultural practices.

This exciting vision begins with your support. Find the new BioRevolution coffee from Equal Exchange at all Co-op locations.

Learn even more about this coffee and the other good work Equal Exchange does at: equalexchange.coop/BioRevolutionProject

For more information on how soils can help to combat climate change, view this report from the FAO here: www.fao.org/3/a-i4737e.pdf.



PRODUCER NEWS

Brands Committed to Renewable Energy



by **Micky Ellenbecker, Purchasing Assistant**

Climate change has been a concern for decades, but it only seems to be gaining serious traction in recent months, with focused momentum behind renewable energy and decarbonizing the grid. Fossil fuels account for about

75% of greenhouse gas emissions, and many natural and organic food brands are stepping up to reduce their dependency on fossil fuels and are taking action against climate change. The industry is becoming more and more aware of how climate change is impacting their ability to get the raw materials they need in order to produce their products. And while many of the brands I'll mention have intricate layers of sustainability woven into their design, I'll focus on their efforts to go renewable.

ORGANIC VALLEY

When talking about renewables in the natural foods industry, it's a must to acknowledge Organic Valley's accomplishments. In 2017, they set the lofty goal of transitioning to 100% renewable energy in two years, and by August 2019 they had achieved it. They did so by entering into a unique partnership that not only brought renewable energy to their headquarters, processing and distribution centers, but to 23,000 households in rural Midwest communities. The partnership shakes out as such: BluEarth Renewables built 10 solar fields that they now own and operate (aptly named the Butter Solar Project), Upper Midwest Municipal Energy Group (UMMEG) buys the solar power that's generated, and Organic Valley then buys Renewable Energy Credits from UMMEG, which they have made a commitment to do for the next 25 years (as have the city of Madison, Dr. Bronner's and Clif Bar). While this was certainly a complex undertaking, Organic Valley is hopeful their hard work and achievement can serve as a template for others to follow in their footsteps.

WONDERSTATE COFFEE

Located in the driftless region in Viroqua, WI, Wonderstate Coffee has been a strong player in the local, fair trade, organic coffee market since 2005. With a strong commitment to sustainability,



they invested in a solar panel set up at their roastery in 2015. Their roasters and winter heating are still gas-powered, but all their electricity is 100% solar and generated from their 96 panels. In addition, to mitigate fossil fuel use, they buy carbon offsets to cover all of their wholesale coffee shipments and use biodegradable packaging.

GOMACRO

Another gem of the driftless region, GoMacro is a certified organic energy bar company based in Viola, WI. In 2017, their ongoing success allowed them to invest in a new facility, and it was a priority to incorporate renewable energy into the design. Their rooftop is now home to 844 solar panels and provides nearly all of the energy to operate their facility. By day they sell back excess solar power to the local grid and by night they operate on purchased wind power, which has allowed them achieve their goal of 100% renewable energy.



CENTRAL WATERS BREWING CO.

Wisconsin breweries are turning to solar to reduce their energy costs and consumption. Central Waters Brewing Co, located in Amherst, WI, acknowledges that beer making can be energy intensive and has taken many strides to mitigate their footprint and be a model for environmental stewardship. In 2009, they installed a 1,000 sq ft solar thermal array to heat water both for brewing and to heat their 12,500 sq ft facility with radiant floor heating. They also installed solar for their electricity needs, which produced about 65% of their annual usage.



ROTH CHEESE

Originally a Swiss company that expanded into the US, Roth Cheese opened its first stateside specialty cheese creamery in Monroe, WI in 1991. It opened a second creamery in 2015 in Platteville, WI, where part of their sustainability plan has been to invest in renewables. In 2018 they installed 1,600 solar panels which account for 15% of the plant's annual electricity needs. In addition, they installed an anaerobic digester to manage waste byproducts from the cheese-making process that they plan to use as a biogas source in the future.



DR. BRONNER'S

Dr. Bronner's production facility in Vista, CA is powered with 100%

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renewables, 40% from the solar panels in their solar carports and the remainder purchased through a program called EcoChoice, 100% verified renewable power from the grid.



Bar-owned and -operated facilities use 100% renewable electricity, some produced onsite and some purchased through the grid. In 2010, they installed rooftop solar at the headquarters in CA which produces 80% of their annual electricity needs. In 2019, they completed a 5-acre solar field and solar carports at their 300,000 sq ft bakery in Twin Falls, ID, which will supply 30% of their annual electricity. In addition, they have extended their green energy commitment beyond their own

walls and encouraged their supply chain to get on board. The program is called 50/50 by 2020, where they encouraged 50 partners from their supply chain to be operating at 50% or more green energy by 2020, and they have indeed achieved this goal. They also offer a \$6500 incentive to employees to buy an all-electric or fuel-efficient hybrid car, which is part of their Cool Climate initiative.

justice they deserve, but here are even more brands committed to renewables for you to explore: Ale Asylum, Alvarado Bakery, Traditional Medicinals, HimalaSalt, Grandy Oats, Bleu Mont Dairy, Crave Brothers Farm, Milwaukee Brewing Company, General Mills, Kettle Brand Potato Chips, Nature's Path, Lakefront Brewing, Capital Brewery, Sunbeam Candles, Lundberg Family Farms, Frontier Natural Products, Numi Tea, and Luna & Larry's Coconut Bliss.

CLIF BAR

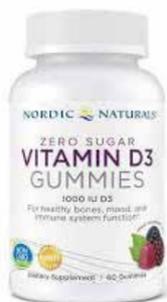
An energy bar company committed to sustainability, Clif Bar might have some of the most impressive stats. All Clif



AND MANY MORE

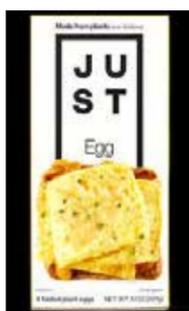
It's hard to give them all the

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NIXIE ORGANIC PEACH BLACK TEA SPARKLING WATER

Nixie is a refreshing twist on sparkling water! Refreshing sparkling water with a peach black tea infusion. Certified organic too!

AVAILABLE AT EAST

Nixie Organic Watermelon Mint Sparkling Water
Nixie Organic Ginger Lime Sparkling Water
Siren Shrub Co. Tart Cherry Sparkling Shrub
Siren Shrub Co. Basil Sparkling Shrub
SunBeam Candles Beeswax single note aromatherapy pillars
Garden of Life Baby Multivitamin Liquid 1.9 fl oz
Sock it to Me Socks: new designs available!
Michael Roger Notebooks: new designs available!

AVAILABLE AT WEST

Nixie Organic Pomegranate Green Tea Sparkling Water
Nixie Organic Watermelon Mint Sparkling Water
Nixie Organic Ginger Lime Sparkling Water
Nixie Organic Grapefruit Sparkling Water
Siren Shrub Co. Tart Cherry Sparkling Shrub
Siren Shrub Co. Basil Sparkling Shrub
The Meatless Farm Co. Breakfast Sausages
The Meatless Farm Co. Veggie Burgers
The Meatless Farm Co. Meatless Ground Beef
Rancho Gordo King City Pink Beans
Casacadian Farm Frosted Flakes Sprouted Wheat Cereal
Casacadian Farm Coconut Macaroon Chocolate Chunk Granola
Casacadian Farm Peanut Butter Chocolate Chunk Granola
Casacadian Farm Plant-Based Chocolate Chip Brownie Soft-Baked Bars
Casacadian Farm Plant-Based Vanilla Chip Blondie Soft-Baked Bars
Patagonia Provisions Organic Kale Kamut Khorasan Wheat Savory Grain Mix
Patagonia Provisions Mushroom Kamut Khorasan Wheat Savory Grain Mix
Garden of Life Baby Multivitamin Liquid 1.9 fl oz

