

willy street co•op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 49 • ISSUE 3 • MARCH 2022



Gifts of the Sugarbush

IN THIS ISSUE

The Future of Prepared Foods at Willy Street Co-op;
Women-Owned Businesses; 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.

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

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

All Juice & Coffee Bars: Varies by store; Please call for today's hours

Deli: Store open-9:00pm

Meat & Seafood: Store open-8:00pm

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

Jeannine Bindl, President
Sarah Larson, Vice President
Brian Anderson
Tatiana Dennis
Michael Chronister
Gigi Godwin
Ann Hoyt
Carol Weidel
Ashwini Rao

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

BOARD MEETING SCHEDULE

March 23, 2022

April 27, 2022

June 22, 2022

July 27, 2022

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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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!

DECAF

Q: I am hoping to have some input of the stocking level of Just Coffee's decaffeinated coffee in bulk at the Middleton store. Nearly every time I have come in to shop in the last 6 months my attempt to purchase a pound each of Just Coffee's decaf dark and decaf light in bulk has been met with empty bins. Is it possible to contact Just Coffee and address what seems like a very consistent out of stock issue. Granted, coffee outages, especially decaffeinated coffee, are not as critical as missing produce or cheese but it seems like it might be easy to fix. Thanks for your help. We love the Coop.

A: Thank you for your comments and questions. I appreciate you letting us know about this problem. I am going to reach out to Just Coffee and ask them to do a better job of keeping these Bulk decaf coffees in stock for you. I am sorry you have been making the trip to Willy West and the Just Coffee decaf coffees you would like to have there have been missing. Hopefully letting them know about these out of stocks will solve the issue. -Dean Kallas, Grocery Category Manager

BULK MUSHROOMS

Q: When will you be bringing back bulk button mushrooms? I don't want to buy my mushrooms in a plastic container. Seems like this isn't a COVID issue since you're selling crimini mushrooms in bulk. Thank you.

A: Thanks for writing! We did actually bring back bulk button mushrooms for a time, from August of 2021 until October. The sales were very very low at all three stores, and because button mushrooms deteriorate and turn brown very quickly in the bulk displays, we found that we ended up throwing out or discounting more than we were able to sell. The crimini mushrooms sold much better, so we have kept those, but unfortunately we had to discontinue the bulk buttons.

Yours is the first customer request that I've gotten asking for the return of the bulk buttons. I'll definitely keep an eye out for more requests and bring them back if it seems like

there's enough interest to make it a viable offering. Thanks! -Megan Minnick, Purchasing Director

WILD RICE

Q: Do you carry wild rice that has been harvested from tribal sources?? I wish to make gifts to Native American speakers and would like to have the wild rice tribally harvested. Thanks

A: Thank you for your question and comments. We have carried wild rice from White Earth, but we have not been able to get any since 2020. I talked with our supplier from the Intertribal Agriculture Council and he said that the U.S. Government has been paying Indigenous people a great price for their rice to help feed people, thus the lack of supply. I am sorry we do not have any wild rice that fits your description.

I appreciate you letting us know what you are looking for at our stores! -Dean Kallas, Grocery Category Manager

GIRL SCOUT COOKIES

Q: A couple of years ago our Girl Scout Troop held a cookie booth at your store. Are you doing those this year? If so, how do we signup? We had a lovely experience the last time we were there!

A: Thank you for reaching out to the Co-op with your inquiry. You can find our tabling policy here: www.willystreet.coop/about-us/store-policies. Please look it over and let me know if you have any questions that I can answer for you. As you can see, each troop is allowed two "tabling" opportunities per cookie sale season. I would be happy to help you find some dates that might work for your troop and get those dates and times scheduled for you. Take care, Katie O'Connell-Jones, Owner Resources Coordinator

BULK

Q: I have read that sales of bulk items is down. Bulk is one of my favorite categories at the co-op because it saves me money, I can get the quantity I want, and I can consume less packaging. There are not many places that bulk is available, and it is one of the main reasons I shop at that co-op. I would hate to see it reduced or removed.

I like to take advantage of sales, but also limit my time in any store, so I do my research and make a list at home for what I'm going to buy and try to remember to bring my containers with me.

I've noticed when I'm in the store that there are usually a few bulk items on sale. However, those sales rarely show up on the Owner's Rewards or Co-op Deals listings. For me, I would like to know about the sales before I come. For others, maybe having sale bulk

items listed would bring more attention to the area and bring more sales. Just like there is a section for Produce and Grocery on the Owner's Rewards sale flyer, perhaps there could be a Bulk section, too.

I've also noticed other items on sale in the store that don't appear in the promotions. Is there any way to see those online? Since I am limiting time in the store, I usually just go to the areas of the items on my list, so I'm sure I miss some of those.

A: Thank you for your comments and questions! While it is true that our Bulk departments have shown a decline in sales over the past few years, we have no plans at this time to reduce or remove the section from our stores. I agree that we all use less packaging when shopping in Bulk, which is a great reason to do so.

Unfortunately, we do not always have many promotional opportunities coming our way on Bulk items, so creating a mini section for them in our sales flyers has not been feasible. Many of the products we have on sale do not make it into our promotional flyers, since there is limited space.

It is understandable that you want to make your shopping trips as efficient as possible. One way to see the items on sale that might work for you is using shop.willystreet.coop to look them up. If you hit the Shopping tab up top on the left, between the Home and Recipes tabs, that will take you to a different view, which has filters in the left column. There is one there to click on for "All promotions" and that will take you to a section that has Bulk Food listed as an option to choose from.

The only caveat to using this search tool is that our e-commerce shopping is done out of our North store, so the items listed would be carried there. It looks like you shop primarily at Willy West, and although our North and West stores have a lot of overlap on what they carry, it will not be a perfect match per se. I hope this helps! -Dean Kallas, Grocery Category Manager

DRYLAND RICE

Q: I love rice, but haven't bought any in years, to avoid paddy-grown rice, because of the methane emissions. I'd love to buy dryland rice (also known as upland rice), but I can't tell which of the rice offerings are dryland. My guess is that red rice and black rice are grown without paddy cultivation, but the bulk section does not include this information on the labels. Please help me choose a dryland rice.

A: Thank you for your comments about our rice selection! We do not carry any dryland or upland rice to my knowledge, but one of the com-

panies we work with, Lotus Foods, has been doing something very similar. They call it More Crop Per Drop and it is based on the System of Rice Intensification (SRI) that was originally developed in Africa.

The cooperative growers for two of the rices we carry from them are using this method for cultivation. Those rices can be found in our Bulk section at Willy West and they are: PLU 2907 Organic Brown Jasmine Rice and PLU 2906 Organic White Jasmine Rice.

I appreciate you reaching out to let us know what you are looking for at our stores! -Dean Kallas, Grocery Category Manager

FIVE STARS

Q: I am giving you, the store and your personnel, five-stars for the way you have handled, and are handling, the Covid stresses on the store. I shop at your North store. I am very happy to be a member. -A Happy Customer

A: Thank you for sharing your positive feedback with us! I've passed it on to our entire workforce to enjoy. Take care! -Kirsten Moore, Cooperative Services Director

DIVIDENDS

Q: Someone mentioned to me that I should be receiving dividends, but I never have, even though I am a long-time member. No big deal, but can you fill me in on this? She said that over the years, it ended up paying for her owner fee. I think I have FOMO.

A: Great question, thanks for asking. The patronage refund is something that the Co-op has only had the pleasure of offering to Owners three times in its history. It is possible that the Owner you talked to shopped enough that the times they did receive patronage made up for the cost of their equity payment. The last patronage refund was back in 2014. We are only in a position to offer patronage refunds when the Co-op is more profitable than expected in a given fiscal year and we are not currently working on projects that reinvest in the cooperative. By Principle 3, Owner Economic Participation, the economic benefits of a cooperative operation are either returned to the Owners, reinvested in the Co-op, or used to provide Owner services. Since 2014 the Co-op, by vote of the Owners, has remodeled its East location, added our North location, and expanded our West location. Shortly after, the pandemic began, which has also changed our financial landscape over the last few years. For these reasons, we have not been in a position for the board to approve patronage refunds. -Kirsten Moore, Cooperative Services Director

NO HATE

Q: You have flyers for Sisters

4 Sisters, a trans-exclusive radical feminist gathering (www.sisters-4sisters2022.com/), hanging on the notice board on at least one of your locations. (I have photos, but can't attach them here.)

It was only a year or two ago that TERFs were harassing trans people outside your stores. At the time, you stated a commitment to protect trans people as valued members of the Willy Street Co-op community. So this is particularly distressing to see.

Is trans-exclusive hate speech in line with your values as an organization?

Do you regularly allow hate groups to flyer at Willy Street Co-op, or is this an oversight?

What do you view as your commitment, practically speaking, to trans members of our community?

I enjoy shopping at the co-op and I want to believe that trans people are welcome there, and that your stated values are not talking points. I don't want to have to shop elsewhere. Thank you.

A: Thank you for bringing this to our attention. We absolutely do not allow hate speech to be posted on our Community Posting Boards. We did not see the flyer during our regular check earlier this week, and it was not on the board at Willy East this morning. Posters are not required to be approved by staff, but we do monitor the board to make sure community members are following our Community Posting Board Policy. That said, we can remove discriminatory messages from the community posting board faster when we are alerted to their existence in person in the moment.

You can always go to the Customer Service desk and ask to speak with a Manager on Duty to inform them when people post inappropriate things on our property.

Thank you again, for bringing this particular flyer to our attention. -Liz Hawley, Education and Outreach Coordinator

CHIPPING

Q: I am so proud to be a member! I always chip because I regard this as a small part I can do to support our community. The article in the newspaper today showed just how powerful these contributions can be. We need to spread the word about this. Every time I hear someone say they won't chip I wonder if they understand the benefit for just a few pennies. Maybe more in-store information would be helpful.

A: Thank you for the thoughtful feedback. I have shared it with our Communications Director Brendon Smith. All new Owners are given information about Community Shares of Wisconsin, the umbrella organization for 70 local nonprofits that benefit from the Community CHIP program, and in addition to having brochures about Community Shares in store, we also frequently run slides at the registers and ads in our Reader about the organization, as well as share stories about their work through our social media. People have different reasons to CHIP or not CHIP, and we consider those both personal and financial choices for our customers to make. We certainly appreciate all the people who consider the work of Community Shares and their member nonprofits a worthy cause to support whenever

they have the means to do so. Thank you so much for your frequent contributions! -Kirsten Moore, Cooperative Services Director

HAVE A GOOD ONE

Q: Please work with cashiers to say "thank you" instead of "have a good one"—that is too low key and doesn't satisfy after spending lots on groceries. Thanks!

