

willy street co•op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI
VOLUME 44 • ISSUE 7 • JULY 2017



Beyond Organic:

Healing the Earth Through Biodynamic Agriculture

STORES CLOSING EARLY

All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

IN THIS ISSUE: Board Candidate Statements,
Your Ballot; Summer Potluck Recipes;
Popsicles; Staff Picks; and MORE!

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READER

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
EVERYONE WELCOME!

Published monthly by Willy Street Co-op
East: 1221 Williamson Street, Madison, WI 53703, 608-251-6776
West: 6825 University Ave, Middleton, WI 53562, 608-284-7800
North: 2817 N Sherman Ave, Madison, WI 53704, 608-709-5445
Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

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PRINTING: Wingra Printing Group

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

SUBMISSIONS

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

CUSTOMER SERVICE: EAST: 608-251-6776 WEST: 608-284-7800 NORTH: 608-709-5445

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

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

& Sat-Sun: 7:30am-6:00pm.

Deli: 7:30am to 9:00pm

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

WILLY STREET CO-OP BOARD OF DIRECTORS

Holly Fearing, President
Holly Bender, Vice President
Mike Martez Johnson
Dave Pauly
Patricia Butler
Bruce Slaughenhoupt
Mike Engel

BOARD CONTACT INFO:

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

BOARD MEETING SCHEDULE

ALL MEETINGS BEGIN AT 6:30pm UNLESS OTHERWISE NOTED

July 18th: Regular Board Meeting and Election Special Session
August 15th: Regular Board Meeting

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STORES CLOSING EARLY

All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

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FOLLOW US ON:

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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. The rest can be found in the commons or in the binder near Customer Service. Thank you!

CO-OP COOPERATION

Q: When you make a purchase in the store and the cashier asks you if you belong to another co-op does that include membership in the UW Credit Union? Also, how much caffeine does Honesty Tea beverage contain. Thanks.

A: Thanks for your inquiry! When a cashier asks if you belong to another co-op, we are wondering if you are invested in a different grocery co-op instead of our co-op. If you are interested in joining Willy Street Co-op, you can find information about what it costs on our website at www.willystreet.coop/ownership. We offer the option to make your equity investment all at once, or installments over a seven year period for as little as \$10 per year.

Regarding Honest Tea's caffeine content, it entirely depends on the flavor variety of their tea you are interested in. I checked their website and they have excellent product info. For each product you can click for the nutritional information, and it includes data on caffeine content. www.honesttea.com/products. I believe this information is also on their product labels. Hope that helps! Please let us know if there is anything else we may do for you. -Kirsten Moore, Director of Cooperative Services

WEED CONTROL AT NORTH

Q: Today there are pesticide notification signs all over the grassy medians throughout the parking lot of the co-op, library, etc. Children and adults, pets, etc. walk all over these grassy areas—and will get pesticide residues on their shoes, clothing etc. Toxic pesticides are not necessary on these grassy areas—and are harmful to public + environmental health. When it rains, the chemicals will run off into nearby storm drains + into the lakes. I hope the co-op owners will contact Northside Town Center management and ask that they NOT be used in these areas. Or at least not near the co-op! They are not in line with the non-toxic, healthy focus of the Willy Co-op. Thanks!

A: Thank you for bringing this to

our attention. I am sorry it has taken us some time to respond. I checked in with store management at North and they passed on your feedback to the property owner. Bruns said that they were unaware that any pesticide signs were posted, and that once a year in the spring, prior to a rainy day, they use a True Value Weed and Feed type spread to minimize dandelions and promote healthy grass with no weeds. They also said that the spread was not toxic and that several of neighbors also use this product on their residential lawns. They tried hand pulling the dandelions, and said this was cost prohibitive due to having 17 acres and 800 parking spots. They also said that they are open to suggestions, and they have already taken some from the Co-op that they found successful; such as replacing the rocks in the islands with mulch. Please let us know if there is anything else we may do for you! -Kirsten Moore, Director of Cooperative Services

TOO HOT TO HANDLE

Q: All 3 chickens spicely (sic). All three chicken dishes on the hot bar cayenne! ALL 3!!! I would buy chicken for dinner but don't eat cayenne. Please get your shit together and make food non-spice eaters can eat! I'm furious!

A: Wow! I can tell from your language you are very upset about our momentary lack of diversity on the hot bar. It's true, sometimes certain dishes sell better than others and we end up with a sometimes monotonous hot bar for a few hours. If you don't see things you like on the hot bar I would encourage you to look elsewhere in the deli for a delicious chicken dish without cayenne pepper; we almost always have rotisserie chickens, chicken tamales, various chicken salads and Korean chicken available in our cold case; all the listed items are made without cayenne pepper. Also, you can always ask a Deli person for the hot bar dish you are craving and we can sell that to you cold as long as we have it in back. I hope that helps you solve your poultry dilemma. Thanks, Dustin Skelley, Deli Asst. Manager—East

BILINGUAL STAFF

Q: It would be great to have any sort of bilingual (Spanish speaking) staff in the store. My husband comes in frequently but feels like he can't necessarily get the help or find the products that he needs due to zero bilingual resources. Please consider this when hiring. It would greatly benefit this community.

A: Thanks for the suggestion. I have information for you that may be helpful immediately, and I also have some good news to share with you about what's on the horizon (which

will likely be even more helpful). Short story: we are working on a solution to this issue and appreciate your input!

Presently, while we do not screen new hires for language capabilities, we do ask staff who are interested in helping provide customer service to those who do not speak English fluently to share that information on a list that is available to our Customer Service staff. So when your husband is shopping, he could certainly stop at Customer Service and ask if anyone is available at North to help who speaks Spanish and they could see what they could do for him. It's not perfect because I can't guarantee someone on staff will be available who speaks Spanish each time, but it is possible that he may be able to get better help some of the time.

Now for the new news: We are planning to start using an on-demand language service that is available by phone to help us provide better customer service to those who speak languages other than English regardless of our own language capabilities. This will be available during all store hours and we will certainly be able to use this to communicate better with your husband and others in the community. You can expect to see that service become available late this summer, and it will be similar to services provided at the public library.

Recently we also completed translations of all of our Owner materials including the Owner contract in both Spanish and Hmong. And, if you are looking for additional resources, we also have pamphlets available from National Cooperative Grocers about a variety of food topics at www.willystreet.coop/know-your-food. If there is one that you or your husband would like printed, we can print one for you at Customer Service at your request. Please let me know if there is anything else we may do for you! -Kirsten Moore, Director of Cooperative Services

WATERMELONS MAKE AN APPEARANCE

Q: Besides the fact that Willy St Co-op is a business and that you have to cater to a variety of individuals needs, why is it that watermelons have made an appearance third week of April?

A: Thanks for writing regarding us carrying watermelon in April. As a consumer-owned cooperative, we are dedicated to serving the needs of our Owners, and one thing that Owners have come to expect from us is that we are a full-service grocery store. In the Produce departments, this means carrying as wide an array of fresh organic fruits and vegetables as possible year-round.

The watermelons that you mention were grown in Mexico. We carry many other produce items from

Mexico throughout the year, including items like zucchini, tomatoes, bell peppers, and other warm weather crops that aren't able to grow in Wisconsin year-round. Of course, like watermelon, we source these items locally when we can, and we have relationships with local farms to keep us supplied during the local season, but that does not preclude us from offering warm-weather crops from farther afield when we can't get them locally.

I hope this helps answer your question. If there's more information that I can give you, please don't hesitate to ask! Best, Megan Minnick, Director of Purchasing

CHEESE SAMPLING

Q: I love the cheese sampling that you'll be doing, I think I buy every kind you put out. Having them at room temperature really brings out the flavors and I now let every cheese warm up before I eat it. Cheese has really made its way back into my diet thanks to all the wonderful sampling. My favorite snack is now a crispy apple and small pieces of flavorful Cheese! Yum!!! Thanks.

A: Thanks for sharing your positive feedback with us! I've passed it on to our Cheese Coordinators and posted it for all of our staff to enjoy. Have a great week! -Kirsten Moore, Director of Cooperative Services

HOT BAR REQUESTS

Q: More chicken potpie, fish in deli.

A: Thanks for your feedback about the hot bar. We're about to go through a new menu rotation and we'll try to make sure that our chicken potpie is back on the menu. As far as fish goes, we can make the request, but it may not be feasible. It's complicated to find a fish that meets our standards and costs less than our hot bar price of \$8.99 per pound. Even tilapia has a market price of \$8.99 per pound. It's difficult to justify selling a product for its market price after we put labor into it and other ingredients. We'll keep this in mind when we look at sourcing new product and designing new menus. Thanks! -Dustin Skelley, Deli Assistant Manager—East

AMAZING SANDWICH

Q: OMG thank you for the AMAZING roast beef, horseradish Havarti, and caramelized onion grab & go sandwich! FLAVOR HEAVEN!! Hugs and high fives to you all!

A: Thank you so much for taking the time to write in about your joy concerning this sandwich! I will pass the kind words on to everyone involved! -Katie O'Connell-Jones, Owner Resources Coordinator—West

GENERAL MANAGER'S REPORT

Expansion; Remodel; Bylaw Change; Vote!



by Anya Firszt, General Manager

Welcome July! This month marks the beginning of our new fiscal year, the close of the previous year, and a chance to come together to celebrate our successes of the previous year, and present the plans for the year to come at our Annual Meeting and Party.

This month, we conduct our annual Board election, which is a great opportunity for Owners to have a say in the future of our cooperative and its leadership. We are asking you to exercise your ownership rights by learning more about this year's candidates and taking the time to vote! This year represents a huge turnover in the makeup of our Board membership, as we have five open Director seats to fill, so your decision of who will represent you couldn't be more important. If that wasn't enough for a packed ballot, we are also asking Owners to decide on a proposed bylaw change, as well as for your approval of the expenditure of funds that will allow the Co-op to grow.

EXPANSION AND REMODEL OF WILLY WEST

Your decision to allow for the expenditure of funds has been presented through two referendums, the first being a request for the expansion and remodel of Willy West. Since opening that store in 2010, we have rapidly grown, reaching capacity in sales and the limits of an ideal shopping experience within a small space. With the recent changes at Parkwood Plaza, the vacant storefront adjacent to Willy West presents an opportunity for us to spread out and improve upon our store's layout. This redesign would include rearranging the entrance and seating area, a better configuration of the registers, and other adjustments to provide better flow within and around the store. The annexing of new space will also provide opportunity to increase backroom storage, cooler and freezer walk-in space, which means greater inventory control for staff and fewer out-of-stocks for our Owners. This work will be critical to our efforts to better serve our existing and future Owners while also easing the stress and strain on staff and shoppers. We have budgeted this project not to exceed \$2.25 million.

UNKNOWN EXPANSION OPPORTUNITY

The second referendum is the expenditure of funds for a yet unknown expansion opportunity. While it is unclear what form such an expansion might take, receiving Owner approval in advance allows us to more quickly take advantage of opportunities as they arise, and the window of time for a decision may prove small. Possible projects could include the opening of another retail storefront combined with an adjacent Production Kitchen, or perhaps a larger standalone kitchen. What property developments might become available is unforeseeable, but we need to be poised to act quickly when it presents itself. Rest assured, no project would be acted on without due diligence and Board approval. Your vote approving this request gives us the confidence to move forward so that we may act in the best interests of our cooperative and you, its Owners.

PROPOSED BYLAW CHANGE

The final referendum on the ballot this year is a proposed bylaw change. In order to make any revision to bylaws governing our cooperative, we must have the consent of our Owners (Section VIII: Bylaws, 8.1). The impetus of this proposal is to address an issue of Board conduct not currently governed by our bylaws. As it stands, the Board cannot hold its members accountable to standards of conduct through use or removal except in cases of absence. The strict limits on what constitutes cause for removal of a Board member leave open the possibility of misconduct by our directors without any fear of consequence. To remedy this oversight, our Board has initiated the proposed change in our Bylaws that will allow the removal a Board member for actions in violation of their code of conduct, of failing to act in the best interest of the Co-op. Our Board of Directors as well as management sees this change as a necessary step to continue to ensure that those in a position of leadership and fiduciary responsibility within our organization can be held accountable to a standard of practices and behaviors.

We would not ask you to make any of the above decisions lightly, and would encourage our Ownership to be as informed as possible about their choices on this month's ballot. You can learn more by reviewing the fol-

lowing articles and resources: Board candidate statements can be found on pages 7-11, as well as on our website: www.willystreet.coop. You can also read more about the ballot by reading this month's Board Report from Board President Holly Fearing on the next page. In addition, you are also invited to engage and ask questions about the ballot in person by attending one of the three information sessions taking place at 6:00pm on July 5th, 6th and 10th, at Willy North, Willy East, and Willy West respectively.

CASTING YOUR VOTE

To cast your vote, feel free to pick up and submit a paper ballot at any one of our retail locations as well as at the Annual Meeting and Party. You may also choose to vote online, provided that we have your current email address! Please take note, only one Owner per household or Ownership number will be able to cast a ballot, and should two members of the same household cast a ballot, only the primary Owner's ballot will be counted. Please call or stop in to speak with our customer service staff should you need assistance.

WILLY NORTH OUTSIDE SEATING

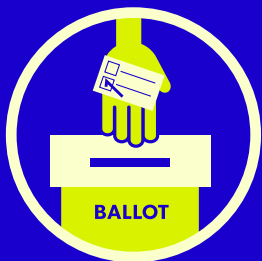
Due to City requirements for improvements to the nearest bus stop and ADA sidewalk connected to our portion of the parking lot, the approval process for the Willy North seating area has taken much longer than initially planned. However, the City and property owners (Bruns) have agreed the Co-op should not be held responsible for these municipally required improvements, and I am pleased to report we can proceed with our project while the subsequent bus stop and sidewalk will remain a separate project for the property owner to complete.

SPECIAL STORE HOURS—CLOSING AT 7:30PM

There are two days this month when we will be closing early. The first is on Sunday, July 2nd, in order to allow for our fiscal-year-end physical inventory count. The second is two days later on Tuesday, July 4th, in recognition of Independence Day. On both dates we will close at 7:30pm at all retail sites. I look forward to seeing you at the Annual Meeting and Party (AMP), Thursday, July 13th, Central Park, Madison.

VOTE

For the Willy Street Co-op
BOARD CANDIDATES



Complete a ballot in the store



Mail in a ballot from the newsletter



Click on the link emailed to you.

You can also vote at the Annual Meeting & Party, July 13th!

VOTE!

STORES CLOSING EARLY

All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

BOARD REPORT

What's on the Willy Street Co-op Ballot?



by **Holly Fearing,**
Board President

One of the most exciting months of the year in the life of a Willy Street Co-op Owner (you!) is July! This is the month you get to decide who will represent you in the governance of your Co-op by voting in new Board mem-

bers. That's not all, though—your ballot has several other important decisions that will ensure our continued success and service to the community for years to come despite encroaching competition and a changing marketplace.

GET READY TO VOTE!

First and foremost, we need your vote on this year's ballot so we know that we've heard the will of our Owners to move forward on decisions with confidence. With 34,000+ Owners looking out for the best interests of the Co-op and everyone it serves, we know together we are putting the Co-op on the best path forward.

NEW BOARD MEMBERS!

The first item to vote on is who you want representing you and the Co-op on our Board of Directors. The roster of candidates and their statements is detailed in this *Reader* and online, so please take a look and place your vote for those you believe will make the best leaders for our Co-op.

GROW WEST!

Next item on the ballot this year, as mentioned in my Board Report last month, the Co-op needs to position itself for smart growth over the next few years to serve a growing community of Owners, to compete against an increasingly crowded natural foods marketplace, and to be the leader in the community we aim to be. Smart

growth will allow us to better fulfill our mission of being an "economically and environmentally sustainable cooperatively owned grocery business, serving the needs of its Owners and employees and a cornerstone of a vibrant community that provides fairly priced goods and services while supporting local and organic supporters." This approach to smart growth has always been part of the fabric of our Co-op—whether it was moving into 1221 Williamson in 1999 or opening Willy North last year, it is a strategy we have always prioritized.

To that end, we're asking Owners to support an expenditure of funds for the expansion and remodel of our West store. While this store has served the needs of its community for the last seven years, we now have a unique and timely opportunity to expand into the retail space next to the existing West store. This move proactively positions our store to be viable for a growing community long into the future and be responsive to Owner requests for improvements at the store today. An opportunity such as this is rare and may not be available to us again if we don't look ahead and act now

THE FUTURE IS BRIGHT!

Next on our ballot, we continue to look forward for opportunities to fulfill our mission of fostering and serving a vibrant community. We define that as being able to serve those that aren't currently or conveniently being served by us, or quite frankly in many cases, any grocery business. We know that not all of our Owners are currently being served conveniently with a store in our near their neighborhood and yet they still chose to support us by spending their grocery dollars with us. We want to support and serve Owners and our community as much as we can in return.

