

willy street co•op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 46 • ISSUE 5 • MAY 2019



**STORES
CLOSING
EARLY**
Memorial Day:
Monday, May 27
at 7:30pm

IN THIS ISSUE: 2019 Customer Survey; A Tour of a Colombian Fair Trade Banana Farm; \$5 Dinner; Staff Picks; and More!

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

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

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GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

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

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

Deli: 7:30am to 9:00pm

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

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

Jeannine Bindl, President

**Meghan Gauger,
Vice President**

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Brian Anderson

Ann Hoyt

Stephanie Ricketts

Trevor Bynoe

Michael Chronister

Dan Ramos Haaz

BOARD CONTACT INFO:

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

BOARD MEETING SCHEDULE

Tuesday, May 21

Tuesday, June 18

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

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SAVE THE DATE!

THIS YEAR'S ANNUAL MEETING & PARTY IS THURSDAY, JULY 11.

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!

CARDBOARD BOXES

Q: I was wondering if you would consider making cardboard boxes available & highly visible near the registers for shoppers to use instead of grocery bags. Perhaps give folks a bag discount when they do so. I really like the idea of not offering paper grocery bags at all (like the Natural Grocers on Tennyson St in Denver—you have to use your own bag or take a box, even if you're walking).

Also- is it possible to post small signs around the produce department encouraging people to use produce bags as sparingly as possible? I understand using them for things like bulk greens or mushrooms, but there is no reason to use them for most items. Perhaps also encouraging people to reuse produce bags.

Lastly, I've heard that you may be getting rid of the bulk soaps, etc, but I would love to see you keep those things!

A: Thanks for writing. When we have cardboard boxes available, they are stored near Produce, close to the front end, because this is the area where we have the most space to offer them. Customers who reuse bags or other containers to shop help us fund Double Dollars for FoodShare/QUEST benefits participants at the Co-op and local farmers' markets. For every reusable bag customers use, cashiers tally 10¢ for the Co-op to save for the Double Dollars Fund and for every reused disposable bag the Co-op tallies 5¢ to save for the fund. This has curbed our paper bag use by about 50%, which is in line with some municipalities that have charged a tax for bag use. Customers, of course, are welcome to use the boxes we have available as an alternative to bags, but we simply do not have enough boxes to ensure that all customers that do not have reusable bags would be able to take their groceries away without paper bags available.

We do sell reusable produce bags in the produce department and we are currently looking at ways to promote more use of these bags. To my knowledge, we do not have any plans to stop selling bulk soaps, though we are in the process of changing some of the selection available. Please let

us know if you have other questions. Have a great week! -Kirsten Moore, Cooperative Services Director

KEEPING THE LIGHTS ON

Q: I wonder why you keep your lights on all the time. I live near by and I see them on all the time. Could you turn them off and if you can't I would like to know why.

A: Thank you for your question about the lights at Willy East. I checked in with our Facilities Director Jim Jirous, and there are two areas with lights that we think you are seeing and they are on after store hours for different reasons.

Our parking lot lights are operated by a sensor that turns them on at dusk and turns them off again at dawn. The lights are left on overnight for the security of our staff leaving after the store closes, coming to the store before the sun comes up in the morning, and anyone else near our parking lot overnight or using the ATM machine outside. These lights also allow police and fire personnel to see the building clearly from the street if there is an emergency and act as a deterrent to criminal activity on the property.

The lights inside the store are on a timer that leaves them on two and a half hours after the store closes for staff that work until midnight. This timer also turns the lights back on two and a half hours before the store opens for staff that start their day before the store opens. Please let us know if you have other questions. Have a great day! -Kirsten Moore, Cooperative Services Director

COFFEE WASTE

Q: I love your selection of bulk coffees. I don't have a high quality grinder at home, so I use your burr grinders to get the perfect grind for my Chemex. I try to buy 3 days worth of coffee at a time to make sure I'm always getting a fresh brew. As you can imagine, I use your grinders frequently.

When I begin to use a grinder, I start by flicking the metal tab on the spout to make sure ground coffee from the previous user isn't remaining in the machine. (I don't want an unknown coffee or the wrong grind going in my bag.) Most of the time, 1 or 2 tablespoons of coffee grounds come tumbling out into the tray below. This feels like such a waste.

Having worked in a coffee shop, I'm aware that flicking this tab to release all of the coffee grounds is routine procedure, and is the final step in the grinding process. However, I believe that the majority of customers are not aware that they should be doing this after each use of the grinder.

I think that the co-op should consider placing signage near the grinders to advise customers to

complete this step of the process. This could result in less coffee being wasted, and ultimately, it would be a cost savings for the co-op.

A: Thanks for writing us about this! I agree that there are probably a lot of people who don't know this final step in the process, I'll surely pass your suggestion for signage along, hopefully it helps!

Thank you. -Liz Patterson, Assistant Grocery Manager—East

BAG CREDIT

Q: Why am I being charged 10 cents each time I shop at the coop, and finding it on my receipt as a "contribution" to double dollars? I'm not being asked to make a contribution. What is this charge? No involuntary charges should ever be called a contribution. Please explain.

A: Thanks for asking. You are not being charged an additional 10¢ when you shop at the Co-op. The Co-op Contribution listed on your receipt is what Willy Street Co-op saves for the Double Dollars Fund each time you reuse a bag for your shopping. We contribute 10¢ to the Fund for each reusable bag a customer uses when they shop. You save us money when we use less paper bags, and we send that money to Community Action Coalition to support Double Dollars at participating farmers' markets and the Co-op. Double Dollars provides vouchers for fresh foods, fruits and vegetables to those shopping with Wisconsin FoodShare (SNAP) to stretch their limited shopping budgets further. We track your bag reuse and our contribution on customer receipts due to requests to see that we are counting people's reused bags to support the program, and with a limited number of characters available on the receipt to describe what the line item is, I can see why this could be confusing for some customers. Rest assured, you are not being charged extra involuntarily to support the program! I will check in with our Logistics and IT departments to see if there is any way to make the receipts clearer, though I'm not 100% sure how we will do it. Please let me know if I may assist you further. We appreciate your feedback! Have a great evening. -Kirsten Moore, Cooperative Services Director

E-COMMERCE

Q: It is my understanding that the Co-op has been working to develop an e-commerce website for some time. The website has been mentioned in the Willy Street Co-op Reader without necessarily elaborating on its purpose. Here in the Internet age we might assume what the website would do, but further explanation would be helpful. A vision plan must have preceded the development stage now under-

way.

Can someone within Co-op management state the intended purpose of the e-commerce website? Who are the people and what are the special needs that will be served? What localities would be included? In addition, because the Co-op would be a latecomer to the e-commerce business in the Madison metropolitan area, what more would the Co-op offer that is not already being offered by the competition?

The e-commerce website would just be one wheel in a bigger machine if it follows a traditional model. There might be a person who selects ordered products from store shelves and another person who drives the order to the customer's home. However it is possible that the product picker may not choose the right item, and the driver might be delayed in reaching an address. Can someone in management comment on the organization's plans to develop a quality assurance program that extends beyond the e-commerce website? If a private company were engaged to select and deliver groceries, the Co-op might be accountable for any customer relations problems.

A: Thanks for writing. The intended purpose of the e-commerce website is to offer both delivery and pickup service via an online shopping interface from the Co-op. This offering is intended to better serve the needs of some homebound customers we already provide delivery services to on a case-by-case basis, some housing co-ops and businesses that order from us frequently, and Owners and customers that enjoy the Co-op but may not live as conveniently near one of our locations. It's not a new program, but rather one that we are in the process of re-launching for a wider audience. We plan to start the program out of Willy North, due to North having the widest selection of products, the most space for our employees to shop for customers, and the most central location for access to main highways for delivery routes. The program would essentially service the zip codes surrounding our three retail locations, Lake Monona, and Lake Mendota. The e-commerce program would offer customers an option to have pickup and delivery services provided by Willy Street Co-op with the products that we offer, something that many Owners have been asking us to offer and implement better throughout the years. Not only will the website interface be our own and fully integrated with our existing point of sale system, but products will also be picked and delivered by Co-op employees rather than via a third-party provider. We recognize some of the concerns you raise about picking products and delivery

schedules, which is why we plan to roll out the program slowly, to test it with existing delivery and business customers prior to launching Co-op-wide, and to launch with clear terms of service, substitution, cancellation, and return policies. Please let us know if you have further questions.
-Kirsten Moore, Cooperative Services Director

DOUBLE DOLLARS INCENTIVES

Q: I read your letter in the new Reader about paper and reused grocery bags. It is interesting that the Coop considers supporting the Double Dollars program an incentive for me to reuse bags (as I always do). Isn't a contribution to Double Dollars always an option for shoppers?

I don't object to supporting the program, but I don't view it as an incentive. I reuse bags for different reasons. It may have been an incentive when the 10 cents went into my pocket, but the current

approach is not a motivator for me and, I suspect, for many Owners. It is simply the way the Coop is choosing to support the Double Dollars program.

I suggest offering the same "incentive" to users of paper bags. The Coop would raise more dollars for the program, unless the administrative costs are too high. And that is my two cents worth!

A: Thanks for writing, for reusing bags for whatever reason you choose, and for supporting Double Dollars! We appreciate it regardless of your motivations!

Whenever a customer reuses a bag, we tally that bag, and keep a count of the number of times people reused bags instead of taking a disposable bag. Willy Street Co-op then donates 10¢ for each disposable bag that was not used to the Double Dollars Fund. The Co-op does not ask customers whether we should tally their bags, we do this automatically, with the money we saved

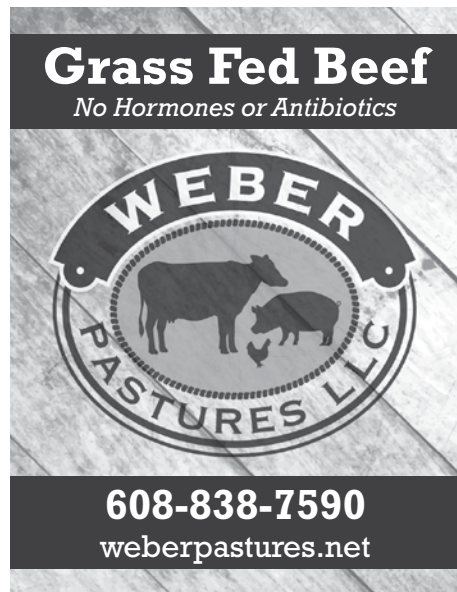
from your bag reuse. Many people do see the Co-op using the money we save when they reuse bags for a good cause as an incentive, and we know this for several reasons: bag reuse has not changed with any significance from when we switched from giving a customer a credit to contributing those dimes saved to the fund; we have customers who tend to double check to ensure that cashiers have tallied their bags to support the cause; and we have had customers tell us that when they forget their bags, they make a cash donation to the Double Dollars fund using the optional scan cards available to them at the registers. Making the optional cash donation serves as a reminder to those customers to bring their bags next time they shop because they know their bag reuse also supports the fund.

We recognize that not everyone will find this program, or any other incentive, as motivating, but it's the one that we are currently committed to, and we have found it to be

as successful as other methods. It reduces customer bag use by about half, which is in line with other incentives we have seen including giving customers a credit as we used to, and charging a fee for bags (which we have seen happen in other cities where ordinances require an upcharge or tax for disposable bag use). We are very grateful for the support that our customers provide Double Dollars through their optional cash donations using the scan cards, and when they reuse bags. Please let me know if you have other questions. Thanks! -Kirsten Moore, Cooperative Services Director

Customer Response: Thank you for the prompt and thorough reply, Kirsten. Clearly much thought has gone into the bag reuse/Double Dollar program, and clearly it is working well.

I concede the point that the program is an incentive for many. Bravo to them and to you! Keep up the good work.



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2019 CUSTOMER SURVEY

Fill out the Customer Survey by May 31st and you'll automatically be entered to win one of 10 \$100 gift cards!

Find it in this issue of the Reader, in the stores or at willystreet.coop/2019-customer-survey




Thursday, May 16th
4pm - 8pm
at Willy North

Join us for: BBQ chicken or BBQ jackfruit sandwich on a bun, slaw and potato chips with a cookie.

Vegetarian, vegan and gluten-free options.

GENERAL MANAGER'S REPORT

Fiscal Year; Travel Tips; and More!



by Anya Firszt, General Manager

April showers bring May flowers! All three stores will have a full supply of plant starts for you by Mother's Day from West Star Farms and Voss Organics. These young plants are locally sourced and organically

grown. And, we have literally tons of Purple Cow Organic compost growing mixes and soil-enhancing products to help your garden grow even better!

The Better Business Bureau Torch Award for Ethics has been awarded to Willy Street Co-op. Willy Street Co-op submitted an application after being nominated for the award. In the application, we explained how ethics is a core part of how it treats employees, how we work with vendors and community partners, and how we interact with more than 35,000 Co-op Owners. The Co-op shared many examples of our ethical practices, from quarterly all-worker meetings and a digital intranet forum, to transparency in its annual report and customer comment responses, to offering Double Dollars vouchers and helping out other cooperatives.

FISCAL YEAR-END IN SIGHT

We are hoping to wrap up a few planned projects before the fiscal year end, which comes at the end of June.

Willy East Commons is getting a new floor treatment, which is planned to happen over a few nights the first week of June, June 2-7 to be exact. The East Community Room will be used as customer seating while the Commons area is under construction and unavailable. The liquid bulk section at East is getting a facelift, which will result in a shift and relocation of a few other subdepartments into the bulk aisle. Stay tuned.

Willy North is adding new office and meeting space, with the renovation work beginning mid-May lasting through mid-June. There will be little or no disruption on the retail floor initially, however some disruption will occur the second week of June when a hole is cut for a doorway to join the retail and the new space.

