

The  
Williamson  
Street  
Grocery  
Cooperative



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

# NEWSLETTER

VOLUME 51 • ISSUE 1 • JAN 2025



## Lifespan to Healthspan: an Interview with Katy Wallace

Plus: A Citrus Report, Meister Cheese Vendor Spotlight & An Ode to Willy Street Co-op Juice

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The Willy Street Co-op *Reader* is the monthly communications link among the Co-op Board, staff, and Owners. It provides information about the Co-op's services and business as well as about cooking, nutrition, health, sustainable agriculture, and more. Views and opinions expressed in the *Reader* do not necessarily represent those of the Co-op's Directors, staff, or Ownership. Willy Street Co-op has not evaluated the claims made by advertisers. Acceptance of advertising does not indicate endorsement of the product or service offered. Articles are presented for 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.

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**2 WILLY WEST**  
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**3 WILLY NORTH**  
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Madison, WI  
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**Open: 7:30am - 9:00pm**

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**DEBRA SHAPIRO** .....

**DAN STREIT** .....

The Board meets 8-10 times a year, meetings are virtual, 6:30 - 8:30pm. Owners are invited to attend during the open session of the BoD meeting. See [www.willystreet.coop/events](http://www.willystreet.coop/events) and select the Board category for details.

**January 22, 2025**

**March 26, 2025**

**April 23, 2025**

**May 28, 2025**

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

**THE WILLY STREET GROCERY CO-OP**

MISSION STATEMENT

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

**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**



We recently asked Total Water (the company that we rent the reverse osmosis water filtration and dispensing systems from) to send a technician to all 3 of our stores to confirm the functioning of the stop buttons, to check the calibration of the water metering controls and that the dispensing nozzles are properly aligned. The tech did find that the stop buttons were working correctly on all the dispensers, that they were all dispensing 1, 3, or 5 gallons (depending on which amount was chosen) and that the nozzles at West were issuing a straight, clean flow after he cleaned the aerator screens and nozzles on both dispensers.

The tech checked each individual dispenser to make sure that the calibration for the amount of water being dispensed is correct. Due to water pressure, water will appear to overflow ever so slightly at the end of the full dispensing cycle but the water level in the jug will settle at the appropriate 1, 3, or 5 gallon mark when the cycle is completed.

A potential cause of the issue that you and other customers have reported about the stop buttons not working is that people may be pressing the stop button before their jug overflows but before a full dispensing cycle has been completed. Then, when they see their jug is not at a full gallon, they press the dispense button to "top off" the jug and then quickly hit the stop button again. The tech explained that when the dispense button is quickly followed by the stop button there is a bit of a delay in the water flow actually stopping. This has to do with how the machine works. Water needs to flow past the UV sanitizing light as the final stage in the dispensing process so there will be a good amount of metered water that comes out between the off button being pressed and the water flow stopping at the nozzle. In other words, the precision in the stop button is not as instantaneous as a sink faucet and the delay could be making people think the stop button is not responding. I hope this information helps for potential future refills, and we are sorry that you had an unpleasant experience that day. –Jim Jirous, Facilities Director

### EMAILED RECEIPT

**I received an emailed electronic receipt for a purchase dated 10-20-2024 that I did not make. It was a \$66.00 signed VISA charge at the Willy North site Lane 023. How could this happen? (When I shop at Willy East, I am always asked for my name on my account.) Do I need to worry about identity theft?**

Thank you for reaching out with your question! Lane 023 is a self checkout lane, so there is no cashier there to verify names. Likely what happened is that the customer made a mistake when entering their Owner # and accidentally entered yours. I want to assure you that your personal information (including your name) has not been compromised by this happening. That said, if this continues to happen please let me know and I would be happy to issue you a new Owner number. Don't hesitate to reach out if you have any questions. Have a great day! –Rosalyn Murphy, Board Executive Assistant/ Owner Records Administrator

### CURBSIDE PICKUP AT WEST

**Provide curbside pickup to Willy West! (age 82) from online ordering.**

We are, unfortunately, unable to provide pick up service at our Willy West and East locations at this time. As you may be aware, we switched over to a new online ordering platform earlier this year. With this transition we are no longer delivering our own

orders, and thus, we're not able to offer pick up from Willy West or East since we do our online shopping specifically out of our Willy North location. We might look into offering Pick Up at West or East sometime in the future, but probably not for a while. We do offer a delivery service to areas around the West store; when you put in your address on the website to place an order, it will let you know if you're within the delivery radius. We apologize for the inconvenience; let us know if you have any further questions, thanks! –Laura Shorey Montgomery, Front End Assistant Manager-E-Commerce

### FERMENTATION CLASSES

**Do you ever offer classes in fermentation, like kefir, kimchi, sauerkraut?**

We have had fermentation classes in the past, and I'll ask our instructors to bring some of these back! We should be able to get them on the calendar sometime in the springtime. We do have a sour-dough class coming up this winter. You'll get to make your own starter and leave the class with a loaf of bread to rise and bake at home. Thanks for the suggestions! –Liz Hawley, Education and Outreach Coordinator

### COOL MURAL

**Really cool mural- great community project, great concept. Thank you.**

Thanks for your positive feedback about our new East Mural project! We are excited how Sylvia has captured our Vision Statement with her artistry which our Owners voted on!! –Kristina Kuhaupt, Customer Experience Manager

### BAG CREDITS

**I usually bring my own shopping bag to shop in order to save on bags and environment and to build credit for shoppers using Double dollars program. My cloth bag is large enough to hold up to 4 good bags of groceries. Number of bags credit should be based on number of bags I didn't use from the Co-op rather than just having 1 bag credit for Double Dollars food share program.**

Thanks for reaching out and also supporting our Double Dollars program through bringing your own bag when shopping for groceries! As you mentioned, there are reusable bags that are all different sizes that our shoppers use. We have chosen to designate donations on the number of bags shoppers use for a particular transaction and not necessarily the size of the bag as to help with consistency for recording purposes for our cashiers. Your feedback will be taken into consideration for future decisions concerning the Double Dollars program at our stores. –Kristina Kuhaupt, Customer Experience Manager

### OLD CUSTOMER COMMENTS

**Thank you for including the old customer comments in the latest newsletter. It was fun to see how much things change and yet stay the same, Also, that Bananas entry has lived rent-free in my head for the past (almost) 10 years so it was as joy to see it again! lol**

Thanks for writing in. I had a lot of fun adding in old customer comments, ads, and articles in our 50th Anniversary newsletter, and am happy to hear that you enjoyed them too. I plan to include more over the next year as we continue to celebrate our 50th, so keep your eyes peeled :) –Caitlyn Tompkins, Content Specialist

### VEGAN PRODUCTS

**I shop at your store every week and generally find your selection excellent. I have, however, stopped buy chips and crackers at your store. Many of them contain Dairy products. It is extremely tedious to read through the ingredients of your chips to find ones without dairy. As I cannot spend hours reading through all the ingredients, I have given up altogether. I realize that you might not want to have a separate section for Vegan chips. But, I would like to know that shopping for chips at your store (and also crackers and other snacks) can be quite frustrating... so I have given up altogether. This amounts to an expenditure of about \$20 per week, \$1080 per year not spent at your store. I have not substituted these purchase with other items at your store. Instead, I am ordering dairy free snacks online. Using the keyword "Vegan" online is much faster than trying to read through the tiny print ingredients at your store.**

Thank you for being an Owner and loyal Willy Street Co-op shopper! I appreciate you taking the time to write us and let us know that you have stopped buying chips, snacks, and crackers at Willy East, because of their tendency to contain dairy ingredients. Most chips and snacks do not contain any dairy ingredients, but occasionally some brands use them. It would take a lot of staff time to separate products out by their ingredients and we do not have the resources to do so. Manufacturers will often change ingredients, so it gets tricky to track them. Even our distributor's product ingredients lists online are not always accurate. The only way to be certain of what is included in the package is to read the ingredients labels. Allergens are usually listed in larger bold font to call them out. I appreciate you reaching out and sharing your thoughts with us!! It is always good to know what folks are looking for in our stores. Have an awesome day! –Dean Kallas, Grocery Category Manager

*Editor note:* You could also go to our online store - shop.willystreet.coop - go to the applicable category, and choose "vegan." A search for vegan crackers brought up 31 options! This is not a comprehensive list and this product list is tied to Willy North specifically, but it's a helpful tool. If you were shopping at Willy East or Willy West, it would be worth a call to confirm that that store also carries a specific product you find.

### WATER REFILL STATIONS

**Water refill stations are very messy. 1) The faucets are unfocused, lean to one side and drip alot. 2) Stop buttons are not immediate 3) 1 gallon buttons may keep on going after 1 gallon is done. Fix them.**

Thank you for writing in with your concern.

Have a comment or request you would like to share?

We would love to hear from you!



www.willystreet.coop/contact-us

JANUARY 8



Owners Take **15% OFF**

wellness & bodycare items instead of the usual 10%!



FIND YOUR WELLNESS

**LOCALLY GROWING FOR 50 YEARS**  
willy street co-op



We're celebrating **50** years of locally growing beginning October 24, so you'll see these "50" logos a lot over the next 12 months! We'll use them to highlight some extra events, giveaways, and historical information.



**WE CAN CUT CABBAGE**  
Just want half?  
Ask a Staff Member.  
willy street co-op



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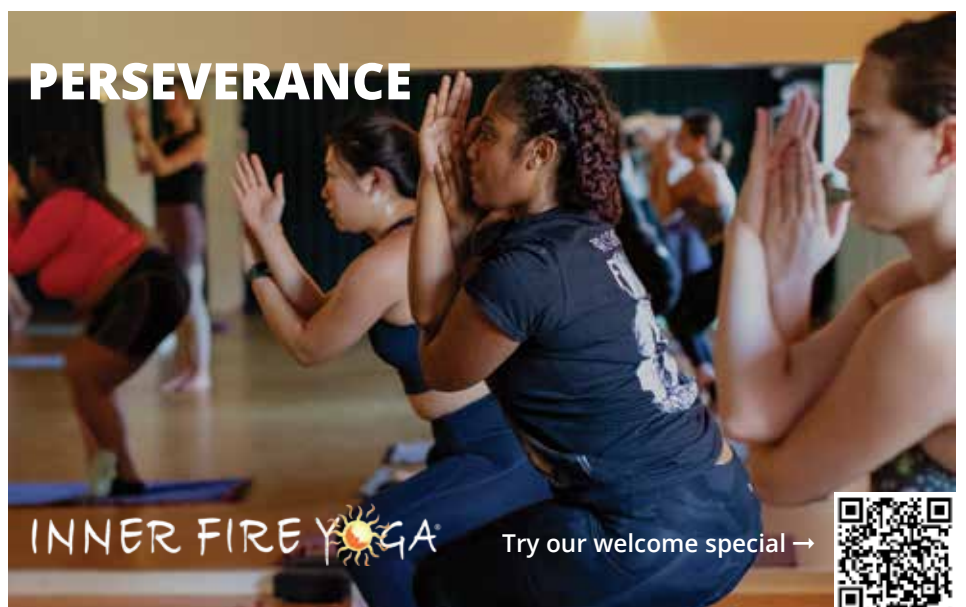
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BY ANYA FIRSZT,  
GENERAL MANAGER

**H**ello dear Owners,  
Happy New Year! 2025 has officially arrived. The amount of daylight is growing by the second since the winter solstice. The weather is unpredictable as ever.

Even though this is an odd-numbered year, make it a good one!

### FIND YOUR WELLNESS AT THE CO-OP

Wellness Wednesday is on January 8 this month because we're closed on the first Wednesday of the month. As an additional treat to our Owners, we're offering a 15% discount this month on your health and wellness purchases.

If you are one for making a New Year's resolution and your goal or promise is to learn a new skill this year, you might want to consider taking a class at the Co-op. We offer cooking classes, as well as meditation, nutrition, and yoga classes at the Co-op. If making dietary changes is what you're looking for, we have you covered.

You can look forward to extra special Owner sales the second week of January—you can find some of them on page 21 of this issue.

### COMMUNITY REINVESTMENT FUND

It's that time of year when we look forward to receiving proposals for the

Community Reinvestment Fund annual granting cycle. The deadline for submitting applications is January 31.

This year the Co-op will award \$65,000 in grant money to selected recipients. And, an additional \$20,000 for up to two recipients has been designated specifically for larger capital purchases/investments to support our local food system.

As a reminder, these grants are paid for by using abandoned and donated equity. (Equity is the investment made when Owners join our Co-op.) These funds are deposited at a separate foundation, held in our name, and withdrawn to support qualified 501(c)3 nonprofits and cooperatives incorporated under Wis. Statute 185.

### 2018 OWNER BONDS

In 2018, we asked Owners to support our Willy West expansion. Borrowing money from Owners has been a long-standing tradition for our Co-op and one of the key ways we have financed property acquisition and expansions. For those Owners who purchased a seven-year bond in 2018, the Co-op will be issuing repayment of \$295,000 in bonds plus interest beginning in late January and early February. Thank you, dear Owners, for helping to make that remodel and expansion project a reality.

