

willy street co-op ✨

# READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 50 • ISSUE 7 • JULY 2023



# Mocktail Magic



Lemonade  
Margarita  
Punch

## THANK YOU!

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

We are very slowly transitioning to mostly online and e-mailed copies of the *Reader* in order to save paper and to save money on postage. If you can and want to switch to receiving your copy by email, sign up here: [willystreet.coop/emails](http://willystreet.coop/emails). If you shop with us regularly, we'd love it if you'd pick up your copy of the *Reader* in one of our stores so we can reduce our postage costs. If you don't want either of these things, we will still happily mail it to you. Thank you!

## IN THIS ISSUE

Grab & Go Sandwiches; Access Discount Committee Update; Board Elections and More!

## SPECIAL STORE HOURS

Stores close at 7:00pm

Year-end Inventory (Last day of FY23):  
Sunday, July 2

Independence Day: Tuesday, July 4

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Sarah Larson  
Brian Anderson  
Tatiana Dennis  
Gigi Godwin  
Anthony Hernandez  
Ike Ross  
Isabel Spooner-Harvey  
Carol Weidel  
Ashwini Rao

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

## BOARD MEETING SCHEDULE

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

July 26  
September 27  
October 25

## WILLY STREET CO-OP MISSION STATEMENT

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

## ADVERTISE IN THE READER

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# READER

## PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

## SUBMISSIONS

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

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

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**WEBSITE:** [www.willystreet.coop](http://www.willystreet.coop)

**BOARD EMAIL:** [board@willystreet.coop](mailto:board@willystreet.coop)

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

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

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

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# Customer COMMENTS

## Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to [customer.comments@willystreet.coop](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; publication does not necessarily indicate an endorsement of views stated in a customer's original comment. Many more comments can be found in the commons or in the binder near Customer Service. Thank you!

### PRODUCE LAYOUT

**Q: I just wanted to thank you for rearranging the layout of the produce department. As a disabled person, it makes it so much easier to move around. The world isn't laid out with an eye for those of us with mobility issues. Thank you for making shopping at the Co-op less stressful!**

A: Thanks so much for taking the time to provide feedback on the recent layout changes in the produce department at Willy East. It was a long time coming! Our goal with the change was to increase accessibility for everyone and provide a more welcoming environment for people to shop. I'm so happy to hear that it is working better for you! I will pass your kind comments on to the members of the project team! Thanks so much! -Andy Johnston, Produce Category Manager

### TAMALES

**Q: I have not eaten tamales for most of my life but last summer I started buying them from a vendor at the East Side Farmers Market. When the market closed for the season I was pleased to find tamales at the coop. As the winter wore on the quality of the tamales went downhill. The amount of cornmeal increased and the amount of chicken really decreased. I wound up throwing a lot of the cornmeal away. This week I bought tamales at the farmers market again. They cost more than at the coop, but the quality and size are both superior. One of them is ample for my lunch while two coop ones leave me hungry. Perhaps the coop kitchen cannot give the attention to preparation that a small family-run business can. I did want to bring this to your attention.**

A: My name is Nicholas, I'm the Prepared Foods & Cheese Category Manager for the Willy Street Co-op. I received your comment about the tamales you bought here. To be clear, our Kitchen doesn't make these. The tamales are made by Tamalareia El Poblano, a small local family and a long-time vendor for us. They have a great reputation. Here is a link about them from a couple of years ago if you'd like more information: [tinyurl.com/3ydh3en4](https://tinyurl.com/3ydh3en4) -Nicholas OConnor, Prepared Foods & Cheese Category Manager

### PRODUCE PRICING

**Q: When you moved to the new store on Willy St you were selling kale for \$1.69 a bunch for about 10 years. I thought that was a very healthy Coop gesture to your customers. Would you consider selling kale for \$2.69 for a long extended period of time?**

A: Thanks for your comment regarding kale pricing. We're not able to offer the same pricing on all kale varieties, but green kale is one of our Co+op Basics products and is priced at \$2.49 a bunch! Thanks for taking the time to write in, let us know if you have

any other questions or suggestions! -Liz Muñoz, Director of Product

### PLASTIC CONTAINERS

**Q: Thanks so much for once again stocking South River Miso in various flavors. We love trying new dishes that incorporate miso, but had been quite disappointed over the past couple of years to only find miso packed in plastic containers at your stores. We're not a fan of plastic containers—we're trying to reduce our use—so we did without the miso. Now we can start using it again and encourage others to do the same.**

A: Thank you for sending us your comments. Plastic packaging is pervasive in the grocery industry, so it is always nice to see a brand using glass. Matt, our Dairy Buyer at Willy East, was instrumental in getting South River miso back into distribution for us. All credit goes to him and his work on this. I will make sure to pass your kind words on to him and let him know how much his efforts are appreciated. I am happy you reached out to let us know what you are looking for in our stores. It is super helpful to get feedback, so thank you for taking the time to write us! -Dean Kallas, Grocery Category Manager

### REWARDS LOCATIONS

**Q: Please indicate on Owner Rewards fliers whether products are available or unavailable at North, West, and East. Thanks.**

A: Thanks for the suggestion! On our Owner Rewards fliers, all products listed are intended to be available at all three stores while supplies last with very few exceptions. When there are exceptions, we list them unless there was an oversight. To my knowledge, we haven't had such an oversight in many years, but—if you experienced one—I apologize for our error. Brendon Smith, Marketing & Communications Director

### BULK

**Q: I was disappointed during the remodel that the Co-op removed bulk products and added more candy products. More bulk products!**

A: I owe you some follow up about your recent customer comment. Thank you for taking the time to submit feedback! You had some concerns about the recent changes to the Grocery product selection—the bulk aisle has shrunk and the candy selection has increased. I'm sorry about the disappointment you're experiencing. I hope I can help make some more sense of things for you. The Co-op has a long-standing history of being known for its Natural Foods selection and generally that means healthier choices. During the pandemic, we saw a lot of changes happening in a short time. We lost a great deal of sales and people's shopping patterns changed. While we have seen sales grow steadily over time, the Bulk Aisle has just not seen the same return as the rest of

the store. You are right that with the recent changes in the bulk aisle we did lose some products, but many offerings were simply consolidated into smaller bins. If you're looking for something specific—please feel free to ask! We take feedback seriously. I'm glad to share that we do have some healthier choices for candy and snacks and that we are able to feature a lot of local and fair trade vendors as well. I hope that this information is helpful! Thank you for taking the time to share your feedback. Best wishes, Katherine Kornely, Assistant Store Director—East

### GLUTEN SEPARATION

**Q: Please (on the hot bar) keep the turkey and gravy separate so those of us who are gluten-free can have the turkey. Thank you! (Plus, the gravy you use doesn't look appetizing with the turkey) I love the vegan, mushroom gluten free gravy! Yum Yum.**

A: Thank you so much for taking the time to write in about the turkey we serve on our hot bar! Unfortunately we have found that when we don't include some gravy with the roasted turkey that the turkey just gets too dried out under the heat lamps. I will work with our cooks to develop a made without gluten version of the gravy. I'm really glad to hear that you like the gluten free mushroom gravy! Bob Smith, Deli Manager—East

### LITTLE SPONGES

**Q: How about you station little sponges by the plastic produce bags, so people can open the bags without licking their fingers, which is gross.**

A: Good afternoon; I am writing in regards to your request to station little sponges by the produce bags. I have on many occasions encouraged people who have a propensity to lick fingers in order to open the bags, to instead use some of the moisture that is on the produce wet rack section. The produce staff sprays down the veggies every 30-45 minutes; and just a little bit of moisture helps with opening the plastic bags (especially the compostable bags, which I myself find especially trying when attempting to open). I will facilitate some sort of signage for customers, to encourage them to do this practice, around the produce department. Thank you so much for bringing this to our attention, and I hope this solves a little bit of the "ick" factor when seeing people licking their fingers to open the bags. Hope you have a great day. Jorge Espinoza, Produce Manager—East

### SCONES

**Q: Please please please bring back the lemon rosemary scone. They were the best of the scone selection.**

A: I received your Customer Comment about the lemon rosemary scones. I have good news, we're not discontinuing them, we're only rotating our menu temporarily, and the lemon rosemary will return again in a few months. Hope this is a relief, thanks for writing! Nicholas OConnor, Prepared Foods & Cheese Category Manager

### CLEANING PROCEDURES

**Q: Refrigerator/freezer door handles, serving utensil handles, and buttons on debit card checkout devices seem like good candidates to spread contagious disease. Does the co-op have policy guidance in place for how often such items are cleaned?**

A: Thanks for reaching out. We do have procedures in place to ensure high contact surfaces are cleaned and disinfected regularly. Each department has guidelines specific to the high touch surfaces in their area. Additionally, we have a custodial staff who help keep these surfaces clean. Best, Jenny Skowronek, Store Director—North







## GENERAL MANAGER'S REPORT

# Disability Pride; Our New Community Space; Board Elections; & More

by Anya Firszt, General Manager

### HELLO OWNERS; HELLO JULY.

*"Everything good, everything magical happens between the months of June and August."* -Jenny Han

### FY24 FISCAL YEAR

July is the first month of the new fiscal year, the magical month when we begin the process of closing the books from the previous fiscal year and focusing on the new one. Stay tuned for fiscal year end updates once the annual audit is completed.

### JULY IS DISABILITY PRIDE MONTH!

We are highlighting vendors owned and operated by persons with disabilities: check out Chrysalis Pops (frozen fruit pops) and Mrs. Beaster's Biskits (dog treats).

Look for the Inclusive Trade icon (gold circle with an "i") on shelf tags that indicates a vendor is 51%-owned, -controlled, and -operated by a person or persons who are: women; Black, Indigenous, and/or Persons of Color; LGBTQIA+; veterans; and/or persons with disabilities. Learn more at [willystreet.coop/inclusive-trade](http://willystreet.coop/inclusive-trade).

### HELP US NAME OUR NEW COMMUNITY SPACE

The Co-op has leased a new community space at 1226 Williamson Street. This space, which is directly across the street from our East store, will be the home of events and activities that were previously hosted in our Willy East Community Room. The

space will have a teaching kitchen, meeting and event space, and gallery for art work to be displayed.

This space needs a name! We have solicited ideas from our staff, and now it's your turn to vote on the name for this space that resonates most with you. The final options are: 1226, Aubergine, Flourish, or Mixed. You can cast your vote online at [willystreet.coop/1226-name-vote](http://willystreet.coop/1226-name-vote). Voting ends on July 31.

### FY22 PATRONAGE UPDATE

In January of this year, we began issuing patronage to those owners who were eligible to receive one as a store credit with an end date of June 18th. I now want to share the final amount claimed, as well as the total amount donated.

The total amount of patronage was \$199,409.46, and \$190,772 was refunded and used as a store credit (purchases), cash back, or donated; of that total, \$10,766 was donated to Double Dollars, thank you!

The unused portion will be transferred from retained owner patronage to retained earnings on the Co-op balance sheet; that amount was \$8,646 or 4.3% of the total patronage amount.

### FESTIVAL PERKS PASSES

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

- La Fete de Marquette (Owner perk valid: Thursday, July 13, 4:00pm-7:00pm)
- Good Neighbor Festival (Owner perk valid: Saturday, Aug. 26, 2:30pm-5:30pm)
- Northside Festival at Mallards stadium (Owner perk valid: Saturday, September 23, 2:00pm-5:00pm)

Owners with the Passes can display them when purchasing food or beverages and will only be charged half-price during the three-hour timeframe. Passes may be used to purchase up to four half-priced food items or beverages at one time so that caregivers can get food and beverages for themselves and dependents.

To get your pass, stop at the Willy Street Co-op store that corresponds to the festival starting on the date listed below:

- Pass for Fete de Marquette: distributed at Willy East starting on Saturday, July 1 at 10:00am.
- Pass for Good Neighbor Festival: distributed at Willy West starting on Saturday, August 12 at 10:00am.
- Pass for Northside Festival: distributed at Willy North starting on Saturday, September 9 at 10:00am.