A: Thank you for your thoughts, I have shared them with our Front End Manager at West and our HR Director. In our current customer service training we talk about how to end a transaction with a customer, and how expressing appreciation for a person's choice to shop with us or wishing the customer well when they leave is important. We talk about how to express gratitude or well wishes in our own words instead of using a script, because we want to put a personal touch on the service we provide. We have always considered "have a good day" or "have a good one" an acceptable form of closure because it wishes the customer well. We will certainly keep your feedback in mind for future consideration. Take care. -Kirsten Moore, Cooperative Services Director

SHOUT OUT

Q: This is a shout out to the central kitchen and its forthcoming seventeenth anniversary on Main Street. The first day of production was on April 8, 2005, and the kitchen staff had time for an open house on the same day. An online archival report added an interesting note about the events of the day that just might now be little known. The Wisconsin State Journal published an article on April

7 stating that one function of the kitchen was to serve as a processing facility for the Wisconsin Home-grown Lunch Program. That meant the kitchen staff was processing fresh vegetables from area farmers for local school and hospital lunch programs.

That was the first and last online archival report on the kitchen's participation in the Wisconsin program. Now I'm curious. What happened to the kitchen's involvement? And to bring the history up to date, how is the central kitchen expressing its support for school and hospital meal services in the pandemic era?

A: Thanks for the shout out! When we opened the Kitchen we planned on it serving at least two Co-op stores, although the second store did not open until 2010. We wanted to use the Kitchen to its full capacity and so we offered to process local produce for institutional use at a price reasonable for a small operation such as ours. A few schools took us up on our offer and we prepped vegetables for school snacks. The REAP Farm to School Snack Program took over the operation and Kitchen production time was taken over by serving two stores and a growing catering program. Our Kitchen, like the stores, has been affected by labor challenges over the course of the pandemic and has focused on keeping the stores stocked with prepared foods. As we recover from the effects of the pandemic, we will once again be open to partnerships like these as long as they do not endanger the consistent delivery of products to our stores.

If you have any other questions feel free to reach out. -Dustin Skelley, Prepared Foods Category Manager

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

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GENERAL MANAGER'S REPORT

Union Contract Negotiations; & More!



by Anya Firszt, General Manager

Hello March! Hello Spring! Lion or lamb? March is the first of the three months that make up spring; spring starts March 1 and ends on May 31. March 20 marks the spring or vernal equinox. Spring is on the calendar; spring-like weather remains to be seen.

UE WILLY STREET CO-OP CONTRACT NEGOTIATIONS

Last month, we began contract negotiations with the United Electrical, Radio and Machines Workers of America (UE) for our second contract. We had some productive discussions in the first week of bargaining and came to tentative agreements on a number of topics, mainly non-economic. The second week we began on the economic items. At press time, we were in the process of bargaining. There were no additional updates to share at the time, rest assured, we will continue to bargain in good faith to address the remaining issues in a way that is agreeable to both parties.

I wanted to take a moment to thank those of you that reached out to me directly or submitted comments voicing your care and concern for our employees.

MASK MANDATE UPDATE

Two years ago, the pandemic outbreak changed how we did business. We continue to operate under many of the same protocols that were put in place in March 2020 to keep our staff and customers safe.

Public Health Madison & Dane County announced last month that their Face Covering Emergency Order #7 will expire March 1, and face coverings will no longer be required to be worn in indoor public spaces.

We know that the pandemic is not over yet, and we are committed to continuing to do what we can to protect the health and safety of our owners, customers, vendors, and employees. We strongly encourage our customers to continue to wear a face covering while shopping at the Co-op, but as of March 1 that is a request and not a requirement. Following discus-

sions with our employee union, we are maintaining our Employee Face Covering Policy that requires staff to wear a face covering while working for the safety of their customers and fellow co-workers.

DEI UPDATE

The Co-op and Step Up: Equity Matters launched the Uprooting Bias Online Challenge for staff last last calendar year. The online self-paced challenge teaches about the inherent biases all people from all walks of life possess and how to recognize, own, and disrupt them to make meaningful change. The names for these sessions are Uprooting Bias Online Challenge (UBOC) and Uprooting Microaggressions Online Challenge (UMOC).

The expectation is that all staff including managers will complete these trainings by April 30, 2022. New hires are added on a monthly basis with the same expectation for completion within 15-weeks from their date of hire.

Also late last fall, the Board and senior management worked together with Step Up: Equity Matters to draft vision and mission statements, and identify strategic goals that included DEI initiatives. The three areas of focus that management is working on to include DEI initiatives include Employee Engagement and Development, Retail and Supply Chain, and Member and Community Engagement. This work is being developed in 2022 for implementation later in 2022 and into 2023.

And finally, we have created a diversity, equity, and inclusion (DEI) page on our website. This page will include updates on our DEI work, strategic goals, process and timeline milestones, ways to get involved, and resource links. You can check out the new page at willystreet.coop/DEI.

ON THE HORIZON

Willy Street Co-op will be the host co-op for the 2022 Up and Coming Conference May 19-21. This conference is for those people working to open a new food co-op and those operating a newly opened food co-op; offering attendees networking, collaboration, and operational and Board development opportunities. The conference is coordinated by Indiana Cooperative Development Center (ICDC) and Food Co-op Initiative (FCI). Stay safe, stay healthy.

BOARD REPORT

The 33rd World Cooperative Congress



by Ann Hoyt, Board Member

Early last December, 500 brave souls from around the world got vaccinated, boosted, and tested to brave the pandemic and attend a cooperative conference. An additional 1,500 people joined the conference online. What, you might ask, would generate such a high level of international participation in a cooperative conference? It was an opportunity to explore how to live the values and principles that are the shared identity of the cooperatives throughout the world. To provide a sense of scale for this enterprise, there are about 3 million co-ops in the world that are owned by about 790 million co-op members.

The event was the 33rd World Cooperative Congress sponsored by the International Cooperative Alliance (ICA). ICA is the global steward of the internationally accepted Statement of Cooperative Identity which describes the values, principles, and definition of cooperative businesses. The goal of the 2021 Congress was to focus the cooperative movement on exploring and deepening its identity by “examining its values, strengthening its actions, committing to its principles, and living its achievements.” From my perspective, the presentations focused primarily on the cooperative values of self-help, self-responsibility, democracy, equality, equity, and solidarity, and our commonly held ethical values of honesty, openness, caring for others, and social responsibility. The statement is the combination of fundamental moral and ethical values and principles that guides all cooperators when we need to make difficult decisions. It is the essence of who we are.

Martin Lowery, the Chair of

ICA's Identity Committee and the force behind the Congress, has explained, “There's something unique about people who are attracted to the cooperative enterprise that doesn't show in any sort of obvious way; it shows more in the subtlety of [their] relationships. There's a sense of wanting to collaborate, a sense of kindness, a sense of caring for one another... There's a commonality there, a commonality of humanity, of a sense of belonging and caring for one another that one doesn't always find in society.”

MAJOR THEMES

In focusing on our identity, the Congress was informative, vibrant, and inspiring. Here are some of the major themes that came from it: there are many and clear opportunities to increase inclusivity throughout our co-ops; we have increased needs for culturally relevant education and training regarding our cooperative identity in a variety of formats; and climate change demands a new socio-economic model that lies in multilateralism and cooperation. These and other themes were consistent with the nearly 100 year ICA commitment to fostering peace. That is, not only ending overt violence, but creating communities of cooperation and integration, reconciliation, and equality.

THIS IS OUR MOMENT!

In sum, there was a sense of urgency throughout the Congress. To quote one of our speakers, “The time for talking is done. The time for action is now.” And to quote a wise teacher, “I wish we could learn to love ourselves less and our children's future more.”

You can read more about the Congress at icaworldcoopcongress.coop/stories.

You can find the Cooperative Identity Statement at www.ica.coop/en/cooperatives/cooperative-identity.

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Community Room Class Calendar

Visit www.willystreet.coop/events to register and review COVID-19 Protocols.

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@willystreet.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.



PATE À CHOUX WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, April 6, 6:00pm–8:30pm
Location: Willy East Community Room
Wednesday, May 4, 6:00pm–8:30pm
Ages: 12 and older; adult supervision required
Instructor: Pierre Ferland

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

Join Chef Pâtissier Pierre Ferland in this class to learn how to make classic pastries such as éclairs, Paris Brest, and choux (cream puffs) as well as pastry cream and other fillings. From mixing to baking, this class will cover everything you need to know to make these classic French pastries.



COOKING WITH CHEF PAUL: SUSHI AND SPRING ROLLS

Location: Willy East Community Room
Thursday, March 3, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 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! Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: SPRING GREENS

Location: Willy West Community Room
Thursday, March 17, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

After a long, cold winter has passed, it's time for early spring greens! Join Chef Paul to learn a variety of ways to enjoy the first greens of the season. The menu will include: Spring Green Quiche or Pie; Spring Salad with Lentils & Nuts; and Easy Stir-Fried Greens with Bacon & Egg. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: SPRING GOODNESS BRUNCH

Location: Willy East Community Room
Thursday, April 7, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

Spring is here, so let's enjoy the ephemeral local greens while they're here—ramp, pea shoots, and spring onion. Join Chef Paul for a menu of Green Frittata, Poached Eggs with Green Pesto, Potato Salad with Bacon & Greens, Pickled Radish, and Sautéed Greens. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: DUCK DEMYSTIFIED

Location: Willy West Community Room
Thursday, April 14, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

Feeling intimidated by the prospect of cooking duck? Join Chef Paul for a class to learn how! He will show you the proper way to fabricate duck and the cooking techniques to apply to this type of poultry. On the menu: Duck Breast with Citrus Sauce; Orange, Cranberry, Walnut Salad; Duck Confit; Curry Rice with Duck; and Soba Noodles with Duck. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: OCEAN DELICACIES

Location: Willy East Community Room
Thursday, April 28, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

The ocean provides abundant resources, not just fish and shellfish but also sea vegetables—kelp, dulse, wakame, nori, and more. Join Chef Paul for a menu of ocean delicacies, including Fish Fillet with Wakame Salad, Nori-wrapped Shellfish, Soup of Sea Vegetables, Ocean Rice, and more! Ingredients/recipes may be modified based on seasonal availability.



COOKING TOGETHER: FLAVORS OF THE PHILIPPINES

Location: Google Meet
Friday, March 11, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! 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 a delicious dinner inspired by the flavors of the Philippines—luscious Lumpia, glorious Ginataang Gulay, popular Pansit, tantalizing Turonm, and more may be explored.

