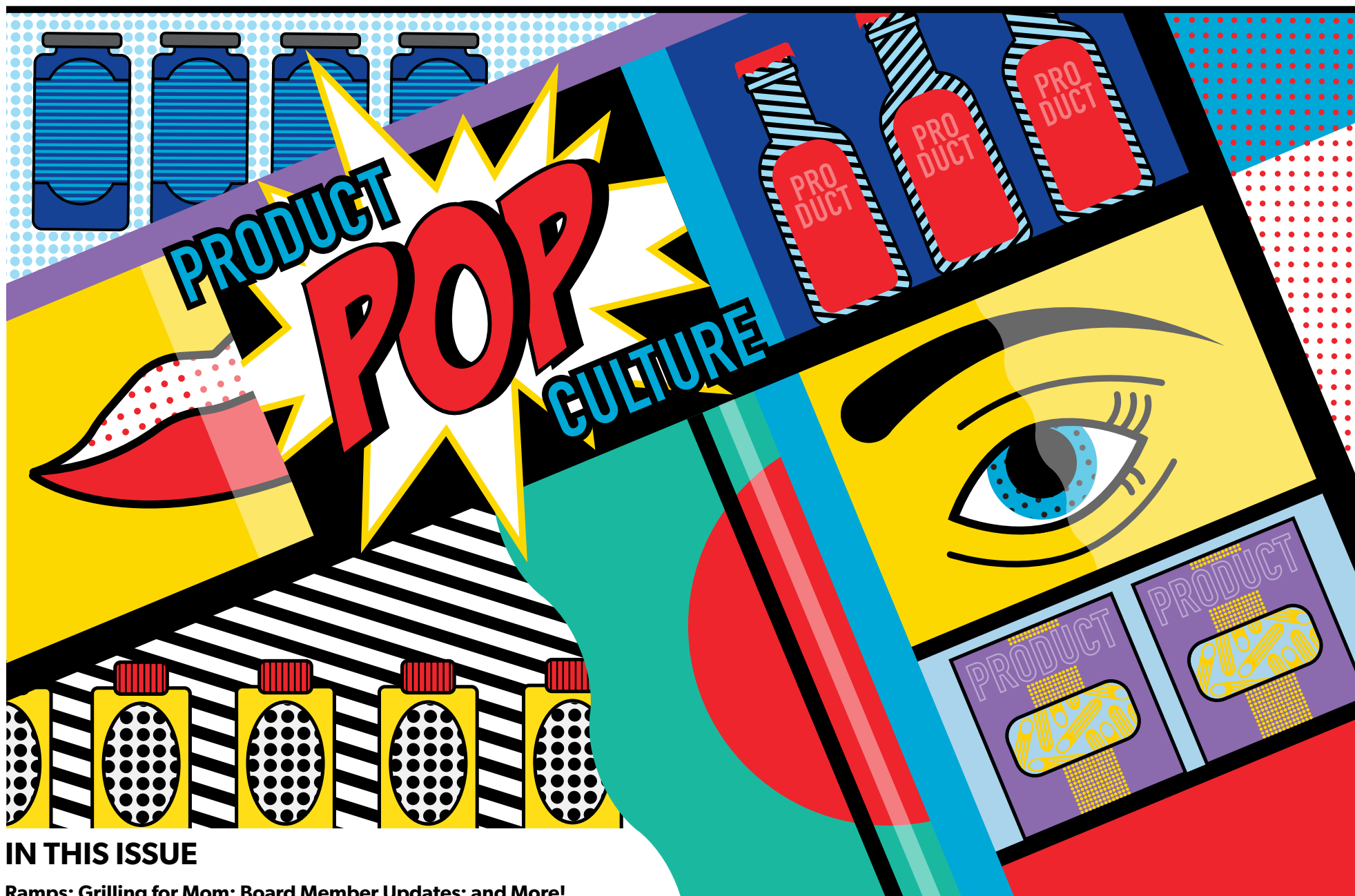


willy street co•op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 49 • ISSUE 5 • MAY 2022



IN THIS ISSUE

Ramps; Grilling for Mom; Board Member Updates; and More!

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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

All advertising submissions must be reserved and arranged with the editor by the 10th of the month previous to publication. All advertisement copy must be submitted by the 15th of the month. Submissions should be emailed to l.wermcrantz@willystreet.coop 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

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WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

Deli: Store open-9:00pm

Meat & Seafood: Store open-8:00pm

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

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

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

BOARD MEETING SCHEDULE

June 22, 2022

July 27, 2022

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

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ADVERTISE IN THE READER

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CUSTOMER COMMENTS

Write Us!

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

LETTER FROM THE EDITOR

Hi everyone,

As with everything else, paper and printing prices are increasing rapidly. And as always, postage for the *Reader* is extremely high. We've been working towards shifting to more digital subscriptions than paper. We are going to be transitioning to digital issues as much as possible starting with the July 2022 issue. We know many of you love and prefer a printed copy, so our plan is to have plenty of printed copies available in each store and we already have an emailed version available to whom ever wants it. We're asking you to consider switching to the digital version and/or picking a copy up in the store rather than having one mailed to you. For those of you who cannot do that or who prefer receiving a printed copy in the mail, we will happily continue to send you one. We don't want you to miss out on Co-op news and sales! You can sign up for the digital e-mail version here: www.willystreet.coop/emails.

Thank you so much!

Liz Wermcrantz, Editor

SCALLOPS

Q: *Fried a package of Orca Bay scallops purchased at the Middleton store because it was labeled to contain only "scallops" and found it swimming in a pool of water released from the scallops once heated. The pool was a sure sign that it had been adulterated with an agent to make the scallops absorb water after they were harvested. The cooked scallops were also about 40% smaller than when frozen, and given that scallops are sold by weight, the added water was a sign of fraud by the processor. Unfortunately, the scallops also had a chemical after taste.*

Historically, the seafood industry has used agents to adulterate scallops and shrimp such as trisodium phosphate, which is an antimicrobial used to hide unhygienic practices and can cause skin irritation. Tripolyphosphate has also be found on frozen seafood labels, which can cause esophageal stricture and violent vomiting.

The Co-op has a long reputation of providing food to our com-

munity that can be trusted. Please ask frozen scallop and shrimp vendors for letters of guarantee that their products are free from adulterants and only contain what is listed on the package. Thank you.

A: Thank you for taking the time to write. I am sorry you were not satisfied with your purchase and if you would like a refund on your purchase I would be happy to make that happen! I also reached out to Orca Bay and they assured me that they do not add any preservatives, water, or any additives to their scallops. One reason there may be so much water in the pan while cooking scallops is that scallops are about 70% water and when frozen the water forms crystals; those crystals puncture the cell walls causing more water to be released while cooking. I am truly sorry you had a bad experience with your purchase but based on my research and what Orca Bay told me directly. I am confident in that product's quality. We do sell fresh dry packed sea scallops and dry packed sea scallop pieces out of our fish service case at west that are amazing. You can't beat the scallop pieces for the price if you are looking for an alternative to the frozen scallops. Thank you again and please feel free to reach out to me with any other questions or concerns. -Jeremy Johnson, Meat & Specialty Category Manager

MIXED GREENS

Q: *Hi, I have been a member for over 25 years and read the WS Coop Reader regularly. I especially love your recipes! But this time I have a question: Your latest WSCR lists a "Mixed Greens Spanakopita. Please give me some example of "coarse" greens. I assume soft greens refers to spinach or arugula? Thanks much.*

A: Thank you for writing! I looked into this and I have to say I have no idea! My hunch is that coarse greens means kale or chard and soft means spinach, but I don't think it matters either way. I'm sorry for the confusion and for not catching how weird those instructions are! I'll make sure to change them in the future! Take care, Liz Wermcrantz, Editor

THANK YOU

Q: *I am writing in response to a letter in the previous reader requesting that cashiers say "Thank you" when ending a transaction. I am begging you to NOT give your cashiers any script or even guidelines regarding conversing with members. I belong to the Co-op for its organic food as well as its inclusive community that embraces individuality and personal freedoms. My favorite cashier is the guy at*

Willy West with the awesome hair that tells me to "Take it easy." Thanks man, I will!

A: Thanks for sharing your input! In our current customer service training, we talk about how to end a transaction with a customer, and how expressing appreciation for a person's choice to shop with us or wishing the customer well when they leave is important. We talk about how to express gratitude or well wishes in our own words instead of using a script because we want to put a personal touch on the service we provide. -Liz Hawley, Education and Outreach Coordinator

WELLNESS WEDNESDAY

Q: *Is Wellness Wednesday back or is discount every day like during COVID?*

A: Wellness Wednesday is back! It's on the first Wednesday of the month. The one in May will be a special one—15% off. -Liz Hawley, Education and Outreach Coordinator

BULK TEA

Q: *Are there any plans to bring back teas in bulk. I used to keep small amounts of several teas before the bulk bins shut down. Those ponds of tea would likely turn to dust before getting used.*

A: Thanks for reaching out to us with your question regarding the bulk tea. We currently do not have plans to bring back tea (or herbs) in bulk. Luckily, we have a wide selec-

tion of loose-leaf tea from Rishi Tea available in 4 oz resealable bags. Rishi Tea has made it really convenient to sample or have a variety of loose leaf tea in smaller quantities. Thanks again for reaching out! -Sara Berg, General Merchandise Category Manager

APHIDS

Q: *Hello Willy St support team! This is going to be long so please bear with me.*

I recently bought some purple curly and Tuscan kale, as well as a few heads of broccoli. Kale was meh as it usually is in winter months but the broccoli looked great. However, when I started to process it and wash it, I noticed an alarming number of aphids. Thousands, probably. I soaked and rinsed the broccoli 6 six times, and the first 5 times the bowl was just completely filled with aphids in various stages of growth. I called it after the 6th wash since only a dozen or so came out and I was tired and figured it was good enough.

For context, I have volunteered at an organic vegetable farm for 7 years, so I am pretty unbothered by bugs on produce - but this was such an insane magnitude of aphids that I was grossed out (still going to eat the broccoli though). The only bug problems we have had with broccoli has been little green inchworms and I've never seen any aphid action on the broc-

Don't forget about Mom!

