

willy street co-op

READER

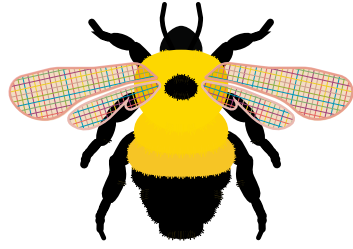
A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI

VOLUME 51 • ISSUE 6 • JUNE 2024

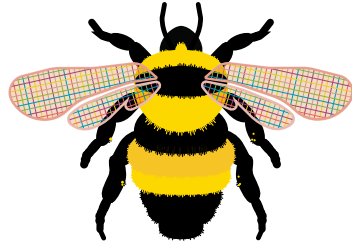
Critically endangered & protected under the Endangered Species Act.



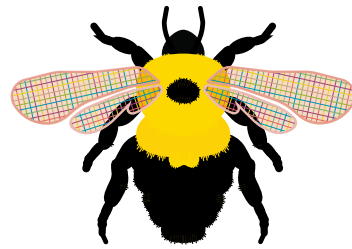
Bombus affinis
Rusty-Patched Bumble Bee
Favors: Bee Balm, Goldenrod, Sunflower



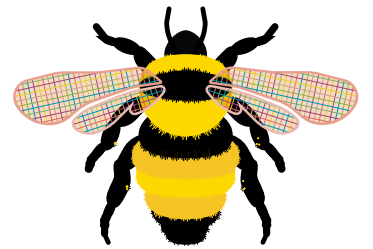
Bombus vagans
Half-Black Bumble Bee
Favors: Beard Tongue, Milkweed, Aster



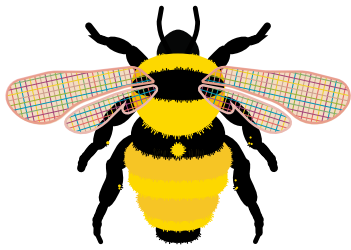
Bombus auricomus
Black & Gold Bumble Bee
Favors: Bee Balm, Solanaceous, Clover



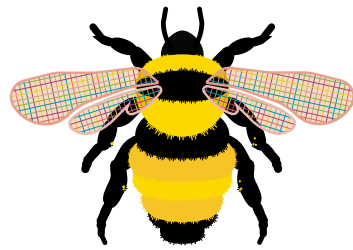
Bombus bimaculatus
Two-Spotted Bumble Bee
Favors: Thistle, St. John's Wort, Sweet Clover



Bombus pensylvanicus
American Bumble Bee
Favors: Clover, Goldenrod, Vetch

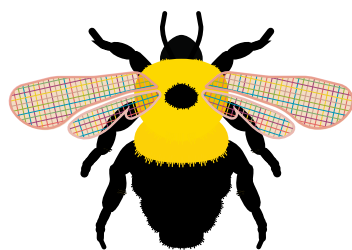


Bombus borealis
Northern Amber Bumble Bee
Favors: Aster, Thistle, Vetch



Bombus fervidus
Yellow Bumble Bee
Favors: Bee Balm, Clover, Thistle

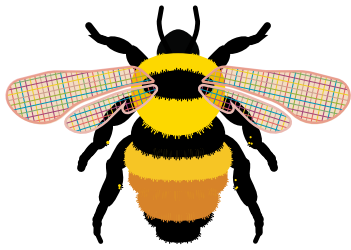
The Buzz on Pollinators



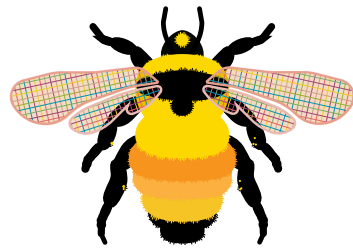
Bombus impatiens
Common Eastern Bumble Bee
Favors: Clover, Goldenrod, Thistle



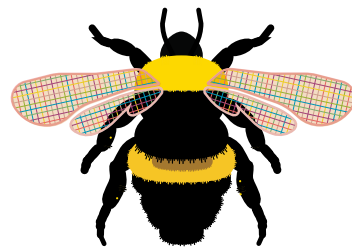
Bombus perplexus
Confusing Bumble Bee
Favors: Blackberry, Hydrangea, Rhododendron



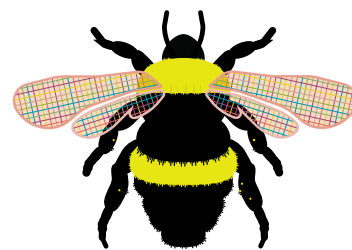
Bombus rufocinctus
Red-Belted Bumble Bee
Favors: Clover, Goldenrod, Thistle



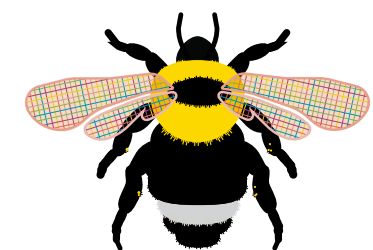
Bombus ternarius
Tri-Colored Bumble Bee
Favors: Blackberry, Goldenrod, Milkweed



Bombus terricola
Yellow-Banded Bumble Bee
Favors: Beardtongue, Cranberry, Milkweed



Bombus citrinus
Lemon Cuckoo Bumble Bee
Favors: Aster, Blazing Star, Goldenrod



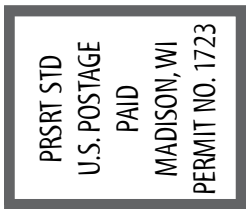
Bombus ashtoni
Cuckoo Bumble Bee
Favors: Aster, Goldenrod, Thistle

SPECIAL STORE HOURS

Sunday, June 30, 2024 (annual inventory count): stores open until 7pm
Thursday, July 4, 2024 (Independence Day): stores open until 7pm

IN THIS ISSUE:

Sun & Bug Guide, LGBTQIA+ Inclusive Trade Vendors, Skuna Bay, New Products & More



willy street co-op

1457 E. Washington Ave • Madison, WI • 53703

POSTMASTER: DATED MATERIAL

CHANGE SERVICE REQUESTED

WILLY STREET CO-OP BOARD OF DIRECTORS

Sarah Larson

Tatiana Dennis

Gigi Godwin

Anthony Hernandez

Ike Ross

Isabel Spooner-Harvey

Carol Weidel

Ashwini Rao

Nancy Ranum

BOARD CONTACT INFO:

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

BOARD MEETING SCHEDULE

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

June 26

July 24

September 25

October 23

WILLY STREET CO-OP MISSION STATEMENT

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

ADVERTISE IN THE READER

Affordable rates, wide reach, discounts for non-profits and Owners. Find info here: willystreet.coop/advertising.

willy street co-op

FOLLOW US ON:



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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

East: 1221 Williamson Street, Madison, WI 53703, 608-251-6776

West: 6825 University Ave, Middleton, WI 53562, 608-284-7800

North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422

Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

EDITOR & LAYOUT: Brendon Smith

ADVERTISING: Brendon Smith

COVER DESIGN: Hallie Zillman

SALE FLYER DESIGN: Hallie Zillman

GRAPHICS: Hallie Zillman

SALE FLYER LAYOUT: Eric Wehrheim

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

GENERAL EMAIL: info@willystreet.coop

GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: b.smith@willystreet.coop

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

NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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Customer COMMENTS

Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to customer.comments@willystreet.coop or fill out a Customer Comment form in the Owner Resources area. Each month a small selection is printed in the *Reader*; publication does not necessarily indicate an endorsement of views stated in a customer's original comment. Many more comments can be found in the commons or in the binder near Customer Service. Thank you!

STAYING ACTIVE

Q: I live out of town and haven't made it to Madison in awhile. I think I have seen that if someone doesn't shop at the store often enough, the the coop terminates their membership. What can I do to keep my membership active - or what is the timeline that I need to shop to remain a member? Thanks.

A: Thank you for reaching out about your Owner account! It looks like the last time you shopped on your account was February of 2023. After 3 years of inactivity the account goes into abandonment. At that time we attempt to reach the Owner of the account at the last address we have on file to alert them. Your account has only been inactive for 1 year at this point so it will not go into abandonment for a couple more years. In order to keep your Ownership active all you need to do is make a purchase on your account.

Don't hesitate to reach out if you have any further questions. Have a great day! -Rosalyn Murphy, Owner Records Administrator

BULK DATE PIECES

Q: Willy East doesn't carry date pieces in bulk anymore. Can I get them at North or West? Is there a chance they'll come back? If not, do you know where I can get them?

A: I hope your week is going well! Thanks for your questions! Our Kitchen is not packing these anymore for our stores, so the small bags of them are going away. I am sorry they are not available for you. We are looking for some packaged substitutes, but unfortunately the smallest I have found through our distributors is this 5 lb package from Country Life (www.countrylifefoods.com).

Thank you for reaching out and letting us know what you are looking for in our stores! -Dean Kallas Grocery Category Manager

IN PRAISE OF CO-OP CASHIERS

Q: I love Willy St Co-op cashiers whether they say thank you or not. They treat me good, Kind, calm, and patient. Thank you.

A: Thanks for letting us know your positive feedback—we really appreciate it! It is so wonderful to hear when Owners enjoy our kind, calm, and patient cashiers! Thanks for taking the time to write in to express your positivity.

Thanks for being a loyal Owner with us! Cheers, Kristina Kuhaupt, Customer Experience Manager

INGREDIENT LISTS, PART I

Q: Hi there! We have multiple members in our family with severe food allergies and we would love to be able to take advantage of your pre-made food to-go options. However, although ingredients are listed it takes too much time to read through a long list of small-printed ingredients (especially with two toddlers running about). We need to be incredibly careful with

double checking ingredients, and it would help immensely if the top 9 common allergens were listed at the very bottom of the ingredient list. Thank you so much for considering a change to how you label premade food, from all of us with food restrictions :)

A: Thanks for writing and expressing your thoughts on the matter. I know the struggles of shopping with a toddler as well haha!

