

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 46 • ISSUE 11 • NOVEMBER 2019

ODDS

AND

ENDS

A Look at our Cooperative
Mandate to Nourish & Enrich

Stores Open Until 2:30pm on
Thanksgiving Day

IN THIS ISSUE

New Drinks at the Juice & Coffee Bar; Winter Squash;
Staff Picks; and more!

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PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

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

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
Ann Hoyt, Vice President
Brian Anderson
Stephanie Ricketts
Trevor Bynoe
Michael Chronister
Gigi Godwin
Sarah Larson

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

**BOARD MEETING
SCHEDULE**

Tuesday, January 21
Tuesday, March 17
Tuesday, April 21
Tuesday, June 16
Tuesday, July 21

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

IN THIS ISSUE

3	Customer Comments	9	Tricks for Avoiding the Winter Blues	16-17	Odds and Ends: A Look at Our Cooperative Mandate to Nourish and Enrich
4	Thanksgiving; Collective Bargaining; and More!	10	The Lesser-Know Winter Squashes	18	Double Dollars, Pantries of Plenty, Belonging, and Our Gratitude
5	Policy Monitoring; and More!	11-13	SPECIALS PAGES	19	Recipes
6-7	Community Room Calendar	14	Holiday Offerings	21-22	Staff Picks
8	New Drinks at the Juice & Coffee Bar	15	Holiday Deli Offerings		
		15	New Products		

Stores Open Until 2:30pm on Thanksgiving Day

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!

ITEM LOOK-UP

Q: *I wanted to check your website to see if I could finally lookup items again, but it won't let me login with my normal login and password.*

A: Thanks for your message. The product listings are now available on our new e-commerce website here: <https://shop.willystreet.coop>. The e-commerce website has a different login from our old website. Go to the link above and go to "Login" and select "Forgot your password?" from the login screen and a temporary password will be sent to the email address we have on file for your Owner account. Contact us if you need to update your email address or run into any problems. Have a great day! -Ellie Habib, Webmaster

E-COMMERCE

Q: *Several months ago I asked questions for clarification regarding the Co-op's then-pending e-commerce program, and I received a very nice reply. There was one question I left out because I felt that it was too controversial. A Sunday edition of the Wisconsin State Journal recently brought up the issue and made it more complex. I'll simplify the issue and ask it this way: Is it okay for the program to serve customers who are not owners when the Co-op does not expect the program to be profitable? And this follow-up question: Does the Co-op plan to subsidize the e-commerce program with profits from the East, West, and North stores?*

A: Thanks for asking. When we

were quoted in the article published by the *State Journal* on July 31 as saying that we were not planning to make money off the program, that wasn't meant to imply that we were planning to lose money due to offering the program. It is not designed to be a cost-center for the Co-op. We see the program as a service to the community to create greater accessibility and convenience, which is the first and foremost reason the service is not limited to Owners only. Also, in order to make this a program that breaks even as we intend it to do, it is important that we are able to provide the service to those who want it. Please note, the service fees for non-owners are higher than they are for Owners, so there is an Owner-only benefit built in to the program. Please let us know if you have other questions. Enjoy the day! -Kirsten Moore, Cooperative Services Director

BUSY MORNINGS

Q: *I usually shop at Willy west on Saturday mornings, (between 8-9 am) and while I understand product needs to be put on shelves, it seems Saturday mornings are very, very congested. Aisles are partially blocked and staff is friendly enough but after awhile it becomes frustrating. Today in particular, Sat 8/24 8:35-8:55 am was really frustrating. Staff was moving product and pallets very quickly and going around corners and entering aisles unsafely. I was almost run into by staff at least 3-5 times in the 20 minutes I was in the store. I encounter the congestion on many Saturdays and try to not let it bother my shopping experience but today was the worst it's been in awhile and I felt it necessary to voice my complaint.*

A: I really appreciate your feedback about the congestion on Saturday morning. We struggle with two large deliveries that come later than preferred every Saturday but there are things we can do to improve the experience for our customers. I am currently working with my Grocery department manager, Dave, to remind staff of safety protocols while using carts and pallet jacks on the

floor. As well as exploring different staging methods for the deliveries we receive after 8am. Hopefully these changes will create a less chaotic and easier to navigate sales floor on Saturday mornings in the future. -Lindsey Hardy, West Store Director

OPENING COCONUTS

Q: *You know those organic coconuts that you sell? How do I open them to get the water from them? Any way the coop might be able to open it for me and if so for what price? (Maybe the juice bar or some other section?)*

A: Great question. Most folks use a heavy knife to essentially chop away the top part of the coconut to get into the interior. The flesh in the younger ones we sell is also softer and can be scooped out with a spoon. Here is a video link demonstrating the basic process ([/www.youtube.com/watch?v=TFwyk4DrBk](http://www.youtube.com/watch?v=TFwyk4DrBk)), though there are other ways to do it that can be found with some internet research.

One other common way is to punch a hole into it using some sort of narrow object (I've seen folks use a screwdriver), and then insert a straw to drink the water through.

Unfortunately at this point, we are unable to offer any sort of in-house processing of whole produce, so we cannot cut them open, but I hope the info I've provided helps you do it! -Best, Max Wilke, Produce Manager—West

BACK-UP GENERATORS

Q: *My husband works at Willy St. and on multiple occasions has told me about having to unload/reload coolers during power outage events.*

A: *I was just wondering why Willy St. does not invest in back-up generators? It seems that the cost to have refrigerated trucks on hand as well as the labor needed to load/un-load coolers in the event of power outages does not offset the cost of a generator, as well as the profit that is lost of having to close the store during these times. My husband did not know why so I thought I'd write to you myself*

and ask. Seems like a good investment!

A: Several years ago, operations management looked into back up generators when Willy East experienced a few power outages in one summer. My recollection is that a generator was considered cost prohibitive in terms of procuring and installing the equipment as well as the daily maintenance requirements of the equipment that would be necessary to ensure the generator would fire up when we needed it to.

I am not an expert and I have only been able to do minimal, research but I am sure we would need a pretty large backup generator to power the entire store. Due to the amount of power used to run the refrigeration rack, the HVAC systems, lighting, and the rest of the store (we averaged 2,600 kwh per day in June) I am guessing it would be a prohibitively costly undertaking. Even if we tried to isolate refrigeration from the other, "nonessential" electrical needs to just protect the perishable and frozen product, it would still be a very costly and time consuming project. -Jim Jirous, Facilities Director

DELICIOUS FOOD

Q: *Today I purchased some tamale pie and garlic mashed potatoes for lunch. I am sure that I have had these in the past from the co-op, but today they tasted so extraordinarily DELICIOUS that I felt the need to stop what I was doing and tell you. Please give my compliments to the chef(s) and ask them to keep doing whatever they did today, to those two dishes. Thanks!*

A: Sorry it took me some time to respond to your comment. Thank you, first and foremost. I have shared your comment with our staff and we are so pleased that you enjoyed the deli offerings. I know the Production Kitchen works so hard to prepare the delicious dishes that we have on our hot bar and it is so nice to hear the kind words. I hope that you continue to enjoy the tamale pie and the mashed potatoes, and other great dishes they prepare. Have a beautiful day! -Amanda Ikens, Owner Resources Coordinator—East



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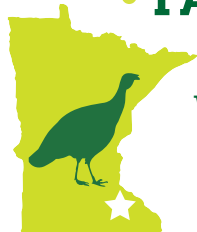
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**Stores Open Until 2:30pm
on Thanksgiving Day**

GENERAL MANAGER'S REPORT

Thanksgiving; Collective Bargaining; and More!



by Anya Firszt, General Manager

Hello Willy Street Co-op Community. Happy November! This month marks the beginning of the 2019 holiday season. It's that time again to make plans to gather with friends and family to share thanks and gratitude

for one another and to eat! Whether you are a weekly or seasonal Co-op shopper, you'll find everything you need to create a holiday meal that will surprise and delight the traditional as well as the adventurous tastebuds of all those on your guest list.

We have it all: herbs and spices, nuts and dried fruits, grains and rices, turkey and not-turkey, and pumpkin—don't forget the pumpkin. We will have pies ready for eating or the ingredients for making and baking your own, as well as everything needed for my personal favorite, dressing!

Please note that our retails close early on Thanksgiving Day, so, if you find yourself in need of that essential ingredient, be certain to pop in before 2:30pm, which is closing time on the 28th.

NEW AT THE RETAILS

If you have already set your sights on your holiday wish or gift list, the retails have stocked up on some must-have items, including Andes Gifts Fair Trade hand-knitted items to keep those fingers, ears and toes toasty warm when the weather turns cold outside! We have a new selection of puzzles and games for all ages. We aim to please.

You will also find that a few new pieces of equipment that have been installed at each of the retails, as well as a few product location changes. If you are not able to find something where it once was, please be sure to ask one of our staff to help you find it.

And, if you have not seen the mural at Willy North, "Good Things Grow

Here," be sure to swing by and take a gander. This community art project was done in collaboration with Dane Arts Mural Arts (DAMA). Special thanks also all the folks that contributed to the theme selection, as well as to those who painted portions of the mural, including budding young artists from BriarPatch Youth Services for making this aesthetically appealing addition to Willy North.

COLLECTIVE BARGAINING NEGOTIATIONS

We are moving forward with collective bargaining with the union that staff voted to represent them, the UE Local 1186. We will keep you posted about any agreement reached.

HATE HAS NO HOME HERE

Certain people have taken it upon themselves to sticker our property in order to promote their anti-trans messages. Three customers have also come forward with testimonials of intimidation and harassment. We will not tolerate the use of Co-op spaces for hate. We stand with our LGBTQ+ customers and community members and will continue to provide a safe space for members of the LGBTQ+ community to join, shop, work, and enjoy. We will remove all hate propaganda as soon as it is located and we will take action if we witness intimidation or harassment of any kind or catch anyone vandalizing Co-op property.