THE MAY
Wellness Wednesday
IS
15% OFF

Willy Street Co-op Owners
get 15% off bodycare and
wellness products instead
of the usual 10% off!
(Sale for Owners only May 4th, 2022)

coli, or the kale for that matter. I've had this issue with organic kale from another co-op (not in WI), where it was so densely covered in aphids I had to scrape them off. It seems really odd to me that it happens with Big Ag produce and not locally grown produce but I digress.

What I am mostly concerned about is where this produce is coming from. I didn't save the kale twist ties but I looked up the "farm" that the broccoli came from, and it isn't even from a farm. It's from some sort of distribution company, and it said "grown for Heger Organic Farms", but didn't say who exactly grew it.

I'm genuinely curious as to why the Co-op is getting produce from a large distribution company and not from an individually owned farm. Are there policies in place where you can only source produce from certain places? I'm guessing there might be, but seeing as how you sell products from Olden Farm (which is right near me) then I don't understand why other produce can't be sourced from similar farms, even if you have to source from ones outside of Wisconsin during the off season.

I'd love to learn more about this, especially since I find our society's food system to be problematic and would love it if more stores sold local produce, but I'm not educated in the obstacles that might get in the way of that. Thank you in advance!

A: Thank you for writing! First let me apologize for the aphids in your broccoli, I am so sorry that you had that experience. We do our best to inspect all of our produce before it is stocked on the shelf, but as you experienced, aphids are very good at hiding! I can give you a little background into why there were so many aphids. There is a transition time in California each year in the spring and the fall. In the spring, farms finish harvesting the fields in the southern desert region of California, where they farm during the winter months. In spring and summer, growing operations transition to fields farther North in California. This time of year is particularly difficult to produce quality produce, especially organically. The crops from Northern growing regions are not quite ready to harvest, and the Southern fields begin to face increasing aphid pressure, due to warm, moist conditions. There is no way to thoroughly suppress the pests organically. This year was one of the worst years we have seen for aphids. Many growers in California actually stopped harvesting leaf lettuces for a week or more, resulting in a gap in supply—something I had not seen before in my 20+ years in the produce industry. Luckily, at the time of writing, we seem to be past the worst of the transition time!

In regards to your question about produce sourcing, we do strive to purchase as much produce as possible locally. We work with over 30

local farmers and in peak growing season, our produce departments offer more than 150 local produce items. When we are unable to source produce locally, we turn to our trusted regional produce distributors. Due to the volume of produce we sell, our backstock is not big enough to store the volume we move, and yet we are not quite large enough to have our own warehouse and distribution center. Therefore, the logistics do not work out for us to purchase direct from farms in California. Luckily, our distributors are wonderful about sourcing quality, organic produce from California and elsewhere. It's really amazing how many moving parts go into keeping fresh produce on the shelves in our stores!

Thank you again for your inquiries! Have a wonderful day! -Brandy Schroeder, Produce Manager—North

TEMPORARY SHOPPERS

Q: Hi! I'm disabled and down with COVID. Could you add my housemate as someone who can shop for me with my discount?

A: Your housemate can definitely shop for you on your account as a temporary shopper. In order to do this they will need to stop by the Customer Service desk at one of our locations to get a temporary shopper card which they will then need to show at the register when they use your Owner number. How long would you like them to be able to shop for you? And, what store should we have a temporary shopper card prepared at for them to pick up?

If you live together, you also have the option to add them to your account permanently as a Secondary Owner. This will change your account to a Household account type and does require additional equity to be paid. Because you participate in the Access Discount Program, the equity payments would be \$7/ year until you reach \$91 of invested equity.

Let me know which route you would like to go and I will gladly help you take the next steps. Enjoy your day! -Roslyn Murphy, Owner Records Administrator

SALTY PASTA

Q: My spouse and I have been purchasing Taste Republic GF pasta for some time now but just recently (shame on me), noticed that it is extremely high in sodium. Some of them have over 700mg per serving! That's more than a large bag of chips. I checked the other GF pastas that we buy from Willy, like Jovial and it has zero salt. I am hoping your product management team will pressure Taste Republic to offer a salt free option. Most, if not all, cooks add salt to their water and sauces. We do not need salt in our pasta too! I did send TR a note too. They responded but did not give any reasoning for why they add so much. It's clearly not a healthy option and we won't be buying any more until the offer a salt-free or low-salt version.

Thanks for listening.

A: Thank you for your comments regarding Taste Republic's GF pasta and its salt content. That does seem a little like a lot of salt. I reached out to Taste Republic and this is what they said:

"Thanks so much for reaching out to Dean with your concern, and for your patience as I have been traveling for work the last few weeks. My name is Shana and I am the brand manager for Taste Republic.

"I read through your concerns regarding the sodium contents in our Taste Republic pasta and wanted to provide some context for you.

"We use salt in our fresh pasta to help ensure quality, inhibit microbial growth and prolong the shelf life so it remains fresh, safe and delicious for as long as possible. By utilizing salt, we are able to avoid using less common ingredients with names you likely haven't encountered before.

"The good news is that for our unfilled pasta (fettuccine, linguini, fusilli etc.), ~60% of the sodium transfers into the water during cooking leaving about 40% in the finished pasta. For our filled pasta, ~30% transfers into the water during cooking. Due to this phenomenon, it is not necessary to salt the water prior to cooking as is typically recommended when cooking pasta.

"I hope this helps alleviate some of your concerns and if you have any additional questions please don't hesitate to reach out to me directly, we so appreciate your support of the brand over the years!" -Dean Kallas, Grocery Category Manager

BELOVED JUICE GLASS

Q: My grandson broke a beloved juice glass with blue whales on it. I purchased it at West a year or so ago. I also got one with yellow bees for my granddaughter. I think there were ones with green frogs too. I'm wondering if you might still carry these?

A: West does still carry the juice glasses you asked about! We have these cute juice glasses in seven different designs: ladybugs, bees, poppies, turtles, dragonflies, whales, and sea coral. We try our best to always have some of each design in stock but availability can vary based on demand and what is in stock through the vendor we source them from. Willy East and Willy North also carry a variety of designs! At West, you can find them in our housewares section located along the wall between the cheese department and the registers. -Sophie Patterson, General Merchandise Manager—West

HOT COFFEE

Q: The coffee bar should not be open if the coffee isn't hot. I needed an evening pick me up after work. Was excited for a hot brew today on this rainy chilly day.

I got to my car and tried the "coffee" it wasn't hot at all almost cold brew!

I would suggest that afternoon

or evening hot drinks be poured at the bar, if the constant heat isn't checked.

Very disappointed, I'd rather get my coffee from your stores than a coffee shop, especially if I'm shopping for other items.

My knee is in rehab so I didn't want to limp back in the store, or why should I?

A: Thank you for taking the time to write to us about your experience in the Willy West Juice Bar. We are sorry that you found our coffee not hot enough during your last visit. We brew coffee several times a day to make sure that it stays hot. However, during the afternoon hours we currently do not have any Juice Bar staff that are able to keep that going. We are working to restructure our Juice Bar in order to make sure that you can get a hot cup of coffee all day long, and hope to be able to fulfill on that soon! Thank you, Renee Strobel, Deli Manager—West

COLD-PRESSED CALORIES

Q: I am a longtime fan of your cold-pressed juices. I am wondering how I can find calorie content on your juices? My favorite is the Green Zinger, although I often buy many kinds. And you guys do a great job of displaying the ingredients, but I'm unsure of how to determine caloric info without the amount of each ingredient. Do you have this info available on your ready-made juices that are in the cooler? Caloric content is not on the label, so I was hoping you could help? Thank you!

A: Thanks for reaching out about our juice offerings! We don't currently have caloric content for our juices because it's a really difficult thing to have consistency on a product like this. Since we use all fresh and organic fruits and vegetables the recipes tend to vary slightly. Sometimes it takes two apples to get 6 oz. of juice, and other times it may take 3. It just depends on where the crop was grown, how it's been stored, how long it's been stored, etc.

I did find this really nifty caloric calculator that can help give you a ballpark idea of how many calories are in a juice and other nutrition content: sprintkitchen.com/juicing-calculator.

The recipe for a Green Zinger is 3-4 apples, 1 two-inch chunk of ginger, half a lemon, 2-3 leaves of kale, and an ounce of wheatgrass.

Also, just as a point of clarification, we do not sell cold-pressed juices that are made in house. We use centrifugal juicers to make all of our juices. I know there's a lot of different opinions out there about which is better and you can decide for yourself. Since we use centrifugal juicers, we chose to give our juices a 72-hour (or less) shelf life, since we know the nutrients typically degrade a little faster than with a cold-pressed juice.

Please let me know if you have any other questions! Thanks! -Dustin Skelley, Prepared Foods Category Manager



GENERAL MANAGER'S REPORT

Food Co-op Conference; Fiscal Year Update; & More!



HELLO MAY—HELLO DEAR OWNERS

"When April steps aside for May, like diamonds all the rain-drops glisten; fresh violets open every day; to some new bird each hour we listen." -Lucy Larcom

by Anya Firszt,
General Manager

I don't know about you, but warmer weather is reason enough for me to celebrate.

That said, the month of May offers a few other reasons to celebrate including May Day, Mother's Day, Cinco de Mayo, and Memorial Day.

UP AND COMING FOOD CO-OP CONFERENCE 2022

This month we also plan to celebrate start-up cooperatives! Willy Street Co-op is, for the third and final year, the host co-op of the annual Up and Coming Food Co-op Conference. This conference is designed to provide resources, expertise, and networking opportunities for start-up co-ops Boards and leadership teams. This year, unlike last, the event will be in person and is scheduled for May 19 - 21, 2022. This event promotes and celebrates Cooperative Principles #6: Cooperation Among Co-ops.

BUSINESS MATTERS

We have made a decision to not bring back Juice and Coffee Bar made-to-order beverages for the foreseeable future. However, we will continue to offer a selection of bottled Co-op made beverages and self-serve coffee. This was a hard decision to come to, but the pandemic set us back in terms of staffing, training, processes, and sales. Simply put, sales have not returned to the level needed to support our made-to-order programs.

We have again adjusted retail hours of operation by expanding hours at Willy West to 8:00am-9:00pm, and at Willy North to 8:00am-8:00pm (effective May 2). The East Commons and outside seating are also open now, as well as outdoor seating at Willy North.