Willy West is getting the finishing touches from the expansion projects: a few new refrigerated cases and new shelving units. Plus a few improvements at the rear of the building with new fencing, a better means to house seasonal equipment, and screening to better contain our pallets and various boxes from view.

And, finally, the Production

Kitchen walk-in freezer project should be past the planning stages and onto the physical work of removing the old unit and constructing the new one. A second phase of this project will happen in the next fiscal year, avoiding the general work and chaos leading up to the Annual Meeting & Party (AMP).

TRAVEL TIPS

Willy West shoppers: if you visit our store from the west via University Avenue, road reconstruction work will be happening between Park St. and Cayuga St. through mid-June, so you may have to find alternate routes in the next few months. For details, see visit.news/middleton.

BOARD OF DIRECTORS ELECTIONS COMING UP

You still have time to meet the requirements to run for the Board. A few important points and dates for you to know about:

- Candidates are required to attend at least one Board meeting to be eligible to run for the Board; the Board meets next on May 21 beginning at 6:30pm at the Co-op's administrative offices located at 1457 E. Washington Ave.
- Candidates are required to attend a Candidate Orientation Session prior to the election; there are two more sessions scheduled for Willy North (Lakeview Library) at 2:00pm on May 4, and Willy West at 6:00pm on May 9.
- Candidate statements are due June 3 at noon.
- Candidates are invited to address Owners at the Annual Meeting & Party on July 11, as part of the business meeting.
- Candidate statements will be included in the July *Reader* publication or on our website www.willystreet.coop.

You can vote online (if we have your current email address), or cast your ballot at any of our retails, or mail your ballot to 1457 E. Washington Ave, Madison, WI 53703. I, for one, am looking forward to meeting the final slate of Board candidates, and hearing them all speak at the Co-op's Annual Meeting on July 11.

\$5 DINNER: DINNER MADE FOR YOU!

The \$5 Dinner is again happening on the third Thursday of the month. Mark your calendar for May 16 to be at Willy North from 4:00pm-8:00pm for some good eats! The featured main course this month is BBQ chicken or BBQ jackfruit, fresh coleslaw, potato chips, and a cookie. We are able to satisfy vegetarian, vegan and gluten-free diets! Eat in or carry out. Yummy!

BOARD AND GM TABLING

Our next scheduled time is at Willy East on May 19th, from 11:00am - 1:00pm. If those dates and

time don't work for you, you can reach the Board at board@willystreet.coop or me at a.firszt@willystreet.coop or 608-237-1210.

BOARD REPORT

Elections; Budgets; Committees; and More!



by Stephanie Ricketts, Board Member

Happy May, Willy Street Co-op community!

BOARD ELECTIONS

First and foremost, I want to remind you all that Board elections are coming up. Candidate application materials are due by June 3, 2019. We are filling three seats this year, each for a three-year term of service. If you are an Owner in good standing, passionate about the Co-op, and have 10-15 hours per month to devote to the governance of this organization, consider running in the 2019 election! All of the information can be found online at: www.willystreet.coop/pages/run-for-the-willy-street-co-op-board

One more (important) thing! All candidates must attend a Board Candidate Information Session to be eligible to run. There are two more schedule, both this month:

- Lakeview Library: May 4, 2019: 2:00pm-3:00pm
- Willy West: May 9, 2019, 6:00pm-7:00pm

Want to run for the Board, but can't attend either of these sessions? Email the Board Development Committee at bdc@willystreet.coop and we will figure out an alternative.

In addition to planning the 2019 elections, the Board has been up to a variety of activities.

COMMUNITY REINVESTMENT FUND DETERMINATIONS

The Co-op's 2019 Community Reinvestment Fund cycle is drawing to a close. All grant applications are reviewed by the Community Reinvestment Fund committee, a group

comprised of a mix of Co-op staff, two Board members and community members. This group is charged with making a recommendation to the Board on which applications should receive funding. This year I had the honor of serving on this committee, and reviewing the record number of proposals for funds. It was humbling and exciting to see the array of excellent projects taking place in our community and difficult to narrow it down to the final selection. The Committee passed its recommendations on for Board approval at the April meeting, and you can see which projects received grants on page 18.

BUDGETING FOR FY20

Did you know the Co-op's Fiscal Year runs from July-June, not accordingly to the calendar year? We are currently in the thick of budget-planning for Fiscal Year (FY) 2020. From the Board's perspective, this means setting the Governance Budget for 2020 (including items like Board Education Sessions, the annual Board elections, and the Annual Meeting & Party (AMP), and reviewing the complete budget for the organization. The final FY20 Co-op Budget will come before the Board for final approval in June after a thorough vetting by the Finance Committee.

WHAT'S WITH ALL THE COMMITTEES?

I've mentioned a couple of different committees in this report. Since the Co-op is a big organization with lots of different moving parts, the Board uses committees to help it do its work. Committees have specific purviews, and serve the Board by digging deeper into complicated topics. Some committees are Board-only, some have a mix of staff and Board members serving on them, and others have a mix of Board members, staff and Owners-at-large. The Board will recruit members with various skill

WANT TO HELP LEAD THE CO-OP?

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

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

sets to serve on these committees, like Owners with financial acumen to serve on the Finance Committee, or folks experienced with policy governance to serve on the Policy Committee. The Board currently has three active committees: Finance, Policy and Board Development. Board members also serve on a few other Co-op committees, including the Community Reinvestment Fund and the Investment Committee.

WIL-MAR CAPITAL CAMPAIGN SUPPORT

I am so pleased to share that the Board has approved a \$50,000 donation to the Wil-Mar Neighborhood Center's capital campaign. These funds will be drawn from abandoned equity. Our partner in the Williamson Street neighborhood for over 40 years, the Wil-Mar neighborhood center just celebrated its 50-year anniversary with a big announcement... they are the recipients of the 2019 Design for a Difference! Design for a Difference is a national program that partners with local designers and organizations that donate their time, talents, and goods to transform local non-profits so the organization can better serve their communities. The Co-op's donation will support the much-needed infrastructure improvements to the Center (think heating and cooling systems, plumbing, etc), while the Design for a Difference is focused on the more visible updates to the center. This is a big deal for the Willy Street community, and we hope will help Wil-Mar remain a force of good for (at least) 50 more years.

MORE POLICIES!

Of course, this policy governance-driven Board has also been reviewing some policies! In April we reviewed reports on:

Policy D1: Unity of Control

This policy, at its essence, limits the power of individual Directors by stating that only officially passed

motions of the Board are binding on the GM.

Policy C10: Policy Development

Policy C10 ensures that the Board is diligent in its review of and updates to the Co-op's policies, and that it follows proscribed channels for doing so.

Policy C3: Relationship to Owners

This policy states that the Board derives its authority from and represents the Owners of the Co-op, and includes some specific language about how the Board must communicate with Owners (including an Annual Report).

Policy B5: Treatment of Customers

This policy requires the General Manager (GM) to be responsive to Owners' needs, and sets forth some requirements including things like "Provide a safe, accessible shopping environment," and "implement a system for soliciting and considering customer opinion," among other items.

Policy B4: Ownership Rights Policy

Policy B4 details how the GM achieves the following: "The General Manager (GM) shall not fail to establish a process for becoming an Owner, maintaining Ownership, and for Owners to understand their rights and responsibilities."

COME SAY HELLO!

The Board will be tabling with the General Manager at Willy East on May 19 from 12:00-2:00pm! Come swing by and try a tasty Co-op good, and ask any questions you have about the Board, Co-op policy, or store operations.

Other ways to learn more about the Board of Directors, our Co-op's policies, or other governance topics: attend a Board meeting or email us at board@willystreet.coop. Thanks for reading, and for being a part of the Willy Street Co-op!

Community Room Class Calendar

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

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

WINE AND CHEESE TASTING

Location: Willy West Community Room
Thursday, June 13, 6:30pm-7:30pm
Ages: 21 and older
Instructor: Micca Hutchins
Fee: Free; registration required

Enjoy tasting the delicious wines of spring including some fantastic rosé! Micca Hutchins is the woman behind French Farm-To-Table Wines and will coordinate this sampling of some of her pure and natural wines from France. The top four cheeses from our own Cheese Challenge 2019 will make for excellent pairings and will also be offered. Sign up while there are seats!



BAKING

VEGAN BAKING SECRETS: RAW VEGAN DESSERTS

Location: Willy East Community Room
Tuesday, June 18, 6:00pm-8:00pm
Ages: 13 and older; adult supervision not required
Instructor: Cara Moseley
Fee: \$20 for Owners; \$30 for non-owners

Pastry Chef Cara Moseley will teach basic raw vegan food preparation to create raw desserts. She will guide the class through a discussion on various critical raw food ingredients from the store and discuss their uses, and the dos and don'ts of raw dessert-making. She will demonstrate how to make a couple different styles of desserts. Students will leave class with several ideas and recipes. Vegan, gluten-free and grain-free.



COOKING

COOKING WITH CHEF PAUL: WEEKNIGHT DINNERS WITH FIVE INGREDIENTS OR FEWER

Location: Willy East Community Room
Thursday, June 13, 6:00pm-8:00pm
Ages: 13 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng

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

When it comes to dinner, we can save time in the kitchen and also eat well. Why bother with so many unwanted attachments and gadgets? Most of our meals can be made deliciously with five ingredients or fewer, assuming we have salt and pepper on hand. Join Chef Paul to explore creative ways to reduce the clutter in the kitchen and enjoy the meals we make.

STORES CLOSING EARLY

Memorial Day: Monday, May 27 at 7:30pm



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LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Willy North
Thursday, May 2, 10:00am-2:00pm
Thursday, June 6, 10:00am-2:00pm
Location: East Community Room
Thursday, May 16, 9:00am-1:00pm
Thursday, June 20, 9:00am-1:00pm
Location: Willy West Community Room
Friday, May 10, 9:00am-12:00pm
Friday, June 14, 9:00am-12:00pm

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



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy West Community Room
Thursday, June 6, 6:00pm–8:00pm
Ages: 18 and older
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

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

VEGAN CHEESE-MAKING

Location: Willy West Community Room
Tuesday, May 21, 6:00pm–8:00pm
Ages: 13 and older; adult supervision not required
Instructor: Cara Moseley
Fee: \$10 for Owners; \$20 for non-owners

Join Vegan Chef Cara Moseley to learn her basic vegan cheese recipe, variations to make different styles of vegan cheeses, and several ways to achieve the perfect texture and flavor using unique ingredients. She will also share information about how to use the vegan cheeses in place of dairy in many culinary applications. Many samples will be provided. Vegan, gluten-free and grain-free.



COOKING TOGETHER: FLAVORS OF THE MIDDLE EAST

Location: Willy West Community Room
Friday, May 17, 5:30pm–6:45pm
Ages: 5 and older; registration for adults and kids required
Instructor: Lily Kilfoy
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a marvelous meal inspired by the flavors of the Middle East—olives, pita, spices, garbanzo beans, basmati rice, kabobs, dates and honey will be explored. Vegetarian and nut-free.

COOKING TOGETHER: FLAVORS OF JAPAN

Location: Willy East Community Room
Friday, June 7, 5:30pm–6:45pm
Ages: 5 and older; registration for adults and kids required
Instructor: Lily Kilfoy
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily in this hands-on cooking class for families. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a homemade meal inspired by flavors from Japan. Sushi rolls, noodles, miso soup, tea, citrus, soy and edamame are just a few of the tasty things that will be explored. Vegetarian.



HERBAL APPROACHES TO LYME DISEASE AND PREVENTION

Location: Willy East Community Room
Thursday, May 2, 6:00pm–8:00pm
Ages: 13 and older; adult supervision required
Instructor: Linda Conroy

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
Wednesday, May 8, 2:15pm–5:30pm
Wednesday, June 12, 2:15pm–5:30pm
Location: Willy West Community Room
Tuesday, May 7, 2:15pm–5:30pm
Wednesday, June 5, 2:15pm–5:30pm

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

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

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

There is much confusion about Lyme disease and how to prevent as well as treat it naturally. Join veteran herbalist Linda Conroy for this overview of how to play in the woods mindfully as well as how to respond when you have been exposed to the various infections that are related to tick bites. Everyone will leave with resources and information on how to access resources for further support. 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.

SPRING HERBAL MEDICINE/WILD EDIBLE WALK

Location: Willy East Community Room and Jenifer Street
Sunday, June 9, 10:00am–12:30pm
Ages: 8 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$20 for Owners; \$30 for non-owners

Join herbalist and forager Linda Conroy to explore the wild plants that grow around us. We will learn about common and uncommon wild plants that can be used for food and medicine. Identification techniques, as well as ways to prepare plants for optimal nutrition and healing, will be discussed. Dress appropriately for the weather and wear comfortable walking shoes. Meet in the Community Room; the tour leaves promptly at 10:00am.

SPRING HERBAL MEDICINE/WILD EDIBLE WALK

Location: 4864 Pheasant Branch Conservancy Springs, Middleton
Saturday, June 29, 10:00am–12:30pm
Ages: 8 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$20 for Owners; \$30 for non-Owners

Join herbalist and forager Linda Conroy to explore the wild plants that grow around us. We will learn about common and uncommon wild plants that can be used for food and medicine. Identification techniques, as well as ways to prepare plants for optimal nutrition and healing, will be discussed. Dress appropriately for the weather and wear comfortable walking shoes. This class will take place at Pheasant Branch Conservancy, 4864 Pheasant Branch Road, Middleton. Meet in the Conservancy parking lot; the tour leaves promptly at 10:00am.



KIDS IN THE KITCHEN: FINGER FOODS!

