

WILLY STREET CO-OP

READER

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

VOLUME 50 • ISSUE 9 • SEPT 2024

SEPTEMBER IS



SPECIAL STORE HOURS

Monday, September 2, 2024: stores open until 7:00 pm

IN THIS ISSUE:

Local Fresh Deals; Local Apple Report; Local Farmers, Scientists & Eaters: A Three-way Partnership

PRSR STD
U.S. POSTAGE
PAID
MADISON, WI
PERMIT NO. 1592

willy street co-op

1457 E. Washington Ave • Madison, WI • 53703

POSTMASTER: DATED MATERIAL

CHANGE SERVICE REQUESTED

willy street co-op READER

Editor and Layout: CAITLYN TOMPKINS
 Advertising: CAITLYN TOMPKINS
 Cover Design: CAITLYN TOMPKINS
 Sales Flyer Design: CAITLYN TOMPKINS
 Graphics: HALLIE ZILLMAN
 Sales Flyer Layout: CAITLYN TOMPKINS
 General Email: INFO@WILLYSTREET.COOP
 General Manager Email: A.FIRSZT@WILLYSTREET.COOP
 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 informational purposes only. Before taking action, you should always consult a professional for advice. Articles may be reprinted with permission from the editor.

Submissions: Ad space reservations due by the 10th of the month before publication; artwork due the 15th of the month before publication.

1 WILLY EAST
 1221 Williamson St.
 Madison, WI
 (608) 251-6776
 Open: 7:30am-9:00pm

3 WILLY NORTH
 2817 N Sherman Ave.
 Madison, WI
 (608) 471-4422
 Open: 8:00am-9:00pm

2 WILLY WEST
 6825 University Ave.
 Middleton, WI
 (608) 284-7800
 Open: 8:00am-9:00pm

CENTRAL OFFICE
 1457 East Washington Ave.
 Madison, WI
 (608) 251-0884

IN THIS ISSUE

3	CUSTOMER COMMENTS
4-5	GM REPORT • BOARD REPORT
6-7	50TH DINNER • CHANGEMAKER AWARDS
8-9	CO-OP CLASS CALENDAR
10,11,14	CO-OP DEALS
12-13	LOCAL FRESH DEALS
15	NEW STUFF
16	KNOW YOUR MAKERS • LOCAL OWNER DEALS
17	LOCAL APPLE REPORT
18	INCLUSIVE TRADE VENDORS
19	APPRECIATING MIGRATORY WORKERS IN WI
21	LOCAL EGG GUIDE
22-23	LOCAL FARMERS, SCIENTISTS & EATERS: A THREE-WAY PARTNERSHIP

SARAH LARSON



TATIANA DENNIS



GIGI GODWIN



ANTHONY HERNANDEZ



ASHWINI RAO



ISABEL SPOONER-HARVEY



IKE ROSS



CAROL WEIDEL



NANCY RANUM



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

September 25

December 4

October 23

January 22

EMAIL: BOARD@WILLYSTREET.COOP
ALL-BOARD@WILLYSTREET.COOP
 (includes the GM, Executive Assistant, and Board Administrator)

EIGHT COOPERATIVE PRINCIPLES


 VOLUNTARY
OPEN
 MEMBERSHIP


 DEMOCRATIC
 MEMBER CONTROL


 COOPERATION
 AMONG COOPERATIVES


 AUTONOMY AND
 INDEPENDENCE


 DIVERSITY, EQUITY,
 AND INCLUSION


 MEMBER
 ECONOMIC
 PARTICIPATION


 CONCERN
 for the
 COMMUNITY


 EDUCATION
 TRAINING AND
 INFORMATION

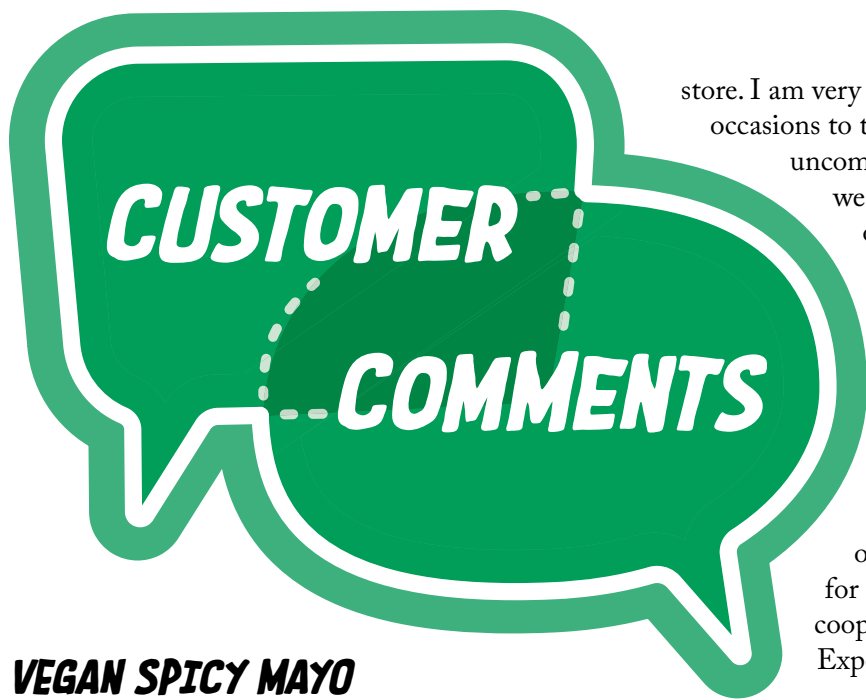
THE WILLY STREET GROCERY CO-OP



MISSION STATEMENT

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





VEGAN SPICY MAYO

Could the spicy tofu pockets at the deli please be made with vegan spicy mayo? They look so good and seem like it would be an easy change.

Thank you for your recent request regarding vegan spicy mayo in the tofu pockets. These items are produced by Mamachit Sushi, who the Co-op contracts with to produce sushi at our stores. I spoke with the owner of Mamachit, and he let me know that they do not have a vegan mayo option at this time, but he is looking into finding an option. Have a great day! -Nick Heitman, Meat, Seafood, Beer, Wine & Spirits Category Manager

HOT BAR SCALE

I believe it would be beneficial to have a scale at the hot bar. That way I can measure out how much I want to grab since you shouldn't put food back after taking it out of the tray.

I received your question about adding a scale to the hot bar at west, unfortunately this is not something we're going to be able to do. To be honest the main issues I have with this are about safety, both physical and food safety. From a physical point of view, a scale on top of the hot bar or on it somewhere would take up a lot of space and be prone to getting knocked off. When these scales get knocked off it will also knock it out of calibration too, and that is something we have to pay a service to recalibrate every time so we are in compliance. From a food safety perspective, putting a scale on the hot bar encourages customers to put food back, this creates an unnecessary risk to food safety because if someone with no allergies has two or more items of food in one container and those foods touch, then one of them gets put back, it has now had cross contact with potential allergens. We have a lot of customers who shop at Willy Street that have allergies to foods, and we need to be very mindful of every decision we make, and how it could potentially put someone else's safety at risk. I hope this explanation helps you understand the decision we've made regarding the scale. Respectfully, Nicholas O'Connor, Prepared Foods & Cheese Category Manager

PANHANDLING

There has been an uptick in active panhandling at Willy St. East. While I'm used to the folks standing on the public sidewalk, I'm now regularly approached for money in the parking lot. And today a man asked for food while I was shopping--he approached 3 people in aisle 4 alone! Eventually he found a sympathetic woman who bought him a bag of food. I don't want to be asked for money or food while shopping at the coop. If you agree this is unacceptable, how do you advise coop shoppers to act when actively solicited?

Thank you for writing in and letting us know about the aggressive nature of individuals asking money and/or resources both inside and outside of our East

store. I am very sorry this happened to you on several occasions to the point where it has become very uncomfortable! This is not the experience we want you to have in the parking lot or inside our store, here or any of our stores for that matter. If this should happen again to you, please alert staff either in person or call the store, and they will come out and address the problem. Please know, this has been a topic of conversation both for myself and other leaders of our organization on how we can make this experience for our shoppers better for the future. In cooperation, Kristina Kuhaupt, Customer Experience Manager

RECIPES IN READER

I miss the recipes in the Reader.

Thank you for taking the time to give us feedback. I miss the recipes too! I plan to bring them back in some capacity soon. Stay tuned. -Caitlyn Tompkins, Content Specialist

GREEK PASTA SALAD

Hi there! I have a strange request... back in the late 90s, as a middle schooler, I took flute lessons on Willy street and would usually stop by the coop afterwards to grab something from the deli for dinner. You had this INCREDIBLE Greek pasta salad that included fresh peas, olives, tomatoes, penne pasta, etc. Fast forward to 2024, I'm pregnant and having wild craving for this pasta salad. I've been pining after it for weeks. I know it's a long shot, but do you guys still make this pasta salad in your deli? Does anyone remember the recipe? It would make this pregnant person's dreams come true to get my hands on some of that incredible pasta salad! Thanks for any help on this.

First off congratulations! I absolutely love hearing from people about a dish we (used to) make that sticks with them for years and has some nostalgia attached to it! The dish I'm quite sure you're looking for is called Willy the Greek Pasta salad. However, at some point since you've had it last it looks like we moved to fusilli noodles instead. As it so happens we have been working on having our menu rotate recipes in and out and we are adding this dish back to our menu. Originally, when I drafted this menu I slotted this to come back the first week of October. However, after getting your comment, I emailed our team and moved it up to be added the first week of July. It will stay on the menu until the first week of January. Hope this helps! -Nicolas O'Connor Prepared Foods & Cheese Category Manager

BULK WILD RICE

Last month I purchased wild rice from the bulk section. Could you tell me if it was wild harvested or from a paddy? It is good and has kept well. I am simply curious about where and how it was grown?

Thank you for your questions!! Looking at our product movement for the past month, we sell three wild rices in our Bulk section at our East store. One wild rice blend from Lundberg, and two wild rices from North Bay Trading: a Minnesota grown wild rice and a Canadian organic wild rice. I believe the two from North Bay Trading are wild harvested from lakes in those areas. Paddy grown wild rice is usually a deeper black color, and wild harvested rice is slightly lighter in color with almost a greenish brown hue. Wild harvested wild rice grows in lakes and is normally harvested by hand.

Have an excellent week!! -Dean Kallas, Grocery Category Manager

BUSKING

Hello! Prior to the outbreak of COVID19, you allowed community members to sign up to busk at the entrance of the East Side Co-Op. This was an opportunity to foster a sense of community and belonging by bringing people together and creating shared positive experiences. I know members of the community that reminisce over memories of busking at the Co-op and the relationships they built (that they wouldn't have made otherwise). Busking creates a general sense of well-being and directly contributes to your mission to "cultivate and empower community, customers, employees, and suppliers through cooperative principles and practices." I am wondering if you would consider starting up that program again? and if not, why?

Thanks for reaching out and inquiring about our busking policy. As you mentioned, this program was suspended during the pandemic and then was re-evaluated once the pandemic started to lift. It was decided to not bring back the program in the way you saw it as in times past. Below are some of the reasons why: Our space(s) are limited, and that prevents us from being able to offer any other types of artists (outside of acoustic musicians) the opportunities to work outside of our stores. We do not allow anyone else to work for, or ask for money/tips, outside our stores. Musicians should be paid for their time, and we prefer to support local events and festivals that are able to pay musicians. Additionally, when new opportunities arise, at our stores too. We very much want to support our local artist communities, both musicians and other art mediums. We piloted last year our Rain Garden Music Sessions at our East store and continued it again this year with a positive community response. Please check out the 2024 lineup: willystreet.coop/rain-garden-sessions. The Co-op pays each artist for their talents each session, which was not able to be done with our previous program. If you, or someone you know, would like to be considered for future upcoming sessions, please send an email to customer.experience@willystreet.coop, and we would be happy to go over more details. Additionally, this year we participated in Make Music Madison at our East store which was really fun to be part of! I hope you find this information helpful, and feel free to reach out to me with additional questions. Have a good day! Best, Kristina Kuhaupt, Customer Experience Manager

CUSTOMER COMMENTS

Over time, I've been bowled over with how tactful the Coop staff is when answering customer comments. Going back to the pandemic and even before, many member comments were shrill sometimes to the level of insulting. Through it all, the staff has responded graciously, never responding in kind, and has overlooked occasional nastiness. Thanks and kudos to you all.