ONLINE SHOPPING AND DELIVERY

Shopping online can buy you some time and help make your holiday shopping easy and more fun, find out more about store pick up or home delivery here: shop.willystreet.coop.

SPECIAL STORE HOURS:

- Thanksgiving Day, November 28: Stores close at 2:30pm
- December 24: Stores close at 6:00pm
- December 25 and January 1: Closed

Happy Thanksgiving, may the day bring you much joy and happiness that will last throughout the holiday season, and into the New Year.

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BOARD REPORT

Policy Monitoring; and More!



by
**Jeannine
Bindl,
Board
President**

The end of our harvest season is upon us.

In just a few weeks, Thanksgiving will be here with all of its delicious smells and offerings. The season is busy for many of us. Our stores have many ways we can help reduce stress without sacrificing

flavor. More information about turkeys, pies, and Thanksgiving accoutrements can be found on page 14.

OWNER APPRECIATION

In October many of your Board members had the opportunity to serve cake and connect with you during our Owner Appreciation festivities. We are so thankful for you and your investment in our community. Thank you for coming out to enjoy the fun!

MONITORING REPORTS

At our October Board meeting we reviewed three of our B policies (the set of policies that define the General Manager's Constraints). Policy review is one way the Board of Directors monitors the Co-op as a business. This month we reviewed our Financial Conditions and Activities, Planning and Financial Budgeting, and Asset Protection policies. These are known internally as policy B1, 2, and 3 respectively. Our Financial Condi-

tions and Activities policy is reviewed quarterly; all other policies are monitored annually unless we need more information or the policy needs to be reviewed to better fit our needs. I am pleased to report that all three monitoring reports were approved both by the Finance Committee and the Board of Directors.

WE NEED YOUR SKILLS

Your Board has also been working on identifying the skills that we already have and those that we need, to be the strategic and visionary entity of our Cooperative. At our October meeting we identified financial oversight, cultural competency (or equity, diversity, and inclusion), and Owner relations as skills we would like to be more adept in. Community connections we would like to strengthen at the Board level are local food, sustainability, education, and communications/media. This is where you come in! Do you or someone you know have an interest in offering your skills to the future success of our Co-op? If so, you can email us at board@willystreet.coop. We will have more information on running for the Board after the new year. By contacting us now, we can keep you up-to-date on how and when to get connected.

From our collective table to yours, we wish you a wonderful November and Thanksgiving holiday. Thank you again for choosing to invest in your cooperative, your community, and yourself. Cheers!

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Wisconsin Conservation Voters uses its platform to amplify the political voice to the environment and raises awareness among Wisconsin voters. For the last four years, the organization has been a leading voice for the discussion on clean drinking water in Wisconsin through email campaigns and informative outreach events. Before elected, Governor Tony Evers was one of the first governor candidates to take the organization's Conservation Pledge, promising to commit to clean and safe drinking water for all. Cheers to Wisconsin Conservation Voters for your continuous advocacy for clean drinking water for everyone in our state!



Photo: Wisconsin Conservation Voters

In September 2018, **FairShare CSA (Community Supported Agriculture) Coalition** hosted its 12th annual Bike the Barns to raise awareness of fresh food for all. Over 700 riders were in attendance. The proceeds from the ride went to the organization and the Partner Shares Program to help grant families in need access to fresh, organic food. Riders visited four organic farms and reconnected with the land. It a fun friendly event and quite popular with bike enthusiasts. It allows for city dwellers to explore our nearby farms and help a great cause. The CSA financial assistance program raised over \$43,000 and will help subsidize CSA shares for nearly 200 families.



Photo: Light & Life Photography

It has been a busy year for **River Alliance of Wisconsin**. Throughout the year, members logged more than 1,050 advocacy actions to inform elected officials about water policy issues. The organization also piloted a program for farms to implement the Alliance for Water Stewardship standard. Once certified, the farms will be the first in the county to apply a comprehensive approach to water stewardship. On August 17, 2019 Aquatic Invasive Species Snapshot Day, volunteers monitored more than 150 sites along rivers and lakes and identified 20 previously undocumented invasive species populations.



Photo: River Alliance (AIS Snapshot Day)

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**This month's
Wellness Wednesday is
November 6**

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 BAKING

Location: Willy West Community Room
Thursday, November 14, 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 as he shares his secrets for great holiday desserts. 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 Ombre Pie, Pear Galette, Salted Nut Shortbread, and more.

COOKIES FOR THE HOLIDAYS

Location: Willy West Community Room
Tuesday, December 3, 6:00pm–8:00pm
Ages: 13 and older; adult supervision required
Instructor: Pam Barnes
Fee: \$20 for Owners; \$30 for non-owners

Holidays don't always have to include sugar cookie cut-outs with icing and sprinkles! Pam Barnes, former owner of Sole Passion Baker, will show you how to make three kinds of cookies: Gingerbread Eggnog, Orange Zest & Candied Ginger Snickerdoodles, and Dried Cranberry-Pistachio Shortbread cookies. These will be a welcome addition to a holiday cookie platter or holiday gift-giving!



SIX SPICES: PANEER-STUFFED INDIAN BREAD

Location: Willy West Community Room
Monday, November 4, 6:00pm–8:30pm
Ages: 13 and older; adult supervision required
Instructor: Neeta Saluja
Fee: \$20 for Owners; \$30 for non-owners

Join Chef Neeta Saluja to learn to make a cheese-stuffed bread with homemade fresh paneer (Indian cheese) and fresh herbs and spices cooked on the stovetop. Also on the menu are Cauliflower with Red Potatoes (crunchy white cauliflower and creamy new red potatoes cooked with fresh ginger, and spices) and Carrot Kheer (grated carrots cooked in milk on slow heat with nuts and cardamom). Vegetarian.

LEFSE DEMONSTRATION

Location: Willy West Community Room
Saturday, November 9, 10:00am–12:00pm

LEARN ABOUT AND REGISTER FOR FOODSHARE LOCATION: LAKEVIEW LIBRARY

Location: Willy East
Thursday, November 21, 9:00am–1:00pm
Thursday, December 19, 9:00am–1:00pm
Location: Willy North
Thursday, November 7, 10:00am–2:00pm
Thursday, December 5, 10:00am–2:00pm
Location: Willy West
Friday, November 8, 9:00am–12:00pm
Friday, December 13, 9:00am–12:00pm

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

Ages: Any; adult supervision required
Instructor: Pam Barnes
Fee: Free; drop-in demonstration

Join Pam Barnes, former owner of Sole Passion Baker, as she demonstrates her family holiday tradition of making lefse! For those of you who don't know what lefse is, it's a Norwegian flatbread made with potatoes, flour, butter, cream, and salt. It's a tradition in Pam's family to spread butter and sprinkle sugar on the lefse. This is a fun event for all ages to watch, and there will be lefse to sample!

COOKING WITH CHEF PAUL: HOLIDAY SIDE DISHES

Location: Willy East Community Room
Thursday, December 12, 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 to learn various holiday side dishes from different regions of the world while keeping it simple and easy. On the menu is: Arroz con Gandules, Soy & Honey-Glazed Baby Back Ribs, and Orzo Tuna Salad with Olives.



HERBAL AND GOAT MILK SOAP-MAKING

Location: Willy West Community Room
Sunday, November 3, 10:00am–1:00pm
Ages: 13 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$40 for Owners; \$50 for non-owners

Join herbalist Linda Conroy for this fun, hands-on soapmaking workshop! Start out learning the basics of herbs and soapmaking, then dive into a hands-on experience making traditional soap with herbs and fresh goat's milk. Take home an appreciation for the natural world, several bars of soap made in class, plus instructions and recipes for making soap at home.

HOLIDAY WINE TOOLKIT

Location: Willy West Community Room
Tuesday, November 5, 6:30pm–7:30pm
Ages: 21 and older
Instructor: Micca Hutchins
Fee: Free; registration required

The holidays are a time for gatherings of friends, of partners, of families, of friends. For many of us this means menu planning—from hors d'oeuvres to desserts, from Thanksgiving through the New Year. Micca's Holiday Wine Toolkit is what every menu planner needs to make meals into memories.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room
Thursday, November 7, 6:00pm–8:00pm
Location: Willy West Community Room
Thursday, December 5, 6:00pm–8:00pm
Ages: 18 and older
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

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

FROM THE GARDEN: HERBAL GIFT-MAKING

Location: Willy East Community Room

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy East Community Room
Wednesday, November 13, 2:15pm–5:30pm
Tuesday, December 3, 2:15pm–5:30pm
Location: Willy West Community Room
Tuesday, November 19, 2:15pm–5:30pm
Wednesday, 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.

Thursday, December 5, 6:00pm–8:30pm

Location: Willy West Community Room

Thursday, December 12, 6:00pm–8:30pm

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$38 for Owners; \$48 for non-owners

Join herbalist Linda Conroy for this hands-on class. You will make 8+ herbal gift items that you can gift or keep for yourself. The Community Room will be set up in stations and you will rotate through, making a different item at each station. Learn about the variety of herbs offered and select herbs that resonate with you. All supplies and decorative packaging provided.

FROM THE GARDEN: HERBAL GIFT-MAKING

Location: Lakeview Library

Monday, December 16, 5:00pm–7:30pm

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

Fee: Free; register at www.madisonpubliclibrary.org/events

Join herbalist Linda Conroy for this hands-on class. You will make 8+ herbal gift items that you can gift or keep for yourself. The Community Room will be set up in stations and you will rotate through, making a different item at each station. Learn about the variety of herbs offered and select herbs that resonate with you. All supplies and decorative packaging provided.



COOKING TOGETHER: FLAVORS OF AUSTRALIA

Location: Willy West Community Room

Friday, November 15, 5:30pm–6:45pm

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

Instructor: Lily Kilfoy

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

Join Chef Lily in this hands-on family cooking class. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. Participants will prepare Chef Lily's take on a meal inspired by flavors and dishes from the continent of Australia. A vegetarian "sausage" roll, savory pies, sweet peas, cherries, Fairy Bread, and more will be explored.

