

willy street co•op

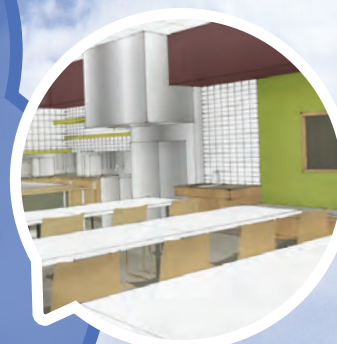
READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI

VOLUME 45 • ISSUE 11 • NOVEMBER 2018



WILLY WEST *Expansion* ORIGIN TO OPEN



HOLIDAY HOURS
THANKSGIVING DAY, NOVEMBER 22: OPEN 7:30AM-2:30PM

IN THIS ISSUE: Thanksgiving Offerings from the Co-op; CBD; Staff Picks; and More!

PRSR STD
U.S. POSTAGE
PAID
MADISON, WI
PERMIT NO. 1723

willy street co•op

1457 E. Washington Ave • Madison, WI • 53703

POSTMASTER: DATED MATERIAL

CHANGE SERVICE REQUESTED



When you hire a remodeling company, what matters to you? At **Chads Design Build**, our commitments to your home **spell** our name!

Comfortable
Healthy
Attractive
Durable
Sustainable



Call Chads Design Build today!
(608) 221-1799



One Remodeled Home at a Time

View our Portfolio of
Kitchens & Bathrooms
Additions & Attics
Porches & Decks
Lower Levels & More at
ChadsDesignBuild.com

HOLIDAY HOURS

THANKSGIVING DAY, NOVEMBER 22: OPEN 7:30AM-2:30PM
DECEMBER 24: CLOSING AT 6:00PM
DECEMBER 25: CLOSED
DECEMBER 31: REGULAR HOURS
JANUARY 1, 2019: CLOSED

willy street co-op

READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

East: 1221 Williamson Street, Madison, WI 53703, 608-251-6776
West: 6825 University Ave, Middleton, WI 53562, 608-284-7800
North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422
Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

EDITOR & LAYOUT: Liz Wermcrantz
ADVERTISING: Liz Wermcrantz
COVER DESIGN: Hallie Zillman-Bouche
SALE FLYER DESIGN: Hallie Zillman-Bouche
GRAPHICS: Hallie Zillman-Bouche
SALE FLYER LAYOUT: Liz Wermcrantz
PRINTING: Wingra Printing Group

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

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

GENERAL EMAIL: info@willystreet.coop

GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

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

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

Deli: 7:30am to 9:00pm

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

WILLY STREET CO-OP MISSION STATEMENT

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

WILLY STREET CO-OP BOARD OF DIRECTORS

Jeannine Bindl, President

Meghan Gauger, Vice President

Patricia Butler

Brian Anderson

Stephanie Ricketts

Trevor Bynoe

Michael Chronister

Dan Ramos Haaz (Interim Board Member)

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

BOARD MEETING SCHEDULE

Tuesday, November 20

Tuesday, December 18

Tuesday, January 22

Tuesday, February 19

Tuesday, March 19

Tuesday, April 16

Tuesday, May 21

Tuesday, June 18

As always, Board meetings are held at the Central Office beginning at 6:30pm (unless otherwise noted).

IN THIS ISSUE

- | | | | | | |
|-----|---|-------|--|-------|---|
| 3-4 | Customer Comments | 8-9 | Vegetable-Forward Side Dishes for Feast Season | 17 | Holiday Deli Offerings |
| 4 | Holiday; Gifts; Willy West Expansion; and More! | 10 | CBD | 18-19 | Willy West Expansion Origin to Open |
| 5 | Vote; Gratitude; Meet Trevor Bynoe; and More! | 11 | Pasture and Plenty Cook Kits | 20-21 | Support Your Community this Holiday Season through Double Dollars, Pantries of Plenty and the Access Discount Program |
| 6-7 | Community Room Calendar | 12 | New Products | 22-24 | Recipes |
| 8 | Thanksgiving Foods from the Co-op | 13-15 | SPECIALS PAGES | 25-27 | Staff Picks |
| | | 16 | Holiday Offerings at the Co-op | | |
| | | 17 | Thanksgiving Catering Information | | |

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!

DRISCOLL'S

Q: *I recently learned of the poor conditions Driscoll's employees are enduring and will no longer be purchasing their products. I would hope that Willy St would support efforts to send Driscoll's a message that such poor treatment will not be tolerated by not continuing to sell their products. I was told 1% of owners need to speak up for change to occur so please add me to those who have already made complaints. Thank You.*

A: Thanks for writing! You will definitely be counted toward the 1% of Owners needed to initiate an organization-wide boycott.

I am curious if there is new information regarding any Driscoll's growers that you know of? I am aware of some major labor disputes that were in the news regarding two of the farms that supply Driscoll's in 2015 and 2016, but as far as I know those have been settled and I haven't heard anything since then regarding this issue.

Driscoll's as a company does not own any farmland. They work with hundreds of independent growers to supply berries that are packed under their brand. I have personally visited several Driscoll's suppliers, and talked to farm workers at these facilities, who are quite happy with their employers. Obviously this is not the case at all Driscoll's suppliers.

In 2015 and 2016, there were two high-profile strikes and boycott efforts that targeted Driscoll's, specifically at the Sakuma Brothers farm in Washington State, and BerryMex in Baja, Mexico. During this time Willy Street Co-op did not boycott Driscoll's berries entirely, but we did ensure that we were not selling berries from either of the affected growers. We also worked with our supplier to be one of the first retailers in the U.S. to sell certified Fair Trade strawberries from Driscoll's and other growers.

Both of the disputes described above were ultimately resolved, and the majority of workers returned to the fields, although I believe there are still some who feel that the concessions made were not enough and are continuing to urge a Driscoll's boycott.

If there is more information that I should be aware of, I'd love to hear it, and your comment will definitely be counted toward that 1% of Owners. Thanks much, Megan Minnick, Purchasing Director

OWNER REFERRALS

Q: *Hi! We heard there's a promotion going on for recommending a friend for membership. We'd like to recommend our friend. Let us know if there's something else we need to do in order to receive any premium available for this program.*

A: I apologize for not being able to respond sooner. I see that your friend did end up signing up on Saturday and I will happily consider your message as an official referral. I assume that you are also shopping at the North location, and you will be able to pick your gift card within 4-6 weeks. One of our Brand Coordinators will contact you at this email address when it is ready to be picked up.

In the future, if you would like to refer any new owners, please instruct these folks to provide your full name and any contact info they have for you (owner #, phone number and/or email address) at the time of signing up at the Customer Service desk (or online). That's all they need to do!

Thanks for providing the referral and we look forward to seeing you next time you are in the store! -Robert Halstead, Owner Records Administrator

SQUASH VARIETIES

Q: *I love kabocha squash. It is one of my favorite foods. However, I greatly prefer the green/grey varieties over the orange variety, which I believe is a "sunshine kabocha," a kuri-kabocha cross. I may be misremembering, but I thought I purchased non-orange kabocha at Willy last year. I understand that squash season is only just beginning, but I am disheartened to see exclusively sunshine kabocha at the store. I sincerely hope that you stock the green/grey varieties as well.*

A: Thanks for writing! I also love kabocha squash, and I think you are right—the green, and especially the grey varieties are really really good!

I will make sure Andy Johnston, the Produce Manager of Willy East's team, is aware of your request. As you say, the season is just starting up so varieties are still a bit limited, but more are becoming available by the day. Oftentimes people who aren't as aware of the subtle flavor differences are drawn to the bright color of the red kabocha, so that variety is the most widely grown and marketed. That said, we work with several winter squash growers, and I'm relatively confident that we'll be able to get some green or grey kabocha at some

point this year. Thanks much, Megan Minnick, Purchasing Director

STORE CLOSED NOTICES

Q: *Dear Willy West: I shop regularly at Willy West, so I try to pay attention to construction notices. Yesterday, I arrived at the store expecting to shop, but then read the notice board announcing the store was closed. I realize that unexpected situations always arise during construction, but I'm wondering if the co-op considered sending an email to co-op owners about the store closing. I don't follow the co-op on Facebook and I'm not in the habit of checking the web site, so I was surprised to find the co-op closed during regular business hours. And I wasn't the only shopper who was not expecting a closed store. Thanks for reading my vent.*

A: Thanks for emailing with your concern and suggestion!

I'm sorry to hear the store closing was a surprise—as you mentioned, we did talk about it on social media and the website, but also on in-store signage in the few weeks beforehand. We also put it in both the September and October newsletters—we'll be discussing if there were additional ways (including an email) that we should get the word out if/when something like this happens again. (Although there are no more store closures planned for Willy West during the construction work.) We have talked about emailing Owners about unusual store hours—particularly for non-holiday related reasons—but I don't think we've done it so far. In the next year or so, I do plan to set up an opt-in email notification about unusual store hours, and your feedback has confirmed that it's a need.

Thanks again for sharing your concern and suggestion—have a nice week! -Brendon Smith, Communications Director

MEAT & SEAFOOD SHOUT OUT

Q: *Shout outs to the meat and seafood guys who are always helpful and friendly. Even going the extra mile to vacuum seal a steak, rather than wrap it, so I can put it straight in the sous vide bath. Thanks guys!*

A: Thank you so much for taking the time to write in with your kind words for the folks in the meat and seafood departments. It's always so nice to hear from customers, especially when it's hearing about good customer service! Best, Katie O'Connell-Jones, Owner Resources Coordinator-West

THANK YOU

Q: *Yes—thank you for being a kind place of support after a very difficult cross-country move.*

Thank you for being a kind, non-judgmental place for my children to play while I ate breakfast and lunch.

A: What a lovely comment to receive. We thank you for taking the time to share it with us. It certainly feels nice to be appreciated and we are so glad that we can be a welcoming refuge for your family. We look forward to seeing you in the store again soon! -Katie O'Connell-Jones, Owner Resources Coordinator-West

OPEN SHELVING

Q: *As a loyal and enthusiastic member, I am concerned about open shelving for local products. Even Kwik Trip has closed containers/shelves. Willie should be conserving energy with closed storage.*

A: Hello and thanks very much for your comment!

Though modern open merchandisers have become much more energy efficient, you are right that closed merchandisers save more energy by keeping refrigerated air more contained.

For this reason, when we replace old coolers we have been sourcing coolers with doors as much as possible. Willy North just replaced an old cooler with a closed door unit in Produce for packaged salads and cut fruits and vegetables, and the new beer cooler at Willy West will also have doors.

There are some instances where closed coolers unfortunately won't work for us. When we recently replaced the packaged salad cooler at Willy East for example, we really wanted to get a cooler with doors, but because of the tight space at Willy East, we determined that having the doors open with people shopping from them would create a bottleneck in the store. In other cases, like for bulk and wet produce items, and the new cheese cooler at Willy West, there unfortunately aren't closed-door coolers available that fit our merchandising needs.

That said, I definitely appreciate that Owners such as yourself are thinking about these things, and we will continue to do our best to find closed door and otherwise more efficient merchandising units as we replace older, less efficient coolers in our stores.

Thanks again! -Megan Minnick, Purchasing Director

BULK BINS

Q: *It's very hard to use the bulk bin in produce for the mixed greens/spinach because you need to hold the lid. How about adding a spring to help hold the lid up while I scoop? Thank you!*

A: Hello, Thank you for your comment! I certainly hear you. The lids on those bins are not ideal, and we've considered a number of differ-

ent solutions, none of which seem to be just right! We are going to remove the lids and see how that works! If nothing else, it should make it much easier for you and other customers to grab your greens! Let us know what you think. Sincerely, Max Wilke, Produce Manager–West

SASSY COW

Q: Stocking problem? Sassy Cow half-and-half is never in stock. North store has an alternate, we at West do not have an affordable alternative if there isn't any in stock

A: Thank you for taking the time to share your feedback concerning finding the Sassy Cow half & half on a consistent basis. I agree that it is frustrating to not be able to procure and purchase the products that you would like.

I spoke with both of our dairy buyers about the situation. They shared that it can be difficult to obtain this product consistently from the distributor. They have been working on it and agree that they have run into challenges at times with keep-

ing some of the Sassy Cow products stocked.

We would be happy to set aside and hold this product for you if you would care to give us a call before coming in. Please let us know if there is anything else we can do to assist you. Best, Katie O'Connell-Jones, Owner Resources Coordinator–West

WILLY WEST REMODEL

Q: Willy West—amazing job with keeping the store open as much as it was during construction. I can hardly imagine how much discussion and planning went into the staging of this multi-stop, comprehensive remodel. Well done!

A: Thank you so much for taking the time to write down your feedback. You are correct—many people spent a good amount of effort planning and meeting to make sure things progressed as smoothly as possible. I will be sure to share your comments with the expansion team. –Katie O'Connell-Jones, Owner Resources Coordinator–West

GENERAL MANAGER'S REPORT

Holidaze; Gifts; Willy West Expansion; and More!



by Anya Firszt, General Manager

NOVEMBER—WELCOME TO THE HOLIDAZE!

Happy November! This month we kick off our busiest sales season of the year. We will be offering in-store the traditional holiday meal favorites as well as alternatives to the mainstay.

Our Production Kitchen has been preparing for weeks to bring you a fantastic selection of pies and other delectable treats for your holiday celebrations. Turkeys, non-turkey turkey, cranberry sauce and relish, squash, pies, mulled cider... my mouth is watering!

Thursday, November 22 is Thanksgiving Day. The stores will be open for your convenience from 7:30am-2:30pm. Just enough time to get those last minute essentials!

Please don't forget the Wil-Mar Neighborhood Center Thanksgiving Pie sale is going on now! Louisiana Sweet Potato, Pecan, and Sour Cream Apple pies can be ordered online at www.wil-mar.org/piesale/ or by calling 608-257-4576. Note: pies will not be sold in our stores this year.

GIFT ITEMS

While food and festivities are at the forefront of my mind, we also have a bounty of gift items in store for you! Andes Gifts offer a plentiful array of Fair Trade handcrafted woolen hats, gloves, scarves, and hand warmers to keep your loved ones toasty warm. We also have a new assortment of hand felted wool animals (too cute), puzzles, and toys made from sustainable wood and reclaimed rubber.

WELLNESS WEDNESDAY

And, another reminder that Wellness Wednesday is on November 7 this month, so you can shop that day and save an additional 10% discount on health and wellness products including some great gift ideas such as aromatherapy and oil diffusers, essential oils, handmade natural bar soap and bath salts, plus CBD oil chocolate bars!

\$5 DINNER AT NORTH

Stop at Willy North on Thursday, November 15 from 4:00pm–8:00pm for the \$5 dinner. This month's fare is a taco bar featuring chicken and vegetarian and vegan options!

VOTE

November is also your opportunity to vote: On Tuesday, November 6. Polls are open 7:00am–8:00pm. Your vote is your voice!

WILLY WEST GRAND RE-OPENING CELEBRATION

An exciting update that I would like to share with you is that we finished our remodel and expansion of Willy West.