AVAILABLE AT NORTH

Nixie Organic Pomegranate Green Tea Sparkling Water
Nixie Organic Watermelon Mint Sparkling Water
Nixie Organic Ginger Lime Sparkling Water
Nixie Organic Grapefruit Sparkling Water
Siren Shrub Co. Tart Cherry Sparkling Shrub
Siren Shrub Co. Basil Sparkling Shrub
The Meatless Farm Co. Breakfast Sausages
Field Day Multigrain Frozen Waffles
Field Day Blueberry Frozen Waffles
Marie Callender's Shepard's Pie
Marie Callender's Chicken Cornbread Shepard's Pie
Marie Callender's Beef & Bacon Chili Pie
Marie Callender's Beef & Black Bean Chili Pie
Marie Callender's Pulled Pork Mac & Cheese Bowl
Rancho Gordo Hidatsa Red Beans
Rancho Gordo King City Pink Beans
Casacadian Farm Plant-Based Chocolate Chip Brownie Soft-Baked Bars
Casacadian Farm Plant-Based Vanilla Chip Blondie Soft-Baked Bars
Patagonia Provisions Organic Kale Kamut Khorasan Wheat Savory Grain Mix
Garden of Life Baby Multivitamin Liquid 1.9 fl oz
Ark Naturals Brushless Toothpaste Dental Chews for Dogs

Health & Wellness

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Gaia Herbs
Golden Milk
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\$3.00/tx



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American Health
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\$6.99/tx



Vital Proteins
Collagen Peptides
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\$21.99/tx

Himalaya
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\$4.49/tx

Weleda
Skin Food Cream
2.5 oz • Save \$6
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Organic India
Organic Ashwagandha
90 tab • Save \$9
\$18.99/tx

MegaFood
Magnesium
60 tab • Save \$9
\$17.99/tx



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Psyllium Husks Powder
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\$10.99/tx

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Burritos
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2 for \$5



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Sage & Citrus, Unscented
32 oz • Save \$1

\$3.99/tx



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\$1.00



Pacific
Organic Almond Milk
Original, Unsweetened
32 fl oz • Save \$1.98/2

2 for \$5



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Organic Ice Cream
All Kinds On Sale!
48 oz • Save \$2.50

\$6.99



Clif Bar
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All Kinds On Sale!
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16 bags • Save \$1.29

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Chicken, Vegetable, Mushroom
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Bela-Olhao
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All Kinds on Sale!
4.25 oz • Save \$1.58/2

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Organic Fruit Jerky
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\$1.00

Green Mountain Gringo
Salsa
All Kinds On Sale!
16 oz • Save \$1.50

\$3.99

Topo Chico
Sparkling Mineral Water
12 fl oz • Save 50¢

99¢

Ocean's Halo
Broth
All Kinds On Sale!
32 fl oz • Save \$1

\$3.49

Field Roast
Mini Corn Dogs
10 oz • Save \$1.30

\$5.99

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Cereals
All Kinds On Sale!
14-24 oz • Save 50¢

\$3.49



Amy's Organic
Refried Beans
All Kinds On Sale!
15.4 oz • Save \$1.98/2

2 for \$5



Beyond Meat
Beyond Beef Grounds
16 oz • Save \$2

\$7.99



From The Ground Up
Cauliflower Crackers
All Kinds On Sale!
4 oz • Save \$2.58/2

2 for \$5



Deep Indian Kitchen
Potato & Pea Samosas
11 oz • Save 99¢

\$3.50



Evolution Fresh
Organic Cold-Pressed Orange Juice
59 fl oz • Save \$2

\$6.49



KeVita
Organic Probiotic Drinks
All Kinds on Sale!
15.2 fl oz • Save 98¢/2

2 for \$5/tx



Stonyfield
Organic Whole Milk Yogurt
All Kinds on Sale!
32 oz • Save \$1

\$3.49



The specials on this page are valid March 3-16

All Specials Subject to Availability. Sales Quantities Limited.

MARCH

co-op deals: March 17-30



Annie's Macaroni and Cheese

Classic, Shells and White Cheddar, Four Cheese, Shells and Real Aged Cheddar
6 oz • Save 99¢-\$1.79

\$1.00

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Frontier Organic Vanilla Extract

2 oz • Save \$3

\$8.99

coop deals



Honest Tea Organic Bottled Tea

All Kinds On Sale!
16 oz • Save 50¢

\$1.29

coop deals



Forager Project Organic Cashewgurt

All Kinds on Sale!
5.3oz • Save 58¢/2

2 for \$3

coop deals



Quorn Meatless Nuggets

10.6 oz • Save \$1

\$3.99

coop deals



Canyon Bakehouse Gluten-Free Bread

All Kinds On Sale!
18 oz • Save \$1.30

\$4.49

coop deals



King Arthur Unbleached All-Purpose Flour

80 oz • Save \$2

\$4.49

coop deals



Kalona Supernatural Organic Cottage Cheese

2%, 4% Milkfat
16 oz • Save 50¢

\$4.49

coop deals

Once Again Non-GMO Almond Butter

Crunchy, Smooth
16 oz • Save \$3

\$9.99

coop deals

One Degree Organic Foods Organic Sprouted Oats

Rolled, Quick
24 oz • Save \$1.80

\$4.99

coop deals

Amy's Frozen Pizzas

All Kinds on Sale!
9.1-14 oz • Save \$2

\$6.99

coop deals

Wholesome Sweeteners Organic Brown Sugar

Light, Dark
24 oz • Save \$1.80

\$3.99

coop deals

Nixie Organic Sparkling Water

All Kinds On Sale!
8 pk • Save \$1

\$3.99

coop deals

Feel Good Foods Gluten-Free Dumplings

Chicken, Vegetable
10 oz • Save \$1.80

\$4.99

coop deals

Wild Planet Wild Albacore Tuna

5 oz • Save \$1.50

\$3.99

coop deals

Made In Nature Organic Dried Mango

3 oz • Save \$1.50

\$3.99

coop deals

Harmless Harvest Organic Raw Coconut Water

16 fl oz • Save \$1

\$3.99

coop deals



Organic India Organic Tulsi Tea

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

\$3.50/tx

coop deals



Nature's Path Organic Eco Pac Cereal

All Kinds On Sale!
26.4-32 oz • Save \$1.30-\$2.30

\$6.99

coop deals



Zoe Extra Virgin Olive Oil

1 ltr • Save \$3.50

\$10.99

coop deals



Rebbl Organic Protein Drinks

All Kinds on Sale!
12 fl oz • Save \$1

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Back To Nature Crackers

Organic Stone Ground Wheat Crackers,
Classic Round Crackers, Flatbread
Multigrain Crackers
4-8.5 oz • Save \$2.98/2

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Mountain Valley Spring Water

Sparkling, Still
1 ltr • Save 64¢

\$1.65

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Good Health Avocado Oil Potato Chips

All Kinds On Sale!
5 oz • Save \$1.58/2

2 for \$5

coop deals



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Co-op basics®



Organic Valley Organic Milk
128 oz • Whole, 1% Low Fat, 2% Reduced Fat, Fat Free Skim
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Equal Exchange Organic Fair Trade Avocados
Origin: Mexico
\$1.79/ea
OR 2 for \$3



Field Day Organic Pasta
16 oz • Elbow Macaroni, Spaghetti, Fusilli, Penne Rigate
\$1.99/ea



Field Day Organic Cereals
10-14 oz • Toasted O's, Honey Nut O's, Cinnamon Crunch, Golden Rice Crisps, Bran Plus
\$3.39/ea



Simple Soyman Plain Firm Tofu
16 oz
\$2.49/ea



Silk Oat Milk
64 oz • Plain, Vanilla, Chocolate
\$3.99/ea



Field Day Organic Pasta Sauce
26 oz • Tomato Basil, Italian Herb, Roasted Garlic, Marinara, Portobello Mushroom, Spicy Arrabbiata
\$2.99/ea



Cedar Grove Mild White Cheddar Cheese
Rndm wt
\$5.49/lb



Field Day Organic Peanut Butter
18 oz • Smooth With Salt, Crunchy With Salt, Smooth No Salt Added, Crunchy No Salt Added
\$4.99/ea



Equal Exchange Bulk Organic Fairtrade Coffee
Rndm wt • BioRevolution, French Roast, LoveBuzz, Breakfast Blend, Medium Roast, Mind, Body & Soul, Midnight Sun
\$9.79/lb