There are a few ways that the Co-op could go about expanding our services. For example, much like our North store, the expansion of Willy

Street Co-op into more neighborhoods will bring more access to quality food choices to more members of our community. Because we had your approval in advance of the decision to go forward with North, we were able to respond quickly when the space became available. We also are aware that our demands on our Production Kitchen are increasing and will not always be sustainable. An expansion may alleviate pressure and enable increases in efficiencies, which could lower cost of goods in all locations. We ask that Owners approve our efforts to research and investigate opportunities, and when (or if) fitting, take action on an expansion project within the next three years.

Just like when our Owners voted in 2014 to allow us to explore a third retail site, which enabled our ability to expand with our North store, your vote to allow us to explore expansion opportunities again is necessary for the Co-op to be able to be responsive in the real estate marketplace we face in this area today. Any final decision would be dependent on pro-forma, market study, finance committee approval and recommendation, and of course, Board approval. However, an approval now from Owners tells us it is acceptable to consider opportunities as they come.

BYLAW UPDATE

Last item on the ballot involves a bylaw update. Whenever the Co-op needs to amend, change or update bylaws, we must ask for Owner approval. Every year, our Policy Committee reviews our policies and

bylaws and looks for areas of inconsistency or improvement; it is part of our process of ongoing improvement. This update to our bylaws was recommended by our Policy Committee to align Board policy with bylaws when it was brought to our attention as inconsistent. Amending the bylaw allows the Board to be able to enforce its own code of conduct which states that a Board member who violates the code of conduct can be removed from the board with a two-thirds vote of the Board. While this provision is currently part of the Board's code of conduct, we cannot enforce the rule unless it is amended into our bylaws, which is why we ask you to vote to amend our bylaws to do so.

I hope this helps you make informed decisions on your ballot this year. Your vote is extremely important to the current and future success of the Co-op. We recognize we are asking a lot of Owners to make these important decisions, and therefore we're offering three different information sessions during the voting window to allow you to ask questions of our General Manager and Board. (July 5th—North, July 6th—East, and July 10th—West, at 6:00pm).

See you at the July 13th Annual Meeting & Party, and thank you for being an informed Owner of our Co-op!

VOTE!

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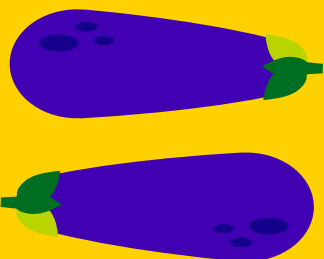
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WILLY STREET CO-OP BALLOT

One Ownership, one vote!

VOTE!

Ballots are due by Tuesday, July 18th at 6:00pm! They will be counted at the Special Membership Meeting at the Central Business Office (1457 E. Washington Ave. Madison), beginning at 6:30pm that night. Drop your Ballot off at the kiosk near the Customer Service desk at any of our stores, vote online via the unique ballot link emailed to you (if we have your current email address), or mail absentee ballots in the envelope inserted in this issue of the *Reader* (stamp needed). Candidate statements appear on pages 7 to 11 of this issue. Please vote for up to five candidates. Ballots with more than five votes will not be counted. Only Owners' votes are valid. One vote per Owner account. If both Owners on a Household Account vote, only the Primary Owner's vote will be counted. Candidates are listed in alphabetical order. (If you would like your ballot to remain anonymous, use the following procedure: 1. Place completed ballot in envelope and seal. 2. Write your name and Owner number and sign across the seal. 3. Mail or deposit in the ballot box.)

WILLY WEST EXPANSION

The Board of Directors and Management are requesting Owners to approve of an expenditure of funds, not to exceed \$2,250,000, for the expansion and remodel of the Co-op retail store located at 6825 University Avenue, Middleton, WI.

I support the expenditure of funds, not to exceed \$2,250,000, for the expansion and remodel of the Co-op retail store located at 6825 University Avenue, Middleton, WI (Willy West).

I do not support the expenditure of funds for the expansion and remodel of the Co-op retail store located at 6825 University Avenue, Middleton, WI (Willy West).

CO-OP EXPANSION

The Board of Directors and Management are considering the possibility of an expansion project in the next few years. While the nature of such an expansion has not been determined, Owners are asked to vote on whether the Co-op should take action on expansion opportunities as they present themselves. "Within the next three years" means that by July 18, 2020, the Co-op officers are signing the contracts for the purchase or rental of the site for a proposed expansion project.

I support the expenditure in excess of 10% Owner equity toward an expansion project within the next three years.

I do not support the expenditure in excess of 10% Owner equity toward an expansion project within the next three years.

You can also vote at the Annual Meeting & Party (July 13th)!

BYLAW 5.7 SUBSECTION 3 CHANGE

The Owners are asked to approve of the adoption of an amendment to section 5.7 of the WSGC Bylaws to change the current bylaw 5.7 subsection 3 to subsection 4 while creating a new subsection 3 which reads as follows:

3. If a Director has acted against the best interest of the Co-op or has violated the Director's code of conduct, the Director may be removed by a 2/3 vote of the Directors present at a Board Meeting, at which this item is on the agenda, provided that (a) the Director in question is first given no less than ten calendar days advance written notice that this subject will be on the board's agenda, and (b) the Director in question is accorded an adequate opportunity to respond in person or in writing regarding their alleged violation before the expulsion vote is taken by the board.

I support the amendment of WSGC bylaw 5.7 using the language provide above.

I do not support the amendment of WSGC bylaw 5.7 using the language provide above.

BOARD OF DIRECTORS

Brian L. Anderson

Jeannine Bindl

Evan Cameron

Sarah Daniels

Meghan Gauger

Ben Gold

Scott Isabella

Caryn Murphy

Stephanie Ricketts

Bonnie Watson

Owner name (please print): _____

Owner Signature: _____

Owner Number: _____

Today's Date: _____

Joe Sonza-Novera
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One Garden at a Time

Providing Landscape
Services and Stonework

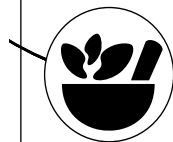
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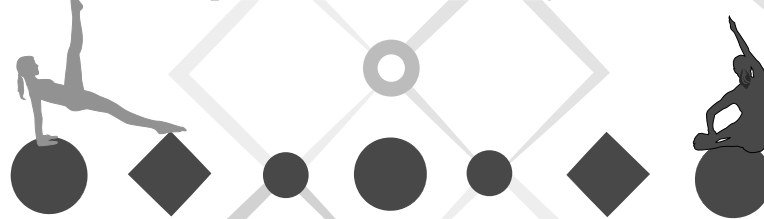


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YOUR BOARD CANDIDATES

In the candidate application, we asked candidates if they had attended a Board meeting, to collect 20 Owner signatures supporting their candidacy and if they had attended a Board Candidate Information Session. "Yes" responses (if any) are at the beginning of each statement.



"As a business lawyer who supports democratic ownership principles, I would love to serve the Willy Street Co-op and expand its successful model elsewhere."

**Attended Board Meeting? Yes
Signatures? Yes
Board Candidate Information Session? Yes**

BRIAN L. ANDERSON

1. Why do you want to serve on the Willy Street Co-op's Board of Directors?

I want to serve on the Willy Street Co-op board because I support the cooperative form of business, particularly its emphasis on democratic control and economic participation by the owners. Cooperatives and their cousins (credit unions, employee-owned companies, and nonprofit organizations) should be encouraged to proliferate, because they generally provide higher levels of service to customers and satisfaction to employees. I have helped dozens of companies establish employee stock ownership plans (ESOPs) and thereby become employee-owned. (Note: Willy Street is not a candidate for an ESOP). Having provided professional services to businesses and nonprofit organizations for approximately 35 years, and having been a Willy Street West frequenter and Co-op member since 2010, I have come to an appropriate time to provide service back to the Co-op. I'm a lawyer and CPA, but don't hold that against me. The board should have diversity.

2. Describe your previous volunteer or leadership experiences and how they relate to your service on the Co-op Board.

The 4 years I served as an elected member of the board of governors of the State Bar of Wisconsin (and the 2 years I chaired its Business Law Section) provided valuable leadership experience in a democratic organization. The 3 years I served in elected office on the Village of Sussex (WI) board of trustees provided valuable experience responding to citizens. My current terms of service as a director of the Madison Museum of Contemporary Art Foundation, Inc., a director of the Madison Benefits Council, Inc., and an advisory director of the Madison Symphony Orchestra, provide me with interesting volunteer experiences and ground me in the Madison community.

3. What are the two to three issues the Co-op's Board needs to address in the next three years?

In coming years, the Co-op board needs to keep pondering the best ways to balance the Co-op's multiple and sometimes competing interests, namely: (a) providing nutritious and affordable food to Co-op members and the broader community, (b) paying fair prices to local farmers and other vendors for their products, (c) serving the community in other ways, such as education and training, and (d) supporting the cooperative movement more broadly. Having survived and thrived for 43 years, the Co-op needs to remain economically sustainable, despite constant changes in the business environment (with other groceries opening and closing) and constant changes in food supplies and needs. The Co-op also needs to continue devoting resources to actively assist other food cooperatives across the country. Build bridges, not walls.



"I believe in the Co-op's mission and am invested in its success so that everyone can benefit from access to healthy food and environmentally sustainable practices."

**Attended Board Meeting? Yes
Signatures? Yes
Board Candidate Information Session? Yes**

JEANNINE BINDL

1. Why do you want to serve on the Willy Street Co-op's Board of Directors?

I'd like to serve on the Willy St. Co-op's board of directors to deepen the impact and expand the reach of the co-op's thriving community. I am a Registered Dietitian; my vocational passions are improving access to healthy foods and building supportive communities. The Co-op board is a fantastic vehicle for my passions, a place where I can work towards improving the health of communities in Madison and Dane County.

2. Describe your previous volunteer or leadership experiences and how they relate to your service on the Co-op Board.

In addition to my vision and passion, I will bring my experience to the Board of Directors - my experience in community outreach, business management, and pilot program development, execution, and evaluation.

Our family recently moved back to Madison after three years in Portland, OR. While in Portland, I served on the board of directors at a community-focused non-profit, and taught nutrition through a culinary program serving at-risk teens. These opportunities expanded my leadership, communication skills, and my horizons.

Before becoming a full time parent, I worked as a nutrition educator within the Dane County Women, Infants and Children program. During this time I was confronted by specific community needs: access to healthy food and affordable physical activity resources. I responded by contributing to city-level conversations about food deserts and insecurity, and planned and executed a pilot study which offered free exercise classes at the Lussier Community Education Center.

My self-motivation and desire to connect people with existing resources are skills that will help our Co-op continue to succeed and grow sustainably.

3. What are the two to three issues the Co-op's Board needs to address in the next three years?

This is a very exciting season for Willy St. Co-op; Willy North recently opened and there is potential for a fourth store on the South side. It is important during this season that we prioritize fulfilling our mission statement. Change can be challenging and we need to focus on being our best selves in its midst. Two specific areas to monitor are our financial health as a business, and the satisfaction of our owners and employees—old and new.

Additionally, I believe we should creatively consider how our current locations can more positively impact the neighborhoods we are already in. Some ideas include but are not limited to: increasing classes offered, creating space for community groups such as postpartum moms or language learners to meet, and stepping outside the store walls to help with school gardens. By engaging in we can be part of a more healthy and vibrant community.

STORES CLOSING EARLY

All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.





“I’m a grad student with non-profit, cooperative, and board experience looking to balance lower cost with sustainability, social justice, and ethics in making decisions.”

**Attended Board Meeting? Yes
Signatures? Yes
Board Candidate Information Session? Yes**

EVAN CAMERON

1. Why do you want to serve on the Willy Street Co-op’s Board of Directors?

I think I have a unique perspective as someone with a wealth of board and cooperative experience. I also have a strong passion for the cooperative model, the welfare of humans and animals, and an interest in what some may consider tedious minutiae: writing policy, scheduling tasks, and reviewing minutes, for example. Additionally, as a graduate student at UW with limited income, I have a desire to balance the sometimes conflicting goals of providing sustainable, ethical, and local food at lower costs.

2. Describe your previous volunteer or leadership experiences and how would they relate to your service on the Co-op Board.

I have several relevant experiences through working for the Oberlin Student Cooperative Association (OSCA), a multi-million dollar non-profit group of cooperatives with the goal of providing at-cost housing and dining to students at Oberlin College. From 2012-2013, I led the negotiation of a lease agreement between OSCA and Oberlin College. From 2013-2014, I served as the Chair of the Board of OSCA, navigating issues including changing staff compensation and navigating a restructuring of our Bylaws. Afterwards, from 2014-2015, I was the President, collaborating with 25 student staff, three Officers, and four, salaried employees through chairing the Personnel Committee. I maintained communication between disparate areas of staff, including working with Operations Managers and chairing the General Management Team. They in turn ensured the seven co-ops ran smoothly. As President, I was the public face of OSCA, meeting with attorneys, overseeing outside correspondence, and attending conferences. I averaged 30 hours/week working for OSCA as a full-time student. As President, I approached 40 hours. I think that the strategic planning, board and cooperative experience, and OSCA’s goal of keeping costs down while providing sustainable, ethical, and local food all contribute to these experiences’ relationship to my service on the Board.

3. What are the two to three issues the Co-op’s Board needs to address in the next three years?

One of the most pressing issues is the addition of the Willy North location. The Board will still have much to discuss in the coming years as to how it can grow and serve the needs of the north side. The Board will likely continue navigating the addition of conventional products that still meet the Co-op’s mission, while respecting the desires and needs of the north side’s communities. The second most pressing issue in my mind is the overall cost of Co-op products relative to costs at competing grocers. The recent arrival of several new grocery options in Madison brings products that are marketed in similar ways and with a customer base similar to the Co-op’s. I think that the fundamental challenge here is promoting Willy Street as a cooperative, as something that one can truly “own” a part of and play a fundamental role in running. This is ultimately the largest strength of the Co-op, something I have always appreciated about the cooperative model, and something I believe the Board should make appeals about to the owners and potential owners whenever possible.



“I’ve loved the Co-op since 1974. My capabilities include communication, law, spirituality and meditation. I want well-being for all. I ask for your vote.”

**Attended Board Meeting? Yes
Signatures? Yes
Board Candidate Information Session? Yes**

SARAH DANIELS

1. Why do you want to serve on the Willy Street Co-op’s Board of Directors?

I want to support the continued success of the Co-op. My values are harmonious with the values of the Co-op: respecting and honoring everyone and giving our best to everything we do. The Co-op is a natural leader for values I support of integrity and excellence in the goal of good, clean, healthy food and a strong, caring community.

It was love at first sight for me with Co-op starting in 1974. I appreciate the values of courtesy, working with local suppliers, the leadership role for sustainable agriculture, appreciating the land and farmers, and networking with others who share these values.

Also, I have experienced food insecurity, and I appreciate the Co-op’s participation in the Food Prescription Program.

I have a strong work ethic, realistic life experiences, common sense and commitment to kindness. The Board can rely on me. It would be my pleasure and honor to serve, and so I ask for your vote.

2. Describe your previous volunteer or leadership experiences and how would they relate to your service on the Co-op Board.

I have good communication skills, I’m reliable, and I have a commitment to kindness and good will for all.

I worked at Wisconsin Public Radio. I produced radio shows, hosted shows on air and wrote scripts. I also studied W. Edwards Deming’s Quality Improvement methods. After WPR, I attended from UW-Madison law school, then clerked for a Wisconsin Court of Appeals, worked at a private law firm, and finally at the Wisconsin Office of the Public Defender. As a lawyer, I did my best to bring about the best possible resolutions. This required diplomacy, attention to detail, imagination, persistence, preparation, mastery of facts and law, and a realistic understanding of the current legal system.

I’ve also developed my spirituality and a heart-centered approach to living. Although I’m significantly better now, I left the Public Defender’s office when I got mononucleosis, which morphed into disabling Chronic Fatigue Syndrome. I experienced a lot of isolation in those years.

Spirituality offered me a way to find meaning in life when my scope of activity had essentially disappeared. I learned from many: Byron Katie, Matt Kahn, Abraham-Hicks and more. Locally, I practiced Compassionate Communications, learning from Mary Kay Reinemann and Robert Gonzales. I also practiced energy work in Paul Ditscheit’s Soul Awareness School. More recently, I’ve led and taught meditation at the Center for Conscious Living. I teach a transformational meditation designed to reduce suffering and enhance happiness in everyday life. I want benevolence and well-being for all.

3. What are the two to three issues the Co-op’s Board needs to address in the next three years?

1. EXPANSION: I support reasonable expansion as long as the values of the Co-op are retained.
2. SERVICE TO NEIGHBORHOODS AND COMMUNITIES: Listen and Learn how best to serve communities and neighborhoods so that the Co-op may be of the most benefit.
3. ENHANCEMENT: Continuing efforts to enhance employee and customer satisfaction. Continuing to listen to employees and customers.