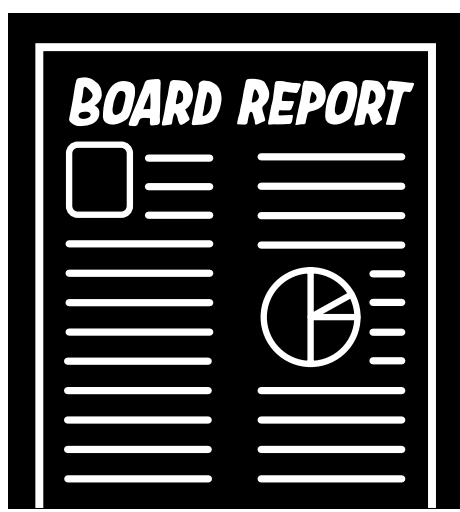
### FY2024 ANNUAL REPORT

The FY2024 Annual Report was sent out last month to Owners either by printed copy or electronically. If you missed it, you can check out the report on our website here: <https://www.willystreet.coop/FY24-annual-report.pdf>

### STORES ARE CLOSED:

January 1 (New Year's Day)

All the best to you in this new year,  
Anya



BY GIGI GODWIN,  
BOARD MEMBER

**H**ello Co-op Owners! I'm very happy to introduce our second newest Board Member, Dan Streit. Dan is also the newest addition to the Board's Policy Committee. I asked

Dan some questions in order for Owners to get to know him and to get a feel for why he decided to run for the Co-op's Board of Directors.

### WHAT WAS YOUR FIRST MEMORY OF WILLY STREET CO-OP?

I am a West-sider. While I had known about the Co-op for a long time, I had only visited it a few times. After Willy Street Co-op-West opened, I recall venturing into the store to check it out and immediately appreciating how different it felt from the big grocery stores where I had been shopping since returning to Madison as an adult. I loved the sense of community that I felt, and how prominently the Co-op features more sustainably grown foods.

### HOW DID YOU FIRST LEARN ABOUT COOPERATIVES, AND WHAT WAS THE FIRST CO-OP YOU JOINED?

Before moving to Madison, we (my wife Jen and I) lived in St. Paul, Minnesota. We were fortunate that Mississippi Market Co-op was fairly nearby. Mississippi Market was the first co-op that I joined, and it was also my introduction to co-ops.

### HOW WOULD YOU DESCRIBE THE CO-OP TO SOMEONE WHO HAS NEVER BEEN AN OWNER OR TO A POTENTIAL NEW OWNER?

The delicious foods, the atmosphere, and the sense of community at the Co-op transform getting groceries from a chore into something that I look forward to doing. Come check it out!

### WHAT ARE YOUR TOP THREE FAVORITE WILLY STREET CO-OP FOODS?

Sassy Cow milk, Meadowlark Organics flour and oats, and all of the delicious varieties of local apples.

### DO YOU HAVE ANY FAVORITE FOOD TRADITIONS?

Lots of them! One favorite is that on Christmas Eve, I bake stollen, which my family shares on Christmas morning. Stollen is a German braided sweet bread that is filled with nuts and candied fruit. Somewhat different variations of stollen were passed down to me through each of my parents. The recipe that I like to make is a mix of the two versions.

### BESIDES BEING A WILLY STREET CO-OP BOARD MEMBER, WHAT ELSE DO YOU LIKE TO DO WITH YOUR TIME?

I love being a dad and a husband! I am the sole non-musician in my family, which means that I am the beneficiary of being surrounded by beautiful music. I am also passionate about my work as a Senior Researcher at Slipstream. (Slipstream is a non-profit with a mission and motto to "Accelerate Climate Solutions for Everyone.") In my free time I enjoy running, biking, and baking bread.

### WHAT ARE YOU MOST EXCITED ABOUT BEING A NEW BOARD MEMBER, AND WHAT DO YOU SEE AS THE BIGGEST OPPORTUNITIES AND CHALLENGES THE CO-OP WILL FACE OVER THE NEXT FEW YEARS?

I believe that developing local food systems is an essential component of making our society and our economy more sustainable. The Madison area has a rich and vibrant local food web, and the Co-op is already a vital piece of that network. I am excited to explore how the Co-op can build on this success to both further support local producers and to help more people in our community connect with this local food web.

### IS THERE ANYTHING ELSE YOU'D LIKE OUR OWNERS TO KNOW?

Thanks for the opportunity to serve on the Board! And please say "Hi" when you see me at the Co-op!



## COMMUNITY REINVESTMENT FUND GRANTS AVAILABLE

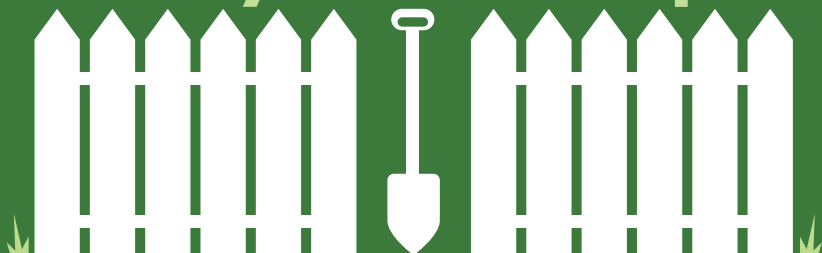
Since 1992, the Community Reinvestment Fund (CRF) has provided \$588,500 in grants to local nonprofits and cooperatives to support developmental and educational projects for our community.

This year, \$65,000 is available for CRF grants, with an additional \$20,000 in grants targeted for local food system/farming-specific projects for capital equipment or investments that uplift a community.

For more information and to complete the grant application, please see [willystreet.coop/CRF](https://willystreet.coop/CRF). The deadline for applications is January 31, 2025.



willy street co-op



Community Reinvestment Fund

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](https://willystreet.coop/emails)





### PÂTE À CHOUX: SWEET AND SAVORY RECIPES

Location: Aubergine, 1226 Williamson St. Wednesday, February 19, 6:00pm–8:00pm

Location: Willy West Community Room Tuesday, February 25, 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

Pâte à choux is a delicate dough used in many types of pastry, and we'll try out a few. On the menu: Savory baked gougères, cheesy little puffs flavored with Wisconsin-made gruyère; delicious fried crab puffs, golden brown and crispy, great for parties; French-style beignets, covered in powdered sugar when they're still hot from the oil; and last but not least, we will all have a turn at that Wisconsin State Fair staple and fill our own cream puffs. Don't let the fancy French words fool you, you too can pâte à choux! Recipes contain: milk, eggs, wheat, and shellfish. Demonstration with limited hands-on opportunities.

### SOURDOUGH FROM START TO FINISH

Location: Aubergine, 1226 Williamson St. Wednesday, February 26, 5:30pm–8:00pm

Ages: 12+; adult supervision required  
Instructor: Linda Conroy  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 20

Learn to make sourdough bread from start to finish! We will prepare a starter that each person will take home. Participants will prepare their own loaf of bread to take home, rise, and bake. Bring a loaf pan and a towel to wrap your loaf in to take home. The Instructor will have dough prepared and offer a visual for each stage of the bread-making process. Recipes and resources will be provided. Recipes contain: wheat. Hands-on.



### FIRE CIDER: A SPICY WINTER WELLNESS TREAT

Location: Willy West Community Room Wednesday, January 15, 6:00pm–8:00pm

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

Join Kirsten Landsverk to learn about the uses of fire cider, making fire cider, and how to tailor it to your personal household's liking. Everyone will leave with a jar of fire cider to take home. Demonstration and hands-on.

### LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Aubergine, 1226 Williamson St. Thursday, January 23, 6:00pm–8:00pm

Location: Willy West Community Room Thursday, January 30, 6:00pm–8:00pm  
Ages: 18+

Your Co-op's Own: Paul Tseng  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 8

Chef Paul's own experience cutting himself in the kitchen prompted him to share his knowledge to help others prevent such accidents. Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices, and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with. Hands-on.



### SPROUTS: EGGIE BREAKFAST BASICS

Location: Willy West Community Room Tuesday, January 14, 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

Come out of your shell for the basics of egg cooking, and explore some of the 101 ways to cook 'em, including eggy in a basket, an egg-cellent frittata, and battered French toast?! Will Chef Mike crack under pressure? Flock to the coop, I mean, Co-op, to find out! (Bonus: dozens of eggs-traordinary puns!) Recipes include: milk, eggs, and wheat. Hands-on.

### SPROUTS: SLIDERS

Location: Aubergine, 1226 Williamson St. Thursday, January 16, 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

Join Chef Mike and the Sprouts to make good things to put on a roll. We'll make veggie burgers and sloppy joes, and we'll even make a burger out of a big ol' portabella mushroom. Recipes include eggs, wheat, and soy. Hands-on.

### SPROUTS: FOOD FROM FILMS

Location: Willy West Community Room Tuesday, January 21, 4:00pm–5:00pm

Location: Aubergine, 1226 Williamson St. Thursday, February 20, 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

Creamy and crispy spinach puffs, hearty and rich ratatouille, and hot and sweet beignets sounds like a good 3 course meal, but they're also 3 foods made famous in movies. Do you know which ones? Sign up for this one and find out! Recipes include: milk, eggs, wheat, and soy. Hands-on

### SPROUTS: SUPER SOUPS

Location: Willy West Community Room Tuesday, January 28, 4:00pm–5:00pm

Ages: 9–12; adult supervision not required  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10

Baby, it's cold outside! Warm things up inside with some tasty soups that we'll make together including classic chicken and dumplings, hearty veggie with alphabet noodles, and then we'll put our heads together and make something up with items we have on hand in the kitchen. Recipes include: milk, eggs, and wheat. Hands-on.

### SPROUTS: HOT DRINKS FOR COOL KIDS

Location: Aubergine, 1226 Williamson St. Thursday, February 6, 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

Mulled apple cider, hot chocolate from scratch, and warm pumpkin spice milk steamers! We'll bake some sugar cookies to go with, and try our hand at homemade marshmallows. Recipes include: milk and soy. Hands-on.



### NUTRITION TO BUILD MUSCLE

Location: Zoom Wednesday, January 15, 12:00pm–1:00pm

Instructor: Katy Wallace, ND  
Fee: Free; registration required  
Capacity: 50

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

### BALANCING BLOOD PRESSURE

Location: Zoom Tuesday, February 11, 12:00pm–1:00pm

Instructor: Katy Wallace, ND  
Fee: Free; registration required  
Capacity: 50

To succeed in lowering blood pressure naturally, it helps to combine proper dietary changes with natural supplements and activities. Join Katy Wallace, Naturopathic Doctor, of Human Nature, LLC, in a presentation of multiple ways to lower blood pressure.

*Classes provided by Willy Street Co-op are not designed to and do 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.*



### MINDFUL MOMENT: GUIDED GROUP MEDITATION

Location: Aubergine, 1226 Williamson St. Tuesday, January 28, 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.

### FULL MOON SELF-LOVE MEDITATION CIRCLE

Location: Aubergine, 1226 Williamson St. Monday, February 17, 6:00pm–7:00pm

Ages: 18+  
Instructor: Mourning Dove  
Fee: \$20 for Owners; \$30 for non-owners  
Capacity: 12

Spend time in kind-hearted community this Valentine's season to reflect, share, set intention, and get comfy and cozy for a self-love meditation with mini sound bath. Please bring a notebook, extra blankets or pillows, and anything that will make you feel more safe, comfy, and special. Herbal tea, mats, and bolsters provided. Please include accessibility needs, accommodation requests, and preferences at registration. Pj's welcome!

### 45-MINUTE INDIVIDUAL NUTRITION CONSULTATIONS

Location: Aubergine, 1226 Williamson St. Location: Willy West Community Room

Wednesday, January 8, 1:30pm–4:45pm  
Location: Zoom

Wednesday, January 22, 1:30pm–4:45pm  
Wednesday, February 12, 2:15pm–5:30pm

Fee: \$55 for Owners; \$90 for non-owners

An individual nutrition consultation is your opportunity to learn how the correct food choices for your body can enhance your well-being. A one-on-one session with Katy Wallace of Human Nature includes a 45-minute consultation regarding your health goals, as well as lifestyle and food choice suggestions geared toward addressing health goals and developing sustainable change.

Appointments are confirmed upon payment. Payment is due at the time of scheduling; otherwise, the appointment will be released to other interested parties. Payment is non-refundable and non-transferable unless notice of cancellation or rescheduling is provided seven (7) or more days prior.

To register for the next available opening, email [info@humannaturellc.com](mailto:info@humannaturellc.com) or call 608-301-9961.





### THRIFTY COOKING: MAKING THE MOST OF A ROTISSERIE CHICKEN

Location: Willy West Community Room  
Thursday, January 9, 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

Chef Mike will show you some ways to get the most out of that rotisserie chicken by making it into different meals like chicken salad for lunch, and tasty chicken with dumplings soup. Recipes contain: milk, wheat, and eggs. Demonstration with limited hands-on opportunities.

### COOKING WITH CHEF PAUL: RICE MANY WAYS

Location: Lakeview Library  
Thursday, January 9, 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 wide world of rice! The versatile sweet rice can be turned into all kinds of savory, sweet, or vegan dishes, including mochi. Recipes contain: sesame. Register at <https://www.madisonpubliclibrary.org/events>. Registration will open two weeks prior to the program date on December 26.

### CULTURE AND CUISINE OF LOUISIANA: CRAWFISH

Location: Aubergine, 1226 Williamson St.  
Tuesday, January 14, 6:00pm–8:00pm  
Ages: 13+, adult supervision required  
Instructor: Steffry Langham  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 12

We will explore the history, culture, and foods that made Louisiana a true melting pot. We will go by ingredients and/or culture sampling foods that contributed to the main dish of the state, Gumbo. Join Steffry to discuss the traditions and history that make Louisiana what it is today. On the menu: Crawfish Bread, Crawfish Etouffee, and Crawfish Monica. Everyone will make a packet of Etouffee seasoning to take home as well!