Wisconsin Meadows Grass-Fed Lean Ground Beef
Rndm wt
Origin: Wisconsin
\$7.29/lb

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Origin: Wisconsin
Rndm wt
\$6.79/lb



Field Day Crackers
Organic Golden Round, Stoneground Wheat
8 oz
\$2.99/ea



Bell & Evans 3-5 lb All-Natural Fryer Chicken
Origin: USA
Rndm wt
\$2.99/lb



Field Day Organic Apple Juice
64 fl oz
\$5.99/ea



Field Day All Purpose Flour
80 oz
\$4.99/ea



Field Day Shampoo or Conditioner
Lavender, Coconut Lemongrass, Honey Almond, Peppermint, Citrus Thyme, Unscented
16 fl oz
\$5.99/ea +tx

Lundberg
Organic White OR Brown Basmati Rice
Rndm wt
\$2.29/lb

Field Day
Mediterranean Sea Salt
Coarse, Fine
24 oz/26 oz
\$1.99/ea

Field Day
Organic Apple Cider Vinegar
32 oz
\$4.99/ea

Field Day
Expeller Pressed Canola Oil
32 oz
\$3.99/ea

Field Day
Classic Unsweetened Coconut Milk
13.5 oz
\$2.39/ea

Garden of Eatin'
Tortilla Chips
Yellow Corn, Blue Corn, Red Hot Blues • 16 oz
\$4.99/ea

Field Day
Organic Fire Roasted Garlic Salsa
16 oz
\$3.39/ea

Everyone
Lotions
All Scents • 6 fl oz
\$4.99/ea +tx

Wholesome Sweeteners
Organic Fairtrade Cane Sugar
Rndm wt
\$2.29/lb

5lb Bag Organic Russet Potatoes
Origin: USA
\$4.99/ea

Organic Green Kale
Origin: CA • 1 bunch
\$1.99/ea

Organic Spring Mix Salad
Origin: USA • 1 lb clamshell
\$5.99/ea

Field Day
Organic Mild Cheddar Deluxe Macaroni & Cheese
6 oz
\$1.99/ea

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COVID-19: A Year of Evolution and Continued Updates



by **Kirsten Moore,**
Cooperative Services Director

March marks the one-year anniversary of the World Health Organization (WHO) declaring the COVID-19 outbreak a pandemic. While that is truly unfortunate, the science around COVID-19 prevention has evolved, and every day we learn more about how to keep ourselves and

each other safe while the pandemic continues. With a national vaccination drive underway and far from complete, we still have a responsibility to keep the Co-op a safe place to work and shop. If shopping online for pickup or delivery is not an option for you, public health experts recommend the following for shoppers in store:

- Planning ahead so that you can spend the least amount of time in the store as possible, and rescheduling your visit if you are sick or feeling unwell
- Keeping six feet of distance from others when you shop
- Wearing a proper face covering
- Avoiding touching your eyes, mouth, and nose
- Wiping down the handles of shopping carts or baskets before you shop (we have wipes for this)
- Practicing good hand hygiene, including washing your hands when you get home and after groceries are put away.

PLEASE REUSE BAGS WHEN YOU SHOP THE CO-OP

We now know that avoiding reusable bags is not necessary to prevent COVID-19. Last month we put out a reminder that reusable bags are welcome again at the Co-op, and also good for the Co-op! In addition to keeping disposable bags out of the landfill, reusing bags supports our bottom line while supporting your neighbors at the same time.

For every reusable bag you use, the Co-op saves 10¢ for the Double Dol-

lars Fund. The Double Dollars Fund provides Double Dollars incentive vouchers at the Co-op and participating local farmers' markets. The vouchers encourage those using Wisconsin FoodShare/QUEST in our community to shop locally by providing matching vouchers when participants use their EBT cards for their Co-op groceries or farmers' market purchases. Saving 10¢ for the Double Dollars Fund to support shoppers with low income is a much better use of Co-op funds than spending 17¢ on a disposable paper bag (or 34¢ on double bagging, which is often necessary). Your bag reuse really adds up to make a difference.

IT IS SAFE TO REUSE BAGS

Reusable bags were used 63% more prior to the pandemic than they are being used today, and that is because we stopped accepting reusable bags for several months based on former guidance and orders from state and local public health officials. At the beginning of the pandemic, it was unclear how the COVID-19 virus spread, and it was widely thought that surfaces played a larger role in COVID-19 transmission. The science has since evolved, and the U.S. Center for Disease Control and Prevention (CDC) says "the risk of infection by the virus from food products, food packaging, or bags is thought to be very low." In fact, Public Health Madison and Dane County encourages businesses to support the use of reusable bags. In a recent FoodFacts newsletter distributed to the industry: "customer use of reusable bags is not likely to increase the chance of COVID-19 transmission above the risks that are already present in [retail] environments."

WE WILL PACK YOUR REUSABLE BAGS TO KEEP THE LINES MOVING

When we wrote about accepting reusable bags in February, one customer wrote in to say that they would love to reuse bags, but they were concerned that bagging them on their own would slow down the lines. We also noticed this when we started accepting reusable

bags again, but refrained from bagging them ourselves. This past month, we started packing your reusable bags.

When we first started allowing reusable bags, the recommendations available to grocers suggested that while we could allow bag reuse, it was still a good idea for employees to refrain from touching reusable bags. Presently, we know that this is not necessary. As long as we are practicing good hand hygiene and regularly cleaning the register lanes, handling reusable bags is no different than handling the other objects placed on the register that have also been touched by others.

Allowing us to pack your reusable bags will better prioritize steps that play a more tangible role in preventing COVID-19's spread, such as keeping the lines at the checkouts moving and minimizing close contact between others. You will be able to move through the lines much faster when we begin to bag groceries for you while you are still unloading your cart. We hope that our move back to packing your reusable bags will further encourage you to use them!

WE ACCEPT REUSABLE PRODUCE BAGS TOO

Since we are now packing your reusable bags, we are also able to accept reusable produce bags. As long as they are clean, there is no difference between the two types of bags for our cashiers to handle. Reusable produce bags are also good for the environment and good for the Co-op's financial outlook, as prices for plastic and home compostable produce bags have recently increased.

ALL REUSABLE BAGS SHOULD BE CLEAN WHEN YOU BRING THEM TO THE STORE

The risk of getting COVID-19 from surfaces is so low that both the WHO and CDC report that there have been no confirmed cases of COVID-19 transmitted by touching food, food packaging, or shopping bags. But, that doesn't mean that it's impossible to spread COVID-19 or other germs from reusable bags. According to the National Institute of Health, COVID-19 survival is longest in aspartate, substantially less on impervious surfaces like plastic and steel, and shortest on porous paper, cardboard, and cloth.

That is why it is important that we keep the register lanes clean, and keep washing our hands and using hand sanitizer when handling your groceries and your bags. That's also why you should practice good hand hygiene and also keep your bags clean. Washing reusable bags is not only a good practice for COVID-19 prevention, but it's a good food safety practice as well.

TIPS FOR KEEPING REUSABLE BAGS CLEAN

The CDC currently recommends cleaning reusable bags before each use according to the manufacturer's instructions. Many public health officials across the country also cite the instructions provided by the American Cleaning Institute as best practices for reusable bag maintenance and food safety:

- Wiping the inside of insulated bags with a disinfectant or sanitizer, especially along the seams
- Labeling and using separate bags for raw meats, seafood, and produce
- Keeping food bags separate from non-food bags
- Making sure bags are fully dry prior to storing
- Storing bags not in use in a cool, dry environment, with good air circulation
- Refraining from storing unused bags outside or in a car trunk that does not have good temperature or moisture control

Reusable bags are meant to last a long time, but they too have a shelf life and can become too worn to continue using. For more information about safe bag reuse and tips for cleaning certain types of bags, download the American Cleaning Institute's "GRUB Flyer" here: www.cleaninginstitute.org/sites/default/files/assets/1/AssetManager/GRUB_flyer.pdf.