COOKING TOGETHER: FLAVORS OF RUSSIA

Location: Willy East Community Room

Friday, December 6, 5:30pm–6:45pm

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

Instructor: Lily Kilfoy

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

Join Chef Lily Kilfoy in this hands-on family cooking class. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a marvelous meal inspired by the flavors of Russia. Pirogi dumplings, borscht soup, stroganoff with noodles, Russian tea cake, and more will be explored.



KIDS IN THE KITCHEN: RAGING ROOTS!

Location: Willy East Community Room

Friday, November 8, 4:30pm–5:30pm

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

Location: Willy West Community Room

Friday, November 22, 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 kids cooking class. When fall arrives, that means an abundance of awesome root vegetables! Sweet potato quesadillas, beet cookies, carrot dippers with shallot dip and more! In this class, kids will whip up a marvelous meal using root veggies. Vegetarian and nut-free.

KIDS IN THE KITCHEN: POCKET PIES!

Location: Willy West Community Room

Tuesday, November 12, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join "The Kids Chef" Lily Kilfoy in this kids cooking class! In this class, participants will work together to make scrumptious savory and sweet pocket pies. A cauliflower and cheese combo, apple cinnamon turnovers, perhaps pizza-flavored pies will be prepared. We'll even round the menu out with a salad and drink. Vegetarian and nut-free.

KIDS IN THE KITCHEN: EDIBLE GIFTS!

Location: Willy West Community Room

Tuesday, December 10, 4:30pm–5:30pm

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

Location: Willy East Community Room

Friday, December 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 kids cooking class. We'll make scrumptious granola, cookie balls, chocolate-dipped pretzels, muffin mix and more. 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.

KIDS IN THE KITCHEN: COOKIE CRAZE!

Location: Willy East Community Room

Tuesday, December 17, 4:30pm–5:30pm

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

Location: Willy West Community Room

Friday, December 20, 4:30pm–5:30pm

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

Instructor: Lily Kilfoy

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

Join "The Kids Chef" Lily Kilfoy in this exciting kids cooking class. In this class, we'll work together to bake yummy and warm cookies from scratch. Participants will measure mix and pour as they create cookies to exchange with their classmates and take home.



HOW THE THYROID GLAND WORKS

Location: Lakeview Library

Tuesday, November 12, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; register at www.madisonpubliclibrary.org/events

Are you fatigued, constipated, and have brain fog and wonder if it's your thyroid hormone levels? Come learn about how thyroid hormones, essential to every cell in the body, are produced, and how auto-immunity, stress and inflammation interfere. Katy Wallace, Traditional Naturopath, will present the roles of minerals and diet in supporting the thyroid gland.

HEALTH BENEFITS OF MEAT

Location: Willy West Community Room

Wednesday, December 4, 6:00pm–7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; walk-ins welcome

Various animal meats have different nutritional qualities. Katy Wallace, Traditional Naturopath of Human Nature, will discuss their benefits and techniques for helping to improve digestion. She will discuss how meats can help lower inflammation and risk of disease, and also discuss the types of animal-farming operations that contribute to a healthy and sustainable planet.



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JUICE BAR NEWS

New Drinks at the Juice & Coffee Bar



by **Brendon Smith, Communications Director**

We recently conducted a review of our Juice Bars and realized three things:

1. Some customers were surprised to learn we sold made-to-order espresso drinks (we do, and we do them well!).
2. Given the popularity of our smoothies, we

should come up with a few new signature smoothie drinks.

3. Sometimes we missed out on seasonal drink options—'tis the season for all things pumpkin spice, after all.

To address the first point, we have renamed the areas to “Juice & Coffee Bar,” and we’ll be getting the word out about espresso drinks particularly around Willy North and Willy West, where there aren’t the number of coffee shops there are in the Willy East neighborhood.

We’ve also added some drinks to the menu! Although we hadn’t settled on the seasonal drinks by press time, we expect to roll them out at the beginning of December and change them along with the seasons. I’ve listed our new smoothies below. I

should mention that all of the ingredients in the smoothies listed below are organic (except for the ice cream and cocoa powder), as are most of the ingredients on our Juice & Coffee Bar menus.

GOLDEN MONKEY

This smoothie contains banana, honey, golden milk paste, and the milk of your choice. If you’re not familiar with golden milk, it gets its color from turmeric, and some kick from cinnamon, black pepper, and ginger. It’s popular for its immune-boosting, anti-inflammatory, and other health benefits. As a staff member said, “It’s a unique combination of a cool beverage with some heat from the spice.”

TROPICAL GREENS

Pineapple juice and mango make this smoothie sweet, balanced by the zing of ginger. Spinach and kale provide extra nutrients and mellow the flavor.

PRETTY IN PEACH

It’s been a while since we had peaches as an ingredient in a signature smoothie, and that had to change. This tasty treat is made with coconut water, peach, strawberry, and spinach. Sweet and nutritious!

VELVET HAMMER

This smoothie is an old favorite that we were recently able to reintroduce at Willy West, where we added Chocolate Shoppe Ice Cream at the Juice & Coffee Bar. (We offer single-, double-, or triple-scoop dishes of Old-Fashioned Vanilla or Zanzibar Chocolate.) The Velvet


Hammer blends espresso, ice cream, cocoa powder, and your choice of milk, plus chocolate-covered espresso beans for a little crunch.

MAKE-YOUR-OWN SMOOTHIES AND JUICES

The ingredients added to make the new signature drinks (pineapple juice, coconut water, and peaches) can also be used in make-your-own smoothies and juices. Almond butter (for an additional 50¢), pea protein, and MCT oil can also be added to drinks. I should mention that we will no longer be offering substitutions on our signature drinks, but you can always order your own customized combination.

HOT TODDY

Although it’s not new, I wanted to highlight the Hot Toddy. I know many people who swear by its restorative properties when they’ve got a cold or feel like one might be bearing down on them. It’s got honey, lemon, ginger, and hot water. The honey and hot water soothe the throat and cuts the acidity of the lemon (Vitamin C!), and the ginger is thought to enhance the immune system. You can also get the Hot Toddy Concentrate, available with our pre-bottled juices, and use it to make your own Hot Toddies at home. Sometimes I get a bottle of it at the beginning of the cold season, pour it into an empty ice cube tray (that I use specifically for this purpose—it can affect the taste of regular ice cubes later), and freeze it. Then, as I feel like I need a hot toddy, I drop a few cubes into a mug, add boiling water, give it a stir, and it’s almost immediately at the temperature where I can drink it.






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WINTER NEWS

Tricks for Avoiding the Winter Blues



by Megan Minnick, Purchasing Director

The dark days of winter are upon us! It can be quite a shock to the system when we set our clocks back in early November and all of a sudden it's getting dark at 4:00pm. This sudden darkness, plus the seasonally cold temperatures can be hard to take—both physically and mentally. I surveyed the Willy Street Co-op staff for any tips and tricks they may have for avoiding the winter blues. Here are the top 10 things that I heard back from them.

AROMA-THERAPY

Whether it's scented candles, room sprays, essential oils, or incense, the right scent can really make a difference on a gloomy day. Melissa from Willy North recommends "...anything that smells like a bonfire or a forest." Tonya from West especially likes the musky scent of Encens Dauroville Frankincense-scented incense.

Jess from our Purchasing Team has a lovely ritual that might be just the thing on a cold winter evening: "I love to mix my own combination of essential oils. You can use the carrier oil of your choice, grapeseed, argan, coconut...then add your essential oils. I like these for lifting your spirits: geranium, rose, and frankincense.

The ritual: All-over loofah before shower/bath, this will remove dead skin and make your skin super soft and clear, try the natural loofah sponge, but don't wet it... Next apply oil over dry skin, then shower and enjoy."



LIGHTING

Whether it's salt lamps or candles, indirect warm lighting can be just the thing to turn a dreary day into a cozy one. Our staff especially like candles from Wisconsin Candle Company, as well as any of the salt lamps we carry. Caitlyn from Willy East recommends a salt lamp in the bathroom to give off a "warm glow spa ambiance" during a shower or bath.



CITRUS

What would winter be without citrus? I'm not sure I want to find out. Citrus season is starting up this month and will continue all through the winter—right on time to alleviate the winter blues. Citrus fruits do double duty—they brighten your day with their tart flavors and vibrant

colors, and they give you an extra kick of Vitamin C to boost your immune system and ward off those nasty winter colds.

EXERCISE

Katie from Willy West said it best: "I get outside every single winter day and night. I don't always feel like it, but strapping on the headlight and heading to the woods and just walking or snowshoeing saves me. I come back inside feeling like a new person. I think folks would be surprised at how they wouldn't have to rely on other vices as much. Fresh, cold air is magic."

CBD

Though CBD is still in its infancy in terms of clinical testing, there is mounting evidence (both clinical and anecdotal) that it can be helpful in elevating mood. It's available in so many forms (capsules, tinctures, chocolates, beverages, cookies, and more), it can be hard to know where to start. Angie, our Wellness Category Manager, recommends starting with a tincture at a low dose and increasing slowly in order to figure out what's right for you. She particularly recommends Plus CBD Cafe Mocha flavored drops.

BATH TIME

Bath bombs, bath salts, bubbles, and more! Who doesn't crave a warm soak on a cold day?

Leslie from Willy North likes "A candlelit soak in a bath with Aura Cacia's Aromatherapy Mineral Bath. I especially love the Meditating Cedarwood."



CREATIVE DISTRACTIONS

Ethan from our Production Kitchen recommends anything done with other people, such as puzzles or multi-person cooking. Samantha from Willy East concurs; she reports that "working on puzzles and finding new recipes to cook are activities that help keep my brain busy during our long dark winters."

Writing is another creative practice that many of our staff recommend—journaling, creative writing, and writing down affirmations are all great ways to take your mind off the gloomy days ahead.



