

willy street co-op

READER



A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 49 • ISSUE 11 • NOVEMBER 2022



THANK YOU!

Thank you to everyone who has signed up for our email version of this newsletter or who has decided to pick up a copy in the store while you're here shopping.

As mentioned before, we are beginning to very slowly transition to mostly online and e-mailed copies of the *Reader* in order to save paper and to save money on postage. If you can and want to switch to receiving your copy by email, sign up here: willystreet.coop/emails. If you shop with us regularly, we'd love it if you'd pick up your copy of the *Reader* in one of our stores so we can reduce our postage costs. If you don't want either of these things, we will still happily mail it to you. The online and e-mail versions will have more hotlinks and more content to click through to. This content will increase as we get the hang of this new way of publishing the *Reader*. Thanks for reading!

IN THIS ISSUE

Board Elections Results; Nifty Gifty Preview; Northeast Co-op Tour; and More!

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Sarah Larson
Brian Anderson
Tatiana Dennis
Gigi Godwin
Anthony Hernandez
Ann Hoyt
Carol Weidel
Ashwini Rao

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

BOARD MEETING SCHEDULE

October 26

November 30

January 25

March 23

April 27

June 28

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

WILLY STREET CO-OP MISSION STATEMENT

**Cultivate and empower
community, customers,
employees, and suppliers
through cooperative
principles and practices.**

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**Affordable rates, wide
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READER

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ADVERTISING: Liz Wermcrantz

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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 camera-ready 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

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GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

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

NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

Willy West: 8:00am-9:00pm;

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

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Customer COMMENTS

Write Us!

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

SALAD BARS

Q: Will north and/or west stores ever be re-opening salad bars?

A: Thanks for reaching out. We will be reopening the salad bar for West in 2023. The one we had broke down and was larger than we needed, so we have a new one on the way. However the supply chains being what they are, we are not able to actually get our equipment until the middle of next year! We are obviously really disappointed in that, so our Production Kitchen is going to start producing a greater variety of prepackaged green salads soon! That said, there are not currently any plans to reopen the salad bar at North. The last time we tried running it at North the salad bar sales unfortunately weren't hitting the budget and as a result we had to discontinue the service. This is another reason we plan to ramp up our prepackaged salad program. What kind of salad options would you like to see? Hope this helps. Please let me know if you have any questions. Best regards, Nicholas Oconnor, Prepared Foods Category Manager

THANK YOU FARMERS

Q: I absolutely loved the recent "Thank You Farmers!" piece in the Reader. It was great to see pictures of the farmers, hear quotes from them and take note of their signature crops. What a fantastic appreciation piece! Cheers.

A: Thank you so much! I loved that article too! It's always great to see the faces behind the produce and get a glimpse of the incredibly hard and important work they do. We love our farmers! Take care, Liz Wermerantz, Editor

COOKING CLASSES

Q: I hope you are having a good weekend and enjoying the nice weather. I have looked at your website, and am very impressed and interested in your work. We are currently planning events for a club this semester and discussing the pos-

sibility of doing a cooking class. I saw on your website that these are events you host. I would love to connect about the possibility of doing a cooking class for our club with you. Please let me know your availability!

A: We do offer private cooking classes! Our chef instructors can customize a menu to suit your needs. We can schedule a time in our teaching kitchen at Willy West or come to you if you have a kitchen space suitable for the class. Please let me know if this is something you'd like to pursue, and we can get a class scheduled. I look forward to hearing from you! -Liz Hawley, Education and Outreach Coordinator

BROWN RICE FLOUR

Q: In the past, I was able to buy brown rice flour in bulk at Willy Street West, but I have not found it there for the past several months. Is this a supply chain issue or has a decision been made not to carry brown rice flour in bulk? It is difficult to use a measuring cup in the small bags of brown rice flour available in-store from other vendors. The small quantities in those bags don't last long and are more expensive. Thank you.

A: It looks like the one we used to carry was dropped by our distributor and we never found a replacement. I was able to find Bob's Red Mill brown rice flour in 25 pound bags and we just need to get it set up in our system. Assuming it comes in, I think we can get that out on the sales floor soon. Thanks so much for pointing this out. A lot of times, especially with the supply chain issues of late, discontinued items have a way of being forgotten on the wayside as we scramble to fill the shelves with anything that will come in. -Shannon Myers, Assistant Grocery Manager—West

FUNDRAISING

Q: Hi there—my daughter is part of the travel

club and is selling Bucky Books to fundraise for Trips to D.C., Alaska, and the Galapagos Islands. Do you allow for individuals to set up outside of the coops to fundraise for things like this?

A: Unfortunately, at this time, we only allow nonprofit organizations to table and not schools and/or school organizations to fundraise. Our tabling policy can be found at www.willystreet.coop/about-us/store-policies. "The primary purpose of Willy Street Co-op's donations is to provide Co-op food and/or merchandise to local nonprofits that are working to improve our community. A secondary purpose of the program is to make Co-op funds available to not-for-profit groups for special projects and fundraising efforts. We recognize the support role the Co-op can play to encourage and foster neighborhood development." Hope this helps! Have a good day, Kristina Kuhaupt, Customer Experience Manager

RECIPROCAL BENEFITS

Q: I thought I remembered that my Willy St Coop membership would get me reciprocal membership rights at other coops around the country, but can't find any information on this on your website.

Is this still true, and how do I look up to see if a coop offers it? Specifically interested in PCC Community Markets in WA State

A: Thank you for your question about co-op Ownership reciprocity! Willy Street Co-op offers reciprocity to Owners of other co-ops, however co-op Ownership reciprocity is not something that we make arrangements with other co-ops to provide.

It is up to each individual co-op to decide whether they will honor the ownerships in other co-ops. I would recommend contacting the PCC Community Markets in Washington state before visiting to see if this is a benefit they offer. All of the grocery co-ops that are part of the National Cooperative Grocers network can be found at www.ncg.coop/find-co-op. I hope this is helpful. Please don't hesitate to reach out if there is anything else I can do for you. -Roselyn Murphy, Owner Records Administrator

EMAILS

Q: Hi there, Please send an email out when you have to close a store. Thank you!

A: Thanks for your request! So far we've held off on doing something like this because of the challenges of managing email lists with our current system, but we will be adding some additional capabilities in the new calendar year so that Owners will be able to easily sign up and discontinue email notifications, and store-specific emails alerting Owners to major events and disruptions would be a great addition to our list. I'll discuss this with the Customer Experience team when we plan out how to use these new capabilities. Thanks again for the idea, and have a nice weekend! -Brendon Smith, Communications Director



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Photo provided by Wisconsin Alliance for Women's Health.

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Congratulations to our newly elected Board members!



**SARAH
LARSON**



**MICHELLE "GIGI"
GODWIN**



**ANTHONY
HERNANDEZ**



**JAMIE
SCHUBERTH**





GENERAL MANAGER'S REPORT

Holiday Favorites, Operational Updates, & More

by Anya Firszt, General Manager

HELLO DEAR OWNERS

Welcome November—the start of the 2022 holiday season or, as I like to say, the Holidaze—those wild and crazy days between Thanksgiving Day and New Year's Day. November is also the month that brings a cold bite to the air—the reminder that winter is upon us whether we like it or not.

Food selection also changes with the season and brings to my kitchen more warm and savory cooking with squashes, Brussels sprouts, stews, and of course delectable treats as well with cranberries, pomegranates, pears, and glorious citrus! I confess this is my favorite season and I look forward to this time of year with great joy and anticipation. I enjoy nothing more than looking through my recipe collection, making my shopping list, putting on my apron, pushing up my sleeves, and getting to cooking! But, more than that, I love sharing these tasty treats and dishes with friends and family.

HOLIDAY FAVORITES

And, with that, here is my an-

nual reminder to you that you can find everything you need at the Co-op to prepare your family holiday favorites for your festive feast and gift giving. The Bulk department is stocked with a wide selection of nuts, dried fruits, grains, flours, herbs and spices, sweeteners and honey, and oils for your cooking needs and shopping list. We'll have pies—whole and half—if pie baking is not your cup of tea. Turkey can be had, or if you're jonesin' for not-turkey options, we'll have that too.

OPERATIONAL UPDATES

If you have not been to Willy East recently, there have been a few fairly significant changes on the retail floor. The Juice and Coffee Bar counter is no more and the space is being used for expanded packaged grocery. Bottled juice can be found in the beverage case at the end of the produce run of cases, and coffee is located at the back of the store opposite the Salad Bar. Check it out!

DIVERSITY, EQUITY, AND INCLUSION (DEI) UPDATE

As I reported last month, we are

continuing the work of our three DEI workgroups focused on initiatives to advance DEI with our employees, customers, and vendor partners. If you are interested in seeing how we are tracking progress on our goals, we plan to launch our DEI Dashboard mid-month. This is a baseline report that will be updated quarterly and can be found on our DEI webpage (willystreet.coop/DEI).

BOARD ELECTIONS

At the Special Member Meeting held on October 26, the results of the 2022 Board election were announced. I would like to thank those Owners who decided to run for the Board and congratulate those who were elected. The results of the election can be found on page 4.

FY2022 ANNUAL REPORT

You can expect to receive our last fiscal year's Annual Report in your mailbox or inbox in the coming month. FY22 was a good year; we earned income, and we were able to profit share with our em-

ployees, and we will be distributing patronage to Owners! Stay tuned for more detailed information in the next issue of the *Reader*.

DON'T FORGET WIL-MAR NEIGHBORHOOD CENTER PIES!

The Wil-Mar Neighborhood Center Thanksgiving Pie sale is going on now! Louisiana Sweet Potato, Pecan, and Sour Cream Apple pies can only be ordered by calling 608-257-4576.

DATES TO THINK ABOUT THIS MONTH AND NEXT

- November 8: ELECTION DAY
- November 24, Thanksgiving Day: stores are open until 2:30pm
- December 24: stores open until 6:00pm
- December 25: CLOSED
- December 31, New Year's Eve: Regular hours
- January 1, 2023, New Year's Day: CLOSED
- January 2, 2023: stores open at 10:00am.

May your Thanksgiving holiday be filled with delicious food.



BOARD REPORT

Annual Meeting Recap

by Jeannine Bindl, Board Member

Here we are already, the end of harvest season. Thank you to everyone who participated in our Owner Appreciation festivities and our first hybrid Annual Meeting!