Thank you so much for your kind words to our entire staff! Your positivity is greatly appreciated! Our staff truly dedicate their efforts to answer customer comments thoughtfully, while providing as many solutions and information as we can per inquiry. Thanks for noticing. In cooperation, Kristina Kuhaupt, Customer Experience Manager

Have a comment or request you would like to share?

We would love to hear from you!



www.willystreet.coop/contact-us



BY ANYA FIRSZT,
GENERAL MANAGER

Hello dear Owners, The nights are getting longer as well as a touch cooler, and the days are getting shorter, which can only mean one thing: fall is on the near horizon. Apple cider, cozy sweaters, changing colors, and celebrating the harvest. Ah fall.

EAT LOCAL MONTH

September is Eat Local Month, an entire month devoted to celebrating LOCAL. This is our 14th year celebrating Eat Local Month; this is our way to highlight and support our local producers and vendors. We are planning month-long local Owner deals, as well as samples, giveaways, and more! Checkout the updates in this issue of the newsletter, in-store flyers, or willystreet.coop/eat-local-month for details.

50TH ANNIVERSARY

In 1974, the Co-op opened its first storefront on Williamson Street. This year, the Co-op is celebrating its 50th anniversary! Beginning in October, we will start our 50th year with a laundry list of promotions, cake, memorabilia sharing, and more. Stay tuned for more information in the coming month.

In the meantime, think about attending the Annual Meeting, scheduled for Tuesday, October 1 at Aubergine (1226 Williamson Street). The event is in-person this year and scheduled to begin at 5:30pm and run to about 6:30pm with snacks before and after. My hope is that we can get 50 Owners for quorum and we hope you can make it!

Also, immediately following the Annual Meeting, we have planned a panel discussion with a few Owners who founded the Co-op 50 years ago! It should be a lively discussion, one I don't want to miss. The meeting and panel discussion will be recorded if you aren't able to make it in person.

2024 ANNUAL BOARD ELECTIONS

Annual Board elections are coming up fast. Ballot information will be included in the October issue of the *Reader* and will also be sent to you via email and/or US mail. You can cast your ballot at any one of our stores or mail it to us using a paper ballot or via electronic ballot (provided we have your current email address). Electronic ballots are due no later than **Monday, October 14 at 11:59pm.**

Election results will be announced at the Special Owner meeting scheduled for Wednesday, October 16. Last call for paper ballots is 6:00pm with the results announced at 6:30pm. Look for election updates on the Co-op's website following the Special Meeting or in the next issue of the *Reader*.

WILLY EAST MURAL UPDATE

The new Willy East mural is being painted this month, and likely into next month. Be prepared for the redirecting of pedestrian traffic along the fire station side of the building, as well as some parking stalls blocked off while the wall is being repaired and prepped for painting.

STORE OPEN HOURS - NORTH AND WEST

Store open hours at Willy North and Willy West are changing to 7:30am effective September 9. This change means that all three retail locations will have the same hours of operation, and you can now stop at Willy North or Willy West on your way into work!

FESTIVAL PERKS PASSES - LAST OPPORTUNITY OF THE SEASON

Willy Street Co-op Owners with a Festival Perks Pass will be able to get half-priced meals and beverages at the Northside Festival at Mallards stadium Saturday, September 7, from 11:00am-2:00pm. See more information at willystreet.coop/owner-festival-perks.

And, the Willy Street Fair is scheduled for September 20-21 benefiting Common Wealth Development and Wil-Mar Neighbor Center—don't miss it!

MADISON METRO FARE

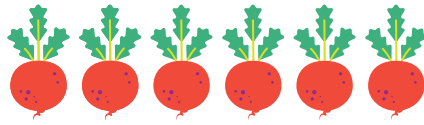
Madison Metro is implementing a change in their fare system beginning this month. This change has resulted in the Co-op no longer being an outlet for bus fare purchases. If you're looking for ways you can pay for bus fares, visit: <https://www.cityofmadison.com/metro/fares/new-way-to-pay-fares>.

SPECIAL STORE HOURS

Labor Day is September 2—all stores are open until 7:00pm on that day, plan ahead.

Until next month, soak up the sunshine and warm days when you can.

-Anya



**OWNERS:
We want your
Co-op photos
and stories!**

We're looking for Owners' photos of and stories about Willy Street Co-op, particularly from before 2000. Do you have something to share? Please send it to or let us know at info@willystreet.coop so we can connect with you!



CHADS DESIGN BUILD

Renovate Your Space

Building a Better World - One Remodeled Home at a Time

**Porches/Decks
Sunrooms
Kitchens
Whole Home Remodels
Additions
Bathrooms
Lower Levels**

**Call Today!
608-221-1799
ChadsDesignBuild.com**

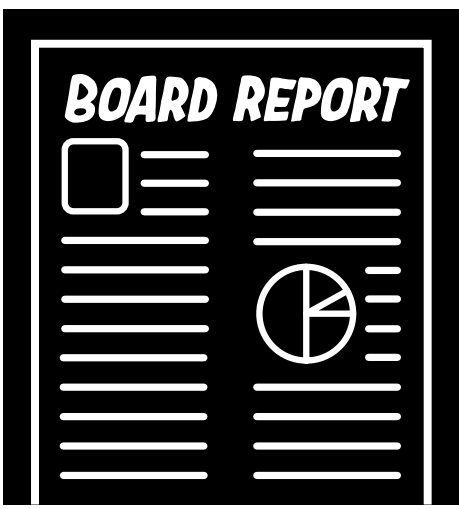
Please come and visit

LA MODA MARIE
YOUR GLOBAL FASHION

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

PERSEVERANCE

INNER FIRE YOGA Try our welcome special →



ages will be offered from 5:00pm-5:30pm. At 5:30pm, the business meeting will start and run until approximately 6:30pm, and then we'll draw prize winners. The panel discussion will start at about 6:30pm.

So come share your thoughts, and hear ours too, as we celebrate a year of growth and change at the Willy Street Co-op.

BOARD ELECTIONS

Another Board election season has come to a close, and we are thankful to all who applied. Owners will be able to vote for Board members starting on October 1. Vote with a paper ballot in-store, by phone, by mail, or online through the email we'll send you—please stop at the Customer Service desk to update your email address if needed! The ballot will be published in the October newsletter.

As a Board member seeking re-election this year, I say with confidence that being a Willy Street Co-op Board member has been one of my greatest joys and honors. Keep an eye out for an opportunity to run in 2025.



BY TATIANA DENNIS, BOARD MEMBER

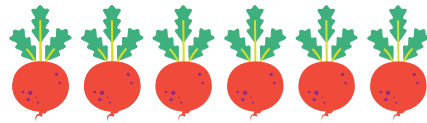
ANNUAL MEETING

Seasonal changes are on the horizon, and as we ready ourselves for fall, we prepare for our annual meeting. Hosted once a year, the annual meeting is an opportunity for us to come together and celebrate Willy Street Co-op.

At the Annual Meeting we'll share future plans with Owners and talk with current and prospective Board members alike. Participation in the annual meeting is a great opportunity for our Owners to share valuable input and feedback.

This year, our panel discussion will include a few of the Owners who helped to found our Co-op; they'll share about the ideas behind creating a food co-op and the challenges of keeping it going.

Our Annual Meeting will be held in person at Aubergine (1226 Williamson St., Madison) on October 1. Appetizers and non-alcoholic beverages



SPECIAL STORE HOURS

**Monday, September 2, 2024
(Labor Day):
stores open until 7pm**



**What's in the box?
Eat Local Cooking Challenge
with Edible Madison**

Willy Street Co-op and Edible Madison are teaming up to celebrate Eat Local Month with a very special Eat Local Cooking Challenge!

Sign up and you'll receive a mystery box featuring products from some of Willy Street Co-op's local producers then join our virtual cooking event. Watch as talented local chefs create dishes from the mystery ingredients and maybe get inspired to cook along at home.

Date & Time: The virtual event will be held on September 26 at 6PM

Price: \$35 Includes virtual event ticket + box

For details and to register, see ediblemadison.com/events/eat-local-2024. A limited number of tickets are available. Not able to attend? We'll post a recording of the event as soon as we're able.

**Owner Community
Perks coming
this October!**



In celebration of our 50th anniversary, we have partnered with businesses throughout our community where you can get a free product or discount just because you're a Willy Street Co-op Owner! We call them Community Perks.

You can see the participating businesses at willystreet.coop/community-perks, or scan the QR code above.

Note: Community Perks are subject to change without notice. We will update the webpage within 72 hours of receiving a business request to change a Perk.

Are you a business-owner who would like to be a part of the program? We'd love to include you! Please contact Kristina at k.kuhaupt@willystreet.coop.



**willy street co-op
Owner Festival
PERKS PASSES**

**Willy Street Co-op
Owners will be able
to get half-priced
meals and beverages
during a three-hour
span at Northside
Festival.**



**Perks Pass distribution starts at 10am
on Monday, August 26th and goes through
September 7th at Willy North**

Festival Perks Passes are distributed on a first-come, first-served basis while supplies last.



Learn more at
www.willystreet.coop/owner-festival-perks.

50TH ANNIVERSARY: FARM TO TABLE DINNER - COME CELEBRATE WITH US!

BY: KRISTINA KAHAPT, CUSTOMER EXPERIENCE MANAGER



As Owners, you have shared food experiences and meals together throughout the years by opening up your own homes to gather as well as through our Co-op cooking classes. That is one of many things that makes the Co-op special: this concept of community and gathering together to share a meal. As we turn 50, we want to honor this tradition in our Aubergine community space, where 50 Owners can gather together to enjoy some nostalgia, good company, and nourishing food highlighting local vendors. It will be a one-night experience where we will celebrate five decades of being in community with each other. If this piques your interest, please keep reading.

Join us for a seven-course harvest dinner with wine, featuring fresh ingredients from some of

our local farmers and producers. Included on the menu: Rushing Waters rainbow trout, organic winter squash risotto with Wisconsin chèvre, apple tart with local fruit, and much more! There are only 50 seats available and tickets are \$50. See the menu below (courses and ingredients are subject to change based on product availability). Please note the cancellation and waitlist policy on our registration form which will be strictly followed: <https://tinyurl.com/50th-dinner>.

Please remember to indicate your preference, either vegetarian or meat option, for the second course and the entrée on the registration form.

Chef Mike, our staff Co-op class instructor, is excited to celebrate with you for this historic night as he honors the food that brings us all together. “When ideas for commemorating Willy Street Co-op’s golden anniversary started kicking around the shop,” he said, “I immediately thought we should host a celebratory meal, specifically at our newest Co-op location, Aubergine. So I got to work on a menu for the occasion with the goals of highlighting autumnal produce and flavors, reflecting on foods and recipes that have been part of the Co-op throughout the years, and showcasing some of the many local producers that supply the Co-op. This menu evokes autumnal warmth and comfort in the face of the coming cold of winter, tips a hat to several Co-op kitchen favorites, and honors the vendors who are such a large part of what has set Willy Street Co-op apart from every other grocer in Madison since 1974.”