Our current practice is to use ALL CAPS for the nine major allergens when they're included in a recipe. A reason for not including them at the bottom is that our labels are small and we would essentially be duplicating the number of characters. It can be tough to add everything we want on such a small label and still stay compliant with the health department and Weights & Measures.

That said, I am working on a project that includes auditing how our labels are laid out. I will explore your suggestion as a possibility and see what we can do to make this happen. Best regards, Nicholas OConnor, Prepared Foods & Cheese Category Manager

WELLNESS COUPON

Q: Bring back the 10% wellness coupon to be used 1x month (happened during COVID) as opposed to the 1st Wed of the month. I cannot get to the Co-op on Wednesdays so I cannot utilize this benefit. Thanks.

A: Thanks for taking the time to write to us! The 10% off coupon was intended to be a short term solution for us during some of the heavier days of the pandemic and is not a sustainable way for us to offer this owner benefit. We'll be sticking with the first Wednesday of the month option for now but will certainly keep this feedback for the future! Thanks, -Liz Muñoz, Director of Purchasing

PLASTIC BAG RECYCLING

Q: Hello! I am wondering if the co-op can add a plastic bag recycling location like many of the other grocery stores around Madison. It seems like a great win/win to support the co-ops values and get more business (we sometimes go to other stores just because they offer plastic bag recycling and Willy St. doesn't). Thanks in advance!

A: Unfortunately we do not have the labor resources or space to collect and recycle plastic bags from our customers. None of our current waste handlers will accept these materials in the quantities we would end up with and we don't have an alternate handler that will take them.

Several years ago our East store was a collection site for the City of Madison's plastic bag recycling program but we discontinued collecting plastic bags when the City discontinued that program.

Here are a couple local household recycling information resources:

- www.cityofmadison.com/streets/recycling/plasticbag.cfm

- From the City of Middleton recycling guide: "Plastic bags can be recycled at the Middleton Recycling Center (4330 Parmenter St. Middleton, WI 53562)." Also accepted as part of their WRAP Recycling Program: Plastic retail bags, food storage bags, produce bags, dry cleaning bags, case wrap, bread bags, air pillow packaging, paper products wrap. See cityofmiddleton.us/420/RecyclingCenter.

-Jim Jirous, Facilities Director

BERRY EXPENSIVE MULBERRIES

Q: Why are dried mulberries so expensive? They grown wild in people's yards around here!

A: Hope your week is going well, and thank you for your comment and question! I am not familiar with any local companies selling dried Wisconsin mulberries, although mulberry trees are for sale. Do you have any sources? The organic ones we sell come from far away unfortunately. They are a bit pricey for sure. I appreciate your feedback! Have an excellent day! -Dean Kallas, Grocery Category Manager

INGREDIENT LISTS, PART II

Q: 1.) Listing of ingredients while helpful would be improved by capitalizing the primary ingredients. For example CORNED BEEF, beef, water, sea salt BABY SWISS (pasteurized)

2.) The corned beef reuben sandwich is delicious and temperature hot when I eat it. The chipotle mayo obscures the flavors of the corned beef, sauerkraut, the baby swiss, the flavor of the filling in the sandwich. At least offer it with and without.

A: My name is Nicholas, I am the Prepared Foods & Cheese Category Manager for Willy Street Co-op. I received your customer comment about ingredients on our labels and the corned beef reubens at Willy East.

Our current convention for how our ingredients appear on the label is to capitalize the major allergens in the product so that with a quick scan a customer that is not able to consume something safely is able to identify it immediately. I will take this feedback and consider it for the future when I revisit our rules for ingredient listing in the future.

As for our Corned Beef Reubens Sandwich, I have put in a request with my Communications team to create a new sign that notes that this sandwich is spicy so people won't be surprised by the presence of the chipotle. That said, we have not changed our recipe from how we've been preparing it for years, I've confirmed that with both our managers at our East store, so if you're a repeat buyer of this sandwich I apologize that what you received was different than normal. We had two or three other comments recently mentioning the spicy quality of this and one other sandwich we serve that uses the same chipotle peppers as an ingredient.

Our best guess about this uptick in comments is that our peppers came to us spicier than before, this can happen from time to time when peppers are grown and harvested sometimes batches are hotter than usual. For that reason I will be checking in with our managers about possibly reducing the chipotle in the recipe for our chipotle mayo and see if it needs to be temporarily reduced. It may be that we've already worked through the stock that is already hot, but it'll be good to check just to be sure.

Thanks for writing and letting us know about your experience! Best, Nicholas OConnor, Prepared Foods & Cheese Category Manager

SOGGY SALAD BAR BEETS

Q: I love your salad bar, however not loving the "soggy, wet" shredded beets. I have been told that many of the cut veggies do need to be kept in ice (for freshness sake) which then melts-leaving celery, radishes, etc "swimming". Until recently the beets had not been wet, but on my



most recent trip to the Co-op, even the beets have been treated this way, Not as appealing or appetizing - not to mention the loss of nutrients when they are “wet”. Thanks for taking the time to consider possibly changing your methods on the salad bar, for the cut veggies... especially the beets.

A: Thank you so much for taking the time to write in with a customer comment as well as for your concern with the quality of the veggies on our salad bar. It is true that we do keep the radish and celery in water on the salad bar to keep them fresh and to stop them from getting discolored. We don't actually keep them on ice, they are just stored in cold water. It is not, however, our practice to keep any of the other veggies in water. I'm very sorry that you came in to find the beets submerged. I'm not really certain just why that happened, but I do want to assure you that this isn't our regular practice.

Thank you so much for the feedback. I'll be sure and remind everybody that only the radish and celery need to be submerged in cold water while on the salad bar. Gratefully, Bob Smith, Willy East Deli Manager

RECIPE REQUEST

Q: I thoroughly enjoyed the maple roasted root vegetables and roast red onion sweet potato spinach at the hot bar this afternoon. Delicious! I just learned of the cooking classes, which, I want to sign up for. Is it possible to request a recipe or two for a cooking class? I always find something to enjoy at your food bar. That's not easy due to my restricted diet. Thank you for making healthy and delicious food available!

A: Thanks for writing in with your comments! The prepared foods team is thrilled to hear you enjoyed the maple roasted root vegetables and red onion sweet potato dish!

I'm happy to hear you've discovered our classes! We provide the recipes for each class you register for, and you'll leave the class with a printed copy to bring home. If there are any particular topics or themes you'd like to see, please let me know, and we'll work with our instructors to develop these classes. Best, Liz Hawley, Education and Outreach Coordinator



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GENERAL MANAGER REPORT

This Month's Co-op News



by Anya Firszt, General Manager

Hello dear Owners,
It's the morning following the BIG storm on May 21. Before submitting my newsletter report, I want to say thank you to the Co-op staff for grappling with the 10-hour

power outage at Willy North. I fully recognize the hard work of those who helped during and after the storm (in the dark) and well into the wee hours of the next morning to save products from spoiling. Additionally, the folks who got the store ready to open by early afternoon the next day deserve a huge round of applause. Thank you!

BIKE BENEFITS NOW AT SELF CHECKOUTS

As many of you may already know, your Co-op participates in Bike Benefits, a nationwide program that rewards those who bike and don a bike helmet to participating establishments that offer some sort of financial incentive. At Willy Street Co-op, we have been providing for many years a 5% discount on purchases Monday through Friday for those who have the participating sticker on their helmet. When we installed our self-checkout lanes this benefit was unfortunately a function that we were not able to provide due to some technical issues with the program software. Our IT department has been working on a solution, and we are now pleased to announce that at the end of last month they figured it out. Check it out!

CALLING ALL PAST CO-OP BOARD MEMBERS!

Did you or someone you know serve on the Co-op's Board of Directors? We are planning something special

in October in celebration of our 50th Anniversary especially for WSC Board members. I am in search of contact information for those folks who served on the Board. If you are a past Board member, please send me your contact information at a.firszt@willystreet.coop or mention this request to anyone you know who served on the Board in the next month or two. Much obliged.

FY23 PATRONAGE

This is my final reminder to you that if you have not claimed your FY23 patronage, you have until June 16, 2024 to use it or lose it. You can use it as a store credit (on purchases), receive cash back, or donate it to Double Dollars. We've distributed 96% of total patronage to Owners, leaving 4% (or \$10,825) undistributed. Don't miss out on this Owner benefit.

UPCOMING CO-OP-SPONSORED EVENTS

DIY Homesteading Fair on June 7, at the Lakeview Library located next door to Willy North in the Northside Town Center. Come learn from 12 local experts speaking on a variety of topics like mushroom foraging, raising backyard chickens, composting, bike repair, and more.

Marquette Waterfront Festival on June 8-9 at Yahara Park Place. This event is just a few blocks east of Willy East where you can find music, food, and fun for the whole family.


The Pursuit of Happiness at McPike Park on June 14-16. This event is located in McPike Park just a couple of blocks west of Willy East, and boasts two stages with great music and comedy.

Make Music Madison is happening all across town on Friday, June 21. In the Willy East rain garden, we are featuring four different local musicians performing between 1:00pm-6:00pm.

DATES TO THINK ABOUT

- Thursday, June 20: Summer solstice.
- Sunday, June 30: Year-end inventory; stores open until 7:00pm.
- Thursday, July 4: Independence Day; stores open until 7:00pm.