Location: Willy West Community Room
Friday, May 10, 4:30pm–5:30pm
Ages: 9–12 years old; adult supervision not required
Location: Willy East Community Room
Friday, May 24, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required
Instructor: Lily Kilfoy
Fee: \$10 for Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this exciting hands-on cooking class for kids. Whether you're making a memorable meal, planning the perfect party or doing some serious snacking, finger foods are flavorful and fun! In this class participants will prepare an assortment of fantastic recipes for finger foods. Vegetarian.

KIDS IN THE KITCHEN: BETTER BRUNCH!

Location: Willy West Community Room
Tuesday, May 14, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required
Location: Willy East Community Room
Tuesday, May 21, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required
Instructor: Lily Kilfoy
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this exciting cooking class for kids. You can't beat brunch—the cool combination of breakfast and lunch. In this class, participants will cook up some of Lily's favorite recipes—pancakes and french toast, muffins, eggs, smoothies, fruits and more! Vegetarian.

KIDS IN THE KITCHEN: FANTASTIC FRUITS

Location: Willy East Community Room
Tuesday, June 11, 4:30pm–5:30pm
Ages: 5–8 years old; adult supervision not required
Location: Willy West Community Room
Tuesday, June 18, 4:30pm–5:30pm
Ages: 9–12 years old; adult supervision not required
Instructor: Lily Kilfoy
Fee: \$10 for Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. In this class, we'll use fantastic fresh fruits as we follow recipes that highlight these nutritious ingredients. Tropical fruit smoothies, melon salads, berries and cream, banana bread, pineapple cake, and plum crisp are some of Lily's favorites. Vegetarian and nut-free.

KIDS IN THE KITCHEN: FOOD ART

Location: Willy West Community Room

Friday, June 14, 4:30pm–5:30pm

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

Location: Willy East Community Room

Friday, June 21, 4:30pm–5:30pm

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Funny faces made from funky veggies? An owl made from bread and berries? How about sunflower seed raindrops or a 3-D car driven by an animal cracker? Chef Lily can't wait to see what the kids will come up with! Participants in this class will create edible and artful images using a variety of foods. Vegetarian.



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Lakeview Library

Thursday, May 9, 6:00pm–7:00pm

Ages: 18 and older

Fee: Free; registration required

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

FAIR TRADE BANANAS

Location: Willy East Community Room

Tuesday, May 14, 6:00pm–7:30pm

Location: Willy West Community Room

Wednesday, May 22, 6:00pm–7:30pm

Ages: Any; adult supervision required

Your Co-op's Own Instructor: Megan Minnick

Fee: Free; walk-ins welcome

Have you ever wondered what's behind the Fairtrade sticker on the organic Fairtrade certified bananas you buy at the Co-op? Megan Minnick, our Director of Purchasing recently went on a week long expedition to Colombia to find out, and she is eager to share her experience! In this class you will learn about the Fairtrade International standards, and how your purchase of Fairtrade bananas here in Wisconsin positively affects banana growers, workers, their families, and their communities halfway around the world.

MERITS OF A KETOGENIC (FAT-BASED) DIET

Location: Willy East Community Room

Thursday, May 30, 6:00pm–7:00pm

Ages: Any; adult supervision required

Fee: Free; registration required

Until recently, the benefits of a fat-based diet were poorly understood by most. Katy Wallace, Traditional Naturopath of Human Nature, LLC will present how a fat-based diet may be key to resolving issues such as weight-loss resistance, cognitive decline, insomnia, and blood sugar swings. Learn what to expect, how to balance a meal, and how to track your progress. Gluten-free and grain-free.

MERITS OF A KETOGENIC (FAT-BASED) DIET

Location: Lakeview Library

Tuesday, June 4, 6:00pm–7:00pm

Ages: Any; adult supervision required

Fee: Free; registration required

Until recently, the benefits of a fat-based diet were poorly understood by most. Katy Wallace, Traditional Naturopath of Human Nature, LLC will present how a fat-based diet may be key to resolving issues such as weight-loss resistance, cognitive decline, insomnia, and blood sugar swings. Learn what to expect, how to balance a meal, and how to track your progress. Gluten-free and grain-free.

PRODUCTION KITCHEN NEWS



by
Michael Tomaloff,
Kitchen Supervisor

It's a Tuesday afternoon, and I am witnessing a very earnest and, at times, rather intense conversation about hot dogs: coins or slices? How thin? How many? What does a spoonful weigh? This can mean only one thing: we're on the cusp of another Willy Street Co-op's \$5 Dinners. This happens to be late February, and on the menu is a repeat of the popular mac and cheese bar, with or without hot dogs (and mushrooms, and bacon, and broccoli...), and thus the team knows the ins and outs of this one, and now is an opportunity to refine and revisit the decisions made before the first go 'round of mac back two months ago.

PLANNING

We make meals for up to 500 people, so it comes as no surprise that a lot of planning goes into these dinners, and deciding on the menu is just the tip of the iceberg. Raw ingredients must be ordered; production needs to be planned; equipment must be secured, transported, and set up; and the event must be staffed. Of course, the staffing might be the easy part, because so many people who work here want in. If you were in line last month you may have been served by the General Manager, the head of Human Resources, our Finance Director, the Production Kitchen's rockstar cooks (literally, they're all in touring metal bands), or any number of other Willy Street Co-op characters who were eager to help out. You see, the \$5 Dinner is near to the very heart of what the cooperative movement is all about, and that is something you feel when you're on the serving line. It's a great feeling.

THE NITTY GRITTY

In case you're not familiar with the \$5 Dinner, I'll fill you in. Every third Thursday Willy North hosts a special dinner open to all. Follow the signs in the store to the cashier that's set up just for the event, pay \$5, receive a to-go box and join the line. Our staff fills it up with the entree of

your choice, a side dish or two, and a cookie, and you're set for supper. You can take it home to enjoy, or have a seat in the Commons and eat right at the store. Past offerings have included pasta fagioli, tamales, a baked potato bar, tacos, pizza, and of course mac and cheese.

BEGINNINGS

So what is the origin of this new tradition? I checked in with General Manager Anya Firszt who initially heard about the Durham (North Carolina) Co-op Market's Three Dollar Dinner, which they serve every Thursday, and thought that would be just the thing for Willy North. Every week is pretty ambitious, and three bucks isn't a lot to work with, so we tweaked it and do it our own way. We grew the menu a bit, and thus was born our monthly \$5 version. Our menu and method may differ from Durham's, but the goal is the same: building and growing community while providing a healthy and affordable meal. The added traffic in the stores and growing ranks of Owners is certainly a welcome benefit, but the good of our community is most certainly the goal.

It has been quite a while since I had the opportunity to pitch in on the line at the \$5 Dinner, but that doesn't mean I have missed out on those positive cooperative community-building vibes. In fact, you don't have to punch a clock at the Co-op to get a taste of that; all you need to do is get your \$5 Dinner box filled, and rather than walking out the door with it, park yourself at a table in the Commons (or in the warmer months, the patio) and soak up that energy right then and there. It may get a little crowded, someone's kid may drive a fire truck over your foot, and it might get a little noisy, but that crowd is your neighbors, those children are the future of the Co-op community, and that noise is the music that is made when people of good will and warm hearts get together to share a meal and conversation.

JOIN US

If you've not been to Willy North for the \$5 Dinner, I hope you join us for one soon. Community, nutrition, quality, value, inclusivity, and fellowship are among the core values of the Co-op, and the wider cooperative movement. Those things don't happen without you, and no matter who you are, there will always be a seat for you at Willy Street Co-op's table.

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2019 WILLY STREET CO-OP CUSTOMER SURVEY

We would greatly appreciate it if you would answer the following questions. Every comment is carefully considered and will be used to make your Co-op even better. The privacy of our Owners is extremely important to us; names and Owner numbers are removed before any examination and analysis of the results. Please drop your completed survey at the kiosk in any store (near the exit) or mail to Customer Survey, Willy Street Co-op, 1457 E. Washington Ave., Madison, WI 53703. Please use a ballpoint pen to avoid ink leakage. You can also fill out this survey at willystreet.coop/2019-customer-survey.

Name: _____ Owner #: _____

Phone number*: _____ Email address*: _____

Check box if you are interested in receiving information from the Co-op about committee openings, focus groups, and other Owner engagement opportunities.

* We will call/email if you win a gift card.

1. How likely are you to promote Willy Street Co-op to your friends, family, or colleagues on a scale of 0 to 10, where 10 is most likely and 0 is least likely?

0 1 2 3 4 5 6 7 8 9 10

2. At which Willy Street Co-op store do you shop most often? a. Willy East b. Willy West c. Willy North

3. What does the term "quality" mean to you? (Please place a checkmark by your top three.)

- | | | | |
|------------------------------------------|------------------------------------------|--------------------------------------------------|------------------------------------------------|
| a. <input type="checkbox"/> Artisan-made | d. <input type="checkbox"/> Flavor | g. <input type="checkbox"/> Local | j. <input type="checkbox"/> Product appearance |
| b. <input type="checkbox"/> Expensive | e. <input type="checkbox"/> Fresh | h. <input type="checkbox"/> Organic | k. <input type="checkbox"/> Wholesome |
| c. <input type="checkbox"/> Fair Trade | f. <input type="checkbox"/> A good value | i. <input type="checkbox"/> Packaging appearance | l. Other: _____ |

4. On a scale of 0 to 10, please rate Willy Street Co-op's effectiveness in living up to the qualities mentioned in our Global Ends Policy, where 10 is complete and 0 is none.

a. Cooperative	0	1	2	3	4	5	6	7	8	9	10
b. Just	0	1	2	3	4	5	6	7	8	9	10
c. Supports a robust local economy	0	1	2	3	4	5	6	7	8	9	10
d. Equitable	0	1	2	3	4	5	6	7	8	9	10
e. Nourishes and enriches our community	0	1	2	3	4	5	6	7	8	9	10
f. Nourishes and enriches our environment	0	1	2	3	4	5	6	7	8	9	10
g. Has a culture of respect	0	1	2	3	4	5	6	7	8	9	10
h. Has a culture of generosity	0	1	2	3	4	5	6	7	8	9	10
i. Has a culture of authenticity	0	1	2	3	4	5	6	7	8	9	10

5. What do you think of Co-op prices on a scale of 0 to 10, where 10 is extremely affordable and 0 is extremely unaffordable?

0 1 2 3 4 5 6 7 8 9 10

6. What percent of your total household grocery budget do you spend at Willy Street Co-op?

- a. less than 20% b. 21-40% c. 41-60% d. 61-80% e. more than 80%

7. How often do you shop at Willy Street Co-op?

- a. once a day b. 2-3 times a week c. once a week d. 2-3 times a month e. once a month f. a few times a year

8. At what other stores do you shop? (Please place a checkmark by your top two.)

- | | | | |
|---------------------------------------------------|-------------------------------------------------------|-------------------------------------------------|----------------------------------------------------|
| a. <input type="checkbox"/> Aldi | g. <input type="checkbox"/> Fresh Madison Market | m. <input type="checkbox"/> Pick n' Save | s. <input type="checkbox"/> Walmart |
| b. <input type="checkbox"/> Amazon.com | h. <input type="checkbox"/> Hy-Vee | n. <input type="checkbox"/> Piggly Wiggly | t. <input type="checkbox"/> Whole Foods Market |
| c. <input type="checkbox"/> Asian Midway Foods | i. <input type="checkbox"/> Jenifer Street Market | o. <input type="checkbox"/> Regent Market Co-op | u. <input type="checkbox"/> Woodman's |
| d. <input type="checkbox"/> Capitol Centre Market | j. <input type="checkbox"/> Metcalfe's Market | p. <input type="checkbox"/> Target | v. <input type="checkbox"/> Yue-Wah Oriental Foods |
| e. <input type="checkbox"/> Costco | k. <input type="checkbox"/> Metro Market | q. <input type="checkbox"/> Trader Joe's | w. Other: _____ |
| f. <input type="checkbox"/> Festival Foods | l. <input type="checkbox"/> Miller & Sons Supermarket | r. <input type="checkbox"/> Viet Hoa Market | |

9. If you could change just one thing about your Co-op, what would it be? _____

10. What else would you like us to know? _____

And now for some questions about you.

11. How long have you been an Owner of the Co-op? a. not an Owner b. less than a year c. over one year d. over five years e. over 10 years

12. What is your age? a. Under 18 b. 18 to 24 c. 25 to 34 d. 35 to 49 e. 50 to 64 f. 65 and over h. Prefer not to answer

13. What is your zip code? _____

14. Including yourself, how many adults live in your household? _____

15. How many children live in your household? _____

16. Your ethnicity origin (or Race):

- | | | | |
|-------------------------------------|------------------------------|----------------------------------------------|-------------------------|
| a. American Indian or Alaska Native | c. Black or African American | e. Native Hawaiian or other Pacific Islander | g. Other |
| b. Asian | d. Hispanic or Latinx | f. White or Caucasian | h. Prefer not to answer |

17. In 2018, what was your annual household income before taxes?

- | | | | |
|-------------------------|----------------------|------------------------|-------------------------|
| a. Less than \$20,000 | c. \$50,000-\$79,999 | e. \$100,000-\$119,999 | h. \$140,000 or more |
| b. \$20,000 to \$50,000 | d. \$80,000-\$99,999 | f. \$120,000-\$139,999 | i. Prefer not to answer |

Fill out this survey by May 31st and you could win one of 10 \$100 Co-op gift cards!

A Tour of a Colombian Fair Trade Banana Farm



With kids at an elementary school near Apartado, Colombia. This school was built with funds from the Fairtrade premium in an area that has a high amount of poverty and a history of violence.



by
Megan Minnick,
Purchasing
Director

In late March, I had the opportunity of a lifetime to be part of an expedition to Colombia to tour Fair Trade banana farms, and to view first-hand the impact that the Fair Trade model has on banana-producing communities. The trip was led by staff from Fairtrade America, and I was joined by produce

managers from two other grocery co-ops as well as a few staff from the national organization for grocery co-ops, National Co-op Grocers (NCG).