HOT DRINKS

Pretty much any hot drink can do the trick to warm your body and spirit on a cold, dark day. Our staff recommend golden milk (milk steeped with fresh turmeric root), green tea, hot toddies, masala chai, hot cider, coffee, red wine, porters, stouts.... well, maybe those last few aren't typically enjoyed hot, but they certainly can warm you up!

Flora from Willy East recommends the festive flavors of the Celestial Seasonings holiday teas. Michaiiah from Willy East prefers "CBD in coffee or some other caffeinated drink to zap the day into a balanced duo of relaxed alertness and motivation."



VITAMIN D3

Otherwise known as the sunshine vitamin, vitamin D3 is a popular supplement that many people take during the dark months of winter. In the brighter summer months, our bodies synthesize natural sunlight to create vitamin D3, but this time of year, sunlight can be hard to come by. Vitamin D3 deficiency can lead to a weakened immune system, fatigue, and depression—all things that most of us would like to avoid this winter! Angie from Wellness recommends Rainbow Light Sour Lemon Sunny Gummies as a delicious and easy-to-take vitamin D3 supplement.

FIRE (INDOORS OR OUT)

If you happen to have an indoor fireplace, use that. Otherwise, Kirsten from our Central Office recommends an outdoor fire when the temps are warm enough: "When it's unseasonably warm and sunny, like 38 or above, I'll do a daytime fire in the yard. It gets me outside when the sun is shining so I can get some natural vitamin D on the face. Having a fire is fun and feels good, and the combination with the cold air is refreshing."

Don't forget, our stores carry local firewood all winter long!



PRODUCE NEWS

The Lesser-Known Winter Squashes



by **Mike Burns, Product Placement Manager**

Feel like trying some new this fall? There is no better time to check out these lesser-known winter squashes than right now in all our Produce departments. Most everyone is familiar with butternut, acorn, or even spaghetti squash, but what about some of the winter squashes you

may not be so familiar with? Do not be intimidated by these squashes. My best advice: skip trying to peel these beasts and just cut them open, remove the seeds (which you should try roasting for added deliciousness) and roast them with a little oil or butter and a dash of salt and you can't go wrong. As you feel more comfortable, try out some more complicated recipes. You won't be disappointed! Here they are.

DELICATA

One of the most tender and thin-skinned winter squash, the delicata does not store well (compared to other winter squash) but can actually be eaten raw if sliced thin enough. This squash is in the same species as summer squash or zucchini with just slightly tougher skin and later harvest.



The flesh is flavorful and reminds me of a sweet corn flavor with hints of chestnut, but best of all, no peeling!

Try it in: I tend to just roast my delicata, removing the seeds first of course, but you can leave the skin on and it cooks fairly quickly compared to other winter squash. Try seeding it, cutting it in half and baking it for 30 minutes or so. Add whatever you'd like but it's great with just some butter and light salt.

CARNIVAL

The carnival squash's beautiful exterior and delicious interior is a result of crossing Sweet Dumpling and acorn squash. Unlike the delicata squash, the carnival has a very



thick and tough skin, similar to that of acorn squash. The exterior of the carnival squash is quite attractive and gives a great culinary display with stuffed squash dishes. For the flesh, it is very similar in taste to delicata but with the firmness of acorn squash.

Try it in: Given how tough and difficult the skin is to peel, most folks just cut the squash in half, bake it and then scoop out the flesh. For that reason, try some stuffed squash recipes or roasting it then scooping it out and using it in a puree or baking dish.

KABOCHA (GREEN OR RED)

This Japanese "pumpkin," as it is sometimes called, is one of the sweetest winter squashes. The exterior is usually either dark green or a bright red-orange, similar to the Red Kuri. You can tell the difference between red kabocha and Red Kuri by their shape, with the kabocha being flatter on the top without the Kuri's stem point. The flesh is a vibrant yellow-orange that when cooked can be a bit dry and crumbly.

Try it in: Basically anything you would use sweet potatoes in...such as curries, soups, stir-fry or on its own. Given the dryness of the squash, I prefer using it with sauces or liquids.

RED KURI

A close relative to the hubbard squash and another Japanese native, the Red Kuri squash is one of my personal favorites. The name in Japanese means "chestnut" and it is quite fitting, given its nutty flavor. With a



high concentration of beta carotene, mild sweetness, and dense texture, this is a great all-around squash to add to your list.

Try it in: Kuri is very versatile and can be used in a variety of ways. I'm a fan of it in Thai curries and soups but you can puree it and make a pie with it, add it to a casserole or just plain roast it.


BLUE HUBBARD

Saving the biggest squash for last, the Blue Hubbard is a great choice for feeding a large group. This unique squash also has a rather funky look that reminds me of a warty giant blue-gray lemon...

for lack of a better description. The flesh is bright orange and has a much milder, less sweet taste compared to other winter squashes.

Try it in: I would use it like a baked potato: butter, chives, salt and pepper and dare I say...bacon!






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Alden's Organic Vanilla Bean Ice Cream

Perfect with pie!

48 oz • Save \$3.50

\$5.99



Field Roast Hazelnut Cranberry Roast En Crouste

32 oz • Save \$4.50

\$13.99



Bionaturae Organic Durum Semolina Dried Pasta

All Kinds on Sale!

16 oz • Save \$1.58/2

2 for \$4



Wholesome Sweeteners Organic Brown Sugar

Light, Dark

24 oz • Save \$2

\$3.49



Napa Valley Naturals Organic Balsamic Vinegar

12.7 oz • Save \$1.80

\$4.99



Bob's Red Mill Superfine Almond Flour

16 oz • Save \$2.50

\$8.99



So Delicious Coco Whip

Regular, Lite

9 oz • Save \$1.80

\$2.99



Cauliflower Live Life on the Veg Pizza Crust

Gluten-free!

12 oz • Save \$1

\$6.99



Clif Spiced Pumpkin Pie Bar

Seasonal flavor!

2.4 oz • Save 25¢

\$1.00



Field Day Organic Cookies

All Kinds on Sale!

8-12 oz • Save 70¢

\$2.99



The specials on this page are valid November 13-December 3

All Specials Subject to Availability. Sales Quantities Limited.

willy street co-op

Holiday Offerings



Turkey Options

All Thanksgiving turkeys will be available for pre-order Friday, Nov. 1st - Thursday, Nov. 21st or while supplies last. *We cannot guarantee exact weights, but we do guarantee pre-ordered turkey will be within the weight range ordered.*

Please specify the store at which you will pick up your turkey. Open-stock Turkeys available starting on Friday, Nov. 22nd.

Bell & Evans

Organic Fresh Turkey

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

\$5.99/lb Small: 10lbs.-13+lbs.
Medium: 14lbs.-17+lbs.
Large: 18+lbs. and more

Ferndale Market

All-Natural Fresh Turkey

From Cannon Falls, Minnesota. Free-range turkey, fed on a corn and soybean-based meal.

(All-Natural Frozen Turkeys available at North only)

\$2.49/lb Small: 10lbs.-13+lbs.
Medium: 14lbs.-17+lbs.
Large: 18+lbs. 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

Pick up between Friday, Nov. 22nd and Thanksgiving Day (Thursday, Nov. 28th) at 2:30 pm. The earlier you pick up your turkey, the closer we can get to your preferred weight.

Pie Options

Willy Street Co-op's Production Kitchen uses local eggs and butter, plus local produce when we are able. All pies use Certified Organic crusts from Wholly Wholesome.

Local Apple and local Pumpkin pies available as vegan/made without gluten.



Local Apple Pie
\$18.49/ea

Apples from Sunrise Orchards Gays Mills, WI.

Vegan/made without gluten for **\$19.99/ea**



Local Pumpkin Pie
\$18.49/ea

Pumpkin & squash from New Traditions Farm Hillsboro, WI.

Vegan/made without gluten for **\$19.99/ea**



Local Door County Cherry Pie
\$18.49/ea

With Door County tart cherries.



Pecan Pie
\$19.99/ea

Made with US-grown pecans.

Holiday Deli Grab & Go Offerings

This year we will be offering pre-portioned Thanksgiving foods to help you with your holiday meals. This food will be available in our Deli Grab and Go sections at all three stores for the latter half of November. Portions serve around four people and most come in oven-safe aluminum pans for easy re-heating.



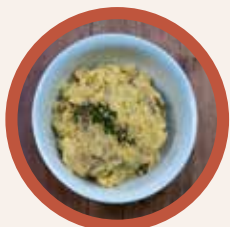
Roasted Ferndale Turkey Breast
(made without gluten)
\$15.99 /ea. 32 oz



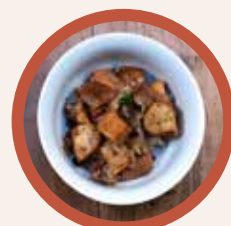
Green Bean Casserole
(vegan)
\$12.99 /ea. 32 oz



Maple Roasted Root Vegetables
(made without gluten)
\$12.99 /ea. 24 oz



Garlic Mashed Potatoes
(vegan)
\$8.99 /ea. 32 oz



Sage Stuffing with Cranberries
(vegan)
\$8.99 /ea. 16 oz



Cranberry Sauce
(vegan & made without gluten)
\$8.99 /ea. 16 oz



Traditional Gravy
\$8.99 /ea. 16 oz
Mushroom Gravy
(vegan & made without gluten)
\$8.99 /ea. 16 oz

Meatless Options

Field Roast Hazelnut Cranberry En Crouete Roast
On sale for \$13.99/ea

Save \$4.50/ea. 32 oz
On promo from 11/13/19-12/3/19

Field Roast Vegan Grain Meat Celebration Roast
On sale for \$4.99/ea

Save \$2.30/ea. 16 oz
On promo from 11/13/19-12/3/19

Gardein Savory Stuffed Turk'y
On sale for \$6.99/ea

save \$1.50/ea. 16 oz
On promo from 10/30/19-12/3/19

Available at East & North

Gardein Holiday Roast with Stuffing and Gravy
On sale for \$13.99/ea

Save \$4.00/ea. 40 oz
On promo from 10/30/19-12/3/19

Quorn Turk'y Roast
On sale for \$5.99/ea

Save \$1.80/ea. 16 oz
On promo from 10/30/19-12/3/19

Available at North & West (not vegan)

Turtle Island Foods Tofurky Vegetarian Feast
On sale for \$22.99/ea

Save \$7.00/ea. 3.5 lb
On promo from 10/30/19-12/3/19

Available at North & West

Turtle Island Foods Tofurky Vegetarian Roast
On sale for \$10.99/ea

Save \$3.00/ea. 26 oz
On promo from 10/30/19-12/3/19

Available at North & West

Turtle Island Foods Veggie Ham Roast
On sale for \$10.99/ea

Save \$3.00/ea. 19 oz
On promo from 10/30/19-12/3/19

Available at North & West





OATLY ICE CREAM

New in the freeze—Oatly’s frozen dessert! Try this new vegan ice cream. Available at West.