COOKING TOGETHER: FLAVORS OF ARGENTINA

Location: Google Meet
Friday, March 25, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! 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 cook an awesome meal inspired by the flavors of Argentina.—enticing Empanadas, celebrated Chimichurri, comforting Carbonada, ambitious Alfajores, and more may be explored.

COOKING TOGETHER: FLAVORS OF SICILY

Location: Google Meet
Friday, April 8, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! 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 create a scrumptious spread inspired by the incredible Italian island of Sicily. Ambitious Arancini, Caponata, popular pasta, a creative take on Cannoli, and more may be explored.

COOKING TOGETHER: FLAVORS OF SOUTH KOREA

Location: Google Meet
Friday, April 22, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. Contributors in this class will create a keen supper inspired by the flavors of South Korea. Savory snacks, beloved Bibimbap, glorious gochujang, majestic matcha, and kimchi may be explored.



KIDS IN THE KITCHEN: KOOKY QUESADILLAS

Location: Google Meet
Tuesday, February 1, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–12 years old
Fee: \$10 for Owners; \$20 for non-owners

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. Almost all kids love quesadillas, and in this class we'll be making offbeat kooky kinds of this Mexican staple. Hawaiian BBQ Quesadillas, Loaded Breakfast, Quesadogas, or Cheesecakeadilla—which weird one will be your favorite?

KIDS IN THE KITCHEN: RAINBOW RECIPES

Location: Google Meet
Tuesday, March 1, 5:00pm–6:00pm



Instructor: Lily Kilfoy
Ages: 5–12 years old
Fee: \$10 for Owners; \$20 for non-owners

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class. Some people think that March brings magic and rainbows. In this class, participants will prepare rainbow recipes and create a magical meal by using a kaleidoscope of ingredients. Red bell peppers, orange sweet potatoes, yellow lemons, green kiwi, blue blueberries, and purple eggplant—what other colorful foods can you think of?

KIDS IN THE KITCHEN: LUCKY TREATS

Location: Google Meet
Tuesday, March 15, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–12 years old
Fee: \$10 for Owners; \$20 for non-owners

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. We’re feeling fortunate that spring is just around the corner, and we are ready to celebrate! In this class, participants will prepare multiple recipes for lucky treats. Mint Chocolate Chip Cookies, Shamrock Shakes, Lucky Pops, or Irish Apple Cake—which one will be your favorite?

KIDS IN THE KITCHEN: PANCAKE PRANKS!

Location: Google Meet
Tuesday, April 5, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–12 years old
Fee: \$10 for Owners; \$20 for non-owners

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. In this class, participants will prepare pancakes that will play tricks with their taste buds. Get adventurous with avocado, zest in zucchini, sneak in chickpeas, go bonkers with beets?! Have a blast hiding nutritious ingredients in a variety of pancakes.

KIDS IN THE KITCHEN: RAINY DAY RAMEN!

Location: Google Meet
Tuesday, April 19, 5:00pm–6:00pm
Instructor: Lily Kilfoy
Ages: 5–12 years old
Fee: \$10 for Owners; \$20 for non-owners

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. These days almost all kids love ramen, but how many know how to make it from scratch with soy sauce, sesame oil, miso, and more? In this class, participants will find out how to flavor this fantastic noodle soup from Japan.



BASIC KOMBUCHA BREWING FOR BEGINNERS

Location: Willy West Community Room
Tuesday, April 19, 6:00pm–7:00pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano

Fee: \$35 for Owners; \$45 for non-owners

Join Vanessa Tortolano, the original co-founder of NessAlla Kombucha, to learn the basics of beverage fermentation and how to make your own probiotic Kombucha at home. Class includes a kit with everything you need to start your first batch of Kombucha.

KOMBUCHA II

Location: Willy West Community Room
Tuesday, April 19, 7:15pm–8:15pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano
Fee: \$25 for Owners; \$35 for non-owners

Already know how to brew kombucha? Curious about what you can do with extra SCOBY? Want to know what can be made with the vinegar? How do you fix mistakes and brews that aren’t quite right? Join kombucha brewer and expert, Vanessa Tortolano for this intermediate class on troubleshooting, innovative ways to use your kombucha, and how to make other products. Basic Kombucha Brewing for Beginners not required, but basic kombucha-brewing knowledge recommended.



HOLISTIC FATS

Location: Zoom
Wednesday, March 16, 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. 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.

SMOOTH MOVES

Location: Zoom
Wednesday, April 13, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Learn how to overcome constipation for yourself or a loved one (kids included) without laxatives or other harsh approaches. Katy Wallace, Traditional Naturopath of Human Nature, will explain the foods, seasonings and lifestyle practices that relieve constipation and address underlying digestive imbalances.

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.

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
Wednesday, March 23, 1:30pm–4:45pm
Tuesday, April 26, 1:30pm–4:45pm
Location: Willy West Community Room
Tuesday, March 8, 1:30pm–4:45pm
Wednesday, April 20, 1:30pm–4:45pm

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.



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- Find energy-saving tips and resources.
- Explore electric vehicles.
- Access online bill payment, safety information and more.



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PREPARED FOODS NEWS

The Future of Prepared Foods at Willy Street Co-op



Dustin Skelley,
Prepared Foods
Category
Manager

Over the last two years a lot has changed with how Owners and customers interact with and what they expect from our Prepared Foods department. We've seen a fairly dramatic sea change in folks' habits as we enter our third

year of the coronavirus pandemic. Long gone are the lunch rushes of the past; instead we now see more methodical shoppers planning their lunches ahead of time, thinking about what they'll have tomorrow or the next day. It also seems like folks are increasingly looking towards our Delis as a means to complement their meals and take an item or two off their prep list for their dinner. We have been slowly evolving our

Prepared Foods program to adapt to all of these changes so that we can best serve our Owners and customers in this new environment.

GRAB & GO

One of the most pronounced changes we've seen is the huge uptick in our Grab & Go sales and offerings. We've worked to expand our capabilities in these areas and are planning on introducing some new, but familiar, concepts to keep these areas fresh and interesting for Owners and customers. We're really excited to announce that we'll be starting to incorporate more seasonality into our Prepared Foods department, taking advantage of seasonal items and offering new and exciting ways to prepare those products. Keep an eye out for things like Ramp Pesto in the spring (and our delicious Spring Salad with Pickled Ramps), and Caprese Pasta Salad in the summer, just to name a few!

NEW ICONS

Along with these seasonal changes we're also developing a new system that will allow shoppers

to identify which items are seasonal and which items are part of our core offerings that don't change. Keep an eye out for icons denoting spring, summer, fall, and winter items on our shelves. We're also considering developing an icon that lets folks know what our core offerings are. You can expect to see these items on our shelves year round. As we develop this new system for our Grab & Go, we're hopeful that we can begin to incorporate this system into our bakery offerings, hot bars, and salad bars.

HOT BARS

Speaking of hot bars, we're happy to announce that our hot bars are fully open at all three stores. One big change is that we are no longer posting daily menus online like we have in the past. We were simply not able to keep those fully up to date and accurate as the day went on and dishes started to change. Instead, we're having all sites adhere to themes each day of the week. We're hopeful that this will allow each site to have some flexibility in what they're offering, but to provide some consistency so that Owners and customers can know what to expect at all three of our stores. Here's the list of each theme day:
Monday: Comfort Food Day
Tuesday: Tex Mex Day
Wednesday: Italian Day
Thursday: East/Southeast Asian Day

Friday: Indian Buffet Day
Saturday: BBQ Day
Sunday: Meat and Potatoes Day

SALAD BARS

Last but not least, I wanted to update y'all on the status of our salad bars. I'm excited to announce that we have plans to install a new salad bar at Willy East in April! We were hoping this could have happened earlier, but there's been several delays in delivery from the manufacturer. This new salad bar will be a bit smaller, but it will still feature the amazing organic produce that our Owners and customers are used to. Once the salad bar at Willy East is installed and operating, we're planning to move Sally the Salad Robot to Willy West. We're planning on doing some reconfigurations of the Deli space there which will create some extra space where Sally will fit perfectly. Lastly, we're hoping to get Willy North's salad bar back open once our staffing situation gets better, hopefully by this summer.

I hope most Owners and customers find that our plans help make their lives easier, providing quick lunches for folks on the go, and hearty family meals for those days when there just isn't time to cook a whole meal. Keep your eyes peeled for these new and exciting additions to our program and don't hesitate to reach out to one of our amazing Deli clerks if you have any questions!

WEEKLY HOT BAR MENU

MONDAY
COMFORT FOOD

TUESDAY
TEX MEX

WEDNESDAY
ITALIAN

THURSDAY
EAST/SOUTHEAST ASIAN

FRIDAY
INDIAN BUFFET

SATURDAY
BBQ

SUNDAY
MEAT & POTATOES

MADE BY YOUR CO-OP

Prebiotic & Probiotic Foods



by
**Micky
Ellenbecker,**
**Purchasing
Assistant**

I know I'm not alone in embracing the mantra "food as medicine," but with so many suggested approaches (and the temptation of delicious baked goods), it's hard to know what path to take. I've been doing more reading on the gut microbiome lately, which is both very interesting and also

has an intuitive sense to it once you start diving into the science. There is no one-size-fits-all diet, because the community of gut microbes from one individual to the next varies greatly, but there are basic guidelines everyone can follow to boost gut microbes. One such guideline is to include a lot of prebiotic and probiotic foods.

OUR GUT MICROBIOME

First, a few words about the importance of the gut microbiome. A microbiome is defined as a whole community of microbes, including bacteria, viruses, and fungi, and their overall genetic information. These microbial communities aren't only relegated to our guts; they form in our lungs and mouths, on our skin and eyes, and in our reproductive systems. We have truly coevolved with them, and our guts are believed to have 150 times more genes than the human genome itself, which means our genes are primarily microbial. Comparatively in the world of human

health, the gut microbiome has only been researched in depth for the past 15 years, and that research is still in its infancy. Experts state they might know 10% of what's going on in our guts, but what has been discovered so far has exciting potential for human health, as it's believed poor gut health is associated with just about every disease and health condition, from auto-immune diseases, degenerative brain diseases, IBS, and even mental health. Basically, findings are that your immune system is mostly found within your gut and your microbes are controlling it.

EAT YOUR PLANTS AND FERMENTED FOODS

So what can we do as individuals to be champions for our own gut health? Eat more prebiotic and probiotic foods, a.k.a. plants and fermented foods. Prebiotics are non-digestible compounds found within our food that feed healthy gut bacteria, while probiotics are the living microorganisms found within fermented foods that aid in digestion. Prebiotic and probiotic supplements are viable options for boosting your gut microbes, but there are many foods that you can incorporate into your diet as well. There's that broken record of "food as medicine" again.