Festival Perks Passes are distributed on a first-come, first-served basis while supplies last. Each Pass is good for the one festival with which it is associated—for example, the one distributed at Willy East is only valid at Fete de Marquette. Owners with an individual Ownership account may receive a total of one Pass for this year; Owners with a household account may

receive a total of two Passes (for the same festival) for this year if they wish. Festival Perks Passes are non-transferable.

### 2023 MADISON MUSIC FESTIVALS

This year we're sponsors of Mad Lit, the free concert series featuring live music and highlighting local artists and businesses of color. The concerts are on select dates July through October on the 100 block of State Street. See the schedule at [www.ourgmmc.org/madlit](http://www.ourgmmc.org/madlit).

The Wil-Mar Neighborhood Center is celebrating its 54th year and the 16th year of bringing live music to the eastside of Madison with La Fete de Marquette—join in the festivities July 13-17 at McPike Park. We're proud to be presenting sponsors of this event.

The 48th Annual AtwoodFest is July 29-30, the hottest couple of blocks on Atwood Avenue for live music, delicious food, and oodles of fun!

### BOARD ELECTIONS

While the Board elections are not until October, it's not too soon to consider that this may be the year to run for the Board of Directors. We have four board seats to fill; three three-year seats as part of the regular election cycle and one one-year seat, which was vacated before the end of the regular term. The Board Candidate packet is available this month at [willystreet.coop/run-for-board](http://willystreet.coop/run-for-board). Check it out!



## BOARD REPORT

# This Year's Annual Meeting

by Tatiana Dennis, Board Member

The Willy Street Co-op Board of Directors is gearing up for an eagerly anticipated event—our Annual Meeting, scheduled for October 2023! This much-anticipated gathering of Owners, employees, and community members alike serves as a vital platform for friends of the Co-op to come together, celebrate our accomplishments, and help shape the future of the organization.

During the Annual Meeting, Owners will have the opportunity to actively engage in discussions, voice opinions, and contribute to the Co-op's decision-making process. It is a chance for Owners to learn about the Co-op's achievements, challenges, and strategic initiatives. The Board is excited to

share updates on the progress made in areas such as diversity and inclusion, as well as governance policy adherence, and ways of evaluation.

### RUN FOR THE BOARD

In addition to reflecting on the Co-op's accomplishments, the Annual Meeting also marks an important occasion for Owners to influence the future direction of the organization by meeting potential Board members for the season to come! The Board is enthused to announce that three Board seats will be opening up this year, presenting a remarkable opportunity for new members to join the Board of Directors. This expansion of the Board is a testament to the Co-op's commitment to inclusivity and diversity of thought, as

it seeks fresh perspectives and insights to guide our continued growth.

The Board of Directors encourages Co-op Owners to consider this exciting opportunity and express their interest in serving on the Board. Serving as a Board member provides a unique chance to actively contribute to the Co-op's decision-making processes, help shape policies, and make a meaningful impact in the community. Whether you have a passion for sustainability, local food systems, or fostering a welcoming and inclusive environment, your voice and expertise are valued. If you are interested in running for the board, download the Board Candidate Packet [www.willystreet.coop/run-for-the-board](http://www.willystreet.coop/run-for-the-board). Applications are due September 1st at 11:59pm.

### ENGAGEMENT & PARTICIPATION

The Board of Directors remains committed to broadening their engagement with Co-op Owners. We are actively seeking opportunities to gather feedback and involve Owners in strategic initiatives. By increasing these avenues for Owner participation, the Board aims to grow a shared vision for the future of the Co-op and the community it serves. Owners are encouraged to reach out to the Board with any questions or comments they may have. The Board can be contacted via email at [all-board@willystreet.coop](mailto:all-board@willystreet.coop).

Together, let's continue building a Co-op that we are proud of.



# Community Room Calendar

Visit [www.wilystreet.coop/events](http://www.wilystreet.coop/events) to register and review COVID-19 Protocols.

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



## SIX SPICES: SAMOSAS

**Location:** Willy West Community Room  
**Tuesday, July 11, 6:00pm–8:30pm**  
**Ages:** 18 and older  
**Instructor:** Neeta Saluja  
**Fee:** \$20 for Owners; \$25 for non-owners  
**Capacity:** 10

Join Chef Neeta Saluja, chef and author of *Six Spices: A Simple Concept, Complex Cooking* to learn to make samosas—homemade pastry filled with seasonal potatoes and peas, deep fried, and served with an assortment of chutneys. Also on the menu: Tamarind Chutney, a sweet, sour, and tangy chutney prepared with tamarind pulp, dates, sugar, and an assortment of spices; and Masala Chai, chai, prepared with Indian spices, sugar, milk, and a combination of teas. Demonstration with limited hands-on opportunities.

## SUMMER SOUS VIDE

**Location:** Willy West Community Room  
**Thursday, July 13, 6:00pm–8:00pm**  
**Ages:** 12 and older; adult supervision required  
**Your Co-op's Own Instructor:** Mike Tomaloff  
**Fee:** \$15 for Owners; \$25 for non-owners  
**Capacity:** 10

Curious about sous vide cooking? Want to know how to incorporate this technique that involves vacuum-sealing food and then cooking in a water bath into your summer backyard cuisine? Then this is the class for you! Join Willy Street Co-op's own Mike Tomaloff to learn the techniques involved while enjoying a sample menu of Smoky BBQ Pork Ribs, Deviled Eggs, the Perfect Ribeye Steak, and even a fun summer dessert all made easier with sous vide! Demonstration only.

## COOKING WITH CHEF PAUL: MUSHROOM IN OUR HEARTS

**Location:** Willy West Community Room  
**Thursday, July 20, 6:00pm–8:00pm**  
**Ages:** 12 and older; adult supervision required  
**Your Co-op's Own Instructor:** Paul Tseng  
**Fee:** \$15 for Owners; \$25 for non-owners  
**Capacity:** 10

The umami flavor of mushrooms can accompany or highlight many other ingredients. Join Chef Paul to learn about mushroom handling, drying, and cooking. On the menu: Mushroom Galette, protein paired with a mushroom sauce; Pan-Fried Mushrooms with Leafy Greens, and Braised Beef with Dried Mushrooms. Ingredients/recipes may be modified based on seasonal availability. Demonstration only.

## COOKING WITH CHEF PAUL: STEAMED BUNS & SEA VEGETABLE SOUP

**Location:** Willy West Community Room  
**Thursday, July 27, 6:00pm–8:00pm**  
**Ages:** 12 and older; adult supervision required  
**Your Co-op's Own Instructor:** Paul Tseng  
**Fee:** \$15 for Owners; \$25 for non-owners  
**Capacity:** 10

A traditional Bao-zi will delight our palate. Join Chef Paul Tseng to learn to make and form the yeast dough and a variety of fillings—savory, vegetarian, or sweet. The umami taste of sea vegetables will complement the steamed buns perfectly.

## CSA Q&A

**Location:** Willy West Community Room  
**Thursday, August 3, 6:00pm–8:00pm**  
**Ages:** 12 and older; adult supervision required  
**Your Co-op's Own Instructor:** Mike Tomaloff  
**Fee:** \$15 for Owners; \$25 for non-owners  
**Capacity:** 10

Don't know what to do with those garlic scapes? Are you drowning in a sea of leafy greens? Beat by an overabundance of beets? Sign up and tell us what stumps you in your CSA box! Garlic scapes make a good pesto, the greens will braise nicely, and those beets are begging to get pickled! Recipe demos will be based on your submissions, so tell us what you'd like to learn, and we'll do the rest. Ingredients/recipes may be modified based on seasonal availability.

Demonstration only.

## COOKING WITH CHEF PAUL: SIMPLE AND DELICIOUS DINNERS

**Location:** Willy West Community Room  
**Thursday, August 17, 6:00pm–8:00pm**  
**Ages:** 12 and older; adult supervision required  
**Your Co-op's Own Instructor:** Paul Tseng  
**Fee:** \$15 for Owners; \$25 for non-owners  
**Capacity:** 10

Whole foods and less processed ingredients are the answer! Join Chef Paul for a simple and delicious menu of Herb Crusted Fish, Lemony Beef, Leafy Vegetable & Quinoa Salad, and a No-Bake Fruit Tart. Ingredients/recipes may be modified based on seasonal availability. Demonstration only.

## COOKING WITH CHEF PAUL: PLANT-BASED MEALS

**Location:** Willy West Community Room  
**Thursday, August 24, 6:00pm–8:00pm**  
**Ages:** 12 and older; adult supervision required  
**Your Co-op's Own Instructor:** Paul Tseng  
**Fee:** \$15 for Owners; \$25 for non-owners  
**Capacity:** 10

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

## IT'S HARVEST TIME!

**Location:** Willy West Community Room  
**Monday, August 28, 6:00pm–8:00pm**  
**Ages:** 16 and older; adult supervision required  
**Instructor:** Elizabeth Crawford  
**Fee:** \$15 for Owners; \$25 for non-owners  
**Capacity:** 10

This class is focused on all things fresh! Elizabeth will explore techniques and flavoring elements in Stewed Bell Peppers with Bay Leaf, Polenta with Pesto alla Genovese, Oven-Roasted Vegetables, and Apple Butter with Vanilla. Demonstration only.

## COOKING WITH CHEF PAUL: PESTO & HUMMUS

**Location:** Willy West Community Room  
**Thursday, August 31, 6:00pm–8:00pm**  
**Ages:** 12 and older; adult supervision required  
**Your Co-op's Own Instructor:** Paul Tseng  
**Fee:** \$15 for Owners; \$25 for non-owners  
**Capacity:** 10

These versatile dips can easily go with many dishes—pasta, crudités, pizza, and sandwiches. How about pesto made with legumes, nuts, and herbs? How about hummus disguised in a pesto? Join Chef Paul for a class all about pesto and hummus using ingredients from mung beans, lentils, navy beans, cheese, and herbs. He will also pair them with crudités, baked potatoes, steamed seafood, pan-fried proteins, and more.

## CLASSIC PLUM & PEAR TART WITH PIERRE FERLAND

**Location:** Willy West Community Room  
**Wednesday, July 19, 6:00pm–8:30pm**  
**Ages:** 18 and older  
**Instructor:** Pierre Ferland  
**Fee:** \$20 for Owners; \$30 for non-owners  
**Capacity:** 10



Join Chef Pâtissier Pierre Ferland in this new pie class to learn how to make a classic pear tart and a plum tart from start to finish and everything in between. The demonstration will start with poaching fresh pears and making sweet dough and almond cream. Then Pierre will assemble all the components that make up these classic tarts and finally bake and serve. Demonstration with limited hands-on opportunities.







### **PATE À CHOUX WITH PIERRE FERLAND**

**Location:** Willy West Community Room  
**Wednesday, August 9, 6:00pm–8:30pm**  
**Ages:** 14 and older; adult supervision required  
**Instructor:** Pierre Ferland  
**Fee:** \$20 for Owners; \$30 for non-owners  
**Capacity:** 10

Join Chef Pâtissier Pierre Ferland in this class to learn how to make classic pastries such as éclairs, Paris Brest, and choux (cream puffs) as well as pastry cream and other fillings. From mixing to baking, this class will cover everything you need to know to make these classic French pastries. Demonstration with limited hands-on opportunities.



### **COOKING TOGETHER: FLAVORS OF BRAZIL**

**Location:** Willy West Community Room  
**Friday, July 14, 5:30pm–7:15pm**  
**Instructor:** Lily Kilfoy  
**Ages:** 5 and older; registration for adults and kids required  
**Fee:** \$10 for kids; \$15 for Owners; \$25 for non-owners

**Capacity:** 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class fix a fantastic feast using flavorful foods found in Brazil—black beans e arroz, the superfood açaí berry, tantalizing tropical fruits, Empadão, Pão de Queijo, sweet chocolate Brigadeiros may be explored. Everyone in the class will be an active participant and work together to prepare the meal to share at the end of the class. Hands-on.