The intent of this trip was to learn first-hand how Fair Trade works and the impact it has on farming communities. We visited multiple Fairtrade America-certified banana farms, including plantations and small

producer co-ops, as well as community and infrastructure projects that the workers and producers were able to fund using the Fairtrade America premium (more on that later).

The organic bananas you will find at all three of our stores are nearly always Fairtrade America-certified.

Though I have been overseeing our produce program for quite some time, and I had some idea of the importance of Fair Trade, I was not prepared for how powerful this



Learning about Fairtrade banana processing and packing at La Frontera Farm in Apartado, Colombia.

on-the-ground experience would be. Many times during the trip, I found myself wishing that I could somehow have taken all of you, our 35,000 Owners, with me so that we could experience together the importance of our decisions to purchase Fair Trade products. By choosing Fair Trade bananas (and other Fair Trade products), we are having a real world impact and empowering farmers and laborers to lift up themselves, their communities, and (most powerfully for me as a mother of two small kids) the children in those communities.

WHAT IS FAIR TRADE?

Fair Trade certifications allow consumers like you and me to know that the farmers and workers who grow our food are getting a fair deal, are treated in a dignified way, and that they are farming in a way that is not detrimental to natural ecosystems. In addition, it empowers them to improve the quality of life and future prospects for not only themselves, but their entire communities.

The detailed standards (pages and pages of them!) for the International Fairtrade system are carefully researched and developed by Fairtrade International, headquartered in Bonn, Germany. Producers and farm workers from around the globe represent



Margenis Leon, an employee at La Frontera Farm in Apartado, Colombia washing and sorting bananas for export to the United States.

50% of Fairtrade International's system and play a strong role in deciding what the standards will be. Fairtrade International has chapters in countries around the world—Fairtrade America is the U.S. chapter. It should be noted that there are other Fair Trade labels that are *not* associated with Fairtrade International, such as Fair Trade USA, which is a separate entity and does not follow the international standards.

FAIRTRADE PREMIUM

In addition to the minimum price requirement, each box of Fairtrade



Learning about Fairtrade banana production at Banafucoop near Santa Marta, Colombia. This farm produced the most pounds of bananas per hectare in the world in 2017.

WHAT ARE THE FAIRTRADE INTERNATIONAL STANDARDS?

The standards laid out by Fairtrade International are specific to each commodity and growing method (coffee vs bananas - plantations vs small producers), and they are incredibly well researched and documented with the help of various stakeholders, most importantly, producers. You can find all of them at the Fairtrade America website www.fairtradeamerica.org. They include:

- **Minimum Price.** For each commodity (including bananas), Fairtrade International publishes a minimum price that must be paid to the producer. This price varies by country, and is essentially meant as a safety net to ensure that the producer is not paid less than their cost of production.
- **Environmental Standards.** There is a rigorous environmental / sustainability component to the Fairtrade International certification. This includes mandating that farmers preserve and nurture their soils and natural ecosystems, that they reduce their use of greenhouse gases, and that they refrain from using certain toxic chemicals.

Because our Fair Trade bananas are also USDA Certified Organic, some of these standards are somewhat redundant; however, I was struck by

the importance that the farms we visited place on soil health for the long term sustainability of their farms and also the quality of their bananas. This goes beyond the baseline USDA Organic standard, and leaves me wondering if this care on the part of Fair Trade farmers is what leads to the common customer comment I hear that our Fair Trade organic bananas taste better than other organic bananas. Healthy soil means healthy plants, which means better-tasting bananas! When I mentioned to several banana farmers that our customers believe that Fair Trade tastes better, they didn't seem surprised at all—this is their experience as well and they are proud of the quality of the fruit they grow!

- **Working Conditions.** Another important part of the Fairtrade International standards regards working conditions. This includes a prohibition on child labor and forced labor, an emphasis on gender equality, the right of workers to associate, and occupational health and safety requirements such as adequate toilet facilities, access to clean drinking water, and protective gear for staff doing hazardous work.

bananas generates a Fairtrade premium, which is money entrusted to the farmers and workers with the stipulation that it must be spent on farm infrastructure (in the case of small producers) or the welfare of the workers, their families, or their community. The Fairtrade International premium for bananas in Latin America is \$1/box, which is one reason that we prefer purchasing the Fairtrade International certified bananas as opposed to Fair Trade USA, which pays less.

Seeing the Fairtrade premium in action was by far the most impactful

would otherwise have very few ways to tangibly uplift themselves and their communities. Because the funds are democratically controlled, the farmers and workers we talked with view them not as a hand out, but as a responsibility entrusted to them to manage wisely and use in a way that is most beneficial to their communities. The pride and heartfelt gratitude they feel to be part of the Fairtrade system was a message we heard over and over again.

During our trip, each one of us was moved to tears by the projects we witnessed. We visited several schools



Scot Destasio, National Produce Program Manager at National Co-op Grocers, and Michael Cakmes, Business Development Manager at Fairtrade America, with a group of students from the Sierra Moreno Rural Education Center near Santa Marta, Colombia. This school, (including school supplies for all the kids) is funded entirely by Fairtrade premium money.

part of my experience in Colombia. These funds are democratically controlled by small producers, or in the case of plantations, farm workers; and their use is carefully audited by the Fairtrade certifying agency. Premium dollars represent real change and empowerment in the lives of people who

that were built using premium money, serving kids who otherwise may not have had any chance at an education and could have easily been sucked into the drug trafficking activities that are still pervasive in Colombia. We visited a center for people with developmental disabilities who would



Gender equality is an important part of the Fairtrade standards! From left to right: Isabella Pacheco Morun, Business Development Manager at Fairtrade America; Megan Minnick, Purchasing Director at Willy Street Co-op; Catalina Londono Martinez, plantation manager of Sin Limite, Caitlyn LuVullo, Produce Category Manager at Lexington Food Co-op; and Catalina Marquez, Head of Logistics and International Sales for Uniban C.I.

otherwise have no place to go, and we danced to a band of incredibly talented kids who were only able to access their instruments and music instruction through the Fairtrade premium. We spoke with a coach who runs a sports program that trains kids who could otherwise not afford shoes to be Olympic level athletes, and we learned of a large climate change initiative focused on educating and motivating children. In the majority of the cases, the focus of the premium dollars was on kids and families, and on building communities for the future. None of these programs are limited to the kids of the farmers and workers, but open to anyone in the community who is interested. I came away humbled and inspired by what these banana farmers and workers

have accomplished, and what they hope to accomplish in the future—and it was all made possible by a simple \$1 premium on every case of certified Fairtrade bananas.

The Fair Trade bananas you purchase at Willy Street Co-op do not come from Colombia. They come from Ecuador and Peru, but they are held to the same Fairtrade International standards outlined here. In the last year, our three stores purchased 7,756 cases of Fairtrade bananas, which means that collectively, we gave \$7,756 back to communities in the form of a Fairtrade premium.

HOW DO WE EXPAND OUR FAIR TRADE IMPACT?

It's easy—buy more bananas! One thing was clear to me during my trip - farmers and even plantation owners are eager to produce more Fair Trade bananas, but they need buyers who want to purchase them. If we demand cheap bananas, producers will be forced to produce cheap bananas, but if we demand Fair Trade we will be giving them the opportunity to have dignity in their work and empowerment to give back to their communities, and we'll get some incredibly tasty bananas in the process!

If you would like to learn more about my trip, the Fair Trade standards, and the bananas we sell, I'll be hosting a series of workshops for Owners on May 14 at Willy East and May 22 and Willy West. Check the class schedule in this newsletter or our website for more details.



Caitlyn LuVullo, Produce Category Manager at Lexington Food Co-op in Buffalo, New York with a girl at the Sierra Moreno Rural Education Center near Santa Marta, Colombia. This school, including school supplies for all the kids is funded entirely by Fairtrade premium money.



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NEW



DOLCEZZA GELATO

This new gelato is just divine! Made with milk from small family farms. Visit their website at dolcezzagelato.com to see the farms where they source their ingredients. Try some of their unique varieties like roasted strawberry. Available at East and North.

CHOCOLOVE RUBY CHOCOLATE

This chocolate bar was introduced as a Valentine's Day special bar, but luckily for us, they have brought it into their regular lineup. What is special about this bar is that it's made out of ruby cacao beans, which are pink inside. The light pink of this bar is the natural color of inside of these cacao pods. These pods also impart a slightly fruity flavor—think strawberries and cream. What a treat! Available at East and North.



KAL D-3 & K2 DROPINS

This dynamic duo works together to boost calcium absorption and promote heart health. Great tasting liquid drops. Just drop some in water or directly into your mouth. Natural citrus flavor, sweetened with stevia. Fifteen drops provides 5,000 iu of vitamin D3 and 500 mcg of vitamin K2. Available at East, West and North.

SIETE CASHEW NACHO CHEESE

A dairy-free queso dip! Made from cashews and veggies. Perfect for dipping and drizzling. Grab a jar—it's great with a lot of stuff. Two flavors: spicy blanco, and mild. Gluten-free and vegan. Available at East, West and North.



POP & BOTTLE DRINKS

New plant-powered, cafe-style drinks in a bottle. Pop & Bottle is a new line of almond milk-based drinks. Choose from cold brew coffee with almond milk, vanilla cold brew, and matcha green almond latte. Sweetened with dates. These drinks contain no added sugar, no carrageenan or gums. Pack one along for your workday or enjoy a latte at home. Available at East, West and North.

INESSCENTS SALVATION CBD BEAUTY BALM



A nourishing facial balm infused with high-potency, hemp-derived, full-spectrum CBD. It is blended with organic botanicals and essential oils to calm, hydrate, restore and soothe delicate facial skin. Available at East, West and North.

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STORES CLOSING EARLY

Memorial Day: Monday, May 27 at
7:30pm

Health & Wellness co-op deals: May 1-14

THIS MONTH: MAY 1
Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!





Acure
Shampoo or Conditioner
All Kinds on Sale!
12 oz • Save \$3.30
\$5.99/tx



New Chapter
Turmeric Force
Liquid Veggie Caps
60 cap • Save \$3
\$26.99/tx

Alba Botanica
Mineral Sunscreen
All Kinds on Sale!
4 oz • Save \$3.50
\$7.99/tx



Quantum
Super Lysine +
90 tab • Save \$4
\$6.99/tx



Dr. Brite
Activated Mint Charcoal
Whitening Powder
5 oz • Save \$1.30
\$5.99/tx



Nordic Naturals
Prenatal DHA
500mg
90 sg • Save \$5
\$23.99/tx



Organic India
Organic Ashwagandha
90 cap • Save \$9
\$18.99/tx



Jason
Toothpastes
All Kinds on Sale!
4.2-6 oz • Save 49¢-\$2.49
\$3.50/tx



Tera'swhey
rBGH-Free Whey
Powder
Plain, Bourbon Vanilla, Dark Chocolate
12 oz • Save \$4.50
\$15.99



Schmidts
Stick Deodorants
All Kinds on Sale!
3.25 oz • Save \$2-\$2.50
25% off



co-op deals: May 15-June 4



Booda Organics
Booda Butter Tin
Fair Trade and Organic!
2.3 oz • Save \$2
\$9.99/tx





Quantum
Digital Blue
Eye Health
60 softgels • Save \$9
\$14.99/tx





EvanHealy
Blue Cactus
Beauty Elixir
Nourishes & Calms Dry Skin
.5 oz • Save \$12
\$34.99/tx





LifeFlo
Magnesium Flakes
44 oz • Save \$4
\$13.99/tx



Seventh Generation
Ultra Thin Pads
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14-18 pc • Save \$1
\$3.99/tx



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All Lip Color
at least
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Chewing Gum
30 pc • Save 49¢
\$2.00/tx



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2.8 oz • Save \$1.30
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Glycinate
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Lavender
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25% off





coop™ deals

co-op deals: May 1-14



88 Acres
Organic Pumpkin Seed Butter
16 oz • Save \$3.50
\$8.99



Wisco Pop
Cane Sugar Sodas
All Kinds on Sale!
4/12 oz • Save \$1.30
\$6.99/tx



Hi Ball
Organic Energy Drink
All Kinds on Sale!
16 oz • Save \$1.58/2
2 for \$4/tx



Annie's Homegrown
Mac and Cheese
Classic, Shells and White Cheddar, Shells and Real Aged Cheddar
6 oz • Save \$6.16/4
4 for \$5



Organic Valley
Organic Grassmilk Half & Half
From grass fed cows!
16 oz • Save 30¢
\$2.49



Honest Tea
Organic Iced Tea
All Kinds on Sale!
16 oz • Save 79¢
\$1.00



Alter Eco
Chocolate Bars
All Kinds on Sale!
2.8 oz • Save \$2.58/2
2 for \$5/tx



Native Forest
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All Kinds on Sale!
13.5 oz • Save \$1.58-\$1.98/2
2 for \$4



Frontera
Salsa
All Kinds on Sale!
12.5-16 oz • Save \$1.30
\$2.99



Kettle Brand
Potato Chips
All Kinds on Sale!
5 oz • Save \$1.98/2
2 for \$4



Kalona Supernatural
Organic Cottage Cheese
2%, 4% milkfat
16 oz • Save 70¢
\$4.29



Ben & Jerry's
Dairy Ice Cream
All Kinds on Sale!
16 oz • Save \$2
\$3.99



Dr. Bronner's
Organic Coconut Oil
All Kinds on Sale!
14 oz • Save \$3.50
\$6.99



Explore Asian
Organic Mung Bean Fettucini
8 oz • Save \$1
\$3.79



Siete
Grain-Free Tortillas
All Kinds on Sale!
7 oz • Save \$2
\$6.99



Tres Latin Foods
Pupusas
All Kinds on Sale!
10 oz • Save \$1.30
\$4.49



Stonyfield
Whole Milk Yogurt
All Kinds on Sale!
32 oz • Save \$1.30
\$3.49



Muir Glen
Organic Tomatoes
All Kinds on Sale!
14.5 oz • Save 99¢-\$1.29
\$1.00



Cascadian Farm
Organic Vegetables
All Kinds (except Cut Spinach) on Sale!
10 oz • Save \$1.58-\$1.98/2
2 for \$4



Equal Exchange
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12 oz • Save \$1.20-\$1.80
\$5.99



Mom's Best Naturals
Cereals
All Kinds on Sale!
17.5-24 oz • Save \$1.98/2
2 for \$5



Siggi's
Icelandic Style Yogurt
All Kinds on Sale!
5.3 oz • Save \$2.16/4
4 for \$5



From The Ground Up
Cauliflower Crackers
All Kinds on Sale!
4 oz • Save 80¢
\$2.99



Ling Ling
Potstickers
Chicken, Vegetable
13 oz • Save \$1.30
\$4.49



The specials on this page are valid May 1-14
All Specials Subject to Availability. Sales Quantities Limited.