Last month we celebrated the grand reopening of Willy West with several days of sampling, tasting and promotional offerings in recognition of the amazing work we accomplished together! The lessons we learned throughout the Willy East remodel and the opening of Willy North were critical to the success we experienced at Willy West. I am so proud of our internal team that worked on this project—to each and everyone of you, you have my deepest gratitude for a job well done. A special shout out to Kirsten Moore for taking on the role of project manager the expansion, in addition to her oversight of the Co-op Services department.

I would also like to thank and recognize our design and construction partners in this endeavor starting with Retailworks Inc. for their initial designs, and the team of consultants and contractors that helped to make it a reality: Aro Eberle Architects, Huffman Facility Development, Vogel Brothers Building Co., Commercial Air Inc., Electric Construction Inc., and Hooper Corporation. Additional thanks go out to our landlords, General Capital Group, who were supportive throughout the design and build out process. To learn more details about the Willy West expansion project, please refer to the article on page 18 by Ben Becker.

WATER WATER EVERYWHERE UPDATE

Finally, I can report that the Main Street bridge at the Yahara River is once again open, and access to our administrative offices is no longer restricted. The basement is dry and its contents have made their way back to their previous storage home.

FACE-TO-FACE-TIME WITH THE GM

I plan to mix up Face-to-face-time with the GM a bit and will be at the stores weekend days and weekday evenings for the next several months to bag groceries, front product and direct customers to requested items. If you see me and want to ask or share anything, please feel free!

You can also reach me by calling 608-237-1210 or emailing a.firszt@willystreet.coop.

STORE HOLIDAY HOURS

- Thanksgiving Day, November 22: open 7:30am-2:30pm.
- December 24: closing at 6:00pm
- December 25: closed
- December 31: regular hours
- January 1, 2019: closed

Wishing you a very happy and blessed Thanksgiving holiday!

HOLIDAY HOURS

**THANKSGIVING DAY, NOVEMBER 22:
OPEN 7:30AM–2:30PM**

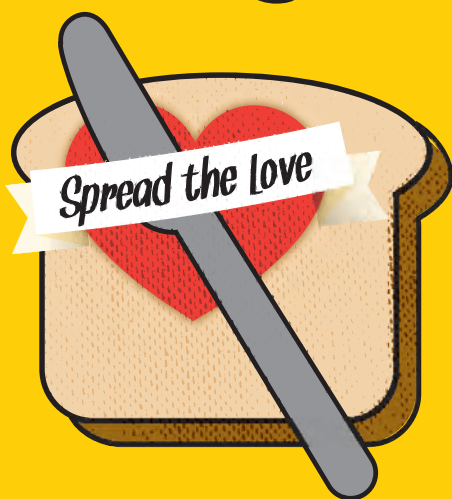
DECEMBER 24: CLOSING AT 6:00PM

DECEMBER 25: CLOSED

DECEMBER 31: REGULAR HOURS

JANUARY 1, 2019: CLOSED

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



Know someone who should be a Willy Street Co-op Owner? If someone you refer becomes an Owner, we'll give you a \$25 gift card!

willy street co-op

New Owner must give your name and email address and/or phone number when signing up. Gift cards may take up to 60 days to be created and distributed.



BOARD REPORT

Vote; Gratitude; Meet Trevor Bynoe; and More!



by
Stephanie Ricketts,
Board
Member

Happy November everyone! There are just two months left in this calendar year, so let's make the most of them.

GET OUT THERE AND VOTE!

For starters, get out there and VOTE! We have an important election coming up this month, including selecting our Governor, Congressional Reps, State Reps and more. Democracy only works when everyone participates, so grab your friends, your family, heck even your neighbors and get out the vote! Find out your polling place here: www.cityofmadison.com/clerk/where-do-i-vote/

Not registered to vote yet? Fear not—Wisconsin allows registration at the polls! Learn more about how to register and vote in the same day here: myvote.wi.gov/en-us/

GRATITUDE

This is a time of year when many of us take time to cultivate an extra sense of gratitude. What are your Board Members grateful for these days? Here's what a few of us had to say:

"I'm thankful for being in good health. And, of course, part of being in good health is eating good food from Willy Street."

"I am thankful I get to represent Owners on our Board of Directors. I am also thankful for our Owners and the ways they nourish the Dane County community and surrounding areas."

"I'm grateful for all of our Owners and our customers, and for the amazing staff who work hard every day to make the Co-op an extraordinary place."

"I'm thankful to have a local business that's dedicated to supporting local producers, improving the communities it serves and providing its customers with the products they want at competitive prices."

MEET YOUR BOARD MEMBER: TREVOR BYNOE

Trevor was elected in the July 2018 election! Get to know a little more about one of your newest Board members.

Stephanie Ricketts (SR): What is your first memory of the Willy Street Co-op?

Trevor Bynoe (TB): I actually just moved here last summer! My wife was getting recruited by University, and they brought me here to check out the city before we made our decision. I'd never been to the Midwest before at all—we'd always been on the East Coast. I came in Jan/Feb 2017, rented

a car, and came to the Willy Street area first. I happened to drive by the Co-op and decided to check it out, since it seemed cool. It felt good right away when I walked in—nice and cozy, not too big, lots of great products, lots of local stuff. I remember getting some juice, some coffee. It was a great experience, and gave me a very nice feeling about the city more broadly. Visiting the Co-op started my trip off in a very positive manner.



Board Member
Trevor Bynoe

SR: How did you first learn about cooperatives, and what was the first co-op you joined?

TB: My mom has always been a member of credit unions living in Rhode Island. More recently I worked for a non-profit in East Harlem in NYC, and they were in the food business. We ran a commercial bakery and trained immigrant minority women to become professional bakers. One of the new programs we tried to develop was a worker-owned co-op that would provide skilled food labor to businesses who need it. I was involved in various aspects of that work, and it was really eye opening to learn more about co-ops and how they operate. Unfortunately, ours didn't last, but it was cool to see them do well while they were going. It wasn't a matter of the co-op being unsuccessful—it was more of a matter of folks not having time outside of work to manage the business.

SR: What do you rely on Willy Street Co-op for?

TB: The thing I love most about the Co-op is the selection of local and almost all organic produce. Our family made the decision to go from a regular diet to a primarily vegetarian diet when we moved to Madison. We now live very close to Willy West, and it's been awesome having the Co-op so close, because we do end up buying most of our produce there. I like that it's all organic—we have small kids and don't want them (our ourselves!) to be eating all those pesticides and whatnot.

SR: What are your top three favorite Willy Street Co-op foods?

TB: Again, the Produce dept is a

mainstay for us! I really do like the Juice Bar juices. I dabbled into juicing a little bit, and I didn't realize how much work it is! It's so much simpler to just go to the Co-op. The third, I really love the caprese sandwich in the Deli—it's one of my favorites.

SR: Do you have any favorite food traditions?

TB: Now that we're on a different diet we'll have to develop some new ones! My older daughter is about to turn four, so we've been doing a lot more baking so she can be a part of it. She really loves making muffins, and we've been experimenting with different flavors. Almost every weekend we're making muffins—it's a tradition in the making.

SR: Besides being a Willy Street Co-op Board Member, what else do you like to do with your time?

TB: I like to spend time with my family and my kids. My kids are at an age now where they're very active, and it's fun. My wife and I are also avid runners, or at least we try to be. We try to get into a good number of races here, and try to find races that allow strollers so the kids can come too. Otherwise, it's fun to explore Madison. Theater was a big part of our life in New York, and now we are getting out to the theater here more, going to some children's theater productions, etc.

SR: What are you most excited about in being a new Board Member, and what do you see as the biggest opportunities and challenges the Co-op will face over the next few years?

TB: I'm most excited about having the opportunity to be in this leadership position of a company that has been very successful, very popular and well known in the Madison area. It has a

good reputation overall and is involved in the community, and has found a way to balance all those things and still be successful. It's exciting to be a part of that and learn what goes on behind the scenes to make that possible. I'm in finance and accounting so it's also really interesting to see how the organization stays financially sustainable year to year. Opportunity-wise, Madison continues to grow and there will be continued demand for more healthy, local and organic products. That's what people want these days. There's always the opportunity to expand our operations and expand our reach. The challenge though is that there is also a lot of competition. Big consolidations like Amazon and Whole Foods will put pressure on our business. We need to always stay nimble, and meet customers' needs so we can continue to succeed. That will always be a challenge for the Co-op.

SR: Is there anything else you'd like our Owners to know?

TB: I am excited to help represent them, and to ensure the Co-op remains a place that is friendly for customers and a successful business.

THANK YOU, AGAIN

This month, I'm especially grateful for the opportunities to see many of my friends and family members, often around food made with Co-op ingredients. I'm grateful to all of you, our Owners, who shop, vote, write comments and otherwise help steer this organization forward. During these topsy turvy times, I am meta grateful for the Cooperative Principles, and the chance to put them into action in real and tangible ways through Willy Street Co-op. Thank you, all of you, for being a part of the Co-op!

Did water damage your appliances, furnace or water heater?

We recommend that you have a qualified appliance dealer or heating contractor check gas appliances for water damage. The Association of Appliance & Equipment Manufacturers recommends replacing any water-damaged gas appliances, including water heaters and furnaces. Attempts to use appliances or other equipment with defective gas control devices can result in serious injury to you or damage to your home.

For more information, call 608-252-7333 or 1-800-245-1125.

MGoe
your community energy company

GS1864 9/6/2018

Community Room Class Calendar

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

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



BAKING WITH CHEF PAUL: HOLIDAY PIES

Location: Willy West Community Room

Thursday, November 1, 6:00pm–8:00pm

Location: Willy East Community Room

Thursday, November 8, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

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

Are you pie-challenged? Join Chef Paul as he shares his secrets for great pies. He'll cover everything from a *pâte brisée* (a basic pie pastry) that never fails, to rolling out the dough, to techniques for a flaky crust and pretty edge. Paul will prepare an apple pie and answer all your pie-making questions. Vegetarian.



SIX SPICES: GLUTEN- AND GRAIN-FREE INDIAN COOKING

Location: Willy West Community Room

Thursday, November 8, 6:00pm–8:30pm

Instructor: Neeta Saluja

Ages: 13 and older; adult supervision not required

Instructor: Neeta Saluja

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

Join Chef Neeta Saluja for a gluten-free and grain-free meal! She will demonstrate how to make Chickpea Flour Pancakes; Spinach Raita, seasoned spinach infused with a delectable smoky flavor in plain yogurt; and Tapioca Pudding. Gluten-free and grain-free.

SIX SPICES: CHICKEN KOFTA AND MORE

Location: Willy East Community Room

Monday, November 12, 6:00pm–8:30pm

Ages: 13 and older; adult supervision not required

Instructor: Neeta Saluja

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

Join Chef Neeta Saluja for Indian-style chicken meatballs. The menu will include Chicken Kofta, spiced ground chicken wrapped around whole almonds or dried apricots; Pepper and Corn Rice; and Tomato Salad with Roasted Peanuts, diced tomatoes, green chilies, cilantro, roasted peanut and yogurt.

SOUTHEAST ASIAN STREET FOOD WITH MADAME CHU

Location: Willy West Community Room

Tuesday, November 27, 6:00pm–8:00pm

Ages: 13 and older; adult supervision not required

Instructor: Josey Chu

Fee: Free; registration required

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Lakeview Library

Thursday, November 1, 10:00am–2:00pm

Thursday, December 6, 10:00am–2:00pm

Location: East Community Room

Thursday, November 15, 10:00am–2:00pm

Thursday, December 20, 10:00am–2:00pm

Location: Willy West Community Room

Wednesday, November 21, 10:00am–2:00pm

Wednesday, December 19, 10:00am–2:00pm

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

Madame Chu's Southeast Asian condiments are unique and flavorful. Join Josey, Madame Chu herself, as she demonstrates cuisine from her Peranakan heritage. Gado Gado is commonly known as lotek by local street vendors. This salad is prepared with tempeh, fried tofu, hard-boiled eggs, potatoes, green beans, cabbage, cucumber and compressed rice. The salad is served with Madame Chu's condiments. Come and learn how to prepare this recipe passed down through many generations. Vegetarian and gluten-free

COOKING WITH CHEF PAUL: SICHUAN, THAI AND JAPANESE NOODLES

Location: Willy East Community Room

Thursday, December 6, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

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

Join Chef Paul for a demonstration of three different styles noodles from three different regions. Paul will explore Sichuan spicy noodles, Thai rice noodles with curry broth and Japanese Udon with sea vegetables. Each noodle dish has unique flavor and texture.

COOKING WITH CHEF PAUL: TEMPURA 101

Location: Willy West Community Room

Thursday, December 13, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

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

A crispy tempura vegetable will make us salivate, and the batter is the key to make it so tasty. Join Chef Paul to learn how to make the batter, how to select the ideal ingredients, how to cut them into proper sizes, what type of oil to use and the ideal temperature to fry them—plus dipping sauce and Udon noodles!



FROM THE GARDEN: HERBAL AND MILK-BASED SOAP MAKING

Location: Willy West Community Room

Thursday, November 29, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Instructor: Linda Conroy

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

Join Linda Conroy in this fun hands-on class! We will make soap using frozen goat milk and whole herbs. Each person will participate in making a batch of soap and will take home several bars of soap with different herbs in them, as well as recipes and inspiration.

WINTER HERBAL REMEDIES

Location: Willy East Community Room

Sunday, December 9, 10:00am–12:30pm

Ages: 8 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$25 for Owners; \$35 for non-owners

Join Linda Conroy in this fun and useful class to make a winter herbal kit. Included will be hand-rolled throat lozenges, a simple herbal syrup (oxymel), an ointment for soothing dry skin and/or lips and an herbal steam blend. Recipes, instructions and a list of herbs for supporting and promoting health through the winter months for use will be included.



COOKING TOGETHER: POCKET PIES

Location: Willy East Community Room

Friday, November 2, 5:30pm–6:45pm

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

Instructor: Lily Kilfoy

INDIVIDUAL NUTRITION CONSULTATIONS

Location: East Community Room

Tuesday, November 6, 2:15pm–5:30pm

Wednesday, December 5, 2:15pm–5:30pm

Location: West Community Room

Tuesday, November 13, 2:15pm–5:30pm

Tuesday, December 18, 2:15pm–5:30pm

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

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

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

Join Chef Lily Kilfoy in this exciting cooking class for families! She will introduce you and your family to healthy foods through delectable dishes and thoughtful themes, all while having a hands-on fun time. In this class, participants will work together to prepare scrumptious savory and sweet pocket pies. Recipes will also include a seasonal salad and beverage. Vegetarian and nut-free.

COOKING TOGETHER: FLAVORS OF INDIA

Location: Willy West Community Room

Friday, November 30, 5:30pm–6:45pm

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

Instructor: Lily Kilfoy

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

Join Chef Lily in this hands-on cooking class for families. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare a homemade meal inspired by flavors from India. Toasted spices, samosas, mango lassi and fragrant rice are just a few of the tasty things that will be explored. Nut-free and vegetarian.

COOKING TOGETHER: TREAT EXCHANGE

Location: Willy East Community Room

Friday, December 7, 5:30pm–6:45pm

Location: Willy West Community Room

Friday, December 14, 5:30pm–6:45pm

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

Instructor: Lily Kilfoy

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

Join Chef Lily Kilfoy in this exciting cooking class for families. In this class, we'll work together to create scrumptiously sweet confections. Participants will measure, mix and pour as they prepare tasty treats to exchange with their classmates and take home. Vegetarian.