### **COOKING TOGETHER: FLAVORS OF JAPAN**

**Location:** Willy West Community Room  
**Friday, July 28, 5:30pm–7:15pm**  
**Instructor:** Lily Kilfoy  
**Ages:** 5 and older; registration for adults and kids required  
**Fee:** \$10 for kids; \$15 for Owners; \$25 for non-owners  
**Capacity:** 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will fashion a fantastic feast inspired by the flavors of Japan—sushi rolls, noodles, miso soup, tea, citrus, soy and edamame may be explored. Everyone in the class will be an active participant and work together to prepare the meal to share at the end of the class. Hands-on.

### **COOKING TOGETHER: FLAVORS OF SOUTH AFRICA**

**Location:** Willy West Community Room  
**Friday, August 11, 5:30pm–7:15pm**  
**Instructor:** Lily Kilfoy  
**Ages:** 5 and older; registration for adults and kids required  
**Fee:** \$10 for kids; \$15 for Owners; \$25 for non-owners  
**Capacity:** 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will create a fusion of flavors inspired by the cuisine of South Africa—Gatsby, Bunny Chow, Pap, Chakalaka, and a sweet treat made of sweet potatoes may be explored. Everyone in the class will be an active participant and will work together to prepare the meal to share at the end of the class. Hands-on.

### **COOKING TOGETHER: FLAVORS OF SPAIN**

**Location:** Willy West Community Room  
**Friday, August 25, 5:30pm–7:15pm**  
**Instructor:** Lily Kilfoy  
**Ages:** 5 and older; registration for kids and adults required  
**Fee:** \$10 for kids; \$15 for Owners; \$25 for non-owners  
**Capacity:** 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will put together a meal featuring the tantalizing tastes of Spain—grapes, lemons, olive oil, eggplant, rice and, of course, tapas! Everyone in the class will be an active participant and work together to prepare the meal to share at the end of the class. Hands-on.



### **READ A BOOK & LEARN TO COOK: PIZZA!**

**Location:** Willy West Community Room  
**Monday, July 10, 10:00am–11:00am**  
**Instructor:** Lily Kilfoy  
**Ages:** 2-4 years old; adult supervision required  
**Fee:** \$10 for Owners; \$20 for non-owners

**Capacity:** 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making pizza together. Read-aloud will include *A Pizza with Everything on It* by Andy J. Pizza and *Right This Very Minute: A Table-to-Farm Book About Food and Farming* by Wisconsin author Lisl H. Delefsen. Limit one adult per child.

### **KIDS IN THE KITCHEN: CAMPFIRE COOKING!**

**Location:** Willy West Community Room  
**Tuesday, July 18, 4:15pm–5:30pm**  
**Instructor:** Lily Kilfoy  
**Ages:** 5–8 years old  
**Fee:** \$10 for Owners; \$20 for non-owners  
**Capacity:** 12

Join Chef Lily in this hands-on cooking class for kids. Summertime is in full swing, and that means camping and making meals in the great outdoors, including pizza pockets, pudgy pies, s'mores galore, and much more. In this class, participants will make multiple recipes that can be recreated around the campfire. Hands-on.

### **READ A BOOK & LEARN TO COOK: FRENCH TOAST!**

**Location:** Willy West Community Room  
**Monday, July 24, 10:00am–11:00am**  
**Instructor:** Lily Kilfoy  
**Ages:** 2-4 years old; adult supervision required; [click here to register](#)  
**Fee:** \$10 for Owners; \$20 for non-owners  
**Capacity:** 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making French Toast together. Read-aloud will include *Click Clack Moo: Cows that Type* by Doreen Cronin and *Bread Comes to Life: A Garden of Wheat and a Loaf to Eat* by George Levenson. Limit one adult per child.

### **READ A BOOK & LEARN TO COOK: STIR-FRIED SOBA NOODLES!**

**Location:** Willy West Community Room  
**Monday, August 14, 10:00am–11:00am**  
**Instructor:** Lily Kilfoy  
**Ages:** 2-4 years old; adult supervision required; [click here to register](#)  
**Fee:** \$10 for Owners; \$20 for non-owners  
**Capacity:** 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making Stir-Fried Soba Noodles together. Read-aloud will include *Noodles, please! (A-Z Foods of the World)* by Cheryl Yau Chepusova and *Rah, Rah, Radishes! A Vegetable Chant* by April Pulley Sayre. Limit one adult per child.

### **KIDS IN THE KITCHEN: FROSTY FAVORITES!**

**Location:** Willy West Community Room  
**Tuesday, August 1, 4:15pm–5:30pm**  
**Instructor:** Lily Kilfoy  
**Ages:** 5–8 years old  
**Fee:** \$10 for Owners; \$20 for non-owners  
**Capacity:** 12

Join Chef Lily in this hands-on cooking class for kids. The weather is hot, and there is nothing better than an ice cold treat to cool things down—shakes, fruit sorbets, ice cream sandwiches and more! In this class, participants will make multiple fun, frosty favorites. Hands-on.

### **KIDS IN THE KITCHEN: SUMMER PICNIC!**

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

Join Chef Lily Kilfoy in this hands-on cooking class for kids. When summer gets really hot there is nothing better than eating outdoors—wraps, salads, sides, skewers, dips, fruits, lemonade and more! Participants will work in groups to create a superb summer picnic in the Community Room. Hands-on.





### READ A BOOK & LEARN TO COOK: HANDMADE CORN TORTILLAS

**Location:** Willy West Community Room

**Monday, August 28, 10:00am–11:00am**

**Instructor:** Lily Kilfoy

**Ages:** 2-4 years old; adult supervision required

**Fee:** \$10 for Owners; \$20 for non-owners; [click here to register](#)

**Capacity:** 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making handmade corn tortillas together. Read-aloud will include *Round Is a Tortilla: A Book of Shapes* by Roseanne Thong and *Eating the Alphabet: Fruits & Vegetables from A to Z* by Milwaukee author Lois Ehlert. Limit one adult per child.



### BASIC KOMBUCHA BREWING FOR BEGINNERS

**Location:** Wil-Mar Neighborhood Center

**Wednesday, August 30, 6:00pm–7:00pm**

**Ages:** 12 and older; adult supervision required

**Instructor:** Vanessa Tortolano

**Fee:** \$40 for Owners; \$50 for non-owners

**Capacity:** 16

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

### KOMBUCHA II

**Location:** Wil-Mar Neighborhood Center

**Wednesday, August 30, 7:15pm–8:15pm**

**Ages:** 12 and older; adult supervision required

**Instructor:** Vanessa Tortolano

**Fee:** \$25 for Owners; \$35 for non-owners; [click here to register](#)

**Capacity:** 16

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



### SHRUBS AND SIMPLE HERBAL SYRUPS FOR SUMMER MOCKTAILS

**Location:** Willy West Community Room

**Tuesday, July 25, 6:00pm–8:00pm**

**Ages:** 18 and older

**Your Co-op's Own Instructor:** Kirsten Landsverk

**Fee:** \$15 for Owners; \$25 for non-owners

**Capacity:** 10

Learn to make delicious mocktails for your summer party guests! Flavors that will make your dining friends feel special and cared for as much as everyone else at the party. Join Willy Street Co-op's own instructor, Kirsten Landsverk, to learn about shrubs, simple syrups to flavor sparkling water, and iced tea blends that will refresh and delight. Lecture and demonstration.

### INFUSED OILS AND SALVE-MAKING FOR BODY CARE

**Tuesday, September 12, 6:00pm–8:00pm**

**Your Co-op's Own Instructor:** Kirsten Landsverk

**Ages:** 18 and older

**Fee:** \$15 for Owners; \$25 for non-owners

**Capacity:** 10

Join Kirsten Landsverk for a discussion on which oils are used for what skin types, certain plant profiles that you can infuse into oils, and then a demonstration as to how to recreate these products in your own home for your own family. Taking it one step further we will learn ratios and recipes to turn these oils into healing topical salves that you can use for your whole family. Lecture and demonstration.



### HORMONE BALANCE, NATURALLY

**Location:** Zoom

**Tuesday, July 18, 12:00pm–1:00pm**

**Instructor:** Katy Wallace

**Fee:** Free; registration is required

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

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

### FOOD-BASED CLEANSING

**Location:** Zoom

**Wednesday, August 30, 12:00pm–1:00pm**

**Instructor:** Katy Wallace

**Fee:** Free; registration is required

Learn new ways to get healthy by assisting the body's major elimination and toxin-removing organs (liver, kidneys, and digestive tract) with food and herbs that allow for internal cleansing. Think of cleansing for internal organs as the counterpart to washing your hair or brushing your teeth; these activities keep you healthy and vibrant.

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



### SELF-CARE CHAIR YOGA WITH MOURNING DOVE

**Location:** Wil-Mar Neighborhood Center

**Thursday, July 13, 1:00pm–2:00pm**

**Friday, July 21, 5:30pm–6:30pm**

**Thursday, August 10, 1:00pm–2:00pm**

**Friday, August 25, 5:30pm–6:30pm**

**Ages:** 18 and older

**Your Co-op's Own Instructor:** Mourning Dove

**Wochos**

**Fee:** \$15 for Owners; \$25 for non-owners

**Capacity:** 12

In a gentle and nurturing environment, release the pressures of the day, connect to your intentions, and experience a vinyasa yoga flow infused with affirmations. We will end with a relaxation meditation. This class is taught in a chair with some optional standing poses. All bodies, abilities, and identities are welcomed and valued.

### INDIVIDUAL NUTRITION CONSULTATIONS

**Location:** Willy West Community Room

**Wednesday, July 21, 1:30pm–4:45pm**

**Wednesday, August 9, 1:30pm–4:45pm**

**Location:** Zoom

**Friday, July 14, 1:30pm–4:45pm**

**Tuesday, August 11, 1:30pm–4:45pm**

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

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

## SPECIAL STORE HOURS: STORES CLOSE AT 7:00PM

**Year-end Inventory (Last day of FY23): Sunday, July 2**

**Independence Day: Tuesday, July 4**





# TOGETHER WE TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Photo provided by Voces de la Frontera

In July we celebrate the rights of life, liberty, and the pursuit of happiness. Community Shares of Wisconsin member nonprofits work every day to create a world with equality and justice for all.

When you say YES to donate through Community CHIP® at Willy Street Co-op, you support nonprofits that work for a just, equitable society including:

- ACLU of Wisconsin Foundation
- Center for Media and Democracy
- Fair Wisconsin Education Fund
- GSAFE
- MOSES – WISDOM of Madison
- NAACP Dane County
- Orgullo Latinx LGBTQ+ of Dane County
- OutReach LGBTQ+ Community Center
- Rebalanced-Life Wellness Association
- Voces de la Frontera
- Wisconsin Women's Network
- Worker Justice Wisconsin
- Working Capital for Community Needs

## SAVE THE DATE: COMMUNITY CHANGE-MAKER AWARDS

September 28 at Union South

Community Shares of Wisconsin will celebrate local leaders and organizations who are advancing social and environmental justice in our community.



communityshares.com

## WINE NEWS

### Wine & Grilling Pairings



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

The summer weather has most certainly arrived, and every weekend in my neighborhood, the smell of barbecues being fired up mixes with the smell of fresh cut grass. This sparks a lot of nostalgia for me, as I grew up in a family that spent most summer evenings running around playing baseball in the backyard, and dinner time usually meant a barbecue of some sort prepared on an old trusty Weber kettle grill. While the beverage pairing for myself and my sisters consisted of lemonade or water from the garden hose, the adults usually went for a summer wine or beer that paired a bit better with the smoky flavors of the grilled meat and vegetables and fresh fruit.

At the Co-op, we've got a great selection of beverages suitable for barbecues of all types, whether it be a great crisp pilsner beer, or a sauvignon blanc or pinot noir. I am the first to admit that selecting a bottle of wine for any event can be daunting, so I've consulted with one of our great wine salespeople to give some of his recommendations on a bottle that will go over well for your next backyard barbecue.



**BRAAI  
CABERNET  
SAUVIGNON  
\$13.99**

I had never heard about the tradition of a braai, which is the South African version of a backyard barbecue. "Braai" is an Afrikaans word meaning "to roast," and the barbecue is always done over an open flame of either hardwood or charcoal. Any and all types of meat are marinated and

grilled, and is accompanied by a wide variety of side dishes and braai bread. The braai bread, or "braaibroodjie," is basically a sandwich made of white bread, cheese, chutney, and tomato and toasted over the open flame.