FISCAL YEAR UPDATE

We are, now through July 3, in the fourth quarter of the fiscal year. We are fully focused on budget and capital expenditure planning for the coming fiscal year (FY23) and wrapping up current fiscal year (FY22) projects.

Still in this fiscal year, we hope to accomplish a few bigger projects including, reorienting the standing cheese case at Willy West and the installation of a new beverage case at Willy North. And, now that Willy East has a new salad bar, Sally the Salad robot will move to Willy West. Look for these exciting changes in the coming month or two.

In terms of budget planning for next fiscal year, the Finance Committee has provided input to shape the budget. In June, the budget will be presented to the Board for their review and approval. Stay tuned for updates.

BOARD OF DIRECTORS UPDATE

We have a few Board Officer updates to report to you. Last month, Jeannine Bindl stepped down as the Board President, however, we are fortunate that she will remain seated as a member of the Board for the remainder of her term. Thank you, Jeannine, for your leadership serving as the Board President for the last 4 years.

Jeannine's resignation as President left a vacancy that needed to be filled. Sarah Larson, previously Board Vice-President, has been elected the Board President and Ann Hoyt has been elected as the Board Vice-President. They will each fill these roles until the new Board is elected, seated, and the Board elects officers in the fall.

And, finally, a fond farewell to Michael Chronister, who served on the Board for 4 years. Thank you, Michael, for your service to the Co-op, good luck in your future endeavors.

MARK YOUR CALENDAR—STORES CLOSING AT 7:00PM ON THESE DATES:

- Memorial Day, May 30
- Year-end inventory count, July 3
- Independence Day, July 4

Next month brings the end of the traditional school year and the start of the neighborhood festival season!

BOARD REPORT

Annual Meeting; Board Member Updates; & More!



by Jeannine Bindl, Board Member

Happy May Day! In our family, we take the opportunity on May Day to create small packages of flowers and baked goods to share with neighbors and friends on their door steps. It seems like we will not be

able to pick those flowers from our yard this year. I hope that you are able to enjoy the spirit of 'bringing in the May' in whatever shape it takes for you this year.

ANNUAL MEETING

Your Board has started the process of planning for the Annual Meeting, which as a reminder, has moved to October this year instead of July. We will continue to update Owners on the details of the Annual Meeting as it gets closer. If you have any interest in being on the Board, please let us know! We would gladly answer any questions you may have.

BOARD MEMBER UPDATES

We have a couple of Board member updates this month. We want to say thank you to Michael Chronister, who has been on our Board since 2018 for his four years of service on our Board of Directors. He has been a faithful contributor to the Policy and Finance committees and will be missed.

Additionally, Sarah Larson and Ann Hoyt are moving into new Officer roles. Sarah will be the Interim

Board President starting this month and Ann will serve as the Interim Board Vice President. I am personally very grateful to both of them for their flexibility and commitment to our Co-op. This also means that I have stepped down from the Board President role.

THANK YOU

Looking back on the past 4 years, I want to say thank you to Co-op Owners. You have continued to be steady and committed to our Co-op and the community we serve. With your help we expanded Willy West and sustained three sites through the COVID-19 pandemic, among many, many other things. It has been a wonderful experience serving as the Board Chair.

OWNERSHIP RIGHTS

This month your Board will be monitoring our Ownership Rights and Treatment of Customers policies alongside our Board policies of Relationship to Owners, Policy Development, and Unity of Control. As part of our governance role, we monitor policies and therefore performance in different areas throughout the year. If you have any questions about policy monitoring, please let us know!

Your Board is available at board@willystreet.coop, Board leadership is available at board.president@willystreet.coop and Board and management team at all-board@willystreet.coop; please reach out with any questions or comments you may have. Have a wonderful May! We look forward to seeing you at the festivals this summer.

Interested in trying something different?
Get new ideas from our



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

willy street co-op

Watch for

NEW

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

willy street co-op



THIS MONTH: Wednesday,
May 4.
15% off!

STORES CLOSING AT 7:00PM

Memorial Day, Monday, May 30

Community Room Class Calendar

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

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



COOKING WITH CHEF PAUL: A TASTE OF THAI

Location: Willy West Community Room

Thursday, May 12, 6:00pm–8:00pm

Location: Willy East Community Room

Thursday, June 23, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join Chef Paul to learn how to use basic pantry items to make your own curry paste and then turn it into delicious Thai dishes, noodle salad, and soup. Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: A TASTE OF INDIA

Location: Willy West Community Room

Thursday, June 2, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

The typical Indian meal plays to almost all the senses, with an assortment of colors, smells, flavors, and textures. Join Chef Paul for the treat of this rich cuisine with garam masala, saag paneer, dal, basmati rice, and roti. Ingredients/recipes may be modified based on seasonal availability.



COOKING TOGETHER: FLAVORS OF CONGO

Location: Google Meet

Friday, May 13, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$10 for Owners; \$20 for non-owners; [click here to](#)

[register](#)

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. Cooks in this class will compose a marvelous meal inspired by the creative cuisine of the Congo. Beans called Madesu, filling Fufu, super sweet potatoes, popular plantains, and more may be explored.

COOKING TOGETHER: FLAVORS OF GREENLAND

Location: Google Meet

Friday, May 27, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare a glorious feast inspired by the flavors of Greenland. Foraged foods, savory stew, warm potato salad, majestic mushrooms, bountiful blueberries, and more may be explored.

COOKING TOGETHER: FLAVORS OF THE ISLAND OF JAVA

Location: Google Meet

Friday, June 10, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare a joyous feast inspired by the Island of Java. Genius Gado Gado, Tantalizing tofu, gastronomic goreng, a fiery fruit salad called Rujak, and more may be explored.

COOKING TOGETHER: FLAVORS OF PERU

Location: Google Meet

Friday, June 24, 5:30pm–7:00pm

Instructor: Lily Kilfoy

Ages: 5 and older

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will prepare a palatable meal inspired by majestic Peru. Salad known as Solterito, quintessential quinoa, creative Causa Rellena, prized Picarones, and more may be explored.



KIDS IN THE KITCHEN: TIME FOR TEA!

Location: Google Meet

Tuesday, May 3, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. What’s better than afternoon Tea Time in the glorious springtime?! In this class, participants will make a marvelous meal known as tea featuring chamomile and mint teas, crumpets, scones, sandwiches, and more.

KIDS IN THE KITCHEN: DAIRY DAYS!

Location: Google Meet

Tuesday, June 14, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. June is national dairy month, and here in Wisconsin we have world class choices to commemorate our favorite food group. Our butter, cheese, ice cream, yogurt, and milk are all cream of the crop! In this class, participants will prepare different dishes using delicious dairy.

KIDS IN THE KITCHEN: BERRIES GONE BONKERS

Location: Google Meet

Tuesday, June 28, 5:00pm–6:00pm

Instructor: Lily Kilfoy

Ages: 5–12 years old

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

Join “The Kids Chef” Lily Kilfoy in this hands-on cooking class for kids. Did you know that strawberries and raspberries are not bona fide berries, but kiwifruit, bananas, grapes, and more are?! In this class, participants will prepare recipes using botanical berries that are bonkers.



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room

Thursday, May 26, 6:00pm–8:00pm

Ages: 18 and older

Your Co-op's Own Instructor: Paul Tseng

Fee: \$10 for Owners; \$20 for non-owners; [click here to register](#)

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.

GINGER BEER AND TURMERIC SODA

Location: Willy West Community Room

Tuesday, May 24, 6:00pm–7:00pm

Ages: 12 and older; adult supervision required

Instructor: Vanessa Tortolano

Fee: \$30 for Owners; \$40 for non-owners; [click here to register](#)

Learn how to make probiotic ginger beer and turmeric sodas at home with beverage fermenter, Vanessa Tortolano. See how easy it is to create delicious and healthy home brewed beverages to increase healthy immunity. Comes with a Ginger starter and Turmeric starter.



LEAKY GUT: NATURAL SOLUTIONS

Location: Zoom

Wednesday, May 18, 12:00pm–1:00pm

Instructor: Katy Wallace

Fee: Free; registration is required; [click here to register](#)

Do you have an increasing frequency of food reactions? Frequent bloating after meals? Aches, pains, and swelling



throughout the body? Studies show leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and auto-immunity. Join Katy Wallace, Traditional Naturopath of Human Nature, to discuss natural approaches that work.

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

OVERCOMING A SENSITIVE STOMACH

Location: Zoom

Wednesday, June 8, 12:00pm-1:00pm

Instructor: Katy Wallace

Fee: Free; registration is required; click here to register

Recent news articles discuss that the majority of reflux and heartburn problems can be overcome through change in diet and lifestyle. This lecture will present food-based ways to address an "over-acidic" stomach and eat (and sleep) in comfort. Join Katy Wallace, Traditional Naturopath of Human Nature, LLC, for a discussion of digestive cleansing and proper food combining.

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room

Wednesday, May 11, 1:30pm-4:45pm

Wednesday, June 1, 1:30pm-4:45pm

Location: Willy West Community Room

Wednesday, May 25, 1:30pm-4:45pm

Friday, June 3, 1:30pm-4:45pm

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

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

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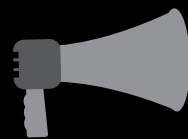
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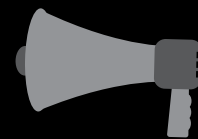
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Memorial Day, Monday, May 30

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TOGETHER WE TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Photo courtesy of Women in Transition

May is Mental Health Awareness Month. Help improve the quality of life for people with mental health challenges by saying YES to Community CHIP® at Willy Street Co-op.

Your donation supports the 70 nonprofit members of Community Shares of Wisconsin, including these organizations focused on mental health.

Chrysalis promotes mental health recovery in our community by supporting work opportunities that encourage hope, healing, and wellness.

Wisconsin Family Ties is a parent-run organization that provides support, information, training, and advocacy for families that include children and adolescents with mental, emotional, or behavioral challenges.

Women in Transition provides residential services, case management, and social services to adult women with severe, persistent mental illness through a continuum of housing services and support for independent living.