THE ART OF CRAFTING HERBAL ELIXIRS AND TONICS FOR WINTER HEALTH

Location: Lakeview Library

Saturday, December 15, 1:00pm–3:00pm

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

Fee: Free; registration required

Herbs are wonderful allies for winter health. Join herbalist Linda Conroy for this fun and inspiring program. Linda will share her favorite herbs for winter health, and she will demonstrate ways to transform herbs into tonics and elixirs that help to build health as well as relieve symptoms from common winter ailments. Samples of delicious healing elixirs and tonics will also be shared.



KIDS IN THE KITCHEN: BAKING WITH ROOTS!

Location: Willy West Community Room

Tuesday, November 6, 4:30pm–5:30pm

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

Location: Willy East Community Room

Tuesday, November 13, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. When fall arrives and it's cool enough to turn on the ovens again, it's time to bake. Did you know that root vegetables make the most moist and delicious baked goods? Carrots, parsnips, ginger, beets, and more—in this class, kids will whip up multiple recipes while baking with roots. Vegetarian and nut-free.

KIDS IN THE KITCHEN: MUFFIN TIN MADNESS!

Location: Willy East Community Room

Friday, November 9, 4:30pm–5:30pm

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

Location: Willy West Community Room

Friday, November 16, 4:30–5:30pm

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this exciting hands-on cooking class. Of course you can make muffins in muffin tins, but did you know that you can create other delicious dishes in them as well? Chef Lily loves to make tacos and even mini pizzas using the nifty pans. What other things can you think of? In this class, participants will prepare multiple recipes using muffin tins. Vegetarian.

KIDS IN THE KITCHEN: EDIBLE GIFTS!

Location: Willy West Community Room

Tuesday, December 4, 4:30pm–5:30pm

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

Location: Willy East Community Room

Tuesday, December 11, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. We'll make savory and sweet snack mixes, popcorn and date balls, cookies, quick breads and cheese spreads. There is nothing quite as nice as a homemade gift, especially one that can be eaten. In this class, kids will work together to create edible gifts. Vegetarian and nut-free.

It's different in the heartland.

Our agricultural and business lenders will *help you* find a better way to bank — at Heartland Credit Union.



LISA SCHUELER

Agricultural & Commercial Lender

NMLS #1308618

lschueler@heartlandcu.org

608.282.7000

Serves Madison, Verona, & DeForest



DIANNE JENTZ

Vice President, Business Lending

NMLS #528575

dianne@heartlandcu.org

608.348.6700

Serves Platteville & Lancaster



LEAH MCDONALD

Agricultural & Commercial Lender

NMLS #1672638

lmcdonald@heartlandcu.org

608.935.7000

Serves Dodgeville & Lancaster



Madison: High Crossing Boulevard & Williamson (Willy) Street
DeForest • Verona • Dodgeville • Lancaster • Platteville



HOLIDAY FOOD NEWS

Thanksgiving Foods from the Co-op



by Patrick Schroeder, Prepared Foods Category Manager

Welcome to November! This is a busy month in the food business and a busy for all of us with holidays and entertaining on the near horizon. November means three things to us in Prepared Foods: Thanksgiving food on the Hot Bar in the Deli, whole

Thanksgiving meals in Catering, and Local Fruit Pies in the Bakery.

HOLIDAY DELI OFFERINGS

If you're looking to get a head start on Thanksgiving or supplement your own cooking, the Deli hot bars at each of our stores will offer the following Thanksgiving foods Thursday, November 15 through Thanksgiving Day (Thursday, November 22) at 1:00pm:

- Roasted Ferndale Turkey Breast (gluten-free)
- Maple Roasted Root Vegetables (gluten-free)
- Green Bean Casserole (vegan and gluten-free)
- Traditional Gravy
- Mushroom Gravy (vegan and gluten-free)
- Sage Stuffing with Cranberries (vegan)
- Garlic Mashed Potatoes (vegan)
- Hazelnut Cranberry Field Roast En Croute (vegan)

THANKSGIVING CATERING

If you're not looking forward to cooking this year, let us serve you with Thanksgiving meals from Willy Street Co-op Catering.

Choose from any of our full meal options (tradi-

tional, vegan, and gluten-free), all made in our Production Kitchen from high-quality ingredients. All include turkey or Field Roast, gravy, five side dishes, dinner rolls, and pie.

- Meal for up to 6 people: \$89.99
- Meal for 6-12 people: \$179.99
- Meal for 12-18 people: \$269.99

Thanksgiving orders must be placed between October 22 and November 16. For details, see willystreet.coop/catering.

PIES

As in past years, we have thousands of pies for you to enjoy this season! Make sure to check out our new Sweet Potato Pie!

Local Apple Pie: \$16.99

- Features local apples grown at Sunrise Orchards in Gays Mills, WI.

Door County Cherry Pie: \$16.99

- Made with delicious Door County tart cherries.

Local Pumpkin Pie: \$16.99

- Made with pumpkin and squash grown at New Traditions Farm in Hillsboro, WI.

Local Sweet Potato Pie: \$16.99

- Made with sweet potatoes from various Wisconsin farms.

Pecan Pie \$18.99

- Made with US-grown pecans.

Apple and Pumpkin Pies available in vegan/gluten-free versions for \$2 more. Willy Street Co-op's Production Kitchen uses local eggs and butter, plus local produce when we are able. All pies use Wholly Wholesome crusts.



HOLIDAY FOOD NEWS

Vegetable-Forward Side Dishes for Feast Season



by Melissa Reiss, Purchasing Assistant

Turkey is usually the star of the Thanksgiving feast, but these vegetable-forward side dishes will share the spotlight. Most of the vegetables in these dishes you'll find locally grown in your late season CSA boxes, farmers' markets, or in the Produce section at the Co-op!

HOLIDAY ROASTED VEGETABLES

Recipe adapted from Delish.com

- 3/4 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into 1/2-inch pieces
- extra-virgin olive oil
- 1 Tbs. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries

Directions: Preheat oven to 400°F. Scatter vegetables on a large sheet pan. Toss with enough olive oil to coat each piece, then toss with balsamic vinegar. Season with salt and pepper.

Scatter herbs around the pan. Bake for 20-25 minutes, until the vegetable are tender, shaking the pan halfway through. Before serving, toss roasted vegetables with pecan and cranberries. Serves 4.

CAULIFLOWER STUFFING

Recipe adapted from Delish.com

- 4 Tbs. butter or margarine
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head cauliflower, chopped
- 1 c. chopped mushrooms
- kosher salt
- Freshly ground black pepper

- 1/4 c. chopped fresh parsley
- 2 Tbs. chopped fresh rosemary
- 1 Tbs. chopped fresh sage (or 1 tsp. ground sage)
- 1/2 c. vegetable or chicken broth

Directions: In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.

Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more. Add parsley, rosemary, and sage and stir until combined, then pour vegetable broth over and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes. Serve. Serves 6.

SWISS CHARD AND SWEET POTATO GRATIN

Adapted from www.smitten-kitchen.com.

- 1/4 c. butter, divided
- 1 onion, finely chopped
- 3 lb. Swiss chard, trimmed, leaves and stems separated and both cut into 1-inch pieces
- Pinch of nutmeg
- 2 c. whole milk (or heavy cream)
- 2 cloves garlic, minced
- 2 Tbs. flour
- 2 lb. sweet potatoes, peeled, sliced into 1/8-inch rounds
- 1 Tbs. minced parsley
- 1 Tbs. minced fresh thyme
- salt
- pepper
- 5 oz. gruyere cheese (coarsely grated)

Directions: In a large, heavy pot over medium-low heat, melt 2 tablespoons of the butter. Add the onions and cook, stirring, until tender. Add the chopped chard stems, nutmeg, and salt and pepper and cook, stirring, until the vegetables are tender but haven't begun to color, about 8 minutes. Raise the heat to medium-high, and in batches, add the chard leaves and cook, stirring, until wilted. Add salt and pepper to taste, and place the greens in a colander. Use the back of a spoon to press out

Compassionate, Comprehensive Pet Care

Eastside Veterinary Clinic 

4421 Cottage Grove Rd Madison

Dr. Joe Novotnak

221-3509



Tenney Nursery & Parent Center

A Preschool & Community-based Parent Cooperative

1321 E. Mifflin St. | tnpc@cgfirepower.com | 255-3250

www.tnpckids.com

Pre-School age 2-5
Parent/Child Playgroup age 0-3
STATE LICENSED & CITY ACCREDITED



the liquid, and leave in colander to drain.

In a small saucepan over medium-low heat, stir together the cream (or milk) and the garlic. Bring to a simmer and reduce heat to very low to keep warm. In a medium, heavy saucepan over medium heat, melt the remaining 2 tablespoons butter. Stir in the flour. Cook, whisking, for one minute, then slowly whisk in the cream and garlic mixture from the other pot. Bring to a boil and cook, whisking constantly, for 1 minute. Sprinkle with salt and pepper and set aside.

Preheat oven to 400°F. Butter a deep 9x13 casserole dish. Arrange half of the sweet potatoes in the dish. Season with salt and pepper and a quarter of the minced herbs and 1/4

cup of the grated cheese.

Layer half of the greens on top, then add more salt, pepper, a quarter of the herbs, and another 1/4 cup of grated cheese. Pour half of the prepared bechamel (cream sauce) over the layers, then layer on the remaining sweet potatoes, some more salt and pepper, some more of the herbs, some of the cheese and the rest of the greens, then more salt, pepper, and the last of the herbs.

Pour the rest of the bechamel over the gratin, and press down with the back of a spoon to make sure they're well coated. Sprinkle the last of the grated cheese on top.

Bake until golden and bubbling and most of the liquid is absorbed, about 1 hour. Allow to rest for 10 minutes before serving. Serves 12.

WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

They build a local movement for social and environmental justice.

Your gifts support Community Shares of Wisconsin (CSW) and its 65 member nonprofits.

CSW member groups **Madison Audubon Society** and **Wisconsin Council on the Blind and Visually Impaired** partnered to host workshops to teach community members to bird by ear. Attendees who were blind and visually impaired, as well as those who are sighted, learned ways to better identify birds through birdsong--all with the aim of increasing opportunities for people to experience nature in new ways. One attendee said: "Everyone in my group was so interested in learning and willing to share what they knew."



Photo: Madison Audubon Society

The Progressive founded the Progressive Media Project (PMP) in 1993 to diversify and democratize our nation's op-ed pages. The PMP trains activists and nonprofit staff on how to write powerful op-eds. Kiki Monifa, a featured op-ed writer says: "As a black, queer mother, there are not many avenues in the mainstream media to have my voice heard. PMP provides the avenue and does it well." Kiki recently had an op-ed published in papers nationwide with an estimated readership over two million. The Progressive Media Project hosts workshops throughout Wisconsin. To learn more visit: progressive.org/About-PMP - To read Kiki's piece visit: bit.ly/PMPOp-ed



Photo: The Progressive

Earlier this year, **Kids Forward** launched Race to the Polls, a project that encourages Wisconsin voters to prioritize racial justice when they head to the polls. Participants can learn about the systemic issues that impact racial justice in Wisconsin and pledge to support candidates who are committed to listening to and addressing the needs of communities of color. Potential voters are also provided a variety of educational resources to deepen their understanding about the electoral process. To learn more or to pledge your support, visit: www.racetothepolls.org/



Photo: Kids Forward

CHIP gifts are 1% of your bill, or 10 cents on a \$10 purchase.

Thank you!



The Community CHIP® program is part of Community Shares of Wisconsin—your gift can be tax deductible.

Learn more at www.communityshares.com

HOLIDAY HOURS

THANKSGIVING DAY, NOVEMBER 22: OPEN 7:30AM-2:30PM
DECEMBER 24: CLOSING AT 6:00PM
DECEMBER 25: CLOSED
DECEMBER 31: REGULAR HOURS
JANUARY 1, 2019: CLOSED

Helping moments like this become a reality.
We make the big moves happen.
Powerful Results. Real People.

www.LauerRealtyGroup.com | 608.467.3220

HERRICK & KASDORF, LLP

(We have been Willy Street Co-op's Lawyers for over 30 years!)

**Tenants Rights Law,
Bankruptcy
Civil Rights, Policy/Advocacy
Cooperatives
Non-Profits, Real Estate
Probate/Estate Planning/Wills
Family Law, General Practice**

Herrick & Kasdorf, LLP
Attorneys at Law
16 N. Carroll St, Suite 500
Madison, WI 53703
(608) 257-1369

**Carousel Bayrd
Patricia (PK) Hammel
Scott Herrick
David Rosebud Sparer**

The CRAFTY FAIR

DECEMBER 1ST & 2ND
10-4PM

new location
BRASSWORKS
214 WAUBESA ST.

thecraftyfair.com

WELLNESS NEWS

CBD



by
Angela Pohlman,
General
Merchandise
Category
Manager

CBD is getting a lot of attention these days, and for good reason! This Cannabidiol found in the Cannabis plant does not get you high, and research is finding that it has many uses, from treating anxiety to pain to PTSD; and we're just

getting started!

Most CBD is taken as a capsule, or a liquid tincture; increasingly there are more options if you don't like the taste:

- **Flavored Tinctures:** Many companies are adding flavors, here are some of the ones we have (remember that not all of our locations will have each option in stock; please call ahead): CV Sciences: Peppermint; Café Mocha, Goji Blueberry; Innovative: Coconut, Ginger, Almond; Vital Leaf: Chocolate Mint, Rose Cardamom
- **Lozenges:** Innovative makes lozenges—more like hard candy than a cough drop. They have

four yummy flavors: Cherry, Key Lime, Lemon, and Tangerine.

- **Gummies:** CV Sciences has started making a gummy! They have two flavors: Cherry Mango and Citrus Punch.
- **Chocolates:** Yeah. Vital Leaf put them in Chocolate: Classic Dark, Roasted Hazelnut & Sea Salt, Toasted Quinoa Crunch

You can use the plain or flavored tinctures to enhance foods or beverages. The most obvious one is smoothies. Since these are oils, adding them to smoothies makes sense as you are blending the ingredients. It will help emulsify the oils and keep it from just sitting on top of your smoothie.

Here is a recipe from CV Sciences:

CBD MATCHA LATTE

- 1 c. Coconut Milk
- 1/3 c. water
- 1 tsp. matcha powder
- 1/2 dropper +CBD Oil Gold Formula Unflavored Drops
- 1 tsp. Agave syrup (optional)

Directions: Mix milk and water into a shaker bottle or blender. Add the remaining ingredients; shake or blend until smooth, at least 30 seconds. Try subbing the Innovative Ginger tincture for the Unflavored to add a little spice! Serves 1.

Here is a recipe I am playing with:

CBD ROSE LASSI

- 1 c. yogurt (plain; can be sweetened if you prefer; dairy or non)
- 4-6 ice cubes
- 1 dropper full of of Vital Leaf Rose Cardamom Tincture
- 1-2 tsp. rose water (optional, for more intense rose flavor)
- 1 -2 Tbs. Sweetener (optional)

Directions: Combine ingredients in a blender, pulse until smooth. Serves 1.

I would not recommend baking with CBD in order to maintain the potency. However, there is a lot you can do in food without heating.