GOOD TIMES TO SHOP

If you're interested in avoiding crowds, you'll be happy to note that there are online resources available to help you decide when to shop. Our website now has the ability to tell you how busy each store is in real time. We recently started using a program called SafeCount to monitor customer counts and we are now confident it can provide you a good idea of current capacity. You can now find generalized live capacity information on our website's homepage, where the store locations and phone numbers are

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listed. (See below.) This tool can support your decisions for coming to the store right away, and for getting out of your car if you arrive in inclement weather and think that there might be a crowd to avoid.



Planning ahead to shop? Our Google Business listing has you covered, as they track popular times and can help you plan to shop on a schedule.

- Willy East—open 8am-8pm, <http://g.page/WSC-east>
- Willy North—open 8am-9pm, <http://g.page/WSC-north>
- Willy West—open 8am-8pm, <http://g.page/WSC-west>

Shopping when the Co-op is slower means you will have better luck

social distancing in the store, and it will support our employees in serving you more efficiently when there are fewer crowds. Also, we are still reserving hours before 10am for seniors and those who are immunocompromised, and we adjust capacity down during those times.

THANK YOU FOR WEARING PROPER FACE COVERINGS

This past month, Public Health Madison and Dane County adjusted their definitions of proper face coverings with the issuance of Emergency Order 13. Face coverings are currently defined as “two or more layers of breathable fabric that is tightly woven (i.e. fabrics that do not let light pass through when held up to a light source). A face covering does not include bandanas, single layer neck gaiters, face shields, goggles, scarves, ski masks, balaclavas, shirt or sweater collars pulled up over the mouth and nose, or masks with slits, exhalation valves, or punctures.” As per those orders,

and as preferred by our Board, management, and the employees’ union, proper face coverings that fully cover the mouth and nose are still required for all employees, customers, and business partners on Co-op property. If you have a medical condition that inhibits your ability to wear a proper face covering, you may speak with a Manager On Duty to learn what modifications to policy can be made to access our offerings. On behalf of all of us working for the Co-op, especially those of us who are here for full working days almost every single day, we thank all of you who have done your part to keep our employees and other customers safe by following the County’s orders while shopping in our stores and wearing your face coverings.

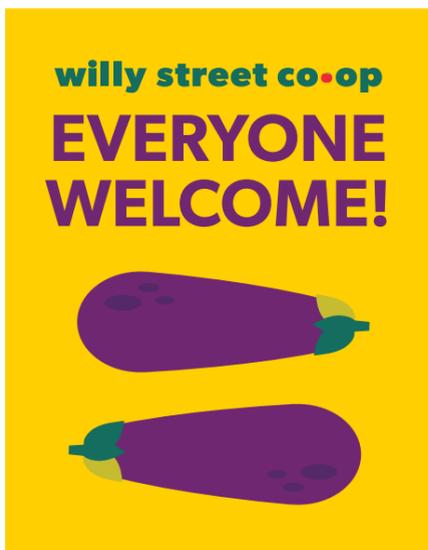
COVID-19 VACCINATIONS

The Co-op believes in the general safety and effectiveness of vaccination against COVID-19 and influenza, and we encourage employee vaccination to support a healthy workplace and a healthy community. Last fall, we offered on-site flu vaccination clinics for employees enrolled in our healthcare provided by Group Health Cooperative (GHC), and we will continue to offer support and opportunities for employees to get vaccinated and learn about prevention of the flu and COVID-19. In addition to the standard and extended COVID-19 leave options already available to employees, the Co-op has negotiated with the employees’ union flexible leave options for receiving COVID-19 vaccinations when they are eligible to receive them. We are also working with GHC to see if there are options to offer the vaccine on-site for employees. At the time of writing, the Co-op had already pre-registered

eligibility with Public Health Madison and Dane County and were awaiting further information and instruction to be provided. None of our employees were eligible to receive the vaccine based on employment at the Co-op (some may have been eligible to receive it for other reasons such as age). The State was anticipating opening up vaccinations to workers who qualify for Tier 1B around March 1. We hope to be able to report more regarding vaccinations and our ability to support employees who want to receive them next month.

A BRIGHTER FUTURE

What a difference a year makes. We have come a long way from constant long lines outside the stores, completely empty bulk aisles, only offering you paper bags to pack your groceries, and not being able to have all of our registers open. Because of the resiliency and creativity of the people who work here and our dedicated shoppers who have stuck with us throughout the pandemic, we have been able to maximize the capacity of our online shopping, pickup, and delivery options; provide safe social distancing as much as possible; maintain compliance with face covering guidelines; and evolve our thinking and practices around surfaces and the spread of COVID-19. Our work is not done, and together, we have learned so much. We appreciate the continued efforts of local officials to vaccinate our community, and we look forward to the time when we can offer a freer, more interactive cooperative experience once again. This one year anniversary is nothing to celebrate, but at least we can continue to celebrate working together for a brighter future.



Are you enrolled in the Access Discount Program?

It's time of year to renew your Access Discount!

Willy Street Co-op will be sending out renewal notifications to all current Access Owners at their email address on file or their last known mailing address.

To avoid a lapse in your enrollment, please stop by one of our Customer Service desks by March 31st, 2021 to fill out your renewal form.

For more information about the Access Discount Program please contact the Owner Records Administrator at **608-284-7794** or ora@willystreet.coop.

Information about the Access Discount Program can be found at the Customer Service desk and at www.willystreet.coop



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NEWS 3 NOW



FAST & SLOW

by Andy Gricevich, Newsletter Writer

Winter stretches on. Out of the deep cold and abundant, beautiful, inconvenient snows come the last weeks of frozen ground and damp chill. As we await the first new green shoots of spring and the return of birds and warm breezes, it can be comforting and nourishing to spend time in the kitchen. Maybe things are getting busier, though, as we prepare for a new season, and we want to feed ourselves and those around us without spending too much time in preparation and cleanup. If so, it's time to turn to the fast and the slow.

Slow-cookers have been around for a long time now; many of us remember the family crockpot, full of something that had been simmering away all day, on its way to the picnic or potluck, and you can find countless crockpot cookbooks from the 1950s in just about any used bookstore. Pressure cookers, with their ingenious employment of classical physics to speed up cooking time, also had a boom in the '50s, but stories about them exploding in kitchens reduced their popularity, which never quite recovered, even after safe models were developed. These days, however, both devices are all the rage, with digital, programmable models widely available, offering degrees of control that widen the possibilities of these tools.

Especially popular are the line of pressure cookers from Instant Pot, which can also function as slow-cookers, and feature all kinds of built-in programs for different applications. Like any pressure cooker, they work by creating a vacuum, which intensifies pressure, raising the boiling point of the water inside so that its steam gets hotter than it ordinarily could—thus cooking the food faster, and with less liquid than is usually needed. This has the additional advantage of locking in nutrients that ordinarily get partially lost through evaporation, or damaged by oxidation when exposed to air. You can make just about anything in these devices, as long as it's not dairy-heavy, since milk will curdle at such high

temperatures—though people say you can also make a perfect cheesecake in an Instant Pot.

Slow-cooking, on the other hand, merely applies low heat to food over a long period of time, without creating a vacuum. When it comes to full one-pot meals, most recipes that can be made via one method work fine with the other; in these cases, the difference is simply one of the timing that works best for a given schedule. There are, however, some things only one method can do well. Let's look at the wide range of things you can make with these convenient, energy-efficient kitchen tools.

BEANS

When it comes to dry beans, the pressure cooker is truly the only way to go. An incredibly nutritious food in general, beans also contain high amounts of lectins, compounds that can damage our gut lining. The best method for dealing with lectins in beans is to soak them overnight in a lot of cold water (ideally with a little baking soda mixed in), then to drain and rinse them before covering with fresh water and cooking, on high pressure and with a 15-minute natural release (before manually letting any remaining steam escape), for about 8

minutes, salting after cooking.

To get the equivalent of two standard 15-ounce cans of cooked beans, start with 1 1/2 cups dry beans. The pressure-cooked beans will be better and cheaper than canned beans. If you like, add seasonings to the pressure cooker before sealing it—say, some chopped garlic and onions, tomato and jalapeño for Mexican black beans, replacing some of the water with chicken or vegetable stock. There are also plenty of recipes online for Instant Pot bean soups, many of which use the device's "sauté" setting to fry onions or brown meat before adding everything else and switching to the pressure function.