On October 11, Co-op Owners, Staff and Board joined together for our 2022 Annual Meeting at the Middleton Performing Arts Center. This is the first year we have had our in-person Annual Meeting and separate from La Fete de Marquette.

Annual Meeting topics included a year-in-review from our General Manager, a financial update from our Finance Director, and an update from Sarah Larson, Co-op Board President, on the past year as well as forward looking priorities. We also had the opportunity to meet and hear from a few of the Co-op Owners who are running for the Board this year.

The change in format and space this year provided the Board with the opportunity to engage Owners in a new way. We hosted in-person and virtual breakout groups to discuss the proposed Mission and Vision of the Co-op.

FOR REFERENCE:

Proposed Mission:

Cultivate and empower community, customers, employees, and suppliers through cooperative principles and practices.

Proposed Vision:

Willy Street Co-op is a local community partner that nourishes a sustainable, accessible, and equitable food system where everyone can participate.

The vision statement is supposed to be our north star, where would we like to see ourselves in the future? The mission statement represents the path we want to take towards that north star.

Within these breakout groups Board members solicited feedback on the content of the mission and vision statements and asked to help us better understand if the proposed mission and vision accurately represent what you, the Owners, would like to see from the Co-op:

1. What are we doing well?
2. What should we be doing/improve upon?

3. What should the co-op discontinue doing?

If you were not able to provide feedback on the mission and vision statements at the annual meeting, we encourage you to provide your feedback to the Board at board@willystreet.coop.

This next year will be a year of looking to the future and the Board needs to hear your voice and feedback on the future direction of the Co-op.

On behalf of the Board of Directors, thank you to the Board who has served

in FY22. We appreciate your service to our cooperative, and welcome to our new Board members. Voting ended on October 26 this year and we swore in a new Board of Directors to oversee the Co-op in FY 23.

Please do not hesitate to reach out with questions or comments regarding Co-op governance, the Board is available at board@willystreet.coop or all-board@willystreet.coop. Thank you, Owners, for your continued support and direction.

HOLIDAY STORE HOURS

November 24, Thanksgiving Day: Stores are open until 2:30pm

December 24: Stores open until 6:00pm

December 25: CLOSED

December 31, New Year's Eve: Regular hours

January 1, 2023, New Year's Day: CLOSED

January 2, 2023: Stores open at 10:00am



Community Room Calendar

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

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



COOKING WITH CHEF PAUL: CAST IRON 101

Location: Willy West Community Room
Thursday, November 3, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Paul to learn how to season, clean, and maintain your cast iron skillet—one cooking pan you shouldn't be without! On the menu: flatbread pizza, blackened salmon, steak fajitas, and berry cobbler—all made in cast iron! Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: ALL THINGS CURRY

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

Should you use curry powder or paste? Is there any difference? Join Chef Paul to learn to make curry powder and paste from scratch and how to apply them in cooking. On the menu: Coconut Salmon Curry, Green Mango Curry Chicken, Red Curry Beef with Rice Noodles, Coconut Noodle Bowl with Vegetables (vegan). Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: PLANT-BASED MEALS

Location: Willy West Community Room
Thursday, December 1, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

Have you been thinking of eating more plant-based meals? Join Chef Paul to learn helpful tips to get started—from setting up your pantry to cooking techniques to replacing animal proteins with plant-based ones to adding more fiber into your daily meals. The options are limitless! Ingredients/recipes may be modified based on seasonal availability.

COOKING WITH CHEF PAUL: ENTERTAINING WITH APPETIZERS AND WINES

Location: Willy West Community Room
Thursday, December 15, 6:00pm–8:00pm
Ages: 21 and older
Your Co-op's Own Instructor: Paul Tseng
Fee: \$10 for Owners; \$20 for non-owners

No matter if you are planning parties big or small for the coming holiday season, this cooking class will approach the holidays easily and elegantly. Join Chef Paul for a menu of Fig, Fennel, and Feta; Glazed Sweet Potato and Pecans; Fish Roll with Bacon and Citrus; Beets and Pomegranate; and Roasted Chicken Breasts with Greens. To round out the party planning, wine pairings will be discussed and sampled. Ingredients/recipes may be modified based on seasonal availability.



SEASONAL PIES FROM SCRATCH WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, November 2, 6:00pm–8:30pm
Ages: 12 and older; adult supervision required
Instructor: Pierre Ferland
Fee: \$20 for Owners; \$30 for non-owners

Join Chef Pâtissier Pierre Ferland in this class to learn how to make Tart aux Citron and a Chocolate Pear Tart. You'll learn the process start to finish, from making the pie dough from scratch, to blind baking a pie shell, to making fresh pie fillings, and finally baking the pies to perfection.



COOKING TOGETHER: FLAVORS OF PAKISTAN

Location: Willy West Community Room
Friday, November 11, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for families! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, Lily will serve up a spiced spread inspired by the phenomenal fare of Pakistan. A savory snack known as Chaat, bountiful Biryani, mouthwatering Masala, sides of Saag, a kingly Kheer, and more may be explored. Vegetarian friendly.

COOKING TOGETHER: FLAVORS OF SOUTH KOREA

Location: Willy West Community Room
Friday, December 2, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

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

COOKING TOGETHER: FLAVORS OF NORWAY

Location: Willy West Community Room
Friday, December 16, 5:30pm–7:00pm
Instructor: Lily Kilfoy
Ages: 5 and older
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for folks of all ages! Learn about different foods and where they come from, how to follow recipes, and how to use cool kitchen tools. In this class, participants will build a nourishing nosh inspired by the flavors of Norway—lovable lefse, a stew called Lapskaus, a side of Surkal, Oslo Kringle, and more may be explored.



KIDS IN THE KITCHEN: AMAZING APPLES!

Location: Willy West Community Room
Tuesday, November 8, 4:30pm–5:30pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily in this hands-on cooking class for kids. Autumn has arrived and so has an abundance of apples—Honeycrisp, Cortland, Granny Smith, Gala, McIntosh and more. In this class, participants will make a marvelous meal using an assortment of amazing apples.

KIDS IN THE KITCHEN: STUPENDOUS SQUASH!

Location: Willy West Community Room
Tuesday, November 15, 4:30pm–5:30pm
Instructor: Lily Kilfoy
Ages: 9–12 years old
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily in this hands-on cooking class for kids. It's harvest time and a festival of our favorite fall food—squash! Explore butternut, pumpkin, acorn, Hubbard, spaghetti squash, and more. In this class, participants will fix a fantastic feast using stupendous squash.

KIDS IN THE KITCHEN: PLENTIFUL PASTA!

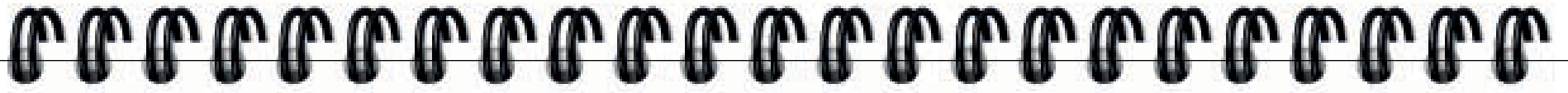
Location: Willy West Community Room
Tuesday, December 6, 4:30pm–5:30pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily in this hands-on cooking class for kids. Pasta is a popular provender for people around the planet. Ramen, fideos, couscous, spaetzle, macaroni, and more—in this class, participants will prepare glorious global grub with plentiful pasta.

KIDS IN THE KITCHEN: RAD RICE!

Location: Willy West Community Room
Tuesday, December 13, 4:30pm–5:30pm
Instructor: Lily Kilfoy
Ages: 9–12 years old
Fee: \$10 for Owners; \$20 for non-owners





Join Chef Lily in this hands-on cooking class for kids. Rice is a favorite food found and eaten by folks everywhere on earth. Arborio, basmati, black, sushi, wild rice, and more—in this class, participants will whip up recipes with rad rice from around the world.

**LEARNING WITH CHEF PAUL:
HOLIDAY KNIFE SKILLS AND SAFETY**



Location: Willy West Community Room
Thursday, November 17, 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 to learn the proper method to carve your holiday turkey! He will also guide 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.

HOW THE THYROID GLAND WORKS

Location: Zoom
Wednesday, November 9, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

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 of Human Nature, will present the roles of minerals and diet in supporting the thyroid gland.

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

BUILDING A SUSTAINABLE CAREER IN THE BAKING INDUSTRY

Location: Willy West Community Room
Wednesday, November 9, 6:00pm–7:00pm
Instructor: Pierre Ferland
Ages: 12 and older; adult supervision required
Fee: \$15 for Owners; \$25 for non-owners

Are you thinking about a career in the baking industry and wondering

how to get started? Join Chef Pâtissier Pierre Ferland for this lecture about how to prepare for a sustainable career in the baking industry. Pierre will discuss what you can expect in the baking industry and explore the different avenues available, what to study and why it's important, what's involved in an apprenticeship, and how to structure your career.

VITAMIN D AND SUN EXPOSURE

Location: Zoom
Wednesday, December 7, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Katy Wallace, Traditional Naturopath of Human Nature, LLC will present how Vitamin D and sun exposure help lower disease and mortality rates. Sun exposure supports resilient cells and better energy production and promotes balanced hormone production. Learn how to keep your vitamin D and light exposure levels optimal and protect against hypervitaminosis of Vitamin D.

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy West Community Room
Friday, November 4, 1:30pm–4:45pm
Wednesday, December 14, 1:30pm–4:45pm
Location: Zoom
Friday, November 11, 1:30pm–4:45pm
Friday, December 2, 1:30pm–4:45pm

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

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

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PRODUCE NEWS

Cranberries Beyond the Holiday Meal



by Micky Ellenbecker, Purchasing Assistant

Most of us get stuck in the rut of only using fresh cranberries one or two weeks a year for holiday meals, but this true Wisconsin fruit is available fresh from mid-October through December. We source the vast majority of our cranberries from Ruesch Century Farm in Vesper, Wisconsin, and have partnered with them for more than 20 years! They are certified organic and they dry harvest their cranberries. What does dry harvest mean? Well, most cranberry bogs are harvested by flooding the bog so all the cranberries float to the top. As you can imagine, this uses a tremendous amount of water. Ruesch chooses to dry harvest their cranberries to both conserve water and greatly lengthen the shelf life of the cranberries.