Disability Rights Wisconsin uses advocacy, investigation, and education to challenge systems and society to ensure that all people with disabilities enjoy full rights and enhanced quality of life.



communityshares.com

PRODUCE NEWS

Ramps



by **Dustin Skelley**,
Prepared Foods Category Manager

Each spring I look forward to my annual pilgrimage to forage for wild ramps, it's one of the first foraging crops to emerge in the spring. For me, ramps are the inaugural crop for the local season and a sign that warm weather is here and a reminder of all the great crops that are just around the corner! For those of you who are not sure what ramps are, they're a wild onion native to North America; they're most abundant in the Eastern parts of the United States and Canada (from Western Minnesota all the way to Maine and as far south as Kentucky/Tennessee). They can be found in rich, moist soils, typically beneath deciduous trees, and are mostly available in the mid-to-late spring, depending on the weather. Ramps typically start emerging from the soil as we start to get consistently warmer weather and as the tree canopy above them starts to develop and leaf out.

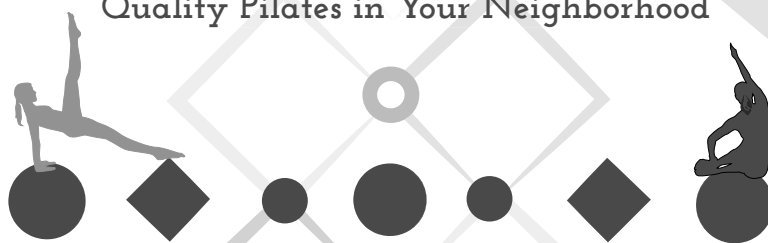
Ramps have a unique taste, a bit like a leek or scallion but with more of a garlic-forward bite. Both the bulb and the leaves are edible, but each has a different texture and application.

The leaves are broad and a bit stringy with a bit more of that fresh garlic taste. The bulbs are moist and layered like an onion and have a much more onion-forward taste. I enjoy using the bulbs in lieu of onions in recipes, or by thinking of different ways to highlight their unique shapes and tastes into traditional dishes. You can use the broad leaves to wrap up small morsels of trout (or other whitefish) or you can puree the leaves to disperse that onion flavor throughout a dish—or make a delicious pesto! The bulbs can be sliced just like a scallion, and used like an onion. My favorite thing to do with the bulbs is to quick-pickle them so that I can enjoy them into the summer months!

Ramps can be farmed and planted commercially, but it's more fun to hike about the woods and find them on your own! One of my favorite spots in Wisconsin to find ramps is Washington Island; each time I've gone hiking on Washington Island in late May I've been able to find more than can possibly be harvested. It's easy to tell when you're nearing a patch because they emit a strong onion-like odor. The most important thing to remember when harvesting ramps is to not harvest the entire patch, but rather only take a portion of it. That way they'll be able to repopulate and you'll be able to harvest the same spot next year. Have fun foraging and always forage responsibly!

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PRODUCER NEWS

Salad Girl



by **Melissa Reiss, Purchasing Assistant**

If you're a fan of salads, you probably already love the fresh, certified organic salad dressings from Minnesota's Salad Girl that are found in our Produce department. This past March marked fifteen years of business, and they are celebrating all year long. I recently caught up with Pam

Powell—Salad Girl herself—to chat about all things Salad Girl.

Tell me about how Salad Girl got started.

When I was 15 years old I began my first job in the food industry working for the summer in a small resort kitchen up in northern Minnesota. I started out as a dishwasher, and with hard work and luck by the end of the summer I was promoted to being the Salad Girl! That summer was the beginning of my love affair with making salads!

My fresh food prep skills always allowed me a steady income while attending art school, and then working as a freelance artist. In the '80s my husband Jim and I ran an organic and natural foods catering company

to make ends meet. My favorite part of catering was of course designing a beautiful seasonal salad accompanied by a uniquely flavored fresh seasonal dressing. The dressings became a hit at the parties, and soon folks began to request extra bottles of dressing. That is when I began to dream of someday bringing my own line of freshly made, (not cooked) uniquely flavored certified organic salad dressings into the marketplace.

In 2007, my dream came true and our new little salad dressing company came into fruition. We named it Salad Girl in honor of my first job in the food industry, and now, 15 years later, Salad Girl is proudly on the refrigerated produce shelves of every co-op here in the Midwest.

What makes Salad Girl unique?

We designed our dressings to be made fresh and refrigerated, not cooked like all of the shelf-stable bottled dressings. Salad Girl is made only with the finest and freshest organic ingredients, and then sustainably processed in a cold-blending method (using a big whisk and cold kettle) instead of thermal processing them. This cold-blended method maintains the nutriment of the organic ingredients as well as preserving our fresh, homemade, just-whisked flavor!

Do you have a personal favorite dressing out of your lineup?

I am definitely a seasonal foodie so I purposely designed each flavor with special seasonal usage in mind. Salad Girl's Lemony Herb vinaigrette lends itself perfectly as a light and fresh tangy marinade with my asparagus, as a dipping sauce for my artichoke leaves, and to drizzle upon a beautiful spring salad full of radishes, fresh peas, pea shoots, paper-thin rings of vidalia onion, ramps, sugar snap peas...

For Summer salads, I am in love with fresh berries and greens so of course our Blueberry Basil dressing shines, and of course there is no such

thing as a slaw without Salad Girl's Sweet & Sassy dairy-free creamy dressing!

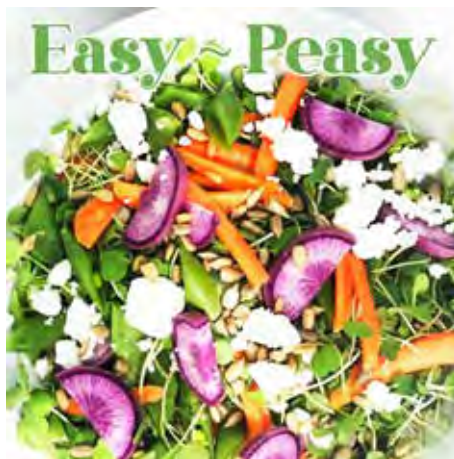
I could go on and on but you can also see what I love in season all year round by going to saladgirl.com.

Anything new in the works that you can share with our readers?

We are in the process of switching out the local honey in more of our flavors to satisfy the growing need for more vegan options.

Thank you to Pam for your time, and congratulations on your fifteenth anniversary of Salad Girl!

Please enjoy this recipe that Pam shared with us—perfect for the beginning of local produce season.



EASY PEASY SALAD

- Serves 4
- 4 oz. salad greens
- 1 c. radishes, sliced into half moons (purple radishes preferred; can also use salad turnips)
- 1 c. sugar snap peas, diagonally sliced
- 1 c. carrots, match-stick cut
- 1 c, pea shoots
- 1/2 c. roasted and salted sunflower seeds
- 1 c. feta or chevre cheese, crumbled—look for local!
- A Salad Girl dressing of your choice. Suggestions: Lemony Herb, Citrus Splash, Pomegranate Pear
- Directions:** Arrange greens upon a salad plate, bowl, or pretty platter, sprinkle with cheese, decorate with sugar snap peas, carrots, pea shoots, radishes, and sunflower seeds. Drizzle with salad dressing. Enjoy!

For more recipes, head over to saladgirl.com.

STORES CLOSING AT 7:00PM Memorial Day, Monday, May 30

TOO MANY GRAPES?
Grapes are sold by the pound. Feel free to break the bag up and purchase the quantity you want.
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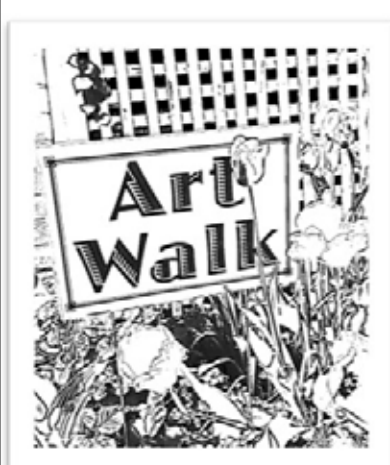
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May 1, 2022 11:00 A.M. to 5:00 P.M.



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| Gloria Van Dixhorn | Helen Klebesadel | Erika Lubetsky | Beth Inglis Simmons |
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STORES CLOSING AT 7:00PM

**Memorial Day,
Monday, May 30**

MOTHER'S DAY NEWS

Grilling for Mom



by
Megan Minnick,
Purchasing
Director

First off, let me list my credentials: I'm the mother of a nine-year-old and a four-year-old, and the stepmother of a fourteen-year-old. I know a thing or two about being a mom.

I'm all for Mother's Day. I'd be happy making it a monthly or weekly holiday. But I have a beef with whoever

came up with the notion that Moms should be celebrated with a fancy breakfast or brunch (lovingly prepared by children who don't really know how to cook), while a backyard grill-out is reserved for Father's Day... because believe it or not, us moms like grilled food too, maybe even as much as dads do. Many of us even like red meat.

I know. Crazy, right?

A perfectly cooked medium rare grass-fed sirloin on the grill sounds like a pretty good Mother's Day to me, but like most moms, I also want to make sure that everyone eats their fruits and veggies, so here are a few springtime fresh produce grilling ideas — you know, stuff to go with the steak.

GRILLED VIDALIA® ONIONS

May is Vidalia onion season. By law, in order to be marketed as a "Vidalia," these sweet onions must be grown in one of the 20 Georgia counties designated in the 1986 Vidalia Onion Act (yes, that's actually a thing). The mineral composition of the soil in that region is what gives Vidalias their trademark sweetness, and all that sugar is just begging to be caramelized on a grill.