This South African Cabernet is meant to honor this tradition, but can be paired with almost any rich, fatty barbecued meat. Try it out with a ribeye or New York strip, or grilled flanken-style short ribs. Like most cabs, it would benefit from some time to open up, but has all the hallmark flavors such as blackberry, tobacco, and vanilla. You can find this bottle at Willy North or Willy West!

**VERAMONTE  
SAUVIGNON  
BLANC \$12.99**



Sauvignon blancs are generally suited well for warm weather and served with lighter food, and this organic wine from Chile is a great example of that. Some sauvignon blancs can be a bit minerally, but this one is more fruit-forward, light, and crisp. For this reason, this wine would pair well with lightly grilled chicken or fish, cucumber salad, or any of the great seasonal vegetables served at a barbecue like asparagus. It also goes well with a creamy goat cheese. Find this bottle at all three Co-op locations!

Each Co-op location has a great selection of rosés for the summer season, so selecting just one proved to be a bit difficult. The Mont Gravet is a French rosé that has a great price point, and is slightly more acidic, allowing it to stand up to most foods served at your next barbecue or picnic. Try this wine with something with lots of flavor, like blackened chicken or fish, or grilled meats or vegetables with chimichurri. I think it would also be a perfect pairing with a classic burger. This wine can be found at all three Co-op locations!



**MONT GRAVET  
ROSÉ \$9.99**

lots of flavor, like blackened chicken or fish, or grilled meats or vegetables with chimichurri. I think it would also be a perfect pairing with a classic burger. This wine can be found at all three Co-op locations!

## SPECIAL STORE HOURS: STORES CLOSE AT 7:00PM

Year-end Inventory (Last day of FY23): Sunday, July 2

Independence Day: Tuesday, July 4





## PRODUCER NEWS

# Introducing... Fortune Favors!



by **Melissa Reiss,**  
Purchasing Assistant

In May, the pecan purveyors on Atwood Avenue known as Nutcrack announced they were expanding and changing their name. I reached out to Sam McDaniel, Chief Executive Officer for the scoop.

**Melissa: Thanks Sam for taking some time to chat with us! Take us back to where it all began.**

Sam: "Fortune Favors began as a mistake. Chef Eric Rupert, a 40-year culinary veteran of amazing kitchens at L'Etoile Restaurant, Sub Zero-Wolf, and Epic Systems, was hard at work in the kitchen, the stovetop crowded with pots and pans, when



he accidentally dropped some pecan halves into the wrong pot. When he saw them again later, he stopped and looked more closely. They had a perfect, shiny glaze as though they had been intentionally and carefully prepared. He tasted one, and was surprised at how crunchy and delicious it

was. Over the next hour, he ate them all. He added salt to a second batch, and shared them with family and friends. They were a unanimous hit, and a tradition was born: Eric would prepare these accidental treats as holiday gifts, and he did so for years.

"In a leap of faith, Eric started Fortune Favors as a side hustle in 2018, with co-founder and current Fortune Favors COO Jess Benish, and left Epic as executive chef in 2021 to pursue the business full time. The pair opened a neighborhood pecan shop on Madison's east side, which quickly gained a cult following as people tasted the candied pecans.

"Today, Eric and a small team of food-lovers are making and sharing Fortune Favors candied pecans at a new production facility in Cottage Grove, WI, still operating the retail shop in Madison, and sharing the nuts with wholesale partners across the nation."

**M: Where did the new name come from and why the change?**

S: "We partnered with Planet Propaganda, an amazing local agency, and spent almost two years working on every aspect of our new brand, from the name to the packaging design, to the website, to the marketing and experiential universe that we have and will continue to create around these amazing nuts. Fortune Favors as a name is a gateway to this universe, and it opens the door to the whimsical, magical, irreverent, weird, and joyful place we take our customers when they enjoy our pecans and other treats.

"Nutcrack was a shortened version of the name Nutcracker, the insider name Eric's friends and family had for the nuts before they became a business. Our decision to change the name was a multi-faceted one: The shortest answer as to why is that we are growing up as a brand. The quality of our product is best in class, and it was time for our branding, packaging, and our name to live up to that same quality standard. Fortune Favors gives us the chance to open up a whole new array of products and stories and partnerships, and to keep all of the fun and whimsy and nostalgia and cheeky humor and visuals that we have been known for. As business people, it also removes a potential risk factor that has come up with many of our wholesale and di-

rect customers: the perception of our name as a drug reference. That was not the intent, but it is not an unreasonable read on the name, and we are not comfortable with people viewing us that way."

**M: How have you grown over the years?**

S: "We have been incredibly well-supported by the Madison community, and people all over the country as well. Our sales doubled each year from 2018-2021, and we have gone from producing about 3,000 pounds of pecans in 2018 to over 100,000 pounds in 2023. We are available in more than 500 retail locations around the United States, and our goal is to produce 1 million pounds of our pecans by 2027!"

**M: Where do you source the nuts from?**

S: "It varies from year to year; we work to find pecan farms that produce the species of pecans that we prefer (there are more than 500) in the sizes we like, with the flavor profile we want. The past few years, our pecans have come from one family growing operation near Las Cruces, New Mexico, and in 2023/24, we will feature a lot more pecans from several farms in the state of Georgia."

**M: Where's the farthest you've shipped nuts to?**

S: "We have shipped to all 50 states, including Alaska, Hawaii, and Puerto Rico, and our pecans have been shared with friends, family, and customers as far away as Russia, China, Australia and South Africa!"

**M: Are there other flavors or products in the works?**

S: "We are always working on new products and flavors, and love to hear what our customers are interested in seeing us do next! In the next year, we will launch one or two more flavors of pecans, bring back a special holiday favorite from last year in a new package, and add another pecan and chocolate mix to pair with our Up North Mix, the hit of last holiday season!"

**M: Any funny or interesting stories to share?**

S: "In our new branding, you will notice that squirrels play a big role in our lives. At our shop on Atwood Avenue in Madison, we have a collection of squirrel neighbors who

have proven to be the biggest fans of Fortune Favors on the planet. We don't directly feed them, but they have chewed through countless trash cans to get at the nuts that aren't good enough to make it into our products for sale, and the most adventurous ones have accidentally come along on delivery runs more than once! It is quite a shock to look into the rear-view mirror of the delivery van, and see a giant, pecan-fed squirrel staring back at you!"

**M: Is there anything else you'd like to share with our readers?**

S: "We want to say a huge thank you to all of the Co-op Owners, staff, and shoppers, and to all of the residents of Dane County and southern Wisconsin. We are incredibly grateful for the chance to bring joy to all of you through our pecans and other snacks and treats, and we look forward to doing it for many more years to come!"

## Advertise in the Reader

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[willystreet.coop/advertising](http://willystreet.coop/advertising)

Call 608-237-1230 or email  
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## DELI NEWS

# Grab & Go Sandwiches



by Prepared Foods & Cheese Category Manager

**H**ello! I'm here to give a brief update of what is going on with the Prepared Foods program at Willy Street Co-op!

Originally, when we went into a pandemic that shut many of our services down like so many other food establishments, we struggled to understand how

to proceed with all the restrictions on what we could and could not do. The landscape of food in our Madison area has been drastically changed, and many restaurants and cafes unfortunately didn't make it through this new normal.

Furthermore, to mention staffing struggles, supply chain issues, and inflation only gives the slightest of hints as to the struggles our industry faces now in this post-pandemic. We try really hard to provide customers with reliable services, but we have often found ourselves choosing between one thing and another in terms of services offered.

In spite of these struggles, we recognize there is room for improvement, and we are currently focusing on our Grab & Go sandwich program. Over the years Willy Street Co-op has had a great variety of different sandwiches on our menus, and in the past couple years we have had about two dozen different kinds of sandwiches on our shelves in the coolers. This is with different varieties rotating on and off the menu across all three stores.

In May, our Prepared Foods Managers started brainstorming ways for us to be able to do more for this program. We collaborated on finding efficiencies so that we can go forward with a refocused effort in order to prioritize having a steady and reliable offering on our shelves when you come into shop. After looking at this with each store's sales and labor structure being slightly different, this will be a little different at each location at first, but with the goal that we will eventually have all three pretty closely aligned with a core sandwich menu.

### SANDWICHES IN STOCK

Going forward we are planning to have 12 sandwiches in stock and on the shelves nearly all of the time at North and West. For East we're planning to have 10 sandwiches. That said, we obviously can't always anticipate if one sandwich will run out faster than another and create the occasional out of stock, but the majority of the time you can expect to see these sandwiches available:

#### At East we will have the following available:

Ham and Cheddar Sandwich  
Turkey and Swiss Sandwich  
Turkey and Swiss Sandwich: Made Without Gluten  
Horseradish Havarti Roast Beef Sandwich  
Red Curry Tofu Wrap

Avocado BLT Wrap  
Avocado Tempeh Wrap  
Ginger Roasted Tempeh Wrap  
Caprese Pesto Sandwich  
Chickpea Salad Wrap

#### At North and West we will have the following available:

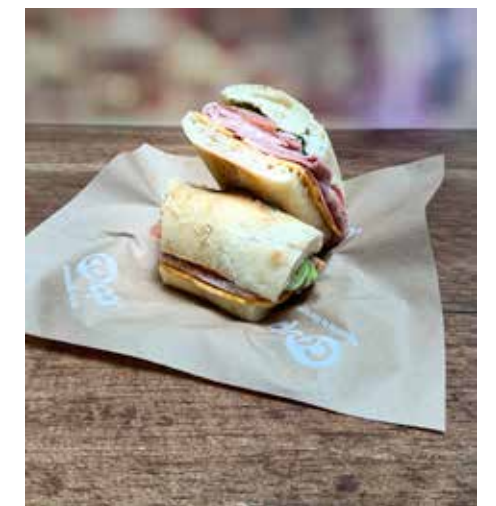
Ham and Cheddar Sandwich  
Turkey and Swiss Sandwich  
Turkey and Swiss Sandwich: Made Without Gluten  
Horseradish Havarti Roast Beef Sandwich  
Red Curry Tofu Wrap  
Avocado BLT Wrap  
Avocado Tempeh Wrap  
Ginger Roasted Tempeh Wrap  
Caprese Pesto Sandwich  
Chickpea Salad Wrap  
Italian Club Sandwich  
Egg Salad Sandwich

### VEGAN CHICKPEA SALAD WRAP

With that, one of the sandwiches I am most excited about is the Vegan Chickpea Salad Wrap. This was originally created by a Deli staffer at West a few years ago and has been a regular staple at West, I frequently shop at East, so having this wrap available at East and North now will be a nice bonus! If you're vegan, vegetarian, or just enjoy trying plant-based foods, I strongly recommend trying this one out—it's like a "tuna" salad sans-fish!

### MADE-WITHOUT-GLUTEN

Last but not least, for our customers that do not consume wheat, we are also planning on having some rotating made-without-gluten sandwiches on the menu. These will essentially be the same as our other sandwiches, same amounts of toppings, but just on gluten free bread. So, for example, Turkey and Swiss Made-Without-Gluten will come off the menu, and Horseradish Havarti Roast Beef made-without-gluten will be added to the menu.