Beyond supporting local, these babies really pack a punch and are a true superfood. They are packed with antioxidants and essential nutrients and deserve a place at the table for more than a week or two each year. When it comes down to it, it really is about making sauce, salsa, relish, and other unique toppings that bring out the best flavor combinations for cranberries. Here are some ideas TO try while local, fresh cranberries are available and abundant:

CRANBERRY BRIE GRILLED CHEESE

Adapted from *Joy the Baker*

If you're already familiar with making cranberry sauce, then this is an easy addition to your meal rotation. I'd recommend using Madison Sourdough or Clausen's sliced loaf breads.

2 slices sourdough bread
1/2-1 Tbs. unsalted butter
1/4 c. cranberry sauce
1/2-1 Tbs. whole grain mustard
Brie cheese, amount to your liking

Directions: If you haven't made cranberry sauce before, it's quite simple. Simmer 1 pint of cranberries, 1/2 cup of water, and 1/4-1/2 cup of sugar. You can jazz it up with orange juice, orange zest, cinnamon, or other

spices of your choosing. Cook for about 10 minutes until the cranberries have popped and the sauce has thickened.

While many know how to make a grilled cheese sandwich, I'll still roll through the punches just in case. First, generously butter one side of each slice of bread. Second, apply the mustard and cranberry sauce on one slice and the brie on the other, with the buttered sides facing outward. When you join the sandwich together, don't smooch it too hard so the ingredients ooze out the sides. Heat your skillet to medium-low and place the sandwich in once it has reached temperature. Cook until golden brown on each side, let cool for a few minutes, and enjoy!

OVEN BAKED SWEET POTATOES WITH CRANBERRY CHUTNEY

Adapted from a recipe by Regina Charboneau

This recipe looks long and intimidating, but it's really quite simple. And it brings a lot of flavor with these sweet, sour, and tangy mix of ingredients. Very satisfying!

For the Chutney:

1/2 c. diced red onion
1/2 c. diced red bell pepper
1/2 c. diced green bell pepper
1/4 lb. butter
1/2 c. cider vinegar
1 c. brown sugar (more or less to taste)
1/4 c. raisins, golden raisins, or dried currants
3 c. fresh cranberries
1 c. diced apple or mango
1 tsp. allspice
1/2 tsp. dried ginger or 1 Tbs. grated fresh ginger

Optional: hot pepper or dried cayenne

Directions: Melt the butter in a saucepan over low heat. Once the butter has melted, turn the heat to medium and add the diced onion and bell peppers, sautéing for a few minutes. Next, add vinegar, brown sugar, raisins, and cranberries and cook for about 20 minutes, stirring occasionally. Add the diced apples or mango, allspice, ginger, and hot pepper if using, and cook for another 10 minutes.

For the sweet potatoes:

6 medium sweet potatoes
2-3 Tbs. olive oil
Salt and pepper
1/2 c. sour cream or Greek yogurt

Directions: Start by preheating the oven to 350°F. Then wash and dry the sweet potatoes, rub them with the olive oil, and sprinkle with salt and pepper. Cook on a baking sheet for about 1 hour or until done. Once they are fully cooked, cut them in half, top with sour cream or greek yogurt and the cranberry chutney. Baked winter squash is also a good vehicle for this tasty chutney!

CRANBERRY-ORANGE RELISH...AND THEN SOME!

Adapted from a recipe by Martha Rose Shulman

This recipe is so versatile and you

can make so many versions of it with different flavor profiles. It's good with yogurt, granola, cheese and crackers, sandwiches, brats, salads, and soups.

2 pints cranberries
1 navel orange
1/3 c. honey (or more or less to taste)
1/2 c. pecans

Directions: Wash the cranberries and orange and then cut the orange in the chunks, skin and all. Put them in the food processor, along with the honey. Chop until finely minced, but not pureed. You still want it to have a bit of crunchy texture. The pecans

could go in the food processor as well, if you plan to eat it right away. Otherwise, it's best to add the nuts at the time of serving so they hold their crunch. Other optional additions or substitutions include fresh ginger, fresh mint, grapefruit (maybe not the rind though), pistachios, pomegranate, whole lemon instead of orange, walnuts, cloves, cinnamon, apple, celery, onion, pickles, and jalapeños.

I hope you'll give one of these easy, yet flavorful recipes a try and get more of these under-utilized berries onto your home menu!

CHEESE NEWS

Cheese for Your Winter Festivities



by Matt Neff, Cheese Coordinator—West

It's the holiday season and you once again find yourself in... Wisconsin. Staring into the mirror, you are faced with an unavoidable truth: you may very well have to prepare, serve, and even eat a large quantity of cheese, butter, and dairy products in the two months ahead. As you clench your teeth and prepare to do your duty, you wish aloud to no one in particular that you had some sort of roadmap, some sort of inspirational guide, to holiday cheeses.

Then in a blinding flash of red and green light, POOF! The Ghost of Holiday Cheeseboard Futures bedazzles you with a sequined holographic vision of the perfect cheese-related ways to serve and entertain friends, family, and yea, verily, even yourself.

HOLIDAY CHEESE BOARDS, PLATES, AND PLATTERS

Nothing says "hospitality" and "let's snack" like an artfully arrayed platter of cheese, bread, crackers, fruit, nuts, olives, and/or charcuterie. From the simplest cheese plate to the most gloriously aircraft-carrier-sized cheeseboard, the sky's the limit in laying out the spread you want.

Start by assessing the size of your gathering, the tastes of your guests, and how much you'd like to spend. Even just one or two interesting cheeses paired with the right accompaniment can be a delight, whether

it's artisan bread or baguettes, crackers, fruit (e.g. figs, dates, apples), nuts (walnuts, almonds, pecans), olives (green, kalamata, Castelvetrano), or meat (prosciutto, salami, pepperoni).

For larger platters with more extensive options, choose cheeses that complement each other in their characteristics—for example, a soft-ripened, French camembert, paired with a semi-firm Swiss Gruyère, a locally made blue and a hard-aged Spanish Manchego. The options all inhabit different flavor and texture profiles and exhibit diverse subtleties of terroir. Ask whether the options offer something for everyone.

A perennial local Co-op holiday favorite for cheeseboards is Pleasant Ridge Reserve, an award-winning Gruyere-style cheese from Uplands Cheese in Dodgeville. Rich and slightly salty with a fruity finish, it's a raw-milk, aged, semi-firm cheese that is a surefire crowd-pleaser, and it even travels well in luggage.

Hidden Springs Creamery in Westby offers the Wischego, a Wisconsin-made sheep's milk Manchego in the Spanish style that is nutty and smooth with subtle grassy notes of the Driftless region. Aged and low-moisture, it also can be a traveler's best friend.

Interested in something a little more out of the ordinary? Quattro Portoni from the north of Italy produces Quadrello di Bufala, a brined, washed-rind cheese made from water buffalo milk. Water buffalo milk has a higher fat content than sheep, goat, or cow's milk, and the resulting soft-paste cheese is dense, rich, and smoky, with a medium aroma that does not overpower.

Are you dairy-free, or do you have vegan guests? There are plenty of great vegan cheese options for platters and recipes. The art and science of vegan cheesemaking has progressed wonderfully in recent years with the perfection of fermented vegan cheeses by makers such as Miyoko's Creamery and Nuts for Cheese. Often made from cashews and coconut oil, many of these cheeses are as firm, tangy, and sharp as any good dairy-based cheddar spread, and still melt, slice, and spread beautifully.

Don't forget to check also if the cheeses you select are vegetarian, for your veggie guests—you can tell by checking if the ingredient list specifies vegetarian or microbial rennet.



HOLIDAY CHEESE BALLS

The ready-made spreadable cheese ball is ubiquitous at supermarkets during the holidays, but the internet also abounds with recipes for those bold enough to make their own. With some nuts, herbs, dried fruit and a combination of soft cheese and firmer grated cheese, you can make these ahead of time and refrigerate them to wow your guests.

BAKED BRIE & OVEN WARMABLES

Brie baked in puff pastry or pie crust is an ooey-goey, just-fancy-enough holiday treat that many people haven't tried making themselves. Fresh from the oven, warm, melty, and spreadable, it's a wonderful comfort-food addition to a holiday table. Try Schroeder Kase's Triple Creme Brie or Caprine Supreme's La Von Farmhouse Goat Brie for a couple lovely local options.

We'd be downright negligent not to mention Upland Cheese's Rush Creek Reserve, possibly the most sought after celebrity cheese of the holiday season. Based on the traditional French alpine cheese Vacherin Mont D'Or, it's a smooth, almost pudding-like delicacy wrapped in spruce bark that is warmed in the oven before serving—the communal fancy sharing-round-the-table cheese par excellence.

Rush Creek Reserve is notoriously popular and sells out quickly, but alternatives exist. Try the Harbison or Mini Harbison from the Cellars at Jasper Hill in Vermont. These spruce-bark wrapped cheeses are made in a similar style to the Rush Creek Reserve.

FONDUE

If you're one of those lucky entertainers who owns a fondue set, you likely already know to pair harder alpine cheeses such as aged Swiss or Gruyère with semisoft favorites such as Fontina, Jack, or a young Gouda. Add a splash of white wine or beer, and then allow your guests to dunk skewers of bread, fruit, and potatoes in the melting pot of cheesy goodness. Carr Valley makes a great Danish-Style Fontina that is highly recommended for fondue. Roelli Cheesehaus also offers the Red Rock, a cheddar tinged with blue that beckons as a more adventurous option for fondue.

CHEESECAKE & OTHER DESSERTS

If you plan to make a cheesecake, with most recipes you'll find cream cheese and mascarpone are your best friends. However, other options exist: the U.K. cheesemaker Clawson offers some fruity and sweet dessert cheeses that can be incorporated into cheesecake recipes quite easily, like their Blueberry White Stilton and Cranberry Wensleydale.

And what would the holidays in Wisconsin be without a tribute to its proud Norwegian heritage? The Ski Queen Gjetost (pronounced "yay-toast") is firm, caramel-like and sweet, and is meant to be sliced and eaten warm with bread.