MAY

co-op deals: May 15–June 4



Newman's Own Newman-O's Cookies

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

2 for \$5



Once Again Crunchy Peanut Butter

With Salt
16 oz • Save \$1.30

\$4.49



Garden of Eatin' Tortilla Chips

All Kinds on Sale!
16 oz • Save \$2.98/2

2 for \$7



Go Macro Energy Bars

All Kinds on Sale!
1.8-2.5 oz • Save \$1.58/2

2 for \$4



Mavuno Harvest Organic Dried Fruit

All Kinds on Sale!
2 oz • Save \$1.98/2

2 for \$5



Nature's Path Love Crunch Granola

Dark Chocolate & Berry
11.5 oz • Save \$1.50

\$3.99



Bionaturae Organic Dried Pasta

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

2 for \$4



Woodstock Farms Organic Frozen Sweet Cherries

10 oz • Save \$4.58/2

2 for \$7



Alden's Organic Ice Cream

All Kinds on Sale!
48 oz • Save \$2.50

\$6.99



Lundberg Rice Chips

All Kinds on Sale!
5.5-6 oz • Save \$2.58-\$2.98/2

2 for \$4



Blue Diamond Artisan Nut Thins

All Kinds on Sale!
4.25 oz • Save \$2.58/2

2 for \$5



Equal Exchange Organic Fair Trade Teas

All Kinds on Sale!
.85-1.41 oz • Save \$1.98/2

2 for \$6



Santa Cruz Organic Lemonade

All Kinds on Sale!
32 oz • Save \$2.98/2

2 for \$3



Bubbies Pure Kosher Dill Pickles

32 oz • Save \$1.80

\$5.99



Epic Pork Rinds

All Kinds on Sale!
2.23-2.5 oz • Save \$2.98/2

2 for \$5



GT's Organic Kombucha

All Kinds on Sale!
48 oz • Save \$1

\$6.99/tx



Just Mayo

16 oz • Save \$1

\$3.99



Good Karma Flax Milk

Original, Unsweetened
64 oz • Save 50¢

\$2.99



Beyond Meat Vegan Brats

Great for grillin'!
14 oz • Save \$2

\$6.99



Wallaby Whole Milk Yogurt

All Kinds on Sale!
6 oz • Save 58¢/2

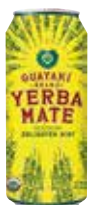
2 for \$2



Westbrae Organic Canned Beans

All Kinds on Sale!
25 oz • Save \$1.98/2

2 for \$5



Guayaki Yerba Maté Drinks

All Kinds on Sale!
15.5 oz • Save 58¢/2

2 for \$5/tx



Seventh Generation Bathroom Tissue

12 rolls • Save \$3

\$6.99/tx



Organic Valley Organic Sour Cream

All Kinds on Sale!
16 oz • Save 50¢

\$3.29



The specials on this page are valid May 15–June 4
All Specials Subject to Availability. Sales Quantities Limited.

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ANNUAL MEETING

& PARTY

Thursday, July 11th



STORES CLOSING EARLY

Memorial Day: Monday, May 27 at 7:30pm

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RUN

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Board of Directors

See willystreet.coop or the Owner
Resources Area in the stores for details.



Deadline for applications is Monday, June 3rd at 12pm.
Candidates are required to attend a Candidate Orientation Session and a Board meeting
to be eligible to run. Please see the website or Board candidate application for dates!

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

COOPERATIVE SERVICES NEWS

Announcing the 2019 Community Reinvestment Fund Winners



by Kirsten Moore, Cooperative Services Director

The Community Reinvestment Fund is one of the ways that Willy Street Co-op uses donated or abandoned Owner equity to support charitable local projects. Owners have the option to donate their equity to the fund when they leave the cooperative, and

equity is automatically “abandoned” to the fund by law when Owners cease shopping at the Co-op for more than three years time and do not take steps to retrieve their equity. The fund is currently held at the Twin Pines Cooperative Foundation, and the Board of Directors allocates a portion of the fund annually for nonprofit and cooperative business grants available through a competitive application process. This year 34 organizations applied for a total of \$115,713 in funding, and with \$25,000 allocated for this year’s awards, we are pleased to announce the 11 organizations receiving 2019 grants.

BAYVIEW FOUNDATION: HEALTHY COOKING CLUB \$3,500

An affordable housing development close to downtown with 277 residents who are primarily immigrants and refugees from ten countries, Bayview Foundation provides free afterschool and summer programming to children ages 7–18. Over the past few years, CRF grants have supported cooking and gardening becoming an integral part of that programming, and the Healthy Cooking Club will utilize the garden’s harvest to provide 98 hours of culinary instruction and practice preparing and serving healthy and culturally appropriate snacks and

meals to peers. This year’s funding supports the hire of a Bayview resident to act as the Cooking Club facilitator.

BRIARPATCH YOUTH SERVICES: MADISON STREET TEAM \$1,275

Picking up from year one, Briarpatch will continue expanding their successful Northport Madison Street Team to provide more 14–15 year old youth with first-time employment experience. The grant provides supplies and food for the program’s youth, who will perform a variety of neighborhood-identified community service projects such as maintaining community gardens, removing graffiti, conducting clothing and food drives, and more. All students receive 20 hours of training in employment readiness, financial literacy, and leadership as part of the program, and a celebration of their work and accomplishments is planned for the end of the summer.

BRIDGE LAKE POINT WAUNONA NEIGHBORHOOD CENTER: EDIBLE & ECOLOGICAL GARDEN \$2,255

The Bridge Lake Point Waunona Neighborhood Center’s Edible & Ecological Garden will be built this summer to act as a “bountiful, open community space” for reading, art, yoga, sharing food, and learning about nature, nutrition, biology and permaculture. The project will involve the neighborhood in planting and building the garden, preparing community meals, offering bilingual nutrition classes, and developing a garden club for area children. The Community Reinvestment Fund supports the supply budget for their outdoor garden kitchen.

CATHOLIC CHARITIES: INCITING CULTURE, SUPPORTING CHANGE—WOMEN’S WELLBEING

AT THE BEACON HOMELESS DAY RESOURCE CENTER \$2,500

The Beacon is a year-round homeless day resource center helping on average 225 guests per day with basic needs: meals, laundry, and shower services. The Beacon also provides access to computers, telephones, mail and transportation between night shelters; and it hosts partner agencies that connect guests to other community resources to become housed, financially stable, and live independently. Approximately 33% of The Beacon’s guests self-identify as women, and The Beacon recognizes that the experiences men and women have are very different, requiring different types of support. To address women’s specific needs, The Beacon is embarking on an educational project focused on women’s health and well-being utilizing art-based support and trauma-informed yoga practices to instill healthy coping mechanisms, identify safe spaces, and increase peer support for women experiencing homelessness. Funds will purchase art supplies, yoga equipment, lockable storage containers, and provide for yoga instruction.

DANE ARTS MURAL ARTS: HAWTHORNE SCHOOL TUNNEL—SAFETY AND BEAUTIFICATION \$3,000

Dane Arts Mural Arts (DAMA) employs community artists to “beautify neighborhoods throughout Dane County by engaging youth and community members in all aspects of the collaborative mural making process.” One place that has been identified for a community mural is the pedestrian tunnel in the Truax neighborhood on Madison’s east side at East Washington and Fair Oaks Avenues. The tunnel is designed to provide safe access to Hawthorn Elementary School, though due to increasing safety concerns, the tunnel is underutilized. In partnership with Hawthorne Elementary, Madison Police Department, East Madison Community Center, and the Healthy Kids Collaborative, a comprehensive plan is now being developed to address the safety concerns including adult presence in the tunnels during

school commuting hours, improving the lighting, and utilizing the mural project to bring people to the tunnel, and give the community ownership over its beauty and safety. Funds will provide paint, poly-tab mural fabric, and artist time during community planning and painting events at East Madison Community Center.

ELVER PARK NEIGHBORHOOD CENTER: SOUTHWEST MADISON CSA ACCESS AND LEARNING PROJECT \$2,350

This year, Elver Park Neighborhood Center is partnering with Theresa Terrace Neighborhood Center on Madison’s west side to continue increasing neighborhood accessibility to fresh produce for children and families utilizing their centers. Both centers will use produce provided through Community Supported Agriculture (CSA) produce shares acquired through FairShare CSA Coalition’s PartnerShares program for cooking activities within their youth programs. Programming will include taking home produce with recipes and other materials to assist with preparing the items for their families; and bringing in a local chef to host all-ages cooking lessons at community events. The grant purchases farm shares, educational resources, supplemental food and storage materials, and the food preparation and nutrition educator.

GIO’S GARDEN: FAMILY SPECIAL EVENTS \$800

Gio’s Garden was founded in 2012 and is a therapeutic respite center for children with special needs and their families. As their organization has grown from offering 225 hours to 7,200 hours of care per year, they have added parent support groups offering peer support and a meal with childcare provided, and family special events where client families can meet, interact, and play together. This grant will support providing meals and food at eight parental sessions and two family events.

GROUNDSWELL CONSERVANCY: CREATING LAND SECURITY FOR IMMIGRANT AND MINORITY FARMERS \$4,000

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A local land trust for Dane County and the surrounding regions, Groundswell Conservancy protects land and water for future generations by creating conservation areas such as parks, natural and wildlife areas, and trails; protecting farmland from development; and ensuring equitable access to nature and land. This project focuses on addressing land tenure issues for immigrant and minority farmers. The Conservancy has purchased the 10 acre Westport Community Farm and partnered with Community Groundworks to identify the priority needs of the Hmong growers who farm the land, and the Pasley's Swan Creek Farm in Fitchburg that will become home to Neighborhood Food Solutions, who leads the Farming After Incarceration Release (FAIR) and Program for Entrepreneurial Agriculture Training for Teenagers (PEAT) initiatives for youth and adults on the south side of Madison. These two newly protected farmlands and their use are "guided by the principles of community food-sovereignty, which values food providers, puts control locally, builds knowledge and skills, and works with nature." The "project seeks to demonstrate that the market and subsistence farming can be a compatible land use near valuable conservation areas." Funds will be used for infrastructure (items to be determined by the growers), project planning, and supplies including translation services and childcare for meeting participants.

NEIGHBORHOOD HOUSE COMMUNITY CENTER: COMMUNITY WELLNESS

INITIATIVE \$1,820

Madison's oldest community center, Neighborhood House serves the Greenbush neighborhood on Madison's south side near campus, and they are in the process of reinstating their fitness programming for older adults and seniors after a hiatus and are beginning to offer scholarships to participants with low income. After surveying neighborhood residents, they learned that the community would benefit from additional, low-cost and affordable fitness and wellness programming. Funds to expand offerings will be used to purchase yoga mats, jump ropes, speakers, pedometers, sports equipment, and for support salaries for the instructors.

THE PLAYING FIELD: OUTDOOR PLAY SPACE \$1,500

The Playing Field was founded in 2015 to offer children ages 0-5 from varied socio-economic backgrounds early care and education, bridging "the gap between children of affluent families and those families who have minimal means." They are currently remodeling their outside play spaces to address drainage issues, provide age-appropriate equipment such as a slide, and add a sensory playground for children impacted by trauma and those with other special needs. This will add to the time children spend outdoors and increase their capacity to serve. The grant "will be used to add dramatic play equipment for infants and toddlers, including the building of a stage and the addition of costumes, puppets, and props for outdoor play."

WISCONSIN BOOKS TO PRISONERS (WBTP): CANTEEN CUISINE \$2,000

WBTP is a volunteer collective fostering a love of reading behind bars, pursuing knowledge and self-empowerment, and breaking the cycle of recidivism. Out of an effort to learn why many prisoners request cookbooks, Canteen Cuisine was born. "Among the prisoners who can afford to buy food from their institution's canteen, many have developed 'really amazing dishes and snacks' that they cook (solely) in hot-pots and/or microwave ovens with the limited ingredients available to them." WBTP has solicited and received recipes from prisoners and has now published them in the zine "Canteen Cuisine," to raise public awareness about prison conditions and the nutritional quality and deficiencies of food available for purchase from the canteens and the meals provided by the Department of Corrections. The zine also publishes recipes from area chefs using the same criteria: "using canteen food that is prepared in a hot-pot and/or microwave oven." Zines are distributed to prisoners and the public, and a public zine release party is being planned for formerly incarcerated people to speak about their own experiences dealing with meals, hunger and nutrition; a nutritional science intern to speak about their assessment of prison diets, and to learn about and sample foods used in prisons and jails. Funds will support printing and postage, the release party, the nutritional science intern's stipend, and stipends for formerly

incarcerated individuals to speak at the release.