In closing, last weekend I decided to really dig into my garden, and I was delighted with the starter plants I found at the Co-op. Vegetables, herbs, and edible flowers oh my! I am counting the days until my tomatoes ripen and I can eat my first BLT of the season! 'Til next month, get outside!



Please come and visit

LA MODA MARIE
YOUR GLOBAL FASHION

608-709-1220
www.lamodamarie.com
1012 Williamson Street,
Madison, Wisconsin 53703



SPECIAL STORE HOURS
Sunday, June 30, 2024 (annual inventory count): stores open until 7pm
Thursday, July 4, 2024 (Independence Day): stores open until 7pm



BOARD REPORT

How the Board Measures Impact



by Sarah Larson, Board President



by Ashwini Rao, Board Vice President

Willy Street Co-op's work and purpose both aim towards our ends policy. Ends are where we state our desired outcomes of our work.

Our current Ends policy is:

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

- has a robust local economy built around equitable relationships;
- nourishes and enriches our community and environment; and
- has a culture of respect, generosity, and authenticity.

Willy Street Co-op management and staff engage in various activities that bring the Co-op closer to meeting the Ends policies. These are reported on annually. Some of these activities include:

- Supporting and growing our network of local vendors.
- Supporting brands and companies

that have demonstrated a commitment to equitable business practices.

- Treating our employees equitably, and providing employees with the financial means to contribute to building our local economy.
- Treating Owners in an equitable fashion, as dictated by our cooperative business model.
- Ensuring community members have equitable access to nutritious food.
- Creating an accessible and vibrant food culture within the community by promoting access to local foods, food security, and collaboration among businesses in the community.
- We successfully negotiated and reached an agreement regarding our third contract with the union. The new three-year contract is effective from March 16, 2024 to April 30, 2027. This new contract offers additional benefits and wages for our hourly employees while being mindful of our fiscal responsibility for our Owners and the Co-op's long-term success. The new contract increases the minimum starting pay to \$18.15 per hour and raises the overall wages of hourly employees by 21% over the three-year term of the contract. It also offers seniority increases for years of service, an additional paid holiday, more flexibility in access to unpaid time off, and additional bereavement leave.

- We hosted the grand opening of Aubergine, our new community event space. Since the grand opening, we have received several inquiries about private rentals, not only for Aubergine, but combined events with Cafe Coda.

Ends will be reported on at the September Board meeting. All of our Owners are welcome! You can find Board meeting dates, times, and other information at willystreet.coop/events.

Throughout the next year we will be working to incorporate our strategic plan priorities into/within our Ends. It's pretty amazing to reflect on the impact your grocery cooperative has!

Do-it-yourself **A free fair presented by: willy street co-op**
Homesteading Fair

@ Lakeview Library
 2845 N. Sherman Ave * Next door to Willy North

Keeping Chickens *Planting Seedlings* *Tapping Trees*

Foraging Mushrooms & Edible Plants

Worm-Farming *Fishing Tips* *Bike Repairs*

Learn with local experts who can answer questions & provide suggestions!
Friday, June 7th
2pm-5pm

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

WE CAN CUT CABBAGE

Just want half?
 Ask a Staff Member.

willy street co-op



On Wednesday, May 8th, we awarded \$65,000 in Community Reinvestment Fund (CRF) grant checks to 22 local organizations. You can read more about our Community Reinvestment Fund and this year's grant recipients at willystreet.coop/CRF.

Co-op Class Calendar

Visit www.wilzystreet.coop/events to register.

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



MEDITERRANEAN NIGHT

Location: Aubergine, 1226 Williamson St.
Monday, June 10, 6:00pm–8:00pm
Location: Willy West Community Room
Tuesday, June 18, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff

Fee: \$30 for Owners; \$40 for non-owners

Capacity: 10

Falafel, baba ganoush, tangy yogurt sauce, hummus, and homemade pita make a fabulous feast of regional delights. Join Mike T. to make some of his favorites with you!

ANY DAY WISCO FISH FRY

Location: Willy West Community Room
Thursday, June 13, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Have Friday fish fry any day of the week! We'll deep fry some beer-battered fish, whip up some tartar sauce, shred cabbage for classic coleslaw, and of course, make some tasty fries.

COOKING WITH CHEF PAUL: "WHOLEISTIC" CHICKEN

Location: Willy West Community Room
Friday, June 20, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$30 for Owners; \$40 for non-owners

Join Chef Paul to learn how to fabricate a whole chicken into breasts, tenders, thighs, wings, and legs. He will then turn those into many tasty dishes from coconut chicken rice, garlicky chicken wings, and béchamel chicken. Demonstration only.

COOKING WITH CHEF PAUL: THE ROLLING SCONES

Location: Aubergine, 1226 Williamson St.
Thursday, June 27, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Scones contain more than just starch. Join Chef Paul for a demonstration on how to turn scones into a whole meal, from bacon and chive to soufflé omelet and mushroom to roasted beef and greens. Demonstration only.

COOKING WITH CHEF PAUL: SUSHI

Location: Lakeview Library
Thursday, July 11, 6:30pm–7:30pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: Free; registration required
Capacity: 12

The foundation of sushi is the rice. Join Chef Paul to learn to prepare well-balanced sushi rice. The basic sushi rolls—maki, nigiri, and chirashi—will be introduced and shared. Demonstration only. Register at www.madisonpubliclibrary.org/events. Registration will open two weeks prior to the program date on June 27.

COOKING WITH CHEF PAUL: A TASTE OF THAI

Location: Aubergine, 1226 Williamson St.

Thursday, July 18, 6:00pm–8:00pm
Location: Willy West Community Room
Thursday, July 25, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Join Chef Paul to learn how to use basic pantry items to make your own curry paste and then turn it into delicious Thai dishes, noodle salad, and soup. Demonstration with hands-on opportunities.

SUMMER PICNIC SIDES

Location: Willy West Community Room
Tuesday, July 30, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Don't know what to bring to that summer picnic? Join Mike T. for a few new ideas that will please a crowd and save you a place on future guest lists! Recipes include quick summer pickles, caramelized onion tartlettes, kale and apple slaw, and a frosty frozen lemonade slush. Demonstration with hands-on opportunities.

SNEAKY ZUCCHINI

Location: Aubergine, 1226 Williamson St.
Thursday, August 8, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

If you find yourself a victim of "Sneak Some Zucchini Onto Your Neighbor's Porch Day" (August 8th), then you need this class. Join Chef Mike to try some different uses for that pile of zukes so generously abandoned on your stoop! Recipes include zucchini fritters, New Mexico-inspired calabacitas, and an Australian favorite known as "zucchini slice." Demonstration with hands-on opportunities.

COOKING WITH CHEF PAUL: SPRING ROLLS

Location: Lakeview Library
Thursday, August 8, 6:30pm–7:30pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: Free; registration required
Capacity: 12

Join Chef Paul to learn the envelope-forming technique to make fresh spring rolls—a perfect way to enjoy the produce of the season! Demonstration only. Register at www.madisonpubliclibrary.org/events. Registration will open two weeks prior to the program date on July 25.

MOTHER SAUCE SERIES: HOLLANDAISE

Location: Willy West Community Room
Tuesday, August 13, 6:00pm–8:00pm
Location: Aubergine, 1226 Williamson St.
Wednesday, August 14, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Join Chef Mike for an exploration of the grandes sauces of French haute cuisine. This class will feature Hollandaise, from which we will prepare several derivations, or petites sauces, including Béarnaise, Girondine, and Maitaise. Demonstration with hands-on opportunities.





KITCHEN METHODS AND TECHNIQUES: BLANCHING AND POACHING

Location: Aubergine, 1226 Williamson St.
Wednesday, August 21, 6:00pm–8:00pm
Location: Willy West Community Room
Thursday, August 22, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Blanching is a cornerstone method to prepare foods in boiling water and shocking in cold, retaining their nutritive value and bright appearance. On the other hand, poaching foods in a gently simmering broth imparts flavor and preserves delicate foods' structure. Join Chef Mike to explore these methods and blanch fresh vegetables including Brussels sprouts for roasting and tomatoes for concasse, while we gently poach fish in court-bouillon, and pears in red wine for dessert



LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Lakeview Library
Thursday, June 13, 6:30pm–7:30pm
Your Co-op's Own Instructor: Paul Tseng
Fee: Free; registration required
Capacity: 12

Once your knife skills have improved, your cooking will be more efficient and more delicious. Join Chef Paul for a demonstration on how to dice, julienne, and chiffonade vegetables and fruits. Chef Paul will also discuss how to choose, care for, and sharpen knives.

Register at www.madisonpubliclibrary.org/events. Registration will open two weeks prior to the program date on May 30.

KOMBUCHA I: BASICS OF BREWING

Location: Aubergine, 1226 Williamson St.
Wednesday, July 24, 6:00pm–7:00pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano
Fee: \$55 for Owners; \$65 for non-owners
Capacity: 20

Join Vanessa Tortolano, the original co-founder of NessAlla Kombucha, to learn the basics of beverage fermentation and how to make your own probiotic Kombucha at home. Class includes a kit with everything you need to start your first batch of Kombucha. Demonstration with limited hands-on opportunities.

KOMBUCHA II: INTERMEDIATE BREWING

Location: Aubergine, 1226 Williamson St.
Wednesday, July 24, 7:15pm–8:15pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano
Fee: \$25 for Owners; \$35 for non-owners
Capacity: 20

Already know how to brew kombucha? Curious about what you can do with extra SCOBY? Want to know what can be made with the vinegar? How do you fix mistakes and brews that aren't quite right? Join kombucha brewer and expert, Vanessa Tortolano for this intermediate class on troubleshooting, innovative ways to use your kombucha, and how to make other products. Basic Kombucha Brewing for Beginners not required, but basic kombucha-brewing knowledge is recommended. Demonstration with limited hands-on opportunities.