While we're talking about beans, it's also worth mentioning that the Instant Pot is renowned for making perfect rice. The results are as good as what you get with a rice cooker, and it takes half as long.

CREAMY GRAINS

Here's a particularly pragmatic area in which to use a programmable pressure cooker. Dishes like risotto and polenta aren't particularly difficult to make, but many home cooks are put off by the necessity of constant, lengthy stirring. Pressure cooking reduces the work to almost

nothing. Generally, you briefly cook any base vegetable seasonings (like onion and garlic) on the sauté setting, add almost everything else, put the lid on, cook it on high pressure for 20 minutes or so, then stir in any final ingredients (cheese, greens) once it's done.

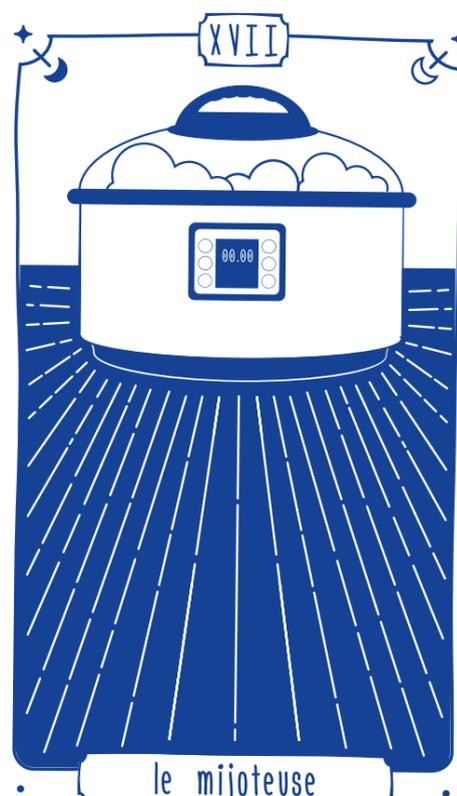
You can make firm or creamy polenta this way with ease (it may require a brief period of vigorous stirring at the end). For a healthier risotto, replace the traditional arborio rice with barley; it will be a bit more toothsome, but still creamy and satisfying, with a deeper flavor. Though you can make excellent crockpot oats, grains and legumes are generally where the pressure cooker really shines.

MEATS, STEWS, SOUPS, AND HEARTY STUFF

You can find plenty of recipes online for everything from pork ribs to steaks and whole chickens cooked in the Instant Pot. Many home cooks, however, miss the textures and flavors (as well as the control) we get from roasting a bird or grilling a steak. The pressure cooker is great at fast, tender ribs, and can handle a big piece of meat. For depth of flavor, though—and especially when it comes to meat braised or stewed with vegetables and seasonings—the slow-cooker is probably the better choice.

Your St. Patrick's Day corned beef and cabbage will be particularly delectable after a long, low simmer, the flavor of the cured meat and spices perfectly suffusing the cooking liquid and the tender cabbage. Chili is a crockpot classic; whatever your favorite recipe, slow-cooking is the way to go for perfect melding of meat, beans and spices.

For one of my favorite cold-weather slow-cooker dishes, try a not-quite-authentic Korean kimchi soup. Put some onions in the pot with a little oil and turn it on high, stirring occasionally until the onions soften a little. Add a bunch of kimchi, some fresh sliced carrots, and whatever else you like. I'll usually include diced pork shoulder or ham, or even hot dogs (believe it or not, a common ingredient in New York Koreatown res-



taurants). Some white or brown rice is good, as are diced sweet potatoes and shiitake mushrooms. Cover with water, set the heat to low, put the lid on, and walk away for four to six hours. When it's done, add some fresh kimchi and eat it. You don't even need stock; the kimchi gives this soup plenty of flavor, and the garlic, ginger and chili are wonderful, warming food medicine for this season.

Another favorite winter dish involving kimchi takes advantage of the pressure cooker. Use it to swiftly render sweet potatoes tender. In the meantime, sauté some hardy greens (like kale) with a lot of finely chopped garlic and a dash of salt. While that's cooking, make a fairly thick sauce with a little miso paste, thinned by mixing with some sesame oil and rice vinegar (or other vinegar). When the sweet potatoes are done, split them in half. Pour the sauce over them, pile on the greens, and top with a little kimchi. It's a perfect balance of sweet and sour, soft and chewy, the brightness of the probiotic fermented ingredients cutting the starchiness of the sweet potato, and the pungent garlic and deep green of the kale providing the architecture of the overall dish.

OTHER COOL THINGS

Make your own yogurt! Many digital pressure cookers have a setting that keeps milk at just the right temperature to help just the right microbes to proliferate and get the perfect silky texture. If you like yogurt and eat a lot of it, you'll never go back once you start making it yourself. All it takes is some high-quality milk (you can also make it with "alternative" products like almond milk) and some yogurt containing live, active cultures. There are plenty of instructions online to help you get it just right; it takes just half an hour or so and an overnight wait. You can use your homemade yogurt to start the next batch, too—though, after a couple of generations, the cultures will wear out, and you'll need to either buy some more yogurt or get a starter culture (available at your Co-op), which will last for many generations. Yogurt is one of the few probiotic foods whose microbes have been definitively shown to benefit our gut's native microbial population. Making it yourself deepens your relationship with the unseen allies in the food we eat.

Speaking of highly beneficial foods, the pressure cooker is also great for making bone broth. While pulling collagen, gelatin and minerals out of bone can take 12 hours of simmering on the stove, pressure cooking can do it in two! Just barely cover your bones (organic will contain more of what you want) with water, add a little cider vinegar and salt—and, if you like, some vegetable scraps, parsley, onion, garlic and/or ginger—put the thing on high for a couple of hours, let the pres-

sure release, and you're there. Bone broth benefits joints, nails, hair, skin and gut health, and is delicious on its own, or as the cooking liquid for soups, stews, rice, beans, or polenta. If you cook bone-in meat, pressure-cooking bone broth is a great way to use every part of your food—and it's much, much cheaper than buying pre-made broth at the store.

On the slow-cooker front, try making your own marmalade! You can make marmalade with any citrus—ordinary navel oranges, Meyer lemons, kumquats, even limes. We're just moving out of high citrus season now, but there should still be good fruit in your Co-op's Produce department to play with this month. If you're lucky, we'll have a longer-than-usual season for Seville sour oranges, the classic fruit for marmalade (they're also a traditional ingredient in marinades for pork in regional Mexican cuisine—another worthy slow-cooker treasure for tacos). In any case, marmalade is as easy as can be: chop the citrus, peel and all, into thin strips, removing the seeds, and put the fruit and juice in the slow-cooker with some water (about three to four cups per five oranges) and sugar (about three cups for the same proportions). Stir it and cook on high, covered, for two hours. Switch to low for six hours, stirring every couple of hours. Finally, take the lid off and stir it, then switch back to high temperature and wait for two more hours, until the marmalade is nice and thick. Then put it in jars and give a bunch of it away.

While we're on the subject of things people often give away as gifts, the Instant Pot, with its "keep warm" function, can also substitute for the trickier double boiler needed to properly melt beeswax and other ingredients for body lotion bars. The same goes for herbal salves. You can make either in about half an hour, and even make salves right in the jar! Using similar principles, some folks make natural, herb-infused cough syrup in their pressure cookers, as well as candles and crayons.