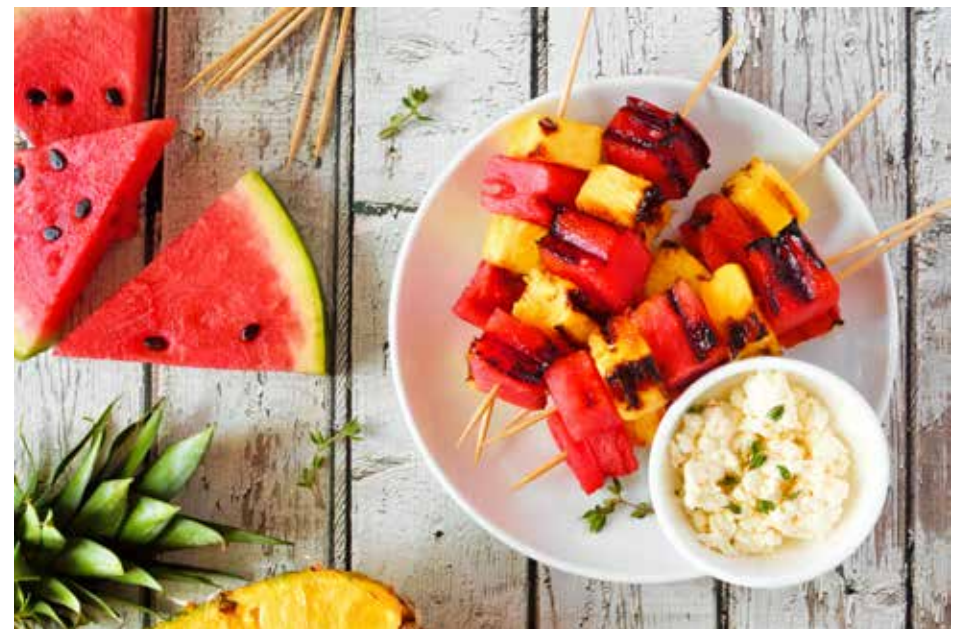
The best way to grill a Vidalia is to cut the onion into thick, 1/2 to 1 inch circles, and then skewer lengthwise through all the layers with a wooden skewer. This makes the onion easy to flip on the grill, and you won't lose any of the oniony goodness to the coals. Coat the onion slices in olive oil, sprinkle with a little salt and pepper, then place on a medium hot grill. Flip every ten minutes or so until the onions are golden brown.



If you really want to impress your Mom, garnish with freshly chopped dill, parsley, or sage.

POTATOES WITH GREEN GARLIC

Green garlic is one of the most underappreciated local spring veggies. It's simply immature garlic plants that are harvested as they begin to grow in the spring—just as scallions are immature onion plants harvested before



onion bulbs form—and it's a wonderful ingredient to add fresh, spring-y flavor to almost any savory dish.

To make perfect potatoes on the grill, slice either red or gold potatoes in 1/4-inch slices. Toss with a little chopped green garlic (you can use both the white and green parts), salt and pepper. Place this mixture on a square of aluminum foil, and top with a generous pat of butter. Fold up the foil to make a pouch, and place on a hot grill for 30-45 minutes or until the potatoes are tender.

Garnish with fresh parsley, and maybe a little sour cream.

BACON-WRAPPED ASPARAGUS

There is absolutely no better way to enjoy asparagus than on

the grill. While this veggie is perfectly suitable for grilling solo, why not add some bacon and make it something special?

First, coat the asparagus in a little olive oil, salt, and pepper. Make little bundles with 2-4 spears each (depending on the diameter of your asparagus), and wrap each bundle with a strip of bacon. Secure with a toothpick, and cook on a medium grill. You'll need to flip these babies every few minutes to ensure they cook evenly, but it will be worth it, I promise.

Add the final touch of flavor by sprinkling with chopped local chives.

FRUIT KEBABS

This is my all time favorite grilling recipe. It's incredibly easy—you'll

find yourself wondering if you did something wrong because it's almost too simple—yet it's delicious, and fun to boot!

Cut your favorite seasonal fruits into 2-3-inch cubes. In May, strawberries are a great choice, and apricots, maybe the first peaches or nectarines of the year.... You could also try apples, pears, mango, melon, or even citrus. Place the fruit cubes on skewers and grill until they're cooked through. Really, it's that easy. There's something special about the way the heat from a grill caramelized the sugars in fresh fruit... like pie without the crust.

You could sprinkle the finished kebabs with powdered sugar and fresh mint when you're done if you want. Mom might like that.

Happy Mother's Day y'all!

Health & Wellness

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MAY

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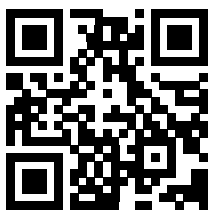
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STORES CLOSING AT 7:00PM
Memorial Day, Monday, May 30

Instructor Spotlight: Pierre Ferland



by **Amanda Iken, Owner Resources Coordinator—East**

Our Cooperative, like many co-ops worldwide, is guided by seven principles that have been around since the late 1800s. When thinking about interviewing our baking instructor, Pierre Ferland, I am reminded of Principle

Five, which is Education, Training and Information: “Cooperatives provide education and training for Owners and staff alike, so that they can contribute effectively to the development of their cooperatives.”

This month we are so excited to share this interview with you. Pierre is a classically trained baking instructor with a wealth of knowledge and experience. We are lucky to have him at Willy Street Co-op. If you decide to take one of his classes you will not be disappointed, and you will take away some great techniques to dazzle your friends and family.

Q: How long have you been teaching?

Pierre Ferland (PF): I’ve been a baking instructor on a part-time basis for the past 24 years; my classes are held mostly in the evenings and weekends. Over the years I’ve held classes at Willy Street Co-op, Orange Tree Imports, Madison Sourdough, and The Market in Milwaukee. I’ve also had the opportunity to train and mentor pastry chefs and bakers just starting out in the industry as well as seasoned workers.

Q: What brought you to teaching?

PF: My first experience was at George Brown College in the mid-1990s (Toronto, Canada). I was asked if I could fill in for a semester to teach an advanced baking class

for adults; this was a part-time class on Saturday mornings.

Q: What is your background in teaching?

PF: My background isn’t in teaching but more in training people in the baking/pastry industry. This training was conducted mainly on a one-to-one basis and on specific tasks and/or methods.

Q: What challenges do you face when teaching?

PF: One recurring challenge for the most part has been equipment malfunction. For example, ovens that are not calibrated (accurate temperature), food processors, and mixers—those are the most common challenges. Some facilities require that their formulas/recipes be used for a given class. Often these recipes are untested and simply do not yield the desired result.

Q: What's your favorite aspect of teaching?

PF: I enjoy sharing professional techniques and methods with home-bakers. Most of the formulas/recipes found online, magazines, and non-professional reference books are not accurate and sometimes misleading in their execution and often end up in disappointment.

Q: You said you enjoy sharing professional techniques with home bakers—can you expand on that?

PF: As with everything today, there is a lot of misinformation regarding technique and method in baking. My role as a baking instructor is to explain and demonstrate those techniques and methods in a way that a home-baker can relate to. For example, articles featured in food magazines are overly cumbersome to read through and understand.

Q: What can participants expect to learn by taking one of your classes?

PF: Participants will learn to identify how and when to use

proper methods, baking techniques, and how ingredients react to one another in a given formula, and how to use formulas/recipes as building blocks, as well as the concept of letting products mature (cake is a good example) before using them.

Equally important is making participants aware of alternative equipment available to the home-baker.

Q: During COVID a lot of home-bakers tried their hand in baking bread. Do you have any advice for baking bread at home? Do you have any hot tips?

PF: The best advice I have for home-bakers is not to rush through the bread-baking process.

Use a scale to weigh out ingredients. Check the date on fresh yeast. If using instant dry yeast, read the directions. Store instant dry yeast in the freezer. Do not under proof or over proof the dough. Always bake bread in a hot oven (380°F to 400°F).

such as macaron, precise temperature is crucial.

Q: What kind of trends are you seeing in cooking these days?

PF: What seems to be a recurring trend is the rediscovery of products once popular and bringing them up to date as far as appearance, good examples are the Macaron, Eclairs, Paris Breast, Gateau Basque, and Mille Feuilles.

Q: Is there anything else you would like to tell us?

PF: I started my career in 1971 as a Boulanger/Pâtissier apprentice in Quebec, Canada. Over the years I worked in retail, wholesale, hospitality, supermarket industry, manufacturing (frozen product) product development, consulting, and baking instructor. I retired at the onset of COVID.

Q: What is a boulanger/pâtissier? I am not sure if our readers are familiar with those terms.

PF: The word boulanger trans-



Pierre Ferland in the Willy West Community Room commercial kitchen.

Q: What are some challenges that a home-baker faces?

PF: Most home bakers don’t have a designated workspace at their disposal for that purpose; lack of space is usually the biggest challenge. Domestic ovens lack the precision needed as far as temperature settings and could be off by as much as 40 degrees. For pastries

lates to bread baker and has the same training/skills.

The word pâtissier loosely translates to pastry chef but has a much broader set of skills. The misconception is that “pastry chef” and “chef pâtissier” are one and the same. A chef pâtissier may be interpreted as an “executive pastry chef” here in the US and Canada.

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However, in the province of Quebec, the designation of chef pâtissier carries the same distinction as it does in France.

In other words, one must master every station to earn the designation of chef pâtissier.

Q: What would you say is the difference between baking and cooking?

PF: We can compare baking to classical music with its structure and precise interpretation. Whereas cooking is more akin to jazz with its free-flowing improvisation, it gives musicians the freedom to express themselves in the moment.

Q: Do you like to bake for yourself, and if so what is your favorite thing to bake?

PF: I seldom bake at home for myself, it's more about testing formulas for specific projects.

Q: What hobbies do you have? What do you like to do in your spare time?

PF: Now that I'm retired, I have

more time to pursue my hobbies. One of them is building models (model railroading) and the other is listening to music.

If you are interested in attending a class at either the Willy West or East location please check out the classes section of the *Reader* or head to willystreet.coop/events where you will find a full list of classes and events on our website. Each class does require registration, which you can easily do online. If you cannot sign up online, please feel free to stop by the Customer Service desk at any location and staff can assist you. If you are part of the Access Discount program, you can use your free class coupon to attend! At this time the Kids in the Kitchen classes and the Cooking Together classes continue to be online where you can join from the comfort of your own kitchen. Sign up for a class and build your kitchen repertoire with new and exciting skills!

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PRODUCT POP CULTURE

BY BEN BECKER, NEWSLETTER WRITER

Sometimes it is comforting to know that a trip to the grocery store will come with no surprises. Knowing exactly what you want and where to find it makes checking off your grocery list as efficient as it can possibly be. However, sometimes you just want something new to toss into your cart. Perhaps your usual standards just need a touch of the experimental. It could be that a New Year's resolution or life goal has posed a challenge to your shopping standard.