HERBAL FIRST AID KIT: LEARN, MAKE, AND TAKE

Location: Willy West Community Room
Thursday, June 6, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$40 for Owners; \$50 for non-owners

Capacity: 20

Participants will learn about herbs for common first aid issues (i.e. cuts, scrapes, bites, nausea, allergies, and more). As we learn, each person will prepare remedies to take home. Everyone will leave with a spray, infused oil, salve, lozenge, tincture, tea blend, dry herbs, and a handout with recipes and instructions. Hands-on.

WILD FOOD/WILD MEDICINE SUMMER WALK

Location: Aubergine, 1226 Williamson St.
Wednesday, July 31, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Instructor: Linda Conroy
Fee: \$25 for Owners; \$35 for non-owners
Capacity: 20

Join herbalist and forager, Linda Conroy for this seasonal walk focusing on the wild plants of summer. We will learn to identify, harvest, and prepare wild plants for food and medicine. Dress appropriately for the weather and wear comfortable walking shoes. Interactive walk.



SPROUTS: DIY ICE CREAM SANDWICHES

Location: Aubergine, 1226 Williamson St.
Tuesday, June 11, 4:00pm–5:30pm
Location: Willy West Community Room
Wednesday, June 12, 4:00pm–5:30pm
Ages: 5-11 years old; adult supervision not required
Your Co-op's Own Instructor: Mike Tomaloff

Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner

Capacity: 10

Join Mr. T to prepare two kinds of ice cream, and cookies and brownies to sandwich them between—all from scratch!

SPROUTS: SIMPLY SANDWICHES

Location: Aubergine, 1226 Williamson St.
Wednesday, June 19, 4:00pm–5:30pm
Ages: 5–11 years old; adult supervision not required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner

Capacity: 10

Classic grilled cheese, toasted to melty perfection, fried peanut butter and banana, Elvis Presley's favorite snack, and a tasty apple and avocado sandwich are all on the menu. Take your lunches to a new level with Mr. T!

SPROUTS: PICNIC IN THE PARK

Location: Willy West Community Room
Thursday, June 27, 4:00pm–5:30pm
Ages: 5–11 years old; adult supervision not required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner

Capacity: 10

Join Mr. T to make a plan for your next picnic! Pinwheel sandwiches, ambrosia salad, and crispy kale chips will give us plenty of energy for the playground.

SPROUTS: WE ALL SCREAM FOR ICE CREAM

Location: Aubergine, 1226 Williamson St.
Monday, July 1, 4:00pm–5:30pm
Ages: 5–11 years old; adult supervision not required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner

Capacity: 10

Chill out with Mr. T as we take ice cream recipes for a spin. Traditional custard is on the menu, along with non-dairy alternatives, all flavored with fruits and flavorings from the Co-op! Hands-on.

SPROUTS: TACOS TODAY

Location: Willy West Community Room
Thursday, August 1, 4:00pm–5:30pm
Ages: 5-11 years old; adult supervision not required
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner

Capacity: 10

Tacos aren't just for Tuesday, let's make tacos today! Impossible veggie crumbles or ground beef seasoned just right for a hard or soft taco, a side of



green chili black beans, and refreshing horchata to cool the heat! Hands-on.

SPROUTS: KIDS PIZZA PARTY

Location: Willy West Community Room
Tuesday, August 6, 4:00pm–5:30pm
Location: Aubergine, 1226 Williamson St.
Thursday, August 15, 4:00pm–5:30pm
Ages: 5–11 years old; adult supervision not required
Your Co-op’s Own Instructor: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner
Capacity: 10
We’ll make the dough and the sauce, form our own personal pizzas, and dress them up with our favorite toppings, then we’ll make a pitcher of refreshing lemonade while they bake. Hands-on.



SELF-CARE YOGA: SUMMER SOLSTICE WITH MOURNING DOVE

Location: Aubergine, 1226 Williamson St.
Thursday, June 20, 5:30pm–6:30pm
Ages: 18 and older
Instructor: Mourning Dove
Fee: \$15

In a nurturing environment, embrace the longest day of the year with this solstice-themed yoga class. Release the pressures of the day, connect body and mind, and prioritize YOU. Guided reflection, gentle yoga with affirmations, and relaxation. This class is open to all bodies, identities, and abilities. All are welcomed and valued.

SAFE(R) AND SOUND SELF-CARE YOGA WITH MOURNING DOVE

Location: Aubergine, 1226 Williamson St.
Thursday, July 25, 4:30pm–6:00pm
Ages: 18 and older
Instructor: Mourning Dove
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 8

In a nurturing and safe(r)* environment, connect body and mind and prioritize YOU. Join Mourning Dove for guided reflection, very gentle yoga with self-love affirmations, and community. We’ll end with a relaxing sound bath. All bodies welcomed and valued. Please include accessibility needs, accommodation requests, and preferences when you register. ***Mask-required event to include our immunocompromised community members.**

SELF-CARE YOGA CIRCLE & SOUND BATH WITH MOURNING DOVE

Location: Aubergine, 1226 Williamson St.
Tuesday, August 6, 4:30pm–6:00pm
Ages: 18 and older
Instructor: Mourning Dove
Fee \$30 for Owners; \$40 for non-owners
Capacity: 8

In a nurturing environment, release the pressures of the day, connect body and mind, and prioritize YOU. Join Mourning Dove for guided reflection, very gentle yoga with self-love affirmations, and community. Sound bath includes crystal bowls, Koshi chimes, ocean drum, and more. All bodies welcomed and valued. Please include accessibility needs, accommodation requests, and preferences when you register.

45-MINUTE INDIVIDUAL NUTRITION CONSULTATIONS

Location: Aubergine, 1226 Williamson Street
Wednesday, June 5, 2:15pm–5:30pm
Location: Zoom
Wednesday, June 12, 1:30pm–4:45pm
Fee: \$55 for Owners; \$90 for non-owners

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 45-minute 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.



NUTRITION TO BUILD MUSCLE, A KEY TO HEALTHY AGING

Location: Zoom
Tuesday, June 11, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration required

Healthy muscles are critical for fostering health and longevity. Increased muscle mass supports mitochondrial, cognitive, and metabolic health, among other things. What can you do if you work out and still don’t see much gain in muscle or improvements in health markers? Join Katy Wallace, ND, of Human Nature, LLC for a discussion of foods and supplements that safely support building a healthy body.

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

EATING FOR SUN PROTECTION

Location: Zoom
Wednesday, July 17, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration required

As our knowledge about the benefits of full-spectrum sunlight grows, you may be wondering how to protect and support healthy skin while basking in the light. Katy Wallace, ND of Human Nature, LLC will present nutritional approaches that may translate to fewer sunburns and help slow the natural aging of skin exposed to sunlight.

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

SPECIAL STORE HOURS
Sunday, June 30, 2024 (annual inventory count): stores open until 7pm
Thursday, July 4, 2024 (Independence Day): stores open until 7pm

THE SESSIONS AT MCPIKE PARK
Established 2014
FULL SCHEDULE
www.sessionsatmcpike.org

PURSUIT OF HAPPINESS
FRIDAY JUNE 14
SHAMARR ALLEN
MARY MACK
CHUCK PROPHET
ALEA
CHRISTIAN NIEVES MALDONADO
PAUL CEBAR
SATURDAY JUNE 15
MCPIKE PARK
202 S. INGERSOLL MADISON
SUNDAY JUNE 16
BUFFALO NICHOLS
THE STOGES
BRASS BAND OF NEW ORLEANS

Health & Wellness

co-op deals: June 5 - June 18

Want to get an email reminder about Co-op Deals sales?
Sign up at www.willystreet.coop/emails.
You can unsubscribe at any time



Badger *i*
Anti-Bug Shake & Spray
4 fl oz • Save \$3.20
\$7.79+tx



Nordic Naturals
Ultimate Omega
180 ct • Save \$21
\$54.99+tx

Humble
Deodorant
2.5 oz • Save \$3
\$7.99+tx

coop deals.

Attitude
Volume & Shine Shampoo
16 fl oz • Save \$2
\$8.99+tx

coop deals.

Nature's Way
Chlorofresh Liquid Chlorophyll
16 fl oz • Save \$2.50
\$10.99+tx

coop deals.

Enzymedica
Digest Basic
90 cap • Save \$8.50
\$13.49+tx

coop deals.

Dr. Bronner's
Pure Castile Bar Soap
5 oz • Save \$1.49
\$3.50+tx

coop deals.



Every Man Jack
Body Wash
16.9 oz • Save \$1.50
\$6.49+tx

coop deals.



Mad Hippie *i*
Ultra-Sheer Body SPF 40
4 fl oz • Save \$3
\$12.99+tx

coop deals.



Nuun Hydration
Effervescent Electrolyte Tablets
10 ct • Save \$1
\$6.49+tx

coop deals.



co-op deals: June 19 - July 2



ECOS *i*
Hand Soap
17 fl oz • Save 70¢
\$4.29+tx

coop deals.



Xlear
Spry Gum
100 ct • Save \$1.50
\$6.49

coop deals.



Country Life
Coenzyme B-Complex
120 cap • Save \$12.50
\$19.49+tx

coop deals.



Whole Earth & Sea
Men's Multivitamin & Mineral
60 tab • Save \$17
\$28.99+tx

coop deals.

Quantum Health
SuperLysine+ Cold Sore Treatment
.25 oz • Save \$2.10
\$7.69+tx

coop deals.