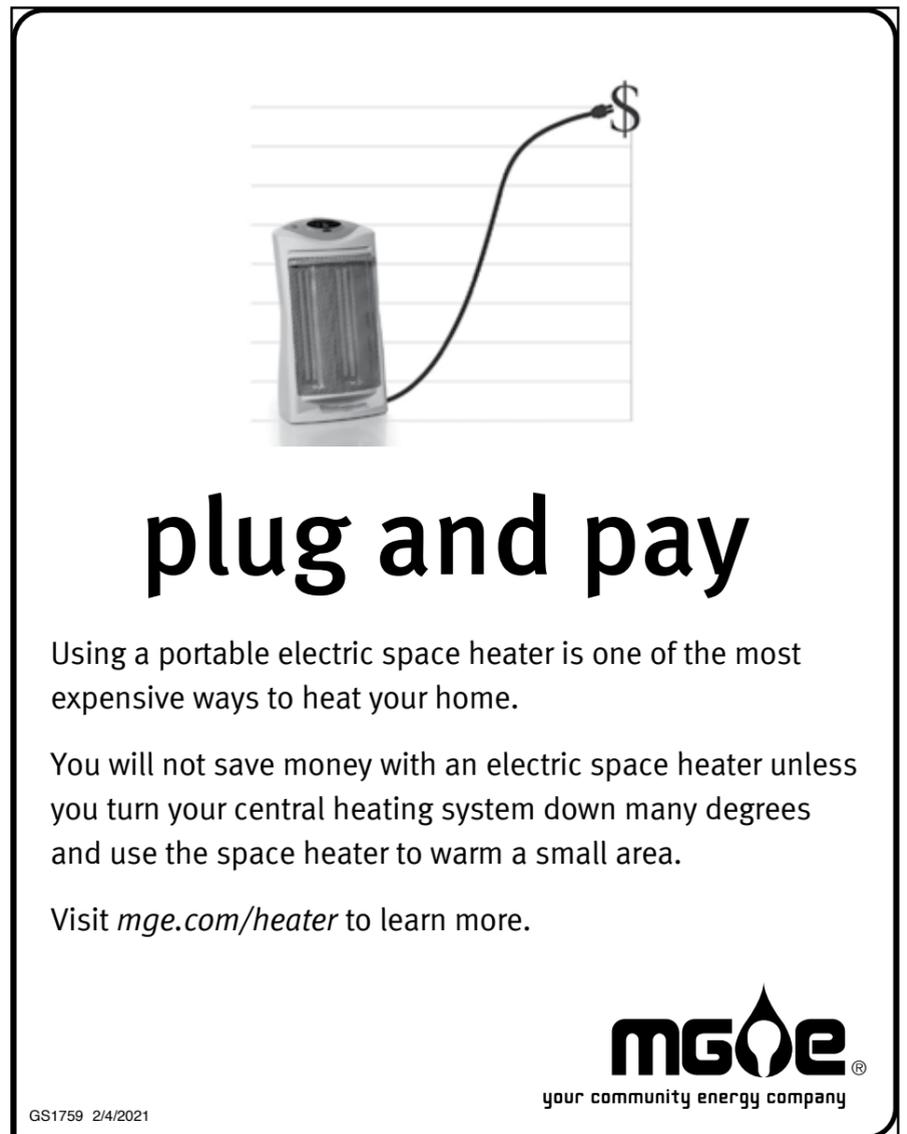
Many pet owners, finding out just how unhealthy even most "natural" pet food is for their animal friends, have taken to making their own pet food. The pressure cooker takes a lot of the labor out of the process of providing a dog or cat with a healthier, more natural diet. The range of possibilities seems to be expanding every day, with people using either a slow-cooker or pressure cooker as a humidifier, drastically speeding up the process of making vanilla extract at home, making slow-cooked cake, fondue, lasagna, fabric dye, roasted nuts, and more. From steaming vegetables to taking paint off small objects, enthusiasts of these devices are obsessively making them into nearly universal household standbys, fostering new hobbies at lightning speed, and savoring the pleasures and conveniences of both fast and slow.



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RECIPES

Springtime Polenta

Adapted from www.mynewroots.org

Snap up ramps when you see them; they make a very short appearance!

Prep. 45m
4 c. water
1 c. polenta
1 1/2 Tbs. butter
2 onions, chopped
1/2 lb. asparagus, cut into 1-inch pieces
1 c. peas
1 bunch ramps, chopped
1 lemon
1/2 c. Pecorino Romano, grated
olive oil
salt

Directions: Heat the water and a large pinch of salt in a large pot over high until simmering. While whisking, slowly pour the polenta into the simmering water. Continue to whisk for 2 minutes, then reduce the heat to low. Cook uncovered, for 30-45 minutes, whisking every 4-5 minutes, until no longer gritty and the consistency is smooth and creamy. If the polenta turns too thick, whisk in more water. Stir in the grated Pecorino.

Melt the butter in a large skillet over medium heat. Add the onions and a pinch of salt, and sauté about 10 minutes, until golden. Stir in the peas and asparagus, and sauté until just barely cooked, 2-3 minutes. If needed, add a tablespoon or 2 of water if the pan starts to dry out. Add the ramps, and toss to combine. Remove from heat as soon as the ramps are wilted, just 30 seconds or 1 minute. Squeeze half of the lemon on top, and season to taste with salt. Scoop a spoonful of polenta onto each plate and top with the vegetables. Drizzle with olive oil and serve with a wedge of lemon.

Warm Asparagus Salad with Basil and Mint Pesto

Adapted from www.sproutedkitchen.com

This salad is just as good served cold or room temperature.

Prep. 35m
Cook. 10m
2 cloves garlic
1 tsp. salt
1/2 c. walnut pieces
1 c. basil leaves
1/3 c. mint leaves
1/3 c. lemon juice
1/3 c. olive oil
black pepper
crushed red pepper flakes
2 c. brown rice, cooked
1 1/4 c. lentils, cooked
1 lb. asparagus, cut into 1-inch pieces
1/2 c. fresh chives, chopped

Directions: Combine the garlic, salt, and walnuts in the bowl of a food processor, and pulse a few times. Add the basil, mint, lemon juice, and a pinch of black pepper and red pepper flakes, and pulse once or twice to combine and roughly chop. With the motor running, add the olive oil in a steady stream, and process until combined, but still a bit chunky.

Bring a medium pot of water to a boil and blanch the asparagus pieces for 1 1/2 minutes. Drain and immediately plunge in an ice water bath to stop the cooking. Drain again. Place the brown rice and lentils in a serving bowl and toss to combine. Fold in the asparagus and some generous dollops of pesto, until everything is nicely coated. Serve topped with fresh chives.

Asparagus, Mushroom and Cheddar Tart

Adapted from www.themessybaker.com

Store-bought puff pastry forms a buttery and delicious, but super simple, base for this savory tart. Be sure that the pastry is completely thawed before starting the recipe.

Prep. 20m; Cook. 20m
1 puff pastry sheet
flour
1/4 lb. crimini mushrooms, chopped
2 scallions, chopped
1 Tbs. olive oil
15 asparagus spears
3 oz. aged cheddar, grated
2 fresh thyme sprigs

black pepper

Directions: Preheat oven to 425°F. Line a rimmed baking sheet with parchment. Gently unroll or unfold the puff pastry, and lightly dust with flour. Very lightly roll across the seams to create an even surface, and gently roll out to about 10 x 12 inches. Use a sharp knife to score a line an inch in from the edges. Prick the pastry with a fork all over inside this border. Transfer to the prepared baking sheet, and bake for 8-10 minutes, until the edge starts to puff up and the pastry is beginning to turn golden.

In a large skillet over medium-high heat, sauté the scallions and mushrooms in the olive oil until tender. Transfer to a dish. Sauté the asparagus in the skillet over medium-high heat, until bright green, but not totally tender. Remove from heat and set aside.

Remove the pastry from the oven and sprinkle with the mushrooms and scallions, staying inside the border. Top with half of the cheese. Sprinkle with the thyme leaves, then arrange the asparagus on top. Sprinkle with the remaining cheese and some black pepper. Lower the oven temperature to 375°F. Return the pan to the oven, and bake an additional 10-15 minutes, until the pastry is deep golden-brown, and the cheese is melted and bubbly. Serve immediately, while hot.

Green Garlic Crostini

Adapted from www.nymag.com

These crostini are topped with an easy, creamy spread that's loaded with spicy green garlic and tangy fromage blanc.

Prep. 10m; Cook. 10m
4 green garlic stalks, minced
8 oz. fromage blanc
salt
pepper
1 baguette, sliced
olive oil

Directions: Preheat oven to 400°F. In a medium bowl, combine the minced green garlic with the fromage blanc. Season to taste with salt and pepper, and set aside. Brush both sides of each baguette slice with olive oil and arrange in a single layer on a rimmed baking sheet. Toast in the oven until golden brown. Remove from oven, then spread a dollop of the green garlic spread onto each crostini. Serve immediately.