KITE HILL DIPS

Great for holiday gatherings! Dairy-free dips. Choose from Ranch or French Onion. Pair with chips or fresh veggies on the appetizer spread. Available at East, West, and North.



YOGI TEA SWEET CLEMENTINE STRESS SUPPORT TEA

Feeling the stress this season? Relax with a warm, steaming cup of this new tea blend from Yogi Tea. Formulated with Ashwagandha, an Ayurvedic adaptogenic herb used for centuries to support the body’s ability to cope with stress and to help promote long-term health. With lemon balm, lemongrass, and orange peel to add a bright citrus flavor. Caffeine-free and certified organic. Available at East, West, and North.



YOGI TEA BLACKBERRY APPLE CIDER DIGESTIVE AWAKENING TEA

Also new from Yogi Tea is their Blackberry Apple Cider Digestive Awakening Tea. Digestion feeling a little sluggish? This tea blend contains tart apple cider vinegar to support the digestive system, with ginger and blackberry. Warming, soothing, and caffeine-free. Available at East, West, and North.



HAROLD'S GLASS BASTER

In the market for a new turkey baster? Consider this tempered glass one! 11 inches long, can hold up to 2 oz of fluid. With a silicone bulb. Who's classy now?! Available at East, West, and North.

HONEY GARDENS ELDERBERRY SYRUP

Natural immune support in a delicious syrup! This Vermont-based formula combines elderberries with raw honey, propolis, echinacea, and apple cider vinegar. Get a bottle to have on hand for cold season. Available at East, West, and North.



PUZZLES!

Calling all puzzlers! We heard you—we have brought in a ton of puzzles! They make fantastic gifts, or a great activity for the whole family. We have large 1000+ piece puzzles for heavy users and small 16 piece puzzles for wee ones. The selection will be different at each store, so shop around at all three locations to see everything we have to offer! Available at East, West, and North.

J.R. LIGGETT'S SHAMPOO BARS—NEW VARIETIES!

We have expanded our selection of the classic shampoo bar brand—J.R. Liggett’s! All stores have the Original Shampoo Bar, and now you can also find two new varieties: Tea Tree & Hemp (no fragrance added, recommended for folks with itchy scalps) and Coconut & Argan Oil (no fragrance added; adds a luxurious lather than moisturizes and conditions hair). We also have mini bars for each—try them all! Available at East, West and North.



willy street co-op

HOLIDAY DELI OFFERINGS

The Deli hot bars at each of our stores will offer the following Thanksgiving foods every Thursday in the month of November. We will also be offering this menu Tuesday, Nov 26th through Thanksgiving Day (Thursday, Nov. 28th) at 1:00pm:

- ➡● **Roasted Ferndale Turkey Breast** (made without gluten)
- ➡● **Maple Roasted Root Vegetables** (made without gluten)
- ➡● **Green Bean Casserole** (vegan)
- ➡● **Traditional Gravy**
- ➡● **Mushroom Gravy** (vegan & made without gluten)
- ➡● **Sage Stuffing with Cranberries** (vegan)
- ➡● **Garlic Mashed Potatoes** (vegan)
- ➡● **Hazelnut Cranberry Field Roast En Croute** (vegan)

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

We're Not Just Your Neighborhood Bank. We're Your Neighbors.



A Great Offer for New Customers!



Monona Bank™

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

JUST FOLLOW THESE THREE EASY STEPS:

- 1 OPEN** a True Checking account with at least \$100. We make banking simple with no minimum daily balance requirement and absolutely no monthly service charge.
- 2 START** using at least two other qualified accounts or services which may include: online or mobile banking, debit or credit cards, Bill Pay, and other options.
- 3 SET UP** regular ongoing 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, 2019.

Exclusive CD Bonus Offer!

EARN **3.00%** Annual Percentage Yield (APY) when you open a new client Certificate of Deposit for 13 months at the same time you take advantage of our new client checking offer.

This special CD bonus rate is available on your deposit up to \$20,000, with a minimum of \$1,000 to open the CD. The interest earned will not compound with the CD and will be conveniently transferred into your new Monona Bank checking account. Naturally, you'll be charged a penalty fee if you withdraw your funds early and fees will reduce your earnings. Minimum to earn the 3.00% APY is \$0.01. This offer expires December 31, 2019.

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Odds and Ends

A Look at Our Cooperative Mandate to Nourish and Enrich

by Ben Becker, Newsletter Writer

For many Co-op Owners, it is not always clear what role our Board of Directors plays at the Willy Street Co-op. To many staff, this is not always clear either. As the elected representatives for over 35,000 shareholders, Board members have a monumental responsibility. Yet, their impact is often subtle and not so easy to perceive. Many of the concerns our Owners have about our stores such as product selection, operating hours, or how our shelves are stocked are outside of the Board's direct influence. Yet the decisions our Board of Directors makes reaches into every aspect of not only what we do every day, but what our identity is as an organization.

A prime example of the Board's far-reaching influence is their responsibility to review and approve the Co-op's budget each year. This decision may be one of the broad strokes, but it informs how we commit the resources we have at hand—resources that may be utilized for improving institutional knowledge, or developing close personal links between Owners, Board members, community, and staff. Even more than that, the participation the Board has in our budgeting process influences our priorities and provides some of their more immediate direction for the organization. Still, while this heavy fiduciary duty may fall on their heads, determining how each dollar will be spent, each purchase that will be approved, or which tactics will achieve the overall strategy, are all minute decisions in which the Board will not interfere.

This level of removal from the day-to-day operations of our Cooperative may seem limiting at first glance, but it is in fact a very empowering aspect of the Board's role, and one which invites a more democratic channel to selecting our organization's leadership. By delegating authority to management to handle operations, our Board of Directors is not limited by a need for expertise in the grocery business. The Board's policies create an appropriate level of separation between Directors and the everyday operations so that qualified managers can attend to business while the Board can maintain a set of standards to evaluate performance.

Most primary of Board policies is the Ends policy. This policy sets forth a broad vision for the organization and what it is intended to achieve. The language given by the Board of Directors as our Ends is as follows:

Willy Street Grocery Co-op will be at the forefront of a cooperative and just society that:

Has a robust local economy built around equitable relationships;

Nourishes an enriches our community and environment;

And has a culture of respect, generosity, and authenticity.

All Board policies are written to govern both how the Board will perform their duties and what is expected of operations and management in the course of overseeing the Co-op's business. While their policies are necessarily prescriptive, they are also relatively broad and vague in much of their language. By providing room for interpretation, the Board gives the flexibility to management to determine how best to fulfill the intentions of the Board's directive. A good demonstration of this is the approach to reporting on the "Communication to the Board" Policy. Section seven on this policy requires that the Board be informed, "should the GM believe that any of the Board's policies should be clarified, amended, deleted or made more specific." This language is rather straightforward, and staff interprets compliance with this section to be achieved so long as they call out the policy language they believe needs to be revised. Compare this with another section of the same policy: "Make the Board aware of relevant legal actions, media coverage, trends, public events of the cooperative, or internal and external changes." What is considered relevant is ultimately up to management to determine, and under the current interpretation, management defines relevant changes as those "that have impacted or are likely to impact staff, operations, the Board, sales projection, or our community..." Under this policy governance model, any interpretation of the policy that could be considered reasonable should be accepted by the Board. This is very much the same approach applied to achieve compliance with the Ends Policy.

ENDS AND MEANS

Unlike other policies the Board has created for the governance of the cooperative, the Ends Policy is far more visionary in scope. Still, the approach of allowing management to interpret how best to accomplish the intentions of the policy remains in regard to the ENDS. To put it another way, as the Board determines the Ends, operations will provide the Means to achieve them. Matching the far-reaching scope of the Board's Ends, management interprets the accomplishment of these goals as being reached through a myriad of methods. There are a number of great examples of how our operations make Ends a reality.

RETAIL READY LAB

Through the work of the Retail Ready Lab, an incubator program in which local vendors who are new to retail sales are assisted by Willy Street Co-op staff in learning what it takes to successfully supply vendors, the Co-op furthers the pursuit of nourishing and enriching our community, one of the aspects of our Ends. At the same time, the Retail Ready Lab's payment of local vendors and graduating many of them to supply our regular product mix also helps us to achieve another area of our Ends, in that this practice promotes a robust economy built around equitable relationships.

IN TRANSLATION

Management has also worked to achieve the goal set forth in our Ends policy of furthering a culture of respect, generosity, and authenticity by continuing to offer plain language and Spanish and Hmong language translations of Owner documents and information so that non-English speakers can feel more comfortable shopping in our stores. These are only a few ways that Willy Street Co-op operations continue to pursue the realization of the Ends which we are assigned.