Laissez les bon temps rouler. Recipes contain: milk, eggs, and shellfish. Demonstration with limited hands-on opportunities.

### COOKING WITH CHEF PAUL: SCHNITZEL AND ROULADES

Location: Willy West Community Room  
Thursday, January 16, 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

Learn how to make roulades with chicken and pork. In this class we will roll with the punches while Chef Paul teaches the technique to butterfly and thin the proteins, make herb and pesto fillings, how to season, fry, and finish with a sauce. Recipes contain: wheat and egg. Demonstration only.

### JORDANIAN MEZZE

Location: Aubergine, 1226 Williamson St.

Tuesday, January 21, 6:00pm–8:00pm  
Location: Willy West Community Room  
Wednesday, February 26, 6:00pm–8:00pm  
Ages: 16+; adult supervision not required  
Instructor: Sharon Long  
Fee: \$40 for Owners; \$50 for non-owners  
Capacity: 12

Mezze is the Jordanian version of tapas and typically consists of three dishes. In this class, Sharon will discuss traditional Jordanian culture and dishes, and you will assist in preparing moutabel (a smoked eggplant dish), manakeesh (Jordanian flatbread with za'atar), and umm' ali (the Jordanian national dessert made with fruit and nuts). Plus you'll take home za'atar from Amman to use at home! Recipes contain: milk, tree nuts, and wheat. Vegetarian. Full hands-on participation.

### WINTER WARMERS: CO-OP COMFORT FOOD

Location: Aubergine, 1226 Williamson St.  
Tuesday, February 4, 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

Learn a few of the Co-op's favorite comfort foods to cook at home, and save yourself a trip out into the cold! Willy Hot Dish? Add this hot bar rock star to your repertoire. How about Sierra Madre chicken enchiladas? Easy and convenient any time of the year. Finally, we'll discover the surprise ingredients of the cheesiest macaroni on Willy Street and finish it in the oven for a crispy gratin topping. Recipes contain: milk, wheat, and eggs. Demonstration with limited hands-on opportunities.

### WINTER WARMERS: FRENCH COUNTRY COMFORT

Location: Willy West Community Room  
Wednesday, February 5, 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

We'll be making a classic cassoulet with beans, sausage, and pork. Next on the menu, we'll layer thin slices of potato with hot garlic- and herb-infused cream to make potato gratin far superior to that stuff that comes in a box. Finally, confit byaldi, the dish Thomas Keller developed while working as the food consultant on the Pixar film *Ratatouille*. Recipes contain: milk. Demonstration with limited hands-on opportunities.

### ELEMENTS OF GUMBO: CREOLES AND TOMATOES

Location: Aubergine, 1226 Williamson St.  
Tuesday, February 11, 6:00pm–8:00pm  
Ages: 13+, adult supervision required  
Instructor: Steffry Langham  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 12

We will explore the history, culture, and foods that made Louisiana a true melting pot. We will go by ingredients and/or culture sampling foods that contributed to the main dish of the state, Gumbo. Join Steffry to discuss the traditions and history that make Louisiana what it is today. On the menu: Creole Sauce, Creole Scallops, and Tomato Pie. Everyone will make a packet of Creole seasoning to take home as well! Laissez les bon temps rouler. Recipes contain: milk, eggs, and shellfish. Demonstration with limited hands-on opportunities.

# CO-OP CLASS CALENDAR

## Learn more about Sean Phillips— Willy Street Co-op's Meditation Coach



Rounding Edges offers personalized coaching, group meditation sessions, and corporate wellness programs to promote stress reduction and well-being. Founded by Sean, a UW-Madison neurobiology graduate with a background in medical school and mindfulness studies, Rounding Edges combines evidence-based practices with diverse meditation techniques to create customized, client-centered programs.

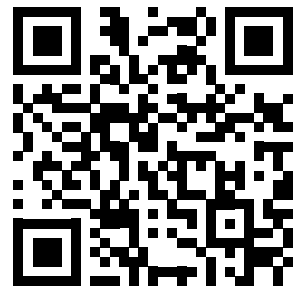
See Sean's current class offerings on page 6 or at <https://www.willystreet.coop/events/>

Learn more about Sean at <https://www.roundingedges.com/>



Scan the QR code to register for classes and check out our refund policy

or go to [www.willystreet.coop/events](http://www.willystreet.coop/events)



LOOKING FOR A SPACE TO HOST YOUR NEXT GET-TOGETHER, BIRTHDAY PARTY, BOOK CLUB, MEETING, WORKSHOP OR ANY OTHER FUN IDEA YOU MAY BE ENVISIONING?

THE CO-OP COMMUNITY SPACES HAVE YOU COVERED!

CHECK OUT BOTH AUBERGINE AND WILLY WEST COMMUNITY ROOM FEATURES AND PRICING AT: [WWW.WILLYSTREET.COOP/COMMUNITY-SPACES](http://WWW.WILLYSTREET.COOP/COMMUNITY-SPACES)



willy street co-op

## CUSTOMER EXPERIENCE NEWS

BY: KRISTINA KUPHAUPT,  
CUSTOMER EXPERIENCE  
MANAGER



### ACHIEVE YOUR NEW YEAR WELLNESS POTENTIAL WITH CO-OP OFFERINGS

As the New Year is upon us we have the opportunity to reevaluate our patterns to see if they still serve us. It is also a time to consider trying something new to help achieve our holistic wellness goals. Your Co-op is known in our community to be dedicated to bringing you high-nutrition wellness options, but we are also here for other aspects of wellness too.

Many of you may have already tried some of our fun and educational cooking classes both in our Willy West Community Room, in addition to our new Eastside community space, Aubergine; however, did you know of our wellness-based classes? They provide some great information and practices to consider—from Linda Conroy's classes on how to use herbs for holistic wellness, Kirsten Landsverk's classes on how to make syrups, oils, salves, and fire cider to Katy Wallace's free virtual lectures on how to help reduce many body ailments naturally, and Rounding Edges meditation class to promote stress reduction. In addition to these offerings, we offer yoga classes taught by Mourning Dove. If you have not taken a yoga class in some time, I would recommend you try out this series. Personally, I am not well-versed in yoga stretches and have felt not part of the group when I did try more traditional yoga classes in past years. However, when I saw and experienced Mourning Dove's classes my view was forever changed! Her approach is very inclusive and for all body types and abilities. It is a wonderful way to relax from a tough day and let your pressures take a pause for a bit of time. If you are intrigued, please check out Mourning Dove's spotlight below in addition to her instructor video at [www.willystreet.coop/class-instructors](https://www.willystreet.coop/class-instructors) to get to know her better. It is a great way to reconnect and realign your physical and mental wellness throughout the year. Her next class on February 17 features a Full Moon Self-Love Meditation Circle, and March 24th highlights both Safe(r) & Sound Self-Care Circle and Self-Care Circle with Gentle Yoga. For this and other class information, please visit: <https://willystreet.coop/events>

Finally, if you are looking to kick-start your cooking at home, always feel free to check out our Recipe section on our website (<https://www.willystreet.coop/recipes>) where you can sort recipes by certain dietary restrictions. This could help kick-start your grocery list in the new year with foods that maybe you have not tried yet. Let the wellness adventure begin!

#### Categories

- Entree (424) [+]
- Side Dishes (170) [+]
- Salads (109)
- Baked goods (101) [+]
- Desserts (68)
- Soups (68) [+]
- Appetizers (66) [+]
- Beverages (25) [+]

#### Diets

- Vegetarian (168)
- Dairy-free (125)
- Gluten-free (106)
- Egg-free (99)
- Corn-free (90)
- Soy-free (87)
- Vegan (81)
- Wheat-free (67)
- Celiac (60)
- Nut sensitivity (57)
- Lacto-vegetarian (21)
- Ovo-vegetarian (13)
- High Fiber (12)
- Healthy (4)
- Low Fat (2)
- Low or No Sugar (2)
- Raw (2)
- Low Sodium (1)

### QUESTIONS WITH MOURNING DOVE

**KRISTINA:** *What is your connection to Willy Street Co-op?*

**MOURNING DOVE:** I am grateful for all of the roles I've had at Willy Street Co-op—customer, Owner, cashier, front end supervisor, steward, union financial secretary, employee council member, customer service rep, and class instructor. I value the abundance of beautiful local organic produce, the community outreach, and of course, all of the people. The Co-op has a special place in my heart now and always.

**K:** *What inspired you to teach wellness classes?*

**MD:** I used to struggle with powerful emotions, trauma responses, and navigating my place in the world until I realized that everything I was searching for externally to fill what I thought was missing or fix what I thought was broken was already waiting for me inside. Prioritizing self-care and deepening that inner relationship radically changed how I navigate the intensities of life, take care of myself, and show up for others. And the more I love/understand/accept myself, the more I am able to love/understand/

accept everyone. From very early on, I have felt a powerful call to share and hold space for others to do the same. I know what it's like to feel uncomfortable, unsupported, or unsafe in class settings, and I strive to give others a better experience. As I continue to traverse my own journey, I feel blessed to connect with others on theirs.

**K:** *How do your classes differ from many yoga and wellness classes available to our community?*

**MD:** There are so many wonderful teachers and classes in the community! My offerings all revolve around fostering a kind relationship with yourself, and in every class, I emphasize taking only what resonates. It's important for each person to know that it's THEIR practice, and I'm only here to be a guide. I customize each session to the individuals who attend, and the energy of the group that day. I encourage exploration and agency for folks to honor their own body, unique mind, energy, and feelings in any given moment. We don't all have to be doing the same thing in the same way—and we really shouldn't be. I provide seating options, props, bolsters, and designate some of my classes as masks-required to include our immunocompromised community members and those who feel more comfortable in that environment. I even have a stash of notebooks and comfort items just in case they're needed.

**K:** *There has been a positive societal shift to prioritize mental wellness in the past several years. How do you feel wellness classes impact other areas of our wellbeing, including nutrition?*

**MD:** Prioritizing self-care, dedicating time to go inward, and tending to the

parts of us that need our attention brings us in a more heart-centered and balanced state. From that place, there is more clarity and internal support for making choices in other areas of our lives. It also leads to more grace and self-compassion around the choices we did make, so we can release unproductive mindsets that cause feelings of shame or create unrealistic expectations. There is nothing quite like feeling internally supported.

**K:** *If someone is new to yoga and wellness classes, what tips would you give them to feel comfortable in that environment and consider trying your classes in 2025?*

**MD:** I think the most important thing to remember is that it is YOUR practice. All teachers and facilitators have beautiful things to share with you from their own experiences, but you are unique, and your inner journey gets to reflect that! We all have our own needs, lived experiences, pains, values, relationships to our bodies, triggers, abilities, words we resonate with, and things that make us feel safe and comfortable. When we honor those differences in ourselves and integrate them into our practices, our self-care journey unfolds in a whole new way.

Use all the props, take up space, don't force anything, trust your experience, and be curious. You're getting to know yourself on a new and deeper level. Believe in what is possible.

If you'd like to attend one of my classes, I genuinely would love to have you. There is space when you register to share your preferences and needs, and I will put effort into making you feel welcome and comfortable. I hope to share space with you soon.



**GO TO PAGE 6 OR [HTTPS://WWW.WILLYSTREET.COOP/EVENTS/](https://www.willystreet.coop/events/) TO LEARN MORE ABOUT MOURNING DOVE'S CLASSES.**







**TOFU CABBAGE WITH SPICY PEANUT SAUCE**



**COCONUT MASHED SWEET POTATO**

# Winter

**AT YOUR CO-OP**



**CHICKEN NOODLE SOUP**



**WHEATBERRY SALAD**



**CABBAGE BORSCHT**



**BROCCOLI CHEDDAR POT PIE**

*Winter menu available beginning January 6, 2025.*

# JANUARY CITRUS REPORT

BY: ANDY JOHNSTON,  
PRODUCE CATEGORY  
MANAGER



I hope you were all able to enjoy the holiday season and are looking forward to the new year! I know that's not always easy. Politically, there are some big changes on the horizon. It's also January: it's dark most of the day, and it's freezing cold. It can often be challenging to keep ourselves motivated and stay positive.

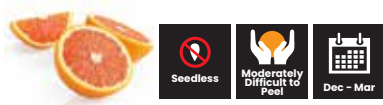
Fortunately, January is peak citrus season! The fruit has had time on the tree to develop its flavor and sugars, there's a range of varieties available, and quality is at its best. It's one of my favorite seasons in the Produce department. Every day we're getting fresh citrus shipments from our distributors, who work with a number of growers in California's Central Valley, coastal, and desert regions to bring us the best organically grown citrus. We check each box and sample a piece of each variety that's arriving. We want to know what's really good so we can help you choose the citrus that's right for you!

We all know that citrus is good for us. Most of us subconsciously associate vitamin C with citrus. Citrus is also packed with fiber, flavonoids, and carotenoids that help support health from your head to your toes! Incorporating citrus into your diet is a great way to help maintain your health and put some pep in your step through the winter months.

And of course, there's the bright colors and great flavors to help pick up your spirits! You've got the Texas-Rio Star grapefruit: sweet and juicy, full of grapefruit flavor, with just a bit of that old school grapefruit burn to slightly numb the lips. Cara cara oranges are a little sweet, a little tart, with a slightly effervescent mouth feel. And then there's the kumquat: tiny and mighty. It's citrus dynamite! One of my favorites is the Minneola tangelo from Buck Brand Citrus. They're huge on the sweet-tart flavor combo, and jammin' with juice!