50th Anniversary Farm-to-Table Dinner

October 25, 2024 • 6:30-9:00pm
Aubergine • 1226 Williamson St., Madison

AMUSE BOUCHE

Pickled Market Vegetables, Pork Rillettes, Driftless Sheep’s Milk Cheese
Hidden Springs Creamery, Westby, WI

FIRST COURSE

Brussels Sprouts Salad with Apple and Radish

Featuring apples from Thimmesch Family Farm, La Farge, WI

SOUP

Mushroom Consomme

Featuring mushrooms from Vitruvian Farms, McFarland, WI

SECOND COURSE

Pan-Fried Rainbow Trout with Brown Butter

Featuring trout from Rushing Waters Fisheries, Palmyra, WI

Winter Squash Risotto with Wisconsin Chevre

Featuring squash from New Traditions Homestead, Hillsboro, WI

ENTRÉE

Beef Short Ribs and Crispy Latke

Featuring beef from Wisconsin Meadows, Viroqua, WI

Chicken-Fried Tofu with Cheesy Polenta

Featuring polenta from Meadowlark Farm and Mill, Ridgeway, WI

DESSERT

Rustic Apple and Pear Tart

Featuring cream and butter from Organic Valley Co-op, LaFarge, WI and Apples from Blue Roof Orchard, Belmont, WI

CHEESE

Selection of Wisconsin Cheeses

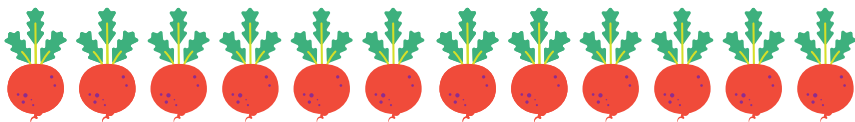
Featuring Uplands Cheese, Dodgeville, WI, Hook’s Cheese, Mineral Point, WI, Roth Cheese, Monroe, WI

September is iconically Eat Local Month at our Co-op each year. If you are a long-time Co-op Owner, you may remember Willy Street Co-op having “3 levels” of local: 100% Local, Essentially Local, and Locally Prepared. Over the past year, we have simplified what local means at our stores, and that is products that are produced within a 150-mile radius of the State Capitol building or anywhere in Wisconsin. You will still see the same purple “L” on shelf tags to signify such products.

Thank you to all who shop locally. It not only keeps your money circulating in our local economy, but it helps support local makers, producers, and farmers so that they can continue with their life’s passion. Look for local vendors in our stores who will be sampling all the yummy foods we enjoy at our Co-op—together!



Look for our local symbols



willy street co-op
50th Anniversary Farm-to-Table Dinner
October 25, 2024 • 6:30pm-9:00pm
Aubergine • 1226 Williamson St., Madison

Join us for a seven-course harvest dinner with wine, featuring local ingredients from some of our many farmers and producers. There are only 50 seats available and tickets are \$50. For more information and to register, see willystreet.coop/50th-dinner.

COMMUNITY CHANGE-MAKER AWARDS

BY: COMMUNITY SHARES OF WISCONSIN

On September 19, Community Shares of Wisconsin (CSW) will honor local leaders and organizations who are advancing social and environmental justice in our community. The annual Community Change-Maker Awards event will take place at Union South and online. The public is invited to attend the event. For tickets or to become a sponsor, visit communityshares.com. Tickets purchased in support of this event help Community Shares award \$6,000 in donations to local nonprofits. Each of the six award winners will select a nonprofit to receive a \$1,000 donation.

CHANGE-MAKER AWARD WINNERS

Mary Berryman Agard, nominated by Bayview Foundation

Winner of the Liesl Blockstein Community Leadership Award

Mary Berryman Agard is President of the Bayview Foundation and a board member of the Madison Senior Center Foundation. Professionally, Mary taught preschool, performed in and directed youth theatre, established the nation's first municipal support system for early education and care, and managed arts development programs. She

consulted in strategic, cultural, and civic planning, philanthropic management, and nonprofit development. Mary served on the Madison Police and Fire Commission, the Madison Arts Commission, the City-University liaison committee, several committees for the public schools, the boards of two experimental schools, and numerous political campaign steering committees. She also founded the Monona Bay Neighborhood Association.

Brandi Grayson, nominated by Urban Triage

Winner of the Sally Sunde Family Advocate Award

Brandi Grayson is a revolutionary leader who founded Urban Triage in 2019 to address issues such as state violence, mass incarceration, housing shortages, and police brutality. Under her leadership, the organization has grown to over 20 employees and secured major contracts to assist and support vulnerable communities in Madison. Brandi has been widely recognized for her contributions and transparent leadership style, rooted in her commitment to core values. Her ability to navigate complex challenges and her deep connection with the community she serves makes her a powerful community advocate.

Maria I. Rodriguez, nominated by American Civil Liberties Union of Wisconsin

Winner of the Linda Sundberg Civil Rights Defender Award

Maria I. Rodriguez has been an invaluable force in advancing civil rights and social justice in Wisconsin. She has an unwavering commitment to equality, advocacy, and community empowerment. Maria has dedicated her work (and all areas of her life) to positively affecting the balance of social, economic, and political equality whether it be in the larger realm of advancing awareness of civil rights and civil liberties amongst historically underrepresented and underserved communities or offering more targeted expertise in promoting equality and access in housing.

CSW COLLABORATION AWARD WINNERS

Tenant Resource Center and Legal Action of Wisconsin

In 2021, the Tenant Resource Center, Legal Action of Wisconsin, Community Justice Inc., and the UW Law School partnered to set up the Eviction Diversion & Defense Partnership (EDDP) with federal emergency funds distributed by the City of Madison and Dane County. The EDDP improves housing stability for Dane County tenants by providing housing support, housing counseling, court navigation, mediation services, and rental assistance. The program also refers eligible tenants whose housing stability is at risk to partner attorneys who provide legal representation at no cost to tenants.

CSW LIFETIME ACHIEVEMENT AWARD WINNER

Michele Erikson

Michele Erikson believes literacy is a basic human right and has been working to improve literacy for nearly 40 years.

Since 1985, Michele has worked in literacy at the local and state level. At Wisconsin Literacy she supported, developed, and advocated for 70+ community-based literacy organizations statewide. Under Michele's leadership the statewide coalition steadily increased, and Wisconsin Literacy members now serve more than 11,000 adult learners.

Early in her time with Wisconsin Literacy, Michele began working in health literacy by directing small projects with local literacy agencies to improve health understanding. In 2010, after receiving additional funding, Wisconsin Health Literacy was launched under her leadership. That work continues in Wisconsin and beyond with a focus on improving health outcomes and reducing health care costs by educating providers and patients on effective ways to communicate through a health literacy and health equity lens.



THURSDAY
SEPTEMBER 19, 2024



COMMUNITY CHANGE-MAKER AWARDS



Presenting Sponsor





CANNING BASICS

Location: Aubergine, 1226 Williamson St.
Wednesday, September 25, 6:00pm–8:00pm

Location: Willy West Community Room
Thursday, September 26, 6:00pm–8:00pm

Ages: 12+; adult supervision required
Your Co-op's Own: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Your garden's bounty can last all through the cold winter months if you know the basics of canning your harvest. Together we will explore the basics of canning using the boiling water method, featuring tomatoes, pickled cucumbers, dilly beans, and sweet and spicy candied jalapeño peppers (aka "Cowboy Candy"). Join Chef Mike in the Co-op Kitchen and let's put up what the garden is puttin' down. Participants will each have a jar to take home, too!

CHEESE PLEASE: HOME CHEESE-MAKING BASICS

Location: Aubergine, 1226 Williamson St.
Tuesday, November 5, 6:00pm–8:00pm

Location: Willy West Community Room
Wednesday, November 20, 6:00pm–8:00pm

Ages: 14+; adult supervision required
Instructor: Linda Conroy
Fee: \$50 for Owners; \$60 for non-owners
Capacity: 20

This introduction heralds the boldness of cheese! Linda will cover the ingredients and procedures necessary for success. This class is interactive: we will make and taste simple cheese styles, cover sourcing milk, and uses for whey. Leave with recipes, samples, and a culture to get started. Whether you continue making cheese or attend to experience the process, cheese will never look the same! Demonstration and hands-on.



ELDERBERRY FOR HOME USE

Location: Willy West Community Room
Wednesday, October 16, 6:00pm–7:30pm

Ages: 12+; adult supervision required
Your Co-op's Own: Kirsten Landsverk
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Everyone has heard of the amazing properties of the superfood elderberry. In this class, Kirsten Landsverk will get into the health properties of adding elderberries to food as well as making our own elderberry syrup for use at home. Everyone will take home a jar of syrup that they make in class. Demonstration and hands-on.

TOPICAL APPLICATION OF HERBS

Location: Aubergine, 1226 Williamson St.
Tuesday, October 22, 6:00pm–8:00pm

Ages: 14+; adult supervision required
Instructor: Linda Conroy
Fee: \$50 for Owners; \$60 for non-owners

Capacity: 20

Using herbs topically can promote the healing of the skin, relieve irritation from bug bites, pain, inflammation, and much more. Join herbalist Linda Conroy for this hands-on workshop to learn about herbs for skin health and to transform them into infused oils as well as salves and lotions. Everyone will take home preparations made in class as well as recipes. Lecture and hands-on.



SPROUTS: WE ALL SCREAM FOR ICE CREAM

Location: Aubergine, 1226 Williamson St.
Thursday, September 19, 4:00pm–5:30pm

Ages: 5–11 years old; adult supervision not required

Your Co-op's Own: 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: TOMATO TIME

Location: Willy West Community Room
Tuesday, September 24, 4:00pm–5:00pm

Ages: 5–11 years old; adult supervision not required

Your Co-op's Own: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner
Capacity: 10

Did you know there was a time that people believed that tomatoes were poisonous? It's a good thing that's not true, or what would we put under the cheese on a pizza!? Of course, there's more to tomatoes than pizza sauce, so join Mr. T in the kitchen to learn about the many varieties and uses for this fruit. We'll stuff and roast some sweet little tomatoes, and while they cook we can put together some bruschetta, topped with our favorite ingredients, for a fun, healthy, and easy snack!

SPROUTS: CHOCOLATE DIPPED EVERYTHING

Location: Aubergine, 1226 Williamson St.
Thursday, October 10, 4:00pm–5:00pm

Location: Willy West Community Room
Tuesday, October 15, 4:00pm–5:00pm

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

Your Co-op's Own: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner
Capacity: 8

We'll try our hand at hand-dipped treats! Fruits, shortbread cookies, tasty truffles, and more dipped in chocolate and decorated with sprinkles and swirls. Dress for a little mess with Mr. T and the Co-op Sprouts for this fun hands-on activity with treats in class and to-go. Hands-on.

SPROUTS: PIECE OF CAKE

Location: Willy West Community Room
Tuesday, October 22, 4:00pm–5:00pm

Ages: 9–12 years old; adult supervision not

required

Your Co-op's Own: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each

child of non-owner
Capacity: 10

Bake a cake? Piece of cake! Join the Sprouts and Mr. T to learn about baking cakes and making icing. Together we will whip up a batter, bake some little cakes, make some tasty frosting, and then decorate our creations with all sorts of goodies. Hands-on.

“We're going to celebrate the season and make some Halloween themed cakes which I think the kids are going to love. Sign 'em up and maybe they'll be baking you a cake for your next birthday!”

-Mike Tomaloff, Co-op Class Instructor



SPROUTS FAMILY EDITION: HALLOWEEN PARTY

Location: Aubergine, 1226 Williamson St.
Thursday, October 31, 4:00pm–5:00pm

Ages: 5–11 years old; adult supervision required

Your Co-op's Own: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner
Capacity: 25

It's no trick, the Co-op has a treat for you! Make Aubergine a stop on your trick-or-treat route and join us for the first Sprouts Family Edition: Halloween Party and get your spook on right with fun treats, tricks, and activities. Painting pumpkins, decorating cookies, and making popcorn balls are on the menu. Costumes optional, but encouraged!