VOTE!



"I'm interested in gaining a broader perspective of the diverse needs of our Owners, and in helping the Co-op to meet those needs."

**Attended Board Meeting? Yes
Signatures? Yes
Board Candidate Information Session? Yes**

MEGHAN GAUGER

1. Why do you want to serve on the Willy Street Co-op's Board of Directors?

I believe in the Co-op's mission—serving needs of Owners and employees by running an economically and environmentally sustainable cooperative. The Co-op's leadership in supporting local farmers and food producers is important to me as a way to serve the triple bottom line (people, planet, profit).

I'm interested in serving on the board to gain a broader perspective of the diverse needs of our Owners, and to be a part of making decisions on how the Co-op can meet those needs. I've been impressed with the ideas that Owners and staff have come up with to increase accessibility for customers in terms of product mix and co-op services, especially regarding our Willy North location, and I look forward to working on additional creative ideas that we can implement.

2. Describe your previous volunteer or leadership experiences and how would they relate to your service on the Co-op Board.

I have served on the Willy Street Co-op's Community Reinvestment Fund Committee for the past four years, which has been a rewarding way for me to contribute to the Co-op, and a great way to be involved with the Co-op's efforts to help local non-profits launch innovative programs for the benefit of the community. I view the opportunity to volunteer on the Board of Directors as the next step in serving the Co-op and our Owners.

I have experience working with non-profit boards and I understand the role that boards play in running a healthy organization. I understand principles of board governance, how to read financial statements, and the commitment of time and effort it will take to be an effective Board Director.

On a personal note, I am passionate about protecting wilderness on public lands and for years I have spent countless hours as a grassroots activist working with a wide coalition of citizens, elected officials and fellow activists. When I commit to something, I commit!

3. What are the two to three issues the Co-op's Board needs to address in the next three years?

The board needs to ensure that the Co-op maintains a competitive advantage as competition grows for organic and natural foods. This includes thinking about what we can offer to attract more customers to become Owners, and what we can do to ensure that the Co-op attracts and retains great employees.

Along with that, the board needs to ensure that the Co-op remains in a strong financial position both in the short and long term.

The board also needs to continue working with staff and Owners to create and maintain accessibility in terms of product price and selection, and inclusivity by listening to Owners' needs so that the Co-op is an attractive place for customers to spend their dollars.

"I like cheese, financial discipline, and food security. I manage multi-million dollar projects and want to bring my expertise to Willy Street."

**Attended Board Meeting? Yes
Signatures? Yes
Board Candidate Information Session? No**

PHOTO NOT SUBMITTED

BEN GOLD

1. Why do you want to serve on the Willy Street Co-op's Board of Directors?

I want to apply my background in business and interest in food security to give back to the co-op. Serving on the board combines my desire to give back with satisfaction from working on large scale business problems and the potential to address food security issues.

2. Describe your previous volunteer or leadership experiences and how would they relate to your service on the Co-op Board.

I manage and lead projects from 1K—1mm with non-profit healthcare organizations through large-scale software implementations.

I am excited at the prospect of working with a mission driven organization again. In my regular work, I collaborate, manage, and influence folks from varying backgrounds and roles to help organizations to meet their goals. At the core, my background provides me the skills and framework to help solve problems the co-op currently faces while keeping an eye on challenges yet to come.

3. What are the two to three issues the Co-op's Board needs to address in the next three years?

The co-op board first needs to address the financial health of all co-op locations. The focus on financial discipline ensures the future of the co-op and I believe it ought to remain a highly visible priority. The co-op's primary goal is mission, not profit; however, the mission cannot maintain its viability without a margin. Financial discipline is imperative for the continued operations and growth of the co-op.

As a consumer, it is a pleasure to see so many grocery stores offer organic and high-quality ingredients, but competition from other grocery stores represents a growing challenge for the co-op as it continues to embody its mission through its products and customer experience.

The co-op board should also investigate whether the Willy North location business model can be replicated in other locations in the greater Madison area. I'd like to examine using the co-op's model: shared ownership, ongoing education, community engagement, and commitment to quality as the foundation for improving access to different communities within Madison.

VOTE!

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“I am a food industry operations professional dedicated to promoting and facilitating access to sustainable, organic, and local food choices in the community.”

**Attended Board Meeting? No
Signatures? No
Board Candidate Information Session? Yes**

SCOTT ISABELLA

1. Why do you want to serve on the Willy Street Co-op’s Board of Directors?

a. In an era of food industry consolidation, co-op’s like Willy Street provide the community with a consumer-first option focused on local and sustainable products, as well as community engagement. As a food industry professional who has witnessed firsthand how core principles can dissolve as organizations search for profits, I recognize the criticality of Willy Street’s mission and want to support the organization to further its goals while remaining financially sound.

2. Describe your previous volunteer or leadership experiences and how would they relate to your service on the Co-op Board.

a. I began my career as a supply chain professional at H.J. Heinz, where I built a deep understanding of the food industry and the intricacies of consumer packaged goods. I then joined HD Supply as a Branch Manager in the state Virginia, where I lead a team of professionals at various stages their careers and ran a \$30 million P&L. Most recently, I managed the sourcing department of Earthbound Farm, the nation’s largest grower-processor of organic produce. I currently lead operations at Miss Jones Baking Co., a start-up that produces organic baking goods sold in retail stores nationwide. My professional experience has grounded me in the practical underpinnings of the food industry and developed my ability to understand and manage financial statements. Most importantly, however, my experience has made me acutely aware of disparities in food quality and availability and ignited my passion to increase consumer awareness of and access to organic and natural foods within my community.

3. What are the two to three issues the Co-op’s Board needs to address in the next three years?

- Differentiated and Profitable Product Assortment—Although we are in an unprecedented era of food industry consolidation, we have also never had more products available for consumers to choose. It is the Co-op’s responsibility to provide an assortment of products that aligns with the Co-op’s mission and its Owners’ demands, and the Board can play an integral role in fostering that alignment.
- Member Engagement—The Co-op’s democratic model should be upheld and strengthened. The Board can encourage engagement activities to maintain a constant connection between the Co-op and its Owners to ensure meaningful participation and satisfaction. A membership fund could subsidize the cost of membership for low income residents and address local food insecurity issues.
- Sound balance sheet and cash flow policies—The Co-op can best serve its Owners when it is financially strong. Key financial ratios and operating metrics should be in place and measured against to ensure responsible management of Co-op resources.



“The Co-op is an important part of our community, and I want to help it continue to thrive.”

**Attended Board Meeting? Yes
Signatures? Yes
Board Candidate Information Session? Yes**

CARYN MURPHY

1. Why do you want to serve on the Willy Street Co-op’s Board of Directors?

I think that the Co-op is one of our city’s great assets, and I believe in its mission of environmental and economic sustainability. I want to serve my local community by helping the Co-op succeed, and I think that my background and skills speak directly to the duties of a board member. My undergraduate majors were business administration and communication, and I’ve utilized related skills in every job I’ve ever held.

2. Describe your previous volunteer or leadership experiences and how would they relate to your service on the Co-op Board.

My previous volunteer work at Community Shares of Wisconsin and Christine Ann Domestic Abuse Services involved both administrative and organizational tasks. I’ve devoted my time to causes like these because I believe they serve important and necessary social functions.

My work as an associate professor involves teaching, research, and service responsibilities. This has helped me to develop both leadership skills and an appreciation for collaboration. I am capable and reliable—and I think those are two attributes that go a long way in any organization.

3. What are the two to three issues the Co-op’s Board needs to address in the next three years?

The first issue that I’d like to highlight is growth and expansion. The Co-op needs to continue to grow in order to continue to thrive. A second, interrelated issue is that the Co-op’s three stores serve different areas of the city, with distinct needs. As the Co-op grows and changes, I think it’s important to maintain some unity of identity while respecting the needs of the communities being served. This might be a good place to add that I think that Willy North has been doing a really good job of meeting this challenging goal. As a third issue, the Board needs to consider opportunities and threats in the overall market; evidence suggests that the way that people shop for groceries (and what we’re seeking) is changing. As much as possible, the Co-op should be able to benefit from a greater consumer demand for produce and prepared foods.

STORES CLOSING EARLY

All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

VOTE!



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“I will bring my knowledge of cooperatives, experience working at WSGC, and deep love and hope for Madison to my service on the Co-op Board.”

**Attended Board Meeting? No
Signatures? No
Board Candidate Information Session? No**

STEPHANIE RICKETTS

1. Why do you want to serve on the Willy Street Co-op’s Board of Directors?

The Co-op is a very important part of my life, providing me with a place to buy high-quality, organic food and locally made products that support my fellow Wisconsinites and Madisonians. Equally important, the Co-op (especially my home-base at Willy East) is a community space, where I know I will see my friends, neighbors and other friendly faces on even the roughest of days. I would like to give back to the organization that has given me so much over the years by serving on the Board of Directors. I am passionate about cooperatives, sustainably produced food and building community, all of which are at the very heart of WSGC.

2. Describe your previous volunteer or leadership experiences and how would they relate to your service on the Co-op Board.

I am in a unique position, having spent 2008-2015 working for WSGC as its Executive Assistant and, for much of that time, Board Administrator. As a result, I am thoroughly versed in policy governance and the Co-op’s Bylaws and Ends policies, and I am also familiar with many of the Board’s duties, procedures and much of its history. Outside of the Co-op, my relevant experiences include serving as a REAP Farm-to-School AmeriCorps member, a certificate from the Edgewood Sustainability Leadership program, and founding/co-leading a small non-profit called Eat for Equity-Madison. Collectively, these experiences have taught me how to manage business finances, publicly represent an organization, facilitate group conversations and make deliberative decisions, and a whole lot about cooperatives, our regional food system, and our community. Time has also deepened my love for Madison, and the communities that make it a vibrant place to live.

3. What are the two to three issues the Co-op’s Board needs to address in the next three years?

The Co-op’s Board needs to explore and provide a vision for the role WSGC can play in creating a more equitable and inclusive Madison, for all of the people who live here. The other top issues I see for the Board are to 1) closely monitor the financial health and policies of WSGC post-expansion to a third store and 2) consider the long term future of the organization, particularly how cooperatives maintain their relevancy and grow their impact in an increasingly dense and competitive arena.



“I would be proud to contribute to the continued success of the Willy Street Co-op, an organization whose values I share and strive to uphold.”

**Attended Board Meeting? Yes
Signatures? Yes
Board Candidate Information Session? No**

BONNIE WATSON

1. Why do you want to serve on the Willy Street Co-op’s Board of Directors?

Over the past eleven months, I have had the very fortunate opportunity to work with the Finance team at the Central Office. As part of my role, I have been directly involved in financial reporting and tracking of capital expenditures, and have assisted with the budgeting process. While my background in accounting is what first brought me to the Co-op as a contract employee, the education I have received since then has inspired me to run for the Board. The only thing more impressive than the collective kindness of the staff that I have encountered at the CO and at the retail locations, is the steadfast belief in the mission of the Co-op. The emphasis placed on giving back to the community, the support of local farmers and fair-trade products, and the depth of concern for the accessibility of healthy, organic foods for all are important values that I try to maintain as well. The Willy Street Co-op has given me more than I could ever give back to them, but my hope is that my business background and experience would be a worthy contribution to the Co-op’s continued growth and success.

2. Describe your previous volunteer or leadership experiences and how would they relate to your service on the Co-op Board.

In addition to volunteering in my children’s elementary school classrooms, I previously served four years on the Board of the parent cooperative nursery school that they both attended. During the two years I served as President of the Board, I assisted in the creation of a finance policy manual, led a strategic planning initiative and helped develop a five-year plan. Additionally, I coordinated classroom volunteers and provided input on changes to the school’s bylaws.

3. What are the two to three issues the Co-op’s Board needs to address in the next three years?

Within the next few years, the Co-op’s Board would best serve the ownership by concentrating on the following:

- a) Focusing on the triple bottom line by increasing operational efficiencies that would in turn increase profitability, maintaining a livable wage for Co-op employees, and managing food loss at the retail sites and off-site kitchen,
- b) Continuing to expand in strategic locations that would benefit from easier access to local, fresh and organic products, as well as from the Co-op’s educational programs and community reinvestment, and
- c) Keeping abreast of the changing needs of the locations the Co-op currently serves, in order to provide the appropriate mix of products and services for that area and to remain relevant in an increasingly competitive market.



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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.



CHIP CHAT: MAKE YOUR VOICE HEARD: HOW TO BECOME AN ADVOCATE IN DANE COUNTY & BEYOND

Location: Willy East Community Room
Tuesday, July 25th, 6:00pm-7:00pm

Location: Willy West Community Room
Wednesday, July 26th, 6:00pm-7:00pm

Presenter: Natalie Deibel, Chairperson, Board of Directors and Clara Jeon, Intern, NARAL Pro-Choice Wisconsin Foundation

Ages: 13 and older; adult supervision not required

Fee: Free; registration required

Want to learn more about how to make your voice heard in the Capitol and beyond? Join Naral Pro-Choice Wisconsin Foundation for an engaging, interactive presentation that will offer a variety of actions you can take to directly affect public policy. You will also learn about the current state of reproductive health services and access in Wisconsin and be able to discuss what issues you are most passionate about with your fellow attendees.



DIY: TRANSFORMATION THROUGH COMPOSTING

Location: Willy West Community Room
Tuesday, July 18th, 6:00pm-8:00pm

Ages: 13 and older; adult supervision not required

Instructor: Linda Conroy

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

Join Linda Conroy for this workshop to get started composting in your backyard. Linda will cover various ways to set up your compost pile and explore the elements needed in a working compost. You will leave feeling inspired to begin composting at home

DIY: LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy East Community Room
Wednesday, July 19th, 6:00pm-8:00pm



FAMILY

Location: Willy West Community Room
Wednesday, August 9th, 6:00pm-8:00pm

Ages: 18 and older

Instructor: 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.

COOKING TOGETHER: SUPERB SUMMER PICNIC

Location: Willy West Community Room

Friday, July 7th, 5:30pm-6:45pm

Instructor: Lily Kilfoy

Ages: 5 and older; adult supervision required

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

Join Chef Lily Kilfoy in this cooking class for families. Learn about different foods and where they come from, kitchen safety, how to follow recipes, and how to use an assortment of equipment and tools. When the weather gets hot, there is nothing better than eating outdoors. Explore sandwiches, salads, sides, skewers, dips, fruits, lemonade and more. We'll work in groups to create a superb summer picnic.



FREE LECTURES

NATURAL SOLUTIONS FOR LEAKY GUT SYNDROME

Location: Willy West Community Room

Tuesday, July 11th, 6:00pm-7:00pm

Ages: Any; adult supervision required

Instructor: Katy Wallace

Fee: Free; walk-ins welcome

Do you have aches, pains and swelling throughout the body? Increasing frequency of food reactions? Or frequent bloating after meals? Studies are showing that leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and autoimmunity. We can help! Join Katy Wallace, Traditional Naturopath, to discuss natural approaches that work.

COOKING MATTERS AT THE STORE

Location: Willy North

Thursday, July 27th, 10:00am-11:00am

Ages: Any; adult supervision not required

Instructor: Lytonia Floyd

Fee: Free; registration required

Are you eligible for SNAP benefits? If so, join us to learn how to get the most nutrition for your food dollars. A UW-Extension FoodWise Nutrition Educa-

Dentistry for the Health-Conscious

"A healthy body starts with a healthy mouth"

Accept our Gift of Health offer for only **\$39**

(New patient exam, X-rays and consultation)

and discover why patients from all over the Midwest start their journey to optimal health at:



Dr. Supriya Shetty

Integrative Dental SOLUTIONS

- Non-metallic crowns in 1 visit
- Non-metallic dental implants
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- Invisalign and whitening



Dr. Udoka Holinbeck

On Capitol Drive in Pewaukee 262.691.4555 www.WiNaturalDentist.com

tor will lead a free guided tour of the Willy North grocery store. Registration is required; please register by contacting Lytonia Floyd by phone at 608-224-3645 or by email floyd.lytonia@countyofdane.com. FoodWise programs empower Wisconsin residents to make healthy choices through learner-centered nutrition education. For more information, visit their website: fyi.uwex.edu/foodwise/ or call 608-224-3714.



KIDS IN THE KITCHEN: PERFECT PASTA SALADS

Location: Willy East Community Room
Tuesday, July 11th, 4:30pm–5:30pm
 Ages: 5–8 years old; adult supervision not required
 Location: Willy West Community Room
Tuesday, July 25th, 4:30pm–5:30pm
 Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Pasta is a fun food that comes in a plethora of shapes and sizes. In this class, recipes will use Wagon Wheel, Orzo, Rotini, and more different types! Kids will work together and use a range of tools to chop and snip seasonal vegetables and herbs, grate cheeses, blend pesto, and stir in tasty ingredients to create multiple perfect pasta salads. Vegetarian and nut-free.