There are so many options with a range of flavors to choose from. You can try several different varieties every week of the month! They'll brighten your mood, and help beat those winter blues!

Check out our Citrus Guide and get your new year off to a great start!



## Cara Cara Navel Orange

Beautiful pink flesh with less acid, more sweetness, and a complex, delicate flavor with hints of blackberry or cranberry.



## Kishu Mandarin

Very small and very sweet mandarin. One of our favorites!



## Kumquat

Bitter sweet rind with flesh that's exceptionally tart and juicy.



## Valencia Orange

Sweet and juicy with classic orange flavor.



## Mandarinquat

Sweet rind, with tart, mandarin flavored flesh.



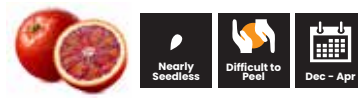
## Melogold Grapefruit

Very juicy with a mild sweet, subtly tart flavor.



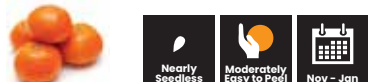
## Meyer Lemon

Sweeter and more complex than common lemons. Use in any recipe that calls for fresh lemon.



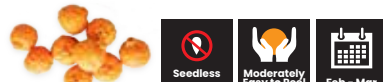
## Blood Orange

Intense dark red flesh. Sweet/tart with hints of berry flavor.



## Clementine Mandarin

Firm texture with a very sweet, rich flavor.



## Gold Nugget Mandarin

Small mandarin with a rich, complex, and sweet flavor.



## Navel Orange

Classic, sweet orange flavor.



## Minneola Tangelo

Juicy, with a nice blend of rich grapefruit and tangerine flavors.



## Murcott Tangerine

Exceptionally rich, sweet, and juicy.



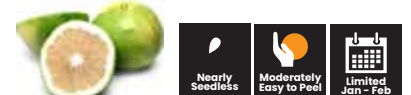
## TDE Triple Cross Tangerine

Firm flesh with a wonderful sweet/tart balance.



## Buddha's Hand Citron

Extremely fragrant peel that is used to infuse spirits and in baking—similar to lemon peel.



## Oro Blanco Grapefruit

Delicately sweet flavor with a floral aroma and no bitterness.



## Page Mandarin

Juicy and sweet with classic mandarin flavor.



## Pixie Mandarin

Small and exceptionally sweet, with a complexity of flavor that's unrivaled.



## Pomelo

Thick, aromatic skin with sweet, mild flesh that lacks the bitterness of grapefruit.



## Rio Star Grapefruit

Exceptionally sweet and juicy with a beautiful red color and almost no bitter flavor.



## Satsuma Mandarin

Sweet/tart with wonderfully soft juicy flesh.



## Seville Sour Orange

Very sour. Typically used in marmalade and savory dishes as one would use lemons or limes.

# 2025 CITRUS GUIDE



**BY: MELISSA REISS,  
PURCHASING  
ASSISTANT**



### MIDWEST JUICERY

Since our own line of Willy Street Co-op juice ceased production, we decided to bring in this relative newcomer to the fresh juice world. Midwest Juicery is 100% organic, cold-pressed raw juice that is pressed in Michigan and further processed and bottled in Wisconsin.

Partnering with several doctors and registered dietitians, Midwest Juicery has crafted their vegetable-forward beverages that are low in sugar for a great balance between delicious and healthy. They are the first and only juice Whole30 Approved® (see whole30.com).

Their 12 Shots Ginger and 12 Shots Turmeric are—you guessed it—12 shots in one bottle. Each bottle of this first-to-market wellness shot is clearly marked off, one ounce at a time, so you can get your daily boost while also reducing waste and saving money.

Shop the rest of their bright array of bevies—from All Greens Everything, to Beets by Midwest, to 4 Carrot Gold—at all Willy Street locations.

For more information, see <https://midwestjuicery.com>.



### ORGANIC GIRL SALADS

Since 2007, Organic Girl set out to change the salad greens industry, dedicating themselves to finding better ways to grow, package and deliver a wide variety of premium greens full of flavor and loaded with personality. All of their products are 100% Certified organic since day one. The greens are triple-washed so you can enjoy right out of the package—which is made of 100% recycled plastic and ready to be recycled!

For more information, see <https://iloveorganicgirl.com>.



### ZIA TORTILLA TORTILLA CHIPS

Colorado-based Zia Tortilla makes their Nixtamal Tortilla Chips with just three locally sourced (to them) ingredients: Non-GMO southwest Colorado corn, Redmond Real Salt from central Utah, and sunflower oil from Lamar, Colorado. No preservatives, gum, or paste additives here!

Most corn tortillas (and chips) in the US are made using corn flour. Zia's chips are produced using the ancient, traditional process of nixtamalization, starting with local, whole, non-GMO corn sourced locally to them.

Nixtamalization is an ancient process that involves soaking and cooking the corn in ash, mineral lime, or calcium to remove the outer cover from the kernel. This reduces mycotoxins by 97-100%, increases the bioavailability of amino acids, produces bio-available niacin, and enhances the absorption of key minerals when digested. Nixtamalization also improves the texture, aroma, and most importantly, flavor—yum!

They minimize their carbon footprint by using locally grown, producing the chips in their very own factory, which they focus on small batches to minimize energy and water use. Any waste created during production is composted by our local farmers. This bag is made from natural kraft paper and lined with a compostable film made from annually renewable plants.

For more information, see <https://ziatortillaco.com>.



Kevita  
**Organic Kombucha**  
15.2 fl oz • Save 90¢  
**\$2.59**

Once Again  
**Almond Butter**  
16 oz • Save \$3.00  
**\$9.99**



Cascadian Farm  
**Organic Frozen Fruit**  
28-32 oz • Save \$2.00-\$3.00  
**\$12.99**



**Organic Quinoa**  
bulk • Save 20¢/lb  
**\$2.79/lb**



Midwest Juicery  
**Organic Cold Pressed Juice**  
Select varieties  
12 oz • Save \$2.00  
**\$4.99**



Elmhurst  
**Plant-Based Milk**  
Select varieties  
32 fl oz • Save 80¢  
**\$4.49**



Purely Elizabeth  
**Granola**  
8oz-12 oz • Save \$3.00  
**\$5.49** 

MegaFood  
**MegaFlora Probiotic**  
30 cap • Save \$10.00  
**\$16.99**



Sambazon  
**Organic Frozen Juice Packs**  
4 pk • Save \$1.50  
**\$5.49**



Nordic Naturals  
**Vitamin D3+K2 Gummies**  
60 ct • Save \$7.00  
**\$17.99**



**FIND YOUR WELLNESS**

**JANUARY 1-14**

We are closed on January 1

**coop deals**  
Sales For Everyone!

**Blue Diamond  
Almond Breeze  
Almond Milk**  
32 fl oz • Save \$1.98 on 2  
**2 for \$5**



**Go Macro  
Organic Bars**  
1.8-2.5 oz • Save \$1.98 on 2



**2 for \$5**  

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



**2 for \$5**

**TWO  
FER!**



**Noka  
Organic  
Fruit Smoothies**  
4.22 oz • Save \$1.58 on 2

**2 for \$4**



**Dr. McDougall's  
Soup Cups**  
1.8-3.4 oz • Save \$1.58 on 2

**2 for \$4**



**Just Ice Tea  
Organic  
Iced Tea**  
16 fl oz • Save \$1.58 on 2

**2 for \$4**



**Alter Eco  
Organic Chocolate  
Bars**  
2.65-2.96 oz • Save \$1.29

**\$3.50**

**Wildwood  
Organic Super Firm  
Tofu**

16 oz • Save \$1.00

**\$3.49**

**Upton's  
Bacon Seitan**

5 oz • Save \$1.00

**\$4.49** 



**Siete  
Refried Beans**  
15.5-16 oz • Save \$1.00

**\$2.29** 

**StonyField  
Organic Yogurt**

32 oz • Save \$1.00

**\$3.99**

**Kettle Brand  
Potato Chips**

4.25oz-5 oz • Save \$1.20

**\$2.79**



**Acure  
Shampoo**  
8 fl oz • Save \$2.99

**\$5.00**

**Dr. Bronner's  
All-One  
Toothpaste**

5 oz • Save \$1.80

**\$4.99**

**Annie's  
Macaroni & Cheese**  
Select varieties

5.25-6 oz • Save \$1.99

**\$1.50**



**Siggis  
Icelandic Yogurt**  
4-5.3 oz • Save 54¢

**\$1.25**

**Alkaline Water Co  
Alkaline Water**

1 gal • Save 80¢

**\$3.99**

**Nixie  
Organic  
Sparkling Water**

8 pk • Save \$1.00

**\$4.99**



**Miyoko's Creamery  
Organic Plant-Based  
Cream Cheese**

8 oz • Save \$1.00

**\$4.49**

**Country Life  
Coenzyme  
B-Complex**

120 cap • Save \$10.00

**\$21.99**

**The Humble Co.  
Floss Picks**

50 ct • Save 80¢

**\$2.99**



**Ancient Nutrition  
Multi Collagen  
Protein Powder**

16 oz • Save \$8.00

**\$36.99**

**Jovial  
Organic Brown  
Rice Pasta**

12 oz • Save \$1.30

**\$3.69**

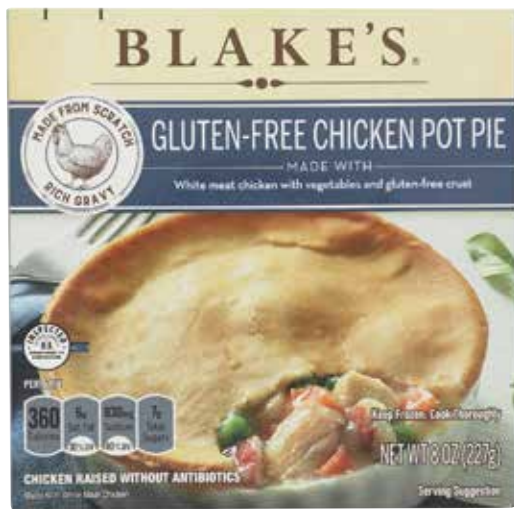
**Bizzy  
Organic Cold  
Brew Coffee**

48 fl oz • Save \$2.00

**\$4.99**



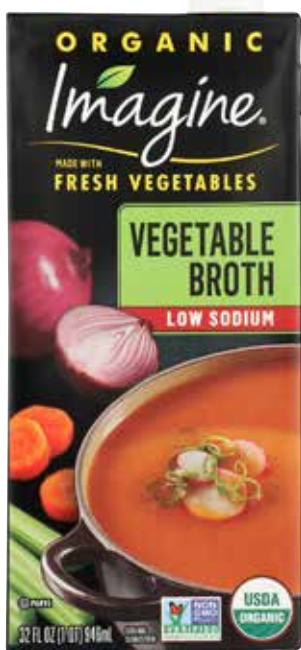
Sales on this page valid January 1-14, 2025.  
All sales subject to availability. Sales quantities limited.



Blake's  
**Gluten-Free  
Chicken  
Pot Pie**

8 oz • Save \$1.29

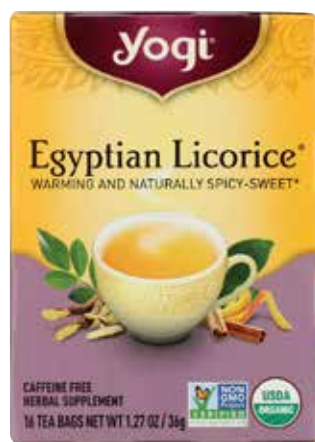
**\$3.50**



Imagine Foods  
**Organic Broth**

32 fl oz • Save \$1.19

**\$3.50**



Yogi Tea  
**Organic Tea**

16 ct • Save \$1.80

**\$3.99**

Bob's Red Mill  
**Organic Quick  
Cooking Whole  
Grain Rolled Oats**

16 oz • Save \$1.00

**\$3.49**



Rishi Tea  
**Organic Masala  
Chai Tea  
Concentrate**

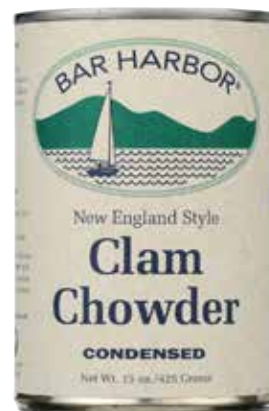
32 fl oz • Save \$1.50

**\$5.99** **L**

Laird  
**Superfood  
Creamer**

16 fl oz • Save 50¢

**\$3.49**



Bar Harbor  
**New England Style  
Clam Chowder**

15 oz • Save 99¢

**\$3.00**

Equal Exchange  
**Organic Hot Cocoa**

12 oz • Save \$2.00

**\$7.99** **i**



Wonderstate Coffee  
**Organic Driftless  
Coffee**

12 oz • Save \$1.50

**\$12.49** **L**

Pacific Foods  
**Organic Soup**

32 fl oz • Save 1.29

**\$4.50**



### Winter Warm Up

JANUARY 15–FEBRUARY 4

**coop deals**  
Sales For Everyone!

**TWO  
FER!**

Solely  
**Organic Fruit  
Jerky**  
.8 oz • Save 98¢ on 2  
**2 for \$3**



Perfect Bar  
**Organic Bars**  
2.3–2.5 oz • Save \$1.98 on 2  
**2 for \$5** **i**



Forage  
**Organic Kombucha**  
12 fl oz • Save 58¢ on 2  
**2 for \$4** **L**



Red's  
**Burritos**  
5 oz • Save \$1.98 on 2  
**2 for \$4**



Muir Glen  
**Organic Tomatoes**  
14.5 oz • Save \$2.98–\$3.58 on 2  
**2 for \$4**