PREBIOTICS

So far, research has identified fiber as the most significant prebiotic source, but not all fiber sources are prebiotic. Soluble fiber feeds gut microbes, while insoluble fiber acts as roughage and doesn't feed gut microbes. Most fiber-rich foods contain

both. The following have been identified as especially good sources of the prebiotic fiber called inulin:

- Leeks, onions, and garlic
- Sunchoke (a.k.a. Jerusalem Artichokes)
- Asparagus
- Dandelion greens
- Burdock root
- Whole wheat and rye

Creating a list of foods is a very simplified approach to an extremely complex super-organ, so it's important to note that a wide variety of fiber rich plant-based foods, such as fruits, vegetables, nuts, seeds, legumes, and whole grains, as well as a diverse range of food colors, all contribute to a healthy gut microbiome. Dr. Tim Spector, a specialist in gut microbiome research, recommends that we try to incorporate 30 different

its biodiversity and further aid in digestion. The best practice is to eat them as "small shots" daily, rather than in larger servings once a week. The most common probiotic foods include:

- Kimchi and sauerkraut
- Fermented cucumbers (different from pickles made with vinegar)
- Kefir and yogurt (though kefir tends to have more microbial diversity)
- Kombucha
- Miso
- Tempeh
- Washed-rind (stinky) cheeses

Sourdough bread has been claimed to be a probiotic food as well, and while it's considered to be more digestible than standard white bread, any beneficial bacteria that existed in the dough has been killed



plants into our diet each week and states the wider diversity of fiber-rich plants we eat, the happier and more diverse our gut microbiomes will be. Word to the wise: the average individual only eats half of the recommended 30 grams of fiber per day, so it's best to gradually increase your fiber intake so as not to cause indigestion due to rapid change.

PROBIOTICS

As mentioned previously, probiotics are fermented foods that include microorganisms that aid in digestion. Once eaten, these microorganisms can colonize your gut and increase

during the baking process.

A few other guidelines to keep in mind when feeding your gut microbiome beyond prebiotics, probiotics, and eating the food rainbow include the following: eat foods rich in polyphenols (micronutrients that naturally occur in plants), play in the dirt (gardeners tend to have a more diverse gut microbes), limit ultra-processed foods, and avoid night snacking so the team of microbes that clean your gut each night can get to doing their important work. I suppose Michael Pollen said it most succinctly when he said "Eat food. Not too much. Mostly plants."



Co-op basics®



Organic Valley Unsalted Butter

16 oz

\$7.79/ea



100% Local & Organic Button Mushrooms

16 oz • Origin: Wisconsin

\$3.99/ea



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

\$2.79/ea



Field Day Instant Oatmeal

11.29 oz • All Kinds on Sale!

\$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

\$10.99/lb



Wisconsin Meadows 80/20 Ground Beef

16 oz • Origin: Wisconsin

\$7.29/ea

Prices as shown at least through 3/31/22.

Prices for Co+op Basics products rarely change, but are subject to change without notice.

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



Visit willystreet.coop or our [f](#) or [i](#) to enter by March 15. One winner per store.

No purchase necessary.

Specific products selected for the prize may vary from what is shown here.



Field Day Paper Towels
Recycled 3 Roll
\$3.99/ea +tx



Field Day Bath Tissue 12 pack
\$6.99/ea +tx



Lundberg Organic Brown Basmati Rice
Rndm wt
\$2.99/lb



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



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



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



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



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



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



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



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



Organic Lemons
Origin: CA • 2lb bag
\$4.99/ea



Organic Spring Mix Salad
Origin: USA • 1-lb clamshell
\$6.99/ea



Field Day Organic Granola
All Kinds! • 12 oz
\$3.39/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



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



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

Quality products + everyday low prices for everyone!

Health & Wellness

co-op deals: March 2-15

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



Dr Bronner's Pure Castile Soap
Unscented
32 fl oz • Save \$3
\$11.99/tx



Vega Protein Made Simple
All Kinds on Sale!
9.1-9.6oz • Save \$4.50
\$12.99

One With Nature
Dead Sea Minerals Soap Bar
All Kinds on Sale!
7 oz • Save \$1.79
\$3.00/tx

Weleda
Everon Lip Balm
1 ea • Save \$2.30
\$5.49/tx

Gaia Herbs
Turmeric Supreme Extra Strength
60 cap • Save \$10
\$19.99/tx

Garden of Life
Dr. Formulated Probiotics
Once Daily
30 cap • Save \$6
\$27.99/tx

Desert Essence
Thoroughly Clean Face Wash
8.5 fl oz • Save \$3
\$6.99/tx

Derma E
Body Lotion
Rosehip Almond
8 oz • Save \$2.30
\$6.99/tx

Alacer
Emergen-C
All Kinds on Sale!
30 ct • Save \$5
\$10.99/tx

MegaFood
Blood Builder
180 tab • Save \$22
\$39.99/tx



co-op deals: March 16-29



Tea Tree Therapy
Mouthwash
12 fl oz • Save \$1.30
\$4.49/tx



Thayers
Witch Hazel
Original Alcohol-Free
12 fl oz • Save \$5.50
\$6.99/tx



Country Life
Magnesium
300 mg
60 cap • Save \$4.50
\$6.99/tx



Yerba Prima
Daily Fiber Caps
625 mg
180 cap • Save \$7
\$11.99/tx

Kiss My Face
Toothpaste
All Kinds on Sale!
4.5 oz • Save \$1
\$3.99/tx

Andalou Naturals
Brilliant Shine Shampoo & Conditioner
Sunflower & Citrus
11.5 fl oz • Save \$4.50
\$4.99/tx

Natrol
Melatonin
3 mg Time Released
100 tab • Save \$3
\$6.99/tx

Enzymedica
Digest Spectrum
30 cap • Save \$6
\$11.99/tx



Everyone
3-in-1 Soap
All Kinds on Sale!
32 fl oz • Save \$3.50
\$7.99/tx



Ancient Nutrition
Bone Broth Protein
Pure
15.7 oz • Save \$13
\$36.99/tx

coop™ deals

co-op deals: March 2-15



Alden's Organic Organic Ice Cream

All Kinds On Sale!
48 oz • Save \$1.80

\$6.99

coop deals.

Made In Nature Organic Dried Mangoes

3 oz • Save \$1.30

\$3.99

coop deals.

RISE Brewing Co Nitro Cold Brew Organic Coffee Drinks

All Kinds On Sale!
7 oz • Save 50¢

\$2.29

coop deals.



Deep Indian Kitchen Potato & Pea Samosas

11 oz • Save \$1.80

\$3.99

coop deals.

Once Again Almond Butter

Smooth
16 oz • Save \$3.50

\$8.99

coop deals.

Perfect Foods Bar Energy Bars

All Kinds On Sale!
2.2-2.5 oz • Save \$1.98/2

2 for \$4

coop deals.



Equal Exchange Organic Coffee

All Kinds On Sale (Except BioRevolution, Decaf and Flavored!)
10-12 oz • Save \$1

\$7.99

coop deals.

Angelica's Garden Curtido

16 oz • Save \$1.50

\$10.99

coop deals.

Canyon Bakehouse Gluten-Free Bread

All Kinds On Sale!
18 oz • Save \$1.20

\$4.79

coop deals.



Forager Project Organic Unsweetened Plain Cashewgurt

24 oz • Save 80¢

\$4.49

coop deals.

Better Life Lemon Mint Dish Soap

22 oz • Save 80¢

\$3.49/tx

coop deals.

Muir Glen Organic Canned Tomatoes

All Kinds On Sale!
14.5 oz • Save \$1.04-\$1.24

\$1.25

coop deals.



Beyond Meat Beyond Beef Grounds

16 oz • Save \$2.50

\$7.99

coop deals.

Four Sigmatic Organic Lion's Mane Chaga Coffee

10 ct • Save \$3

\$8.99

coop deals.

Follow Your Heart Original Vegenaize

16 oz • Save \$1

\$4.49

coop deals.



Good Health Avocado Oil Potato Chips

All Kinds On Sale!

5 oz • Save 50¢

\$2.79

coop deals.

Brianna's Salad Dressing

All Kinds On Sale!

12 oz • Save 99¢

\$3.00

coop deals.

Nature's Path Organic Eco Pac Cereal

All Kinds On Sale!

23.8-32 oz • Save \$1-\$2.30

\$6.99

coop deals.



Purely Elizabeth Granola

All Kinds On Sale!

8-12 oz • Save \$3

\$4.49

coop deals.

Woodstock Organic Frozen Green Peas

10 oz • Save 70¢

\$2.29

coop deals.

Stonyfield Organic Yogurt

All Kinds (except Greek) On Sale!

32 oz • Save \$1

\$3.79

coop deals.



Yogi Tea Boxed Organic Tea

All Kinds On Sale!

16 ct • Save \$1.49

\$3.50/tx

coop deals.

Wild Planet Wild Albacore Tuna

5 oz • Save \$2.29

\$3.50

coop deals.

Vita Coco Pure Coconut Water

16.9 oz • Save \$1.98/2

2 for \$4

coop deals.



The specials on this page are valid March 2-15

All Specials Subject to Availability. Sales Quantities Limited.

MARCH

co-op deals: March 16-29

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



Green Mountain Gringo Salsa

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

\$4.49



Alo Aloe Drinks

All Kinds On Sale!
16.9 oz • Save 99¢

\$3.00



Hope Hummus

All Kinds (except Jalapeño Cilantro)
On Sale!

8 oz • Save \$1

\$3.49



Terra Chips Vegetable Chips

All Kinds On Sale!
5-6 oz • Save \$1.29

\$3.50



Arrowhead Mills Buttermilk Pancake & Waffle Mix

26 oz • Save \$1

\$4.99



Larabar Bars

All Kinds On Sale!

1.6-1.7 oz • Save 54¢

\$1.25



Better Than Bouillon Organic Bouillon Bases

Chicken, Vegetable
8 oz • Save \$1.30

\$5.99



Patagonia Provisions Canned Seafood

All Kinds On Sale!
4.2 oz • Save \$1.50

\$4.99



Pacific Organic Broth

All Kinds (except Creamy Herb Garlic, Creamy Ginger Turmeric, Beef Bone, Chicken Bone) On Sale!