So whether you're aiming for familiar comfort cheeses or something more adventurous and unusual, the Co-op has a cornucopia of options. Don't be afraid to reach out to Co-op staff for help in choosing the perfect cheese for your holiday needs.

HOLIDAY STORE HOURS

November 24, Thanksgiving Day: Stores are open until 2:30pm

December 24: Stores open until 6:00pm

December 25: CLOSED

December 31, New Year's Eve: Regular hours

January 1, 2023, New Year's Day: CLOSED

January 2, 2023: Stores open at 10:00am

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find Grab & Go
Thanksgiving foods
to help you with your
holiday meals!**

**Locally made by
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locally grown
fruits and
vegetables.**

Vegan Stuffing



Cranberry Sauce

Roast Turkey with Traditional or Vegan Mushroom Gravy



Maple Roasted Root Vegetables



Vegan Garlic Mashed Potatoes



Green Bean Casserole



Northeast Co-op Tour

Willy Street Co-op staff member Maria Del Rio Shelzi recently traveled to the northeast. While on her trip, she visited a few co-ops and checked in with staff to find out if there was anything new or interesting happening. Here's what she found out.



BRATTLEBORO FOOD CO-OP

Brattleboro, Vermont

Staff size: 145

Number of Owners: 8,500

Founded: 1975

There certainly is quite a bit going on, but highlights I think include their branching out into catering/selling food at larger community events like Brattleboro's Gallery Walk and restarting their events and education efforts (post-COVID). They also recently adjusted their compensation to start at a minimum of \$15/hr; and they are planning their first all-staff event for the fall.



URBAN GREENS CO-OP MARKET

Providence, Rhode Island

Staff size: 40

Number of Owners: approaching 3,000

Founded: June, 2019

There is a new grocery store in their neighborhood, what was considered to be a food desert. This has helped them be competitive with national markets. They also have seafood pop-ups on the weekend, offering options such as fish and chips and lobsters.



GARDINER FOOD CO-OP

Gardiner, Maine

Staff size: 8

Number of Owners: 300

What year founded: 2015

They have a new General Manager, Daisy Sauvageau. She most recently held a position at Hannaford (a New England grocery chain) in Yarmouth, Maine, and has an extensive background in restaurant, food-service, and retail industries.

They have added made-in-store cold brew to their cafe menu. They use coarse-ground and dark roast coffee from Rock City, Maine (an excellent cooperative roastery).



MONADNOCK FOOD CO-OP

Keene, New Hampshire

Staff size: 130+

Number of Owners: 3,550+

Founded: 2013

The Monadnock Food Co-op just added 40 new panels to their existing 106-solar panel array on their rooftop! The combined annual generation from their original solar array and their most recent one will equal roughly 71,400 kilowatt-hours of electricity, offsetting the equivalent of over 125,500 miles driven in a gas-powered car, and will keep more than 81,000 lbs. of carbon out of the atmosphere every year.



Health & Wellness

co-op deals: November 2-15

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Sign up at www.willystreet.coop/emails.
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Alba Botanica Emollient Body Lotion
All Kinds On Sale!
32 oz • Save \$8
\$11.99/tx

If You Care Kitchen Twine
200 ft • Save \$2
\$2.99/tx

Badger
Mustache Wax
.75 oz • Save \$2
\$6.49/tx

Aura Cacia
Bubble Bath
All Kinds On Sale!
13 fl oz • Save \$3.50
\$7.99/tx

Garden of Life
myKind Organics Vegan D3 Spray
2 fl oz • Save \$8.20
\$16.79/tx

MegaFood
Melatonin Gummies
54 ct • Save \$5.70
\$11.29/tx

Dr. Bronner's
All-One Toothpaste
All Kinds On Sale!
5 oz • Save \$1.20
\$4.29/tx

ECOS
Hand Soap Refill
All Kinds On Sale!
32 fl oz • Save \$2.20
\$5.29/tx

Natural Factors
DGL Chewable 400 mg
90 ct • Save \$7
\$9.99/tx

simply tera's
Pure Whey Protein
All Kinds On Sale!
12 oz • Save \$9.50
\$16.49

co-op deals: November 16-29



Xlear
Spry Xylitol Gum
All Kinds On Sale!
100 pc • Save \$2.20
\$6.29



The Seaweed Bath Co.
Body Cream
All Kinds On Sale!
6 oz • Save \$5
\$8.99/tx



Nutrition Now
PB 8 Probiotic
60 cap • Save \$7
\$9.99/tx



Gaia Herbs
Black Elderberry Adult Daily Gummies
40 ct • Save \$5
\$9.99/tx

MamaP
Bamboo Toothbrush
All Kinds on Sale!
1 ea • Save \$2.20
\$3.79/tx

Natural Stacks
Smart Caffeine
60 cap • Save \$4
\$15.99/tx

New Chapter
Bone Strength Take Care
60 tab • Save \$2
\$28.99/tx

Terry Naturally
Curamin Extra Strength
60 tab • Save \$9
\$39.99/tx



Mrs. Meyer's
Hand Soap Refill
All Kinds On Sale!
33 fl oz • Save \$3.50
\$7.99/tx



Floradix
Iron + Herbs Liquid Herbal Supplement
8.5 fl oz • Save \$17
\$20.99/tx

coop™ deals

co-op deals: November 2-15



Maya Kaimal Everyday Dal

All Kinds On Sale!
10 oz • Save \$1.49

\$3.50

Essentia Electrolyte- Enhanced Water

50.72 fl oz • Save \$1.98/2

2 for \$4

Brown Cow Cream Top Yogurt

All Kinds On Sale!
32 oz • Save 80¢

\$3.99



Woodstock Organic Frozen Vegetables

Green Peas, Broccoli Florets, Snap Peas
10 oz • Save \$2.58/2

2 for \$5

San Pellegrino Sparkling Fruit Beverages

All Kinds On Sale!
6 pk • Save \$1

\$4.99

Bragg Organic Apple Cider Vinegar

Raw and Unfiltered!
16 fl oz • Save \$1.50

\$3.49



Kettle Brand Potato Chips

All Kinds On Sale!
5 oz • Save \$2.98/2

2 for \$5

Natural Sea Pink Alaskan Salmon

7.5 oz • Save 70¢

\$4.29

Kite Hill Dairy-Free Ravioli

All Kinds On Sale!
9 oz • Save \$2

\$6.49



Blue Diamond Nut Thins

All Kinds On Sale!
4.25 oz • Save \$1.29

\$3.50

Forage Kitchen Kombucha

All Kinds (Except Grapefruit,
Jasmine Rose) On Sale!
12 fl oz • Save 58¢/2

2 for \$4^{/tx}

Just Plant-Based Egg

8 oz • Save 80¢

\$3.99



Cascadian Farm Organic Frozen Fruit

All Kinds On Sale!
8-10 oz • Save \$2.99

\$3.50

Once Again Almond Butter

Crunchy, Smooth
16 oz • Save \$3

\$9.99

Imagine Organic Broth

All Kinds On Sale!
32 fl oz • Save 79¢

\$3.50



Muir Glen Organic Canned Tomatoes

All Kinds On Sale!
14.5 oz • Save \$1.54

\$1.25

Sweet Earth Enlightened Foods Burritos

All Kinds On Sale!
5 oz • Save \$1

\$2.99

Frontier Organic Vanilla Extract

2 fl oz • Save \$3.50

\$8.99



Hope Hummus

All Kinds On Sale!
8 oz • Save \$1.30

\$3.49

R.W. Knudsen Simply Nutritious Juice Blends

All Kinds On Sale!
32 fl oz • Save \$1.49

\$3.50

Kashi Cold Cereal

All Kinds On Sale!
10.3-16.3 oz • Save \$1.49

\$3.50



ECOs Dishmate Dish Liquid

All Kinds On Sale!
25 fl oz • Save 80¢

\$3.49/tx

Barnana Organic Chewy Banana Bites

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

\$3.99

If You Care Unbleached Parchment Paper

70 ft • Save \$1

\$4.79/tx



The specials on this page are valid November 2-15

All Specials Subject to Availability. Sales Quantities Limited.

NOVEMBER

co-op deals: November 16-29

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Kevita
Organic Sparkling Probiotic Drinks
 All Kinds On Sale!
 15.2 fl oz • Save 98¢/2
2 for \$5^{tx} **coop deals.**

Organic Valley
Organic Lactose-Free Milk
 All Kinds On Sale!
 64 fl oz • Save \$1
\$4.99 **coop deals.**

Farmer's Market
Organic Canned Pumpkin
 15 oz • Save \$2.58/2
2 for \$5 **coop deals.**



Better Than Bouillon
Organic Cooking Bases
 Chicken, Vegetable, Mushroom
 8 oz • Save \$1.80
\$5.99 **coop deals.**

Wholly Wholesome
Organic Pie Shells
 Two 9-inch Shells!
 14 oz • Save \$1.50
\$5.49 **coop deals.**

Back To Nature
Crackers
 Stone Ground Wheat, Crispy Wheat, Classic Round, Pink Himalayan Salt Flatbread
 5.5-8.5 oz • Save \$1.79
\$3.00 **coop deals.**



Bob's Red Mill
Organic Unbleached White Flour
 5 lb • Save \$3
\$7.49 **coop deals.**

Field Roast
Hazelnut Cranberry Roast En Croute
 32 oz • Save \$7
\$14.99 **coop deals.**

Earth Balance
Plant-Based Buttery Spread with Olive Oil
 15 oz • Save \$1.20
\$5.29 **coop deals.**



Wholesome Sweeteners
Organic Brown Sugar
 Light, Dark
 24 oz • Save \$2.30
\$4.49 **coop deals.**

Tofurky
Vegetarian Feast
 3.5 lb • Save \$9
\$27.99 **coop deals.**

Cascadian Farm
Organic Frozen Veggies
 All Kinds On Sale (excluding potatoes)
 16 oz • Save \$1.49
\$3.50 **coop deals.**



Health Valley
Organic Cream of Mushroom Soup
 14.5 oz • Save \$1.20
\$3.29 **coop deals.**

Forager Project
Organic Cashewgurt
 All Kinds On Sale!
 5.3 oz • Save 50¢
\$1.29 **coop deals.**

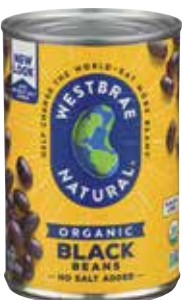
Terra Chips
Veggie Chips
 All Kinds On Sale (excluding Taro)
 5-6 oz • Save \$1.29
\$3.50 **coop deals.**



Sir Kensington's
Classic Mayonnaise
 12 oz • Save \$1.80
\$5.99 **coop deals.**

Wholly Wholesome
Gluten-Free Pie Shells
 14 oz • Save \$1.50
\$6.49 **coop deals.**

Lundberg
Organic Rice
 All Kinds On Sale!
 32 oz • Save \$3.50
\$7.99 **coop deals.**



Westbrae
Organic Canned Beans
 All Kinds On Sale!
 15 oz • Save \$2.58/2
2 for \$5 **coop deals.**

Rishi
Organic Boxed Teas
 All Kinds On Sale!
 15 ct • Save \$2.80
\$5.99 **coop deals.**

California Olive Ranch
Everyday Extra Virgin Olive Oil
 25.4 oz • Save \$7
\$10.99 **coop deals.**



Alden's
Organic Ice Cream
 All Kinds On Sale!
 48 oz • Save \$2
\$7.99 **coop deals.**

Immaculate Baking Company
Organic Cinnamon Rolls
 17.5 oz • Save \$4
\$5.99 **coop deals.**

Nixie
Organic Sparkling Water
 All Kinds On Sale!
 8 pk • Save \$2.50
\$3.99 **coop deals.**



The specials on this page are valid November 16-29
 All Specials Subject to Availability. Sales Quantities Limited.