With changes in lifestyle, culture, and taste, trends are always shifting and evolving. Product trends are also subject to supply chain changes and fluctuations as manufacturers endeavor to supply something novel or the cravings of consumers move on to something new. Natural and organic foods have long been an area for innovation. Many other categories of food that were once niche are becoming increasingly mainstream. Gluten-free, once a concern for those with serious allergies, is now a commonplace line on the food label. It is not only these trends shaping your grocery shopping experience from what you may have seen before. The rise of local growers and entrepreneurs here in Wisconsin are also creating opportunities to enjoy never-before-seen homegrown goods. As the world continues to turn and we begin to enter a potentially post-pandemic landscape, there will be a great number of trends to keep an eye on.

PACKAGED GOODS

Starting at the center of our stores, we can see that many packaged goods

are seeing their day in the sun. Among popular center store product trends are keto products. As keto-genic diets continue to be of interest, consumers will be interested to find products low in, or free of, carbohydrates. There are several keto alternative products that they can enjoy. One great brand that fits the bill is Evolved. This maker of organic snacks boasts a low carb take on an old favorite. With chocolate butter cups in flavors such as hazelnut and almond, you can indulge with peace of mind knowing that these delights are vegan, paleo, gluten-free, and have no added sugar. Ketogenic products aren't just a great alternative option for snacks though. You can also start your day with a keto pancake or waffle mix from Birch Benders. Popping a few of these into your toaster will break your fast with no grains or dairy, but plenty of protein. If your paleolithic diet has left you a longing for bread, Birch Benders also offers mixes. You can even blend in bananas if you are looking for an added flavor.

With more walkable weather in season, Willy Street Co-op shoppers are getting outside and active. This makes it a great time to stop in for a quick protein or energy bar. Clif and Luna bars remain an excellent go-to for that quick energy boost. Other health-conscious shoppers are undoubtedly on the lookout for one of our many tea varieties, especially green. In addition to a subdued energy boost from this drink's moderate caffeine levels, green tea may also

improve blood flow, lower cholesterol, and prevent cell damage thanks to antioxidants such as EGCG. If you are just looking for a quick and easy box of bagged tea, be sure to seek out the Equal Exchange brand to ensure your beverage is Fair Trade. If you are a serious connoisseur, then be sure to browse our selection of loose leaf varieties.

If shelf stability and convenience is what you are looking for, you'll be interested in picking up a few packs of ramen. If you have long enjoyed this easy to make noodle soup, you'll want to expand your repertoire by experimenting with the craft flavors recipes that Mike's Mighty Good has to offer. Other convenient snacking could satisfy your salt tooth with a pack of grass-fed jerky. If meat is not your bag, you may still enjoy a taste of Kentucky with Louisville Vegan Jerky. They offer familiar flavors such as Smoked Black Pepper and Smoky Carolina Barbeque, but you may be surprised by others such as the Maple Bacon or Buffalo

Dill. Made from textured soy protein and natural flavors, these non-GMO treats are all cruelty-free. If you want a crisp vegetable snack, take a break from the potato with seaweed snacks or veggie chips. Barb's Cheese Puffs are always a fun way to get a big crunch. For a rich addition to your snack bowl that is full of surprises, you might try Quinn's Pretzels. These gluten-free bites contain a filling of almond butter or peanut butter.

FROZEN

Taking a stroll down to the frozen aisle, you might find a few must-have items both new and old. Trending here are fruit juices both in single and multiple servings. You can also enjoy the convenience of frozen single-serving meals. Especially easy ones are the acai bowls or Nature's Path Waffles. Don't forget to grab a frozen dessert as well. If the berry season has yet to fully bloom, a bag of blueberries from Cascadian Farms could make a fitting alternative. These treats will likely pair well with some of

your favorite fermented items.

If you're looking for a light, easy breakfast, you'll likely want to pick up plain yogurt to dunk those frozen fruits into. The lower sugar content might be just what you want, whether your favorite is Siggi's, the Greek Gods, or Brown Cow. You might also be seeking an alternative to dairy for the start of your day. If that's the case, you're sure to find some great options of plant-based varieties, such as the coconut milk yogurt from So Delicious.

Yogurt alone is not your only option when looking for probiotic rich options. Other refrigerated tonics that are great for your gut health include kombucha. In addition to the many bottled flavors from GT's, I recommend trying a can of Forage Kombucha from just down the road in Fitchburg. This brand has some rather refreshing flavors such as Tropical, Ginger, and Raspberry. For other fermented fare, you may also be seeking out a bottle of kefir from Kalona Supernatural, due to its immune boosting probiotics.

Another great immune boosting tonic can be found in the Rebl Elixirs, along with the Matcha Latte, or Maca Cold Brew. If you prefer to make your own coffee, you'll probably still need creamer from Organic Valley or Califia Farms. However, a dairy-free option might suit you better as well. For a newer, yet very popular non-dairy alternative, skip the almond milk in favor of oat milk. This product is less resource intensive than the almond option, as it uses less water to produce.

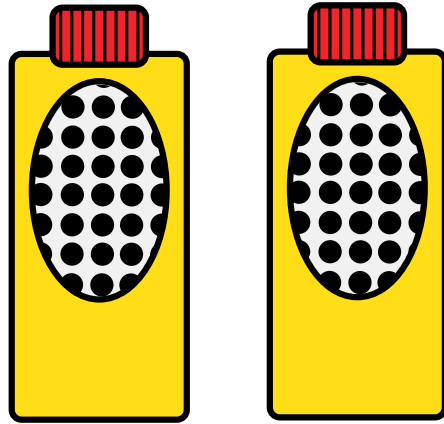
BULK

If you are shopping center store, you'll want to know a few things about our unique offerings. Buying in bulk continues to be a great way to get all kinds of dry products such as rice, flour, pasta, and spices. Buying in bulk is a great way to save money, and to purchase an amount specific to your needs. You can also commit to reducing your plastic dependence by choosing to load up your bulk purchases in paper bags.

GRAB & GO/PREPARED FOODS

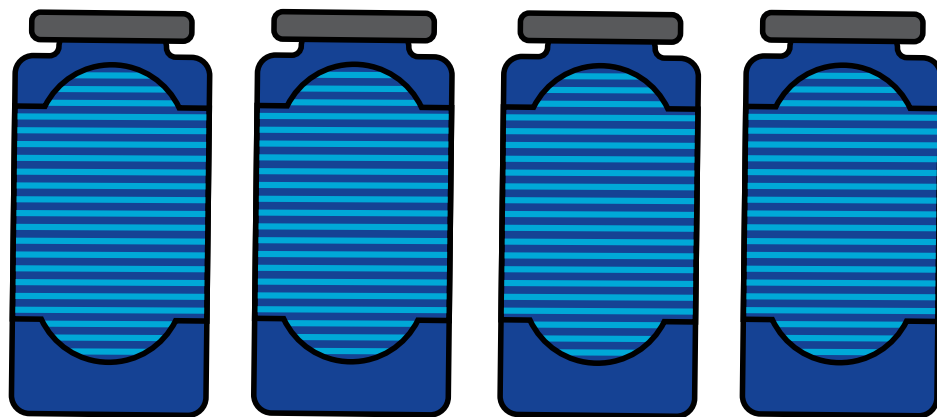
If you're looking for the ultimate convenience of Grab & Go or other

Prepared Foods, May is a great time to pick up new or returning items. Seasonality will be a big feature in these vernal months. As winter has begun to loosen its grip, you might have noticed the return of carrot bread to our shelves. Perfect for spring-time are Willy Street Co-op's own shortcakes, which should make an appearance as berries become available. As always, our Prepared Foods



department is also working hard to give locally produced products center stage. If you are vegetarian, vegan, or just a tofu dish enthusiast, you'll find ample opportunity to enjoy offerings featuring fare from the Simple Soyman (formerly known as Bountiful Bean). This brand can be found in our Red Curry Tofu, Southern Fried Tofu, and Marinated Baked Tofu, if you are scanning the hot bar. These soy delicacies are not only without any animal products, but are gluten- and GMO-free as well. Knowing that we can source these soy ingredients close to home has long been a point of pride for our Prepared Foods department. Says Prepared Foods Category Manager Dustin Skelley, "It's cool that we are able to buy direct from a factory like that. We are really lucky to have a local soy producer of vegetarian proteins."

Simple Soyman isn't the only local product that has incorporated



prepared foods. All of our house-made baked goods are made with flour processed at Meadowlark Community Mill. Meadowlark Organics has taken on the Lonesome Stone legacy, starting production in Ridgeway, Wisconsin just last year. In addition to providing an excellent organic product, Meadowlark is dedicated to building demand for regionally grown grain. As part of the Artisan Grain Collaborative, they partner with bakers, chefs, and farmers to create a more equitable economy and resilient agricultural landscapes.

MEAT

The dedication to strengthening local and regional supply chains is something sorely needed as the national and global chains continue to face product shortages and logistical issues. Here in Wisconsin, this has been an ongoing issue for years within our meat industry, as a limited number of processors has continued to create a bottleneck in the supply line. While state legislation has made a small amount of funding available to combat this problem in recent months, it is a small cry from what is necessary to effectively mitigate this issue. For those of us with carnivorous inclinations, this will continue to be bad news as our Wisconsin farmers and producers will remain challenged in getting the meat to the market. Fortunately, the Co-op is finding new ways to satisfy your protein cravings. Our Meat department is now carrying a new assortment of jerky brands. For a new take on this old favorite, seek out KRAVE, with flavors such as Chili Lime and Black Cherry. This brand boasts 100% grass-fed beef, no artificial flavors, and minimal processing.

You might also enjoy a more artisanal take from Country Archer Provisions. Their line includes not only grass-fed beef, but natural turkey and antibiotic-free pork.

BODYCARE

With sunny days ahead, there is no time to waste before stocking up on many of the General Merchandise items you will need to get outside this year. Our bodycare buyers are always on the lookout for new brands, and have sourced sunscreen and insect repellent products you will need as summer approaches. Plastic-free bodycare products, including new plastic free sunscreen brands, have also become popular. You can learn more about these Earth and Human friendly products by checking out the April *Reader* article on them by our General Merchandise Category Manager Sara Berg. If caring for yourself through spring coughs and colds has got you down, you'll be happy to find new supplements to help you out. Keep an eye out in the supplement aisle for new multivitamins. You can even ditch your pills and switch to new gummy forms for apple cider vinegar and probiotics.