32 oz • Save \$1.49-\$1.79

\$3.50



Native Forest Organic Coconut Milk

Simple
13.5 oz • Save 80¢

\$2.69



Enjoy Life Chocolate Chips

All Kinds On Sale!
9-10 oz • Save \$1.50

\$5.49



Dr. Praeger's Veggie Burgers

All Kinds (except All American & Perfect Burgers) On Sale!

8-10 oz • Save \$1.29

\$3.50



Back To Nature Crackers

All Kinds on Sale!
6-8.5 oz • Save \$2.98/2

2 for \$5



Field Roast Grain Meat Deli Slices

All Kinds On Sale!
5.5 oz • Save \$1

\$2.79



Amy's Soups and Chili

All Kinds on Sale!
14.1-14.7 oz • Save 99¢-1.49

\$3.00



Oatly Non-Dairy Frozen Dessert

All Kinds on Sale!
16 oz • Save \$1.50

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The specials on this page are valid March 16-29

All Specials Subject to Availability. Sales Quantities Limited.



by Sara Berg,
General Merchandise
Category Manager

NUTRIGOLD

Founder & CEO: Priya Khan

Started in 2010; based in Orem, Utah

NutriGold is a family-owned and -operated supplement company which focuses on sustainability, accountability, quality, and transparency. Their supplements are made with organic, whole food, and non-GMO ingredients. And they are tested by a third-party lab to ensure their products are pure, safe, and free of contaminants. Some NutriGold products you can find at the Willy Street Co-op include; womens' and mens' multivitamins, vitamin C, magnesium, omega-3 fish oil, turmeric curcumin, and ashwagandha.



In recognition of Women's History Month, here are some of women-owned businesses in the General Merchandise department.



LUSA ORGANICS

Founder: Rachel Wolf

Established in 2002; based in Viroqua, Wisconsin

LuSa Organics specializes in handcrafted herbal balms, soaps, and baby care products. They are dedicated to crafting safe and sustainable body care products for you and your family. Some LuSa Organics products you can find at Willy Street Co-op include: soap bars, lotion bars, sugar scrubs, mineral tooth powder, lip balms (which are in compostable), plastic-free tubes, and their signature 'Hey You, Shoo' bug spray, which is in an aluminum bottle. We also carry some of their pregnancy products: booty balm, baby wipe juice, and postpartum herbs (peri bottle and sitz bath blend).



STASHER

Founder: Kat Nouri

Started in 2016; based in Emeryville, California

Stasher offers reusable, food-grade silicone bags available in a rainbow of colors and multiple sizes which include snack bags, sandwich bags, and half-gallon bags. Stasher bags are dishwasher safe, microwave ready, freezer-friendly and oven-strong.



SOCK IT TO ME

Founder: Carrie Atkinson

Established in 2004; based in Portland, Oregon

Sock It To Me makes fun and whimsical socks in a variety of designs for women, men, and kids.



PARTY IN MY PANTS

Founder: Luci Daum

Established in 1999; Woman-owned and operated in Ashland, Wisconsin

Party In My Pants has created a fun and sustainable alternative to disposable menstrual products. They make reusable, cloth (flannel and cotton) pads in a variety of sizes with a vast selection of unique patterns.

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FOUR ELEMENTS ORGANIC HERBALS

Founder: Jane Hawley Stevens

Established in 1987; based in Freedom, Wisconsin

Herbs are grown and harvested on Jane's (and husband David's) 130-acre certified organic farm in the Baraboo Bluffs of Wisconsin. Celebrating 35 years in business and certified organic since 1989, their products are handmade, in small batches by dedicated local women. Some Four Elements Organic Herbals products you can find at the Willy Street Co-op include: boxed herbal teas, herbal tinctures, soap bars, lip balms, and functional creams (for example, their best selling Look, No X Ma! Skin Soothing Cream).



MADISON SOAP CO./ MADTOWN SOAP CO.*

Founder: Laura Daly

Established in 2014; based in Madison, Wisconsin

A women-owned and operated business which creates small batch, handcrafted, sustainable body care products. You can find the following Madison Soap Co. products at Willy Street Co-op: soap bars made with organic plant oils, plastic-free shampoo and conditioner bars, and lotion bars made with fair trade organic shea butter, cocoa butter and sunflower oil.

*In March of 2022, Madison Soap Co. will start a slow transition to a new brand name: Madtown Soap Co. Madtown Soap Co. will stay true to the best sellers of Madison Soap Co., but with updated recipes and a new look for the soaps. The updated recipes will not only be palm-oil free, but each recipe will also be multi-use!



MAMAP

Founder & CEO: Suzan Hernandez

MamaP has created eco-friendly alternatives to everyday products that give back to environmental and social justice groups with every purchase. You can find MamaP's bamboo toothbrushes at Willy Street Co-op, available in both kids (soft) and adult (soft and medium). Below is a list of the colors and the corresponding cause:

- Purple = LGBTQ+ Equality (kids and adult)
- Blue = Ocean Conservation (kids and adult)
- Yellow = Save The Bees (kids and adult)
- Green = Mental Health (adult)
- Red = Womxn's Rights (adult)



EEBOO

Founder: Mia Galison

Established in 1994; based in New York, New York

eeBoo offers a variety of educational and screen-free activities for children and adults.

They are committed to making eco-friendly products by using recycled materials, vegetable-based inks and FSC-certified paper.



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COOPERATIVE SERVICES NEWS

Support for Shoppers with Low Income at the Co-op and A Fond Farewell



by **Kirsten Moore,**
Cooperative Services Director

It's time for some important updates about Double Dollars, the Access Discount, and my goodbye and well wishes. Read on to find out about food security in our community, services available to you when you are in financial need at the Co-op, and how you can continue to support local shoppers in meeting their needs.

DOUBLE DOLLARS DISTRIBUTED THROUGH MARCH 8 AND REDEEMABLE THROUGH MAY

It is hard to believe, but we're already a week away from wrapping

how to register on their website: www.secondharvestmadison.org/find-food/foodshare.

Shoppers using FoodShare still have two more Tuesdays to get Double Dollars at the Co-op before the season ends (today, March 1 and Tuesday, March 8). Simply shop on one or both of those Tuesdays and for every \$5 you spend using your FoodShare QUEST card for any FoodShare eligible items, the Co-op will give you one \$5 Double Dollar voucher, up to \$20. The vouchers can be used at any Willy Street Co-op retail location on any day through May 2022 to purchase all items in our Produce department; canned and frozen fruit, vegetables and legumes; and seeds and seedlings for growing edible plants. If you are unable to use all your Double Dollars vouchers by the end of May, you may keep them for the next Double Dollars season

that FoodShare participation in Dane County is up 11% over last year, and has nearly doubled in the last five years. Dane County is not alone in seeing this increase in economic need in our community; statewide FoodShare participation increased 22% between August 2021 and January of this year, and reports from the Wisconsin Department of Health Services indicate that SNAP programs across the country are experiencing unprecedented levels of participation.

This trend has made an impact at our Co-op and on the Double Dollars program as well. The retail arm of the Double Dollars program launched at the Co-op with \$45,000 in seed funding from a U.S. Department of Agriculture Food Insecurity Nutrition Incentive Grant in October 2016. Since then, voucher redemptions at the Co-op have increased 29%, with a total of \$59,243 redeemed in Fiscal Year 2021. Program usage has also increased at the local farmers' markets. In 2021 redemptions were more than twice the redemptions seen at farmers' markets in 2019. FoodShare usage overall at the Co-op is up as well; now used as a form of payment on about 4% of all transactions Co-op wide compared to 2% of transactions in Fiscal Years 2019 and 2020.

SUPPORT LOCAL FAMILIES USING FOODSHARE WITH A DOUBLE DOLLARS FUND DONATION OR BY REUSING BAGS WHEN YOU SHOP

Double Dollars is a City of Madison and Dane County program that supports shoppers using FoodShare county-wide, and it currently costs about \$300,000 to operate the program and provide vouchers for shoppers at the Co-op and six local farmers' markets. The program is available at the Co-op from late fall to late spring, and at local farmers' markets from late spring to late fall. The program is made possible in partnership with Community Action Coalition for South Central Wisconsin, participating local farmers' markets, and Willy Street Co-op. Funding for vouchers is currently supported by Dane County, a Federal Community Services Block Grant provided to the Community Action Coalition, private donors, and the Co-op's Double Dollars Fund established in April of

2017.

Double Dollars continues to need your support. A simple way to support the program is by reusing bags at checkout at the Co-op. The cashier will tally each reusable or reused bag you bring in and you will then notice on your receipt that the Co-op made a contribution of 10¢ per bag to the Double Dollars Fund. We can do this because the Co-op saves money each time you choose to reuse a bag rather than taking a new one; instead of spending more money on paper bags, we can give it to Double Dollars to support our shoppers using FoodShare for shopping with the Co-op and local farmers instead.

Shoppers also support the program by making a cash donation. You can elect to make a donation at the registers by choosing a \$1, \$5, \$10, or \$25 scan card for the cashier to apply to your receipt. We also offer the opportunity to donate to Double Dollars on our pickup and delivery platform shop.willystreet.coop. Type "Double Dollars" in the search bar, and the options for making a donation can be added to your cart. Donations can also be made directly to Community Action Coalition for South Central Wisconsin at www.cacscw.org/services/food-security/double-dollars. We continue to appreciate your ongoing support for this clearly important and valuable program for our community.

THE ACCESS DISCOUNT PROGRAM ALSO SUPPORTS OWNERS IN NEED

Not everyone who has a financial need always meets the eligibility to participate in the FoodShare program. Our Access Discount Program is an Owner benefit available to not only Owners using FoodShare but others with a financial need as well. Owners enrolled in or using Medicaid (Badger Care/Senior Care), the Special Supplemental Program for Women, Infants and Children (WIC) (accepted at Willy North), Section 8 Housing Assistance/Community Development Authority (HUD), the Senior Farmers' Market Nutrition Program, Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), the Low Income Home Energy Assistance Program, FairShare CSA Coalition Partner Shares, the Free or Reduced Lunch and Break-

For each reused shopping bag you use at the Co-op, we'll donate 10¢ to the Double Dollars Fund.

Double Dollars helps those who use FoodShare/QUEST cards to purchase more food at Willy Street Co-op and many local farmers' markets.

100 reused shopping bags = **\$10** of fruit & vegetables donated to those in need

up our sixth Double Dollars distribution season at the Co-op. From October 19-February 1 the Co-op had already distributed \$62,000 in Double Dollars vouchers to shoppers using FoodShare on Double Dollars Tuesdays. FoodShare is Wisconsin's Supplemental Nutrition Assistance Program (SNAP), a public benefit that helps people pay for groceries when they are in need of additional support. Second Harvest Foodbank of Southern Wisconsin has details about FoodShare and information about

starting next October. More information about how the program works can be found at www.willystreet.coop/double-dollars.