KIDS IN THE KITCHEN: RED, WHITE AND BLUE FOODS

Location: Willy East Community Room
Friday, July 14th, 4:30pm–5:30pm
 Ages: 5–8 years old; adult supervision not required
 Location: Willy West Community Room
Friday, July 21st, 4:30pm–5:30pm
 Ages: 9–12 years olds; adult supervision not required
 Instructor: Lily Kilfoy
 Fee: \$10 for Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Watermelon, red pepper, raspberry, tomato, garlic, cauliflower, cheese, coconut, blueberry, cabbage and blue corn are a few examples of naturally red, white and blue foods. In this class, participants will work together and use a variety of equipment to prepare delicious dishes using foods of these colors. Vegetarian and nut-free.

KIDS IN THE KITCHEN: DELICIOUS DIPS

Location: Willy West Community Room
Friday, August 11th, 4:30pm–5:30pm
 Instructor: Lily Kilfoy
 Ages: 5–8 years old; adult supervision not required
 Fee: \$10 for Owners; \$20 for non-owners

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. All cuisines have their own style of dips and delicious items to go with. From fresh guacamole with corn tortilla chips to garlic hummus with pita crisps and everything in between, in this class, participants will delight in making delicious dips from around the world. Vegetarian and nut-free.

KIDS IN THE KITCHEN: SCRUMPTIOUS SMOOTHIES AND WONDERFUL WRAPS

Location: Willy East Community Room
Tuesday, August 8th, 4:30pm–5:30pm
 Instructor: Lily Kilfoy
 Ages: 5–8 years old; adult supervision not required

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

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. Two tasty topics will tantalize your taste buds. Berries, tropical and stone fruits, juices, yogurt, seeds and even veggies will find their way into these smoothies. Tortillas, lettuces and more will be used to wrap fantastic fillings. Participants will work in cooperation to create scrumptious smoothies and wonderful wraps. Vegetarian and nut-free.



PRESERVATION BASICS: KOMBUCHA 101

Location: Willy West Community Room
Monday, August 7th, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision not required
 Your Co-op's Own Instructor: Ben Becker
 Fee: \$10 for Owners; \$20 for non-owners

Looking for a raw brewing experience?

Looking to have a do-it-yourself fermented beverage at home? In this kombucha basics class, we will give you an introduction to what kombucha is, how to make it at home, and what you will need to start brewing this tasty, invigorating drink. Vegetarian and dairy-free.

PRESERVING THE HARVEST: THE BUBBLING CROCK

Location: Willy East Community Room
Thursday, August 10th, 6:00pm–8:00pm
 Ages: 13 and older; adult supervision required
 Instructor: Linda Conroy
 Fee: \$22 for Owners; \$32 for non-owners

Join Linda Conroy to learn to chop fresh vegetables and transform them into a delightful ferment. In this class, we will make or discuss sauerkraut, carrot kraut and kimchi. Everyone will take home a jar of fermented vegetables to finish the fermentation process at home. Vegetarian.



SIMPLY OWNERS: AN INTRODUCTION TO OWNERSHIP AT WILLY STREET CO-OP

Location: Willy West Community Room
Wednesday, July 19th, 6:00pm–7:30pm
 Ages: 13 and older; adult supervision not required
 Your Co-op's Own Instructor: Ashley Kuehl
 Fee: Free; registration is required

Join Co-op Services staff to gain a better understanding of the rights, benefits and history of Ownership at Willy Street Co-op.

SIMPLY BULK: AN INTRODUCTION TO THE BULK AISLE

Location: Willy North Commons
Thursday, July 20th, 6:00pm–7:00pm
 Ages: 13 and older; adult supervision not required
 Your Co-op's Own Instructor: Robert Halstead
 Fee: Free; registration required

This discussion and tour of our Bulk department gives shoppers a chance to learn the layout of the aisle and discover a little bit more about our diverse bulk offerings. This class will prepare Owners to shop more effectively, and they will learn some tips and tricks for saving money in this popular section of the store.

SIMPLY LABELS: DECODING PRODUCT LABELS

Location: Willy East Community Room
Thursday, July 20th, 1:30pm–2:30pm
 Location: Willy West Community Room
Tuesday, August 15th, 1:30pm–2:30pm
 Ages: 13 and older; adult supervision not required

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy West Community Room
Thursday, July 6th, 2:15pm–5:30pm
 Location: Willy East Community Room
Tuesday, July 18th, 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.


LEARN ABOUT AND REGISTER FOR FOODSHARE WITH SECOND HARVEST

Location: Lakeview Library
Thursday, July 6th, 10:00am–2:00pm
 Location: Willy West Community Room
Wednesday, July 5th, 9:00am–1:00pm
 Location: Willy East Community Room
Tuesday, July 11th, 8:00am–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.

Your Co-op's Own Instructor: Co-op Services staff
 Fee: Free; registration is required

Do you know how to read a nutrition label? Do you have special dietary interests such as vegan, gluten-free, food allergies or fair trade? Join Co-op Services staff for an introductory course on labels you might encounter while shopping for your groceries. We'll help decipher label meanings on food products, and participants will walk away more confident as they navigate the grocery aisles and make food selections.



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

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

IT NEWS

TeleCheck



by James Phetteplace, Director of Information Technology

Willy Street Co-op is adding a new service at the retail sites very soon called Telecheck! Telecheck is the service that allows for the process of electronic check conversion.

you as consumers are safeguarded from unwarranted or unlawful use of your checking account information. (For more information, please visit this website: How TeleCheck Works <http://tinyurl.com/yc81w92b>.)

This will also be more efficient and save on labor costs since it will eliminate the need to prepare a daily check deposit for the bank, and the time spent on managing checks deemed NSF (not sufficient funds).

HOW IT WORKS: CHECK VERIFICATION

Each check that we accept is verified by First Data (our credit card merchant). Running the check through a check reader or keying the check information completes this. If it shows that there are no outstanding checks in the system, the bank issues approval and authorization numbers, which means Willy Street Co-op is guaranteed payment for that particular check.

REASONS FOR IMPLEMENTING TELECHECK

Primarily, we are implementing this service to provide a deeper level of information security for our customers. Fraud and identify theft are some of the fastest growing crimes in America. A team of TeleCheck specialists will help Willy Street Co-op confidently accept checks safely and securely. With TeleCheck,

WHAT TO EXPECT

In this process, your check will be used as a source of information—for the check number, account number, and the number that identifies the financial institution. The information is then used to make a one-time electronic DEBIT payment from your checking account (an electronic fund transfer). The check itself is not the method of payment. The cashier will run the check through the MICR reader (Magnetic Ink Character Recognition) built into the receipt printer, and then hand the voided check back to you—along with the receipt (on request). None of our current policies will be changing regarding checks as a form of payment.

QUESTIONS OR CONCERNS?

Please send an email to info@willystreet.coop with any questions or concerns you may have about this new service. Thank you!

Willy West will be OPEN during University Avenue road construction (July through August).

You can still access the parking lot from Elmwood Avenue, behind the store, or from Park Street (if you're traveling northbound). Park Street may be easier to access during weekday mornings.



coop™ deals

JULY

Our weekly Owner Rewards specials are listed in an in-store flyer, on our website, or are available by email. We are doing this to be able to be more flexible with our sales and offer better sale pricing. For more information, including how to sign up for the email flyer, see willystreet.coop/Owner-Rewards.

Health & Wellness co-op deals: July 5–18



Dr Bronner's
**Peppermint
Castile Soap**
16 oz • Save \$3
\$6.99/tx



Jason
**PowerSmile
Toothpaste**
6 oz • Save \$2.50
\$3.99/tx



Avalon Organics
**Shampoos &
Conditioners**
11 oz • Save \$3.80
\$5.99/tx



Acure
Body Wash
All Kinds on Sale!
8 oz • Save \$2
\$5.99/tx



T-Relief
**Pain Relief Arnica
Ointment**
1.76oz • Save \$1
\$8.99/tx



Nordic Naturals
**Nordic Berries
Multivitamin**
120 pc • Save \$4
\$19.99/tx



Greenerways
Organic Bug Spray
4 oz • Save \$1.80
\$5.99/tx



Orgain
**Plant-Based
Protein Powder**
Chocolate, Vanilla
2.03 lb • Save \$12
\$29.99x



Oregon's Wild Harvest
Muscle Relax
90 cap • Save \$6
\$12.99/tx



Life Factory
**16 oz Glass Bottle
with Flip Cap**
All Classic Colors on Sale!
1 ea • Save \$5
\$16.99/tx



Jarrow
**Baby's Jarro-Dophilus
Drops**
8 ml • Save \$6
\$9.99/tx



Alba Botanica
Body Lotion
Original, Unscented
32 oz • Save \$6.50
\$10.99/tx



Health & Wellness co-op deals: July 19–August 1



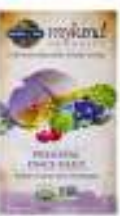
NeemAura
**Citronella
Sticks**
10 oz • Save 80¢
\$4.49/tx



EveryDay Shea
Baby Bubble Bath
All Kinds on Sale!
32 oz • Save \$3
\$9.99/tx



Enzymedica
Digest Gold
90 cap • Save \$14
\$33.99/tx



Garden of Life
**MyKind Organic
Prenatal**
90 cap • Save \$4.80
\$32.99/tx



Boiron
Arnicare Tablets
60 tab • Save \$3.20
\$7.99/tx



Eco-dent
Tooth Powder
Original, Cinnamon, Anise
2 oz • Save \$2.30
\$4.99/tx



Desert Essence
Dental Floss or Tape
30-50 yds • Save \$1.29
\$2.50/tx



Bach
Rescue Remedy
All Kinds on Sale!
.7 oz • Save \$9
\$16.99/tx



Mrs Meyer's
Hand Soap
All Kinds on Sale!
12.5 oz • Save \$1.50
\$3.99/tx



Andalou Naturals
**Shampoos &
Conditioners**
Sunflower & Citrus, 1000 Roses,
Marula Oil
11.5 oz • Save \$4.29
2 for \$10/tx



Life Factory
**16 oz Glass Bottle
with Flip Cap**
All Classic Colors on Sale!
1 eaz • Save \$5
\$16.99/tx



Derma E
**Purifying Daily
Detox Scrub**
4 oz • Save \$5
\$9.99/tx



PURPLE = LOCAL

All Specials Subject to Availability. Sales Quantities Limited.

coop™ deals

co-op deals: July 5-18



Hope Hummus
Organic Mild Green Chile Guacamole
15 oz • Save \$2
\$5.99



Almond Dream
Vanilla Lil' Dreamers
8 pk/12oz • Save \$1.60
\$3.39



Que Pasa
Tortilla Chips
Blue Corn, White Corn, Yellow Corn
16 oz • Save \$1.80
\$2.69



Hilary's Eat Well
Veggie Burgers
All Kinds on Sale!
6.4 oz • save \$1.29
\$2.50



Daiya
Vegan Shreds
Mozzarella, Cheddar
8 oz • Save \$1
\$3.49



Three Twins
Organic Ice Cream
All Kinds on Sale!
16 oz • Save \$1.79
\$3.50



Lightlife
Jumbo Smart Dogs
All Kinds on Sale!
13.5 oz • Save \$1.29
\$3.00



Chocolove
Chocolate Bars
All Kinds on Sale!
2.9-3.2 oz • Save 49¢
\$2.50/tx



Westbrae Natural
Organic Beans
All Kinds on Sale!
15 oz • Save \$1.29
\$1.50



Woodstock Farms
Frozen Organic Mangoes
10 oz • Save \$1.50
\$2.99



Rudi's Organic Bakery
Organic Hot Dog Buns
12 oz • Save \$1
\$2.99



R.W. Knudsen
Organic Very Veggie Juice
32 oz • Save \$1.30
\$2.69



La Tourangelle
Avocado Oil
16.9 oz • Save \$3
\$8.99



Evo Hemp
Energy Bars
All Kinds on Sale!
1.69 oz • Save 79¢
\$2.00



Annie's Naturals
Mustard
All Kinds on Sale!
9 oz • Save \$1.49
\$2.50



Organic Prairie
Organic Ground Chicken or Turkey
12 oz • Save \$2.30
\$6.99



Blue Sky
Organic Soda 6-Packs
All Kinds on Sale!
6 pk • save 69¢
\$3.50/tx



Hiball
Energy Water
All Kinds on Sale!
16 oz • Save 50¢
\$2.29



Green Valley Organics
Lactose-Free Sour Cream
12 oz • Save 70¢
\$2.79



Gerolsteiner
Sparkling Mineral Water
25.3 oz • Save 50¢
\$1.49



Seventh Generation
Bathroom Tissue
12 pk • Save \$3.30
\$6.69/tx



Mary's Gone Crackers
Super Seed Crackers
All Kinds on Sale!
5.5 oz • Save \$1.60
\$3.69



Organic Bulk Yellow Popcorn
Rndm wt • Save 40¢/lb.
\$1.39/lb



ECOS
Laundry Detergent
100 oz • save \$3
\$8.99/tx



The specials on this page are valid July 5-18

All Specials Subject to Availability

JULY

co-op deals: July 19–August 1



R.W. Knudsen

Recharge

All Kinds on Sale!
32 oz • Save 49¢

\$2.00



Terra Chips

Plantain Chips

All Kinds on Sale!
5 oz • Save \$1

\$2.99



Muir Glen

Organic Pasta Sauce

All Kinds on Sale!
25.5 oz • Save \$1.20

\$2.79



Beanfields

Bean & Rice Chips

All Kinds on Sale!
5.5 oz • Save 99¢

\$2.50



San-J

Thai Peanut Sauce

10 oz • Save \$1.10

\$2.69



Alden's Organic

Organic Vanilla Ice Cream Sandwiches

14 oz • Save \$1.29

\$3.50



Mori-Nu

Organic Firm Silken Tofu

12.3 oz • Save 70¢

\$1.79



Late July

Snack Chips

All Kinds on Sale!
5.5-6 oz • Save \$1.19

\$2.00



Blue Sky

Soda 6-Packs

6 pk • Save 70¢

\$2.79/tx



Organic Valley

Good To Go Milk

Regular, Chocolate
11 oz • Save 60¢

\$1.39



Kozy Shack

Pudding

All Kinds on Sale!
22 oz • Save \$1.10

\$3.39



LaraBar

Energy Bars

1.6 oz • Save 79¢

\$1.00



Miyoko's Creamery

Cultured Vegan Butter

8 oz • Save \$1

\$3.79



Kalona SuperNatural

Organic Cottage Cheese

2%, 4%
16 oz • Save \$1.70

\$3.29



Divine

Fair Trade Chocolate Bars

All Kinds on Sale!
3.5 oz • Save 79¢

\$3.00/tx



Woodstock Farms

Natural Hardwood Charcoal

8.8 lbs • Save \$2.80

\$6.99/tx



So Delicious

Coco Whip

9 oz • Save \$1

\$2.99



Angie's

BoomChickaPop Popcorn

White Cheddar, Cheddar Cheese, Sea Salt
4.5-4.8 oz • Save \$1

\$2.49



Paqui

Tortilla Chips

All Kinds on Sale!
5.5 oz • Save \$1

\$2.29



Harvest Bay

Coconut Water

8.45 oz • save 79¢

\$1.00



Amy's

Organic Veggie Burgers

California Veggie, All American
10 oz/4 pc • Save \$1

\$4.79



Blue Diamond

Nut Thins

All Kinds (Except Artisan) on Sale!
4.25 oz • Save \$1.29

\$2.00



Woodstock Farms

Organic Tri-color Peppers

10 oz • Save \$1

\$2.29



GoodPop

Frozen Pops

All Kinds on Sale!
11 oz • Save \$1.20-\$1.50

\$3.79



willy street co-op

Annual Meeting & Party

Thursday, July 13th 4:00pm–8:00pm

AT MADISON'S CENTRAL PARK - JUST A FEW BLOCKS NORTH OF WILLY EAST

Owners: get your FREE tickets at the Customer Service desk.

We will have NO free tickets for Owners at the event!

Schedule of Events

4:00pm – 7:30pm: Kids' Activities

Including three "bouncers," a Ferris Wheel (\$3 rides for Co-op Owners), Airbrush tattoos, Kids in the Kitchen cooking classes, face-painting and more.

4:30pm – ???: Gift Bags

Gift bags for the first 1000 Owners!

4:30pm – 8:00pm: Dinner

Serving 1,800 brat meals, 1,400 Tamaleria el Poblano tamale meals, and 1,800 Bunky's Mediterranean meals.

Meal tickets free for Owners, but limited number available.