SPECIAL THANKS

The Community Reinvestment Fund would not be possible without the legacy of Owners who leave our Co-op and decide to contribute the equity they invested in the business to the fund. Special thanks to our 2019 committee members. This year's committee included Tina Abert, Owner-at-Large; Trevor Bynoe, Board Director; Kyle Freund, Owner-at-Large; Michael Gay, Owner-at-Large; Liz Hawley, Education and Outreach Coordinator; Kirsten Moore, Cooperative Services Director; and Stephanie Ricketts, Board Director. If you are interested in serving on this committee, we typically announce any committee openings (when available) in late fall or early winter through the Reader and on our Facebook page.

Thank you for your support, and congratulations to this year's grant award winners!

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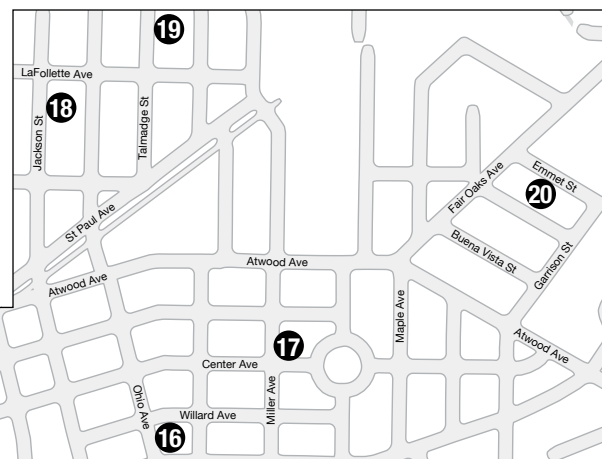
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Ninth Annual Marquette-Atwood Neighborhood

Art Walk

SUNDAY, MAY 5TH 2019 + 11 A.M.—5 P.M.

1	Joan Grosse John Parsen Celia Parsen Michelle Martin	Fiber Art/Jewelry Jewelry Oil Pastel Felted Fiber Art	1115 Rutledge St
2	Nancy Blake Joe Clark	Fiber Art/Jewelry Raku Pottery	1411 Spaight St.
3	Molly Krochalk	Ceramics	1519 Spaight St.
4	Debbie Olin	Chainmaille Jewelry	513 Riverside Dr
5	Zach Zitske	Pottery	329 Riverside Dr
6	Greg Dinauer	Glass	426 Clemons Ave



16	Lou Ann Petersen-Noltner Ed Noltner	Mixed Media Stained Glass	533 Ohio Ave
17	Rachel Imsland	Ceramics	2802 Center Ave
18	Vicki Berenson	Ceramics	145 Jackson St
19	Tabletop Studios John May and Nelle Burke	Stop Motion Animation	103 Talmadge St
20	Leah Evans	Textiles	3129 Emmet St

7	Christopher X. Burant Emma Lister	Paintings/Sculpture Sculptor/Object Maker	212 Merry St
8	Jenny Blasen	Pottery	1718 Jenifer St
9	Three Girls Dyeing	Silk Scarves	421 Walton Pl
10	Sarah West Whitcomb	Acrylic and Watercolor	509 Walton Pl
11	Gloria K. Van Dixhorn	Ceramic Art	1837 Jenifer St
12	Alison E. Mader Barb Easton	Handcolored B&W Photography Essential Oils/Jewelry	2009 Jenifer St
13	Helen Klebesadel	Watercolor	2017 Jenifer St
14	Laura Meddaugh	Acrylic Paintings	622 Division St
15	Charyl Ward Eileen Dalebroux	Pottery/Fiber Arts Pottery	2110 Oakridge Ave

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Marquette-Atwood Neighborhood Art Walk

Fats AND Fiction

by Andy Gricevich, Newsletter Writer

Fat gets a bad rap. We've heard how it causes obesity, high cholesterol, heart disease and more, and how we should minimize fat and eat more whole grains, some vegetables and a little lean protein.

That view turns out to be wrong at almost every level. It became official truth due to the ambition of a few well-intentioned scientists who based their assertions on very sloppy studies, and who managed to gain influential positions at the same time as grain-based, industrial-scale agriculture exploded in the 1950s. Thanks to the work of more rigorous researchers, it's finally becoming acceptable again to talk about fat as part of a healthy diet.

We'll get into which fats count as "healthy," but first let's lay out a few well-established counterclaims to the familiar doctrine:

1. Fat is essential for health, and more nourishing than carbohydrates and protein, our other main sources of caloric energy.
2. Fats don't make us fat. Obesity arises from problems with metabolism, most often set off by overconsumption of sugar and carbs, that interfere with our natural ability to get rid of the fat we don't need.
3. Cholesterol, a protective substance in our circulatory system, doesn't cause heart attacks. Again, we're set up to self-regulate its levels, unless we're thrown out of whack. In fact, studies have shown a stronger connection between low cholesterol levels and increased

risk of heart failure, stroke and cerebral hemorrhage.

So much for the common dogmas. Let's go further into the fats of the matter.

WHAT ARE FATS, ANYWAY?

Fats are composed of fatty acids: chains of carbon atoms surrounded by hydrogen atoms. The structure, shape and length of those chains determines how they behave in our bodies. Fatty acids fall into three main categories (saturated, monounsaturated and polyunsaturated), all present in any dietary fat.

In its saturated form, each carbon atom of a chain has one molecular bond with each of its hydrogen partners. In monounsaturated chains, exactly one atom has two such bonds; polyunsaturates have more than two sites with double bonds. More bonds produce kinkier chains, stacking up to a looser, more fluid substance and a less stable fat. When exposed to light, air or heat, one bond in a pair can come loose and link up with an oxygen atom. This process, known as oxidation, produces dangerous free radicals in our bloodstreams, as well as some nasty chemicals—like formaldehyde—that interfere profoundly with DNA function.

The "essential fatty acids" are fundamentally necessary, polyunsaturated fats we can only get from food. Any fat contains both omega-3s and omega-6s. Omega-3s, critical for brain health, also build cell membranes, regulate weight and cholesterol, and lower triglycerides (the fats

left in our blood for energy between meals, which become dangerous if they build up). DHA, a long-chain molecule found in fish, and in some meat and dairy, makes up eight percent of our brain's mass! EPA, a slightly shorter molecule abundant in animal foods, reduces inflammation and helps regulate mood. The shorter-chain ALA comes from plant sources (like flax), and can potentially be converted into more usable long-chain structures, but only very inefficiently, if or not at all, depending on genetic lineage. Algae-derived DHA/EPA supplements do a little better.

Omega-6s are mainly energy sources, found especially in grains and grain-fed animal foods. They're also necessary for healthy skin and kidney function; some types regulate body fat and reduce arthritis. They also tend to be pro-inflammatory, which is fine, as long as we don't have them too much or too often. Unfortunately, the "Standard American Diet" features a ratio of something like 25 parts omega-6s to 1 part omega-3s, far from the healthy ratio closer to 1:3 (or even 1:1)! That has very serious consequences for our health—though even this situation looks good in comparison to the decades-long reign of trans fats.

TRANS FATS

If you see hydrogenated oil on a label, run away. The condemnation of traditional cooking fats in the '50s replaced tropical oils, lard, tallow, and butter with liquid vegetable oils. Those turned out to produce lousy prepared foods—until food scientists pumped them with hydrogen, when they solidified. Soon vegetable shortening and margarine took over American kitchens, and hydrogenated soybean oil became ubiquitous in processed food and restaurant fare.

By now it's public knowledge that the resultant unnatural fats wreak havoc on our health, screwing us up on the cellular level in countless, very serious ways. Government policy now requires the food industry to phase them out. Some companies have started replacing hydrogenated oils with newer, even more damaging products. Watch out for "intersteri-

fied" oils, and for bizarre laboratory fats in general. After you swallow them, they literally act more like poison than food.

POLYUNSATURATED FATS

Here, we're talking about fats in which polyunsaturated chains predominate: the liquid vegetable and seed oils like corn, sunflower, safflower, cottonseed, sesame and soybean. Vegetable oils are still recommended for cooking by establishment nutrition, because they contain so little of the dreaded saturated fats.

These oils feature very high omega-6 to -3 ratios. That imbalance can lead to cell dysfunction (as the overabundant 6s mess up the work of the 3s), a potentially carcinogenic situation. To make matters worse, they also oxidize very easily (this all goes for grapeseed oil as well, which is often touted for its health benefits and high smoke point. We'd do better eating grapes with seeds).

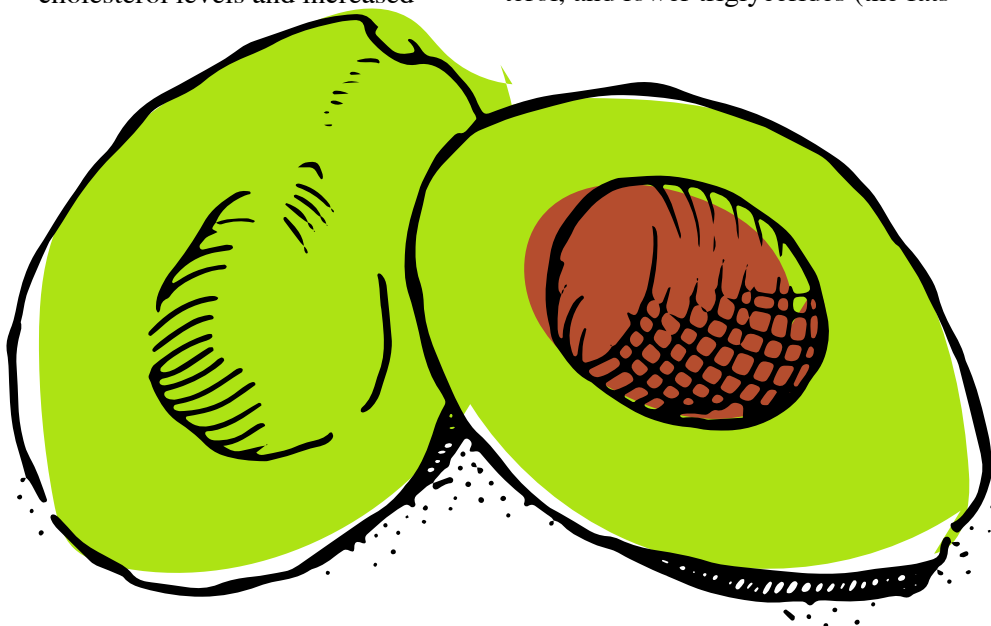
A little sesame oil as seasoning is fine. Nuts high in polyunsaturates, like walnuts and brazil nuts, make for good fat sources. Otherwise, with research showing strong correlations between vegetable oils and a host of health problems, we're better off with fats from the other categories.

If you do use vegetable oils, make sure they're still pretty fresh, and don't overheat them. Also, stay away from any oil extracted using hexane, a highly toxic gasoline byproduct used to speed up the production process. Tests (not FDA-mandated) have given the lie to industry claims that extraction leaves no hexane residues in the finished product. Look for "expeller-pressed" or "cold-pressed" oils, the latter being less subject to the oxidation that can result from higher-heat extraction methods.

MONOUNSATURATED FATS

These are the fats we think of as "healthy," like olive oil. Most nuts fall into this category as well. Canola and peanut oil are high in monounsaturates, but their particular fat compositions make them very unhealthy choices.

Olive oil rode to the top as the centerpiece of the "Mediterranean



Diet,” the first prominent modern program to actually recommend fat. The benefits of olives are due more to their high antioxidant content, anti-inflammatory effects, and vitamin-richness than to their actual fat composition. Their predominant fat, oleic acid, is a fat we usually produce enough of on our own. Olive oil has a pretty good omega-6 to -3 ratio of 3:1. Get extra-virgin, real olive oil (there’s a lot of fraud in the industry) and care for it well (or eat good olives).

Avocado oil is the up-and-comer here, with its own suite of extremely beneficial antioxidants and vitamins, and its ability to help us absorb other nutrients much more effectively. A small number of people have an allergy to latex that also translates into an avocado allergy, but most of us can benefit from this fruit and its oil. You can try avocado- (rather than canola-) based mayonnaise, and/or eat avocados.

In an era of great doubt about the healthfulness of grains, it’s interesting that the most renowned healthy fats come from tree crops—the low-sugar fruits and nuts. What about the tropical oils in prominent use before the 1950s? And what of the detested fats we were stuck with for so long before that?

SATURATED FATS

We’ve been eating animal foods high in saturated fat since we came down out of the trees, while the rise of heart disease as our number one killer corresponds with the rise of industrial agriculture, and the increase in consumption of carbs and sugar, less than a century ago. Not a single clinical study has shown any evidence for the link between saturated fat and heart disease—while a large number of very large studies have shown directly contrary evidence. Still, the nutritional mainstream won’t touch it.

Saturated fat has been shown to raise both “good” and “bad” forms of cholesterol (actually the different forms of a protein that moves cholesterol around in our bodies). It turns out that the “bad” form (LDL, or low-density lipoprotein) comes in at least two shapes itself, and that saturated fat actually converts the genuinely bad form of LDL to the benign form, while also raising the beneficial high-density HDL.

Saturated fats make up half of all cell membrane structures. They enhance calcium absorption and immune function, strengthen the liver, help regulate insulin and provide an essential coating for our lungs. Of the abundant fat in our brains, one third is saturated, and it protects crucial essential fatty acids from going rancid at body temperature.

Where do we get good saturated fat? Most of us know about oily fish. Coconut oil has also become all the rage, with its antibacterial properties and enhancement of brain function (favor unrefined coconut oil unless you’re cooking at higher tempera-

tures). Palm oil does a lot to promote brain and heart health, and is high in vitamin A.

Those foods turn out to be equalled or excelled by fully pastured meat. A ruminant fed any significant amount of grain is a different animal, but 100% grass-fed beef and lamb provide complete packages of important fat-soluble nutrients (the vitamins we’re most often trying to get more of in our diet), as well as the right amount and kind of fat to make them usable. Organ meats from these animals, especially, are the espresso of food, densely packed with nutrition and good fat.