NIFTY GIFTY SNEAK PEEK

MORE NEXT MONTH!

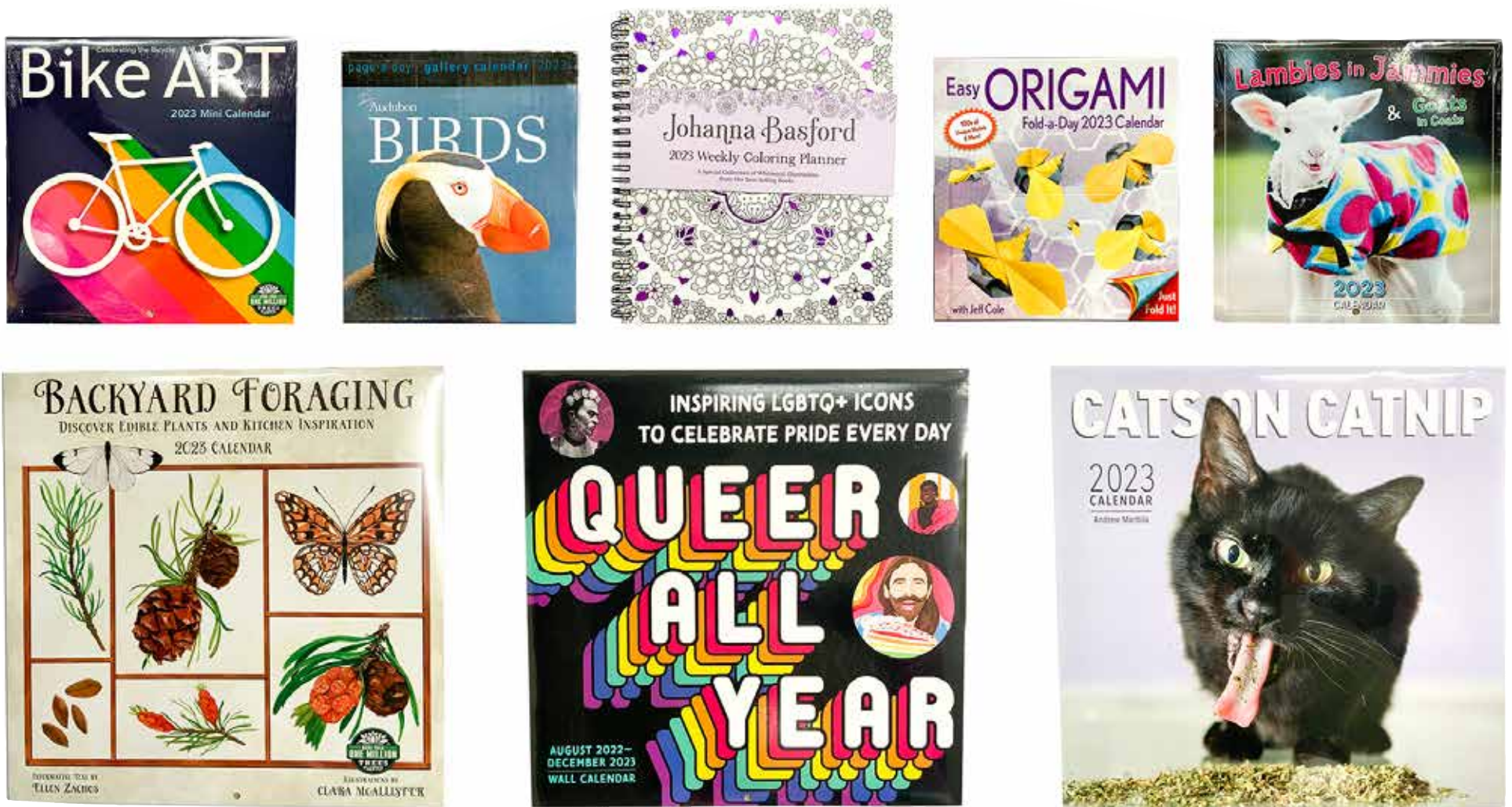
CANDLES

Candles are the perfect gift to give or to enhance the ambiance of your space. We have Chanukah candles from GoodLight Candles, taper candles from Big Dipper Wax Works, maple syrup candles from Seracon, sculpted beeswax candles from Big Dipper Wax Works & Sun-Beam Candles, and a vast selection of container candles (in glass and tins) from GoodLight Candles, Kalamazoo Candle Co. and Eco Candle Co.



2023 CALENDARS & PLANNERS

Stay organized in 2023 with a wall or desktop calendar, or maybe a weekly planner is your preference. Either way, we have a wide selection of 2023 calendars and planners to choose from! Selections may vary by store.



BODY CARE PRODUCTS

The seasonal body care products we offer make perfect stocking stuffers! We have lip balms, bar soaps, liquid hand soaps, froth bombs, and moisturizers from brands we all love: Badger, Pacha, Zum, Moon Valley Organics, and Weleda.



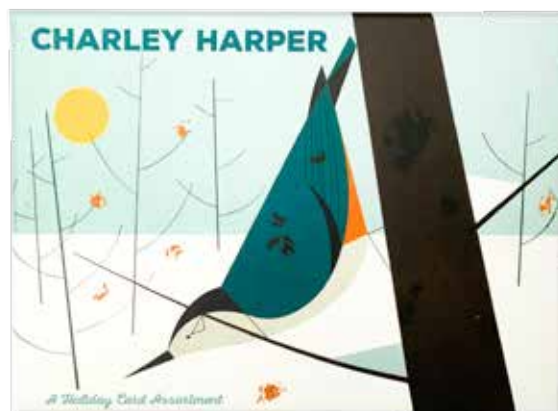
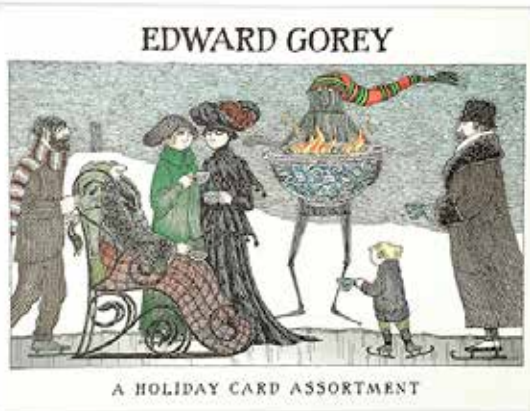
SOCKS

Spread the joy of warm feet this year with a pair of Fair Trade socks from Maggie's Organics (wool) or Tey-Art (alpaca).



HOLIDAY BOXED CARDS

Let someone know you're thinking about them by sending them a handwritten note on one of these beautiful and unique greeting cards from Artists to Watch and Pomegranate.



ANDES GIFTS

Give the gift of warmth and style this year with Andes Gifts! They offer a vast selection of Fair Trade hand-knit alpaca fiber hats, ear warmers, gloves, mittens, arm/wrist warmers, and scarves. Or you can spruce up your home decor with one of their adorable knit pumpkins or house plants.



willy street co-op Holiday Offerings



TURKEY OPTIONS

Bell & Evans

Organic Fresh Turkey

ORIGIN: Fredericksburg, Pennsylvania

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

\$6.99/lb

- 10 lbs - 12+lbs
- 12 lbs - 14+lbs
- 14 lbs - 16+lbs
- 16 lbs - 18+lbs
- 18 lbs - 20+lbs
- 20 lbs - 22+lbs

Ferndale Market

All-Natural Fresh Turkey

ORIGIN: Cannon Falls, Minnesota

Free-range turkey, fed on a corn and soybean-based meal.

\$2.69/lb

- 10 lbs - 12 +lbs
- 12 lbs - 14 +lbs
- 14 lbs - 16 +lbs
- 16 lbs - 18 +lbs
- 18 lbs - 20 +lbs
- 20 lbs - 22 +lbs
- 22 lbs - 24 lbs

Frozen Whole Ferndale turkeys available at Willy North, open-stock only, starting 11/19.

Frozen All-Natural Turkey Breasts

\$3.49/lb

6-8 lbs



ORDERING

Pre-order dates:

Tuesday, Nov. 1st - Thursday, Nov. 17th

WHILE SUPPLIES LAST

PLEASE SPECIFY AT WHICH STORE YOU WILL PICK UP YOUR TURKEY

Visit or call customer service at any store to pre-order.

EAST: (608) 251-6776

NORTH: (608) 471-4422

WEST: (608) 284-7800

We cannot guarantee exact weights, but we do guarantee pre-ordered turkey will be within the weight range ordered. The earlier you pick up your turkey, the closer we can get to your exact preferred weight.

Turkey Pick up starts Saturday, November 19th
Open-stock Turkeys available November 19th

MEATLESS OPTIONS

Sales Subject to availability.