CBD CAFÉ MOCHA LATTE ICING

Use this to drizzle on baked goods, oatmeal, or toast.

- 1 c. powdered sugar
- 6-8 pumps of +CBD Oil Cafe Mocha
- 1-2 tsp. of milk (dairy or non) (optional)

Directions: With a small whisk, gently blend the CBD into the sugar until smooth. Add milk by the drop until you reach the consistency you would like.

YOU DON'T HAVE TO FOLLOW A RECIPE; ADD FLAVORED CBD TO ANYTHING YOU ARE EATING

- Spritz into your coffee or tea along with your creamer.
- Add to yogurt: get creative with the flavor combinations! Add peppermint to chocolate yogurt; goji blueberry to vanilla; almond

to cherry....

- Add to oatmeal.
- Ice cream!
- Top pies and cakes with whipped cream and a drizzle of CBD.
- Make a CBD-PB&J!

It doesn't all have to be sweet! Unflavored CBD can be a bit grassy; which lends itself well to savory meals. Make sure you read the ingredients, some of the unflavored still have a small amount of sweetener in it to make it more palatable.

SIMPLE CBD SALAD DRESSING


- 4 Tbs. apple cider vinegar
- 1/2 c. olive oil
- 1 tsp. salt
- 2 tsp. dried thyme
- 2-4 droppers unflavored, unsweetened CBD oil

Directions: Shake together until emulsified.

OTHER SAVORY IDEAS:

- Drizzle onto cooked eggs before serving
- Add to bread dipping oils
- Blend in with your dipping sauces—like a few pumps in your mayo/sriracha sauce you put on everything.
- Drizzle onto avocado toast.
- Use with olive oil to finish soups.
- Popcorn!
- Pizza!

So many people have found CBD to be a worthwhile addition to their supplement regimen. Taking a capsule or tinctures is great; but I do find that incorporating CBD oil into food helps pay homage to this wonderful plant.



NORTHSIDE ANIMAL HOSPITAL OF MADISON LLC

- Individualized Preventative & Wellness Medicine
- Internal Medicine
- Surgery & Dental Services
- Prescription Foods
- Acupuncture & Chinese Herbs

June Brooks, DVM | Beth Wilder, DVM | Sara Greenslit, DVM, CVA

**HOURS: Monday, Wednesday, & Friday: 7:30AM-5:30PM
Tuesday & Thursday: 7:30AM-7PM
Saturday: 8AM-Noon
Closed Sundays**

608-204-2700 • northsideanimalhospital@tds.net
northsideanimalhospital.vetsuite.com
2121 North Sherman Avenue • Madison, WI 53704

Grass-Fed Attorneys



Nelson Donovan Dan Krause

100% local-sourced
**Trusts
Wills
Probate Services**

Estate Planning and Administration
Asset Protection
Nursing Home Expense Planning



KRAUSE DONOVAN
Estate Law Partners, LLC
In Oregon, Wisconsin

Co-op Members, Organic Wisconsinites,
Family Men. Practicing estate planning
and probate law since 1999.

Housecalls Available
(Additional Charge Applies)


Get your affairs in order. Protect your
assets. Disinherit that special someone.

Call Now
608-268-5751



Grass Fed Beef

No Hormones or Antibiotics



608-838-7590
weberpastures.net



What's for lunch?

See the Deli hot bar
menus on our website.
www.willystreet.coop

MEAL KIT NEWS

Pasture and Plenty Cook Kits



by
Megan Minnick,
Purchasing
Director

It's the season for giving thanks, and so I'd like to send out a huge thank you to all of our Owners: you fabulous folks who choose to shop in our stores and continue your support for our mission to not only bring you delicious and wholesome food, but to give back to our community and work to build

a strong, sustainable, and ethical food system. Without you, we would not be able to do what we do.

One of the most inspiring (to me) of these things that we do is to consciously seek out small and local producers and work in partnership with them to grow their businesses by bringing their products into our stores. One such local entrepreneur that I am so excited to tell you about is Christy McKenzie. Christy is the Owner of Pasture and Plenty, a new Madison-based business that is doing something completely unique, with the goal of bringing more local, nutritious meals to the plates of Madisonians.

Pasture and Plenty blurs the lines between dine-in and take-out restaurant, subscription meal kit service, and caterer—all done with impeccable flavor and ingredients carefully sourced from local farms. You can pop into their dine-in restaurant on Old University Avenue for a weekday breakfast or lunch or their weekly Wednesday dinners. Feel like staying in? You can easily take your food to-go. Want something to keep in your freezer for those days when there's no time to cook? Pasture and Plenty offers "farm to freezer" meals that can be kept frozen and reheated at your leisure. Feeling like a home-cooked meal but not sure what to cook? You can sign up for a weekly subscription service that offers customers three meals per week—one "cook kit" that includes all of the ingredients you need to make a delicious gourmet meal at home along with an easy to follow recipe card; one ready-to-eat meal that just needs to be heated up; and one "farm to freezer" meal. The subscription service is even offered as a delivery straight to your home, or at several pickup spots in the Madison area.

COOK KITS AT WILLY STREET CO-OP

And now, I'm happy to announce one more way that you can enjoy Pasture and Plenty's delicious, locally sourced meals—their Cook Kits are now available right here at Willy Street Co-op!



Our partnership with Pasture and Plenty started with a quick email that I sent to Christy several months back. I had heard of her new business, and was curious to learn more. Over the last few years, we have heard from numerous Co-op Owners that they would like to see us offer a meal kit on our shelves—something that groups all of the ingredients needed for a meal along with a recipe for creating that meal at home. We love the concept, but we've struggled to find a solution that would both uphold our product standards and be sustainable for our business.

SOLD FROM OUR SHELVES

I was delighted when Christy quickly responded. We setup a meeting, and the rest, as they say, is history. She and her talented team, including chefs Nate Carney and Jack Huijbregtse, have worked hard to morph the cook kits they include in their weekly meal subscriptions into something that can be sold off of our shelves. Each kit contains all of the ingredients needed to cook a delicious locally sourced two-serving meal, along with an easy to follow recipe card that includes wine and beer pairing suggestions. Initially, we are offering two recipes—one vegetarian and one omnivore, both priced at \$24.99 (or \$12.50 per serving). Because produce seasonality in Wisconsin is ever-changing, the Pasture and Plenty team intends to switch the recipes they offer every six weeks or so. Since sustainability is an important factor for both of our businesses, all of the packaging used is reusable and/or recyclable, and they are working to source even more sustainable packaging solutions in the future.

WHAT'S FOR DINNER TONIGHT?

So if you're wondering what's for dinner tonight, look for Pasture and Plenty Cook Kits in the Deli departments at any of our locations. Not only will you soon be enjoying a delicious, home-cooked, locally sourced meal; but you'll be supporting a completely unique small startup Madison business. Dinner. Done.



A Great Offer for New Customers!

Receive \$300 When You Open A New True Choices Checking Account With Monona Bank.

JUST FOLLOW THESE THREE EASY STEPS:

- 1 OPEN** a True Choices Checking account with at least \$100. We make banking simple with no minimum daily balance requirement or monthly service charge.
- 2 START** using at least two other qualified accounts and services which may include: online and mobile banking, debit card, Bill Pay, direct deposit, and other options.
- 3 SET UP** regular direct deposits from your employer or Social Security. Keep your account in good standing and actively use your new account and services.

It's Easy. CONTACT ONE OF OUR BANKING ADVISORS TODAY.

Your \$300 bonus will be deposited into your new non-interest bearing account within 90 days after you complete the three easy steps. We really want to be your new bank, so while we truly value our current clients, this special offer is only available to households that have not received a similar bonus in the past and don't currently have a checking account with us. Offer expires on December 31, 2018.

YOUR NEW ACCOUNT COMES WITH THE LATEST TECHNOLOGY!

We offer convenient services to make your banking easier.



True Mobile Banking App



Digital Wallet
Apple Pay, Samsung Pay and Android Pay.



Text and Email Alerts



True Mobile Deposit
Deposit a check using your smartphone.



30,000+ Surcharge-free ATM Network



True People Pay
Send money by text, email or PayPal accounts.

Monona Bank™

Visit mononabank.com to find a location most convenient for you.

BELLEVILLE | BROOKLYN | COTTAGE GROVE | CROSS PLAINS | MADISON | MIDDLETON | MONONA | SAUK PRAIRIE



EQUAL HOUSING LENDER

Member FDIC

5515 Monona Drive • Monona, WI 53716 • (608) 223-3000



JUST THE CHEESE BARS

Made locally by Specialty Cheese Company in Reeseville, Wisconsin, these cheese bars are crafted by baking cheese on trays until crisp! Two bars per pouch, they make a great low carb snack—cheese you don't have to keep refrigerated! Three flavors to choose from: Aged Cheddar for a more flavorful bite; Grilled Cheese is more on the mild side; and Spicy Jalapeño for a kick of pepper. Available at West and North.



HONEY MAMA'S BARS

You are in for a real treat with these. Nutrient-dense superfoods in a near fudge-like form make for a snack that will fuel you while you satisfy your sweet craving. These bars begin with a base of raw Oregon (the state, that is) honey, virgin coconut oil, cocoa powder, Himalayan pink salt, and either sprouted almonds or shredded coconut. Their original bar, the Dutch, is topped off with a touch of vanilla. Try their other flavors: Nibs & Coffee, which has—you guessed it—cacao nibs and ground coffee, and their Oregon Peppermint for a refreshing mint chocolate treat. Honey Mama's is a woman-owned company from Oregon and are made in small batches, with a commitment to sourcing organic, direct trade, sustainable, and non-GMO ingredients. No added sugar, gluten-free, grain-free, dairy-free. These bars must stay refrigerated otherwise the coconut oil will melt, so find them in the coolers by the Deli section. Available at East and West.



ORGANIC VALLEY GRASSMILK YOGURT TUBES

Also from Organic Valley, new grassmilk yogurt in tube form. Great for grabbing for on-the-go snacking. Certified organic. Available at East, West and North.

ORGANIC VALLEY Caramel Half & Half

Add a dollop of delicious with this new caramel half & half from Organic Valley! As with their other half & half products, organic milk, cream, and sugar are used. Available at Willy East, West, and North!



MEGAFOOD ACUTE DEFENSE

Power packed with herbs and nutrients to support your immune system. Featuring classics like Vitamin C from organic oranges, zinc, elderberry, echinacea and andrographis. Vegan, Non-GMO Project-verified, glyphosate residue-free, and free of gluten, dairy and soy. Available at East, West and North.

HEMP ORGANICS LIP TINTS

Envelop your lips with a blend of USDA-certified organic oils (castor, hemp seed, and jojoba) and beeswax! Choose from a clear base or a range of color tints. With vitamin E. Available at East, West and North.



ALAFFIA REPAIR & RESTORE CONDITIONING SHAMPOO, CONDITIONER, CURL DEFINING GEL, CURL MAKER, EDGE TAMER

This collection is designed to smooth and protect dry, coarse, wavy or curly hair. Made with nourishing ingredients, such as baobab fruit and argan oil. Made by the Alaffia Cooperative—you can feel good about your purchase while looking good. Available at East, West and North.



ENZYMEDICA GI RECOVERY

This innovative powdered drink mix helps repair and restore the microbiome (the millions of microorganisms of your digestive tract) by providing 2.3 grams of L-Glutamine per serving along with organic gum acacia, GOS (galacto-oligosaccharides), and a superfood blend. Gum acacia provides unique fibers that target the large intestine to support regularity. GOS are prebiotic fibers, and the superfood blend is a combination of 50 fruits and vegetables that were fermented and powdered, providing nourishment for the microbiome. Thirty servings per container. Available at East, West and North.



**LONESOME
STONE
MILLING**
Lone Rock, WI

**MANY PRODUCTS
AVAILABLE AT WILLY ST CO-OP**

LONESOMESTONEMILLING.COM
608-583-2100

**LOCAL FARMERS. LOCAL MILLING.
LOCAL FOOD.
GRAINS, FLOURS AND MIXES.**



willy street co.op

**EVERYONE
WELCOME!**



willy street co.op

FOLLOW US ON:






coop™ deals

NOVEMBER

Health & Wellness

co-op deals: October 31–November 13

THIS MONTH: November 7
Owners take an extra 10% off during Wellness Wednesday, the first Wednesday of the month!




Jason Powersmile Toothpaste
Fluoride-Free
6 oz • Save \$1.49
\$3.50/tx



Sambucol Black Elderberry Immune Support
Original, Kids
4 oz • Save \$6.50
\$10.99/tx

Wishgarden Sleepy Nights
Kava- and Valerian-free!
.66 oz • Save \$3
\$6.99/tx

Nordic Naturals Omega-3
Wild-caught sardines & anchovies, with a fresh lemon taste.
60 ct • Save \$3
\$14.99/tx

Alba Botanica Acnedote Deep Pore Wash
Non-comedogenic, Oil-free
6 oz • Save \$3.50
\$6.99/tx

Big Dipper Wax Works Beeswax Tapers
All Colors On Sale!
2-pk • Save \$2.50
\$7.99/tx

Inesscents Salvation CBD Roll-on
Hot Freeze, Moontime, Skin Nourishing
9 ml • Save \$3
\$16.99/tx

Avalon Organics Shampoo or Conditioner
All Kinds on Sale!
11 oz • Save \$1.50-\$3
\$7.99/tx

Garden of Life myKind Organics Multivitamins
Women's, Men's
60 ct • Save \$10
\$33.99/tx

Terry Naturally Curamin
Turmeric-Powered Pain Relief
60 cap • Save \$10
\$29.99/tx



co-op deals: November 14–December 4



Natural Factors Turmeric & Bromelain Joint Support
Powerful, anti-inflammatory blend.
90 cap • Save \$11
\$22.99/tx



Natrol Time Release Melatonin
1mg, 3mg
100 ct • Save \$4
\$5.99/tx



Weleda Skin Food Hand Creme
Ultra Hydration for Hands!
2.5 oz • Save \$5
\$12.99/tx



Enzymedica Digest Gold
Advanced formula for digestive support.
45 ct • Save \$10
\$19.99/tx

Seventh Generation Menstrual Pads
All Kinds on Sale!
14-24 ct • Save \$1
\$3.99/tx

ShiKai Shampoo or Conditioner
Everyday, Volumizing, Moisturizing
12 oz • Save \$1.30-\$2.50
\$5.99/tx

Aura Cacia Bubble Bath
Lavender, Chamomile
13 oz • Save \$2.80
\$6.99/tx

Desert Essence Tea Tree Toothpastes
All Kinds on Sale!
6.25 oz • Save \$2.50
\$3.99/tx

Ancient Nutrition Bone Broth Protein
Pure, Vanilla, Chocolate
445-504gm • Save \$10
\$29.99/tx



Mineral Fusion All Cosmetics!
Each purchase supports National Coalition Against Domestic Violence.
All Kinds on Sale!
Sizes vary • Save 20%



20% off

PURPLE = LOCAL

coop™ deals

co-op deals: October 31–November 13

Our weekly Owner Rewards specials are listed in email. We are doing this to be able to be more flexible. For more information, including how to sign up for the program, visit www.coop.com/owner-rewards.