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.

Prep 3h 30m; Cook 45m
1 chicken
1 Tbs. olive oil
1 tsp. coarse salt
1/2 tsp. black pepper
3 thyme sprigs
1 green garlic, chopped
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.

Brown Butter Pork Chops with Sweet Potato and Brussels Sprouts Hash

Adapted from www.abetterhappierstsebastian.com

This is a fairly easy meal for two to whip up, but browning the pork chops in butter is a small extra step that makes this meal gourmet. Use a mandoline to make quick work of shredding the Brussels sprouts.

Prep 15m; Cook 20m
2 bone-in pork chops
salt

pepper
2 sweet potatoes, chopped
1 tsp. cumin
3 Tbs. olive oil
1 lb. Brussels sprouts, chopped
1 shallot, minced
1 Tbs. butter

Directions: Set the pork chops on a plate and season generously with salt and pepper. Set aside. Place the sweet potatoes in a saucepan and cover with water. Set over medium-high heat and bring to a boil. Reduce heat to a simmer and cook the sweet potatoes just until slightly soft, just a few minutes. Drain and set aside.

In a large skillet over high heat, warm 1 tablespoon of the olive oil. Add the drained sweet potatoes and season with cumin and salt and pepper. Sauté, turning occasionally, for 6 minutes. Transfer to a plate and set aside.

Add 1 tablespoon of the olive oil to the same skillet. Heat over medium-high heat. Add the Brussels sprouts and shallot, and cook, stirring frequently, until wilted, 3-4 minutes. Return the sweet potatoes and toss to combine. Cook until the sweet potatoes are heated through, then transfer everything to a plate, cover, and set aside.

In the same skillet you've been using, melt the butter over medium-high heat. Place the pork chops in the skillet and cook, undisturbed, for two minutes. Flip the pork chops and cook for another two minutes. Flip once more, and use a spoon or a pastry brush to coat the pork chops in melted butter from the pan. Continue to cook, turning the pork chops occasionally and coating in butter, until a thermometer reads 140°F when inserted into the thickest part of the pork chop. Remove from heat and let sit for 5 minutes, then serve with the Brussels sprout hash. Enjoy.

Portabella Fajitas

Adapted from www.kitchenlibrary.com

A very simple, yet satisfying meal. Most of this recipe's prep time is spent marinating the vegetables, which can be done in advance. This from-scratch meal requires little more effort than convenience food, yet tastes like home cooking. An added bonus is that we source our portabellas locally year-round! Prep. 45m

2 cloves garlic, minced
1/2 tsp. ground cumin
1 tsp. oregano
3 Tbs. lime juice
1 Tbs. olive oil
3 Tbs. water
10 oz. portabella mushrooms, sliced
1 bell pepper, sliced
1 poblano pepper, sliced
4 green onions, chopped
6 tortillas
1 lime

Directions: In a large glass baking dish, whisk together garlic, cumin, oregano, lime juice, oil and water. Add mushrooms, pepper and green onions. Thoroughly coat and set aside to marinate for 15 to 30 minutes.

Wrap tortillas in foil and warm in a 350°F oven for about 10 minutes or until soft. Transfer entire marinade mixture to a hot skillet and sauté over medium-high heat, stirring occasionally for about five minutes or until peppers are tender and most of the liquid has evaporated. To serve, spoon mushroom filling into warm tortillas, garnish with lime wedges.

Shiitake Pasta Primavera

From Willy Street Co-op

A delicious way to enjoy the healthy goodness of shiitake mushrooms

Prep. 20m
1 tsp. garlic, minced
2 c. broccoli, chopped
4 Tbs. butter
2 Tbs. flour
2 c. cauliflower, chopped
1/2 c. heavy cream
8 oz. shiitake mushrooms, chopped
1 1/2 c. chicken broth
1/2 c. white wine
8 oz. fettuccine
salt and pepper
1 c. Parmesan cheese

Directions: Boil enough water for the pasta in a large pot; have a large bowl of ice water ready. Add the cauliflower and broccoli to the boiling water, blanch for five minutes, then remove vegetables with a slotted spoon to the bowl of ice water and set aside. Melt the butter in a large skillet and sauté

mushrooms until they begin to brown, about five minutes. Stir in the garlic and cook a minute more. Sprinkle the flour over the mushrooms and stir to coat evenly; cook about two minutes. Add the wine or sherry and cook, stirring, a minute or two until absorbed. While stirring, add the broth; bring to a boil and then reduce heat to a simmer. Cook about 10 minutes, stirring often. Meanwhile, cook pasta according to package directions; drain well and keep warm. Add the cauliflower and broccoli to the sauce. Stir in the cream and heat through, being careful not to boil. Season with salt and pepper to taste. Serve over pasta, topped with cheese.

Chai-Spiced Crumb Coffee Cake

Recipe courtesy of Helene Dujardin from www.mytartelette.com

Cinnamon is the standard spice for topping a crumb coffee cake. This coffee cake keeps the crumb topping and spices it up a little more by using some of the same flavors that are found in chai, including cinnamon, ginger, cardamom and allspice. These spices really help to make the coffee cake memorable—and they also make you want to come back for a second slice.

Prep. 1h 30m
1 1/3 c. sugar
1/3 c. brown sugar
1/2 tsp. ginger
1 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. cardamom
1/2 tsp. allspice
3 1/4 c. all-purpose flour
1 1/4 c. butter
3/4 tsp. baking powder
1/2 tsp. baking soda
2 eggs
1 1/2 tsp. vanilla extract
2/3 c. sour cream

Directions: Preheat oven to 350°F. Line a 9-inch square baking pan with parchment paper or lightly greased aluminum foil. Start by making a crumb topping. In a small saucepan, melt half a cup of the butter. Remove from heat and set aside. In a medium bowl, combine 1/3 cup of the sugar, brown sugar, cinnamon, ginger, cardamom, allspice, 1/2 teaspoon of the salt, and 1 1/2 cups of the flour. Mix well. Gradually stir in the melted butter, using a large fork or spatula. When all the butter has been incorporated and the mixture looks like wet sand, squeeze small clumps together to make large crumbs ranging in size from that of a pea to that of a grape. Set the topping aside. In a medium bowl, whisk together remaining flour, baking powder, baking soda and the rest of the salt. In a large bowl, cream the rest of the butter and sugar together until light. Beat in eggs, one at a time, followed by vanilla extract. With a mixer set on a low speed (or by hand), alternately add in flour mixture and sour cream. When no streaks of flour remain, pour into prepared pan. Top evenly with crumb mixture. Bake at 350°F for about 45 minutes, or until a toothpick inserted into the center comes out clean. Cool on a wire rack before slicing.

Crunchy Thai Kale Salad

Adapted from www.minimalistbaker.com

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

Prep. 20m
1/4 lb. tofu
2 Tbs. sesame seeds
1/4 c. peanut butter
1 Tbs. soy sauce
2 Tbs. brown sugar
1 1/2 Tbs. lime juice
1/2 tsp. chili garlic sauce
4 1/2 c. packed kale
2 tsp. sesame oil
2 tsp. agave
1/2 c. radishes, thinly sliced
1/2 c. carrots, thinly sliced

Directions: Wrap the tofu in a towel and gently press out moisture. Let sit 5 minutes. Slice into cubes, then toss in the sesame seeds to coat. Set aside.

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



Staff Picks



JAMES

Paleo Mama Bakery Magic Bars

These little bars may be small but they are so good and so worth it! They taste so good that you will be shocked that they are paleo, gluten-free, and grain-free! I don't adhere to any of those diets, but every now and then I just have to buy a package of these. They have clean ingredients and are locally made—what's not to love! East and West only.



Ferndale Smoked Turkey (sliced from the Deli)

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



Milton Creamery Prairie Breeze

This is one of my absolute favorite cheeses we sell! I am always a fan of a sharp cheddar, and this one has a really wonderful bite to it while still being sweeter than a normal aged cheddar. It also has those little calcium crystals from the aging process that add a bit of crunch. I usually just eat it with crackers, but it goes great anywhere you would normally use cheddar!