5:45pm – 7:00pm: Business Meeting

Meet the Board Candidates, hear about the year in review, and enter to win prizes!

7:00pm – 10:00pm: Music

Mama Digdowns Brass Band and Terrance Simien & the Zydeco Experience

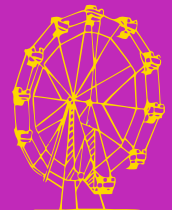
**+ Vote for the Board Candidates,
Enjoy the city of Madison Water
Wagon, FREE samples, and more!**



Enjoy a free shuttle from Willy North to the event!

Please see Customer Service to sign up.

FREE TO ALL OWNERS



Rain or Shine!



GET YOUR ANNUAL MEETING & PARTY TICKETS STARTING JULY 1ST!



PURPLE DOOR ICE CREAM

A local couple with a love of ice cream started this Milwaukee company. Purple Door uses quality and local ingredients in the making of their product. Purple Door's super-premium, 14% butterfat ice cream uses milk and cream from Wisconsin dairies. Every batch is made by hand. Flavors range from classics (Vanilla, Salted Caramel) to unusual yet delightful (Whiskey, Beer and Pretzel). Purple Door is committed to social and environmental responsibility; their community initiative, Milk for Milwaukee, provides fresh milk to area homeless shelters. Purple Door also uses compostable spoons and cups at their retail location and promotes a recycle/reuse program with larger-size containers provided to restaurants. Try a pint (or two) today! Available at East and North (flavors vary).



CEDAR TEETH LXi STIX

New from Milwaukee's Cedar Teeth comes sourdough cheesy garlic breadsticks designed by the owners' eight-year-old daughter. The perfect accompaniment to their delicious pizzas. Available East, West, and North.

SIMPLE MILLS ALMOND FLOUR CRACKERS

All Simple Mills almond flour crackers are free of wheat, peanuts, soy, eggs, fish, and shellfish; one of them contains dairy (Farmhouse Cheddar), but they are certainly not lacking in flavor! These snacking crackers are great paired with cheese, dips, or even on their own! They have a classic, crisp texture for a gluten-free cracker! Available East, West, and North. Flavor selection may vary.



NATURE'S PATH LOVE CRUNCH MULTIPACK GRANOLA BARS

Nature's Path recently launched their Love Crunch granolas—a decadent yet nutritious line of granola. Now they've taken it to a bar form for a convenient on-the-go treat that satisfies your sweet tooth while giving you energy to sustain until your next meal. These multipacks are available at East and North.



PELOPONNESE TZATZIKI SPREAD

Based on the traditional Greek appetizer spread, this zesty dip blends creamy Greek yogurt with garlic and fragrant dill. Spread on crackers or sandwiches, serve as a condiment to grilled meats or homemade gyros. Also great as dip for vegetables or pita chips. Available at West and East—look for it in the center aisles, as it is a shelf-stable product.



JASON SIMPLY COCONUT TOOTHPASTE

Coconut oil-based toothpaste that combine natural ingredients to meet your oral care needs. Safe for the whole family! Free of fluoride, SLS, parabens, artificial colors, artificial sweeteners, saccharin, propylene glycol, and gluten. Available East, West, and North.



WEDDERSPOON ORGANIC MANUKA HONEY DROPS

Combining beneficial herbs with immune supportive manuka honey in a convenient and yummy lozenge. Certified organic, gluten-free and dairy-free. Sweet and soothing! Available East, West, and North.



NATURAL FACTORS MELATONIN

Get your circadian rhythm back on track! Available in 1 or 3 mg sublingual tablets. The peppermint flavor will keep your breath from waking up your partner. Available East, West, and North.



MAD HIPPIE VITAMIN A SERUM

We're excited to bring in Mad Hippie products! Check out the Vitamin A Serum—a gentle exfoliant that improves the appearance of sun-damaged, aging skin. Available East, West, and North.



HAROLD IMPORT COMPANY CANNING FUNNEL

Just the right size for canning jars, this durable plastic funnel is also made in the USA! Available East, West, and North.



Order Online
wineandhop.com

Free **Eastside**
pick up at:



Madison, WI
Madison's Homebrewing and Wine Making Headquarters for over 40 Years

Shopping with Kids?

Kids are free to take a piece of pre-washed fruit from the basket near the Produce Department.

FREE!



PICK ME!

Compliments of the Willy Street Co-op Produce Department

willy street co-op

FOLLOW US ON:






POPSICLES FOR ALL

By Ansley Knoch, Purchasing Assistant

As a kid, many of my fondest summer memories were made at the beach, covered with sand, sticky fingers holding on tightly to a popsicle. The double packs that were sold at the beach were always a great way to make a new friend, provided you had the right flavor—red and purple were easy to share; yellow and green were way less popular.

Now as an adult, I have to admit my tastes have matured a bit (if not my friend-making techniques), and as a result I have ventured far beyond the popsicle flavors most readily identified by color. Below you will find five delightfully sophisticated frozen treat recipes to share (or not!).

A few recipe notes: you may need

to adjust total quantities to fit your personal popsicle maker of choice; there are ton of different ones out there and they're all different. Not all molds even require sticks, but if yours do, many people prefer to let their pops freeze for about 30 minutes before inserting the sticks.

CHOCOLATE PEANUT BUTTER BANANA POPS

- 1 c. milk of choice
- 3/4 c. plain full fat Greek yogurt
- 1 1/2 ripe bananas
- 2 Tbs. unsweetened cocoa powder
- 2 Tbs. peanut butter or nut butter of choice
- 1 Tbs. honey
- 1 tsp. vanilla extract

Directions: Place all of the ingredients in a blender and blend until smooth. Pour the mixture into popsicle molds and insert the popsicle sticks. Freeze until solid, about 4 hours.

MOJITO POPTAILS

- 2 1/2 c. water
- 1 c. sugar
- 20 mint leaves, plus more to garnish
- 1/4 c. lime juice
- 1/4 c. rum

Directions: In a small saucepan, heat sugar and water just until it starts to boil. Remove from heat and stir in mint leaves. Cover and steep

until cool.

In a pourable container, combine mint syrup, lime juice and rum. Pour mixture into popsicle molds, adding fresh mint leaves into each one. Freeze for at least 6 hours or until solid.

LONDON FOGSICLES

- 1 c. cream
- 2 c. whole milk
- 1/2 c. honey or agave nectar
- 2 tsp. vanilla bean extract (or seeds of two vanilla beans)
- 3 Tbs. Rishi Earl Grey Lavender tea

Directions: Place milk, cream, honey and tea in a saucepan and heat on low until steaming.

Add vanilla and remove from heat. Allow to cool until almost room temperature.

Strain mixture into a pouring container to remove tea. Pour mixture into molds, add popsicle sticks and freeze overnight.

PINK COCONUT LEMONADE POPS

- 2 c. coconut water
- 2 c. pink lemonade
- zest of 1 lemon
- 1 strawberry for each popsicle

Directions: Combine coconut water and pink lemonade and set aside. Then, zest lemon and add a pinch to each mold. Slice strawberries lengthwise and place in molds. Pour your coconut-lemonade mixture in, insert popsicle sticks and freeze 4-6 hours until solid.

ICED COFFEE POPSICLES

- 1 (14 ounce) can full fat coconut milk
- 4 Tbs. honey (or less as desired)
- 1 Tbs. vanilla extract
- 1 1/2-2 c. brewed, black coffee, cooled

Directions: Blend the coconut milk, honey and vanilla in a blender or food processor until smooth.

Divide the coffee among 8 pop-



sicle molds, filling 1/3 of the way up. Pour the coconut milk over the coffee. Insert the popsicle sticks and freeze until firm, about 6 hours.

MIMOSA POPTAILS

- 2 1/2 c. orange juice (or substitute with fruit juice of choice!)

- 1 bottle chilled sparkling wine of choice

Directions: Fill each mold halfway with sparkling wine and allow bubbles to subside. Top with orange juice, insert popsicle sticks and freeze for at least 6 hours or until solid.



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SUMMER NEWS

Summer Potluck Recipes



by **Melissa Reiss,**
Purchasing
Assistant

Summer and potlucks go hand-in-hand. Next time you get an invite for a “dish to pass” event, try one of these: classics with a slight twist!

COOL CUCUMBER YOGURT SALAD

Perfect as a side dish to spicy dishes,

or food right off the grill!

2 seedless cucumbers, sliced (these can be peeled too, if desired)

1 small red onion, thinly sliced (if desired)

2/3 c. plain Greek yogurt

1 Tbs. freshly squeezed lemon juice

2 tsp. fresh dill, chopped, or 1 tsp. dried dill

Salt and pepper to taste

Directions: Put the cucumbers and onions (if using) in a bowl and sprinkle with salt and pepper. In a small bowl, mix together the Greek yogurt and lemon juice. Add the yogurt dressing to the cucumbers and mix to combine. Sprinkle the dill over the cucumbers and stir. Salt to taste.

WATERMELON BASIL SALAD

Another fantastic cooling side featuring the classic summertime fruit—watermelon! The mozzarella can be omitted for a vegan dish, if desired. (Recipe adapted from watermelon.org.)

2 c. seeded watermelon, cut into bite-sized pieces (or, if you own a melon baller, now’s a great time to use it)

2 c. fresh mozzarella balls (look for the bite-sized Ciliegine mozzarella

packed in water)
1 c. fresh basil, chopped
bunch scallions, trimmed and chopped
1/3 c. extra virgin olive oil

pinch salt and pepper, to taste
dash balsamic vinegar as desired

Directions: Toss together the watermelon, mozzarella (if using), basil, scallions and oil. Season with salt and pepper to taste.

RAMEN NOODLE SALAD

My family has made this salad for potlucks, and I’ve enjoyed it so much, I asked my mom for the recipe. This can be made a day ahead of time, keeping the cooked noodles in a separate bowl from the vegetable mixture in the refrigerator.

2 packages Koyo Ramen: I use either Seaweed, or Tofu & Miso, or one of each.

1 lb. cabbage, shredded: can use all green, or green and red mixed
1/2 red onion, or 4 scallions, chopped
A few ribs of celery—as much or little as desired

Carrots, julienned—as much or little as desired

8 oz. cheddar cheese

1/4 to 1/3 c. sunflower seeds

1 c. oil: can use either extra virgin olive or Driftless sunflower oil

1/3 c. apple cider vinegar

1/2 c. sugar

Salt and pepper to taste

Directions: Cook the noodles until done (place seasoning packet aside until later), drain, and refrigerate until rest of ingredients are prepared. In a large bowl, mix together cabbage, onion or scallions, celery, carrot, cheese, and sunflower seeds. In a small bowl, mix together the oil, apple vinegar, sugar, and seasoning packets from ramen packages, whisk until sugar is dissolved. Add the cooked noodles to the vegetable mixture. Pour the dressing over and mix to incorporate.

Directions: Preheat oven to 350°F. Remove meat from chicken and shred. Cook shells according to package directions. In a large bowl, mix shredded chicken, ricotta cheese, egg, Italian seasoning, 1/2 parmesan cheese and spinach. Pour 1/2 jar of alfredo sauce into a 13”x9” glass baking dish. After shells are cooked, drain and let cool for a minute. Then stuff each shell with 2 Tbs. of the cheese mixture and place in baking dish. Cover with remaining alfredo sauce, remaining parmesan cheese and mozzarella cheese. Cover pan with aluminum foil and bake for 20 minutes. Remove foil and bake for an additional 10 minutes.

GREEK CHICKEN SALAD

3/4 c. Greek yogurt

2 Tbs. freshly squeezed lemon juice

3 cloves garlic, minced

1 medium cucumber, chopped

4 c. shredded rotisserie chicken

6 cherry tomatoes, quartered

1/2 medium onion, chopped

3 oz. feta cheese, crumbled

1/4 c. kalamata olives, chopped

2 Tbs. fresh dill, chopped

2 Tbs. parsley, chopped

salt, to taste

6 pitas, for serving

Directions: In a large bowl, combine all of the ingredients except the pitas and mix well. Chill until ready

to serve, at least 30 minutes. Serve on pita bread.

CHICKEN ENCHILADAS

1 whole rotisserie chicken with all the meat picked off and shredded.

1 pack small tortillas, corn or flour (I prefer corn; you need 16-18)

2 cans of your favorite enchilada sauce

4 oz. cream cheese softened

1 8 oz. of shredded cheese, divided into two equal portions.

1 small onion diced finely (optional)

Toppings of your choice: sour cream, salsa, guacamole or diced avocado.

Directions: Start off with your shredded chicken in a mixing bowl. Add all of the onion, approximately 1/3 of the enchilada sauce, and half of the shredded cheese to your chicken. Mix well. Pour just enough enchilada sauce into the bottom of your baking dish to leave a thin layer. Spread approximately 1 tsp. of cream cheese onto a tortilla. Fill to desired amount with chicken mixture.

Roll tortilla. Place in baking dish with the seam down so it does not unroll. Repeat with tortillas until chicken mixture is gone, approximately 16-18 enchiladas. Arrange as needed to fill the baking dish. Cover with remaining enchilada sauce and top with remaining shredded cheese. Bake at 350°F for 45 minutes.

GENERAL MERCHANDISE NEWS

Made in the U.S.A.



by **Angela Pohlman,**
General
Merchandise
Category
Manager

As you probably know, as a conscientious consumer, finding quality products made in the USA is challenging. I am the General Merchandise Category Manager for the Co-op. I am tasked with deciding our housewares and gifts product mix for all three of our

locations. I am always looking for local and domestically made, quality products, at reasonable prices, and it is not as easy or straightforward as it sounds.

Take the garlic press, for example. A kitchen staple, yet finding one made in the U.S. has eluded me for the last 14 years. Oy! If anyone knows of one, please enlighten me!

Folks are interested in buying products that are made in the U.S.A. as a way to support U.S. labor and our economy—kind of a macro version of buying local. In a competitive international market, a lot of the U.S. products that I see available shine a light on our artisan products—producing beautiful products is a differentiator.

IMPORTED PRODUCTS

Imported products are an important part of our economy too, Economic studies have shown that imports are an important way to improve our standard of living, not to mention directly creating jobs and reducing costs for manufacturers and farmers. Almost all products that claim to be made in the USA are produced with at least some raw materials that have been imported, and visa versa.

WORKING CONDITIONS

That all said, one of the big questions I always have about imported products is the working conditions. I was raised an Army brat, and then when we settled back into civilian life in the U.S., my dad worked for General Motors. He was a Union man, and the American Made movement was in full swing. I learned about sweatshops during that time and did everything I could to avoid purchasing products made under such horrendous conditions. The vast majority of my purchases were made in resale shops.

FAIR TRADE

I learned about the Fair Trade movement in college, and that has been a staple of co-ops for as long as it has been around. Almost all

DELI NEWS

Rotisserie Chickens



by **Jeremy Johnson,**
Prepared
Foods
Category
Manager

Rotisserie chickens make for a quick easy meal; they are hot and ready to go. Just add a few quick sides and dinner is done. Recently, I got to thinking about all the recipes that can be made easier by using rotisserie chicken. So I gathered a few of

my favorite easy recipes to share with you.

CHICKEN AND SPINACH STUFFED SHELLS

15 oz. package of ricotta cheese

15 oz. jar of alfredo sauce

12 oz. box of jumbo pasta shells

1/2 package (10 oz) of frozen spinach, defrosted and drained of water)

1 rotisserie chicken

1 c. shredded mozzarella cheese

3/4 c. Parmesan cheese—divided

2 Tbs. Italian seasoning (or oregano and basil)

1 egg

Fair Trade-certified products (with a few limited exceptions) are made outside of the U.S. While supporting Fair Trade is important, I know our customers also want to see U.S.-made products in our stores.

Which brings me back to where we started—my endless search for U.S.-made products. While some products have been nearly impossible to find, we do have some good options. Here is a sampling of some of the brands you will see in our stores.

OHIO STONEWARE

Like it says in the name, they are based in Zanesville, Ohio and have been making crocks and other pottery since 2005. They started with only 10 items and now make over 200! Beautiful pieces.

JEWELL HOLLOW WOODCRAFT

Wisconsin-based woodworker Mark Bassett creates gorgeous cutting boards layering wood from Wisconsin cherry, walnut, maple, hickory and ash. Every piece is unique and they makes an amazing gift!

WHETSTONE WOODENWARE

Using kiln-dried hard maple, this Indiana-based company that began in 1991 makes handmade wooden

spoons, ladles, dippers, bowls and many other types of woodenware used in kitchens. It's beautiful and useful.

BARAKA NETI POT & AROMA BURNERS

Handcrafted high-fire ceramics made in California! Every piece is unique and beautifully colored. I've never put anything so lovely in my nose.

BEESSWRAP

A reusable alternative to plastic wrap, this women-owned company is out of Bristol, Vermont. They coat organic fabric in a mix of beeswax, organic jojoba oil and tree resin.