Drew's Organic Salsa
Mild, Medium
12 oz • Save \$1.50
\$2.99



Bulk Organic Rolled Oats
Rndm wt • Save 30¢/lb
99¢/lb



Blue Diamond Artisan Nut Thins
All Kinds on Sale!
4.25 oz • Save \$2.58/2
2 for \$5



Cascadian Farm Organic Frozen Fruit
All Kinds on Sale!
8-10 oz • Save \$2.58/2
2 for \$6



California Olive Ranch Everyday Extra Virgin Olive Oil
25.4 oz • Save \$4.50
\$12.99



Koyo Ramen
All Kinds on Sale!
2-2.1 oz • Save \$2.16/4
4 for \$3



Frontier Organic Vanilla Extract
4 oz • Save \$6
\$15.99



Woodstock Farms Frozen Organic Mushrooms
Mixed, Shiitake
10 oz • Save \$1
\$2.29



Muir Glen Organic Tomatoes
All Kinds on Sale!
14.5-15 oz • Save \$2.96-\$4.16/4
4 for \$5



Field Day Paper Towels
Recycled Paper
3 rolls • Save 50¢
\$3.49/tx



Flavorganics Organic Baking Extracts
All Kinds on Sale!
2 oz • Save \$1.20
\$3.79



Field Day Organic Sandwich Cookies
Chocolate Cream, Vanilla Cream
12 oz • Save \$2.38/2
2 for \$5



Garden of Eatin' Tortilla Chips
All Kinds on Sale!
16 oz • Save \$2.98/2
2 for \$7



Divine Chocolate Bars
All Kinds on Sale!
3.5 oz • Save \$2.58/2
2 for \$5/tx



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



Halo Top Creamery Ice Cream
All Kinds on Sale!
16 oz • Save \$1.80
\$3.99



If You Care Coffee Filters
No. 2 size, No. 4 size
100 ct • Save 70¢
\$2.79/tx



Imagine Organic Broth
All Kinds on Sale!
32 oz • Save \$4.58/2
2 for \$4



Wild Planet Wild Sardines
All Kinds on Sale!
4.375 oz • Save 80¢
\$1.99



Wholesome Sweeteners Organic Brown Sugar
Light, Dark
24 oz • Save \$2
\$3.49



King Arthur Flour All-Purpose Unbleached Flour
80 oz • Save \$2
\$4.49



Tandoor Chef Frozen Samosas with Chutney
11 oz • Save 99¢
\$2.50



Siggi's Filmjolk Drinkable Yogurt
All Kinds on Sale!
32 oz • Save 50¢
\$2.99



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



The specials on this page are valid October 31–November 13

All Specials Subject to Availability

NOVEMBER

an in-store flyer, on our website, or are available by
xible with our sales and offer better sale pricing. For
e email flyer, see willystreet.coop/Owner-Rewards.

co-op deals: November 14–December 4



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

2 for \$4  stronger together



Field Roast
Hazelnut Cranberry Roast En Croute
32 oz • Save \$3.50

\$13.99/tx  stronger together



Stonyfield
Organic Whole Milk Yogurt
Plain, French Vanilla
32 oz • Save \$1.20

\$3.29  stronger together



Farmer's Market
Organic Canned Pumpkin
15 oz • Save \$1.34

\$1.65  stronger together



Imagine
Organic Gravy
Roasted Turkey, Beef, Wild Mushroom
Vegetarian
13.5 oz • Save \$1

\$1.79  stronger together



Rudi's Organic Bakery
Organic Bread
22 oz • Save 50¢

\$3.99  stronger together



Kalona
Organic Whipping Cream
16 oz • Save 50¢

\$3.49  stronger together



So Delicious
Vegan Coco Whip
Regular, Lite
9 oz • Save \$2.98/2

2 for \$5  stronger together

Dandies
Vegan Air-Puffed Marshmallows
Large, Mini
10 oz • Save \$1

\$3.49  stronger together

Califia Farms
Almond Milk Holiday Nog
48 oz • Save 80¢

\$3.99  stronger together

Blue Sky
Cane Sugar Soda
All Kinds on Sale!
6-pk • Save 99¢

\$2.50/tx  stronger together

Arrowhead Mills
Savory Herb Stuffing Mix
10 oz • Save \$1

\$2.99  stronger together

Frontier
Pumpkin Pie Spice
1.92 oz • Save \$1.30

\$3.49  stronger together

Gardein
Savory Stuffed Turk'y
16 oz • Save \$2

\$6.49  stronger together

Hodo Soy
Tofu Nuggets
Five Spice, Thai Curry
8 oz • Save \$1.50

\$3.79  stronger together

If You Care
Mini Baking Cups
90 ct • Save 20¢

\$1.29/tx  stronger together

Pacific
Broth
All Kinds on Sale!
32 oz • Save \$2.98-\$3.98/2

2 for \$5  stronger together



Angie's
Boom Chicka Pop Popcorn
White Cheddar, Cheddar Cheese, Sea Salt
4.5-5 oz • Save \$1.98/2

2 for \$5  stronger together



Mi-Del
Gluten-Free Graham Pie Crust
7.1 oz • Save \$1.50

\$2.79  stronger together



Alden's
Organic Ice Cream
All Kinds on Sale!
48 oz • Save \$3.50

\$5.99  stronger together



Bionaturae
Organic Dried Pasta
All Durum Semolina, Whole Wheat
Kinds (except Lasagna) on Sale!
16 oz • Save 50¢-\$1

\$1.99  stronger together



Turtle Island Foods
Tofurky Vegetarian Feast
Includes Roast with Stuffing, Gravy,
Brownies, and Wishstix
3.5 lb • Save \$8

\$21.99  stronger together



Organic Valley
Organic Egg Nog
32 oz • Save 70¢

\$3.79  stronger together



Bob's Red Mill
Organic Flour
Unbleached White, Whole Wheat,
Whole Wheat Pastry
80 oz • Save \$2

\$6.49  stronger together



willy street co-op

HOLIDAY OFFERINGS



Turkey Options

All Thanksgiving turkeys will be available for pre-order Thursday, November 1 through Thursday, November 15 or while supplies last.

Please remember to specify the store at which you will pick up your turkey. Pick up between Friday, Nov. 16th and Thanksgiving Day (Thursday, Nov. 22) at 2:30pm.

We will have turkeys available as open stock starting on Friday, November 16. We cannot guarantee specific sizes or types of turkey without a pre-order.

Bell & Evans

Organic Fresh Turkey

Fredericksburg, Pennsylvania
Fresh, organic free-grazing turkey, fed an organic meal.

\$5.29/lb.

Small: 10lbs.-14lbs.

Medium: 14lbs.-18lbs.

Large: 18lbs. and more

Ferndale Market

All-Natural Frozen Turkey

Cannon Falls, Minnesota
(NORTH ONLY, NOT AVAILABLE FOR PRE-ORDER)

Frozen, all-natural free-range turkey, fed on a corn- and soybean-based meal.

\$1.99/lb.

Small: 10lbs.-14lbs.

Medium: 14lbs.-18lbs.

Large: 18lbs. and more

Ferndale Market

All-Natural Fresh Turkey

Cannon Falls, Minnesota
Fresh, all-natural free-range turkey, fed on a corn- and soybean-based meal.

\$2.49/lb.

Small: 10lbs.-14lbs.

Medium: 14lbs.-18lbs.

Large: 18lbs. and more

Frozen All-Natural Turkey Breasts - \$3.19/lb.

To pre-order:

stop by or call
Customer Service
at any store.

EAST: (608) 251.6776

NORTH: (608) 471.4422

WEST: (608) 284.7800



Meatless Options

Making vegan, vegetarian or gluten-free food for one or more guests?

Check our product substitution suggestions at www.willystreet.coop/substitutions-guide.

Field Roast

Vegan Grain Meat Celebration Roast, 16 oz

On sale for \$4.99
Save \$2.00 11/14/18 - 12/4/18



Field Roast

Hazelnut Cranberry En Croute Roast, 32 oz

on sale for \$13.99
Save \$3.50 11/14/18 - 12/4/18



Gardein

Savory Stuffed Turk'y, 16 oz

On sale for \$6.49
Save \$2 10/31/18 - 12/4/18



Gardein

Holiday Roast with Stuffing & Gravy, 40 oz.

on sale for \$12.99
Save \$5.00 10/31/18 - 12/4/18



Quorn

Turk'y Roast, 16 oz

on sale for \$5.99
Save \$1.80 10/31/18 - 12/4/18
Available at North & West

Turtle Island Foods

Tofurky Vegetarian Feast, 3.5 lb.

on sale for \$21.99
Save \$8.00 10/31/18 - 12/4/18



Turtle Island Foods

Tofurky Vegetarian Roast, 26 oz.

on sale for \$9.99
Save \$3.50 10/31/18 - 12/4/18



Pie Options

Willy Street Co-op's Production Kitchen uses local eggs and butter, plus local produce when we are able. All pies use Wholly Wholesome crusts. Local Apple and local Pumpkin pies available as vegan/gluten-free.

Sample our Pies in the stores every Friday and Saturday through Thanksgiving!

Friday Samplings 4:00pm -7:00pm AND Saturday Samplings 11:00am -2:00pm

Local Pumpkin Pie

\$16.99
With pumpkin & squash from New Traditions Farm Hillsboro, WI.

Available as **V/GF** \$18.99ea

Local Apple Pie

\$16.99
With apples grown at Sunrise Orchards Gays Mills, WI.

Available as **V/GF** \$18.99ea

Local Door County Cherry Pie

\$16.99
With Door County tart cherries.

Local Sweet Potato Pie

\$16.99
With sweet potatoes from various Wisconsin farms.

Pecan Pie

\$18.99
Made with US-grown pecans.

We also offer Traditional, Vegan, and Gluten-Free Thanksgiving meals.

See www.willystreet.coop/catering for details.



willy street co•op Thanksgiving Catering



Why do all the work, when we can do it for you?

Choose from any of our full meal options, made in our Co-op Production kitchen from high-quality ingredients.

Traditional Meal

Oven-roasted Ferndale turkey breast served with gravy, green bean casserole, garlic mashed potatoes, sage stuffing, cranberry sauce, Clasen's dinner rolls, and your choice of one of our traditional Local Fruit Pies.



Vegan Meal

Field Roast Hazelnut Cranberry en Croute served with mushroom gravy, green bean casserole, garlic mashed potatoes, sage stuffing, cranberry sauce, dinner rolls and your choice of one of our vegan Local Fruit Pies.



Gluten-Free Meal

Oven-roasted Ferndale turkey breast served with mushroom gravy, garlic mashed potatoes, maple roasted root vegetables, green bean casserole, cranberry sauce, Udi's dinner rolls, and your choice of one of our gluten-free Local Fruit Pies.



Meal Pricing & Ordering

\$15 per person. Meals available for up to 6, 12, or 18 people.

Thanksgiving orders must be placed between October 22 and November 16.

For details see: www.willystreet.coop/catering

or email: catering@willystreet.coop



willy street co•op

HOLIDAY DELI OFFERINGS

The Deli hot bars at each of our stores will offer the following Thanksgiving foods
Thursday, Nov. 15th - Thanksgiving Day (Thursday, Nov. 22nd) at 1:00pm:

➤ Roasted Ferndale Turkey Breast 

➤ Mushroom Gravy 

➤ Maple Roasted Root Vegetables 

➤ Sage Stuffing with Cranberries 

➤ Green Bean Casserole 

➤ Garlic Mashed Potatoes 

➤ Traditional Gravy

➤ Hazelnut Cranberry Field Roast En Croute 

+ Check out the daily Deli Hot Bar offerings on our website at www.willystreet.coop

HOLIDAY HOURS

THANKSGIVING DAY, NOVEMBER 22: OPEN 7:30AM-2:30PM

DECEMBER 24: CLOSING AT 6:00PM

DECEMBER 25: CLOSED

DECEMBER 31: REGULAR HOURS

JANUARY 1, 2019: CLOSED

WILLY WEST *Expansion* ORIGIN TO OPEN

On a rainy day in October, teams of busy hands are steadily stocking shelves, scurrying past each other as they carefully place each product with the utmost care on clean, shiny shelves. Many have been working since before dawn, tearing down and rebuilding sections of the store aisle by aisle. Gradually, a new layout is taking shape, as rows of product once packed claustrophobically close to each other are dismantled and reconstituted into new thoroughfares through which shopping carts may easily pass without restraint. New shelves are popping up left and right with many new products that Co-op customers have not seen before.

The process of metamorphosis in which the West store has been engaged has proven extensive and arduous, particularly as it has approached the final unveiling. Owners, shoppers and staff have patiently contended with a number of changes to routine and habit, at times literally knocking down walls to allow for the store's evolution. However, despite the difficulties, the new Willy West store promises much for both employee and Owner, and as Amber Bartz, Maintenance Assistant best sums it up, "It will have been worth the chaos."

While this chaotic transformation has posed a challenge to the patience of staff members and customers, the germ that led to this change has long been planted by our interaction with Owners, with the hope that this project would allow the store to blossom into one that better meets their wants and needs. "This really has been an Owner-driven process," says Kirsten Moore, Cooperative Services Director at Willy Street and Project Manager

for the West Expansion, "Owners voted for it. Owners gave us feedback about what they wanted. We are really doing our best to see that through and give them the experience that they want when they shop at West."

ORIGINS OF THE PROJECT

The push to expand West began long before the project was underway. For several years, the Co-op has been looking to make improvements. As the store continues to age, it needs to develop and change in order to best meet the needs of our Owners. "We know that every eight to ten years it is a good idea to reset and freshen things up," states Kirsten Moore. "It's sort of a best practice in the industry." Kirsten notes how keeping the Co-op's offerings, facilities and services up-to-date is essential to an organization that wants to continually impact its community in a substantial and positive way as moves into the future: "I think it's really important for our Cooperative to be looking forward enough that we can take advantage of opportunities when they come up." While Owner input on what would make the shopping experience even better at West motivated the project, the magnitude of this renovation could not be taken lightly, requiring the consent of our Board of Directors and the Ownership-at-large.



In order to introduce the project to Owners, our General Manager Anya Firszt, along with several Board members, held open meetings at each store to present proposed floor plans and changes to any Owners who wished to come by and learn more about what the expansion would involve. After meeting with Owners and hearing input, Willy Street Co-op set out to seek an endorsement from the Ownership by including a referendum item on the ballot in the 2017 Board of Directors Election. After tallying the votes on July 18, 2017, the vote showed that Owners were overwhelmingly in favor of this expansion, and approved the expenditure of up to \$2,250,000 in funds necessary to pursue the project.