Klean Kanteen
27 oz Classic Water Bottle with Sport Cap
1 ea • Save \$7
\$12.99+tx

coop deals.

KAL
D-3 K-2 ActivMelt
60 ct • Save \$6
\$12.99+tx

coop deals.

Natural Factors
Vitamin C 1000 mg Time Release
180 tab • Save \$9
\$14.99+tx

coop deals.



Tom's of Maine
Whole Care Fresh Mint Mouthwash
16 fl oz • Save \$2
\$5.49+tx



Lakewood
Organic Pure Aloe Juice
32 fl oz • Save \$1.80
\$7.49

coop deals.

coop deals.

PURPLE = LOCAL *i* = INCLUSIVE TRADE

co-op deals: June 5 - June 18



Clasen's
Buns
Brat, Hamburger, Hot Dog
6 pc • Save \$2
\$3.99



Alter Eco
**Organic
Chocolate Bars**
2.65 - 2.8 oz • Save \$1.50
\$2.99^{+tx}



An earlier version of this flyer was mistakenly printed in the print version of the June newsletter. The sale dates have been corrected, the Blue Diamond Nut Thins sale was moved to June 19-July 2, the R.W. Knudsen juices on sale are not organic, and the Beyond Meat Beyond Burger Patties BOGO sale price is 2 for \$7.99. We apologize for the errors!



Hippeas
**Chickpea
Puffs**
4 oz • Save \$1.30
\$2.99



Annie's Homegrown
**Organic
Blueberry
Waffles**
9.8 oz • Save \$2.30
\$2.99



Kettle Brand
**Potato
Chips**
5 oz • Save \$1.20
\$2.79^{+tx}



RX Bar
**Protein
Bars**
1.83 oz • Save \$1.58 on 2
2 for \$4



Oatly
**Frozen
Non-Dairy
Dessert**
16 oz • Save \$1.50
\$3.99



Santa Cruz
**Organic
Dark Roasted
Peanut Butter**
16 oz • Save \$2.00
\$5.99



Steaz
**Organic
Iced Tea**
16 oz • Save 70¢
\$1.59



ECOs **i**
**Dish
Soap**
25 oz • Save \$1
\$3.49



Westbrae
**Organic
Canned Beans**
15 oz • Save \$2.58 on 2
2 for \$5



Nancy's
**Organic
Grass-Fed
Yogurt**
24 oz • Save \$1
\$4.79



Native Forest
**Organic Classic
Coconut Milk**
13.5 oz • Save \$2.58 on 2
2 for \$5



Organic Valley
**Ultra-Pasteurized
Half & Half**
32 oz • Save 80¢
\$4.49



Woodstock
**Organic
Pickles**
24 oz • Save \$2.30
\$4.99



R.W. Knudsen
Juice
Select Varieties
32 oz • Save \$1.50
\$3.79



Miyoko's Creamery
**Organic Cultured
Vegan Butter**
8 oz • Save \$1
\$4.29



Upton's Naturals
Seitan
8 oz • Save \$1.50
\$3.99



Mori-Nu
Tofu
Select Varieties
12 - 12.3 oz • Save 70¢
\$2.59



Evolution Fresh
**Organic
Cold-Pressed
Orange Juice**
59 oz • Save \$2.00
\$7.99



GT's **i**
**Organic
Kombucha**
16 oz • Save 79¢
\$3



Vital Farms
**Large Pasture-
Raised Eggs**
1 doz • Save \$2
\$5.99



Woodstock
**Hardwood
Charcoal**
8.8 lb • Save \$2
\$9.99^{+tx}



JUNE

Want to get an email reminder about Co-op Deals sales? Sign up at www.willystreet.coop/emails. You can unsubscribe at any time.

co-op deals: June 19 - July 2



Cosmic Bliss
Organic Plant-Based Frozen Dessert

14 oz • Save \$7.99 on 2

Buy One, Get One

FREE
2 for \$7.99

coop deals.

Annie's Homegrown
Organic Fruit Snacks

7 oz • Save \$8.49 on 2

Buy One, Get One

FREE
2 for \$8.49

coop deals.

Beyond Meat
Beyond Burger Patties

8 oz • Save \$7.79 on 2

Buy One, Get One

FREE
2 for \$7.79

coop deals.



C2O
Coconut Water

17.5 fl oz • Save \$2.79 on 2

Buy One, Get One

FREE
2 for \$2.79

coop deals.

Bizzy
Organic Cold Brew

48 oz • Save \$6.99 on 2

Buy One, Get One

FREE
2 for \$6.99

coop deals.

Cascadian Farm
Organic Granola

11 oz • Save \$5.99 on 2

Buy One, Get One

FREE
2 for \$5.99

coop deals.



Cascadian Farm
Organic Cereal

8.6 - 14.6 oz • Save \$5.79 on 2

Buy One, Get One

FREE
2 for \$5.79

coop deals.

Blue Diamond
Nut Thins

4.25 oz • Save \$4.79 on 2

Buy One, Get One

FREE
2 for \$4.79

coop deals.

Alden's
Organic Ice Cream

48 oz • Save \$1

\$8.99

coop deals.



Wyman's
Wild Blueberries

15 oz • Save \$1.50

\$3.99

coop deals.

Hodo Soy
Organic Tofu Nuggets

8 oz • Save \$1.80

\$5.99

coop deals.

Annie's Homegrown
Mac & Cheese

Select Varieties

5 - 6.5 oz • Save \$2.58 on 2

2 for \$3

coop deals.



La Croix
Sparkling Water

12 pk • Save \$1

\$4.99

coop deals.

Spectrum
Organic Extra Virgin Olive Oil

25.4 oz • Save \$8

\$17.99

coop deals.

Garden of Eatin'
Tortilla Chips

5.5 oz • Save \$2.58 on 2

2 for \$5

coop deals.



Bonne Maman
Fruit Preserves

12.7 - 13 oz • Save \$1.80

\$4.99

coop deals.

Santa Cruz
Organic Lemonade

32 oz • Save \$2.98 on 2

2 for \$5^{+tx}

coop deals.

Ardor
Organic Sparkling Energy Water

12 oz • Save \$1.58 on 2

2 for \$5

coop deals.



Against the Grain
Gluten-Free Pizza

24 oz • Save \$4

\$9.99

coop deals.

Terra
Vegetable Chips

5 oz • Save \$1.29

\$3.50

coop deals.

Tate's Bake Shop
Cookies

7 oz • Save \$1.50

\$4.99

coop deals.



Forge
Organic Kombucha

12 oz • Save 58¢ on 2

2 for \$4^{+tx}

coop deals.

Rishi Tea
Sparkling Botanical Drinks

12 oz • Save \$1.20

\$2.59^{+tx}

coop deals.

Organic Valley
Organic Grass-Fed Milk

64 oz • Save \$1

\$5.79

coop deals.



This June we're highlighting vendors owned and operated by someone who identifies as LGBTQIA+



Big River Organics
Seed Bombs



EVP Coffee Company
Willy East & Willy North only.



Giant Jones Brewing Company



GT's Kombucha



Delta Beer Lab



Spoil Yourself
Eye Pillows



Mrs. Beaster's Biskits
Dog treats



Rude Brew Kombucha



Triple Crown
BBQ Sauce



Nantucket Spider
Bug repellents



Soul Brew Kombucha



Our Inclusive Trade symbol indicates a vendor is 51% owned, controlled, and operated by people who are women; Black, Indigenous, and/or Persons of Color; LGBTQIA+; veterans; and/or persons with disabilities.



Our Local symbol indicates a vendor operates within 150 miles of the State Capitol building or anywhere in Wisconsin.



For the full list of our Inclusive Trade vendors, see www.willystreet.coop/inclusive-trade

NEW



by Jess Catherine,
Merchandiser



DELTA BEER LAB SODAS
Root Beer, Orange, Cherry and
Ginger Ale. Selection varies by
location.



**EMBER FOODS VEGAN
MANCHURIAN MEAT-
BALLS (NOT PICTURED)**
Indo-Chinese vegan meat-
balls available at the Deli hot
bar.

**HIDDEN SPRINGS
CREAMERY DRIFTLESS
HABANERO HONEY
SPREAD**

Driftless soft cheese infused
with ground habanero
peppers and drizzled with
Kickapoo honey. The result
is a perfect balance of sweet
and heat.

**THOUSAND HILLS
RENEGADE BLEND
GROUND BEEF**

Made with 7% beef heart
and 5% beef liver. All the
benefits of eating organ meat,
with the same great taste of
Thousand Hills ground beef.

**FEED KITCHENS
TWO-PACK BROWNIES**

FEED Kitchens, located on
Madison's northside, offers
commercial kitchen space
for rent and houses the FEED
Bakery program. Students
receive part-time paid
training for three months in
a classroom setting where
they learn food safety and
basic math skills. They also
make great products! Try their
turtle crust brownie,* cream
cheese brownie, chocolate
ganache brownie, lemon
bar,* magic seven layer bar,*
and mint chocolate brownie.
(*Also available in 8"x8" tin.)