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

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



**Garden of Life  
Protein &  
Greens Powder**  
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**coop deals.**



**Lily of the Desert  
99% Aloe Vera  
Gelly**  
12 oz • Save \$3.20  
**\$6.29/tx**

**coop deals.**

**Aura Cacia  
Mineral Bath**  
All Kinds on Sale!  
2.5 oz • Save \$2.58/2  
**2 for \$5/tx**

**coop deals.**

**evanhealy  
Facial Tonic  
HydroSoul**  
Lavender, Rose Geranium  
4 fl oz • Save \$7  
**\$24.99/tx**

**coop deals.**

**Flora  
Super 8 Probiotic**  
30 cap • Save \$9.70  
**\$18.29/tx**

**coop deals.**

**Nordic Naturals  
Ultimate Omega Mini**  
60 sg • Save \$10  
**\$24.99/tx**

**coop deals.**

**Kiss My Face  
Moisture Shave Cream**  
All Kinds on Sale!  
11 fl oz • Save \$2.90  
**\$6.39/tx**

**coop deals.**

**Weleda  
Spray Deodorant**  
All Kinds on Sale!  
3.4 fl oz • Save \$4  
**\$9.99/tx**

**coop deals.**

**Ultima Replenisher  
Electrolyte Powder**  
All Kinds on Sale!  
3.2-3.7 oz • Save \$10  
**\$12.99**

**coop deals.**

**NOW  
D-Mannose 500 mg**  
120 cap • Save \$14.50  
**\$18.49/tx**

**coop deals.**



## co-op deals: July 19-August 1



**Dr. Tung's  
Smart Floss**  
30 yd • Save \$1.10  
**\$3.39/tx**

**coop deals.**

**Dr. Bronner's  
Lip Balm**  
All Kinds on Sale!  
1 ea • Save \$1.29  
**\$2.50/tx**

**coop deals.**



**Badger  
Mineral Sunscreen**  
SPF 40 & SPF 50 Tins  
2.4 oz • Save \$3  
**\$10.49/tx**

**coop deals.**

**Andalou Naturals  
Body Lotion**  
All Kinds on Sale!  
8 oz • Save \$5  
**\$5.49/tx**

**coop deals.**



**Acure  
Shampoo Bar**  
Coconut & Argan  
5 oz • Save \$3.90  
**\$5.39/tx**

**coop deals.**



**SolaRay  
SharpMind Nootropics**  
Focus  
30 ct • Save \$9  
**\$16.99/tx**

**coop deals.**

**Tints of Nature  
Hair Color**  
All Kinds on Sale!  
1 ea • Save \$3  
**\$14.99/tx**

**coop deals.**



**Vital Proteins  
Collagen  
Peptides**  
20 oz • Save \$13.50  
**\$33.49/tx**

**coop deals.**



**Natural Factors  
Ultimate Probiotic  
12/12 Formula**  
60 cap • Save \$5.70  
**\$18.29/tx**

**coop deals.**

**Bach  
Rescue Remedy**  
.7 fl oz • Save \$5.40  
**\$16.59/tx**

**coop deals.**

# coop™ deals

co-op deals: July 5-18



**Late July Salsa**  
All Kinds on Sale!  
15.5 oz • Save \$1.50  
**\$3.99**



**Essentia Water Electrolyte-Enhanced Water**  
8.8 oz • Save \$1.98/2  
**2 for \$4**



**Goodpop Pops**  
All Kinds on Sale!  
4 pk • Save \$2  
**\$3.99**



**Annie's Organic Salad Dressings**  
All Kinds on Sale!  
8 fl oz • Save \$2.80  
**\$3.99**



**Bionaturae Organic Extra Virgin Olive Oil**  
17 fl oz • Save \$5  
**\$9.99**



**HOP WTR Hop Water**  
All Kinds on Sale!  
6x12 fl oz • Save \$2  
**\$8.49**



**ECOS Dishmate Dish Soap**  
All Kinds on Sale!  
25 fl oz • Save 70¢  
**\$3.79/tx**



**Clasen's Buns**  
All Kinds on Sale!  
10-12 oz • Save \$1  
**\$4.99-\$5.99**

**Mary's Gone Crackers Organic Super Seed Gluten-Free Crackers**  
All Kinds on Sale!  
5.5 oz • Save \$2.30  
**\$3.99**



**Alden's Organic Ice Cream**  
All Kinds on Sale!  
48 oz • Save \$1.50  
**\$8.49**



**Freshe Canned Seafood Meals**  
All Kinds on Sale!  
Great for Backpacking!  
4.25 oz • Save \$1  
**\$3.99**



**Woodstock Organic Frozen Veggies**  
Super Sweet Corn, Green Peas, Edamame, Broccoli Florets  
10 oz • Save \$2.58/2  
**2 for \$5**



**Equal Exchange Organic Fair Trade Chocolate Bars**  
All Kinds on Sale!  
2.8-3.5 oz • Save 79¢  
**\$3.00**

**Grandy Oats Organic Bulk Swiss-Style Muesli**  
18 oz • Save \$1/lb  
**\$5.29/lb**



**The Good Crisp Company Potato Chips**  
All Kinds on Sale!  
5.6 oz • Save \$1  
**\$2.99**



**Hodo Soy Thai Curry Tofu Nuggets**  
8 oz • Save \$1.50  
**\$6.29**



**Daisy Sour Cream**  
8 oz • Save 20¢  
**\$1.59**



**Tasty Bite Organic Rice and Grain Pouches**  
All Kinds on Sale!  
8.8 oz • Save \$2.98/2  
**2 for \$4**



**Louisville Vegan Jerky Vegan Jerky**  
All Kinds on Sale!  
2.5-3 oz • Save \$1.50  
**\$5.49**



**Native Forest Organic Pineapple Chunks**  
14 oz • Save \$1.30  
**\$3.99**



**Just Ice Tea Organic Iced Tea**  
All Kinds on Sale!  
16 fl oz • Save 50¢  
**\$2.29/tx**



**Santa Cruz Organic Lemon or Lime Juice**  
Great for cooking!  
16 fl oz • Save \$1.30  
**\$3.99**



**Safe Catch Elite Pure Wild Tuna**  
5 oz • Save 50¢  
**\$2.99**



**Nixie Organic Sparkling Water**  
All Kinds on Sale!  
8x12 fl oz • Save \$1.50  
**\$4.49**



The specials on this page are valid July 5-18

All Specials Subject to Availability. Sales Quantities Limited.



# JULYS

## co-op deals: July 19-August 1

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



### Garden of Eatin' Tortilla Chips

All Kinds on Sale!  
5.5 oz • Save \$2.58-2.98/2

**2 for \$5**

coop deals.



### Organic Valley Organic Grassmilk Half and Half

16 fl oz • Save 50¢

**\$3.29**

coop deals.



### Beyond Meat Plant-Based Sausages and Brats

All Kinds on Sale!  
14 oz • Save \$3.30

**\$6.49**

coop deals.



### Cascadian Farm Organic Frozen Fruit

All Kinds on Sale!  
8-10 oz • Save \$2.50

**\$3.99**

coop deals.



### Wild Planet Light Wild Skipjack Tuna

5 oz • Save \$1.10

**\$3.19**

coop deals.



### Rishi Tea Organic Sparkling Botanical Drinks

All Kinds on Sale!  
12 fl oz • Save \$1.98/2

**2 for \$4**

coop deals.



### Chocolove Chocolate Bars

All Kinds (except XO Bars) on Sale!  
2.9-3.2 oz • Save \$1.58/2

**2 for \$5**/tx

coop deals.



### Triple Crown Organic BBQ Sauce

14 oz • Save \$2.50

**\$5.99**

coop deals.

### Epic Pork Rinds

All Kinds on Sale!  
2.23-2.5 oz • Save \$1.30

**\$2.99**

coop deals.

### San Pellegrino Sparkling Beverages

All Kinds on Sale!  
6x11.15 oz • Save \$1

**\$5.79**

coop deals.

### A2 Milk

59 fl oz • Save 50¢

**\$3.99**

coop deals.

### Spectrum Organic Mayonnaise

16 oz • Save \$2.30

**\$6.49**

coop deals.

### Fillo's Beans and Sofrito

All Kinds on Sale!  
10 oz • Save \$2.58/2

**2 for \$5**

coop deals.

### Santa Cruz Organic Lemonade

All Kinds on Sale!  
32 fl oz • Save \$2.98/2

**2 for \$4**/tx

coop deals.

### RISE Brewing Co Organic Nitro Cold Brew Coffee

All Kinds on Sale!  
7 fl oz • Save \$1.58/2

**2 for \$5**

coop deals.

### Zoe Extra Virgin Olive Oil

33.8 fl oz • Save \$3.50

**\$13.99**

coop deals.

### Honey Mamas Cacao Nectar Bar

All Kinds on Sale!  
2.5 oz • Save \$1.50

**\$3.99**

coop deals.



### Brown Cow Cream Top Yogurt

All Kinds on Sale!  
5.3 oz • Save 19¢

**\$1.00**

coop deals.



### Barbara's Bakery Cheese Puffs

All Kinds on Sale!  
5.5-7 oz • Save \$1

**\$2.99**

coop deals.



### Vita Coco Pure Coconut Water

16.9 fl oz • Save \$1

**\$2.29**

coop deals.



### Mediterranean Organic Organic Olives

All Kinds on Sale!  
8.4-8.5 oz • Save \$1.80

**\$3.99**

coop deals.



### ECOS Ultra Ecos Laundry Detergent

All Kinds on Sale!  
100 fl oz • Save \$1.50

**\$13.99**/tx

coop deals.



### Ithaca Hummus

All Kinds on Sale!  
10 oz • Save \$1.50

**\$3.99**

coop deals.



### Kevita Organic Sparkling Probiotic Drinks

All Kinds on Sale!  
15.2 fl oz • Save 98¢/2

**2 for \$5**/tx

coop deals.



The specials on this page are valid July 19-August 1

All Specials Subject to Availability. Sales Quantities Limited.



by Ben Becker, Newsletter Writer

Summer is finally here. The sun is shining and it is time to party. So dust off those lawn chairs, fire up the grill, and prepare to relax. While you're soaking up rays, you'll need something to cool you down and keep you refreshed. There's no end to tasty beverage inventions that could satisfy your need for a cold one. If you're trying to keep your festivities on the sober side, you may want to consider these creative alternatives. Try a fresh take on imbibing alcohol-free this July with a few of these mocktail and non-alcoholic (NA) options.



**Celery Juice Spritzer**

### CELERY JUICE SPRITZER

Fresh off our cold press juicer, the Co-op's selection of juices provides many thirst-quenching possibilities. These are perfect for creating a flavorful refreshment for the backyard barbecue. Stock up on celery juice this July as the foundation for your summer beverages. Just combine a bottle of Willy Street Co-op Celery Juice with simple syrup (to taste) and a teaspoon of lemon juice.

If you're feeling adventurous, steep this concentrate with some sprigs of dill. Once strained and ready to serve, pour over ice about until half your glass is full and add a splash of apple cider vinegar. Top it off with club soda, tonic, or your favorite carbonated water and you are ready to enjoy.



**Cold Toddy Switchel**

### "COLD" TODDY SWITCHEL

For a cold night in the autumn or winter, a hot toddy is perfect for feeling warm and mellow while harsh winds blow outside. This cold weather classic is set on the shelf, however, when temperatures are on the rise. With the spice of ginger, the zing of lemon, and the sweetness of honey, our hot toddy mix is an easy starter when you need to rehydrate. Just mix it with ice and cold water for a simple take on switchel, with reinvigorating restorative properties. If you're needing to recover after too much time in the heat, this is the perfect solution. All it needs is some apple cider vinegar and you'll have a rehydrating tonic with just the right bite.



**Lemonade Margarita Punch**

### LEMONADE MARGARITA PUNCH

There is nothing wrong with keeping it simple this summer. The freshly made lemonades in our cold juice section mean that you can enjoy this all-American classic with all the freshness of homemade without the mess. However, why not try this fruity take on a margarita for something more festive? Mix equal parts Willy Street Co-op Cold-Pressed Lemonade with limeade and your favorite lemon-lime soda. If limeade is not your thing, feel free to grab a lime juice container from our Produce section. Mix this combination with crushed ice, or serve chilled in a salt-rimmed glass. Garnish with a lime wedge, and you're ready to enjoy. Looking for something a little spicier? Try swapping out the soda with a Jamaican ginger ale for a playful Caribbean-style take on this classic.

### STRAWBERRY MARGARITA

Looking for a different take on this same party drink but looking to add some gastronomic flair? Grab

your bottle of lime juice and squeeze out an ounce into your cocktail shaker. Toss in a few basil leaves, a half ounce of agave syrup, a few dashes of orange bitters if you have it, and a half shot of non-alcoholic orange liqueur. Add three-quarter ounces of strawberry simple syrup, and a few cubes of ice, and shake thoroughly. If you are tending to a strictly NA crowd, beware that bitters will add a small bit of alcohol to this drink, but nothing on par with a standard tequila preparation.