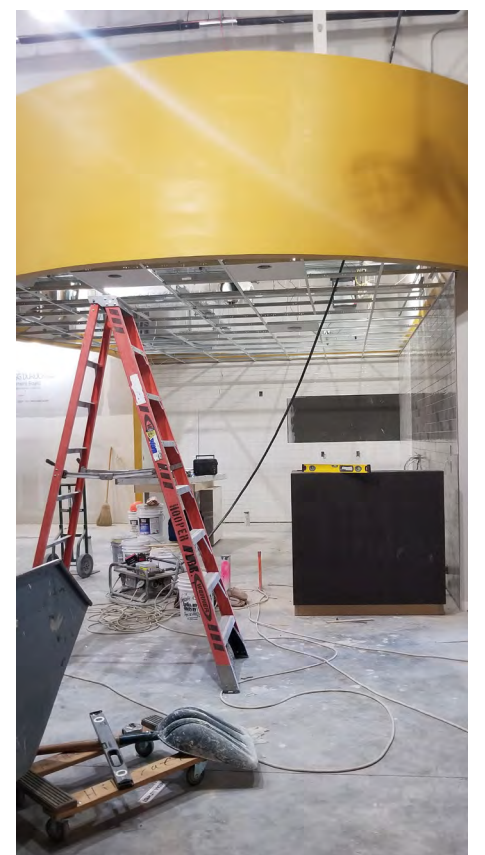
TIMELINE OF THE PROJECT

Achieving Owner approval was far from the end of Owner involvement in this project. Each stage of the project required maintaining close connections between both Owners and staff affected by the project, and its overall success will rely on continued input. Equally important to the successful development of this project was careful research and planning. "Any time we embark on a large project, whether it's the Co-op or any large project really, it's really important to do quality research at the beginning of the project and quality planning before we start working," states Project Manager Kirsten Moore on the steps taken prior



to pursuing the project. As the project team was assembled and planning got underway, two major constraints were recognized: time and cost. For the project team, it was important to "make the best of this project with the time and cost parameters that we had." Ensuring that Owners were well-served by spending their investment in the Co-op carefully and conservatively was always a high priority in the minds of the project team by "making sure we were being mindful of our expenses and our budget and the Owners money and being smart about how we were going to get this project done."

While working to make every dollar count, the project team was also in a considerable pinch when it came to the timing of the project. In part, this was due to the serendipitous availability of space created by the Hallmark store's relocation. Knowing that chances to expand directly don't come along very often, Co-op managers knew it was only prudent to seize the moment. "We wanted to make sure we could take advantage of the opportunity to move in to the space next door," Kirsten Moore describes how central this opening was to moving forward on the expansion. "I don't know that we would have necessarily done it right now had we not had the opportunity to expand into the space next door," she says. There was no time to hesitate, or as Store Director Lindsey Hardy puts it, "I think now was the



time to do it. Because we had the opportunity, we needed to seize it.”

The timing of vacancy did create a crunch, especially in managing construction and reorganizing the floor layout minimizing interference in the store’s regular activities. “One of the challenges we had with this project was that it did have a finite timeline,” says Kirsten. “We also wanted to make sure we were done with this project before the coming holiday.” Through careful planning and diligent focus, the team has managed to rise to the challenge, and despite some long days and a lack of sleep, the team members have been greatly optimistic about the projects results.

OPENING OF THE STORE

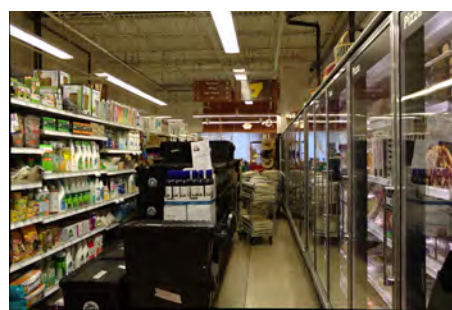
The excitement is palpable as staff discuss products and other offerings

which they have been looking forward to. “I would definitely check out beer and wine and liquor, because the amount of local product we have been able to bring in has expanded a lot,” notes Lindsey Hardy, West Store Director. “We are going to see a lot of cool stuff, especially in liquor where there are a lot of small distilleries we have been able to bring in,” she says. The new liquor selection now constitutes a section in its own right, with beautiful wood shelving set among coolers and racks holding an additional selection of new beers. To complement these refreshing beverages, the nearby Cheese department has doubled in size, allowing a similar expansion of product selection. Customers should also be sure to enjoy more space in the Wellness area, making it easier to shop.

Shoppers are not the only ones with much to look forward to from a larger store. Off-the-floor storage space includes a virtual cavern-worth of room for storing backstock, allowing for greater efficiency, ease of movement and inventory opportunities. The new store will also boast continued commitment to community as well as ease and selection in grocery shopping. Staff hopes that a remodeled and improved Community Room, complete with a commercial kitchen, will prove an asset not only for classes and in-house operations, but for members of the community as well.

While the doors have been swung wide open to a new and improved Willy West, the process of improving the store is far from over. Shoppers may find the changes a bit disori-

enting at first, but through it all, the friendly Co-op staff are there to help. When visiting the renovated site, Owners can expect to find employees that are “ready and willing to answer any questions that they have, take feedback about the new experience that the store provides, and assist people with finding whatever it is they happen to be looking for,” says Kirsten Moore.” It is also important to remember that this is just one moment within the store’s evolution, and customers will continue to drive the improvements and changes at West and the other sites as well. Co-op employees take pride in the fact that the renovation has been an Owner-driven process, and are excited to receive further impact to make sure that their experience of Willy West and community is as fulfilling as possible.



COOPERATIVE SERVICES NEWS

Support Your Community this Holiday Season through Double Dollars, Pantries of Plenty and the Access Discount Program



by **Kirsten Moore,**
Cooperative Services Director

It's time for the winter holidays, which are a great time to consider what we do as individuals and cooperatively for our families, neighbors and communities. Your cooperative has made it our ends to be at the forefront of a cooperative and just society by nourishing and enriching our community, contributing to a robust local economy built on equitable relationships, and cultivating respect, generosity, and authenticity in what we do. As we think about how we will share our dining tables with each other this holiday season, let's think about how we can continue to make space at the community table for everyone.

when they shop will be eligible to receive Double Dollars vouchers to shop at the Co-op for every \$5 they spend on their EBT card, up to \$20. The vouchers can be used at any Co-op retail location, any day of the week, during business hours from October through May.

DOUBLE DOLLARS EXPANDS ELIGIBLE ITEMS, REMOVES YEARLY EXPIRATION DATE

This year, Double Dollars can be spent on more than only items in our Produce department. Now, Double Dollars are also good for canned and frozen fruits, vegetables and legumes, as well as seeds and seedlings for edible plants to grow in your garden. These changes were made based on customer input and we hope that being able to use Double Dollars for more fruit and vegetable items makes Double Dollars even more useful for customers benefiting from the program.

We also removed the yearly expiration date from the Double Dollars vouchers this year. Vouchers will now be good each year from October through May, while funds last. That means that if you have Double Dollars vouchers at the end of this May

that you were not able to spend, you can keep those Double Dollars until October, and then use them during the next Co-op Double Dollars season. This brings the Co-op's program in line with the Farmers' Market Double Dollars program, and makes it even easier for customers to spend all the Double Dollars available to them.

DOUBLE DOLLARS IS POSSIBLE BECAUSE OF YOU!

Double Dollars is a program we participate in through a partnership with Community Action Coalition for South Central Wisconsin, the City of Madison, and Public Health Madison and Dane County. Double Dollars are available year-round, from October to May at the Co-op, and from June to November at participating local farmers' markets. The vouchers are primarily funded through the Co-op's Double Dollars Fund where you can either participate by choosing \$1, \$5, \$10, or \$25 Double Dollars Fund scan cards at the cash registers to add a cash donation to your receipt at check out, or by simply reusing bags when you shop at the Co-op. When you bring reusable bags for your shopping trip, we'll save 10¢ to contribute to the fund, and when you reuse disposable bags for shopping, we'll save 5¢ to contribute to the fund. In Fiscal Year (FY) 2018, your cash donations and the contribution the Co-op was able to make because you reused bags totaled \$65,791, and since we started raising money in April 2017 for the program the Co-op has provided \$103,143 for Double Dollars at the Co-op and participating farmers'

markets.

Thank you for your support! Special thanks to our other private funders as well: Madison Area Chefs' Network and Healthy Dane Funders. We are thrilled to bring Double Dollars back for its third Co-op season and to be part of making the program at the farmers' markets possible.

DOUBLE DOLLARS FUND HOLIDAY PANTRIES OF PLENTY CAMPAIGN: SUPPORT DOUBLE DOLLARS, SUPPORT LOCAL FOOD PANTRIES

Now is a great time to make cash donations to the Double Dollars Fund and reuse bags! All November and December we'll be matching your cash donations and bag reuse dollar for dollar and dime for dime. When you make a cash donation or reuse bags to support Double Dollars, we will match up to \$10,000 of your donations by providing Pantries of Plenty to our six neighborhood food pantries: Bread of Life Food Pantry, Goodman Community Center Fitz Food Pantry, Lussier Community Education Center, Middleton Outreach Ministry, The River Food Pantry and Wil-Mar Neighborhood Center. The match will be split six ways to each food pantry and provided in Co-op gift cards to provide fresh items that are harder to come by in the winter season.

The Pantries of Plenty Double Dollars Match is made possible through abandoned and donated Owner equity. When Owners leave the Co-op, their equity invested belongs to them and they are given the option to have their equity refunded

DOUBLE DOLLARS IS BACK!

On October 23 we brought back Double Dollars for its third season. Every Tuesday between now and March 13, customers who use their FoodShare/QUEST (SNAP) benefits

ARBORICULTURE BY

Po Waterdu
ISA/WAA Certified Arborist
WI-0429A

(608) 697-0693 (920) 296-3666
waterdutreecare.com

Call for our Free
Visual Tree Hazard Risk Assessment.
Ensure that your trees are
SAFE, healthy and beautiful.

TRAINED CLIMBER
(no trucks on lawns)

STERILIZED CUTTING EQUIPMENT

PRUNING LESSONS AVAILABLE

FLEXIBLE PAYMENT PLANS

DISCOUNTS AVAILABLE

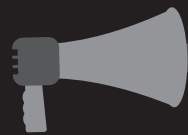


Waterdu
Tree Care LLC

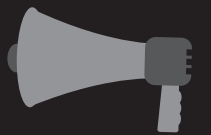
Safety is Our 1st Priority!

- Fully Insured
- 30 + Years Experience
- Tree Removal
- Shrub Care/Landscaping
- Detailed Cleanup
- Consulting
- Tree Crown Cleaning
- Health & Aesthetics Pruning
- Overgrown Yard Restoration
- Historic Tree Preservation
- Lighting Protection Systems
- Cable & Bracing
- Plant Amnesty
- References upon Request

Advertise in the Reader



Reach over 34,000 Co-op Owners.



Affordable rates, wide reach, excellent returns.

Discounts for non-profits, Owners and for multiple insertions.

Find info here:

willystreet.coop/advertising

Call 608-237-1230 or email readerads@willystreet.coop for more information or to place your reservation.

willy street co.op

or to donate it to use for charitable purposes such as this match and the Community Reinvestment Fund grants. Please join us in celebrating the generosity of our past Owners by participating in the Pantries of Plenty Double Dollars Match this holiday season.

ACCESS DISCOUNT REVIEW COMMITTEE SEEKING OWNERS TO PARTICIPATE

The Access Discount is an Owner benefit for those who demonstrate that they have a financial need. When Owners enroll in the Access Discount Program, they receive 10% off groceries for a year, renewable annually. We review the Access Discount Program and its qualifiers every two years. The previous committee convened two years ago, in FY 2017. Assessing the program is important to ensure that our qualifiers align with changes to public and private benefit programs, to review whether everyone in our community feels like they can both shop and join the Co-op, and to make the Access Discount Program a continued resource for preventing food insecurity in our community.

The Co-op seeks one-to-two Owners enrolled in the Co-op's Access Discount Program and/or with a working background in food accessibility to serve a one-year term on our Access Discount Review Committee. A standing general management committee comprised of the Director of Cooperative Services, the Director of Finance (or an appointee from the Finance Department), the Owner Records Administrator, a rotating appointee from the Board of Direc-

tors and one-to-two rotating Owners-At-Large will review the program goals and public benefits that qualify Owners to participate on a biennial basis. One of the Owners-At-Large who participated in FY 2017 has already accepted our invitation to join the committee again. Owners interested in a seat are encouraged to apply by submitting a letter to ora@willystreet.coop with your Owner number and a personal statement explaining your experience and why you would like to be considered as a candidate for the committee by November 30, 2018. The bulk of the committee work for this year's term will be completed between January and March 2019.

GRATITUDE FOR A GREAT WEST EXPANSION

On a personal note, I was appointed the project manager for the recently completed West Expansion this past January and could not be more thrilled to be part of its success. Your feedback about what improvements were needed at West through comments and focus groups, your voting in favor of taking advantage of this rare expansion opportunity, your purchases of Owner Bonds, your patience as we shuffled things around the store and construction crews made all the changes; all these things are what made the expansion possible. Equally as important, Co-op employees, especially those working at West and those on the project team day-in and day-out, were amazing to work with: creative, patient, flexible, mindful, collaborative, friendly, humorous, generous, and professional. I couldn't have asked for a better team, or better Owners to

cooperate with these past 10 months, and we are so proud of what we have been able to do together to make the West part of our Co-op even more valuable to our entire community. Special thanks, also, to the Co-op Services department for taking on extra responsibilities alongside me, and to Katie O'Connell-Jones, Robert Halstead and George Reistad from the City of Madison for writing Co-op Services News columns throughout the summer and early fall. I enjoyed hearing your voices on these pages, and sharing this space is something I plan to continue.

THANK YOU FOR CONTINUING TO SUPPORT YOUR COMMUNITY

Whether you participate in Double Dollars and provide us with the data and feedback to make improvements when possible, you donate cash to the Double Dollars fund, or you reuse bags to help us support the program... whether you participate in committees like the Access Discount Review Committee or the West expansion focus groups, or give the Co-op bonds or

your equity when you leave your Co-op behind... there are all kinds of ways that you make a difference when you shop at and participate in your Co-op. Whatever holidays you celebrate, or however you express your gratitude and generosity, we look forward to supporting you and the community at your dinner tables this winter season. Thank you for your continued support at the Co-op and beyond. We appreciate you and all of your contributions.

Advertise in the Reader

Reach over 34,000 Co-op Owners.

Affordable rates, wide reach, excellent returns.

Discounts for non-profits, Owners and for multiple insertions.

Find info here:
willystreet.coop/advertising

Call 608-237-1230 or email readers@willystreet.coop for more information or to place your reservation.

willy street co-op

HOLIDAY HOURS

THANKSGIVING DAY, NOVEMBER 22: OPEN 7:30AM-2:30PM

DECEMBER 24: CLOSING AT 6:00PM

DECEMBER 25: CLOSED

DECEMBER 31: REGULAR HOURS

JANUARY 1, 2019: CLOSED



Certified Nurse Midwives
Allison Scholl & Christine Kern Steffen

NOW ACCEPTING NEW PATIENTS

- Care for pregnancy, labor & birth
- Family planning needs
 - Annual Gynecological exams
 - Hospital Water Births
 - VBAC
 - Lactation Consultation & Support

Working in collaboration with the OBGYN's at Physicians for Women



www.themadisonmidwives.com
Fitchburg
608-441-1730

ATTORNEY
PAUL O'FLANAGAN

Coop member,
PROGRESSIVE & LOCAL
LAW FIRM OFFERING:

WILLS, TRUSTS, TAX,
ESTATE PLANS, PROBATE,
GUARDIANSHIP & FAMILY
ASSISTANCE TO FOLKS
AT LOW COST.

CALL: 608-630-5068

Our Meat Department staff will gladly

cut meat to order.