Neither giant steaks nor lean chicken breast are the best choices. Too much protein can actually eventually kill us, in the absence of enough fat to help process it properly. A higher fat-to-meat ratio is good, and better still is the use of fat to make other foods more digestible and delicious. Cook that massive pile of leafy greens with a healthy amount of bacon! Cheese, butter, and ghee (clarified butter taken one step further) can be nourishing foods as well, as long as they come from grass-fed animals (ghee, a fantastic cooking fat, contains almost no lactose). Lard and tallow from pastured pigs and cows are both great for frying and baking. And don’t forget eggs—real superfoods when they come from truly free-range hens.

TRADITION AND HOLISTIC EATING

It’s intriguing that the healthiest fats turn out to be those rooted in tradition—even in the deepest human traditions of hunting and gathering. We don’t live in the past, though, and any dietary choice needs to be taken in its current context. In your whole diet, are you using your good fat to fry donuts, or to season a plate of grilled veggies? In the context of humanity, are the workers picking your avocados treated well? On a whole planet, is your palm oil grown in groves that require clear-cutting of old forests? If our environment’s being degraded by the production of a basic fat, can it be called “healthy” in the long term?

Those may sound like intimidating questions, but the liberation of fat from its unjustly vilified status lets us see things in a new light. We can compare the tillage-free ground of an ancestral olive grove to the degraded topsoil of Midwestern soy fields, or the restorative effects of the best pasture-based grazing to the herbicides polluting our waters as they flow from fields of grain. When we throw modern nutritional doctrine into question, how do modern economic and ecological doctrine look? If experts have given us dietary advice that goes against our biological heritage, where else might we be skeptical of expert opinion? Maybe brain-building fats are a good jump-start to thinking through the implications and acting on possibilities.

WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

They build a local movement for social and environmental justice.

Your gifts support Community Shares of Wisconsin (CSW) and its nearly 70 member nonprofits.



Photo: Orgullo Latinx LGBT+ of Dane County

Community Shares of Wisconsin recently welcomed seven new member nonprofits to join their collective efforts to advance social justice, protect the environment, and defend civil rights in Dane County and across Wisconsin. These are nonprofits you support every time you say “Yes” to the Community CHIP Program. The nonprofits that joined Community Shares of Wisconsin are:

- **Mentoring Positives** – an innovative, referral-based mentoring program that works directly with kids and families throughout Dane County and its surrounding areas.
- **MOSES (Madison Organizing in Strength, Equality, and Solidarity)** – an interfaith organization working to transform public policies in Wisconsin which deny social justice to the poor, people of color, and the mentally ill— starting with mass incarceration.
- **Omega School** – a Madison-based alternate school that provides individualized instruction in a supportive atmosphere to help adults prepare for, and obtain, a GED / HSED credential.
- **Orgullo Latinx LGBT+ of Dane County** – an organization working to build a safe, ethnically equitable and racially just place for the Latinx LGBT+ community in Dane County.
- **Positive Women for Change** – an initiative that provides coaching services to underserved women who have faced adversity and financial disarray.
- **Rebalanced-Life Wellness Association** – an organization that aims to ensure that Black men and boys, who bear the heaviest burden of disease and poor health status, have the opportunity to live fuller, healthier lives.
- **Voces de la Frontera** – a membership-based community organization that aims to protect and expand civil and workers’ rights through leadership development, community organizing, and empowerment.

CHIP gifts are 1% of your bill,
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Thank you!



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Memorial Day: Monday, May 27 at
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RECIPES

Arugula Sauté

Adapted from <http://www.fearlesskitchen.com>

- 1/2 bunch arugula, chopped
- 1 c. sun-dried tomatoes, chopped
- 2 onions, diced
- 1/3 c. white wine
- 2 oz. feta

Directions: Heat the oil from the sun-dried tomatoes in skillet over medium heat. Add onions and sauté until translucent. Add the chopped sun-dried tomatoes and white wine. Sauté lightly, until the tomatoes are tender and some of the liquid has evaporated. Add the arugula and cook until just wilted. Remove from heat and toss with feta cheese. Enjoy!

Shaved Asparagus and Arugula Salad

Adapted from *Canal House Cooks Every Day*.

- 1 1/2 c. finely grated Pecorino Romano
- 1/2 c. extra-virgin olive oil
- Salt
- Pepper
- 1 lb. asparagus
- 4 oz. arugula

Directions: Place the Pecorino in a large bowl. While whisking, slowly drizzle in 1/2 cup of boiling water. Then, still whisking, slowly drizzle in the olive oil. Taste and season with salt and pepper.

Slice the tips off the asparagus and slice each one lengthwise in half. Use a vegetable peeler to shave each asparagus stalk into long thin ribbons (you'll need to press hard—try placing the asparagus flat and peeling that way). Place the asparagus in a large bowl and toss with several tablespoons of the dressing. Add the arugula and toss to coat. Season to taste with more salt and pepper as needed.

Mushroom, Bacon, and Arugula Skillet

This quick skillet isn't just for breakfast—it's an easy dish to prepare any time. Savory mushrooms, bacon, and eggs pair wonderfully with fresh green arugula.

- 4 slices bacon
- 1 c. crimini mushrooms
- 1/2 c. oyster mushrooms
- salt
- pepper
- 1 Tbs. olive oil
- 4 eggs
- 1 c. arugula

Directions: Cook the bacon in a skillet over medium heat until cooked through and crispy. Chop roughly, and transfer to a paper towel-lined plate.

Drain some of the bacon grease from the skillet, leaving about 1 1/2 tablespoons in the pan. Add the mushrooms and cook over medium heat for 1 minute. Season with salt and pepper, and continue to cook, stirring occasionally, until the mushrooms are golden brown. Transfer to a bowl and set aside.

Heat the olive oil in the skillet over medium-low heat. Crack the eggs into the skillet, season with salt and pepper, and cover. Cook until they've reached your desired doneness, then remove from heat. Top with bacon, mushrooms, and arugula. Serve immediately, with fresh, crusty bread.

Asparagus Strudel

Adapted from *Blue Valley Gardens*.

A beautiful dish for a special brunch or dinner.

- 1 lb. asparagus
- 1/2 c. minced onions
- 2 1/2 sticks of butter
- 1/2 lb. Swiss cheese, grated
- 1/2 c. freshly grated Parmesan cheese
- 2 oz. sliced, toasted almonds
- 3 eggs
- 1/2 c. minced fresh herbs such as dill, mint, chives and parsley or 1 tsp. dried dill
- salt and pepper to taste



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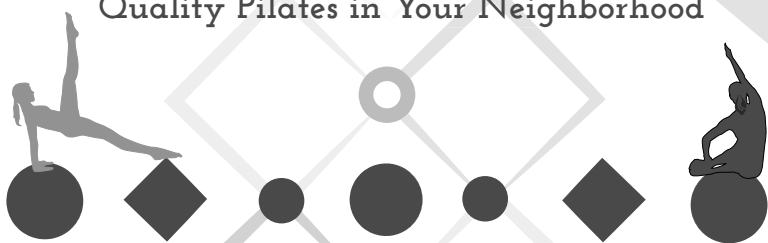
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STORES CLOSING EARLY

**Memorial Day: Monday, May 27 at
7:30pm**

RECIPES

2 Tbs. lemon juice
16 sheets filo pastry, thawed

Directions: Chop the asparagus into 1-inch pieces and blanch for approximately 3 minutes. In 4 Tbs. of butter, sauté the onions. Mix onions and asparagus in large bowl with all other ingredients EXCEPT the rest of the butter and the filo dough. Melt remaining 2 sticks of butter. Thoroughly coat the bottom and sides of a 9 x13-inch pan with butter. Layer 8 sheets of filo into prepared pan, brushing butter on each layer. Pour the asparagus filling mixture into the pan and top with remaining 8 sheets of filo dough, brushing each with butter as before. Trim the edges and bake for 45 minutes or until golden brown.

Mushroom, Asparagus, and Artichoke Salad

Recipe by Nava Atlas, vegkitchen.com, reprinted with permission.

1/2 lb. small button mushrooms
1 lb. slender asparagus spears
10 oz. pkg frozen artichoke hearts, thawed and halved
1 small zucchini, sliced in half moons
1 large, half-sour pickle, chopped
2 Tbs. fresh dill, minced
2 Tbs. fresh parsley, minced
1/3 c. low fat yogurt
1 c. mayonnaise
juice of half a lemon

Directions: Wipe the mushrooms clean and trim the stem bottoms if they look dark or fibrous. If the mushrooms are larger than button size, cut them in half. Place in a skillet with just enough water to keep moist; cover and steam over moderate heat for two minutes, then drain and let cool. Trim the bottoms of the asparagus, then cut the stalks into 1-inch pieces. Using the same skillet, add just enough water to keep the bottom moist, cover, and steam until the asparagus is bright green and crisp-tender. Drain and rinse with cool water. Combine the mushrooms and asparagus in a serving container. Add the artichoke hearts, zucchini, pickle, and herbs. In a small bowl, mix the yogurt, mayonnaise, and lemon juice until smoothly combined. Pour over the vegetables and toss well. Add salt and pepper to taste and toss again. Serve at once or refrigerate until needed.

Asparagus and Blue Cheese Pasta

Adapted from Blue Valley Gardens

An elegant and unusual choice for a special springtime dinner.

1 lb. asparagus
1 lb. pasta
1 c. half and half
1 c. Parmesan cheese
3 Tbs. flour
1 c. blue cheese
4 Tbs. butter

Directions: Cut asparagus into 1-inch pieces and steam about 2 minutes or until the asparagus is bright green in color. Drain and set to one side.

Cook pasta in boiling water according to package directions. Drain and set aside. While the pasta is cooking, heat the half and half in a heavy pan on low heat while slowly adding the cheeses with flour, whisking until well blended. When the cheese is melted, stir in the butter and fold in asparagus. Toss the pasta with the asparagus and sauce, and serve.

Caramelized Grilled Pineapple

Adapted from brendasbarbecue.wordpress.com

Spring is in the air, and I, for one, am ready to head outside and fire up the grill! Be sure to hold onto this gem for more grilling throughout the summer.

8 slices pineapple
4 Tbs. honey
6 Tbs. cherry brandy
2 Tbs. lemon juice

Directions: Combine the liquid ingredients in a nonporous bowl/

dish. Submerge your slices of pineapple in the marinade, ensuring that each piece is thoroughly coated. Cover and place in refrigerator overnight (if you're in a pinch, 3-4 hours is the minimum amount of time you need to make this recipe sparkle.) On the day of grilling, preheat your cooking surface to medium heat and lightly oil the grate. Remove pineapple from the bowl and place the fruit directly on the rack, or in a basket. Grill for 10-12 minutes, turning often. The pineapple will caramelize into a delectable treat over the heat of the grill. Remove and eat hot!

Green Garlic Chicken

Adapted from Cook This Now by Melissa Clark.

1 chicken breasts
1 Tbs. olive oil
1 Tbs. coarse salt
1/2 Tbs. black pepper
3 fresh thyme, chopped
1 green garlic, sliced finely
3/4 c. dry white wine
2 Tbs. unsalted butter

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

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

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

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



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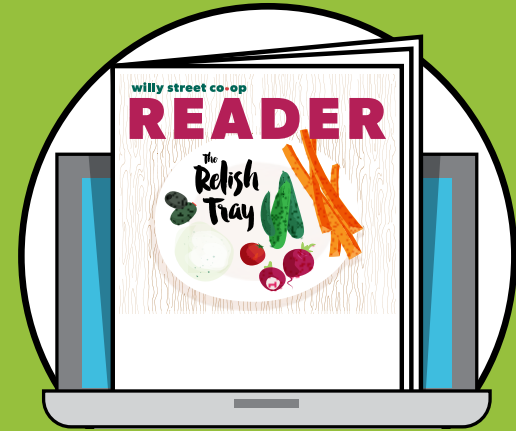
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THIS YEAR'S ANNUAL MEETING & PARTY IS THURSDAY, JULY 11.



Staff Picks



ERIK

Virgil's Zero Sugar Vanilla Cream Soda

It makes a great-tasting float that my son loves and doesn't add any more sugar than the ice cream contains.



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 Josey is in the store to sample, she gives me more ideas...and



I buy another jar.



EMILY

Chia seeds (bulk)

Orally, chia is used for diabetes, hypertension, and may reduce the risk of cardiovascular disease. Chia can be used both in seed and sprout form. The seeds contain high concentrations of the Omega-3 fatty acid alpha-linolenic acid. It also has a significant concentration of dietary fiber, protein, calcium, magnesium, iron, and antioxidants. *Of note: the annual herb originated in Mexico, cultivated by the Aztecs.



Evan Healy Rose Geranium Hydrosol

This hydrosol is especially helpful in balancing my combination skin. It is both refreshing to use and results in a glowing complexion. Plus, all ingredients are natural and organically sourced! Highly recommended!



LORI

Willy Street Co-op Funky Monkey Smoothie

This Funky Monkey Smoothie makes for a great start to my day. You can add protein powder, and have your choice of milk. For me, it is a breakfast drink that fills me up all the way 'til lunch. Plus it is very tasty, low in added sugars and high in protein (especially if you add protein powder). You can even add greens if you need to get some of that in your morning drink.

Paleo Mama Bakery Chocolate Chip Cookie Dough

First of all, they taste amazing! You can eat them raw or baked, even eat them frozen. They are local, paleo, grain-free, gluten-free, sweetened with honey and evaporated cane juice. You cannot go wrong if you love cookie dough. They are delicious even if you are not paleo, grain- or gluten-free!



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.