“Family, whether it's the one we choose or the one we're born into, is a big part of the Co-op and I love to see us do family events, which is why I am definitely looking forward to this Halloween party. Great if your kids aren't necessarily ready for a lot of door-to-door, or if they are but want to do a little trick or treat pregame before hitting the neighborhood.”

-Mike Tomaloff, Co-op Class Instructor



NATURAL SOLUTIONS FOR LEAKY GUT

Location: Zoom
Wednesday, September 18, 12:00pm–1:00pm

Instructor: Katy Wallace
Fee: Free; registration required

Do you have increasing frequency of food reactions? Frequent bloating after meals? Aches, pains, and swelling throughout the body? Studies show leaky gut is an underlying cause for depression, digestive disorders, increasing food and chemical sensitivities, and auto-immunity. Join Katy Wallace, ND of Human Nature, in this video, to discuss natural approaches that work.

HORMONE BALANCE NATURALLY

Location: Zoom
Wednesday, October 2, 12:00pm–1:00pm

Instructor: Katy Wallace, ND
Fee: Free; registration required

Capacity: 40
Do you suspect your hormones are out of whack? Katy Wallace, Naturopathic Doctor of Human Nature will present four priorities to focus on to balance your hormones naturally, without the need for replacement- or bio-identical hormones.

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



FALL EQUINOX SELF-CARE VISION BOARDS WITH MOURNING DOVE

Location: Aubergine, 1226 Williamson St.
Tuesday, September 24, 4:30pm–6:00pm

Ages: 16 and older; adult supervision required

Instructor: Mourning Dove
Fee: \$35 for Owners; \$45 for non-owners
Capacity: 16

Gather in community to set self-care intentions for the season. We'll create gorgeous vision boards to hang up at home to keep you focused on your self-care goals and wishes. Guided instruction, the freedom to take creative liberty, personal assistance if needed, and materials provided. All are welcome and valued. Please include accessibility needs and accommodation requests when you register.

MINDFUL MOMENT: GUIDED GROUP MEDITATION

Location: Aubergine, 1226 Williamson St.

Tuesday, September 10, 5:00pm–6:20pm

Tuesday, September 24, 9:30am–10:50am

Tuesday, October 8, 5:00pm–6:20pm

Tuesday, October 22, 9:30am–10:50am

Tuesday, November 12, 5:00pm–6:20pm
Ages: 14+
Instructor: Sean Phillips
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 20

Welcome to Mindful Moment, a guided group meditation class for both beginners and experienced participants. Sessions start with a brief introduction, followed by guided meditation, and conclude with discussion, and Q&A. Stay for refreshments and a meet and greet. Mindful Moment aims to help individuals realize inner peace and enjoy its benefits, such as enhanced clarity, focus, reduced stress, and better mental and physical well-being.

SELF-CARE CIRCLE: GENTLE YOGA & JOURNALING

Location: Aubergine, 1226 Williamson St.
Saturday, October 19, 10:00am–11:20am

Saturday, November 30, 10:00am–11:20am



Ages: 18+
 Instructor: Mourning Dove
 Fee: \$25 for Owners; \$35 for non-owners
 Capacity: 8
 Prioritize your self care journey with guided reflection, journal prompts, gentle movement, and kindhearted community. We'll close our circle with a sound bath including crystal bowls, Koshi chimes, ocean drum, and more. All bodies, identities, and abilities welcomed and valued. Please include accessibility needs, accommodation requests, and preferences when you register.

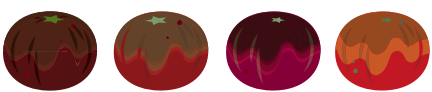


**COOKING WITH CHEF PAUL:
 PLANT-BASED MEALS**

Location: Lakeview Library
 Thursday, September 12, 6:30pm–7:30pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Paul Tseng
 Fee: Free; registration required
 Capacity: 12
 Join Chef Paul to explore the unlimited choices of plant-based meals. Register at www.madisonpubliclibrary.org/events. Registration will open two weeks prior to the program date on August 30.

**WHAT THE HECK CAN I DO
 WITH ALL OF THESE
 TOMATOES?!**

Location: Willy West Community Room
 Wednesday, September 18, 6:00pm–8:00pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Mike Tomaloff
 Fee: \$30 for Owners; \$40 for non-owners
 Capacity: 10
 Tomato season is proof that you can, indeed, have too much of a good thing. Join the Co-op's Mike T. for a look at some ways to put those beauties to use before it's too late including roasted tomato caprese salad, fresh salsa and pico de gallo, and fresh tomato soup that you can freeze for those tomato-less winter days ahead. Demonstration with hands-on opportunities.



“Tomato season always ends too early for my liking, especially with the incredible variety of heirloom tomatoes that are available in the garden and at the Co-op. Fresh off the vine with salt and pepper is just the best and purest summer thing for me, but at some point you need to do something more, and that's why I'm excited to share some of my favorite recipes with you. It's a little late in the season, but there's still some tomatoes to enjoy, particularly the heartier and paste varieties.”

-Mike Tomaloff, Co-op Class Instructor

**COOKING WITH CHEF PAUL:
 EXPLORING VIETNAMESE
 AND FRENCH CREPES**

Location: Willy West Community Room
 Thursday, September 19, 6:00pm–8:00pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Paul Tseng
 Fee: \$30 for Owners; \$40 for non-owners
 Capacity: 10
 Join Chef Paul to explore the unique cultural experience of crêpes from across the globe! Learn all about the differences between French and Vietnamese crêpes—how they're

made, how they're filled, and how they're enjoyed in these two distinct regions of the world. Demonstration with hands-on opportunities.

WISCO PARTY FARE

Location: Aubergine, 1226 Williamson St.
 Thursday, October 3, 6:00pm–8:00pm
 Location: Willy West Community Room
 Tuesday, October 8, 6:00pm–8:00pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Mike Tomaloff
 Fee: \$30 for Owners; \$40 for non-owners
 Capacity: 10
 Wisconsin cheeses, pickled veggies, and smoked fish are staples of almost any cheesehead gathering. Join Chef Mike and gear up for the holiday party season as we prepare a homemade beer and cheese spread, smoke some locally raised trout, pickle some veggies, and more! Demonstration with hands-on opportunities.



“It goes without saying that Wisconsin has some amazing, unique, and sometimes unusual food traditions, and I am excited to share some of my favorites with you. In particular smoking some of the incredible rainbow trout available at the Co-op and showing you how easy it can be to do at home.”

-Mike Tomaloff, Co-op Class Instructor

**COOKING WITH CHEF PAUL:
 PLANT-BASED MEALS**

Location: Lakeview Library
 Thursday, October 10, 6:30pm–7:30pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Paul Tseng
 Fee: Free; registration required
 Capacity: 12
 Join Chef Paul to explore the unlimited choices of plant-based meals. Register at www.madisonpubliclibrary.org/events. Registration will open two weeks prior to the program date on September 26.

**VEGETARIAN COMFORT
 FOODS**

Location: Aubergine, 1226 Williamson St.
 Friday, October 11, 6:00pm–8:00pm
 Ages: 12+; adult supervision required
 Instructor: Lynn Olson
 Fee: \$30 for Owners; \$40 for non-owners
 Capacity: 10
 Once a staple in Lynn's kitchen, Bountiful Bean's tofu was a one-of-a-kind, delicious, labor of love. With the recent retirement of the Bountiful Bean owners, their many fans may be wondering how to adapt after losing this historic, natural food product. Join Lynn Olson as she highlights mainly plant-based foods while demonstrating recipes and techniques for versatile, vegetarian, crowd-pleasers. On the menu: Herb Tofu Pot Pie and Walnut Burgers. Each recipe includes dairy and gluten, but they can be easily altered with vegan and gluten-free ingredients. Join us for an evening to learn, taste, and share.

**50TH ANNIVERSARY SPECIAL:
 AUBERGINES AT AUBERGINE**

Location: Aubergine, 1226 Williamson St.
 Thursday, October 17, 6:00pm–8:00pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Mike Tomaloff
 Fee: \$30 for Owners; \$40 for non-owners
 Capacity: 10
 Join Chef Mike to learn a few new ways to cook our logo! Mike will demonstrate Zacusca, a traditional autumnal spread from Romania,

CO-OP CLASS CALENDAR

Moussaka with layers of roasted eggplant and zucchini, richly spiced ground lamb, and topped with silky bechamel, then baked to perfection, and finally we will prepare some simple and delicious eggplant and olive bruschetta with cheese and plenty of olive oil drizzled on top.



“Eggplants are all too often overlooked, I think, and many of us have had unfortunate experiences eating them. I hope to change some minds with this class by demonstrating methods to get great flavor and texture from what is one of my personal favorite seasonal veggies (actually, it's a berry).”

-Mike Tomaloff, Co-op Class Instructor

**COOKING WITH CHEF PAUL:
 SCALLION PANCAKES AND
 SEAFOOD CHOWDER**

Location: Willy West Community Room
 Thursday, October 17, 6:00pm–8:00pm
 Location: Aubergine, 1226 Williamson St.
 Thursday, October 24, 6:00pm–8:00pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Paul Tseng
 Fee: \$30 for Owners; \$40 for non-owners
 Capacity: 10
 A recent trip to Taiwan prompted Chef Paul to refine these two dishes. In this class, he will demonstrate how to make the hot water dough, how to prepare fish stock, and how to select the seafood to add into the chowder. Demonstration only.

MARVELOUS MUSHROOMS

Location: Aubergine, 1226 Williamson St.
 Thursday, November 7, 6:00pm–8:00pm
 Location: Willy West Community Room
 Tuesday, November 12, 6:00pm–8:00pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Mike Tomaloff
 Fee: \$30 for Owners; \$40 for non-owners
 Capacity: 10
 Join Chef Mike to delve into some delicious dishes using mushrooms. This overview of mushroom cookery includes a roasted mushroom roulade with crispy, buttery layers of phyllo dough; oyster mushroom and bay scallop stew with crusty baguette; and rich duxelle with toast points. Demonstration with hands-on opportunities.



“This class is back for a second run after selling out the first time around. If you like mushrooms, you'll love this class! If you don't think you like or grew up with rubbery, canned mushrooms, and don't get what people see in them, then this may be the class for you, too. Let me show you some new tricks for cooking mushrooms that might change your mind!”

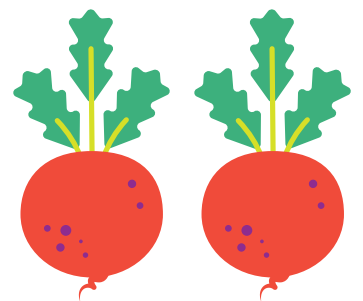
-Mike Tomaloff, Co-op Class Instructor

**COOKING WITH CHEF PAUL:
 NUTRITIOUS MEALS ON A
 BUDGET**

Location: Lakeview Library
 Thursday, November 14, 6:30pm–7:30pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Paul Tseng
 Fee: Free; registration required
 Capacity: 12
 Join Chef Paul to learn how to select and store produce, meal plan to make the most of fresh fruits and vegetables, and how to reduce food waste in your kitchen. Enjoy samples of Paul's tasty and versatile recipes! Register at <https://www.madisonpubliclibrary.org/events>. Registration will open two weeks prior to the program date on October 31.

**COOKING WITH CHEF PAUL:
 HOLIDAY TURKEY AND SIDES**

Location: Aubergine, 1226 Williamson St.
 Thursday, November 21, 6:00pm–8:00pm
 Ages: 12+; adult supervision required
 Your Co-op's Own: Paul Tseng
 Fee: \$30 for Owners; \$40 for non-owners
 Capacity: 10
 Want to have succulent turkey on the dinner table for Thanksgiving? Join Chef Paul to learn a couple of ways to make that happen! Paul will discuss brine versus dry rub, and wild rice stuffing will complement the meal! Demonstration.