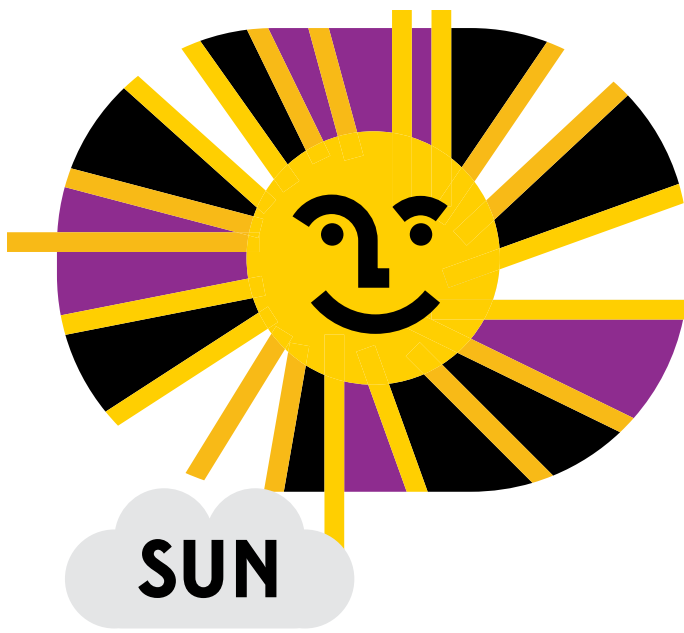
**BELL & EVANS WHOLE
ROASTED CHICKENS**

Hot and ready to eat! Pair
with a couple of Grab & Go
salads for a meal.

**BAGELS FOREVER
BAGELS (NEW FLAVORS)**

Jalapeno Cornmeal, Sun Dried
Tomato, and Everything.





willy street co-op SUN + BUG GUIDE



Badger
SPF 40 Sport Mineral Sunscreen
Unscented • Plastic-free



Badger
SPF 50 Adventure Sport Mineral Sunscreen
Unscented • Plastic-free



Badger
SPF 40 Baby Mineral Sunscreen
Chamomile & calendula



Badger
SPF 40 Kids Mineral Sunscreen
Tangerine & Vanilla



Badger
SPF 30 Active Mineral Sunscreen
Unscented



Badger
SPF 40 Sport Mineral Sunscreen
Unscented



Badger
SPF 50 Adventure Mineral Sunscreen
Unscented



Badger
SPF 15 Sunscreen Lip Balm
Unscented



Alba Botanica
SPF 50 Baby Sheer Mineral Sunscreen
Fragrance-free



Alba Botanica
SPF 30 Sheer Mineral Sunscreen
Fragrance-free



Alba Botanica
SPF 30 Sheer Mineral Sunscreen Spray
Fragrance-free



Alba Botanica
SPF 50 Sheer Mineral Sunscreen Spray
Fragrance-free



Mad Hippie
SPF 40 Ultra-Sheer Body Sunscreen
Fragrance-free



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Mad Hippie
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BUG



Nantucket Spider
Outdoor Garden Insect Repellent
Alternative to citronella candles



Nantucket Spider
Extra Strength Tick Repellent



Nantucket Spider
Bug Repellent for Dogs



Badger
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Badger
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Quantum Health
Buzz Away Extreme Insect Repellent
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GoodLight Natural Candles
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CUSTOMER EXPERIENCE NEWS

Getting to know Mike Tomaloff, Our Newest Class Instructor



by **Kristina Kuhaupt, Customer Experience Manager**

I have had the pleasure of seeing Mike Tomaloff's passion for recipe development, honoring of ingredients, and joy of teaching for a little more than a year now in his role as a part-time Co-op class instructor. Mike's full-time gig while he was teaching

classes here and there throughout the month was working at our Production Kitchen. Over the last eight years he has been a Production Cook, making many of the items you see in our stores (and maybe have eaten yourself), including thousands of pounds of soups, salads, and hot bar dishes. He's also developed many of the Co-op's recipes including our corn fritters, green chili black beans, and mac and cheese. If you have taken some of Mike's classes already, you will be pleased to know that you will be seeing many more class offerings now that Mike is our full-time class instructor, teaching classes for both adults and children alike. We are very excited to have him in this new role! So that you can get to know Mike better, enjoy some reading below.

Classes are a fun way to learn more cooking tips, tricks, and skills you may want to hone, and they are a great way to plan a good night out with friends, co-workers, and family. Additionally, if you are looking for a private class for any reason, check out www.willystreet.coop/private-classes. We've conducted classes for anniversaries, bridal showers, department team-building events, and birthday



parties of all ages.

And now, five questions with Mike Tomaloff:

What has inspired, or continues to inspire, you to be in a culinary career?

When I was younger, my interest in the culinary arts focused on fine dining and the "restaurant scene." These days I am far more interested in the universality and accessibility of food and cooking rather than making those things exclusive or elite. One of the things that has inspired me in cooking for the Co-op is that the Co-op is for everyone. I want my classes to be for everyone, too, whether they're experienced home cooks or brand new to cooking.

What are you most excited about in your new role?

Demystifying the craft of cooking, highlighting the beauty in simplicity, and demonstrating techniques and methods that, I hope, will encourage folks to try something new, and to think outside the recipe. When you start experimenting with flavors and techniques you learn more than you ever would strictly following recipes.

What is one of your favorite classes to teach, and why?

I am looking forward to teaching "Rustic Noodles and Dumplings" again. That class is a great example of some of my favorite themes: universality, simplicity, and method over recipe. Every food culture in the world has some version of noodles or dumplings, virtually all borne out of similar circumstances and made with inexpensive ingredients. The simplest of ingredients, eggs, flour, water, and salt, coming together to make dozens of variations. When you learn the basic methods and techniques of the recipes in this class, the possibilities are endless: gnocchi, pelmeni, pierogi, soup dumplings, rolled noodles, spaetzle, klösse, knödel, and I could go on!

Do you have a favorite chef you most look up to?

There are many famous chefs that I admire, whether for their cuisine or their approach to it: Pepin, Bourdain, Keller, Beard, and, of course, the queen herself, Julia Child. However, it was my great aunt Harriet Rosinski, and her niece, my mother, Kathy Novak, who first inspired and taught me. Both accomplished home cooks, one a homemaker and matriarch, the other a working mother. Something was always cooking at Hattie's house, and there are dishes of hers that I love to prepare, the smells filling my home

and transporting me back thirty, forty years in time. My mother did a lot of adventurous cooking before I came along and continued to cook for our family even when she was busy with work. Several of her staples are in my regular rotation to this day. Fortunately, both of these women shared what they knew with me and inspired me to go on and learn more.

What is your favorite cooking tool and technique that you feel would more positively benefit most folks in the kitchen to have a better experience when trying to prepare a meal for the day?

When it comes to tools, I know it's been said before but there really is no substitute for a good, sharp knife. Gimmicks, gadgets, single-purpose kitchen toys? Save your money and get a decent knife, and keep it sharp. As for technique, my advice is to get a notebook or something for planning your culinary exploits and recording the results. The more you plan, getting your mise en place in order, the less effort you will expend on the actual execution. Keeping a record of your successes, and particularly the not-so-successes, will help you to improve and learn as you go. It will also make a good heirloom for the future cooks in your kitchen!



RESOURCES TO LEARN MORE

Co-op class listings
www.willystreet.coop/events

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- OutReach LGBTQ+ Community Center

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Owner Festival PERKS PASSES

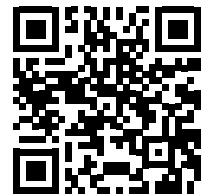
Up to 3,000 Willy Street Co-op Owners will be able to get half-priced meals and beverages (with or without alcohol) during a three-hour span at one of three community festivals near our stores:



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VENDOR PROFILE

Skuna Bay

Based on Vancouver Island in British Columbia, Skuna Bay has been in operation since 2011. The area of the Nootka Sound where the farm is located is fed by the Gold River, which provides excellent water conditions that are conducive to salmon-farming. Each farm site in the Nootka Sound is allowed to rest, or “fallow” after harvest so that the environment is allowed to regenerate prior to re-stocking. The pens that the salmon live in are very low density, meaning that the farmers sacrifice better yields to ensure that they aren’t having a negative impact on the environment. Skuna Bay also partners with Terra Pass to purchase carbon offsets in an effort to mitigate their already low carbon footprint.

Another unique differentiator that Skuna Bay offers is their meticulous and thorough selection, processing, and packaging process. The salmon that we receive at the stores on each delivery has been hand-picked and hand-labeled by their team. Each side of salmon is vacuum-sealed and packed in tamper proof boxes. We are able to see exactly when the fish was harvested and packed, which allows us to confidently inform customers on product freshness and quality. Most farm salmon is handled by multiple parties, from the farm, to the processor, and then to the distributor. Skuna Bay’s program allows us to receive product exactly as it looks leaving the processor.

We have found the flavor, texture, and versatility of this salmon to be exceptional. My first time tasting it was raw in a poke bowl. It has just enough fat and firmness that it works great for sushi or poke, and also baked or grilled. The salmon comes

scaled and trimmed of excess belly fat. It is mild in flavor compared to many other farmed Atlantic salmon. For these reasons, Skuna Bay has been selected by the James Beard Foundation as their house salmon, and can be found on the menu in many of the top restaurants across the country.