FLETCHERS' MILL

Wooden pepper and salt mills, and wooden rolling pins handcrafted in Maine. Made with a wide variety of colors, these products are both functional and lovely. They also make silicone tools!

Like I said, I am always looking for new things. Some things coming down the domestic pipe: U.S.-made can opener; cookie cutters from Ann Clark; Dexter Russell—servers and oyster knives.

Feel free to email me at a.pohlman@willystreet.coop with ideas!

PRODUCE NEWS

Sourcing Local Produce



by Megan Minnick, Director of Purchasing

The height of local season is nearly upon us!

In a typical year, our Produce departments work with about 30 small local farms to bring as much locally grown fresh produce to market as possible. At the height of the season, it's not uncommon for 80 percent or more of the fresh veggies we sell to be locally

grown, with hundreds of unique local fruits and veggies gracing our shelves throughout the year.

These are statistics we're very proud of. For many of us who work in produce at the Co-op, local is our passion, making this extremely rewarding work.

Fulfilling? Yes. Easy? No.

There's a good reason that no other grocery stores in our area have taken local produce to the level that we have. In short, purchasing from so many small growers is inherently inefficient. It takes a great deal more time and attention to buy from 30 small farmers than the typical industry practice of sourcing from one or two big distribution houses and maybe a handful of local farms.

As a full-service grocery store, we must always do our best to ensure that all the produce items our customers need are consistently in stock. However, as anyone who has visited a farmers' market knows, that's not how local farmers' crops work. Local produce availability changes with the season and even with the weather. One hailstorm, one early frost, or a few really hot days can drastically change what a local farmer may have available for sale.

That means that our Produce teams are constantly putting together a puzzle with shifting pieces—ensuring that our shelves stay full, and figuring out on a daily basis which of our many local farms has which items at the quantities we need when we need them.

BEHIND THE SCENES

So, how do we do it? Here's a quick behind the scenes look at how local produce gets to our shelves.

The process starts months before the season begins. Every January, our produce managers and I meet with our farmers to plan out the coming season. We talk about the previous season—what went well, what didn't, and how we can improve our partnership going forward. We also talk about pricing. Unlike the rest of the industry, which fluctuates pric-

ing based on supply and demand, our philosophy is to pay what farmers need to make it economically sustainable for them to grow their crops. We walk away from the winter meetings with a list of items that we commit to purchasing from each farm in the coming year, in what quantities, and at what prices. The farms can then buy seeds and plant knowing that they'll have a market for their crops.

Fast forward to the growing season. Though we make commitments to farms, and we always honor those commitments when possible, inevitably things get messy when crops are actually in the ground. Despite the farmers' best intentions, sometimes things grow more slowly (or more quickly) than anticipated. Too much rain, too little rain, or an unexpected visit from some hungry crows can dramatically impact a crop. Sometimes surprises happen on our end—we may sell more (or less) of an item than we anticipated, leading to an over- or under-supply for the farmer.

Since local produce can be so volatile, we have to have a way to track what each farm has available on a regular basis. Early each week, each farm sends us an availability lists, spelling out exactly what they think they'll have for us and when they can deliver. We compile these availabilities into one master spreadsheet and put together the puzzle of who we intend to source what from at each of our stores. That weekly spreadsheet is what our buyers use to determine what they order and from who on any given day.

Despite our best efforts to map everything out on a weekly basis, even that is sometimes not enough. Farms' estimated availability at the beginning of the week can change (and often do) and that often leaves our buyers scrambling each day to make sure we have what we need to fill our shelves.

So why is all the extra work worth it? The whole process of sourcing directly from local farmers means a commitment of more time, more attention to detail, and frankly more stress than purchasing everything we need from distributors who source mainly from large farms in California or Mexico, but the reward is so much greater!

Because our Produce buying team is willing to put in a little extra work, we are able to help family farms stay in business. By building long-term, trusting relationships with farmers, we are ensuring both their future success and also our Owners' and customers' future access to fresh local food at their neighborhood grocery stores. The actions we take directly affect the strength and resiliency of our local food system. What could be more worth it than that?

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Every Apparent Adversity Holds Potentials for Greater Opportunities as We Connect with Spirit's Infinite Power

2018 Federal Fiscal Budget Proposal Includes Possible Impacts to SNAP Benefits, USDA Programs



by **Kirsten Moore,**
Director of
Cooperative
Services

On May 23rd, the Trump Administration released its Fiscal Year (FY) 2018 Budget. At the time of writing, Reuters reported that the budget proposes \$3.6 trillion in cuts “over the next decade, taking aim at healthcare and food

assistance programs for the poor.” At the time of writing, the legislative branch had just started their committee hearings on the proposed budget. To find out what this means for our Co-op, we researched what cuts are in the budget pertaining to food and looked into what organizations we support had to say about the potential changes.

USDA BUDGET PROPOSAL: 21% REDUCTION OVERALL

The proposed budget includes a 21 percent reduction for the U.S. Department of Agriculture (USDA). Agriculture Committee Chairpersons

Senator Pat Roberts and Representative K. Michael Conaway issued a statement claiming they “will fight to ensure farmers have a strong safety net so this key segment of our economy can weather current hard times and continue to provide all Americans with safe, affordable food. Also, as a part of Farm Bill discussions, we need to take a look at our nutrition assistance programs to ensure they are helping the most vulnerable in our society.”

According to Marketplace, the proposed cuts up for legislative debate come from “reducing farm subsidies by billions of dollars... and eliminating several USDA programs, including the Rural Business-Cooperative Service, the McGovern-Dole International Food for Education program, and the Rural Water and Waste program.” According to Richard Leach, President and CEO of the World Food Program USA (WFP), the McGovern-Dole International Food For Education and Child Nutrition Program, as well as

the Emergency Food Security Program and the Feed the Future agricultural development initiative (which are also facing cuts in the proposed budget) “represent the core of the U.S. global food security response... Stepping back from global leadership in the fight to alleviate hunger would foster greater global instability and lead to unnecessary suffering in a time of unprecedented humanitarian need.” WFP is a global nonprofit that has benefited from two disaster relief campaigns at the Co-op that resulted in over \$62,000 in combined aid after Typhoon Haiyan in the Philippines in 2014 and the earthquakes in Nepal in 2015.

The National Sustainable Agriculture Coalition says that several USDA farm programs also face possible elimination: the Conservation Stewardship Program, the Regional Conservation Partnership Program, the Farmers’ Market and Local Food

“An increase of \$1 billion in SNAP expenditures is estimated to increase economic activity (GDP) by \$1.79 billion. In other words, every \$5 in new SNAP benefits generates as much as \$9 of economic activity.”

Promotion and Specialty Crop Block Grants, and the Organic Transitions Program. The president of National Farmers Union (NFU), Roger Johnson, stated that the “proposed budget is an assault on the programs and personnel that provide vital services, research and a safety net to America’s family farmers, rural residents, and consumers.” Wisconsin Farmers Union Foundation, a nonprofit member of Community Shares of Wisconsin and also a Community CHIP benefactor at the Co-op, is also a member of the NFU.

\$194 billion in cuts are also proposed for the Supplemental Nutrition Assistance Program (SNAP) according to Michael Young, the USDA’s acting deputy secretary. In Wisconsin, SNAP is the FoodShare/QUEST benefit program. CNBC reported that some proposed savings to SNAP include possibly requiring states to match federal benefits up to 25 percent, tightening some of the eligibility requirements, capping large household benefits to a maximum of six family members, and charging more fees to retailers who redeem SNAP benefits (your Co-op redeems SNAP benefits at all three retail locations). The cuts would amount to shifting nearly \$250 million in SNAP benefit costs to Wisconsin each year, according to the *Wisconsin State Journal*.

The Women, Infants and Children (WIC) program is also facing a proposed \$1 billion in cuts, though according to the National WIC Association, this reduction amounts to previously unspent funds. In a statement, they said, “While this funding level is significantly less than FY 2016 and 2017, we expect that it will be sufficient to meet projected caseload needs in FY 2018.” They cited a lag

in WIC participation, low food-cost inflation, cost-containment strategies that reduce program costs, high levels of rebates, and average monthly food costs remaining flat as reasons they see the proposed WIC funding levels as sufficient.

SNAP BENEFITS THE LOCAL ECONOMY

Your Co-op has been a long-time supporter of the SNAP (FoodShare/QUEST), and we offer customers an opportunity to apply to receive SNAP benefits in the stores with a representative from Second Harvest Foodbank of Southern Wisconsin on a monthly basis. According to the USDA Economic Research Service (ERS), SNAP is linked to the economy in two ways: “SNAP expenditures stimulate economic activity during an economic downturn, and economic conditions affect caseloads and expenditures.” The better the economic conditions, the less people use SNAP benefits because they are less needed. When economic conditions take a downturn, more people use SNAP, and those expenditures stimulate the economy. More simply put: when a person faces economic strife, SNAP benefits can help increase their

ability to make food purchases. When they make food purchases that they otherwise may not have been able to make, it increases economic activity for the producers of the goods and services purchased, as well as for of the retail, wholesale, and transportation systems that deliver these goods and services. That means that the economic impact of utilizing SNAP is greater than its initial cost. USDA-ERS claims “An increase of \$1 billion in SNAP expenditures is estimated to increase economic activity (GDP) by \$1.79 billion. In other words, every \$5 in new SNAP benefits generates as much as \$9 of economic activity.” You can learn more about the stimulus effects of SNAP at s.coop/usdasnap.

Your Co-op, thanks to Second Harvest, has helped over 35 people complete applications for SNAP benefits in stores, which, according to Second Harvest, will generate over \$93,860 in economic activity, or over 20,246 meals.

NONPROFIT PARTNERS WEIGH IN ON POTENTIAL SNAP REDUCTIONS

Second Harvest is part of the Feeding Wisconsin and Feeding America networks of food banks. Both the state and national organizations have issued statements regarding the proposed FY 2018 Federal Budget. Diana Aviv, CEO of Feeding America, stated that SNAP “is the cornerstone of our nation’s assurance that no one should go hungry,” and that the proposed cuts “break that assurance.” Regarding states matching a portion of the federal benefits, Aviv says “that would lead to at least 45 billion meals being taken away from

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those in need, which would be higher if the states are unable to fill their share,” and “would necessarily lead to a reduction in meals, or complete loss of benefits, for millions of low-income working families, the elderly, veterans, and the unemployed.” The executive director for Feeding Wisconsin, David Lee, defines SNAP as “an important nutrition assistance program that helps to strengthen communities by providing families with low-incomes a bit of assistance to ensure that they have the food they need to work, learn, and get their lives back on track.” Lee has put out a call to action: “It is very important that you get in touch with your members of Congress to let them know that you do not support the President’s budget and that you want them to work towards a budget that fights for hunger, not one that would increase hunger.”

Wisconsin Council on Children and Families (WCCF), another nonprofit supported by Community CHIP, claims that the SNAP cuts proposed in the FY 2018 Federal Budget target “the elderly, working families, and workers struggling to find a job.” Research Director Jon Peacock asks that our federal representatives not only oppose the Federal Budget as proposed, but also “oppose any Congressional budget plan that follows the same architecture and slashes support for children and families. They must oppose cuts to assistance that helps hundreds of thousands of Wisconsinites achieve a basic living standard.”

WHAT YOU CAN DO

If the cuts proposed to the USDA and SNAP in the proposed FY 2018 Federal Budget are a concern for you, the best way you can act is by getting involved with organizations that are taking action regarding these issues and by contacting your representatives.

To find out how NFU rates congress members’ votes on farm policy issues, you can view their Congressional Scorecard at nfu.org/scorecard/. Their website also allows for you to sign up to receive updates on their efforts.

Feeding Wisconsin has a public policy and advocacy page at www.feedingwi.org/publicpolicy. There you can learn more about both state

and federal policy that impacts hunger, including updates on the Federal Budget process. You can also sign up at this link to become a “hunger fighter” and be added to their newsletter and advocate list. If you’re unsure of who your state and federal representatives are, Feeding Wisconsin has a link for that too, just go to action. feedingwi.org/o/51331/getLocal.jsp.

WCCF’s homepage has a “Take Action” menu, where you can sign up for action alerts, review their legislative advocacy guide to learn about how to effectively communicate with your representatives, or find your legislators. Find out more at www.wccf.org.

WFP is also organizing advocacy campaigns to oppose the FY 2018 Federal Budget as written, and you can find a link to email your congressional representatives a pre-written and modifiable message at wfpusa.org/help/advocate/.

All four of these organizations, as well as Feeding America, Second Harvest, and Wisconsin Farmers Union take donations online as well, if you wish to make a direct contribution to their efforts.

THANK YOU FOR SUPPORTING SNAP BENEFITS PARTICIPANTS THROUGH DOUBLE DOLLARS

The Double Dollars program at participating farmers’ markets and the Co-op were piloted thanks to the USDA Food Insecurity Nutrition Incentive Grant (FINI). The program helps SNAP (FoodShare/QUEST) benefit participants receive additional support in purchasing fresh foods throughout the year. To date, the Co-op has not heard whether the USDA FINI Grant Program is part of the proposed cuts to the USDA’s budget, or whether future pilots of nutrition incentive projects may be funded by federal food and nutrition programs. You help us keep this important program alive when you make contributions to the Double Dollars Fund through scan cards or by reusing bags when you shop. Thanks to the Madison Area Chefs Network and Yum Yum Fest, your contributions from May 30th-June 20th were doubled, and together, we raised \$10,478.22! We appreciate your continued support and your advocacy for a more food secure community.

WHAT DO YOUR CHIP GIFTS ACCOMPLISH?

They build a local movement for social and environmental justice.

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



Photo Credit: REAP Food Group

REAP Food Group partners with the City of Madison, Madison Metropolitan School District, and Madison Parks to bring healthy, locally sourced lunches where kids gather and play in the summer months and into the fall. Last year alone, REAP served 40,000 pounds of local food during summer and fall lunches.



Photo Credit: Arts Wisconsin

This year Arts Wisconsin celebrates twenty-five years of advancing Wisconsin’s creative economy. Through advocacy and education, Arts Wisconsin works with entrepreneurs, policy-makers, activists, and the public, to serve as a catalyst for dialogue, information, and action.

GSAFE held a Youth Unity Summit on the UW-Milwaukee campus with over 340 people in attendance from all over the largest student gathering to date. High school students and their educators attended leadership development and skill-building workshops to build community across differences and create safer, more inclusive schools for Wisconsin’s LGBTQ+ youth.



Photo Credit: GSAFE

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

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Learn more at www.communityshares.com

STORES CLOSING EARLY

All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

What's Cooking?



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Beyond Organic:

Healing the Earth Through Biodynamic Agriculture

by Ben Becker, Newsletter Writer

There are those who say that “organic” doesn’t mean what it used to. Once part of a counterculture movement to get back to the earth and grow better food with better nutrition, organic was not simply an alternative to the conventional method of agricultural production that has dominated our food supply over the last century. More than that, it was another way of thinking about food and, for some, a whole lifestyle choice.

Over the past several decades, thinking about organic food has shifted from a high-minded if esoteric idea to a well-known marketing tool. With the advent of the US Department of Agriculture’s standard for organic, the debate over what is truly organic is not one that can be meaningfully had between environmentally conscious farmers so much as between legislators and lobbyists. It is no doubt true that consumers can feel secure when purchasing their organic produce that they will not expose their families or friends to lingering synthetic pesticides that are used when growing the conventional equivalent. Organic eaters can also support claims that the negative environmental impact is generally less than what results from conventional farming methods. However, while many small farmers may diligently work to preserve the fertility of their soil and the health of local ecosystems while they take on the arduous challenge of pursuing organic certification, access to the organic market is very much open to far-flung and distant large-scale operations less concerned with the long-term health and productivity of the land.

While the big name brand organics may offer the value and price you desire of your food, there are still widespread,

if less well-known, philosophies on agriculture that see farming as a means to enrich the land and all those who depend on it, rather than a mere means of production with the unfortunate consequence of depleting this most necessary of natural resources. One such methodology is biodynamics, which sees a farm or garden as not just rows of planted seeds and pasture from which vegetation and animal products may be garnered, but rather as an interconnected ecological system, in which all parts contribute to the whole of a collective organism. Those who practice bio-dynamics pursue not only the production of highest-quality food, but also to actively heal the earth through their efforts.

WHAT IS BIODYNAMICS?