### SIMPLE SHRUB

If you are looking for something simple and refreshing, but also completely tantalizing, you won't go wrong with a shrub mixer. Your Co-op carries several local brands of shrub, but it is worth looking for the Siren Shrub Co. varieties the next time you make a grocery run. A women-owned, Wisconsin-based company, Siren boasts an assortment of delicious flavors including Tart Cherry, Basil, and Lemongrass. All you need is a highball glass and some tonic or soda water for dilution to enjoy the complex, tangy flavors the shrub contains, along with a satisfying sweetness. Don't be afraid to experiment with fresh fruit or a simple garnish.

### THE OLD FASHIONED

Whether it's enjoyed during a cold winter evening or on a summer afternoon next to the lake, the brandy Old Fashioned has a special place in the heart of Wisconsin's beverage culture. The name "Old Fashioned" refers to the recipe's history as one of



the simpler cocktail preparations dating back to the 19th century. Plainly prepared with only sugar, whiskey, bitters, and water, the old-fashioned approach to the cocktail stood on its own as more complex combinations of liquor and liqueurs came into prominence. The name has stuck around, although many of us know the beverage best when it contains a muddled cherry, a slice of orange, and the substitution of brandy.

For anyone looking to emulate this long-established tincture with a substantially lower alcohol-by-volume (ABV), try this invigorating tea-based version of the cocktail. To prepare, chill three ounces of black tea (if brewing at home, make sure it is sufficiently steeped for a richer, more flavorful result). Add three-quarter ounces of simple syrup, four dashes of orange bitters, and mix with ice in a glass. Stir rapidly to chill and then pour onto rocks in your highball glass. Add just a couple of dashes of aromatic bitters (Angostura is recommended, but you might also try Peychaud or cherry for a slight variation). Garnish with an orange slice and you'll have the perfect complement to a summer's evening with only trace amounts of alcohol.

### TEQUILA SUNRISE

While the non-alcoholic version hardly lives up to its name, you can still enjoy this citric delight in all of its chromatic glory before operating heavy machinery. For best results, stock up on cold-pressed orange juice from the Co-op for the freshest

flavor. Because our orange juice is not pasteurized, it has superior freshness compared to carton juices, which have been heated, heavily processed, and sometimes adulterated with sugar before you ever open them. However, you'll want to use the freshly pressed OJ as soon as possible for peak quality. From your cold-press bottle, pour two ounces into a hurricane glass filled with ice. Add three ounces of pineapple juice. Stir well to mix. Finally, add a three-quarter shot of grenadine and allow it to sink to the bottom. As it does you will observe the "Sunset" layering of colors. Drink via sip or straw!

### MAI TAI

If you're trying to beat the heat, nothing would prove quite so seductive as the Mai Tai's tropical flavors. Even without rum, the tart and sweet tastes combine to tempt you to drink round after round. You'll need to make sure you have fresh orange juice from our cold-pressed selection. The tart and bitter accents of these fresh-squeezed oranges will give this concoction something you just can't get from the carton. Pineapple brings that sweet-tart complement. Combine these in a cocktail shaker with ice. What adds something special to the Mai Tai is the orgeat. Add this syrup to the mix to savor the almond, rosewater, and sweetness that will balance out the fruity tang. Cover your mixture and give it a few quick shakes. Pour over ice or into a chilled cocktail glass. Drizzle some grenadine to add some color and pomegranate flavor.

Pop in a couple of maraschino cherries, and garnish with a pineapple chunk, or whatever citrus fruit you have around.

### VIRGIN MARY

The namesake of this brunch friendly libation makes it sound more saintly than its alcoholic counterpart. However, this spicy mix carries a devilish kick, even without the vodka. To prepare, start by juicing two limes (or measure out two to three ounces of lime juice to taste). Combine with one and a half ounces of cold-pressed celery juice from your Co-op's beverage cooler. Add a dash of Worcestershire sauce, a teaspoon of kosher salt, one teaspoon of garlic salt, and three teaspoons of horseradish for a heavy kick. Dash a generous amount of hot sauce according to your heat

tolerance. Once combined, stir in 48 ounces of tomato juice. This concoction isn't ready to serve until you've added a garnish, however. Stick with a celery stalk for safety, spear a pickle, or feel free to get carried away by your creativity.

### CO-OP NA BEVERAGES

While cocktails and mocktails can bring a delightful harmony of flavors to wet your whistle, they are hardly convenient for packing up the cooler for outdoor festivities. When you're just looking to pop a top, check out the Co-op's beer and wine aisle. In addition to spirits and ales, you'll also find a fine selection of non-alcoholic beverages including NA beer and seltzers. You'll also find mixers, carbonated water, and specialty sodas that will please everyone on these hot July days!

**CUSTOMER EXPERIENCE NEWS**

**2023 Access Discount Review Committee Update**



**by Rosalyn Murphy, Owner Records Administrator**

**T**he Access Discount is a program that we have available to our Owners who have a financial need. The program as it currently exists was start-

ed in 2009, however, a need-based Ownership option has existed at the Willy Street Co-op since the 1980s. People participating in this program are able to shop with a 10% discount, as well as pay lower equity payments towards their accounts over a longer period of time with no administration fees. Equity payments for Access Discount participants are \$4 per year for an Individual account or \$7 per year for a Household. Additionally, each participant receives a coupon to take one of our cooking classes and a free tote bag for each person listed on the account. The Access Discount is completely funded by your Co-op; the cost of the discount is listed on our annual audited financial statements as a deduction of sales revenue. For fiscal year 2022, which ended on July 3, 2022, the Access Discount provided was calculated as .59% of sales and totaled \$357,950.

Every other year, beginning in 2017, the Co-op puts together a committee of Board members, employees,

and Owners-at-large that either have participated in the Access Discount program or have experience working in food justice and/or with folks who are food insecure. The purpose of the committee is to review the Access Discount program to see if there is anything we want to change to make it more accessible and impactful. When we meet we review the qualifiers, the program benefits, and the enrollment process, and we make recommendations for future program outreach. This year's committee included Owner-at-Large Richard Ely, Owner-at-Large and Board of Directors Member Gigi Godwin, Owner-at-Large Heidi Healy, Customer Experience Manager Kristina Kuhnaupt, Owner Records Administrator Rosalyn Murphy, Staff Accountant Becca Schill, and Board of Directors Member Isabel Spooner-Harvey.

**2023 COMMITTEE RECOMMENDATIONS**

**QUALIFIERS**

To qualify for the Access Discount, an Owner must participate in a qualifying program or have an income that is at or below 150% of the federal poverty guideline for their household size. The committee reviewed the current qualifiers and decided that there wasn't a need to add or subtract from the list. Qualifiers will stay the same for Fiscal Years 2024 and 2025, and we will review them again in FY25 when the committee meets next.

**PROGRAM BENEFITS**

The current benefits of the program were reviewed, and the committee decided that at this time we do not want to make changes to the discount amount in order to make sure the program stays strong and available to those who need it. Additionally, it was decided that we should review the class coupon benefit to see if it could be replaced with something that may be more useful to the majority of the participants. Currently, approxi-

mately 25 coupons are redeemed each year. The Customer Experience department will review their budget to see how much money is available for this benefit and what possible options would be to replace it. If a change is made, it will go into effect January 1, 2024 when we start renewing discounts for the 2024 calendar year. Stay tuned!

**ENROLLMENT**

The 2019 committee changed the enrollment process to be self-certifying, meaning we no longer ask participants to show proof of their qualification to participate. In 2021, the committee decided to make the enrollment/renewal form available on the Co-op's website for participants to access and to allow people to renew by emailing their form. This year we created a renewal form that could be filled out and submitted online. Because of these significant changes to enrollment in the last committee cycles, this year's committee did not see a need to make any changes to the enrollment process. We will continue to require participants to renew their discount each year as it allows us to manage the program and make sure that it is reaching those who need it most.

**OUTREACH**

The overall consensus of this year's committee was that, from an operational aspect, the program seems to be running very smoothly. Therefore, the main focus of our meetings was determining ways in which we can improve our outreach. The Co-op currently has a presence at a number of farmers' markets around the city to talk about Double Dollars, the Access Discount, and Co-op Ownership. We have also partnered with Second Harvest to come to our East store one time per month to help folks sign up for FoodShare/Quest (SNAP) food benefits. Access Discount information is also included in many school tours

and community presentations that we conduct. This past Thanksgiving we worked with the River Food Pantry to put fliers with information about the Access Discount in their holiday food bags. Already in the works is a plan to work with a senior living apartment building on the north side to talk about the benefits of Co-op Ownership and the Access Discount. The committee further recommends that we reach out to more local community and resource centers such as the Dane County Department of Human Services Job Center on the north side and the public libraries to see if we could have a permanent posting about the program and how to access it. They also recommended that we have more of a presence in the neighborhood newspapers and publications. We will be incorporating these new ideas in our outreach plan for FY24.

**RICHARD'S TESTIMONIAL**

Richard Ely wrote the following testimonial about his experience serving as an Owner-at-large on this year's committee, as well as his experience with the Access Discount program. Richard periodically writes for other publications around Madison, and recently won silver in the category for best consumer story or series in the 2022 Excellence in Wisconsin Journalism contest for his piece titled, "Giving Thanks for FoodShare." Read Richard's article here: [www.isthmus.com/food-drink/giving-thanks-for-foodshare/](http://www.isthmus.com/food-drink/giving-thanks-for-foodshare/)

"Earlier this year I participated in a small committee to review the Access Discount program at Willy Street. I have benefited from this program for several years, and I wanted to make sure it could continue. What I discovered at our meetings was that the program is already run so well that we didn't need to make many changes.

"In any case, I encourage all low-income folks to sign up at Willy Co-op for the Access Discount. It's easy

ACCESS DISCOUNT

**Fiscal Year 2023**

1393

= Access Discount participants

4%

= of our Ownership participates in the Access Discount Program

Returning program participants:

73%

The Access Discount Program is funded by the Co-op. The cost of the discount is listed on our annual audited financial statements as a deduction of sales revenue.

? Do I qualify for the Access Discount?

Here are the current program qualifiers:

QUEST FoodShare Program (SNAP)	FairShare CSA Coalition Partner Shares
Medicaid (BadgerCare/Senior Care)	Free or Reduced School Lunch and Breakfast Program
Special Supplemental Program for Women, Infants and Children (WIC)	Wisconsin Shares Child Care Subsidy Program
Section 8 Housing Assistance/Community Development Authority (HUD)	Wisconsin Works (W-2) (TANF)
Senior Farmers' Market Nutrition Program	Early Head Start/Head Start
Supplemental Security Income (SSI)	Heat for Heroes
Social Security Disability Insurance (SSDI)	An annual gross income at or below 150% of the Federal Poverty Guideline

For more information or to sign up for the Access Discount, please stop by the Customer Service Desk.



to do, and right away you get 10% off all Co-op food purchases. If, like me, you love the Co-op and do most of your food shopping there, that's a big savings over the course of the year.

"Furthermore, if you are eligible for FoodShare (EBT), you can increase your benefits by receiving Double Dollars at the Co-op during the fall and winter months. It's a little complicated to describe, but quite straightforward once you've gotten into the habit of shopping on Tuesdays during the Double Dollars season.

Depending on how many FoodShare dollars you receive each month, you can get up to \$20 a week in Double Dollars coupons, to be spent on fresh produce [Double Dollars can also be used to purchase frozen, canned, and dried fruits and vegetables]. (Double Dollars are also available to EBT users at the Farmers Market.)

"I like knowing that my purchases support local farmers not only at the Farmers Market, but also at Willy Street, where Produce buyers strive to offer local, organic produce whenever

available.

"In this era of child poverty and food scarcity for far too many families, I again encourage anyone who is struggling financially to sign up for the Access Discount at Willy Street Co-op. It could make a real difference."