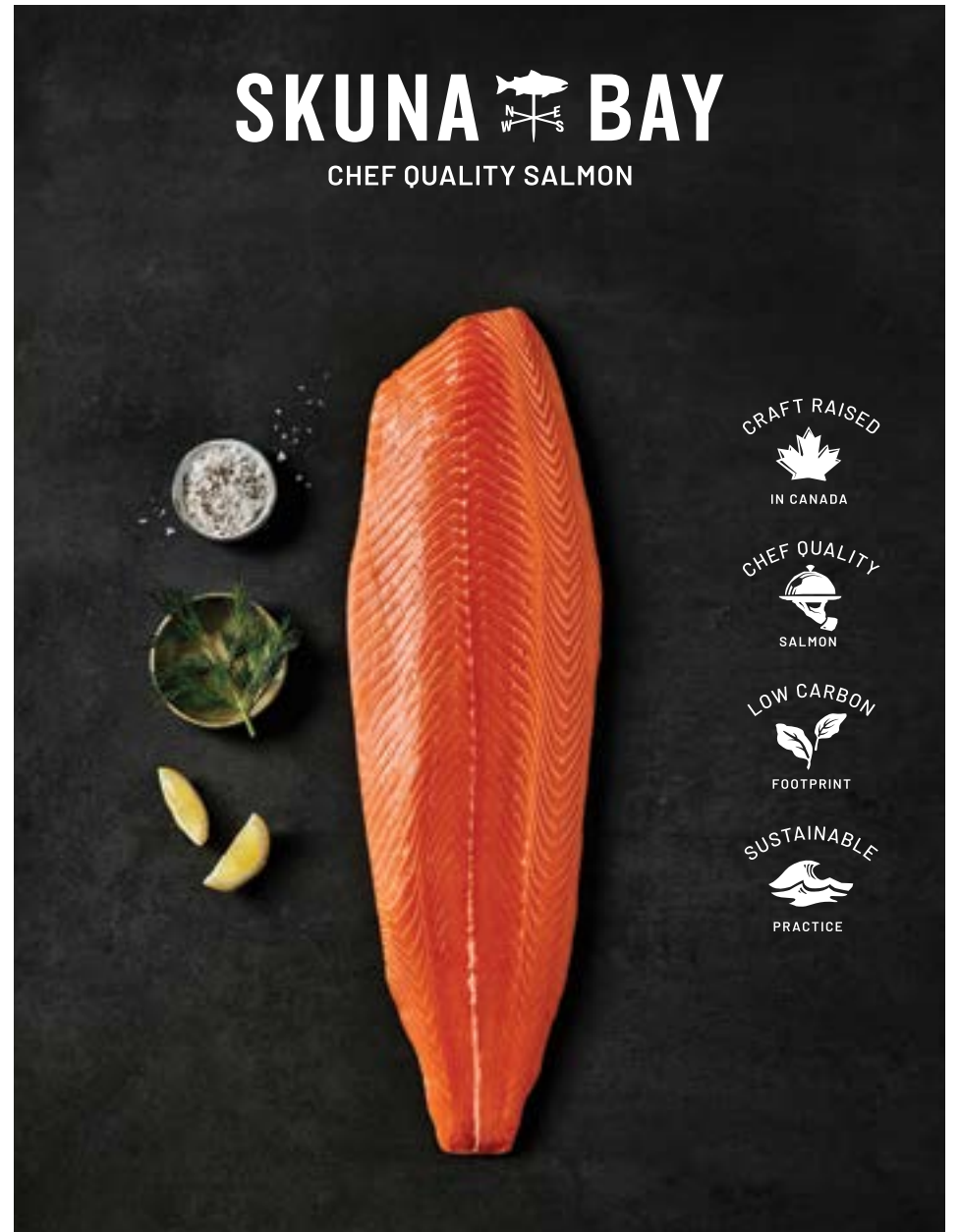
The seafood teams at each store are excited to be partnering with Skuna Bay, and early feedback from customers has been very positive. Keep an eye on our upcoming sales flyers, as we will be frequently putting this item on both Owner Deals and Fresh Deals! I hope you are able to try some of this exceptional product soon!



by **Nick Heitman,**
Meat, Seafood, Beer, Wine & Spirits Category Manager

In March, I had the opportunity to travel to Boston with one of the Co-op’s meat and seafood suppliers to attend the Seafood Expo North America. This trade show is the largest of its kind in North America, and it features vendors and suppliers from all over the world. My main goal during the expo was to search

for a farmed salmon supplier for the three retail sites that supports ethical farming practices, strong traceability, and high quality. I also have not been satisfied with the frequent price fluctuations from the farmed salmon that we purchase from the Faroe Islands region. After meeting with suppliers from Chile and Norway, I met with the team from Skuna Bay. This supplier met all the criteria we were looking for, and we have been extremely pleased with the partnership thus far.



willy street co-op

Stores closing at 7:00pm on Sunday, June 30th
for our annual inventory count

AND

willy street co-op

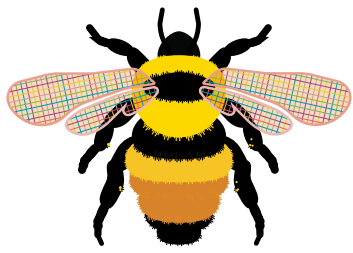
Stores closing at 7:00pm on Thursday, July 4th
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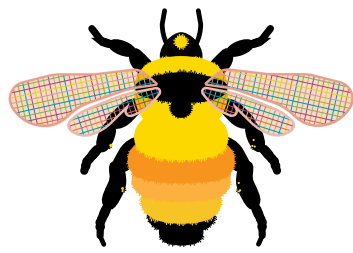
Deadline for applications: August 29th at 3:00pm





Bombus rufocinctus
Red-Belted Bumble Bee

Favors: Clover, Goldenrod, Thistle



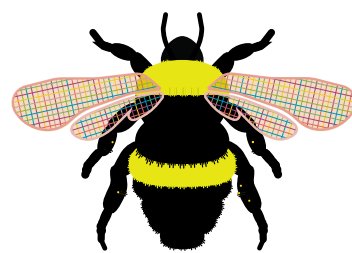
Bombus ternarius
Tri-Colored Bumble Bee

Favors: Blackberry, Goldenrod, Milkweed



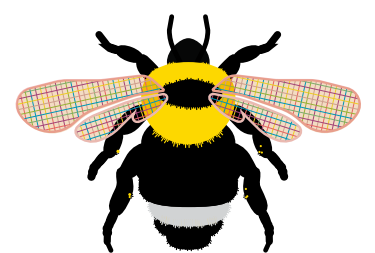
Bombus terricola
Yellow-Banded Bumble Bee

Favors: Beardtongue, Cranberry, Milkweed



Bombus citrinus
Lemon Cuckoo Bumble Bee

Favors: Aster, Blazing Star, Goldenrod



Bombus ashtoni
Cuckoo Bumble Bee

Favors: Aster, Goldenrod, Thistle

The Buzz on Pollinators

by Andy Gricevich, Newsletter Writer

Bees, wasps, moths, butterflies, hummingbirds, even mosquitoes—all of these animals play a crucial role in the health of our ecosystems and our food supply. In order to flower, bear fruit, and make seeds for reproduction, around 75% of the world’s flowering plants depend on pollinators who, in feeding on the nectar of flowers, transport pollen from the male part of one plant to the female part of another. Without this relationship, we’d be without countless native plants and the vast majority of the vegetables we eat. The food system we’d be left with would need to depend even more heavily on corn and wheat—both of which are pollinated by wind—and we’d lose nuts and fruits entirely. There would definitely be increased starvation, and the nutritional diversity of our diets would be drastically reduced.

Pollinator populations have been on the decline for some time now, including here in Wisconsin. Recognizing the seriousness of this matter, governments, organizations, and individuals across the globe have been working on a wide variety of ways to alleviate and reverse decline, avoiding extinction for threatened species and encouraging the health and diversity of all pollinators. It’s in order to highlight the problems and turn the spotlight on efforts to address them that this month we celebrate National Pollinator week, observed from June 17-23.

HABITAT IS KEY

As part of the research for this article, I sat down with Ben Becker (whose feature articles for the *Co-op Reader* you’ve likely read) to talk about all things pollinator. Though multiple contributions to pollinator loss have been discussed—pesticides, extreme weather, pollution, and disease—Becker says the number one issue is clearly loss of habitat. Pollinators are adapted to thrive in landscapes with a diverse and healthy population of native, flowering plants. Some, like the familiar honeybee, keep to a fairly limited area, whereas the endangered monarch butterfly migrates over vast global distances each year, and needs a relatively continuous corridor offering the flowers it depends on.

Agriculture and suburban devel-

opment, as things now stand, drastically reduce the diversity of plant species. We see lawns with nothing but turf grass, and farms making sure nothing but corn and soy can grow. None of these plants have relationships with pollinators, which means there are vast total acreages of urban, suburban, and rural land where they have nothing to eat and no place to be. It’s no wonder populations are dwindling. To save them, they definitely need a greater quantity of food—but there’s more to it than that. As Becker points out, diversity is critical for both the plants and the animals. A wide range of flowering plant species attracts a wide range of animal species, which in turn aid the health of the plant communities through their pollinating activity. Also, since different plants flower at different times, a diverse community ensures pollinator food sources over the course of the season.

DIVERSITY ON THE FARM

Diversification of agricultural spaces takes many forms. Most small organic farms in our local foodshed grow a wide variety of edible plants, friendly to pollinators who can feed there while increasing crop yield. In fact, an increasing number of farmers have been bringing in native bumblebees to help pollinate vegetable crops. Some of these farms also set aside strips of prairie or woodland edges to be spared from cultivation. Perennial plants in such spaces, with their deep roots, do a lot to help erosion at the margins of farmland, keeping water on the land. Since they can grow back from the same roots indefinitely, year after year, they can provide a “bank” of pollinator habitat for the future.

There’s also been a growing movement around restorative grazing. Moving animals from one spot to another regularly, at a rate that makes sense given the rhythms of plant growth on a given piece of land, at a particular phase of the season, has been shown to encourage the growth of diverse native grasslands, often very quickly. Rotational grazers have seen the return of countless bird and insect species to acreage in which they were absent before they started using these methods. The resulting environment makes for better, healthier food for grazing animals, for pol-

linators of all kinds, and, ultimately, for humans.