OTHER MEANS

In reporting to the Board of Directors, management has identified over 100 strategies, programs, partnerships, activities, or forms of funding the Co-op does to bring about the vision of the Board's policy. Each year, operations not only reports on the status of these endeavors but highlights new and significant means as well. In 2019, those means which were seen as particularly noteworthy included the continued offering of the \$5 Dinner each month at Willy North; our efforts to increase staff compensation, including a raise in our base wage; a significant milestone in our partnership with Community Shares of Wisconsin in which we reached a record of more than \$300,000 in charitable giving in one year through the CHIP program; the first discarded waste audit in our Cooperative's history in which we demonstrated a success rate of 81%; the development of product endorsement guidelines for our staff to use in selecting products so that they closely reflect the values established by our Ends policy; and a new mural at Willy North resulting from engagement of staff and our local community in partnership with Dane Arts Mural Arts.

Just as what will constitute compliance with other policy governance policies is a matter of interpretation for management, so too are the means by which operations will accomplish the Ends. In reporting to the Board on how their Ends policy is achieved, Co-op management has broken the Ends statement into three aspects of how the cooperative can be "at the forefront of cooperative and just society...". Each of these aspects of our mandate—a robust economy built around equitable relationships, nourish and enrich our community and environment, and further, a culture of

respect, generosity, and authenticity—is individually interpreted. The interpretation of each of these aspects sets forth several strategic standards that management uses to determine how an activity forwards our Ends. How a particular endeavor fits into management's interpretation of compliance is incumbent on that program or project's fulfillment of these strategic standards.

Often times, specific projects or activities are seen as not only fulfilling several strategic priorities simultaneously but frequently accomplishing more than one aspect of the Ends. For example, in 2019 management reported to the Board that the activity of adding 33 new local vendors was one way in which we met the strategic priority to "Support and grow our network of local Vendor," a priority by which we, in turn, achieve a robust economy built around Equitable Relationships. However, adding new local vendors can be seen to not only have a positive economic impact on the local sphere, but it also helps to nourish and enrich the community as well.

NOURISH AND ENRICH OUR COMMUNITY AND ENVIRONMENT

Identifying the strategic priorities to engage in so that we might nourish and enrich our community and environment demonstrates some of the best things Willy Street Co-op does and how our staff, Owners, Board members and managers all see their organization as more than a grocery store and as a force for positive change both at home and abroad. In order to report on compliance with this aspect of the Ends policy, management has identified four strategic priorities:

1. Creating an accessible and vibrant food culture within the community by promoting access to local foods, food security, and collaboration among businesses in the community.

Creating an accessible and vibrant food culture and providing access to local foods is truly central to our business. Putting locally grown and manufactured groceries on our shelves is just the face of this strategy, however. Creating access and food security also means making sure more people can get their hands on the sustenance they need. We accomplish this through several initiatives. Our participation in the SNAP program at each store and the WIC program at Willy North means that those who are financially vulnerable can utilize these resources and help keep these dollars flowing back into the community. Access to our local products is also augmented by the Access Discount program, and we committed \$244,505 in Access Discounts in Fiscal Year 2019 (July 3, 2018 through June 30, 2019). Willy Street Co-op doesn't just use its own products to address hunger either. In the past year, we have continued to promote our food donations collection, ultimately donating 7,695 pounds of food to pantries and food banks, as well as supporting the Pantries of Plenty Community Fund Drive, where

we contributed \$10,000 for six food pantries. Working to fight hunger and food insecurity is something that can be done through more than just improving food access and supporting distribution, it can also be accomplished through education. The Co-op has proudly offered 153 classes and consultations for free or at fair prices to the community in order to educate about local foods, nutritious and economical eating, and cultural cuisine explorations.

2. Increasing economic opportunity in our community by offering local employment, opportunities for local producers, charitable contributions and partnership to public and private partners

Willy Street Co-op sees providing economic opportunities as an important way to nourish and literally enrich our community. By working to employ members of our community at wages that are competitive or livable, we put dollars in the hands of staff who can support our local economy and community through their spending, so we see our employing of over 400 people as an essential and direct way to economically support the community. The majority of staff are also eligible for full-time benefits such as health insurance and a Co-op-supported retirement plan. These benefits can create more economic stability for our staff, both supporting them as community members and creating greater spending power.

While employment is by far one of the biggest ways we support the local economy in terms of dollars dedicated, we also work to economically enrich our community through partnerships and charitable giving. An important partnership that creates economic opportunity is the one we have with Sharing Spaces and Innovation Kitchens, who partner with local growers to process 8,261 pounds of local produce in order to make them shelf-stable and available for winter.

Charitable giving and providing for community events is also a major focus for the Co-op. We reported last year's donations of \$42,855 to local organizations for events and providing \$60,000 in community event sponsorships. We also supported schools to the tune of \$8,339 through our SCRIP Program (schools buy gift cards at a 9% discount and sell for full price).

As a cooperative, Willy Street Co-op also sees supporting other cooperatives as an important way to build a stronger community. To do so, Co-op staff often share their knowledge and expertise at cooperative events like the UW Small and Strong Conference in order to educate other co-ops on best practices in addition to providing mentorship and technical support to neighborhood, Regent Street Market and other co-ops.

3. Furthering intercultural development in order to foster greater diversity, inclusion, and equity.

Promoting a diverse, and inclusive community helps to enrich our community by promoting a variety of views and cultures. The Commu-

nity Reinvestment Fund has proved a valuable tool in this pursuit, as it has provided the funds necessary for grants to other organizations such as the Bayview Foundation to increase intergenerational learning in their Kids Cook program, or the Briarpatch Youth Services for their Northport Street Team connecting at-risk teens with work and service opportunities, and also Groundswell Conservancy to create land security for immigrant and minority farmers, and Wisconsin Books to Prisoners for Canteen Cuisine.

4. Continuing, advancing, and researching practices that promote environmental sustainability, and the betterment of our community spaces.

As environmental threats such as climate change promise to have drastic consequences for not just our planet but for our community and local farmers as well, nourishing and enriching our environment is more important than ever. In order to evaluate our impacts, both negative and positive, Willy Street Co-op measures and shares our performance with cooperatives nationwide regarding our sustainability. This form of reporting looks at areas such as water consumption, energy use, waste production, and carbon footprint. To reduce our dependence on carbon-based energy, we have created a diverse energy portfolio, which includes our generation of renewable solar energy in partnership with Legacy Solar, and our purchase of wind-based power through the MG&E Green Power Tomorrow Program.

For the first time this year, we got an in-depth view of how we perform in managing material waste when we conducted a food waste and discarded materials audit at all five sites (the three stores, our Production Kitchen, and our Central Office). Through this work, we established a baseline of performance, as 81% of the waste generated by employees and customers was discarded correctly.

To reduce our carbon footprint, we have continued our composting efforts at all sites and added a composting station at Willy North for the Commons. In addition to organics recycling, we regularly engage in recycling electronics via Cascade Asset Management. Additionally, in order to manage material waste, we have continued to work towards reducing consumption of single-use plastics with the introduction of items such as cardboard biodegradable berry packaging, certified home compostable produce bags, and compostable straws.

By perpetually working to nourish the environment and care for our community, operations management continues to work to not only maintain a healthy grocery business but an organization that fulfills the vision our Board and Owners have set forth. As the Board, Owners, management, and staff work together towards an ever-evolving set of policies and goals, we can look forward to our cooperative having a positive impact on our community and our planet.

Double Dollars, Pantries of Plenty, Belonging, and Our Gratitude



by **Kirsten Moore,**
Cooperative Services Director

Thanksgiving is upon us, and we are so grateful to be part of your community and to support your ability to break bread together this holiday season.

DOUBLE DOLLARS ENTERS ITS FOURTH SEASON AT THE CO-OP

It feels like just yesterday that the City of Madison asked us to pilot their Double Dollars program in the retail setting with \$45,000 from a United States Department of Agriculture Food Insecurity Nutrition Incentive Grant in 2016. The years have just flown by, and last month Double Dollars entered its fourth season at your Co-op.

Starting October 1, we began accepting any Double Dollars vouchers customers received last season, and from October 22 to March 10 we'll be distributing Double Dollars on Double Dollars Tuesdays. Customers who use their FoodShare/QUEST (SNAP) benefits when they shop will be eligible to receive Double Dollars vouchers 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 (unused vouchers can be saved for the following October). Vouchers are good for any item in our Produce department; canned and frozen fruits, vegetables, and legumes; and seeds and seedlings for edible plants to grow in your garden.

Double Dollars is a City of Madison and Dane County program administered by the Community Action Coalition for South Central Wisconsin. From late fall to mid-spring, Double Dollars are available

at the Co-op, and from June to late fall, Double Dollars are available at participating farmers' markets while funds last.

DOUBLE DOLLARS DEMAND IS GROWING, ESPECIALLY AT THE FARMERS' MARKETS

Each year, more and more people are learning about the value of Double Dollars and how the program makes a difference in the food budgets of those using FoodShare/QUEST benefits. This is especially true at the farmers' markets, and it is great that the program has gained so much community awareness and that this program is so valuable to its participants. In the first year the Co-op joined the program, redemptions increased at the farmers' markets a whopping 45%. In our first season of Double Dollars, the Co-op redeemed 58% of all Double Dollars vouchers redeemed at both the Co-op and the farmers' markets, and in our third season, we redeemed 50%, meaning that the two sections of the program are now about the same in size. This past summer, the farmers' markets had such a demand for Double Dollars, the farmers' market Double Dollars season ran out of its budgeted funds early and CAC decided to temporarily suspend distribution so that there would be enough funds to support next year's farmers' market season. Based on past trends, we estimate a 9% increase in demand at the Co-op this season over last.

Funding for the Double Dollars program is currently 100% reliant on donations and contributions for the vouchers alone, and total demand for the program at both the Co-op and the farmers' markets is outpacing current funding streams. The coalition of Double Dollars partners are currently working on a fundraising strategy in consultation with Amanda White Consulting, thanks to the Force For Positive Change Award the Co-op received in 2018 for the Double Dol-

lars program. We are looking forward to working with Community Action Coalition and our public partners and learning more about how to best manage current demand and the future of this important community program.