Wellness

Wednesday

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

**THIS MONTH:
November 7**

RECIPES

Cranberry Bread

Adapted from www.marthastewart.com.

4 Tbs. butter, melted, plus more to grease pan
2 c. all-purpose flour, plus more for dusting pan
1 c. light brown sugar, packed
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1 tsp. salt
1 large egg, lightly beaten
3/4 c. whole milk
12 oz. cranberries (fresh or frozen)
1 Tbs. turbinado sugar

Directions: Preheat oven to 350°F. Butter and flour a 9x5-inch loaf pan, and set aside.

In a large bowl, whisk together the flour, brown sugar, baking powder, baking soda, and salt. In a medium bowl, whisk together the melted butter, egg, and milk. Add the wet mixture to the dry mixture and fold to combine. Fold in the cranberries.

Pour the batter into the prepared loaf pan and sprinkle with turbinado sugar. Bake 1 hour and 15 minutes, until a toothpick inserted into the center comes out clean. Allow to cool in pan on a wire rack for 30 minutes, then remove from pan and place on wire rack to cool completely. Makes 1 loaf.

Pot Roast with Cranberries

Adapted from *The Diner's Journal in the New York Times*.

1 Tbs. butter (or olive oil)
1/2 c. sugar
3 lb. beef chuck roast
salt
pepper
1/2 c. sherry vinegar
12 oz. cranberries (fresh or frozen)
1 orange (zest and juice of)
cayenne powder

Directions: Melt the butter over medium-high heat in a large skillet. Place the sugar in a shallow dish and dredge the chuck in it until nicely coated on all sides. Reserve the remaining sugar and set aside. Set the meat in the hot skillet and season with salt and pepper. Cook about 15 minutes, browning on all sides. When browned, stir in the sherry vinegar and cook for 1 minute. Add the cranberries, reserved sugar, and orange zest. Add a pinch of cayenne, and pour in the orange juice. Stir well, reduce heat to low, and cover. Cook at a low, gentle simmer for 2 hours or more, until tender, stirring the meat every 30 minutes or so. Taste and adjust the seasoning if needed.

Remove from heat, and allow to rest for a few minutes. Carve, and serve with the sauce. Makes 6 servings.

Golden Tomato Soup with Fennel

Adapted from Russ Parson's recipe in the *Los Angeles Times*.

2 c. bread, cubed, crusts removed
1 clove garlic
2 Tbs. red onion, chopped
2 lb. tomatoes, yellow, chopped
1 oz. fennel bulb, sliced in half, one half chopped, one half minced, divided

1 lemon
1 Tbs. red wine vinegar
pinch smoked paprika
1/4 tsp. ground cumin
1/4 c. olive oil (plus 1 teaspoon, divided)
1 c. ice water

Directions: Place the bread in a large bowl and cover with water. Let sit for 30 minutes to soften. Squeeze dry, and transfer to a blender. Add the garlic, onion, tomatoes, and chopped fennel. Blend until smooth. Add the juice of half of the lemon, the red wine vinegar, smoked paprika, cumin, and 1 teaspoon of salt. Blend to incorporate. While the motor is running, slowly add the 1/4 cup of olive oil and the ice water. Transfer to the refrigerator until well chilled.

Place the minced fennel in a small bowl and stir in the last teaspoon of oil, a squeeze of lemon, and a little salt. Set aside.

If you want a very silky-smooth soup, strain through a fine mesh strainer. If not, give the soup a stir, taste and adjust the salt if needed, and pour into bowls. Garnish with the minced fennel mixture, and serve. Makes 4 large servings.

Autumn Minestrone

Adapted from *The Moosewood Restaurant Daily Table*.

2 Tbs. oil
1 c. onions, chopped
2 clove garlic, minced or pressed
1 tsp. dried oregano
6 c. water
2 1/2 c. winter squash, peeled and cubed. select a firm variety, such as acorn, buttercup, or delicata
2 1/2 c. potatoes, cubed
1/2 c. carrots, peeled and diced
2 stalks celery, chopped
4 c. kale, stems and center rib removed, chopped
1 1/2 c. cannellini beans, or 15 oz. can, drained
salt and fresh ground pepper, to taste

Directions: In a large stockpot, warm oil over low heat. Add onions, garlic and oregano. Salt to taste and sauté for 5 minutes or until onions are translucent. Add water and bring to an even boil. Add squash, potatoes and carrots and cook for about 10 minutes or until the vegetables are almost done. Lower heat and add celery, kale and beans and simmer for 5 to 7 minutes until celery and kale are tender and beans are hot. Season to taste with salt and ground black pepper. Makes 6 servings.

Roasted Chicken Thighs with Fennel and Lemon

Adapted from thekitchn.com.

1 oz. chicken thighs (boneless, skinless)
1 1/4 lb. fennel bulbs (about 2 small bulbs)
4 clove garlic, minced
2 Tbs. olive oil
2 Tbs. white wine
1 Meyer lemon (zest and juice—see note)
1 1/2 tsp. kosher salt
black pepper

Note: Substitute regular lemon if unavailable.

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

We like to call it



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

willy street co-op

What's for lunch?
See the Deli hot bar menus on our website.
www.willystreet.coop

Compassionate, Comprehensive Pet Care

Eastside Veterinary Clinic



4421 Cottage Grove Rd Madison

Dr. Joe Novotnak

221-3509

RECIPES

Directions: Preheat oven to 425°F. Place the chicken in a large bowl. Trim the stalks and fronds from the fennel bulbs, reserving 1 tablespoon of the fronds, and slice each bulb into quarters. Slice the quarters into 1" slices. Add to the bowl with the chicken. Mince the fennel fronds and add to the bowl. Add the minced garlic, olive oil, white wine, lemon zest and juice, salt, and a generous pinch of pepper. Toss to combine.

Transfer the chicken and fennel to a large rimmed baking sheet. Arrange the chicken in the center of the baking sheet with the fennel surrounding it. Pour any remaining juices from the bowl over the chicken.

Roast 30 minutes, or until the chicken reaches an internal temperature of 160°F, and the fennel is tender and turning brown. Let rest 5–10 minutes before serving. Makes 4 servings.

Fennel and Black Olive Ciabatta Pizza

Adapted from www.pickledplum.com.

- 1 Ciabatta loaf (sliced in half lengthwise, then cut into 4 large slices total)
- 2 c. parmesan (a mix of freshly grated and chunks)
- 2 Tbs. olive oil
- 2 fennel bulbs (stalks trimmed, fronds reserved, bulbs sliced)
- 12 Kalamata olives (pitted, cut in half)
- 8 cherry tomatoes (cut into thirds)

Directions: Preheat oven to 350°F. Heat the olive oil in a skillet over high heat. Add the fennel and cook, stirring occasionally, until slightly charred, about 8 minutes. Transfer to a bowl and add the fennel fronds. Set aside.

Brush the cut sides of the bread with some olive oil. Layer with the fennel, then olives and tomatoes, and finish with Parmesan. Cook 10 minutes, then finish in the broiler for 4–5 minutes, until the cheese is bubbly and lightly golden. Serve hot. Makes 4 servings.

Mushroom and Fennel Salad

Adapted from *Judy Gorman's Vegetable Cookbook*.

- 1 clove garlic
- 1/2 tsp. salt
- 3 Tbs. lemon juice
- freshly ground black pepper
- 6 Tbs. olive oil
- 2 Tbs. fresh parsley, minced
- 1 Tbs. chopped fresh thyme
- 12 oz. white mushrooms, sliced
- 1 red bell pepper, seeded and cut into julienne strips
- 1 head fennel

Directions: In a large non-reactive bowl, crush the garlic and salt with a pestle to form a paste. Whisk in the lemon juice, pepper and oil. Blend in the parsley and thyme, add the mushrooms and bell pepper and toss to coat evenly. Rinse and trim the fennel. Separate it into layers and slice each layer lengthwise into julienne strips. Add to the mushroom mixture and toss to combine. Divide among six plates and serve immediately. Makes 6 servings.

Warm Farro Salad with Braised Radishes

Adapted from www.foodandwine.com.

- 1 c. farro (semi-pearled—see note)
- 2 Tbs. olive oil
- 3 oz. pancetta, thinly sliced

- 8 radishes, sliced into 1/4-inch-thick rounds
- 1/4 c. white wine vinegar
- 2 Tbs. honey
- salt
- black pepper
- 1 Tbs. fresh lemon juice
- 1 c. celery, diced
- 1/2 c. celery leaves
- 2 oz. goat cheese, crumbled

Note: Farro comes pearled or semi-pearled, and are interchangeable. However, the cooking times for each will vary, with pearled cooking faster than semi-pearled. While cooking, check the farro periodically for doneness if you're not sure what variety you have.

Directions: Bring a large saucepan of salted water to a boil. Add the farro, and cook over medium-high heat until tender, about 10 minutes (see note). Drain, and cool under cool running water. Drain well, and place in a large bowl.

Heat the oil over medium heat in a large skillet. Add the pancetta and cook about 3 minutes per side, until crispy. Leaving the fat in the skillet, transfer the pancetta to a plate. Add the radishes, vinegar, and honey to the skillet, and simmer over low heat. Season with salt and pepper. Cook until the radishes are crisp-tender and glazed, about 10 minutes. Add the lemon juice and stir to combine. Transfer the radishes and liquids from the pan into the bowl of farro. Add the celery, celery leaves, and goat cheese. Crumble the pancetta on top and toss to combine. Season to taste with salt and pepper. Serve. Makes 4 servings.

Delicata Squash Stuffed with Apple Cornbread Dressing

Adapted from www.thekitchn.com.

- 6 c. cubed cornbread
- 3 Tbs. olive oil, divided
- 1 1/2 c. onion, minced
- 1 c. celery, chopped
- 1 Tbs. garlic, minced
- 2 Tbs. poultry seasoning
- 3 c. vegetable broth
- 3 Tbs. flatleaf parsley, finely chopped
- 1 Granny Smith apple, large, peeled, cored, and cut into 1/2" dice
- 4 oz. vegetarian sausage, Field Roast brand is great, finely chopped
- salt
- black pepper, freshly ground
- 2 Tbs. vegetable oil
- 4 Delicata squash, halved lengthwise, seeds discarded
- 1 c. water, warm, or use vegetable stock)

Note: You can make this vegan by using olive oil instead of butter.

Directions: Preheat oven to 250°F. Spread the cornbread cubes in a single layer on 2 baking sheets. Bake until golden brown and dry, about an hour. Stir gently once while in the oven. Remove from oven and set aside. Raise the oven temperature to 350°F.

Heat 2 tablespoons of the olive oil in a large sauté pan over medium-high heat. Add the onion and celery and sauté until the onion is translucent, about 5 minutes. Add garlic and poultry seasoning and sauté until fragrant, about 30 seconds. Add 2 cups of vegetable broth and simmer. Use a wooden spoon to scrape up the flavorful browned bits on the bottom of the pan. Transfer to a large mixing bowl and add the cornbread, pars-

Unless our parking lot is full, please leave the electric car stalls for electric cars.



COOK, SERVE, GIVE!

Shop @ **ACE Hardware Center**
1398 Williamson St. 257-1630
acewilly@tds.net
and 5% of your
Cookware & Houseware Purchases
Thru December
Will be donated to
Luke House
Community Meal Program
to feed others in need

Pilates on Harrison
Quality Pilates in Your Neighborhood

710 Harrison Street
pilatesonharrison.com
608.709.1775

RECIPES

ley, and apples. Gently fold ingredients together.

Using the same sauté pan, heat the remaining tablespoon of olive oil over medium heat. Add the vegetarian sausages and sauté, stirring constantly, until golden brown and crispy, about 3 minutes. Add the sausages to the cornbread mixture and gently fold in. Season with salt and pepper. Set aside.

Brush the cut sides of squash with vegetable oil, and place cut side up in a baking dish. Sprinkle with salt and pepper.

If the cornbread dressing seems dry, add a bit more vegetable broth. Using a 3/4 cup measuring cup, scoop dressing into each squash boat. Add water or stock to the bottom of the baking dish. Cover tightly with aluminum foil and place in the oven. Place any extra dressing in a small baking dish, cover with foil, and bake with the squash. Let squash cook for 45-minutes to an hour, removing the aluminum foil for the last 10 minutes of cooking time to allow the stuffing to crisp. Serve hot! Makes 4 servings.

Hearty Bean Soup

Recipe from *Vegetariana* by Nava Atlas, used with permission

2 c. great northern beans, cooked, or 1-15oz. can rinsed and drained
2 c. kidney beans, cooked, or red beans, or 1-15oz can, rinsed and drained
2 Tbs. olive oil
1 medium onion, chopped
2 celery stalks, large, chopped
1 medium potato, scrubbed and diced (unpeeled)
1 c. green beans, cut into 1-inch pieces
1 can tomatoes, 14.5-oz with liquid
1/4 c. dry red wine
water (broth or cooking liquid from dried beans)
1/2 tsp. ground coriander
1/2 tsp. ground cumin
salt and pepper, to taste

Notes: If using dried beans, you will need about 1/2-cup each, uncooked. Save the cooking water to use in the soup.

Directions: Heat the olive oil in a soup pot. Add the onion and celery and sauté until golden. Add the potato and green beans along with enough bean cooking liquid, water or broth to cover. Bring to a boil, then simmer covered, over moderate heat until the vegetables are just tender, about 20-25 minutes. Add all remaining ingredients plus an additional 2 cups of liquid of choice. Simmer, covered, over low heat an additional 20-25 minutes. Season to taste with salt and pepper. Makes 8 servings.

Cranberry Curd Bars with Walnut Shortbread Crust

Adapted from www.thekitchn.com.

1 c. walnuts
1 c. flour
1/2 c. confectioners' sugar, lightly pressed into the measuring cup and leveled off, plus more for dusting
1/2 tsp. cinnamon
3/4 tsp. salt, divided
1 c. butter, unsalted, softened and cut into cubes, divided
12 oz. cranberries, fresh, frozen will work fine if needed
1/2 c. water
1 c. granulated sugar
4 large eggs
4 large egg yolks
2 Tbs. lemon juice

Notes: If making these without a food processor, use a chef's knife to chop the walnuts as finely as possible. Stir in the remaining dry crust ingredients, then cut the butter in, until the mixture resembles coarse corn meal. Press into the pan and proceed with recipe.

Directions: Line a 9x13" baking pan with parchment.

Place the walnuts in the bowl of a food processor, and pulse until coarsely ground (see note). Add the flour, confectioners' sugar, cinnamon, and 1/2 teaspoon of salt, and pulse to finely grind. Add 1/2 cup of the cubed butter, and pulse just until it comes together. If you scoop some of the mixture into your hand and press it, it should hold together.

Press the shortbread dough into the parchment-lined pan, pressing it down in an even layer. Place in the freezer, and freeze for at least 30 minutes, and up to 1 hour.

Preheat the oven to 350°F. Bake the shortbread crust for 20-25 minutes, until the edges begin to turn golden. Remove from oven and set aside.

Combine the cranberries and water in a medium saucepan over medium-high heat. Cook, stirring occasionally, for 5 minutes, until the cranberries have popped and turned soft. Set a fine-mesh strainer over a medium bowl, and use a spatula to press the cranberries through the strainer. Allow the cranberry purée to cool, discard the cranberry skins, and clean the strainer.