GARDENING GOODS

If you haven't already, don't wait to grab all you will need to make your garden green this year. We continue to offer a number of heirloom seeds from Seed Savers Exchange. This non-profit organization based right here in the midwest continues to preserve unique and traditional varieties that offer unique flavors you just won't find with hybrids. If you want to accelerate your growing season now that frost warnings are behind you, you can also find plant starts from West Star Organics and Voss Organics. You can find these starters ready to pick up through the end of May. For your convenience you can also find potting soil and compost from organic brands like West Star and Purple Cow, to give your budding garden all the nutrients you need. If toiling in the earth isn't your idea of a good time, you can also find houseplants ready to bring green into your home.

For some, nothing says spring like planting flowers or growing heirloom tomatoes in your backyard. For others, your perfect May afternoon might be a walk through your neighborhood with a quick stop at the Co-op for refreshment. Wherever your interest lies, your Co-op has a number of new and popular items to brighten your day this season.

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RECIPES

Black Sesame Sugar Snap Peas

Adapted from www.williamssonoma.com

Quickly steamed sugar snap peas are tossed in sesame oil and sprinkled with black sesame seeds for a bright and crunchy side dish.

Prep 15m; Cook 5m

2 green onions, chopped

1 lb. sugar snap peas

1 1/2 tsp. sesame oil

salt

1 tsp. black sesame seeds

Directions: Place the sugar snap peas in a steaming basket over simmering water. Cover, and steam 3-4 minutes, just until crisp-tender and bright green. Place in a serving bowl, and add the green onions. Drizzle with sesame oil, and toss to coat. Sprinkle with sesame seeds and a pinch of salt. Enjoy!

Bowties with Sugar Snap Peas, Lemon, and Ricotta

Adapted from www.smittenkitchen.com

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

Prep 10m; Cook 18m

1 lb. pasta

1 lb. sugar snap peas

1 oz. Pecorino Romano, grated

olive oil

salt

black pepper

1 lemon

1/2 c. fresh mint leaves, chopped

1 c. ricotta

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

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

Pan-Seared Steak with Salsa Verde

Adapted from www.marthstewart.com

A flavorful salsa made with parsley, mustard, and vinegar really makes this meal.

Prep 20m; Cook 15m

2/3 c. flat-leaf parsley, chopped

2 Tbs. capers

2 Tbs. shallot, minced

4 tsp. white wine vinegar

2 tsp. Dijon mustard

salt

black pepper

1 1/2 Tbs. vegetable oil

strip steaks

Directions: In a small bowl, combine the parsley, capers, shallot, vinegar, mustard, and 2 tablespoons water. Season to taste with salt and pepper. Set aside.

Heat the vegetable oil in a large skillet over medium-high heat. Place the steaks in the skillet and season generously with salt and pepper. Cook, flipping once, until well browned, 2-3 minutes per side for medium-rare. Remove from pan and let rest for 5 minutes. Serve with the sauce.

Mixed Greens with Tangerines and Fennel

Adapted from www.epicurious.com

If you have one, use a mandoline or V-slicer to slice the fennel as thinly as possible.

Prep 20m

1/4 c. olive oil

2 Tbs. rice vinegar

2 Tbs. shallot, minced

1 tsp. tangerine peel

5 oz. mixed greens

2 fennel bulbs, sliced (fronds chopped)

tangerines

Directions: In a small bowl, whisk together the olive oil, rice vinegar, minced shallot, and tangerine peel. Season to taste with salt and pepper.

Divide the mixed greens among four plates. Top with sliced fennel and tangerine segments and a bit of salt and pepper. Drizzle with dressing then sprinkle with chopped fennel fronds, and serve.

Greens and Goat Cheese Crustless Quiche

From Luna Circle Farm CSA newsletter

Originally this fabulous Luna Circle Farm CSA recipe called for sorrel, but it can really be made with any flavorful leafy green. Experiment with your favorites!

Prep 15m; Cook 40m

2 c. leafy greens

2 scallions

3 oz. chevre

3 eggs

1 1/2 c. milk

1/4 tsp. salt

Directions: Preheat oven to 375°F. Spread goat cheese into the bottom of a buttered pie tin. Cover with the chopped greens and scallions, leeks, or garlic scapes. Beat the eggs, salt, and milk together. Pour over the greens. Bake for 35-40 minutes, or until the top is golden brown. Enjoy!

Pickled Ramps

Adapted from www.chow.com.

Ramps are also known as wild leeks, and are similar to onion and garlic smashed together. These quick refrigerator pickles intensify their crunch, sharp bite, and pungent flavor.

Prep 15m

• 1 lb. ramps

• 3/4 c. sugar

• 3/4 c. rice wine vinegar

• 3/4 c. water

• 1 Tbs. kosher salt

• 2 tsp. Szechuan peppercorns

• 1/2 tsp. black sesame seeds

• 1/2 tsp. crushed red pepper flakes

• 1 clove garlic

Directions: If the ramps have any wilted or dried out leaves, slice them off 1/4-inch above where the stem turns white. If the ramps are very fresh and tender, leave the leaves on. Trim the roots, peel the outermost layer, and rinse the ramps well, removing any silt or dirt hidden in between the layers. Set the ramps in a large, non-reactive bowl.

Combine the sugar, rice wine vinegar, water, salt, peppercorns, sesame seeds, crushed red pepper, and garlic in a medium saucepan over medium-high heat. Bring to a boil and stir until the sugar has dissolved completely. Pour the hot brining liquid over the ramps. Let sit until the mixture cools to room temperature. When cool, transfer to a non-reactive container and tightly cover. Refrigerate about 12 hours before enjoying.

Arugula and Asparagus Ribbon Salad

Adapted from www.mynewroots.org.

During asparagus's short season, serving it raw is a great way to enjoy it. Shaving the spears into thin ribbons and briefly marinating them in a quick vinaigrette turns the asparagus soft and almost creamy.

Prep 25m

1 bunch asparagus

3 Tbs. olive oil

2 Tbs. lemon juice

2 tsp. honey

1 shallot

salt

pepper

2 c. arugula

1/4 c. hazelnuts

Pecorino Romano

Directions: Slice the tips off the asparagus spears, then slice them all

in half, lengthwise. Place in a large bowl and set aside. Use a vegetable peeler on the asparagus spears to create long, thin ribbons. Add the ribbons to the bowl of asparagus tips and set aside. Whisk together the olive oil, lemon juice, honey, and minced shallot. Season to taste with salt and pepper. Drizzle the dressing over the asparagus, and toss to coat. Allow to rest for 15 minutes. Add the arugula to the bowl of asparagus and toss to combine. Top with chopped hazelnuts, more black pepper, and a few shavings of Pecorino Romano, if using. Serve.

Pork, Asparagus and Sugar Snap Pea Stir-Fry

Adapted from www.thekitchn.com.

Pork tenderloin and spring vegetables are glazed in a rich, garlicky sauce in this quick meal (after you've chopped all your vegetables), this only takes about 20 minutes!

Prep 20m; Cook 30m

2 tsp. canola oil
1 pork tenderloin
1 tsp. cornstarch
1 tsp. sesame oil
1 Tbs. rice vinegar
2 Tbs. brown sugar
2 Tbs. sherry
1/4 c. soy sauce
1 c. white rice
1 1/2 c. sugar snap peas
1 lb. asparagus, cut into 1-2-inch chunks
2 shallots, minced
pepper
salt
1/2 tsp. crushed red pepper flakes
2 cloves garlic, minced
ginger

Directions: Combine the rice, 2 cups of water, and a pinch of salt in a medium saucepan. Bring to a boil, then stir, reduce heat to very low, and cover. Cook for 20 minutes, until the rice is tender and the water is absorbed. Set aside, covered.

In a small bowl, whisk together the soy sauce, sherry, brown sugar, rice vinegar, sesame oil, and cornstarch. Set aside. Season the pork tenderloin generously with salt and pepper. Heat half of the canola oil in a large sauté pan over high heat. Add the pork and cook, turning occasionally, for 5-7 minutes, until the edges begin to brown and the pork is just cooked through. Transfer to a plate and set aside.

Add the last teaspoon of canola oil to the pan, and sauté the shallots until soft, 2-3 minutes. Add the asparagus and cook for 1 minute. Stir in the snap peas. Add 2 tablespoons of water, and scrape up any browned bits from the bottom of the pan. Add up to 2 more tablespoons of water if there are still a lot of browned bits. Sauté the vegetables until the asparagus and sugar snap peas are crisp-tender and bright green. Add the garlic, ginger, and crushed red pepper flakes, and sauté for another 30 seconds. Add the reserved soy sauce mixture, and fold in the cooked pork. Toss to coat in the sauce, and cook, stirring, until the vegetables are glazed and the sauce has thickened, just a minute or two longer. Serve hot, with the rice.

Almond Cake with Strawberry Rhubarb Compote

Featured Chef Adapted from www.smittenkitchen.com.

Spring has arrived, and with it rhubarb and strawberries! This almond cake with a sweet marzipan base is complemented beautifully by a simple, tart compote.

Prep 25m; Cook 45m

1 lb. strawberries
1 lb. rhubarb
1 tsp. lemon zest
1 Tbs. lemon juice
1 c. granulated sugar
7 oz. almond paste
4 oz. unsalted butter
2 Tbs. honey
3 eggs
2 Tbs. Amaretto
1/3 c. all-purpose flour
salt
1/3 c. sliced almonds, toasted
confectioners' sugar
3/4 c. creme fraiche

Directions: Select about a quarter of the smallest strawberries and

slice into quarters. Set them aside. Cut the remaining strawberries in halves or quarters so that they are mostly uniform in size. Place in a medium saucepan. Chop the rhubarb into 3/4-inch pieces, and add to the pot of strawberries. Add the lemon zest and juice, and 3/4 cup of the sugar. Stir to combine, then heat over medium-high heat. Cook, stirring often, until the sugar dissolves. Let it come to a boil and cook at a low boil, stirring frequently, until the liquid reduces. Lower the heat and simmer for an additional 2 minutes, until the rhubarb is very tender. Remove from heat, and fold in the reserved strawberries. Let cool to room temperature, then transfer to a covered container and chill.