Fillo's  
**Walking Tamales**  
4 oz • Save \$1.58 on 2  
**2 for \$4** **i**



Garden of Eatin'  
**Tortilla Chips**  
16 oz • Save \$2.49  
**\$4.50**

Gaia Herbs  
**Turmeric Supreme  
Extra Strength**  
120 cap • Save \$22.00  
**\$32.99**

Base Culture  
**7 Nut & Seed Bread**  
16 oz • Save \$1.80  
**\$7.49**



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

Brown Cow  
**Yogurt**  
5.3 oz • Save 19¢  
**\$1.00**

Equal Exchange  
**Organic Chocolate  
Bars**  
2.8–3.5 oz • Save \$1.30  
**\$3.99** **i**



Justin's  
**Almond Butter  
Squeeze Pack**  
1.15 oz • Save 49¢  
**\$1.00**

Desert Essence  
**Tea Tree Oil  
Dental Floss**  
1 ea • Save 50¢  
**\$2.99**

simply tera's  
**Organic Whey  
Protein Powder**  
12 oz • Save \$6.00  
**\$24.99** **i**



Jason  
**Body Wash**  
30 fl oz • Save \$3.50  
**\$9.99**

Enzymedica  
**Digest Gold**  
45 cap • Save \$13.00  
**\$19.99**

Made in Nature  
**Organic Dried  
Fruit**  
3–6 oz • Save \$1.30–\$1.50  
**\$4.49**



Near East  
**Couscous Dinner Mix**  
5.4–10 oz • Save \$1.00  
**\$2.29**

Natural Factors  
**Vitamin D3 2000 IU**  
120 ct • Save \$4.00  
**\$6.99**

Giovanni  
**Shampoo**  
8.5 fl oz • Save \$2.00  
**\$6.99** **i**



Lundberg  
**Organic Rice  
Cakes**  
8.5 oz • Save \$1.20  
**\$3.79**

Seventh Generation  
**Disinfecting  
Wipes**  
70 ct • Save \$1.50  
**\$5.99**

Silk  
**Soymilk**  
64 fl oz • Save \$1.00  
**\$4.49**



Sales on this page valid January 15–February 4, 2025.  
All sales subject to availability. Sales quantities limited.

# AN ODE TO WILLY STREET CO-OP JUICE

BY: NICHOLAS OCONNOR, PREPARED FOODS CATEGORY MANAGER



Hello, everyone! With our juice program completely closed now, I thought it would be a good time to publish some of our juice recipes so that if folks have juicers at home they could recreate these for themselves. Additionally, for those who may not have noticed I'm also going to share some fun trivia about our juice names.

## RECIPES

I pulled the sales numbers for our juices over the past year to determine which ones to share. In order of most popular, here are the top five juices. Enjoy!



### INTERESTED IN LEARNING MORE ABOUT MIDWEST JUICERY?

Check out Melissa's write up on page 11 or go to: <https://midwestjuicery.com/>

## #1 TOP SELLING JUICE:



**INGREDIENTS:**  
Wheatgrass, 1 fl oz  
Ginger Juice, 0.5 fl oz  
Lemon Juice, 0.5 fl oz  
Kale, blended then juiced, 0.5 oz  
Apple Juice, 10 fl oz

Net vol. 12 fl oz  
NOTE: Wheatgrass needs its own special juicer, which presses all of the grass together very tightly to extract the juice and we collected this in a shot glass.

## #2 TOP SELLING JUICE:



**INGREDIENTS:**  
Orange Juice, 12 fl oz  
Net vol. 12 fl oz

NOTE: This one is just oranges of course, but it's here because it was our second best selling juice, and thought others might be interested to know that! If you simply cut the orange in half you can hand juice them to get fresh squeezed orange juice, or you can buy a bottle of Natalie's Orchard Orange Juice.

## #3 TOP SELLING JUICE:



**INGREDIENTS:**  
1 part fresh squeezed lemon juice  
1 part juiced ginger  
1 part raw honey  
1 part warm water

Net vol. 12 fl oz  
1. Add the warm water to the honey and mix as you combine to help the honey break up  
2. Add the lemon and ginger to the mixture  
3. Bottle and refrigerate if not using right away. Store for 7 days in the fridge or put in the freezer for a much longer shelf life.

Using the concentrate you can add 4 fl oz of concentrate to 12 fl oz of hot water. Increase the amount of concentrate if you like a stronger potency. Alternatively, you could add the concentrate to 12 fl oz of sparkling water or a Klarbrunn for a Toddy Spritzer.

## #4 TOP SELLING JUICE:



**INGREDIENTS:**  
Lemon Juice, 0.5 fl oz  
Ginger Juice, 1 fl oz  
Orange Juice, 10.5 fl oz

Net vol. 12 fl oz

## #5 TOP SELLING JUICE:



**INGREDIENTS:**  
Kale, blended then juiced 0.8 oz  
Parsley, blended then juiced 0.8 oz  
Apple Juice, 12 fl oz

Net vol. 12 fl oz





## RECOMMENDED SUBSTITUTIONS

I realize that not everyone is going to have the space or ambition to purchase five separate pieces of equipment in order to replicate all of these juices; it's a hefty load. If you want to minimize the amount of juicing you have to do in order to replace one of your favorite juices, then I have a couple substitutions you could make to make it a little easier!

### GINGER JUICE

This juice we used to make as shots, and when isolated by itself you can really tell the difference between how it was juiced. For this, using a centrifugal juicer is critical to bring out that signature spicy flavor, cold-pressing this just doesn't do it right.

If you want to avoid having to juice ginger altogether, you're in luck. While nothing really compares to a freshly juiced ginger shot, we carry a 5 fl oz jar of ginger juice from Ginger People at Willy East and Willy North, so the equivalent of 5 shots. This could be a substitute for you if you're looking to replace the ginger.



### ORANGE JUICE

If you're not interested in buying your own orange juice press, then probably the most comparable orange juice to our Willy Street Co-op Orange Juice would be Natalie's Orchard Island Orange Juice (Formerly Just Pik't).



### APPLE JUICE

Field Day (at all stores) or Fragile Planet (only at Willy East and Willy North) both make a good organic apple juice if you're in need of a base for your juice, but don't want to juice all of the apples.



### LEMON OR LIME JUICE

I would recommend using a hand juicer with a jar attachment. If manually juicing lemons or limes for recipes isn't your thing, we have Lakewood organic lemon or lime juice available in the juice aisle.



## NAME REFERENCES

Perhaps over the years you may have noticed that many of our juices are named after pop culture references. If you've ever wondered, here are some of those references. I've tried to piece together as many as I could, and with the help of some other folks who have been here for a long time, I think I have many of them nailed down.

### APPLE JACK

"Applejack," by Dolly Parton (1977).  
Traditional folk song "Apple Jack."

### GREEN C

"Green Sea," by The Blue Stingrays

### THE O.C.

Actual name: Orange and Carrot  
Alternative theory: TV show The O.C.

Fringe theory: reference to band OSEES sometimes spelled OCS

### POPEYE

Because of Spinach. A nod to the cartoon character Popeye, associated with the old theme song "I'm Popeye the Sailor Man."

### CARIBBEAN QUEEN

"Caribbean Queen (No More Love on the Run)," by Billy Ocean

### SWEET GREENS

"Sweet Dreams," by Eurythmics

### JUST BEET IT

"Beat It," by Michael Jackson

### RISING SUN

"House of the Rising Sun," by The Animals

### BEETNIK

Not a song. Play on "beatnik," which is a reference to the 1950s Beat Generation.

### GREEN ZINGER

Unfortunately, this one doesn't have a clever name.

### HOT TODDY CONCENTRATE

Hot Toddy is a drink; this one is what it is.



DO YOU HAVE A SPOTIFY ACCOUNT?  
IF SO, CHECK OUT OUR JUICE BAR PLAYLIST!



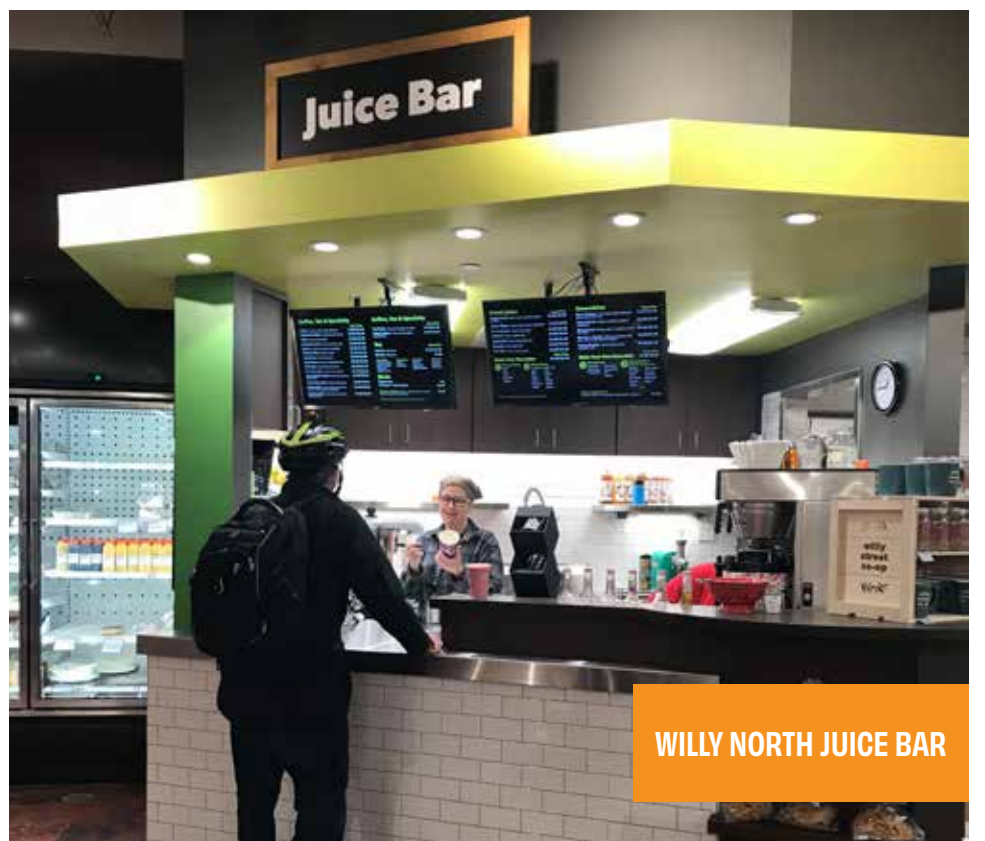
WILLY EAST JUICE BAR  
PRE-REMODEL (2011)



WILLY EAST JUICE BAR  
POST-REMODEL (2015)



WILLY WEST JUICE BAR



WILLY NORTH JUICE BAR

# TOGETHER WE TRANSFORM OUR COMMUNITY

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Thank you for supporting Community Shares of Wisconsin through the Community CHIP® program.

Every time you "CHIP" or round up when checking out at the Willy Street Co-op, 100% of your donation goes to Community Shares of Wisconsin and our member nonprofits.

These local nonprofits work on the causes you care about most including voting rights, healthy food systems, criminal justice reform, housing advocacy, environmental protection, LGBTQ+ rights, and much more.



[communityshares.com](http://communityshares.com)

Photo provided by Common Wealth Development

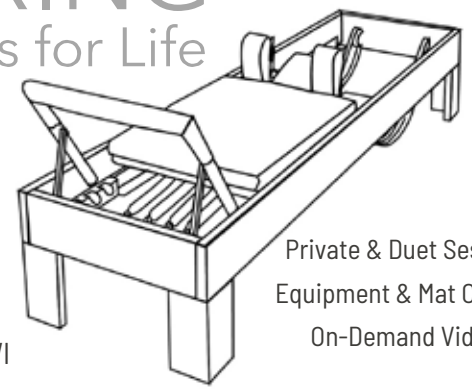
## SAVE THE DATE

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An online day of giving that supports the nearly 70 member nonprofits of Community Shares of Wisconsin.



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## VENDOR SPOTLIGHT: MEISTER CHEESE

BY: MATT NEFF,  
WILLY WEST CHEESE  
COORDINATOR



**A**mong the scenic rolling hillsides of beautiful southwestern Wisconsin stand the offices, manufacturing facilities, and outbuildings of Meister Cheese Company, a fourth-generation family business that has been making cheese since 1916. The fine folks at Meister are Wisconsin cheesemaking heavyweights whose admirable qualities are already well-known to many locals.

But just what is it that makes Meister so unique and so wonderful, you ask? Apart from its obvious, primary mission of producing delicious cheese, Meister sets an excellent example with animal welfare, sustainability, and community environmental responsibility. Meister's Cows First program is a company-designed animal welfare standard that ensures cows receive plentiful stall space, vegetarian feed, no artificial growth hormones, and free access to clean shelter, water, and pasture. The program was set up as the foundation of the company's partnership with the restaurant chain Chipotle, for whom Meister supplies cheese nationally.

The crew at Meister are also the cool kids for the measures they have taken to mitigate their own environmental impact. In the process of extracting curds, cheesemaking generates a massive amount of whey. Meister established an adjacent whey-processing company (Muscodia Protein Products) in the early 1980s to process and dry whey protein concentrate and lactose, an innovative move at the time that alleviated the need to truck off the whey for disposal.