Scan the QR code to register for classes and check out our refund policy or go to www.willystreet.coop/events





Garden of Eatin'
Taco Seasoning
1.4 oz • Save 70c
\$2.29



A Dozen Cousins
Seasoned Beans
10 oz • Save \$1.00
\$2.99



Garden of Eatin'
Taco Shells
5.5 oz • Save \$1.20
\$3.79



Green Mountain Gringo
Salsa
16 oz • Save \$1.80
\$4.49



Rudi's Organic Bakery
Organic Bread Loaves
22 oz • Save \$1.30
\$4.99



Lundberg
Risotto
5.5 oz • Save \$1.20
\$3.29

Beyond Meat
Plant-Based Meatballs
10 oz • Save \$2.00
\$6.49

Nocciolata
Organic Hazelnut Cocoa Spread
8.82 oz • Save \$1.50
\$4.99



Against The Grain
Gluten-Free Pizzas
24 oz • Save \$3.00
\$10.99



Montebello
Organic Pasta
16 oz • Save \$1.00-\$1.50
\$3.49

Bonne Maman
Fruit Preserves
13 oz • Save \$1.80
\$4.99



SEPTEMBER 4-17

coop deals
Sales For Everyone!

**Brianna's
Salad Dressings
& Vinaigrettes**

Select Varieties
12 oz • Save \$1.00

\$3.49



**Endangered Species
Chocolate Bars**

3 oz • Save \$1.98 on 2

2 for \$5



**Cascadian Farms
Organic
Vegetables**

10 oz • Save \$1.29

\$3.00



**LaCroix
Sparkling Water**

12 pk • Save \$1.00

\$4.99



**Kevita
Organic Sparkling
Probiotic Drinks**

15.2 fl oz • Save 70c

\$2.79



**Kettle Brand
Potato Chips**

13 oz • Save \$2.50

\$4.29



**Traditional Medicinals
Organic Herbal
Tea**

16 ct • Save \$1.50

\$4.49

**Dr. McDougall's
Soup Cups**

Select Varieties

1.8-2.5 oz • Save \$1.58 on 2

2 for \$4

**Canyon Bakehouse
San Juan 7 Grain
Gluten-Free Bread**

18 oz • Save \$1.80

\$5.99



**Alexia
Organic Yukon
Gold Julienne
Fries**

15 oz • Save \$1.50

\$4.99

**Derma E
Body Lotion**

6 fl oz • Save \$2.30

\$7.49

**C2O
Coconut Water**

33.8 fl oz • Save \$1.30

\$3.69



**Native Forest
Organic Simple
Coconut Milk**

13.5 oz • Save \$1.10

\$2.69

**Peepers
Focus Readers**

1 ea • Save \$9.00

\$17.99

**Bob's Red Mill
Old Country
Style Muesli**

18 oz • Save \$1.50

\$4.49



**Pranarom
Organic Lavender
Essential Oil**

5 ml • Save \$2.50

\$8.99

**Organyc
Organic Cotton
Balls**

100 ct • Save \$2.00

\$3.99

**Blue Diamond
Nut Thins**

4.25 oz • Save \$1.29

\$3.50



**Dr. Bronner's
Organic Shaving
Soap**

7 fl oz • Save \$1.80

\$7.99

**Swiss Kriss
Herbal Laxative**

120 tab • Save \$3.00

\$7.99

**Ardor
Organic Sparkling
Energy Drink**

12 oz • Save \$1.58 on 2

2 for \$5



**OM
Organic Lion's
Mane Mushroom
Powder**

3.5 oz • Save \$5.00

\$16.99

**Gaia Herbs
Period Cramp
Relief**

60 cap • Save \$13.00

\$19.99

**Avalon Organics
Shampoo &
Conditioner**

11 fl oz • Save \$2.50

\$7.99



Sales on this page valid September 4-17, 2024.
All sales subject to availability. Sales quantities limited.



SEPTEMBER 16-22



Cates Family Farm
Beef Summer Sausage

9 oz • Save \$1.00

\$11.99 **L**

Soul Brew
Kombucha

12 fl oz • Save \$1.30

\$3.99 **i L**



Organic Sweet Italian Peppers

From Tipi Produce in Evansville, WI
& Harmony Valley Farm in Viroqua, WI

Save \$2.00/lb

\$3.99/lb **L**



Wisconsin Meadows
Grass-Fed Beef Hot Dogs

12 oz • Save \$2.00

\$12.99 **L**



Bunky's
Hummus

10 oz • Save \$1.50

\$3.99 **i L**



Willy Street Co-op
Lemon Parmesan Tortellini

Save \$2.00/lb

\$11.99/lb **L**



MADE BY YOUR CO-OP

Tortilleria Zepeda
Organic Yellow Corn Tortillas 5 inch

8.8 oz • Save \$1.50

\$2.49 **i L**



Hidden Springs
Bad Axe

Save \$3.00/lb

\$19.99/lb **L**



Delta Beer Lab
4 Packs

4x16fl oz • Save \$1.00

\$10.99
-\$13.99 **i L**



SAVE OVER \$30 ON LOCAL FRESH DEALS!

Support local farmers and producers while enjoying sales, samples, and giveaways!

WE DEFINE "LOCAL" AS WITHIN 150 MILES OF THE STATE CAPITOL BUILDING OR ANYWHERE IN WISCONSIN.



Look for our local symbols

SEPTEMBER IS

Eat Local MONTH





SEPTEMBER 23-29

Madame Chu Sauces

7 oz • Save \$4.00

\$8.99 **i** **L**



Organic Brussels Sprouts

From Wisconsin
Save \$3.00/lb

\$4.99/lb **L**



Organic Apples

From Atoms to Apples in Mt. Horeb, WI & Blue Roof Orchard in Belmont, WI
Save \$1.00-\$1.50/lb

\$2.99/lb **L**



Willow Creek Farms Bratwurst, Sweet Italian, Andouille and Kielbasa

16 oz • Save \$1.00

\$7.99 **L**



Cedar Road Meats Old World Bacon and Pepper Bacon

Save \$1.50/lb

\$7.99/lb **L**



Banzo Hummus

16 oz • Save \$2.00

\$4.99 **L**



Third Space Beer Beer

Select Varieties

6 x 12 fl oz • Save \$1.00

\$10.99 **L**



RP's Pasta Company Fresh Filled Pasta

9 oz • Save \$1.80

\$3.49 **L**



Little Brown Cow Medium Cheddar Cheese

16 oz • Save \$1.50

\$8.49 **L**



GIVEAWAYS

Each week in September, we'll give away SIX tote bags filled with \$100 worth of local goodies —\$2,400 worth in all!

Enter to win on Instagram, Facebook, or willystreet.coop/eat-local-month, and enter in the store.



One online and one paper entry per person per week. No purchase necessary.

WHY EAT LOCAL?

Local foods tend to be fresher than those shipped from across the country or farther away, and fresh food has more nutrients. You're also supporting your local farmers and keeping the agricultural viability of their communities alive.

SEPTEMBER IS

Eat Local MONTH





GT's
Organic Kombucha
16 fl oz • Save 79c
\$3.00

Alden's
Organic Ice Cream
48 oz • Save \$1.00
\$8.99

Koyo
Ramen
2.1 oz • Save 49c
\$1.00



Chocolove
Chocolate Bars
2.9–3.2 oz • Save \$2.58 on 2
2 for \$5

Nancy's
Organic Grass-Fed Yogurt
24 oz • Save \$1.30
\$4.49

Oregon's Wild Harvest
Turmeric
60 cap • Save \$15.00
\$19.99



Shikai
Hand & Body Lotion
8 fl oz • Save \$2.80
\$5.99

Oatly
Original Oat Milk
64 fl oz • Save \$1.00
\$3.99

Rishi Tea
Organic Tea Sachets
15 ct • Save \$1.80
\$6.99



Essentia
Electrolyte Enhanced Water
50.72 fl oz • Save 70c
\$2.29

Booda Organics
Booda Butter Deodorant Cream
2.4 oz • Save \$2.00
\$5.99



Tony's Chocolonely
Chocolate Bars
6.35 oz • Save \$1.50
\$3.99



Dr. Tung's
Smart Floss
30 yds • Save 99c
\$3.50

Bionaturae
Organic Extra Virgin Olive Oil
17 fl oz • Save \$6.00
\$8.99

Host Defense
MycoShield Spray
1 fl oz • Save \$2.00
\$15.99



Maya Kaimal
Organic Everyday Dal
10 oz • Save \$1.99
\$3.00

Forager Project
Organic Cashewmilk Yogurt
5.3 oz • Save 40c
\$1.59

The Seaweed Bath Co.
Shampoo & Conditioner
12 fl oz • Save \$1.00
\$7.99



Pacific
Organic Chicken Bone Broth
32 oz • Save \$2.30
\$5.99

Natural Factors
Ultimate Probiotic Critical Care
30 cap • Save \$15.00
\$24.99

Mrs. Meyers
Hand Soap Refill
33 fl oz • Save \$2.00
\$7.99



Primal Kitchen
Mayo with Avocado Oil
12 oz • Save \$3.00
\$7.99

KIND
Bars
1.4 oz • Save 40c
\$1.59

Mary's Gone Crackers
Organic Super Seed Crackers
5.5 oz • Save \$2.00
\$3.99



New + Local



BY MELISSA REISS,
PURCHASING ASSISTANT



WILLY STREET CO-OP T-SHIRTS

Our frog sticker given out at the registers has been so popular, we turned it into a t-shirt! Designed locally by our Graphic Designer, Hallie Zillman, and printed by Ambient Inks in Eau Claire. Available in unisex, women's, or youth sizes.



WILLY STREET CO-OP MUFFINS: BLUEBERRY OAT & CHOCOLATE COFFEE

Our talented bakers are now offering two new muffins: Blueberry Oat Muffin with a cinnamon sugar topping, and a Chocolate Muffin with a (decaf) coffee drizzle. Grab one with a cup of hot coffee to fuel your breakfast. Both of these muffins are made with wheat flour and dairy products, but we did recently bring back our Vegan, Made-without-Gluten Chocolate Chocolate Chip Muffin!



LEVEL 5 DONUTS

The wait is over! Grab your beloved Level 5 Donuts at Willy East! In case you haven't heard, these are fresh, locally made, vegan donuts—and they sell like hotcakes. With flavors like Blueberry Lemon, Churro, Chai, as well as classic Vanilla Glazed and Chocolate Glazed, how can you resist? Vegans and non-vegans alike will love these scrumptious donuts. Available at Willy East. Learn more at www.level5donuts.com.



LA COSECHA TORTILLA CO. SALSA

These fresh salsas have been flying off the shelves at Willy East since we introduced them! And once you try them, it's easy to know why. These flavorful, locally-made authentic salsas come in three varieties:

- Salsa Morita uses fire-roasted tomatoes and gets its name from Morita chilis, which are a type of chipotle pepper made from smoked, red-ripe jalapeño peppers. Moritas are softer and slightly fruitier since they are smoked for less time than the chipotle Meco-type of pepper. Both of these ingredients lend to a deep complex flavor.

- Mango Habanero is a dance of sweet and spicy.

- Salsa Verde is a classic green salsa made from tomatillos.

Look for them in the Produce cooler near the Olden Organics products at Willy East! Available at Willy EAST only. Learn more at www.lacosechatortillas.com.



FORTUNE FAVORS: THE MESQUITE BBQ CANDIED PECANS

This new flavor has been in development for years, and now they are finally here! Sweet, salty, and smoky flavors intertwine with a trio of cumin, chipotle, and a hint of coriander. These pecans join the other extraordinary delights from local nut shop Fortune Favors. Would be outstanding on a cheese tray! Available at all stores. Learn more at www.fortunefavorsnuts.com.