WISCONSIN FOODSHARE USAGE CONTINUES TO INCREASE

Last January we reported that participation in FoodShare in Dane County had increased by 10,000 people since the beginning of the coronavirus pandemic. This past January, The Cap Times reported

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fast Program, the Wisconsin Shares Child Care Subsidy Program, Wisconsin Works (W-2) (TANF), Early Start/Head Start, Heat for Heroes, and Owners with income at or below 150% of the federal poverty guideline (FPG) are eligible to participate. FPG charts are available on the Access Discount form.

The program offers a 10% discount on your purchases as well as a longer time period to pay any outstanding Owner equity (\$4 per year for Individual Owners, \$7 per year for Household Owners). When you enroll in the Access Discount Program, the benefit is activated through the calendar year. More information about the program is available at the Customer Service desk at all three locations, and on our website at www.willystreet.coop/ownership/access-discount-program.

The Access Discount Program is supported by annual sales income. In FY2021 the Co-op distributed \$301,778 in discounts via the program to 1,371 Owners. That means 0.5% of our sales support just about 4.3% of active Owners. The best way to support the Access Discount Program is to shop the store. Thank you!

ACCESS DISCOUNT RENEWALS FOR CURRENT PARTICIPANTS DUE MARCH 31

If you still have a financial need at the end of the year, you must renew by March 31 in order to continue receiving the Access Discount benefit. In fact, it is now time for our annual call for current Access Discount program participants to renew. Current participants were sent reminders in mid-February, and those who have not renewed by mid-March will receive a second reminder. To protect the privacy of our Owners, we do not provide renewal reminders at the registers.

Renewing or applying for the Access Discount is easy at the Customer Service desk. It is the exact same process to apply or renew and you do not need to bring any special information with you. Renewing or applying requires completion of a simple form that says you qualify, and your signature that says you agree to the terms of service. If you do not renew by March 31, you won't receive the

Access Discount until you re-apply, but you can re-apply at any time.

FAREWELL TO YOU

By the time the *Reader* is published, I will have resigned as Cooperative Services Director for Willy Street Co-op, and moved on to different work in the cooperative sector. It has been my pleasure to support Willy Street Co-op these past eight and a half years. Times certainly have changed from starting in 2014 during Willy East's remodel. Since then we have expanded our services not only to more shoppers with low income, but also new neighborhoods (Willy North), and we also have more space to offer services to our shoppers at Willy West. Our support for people in our community has extended from Wisconsin to across the country and around the globe, supporting people with food and supplies when natural disasters struck in Nepal, the Philippines, Louisiana, Texas, Puerto Rico, Mexico, Australia, the east, west, and gulf coasts and more. We also continue to weather this challenging pandemic, providing essential services while doing our level best to keep our workforce and shoppers safe. We have done so much together and still have so much more to do. I am forever grateful and inspired by the kindness, creativity, tenacity, and talents of my fellow employees, our Board, our Owners, our community, and our wonderful Cooperative Services team, past and present. I look forward to continuing to support our Co-op with my Ownership as it gets closer to its fifth decade. Be kind, and continue to support each other in our common quest to eat well and serve our local community.

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Gifts of the Sugarbush

by Andy Gricevich, Newsletter Writer

DRIP, DRIP, DRIP.

The ground is still frozen. It's still weeks before the first warm breezes, the bursts of green, the few glorious flushes of ephemeral blossoms, before the fleeting season that seems so quickly to give way to summer. For some, though, spring has already arrived. There's work to do in the snowy woods, among the cardinals and the owls and the first drops of sap from the maple trees.

Early European explorers and colonists in the Northeast witnessed Native Americans, gaunt and sallow at the end of a hard winter, disappearing into the woods, only to reappear weeks later looking hearty and well-nourished. The secret? A steady, short-term diet of maple. Each year, First Nations tribes set up "sugar camps" among the trees, preparing for the right time to slice into the bark, collect ample sap in hollowed-out logs, and finally boil it down—often in folded birch-bark baskets set over a fire—into thick syrup, and then crystallized blocks, easily transported without spoilage throughout the coming months. They'd then store equipment for the next year and, before moving on, tend to the groves they cared for as gardens, encouraging populations of the edible and useful

plants that appeared just as the sap stopped flowing.

The new arrivals picked up the practice. During the struggles for independence from Europe, maple provided a meaningful alternative to heavily-taxed, imported sugar from distant colonies. For some time in the early U.S. and Canada, maple sugar was the primary sweetener. Tapping trees was a homesteader's industry, and a practice available to anyone with a small "sugarbush," or maple grove. Eventually, changing trade relations replaced maple with cane and beet sugar, and the industry shifted to production of syrup—a practice that has continued unbroken to the present day.

THE SAP RUN AND THE SYRUP BOIL

Maple syrup is a regional specialty, dependent on particular conditions. While any member of the maple (*acer*) genus can be tapped for its sap, sugar maple, the preferred source, thrives exclusively in cool, northern climates. Sap only flows when temperatures dip below freezing at night and crest above it during the day. It's an intriguing and unique process.

Inside the cooling tree, dissolved carbon dioxide gases contract, creating a partial vacuum that draws sap up from the roots to the crown of the tree. During the day, the gases expand, pushing the sap back downward. This cycle goes on until the nights warm up, when the flow ceases and the tree gets on with the business of flowering and leafing out, preparing to gather solar energy and turn it into more sugars for the next winter's nap.

The syruping process hasn't changed much over the years. Small holes are drilled into each tree large and healthy enough to tap, and short metal tubes (spiles) are inserted into the holes. Instead of individual buckets, most contemporary producers use food-grade plastic tubing to siphon sap to a central storage tank. There's



often a pump that gently draws sap through the tubes, and special spiles have been developed that seal when temperatures drop, as the vacuum in the trees during cold nights is often strong enough to pull sap back through the tubes!

A few times throughout the short season, the sap is moved into large, rectangular evaporators, where it's boiled down over a hot wood fire until it reaches the proper sugar concentration. Often a reverse osmosis machine removes some of the water from the sap first, in order to reduce boiling time (on average, it takes forty gallons of sugar maple sap to produce one gallon of syrup). Following production, the syrup is bottled hot, at which point it's shelf-stable until opened (after which it's best kept refrigerated, to prevent harmless but undesirable surface mold).

ECOLOGY

The process is highly sustainable. Small holes and minimal sap loss leave trees unharmed. Irresponsible practices, while not unheard of, are the exception in this business, which never approaches anything like the ecological disturbance necessitated by agriculture. Syruping has always been a practice of working with nature's rhythms rather than struggling against them.

One reason so many of Wiscon-

sin's maple producers opt for organic certification is that its prescriptions barely differ from what they're already doing. Certification requires the use of organically approved cleaning agents and other products, as well as a certain distance between the sugarbush and any chemically-treated cropland. Primarily, though, it's about care for forest land: maintaining a minimum diversity of tree and understory plant species, as well as wildlife habitat and healthy soil, with a plan in place for long-term management.

It's natural for practitioners of forest-based agriculture to be ecologically minded, and syrupers are aware of the threats climate change poses to their work and the trees it depends



on. The spread of sugar maple into more northerly habitat is already too slow to outpace rising average temperatures. The USDA predicts that, given current trends, the number of maple-producing states will drop from 24 to 10 over the next fifty years. Even now, some in the industry are observing gradual shifts in the color and flavor of their syrup, due to



chemical changes in the sap brought on by stress to the trees. These are serious concerns for people who not only want to preserve their business, but wish to see future generations nourished by a shared life at work and play in the sugarbush.

OUR PRODUCERS

The producers who supply the maple syrup available at your Co-op bring a range of different life stories to their work. The Maple Valley Cooperative, centered in Cashton, WI, was founded almost thirty years ago by longtime syruper-collaborators. Maple Valley coordinates more than 30 farms across seven states in a cooperative structure that benefits producers, vendors, and consumer-owners. Some producers came to syrumping as adults, while others started as kids, inheriting a multi-generational practice of tending the family sugarbush. From full-time farmers to town dwellers with a seasonal business on the side, the diverse range of members is united by care for the land, and all of them meet organic certification standards.

Seventh-generation farmers Erica and Scott Walter maintain similar practices, selling organic syrup, maple candy and maple cream (a remarkable spread of thickened, partially crystallized syrup) under the Driftless Gold label. The collective of friends and family running B & E's Trees specialize in syrup aged deliciously in bourbon barrels on their off-grid farm. Their playful website puts particular emphasis on maple's potential in gourmet food and drink.

FLAVOR

Old-fashioned methods of making food so often make for the best flavors. Traditional wild-gathering and processing gives maple its standout depth and complexity. Maple sugar itself is sucrose, the combination of fructose and glucose found in table sugar, which most of us think of as the most pure "sweet" taste. Syrup gets its enhanced flavor from numerous compounds found in the sap, which change subtly over the course of the season, and are activated and intensified by the main transformation: the slow caramelization that occurs during boiling.

Caramelization is the basis for the classification of different types of syrup. For a long time, "Grade A" syrup designated the nearly transparent syrup often called "pure amber," while darker syrup was labeled "Grade B." Nowadays the USDA opts for the less confusing "light" and "dark." Traditionally, light syrup is poured directly over food, with darker syrup used in baking and cooking. Each type has its adherents, though; some Grade B devotees claim that New Englanders came up with the old system as a sneaky way to keep more of the richer, darker syrup for themselves.

Maple has a range of culinary applications. It's familiar, of course,

over pancakes, waffles, or ice cream, and as a glaze for ham, sweet potatoes, and squash. It also makes a great component in a marinade for fish. Pecans or walnuts pan-toasted with butter and maple syrup are a delicious snack or topping for many sweet or savory dishes. Add some chopped bacon to the pan, and the nuts complete a hearty salad of greens, apples or pears, and blue cheese, dressed with a simple maple-kissed vinaigrette. A touch of syrup and a few drops of cider vinegar give simple cooked greens the magic touch. For many more possibilities (especially for luscious desserts and fancy drinks), visit the B & E Trees website.

Maple syrup can be substituted for white or brown sugar in baking, though it can be tricky (the "nutritional value" page on the Maple Valley Cooperative's website has some good tips on using it). Maple sugar, on the other hand, can be easily switched in at one-to-one proportions. It's harder to find in stores, but can be ordered directly from suppliers. It's also fun to make by heating liquid syrup and stirring it vigorously until it crystallizes. If the process goes wrong, you're likely to end up with the consolation prize of maple taffy—nothing to cry about.