DOUBLE DOLLARS IS A COMMUNITY PROGRAM, YOUR CONTRIBUTIONS MAKE A DIFFERENCE!

Did you know that since April of 2017, your Co-op has contributed almost \$173,000 to Double Dollars all thanks to our customers? It's true! Your Co-op—through your cash contributions using scan cards at the registers, and the Co-op saving money for the program each and every time you reuse grocery bags—is currently Double Dollars' largest funder. The Double Dollars Fund supports providing all the vouchers at the Co-op, and some of the vouchers at the farmers' markets as well. If you haven't yet supported the Fund, but want to get involved, you can do so two ways: 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. All monies that go to the Double Dollars Fund are sent to Community Action Coalition to administer the program.

Maybe you're a Co-op Owner who lives out of town and only shops a couple times a year? Or maybe you prefer to make your donations to community nonprofit programs directly on line. You too can support the Double Dollars program via Community Action Coalition's Double Dollars campaign on Classy at www.classy.org/campaign/double-dollars/c237028.

Cash donations via the scan cards at our registers and donations made directly to Community Action Coalition are tax deductible.

HOLIDAY PANTRIES OF PLENTY IS BACK! YOU SUPPORT DOUBLE DOLLARS, WE SUPPORT LOCAL FOOD PANTRIES

Supporting the Double Dollars Fund in November and December counts double! All November and December we'll give a 1:1 match on your cash donations and bag reuse. When you make a cash donation or reuse bags to support Double Dollars, we will match up to \$10,000 of your support by providing Pantries of Plenty to our five neighborhood food pantries: Goodman Community Center Fitz Food Pantry, Lussier Community Education Center, Middleton Outreach Ministry, The River Food Pantry and the newly re-opened Wil-Mar Neighborhood Center. The match will be split five ways and provided in Co-op gift cards for the pantries to acquire 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 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.

NEW SIGNS IN FOYERS: ASSERTING EVERYONE WELCOME

Co-op Principle 1 states "cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination." We uphold Cooperative Principle 1 as part of our allegiance to the International Cooperative Alliance, per our bylaws, and because it's simply the right thing to do. As Anya Firszt noted in her General Manager's Report, our Co-op has recently been misused to spread hateful messages about the ways certain people in our community identify their gender. For this reason, we feel it is imperative that we take action and remind all entering our spaces that Everyone is Welcome. One way we have done this is by posting new signs in all of our foyers. They state "Everyone Welcome: In our Co-op spaces we assert the right of all people to be treated with respect and dignity without reference to race, color, religion, gender, sexual orientation, gender identity, national origin, age, disability, genetic information, marital status, amnesty or status as a covered veteran." While we wish this was something we did not have to explain in this day and age, we stand by it, we will enforce it when necessary, and we are proud to uphold and re-assert our Cooperative Principles and values. To those who shop our stores or use our spaces and services and were not previously aware: everyone is welcome, and can belong as they so choose.

SUPPORTING EACH OTHER THIS HOLIDAY SEASON

Whether you are participating in FoodShare/QUEST and looking for ways to stretch your food budget further, or you're seeking avenues to contribute to the community's ability to purchase fresh foods locally; whether you're reusing bags and wanting that reuse to be noticed and make a difference, or if you're simply looking for a space to spend time with your neighbors where we all feel like we can belong, your Co-op is doing its part to be a place for you and our community. Happy Thanksgiving to our Owners, customers, employees, and neighbors. We have a lot to be grateful for working together to make our Co-op for everyone.

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RECIPES

Maple Glazed Sweet Potatoes

From Willy Street Co-op Production Kitchen

The sweet potato has never tasted so good! One of your favorite dishes re-imagined with more color and flavor than ever before.

- 4 1/2 tsp. tapioca flour
- pinch salt
- 1/4 tsp. cinnamon
- 1/4 c. dried cranberries
- 1/4 c. maple syrup
- 1/4 c. apple juice
- 1/4 c. orange juice
- 3 1/2 lb. sweet potatoes, cut into cubes

Directions: Steam sweet potatoes over boiling water until just tender, about 10-12 minutes. Set aside. In a saucepan over medium heat, combine the orange juice, apple juice, maple syrup, dried cranberries, cinnamon, and salt. Bring to a simmer. Slowly stir in the tapioca flour, and raise the heat to medium high, and while stirring, bring to a gentle boil. Remove from heat. In a large bowl, gently toss the sweet potatoes with maple glaze to coat. Enjoy!

Parmesan Polenta with Roasted Butternut Squash

Creamy and ultra flavorful, the polenta is the perfect accompaniment for bright butternut squash.

- 1 butternut squash
- 1 red onion
- 2 1/2 c. broth
- 3/4 c. corn meal
- 2/3 c. parmesan
- 1 c. water
- 1 tsp. fresh herbs
- 2 Tbs. olive oil
- 1 tsp. cumin
- 1/2 tsp. nutmeg
- sea salt
- pepper

Directions: Preheat oven to 400°F. Toss squash and onion with olive oil, cumin, nutmeg, salt, and pepper. Spread on a cookie sheet and roast for 40 minutes turning once. 3. Combine broth and water and bring to a boil. Whisk in corn meal and herbs. Reduce heat to low, cover, and simmer for 10 minutes or until thick. 4. Remove from heat and stir in parmesan. Serve polenta with oven-roasted squash and onion on top.

Creamy Harvest Soup

- 3 lb. butternut squash
- 3 1/2 lb. carrots, coined
- 3 lb. sweet potatoes
- 1 large onion, minced
- 1 Tbs. salt
- 1/4 c. olive oil
- 1 bay leaf
- 2 qt. veggie broth
- 2 1/2 qt. soymilk
- Parsley

Directions: Halve the sweet potatoes. Halve the squash, sprinkle with olive oil and remove seeds. Bake both for 45 minutes at 350° until tender. At the same time, mix the carrots with a small amount of additional olive oil and salt and roast until dark, but not burned. While the vegetables are baking, sauté the onion and bay leaf in 1/4 cup olive oil until slightly caramelized. Add soymilk, salt, and veggie broth. Simmer very lightly to release bay leaf flavor into the soup. After the vegetables are done, scoop out the flesh from the squash and sweet potatoes. Add the vegetables to the soup. Puree with hand mixer or in blender until smooth. Adjust with more broth if the soup is too thick. Garnish with parsley and serve.

Turkey Hash

Adapted from www.saveur.com.

Loaded with leftover turkey and other Thanksgiving ingredients, this hearty hash would make an excellent day-after-Thanksgiving breakfast (or lunch, or dinner)!

- 1 c. chicken stock
- 1 c. cream

- 1 tsp. Worcestershire sauce
- 2 dashes hot sauce
- 1 Tbs. dry sherry
- 4 Tbs. butter
- 3 slices bacon
- 1 onion
- 1 red bell pepper, diced
- 1 poblano pepper, diced
- 1 lb. red potatoes, diced
- 1 Tbs. chopped fresh thyme
- 3 clove garlic, minced
- 2 c. chopped cooked turkey
- 4 eggs

Directions: In a small bowl, whisk together the chicken stock, cream, Worcestershire sauce, hot sauce, and sherry. Set aside. Heat a large skillet over medium-high heat. Melt 2 tablespoons of the butter, and add the bacon. Cook until crispy, about 5 minutes. Stir in the onion and peppers, and cook until softened, 10-12 minutes. Add the potatoes, garlic, and chopped turkey, and sprinkle with salt and pepper. Cook, stirring occasionally, until the potatoes begin to turn golden, about 15 minutes. Pour the stock and cream mixture evenly over the hash, then mash lightly with the back of a spoon, pressing the hash into the skillet. Cook until the hash holds together in a loose cake, and is browned on the bottom, 25-30 minutes. Set a 12-inch plate over the skillet, and carefully flip over to invert the hash onto the plate. Set aside.

Melt the last 2 tablespoons of butter in the skillet and scrape up any browned bits. Slide the hash back into the skillet, with the cooked side up. Crack the eggs on top of the hash. Cook until the potatoes are tender and the hash is browned on the bottom and the eggs are set, about 10 minutes.

Serve hot, with more hot sauce if you like.

Middle Eastern-Spiced Squash and Bean Stew

Adapted from www.sproutedkitchen.com.

This hearty stew is comfort food at its best. Not heavy, but satisfying and full of healthy ingredients.

- 2 Tbs. coconut oil
- 1 onion, diced
- 2 carrots, diced
- 4 clove garlic, minced
- 2 red chiles, diced
- 4 roma tomatoes, chopped
- 1 Tbs. ground cumin
- 1 Tbs. tomato paste
- 3 c. cubed butternut squash
- 3 c. vegetable stock
- salt and pepper
- 14 oz. chickpeas
- 1 lemon, juiced and zested
- plain whole milk yogurt
- fresh mint
- cooked brown rice

Directions: Warm the coconut oil in a large, heavy pot over medium heat. Stir in the onions, carrots, and a pinch of salt, and cook, stirring, about 3 minutes, until slightly tender. Add the garlic, chiles, and tomatoes, and cook, stirring, for 5 minutes. Add the cumin, tomato paste, and a pinch of salt and pepper, and stir to combine. Stir in the squash and vegetable stock, then reduce heat to low and cover. Cook 30-40 minutes until the squash is tender. Add the chickpeas and simmer, uncovered, for 10 minutes. Add the lemon juice and zest. Taste, and adjust the seasoning as needed. Spoon a generous portion of stew over bowls of brown rice. Top with yogurt, if using, and fresh mint, and enjoy hot.

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Co-op Double Dollars distribution Tuesdays through March 10th!



Willy Street Co-op will once again issue Double Dollars coupons at the registers, this year each Tuesday from October 22nd through March 10th, 2020. Still have Co-op Double Dollars from last year? You can use them starting October 1st.