L
Know Your Maker
 Nueske's Applewood Smoked Meats
 Wittenburg, WI
 Supplying the **willy street co-op** since 2019



L
Know Your Maker
 Upton's Naturals
 Chicago, IL
 Supplying the **willy street co-op** since 2010



i L
Know Your Farmer
 Doudlah Farms
 Evansville, WI
 Supplying the **willy street co-op** since 2023



L
Know Your Maker
 Salvatore's Tomato Pies
 Madison, WI
 Supplying the **willy street co-op** since 2023



L
Know Your Winery
 American Wine Project
 Mineral Point, WI
 Supplying the **willy street co-op** since 2023



L
Know Your Maker
 Madison Chocolate Company
 Madison, WI
 Supplying the **willy street co-op** since 2019

Owner deals
 For Owners only!

Colectivo Coffee Ready to Drink Cold Brew
 8 oz · Owners Save \$1.00
\$3.49 **L**

Sale for Owners only. 9/16/24-9/29/24. While supplies last.

14 YEARS OF EAT LOCAL MONTH

SEPTEMBER IS **Eat Local** MONTH

Owner deals
 For Owners only!

Cedar Teeth Pizzas
 Owners Save \$1.00
\$1 OFF **i L**

Sale for Owners only. 9/2/24-9/15/24. While supplies last.

14 YEARS OF EAT LOCAL MONTH

SEPTEMBER IS **Eat Local** MONTH

Owner deals
 For Owners only!

Doudlah Farms Organics Organic Yellow Popcorn
 48 oz · Owners Save \$1.50
\$6.49 **i L**

Sale for Owners only. 9/2/24-9/15/24. While supplies last.

14 YEARS OF EAT LOCAL MONTH

SEPTEMBER IS **Eat Local** MONTH

LOCAL APPLE REPORT

BY: ANDY JOHNSTON,
PRODUCE CATEGORY
MANAGER



We are officially in the final weeks of summer and, in a few short weeks, it will be autumn in Wisconsin. We'll have the equinox on September 22, and the daylight hours just get shorter and shorter as we head into the long, cold months of winter! For many of us, it's a love/hate relationship that we all have in common, and it gives us something to complain about. It's either too hot and humid in the summer, too wet and muddy in the spring, and dark and freezing in the winter. Yet, we choose to stay. It's an attribute that identifies us as Wisconsinites!

There are so many incredible and unique aspects to all of our seasons. In fall, one of our favorites here in the Produce departments at Willy Street Co-op is local apples, and everything that comes with them: fresh pies, apple crisp, homemade applesauce, fresh cider, hard cider, maybe a cider doughnut, maybe many cider doughnuts. In its simplest form, it's a crisp and juicy apple bursting with that incredible fresh apple flavor you just can't get from a commercially grown apple grown in the Pacific Northwest.

Willy Street Co-op works with four local apple growers: Blue Roof Orchard in Belmont; Atoms to Apples in Mount Horeb; Ela Orchard in Rochester; and Barnard Family Farm in Sturgeon Bay. Ela Orchard has one of the longest local grower relationships with the Co-op than almost any vendor: over 30 years! All of the growers are either certified organic or are using integrated pest management practices to support all aspects of sustainability. The 2023 season wasn't bad: the growers were able to offer a combined total of 24 unique varieties, and you purchased 32,100 pounds of their apples. In 2022, they were able to offer 33 varieties, and you purchased a record breaking 55,600 pounds of local apples!

So why the difference? Just like each variety, each season is unique. Growing apples is a challenge, and some years are more challenging than others. For some growers, this year was particularly challenging. Early budding, late frost, rain, humidity, hail, and extreme heat all can impact the orchards and this season has seen them all!

Here's what growers are saying about the 2024 season!

BLUE ROOF ORCHARD'S CHRIS MCGUIRE

"The harvest is early this year (we expect 1-2 weeks earlier than normal for most varieties). Probably this is due to the early spring bloom, which was due largely to unseasonably warm weather in February/March.

"We suffered a very severe hailstorm in late May, with golf ball-sized hail, a few weeks after bloom, when the apples were very small. In addition to causing massive damage to buildings, the hail affected the crop directly by knocking many apples off the trees and damaging others so that they continued to develop and ripen but have scars and deformities many of which are too severe for us to sell the apples as #1s. The #2s go into our applesauce and apple butter (which gets sold at the Co-op), and they get sold to consumers and local businesses for processing into an array of products (Willy Street Co-op uses our #2s for their juices).

"This has been a difficult year for diseases on our trees. Apple trees are subject to a range of diseases caused by fungi and bacteria, which can rot fruit, cause cracking and spotting of fruit, and/or damage and destroy leaves and branches (which reduces the health and yield of the trees). Most of these disease-causing fungi and bacteria thrive in wet, damp weather, of which we have had plenty this year in late spring and early summer. (As an aside, this is why so much of the nation's apple crop and other produce is grown near the west coast in very dry environments, where plant diseases are mostly eliminated and crops can be irrigated to supply whatever water they need.) Our spring hailstorm also increased the vulnerability of the trees to one particularly nasty and contagious bacterial disease called fire blight: just as an animal with wounds is subject to infection, apple trees with wounds from hail can be easily invaded by the bacteria. In a normal year we can manage the suite of apple diseases fairly well by growing disease resistant varieties and using organic preventative techniques. But in a year like this, diseases do chip away at our yield of saleable #1 apples.

Because of the hailstorm and disease, our yield of #1s will be much lower than expected. We do not expect to have many apples for sale to the Co-op until mid/late September, and even then the amounts will be less than in recent years, although it is a bit far out to make specific forecasts. On the exciting news front, we are actively looking into installing protective hail netting over our orchard in future years to protect the trees and fruit from another hailstorm!"

ELA ORCHARD'S BOB WILLARD

"In general our crop is looking promising this year. Most varieties have a good set of apples, and plentiful moisture this year is helping the apples grow.

"We will be harvesting Wealthy and Milton in late August, begin McIntosh, Cortland, Macoun in September, and Ida Red, Spartan, Golden Russet, Jonathan, and several others in October.

"As these continue to grow and ripen and get harvested, we hope there will be apples for Willy Street Co-op!"

ATOMS TO APPLES RAMI ABUROMIA

"It has been an exciting year weatherwise at Atoms to Apples. Due to an early spring warm up, the apple trees came out of dormancy about 2-3 weeks earlier than "usual." The worry about an early bud break is the flowers are blooming earlier in the season which means a greater chance to be exposed to below-freezing temperatures, and that did happen at our orchard. We actually had several days of frost, but fortunately the trees had such a tremendous bloom that only a percentage of blossoms were killed and we still had plenty of crop. Like most of the orchards in Wisconsin, we did have some hail damage in May, but it was not severe, and the damaged fruit could be picked off.

"Lots of rain is a tough challenge for organic fruit growers. At our farm we have received measurable rain 47 days from May-July—that's about every other day! To mitigate these extremes, we do everything we can to get apples from bud break to harvest, including choosing disease resistant varieties, growing an open, airy tree, and using biological materials to help the trees be as healthy as possible.

"We should have some great varieties for the Co-op this year. Just to pick a few, early season Dandee Red and Zestar, midseason Honeycrisp, Liberty, Haralson, and Crimson Crisp, and late season, Snowsweet, SunCrisp, Triumph, Galarina, and Goldrush.

We grow about 60 varieties at Atoms to Apples so it is hard to pick which to write about, but there looks to be a great crop of Haralson which is our favorite pie apple. It eats tart, but that tartness is what gives it a great flavor when cooked. Also, I hope to bring in some late-season Triumph. There are limited amounts because the trees are still young, but Triumph is very crisp and crunchy with a great clean taste; I think it's a real winner."

AN APPLE FOR EVERYONE!

As you can see, this season has had its challenges, but it sounds like it should be a good year, and we'll have plenty of local apples. We'll be offering different varieties of apples as they become available throughout the fall and hopefully into the early winter months! My favorite is the Crimson Crisp: it's dense, crisp, and leans a bit on the tart side, but generally has a good balance, and big apple flavor! September is Eat Local Month at the Co-op, and all local organic apples will be on sale for just \$2.99/lb the week of 9/23-9/29. Show this group of incredible local growers your support and try them all!



fresh deals
Local Organic Apples
Save \$1.00/lb
\$2.99/lb
Sales for Everyone! 9/23/24-9/29/24.
While supplies last.

LOCAL

For Hispanic Heritage Month, we're highlighting our Hispanic and Latinx Inclusive Trade vendors.



Chomps
Meat Sticks



Siete
Mexican-American
Foods



Grain Trust
Ethically Sourced
Frozen Grains



Mojo's Majik
Handcrafted BBQ Sauces



Fillo's
Ready-to-Eat Latin
Staples



Tortilleria Zepeda
Authentic Mexican Tortillas



Tuscan Tamale
Handmade Frozen
Tamales



Rip Van
Wafels



Tajin
Authentic Chili-Lime
Seasoning

More information at willystreet.coop/inclusive-trade ►



inclusive
trade

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

willy street co-op

APPRECIATING MIGRATORY WORKERS IN WISCONSIN

BY: MICKY ELLENBECKER,
PURCHASING ASSISTANT



A migrant worker is defined as a seasonal worker that is unable to return to their place of residence within the same day. Wisconsin started relying on a migratory workforce in the early 1900s when farmers recruited people of European descent who lived in low-income communities in midwestern cities. By the 1920s, migratory workers of Hispanic descent became very common and Wisconsin peaked at about 15,000 migrant workers in the 1950s. This goes to show that Wisconsin's reliance on a migrant workforce to fill vacant farm jobs is nothing new. And if the pandemic taught us anything, it's that some jobs are far more essential than others, jobs that are important at keeping our basic needs met. While immigration is undoubtedly a hot-button topic, it cannot be denied that our food system would nearly come to a complete halt without the migrant workforce that operates behind the scenes to keep not only Wisconsin farms running smoothly, but farms throughout our entire country.

To illustrate this point, I talked with Richard DeWilde of Harmony Valley Farm in Viroqua, Wisconsin, to give us a behind-the-scenes look at what it's like to work alongside and reply upon a migratory field crew. Richard has been farming for

more than 40 years, and he said it's always been a challenge to find dedicated crew members. In 1998, he hired a handful of people from Mexico, and he was very impressed with their skills and dedication to do the work. One aspect of that initial experience stood out to him though. One of these men had a four year-old daughter back in Mexico who he had never met. Richard couldn't quite understand why that would be, but the man eventually implied his documents may have been good enough to get hired at Richard's farm, but probably not good enough to get him back and forth across the Mexican border to visit his family. Richard didn't like the idea that someone could go years without meeting their own children, so he decided that going forward they would make sure all their crew members had the necessary work visas and therefore the right to travel back and forth to visit loved ones. This started him down the path of the H-2A visa program.

The H-2A visa program allows American farmers to fill employment gaps by hiring workers from other countries, and this particular visa is specific to seasonal and temporary agricultural work. As you can imagine, it is a very challenging process with a lot of paperwork, rules and red tape, but Richard and his partners are dedicated to the task in order to keep their farm fully staffed and running smoothly. They start by showing there is a need for non-domestic workers, and that they aren't taking jobs away from US citizens. They advertise their 40+ positions via state job orders that illustrate they provide furnished housing, transportation and a set wage of \$18.50/hr, all being minimum requirements of the H-2A visa program. Then they have to reapply for their crew members' visas every year, and they are not allowed to do it earlier than 75 days prior to when they want their crew to return. So, like clockwork, they are getting their application in on January 16 to ensure their crew is back to start work by April 1. While their crew is back in Wisconsin, there is at least one inspection by the Department of Workforce Development

(DWD) to ensure housing meets fire and safety needs, as well as ensuring there are enough beds, linens, chairs, plates, etc. for every individual. The DWD performs such inspections for every farm participating in the H-2A program to ensure migrant workers are being treated humanely, not because they expect each farm to take advantage of their workers, but because historically many migrant farm workers have been taken advantage of and treated very poorly. There are also avenues for the H-2A workers to file complaints regarding their employment and housing situation, which the DWD then follows up on their behalf.