### THANK YOU

A huge thank you to the FY23 Access Discount Committee members for their commitment to improving this important Owner benefit for

our community. Thank you, our Owners, for shopping with us so that we can continue to fund the Access Discount. Your commitment to the Co-op will help fund equitable programs like these for years to come. This committee will meet again in 2025. If you are interested in participating in this committee in the future, please contact [ora@willystreet.coop](mailto:ora@willystreet.coop). If you are interested in additional details, or an educational video on the topic, please visit our webpage at: [www.willystreet.coop/access-discount](http://www.willystreet.coop/access-discount).

# Recipes

## Grilled Pancetta and Cantaloupe Pizza

Adapted from [www.garlicandzest.com](http://www.garlicandzest.com)

Cantaloupe and pancetta or prosciutto are a classic pairing. Break out your grill for this inventive way to enjoy it.

3 Tbs. olive oil  
1 Tbs. red wine vinegar  
1 tsp. Dijon mustard  
1 clove garlic, minced  
1/2 tsp. salt  
1/4 tsp. black pepper  
1 pk pizza dough  
1/2 lb. pancetta  
1/2 cantaloupe, cut into small pieces  
1/4 red onion, chopped  
16 oz fresh mozzarella, shredded  
1 c. Parmesan cheese, grated  
10 oz arugula

Directions: In a small bowl, whisk together the olive oil, vinegar, Dijon mustard, minced garlic, and salt and pepper. Set aside. Preheat grill to high.

Dust a work surface with flour. Roll each portion of pizza dough into a ball. Use a rolling pin lightly dusted with flour to roll out the dough into a circle 1/4-inch to 1/3-inch thick. Set on a baking sheet and continue with the remaining dough. If the pizza dough is too elastic and won't roll out, cover with a clean towel and let rest for at least 10 minutes, then try again.

Brush each round of dough with olive oil. Arrange a quarter of the pancetta on each one, then top with a quarter of the cantaloupe, mozzarella, red onion, and finally the Parmesan cheese. Carefully transfer the pizzas to the grill. Depending on the size of your grill, you may need to do this in two batches. Cover, and cook 6-7 minutes.

Place the arugula in a large bowl, drizzle with the dressing, and toss to coat. Serve the pizzas with a pile of arugula on each one.

## Eggplant Burgers

From *Simply in Season* by Mary Beth Lind and Cathleen Hockman-Wert

A delicious late summer meatless grill—or make it under the broiler. You might need a knife and fork to eat these hearty sandwiches."

2 Tbs. olive oil  
2 tsp. vinegar  
1 tsp. Dijon mustard  
1/4 tsp. salt  
1/4 tsp. pepper  
1 eggplant, sliced  
8 slices cheese  
2 tomatoes, sliced  
1 roasted red pepper  
8 basil  
4 crusty rolls

Directions: Whisk the oil, vinegar, mustard, salt, and pepper together in a small bowl. Cut the eggplant crosswise into 1/4" thick slices to make 12-16 slices. Brush with the oil mixture. Place on grill over medium-high heat.

Close the lid and cook, turning and brushing occasionally with the oil mixture, until tender, about 5-10 minutes. Remove from grill. (NOTE: The eggplant may be cooked under the broiler or sauteed in a frying pan until tender, 4-5 minutes on each side.)

Stack 2 slices of eggplant, then place a slice of cheese on top. Top with another piece of eggplant, then add 2 slices of tomato and/or a piece of roasted red pepper. Then add 2-4 basil leaves, another piece of eggplant, and another piece

of cheese. Finish with one piece of eggplant.

Repeat to make 4 stacks, adding a grind of pepper at the end. Place each stacked burger on the grill, and cook with lid closed, for about 2 minutes, turning once. Drizzle balsamic vinegar or olive oil on the inside of the bread and place on the grill until toasted. Rub a cut clove of garlic on each piece of bread. Top with the eggplant burgers.

Serve immediately. You can also allow the burgers to cool, wrap tightly and refrigerate for several hours or overnight, allowing the flavors to blend. Either way is delicious!

## Vegan Lasagna with Roasted Summer Vegetables

Adapted from [www.food52.com](http://www.food52.com)

Light, fragrant, and full of the season's most flavorful vegetables, this lasagna will be loved by all!

1 1/2 lb. eggplant, sliced  
3/4 lb. zucchini, sliced  
olive oil  
salt  
black pepper  
10 oz lasagna noodles  
2 pk extra-firm tofu  
1/3 c. nutritional yeast flakes  
1 clove garlic, minced  
1 1/2 Tbs. lemon juice  
1 Tbs. fresh oregano  
2 1/2 c. marinara sauce  
15 basil leaves

Directions: Preheat oven to 400°F. Place sliced eggplant on a baking sheet, and sprinkle with salt. Set aside 20-30 minutes. Pat the eggplant dry. Place the zucchini slices on a second baking sheet. Brush the eggplant and zucchini with olive oil and sprinkle with salt and pepper. Roast 25 minutes, or until tender and just turning brown. Remove from oven and lower heat to 350°F.

Cook the lasagna noodles in a large pot of boiling salted water until barely al dente. Drain and set aside.

In a large mixing bowl, combine the crumbled tofu with nutritional yeast, garlic, lemon juice, oregano, 1 tablespoon of olive oil, 1/2 teaspoon of salt, and black pepper. Stir until the mixture has the consistency of ricotta cheese. Taste and adjust the seasoning if needed, adding more lemon juice, herbs, or salt and pepper to taste.

Pour 1/2 cup of marinara sauce into a 9x12-inch baking dish, and spread it out to coat. Arrange four lasagna noodles over the sauce, then layer with half of the roasted vegetables. Spread half of the tofu mixture over the vegetables. Layer four more lasagna noodles on top, then spread another 1 cup of marinara over the noodles. Continue with one more layer of the remaining roasted vegetables, and a layer of the rest of the tofu. Top with the last of the lasagna noodles, and the last cup of marinara sauce.

Bake for 40 minutes, until the lasagna is gently bubbling and the edges of the noodles start to crisp. Allow to rest for 10-15 minutes, then sprinkle the top with torn basil, and slice and serve.

## Cold Peanut Sesame Noodles

Featured Chef Adapted from [www.thekitchn.com](http://www.thekitchn.com)

1 lb. tofu, cut into slabs  
16 oz soba noodles  
2 tsp. peanut oil  
2 cloves garlic, minced

ginger  
 2 Tbs. peanut butter  
 2 Tbs. hot water  
 2 Tbs. rice vinegar  
 3 Tbs. sesame oil  
 2 Tbs. soy sauce  
 1 Tbs. sugar  
 1/2 tsp. crushed red pepper flakes  
 1 cucumber, chopped  
 5 scallions, sliced  
 2 tsp. sesame seeds

Directions: Bring a large pot of water to a boil and cook the noodles according to package directions until al dente. Drain and rinse in cold water, and set aside.

Press the slabs of tofu between a clean dish towel or a few layers of paper towels to absorb some of the water. Heat a large cast iron or non-stick skillet over medium heat. Place the tofu in the hot skillet, and cook undisturbed, until it turns deep golden-brown, 3-5 minutes per side. Transfer the tofu to a cutting board and slice each piece into 1/2-inch spears. Set aside.

Heat oil in the skillet over medium heat. Sauté the garlic and ginger for 2 minutes, until golden and fragrant. Transfer to a large bowl. Add the peanut butter, hot water, rice vinegar, sesame oil, soy sauce, sugar and crushed red pepper flakes. Whisk together until smooth. If needed, add up to 2 more tablespoons of hot water to reach the consistency of heavy cream. Add the soba noodles, and toss to coat. Add the cucumber, scallions, and sesame seeds, and toss until incorporated. Serve topped with the sliced tofu.

### *Honey Lemon Refrigerator Pickles*

Recipe reprinted with permission from *From Asparagus to Zucchini* by MACSAC

6 c. cucumbers, cut into spears  
 2 c. onions, chopped  
 3/4 c. honey  
 1 c. lemon juice  
 1/2 tsp. kelp powder  
 1 tsp. mustard seed  
 1/2 tsp. celery seed  
 1 tsp. ground turmeric  
 1 tsp. ground cloves

Directions: Place cucumbers and onions in large glass bowl. Combine remaining ingredients in a saucepan and bring to a boil. Cook and stir until honey is dissolved. Pour hot liquid over cucumbers and onions, toss well and let cool. The cucumbers will give off some of their juices; keep them submerged in the liquid while they cool. Transfer pickles to 3 clean pint jars, cover tightly and refrigerate for at least 24 hours before serving. They will keep for a week or so in the refrigerator.

### *Summer Cucumber Soup*

Adapted from [www.food52.com](http://www.food52.com)

This cool, summer soup was inspired by Bulgarian tarator, a soup made with yogurt, cucumbers, dill, garlic, and walnuts. This version skips the yogurt in favor of almond milk for a packed-with-flavor, refreshing dish.

1/2 c. ground almonds  
 1/8 tsp. cayenne  
 1 clove garlic  
 1 1/2 cucumber  
 1/4 c. onion  
 3/4 c. dill  
 4 lemons, juiced  
 1 tsp. white pepper  
 1 Tbs. coarse salt  
 4 c. almond milk

Directions: Finely chop the half cucumber and set aside. Coarsely chop the remaining whole cucumber.

With a blender or hand blender, purée the chopped cucumber, almond milk, salt, white pepper, lemon juice, and dill. Transfer to a large bowl, and fold in the grated onion, crushed garlic, finely diced cucumber, ground almonds, and cayenne. Chill for at least an hour. Taste, and add more salt or white pepper. Serve.

### *Almond-Crisped Peaches*

Adapted from [www.smittenkitchen.com](http://www.smittenkitchen.com)

Improving upon perfect summer peaches seems unlikely, but baking them with a buttery and crisp topping makes it happen.

4 peaches, sliced  
 1/3 c. almonds  
 1/4 c. sugar  
 1/4 c. rolled oats  
 1/8 tsp. cinnamon  
 pinch salt  
 3 Tbs. butter

creme fraiche

Directions: Preheat oven to 350°F. Place the peaches cut side up in a baking dish. Place the almonds and sugar in the bowl of a food processor, and pulse until coarsely ground. Add the oats, cinnamon, salt, and butter, and pulse a few times, just until incorporated. Scoop the almond mixture into the center of each peach, then press the topping flat. Bake 45 minutes to 1 hour, until the peaches are easily pierced with a fork, and the topping is crisp and golden brown. Serve warm or at room temperature, plain, or with crème fraiche or whipped cream on top.

### *Peach Tart*

Adapted from [www.nutritionstripped.com](http://www.nutritionstripped.com)

This raw tart, filled with fragrant, juicy, sweet peaches, is perfect for the summer months when lighter food is welcome.

1 c. cashews  
 1 c. walnuts  
 1 c. almonds  
 1 c. dates  
 1 tsp. cinnamon  
 1 Tbs. lemon zest  
 1/2 tsp. salt  
 1 lb. peaches, sliced  
 3 Tbs. lemon juice

Directions: Pulse all the nuts in a food processor or a high-powered blender until finely chopped. Add the dates, cinnamon, lemon zest, and salt, and process until well combined, and sticks together. If the mixture seems too wet, add more ground nuts.

Transfer the dough to a 10-12" tart pan, and press firmly into an even layer on the bottom of the pan and up the sides. Place in the freezer for 2 hours, or refrigerate overnight.

Arrange the sliced peaches in concentric circles in the crust. Sprinkle with lemon juice. Slice, and serve.

### *Multicolored Pasta Salad for a Crowd*

Recipe by Nava Atlas; reprinted with permission from [VegKitchen.com](http://VegKitchen.com)

Take this main dish salad to your next potluck or picnic.

3 scallions, sliced  
 1 can kidney or pink beans  
 1/3 c. black olives  
 2 carrots, chopped  
 2 broccoli, chopped  
 1 lb. tricolored rotini  
 1 jar marinated artichoke hearts, chopped  
 1 bell pepper, chopped  
 1/4 c. parsley, chopped  
 1/2 c. vinaigrette  
 1 tsp. oregano  
 salt and freshly ground black pepper

Directions: Cook the pasta in plenty of rapidly simmering water until al dente. Drain and rinse under cool water, then drain well again. Meanwhile, steam the broccoli and carrots together in a large saucepan with a small amount of water until both are just tender-crisp. Drain and rinse under cool water, then drain well again. Combine the pasta with the broccoli-carrot mixture and all the remaining ingredients in a large serving bowl, and toss well. Cover and refrigerate until needed, or serve at once.