Field Roast 32 oz

Sage Garlic Plant Based Celebration Roast

On sale 11/2/21-11/29/2022 for \$12.99/ea

Save \$6.00/ea *ONLY AT EAST & NORTH

Field Roast 32 oz

Hazelnut Cranberry Plant Based Roast

On sale 11/2/21-11/29/2022 for \$14.99/ea

Save \$7.00/ea

Quorn 16 oz

Meatless Turkey Style Roast

On sale 11/2/22-11/29/2022 for \$7.99/ea

Save \$3.50/ea *ONLY AT WEST & NORTH

Gardein 35.2 oz

Plant Based Turkey Roast

On sale 11/2/21-11/29/2022 for \$13.99/ea

Save \$5.50/ea *ONLY AT EAST & NORTH

Gardein 14.1 oz

Plant Based Savory Stuffed Turkey

On sale 11/2/22-11/29/2022 for \$7.99/ea

Save \$2.50/ea *ONLY AT EAST & NORTH

Tofurky 3.5 lb

Plant Based Holiday Feast

On sale 11/2/21-1/3/2023 for \$27.99/ea

Save \$9.00/ea

Tofurky 26 oz

Vegetarian Roast

On sale 11/2/21-1/3/2023 for \$12.99/ea

Save \$4.00/ea

Tofurky 19 oz

Veggie Ham Roast

On sale for 11/2/21-1/3/2023 \$12.99/ea

Save \$4.00/ea *ONLY AT EAST & WEST

PIE OPTIONS



Local Door County
Cherry Pie
\$21.99/ea
Half Pie **\$10.99/ea**



Pecan Pie
\$25.99/ea
Half Pie **\$13.99/ea**



Apple Pie
\$22.99/ea
Half Pie **\$11.99/ea**
Vegan/made without gluten
\$24.99/ea
Half Pie **\$12.99/ea**



Pumpkin Pie
\$19.99/ea
Half Pie **\$9.99/ea**
Vegan/made without gluten
\$20.99/ea
Half Pie **\$10.99/ea**

Need a whole pie turned into a half pie? Ask a deli staff member!

Our Production Kitchen uses local eggs and butter, plus local produce when we are able. All pies use Wholly Wholesome crusts. Find whole and half pies in our Deli Grab & Go at all three locations.

FIND INFORMATION ABOUT OUR MADE FROM SCRATCH THANKSGIVING FOODS ON PAGE 9





CUSTOMER EXPERIENCE REPORT

With a Thankful Heart

by Kristina Kuhaupt, Customer Experience Manager

AS WE LOOK FORWARD

What do you look forward to as the year begins to close out? For me, it is the general warmth and depth of the fall season which simply makes me appreciative to live in this state. It is looking around at my friends and family in gratitude for their continual presence in my life. It is the general knowledge that I am fortunate to be in a space where my housing and food for the year is most likely secure. This time of the year presents many new possibilities as well as opportunities to look around one's self to pause and reflect on how we impact those around us, what we are doing well, and how we can keep improving propelled by a grateful heart.

DOUBLE DOLLARS MATCH CAMPAIGN: SUPPORTING LOCAL FOOD PANTRIES THROUGH YOUR DONATIONS!

The last two months of the year are an impactful time to help support local families gain food security. Starting November 1 and running until December 31, the Co-op will give a 1:1 match on your cash donations and bag reuse, up to \$15,000 by providing Pantries of Plenty donations to our five neighborhood food pantries: Goodman Community Center Fritz Food Pantry, Lussier Community Education Center, Middleton Outreach Ministry, The River Food Pantry, and Wil-Mar Neighborhood Center. The match will be split five ways through 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 over the years. Last year, with donations to the Double Dollars Fund from Co-op shoppers, we met our match of \$10,000, and we were able to provide \$2,000 of gift cards to each of our five partner food pantries. Thank you for your continued support to make this partnership possible! This year we increased the match to \$15,000 to increase the impact to pantries still feeling the impact of COVID in our community and the extra strain it has been for our local food pantries.

As a reminder, Double Dollars is a community supported program by the City of Madison and Dane County 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. The vouchers are mainly

supported by cash donations and when customers reuse grocery bags to shop at the Co-op. If you prefer an e-commerce platform to donate, Double Dollars Fund contributions can be made at shop.willystreet.coop and search "Double Dollars" to find donation options.

HIGHLIGHTING OUR LOCAL FOOD PANTRIES PARTNERS

EASTSIDE LOCATIONS



Goodman Community Center Fritz Food Pantry

This center first opened in 1954 in the Atwood neighborhood to help develop rich content for children and older adult programs. As time progressed, they grew into two historical locations, the Ironworks and Brassworks buildings holding many opportunities for the community. Their food pantry is located in the Ironworks building, where they serve approximately 200 households each and every week with fresh produce, dairy products, eggs, meat, cheese, and dry goods every Tuesday, Wednesday, and Thursday. Additionally, every Tuesday they provide curbside pantry hours for those who are more comfortable with this option. They do not require pre-registration, lowering barriers of entry. Visit their website for more information on giving and specific hours of pantry operations!



Wil-Mar Neighborhood Center

This Neighborhood Center started in 1968, and now provides many services to the community, including youth programs, rental space for local organizations and activities, producing several beloved east-side festivals, including La Fête de Marquette, and providing many community services, including their food pantry, which is open on Wednesdays. They predominantly serve the 53703 and 53704 zip codes, but no one is turned away. In addition to the food pantry, their community services consist of: free weekend meals, second chance program, which gives opportunities to gain work experience for individuals who may not have the background or references to gain full employment

at this time, garden plot leasing, and hosting the Eastside Farmers' Winter Market. For more detailed information on all these offerings, please visit wil-mar.org.

WESTSIDE LOCATIONS

Lussier Community Education Center



This Education Center, resides in the Gammon Road area neighborhood, celebrating over 40 years of being a resource for the community they serve. In October of 2007, they opened their resources in the location you see today which is on school-owned land adjacent to Jefferson Middle School and Memorial High School. Their food pantry is open Saturday mornings and Wednesday evenings. They provide shoppers with nutritionally balanced food items up to 20 times per year. Additionally, they offer the community access to computers, phones, and other telecommunications during office hours as well as put on community activities during Saturday afternoons.



Middleton Outreach Ministry

This organization was originally established in 1980 and grew into one of the largest hosting food pantries in Dane County. MOM has partnerships with Second Harvest Food Bank, Community Action Coalition, and receives support from local foundations and businesses, in addition they have an established 200+ volunteer network to assist in bringing pantry staples and personal care items to those who need it. Their food pantry is open from Tuesday through Saturday, and they require you to register and check in prior to your visit. In addition to their main site, they offer a mobile food pantry, food pantry garden, and they maintain school nutritional partnerships to help kids stay fueled during school. Although they are well known in the area for this quality service, they additionally provide a large clothing center, housing assistance,

senior program, and seasonal programs throughout the year, including a back-to-school supply drive, Thanksgiving baskets, and Winter Wishes gift card program. Their service area covers the Middleton Cross Plains School District and part of the west side of Madison. For more information on all their offerings, please visit: momhelps.org.

NORTHSIDE LOCATION

The River Food Pantry

This food pantry was founded in 2006 in the Northport/Packers Avenue neighborhood, and it is the busiest South Central Wisconsin food pantry. In 2021, they served more than 11,000 individuals facing food insecurity, providing curb-side groceries Tuesday through Friday including non-perishables, perishables, and other essential supplies. Many households receive an average of 100 pounds of groceries per visit. In addition, freshly prepared meals are available for pickup or delivery. These Fam-at-Home pre-prepared meals provide balanced, nutritious portions for families to eat at home, up to four times each week for everyone in their household; an amazing service!! In 2016, The River, launched their mobile meals program called Munch. This service delivers free meals to children and adults to help bridge the gap that exists when school lunch is not available. This service is offered to over a dozen neighborhoods throughout Madison, Monday through Saturday. For more information on specific times of service for all their offerings, please visit: riverfoodpantry.org

HAVE A WONDERFUL HOLIDAY SEASON

Lastly, I want to take this opportunity to wish you a joyful, warm, and enjoyable holiday season! I am excited that we are able to increase our funding for local food pantries this year with your help during November and December, to continue to bring us all closer together in unity around the dinner table, appreciating each other in one collective society...striving for a better tomorrow.

HOLIDAY STORE HOURS

November 24, Thanksgiving Day: Stores are open until 2:30pm

December 24: Stores open until 6:00pm

December 25: CLOSED

December, 31 New Year's Eve: Regular hours

January 1, 2023, New Year's Day: CLOSED

January 2, 2023: Stores open at 10:00am





A FEAST TO REMEMBER

by Ben Becker, Newsletter Writer

Many of us consider fall the best season. The shorter days and cooler temperatures are a reprieve from the heat and demands of the summer. It lacks the chaos, mud, and anticipation associated with spring, and the cooler evenings and brisk winds lack the bite of desolate winter. It is also a popular time to connect with our food and the land on which it is grown. September brings a huge bounty from our garden plots and local farms, with many of the more delicate produce reaching its peak. October unfurls with cycles of apples with one variety after another coming into its own. By November, much of the late harvest becomes available, when hearty squashes and pumpkins can be enjoyed. All of this culminates with Thanksgiving, perhaps the ultimate American holiday for feasting.

For lovers of turkey, Tofurky, and pies of every stripe, this last gasp of fall is a chance to fill your plates and sit down to share with those in our own inner circles. As always Willy Street Co-op staff are continuing to adapt to the times and many new challenges as they do all they can to make sure that your holiday meal is still one to remember. “It is really our time to shine because Thanksgiving is a very food-based holiday,” says long-time cashier Jesse Thurber. “Staff really do really enjoy Thanksgiving even though it is a busy and stressful time.” In order to ensure all the holiday necessities are on hand, our staff still strive to supply, stock, and provide for all your holiday needs and reflect on what a community-owned grocery store stands for.