Preheat oven to 350°F. Butter and flour an 8-inch round cake pan. Line with a round of parchment. If using a stand mixer, attach the paddle attachment, and place the almond paste and remaining 1/4 cup of sugar in the bowl. (If using a handheld mixer, place them in a large mixing bowl.) Cream the almond paste and sugar together in low speed until the almond paste breaks up, then increase the speed to medium for 2 more minutes. Add the butter and mix for an additional 4-5 minutes, until the mixture is very airy and light in color. Add the honey, and beat in one egg at a time. Add the amaretto, sifted flour, and a pinch of salt. Mix until just combined. Scrape the batter into the prepared pan and smooth the top.

Bake 25 minutes, until golden, and it bounces back when you press it. Place on a wire rack to cool in the pan. When cool, flip the cake out on the rack and remove the parchment. Flip it over once more so that the top of the cake is facing up again. Brush with amaretto, then sprinkle with the toasted almonds. Dust with confectioners' sugar. Serve with the crème fraiche and strawberry-rhubarb compote.

Rhubarb Curd Shortbread

Featured Chef Adapted from www.food52.com

This is really two recipes in one: a sweet, tangy rhubarb curd, and a buttery, delicately spiced shortbread. Both are delicious on their own, but put them together with a tad more work and you have a knockout dessert!

Prep 1h; Cook 1hr

1/4 c. powdered sugar
16 Tbs. butter
3/4 c. sugar
4 Tbs. water
3/4 lb. rhubarb, chopped
1/2 tsp. salt
1 1/2 c. flour
1/4 tsp. powdered ginger
1/4 tsp. cinnamon
4 egg yolks
1 tsp. lemon zest
1 tsp. lemon juice

Directions: Place the rhubarb, water, and 1/4 cup of the sugar in a saucepan and bring to a simmer over medium heat. Cook, stirring occasionally, until the rhubarb becomes tender and breaks down. Add more water, a tablespoon at a time, if the mixture starts sticking to the bottom of the pot. Remove rhubarb from heat. If you have an immersion blender, use it to purée the mixture. If you don't have one, press the rhubarb through a mesh strainer. Place in a bowl and set aside at room temperature while making the shortbread. Place 12 tablespoons of the butter in the bowl of a food processor. Add the powdered sugar, salt, flour, ginger, and cinnamon, and pulse until combined. Shape into a ball, wrap in plastic wrap, and refrigerate for one hour. Preheat oven to 350°F. Remove the dough from the fridge and roll it out on a lightly floured surface into an 8"x8" square. Place the dough on a baking dish and bake for 30 minutes, until golden. Allow to cool on a wire rack. Fill a double boiler with a few inches of water and place over medium heat. Place the egg yolks, remaining butter, remaining sugar, lemon zest, and lemon juice in the bowl of a double boiler and combine with a whisk. Heat through until the sugar has dissolved completely and remove from heat. Add the rhubarb purée to the sugar and lemon mixture, a spoonful at a time, then return to medium heat. Stir constantly for 5 minutes. It will have a smooth, pudding-like texture. Spread the rhubarb curd evenly over the shortbread, and place in the oven at 350°F for 10 minutes. Remove from the oven and transfer to the refrigerator for at least 20 minutes. Slice into bars, dust with powdered sugar, and serve.



Staff Picks



JOE

Epic Pork Rinds

Crunchy low-carb snack option, made by a company that embraces healthy and sustainable production methods. Noticeably fresher, better taste than most other brands.



KELLY

Quorn Chik'n Patties

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



KATHERINE

Tofurky Hickory Smoked Deli Slices

This is the total epitome of a "sandwich meat" to me. I love to pair it with Chao Creamy Original Cheese Slices, along with some simple dijonnaise, tomato and lettuce on a hoagie roll. It's so classically delicious!



LAURA

Voss Organics Herbs

Wow! I seriously can't believe the offerings of unique herbs from Voss Organics! In addition to the usual basil, thyme, sage, etc., they also offer feverfew, St John's Wort, valerian, chamomile, tulsi (Holy Basil), catnip, and stevia, which are herbs I would have otherwise counted on having to special order online. It's been such a treat being a herbalist and new homeowner and starting my medicinal garden with herbs offered right at my local Co-op!



HAHNA

Willy Street Co-op Southern Fried Tofu

Our house-made Southern Fried Tofu is the tofu I recommend to people who are hesitant to try tofu. It's also one of the products we make at the Production Kitchen that I'm most proud of! The tofu is made by The Simple Soyman in Milwaukee and the breading is made with local flour and cornmeal. When I buy it cold from the Grab & Go I like to pan-fry it at home, which keeps the breading crispy (a toaster oven also works well for reheating!), and have it with mashed potatoes or the East Deli's Maple Mustard-Roasted Brussel Sprouts. I also like to slice it into strips and make sandwiches with it—I can usually get 2-3 sandwiches from one slab of tofu. I highly recommend red onion, lettuce, Vegenaise, tomato, and Southern Fried Tofu sandwiches!



MOURNING DOVE

Iceberg Lettuce

This crisp, light, fresh, and juicy green is SO underrated. Add to sandwiches and summer rolls. Perfect for a larger than life taco salad. Or take a chunk and use it to scoop up your guac. Yum!



DUSTIN

Ramps

This is one of my favorite seasonal treats! I love making pesto with the green leaves, and then pickling the stems to eat throughout the summer. (See page 8 for our article on ramps.)



AMY

Brianna's Dijon Honey Mustard Dressing

My new go-to salad dressing. The Dijon really pops and it's light on the honey sweetness. They recommend its deliciousness on avocado. How about on chicken? Potato salad?!? Oh, isn't mustard just a miracle?



HALLIE

Mango Man Salsa

I LOVE THIS SALSA! I have yet to find something I don't like it with. I use it as marinade for chicken, shrimp, or pork. Especially great when making pulled pork! I use it for sauce over everything even rice and beans. I have even used it over greens as a salad dressing! Spicy, tangy, slightly sweet and full of flavor.



AMANDA

Willow Creek Boneless Pork Chop

These local farms care about sustainability and they raise their pigs humanely. I am a fan of all of their pork, but especially love the boneless chop for breakfast. Who says you cannot grill for breakfast?!



Staff Picks

1. Wonderstate Coffee Ethiopia Natural Process Local roaster Wonderstate puts supreme craft into all their coffees and this is the one that got me hooked on them. Light roasts are not for everyone and East African coffees tend to be the brightest of the bunch. However, Wonderstate has worked their magic and found a way to keep your cup smooth & mellow while still letting you taste all the cool flavors that come in a light roast. Give it a try!!!
-Andrew

2. Greenbush Bakery Blueberry Sour Cream Cake Donuts These are the best donuts! Freshly made in Madison & Kosher Certified, they're cakey and crispy, and the blueberry is classic. I think the sour cream also gives them a nice tanginess and texture. One of these with a cold brew is a pretty heavenly breakfast treat.
-Lacey

3. Califa Farms Oat Milk Barista Blend I haven't used my usual vegan creamer at all since trying Califa's oat milk barista blend. I mainly use it in cold brew and tea, but I've made latte's with it as well. It truly is coffee shop-quality.
-Melissa

4. Organic Strawberries We all love them, but did you know that strawberries are not actually a berry? Nor are they straws! (Insert blown-mind meme) But let's not get too existential, because these edible fruits are exactly that; edible and fruit!
-Jordan

5. Karthaus House Plants I adore these plants! The co-op carries everything from the house plant staples potohs and sansevieria to the more unusual varieties like zamioculcas zamiifolia. Every week the availability is different and that makes it really exciting to see what kind of new plants arrive! By far my favorite plant purchase has been the 6 inch split leaf philodendron. It has at least tripled in size since I bought it 2 years ago! Green up your living space with some happy plants from the co-op. They will make you happy!
-Abigail

6. Madison Sourdough Pepitas Polenta Bread This bread is so good I even eat it plain! The polenta makes it soft and fluffy on the inside with sage and pumpkin seeds swirling around. Great for snacking with cheese or as sandwich bread. It also makes the best croutons!
-Hallie

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

8. Bonne Maman Raspberry Preserves The town that Andros Company — the makers of Bonne Maman — comes from hid and saved Jewish families in WW2. It was called Biars sur Cere, France, which then had about 800 villagers. They put themselves in great danger to conceal these families from Nazi capture. Also, I like raspberry preserves with seeds!
-Amy

9. Mad Maiden Shrubs- Honey Ginger or Cranberry I love the label and it's local! Drinking vinegars are still employed for their valuable digestive properties. "It's thought that they help with losing weight and remedying fatigue, and they are consumed daily by many across Asia."
-Jess



10. Renards 2 Year Sharp White Cheddar I'm obsessed with this cheese. It is hands-down one of the absolute best cheddars we have here at the Co-op. Aged, very reasonably priced, local, and sharp yet smooth. I love this for grilled cheeses, on eggs in the morning, or mixed in with my pizza blend. It's also a great addition to any charcuterie board! Seriously, just try it, you'll be hooked too!
-James

11. Organic coconut date rolls These are soft, chewy, and delicious! These rolls satisfy the craving for a sweet snack and they are an organic whole food.
-Benjamin

12. Kalamazoo Candle Company They smell so great! There are so many scents to pick from and the smell is not overwhelming like some scented candles. They burn so nicely!! Makes a perfect gift.
-Abigail

14. Rally Energy Mints I like to call these my MOM MINTS. For moments when you want a boost but don't want to drink a cup of coffee. 6pm rolls around and I start to wonder how ill make it through books and bed time with my 6 year old. These caffeinated mints help me tackle that without keeping me up all night! East & North only.
-Hallie

15. Bubbie's Pure Kosher Dill Pickles I've done the pickle taste test for you, and these are the winner. They're crispy, savory, and addicting. The brine is really good in Bloody Marys too.
-Lacey

13. Pranarom Hydrosol Hydrosols are one of my favorite skincare products. They are a nice blend of botanicals and essential oils, giving the skin refreshing hydration. I spritz this on my face every night before bed. I attribute the aromatherapy aspect of the hydrosol to a relaxing night time routine.
-Alanna

16. Fever Tree Ginger Ale + Ginger Beer These come in 4-packs and they are just the perfect size for mixers or on their own!
-Jess



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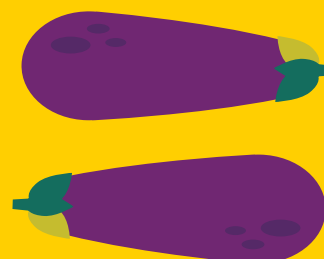
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