Robert Karp and Thea Maria Carlson of the Biodynamic Association define Biodynamic Agriculture as a “farm forward approach to healing the planet through conscious agriculture” that requires “integrated holistic management of a farm’s ecosystem.” To that end, not only the farm or garden, but the surrounding ecosystem—including surrounding wetlands, fields, woods, and even the plants, animals and people that inhabit them—are all seen as integral members of a contained and self-sustaining organism. As part of this method, biodynamic practices reject the use of synthetic chemicals, fertilizers and pesticides as well as genetically modified organisms, making it similar to organic in base practices, although substantially different in terms of philosophy, conception and overall implementation. Instead of simply removing the inputs seen as harmful and replacing them with more benign counterparts, the biodynamic farmer creates and enforces an interconnectivity between

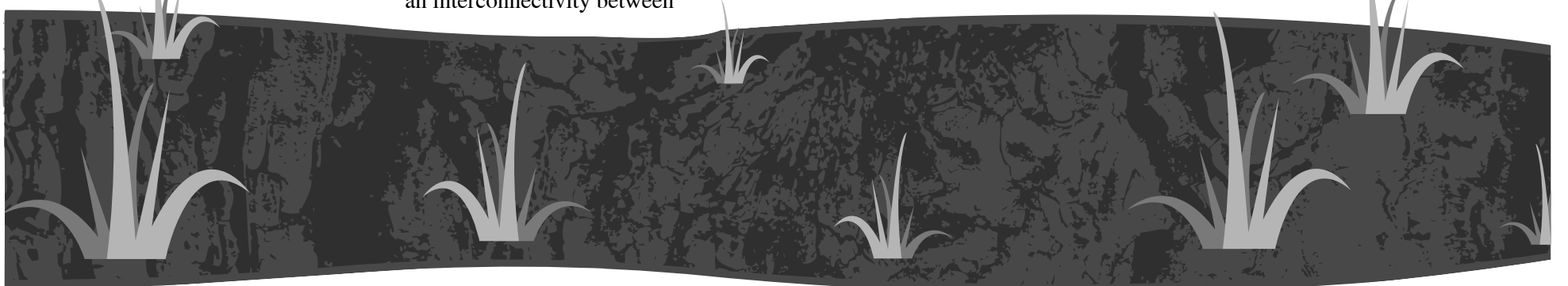
different members of the system. For example, livestock are kept at specific quantity in order to provide manure, which will serve as a fertilizing additive. This manure will be fermented in combination with herbs and other plants, some of which may occur in the unsettled parts of the farm or as weeds; such as yarrow, nettles, dandelion, chamomile, and horsetail. In this way, some beneficial inputs are utilized from organisms which may have otherwise been perceived as a nuisance. Along with mineral silica, these fertilizing mixtures are prepared in nine specific forms and applied to crops to provide a nutritional additive. This example of combining naturally occurring wild plants and domestic animal waste products in order to be reused within the farm’s ecosystem demonstrates the biodynamic theory of self-containment and the holism of connection between all parts of the collective. Since the hazards of carbon dioxide and methane-release from decomposition as well as the runoff of fecal matter into the water system are avoided through this containment, it reduces the potential for air, water and soil pollution.

One of the more colorful and distinctive aspects of biodynamics is its utilization of less tangible, astrological influences and the worldview that informs these practices. Biodynamics subscribes to the idea that cosmic forces are at work in the garden and pasture, and celestial bodies such as the moon and the planets have a subtle impact on the growth and development of each organism within the system. This view stems from belief in a spiritual science, a view that both physical and nonphysical forces can be observed and manipulated. Biodynamic practices make manifest this view in a practical way via the use of specific timetables for planting,

harvesting, and other farming techniques based on lunar, solar calendars and other celestial occurrences. In addition to adding a spiritual component to the lifestyle of biodynamic practitioners, it also works to take advantage of the relationship between the earth’s natural rhythms and an organism’s lifecycle. Although many may interpret the spiritual side of biodynamics as an adherence to superstition, it does provide a deeper psychological connection between farmer and land, a desire from which the origin of biodynamics sprung.

RUDOLF STEINER AND THE HISTORY OF BIODYNAMICS

The genesis of biodynamics is credited to one man: Rudolf Steiner. Known as a prolific thinker and writer of the late 19th and early 20th centuries, Steiner’s most prominent brainchild was his spiritual-scientific approach to knowledge known as “anthroposophy.” Steiner’s focus on holistic systems and his writings on fields ranging from education, banking, economics and medicine to psychology, the arts and even dance contributed to his significant reputation and his insight was an attractive commodity during his life. As a result, farmers solicited Steiner for his recommendations after having witnessed degraded soil conditions and a decline in the vitality of their crops and livestock after employing chemical fertilizers. Steiner, foreseeing a danger in the employment of these synthetic inputs, responded with a series of lectures in 1924 on agriculture, marking the genesis of biodynamics. Steiner’s thoughts on the interplay between crops, livestock, and soil, as well as plant, animal, human and cosmic participants within a closed loop system, in-



spired an approach to agriculture that has spread to 47 nations and 350,000 acres of farmland throughout the world over the past century. Arriving in North America during the 1930s, the concepts of biodynamics would be connected with the development of community-supported agriculture and the work of Rachel Carson. Today, the biodynamic movement can still be witnessed through journals, conferences, trainings, apprenticeships, the continuing work of the Biodynamic Association, and certification standards solidified under Demeter Association, Incorporated.

DEBATE OVER EFFICACY AND SCIENTIFIC LEGITIMACY

In spite of its international popularity, the practices and worldview encompassed by biodynamics have certainly not escaped controversy. Due to its focus on the spiritual and astrological aspects as inherent to its philosophy and methodology, biodynamics is often labeled as pseudoscience. And because of its similarities to traditional agricultural and folklore practices sometimes labeled by the moniker “sympathetic magic” (including a reliance on “cosmic forces” unobservable within the scope of agronomical science) the impact of many unique aspects of biodynamics and its benefits have been called into question. Some critics take an intensely harsh view of biodynamics, at times choosing to cast aspersions on its founder. Producers utilizing alternative production methods in the competitive agriculture marketplace have issued challenges to biodynamic supporters to provide firm scientific evidence in order to support its claims, even going so far as to proclaim Steiner a charlatan.

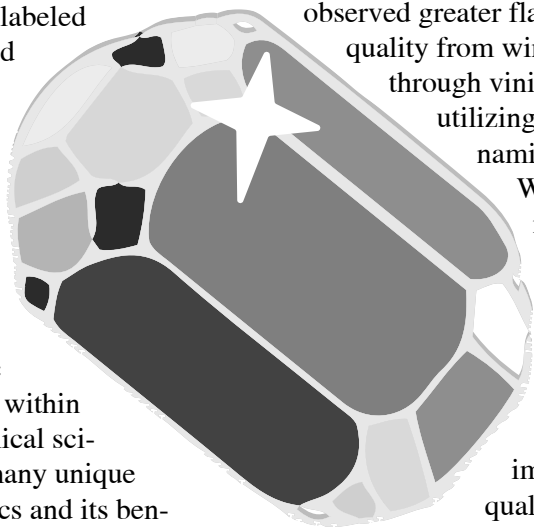
While many aspects of biodynamics may border on the superstitious (such as the practice of burying a horn of ground quartz in order to utilize cosmic forces), and some are just downright weird (including the burning of mouse hair), both fair and not-so-fair critiques of biodynamics in general need to be considered in

context and according to their source. While biodynamics encompasses a point of view that represents more than simply an alternative approach to agriculture, not all biodynamic farmers subscribe exhaustively to the particulars, preferring to use the timetables and planting calendars as suggestive and indicative while leaving room for more down-to-earth realities and events such as the inability to plant during a thunderstorm, (even if it is the vernal equinox).

Also, while some tenets of biodynamic philosophy and the belief in a superior product as a result exceed the bounds of objective observation, scientific studies continue to take place to evaluate its practices through performing trials and the publishing of findings. Whether or not many of the more unique aspects of biodynamics can be credited with producing a superior product, biodynamics has become an accepted standard among certain agricultural fields. For example, sommeliers have observed greater flavor and quality from wines produced through viticulture utilizing biodynamic standards. Whether or not there is definitive evidence that the harnessing of cosmic forces can improve the quality of food far beyond other organic approaches, the holistic approach involved does create an opportunity for greater ecological preservation and enrichment, as well as challenging the conventional view on agriculture’s significance to our society.

CULTURAL SIGNIFICANCE

As noted above, the influence of biodynamics has been linked with different perspectives on how we regard the environment and the natural resources we depend on in producing our food. It has also been credited with inspiring alternative marketing techniques such as community supported agriculture, which allows consumers to purchase food from farmers more directly, have a say in



of crops and livestock with nearby wild ecological systems. Demeter also supports their certified producers and those consumers looking for food of this quality by providing a directory of all farms and facilities that have achieved this certification (www.biodynamicfood.org). By utilizing this directory, you might discover the tantalizing flavors of biodynamic vintners as Dark whose such Horse, wines carrying the Demeter stamp of approval, lining the shelves of Willy West. The sweet taste of biodynamic fruits can be spread on your morning toast just by picking up a jar of Crofters from your nearest Co-op location. In addition to asking about the great biodynamic certified products available at Willy Street Co-op, your participation in the biodynamic movement can take on other forms as well. The Biodynamic Association website has a vast number of resources on getting involved, scientific articles, learning opportunities, ways that biodynamics is working to build communities throughout the world, and a few recommendations for your next trip to the bookstore. If you want to know what connections your locally grown food have with biodynamics and the integrative approaches that go beyond ordinary organic standards, connect with growers and ranchers in your community through CSAs, your nearby farmers’ market or putting in product requests and customer comments at Willy Street Co-op. If you want to get more hands-on, experiment with immersion into a biodynamic lifestyle by finding ways to connect your kitchen and your garden to the wild organisms it interacts with. In this way, you may create a more self-sustaining ecosystem in which you are an active member. Using planting calendars and recycling food scraps might just have a positive impact on your vegetable yield. Perhaps you may find that there is even something a little magical and rejuvenating about burying the horn of a cow.

what kinds of crops and livestock might be produced, and engage with growers about what practices they utilize to bring that food to our tables, whether their methods be organic, biodynamic or otherwise. Additionally, biodynamic practitioners and the leaders in their community have a stake in education. The Biodynamic Association works to provide learning opportunities for would-be farmers and communities through conferences, training, apprenticeships, and relevant texts. Farmers and writers such as UW-Madison alumnus Daron Joffe see a biodynamic approach as a more impactful way to grow great food while preserving the planet. Through opportunities, trainings, and personal interactions related to agriculture and lifestyle that goes beyond simply organic, Joffe sees a chance to inspire others, to develop practical skills, and at times even ensure a livelihood. Indeed, the ability to holistically connect economic and ecological networks between small or local producers to conscious eaters while simultaneously enriching our environment is necessary for the sustainability of our society, and is more than complementary to our cooperative movement.

AVAILABILITY, LABELING AND LOCAL IMPORTANCE

So how can one participate in the biodynamic movement? One of the tastiest ways is to simply seek out biodynamic products. This seemingly elusive method of agricultural may not be as hard to find in your everyday life as you might think, thanks in part to the work of Demeter Association, Inc. This certifying agency is part of an international organization focused on promoting biodiversity by enabling farmers to employ these practices through the provision of education. It also performs the essential function of certifying farms and products that officially adhere to the biodynamic standard. These standards employ the same organic standards prescribed by the US Department of Agriculture, but they also include additional requirements such as Farm Standards for the integration

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All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

RECIPES AND DRINK RECOMMENDATIONS

Take 10% off recommended beverages... Just show your Willy Street Co-op Owner card at Star Liquor!

Cherry Bounce

Adapted from www.washingtonpost.com.

This irresistible cordial has just three ingredients, and was famously one of George Washington's favorite treats. The leftover boozy cherries can be served on ice cream or over pound cake for a decadent dessert.

- 1 lb. tart cherries, stems removed
- 2 3/4 c. sugar
- 4 c. bourbon

Directions: Pierce each cherry a couple of times with the tip of a knife.

Pour the sugar into a half-gallon jar, and add 1 cup of the bourbon. Shake to dissolve the sugar. Add the cherries and gently shake again, and pour in the last 3 cups of bourbon.

Seal the jar and set in a sunny spot inside for 1 week. Move the jar to a dark area and let rest for an additional 40 days. When you're ready to enjoy it, strain the mixture through a sieve into a bowl. Cover and let sit for 3-4 hours, then pour the bounce into a clean 1-quart jar, leaving any sediment in the bowl.

Stored in a well-sealed jar at a moderate temperature, the bounce will keep indefinitely. Makes 1 quart.

Star Recommends: J Henry & Sons Wisconsin Bourbon—While it is certainly acceptable to use an inexpensive bourbon for a recipe like this, J Henry offers a quality product made right here in Dane County. Aged 5 years and made from a hybrid strain of red corn developed at UW in the 1920s.

Cherry Almond Tart

Adapted from www.theseasidebaker.com.

This is the kind of tart that you might see at a fancy European pastry shop—it's definitely a special way to treat yourself to summer cherries.

- 1 c. butter, cold, cubed, plus 1 tablespoon
- 1/2 c. powdered sugar, plus more for dusting
- 2 c. all-purpose flour
- 1/4 tsp. baking powder
- 2 tsp. cream
- 2 1/2 c. pitted cherries
- 1 Tbs. cornstarch
- 1 tsp. water
- 1 Tbs. vanilla extract
- 2 c. almond paste

Directions: In a food processor fitted with a metal blade, pulse the powdered sugar and flour until combined. Add 1 cup of the butter, 1 cube at a time, pulsing to combine. Add the cream and pulse until the mixture forms into a ball. Turn the dough onto a sheet of plastic wrap and cover tightly, pressing the dough into a thick disk. Refrigerate for 1 hour.

Preheat oven to 325°F. On a clean, floured surface, roll the dough out and carefully transfer to a pie dish or tart pan. Prick the crust all over with a fork, then parbake for 10 minutes. Remove from the oven and set aside to cool. Increase the oven temperature to 350°F.

In a small bowl, stir together the cornstarch and water. Set aside.

Combine the cherries, remaining 1 tablespoon of butter and vanilla in a saucepan. Cook, stirring occasionally, for 10 minutes, until the cherries begin to release their juices, about 10 minutes. Stir the cornstarch slurry into the cherry mixture, and continue to cook until the cherry mixture coats the back of a spoon. Remove from heat and allow to cool.

While the cherry filling cools, make small, 1/2-inch balls of the almond paste and arrange on a cutting board or plate.

Pour the cooled cherry filling into the par-baked tart shell. Top the cherries with the almond paste balls, and bake for 20 minutes. Remove from oven and let cool for at least 30 minutes before serving.

Serve dusted with more powdered sugar. Makes 8 servings.

Star Recommends: Botham Big Stuff Red—From Barneveld, WI, Big Stuff Red is a mostly estate-grown semi-dry, fruit-forward red wine that should be served chilled. Yes, aficionados raise their eyebrows when we tell them to chill a red wine, but because Big Stuff Red is a semi-dry, its extraordinary fruit character and complex but beautifully balanced flavors are only enhanced with chilling.



Chard Salad with Lemon, Parmesan, and Breadcrumbs

Adapted from www.alexandracooks.com.

Have you ever tried eating Swiss chard raw? This light, lemony salad might make you a convert. It's got some crunch from garlicky breadcrumbs and is tossed with an easy dressing. Transform it into a hearty meal by topping it with chickpeas or a poached egg.

- 1/2 c. olive oil, divided
- 1 1/2 c. fresh breadcrumbs
- 1 clove garlic, minced
- salt
- crushed red pepper flakes
- 1 bunch Swiss chard, stems removed (saved for another use), leaves shredded into thin 1/8-inch ribbons
- 1 lemon, zested and juiced
- 3/4 c. grated Parmesan (or Grana Padano, or Pecorino)

Directions: Pour 1/4 cup of the olive oil into a small skillet and warm over medium heat. Add the breadcrumbs and cook, stirring frequently, for about 5 minutes, until crispy and golden brown. Stir in the garlic, a pinch of salt and crushed red pepper. Continue to cook, stirring, for 1 more minute. Remove from heat and set aside.

Place the chard in a large bowl and sprinkle with the lemon zest. Set aside.

In a small mixing bowl, whisk together the lemon juice with a generous pinch of salt. Slowly whisk in the remaining 1/4 cup of olive oil.

Drizzle the chard with about 2/3 of the lemon dressing and the grated Parmesan. Toss to coat, adding more dressing if needed. Top the chard with the toasted breadcrumbs, and serve immediately. Makes 2 servings.

Star Recommends: Clemens Busch Riesling Trocken (biodynamic)—Wide open on the nose and palate with succulent texture and persistent acidity. This wine is particularly graceful with lifted fruit and great energy. Elevage in mostly old barrels lets this wine "breathe;" and 20% of the juice sees malolactic fermentation.

Spaghetti with Sausage, Swiss Chard, and Heirloom Tomatoes

Adapted from www.chowhound.com.

Heirloom tomatoes and fresh leafy greens make this pasta dish great for a summer evening.