YVONNE

Willy Street Co-op Lemon Rosemary Scones

Who'd have think you could get a decent scone in the USA...but you can! Light, fluffy, not dry, and subtly flavored. It is a delightful breakfast treat.



TANYA

Willy Street Co-op Eggless Tofu Salad

The perfect sandwich filling for the vegan lunch box! Eggless Tofu Salad is a timeless classic, appealing to all ages. Pretty to look at, the Willy Street Coop makes a yummy version.

Sol Cuisine Breakfast Veggie Sausage Patties

Are you vegan and gluten-free AND you want a hearty breakfast? These sausage patties are just the thing. Satisfyingly savory, quick to prepare, and perfect with tofu scramble. They'll give you a smile to start the day.



DAKOTA

Chrysalis Pops

Chrysalis is an amazing Madison-based non-profit that promotes mental health recovery through encouraging work opportunities. Buying a Chrysalis Pop is a delicious and refreshing way to support



the work they do in our community. The Strawberry Rhubarb is my favorite!



ABIGAIL

Pro Bar Bolt Organic Energy Chews—Raspberry

I tried these at first because I needed an energy (read: caffeine) boost before the gym, but wasn't feeling any of the drink options we carry. Before I knew it, I was buying them EVERY DAY, even if I wasn't going the gym. There are two serving in a pack. I try to split up the servings, but sometimes I end up eating both! The raspberry flavor contains 20 mg caffeine per serving from yerba maté along with other really helpful boosters like electrolytes and vitamin b12. Perfect gummy pick-me-up!



SARA

Andalou 1000 Roses Shampoo/Conditioner/and Leave-in Conditioner Color Care

I have ongoing color changes and my long hair has been bleached. My hair is still healthy thanks partially to the Andalou Color Care Line. I use the shampoo and conditioner at every wash and use the leave-in conditioner periodically. This helps maintain the color in my hair and provide the moisture my hair needs to stay healthy. The scent is also lovely—fragrant yet subtle. Also, cruelty-free!



Field Roast Smoked Apple Sage Sausage

Of all the veggie sausage out there, this is my favorite one to eat on its own next to my tofu scramble. It's also a fantastic addition when cooked up and added to salads or pasta. The herbs, onions, and garlic make this sausage savory, while the apples lend some fabulous sweetness. Field Roast hits it out of the park again.





LIZ

Wisconsin Candle Company Room Sprays

These room sprays smell delicious. The Co-op carries a bunch of different scents to choose from. They make my whole house smell great. And, if you're feeling adventurous, you can head up to McFarland and check out their shop and see where they make all their sprays and candles. East and West only.



BATCH BAKEHOUSE

Batch Baguettes

To me, there's almost nothing tastier than a hunk of toasted baguette still warm and smothered in butter. These baguettes are perfect.



BENJAMIN

Willy Street Co-op Roast Beef Melt

There is nothing better than a hot Willy Street Co-op Roast Beef Melt. The key to this sandwich is the juicy grass-fed roast beef that is prepared to perfection in-house. The beef combined with our housemade caramelized onions, smoked Gouda, and Dijon mustard on a ciabatta roll make for an out-of-this-world sandwich.



PATRICK

Willy Street Co-op Mint Chocolate Pie

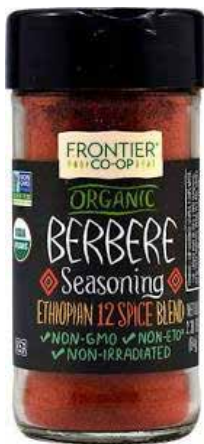
Ready to meet your new favorite dessert? Chocolatey, minty mousse enveloped by organic, Fair Trade chocolate on top of a chocolate crumb crust.



AMY

Frontier Berbere Spice Blend

Give your tastebuds a kick with this fragrant, hot, peppery blend from Ethiopia. Though ingredients vary, this blend contains paprika, cayenne, fenugreek, coriander, cumin, black pepper cardamom, cinnamon, cloves, ginger, turmeric and salt. Try in soups, veggies, as a meat rub, in marinades. Go rogue and sprinkle on your salad, put on your quinoa, or make apple chips, whaaat?! Heck, you might find it deserves a coveted spot on the dining table rather than in the spice rack!



TOM

Wuthrich European-Style Butter

The high butterfat percentage and low moisture content makes this Wisconsin-produced butter ideal for baking or if you want to bulletproof your coffee. It is rich and smooth without being heavy. Try it on your next piece of toast and you will be hooked.



MINDY

Acure Seriously Soothing Micellar Water Cleansing Towelettes

As a cyclist and an athlete, I often find myself out in public looking and feeling kind of dirty. I carry these with me and am able to cleanse myself easily and quickly. Other face wipes have been too astringent for my sensitive skin, or had extra scents added that I didn't like. These are gentle, refreshing, and convenient.



MOURNING DOVE

Boody Eco Wear Shaper Bra

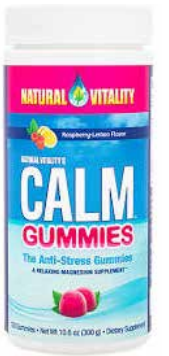
Normally I'd say burn the bras, but these are so soft and comfortable. They are made out of eco-friendly bamboo and are perfect for yoga!



ANGELA

Natural Vitality Calm Gummies

Gummies! Each gummy contains 83 mg, which makes it easy to dose for everyone in my family—one for the toddler, two for the 10 year old, four for the 'rents. It's great after a day of activity if someone is having trouble sleeping. Vegan, gluten-free, and organic sugars.



AMANDA

Cheese Department Pre-sliced Cheese Platter

I love to bring cheese to a gathering, but I do not always have time to slice cheese and make a platter. Luckily the cheese department has done the work for me. Just grab your favorite cracker or baguette to serve with it. East only.

Troy Farm Mendota Mix

This is a mix of sprouted lentils, peas and garbanzo beans. Great on salads! I like that it is available all year long and I get to support an awesome local producer.



MICKY

Organic Kiwi

Many people cut a kiwi in half and scoop out the flesh, but did you know you can eat the skin as well? Did I just blow your mind? You can now consider this delicious, on-the-go fruit your new go-to for quick and easy meal and snack packing. No utensils required!!! The added bonus is you'll also maximize your nutrient load by eating the skin since that's where the fiber and vitamin C are concentrated.



CATE

Wisconsin Meadows Grass-Fed Beef Jerky

This flavorful, lean jerky has become a staple in our house. Really glad that the product is local and grass fed. Makes a nutritious high-protein snack that is great for those grab and go moments in life.



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www.wetnosepc.com 608-448-8948

Every Thursday, we have a sale on one product from our Meat Department.

We like to call it



Check Facebook, Twitter, or the Meat department counter for that week's sale. Quantities limited and for Willy Street Co-op Owners only.

willy street co-op



Are you newly recovering from alcoholism?

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

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(608) 257-1630 • acewilly@tds.net

Taylor Farms Chopped Kits

These salad kits are fantastic. Each kit has a diverse mix of fresh veggies and greens (many of which are high in dietary fiber which is a plus), contains something that gives the salad an extra kick (like pumpkin seeds or cheese, or both) and includes a substantial portion of dressing (more than enough or just the right amount depending on how saucy you like your salad). Many organic and conventional varieties to choose from. It really could not be easier than this to throw together a delicious, healthy salad! East and West carry organic varieties only.



Willy Street Co-op Olive Bar

Yummy! I really like that the selection on the olive bar is different at all three of the stores. This way I can treat myself to my favorites at each of the stores. Great snack, great for entertaining, great with crackers and hummus.



KASIA

Sartori Cheeses

This is probably the best cheese ever. Every variety is delicious, especially the Sartori Bellavitano Gold. It's an aged, flavorful cheese that can be used like parmesan or cheddar. My family eats it on pasta, with crackers, sprinkled over scrambled eggs, or just straight up.



ERIC

Carr Valley Creama Kasa

A semi-soft, creamy and nutty cheese that is great for snacking or dessert. Made in LaValle, WI. North and West only.



ANGELICA

Willy Street Co-op Red Curry Tofu Wrap

If you're a vegan in a hurry, this is the Grab & Go sandwich for you. The Red Curry Tofu is tasty and flavorful and makes it easy to eat the vitamin-rich spinach. An easy way to feel good about lunch on the go! East and North only.



PATRICK

Willy Street Co-op Grass-Fed Burger Patties

These burger patties are ground fresh on-site from grass-fed Wisconsin Meadows beef. So good!



EMILY

Cedar Road Meats Peppered Bacon

This bacon comes with a built-in peppery kick. It is super delicious in a BLT, crumbled over a salad, or added to any breakfast sandwich!



Spring has sprung!

Saturday Market on the Square
April 13 - November 16, 2019
6:15 am - 1:45 pm

Wednesday Market on 200 Block of MLK Jr. Blvd
April 17 - November 6, 2019
8:30 am - 1:45 pm
dcfm.org

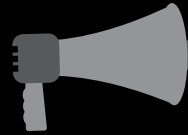


Wellness
Wednesday

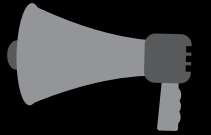
10% off all Wellness and Bodycare items for Owners the first Wednesday of every month.

THIS MONTH:
May 1

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Reach over 35,000
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willy street co-op

STORES CLOSING EARLY

Memorial Day: Monday, May 27 at
7:30pm

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Locally grown.

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

security.5nines.com

Spring has sprung!

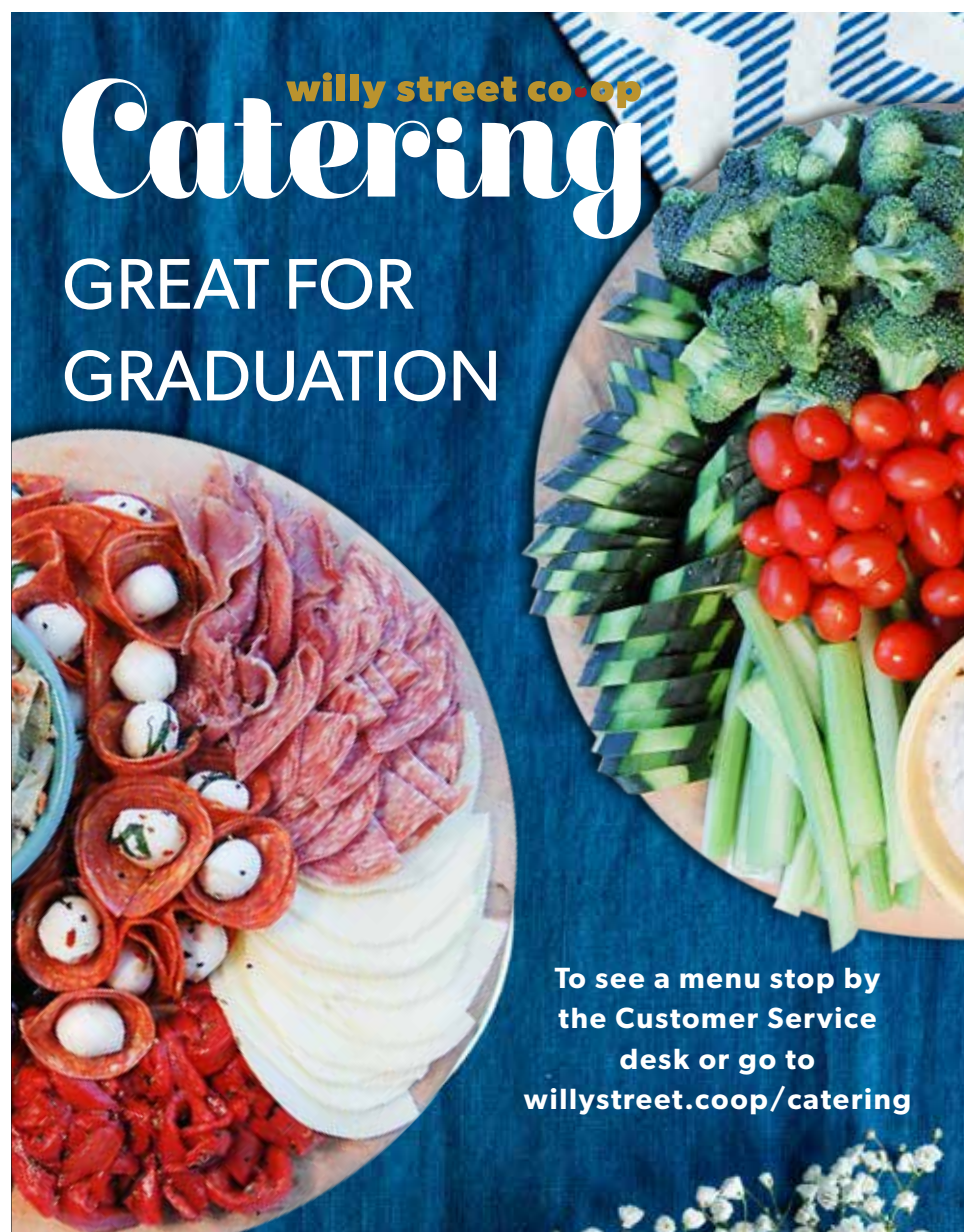
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willy street co-op Catering

GREAT FOR GRADUATION



To see a menu stop by the Customer Service desk or go to willystreet.coop/catering

2019 ANNUAL EQUAL EXCHANGE

SUMMIT

YOU'RE INVITED!

Save the date for Equal Exchange's annual gathering bringing together worker-owners, farmer partners, and you! We believe you are an integral part of this movement and we need your participation to succeed. Join our community for two days of workshops, celebration, and planning as we advance our vision of building a better food system, together.

JUNE 20-22

Wheaton College
NORTON, MA

SUMMIT DETAILS & UPDATES:

EQUALEXCHANGE.COOP/SUMMIT
fpondolph@equalexchange.coop · 508-527-5225

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