NUTRITION

For hunter-gatherers and forest gardeners in our region, maple (along with wild rice and occasionally acorn meal) was one of the most important high-calorie plant foods during the season when supplies were otherwise depleted. Sugars have generally been rare and valuable in pre-colonial diets. The standard modern way of eating has the opposite problem, in which easy access to high quantities of empty calories leads to many of our worst and most widespread ailments.

That last sentence is mainly meant to dissuade the reader from guzzling syrup from the bottle after hearing about its striking benefits. Among sweeteners, maple approaches superfood status. It's packed with polyphenols (perhaps the most important class of antioxidants) and micronutrients. Maple syrup is high in B complex vitamins, bioavailable calcium, potassium, and (especially) zinc and manganese; the latter is a crucial nutrient, necessary for our body to synthesize the crucial antioxidant superoxide dismutase.

The polyphenols in maple syrup are either already present in the sap or—more often—are produced during the boiling process (which means darker, more highly caramelized syrup tends to be higher in antioxidants). Some have been studied for their ability to destroy cancer cells; one, with the amusing name Quebecol, is unique to maple. Others are antimicrobial, softening the membranes of bacteria and making them more vulnerable to antibiotics and antibodies.

Multiple studies indicate that pure

maple syrup can prevent the deformation of proteins in the brain that cause Alzheimer's disease. Another compound appears to improve liver function. In perhaps the most fun news, maple syrup contains a polyphenol that inhibits the body's breakdown of glucose and starch. That means it effectively slows the rise of blood sugar and insulin! As a result, studies are underway to explore the treatment of diabetes with extracts of maple syrup. This is all good news for anyone who follows the Hippocratic injunction to let food be their medicine.

SUGAR AS COLLECTIVE MEDICINE

It's no wonder that people carry on the tradition of syrumping. It's a satisfying process that provides something deeply delicious and nourishing. Where cane and beet sugar generally involve ecological destruction, harsh labor conditions and exploitative trade arrangements, maple syrup production at its best is an exemplary instance of autonomous work and exchange with nature—sustainability through use.

It's also accessible to nearly anyone in the right region. Imagine if we tapped every one of the countless healthy, good-sized maples lining

our city streets and growing in our yards and parklands. Cooking down syrup on our stoves, or in community around public or neighborhood firepits, it wouldn't be hard for many of us to produce all the sugar a household needs for a year. Our commercial syrup producers could export to regions not fortunate enough to enjoy our long winters. We might plant more food-bearing, carbon-sequestering trees throughout our cities, and convert the land surrounding them from mown grass to supportive understory. What a beautiful way to reduce our collective footprint and increase the resilience of our local food system, while connecting with the joys of wild food.

As the cold winter wears on and the sunlight so slowly grows, we can offer gratitude to the trees that freely grant their sweet gift. We can recognize the long, rightful stewardship of the land by First Peoples, and give thanks for the continuance of their knowledge in the work of today's forest tenders. Finally, we might, at the shrine of a stack of pancakes, take a moment to acknowledge the care for the earth, on every level, needed to keep the sap flowing, so the people who come after us can also share in this first taste of spring.

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RECIPES

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, sliced
1 Tbs. olive oil
15 asparagus spears, sliced
3 oz aged cheddar, grated
2 fresh thyme sprigs, chopped
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.

Portobello Tacos with Creamy Jalapeño Sauce

Adapted from www.loveandlemons.com.

These grilled mushroom tacos are delicious, with avocado and shredded red cabbage, but the star of the show here is definitely this sauce. It's cashew-based, with roasted jalapeños, garlic, and cucumber, and you'll want to have it on everything.

Prep 2h; Cook 30m

1/2 jalapeño
1 c. cashews, chopped
1 c. water
1 Tbs. rice wine vinegar
1 Tbs. shallot, minced
1 clove garlic, minced
1/2 c. cucumber, peeled and chopped
1 Tbs. lemon juice
salt
pepper
1/4 c. chives, chopped
2 portobello mushrooms, chopped
1 Tbs. olive oil
1 Tbs. tamari
1 Tbs. balsamic vinegar
1 avocado, sliced
1 c. red cabbage, shredded
1/3 c. cilantro, chopped
6 corn tortillas

Directions: Roast the jalapeño under the broiler until the skin is black and blistered. Remove from heat and place in a bowl. Cover with a plate and let sit for 10 minutes. When cool enough to handle, peel the skin. Slice off the stem and remove the seeds. Place in a blender and add the cashews, water, vinegar, shallot, garlic, cucumber, lemon, and salt and pepper. Blend until creamy, adding a little more water if needed. Taste and adjust the seasonings if needed. Transfer to a bowl and stir in the chopped chives. Place in the refrigerator.

Set the sliced mushrooms in a large shallow bowl. Top with olive oil, tamari, and balsamic vinegar, and toss to coat. Season with black pepper. Heat a gas grill to medium, or heat up a grill pan over medium-high heat. Grill the mushrooms, flipping once, until char marks form, 3-4 minutes

on each side.

Make tacos with the warmed tortillas and grilled mushrooms, and serve with the avocado, cabbage, cilantro, and jalapeno sauce.

Celery Root and Mushroom Lasagna

Adapted from www.foodandwine.com

Yes, lasagna does take a bit of effort, but this luxurious white lasagna made with an earthy, rich ragu, is worth every minute. This can be assembled ahead of time and refrigerated—just bring to room temperature before baking. For a vegetarian version, omit the prosciutto and use faux-chicken broth, mushroom broth, or vegetable stock instead of chicken stock.

Prep 2h

1 c. dried porcini mushrooms
2 c. boiling water
4 Tbs. butter
1/4 c. olive oil
3/4 lb. button mushrooms
salt
pepper
1/4 lb. prosciutto
2 shallots, chopped
1 bay leaf
2 rosemary sprigs
2 sage sprigs
2 thyme sprigs
1 lb. celery root, chopped
3 leeks, chopped
1/2 c. Marsala
4 c. chicken stock
2 1/2 c. heavy cream
1 3/4 c. Parmigiano-Reggiano, shredded
2 eggs
1 1/2 lb. lasagna noodles
1 1/2 lb. mozzarella, shredded
1 c. basil leaves, chopped

Directions: In a small bowl, soak the dried mushrooms in boiling water until softened, about 15 minutes. Drain and coarsely chop. Heat a saucepan over medium-high heat, and melt 2 tablespoons of the butter with 2 tablespoons of the olive oil. Add the dried porcini and button mushrooms to the pot and sauté, stirring occasionally, about 10 minutes, until browned. Transfer to a bowl and set aside.

Add the rest of the butter and olive oil to the saucepan, then add the prosciutto and chopped shallots. Cook over medium-low heat, stirring occasionally, until softened, 5-6 minutes. Tie the bay leaf, rosemary sprigs, sage leaves, and thyme sprigs together with kitchen twine. Toss the herb bundle and diced celery into the saucepan, and cook about 6 minutes, stirring occasionally. Add the leeks, and cook until celery root is tender, 5-7 minutes.

Raise the heat to medium, and return the mushrooms to the pot and cook until heated through, about 2 minutes. Pour the Marsala into the pot and simmer, stirring occasionally, until the liquid has evaporated, 5 minutes. Add 2 cups of the chicken stock, stir, and bring to a simmer. Simmer for 10 minutes. In a steady stream, pour in 1/2 cup of the heavy cream. Simmer for 3 more minutes. Season with salt and pepper and remove from heat. Remove the bundle of herbs and discard.

Heat the remaining 2 cups of chicken stock and 2 cups of cream in a separate large saucepan. Bring to a boil over medium heat and simmer 10 minutes, until the liquid has reduced to 3 cups. Remove from heat. Whisk in 1 1/2 cups of the grated Parmigiano-Reggiano. Whisk in the beaten eggs. Continue to whisk for 1-2 minutes until the sauce is smooth and the cheese has melted. Season with salt and pepper. Remove 1/2 cup of the sauce, and set aside.

Bring a large pot of salted water to a boil. Fill a large bowl with ice water. Cook the lasagna until just barely al dente, then drain and transfer the noodles to the ice water. Drain.

Preheat the oven to 350°F. Lightly butter a 9x13-inch baking dish. Arrange a single layer of slightly overlapping noodles in the bottom of the baking dish. Spread 1/5 of the celery root ragu on top of the noodles, then 1/5 of the white sauce, 1/5 of the mozzarella, and a sprinkling of basil leaves. Repeat with four more layers, ending with a layer of noodles (you'll have some noodles left over). Top with the reserved 1/2 cup of white sauce, then with the last 1/4 cup of Parmigiano-Reggiano. Bake until bubbling and golden, about 1 hour. Allow to rest at room temperature for 20 minutes before serving.

Grandmother's Sour Cream Orange Pound Cake

Reprinted with permission from www.pastureland.coop

Prep 2h 30m

3 c. flour
1/4 tsp. baking soda
1/3 tsp. baking powder
1/2 tsp. salt
1 c. butter
3 c. sugar
1 tsp. vanilla extract
1/2 tsp. almond extract
1 orange, zested and juiced
6 eggs
1 c. sour cream

Directions: Preheat oven to 325°F. Cakes can be made in one 16-cup tube pan or two 5-cup loaf pans. Dust pan(s) with flour, tapping out excess or line with parchment paper, then set aside. In a medium bowl, using a whisk, stir together flour, baking soda, baking powder and salt and set aside. Using a stand mixer with the paddle attachment, beat butter in large bowl at medium speed until fluffy. Gradually add sugar and beat 5 minutes. Add eggs 1 at a time, beating just until combined after each addition and scrape down bowl after addition. Stir in extracts, juice, and zest. Mix 1/2 the sour cream into the batter and stir until combined. Then add 1/2 the flour and stir just until combined. Repeat with the remaining sour cream and end with the remaining flour, mixing each again separately just until combined. Transfer batter to prepared pan(s). Bake cake until tester inserted near center comes out clean, about 1 hour 20 minutes. Let cake cool in pan on rack 15 minutes. Cut around cake in pan and carefully turn out onto cooling rack and cool completely. (Can be prepared 2 days ahead. Wrap in foil and let stand at room temperature.) Cake is better if made a day before serving. One loaf serves 10-12, or more or less depending on the thickness of the serving.