PREPARED FOODS SHOPPING

As the Co-op’s employees are putting their minds and muscles to work to provide convenient ways to set your Thanksgiving table this year, our Production Kitchen and Prepared Foods department are designing their offerings to make the prospect of preparing your turkey day feast less daunting. As always, the Co-op is here to connect with the best local product our state and region have to

offer. Production Kitchen Director Ben Anderson and Prepared Foods Category Manager Nicholas Oconnor are working to incorporate as many local products as possible into your holiday menu. This will be accomplished by providing you dishes priced by the pound, so you can get the serving size that fits your gathering the best. These offerings will continue to be available without the hassle of ordering from our catering services so that you can grab them quickly and safely at the store. This should help small family gatherings avoid extra drudgery in the kitchen. At the same time, these offerings are also designed to be scalable so bigger groups can multiply their helpings or just save some for leftovers.

If you are looking for a convenient way to lighten your culinary load, you can count on staples being available, too, such as oven-roasted turkey sourced regionally from Ferndale Farms in Minnesota, green bean casserole, mashed potatoes, and stuffing. Don’t forget to add some new or favorite flavors with individually sized containers of Potato Corn Chowder, Creamy Chicken Wild Rice Soup, Maple-Roasted Root Vegetables, and of course cranberry sauce and either mushroom or turkey gravy. In developing this menu, we are particularly proud to showcase the local veggies. You, too, can take pride in knowing your meal is sourced from and supports the local farmers and producers right here at home. Our Prepared Foods department puts in a great amount of effort making sure we are sourcing local and high quality ingredients. These locally prepared foods are just about as close to the traditional homemade meal as you can get without making everything from scratch in your own kitchen, and you are sure to enjoy the time you’ll save.

PRODUCE

For those looking for fresh, local ingredients to use in their own heirloom recipes, keep an eye out for the seasonal flavors available on our Produce shelves. These are likely to include cranberries, sprouts, celery, and potatoes grown from local farms along with other ingredients you’ll

want to stock your cupboard with before curating your menu.

WINE & SPIRITS

You can also help yourself and your guests get into the spirit of Thanksgiving by trying out options from our wine and spirits selection. Bring a bottle to the table from our Fair Trade and organic vintages. If cocktails are more your thing, pick up some Wisconsin specialties such as Midwest Vodka, or pack some punch into your libation with a shot of Death's Door Gin. Beer snobs can't go wrong as Co-op coolers are packed with a changing seasonal selection from our state's many breweries.

TURKEYS

Co-op shoppers can still expect to have turkeys available for pre-order, and this year we are continuing the tradition of pricing per pound. In offering turkeys priced by their actual weight, you will be charged only for the amount of turkey you take to the register. Customers can order turkeys around a mere 10 or 12 pounds, or go all the way up to 24 pounds and above if you are looking to feed lots of folks or if you just love leftovers.

Because we source our turkeys from regional farms using more sustainable and bird friendly practices, our ability to get turkeys sourced at an exact weight is often challenged, but our Meat department staff are always ready to do all they can to make you happy. For the best guarantee that you will get exactly what you want, don't forget to place your pre-order, and get your pick up early while we still have plenty of stock. The pre-order window goes from November 1 through November 17. Turkey pick-up will become available starting on November 19. If you miss the pre-order, or are just looking for a side of turkey to complement your other dishes, we usually have turkey breasts or other offerings other than a whole bird on hand leading up to the big day. Look for our open-stock turkeys starting on November 19.

FOOD SUPPLY CHAINS

The market for turkeys presents an excellent case study in how our food supply chains can create or limit opportunities for locally based foods. Raising, slaughtering, and transporting meat to market is especially challenging without the availability of necessary infrastructure. With a limited number of federally inspected processing facilities here in Wisconsin, the resulting bottlenecks constrain those farmers, processors, and consumers looking to connect with each other to make local turkey-raising viable. Such limitations only further favor the big four meat conglomerates as the industry continues to consolidate and squeeze out small

producers dedicated to higher quality and safety.

FERNDALE AND BELL & EVANS

In spite of these challenges, Willy Street Co-op continues to provide two of the best brands of turkey out there. Just over the border in Cannon Falls, Minnesota, our friends at Ferndale continue to raise free-range turkeys just as they have for three generations. Ferndale turkeys are 100% free-range and antibiotic-free. In addition, their farmers have a good relationship with a humane local processor. If you are looking for an organic bird, we also carry Bell & Evans turkeys. With either brand you can be sure to enjoy a well-raised, quality turkey, and you won't have to worry about the slimy saline solution you'll get when shopping at other stores.

THAWING AND PREPARING YOUR TURKEY

Knowing more about where your turkey comes from will help you to enjoy your Thanksgiving all the more, but to do so you'll have to know how to thaw and prepare it too. If you are ordering a fresh turkey for pick up, don't be alarmed to find a layer of ice on the outside of the bird. For these fresh turkeys, the freezing is only superficial, and should thaw out after an overnight in your refrigerator. If you do purchase a frozen bird, you'll need to get it ready further in advance. Plan to keep a frozen turkey for two to three days in the refrigerator so it thaws out completely before cooking. Proper thawing can help keep you and your family safe from threats of food-borne illness or from disasters with more explosive cooking methods.

There are plenty of ways to prepare your turkey, all with different advantages. Our Meat Category Manager Nick Heitman recommends brining. "I am a brining fan; it's kind of the best way to maintain and not have the breast dry." For an especially tender and moist turkey, try combining buttermilk and salt in a brine, as popularized by American chef Samin Nosrat. After preparation, there is always the challenge of slowly roasting your bird while working to get your sides whipped up. If you have a Weber cooker handy, you can use it to smoke your turkey and save some room in the oven. Or cut a thick slab of onions in the pan and place the turkey on top. When it mixes with the juices, the result is a perfect gravy!

DESSERT

Let's face it, not everyone sees the turkey as the star of the show. Some of us are just dessert people. For those with a massive sweet tooth, the meat and potatoes are merely forerunners to the main event. This year might be your chance to mix it

up by incorporating sweet potatoes into your favorite crust, mixed in with your favorite sweeteners and spices. You might want to think outside the can, and pick up some pie pumpkins to process for a made-from-scratch dessert. If pumpkin seems a little too tired to you, give it a fresh approach by trying it in a sweet and delectable custard.

If the kitchen is not your special place but you are looking for a crowd-pleasing favorite, be sure to pick up some of our pre-made pies at the Co-op featuring locally produced ingredients. You can buy them in whole or half pies so a greater variety can be enjoyed by everyone. Grab one with Door County cherries for a culinary throwback to summer on the peninsula. These pies are sure to disappear fast, so don't wait!

WHAT TO BE THANKFUL FOR?

For many of us, the best thing about Thanksgiving is having that opportunity to connect with family members who we don't often see, or to socialize with our buddies at a "Friendsgiving" gathering. For families looking to spend some quality time together away from the everyday distractions, cooking up that big feast might be just the ticket. The experiences young people have in food prep not only give them a chance to expand their horizons and tastes but to develop skills and independence that will serve them in life. One way to do this is to encourage tasting as you cook. It not only helps to build culinary instincts but to introduce something new to the pallet of picky eaters. Another great strategy is to involve your teens and preteens in planning the day's menu. Let everyone decide on at least one dish; it could be a family classic that is always enjoyed year after year or maybe something new and bold. Encourage your youth to take on preparing and cooking their selection, which can give them a sense of ownership in the meal. If your people aren't quite ready to hold a knife or boil water safely, they can still be involved. Look for art projects like creating a centerpiece or making hand turkeys that little ones can perform safely and take pride in. The more ways you can get everyone involved, the more memorable your Thanksgiving day is likely to be. For many of us, cooking is a way to express care and affection for others, so participation can mean fond memories of time spent together.



Recipes

Grilled Turkey and Brie Sandwich

Reprinted with permission from www.strongertogether.coop.

Simple yet complex, the tart-sweet flavor of the mango chutney in this turkey sandwich serves as a perfect counterbalance to the creaminess of the Brie.

- 6 oz. turkey leftovers
- 6 oz. Brie cheese
- 2 Tbs. mango chutney
- 4 slices sourdough bread
- 2 tsp. Dijon mustard
- 1 Tbs. olive oil

DIRECTIONS

1. To make each sandwich, layer half the turkey, Brie, and mango chutney on one slice of bread.
2. Spread a thin layer of Dijon mustard on the other slice.
3. Put the two sides together and brush the outside of the sandwich (both sides) with olive oil.
4. In a large skillet over medium heat, brown the sandwiches for 2-3 minutes on each side.
5. Let them rest for 1 minute, then slice in half and serve.



Radicchio Salad with Turkey, Pear, and Pomegranate Seeds

Featured Chef Adapted from www.bonappetit.com.

The day after Thanksgiving is a good time to lighten up in a big way. This salad is chock-full of seasonal produce, as well as a helping of leftover turkey.

- 2 Tbs. Dijon mustard
- 2 Tbs. whole grain mustard
- 2 Tbs. sherry vinegar
- 1/2 c. olive oil
- 1 c. walnut oil
- salt
- pepper
- 4 oz. leftover turkey
- 3 c. radicchio
- 1 pear, sliced
- 2 Tbs. hazelnuts
- 2 Tbs. pomegranate seeds

DIRECTIONS

1. In a medium bowl, whisk together the mustards, vinegar, olive oil, and walnut oil.
2. Season to taste with salt and pepper. Set aside.
2. Combine the radicchio, sliced pear, and turkey in a large bowl. Toss with two tablespoons of the mustard vinaigrette, then top with the hazelnuts and pomegranate seeds. Serve with more vinaigrette at the table. Enjoy.
3. Leftover vinaigrette will keep covered in the fridge for up to five days.



 In these times, having the right home for you and your family to stay safer at home is our priority. We are all in this together, we are here and we care. Be well.

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STOCK UP ON BIKE FUEL!

2LB BAGS ON SALE!

Get a bicycle,
you will not regret it if you live.

- Mark Twain -



The next
Wellness Wednesday
is November 2nd!



OWNERS GET 10% OFF
Wellness & Bodycare items
the first Wednesday of every month!

Body Care, Beauty All, OTC, Personal Care & First Aid, Skin Care, Soap & Bath Prepa, Liquid Bulk, Pre-Package, Herbal Form, Digestive A, Protein Pow, Supplement, Aloe Vera Ju, Bee Pollen, CBD Supplements, Single Herbs, Essence, Products, Topical Products, Coenzyme Q10 (C10), Collagen Polinate, DHEA, Glucosamine & Chitin Supplements, Electrolyte Powder, Effervescent Tabs, Vitamins & Minerals, Antioxidants, Amino Acids, Skin Products, Accessories, Aromatherapy, Beauty Aid Products, Hair Products



Staff Picks



AMANDA

Tipi Produce Carrots

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

Gjetost Ski Queen Classic

This sweet brown cheese comes from the mountains of Norway. It's a full-bodied flavored cheese that is like creamy caramel. It is good with slices of apples, or put a little on some apple pie! Or just eat it by itself. MMMM!