Desert Essence Ultra Hydrating with Shea Butter Lip Rescue

It's that time of year... and time to make sure you have chapstick with you 24/7. I've been buying this particular chapstick for years and have no desire to ever switch or try anything new! It works very well and very quickly!



Guayaki Revel Berry Yerba Mate

I have one of these almost every morning and the Revel Berry is my favorite. The amount of caffeine in them is enough to wake me up and sees me through the whole day. I also love the flavor—it's honestly more like juice than tea, so if you're not sure about the tea aspect, give it a try anyway and you won't be disappointed! When they go on sale you can absolutely find me buying a case or two!



Feel Good Foods Chicken and Vegetable Egg Rolls

These are some of the best freezer egg rolls I have ever had! I really like both the chicken and vegetable varieties. They are awesome in the oven at home, or if you are lucky enough to have a toaster oven at work, they are perfect for lunch! I honestly can eat them plain, but a little bit of soy sauce is also perfect for these. They knock those mini egg rolls from other brands out of the park!



NOAH

Soul Brew Kombucha

Enjoy some outstanding kombucha while also supporting a Black woman-owned local business! The flavors are unlike any kombucha I've tried before. Worth every penny!



TARA

Klarbrunn Cherry Lime Sparkling Water

If you're trying to transition away from sugary drinks, especially soda, I think this is a great sparkling water to try that's on the less expensive side. It's fruity and refreshing with a bold cherry and lime flavor. I like to have it in my fridge at all times when I want something fun to drink during the afternoon slump. Grab one can to try in our beverage cooler!



ANGELICA

Hi Ball Watermelon

Hi Ball hit the sweet spot on this one. No sugar (thus avoiding the crash), yet easy to drink. By far, the most palatable Hi Ball. If you need a serious pick-me-up, this is your answer!



MEGAN

Yumbutter Superfood Almond Butter

The extra ingredients lend a unique taste and a burst of super food-energy. Elevates PB&Js, French toast, and celery.



STEFFRY

El Rey Lemon Nacho Tostaditas Chips

The nacho lemon flavor is DELICIOUS!!! They are great for dipping with my favorite Salpica Hot Chipotle Garlic, Off The Block Salsa, or just plain!



Salpica Hot Chipotle Garlic Salsa

The smoky garlic flavor is addicting! The salsa is not too chunky and not too runny. It really is the perfect salsa with the El Rey Lemon Nacho Tostaditas!



PATRICK

Sno-Pac Frozen Veggies, all kinds

When I need a frozen veggie, it's always Sno-Pac for me. The quality and "freshness" just seems to be a bit better than some others. Plus ALL Sno-Pac varieties are ALWAYS sourced from the U.S. Nothing from China or South America here.



MINDY

REBBL Vanilla Spice Protein

When roller derby practice ends late in the evening, I need post-exercise fuel, but I don't want to eat a full meal before getting into bed. REBBL has the calories and protein that I need without weighing me down. The ashwaghandha is an added bonus, helping to calm my body and my mind and allow me to get to sleep at the right time.



CAITLYN

Citra Solv Multi-Purpose Cleaner

Get your spring cleaning on with this high-quality, clean-smelling, plant-based, biodegradable multi-purpose cleaner.



KELLY

Quorn Meatless Patties

These Quorn patties are easy to make and taste great alone or as a sandwich. I can just pop them in the toaster oven and they're done in 20 minutes. My kids love them with honey and I love to make them into a sandwich. Good source of protein and soy-free. When they are on sale they are only 50 cents each so they make a nice cheap meal.



JOE

Siggi's Triple Cream Vanilla Icelandic Yogurt

When I indulge in yogurt, I look for a higher fat content. This one fits the bill, has simple ingredients, and tastes awesome.





BENJAMIN

Willy Street Co-op Organic Date Coconut Rolls

These are soft, chewy, and delicious! These rolls satisfy the craving for a sweet snack and they are an organic whole food.



KELSEY

Flipside Hats Face Mask

I have quite a few cloth face coverings at this point, and my favorites are from Flipside Hats. They are made of a soft material with a bit of stretch and constructed so that there is space between mask and mouth. The ear loops are stretchy enough to be comfortable but still keep the mask fitted to my face. They come in a variety of colors and patterns.



LAURA

Underground Meats 'Nduja

A spicy pork spread that is perfect with a slice of cheese on crackers. Careful, or you'll eat it all in one sitting! (Which I have never done... never.....)



Garden of Life Vegan D3 Spray

This is a super yummy and cost-effective way to get your daily dose of D3! Just one squirt gets you 1,000 iu for 125 servings per bottle! Double or triple the dose as you wish. The D3 is sourced from lichen instead of wool and is sweetened with stevia making this a low-sugar vegan treat. Pro tip: squirt this and Garden of Life's Vegan B-12 into your mouth at the same time...it tastes like cheesecake!



HAHNA

Booda Butter Daily Moisturizer

Booda Butter gets my skin through the long, dry Wisconsin winters. It's more effective than any other lotion/balm/butter I've used on my hands and it smells amazing. The unrefined organic cocoa butter gives it a light, natural chocolate aroma (I think it smells like brownies). I love that it's vegan, organic, fragrance- and dye-free, and only has five ingredients.



FORREST

Willy Street Co-op Pizza Dough and Pizza Sauce

Almost every week I find an easy, affordable meal to make using these locally produced products. I've found that the size of packaged dough and sauce makes two or more pizzas for a lot less than delivery. Best yet, you can clear out the leftovers in your fridge on top of a pizza! (Cooks well on a cookie sheet with oil. Put the cheese on last after 5-8 minutes of cooking time for best results.)

Acure Shampoo and Conditioner

This is absolutely the best shampoo and conditioner I've ever used. The shampoo gets your hair completely clean with a pleasant gentle fragrance. Its 100% vegan and free from chemical additives some conventional shampoos use. The conditioner is nothing short of amazing, apply a small amount to your hair and then add a tiny bit of water before finishing to rub it in. Leave it in for 2 minutes or more for the best results. It rinses out easily unlike other conditioners I've used and leaves your hair moist, silky, and not bogged down. After switching to Acure you'll never want to use anything else again!



SHANNON

TDE Tangerines

These tangerines are simply magnificent. I believe their bright flavor is best enjoyed in the bowels of winter, to alleviate the symptoms of SAD (S.easonal A.ffective D.isorder). They also remind me of the record label Top Dawg Entertainment (T.D.E.).



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.



PIPER

Willy Street Co-op Fudgy Flourless Brownies

Crisp, crunchy top, rich fudgy chocolate middle. They are my favorite brownies in town! And they are GF!



AMANDA

Renard's Cheese Original Cheese Curds

These curds are squeaky fresh, and if you are from Wisconsin you know what I mean. We get these local curds in weekly on Wednesdays. These come from Door County and I have been eating them since I was a kid traveling to visit family in Baileys Harbor. Now I don't have to travel so far, they come to us.



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Your \$300 bonus will be deposited into your new non-interest bearing account within 90 days after you complete these three easy steps. Of course, you'll need to keep your account in good standing and actively use your new account and services (5+ transactions per month). We really just want to be your bank. While we truly value our current clients, this special offer is only available to households that have not received a similar bonus in the past and don't currently have a checking account with us. Offer expires on December 31, 2020.

BONUS OFFER Use your New Monona Bank Visa® Credit Card to Earn \$100 in Points!

Just make \$1,000 in qualified purchases in the first 120 days on your new Monona Bank Visa® Credit Card, and we'll give you an extra 15,000 ScoreCard® Rewards points which you can redeem for \$100.

- No Annual Fees and very competitive rates.
- 24/7 Fraud Protection with text, email, and phone alerts.
- SecurLOCK™ Equip lets you easily lock/unlock your card.

Special offer valid on all new credit card accounts opened on or before December 31, 2020. Bonus ScoreCard® Rewards points will be added to your account within 60 days of the end of the promotional period. You must be 18 years of age or older to apply.

VISIT mononabank.com TO FIND A LOCATION NEAR YOU.

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

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Community Room Classes have begun again virtually. See page 6 for listings.