- 12 oz. spaghetti
- 1 lb. Italian sausage, casings removed
- 2 Tbs. olive oil
- 2 bunches Swiss chard, washed, trimmed, ribs finely chopped, leaves roughly chopped
- salt
- 2 Tbs. butter
- 1 lemon, zested and juiced
- 3/4 lb. heirloom tomatoes, cored, chopped
- freshly ground pepper
- grated Parmesan, or serving

Directions: Cook the pasta in a large pot of salted water according to package directions. Drain, set aside. Heat a large, heavy skillet over medium-high heat, and cook the sausages until browned. Transfer to a plate, and discard the fat in the skillet.

Heat the olive oil in the skillet over medium heat. Add the chard stems and a pinch of salt. Cook, stirring frequently, until tender, about 5 minutes. Fold in the chard leaves, and cook another 2 minutes, until wilted. Add the butter, lemon zest and juice and stir until it forms a velvety sauce. Reduce the heat to low, then fold in the chopped tomatoes. Transfer the cooked spaghetti to the skillet and toss to combine. Cook 2-3 minutes until warmed, then transfer to a serving bowl. Sprinkle with freshly cracked black pepper and Parmesan cheese and serve. Serves 4.

Star Recommends: Ampeleia Unlitro Rosso Toscana—Crushed flowers, dried cherries, licorice and spice give the 2015 Unlitro much of its lifted, airy personality. This mid-weight blend of Alicante Nero, Carignano and Alicante Bouschet is best enjoyed over the next 2-3 years, as the flavors are already a bit forward."

Grilled Chicken with Swiss Chard

Adapted from www.marlameredith.com.

This is a grain- and gluten-free meal that cooks up really quickly on the grill. Serve with a big green salad, preferably outside.

1 lb. chicken breasts, boneless
olive oil
salt
black pepper
smoked paprika
1 bunch Swiss chard, trimmed, ribs removed, leaves torn, ribs sliced
1 shallot, diced
1/4 c. grated Parmesan cheese

Directions: Heat a grill to medium high. Toss the chicken with some olive oil and sprinkle with salt, pepper and some smoked paprika. Grill 5-6 minutes per side, flipping just once, until it reaches an internal temperature of 160-165°F. Heat some olive oil in a large skillet over medium heat. Stir in the chopped shallot and cook 3-4 minutes until almost tender. Add the chopped chard stems and cook, stirring, for 6-7 minutes, until tender. Fold in the chard leaves and toss to coat in oil. Cook until the leaves are wilted and cooked through. Season with salt and pepper. Serve the chard and the grilled chicken sprinkled with some Parmesan cheese.

Star Recommends: *Crowley Willamette Valley Chardonnay—Assertive, mineral-tinged pear and quince scents; lemon zest and floral nuances add complexity and lift. Sappy and penetrating on the palate, offering refreshingly bitter citrus zest and pear skin flavors that deepen and turn sweeter on the back half.*

Scrambled Egg and Swiss Chard Tacos

Adapted from www.foodandwine.com.

For a serious power breakfast (or lunch or dinner!), stuff corn tortillas with creamy scrambled eggs and rainbow chard.

2 Tbs. olive oil
3/4 c. finely minced white onion, divided
2 serrano chiles, seeded, minced
salt
1 1/4 lbs. rainbow chard, trimmed, leaves and stems thinly sliced
6 large eggs, lightly beaten
2 Roma tomatoes, seeded, chopped
3 Tbs. minced fresh cilantro
black pepper
warm corn tortillas

Directions: Heat the oil in a large skillet over medium heat until shimmering. Add 1/2 cup of the onion, the chiles and a large pinch of salt. Cook,

stirring, until the onions begin to turn golden brown, about 8 minutes. Add the chard and gently combine to coat in oil. Cook, stirring frequently, until softened, about 5 minutes. Add the eggs and cook, stirring, until the eggs are barely set, about 5 minutes. Fold in the last of the onion and the cilantro, and sprinkle with salt and pepper to taste. Serve hot, in warm tortillas. Make 6 servings.

Star Recommends: *Chateau Grand Cassagne Rose—Raspberry in color, with a ripe cherry, underbrush and mineral nose. Shows tangy cherry and blood orange notes with hints of spice.*

Cherry Dark Chocolate Chunk Muffins

Adapted from www.minimalistbaker.com.

These muffins are packed with fruit and enough chocolate to make them feel indulgent. The muffins are made with oat and whole wheat flours, just a touch of brown sugar, and without dairy or eggs. They bake up perfectly light and moist.

1/3 heaping c. oat flour (see note)
1 c. whole wheat pastry flour
1/2 tsp. baking soda
1 tsp. baking powder
pinch salt
1/4 c. brown sugar
1/4 c. melted coconut oil
3/4 c. almond milk
1 tsp. almond extract
1 1/4 c. fresh cherries, pitted, roughly chopped
1/4 c. chopped dark chocolate

Directions: Preheat oven to 375F. Line or grease 9 muffin cups. In a large mixing bowl, whisk together the flours, baking soda, baking powder, salt and brown sugar. Combine the almond milk, coconut oil and almond extract in a measuring cup. (If the coconut oil solidifies when it makes contact with the almond milk, microwave in 5-second increments until melted again, but not hot.) Add the wet ingredients to the dry ingredients and stir until just combined. Fold in the cherries and chocolate.

Spoon the batter into the prepared muffin tins (they will be full). Bake 23-25 minutes, until golden brown and a toothpick comes out clean. Let sit in the pan for 5 minutes before transferring to a rack to cool completely.

Note: To make oat flour, place 1 1/2 cups of rolled oats into the bowl of a food processor. Pulse until they are ground into a powder-like consistency, stirring once or twice to ensure that all the oats have been finely ground. Store in an airtight container. (This will yield 1 cup of oat flour.) Makes 9 muffins.

Star Recommends: *Trentadue La Storia Cabernet Sauvignon—Abundant varietal aromas and flavors of blueberry, blackberry and black licorice, with a hint of herbs and ripe olives. The predominately French oak aging contributes aromas of cinnamon, vanilla, cocoa dust and slight smokiness.*

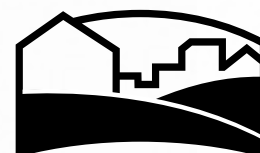
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Staff Picks



PAM

Meyer Brothers Old Fashioned Mix

This mix makes the absolute BEST Old Fashioneds. It is thick and only requires 1 Tbs. per cocktail. This family used to run a supper club near Sheboygan and this is the mix that their Dad used for years. Pair it with Old Sugar Distillery's Brandy Station and bring the flavor of that great Wisconsin supper club cocktail home! Available at North and West.



DANIEL

Guayaki Yerba Mate Raspberry Terere

Guayaki is one of the best companies on the natural foods market. Not only are they committed to fair labor practices, but they also make a really great tea! Their Raspberry Terere in a glass bottle has helped get me through many early mornings. I have been drinking it for years, and it has never let me down. Available at North.



LEAH

Watermelon

Watermelon is a refreshing treat on a hot day or a great way to get some hydration after fun outdoor activities. I still get as excited as I did when I was a kid to bite into a slice!



Bulk Trail Mix

Trail mix of any kind is a fantastic snack that we keep around our house to take for anything from hiking to long errand days. I love that we have so many different varieties available, so I switch it up often!!



KELSEY

Andalou 1000 Roses® Heavenly Night Cream

I love this moisturizer for nighttime. I wake up with my skin soft and smoother than when I went to bed. Plus it smells good. It's a

bit pricey, so I usually wait to buy it on Wellness Wednesday, but it's definitely worth it!



Alden's Organic Salted Caramel Ice Cream

So I saw on BuzzFeed that salted caramel is apparently a "food trend" that some people are "over." They are wrong. Salted caramel is great, and this ice cream? AMAZING. Stop reading this and buy some right now. You can thank me later. (It's also available as ice cream bars.)



LIZ

Tandoor Chef Samosas

My kid and I love these! They taste almost like the ones you'd get at an Indian restaurant.



Angelic Bakehouse 7-Grain Flatzza®

This makes a great thin-crust pizza. Just pile on your toppings as you normally would, bake for a few minutes, and you've got almost-healthy pizza!



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ASTORIA

RP's Pasta Sweet Potato Ravioli

When I need to eat fast, and I want it easy, and I want it to taste good, I reach for RP's; it is a crowd-pleaser.



CARLEY

NessAlla Kombucha in bulk

This female-owned, Madison-based company is amazing. Their product is such high quality, and their flavors never let me down. I love being able to reuse my growler and fill up on a new flavor or an old favorite.



The Hibiscus Ginger Cardamom is my go-to flavor, but I tried the Salted Grapefruit Mandarin on a whim one day and was not disappointed at all.



CATE

Bariani California Extra Virgin Olive Oil

Delicious, crisp, fresh. Love that this oil comes from California. Wouldn't use any other in my cold dishes or served with herbs/cheese/tomatoes/etc. on bread. A must when my hot dishes need to be just perfect.



GIANOFER

Alaffia Authentic African Black Soap

I'm ashamed to say that I ran out of my usual vinegar and orange cleaning solution just as I was about to mop my floors! I know, right. Please don't tell my Mother. Anyway...what to do? WHAT TO DO?! So, I start looking around the house for possible substitutes. Laundry soap? Nope. Dishwashing liquid...NOPE. Desperate as a lily in the desert for rain, I decide to read the label on my bottle of Alaffia Black Soap. Plain as day, the last line under "uses" reads household cleaner. I took the bet and used it on my linoleum floors!



WOW!!! The shine, the fragrance, the non-film of it all!!! I highly recommend taking your Alaffia Black Soap out of the bathroom and into wherever you need to tidy up a bit. It works wonders.



ZELDA

Badger Sleep Balm

Hush little baby, don't say a word
And never mind that noise you heard
It's just the beasts under your bed
In your closet, in your head
Exit: light



Enter: night
Take my hand
We're off to never never land...

...This is the sweet little lullaby Badger Sleep Balm croons to me as I drift away to sleepy dreamland.... Seriously, THIS STUFF WORKS! I tend to sleep much better when I use this dreamy balm. It has a pleasant, light scent, it's organic, you don't need to use a lot, and bonus—the tin makes it great for traveling! Available at North and West.



PYGN

Cypress Grove Purple Haze

Being a fan of the Humboldt Fog from Cypress Grove, I just had to try the fresh cheeses when we started carrying them. I was curious if I would be able to taste the fennel



pollen; I had never heard of this being used as a spice before. The subtle but distinct taste of fennel and lavender bring about a sense of summer. If you could eat a cloud that gathered the dew off a spring prairie, this would be it.

LüSa Organics Summer Lime Lip Balm

This lip balm soothes while protecting from further sun/wind damage. It feels smooth while not being overly oily, and the smell isn't overpowering.



LINDSEY

Derma E Purifying 2-in-1 Charcoal Mask

This product is awesome! It is super-easy and quick to use. It feels cooling and refreshing on your skin while it sucks out all the gross junk that gets buried in your pores. My face always feels so fresh and clean after using it! Available at East and West.



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FOR DANCE | MOVEMENT THERAPY

DANCE/MOVEMENT THERAPY
HEALTH & WELLNESS EDUCATION

Furthering SELF-ESPRESSION, HEALING, and
PERSONAL GROWTH

Working with PHYSICAL, NEUROLOGICAL,
EMOTIONAL and SOCIAL issues

Board certified and state licensed therapists.
Hancock Center is a 501(c)3 non-profit organization
serving the Madison community for 33 years.

(608) 251-0908
hancockcenter.net

Donate used cabinets, furniture and building materials.

FREE PICK UP

Monona Dr | Odana Rd
restoredane.org
Donations: 608.663.1191

Habitat for Humanity
ReStore

Shopping with Kids?

Kids are free to take a piece of pre-washed fruit from the basket near the Produce Department.

FREE!

PICK ME!

Compliments of the Willy Street Co-op Produce Department

LAUER REALTY GROUP

Powerful Results.
Real People.

Where you live is part of your identity.

That's why you deserve the team who knows Madison and understands today's real estate market.

382 E Lakeside St
2 bed | 2 bath | 2,145 SqFt | \$424,900

This contemporary home boasts Lake Monona access with 83ft of frontage on Wingra Creek!

www.LAUERREALTYGROUP.com | 608.444.5725



ANNA

The Earth Ball

This ball with the Earth printed on it really puts things into perspective. I like to look at the Earth Ball and think to myself, "hey this is where you live, but this is a ball." It's a good Earth Ball.



JACK

Grandpa's Pine Tar Shampoo

When you want that campfire smell to last all year long.



ANNA

Alaffia Beautiful Curls Reviving Tonic

This is a must for anyone with curly hair. It conditions, redefines curls and leaves your hair amazingly light & soft! Available at North and West.



JUNIPER

Beets

Full of all the good stuff! Nutrient-dense and flavorful, I call them Earth's candy. :) A bit earthy, yet so sweet. They're bright, colorful and so dang love to juice my beets or top



versatile. I my pizza with them;

or shred them, add pulverized walnuts, and you'll have the best veggie beet burger of your life. <3



EVAN

Pluots

So so good. Love 'em and they are a great gateway fruit for kids.



ANGELA

Willy Street Co-op Apple Pesto Sandwich

This is my favorite sandwich right now. The combo of smoky Gouda, crispy sweet apple, bright pesto and spicy arugula—it's the bomb. Available at West.



CAITLYN

Carr Valley Mobay

I discovered this cheese during our Cheese Challenge this year and it's my new fave. It's the local version of a renowned French cheese called "Morbier." Doesn't get any better than that!



STORES CLOSING EARLY
All stores will be closing at 7:30pm on Sunday, July 2nd for annual inventory, and on Tuesday, July 4th for Independence Day.

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



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

willy street co-op

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

See where your milk comes from!

Willy Street Exclusive Sassy Cow Tours

Saturday, August 5 • 1-4 p.m.

Willy Street Co-op Owners!
Get a behind the scenes look at our dairy farm and creamery.

- Meet our cows and calves
- Learn how we bottle milk and make ice cream

To reserve your spot for this exclusive event, visit our Facebook event page.



Sassy Cow CREAMERY

W4192 Bristol Rd.
Columbus, WI 53925
sassycowcreamery.com
608-837-7766

Hours: M-F 10 a.m. - 7 p.m.
Sat: 9 a.m. - 6 p.m.
Sun: 11 a.m. - 6 p.m.

Wheezing/Asthma Prevention Study

The UW Pediatric Asthma Research Program is looking for infants with a history of eczema or a parent with physician-diagnosed asthma to participate in a research study. This study will see if a daily capsule of the investigational medication Broncho-Vaxom® (a mixture of bacteria products) helps prevent at-risk infants from developing wheezing illnesses or asthma.

Details

- Infants between 5 - 17 months
- The study consists of 12 visits and 26 phone calls over approximately 36 months
- Taxi service available if needed
- Your child will be reimbursed up to \$1,360 if he or she completes the study
- Medications to manage wheezing illnesses provided at no cost

Call today to see if you qualify.

1-877-WI-ASTHMA
1-608-263-3360
pediatricasthma@medicine.wisc.edu



Sponsored by the National Heart, Lung and Blood Institute, ORBEX

AI-46225-16



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

**THIS MONTH:
JULY 5th**

Troy Gardens Day Camp

Explore the winding prairie paths, build forts in the forest, grow delicious food and prepare healthy snacks together in the garden!

Calling all 7-11 year-olds!



For information & registration visit:
<http://bit.ly/2nwDy4w>



Education that honors every child's enthusiasm for initiative, creativity and social responsibility

Now Enrolling!

Summer Playgroup
Early Childhood
Grades 1-7
Summer Camp (ages 3-12)
Parent-Child Playgroup

Summer Camp

Six one-week sessions provide a wholesome environment with lots of outdoor time, natural play, arts & crafts.

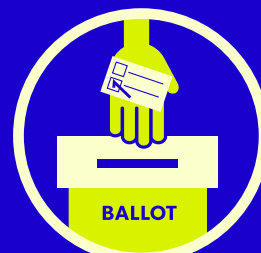
June 19 -- August 4
Ages 3 -- 12

Join Us!

6510 Schroeder Road, Madison
madisonwaldorf.org
608-270-9005

VOTE

For the Willy Street Co-op
BOARD CANDIDATES



Complete a ballot in the store



Mail in a ballot from the newsletter



Click on the link emailed to you.

You can also vote at the Annual Meeting & Party, July 13th!

Sign up NOW for CIRCUS CAMP!
Juggling, aerial, tightwire, still walking, acrobatics, clowning, theater and more!



NEW THIS YEAR:
BUS TRANSPORTATION!
WWW.THERUMPUSROOM.ORG

Living Colors
Flowering Annuals
Herbs & Vegetables
Seeds-Soil-Mulches
Planters & more



Hardware Center

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3
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