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

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Staff Picks



ANGELA

Enzymedica Digest Gold

I've a dainty little stomach. I get digestive issues from many foods I enjoy. Enter: Digest Gold. I have a bottle of it at my desk, at home, and in my backpack; anytime I eat something I think may be an issue, I pop one of those bad boys at the start of a meal and am comfortable for the rest of the day. No bloat, no gas, no pain, no explosive diarrhea. Fantastic to have on hand for travel, holidays, or everyday!



JOE

My Magic Mud Whiting Peppermint Toothpaste

A really good fluoride-free toothpaste with coconut shell charcoal and bentonite clay.



Epic Bars

Delicious, low-carb, and convenient. Wild Boar is probably my favorite.



KASIA

Garnet Sweet Potatoes

Sweet potatoes are often overlooked as a holiday dish, but are by far my favorite! Mashed garnets with a little bit of brown sugar and butter added is a great addition to the Thanksgiving table, or for any meal.

Bulk Ginger Granola

It's so easy to snag some granola out of our Bulk section, and we have so many yummy flavors. I especially like the ginger, because it has the perfect crunch and subtle flavor. I eat it almost every day with Greek yogurt or almond milk. It's perfect as a light breakfast or mid-morning snack!



CATE

Halawy Dates

These sweet treats are organically grown in Mecca, California. In my opinion, these dates have just the right amount of sweetness (not overpoweringly sweet). They are super creamy, buttery, and delightful. My favorite is to have them with a cup of chamomile tea just before bedtime but they also go great with grapefruit in the morning as a start to the day. Basically, a couple Halawy dates are the perfect snack at any time of day!



LIZ

Klean Kanteen Stainless Steel Insulated Bottles

These work almost too well. They keep my coffee hot all day long. If I happen to have any left after work, it is still hot when I go to dump it out. They come in a variety of gorgeous colors and sizes.



HAHNA

Booda Butter Daily Moisturizer

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



OLIVE

Matcha Love Energy

One of these will get you going! Drinking matcha allows you to drink the whole leaf, giving you a steady boost of energy and mental clarity without the jitters or crash of coffee.

Green tea is naturally rich in L-Theanine which has been thought to aid in relaxation. If coffee makes you jumpy, give one of these a try!



PHILIP

Quorn Nuggets

These taste just as good, if not better than, real chicken nuggets! I honestly can't tell the difference.



RACHAEL

Willy Street Co-op House Plants

My favorite gift to give is one of the variety of house plants the Co-op offers! Our team takes immaculate care of the plants, and they are always healthy and a treat to look at! Recently, we have had ornamental pepper plants, and I may have gotten carried away and bought two of them! A thoughtful gift, and a nice way to treat yourself as well!

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EMERY

Willy Street Co-op Peanut Butter Pie

Anyone who loves chocolate, peanut butter, or cheesecake 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).



TANYA

Origin Breads The Original Loaf

This locally baked classic sourdough is perfect with a steaming cup of soup. This is real bread. It will fill you up and power your day. Delicious.



Willy Street Co-op Hot Bar Vegan Green Bean Casserole

The ultimate in comfort food. Crunchy onion topping, creamy green bean goodness—now that makes me smile. Check out all the great dishes on our Hot Bar and maybe you'll get lucky and find Green Bean Casserole on your visit.



Oregon Chai Slightly Sweet Chai Tea Latte

I love chai but boxed varieties are too sugary. How awesome that Oregon Chai makes a "slightly sweet" variety. Now I can taste the tea not just the sweetener. Great with any type of creamer.



RITA

Alter Eco Coconut Toffee Chocolate Bar

This chocolate gives me vacation vibes and is like a grown-up Almond Joy.



Tate's Bake Shop Chocolate Chip Cookies

You guys. I always thought I was a soft cookie girl, but these forced me to re-examine my life. I am now a crunchy cookie girl.



MEL

Tony's Chocolonely Dark Almond Sea Salt Bar 51%

With dark chocolate (but not too dark), crunchy almonds, and just the right amount of sea salt, Tony's has achieved the trifecta of chocolate bar flavor



combos. This chocolate bar is basically the only chocolate I regularly buy now. It not only tastes amazing, but Tony's chocolate is 100% slave-free, and their mission is to make all chocolate slave-free. I always keep a couple of these bars stashed away at home and at work.



SHELLEY

Tucson Green Chili and Cheese Tamales

These are a go-to in my freezer for a quick and delicious lunch.



ABBY

Clif Bar Nut Butter-Filled Chocolate Peanut Butter Bars

This Clif Bar satisfies my sweet tooth AND gives me energy. There's a slight crunch to the chocolatey outside with smooth peanut butter in the middle. It is considered a low-glycemic food so you don't have to worry about crashing an hour later.



Madison Sourdough Five Grain Sourdough Sandwich Bread

This bread is soft and delicious. The bummer is that I can never eat the whole thing before it goes bad. Lucky for me, I learned that this bread was actually made to be frozen in order to preserve the freshness. When you are ready to embark on your sourdough safari, just pop your frozen slices in the toaster on the lowest setting. Sourdough takes longer to toast than other breads so you don't have to worry about it actually toasting the bread.



AMY

La Tourangelle Walnut Oil

A nice way to make your dishes EXTRA! Great in a salad dressing, on pasta, or with your protein. I prefer to use it uncooked as it is delicate and oh so special-precious!



Ancient Harvest Polenta

It's already made! I suppose you can just eat it out of the chub*, but I recommend sauteing it or grilling with a little olive oil. A nice alternative to pasta or rice, it goes great with pasta sauce, Italian sausage, zucchini, or with eggs at breakfast!



*Chub: A hermetically sealed plastic tube used for packaging products such as ground meat or caulk. Or polenta.



EMILY

Willy Street Co-op Juice Bar Orange Juice

Once you try this, you'll never want any other orange juice! Made on-site from fresh oranges, Willy Street Co-op Orange Juice tastes just like an orange picked right from the tree. Always a breakfast staple, enjoy on its own or with carbonated water for a bubbly burst.



KELSEY

Sassy Cow Salted Caramel Ice Cream

You have many salted caramel ice cream options to choose from. What makes this different is the saltiness—it's not overwhelming. I promise you won't be taking a bite of cold salt—but it is more noticeable than in other varieties. You really get that salty and sweet combo. Plus Sassy Cow is a great local business.



LAURA

Taylor Farms Wellness Blend

A great greens mix that is hearty and never gets old. Excellent as the base for a salad or added to a stir-fry, soup, etc. My yearly winter challenge is to consume a whole container myself every week :)



HALLIE

Cesar's Queso Fresco

This cheese completes me! Perfectly salty and crumbly in texture. AMAZING on pretty much anything, but especially perfect on sweet corn or tacos.



ERIC

Carr Valley Crema Kasa

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



CAITLYN

Renard's 2-Year White Cheddar

For all the times you are looking for a staple, snacking, melting, tasty cheese that doesn't break the bank or leave you feeling basic.





DUSTIN

Bell & Evans Coconut Breaded Chicken Tenders

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



AMANDA

Bell & Evans Cornish Hen

These are so easy to prepare and are so juicy! You won't believe it! You can bake or grill these whole or try and use a spatchcock method of cutting. These little birds are a great way to try out that cooking technique. It shortens the cooking time.



SARA

Willy Street Co-op Juice Bar Berry Charger

One of my favorite smoothies of all time. The strawberry, mango, and apple blend wonderfully to create a not-too-sweet flavor with a nice kick of ginger and the tiny caffeine boost of jasmine tea. The flavors complement each other rather than compete to make this one fruity delight!

Quotable Espresso Mugs

These adorable tiny mugs make the perfect gift for the espresso lover in your life. Why do miniature objects intrigue us? Psychology may never know. Perhaps drinking espresso out of this tiny mug will help us deal with the unknown.



YVONNE

Willy Street Co-op Lemon Rosemary Scones

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



DEAN

Willy Street Co-op Door County Cherry Pie

This pie is made with local cherries, and it is so delicious! Great warmed up with ice cream, or as is, your taste buds will thank you for the serious flavor!



MOURNING DOVE

Nag Champa Shanthimalai Incense

The ones in the red box. This is my go-to incense and one of my favorites. A sweet earthy scent to enhance your meditation.



PAUL

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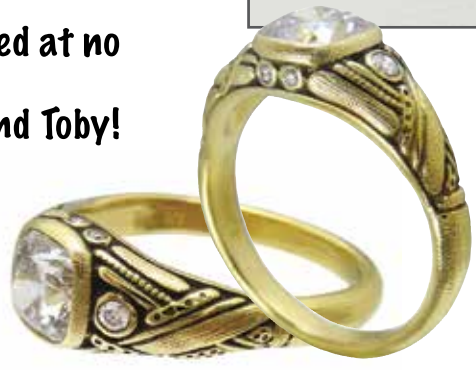
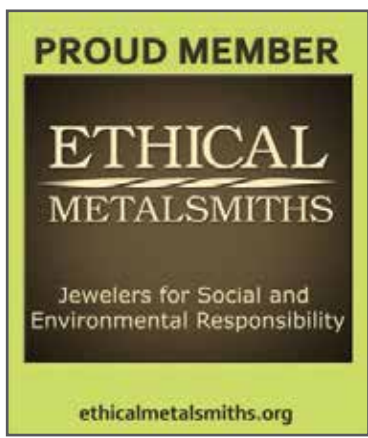


This month's Wellness Wednesday November 6

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



Studio Jewelers is a local, woman-owned jewelry gallery featuring hand-crafted pieces from a score of independent artists and small studios from around the country. We offer custom design, expert in-house repair, appraisals, and pearl and bead restringing. We love to work with what you have, recycling your out-of-date or broken jewelry into beautiful new pieces. Stop in and have your jewelry checked and cleaned at no charge, and meet shop cats Ilse and Toby!



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