There’s been an explosion of collaborations and “think tanks” in which academics and farmers work together to nudge agriculture toward a grassland-based model. Becker points to Grassland 2.0, a wide-ranging, multifaceted project based out of UW–Madison—and especially to the work of Claudio Gratton, an entomologist focusing on the lives of various pollinating insects in different agricultural situations. Gratton and others work on quantitative and qualitative modeling to demonstrate the relationships of all ranges of plants, animals, soil, and water systems on as many sites—with the maximum range of management techniques—as possible. There are plenty of resources, and many rabbit holes to go down, at grasslandag.org.

BEES

Then there’s the matter of honeybees, perhaps the first pollinator many people think of when they hear the term. As Becker says, honeybees turn out to be a strange primary mascot. They’re a non-native, European import, with fewer close links to native North American plants than many other bees. There are more than 200 native bee species in Wisconsin, including the critically endangered and adorable Rusty-Patched Bumble Bee, nominated by Democratic Assembly members to become the state’s official insect. Bumble bees, incidentally, are some of the earliest pollinators to become active in our region, and have a versatile relation to the first waves of spring flowers.

Beekeeping is a significant and beloved industry in Wisconsin. Honey (especially raw honey) is a food with amazing characteristics—but it’s not always easy to keep harvesting and supplying it. Most commercial-scale beekeepers face a number of challenges to the well-being of their hives. To help, Wisconsin DATCP (Department of Agriculture, Trade, and Consumer Protection) has published the Wisconsin Pollinator Protection Program (a vast document covering a very wide range of pollinator-related issues). Among many other things, it makes recommendations for sustainable disease treatment in beehives, and provides researched advice on successfully getting a hive through

the winter, rather than having new colonies shipped from the West each year. The latter approach has economic advantages, but—as Becker points out—it may make for bees less well-adapted to our region, and increase the likelihood of inadequate immune systems and disease outbreaks. Smaller operations and urban beekeepers tend to highly value the deep connection between the bees and their local terroir. Becker, who has some years of experience making honey in the yards of various friends and neighbors, talks about the radically different flavors of honey from one site and time to another. It is truly astonishing how distinct a honey drawn from bees feeding on goldenrod is from that sourced from a spot rich in basswood trees, or a thyme garden! They’re entirely different foods, though they share many of the same benefits. In any case, supporting regional honey production is the “gateway” for a lot of people into awareness about pollinator health in general.

NEW PRAIRIES

Southern Wisconsin boasts countless organizations, from volunteer groups to government projects to private consulting business, whose work focuses on restoring, planting and maintaining native prairies and oak savannas (ecosystems with scattered trees that allow plenty of light to penetrate to the ground, making for an abundance of native plants in the understory). These range from the Department of Natural Resources’ consulting and funding efforts to help landowners in the Driftless Area establish pollinator habitat, to Dane County Parks and the Ice Age Trail Alliances’ many work days removing non-native species, conducting controlled burns and seeding natives, to the services offered by companies like Good Oak, which tailor their work to the needs of a specific space, public or private.

Healthy prairie and grassland areas tend to be diverse and densely “stacked,” meaning there might be an upper level of tall grasses and towering prairie plants, with other upright plants below that, followed by a carpet of ground-covering forbs at the soil level. This all makes for rich pollinator environment with offerings spread out in all directions in space,



and across time. Hence the appeal in places like Madison of establishing similar spaces throughout the city.

IN TOWN

The City itself is part of the Bee City USA program. The City Engineering Department tries to increase pollinator health and resilience by discouraging domestic herbicide use. It also plants native species in greenways and around ponds, and tries to time mowings to avoid phases of high flowering. Madison also supports No- (or Low-) Mow May, encouraging those of us with yards to take steps to let more flowers grow at the first time of peak bloom. The City observes Low-Mow May in its work in our parks as well.

Volunteer organizations in various neighborhoods of the city have established and maintained patches of prairie along our bike paths. Schools and libraries plant native plant gardens and rain gardens, often alongside student-planted vegetable and herb gardens. Individuals and families with yards are also doing a lot to offer pollinators food and habitat around their homes.

In some yards, people undertake the project of establishing diverse patches of native prairie, selecting species to mimic, as closely as they can, the composition of our local prairie remnants. Others might focus on one species, growing a substantial milkweed patch for the caterpillars of the monarch butterfly. One might also plant a fruit tree or two, offering spring blossoms for bees and other animals (some of these strategies are addressed in the March Co-op Reader article “Rewild Your Lawn”). Even the simplest steps can help! Any

gardening already introduces flowering plants to your yard. It’s even better if you have a space to plant some native flowers—whether in the garden, in pots, or in a corner of the property. Simply setting aside a strip at the back of the yard to be mowed less often increases pollinator habitat as well. At its most basic, though, anything but a low-cut lawn of pure turf grass will already provide just a little bit of habitat for pollinators. This is a situation in which our small-scale efforts really do make a direct impact! Cities can be challenging places for pollinators, who can’t do much with concrete and blacktop, and who might have a hard time finding friendly plant species amidst what’s been intentionally planted and what’s grown semi-randomly in neglected spaces. Since these animals are at least somewhat mobile, even an archipelago of small, pollinator-friendly islands, not too far from one another, gives them the chance to travel throughout an area and find food. Of course, greater diversity and density of flowering plants offers more, but it’s easy for anyone to make some contribution. It’s also a pleasure to see the results—to look out at an array of colors and see butterflies, bumble bees and hummingbirds, as well as countless non-pollinating birds and other critters who feast on the flowers, or (like fireflies) derive shelter from clusters of taller plants. A few flowering plants make lives better for all kinds of animals, including us!

PLACES TO CROSS-POLLINATE, FLOWERS TO COME

There are countless resources available to help individuals promote pol-

linator habitat and health, including lists of good plants and plant pairings to choose for your site. There are also many workshops and demonstrations offered by all manner of pro-pollinator groups, and events at which you can find rows of tables where different organizations offer information on an array of topics that connect with pollinator issues in one way or another. Though it’s not narrowly pollinator-focused, many connected matters will surely come up during the demonstrations and talks at the Do-It-Yourself Homesteading Fair, coming right up on Friday, June 7th. Hosted by the Lakeview branch of the Public Library and presented by Willy Street Co-op, the Fair will be a place to learn about everything from gardening and foraging to fishing, bike repair, and raising rabbits. Pollinator losses, if allowed to go unchecked, will have serious consequences. There’s so much that can be done, though, at all levels, to help address it. Let’s start by swiftly reform-

ing the U.S. Big Agricultural system. Once that’s out of the way—or, sure—right now—we can get on to the fun stuff, planting flowers, seeding prairies, hanging out by the bike path with our neighbors, and inspiring others to do some of these things by the beautiful results of our work. May communities blossom, food grow abundantly, and color cover the landscape as we welcome the pollinating animals so important to all the lives around them.

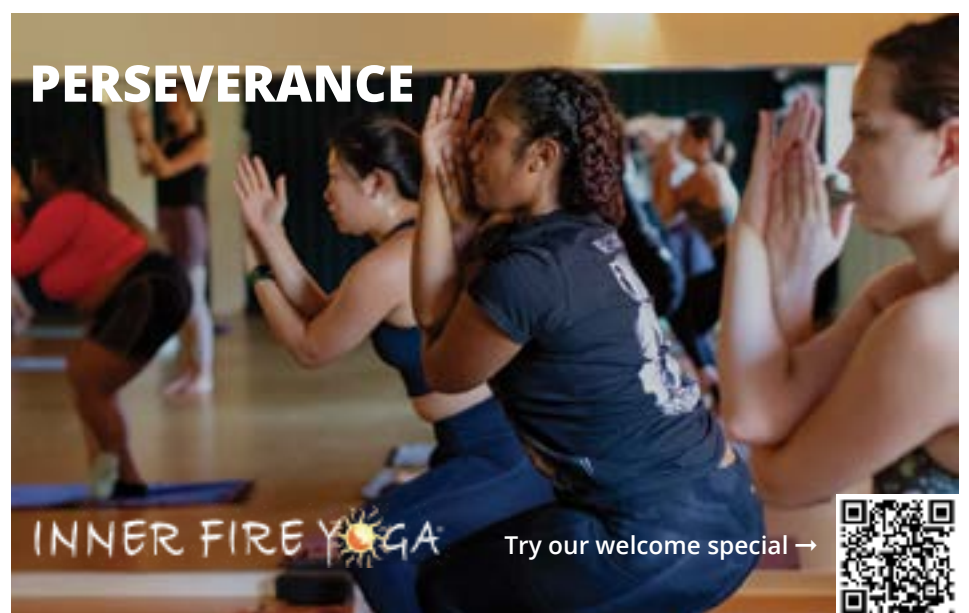
RESOURCES TO LEARN MORE

Wisconsin Pollinator Protection Program

www.datcp.wi.gov/Pages/Programs_Services/Pollinator-Protection.aspx

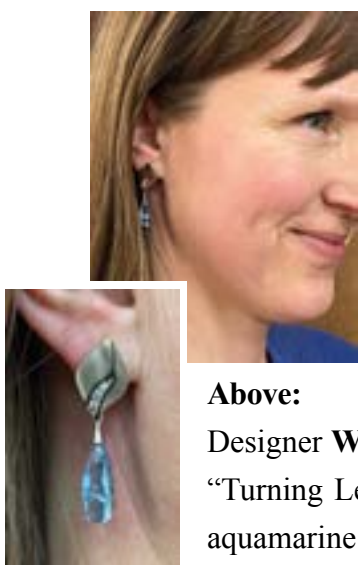
Dane County Parks Invasive Tree & Brush Removal

www.danecountyparks.com/Volunteer/Invasive-Tree-and-Brush-Removal



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Above:

Designer **Whitney Robinson** models her “Turning Leaf” earrings with detachable aquamarine icicle drops. More from the Turning Leaf collection can be seen at right.

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