Milton Creamery Prairie Breeze Cheese

This might be one of my favorite cheeses of all time. This is the perfect addition to your cheese platter and will wow your guests! It is crumbly yet creamy and has crunchy crystals. This small family farm really nailed this award-winning cheese!



KATIE

Siggi's Non-Fat Yogurt

This traditionally made Icelandic yogurt is my go to "hit me with some delicious protein" snack. The ingredients are only pasteurized skim milk and live active cultures. No added anything. Clean, simple, and delicious.



JOE

A2 Whole Milk

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



CARLEY

Little Secrets Peanut Butter Dark Chocolate Pieces

I am allergic to a lot of food dyes and haven't been able to have most of my favorite childhood candies in a long time... until I found these! They are a pretty close dupe for my absolute favorite (PB M&M's) and the ingredients are sourced a little bit more responsibly. All around wins.



BEN

Madison Sourdough Pepitas Polenta Batard

The unique combination of pumpkin seeds and cornmeal give this bread a wonderful and hearty texture. It's absolutely delicious pan toasted with some butter, and it can take a quotidian breakfast into the realm of gourmet.

Matt's Chocolate Chip Cookies

These have been my favorite cookies since I was a kid! I love that they are soft-baked which is rare for a store-bought cookie. Made without anything artificial, they have quality ingredients like vanilla, date paste, eggs, and of course chocolate chips. They aren't in every grocery store, and I'm so glad the Co-op carries them.



MEL

Willy Street Co-op Vegan Pumpkin Pie

I've tried a LOT of pumpkin pie over the years, and this is one of my favorites. SO GOOD!

Gardein Meatless Meatballs

I used these for classic (but vegan) spaghetti and meatballs the other night and my guests raved about them. They are delicious and cook up quickly. I simmered mine in sauce. I will try a "meatball" sub next.



JESS

Silver Creek Venison Pork & Beef Summer Sausage

It's locally made and great for snacking or entertaining.

Seracon Maple Syrup Tin Candle

Handcrafted in Canada with 100% Natural Soy Wax. Each artisan wick is made of natural wood using good forestry practices. Listen to the crackling sound of a fireplace when the candle is lit.

Mount Hagen Organic Fair Trade Instant Coffee

I love coffee, but I have very little time and so it is really easy for me to throw a scoop in my thermos and some creamer and hit the road. The best part is I don't have to worry about not having the essential coffee/creamer at my next stop!



ANGELICA

Dr. Bronner's Peppermint Lip Balm

Here we have my go-to "chapstick!" This six-ingredient organic lip balm is very smooth. Crucially, the mintiness is mild, gentle, and relieves suffering instead of causing more!





Miyoko's Cheers to Cheddah Spread

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



EVAN



Olive Bar

The olive bar is a wonderful way to try a variety of different olives types. My favorites are the minced garlic and Greek mix. But I also love the hot cherry peppers. They are a little sweet and a little hot, perfect to pair with the oily olives. The olive bar is great as a snack, an addition to a salad from the salad bar, or as an appetizer/cheese board addition at your next gathering.

MEGHAN



Kalamazoo Candle Company

I love the candles from Kalamazoo Candle Company! They are made of 100% natural soy wax with high-quality fragrance oils and zero added dyes or toxins. There are many scents to choose from. Some of my year-round favorites are: Lavender, Moroccan Rose, and Sandalwood, but my absolute favorite is a seasonal scent: Balsam & Cedar, which is only available during the late fall into early winter. I'm sure as new scents are introduced, I will add more favorites to my list... hopefully you do too!



SARA



Maya Kaimal Everyday Dal Black Lentil, Tomato, & Cumin

This is quickly becoming a favorite cold-weather comfort dish of mine. A long-time fan of dal makhani at Indian restaurants, this is Maya Kaimal's take on that savory North Indian dish and it is delicious, not to mention quick and convenient!

Eden Spicy Pumpkin Seeds

Forget croutons, especially if you're gluten-free. I prefer these to give a spicy kick to my salads! Plus, pumpkin seeds are loaded with antioxidants, and are a mainstay for a healthy urogenital system. Win, win! Available at East and North only.

LAURA

Echo Falls Smoked Coho Salmon Trio

Are you looking for a treat? This product does not disappoint! With three different varieties to entice your palate, switch up the flavors on top of bagels with cream cheese, in an omelette, on crackers, etc.; eat for a week by yourself or a platter at a party! Available at East and North only.



Canned Pure Pumpkin

Did you know pure pumpkin is great for dogs' digestive health? Though it may defy understanding, pumpkin has the unique ability to aid both constipation and diarrhea in your dog. I really like to mix canned pumpkin with plain goat milk yogurt and kibble, then put it into a "Kong"-shaped toy to freeze overnight for a long-lasting treat the next day. My dog loves it!

Willy Street Co-op Pumpkin Bar

This "bar" is more like a piece of cake, and I love it for that. At the beginning of the pandemic when the Production Kitchen was closed, they were sorely missed! I try to only have one a week, but sometimes it's hard not to give in when they're freshly stocked and so close to the checkout!

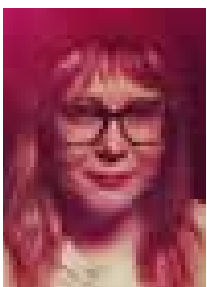
JAMES



Beauregard Sweet Potatoes

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

MICKY



Kalona Supernatural Organic Sour Cream

I don't know why, but this is the creamiest, dreamiest sour cream. Possibly because it's grass-fed? It's super rich and flavorful! I eat a ton of it as-is, but also started using it as a sub for milk in biscuits and mashed potatoes and am never going back.



LACEY



Fuyu Persimmons

There are fruits and veggies that I have grown to enjoy more and more with each passing year; Fuyu Persimmons are on that list of those fruits. With a warm and rich caramel-like flavor and a flesh that can be eaten while still crunchy or jam-like soft, this is one of my favorite fall fruits. Add a little cream cheese on top of a sliced Fuyu topped with pomegranate seeds or bake it into your favorite dessert. It has an amazing versatility that I've grown to strongly appreciate.

JUSTIN



Swiss Chard

It can be hard to get color in your winter meal, but the stems of our Swiss chard can add a rainbow of color to your dish! No waste on these large leaves because stems and all can go in to your dish. I love to sauté it on the stove top or add it in to my winter soups.

Willy Street Co-op Hot Toddy Concentrate

Boost your immune system with this great drink that is made right in store! Delicious with hot water added per the directions, or you know, throw in some brandy or whiskey like your parents used to do!

LEAH



Deep Indian Kitchen Cilantro Pesto Naan Pizza

I like to keep a few of these in the freezer for when I need a quick lunch. They're a great value at the price and all of the flavors are good, but this is my favorite.



BRENDON



DAN

Uplands Pleasant Ridge Reserve

Pleasant Ridge Reserve is a grass-fed, farmstead, Alpine-style cheese—think Gruyere. It’s also the only cheese to ever win Best in Show at the ACS competition three times. It’s the perfect fall cheese. It goes great with squash, apples, and cider. To top it off, it’s made by some of the nicest people you’ll ever meet.



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!



ABIGAIL

Wyld CBD Gummies

These CBD gummies are the absolute most delicious CBD gummy I’ve ever had (and honestly, the most delicious CBD product in general)! They are made with broad-spectrum U.S.-grown hemp, real fruit and sugar, and are vegan and gluten-free. These gummies have a lovely texture and amazing flavor (you won’t even know it’s CBD—really!) They come in four flavors: lemon, raspberry, blackberry, and huckleberry (my personal favorite), and are an excellent dose of 25mg per gummy.

Double Dollars at the Co-op Tuesdays through March 7!



Every Tuesday October 18th through March 7th, 2023, any shopper using their FoodShare/QUEST card to purchase groceries is eligible to receive up to \$20 worth of Double Dollars coupons.

For every \$5 you spend using FoodShare/QUEST for any FoodShare/QUEST eligible items, the Co-op will give you ONE \$5 Double Dollar Coupon, up to \$20.

These coupons can help purchase any fresh, frozen, or canned produce; and seeds/seedlings for growing edible plants at any of our stores any day of the week from October through May as funds allow.

For more information visit www.willystreet.coop/double-dollars. Double Dollars Tuesdays are made possible thanks to a partnership with the City of Madison, Community Action Coalition for South Central Wisconsin, Dane County, Public Health Madison & Dane County, Willy Street Co-op, and other private funders.



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- Mark Twain -

Studio Jewelers is a local, woman-owned jewelry gallery founded in 1981 and located on Regent Street, two blocks east of Camp Randall Stadium. We have a store full of beautiful handmade jewelry pieces, a warm, friendly staff, and three in-house designers ready to work with you. Realizing dreams is our specialty! Our knowledge, experience, and dedication to the highest standards of craftsmanship have earned us the 2022 People’s Choice Award for Best Jewelry Store. Next time you’re thinking about jewelry, come to Studio Jewelers!

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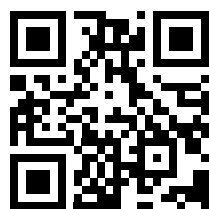
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- 2 MOVE** your payroll or monthly Social Security direct deposit to your new checking account to start taking advantage of the many benefits Monona Bank offers. Our ClickSWITCH® tool makes it easy to move your direct deposit, automatic payments and more!

Your \$300 bonus will be deposited into your new non-interest-bearing account within 90 days after you complete the two easy steps above. Of course, you'll need to keep your accounts in good standing and actively use your new accounts and services (5+ transactions per month). 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 August 31, 2022.**



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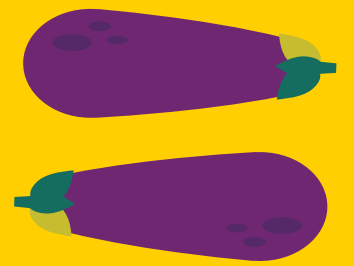
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