But let's go beyond the red tape. Over the years, Harmony Valley Farm has built a dedicated crew of 40+ individuals that migrate back and forth to Mexico every year and primarily stem from two different families. Some of their crew members have been coming back to work at Harmony Valley Farm for 20-25 years, and the Cervantes family even has three generations working at the farm. Richard said it very much feels like one big extended family that enjoys working together and that also enjoys each other's company after all the work is done for the day. He said overall it's a very positive crew that genuinely seems happy to be here. They also hire interpreters at times to assist with translations when they don't want there to be any confusion about new protocols, food safety regulations, etc. One of these same interpreters also offers English lessons to the crew nearly every Sunday for those who want to learn.

Several years ago Richard started contemplating what would happen to the farm when he was ready to retire. After all his years dedicated to organic farming, he wanted to see his farm carry on even after he was gone. He couldn't envision his life's work ending with a farm auction, so he started the process of shifting the farm to an LLC, which would allow for an easy process of bringing on additional business partners. Now Harmony Valley farm is owned jointly between Richard, his partner Andrea, and their newest partner Rafael. Rafael started working at the

farm via the H-2A visa program in 2009 and has been there ever since. He stood out to Richard as the crew member who learned the fastest, could fill any role on the farm, and had a genuine interest to learn more. Richard has now sponsored Rafael and his family for permanent residency visas. Rafael has been a resident for about five years and his wife and children have been residents for three years. They have become part of the community, with their kids enrolled in public school and their eldest daughter heading off to UW-La Crosse this fall. Overall, Rafael's partnership ensures another generation will carry on the mission of Harmony Valley Farm.

Rafael isn't the only crew member who has prospered from working at Harmony Valley Farm. Many of them have been able to build new houses for their families back in Mexico; many don't need to work when they return to Mexico during the winter months and can spend that time with family and friends; and others have even used their savings to start their own businesses back home. It has allowed all of them to earn a much higher income than would be available to them in Mexico and now they can afford to fly home during the growing season for important family events, such as the birth of a child, with the assurance they can return to their job here in Wisconsin due to their H-2A status.

I talked to Richard a few days after they had thrown their annual crew appreciation party. They rented the local park for the party, which includes activities such as volleyball, soccer, frisbee, smashing a piñata, and of course lots of food with goat tacos being the most popular. I also want to express our appreciation from the staff at Willy Street Co-op for the extremely hard working crew at Harmony Valley Farm and all the migrant workers who are essential in putting delicious and nutritious food on our tables. Thank you! Thank you! Thank you!



THE HARMONY VALLEY FARM 2023 WORK CREW



Thursday, September 19, 2024
5pm · Union South and online
RSVP at communityshares.com

Join us as we celebrate local leaders and organizations who are advancing social and environmental justice in our community. This hybrid event will take place in person at Union South and online.

Mary Berryman Agard
Nominated by Bayview Foundation
Winner of the Liesl Blockstein Community Leadership Award

Brandi Grayson
Nominated by Urban Triage
Winner of the Sally Sunde Family Advocate Award

Maria I. Rodriguez
Nominated by American Civil Liberties Union of Wisconsin
Winner of the Linda Sundberg Civil Rights Defender Award

**Tenant Resource Center
and Legal Action of Wisconsin**
Winners of the CSW Collaboration Award

Michele Erikson
Winner of the CSW Lifetime Achievement Award

Presenting sponsor:



communityshares.com

**ATTORNEY
PAUL O'FLANAGAN**

**Coop member,
PROGRESSIVE & LOCAL
LAW FIRM OFFERING:**

**WILLS, TRUSTS, TAX,
ESTATE PLANS, PROBATE,
GUARDIANSHIP & FAMILY
ASSISTANCE TO FOLKS
AT REASONABLE COST.
FREE HOUSE CALLS.**

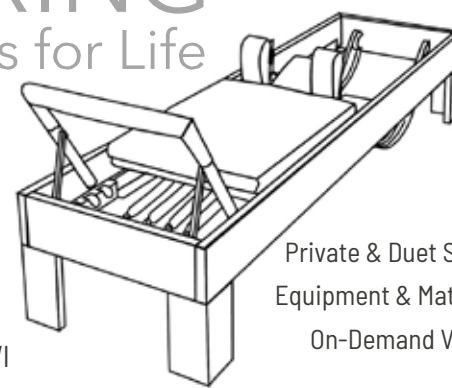
CALL: 608-630-5068

Savings Emailed!



See what's new & tasty in
produce or what's on
sale for Owners each week!

www.willystreet.coop/emails to sign up
- you can unsubscribe any time you wish.



INQUIRE TODAY:

- ☎ 608-709-1775
- 🌐 springpilates.life
- ✉ info@springpilates.life
- 📍 710 Harrison St. Madison, WI

Private & Duet Sessions
Equipment & Mat Classes
On-Demand Videos

**Hear about what's new,
what's done for the
season, and what
tastes best in our
Produce department
- sign up for our weekly
Word on the Beet email!**



Sign up at willystreet.coop/emails



Find energy savings here.

Make mge.com your first stop.

- Get easy, low- and no-cost ways to save energy.
- Learn about new, energy-saving technologies.
- Find incentives from Focus on Energy®.

Visit mge.com



GS3418

Advertise in the Reader

Reach over 34,000 Co-op Owners.

Affordable rates, wide reach, excellent returns.

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

Find info here: willystreet.coop/advertising

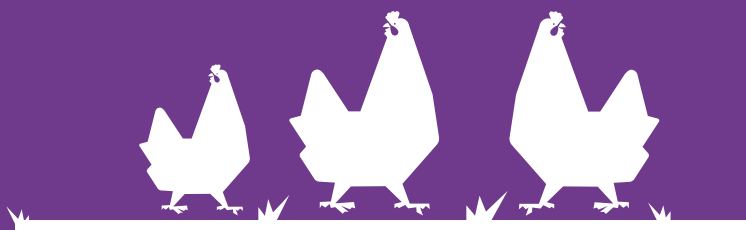
willy street co-op

Know Your Egg Farmer



Selection may vary by store.

Farm	Location	Feed	Living Conditions	Antibiotic-Free	Beak Clipping	Treatment When Sick
M&M Organics Soy-Free	Wonewoc, WI	Corn, fish and crab meal with minerals and calcium.	Seasonal pasture roaming and winter barn roaming.	Yes	Laser trim, minimal, just hook.	Strict vaccinations during first 16 weeks of life. Sick chickens are not excluded from flock.
Milo's Poultry	Bonduel, WI	All organic; grains, corn, oats, soy, flax meal, alfalfa meal.	Free range, access to outdoors in green grass weather permitting.	Yes	Beak trimmed at hatchery.	No antibiotics. Has added apple cider vinegar and garlic to water to boost the immune system.
New Century	Shullsburg, WI	Certified organic, produced on-farm.	Access to outside.	Yes	Laser trim at hatchery.	Sick chickens are not excluded from flock.
Organic Valley Egg Whites	Wisconsin	Balanced diet with corn/soy and additional nutrients. Omega layers get additional flax.	Access to outside.	Yes	Laser trim, just hook at the hatchery.	May use antibiotics on sick birds; eggs from these birds are no longer certified organic, so they will not be sold.
OrgaNICK Pastures	Rio, WI	USDA Organic and non-GMO supplemental feed that consists of legumes, grasses, grains, vitamins, and minerals.	Certified Humane Pasture-Raised.	Yes	None.	Sick chickens brought to a chicken 'hospital' to keep away from others to help them get better.
Pasture Patterns	Mt Horeb, WI	Certified organic soy and grains, with supplement.	Managed pasture program on fresh grass. In winter, stationary building with access to outside.	Yes	Laser trim, just hook.	Sick chickens are removed from flock.
Phil's	Illinois	Grains, corn, soybean, wheat, alfalfa and kelp. Mill their own feed.	Cage-free, barn roaming	Yes	Laser trim at hatchery.	Preventative care, monitoring, antibiotics as a last resort.
Yuppie Hills Farm	Burlington, WI	Blended feed of oyster shells, linseed meal, soy, corn, alfalfa meal and natural vitamin supplements.	Cage-free, barn roaming.	Yes	Beak trimmed.	Preventative care, keeping a regular cleaning schedule. Turn over barns annually to keep a healthy environment.



Look for our local symbols

There is only one Studio Jewelers.

Serving our clients and community with skill and heart is what we have done for more than 40 years. Which may be why we were awarded the 2022 People's Choice Award for Best Jewelry Store in Dane County. So come to the warm, cozy shop on Regent Street, where we've been for 35 years. We'd like to meet you, and we think you'll enjoy the Studio Jewelers difference.



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. *Whitney welcomes custom commissions.*



Studio Jewelers

1306 Regent Street, Madison, WI 53715 • 608-257-2627 •



LOCAL FARMERS, SCIENTISTS & EATERS: A THREE-WAY PARTNERSHIP BY MEGAN MINNICK

For any of us living on planet earth in 2024, it's become increasingly clear that climate change is here, and it's happening in real time. It's in the news—record high global temperatures, increased number and severity of catastrophic storms, raging wildfires, a rise in sea levels . . .

But so often these things are far away or abstract. Concerning yes, but somehow removed from our everyday lives.

Wisconsin is, after all, a land of extremes. We're used to hot humid summers and frigid winters, years of drought and years of flooding, severe thunderstorms and blizzards—these are facts of life here, and have been for as long as any of us can remember. Living through the day to day and year to year fluctuations makes it nearly impossible to see the overall trends, and to notice what exactly might be changing due to climate change.

So what are the effects of climate change here in Wisconsin, and what can we expect as we move into the future? What does this mean for our local food system and for those Wisconsinites whose livelihoods are most dependent on the whims of the weather—our farmers?

To start answering these questions, I talked to Steve Vavrus, Wisconsin's state climatologist and director of the Wisconsin State Climatology Office.

HOW IS OUR CLIMATE CHANGING IN WISCONSIN?

"The long term trends are warmer and wetter," Steve says, then he goes on to explain how both of these effects are being felt in specific ways.

Since 1950, Wisconsin has seen a three-degree rise in average temperature, but surprisingly, that hasn't translated to more extreme summer heat. The warming has primarily been in the winter months, and overall, the nighttime low temperatures are rising faster than the daytime highs. Steve is quick to add that it seems to be luck that we haven't seen more heat waves. "It's something we are very likely to experience in coming years."

It might seem counterintuitive to those of us who remember the drought years of 2012 and 2023, but

the average precipitation in Wisconsin has actually increased 17%, or roughly 5 inches since 1950, with the decade between 2009–2019 being the wettest on record. Our springs and falls have seen more precipitation on average, with much of the moisture coming in extreme rain and snow events.

When I asked Steve about other extreme weather, such as tornadoes and hailstorms, he was less certain about long-term trends. "It's true we've recorded more tornadoes in recent years," he explains, "but the increase has been in smaller tornadoes that we wouldn't have been able to detect in the past. It's very hard to know if it is actually an increase, or if we've just gotten better at identifying them." The same is true of hailstorms. "It's quite possible that they've increased, particularly in certain areas, but we just don't know for sure."

WHAT DO THESE CHANGES MEAN FOR FARMERS?

Though some aspects of our changing climate aren't detrimental, or may even be beneficial—a longer growing season brought on by the overall warming trend, for example—the negative impacts far outweigh the positives, at least for the vast majority of Wisconsin farms.