Even more impressively, in 2017 Meister invested in the construction of an onsite anaerobic wastewater biodigester. This water treatment system filters cheesemaking wastewater through a series of lagoons where anaerobic bacteria naturally

breakdown organic matter, generating methane that powers an internal combustion engine that drives a generator. The wastewater is filtered and cleaned further before being released back out into the environment. This system reduces natural gas consumption and generates a hefty amount of electricity, and it earned Meister Energy Efficiency Excellence Award in 2019 from Focus on Energy, a statewide utilities program for energy efficiency and renewable energy.

To learn more about Meister and their operation, I talked with Meister spokesperson Michael Schaefer of Muscodia.

**MATT:** *Meister came to our attention recently because our Prepared Foods and Cheese Category Manager, Nicholas O'Connor, went on a tour meeting various Wisconsin cheesemakers and one of them was Meister. He hadn't been aware of Meister's sustainability efforts and their Cows First program, and he was very impressed with the Chipotle partnership. Can you tell us how Meister linked up with Chipotle initially?*

**MEISTER:** The partnership started over 17 years ago when they were looking for a sustainable supplier who met the animal welfare requirements they have for their whole entire company and menu. They came to Southwestern Wisconsin and saw Meister cheese and said, "Ah, the rolling hills here in Southwestern Wisconsin and the small local family-owned farms where the cows are pretty much always outside as long as it's not snowing—that's where we want to get our cheese from, that's where we want to source our milk from," and that's how the partnership started over 17 years ago. It's been a great partnership.

We were pretty much already following their intended standards with how our dairy farming is done in this area, and some of the farms just had to make small adjustments to fit into their program. They have free-cell barns for each cow and 24/7 access to pasture, although it doesn't mean they have to go out there—when it's -20° outside the cows do NOT want to go outside, so they don't have to. There's no artificial hormones allowed to increase milk production, and the cows are fed a vegetarian-only diet. They have to have access to clean shelter, pasture, and fresh water as well. The farmers who follow this program get audited regularly, and they receive a premium on their milk. The average herd size for this program is about 125 cows, so they're smaller farms, and that premium can go a long way. For all of our Meister brand products, the milk comes from those farms.

**MATT:** *You're located in Muscodia in the unglaciated Driftless region, which is such a wonderful ecological area—are your farms all located in the Driftless, or do they range outside of there? Do you feel like it gives you an advantage being located in the Driftless?*

**MEISTER:** Most of them are within a 3-mile radius of our facility in Muscodia. Because of the nature of the Driftless region, that's why so many farms meet the Cows First standards—there's not many large industrial farms in this area, and there's not many farms that crop because of the terrain and the rolling hills in this area—it's better for dairy farms.

**MATT:** *Muscodia is in the middle of morel country—have mushrooms always been incorporated into your cheesemaking? Was that a no-brainer?*

**MEISTER:** There's a pretty good story how that started—one of the third-generation owners, Vicki Thingvold (Scott Meister's sister) would take different cheese recipes to the Dane County Farmer's Market in Madison in the late 1990s and try them out there, and if people liked them, they'd roll with them and start selling them under our Meister brand. So that flavor started then, from taking it to the DCFM and receiving positive feedback. The two other flavors that we started the same way were our Muscodia Mayhem Colby Jack and our Bruschetta Jack. Those three have been staples for us and they're still our top sellers.

Obviously Muscodia is the morel capitol of Wisconsin—we like to say of the world—so every year, near Mother's Day, we have a large mushroom festival; we're a small town of a thousand people and we double in size for a weekend and people come and buy morels like crazy.

**MATT:** *Does Meister have any thoughts on the organic label? Is it something a lot of small or mid-sized dairy farms just consider to be too expensive? Do you think it still has a reputation of integrity? A lot of companies are producing their own certifications and their own standards to say, "we're not paying for organic, but we're pretty much as good as that."*

**MEISTER:** I think there's regulations that make it more difficult on the farmers' end and on our manufacturing end as well. There's more regulations and that obviously becomes more difficult, so for some suppliers they just can't quite get there to get that organic certification. For us, our Cows First program is about as close as we can get to organic, and we know where our milk comes from and we're proud of it, and we're definitely proud to put our Meister name on that milk and that cheese.

**MATT:** *Do you have any favorite Meister cheeses or ways to eat them?*

**MEISTER:** The morel and leek jack is our best seller under our Meister brand. Personally, I like to melt it onto a Wisconsin brat—a lot of people in our plant like to melt it on a baked potato, and sometimes they'll use it to do a twist on a mushroom-Swiss burger, instead of using Swiss and mushrooms.

**MATT:** *Do you have any Muscodia humor or stories you'd like to share with our readers?*

**MEISTER:** We have a big plastic dairy cow named Daisy outside our cheese plant here. A few years ago she was actually stolen and she was found several weeks later, after news stories about the theft aired, about 30 miles down the road. She was undamaged and unhurt. They found her and brought her back.

If any members of the public have information about this crime, please call America's Most Wanted at 1-800-CRIME-TV. For an up-close look at Meister's sustainability operations, visit [https://www.youtube.com/watch?v=ER\\_Tv2oE2\\_o](https://www.youtube.com/watch?v=ER_Tv2oE2_o).



Photos Courtesy of Meister Cheese.



**willy street co-op**  
**READER**  
 A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI  
 VOLUME 22 • ISSUE 1 • JANUARY 2015

**FOOD AND FARMING LAWS**  
 A ROUNDUP OF RECENT LEGAL ISSUES CONCERNING WHAT WE EAT AND HOW IT'S PRODUCED

**SPECIAL STORE HOURS**  
 Wednesday, December 31st, New Year's Eve: Regular Hours  
 Thursday, January 1st, New Year's Day: Closed

THIS ISSUE: Unionization Effort Heats Up; Shopping for a Difference; GMO-Free in 2015; and MORE!

**willy street co-op**  
 1311 Williamson Street • Madison, WI 53711  
 PHONE: 608.255.1111  
 FAX: 608.255.1112

**willy street co-op**  
**Reader**  
 A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 22 • ISSUE 1 • JANUARY 2015

**In this issue**  
**FIBER: hemp, organic cotton, fiber-rich foods and more.**

Holiday hours: closed New Year's Day

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January 1995  
 Newsletter of the Williamson Street Grocery Cooperative

**Willy Street Co-op Reader**

**Calendar**

**Tuesday January 5**  
 All-worker meeting; store closes at 8 PM

**Wednesday January 18**  
 Co-op Board Meeting, 7 PM

**Saturday January 21**  
 Januscon Food Demo

**Sunday January 22**  
 Inventory; regular store hours

**Thursday January 24**  
 Member Orientation, 7 PM

**Saturday January 28**  
 Member Orientation, 11 AM

**Inside**

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**January Specials, Essentials.....p. 4**

**New Products, Product Updates.....p. 5**

**GM Report, Volunteer of the Month.....p. 7**

**President's Report.....p. 8**

**Cooperative Grocer's Association.....p. 9**

January 1995

**Fall '94 Farm Tour: Rushing Waters Trout Farm**  
 by Hebe Skarsnath

In the damp hatchery, thousands of tiny trout swim vigorously in rectangular concrete troughs filled with cold, clear water. The fish are fed a custom-made high-protein feed and Bill describes them as voracious eaters. "Our feed bins here on the farm are about ten thousand dollars every six months. With the trout, we get a 1.4 to one feed conversion—1.4 lbs. of feed yields one pound of meat. By partition, in cattle industry, it's a pound of feed yields one pound of meat." The farm has its own breeding program, producing the eggs that will, with care, grow into the magnificent fish suspended in the cold water of the furthest pond.

Acquaculture is a promising new direction for agriculture in the U.S. It is an industry that is competing with wild caught

continued on p. 10

The Reader

**CUSTOMER COMMENTS**

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

**SPINACH DIP**  
 Q: We haven't seen spinach dip in a couple weeks, and it's a staple in our house. Can we find out why it's unavailable? Will it be back?  
 A: Thanks for writing in. We did pull this item from our selection at Willy West due to a steady pattern of issues. It's an unfortunate fact of food service that, with high perishability being a factor, we have to be very cautious on this front. It is available in our East store and as a pre-order item in 5-B batches (it does freeze well). Hope this helps. —Josh Perkins, Prepared Foods Director

**FOOD BAR MENU**  
 Q: Dear Deli, please have a menu for your food bar. What's the special feature for the day. I saw Taco Tuesday theme, but no sour cream and a tiny amount of guacamole. Where is the beans too. Kinda silly! Thanks!  
 A: Our hot bar menu is posted online. Sorry you found our prep a little run-down when you visited us. I'll bring this to the attention of our West Deli Manager. Best, Josh Perkins, Prepared Foods Director

**EXPANSION**  
 Q: I live in Sauk Prairie. I've been in the Madison area for a number of years and a Cooperative member for about 3-4. Do you ever look into expanding into smaller markets? I ask for a couple of reasons. Firstly, I'm deeply involved with some local organizations here in town and there has been much discussion about economic development in our area. Our population, which is around 7300 in town not including outside townships, is seeing a fair amount of building and growth in Sauk Prairie is becoming the "second small town in Madison." We've also seen some large commitments from a new hospital in

the passing of our school referendum and Capital Brewery's plans to locate their bottling facility here. So I think and discuss and hear a lot about businesses moving to town and settling, when our local grocers offer a small organic section, I wonder about a cooperative moving here. Secondly, I grew up in a town with a small cooperative that was quite successful—Ashland Wisconsin's Chequamegon Food Coop, which recently just had a large expansion (your hardware always gets cooler after you leave). We, seeing our growing town and growing up with a fantastic cooperative, I ask the board—do you ever think about expanding into smaller markets? What would you need to do this? Any feedback would be greatly appreciated! Thanks for all you do.  
 A: Thanks for your interest in Willy Street Co-op. We are currently looking at expansion, and we just recently received the go-ahead from a vote of our Ownership to consider a third store. All comments regarding where another store could be located are always passed on to our General Manager to share with the Board and the task force charged with reviewing potential locations. I am passing on your note for consideration. As you can imagine there are a number of people who have asked us to locate a Willy Street Co-op in their neighborhood or their community.

We are not like other grocers, in the sense that we plan expansion slowly and collaboratively with the guidance of our Owners. In our forty years of existence, we have only expanded to include a Production Kitchen and one other store. Any time we are considering expansion, or spending more than 10% of our assets on a capital expenditure, we turn to our Owners for their consent.

As we do expand slowly, and cannot possibly locate everywhere that wants a co-op, I would encourage you to consider another option: when you are thinking about a "cooperative moving here," also think about starting a cooperative by and for your community. Co-ops traditionally are started by neighbors to meet the needs of the community. That's how we started as a buyer's club forty years ago—the Marquette Neighborhood needed a place to get the food they wanted and wanted to get it on their own terms. If this is of interest to you, let us know and we can help get you started talking to the right people in the cooperative grocer world to make that happen. Unlike other grocers, when we hear about other communities

starting their own co-ops and taking their food and economics into their own hands, we want to help and have a tradition of doing so. We believe in a diverse economy that serves the needs of the many, that's what cooperatives are all about. —Kirsten Moore, Director of Cooperative Services

**SUGAR**  
 Q: Hi I just watched the movie Fed Up about sugar last night. Highly recommend it. But here is the rub. I looked at many of your tomato sauces and many of them have sugar in them. I was wondering if you would consider a special label for items that are prepackaged and free of all forms of sugar including dextrose, cane sugar, corn syrup, etc. This would help educate us and make quick shopping healthier. I know I don't need any sugar snacking in through processed products and I don't always have time to shop reflectively or cook from scratch. Thanks.  
 A: Thanks for the email. I haven't seen the movie, but I've heard it's great. Given that manufacturers often change their recipes and we have very limited space for signage on our shelves, coming up with a labeling system like you describe would be very difficult for us. There are many things we'd love to call out about our products, such as gluten-free, sugar-free, GMO-free, and more, and unfortunately we don't have the resources to track them all on all of the thousands of products we carry. I wish we could. At this point, your best bet is to continue to read labels and check for added sugar. Best Regards, Megan Minnick, Purchasing Director

**CHARTER SCHOOLS**  
 Q: For many years I have contributed to Community Shares through the CHSP program at Willy Street Co-op. It has recently come to my attention that Community Shares gives money to Nostro Mondo, Inc., yet does nothing for Madison Public Schools. I could go on at great length about how wrong this is, but suffice it to say that I find it reprehensible to only give support to a charter school while our public schools are suffering from constant budget cuts. Despite the other good things that Community Shares is doing, I will no longer contribute to Community Shares as long as this situation continues or until I find out that my understanding of the distribution of funds is erroneous.  
 P.S. If you would like more info,

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**Write Us!**  
 We welcome your comments and give each one attention and serious consideration. Send them to [customer.comments@willystreet.coop](mailto:customer.comments@willystreet.coop) or fill out a Customer Comment form at the Customer Service desk. Each month a small selection is printed in the Reader. The rest can be found in the commons or in the binder near Customer Service. Thank you!

**Turning left out of, and ticketing in, our parking lot**  
 Q: People do not obey the "No left turn between 9:30 AM and 4:30 to 7:00 PM" sign. Please enforce this somehow. It is very frustrating and dangerous and holds up lots of traffic. There must be a way to enforce this somehow.  
 A: Turning left out of our lot during busy times can indeed be a dangerous prospect. I have highlighted this problem with our neighborhood

all of you lot users to respect the sign—turn right to go around the block during busy traffic times. Waiting for the perfect window clogs our lot, puts you and others at risk and ultimately may often take longer than going around the block. So please skip the risk of being found at fault in an accident and take the easy road when necessary.