Coconut-Crusted Tempeh Island Salad

Featured Chef www.thehealthyeverythingtarian.com

Prep 20m

16 oz. tempeh
1/3 c. almond meal
1/3 c. coconut, shredded
1 egg
1 1/2 Tbs. canola oil
4 c. mixed greens
1 c. strawberries, sliced
1 c. cucumber, sliced
1/2 c. kohlrabi, sliced
2 Tbs. sunflower seeds
olive oil
honey
2 Tbs. cilantro, chopped

Directions: Slice the tempeh width-wise into 1/2 inch pieces (should make 10 finger-sized wedges). In a shallow bowl or plate, blend the almond meal and coconut. In a separate bowl, crack the egg and whisk. Set up an assembly line, starting with the tempeh slices. Dredge the tempeh in the egg, then roll in the almond-coconut mixture. Heat the canola oil in a pan over a medium-high flame. Cook the tempeh in the pan, turning once, so each side is golden brown. Meanwhile, divide the greens onto two plates. Top each plate with half the berries, cucumber, kohlrabi, and sunflower seeds. To serve, place half of the tempeh slices on each plate, then drizzle with extra-virgin olive oil and honey, and sprinkle with cilantro as desired.

Garlicky Kale Salad with Crispy Chickpeas

Adapted from www.minimalistbaker.com.

This hearty salad is easily doubled if you're feeding more than two.

Prep 5m; Cook 30m
15 oz. chickpeas
4 1/2 Tbs. olive oil
3 Tbs. tandoori spice blend
1 head of garlic
1/4 c. tahini
1/3 c. lemon juice
1 1/2 Tbs. maple syrup
salt
pepper
hot water
10 oz. kale, chopped

Directions: Preheat oven to 375°F. Place the dried-off chickpeas in a large bowl and drizzle with 1 1/2 tablespoons of the olive oil. Add the tandoori spice and toss to coat. Transfer the chickpeas to a rimmed baking sheet. Place the garlic cloves on the baking sheet with the chickpeas and lightly drizzle with a little olive oil. Bake 20-25 minutes, until chickpeas are golden brown and lightly crisped and the garlic is lightly browned. Set aside to cool.

In a medium mixing bowl, combine the tahini, 2 tablespoons of olive oil, 1/3 cup of lemon juice, maple syrup, and salt and pepper. Squeeze the roasted garlic cloves out of their skins into the bowl and whisk vigorously to combine. Add hot water, a tablespoon at a time, to thin the dressing as needed. Taste and adjust the seasoning if necessary.

Place the kale in a large mixing bowl. Top with last tablespoons of olive oil and lemon juice and use your hands to massage the leaves to tenderize them. Add as much of the dressing as you'd like and toss well to combine. Top with the crispy chickpeas and serve.

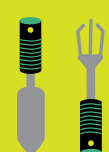
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Staff Picks



MELISSA

Nancy's Plain Oat Milk Yogurt

I eat a lot of Nancy's Plain Oat Milk Yogurt. I do like it on its own, but I mostly use it to make my own vegan pudding (of sorts). I mix instant pudding mixes (many brands are vegan, if that is a concern) into it or the Simply Delish Jel Desserts (vegan and keto), we sell at North. You can really use just about anything you like. Be creative! Go a step further and add chocolate chips or fruit (or both) and So Delicious Coco Whip to top it off. SO GOOD!



MEGGIE

Quinn Peanut Butter-Filled Pretzels

Talk about a satisfying crunch. The pretzel layers are perfectly snappy and have a nice earthy, almost smoky flavor due to the various types of flour. Great on their own or amplified with some chocolate and/or an apple.



PATRICK

Go Macro Peanut Butter Chocolate Chip Bar

This has been my go-to bar for a few years now. Other bars just haven't stacked up to this one for me. Starting work at 4:30/5:00am I need some fuel to get me going, but don't want to wake up my whole house making breakfast. That's where this bar comes in great with 11 grams of protein and almost 300 calories. It's enough to keep me going until I can get some Hot Bar breakfast when the store opens.



MEGHAN

Siggi's Triple Cream Vanilla Yogurt

This triple cream yogurt is so decadent and delicious! It's a healthy treat that isn't too sweet. I love adding a few fresh berries to make it extra special!



LINDSEY

Angie's Boom Chicka Pop Sea Salt Popcorn

I always embark on road trips with a bag of Boom Chicka Pop in the passenger seat. Never has pre-popped popcorn tasted so good! I love the fact that Angie started popping corn in her garage in Mankato, Minnesota, and has become a national staple in grocery stores. Angie's emphasizes simple ingredients like whole grains, vegan options, and non-GMO popcorn. They also support numerous organizations to empower others like I Am That Girl and Partners for Affordable Housing. What's not to love?



KELLY

Field Day Organic Instant Maple Brown Sugar Oatmeal

Affordable, easy, and tasty when I just don't have time to cook.



EVAN

Miyokos Cheers to Cheddah Spread

Super great for cheese and crackers or spread on toast with anything added. Great flavor and simple ingredients.



DAN

Madam Chu Ginger Garlic Sauce

I cook. A lot. This sauce is so good that I have four jars in my fridge. I add it to sauces, use it for a really easy stir fry, and marinate meats in it. Every time Josie is in the store to sample she gives me more ideas...and I buy another jar.



ANGELICA

Rebbl Cold Brew with Maca

This coffee drink elates me without pushing me over the edge. It brings on a state of energy and sociability with slowness and ease. Its smooth flavor contributes to the general pleasantness of the beverage, without any excessive sweetness. Perfect for an evening of hard work, or in preparation for a night on the town!



ABIGAIL

Forage Peach Kombucha

The perfect amount of kombucha for one person, in a can! I love drinking this stuff. It is light but flavorful and not too "vinegar-y." People who don't think they like kombucha may like this one! Even better that it is locally made, and peach is such a unique flavor for kombucha. YUM.



Dead Sea Warehouse Amazing Minerals Dead Sea Bath Salts

The luxurious improvement from plain ol' epsom salt to Dead Sea Warehouse Mineral Bath Salts has brought my baths to the next in-home-spa level! I put a cup in my bath and let the stress and pain melt away. It really helped with my dry, winter skin and is an excellent way to absorb minerals that are beneficial for immune function and healthy circulation. These salts are sold in a 5 lb. tub, so it'll last a while. A definite bath upgrade; take it from me!



AMY

Honey Pot Company Everyday Herbal Pantliners

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



HAHNA

eeBoo 1000 Piece Puzzles

These puzzles made the pandemic bearable for me! Working on a puzzle and listening to music or a podcast is one of my favorite ways to spend an evening. eeBoo picks the best art for their puzzles—usually lots of color and nature scenes. I love that they include a statement from the artist. The pieces are high quality and don't bend or tear like a lot of cheap puzzles do. They also include a reference poster of the art, which is super helpful. I also feel good about supporting a woman-owned business that uses 90% recycled materials and vegetable-based inks.





JESS

Stasher Bags

They are easy for my kiddos to use, and they fit into their lunch tote better than a hard container. Easy to wash and reusable. Did you also know that you can warm up food in them?



JOE

Willy Street Co-op Tarragon Chicken Salad

This is currently my favorite Willy Street Co-op Deli salad. Pecans and a hint of tarragon make it special.



KELSEY

Crafted in the Woods Candles

All of these locally made soy candles are fantastic, and Bunchberry & Moss is my new favorite scent. It's a combo of woody and floral—strong enough to smell through my mask without being overpowering.



EMERY

Willy Street Co-op Peanut Butter Pie

Anyone who loves chocolate, peanut butter, or cheese-cake would love this. It comes in one slice or a half-pie, so it is great if you just want a slice or want to share (or in my case it the whole half by yourself).



KRISTI JO

Madison Soap Company Bar Soaps

Madison Soap Company is a local, woman-owned, woman-run business. Using sustainably sourced ingredients such as Rain Forest Alliance-certified palm oil, they sincerely care about what is put into each of their unique skin-loving bars of soap. Clean yourself up while saving the rain forests!



DUSTIN

Willy Street Co-op Irish Soda Bread

This is one of my favorite seasonal products that we offer at the Co-op. It's the perfect amount of crumbly and has a great sweet and savory balance!

Bell and Evans Coconut-Breaded Chicken Tenders

These are the best chicken tenders I have ever had in my life. Just enough coconut flavor to notice, but not so much that it takes away from the chicken or your favorite dipping sauce.



Living Greens Salad Kits

These salads are super fresh. I love that they include a 'Harvest Date' and 'Sell By Date' on the packaging. Every mix I've tried comes with the perfect amount of dressing and really great toppings. The best part about these mixes is that they're grown in the midwest without any pesticides or herbicides!



TIM

Nutrigold Magnesium Gold

With legitimately plant-sourced multivitamins and an industry leading dedication to transparency in material sourcing and testing, this woman-founded and family-owned business tops my list when buying supplements for my own family.



Nutrigold's Magnesium Gold, sourced from seawater and chelated to an amino acid complex from organically grown rice, is an easy-on-the-digestion favorite I always keep on hand at home.



CAITLYN

Willow Creek Braunschweiger

This braunschweiger is made from heritage Berkshire pork and is smoky and spiced just right. Put it on some crusty bread or make yourself a bánh mì!

WILLOW CREEK FARM



MOURNING DOVE

Organic Sweet Potatoes

Three words. Sweet potato smoothie. I like to chop up sweet potato, bake in a glass dish with a little water, and store in the fridge to have on hand to add to salads. But they're also perfect for making a creamy dessert drink. Blend two frozen bananas, a hearty handful of cooked sweet potato chunks, and a couple dashes of pumpkin pie spice. Add water and blend. Sweet, super creamy, and tastes like pumpkin pie.



LAURA

Roelli Red Rock Cheese

Are you a cheddar fan? Are you a blue cheese fan? If so, you will love this cheese! The subtle streaks of blue are perfectly balanced with the cheddar for a slightly funky cheddar party in your mouth. Dynamite on a burger!



AMANDA

Tipi Produce Carrots

They are so sweet and tasty! No other carrot packs as much flavor as Tipi's. You can tell that they are grown with love. You can also get them well into winter. They are great raw, cooked, or even juiced!



MATT

Kerrygold Dubliner

A lovely dry aged cheddar-ish cheese with a tart, rustic edge and a fruity complexity, made from Irish grass-fed cow's milk. Smashing with sourdough, crackers, or strong red wine.



FORREST

Willy Street Co-op Pizza Dough and Willy Street Co-op 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 the 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.)

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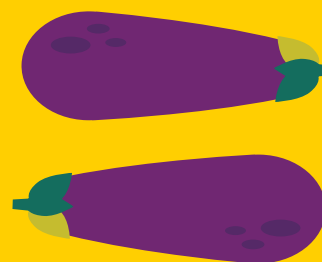


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