When the cranberry purée has cooled to room temperature, fold in the granulated sugar, eggs, egg yolks, lemon juice, and remaining 1/4 teaspoon of salt. Stir until evenly combined.

Transfer the cranberry mixture to the saucepan, and heat over a medium heat. Stir constantly, scraping the bottom and corners of the pot. Cook 10-12 minutes, until the curd starts to thicken and coats the back of a spoon. It should read 150°F on an instant-read thermometer. Remove from heat, and stir in the remaining 1/2 cup of cubed butter. Stir until melted.

Set the fine-mesh strainer over a clean bowl, then strain the cranberry curd. Pour the warm cranberry curd onto the walnut shortbread crust. Bake at 350°F for 10-15 minutes, until the curd has just set, but still wiggles in the center. Cool completely. Just before serving, dust with powdered sugar, then use a sharp knife to slice into squares.

Keep refrigerated. Makes 24 squares.

HOLIDAY HOURS

THANKSGIVING DAY, NOVEMBER 22: OPEN 7:30AM-2:30PM

DECEMBER 24: CLOSING AT 6:00PM

DECEMBER 25: CLOSED

DECEMBER 31: REGULAR HOURS

JANUARY 1, 2019: CLOSED



Carlos & Sara Alvarado

A Different Approach To Real Estate

Our savvy team guides you through every step of your move with integrity and competence.

We are your neighborhood Realtors, creating sustainable and vibrant communities together.

Contact us:

608.251.6600 | Info@TheAlvaradoGroup.com
TheAlvaradoGroup.com | 1914 Monroe Street, Madison

Independent and family owned since 2006

Alvarado
REAL ESTATE GROUP

Support your local homebrew shop!

Order at wineandhop.com and
select a pick-up location



or



1919 Monroe Street

1129 E. Wilson Street

Staff Picks



MICKY

Beaugard Sweet Potatoes

This variety makes the best Sweet Potato Fries! I like to toss the fries with coconut oil, chili powder, smoked paprika, salt and pepper. I roast in the oven at 400°F for 45 min to 1 hour, turning them once half way through. So good!



JUSTIN

Ela Orchard McIntosh Apples

The McIntosh apple from Ela Orchard is a classic apple has tender white flesh that is packed full of flavor; consistently one of the our best apples in my opinion. This apple also happens to be from one of my favorite local farms, run by some of the nicest people you will ever meet.



MAX

Red Kuri Squash

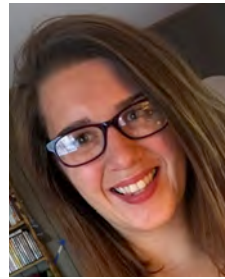
Red Kuri is always one of my favorite winter squash varieties, if not the best! It always delivers in taste, with a smooth, sweet, chestnut-like flavor, and deep hued yellow-ish orange flesh. It's great baked, sautéed, steamed, you name it. Don't forget it pairs really well with the chestnuts you'll find around the holidays in the Produce department as well!



BRANDY

Fuyu Persimmons

This variety of persimmon can be eaten when it is still slightly firm. It is incredibly sweet with notes of cinnamon.



BRITTANY

Willy Street Co-op Juice Bar's Freshly Squeezed Orange Juice

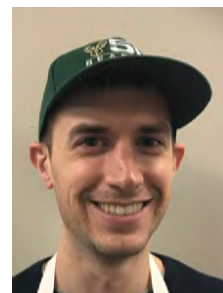
I'm normally not a fan of orange juice. I find it very sour. However, I absolutely love oranges. I first tried a sample at the store and fell in love! The orange juice is so incredibly sweet! The texture is smooth aside from the few pieces of orange that add to the freshness. I am forever addicted!



LIZ

Madame Chu's sauces

Madame Chu's sauces are incredibly flavorful! Adding just a little to a dish can really amp up the flavor, and they're very versatile. All of my experiments with them so far have tasted great. My favorite thing to do with the Sambal Nyonya sauce (which is spicy) is to put it in a veggie stir-fry, add some roasted peanuts, and serve over rice. And I love putting a little of the Ginger Garlic sauce (which is mild) in scrambled eggs.



BENJAMIN

Organic Coconut Date Rolls

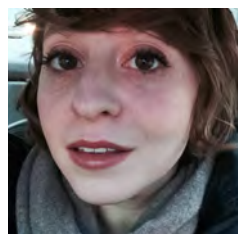
These are soft, chewy, and delicious! These rolls satisfy the craving for a sweet snack and they are an organic whole food.



CATE

Gail Ambrosius Caramels

Such a great way to treat a friend or myself. Sweet, salty AND covered in chocolate! They are super rich and buttery so just one is enough but I'm in no way opposed to eating the whole box in a sitting. Honestly, I think they might even be medicinal ;)



OLIVIA

Beyond Meat, the Beyond Burger

This plant protein meat substitute tastes so much like meat it is insane! Can be prepared any way that a traditional burger can be prepared. The perfect substitute for a vegan or vegetarian.



STELIOS PETRAKIS QUARTET
NOVEMBER 14, 2018

MUSIC & DANCE OF CRETE

UNIONTHEATER.WISC.EDU

Performing Arts Committee
Wisconsin Union Directorate

WISCONSIN STATE BOARD
Quality, Culture, Economy, Learning

Richard Levine, PhD
Integrative Clinical Psychologist

Compassionate, confidential therapy for individuals and couples...without labels

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

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

by appointment.
call today to arrange consultation.

15 Hill Street Ste. 270
Madison, WI 53705
(608) 335-8455
www.drrichardlevine.com



MINDY

Raw Rev Glo Peanut Butter, Chocolate and Sea Salt

I searched far and wide for a high protein bar that wasn't packed with sugar. Raw Rev Glo fits the bill perfectly - sweet, delicious, and nutritionally balanced. I eat at least one a day, and tend to buy them by the case!



Silver Creek Venison Summer Sausage

Tastes great, and it doesn't get much more "Wisconsin" than venison!

Ancient Nutrition Vanilla Bone Broth Protein

High-quality, paleo-friendly instant protein option. Tasty vanilla flavor makes it versatile for more mixing options.



RITA

Newman's Own Wintergreen Mints

These mints have a great taste and texture. I keep them in my workbag to have after lunch so I don't crave sweet things. I've also come to love looking at the polar bear's sweet little face.



Alba Botanica Acne Dote Pimple Patches

These are the perfect spot treatment for the occasional pimple. I wash my face before bed, then apply these patches directly to blemishes. They contain a combination of tea tree oil and witch hazel, which naturally battle pimples while I sleep. Pretty cool! My skin is too sensitive for most acne treatments, but this is a mild and effective way to take care of business.



SHARON

Salad Girl Pomegranate Pear Dressing

My favorite salad is spinach, Ataulfo mangos (or peaches), blueberries, toasted pecans and this dressing. Unlike most fruit-based dressings, which I find too sweet, Salad Girl dressings are just the right combination of tart and sweet.



ALMA

Heritage Store Rosewater Spray

Perfect to re-hydrate your face, I use this product every day! It's the best pick-me-up. (Also works great as a setting spray)



AMY

Ripple Half & Half

People can be finicky with their alt-milk proteins and this one, made with a proprietary formulation using pea protein, will not be everyone's cup of coffee. I prefer it because it mixes well (some just don't), it's not coconutty (not always a fan in my brew), and it's milky-creamy. I'll leave you with this wish: If your cup is full, may it be again.



BELLE

Innovative CBD Lozenges, Tangerine, Key Lime, Cherry, Lemon Flavors

Wonderfully light, sweet, and long-lasting candy with a purpose! The tangerine flavor is my personal favorite. I truly felt the immediate effects of the CBD strongly and quickly, more so than other CBD products I've used.



MEL

Earth Balance Vegan Cheddar Squares

These are soooooo GOOD!!! I could eat the whole box in one sitting (I have, actually, and more than once). They have a delicious "cheddar-y" flavor BUT they're vegan!!



GABRIEL

Bodhi Whipped Soap Body Scrub White Tea + Ginger

I absolutely love this body scrub! The castile soap in it is gentle enough to be used by sensitive skin and the scent is potent yet light enough that it doesn't come off overpowering.



The volcanic ash is perfect for getting paint off your hands/arms after an afternoon of splatter painting outside. I also love that this brand supports STEM, which encourages youth to pursue careers in science and technology.



JOE

A2 Whole Milk

I generally avoid milk (other than butter/cream which don't seem to bother me) but I've found that this doesn't give me the digestive symptoms I experience with others. A lot of people that thought they were lactose intolerant have discovered their problem isn't the lactose but rather a specific protein not found in the heirloom breeds used for these products.



DAKOTA

Herbs Etc. Osha Root Rocky Mt. Throat Syrup

Persistent itchy cough? Say no more! Osha root throat syrup works great at coating my throat so I don't feel that annoying itch AND its powerful blend of herbs tastes better than any cough syrup



I've ever had (and I HATE taking cough syrup). You could be only two teaspoons away from feeling better so, why not give it a try?!

The Wil-Mar Neighborhood Center's

THANKSGIVING PIE SALE!

Support the Wil-Mar Neighborhood Center's Emergency Food Programs

Two beloved recipes:
Louisiana Sweet Potato Pecan
Sour Cream Apple

1 PIE \$18 • 2 PIES \$35
3 PIES or more \$15 ea.

TO ORDER: wil-mar.org/pies or call 608-257-4576
 Thank you to our sponsor: **willy street co-op**



ANGELA

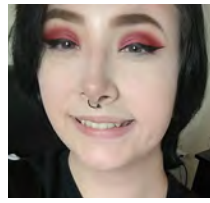
Medicine Mama's Sweet Bee Magic Healing Cream

This was my go to diaper rash cream for my kid, and continues to be my favorite goop for any skin issue on his delicate skin or mine! It's got ingredients I understand, it's soft and absorbs really well,

not greasy, and smells light and lovely. Highly recommended!

Pink Lady Apples

So sweet and yummy, my kid's favorite apple, and he pretty much lives on apples and peanut butter. Not a bad late night snack for mama either.



EMERY

Willy Street Co-op Peanut Butter Pie

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



ROBERT

Willy Street Co-op Risotto Cakes

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



LAURA

Carr Valley Cocoa Cardona

"Chocolate and Cheese" is no longer just the name of your favorite Ween album. This semi-firm, decadent goat's milk cheese from local cheesemakers, Carr Valley, is the perfect dessert cheese (think chocolate mousse). It is super nice paired with an iced wine or Shiraz. Available at North and West only.



GIANOFER

Alaffia Handmade Baskets

They are beautiful, well-made, and easy on my budget. I love the personalized tag that lets you know who made it and where they're from. They work well for carrying groceries and wrangling my DVDs, which,

have been made obsolete by digital media outlets.

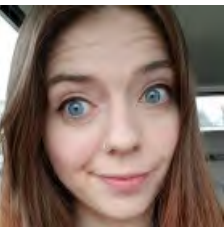
That's right iTUNES! I'm keeping my VHS copies of The Prisoner...in a lovely basket, right next to my harpsichord! BOOM!



AMANDA

Cheese Niblet Bin

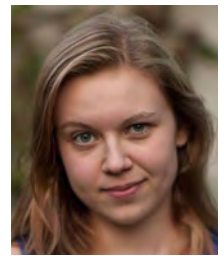
I was not an adventurous cheese-eater before. But with the niblet bin, I can try different small pieces of cheese. I guess you could say it has really broken me out of my cheese shell!



YVONNE

Lemon Rosemary Scones

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



OLIVE

Willy Street Co-op Vegan Carrot Cupcake

When I first tried this cupcake, I didn't even know it was vegan. The cake is moist and flavorful but the frosting is the best part! It's ooey, gooey and animal product-free. I'm not even a vegan, but I think this is one of the best carrot cupcakes I've ever had!



EMILY

Cedar Road Meats Peppered Bacon

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



willy street co-op

\$5 DINNER

Thursday, Nov. 15th
4pm - 8pm
at Willy North

Dinner includes two tacos (shredded chicken or seitan, corn or flour shells), toppings, green chile black beans & cookie. Vegetarian, vegan & gluten-free options!

ArtWorking's Boom SNAP 3!
HOLIDAY POP-UP SHOP

NOV. 9TH-11TH
FRIDAY + SATURDAY 10-8
SUNDAY 10-6

MADISON THEATRE GUILD
2410 MONROE ST.

LOCAL ART
PAINTINGS - PRINTS
HANDMADE GOODS - GIFTS

ArtWorking supports artists and entrepreneurs with disabilities

www.artworking.org
608-442-5294

willy street co-op

FOLLOW US ON:

Got Extra Breastmilk?

Don't let it go to waste!

Contact the Mothers' Milk Alliance to donate!

www.mothersmilkalliance.org

Support local wealth for local health

Double Dollars is back!



Willy Street Co-op is once again issuing Double Dollars coupons at the registers, this year each Tuesday through March 12th, 2019.

For every \$5 spent using a FoodShare/QUEST card for any FoodShare/QUEST eligible items, the Co-op will give you one \$5 Double Dollars Coupon, up to \$20, good for any fresh, frozen, or canned produce; edible plant seeds; and edible plant seedlings.



You can support the Double Dollars Fund at the Co-op by giving your cashier a Double Dollars scan tag or by shopping with reusable bags. We'll make a contribution to the Double Dollars Fund for each reusable bag a customer uses - 5¢ for a paper bag, 10¢ for a tote bag or backpack.

COMING SOON PEACE ON EARTH



WWW.JUSTCOFFEE.COOP

Send a Message



HANDMADE • FAIR TRADE • NONPROFIT

serrv *Gifts from around the world!*

224 State Street • madisonstore@serrv.org

LOCALLY GROWN AND LOCALLY OWNED

INTERNET



For 15 years, our focus has been growing a solid, strong and sustainable Internet used by local businesses, condos and apartment buildings across this great city.



Get yours at 5nines.com

316 W. Washington Avenue | Madison | 608.512.1000

Your weekly grocery trip has never been so full of holiday joy.



dcfm.org

HOLIDAY MARKET AT THE MONONA TERRACE

Saturdays
11/17, 12/1 thru 12/22
7:30 am - Noon

Bring this ad to the Infobooth at Holiday Mkt to be entered to win DCFM gift cards!

BETHKE
HEATING & AIR CONDITIONING, INC

EMERGENCY SERVICE 24/7
251.2222

- Furnaces • Boilers
- Air Conditioners • Humidifiers
- Duct Cleaning • Maintenance Plans • Ductless Mini-Splits

FINANCING AVAILABLE

Locally Owned. Locally Operated.

BethkeHeating.com



Mind Body Plate

MIND • Cultivate stress-management skills
• Identify and manage eating triggers
• Improve your mindfulness quotient

BODY • Make exercise fun again
• Learn and practice chair yoga
• Increase your daily calorie burn

PLATE • Become an expert on low carb meal planning
• Personalized guidance for longer life eating
• Learn shopping and kitchen skills

Classes provide:

- ◆ Support
- ◆ Community
- ◆ Camaraderie
- ◆ Information
- ◆ Success
- ◆ Fun

LEARN MORE www.MBPmindbodyplate.com