While we're talking about the lot: we are revamping the signage to allow the Madison Police department to automatically ticket folks who use our lot at night. It is vital for us to keep the main, eastern section of our lot clear of all cars to allow for very early morning deliveries. We routinely have to ticket or tow folks who use our lot while not shopping. Now, we want to be good neighbors and allow patrons of other businesses to park in our lot at night, so: those parked on the fire department side of our lot when we are closed will not be ticketed so long as their car is gone by 7:00 AM. This represents at least a \$40 savings over parking in the main section of our lot. Please watch for our new signs soon. —Dan Frost, Operations Manager

**Food pantry donations**  
 Q: Had you considered offering pre-assembled bags of "staples" for the food pantry shelves? Some of the mega-chains do this and it makes it simple for folks who want to give but aren't sure what is needed.  
 A: While I really appreciate the work done for hungry people at other

you're suggesting, I am also aware that once the food is received by the food banks, they separate the food by type and discard the bag anyway. Thank you. —Lynn Olson, Member Services Manager

**Salmon choices**  
 Q: Do you have wild caught smoked salmon available? From the brand I see, they all look farmed. Thanks, if you don't carry wild caught, please consider.  
 A: After calling the folks at Morrey's Seafood and talking with Bob from the Seafood Center, I am assured that the use of the word "chum" standardly indicates that this salmon is in fact "wild-caught." Apparently, chum is not an especially desirable member of the species, which makes a prolific amount of them available in the wild, especially suited for the smoked varieties. Good question! —Lynn Olson, Member Services Manager

**Grab-n-go woes**  
 Q: The rectangular "grab & go" containers have ridges all over the inside, which results in wasted product (because one can't get the remaining food out of all the little ridges). Please switch to containers, which are smooth inside for creamy products.  
 A: Thanks for writing. After much research in and around the midwest we discovered that the new containers are pretty much the standard for grab-n-go products. They store better in stock; more fits on the shelf; play food better and they have a seal. Unfortunately, they are available in non-ridged form. —Dan Moore, Deli Manager

**JUICE BAR AND BAKERY NEWS**  
**Winter Health through Juicing**  
 by Justin Rassner, Juice Bar Staff

Over the holidays we all have a chance to be pulled off balance by the over-indulgent ways of the season. Even if it's not in the form of a New Year's resolution, many people acknowledge the benefits that a healthy change in their routine can make. The role that diet plays on one's health cannot be overlooked.

**Five a day**  
 It is no secret that fruits and vegetables should be included in a healthy diet. However, I've noticed that it can be a challenge to get the daily amount recommended by the FDA. In fact, a recent survey done by BRFSS, an organization that tracks health risks in the U.S., revealed that over 75% of U.S. residents failed to meet the minimum recommendation. We servings each day of fruits and vegetables. Whether it is time constraints or simply disliking fruits and vegetables, the only one who yes is the person who is not meeting the minimum nutritional needs of their body.

**Nutrition for mental health**  
 As we progress through the darker days of winter it is extra important to remember the effects proper nutrition plays on physical as well as mental health. While researching this subject I came across numerous experiments done showing the benefits that nutrition can have on depression as well as other aspects of mental health.

**Drink your fruits and veggies**  
 If you are like me and dislike popping vitamin pills every day, then fresh fruit or vegetable juice is a wonderful option to help fulfill your nutritional needs. Technology has blessed us with the ability to drink our veggies. Not only do we receive a host of vitamins and minerals from fresh, raw juice, we are provided with valuable enzymes that are essential for optimum health. It is difficult to find services in our community that provide a source of organic, raw vegetables, let alone their juice that hasn't been

**CUSTOMER COMMENTS**

The customer comments box is located near register 3 in the store. All comments and responses are posted on the clipboard above the box.

**Would it be possible to have yellow onions in bulk?**  
 We carry both commercial and organic yellow onions in bulk—if you have trouble finding them, please ask! —Loretta, Produce Manager

**Where is the Bearito Iceorice? It's been out quite a while.**  
 Little Bear Organics has discontinued this product. —Wynston

**Our family really appreciates the "Essentials" program! Thanks!**  
 Thanks for the great note. We are really excited about the potential of this program to offer our members and the neighborhood consistently affordable, high quality foods. —Anya, Interim General Manager

**Grocery**

**NEW PRODUCTS**

**Great Eastern Sun Teas**  
 Organic Earl Grey, English Breakfast, and Orange Spice. Aisle 4.

**Aura Cacia**  
 Concentrated Bath Oils  
 Deep Heat, Tranquility, or Euphoria. 4 oz., aisle 4.

**Kiss My Face**  
 Deodorant  
 Liquid Crystal or Natural Enzyme, scented or unscented. 3 oz., aisle 4.

**Desert Essence**  
 Bar Soaps  
 Tea Tree Oil or Seaweed & Peppermint. 100 gm., aisle 4.

**Ecco Bella**  
 Vanilla Herbal Body Lotion  
 Pump dispenser. 8 oz., aisle 4.

**Murphy's Oil Soap**  
 16 oz., aisle 3.

**Nature's Path**  
 Millet Rice Flakes  
 35.2 oz. Eco-bag, aisle 3.

**Breadshop**  
 Krispie Corn Flakes  
 Fat-free. 9.5 oz., aisle 3.

**Earth's Best**  
 Chunky Organic Toddler Foods  
 Apple Cinnamon Oatmeal or Golden Harvest Vegetable. 6 oz. jar, aisle 4.

**Arrowhead Mills**  
 Adzuki Beans  
 16 oz. bag, aisle 2.

**Heartland Mills**  
 Blue Cornmeal  
 5 lb. bag, aisle 2.

**Timpona's**  
 Mom's Spaghetti Sauce  
 Made with fresh garlic, fresh basil, and virgin olive oil. 26 oz. jar, aisle 4.

**John Troy's Sauces/Marinades**  
 Mexican Mesquite, Jamaican Jerk, Indian Curry, Thai Peanut, Spicy Szechuan, Oriental Ginger. 12.7 oz. jar, aisle 2.

**Deli**

**NEW PRODUCTS**

**Madison Bagel & Baking Co.**  
 Cinnamon Sugar Bagels  
 In the bakery case.

**Taylor Made**  
 Pear & Spice Cake  
 Velvet Spice Cake with pears and caramel creme.

**Caspan Café**  
 Flatbread  
 The same bread used in their yummy sandwiches. In the bakery case.

**PRODUCT UPDATE**

**Sliced Cheese!**  
 For all the free-lance sandwich makers out there. We'll be featuring a couple of different cheeses each week.

**Zorba Greek Black Olives**  
 10 oz. jar, aisle 4.

**Peloponnese Dolmas**  
 Stuffed Grape Leaves. 10 oz. can, aisle 4.

**Gabriele**  
 Organic Veggie Pasta for Kids  
 Dynokid or Mr. Bear shapes. 10 oz. bag, at the end of aisle 2, facing the dairy case.

**Annie's**  
 Goddess Dressing  
 Vinegar free. Also check out the 10 other kinds of Annie's dressings available in aisle 2. 8 oz. bottles.

continued on p. 11

**COOPERATIVE SERVICES NEWS**

**New Year's Resolutions: Shopping for a Difference**

Statistics show that roughly one in three people make January New Year's Resolutions, and out of those, only eight percent keep their commitment throughout the year. According to Time, resolutions date back to ancient Babylonians "who made promises to their gods for the New Year, often having to do with concrete, easily achievable tasks like vowing to return borrowed farm equipment." Today, we set our sights on more psychological, self-improvement related goals: eating better, helping others, improving our spending, or de-stressing. Resolutions feel good to make, and can feel bad to drop, so why not make a resolution that is fun, good for you, good for others, and achievable? Yes—live to shop more conscientiously by purchasing the things you like from companies who put their products and profits towards the greater good. Here's some products we carry at the Co-op to get your easily achievable resolution started!

**ALAFFIA**  
 Empowerment and gender equality are two major missions in Alaffia's business model. "To Alaffia, fair trade means paying a fair price or wage in the local context, providing equal employment opportunities, engaging in environmentally sustainable practices, providing healthy and safe working conditions, being open to public accountability, and reducing the number of middlemen between producers and consumers." Alaffia's fair trade shea butter and palm oil are certified as both Fair for Life Social and FairTrade by the Institute for Marketecology, which inspects for strict organic, fair trade, and social standards. A cooperative itself, Alaffia was created to support West African sustainability through women's cooperatives, education and community involvement with both Alaffia and each other. Sales support collecting bikes for disadvantaged students in Togo to get to school, pre- and post-natal care, school supplies, and reforestation.

**ALTER ECO**  
 Alter Eco believes in being "reliably delicious, environmentally responsible, and socially just." They are one of the many Certified Benefit (or B) Corporations we will mention in this article, meaning they are committed to high standards of social and environmental performance, transparency, and accountability. Their commitment includes Fair Trade, Non-GMO, Organic, Compostable Packaging, and Carbon Footprint Certifications. Their chocolates and other products are supporting a number of farm cooperatives, producers, empowering women and 24 community projects and development programs worldwide.

**BEN & JERRY'S**  
 Ben & Jerry's has been a socially conscious ice cream maker since 1988, and was the first ever wholly owned subsidiary to become a Certi-

**CO-OP SAUCE**  
 "Great Sauce for Good." Chicago's Co-op Sauce brews, bottles, and sells hot sauce made from ingredients grown on Midwestern farms to restaurants, farmers' markets, and retailers. Half of all of their profits benefit Co-op Image, a board-operated youth art education and entrepreneurial organization. Another Certified B Corporation, Co-op Sauce employs Chicago youth from the Co-op Image program both part-time and seasonally. Co-op Sauce is "no longer officially a Co-op" yet still "proud of its holistic and cooperative approach to social entrepreneurship."

**EQUAL EXCHANGE**  
 For over 25 years, the worker-owned, Fair Trade and Social Certified cooperative Equal Exchange has been the leader in making the "Big Change" by building long-term trade partnerships that contribute to a more equitable, democratic and sustainable world. Their coffee, tea, coffee, nut, and berry products support small-scale farmers all over the world. In addition, they offer their products for fundraising projects, and partner with a number of interfaith coalitions to promote living out values through consumer choice, and greening the planet.

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- ◆ Studio Jewelers exhibits hand-crafted jewelry by an international roster of designers and makers; our in-house designers have pieces for sale here also, so you can see what their work is like.
- ◆ Jewelry repair and restoration is a Studio Jewelers specialty, and we do pearl and bead re-design and restringing, in-house.
- ◆ Our staff estate jewelry specialists can evaluate and advise you on inherited jewelry pieces you may have questions about.
- ◆ We carry fair trade and conflict-free natural gemstones, and have a fully equipped gem laboratory on site.
- ◆ We will gladly check and clean your rings whenever you stop by—and we have off-street parking!

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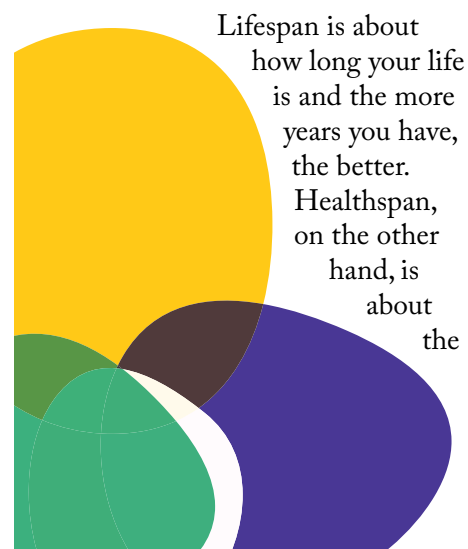
## Lifespan to Healthspan: an Interview with Katy Wallace

In looking for topics for this issue of the newsletter, I knew I wanted to include something related to new year resolutions and health. The term “healthspan” kept popping up, so I decided to talk with Katy Wallace, ND, about the concept. -Caitlyn Tompkins, Reader Editor

### TELL US ABOUT YOURSELF!

I am a licensed Naturopathic Doctor with seventeen years of experience using functional medicine and nutrition-based approaches to health. I authored the book *The Body Tune-up*, which describes a six-week food-based cleanse. It was not an easy journey for me to adopt this innovative and science-based approach, however. When I was younger, I worked as an ecologist and experienced chronic illness. I consulted medical doctors who suggested repeated antibiotic prescriptions for my chronic sinus problems. A friend suggested I see a naturopathic doctor, and I did. Ultimately, what I learned from her helped me to feel much better and I decided to make a career change and went to school to be a naturopathic doctor and worked at my ND’s clinic. In 2007, I began consulting for Willy Street Co-op offering Individual Nutrition Sessions and classes that are still offered today. I worked at Group Health Cooperative for a period and currently see people through my private practice, Human Nature, LLC.

### WE’VE BEEN HEARING ABOUT “LIFESPAN” VS “HEALTHSPAN” LATELY. WHAT DO EACH MEAN? WHAT IS THE DIFFERENCE?



Lifespan is about how long your life is and the more years you have, the better. Healthspan, on the other hand, is about the

quality of your life. It is how many years you experience reasonably good health and function. The point is that lifespan might not be very important if the quality of your life is poor, so healthspan is becoming more of a focus. To identify someone’s healthspan, for example, tests may be used to assess comprehensive wellness, including physical and cognitive function, beyond just the presence or absence of disease.