Diane Mayerfield, sustainable agriculture specialist for the University of Wisconsin Extension, explained how the specific changes we're seeing are affecting Wisconsin farms.

"Hotter summer nights can really affect livestock," she says. "The animals can weather a string of ninety degree days as long as they can cool off at night, but if the temperatures don't dip into the sixties at night, the heat stress can build up and become a much larger problem."

Corn also depends on cooler night temperatures. Even with plenty of moisture, prolonged heat can affect yields.

And even the longer growing season has a downside, Diane explains. "Longer growing seasons and increased humidity produces more generations of insects, which increases the pest pressure on certain crops."

Another concern is the periodic winter thaws that come with warmer

winters. This is a huge issue for farmers growing perennial crops such as tree fruit, as their trees may come out of dormancy too early, making them vulnerable when, inevitably, the freezing temperatures return.

WHAT ABOUT THE INCREASED PRECIPITATION?

I spoke to four Wisconsin farmers in preparation for this article—an apple grower, a vegetable grower, a grass-fed beef farmer, and a beekeeper—and all of them agreed that too much rain is far worse than not enough.

In years of drought, there's only one problem: not enough water. And unless it's very extreme and wells start to run dry, farmers can manage using irrigation and careful rotational grazing. Yes, yields may be down, but life carries on.

But too much water creates a myriad of problems, especially when it comes in hard, fast downpours like what we've seen in recent years and are likely to see more of in the future. Flooding and damage to cropland is the obvious concern, but it goes well beyond that.

Eric Cates of Cates Family Farm produces grass-fed beef on 105 acres near Spring Green. His farm has been hit hard with rain this year, and it's meant all kinds of trouble—from flooded streams and ripped down fence lines, to waterlogged pastures that become damaged when the cows huddle together in the rain, increased foot problems for the cows from the wet ground, and a larger-than-normal fly population.

Chris McGuire of Blue Roof Orchards, an organic apple orchard in Belmont, pointed out other effects of too much rain. "In wet years like this, apples get diseases that are very hard to manage, especially for organic growers," he says. Whereas conventional farmers can use chemical pesticides and fungicides, organic growers have a much smaller arsenal to work with. "Another thing people don't think about is the loss of productivity," Chris continues. "We can't work with wet trees because of the possibility of spreading disease. This leads not only to less time to get everything done, but it can make it very difficult

for farmers who are trying to provide full-time jobs and keep their laborers occupied."

The human laborers aren't the only ones who lose productivity in rainy weather. Jack McWilliams, owner of the honey farm Barneveld Bees, told me that, because bees don't tend to be as active on rainy and cloudy days, too much rain can affect honey yields. "It's an issue this year in Northern Wisconsin," Jack tells me. "They're behind because the bees just haven't gotten out of the hive as much as in other years."

INVESTMENTS FOR THE FUTURE

With all of these changes, many farmers are faced with tough choices as they decide which of the many risks are great enough to warrant investing in mitigation technology.

Nowhere is this more clear than at Blue Roof Orchard. This May, the orchard was hit with a hailstorm that was worse than anything Chris has seen in all his years of farming. It dramatically reduced the expected yields.

The experience has prompted him to consider purchasing a system of netting that would cover their orchard and protect the trees from hail, but it's very expensive—both in terms of money for the equipment itself and the time to maintain it. Will such a purchase be worth it in the long run? It's very difficult to know.

Then there's the winter thaw/spring freeze issue. "We've been lucky that we haven't lost a crop to this in the twelve years we've been picking apples," Chris tells me. "We've had lots of close calls though." To mitigate the risk, many orchards turn to wind machines, huge fans that push the cold air up from ground level, and warm the area around the trees. "But again, it's very expensive. It's hard to calculate the ROI (return on investment)."

But there's one investment that all the farmers I talked to agreed was worth it: the investment of both time and money into building healthy soil.

Steve Pincus of Tipi Produce has been growing vegetables in southern Wisconsin since 1976, making him one of the most senior farmers working with Willy Street Co-op. And for Steve, it all comes back to the soil.

"The most important thing to minimize the hazards of extreme weather is to have healthy, organic soils," Steve explains. "Farmers that are dependent on chemicals are at more risk during extreme weather because their soil is depleted. But soil that has good structure and biological activity is better at both draining excess water and holding on to extra moisture."

But healthy soil is an investment, just as much as any equipment a farmer might purchase.

That means monetary investment in compost and other soil amendments, but more than that it's an investment in time. The land Steve currently farms in Evansville had been planted to corn for 19 straight years when he first got there. "It took 5–6 years before the soil started acting like organic soil should," he tells me.

It's worth noting that almost all the farmers I spoke with have been

farming for more than five years. Their businesses are established and they have both money and time to invest. The same is seldom true of new farmers. Climate change is one more barrier to entry for this next generation of farmers—making it even more difficult to get started in an already challenging profession.

A RESILIENT FUTURE

With so many challenges facing Wisconsin farmers, it's easy to dwell on the negative. But what's the best-case scenario for Wisconsin agriculture as we move into a changing future? What can we all do—farmers and eaters and citizens alike—to ready ourselves for what's to come?

When I put this question to my interviewees, it was remarkable how similar all of their answers were. Both scientists and farmers agreed: we need a more perennialized landscape of grasslands and savannas dominated by small, diversified farms, and we need to incorporate more ruminant livestock into our agricultural systems.

“Grazing animals is positive for the land,” Steve Pincus told me. “It naturally builds up soils and makes them more resistant to erosion and drought.”

Perennial pasture is not only resistant to many of the effects of climate change, but it also is one of the best landscapes for carbon sequestration.

“Over time, humans have selected our agriculture plants to push most of their carbon above ground so we can harvest it,” explains Randy Jackson, Professor of Grassland Ecology at UW-Madison. “It has been to our great benefit, but we've pushed it too far. We don't replenish the carbon in the soil.”

But well-managed pastureland is different. Not only is the soil fertilized by the animal's manure, but the grass's deep root systems are extremely effective at pulling carbon from the air and holding in the ground, filtering groundwater, eliminating erosion (which is especially important in the hilly Driftless region of our state) and maintaining healthy ecosystems where pollinators, song birds, and fish can all thrive.

Does this mean completely eliminating all vegetable, grain and fruit production? Not at all, says Jackson. “Currently, 3.8% of the agricultural land in Wisconsin is devoted to food crops like fruits and vegetables,” he explains. “We're not looking to eliminate that 3.8%, we're looking to move some of the other 96% that's planted in row crops like corn and soybeans [meant for livestock feed, ethanol, and uses other than feeding people] into something better.”

Diane Mayerfield of UW Extension researches ways to take the concept of perennial pasture a step

further with a farming method known as silvopasture. “Silvopasture is the intentional integration of trees and shrubs into pastoral systems,” she tells me, and she explains how it further enhances the systems' adaptability to issues of climate change. “In a hot, dry spell, silvopasture can provide shade, and the woody species act as fodder for the animals since trees don't lose their leaves in a drought. Certain tree species such as mulberry and black locust have nutritional qualities for ruminant animals, and can be cropped close to the ground then regrow their leaves quickly.”

A THREE-WAY PARTNERSHIP

Perhaps the most important thing to remember as we move into a future of continued change, is how essential it is to maintain and nourish the connections between farmers, scientists and eaters—for it will take all of us to successfully meet the challenges ahead.

We need each other.

We need ongoing communication and trust between scientists and farmers, so that farmers know how to assess their risks, which investments are worth making, and which methods of farming are the best for our changing climate.

We also need strong connections between citizens and scientists, so we know what to look for when pursuing those grocery store shelves. So we

fully understand why grass-fed beef and dairy is so important, and why we should choose foods that are grown organically and in ways that support healthy soil.

And lastly, we need to nourish the connections between farmers and eaters. So that we, as consumers, are fully aware of where the food we're eating comes from and that it's grown in ways that contribute to a healthy, resilient future.

WANT TO KNOW MORE?

Wisconsin Initiative on Climate Change Impacts: Read detailed reports on the present impacts and forecasts for how climate change will affect Wisconsin. <https://wicci.wisc.edu/>

Grassland 2.0: An organization dedicated to transformational agroecological change in rural landscapes in the Upper Midwest. <https://grasslandag.org/>

Savanna Institute: An organization dedicated to supporting the growth of more diverse, perennial farming in the Upper Mississippi and Great Lakes watersheds through the use of silvopasture. <https://www.savannainstitute.org/>



Rye and vetch cover crops at Tipi Produce.



Crimson, clover and rye cover crops at Tipi Produce.



Hairy vetch crop at Tipi Produce.



Honeybees at Barneveld Bees.



Mature silvopasture by Natasha Paris.

Mature silvopasture by Natasha Paris.



A SPECIAL OFFER
FOR NEW CUSTOMERS!

RECEIVE

\$250

WHEN YOU START BANKING WITH US.



Lake Ridge
Bank™

JUST FOLLOW THESE TWO EASY STEPS:

- 1 OPEN** a Forward Checking account and at least one additional deposit product, like a savings or money market account. Our Forward Checking account makes your banking simple with no minimum daily balance requirement and no monthly maintenance fee.
- 2 MOVE** your direct deposit, like a payroll or Social Security deposit to your new checking account to start taking advantage of the many benefits Lake Ridge Bank offers. Our ClickSWITCH® tool makes it easy to move your direct deposit, automatic payments and more!

Your \$250 bonus will be deposited into your new Forward Checking account within 90 days after you complete the two easy steps above. Of course, you'll need to keep your accounts in good standing and actively use your new accounts and services (5+ transactions per month). While we truly value our current clients, this special offer is only available to households that have not received a similar bonus (one bonus per household) in the past and don't currently have a checking account with us. Complete these requirements within 90 days of account opening to receive your bonus. **Offer expires on June 29, 2024.**



IT'S EASY.

JUST SCAN THE QR CODE
AND USE THE CODE **BANK250**
TO OPEN YOUR ACCOUNT
ONLINE TODAY.

If you prefer to open your account in person, stop by any of our convenient locations or call (608) 223-3000 to talk to a Banking Advisor.

OUR TRUSTED TOOLS MAKE YOUR BANKING EASIER.



35,000 +
Surcharge-free
ATM Network



Digital Wallet
Venmo, Apple Pay,
PayPal,™ Google Pay,
and Samsung Pay®



Text and
Email Alerts



Mobile Deposit
Deposit a check using
your smartphone.



Credit Sense
Your Credit Score and
a whole lot more.



Send money by
text or email to
friends and family.



MEMBER
FDIC

6430 Bridge Road, Monona, WI 53713 • lakeridge.bank

Help Save a Tree

Go to willstreet.coop/emails to sign up to get the Reader via email. For every 1,000 Owners who switch from a printed newsletter to the email version, we'll save one tree per month.



Petinary

Excellent Pets Deserve
Excellent Care

1014 Williamson St
608.255.1239

www.petinaryclinic.com

Quality Veterinary Care on Willy St Since 1981



100 years of Service

ACE
Hardware Center

1398 Williamson St. 257-1630

acewilly@tds.net



LAUER REALTY
GROUP

Not just Realtors® - but your neighbors and friends.
We know this community and we know real estate.



Powerful Results. Real People.

www.LauerRealtyGroup.com | 608.444.5725

WORMFARM INSTITUTE PRESENTS

FARM/ART
TOUR

OCTOBER 5-14

Experience agri/culture in Sauk
County on the edge of the Driftless

FREE FOR ALL



Learn more:

WORMFARMINSTITUTE.ORG

[wormfarminstitute](https://www.facebook.com/wormfarminstitute)

[wormfarm_institute](https://www.instagram.com/wormfarm_institute)

BETHKE
HEATING & AIR CONDITIONING, INC

EMERGENCY
SERVICE 24/7
251.2222

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



FINANCING AVAILABLE

Locally Owned. Locally Operated.

BethkeHeating.com