### WHAT CAN CONTRIBUTE TO CAUSING YOU TO LOOK OR FEEL YOUNGER THAN YOUR AGE?

In general, people feel and look younger in the absence of chronic inflammation. Chronic inflammation can be characterized by some of the following signs: fatigue, weight gain, joint pain, gastrointestinal issues, skin rashes, brain fog, or lack of mental clarity. There are many natural ways to address chronic inflammation to feel and look younger, and many of them are simple.

For example, drinking adequate amounts of water was shown to be correlated with less disease and healthy aging in a study published by the National Institutes of Health in 2023. Part of this benefit is from how hydration helps with reducing chronic inflammation.

Also, going outdoors and spending more time in nature was recently shown in a large study to be correlated with slower aging on a cellular level. The study was published in 2023 in the *Journal Science of the Total Environment* and it found that the length of peoples telomeres, an indicator of youthful cellular health and function, were increased in people who spent more time outdoors in nature. Other studies have indicated that time spent outdoors reduces inflammation for people, too.

There are major diet choices people can make to reduce inflammation. A big one is avoiding sugar and processed carbohydrates like baked goods and pasta. This is because these foods lead to blood sugar problems that promote chronic inflammation through the production of the hormone insulin. The amount of carbohydrates a person eats needs to be dialed

into their level of activity and metabolism and for most people, this needs to be adjusted as they age.

Another important dietary choice is to eat more omega-3 foods like fish, seafood and flax, grassfed and free-range meats, and butter and eggs from free-range animals. Numerous scientific studies show that having a healthier omega-3 to omega-6 ratio is key to controlling inflammation, reducing disease, and therefore leading to better healthspan. In my work with people, I regularly witness them experiencing less pain, less chronic digestive issues and an improvement in mental clarity with these changes.

### WHAT ARE SOME THINGS THAT PEOPLE IN THEIR 20S AND 30S CAN DO TO HELP THEM LATER IN LIFE?

One of the most important things someone can do at this age is to learn how to handle stress well. A positive mindset and developing habits that help one manage stress will lead to well-being later in life. Meditation or mindfulness exercises can be helpful tools to practice. Also, the basic habits of exercise, healthy diet, outdoor activity, and good sleep patterns go a long way to improving how one copes with stress and the perception of stress which have a big impact on health.

Another piece of advice for young people is to cultivate body awareness such as knowing your body’s cues and changing habits based on them. If you learn to pay attention to your body, then you’ll develop lifelong habits that promote health rather than destroy it. For example, if you have sensitive digestion, you may be able to discern either alone or with the help of a functional medicine practitioner, which foods work for your body and which ones do not. Or in another example, if you’re paying attention, you’ll be able to tell what, if any, level of alcohol is okay. You’ll be able to tell when you are not getting as much sleep as you need and establish a new bedtime.

### WHAT ARE SOME THINGS THAT PEOPLE IN THEIR 40S AND 50S CAN DO TO HELP THEM LATER IN LIFE?

Americans at this stage of life are often at the peak of their careers in a culture that devotes itself to work.

Those in middle-age often care for children and then for their parents leading to less time and energy for friendships and personal interests. It’s well understood that strong social connections are foundational for a healthy life, and that it can be harder to establish those as we get older. I would encourage people in this group to prioritize social connections that bring them joy.

In our 40s and 50s, people begin losing muscle mass. This is a process that co-occurs with aging, but it leads to many problems. The loss of muscle leads to a slowing of metabolism and thus weight gain or poor handling of carbohydrates in the diet, which in turn can lead to inflammation and diabetes for many. According to the CDC, diabetes most often develops in middle-aged Americans. An older person without diabetes will generally have a better healthspan because they will not experience nerve damage, vision problems, and kidney or cardiovascular illness, for example. This is one reason why progressive strength training that builds muscle is so important for this age group. The more muscle mass you have, the faster your metabolism. This makes balancing weight and blood sugar much easier and helps improve how energetic you feel.

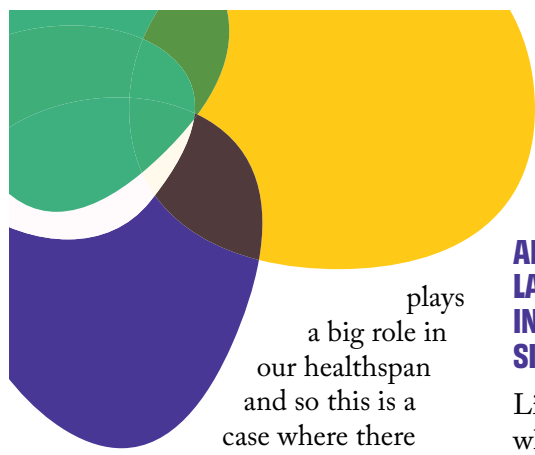
Loss of muscle also exacerbates hormonal difficulties by allowing hormone levels to drop at a faster rate. The steady decline in hormones with age can lead to a decline in emotional and cognitive health. The more muscle, the better the hormone production.

One more benefit to building muscle is the more of it you have, the more mitochondria you have, which is key to reducing inflammation and slowing cellular aging. The mitochondria are components of our cells that produce energy, and help prevent or allow disease to develop. Many things help improve mitochondrial health such as nutrition, heat and cold therapy, sunlight, proper hydration, and of course, strength training. With the one habit of strength training, you get multiple benefits.

### WHAT DIFFERENCES ARE THERE BETWEEN WHAT WOMEN AND MEN SHOULD DO?

I think the fact that there are several scientific studies showing that women make more of the stress hormone, cortisol, than men, affects how lifestyle interventions can be adjusted for the individual. For example, women’s morning cortisol levels are typically higher, and when facing a common stressor in research studies, women are shown to typically experience higher cortisol levels. High levels of cortisol in general are uncomfortable to live with, because they make us feel anxious and can lead to anxiety disorders. Couple this with the fact that an aging woman will likely experience a drop in progesterone and estrogen causing cortisol to be more dysregulated, and it becomes increasingly important to help women regulate cortisol for better healthspan.

There are several lifestyle interventions that help manage cortisol such as adequate sunlight and sleep but how we eat is also critical. How we eat also



plays a big role in our healthspan and so this is a case where there may be some differences

in what women and men should do. Take intermittent fasting, for example.

Intermittent fasting, the practice of eating during certain hours each day, has been popular in recent years to achieve weight loss and blood sugar control. Some research says it has the potential to improve healthspan. However, I would say this approach should be attempted with some caution and adapted for the individual. When a woman fasts for too long on a regular daily basis for example, this can lead to higher cortisol levels and disrupt progesterone hormone levels. Dysregulated cortisol can lead to mental health disorders like depression. It may also lead to gut barrier issues, and chronic illnesses like autoimmunity and cancer, according to scientists. When intermittent fasting shortens the eating window to less than 10 hours, it may not work in the long term for women because of the higher cortisol levels women make when fasting. Therefore, intermittent fasting in this form may lead to dysregulated cortisol and its host of issues.

To balance cortisol levels, I suggest not fasting for longer than 14 hours at night and eating protein every 3-4 hours throughout the day. I repeatedly see this approach is very helpful for hormone balance in women I work with. Of course, some women will be less sensitive than others and may find that intermittent fasting for long windows works great for them. This is where individual hormone testing can be helpful.

Conversely, on average, men may do very well with intermittent fasting because they are not pre-disposed to higher cortisol levels. Of course, this will vary based on the individual.

It can be very helpful for both men and women to do hormone testing in their 40s and 50s when they might begin to experience the changes in hormone levels. Men naturally experience a drop in testosterone and may experience increases in estrogen from blood sugar swings. Changes to nutrition and lifestyle can often help raise testosterone and reduce its conversion to estrogen in men. Women experience a dramatic shift in hormones when going through menopause. There are natural remedies and hormone precursors available over the counter that are safe and effective ways for men and women to achieve hormone balance, in combination with good blood sugar control.

In terms of better healthspan, statistics indicate women need to be more mindful of habits that support healthy bone density and thyroid hormone levels. Emphasizing weight-bearing exercise, avoiding sugar, and eating adequate protein are approaches

that help with bone and thyroid health. Men are prone to prostate issues with age. Focusing on proper blood sugar control using diet, sleep, and exercise can help prevent prostate problems.

**ARE THERE REGIONAL BENEFITS RELATED TO HEALTHSPAN? DOES LIVING IN MADISON/DANE COUNTY/WISCONSIN HAVE ITS ADVANTAGES?**

Living in a region or community where a healthy lifestyle is easy or accessible for you is key. The Madison area was ranked in the top 10 best cities for quality of life in 2024 by the US News and World Report. One of the qualities that contributed to the ranking was having the highest ratio of parks and playgrounds to residents providing ample opportunities to enjoy the outdoors. Our access to sustainable agriculture is health-promoting, as is the bike-friendly nature of our community, just to name a few.

**EVERYONE'S HEARD ABOUT (IF NOT EXPERIENCED) NEW YEAR'S RESOLUTIONS FALTERING WITHIN THE FIRST FEW MONTHS OF THE NEW YEAR. WHY DO YOU THINK THEY FALTER, AND HOW CAN WE HELP KEEP THEM?**

If you want to be successful with a resolution, then you have to make a plan. Next, you must follow through and stick to the plan. People fail in resolutions because they either don't make a good plan, or they don't stick to the plan and hold themselves accountable.

Some of the science around making resolutions shows that if you physically write them down with pen and paper, that helps with making a better commitment, so you might want to set aside some time to write down your resolutions as a formal statement to yourself. Also, make the plan as specific as possible: "I'm going to lift weights three times a week, on Monday, Wednesday, and Friday, in the morning after breakfast."

The other big takeaway from scientific studies about new habits is that your brain will keep doing the habit if it feels rewarded. This can be as simple as positive self-talk after completing a workout, like "Yay, I did this!" or you can think of a tangible reward. For example, I worked with a client who went horseback riding as her reward for improving her diet over several months.

Another trick that can help is to tie the new habit into an existing habit. For example, if my resolution were to drink more water, I might make sure I have a glass of water every morning before or after I brush my teeth (existing habit). Or if my resolution were to lift weights at home after breakfast, I would put my workout clothes and shoes on first thing in the morning to help minimize the transition to the new habit.

Recording your new habit can also help. If you are keeping track of how much water you drink each day, then it becomes much easier to identify when you didn't hit your goal of drinking three quarts of water that day, for example. Then, it can be more at the top of mind tomorrow that you need to focus on drinking water to reach your goal. The same might be done for

hitting a protein or calorie target, or recording how many steps you take.

In this example, I would plan to log how much water I drank every day for the whole year to keep the plan going. At some point, you may not need to log the habit anymore because it just becomes who you are but for many people, the practice of keeping track of something helps keep the focus on it. These approaches are consistent with the old phrase "What is counted matters" meaning that if you are recording something you are doing, it will matter more to you, and that will help reinforce your plan to change your behavior to something positive.

**DO YOU HAVE A FEW HEALTH-RELATED NEW YEAR'S RESOLUTIONS YOU'D RECOMMEND?**

Many people already have a natural break in eating overnight from supper to breakfast. I advise people to be more consistent with this habit and break from eating for at least 12 hours overnight to promote numerous health benefits. There is an increasing amount of research showing how changes to someone's circadian rhythm in this way benefits healthspan. One of the benefits includes supporting more butyrate-producing bacteria in the gut and protection from increased inflammation and disease. A study presented to the European Society of Clinical Microbiology and Infectious Diseases last summer showed that having more beneficial butyrate-producing bacteria in the gut helped prevent hospitalizations due to infections. Avoiding eating overnight is a simple but helpful way to boost these beneficial microbes which may translate to better healthspan.

Progressive strength training for 3-4 days weekly would be another great resolution because it's helpful for building muscle, hormone health, metabolic health, and mitochondrial health. Increased muscle activity also has the bonus of reducing inflamma-

tion according to a recent study out of Duke University. All of this will improve someone's physical and cognitive healthspan.

Eating protein every 3-4 hours throughout the day is helpful for reducing inflammation from poor blood sugar control and helps reduce cravings for high carbohydrate foods that promote inflammation. It helps keep stress hormone levels under control and helps to build muscle and all its benefits. So, if your goal is to "eat better", focusing on protein will be a game-changer.

People are often surprised by this one but going outside daily is important for circadian rhythm and healthy levels of neurotransmitters that contribute to mental health.

**WHAT DIDN'T WE ASK THAT WE SHOULD'VE ASKED ABOUT?**

If you want to focus on healthspan, you could order tests that help optimize health rather than showing absence of disease. For example, there are helpful tests for describing the gut biome and digestive capabilities, micronutrient status, hormone balance, or detailing someone's levels of chemical exposure. At this time, we have many tools that can help us fine tune what is best for the individual's healthspan. Furthermore, a growing number of studies also show that simple habits like going outside, being with friends and loved ones, adequate sun exposure, sleep and hydration matter more than we might give them credit for when it comes to healthspan.

*We recommend consulting with your doctor or nutritionist before making changes to your diet or exercise routine.*



**LEARN MORE ABOUT KATY WALLACE— WILLY STREET CO-OP'S EXCLUSIVE NUTRITION CONSULTANT**

Katy Wallace, ND CNHP is a Naturopathic Doctor and Certified Natural Health Professional specializing in helping people resolve their health problems by eating better. Katy has extensive training in functional medicine as well. Our Co-op offers individual consultation opportunities as well as free lectures on how to take full advantage of the variety of natural nourishing foods that the Co-op offers.

See Katy's current class offerings on page 6 or at <https://www.willystreet.coop/events/>.

Learn more about Dr. Katy and her philosophy at <https://humannaturellc.com/>.

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