### *Garden Ratatouille*

Courtesy of Katie O'Connell-Jones, Willy Street Co-op's Owner Resources Coordinator.

When the garden comes in this is the recipe to have on hand. It goes together quickly, and you can easily adjust the vegetables to make more if you have a bumper crop of tomatoes or peppers.

1 onion  
 4 cloves garlic, minced  
 5 Tbs. sunflower oil  
 3 c. eggplant, cubed  
 1 zucchini  
 1 red bell pepper  
 1 1/2 c. coarsely chopped tomatoes  
 1 Tbs. fresh oregano, chopped  
 1 Tbs. fresh thyme, chopped  
 1 Tbs. fresh cilantro, chopped  
 salt  
 pepper  
 3/4 c. fresh basil leaves, chopped

Directions: In a large skillet, sauté the onion and garlic in 2 Tbs. of the sunflower oil over medium-low heat, until the onion is softened. Take care not to burn the garlic. Add the remaining oil raise the heat to medium-high. Add the eggplant and cook, stirring occasionally, for 8 minutes or until eggplant is softened. Stir in the zucchini and red bell pepper and cook over moderate heat,





stirring occasionally for 10-12 minutes or until veggies are soft. Stir in oregano, thyme, cilantro, and salt and pepper to taste and cook for one minute. Stir in the basil and mix well.

## Chicken Kebabs with Garlic Sauce

Adapted from [www.food52.com](http://www.food52.com)

This is quite the meal: grilled chicken, vegetables and chunks of halloumi cheese, served with warm pita or naan and an amazing, creamy garlic sauce. Take note that the chicken should marinate overnight, so plan accordingly.

- 1 c. plain Greek yogurt
- 6 cloves garlic, minced
- 1 Tbs. tomato paste
- 5 Tbs. lemon juice
- 1/2 Tbs. za'atar
- 1/2 c. olive oil
- 1/2 tsp. salt
- 1/4 tsp. ground coriander
- 1 tsp. smoked paprika
- 1 lb. boneless, skinless chicken breasts, cubed
- 1 egg white
- 2/3 c. sunflower oil
- ice water
- 1 c. mayonnaise
- 12 button mushrooms
- 2 red peppers, cut into squares
- 1 onion, cut into cubes
- 2 zucchini, sliced
- 2 pk halloumi cheese
- 2 lemons
- 4 Pita Bread

Directions: In a large bowl, combine the yogurt, 3 cloves minced garlic, tomato paste, 3 tablespoons lemon juice, za'atar, olive oil, salt, coriander, and paprika. Fold in the chicken pieces, and toss to coat. Cover the bowl with plastic wrap and refrigerate overnight, until ready to grill.

Place the remaining 6 cloves of garlic, a pinch of salt, and 2 tablespoons of the remaining lemon juice in the pitcher of a blender. Blend on high to mince the garlic, then, while the blender is running, add the egg white. With the motor still running, drizzle in half of the sunflower or canola oil in a slow stream. Switch the blender to slow, then slowly drizzle in the remaining 2 tablespoons of lemon juice, then the last of the oil. With the blender still on, add 1 to 2 tablespoons of ice water. The sauce should be the consistency of a light mayonnaise. Taste, and add salt if needed. If it's too garlicky, fold in up to 1/2 cup of mayonnaise. Transfer to a bowl and refrigerate. Preheat grill to medium-high.

Place the mushrooms, peppers, onion, zucchini, halloumi cheese, and lemon slices in a large bowl. Drizzle with some olive oil and season with salt and pepper. Toss to combine. Skewer the vegetables and cheese onto metal or wooden skewers (if you use wooden ones, soak in water for 10 minutes before this step).

Skewer the marinated chicken on separate skewers, as you did the vegetables. Sprinkle with salt and pepper.

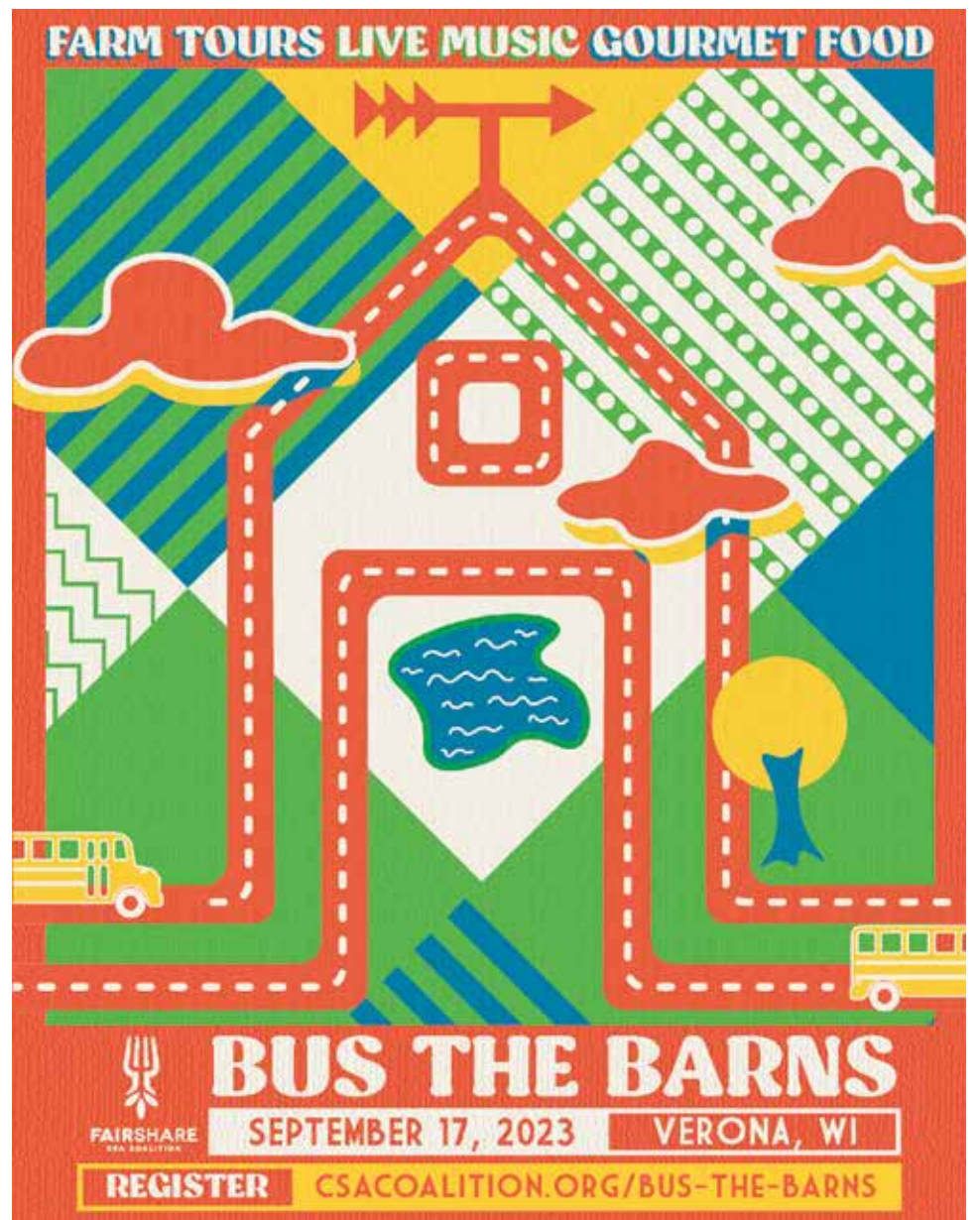
Grill the skewers until the vegetables are nicely charred and tender, and the chicken is opaque in the center, and reads 165°F for dark meat, and 160°F for white meat. Keep covered as you cook to keep warm. Serve with warm pita, with the garlic sauce ladled on top. Sprinkle with fresh thyme.



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**Fete de Marquette**

**PERKS PASS**

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



**Perk's Pass Distribution starts at 10am on Sunday July, 1st at Willy East**

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

Learn more at [www.willystreet.coop/owner-festival-perks](http://www.willystreet.coop/owner-festival-perks)



## SPECIAL STORE HOURS: STORES CLOSE AT 7:00PM

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Independence Day: Tuesday, July 4







# Staff Picks



### Nancy's Plain Oat Milk Yogurt

I eat a lot of Nancy's Plain Oat Milk Yogurt. I do like it on its own, but I mostly use it to make my own vegan pudding (of sorts). I mix instant pudding mixes (many brands are vegan, if that is a concern) into it or the Simply Delish Jel Desserts (vegan and keto), we sell at Willy North. You can really use just about anything you like. Be creative! Go a step further and add chocolate chips or fruit (or both) and So Delicious Coco Whip, to top it off. SO GOOD!



### Follow Your Heart Veganaise

I love Veganaise. Love it. It is the best tasting mayo alternative I've ever tried (and I have tried many). I use the original and the reduced fat for sandwiches, coleslaw, dressing (vegan 1000 island), and dips (as in, I dip my fries and Boca Meatless Nuggets in it).



### Steaz Peach Please Yerba Maté

I'm obsessed with this stuff. It tastes like a classic peach tea and has plenty of caffeine to get me through the day (without making me jittery). I literally buy one at the beginning of every shift.



**JAMES**



### Scallions

I worry some of our shoppers don't "do" scallions. I find them to always be a delicate and pleasant addition to just about any dish I use them in. On tacos they are a nice raw add-on top. In soups, it enhances the flavor and appearance of what might otherwise be unsightly and lackluster. (Think miso or a purée.) In a stir fry, it's a great finish and quick wilt, even if sautéed onions are already a part of the dish. On a crudité plate, it's so pretty and tasty with a dip or salt. See what I mean! Pretty good fridge life makes them a veggie to always have on hand!

**AMY**

### Acure Brightening Facial Scrub

This is a really nice scrub! Not microbead size and not as rough as an apricot scrub. I also like that it leaves my face feeling clean, fresh, and invigorated rather than coated with an oily cream. You can't beat this quality at this price point either. My kid likes it too, which never happens!



### Olden Organics Zoodles

Worth rotating into your meals. They have substance of their own, and while they don't replace the texture and flavor of pasta, they create a flavorful vehicle for sauce transport. Reduce your pasta intake with vegetables!



### Mad Hippie Hydrating Facial SPF

This facial SPF is the best! A clear, clean mineral SPF 25+ that melts perfectly into my skin and doesn't feel greasy or like it's "sitting" on my face. It actually hydrates skin, too! This facial SPF is also reef-safe, cruelty-free, vegan, free of fragrance, benzene, petrochemicals, synthetic dyes, silicones, parabens and phthalates. So easy to slap on before heading outside. Wear SPF on your face. The future you will thank you!



**ABIGAIL**



### Organic Red Grapes

Red grapes + frozen bananas + lemon + water = pink lemonade smoothie. Perfect for a hot summer day! Or pop some in the freezer for an hour for a slightly frozen and refreshing dose of vitamin K.



**MOURNING DOVE**

### Organic Limes

I love having extra limes on hand to add a splash of fresh flavor to sparkling water. Sometimes I'll cut up a couple in quarters and store them in a mason jar in the fridge for easy access throughout the week. So handy for guacamole, peanut sauce, and to sprinkle on top of salads and fresh papaya.

### Tree-Free Greeting Cards

Not only do these cards boast beautiful and colorful designs, they include matching envelopes that are just as beautiful! PLUS they're made with 100% post-consumer paper and printed with VOC-free inks via solar power.



### Naked Baker Sea Salt & Chocolate Cookies

These are some of my favorite chocolate chip cookies ever. They are gluten-free, which makes their excellent texture even more amazing. The chocolate and salt strike a superb balance of flavor. I'm not even avoiding gluten and I regularly buy these perfect cookies. They are available individually or in four-packs.



**ANGELICA**

### Om Mushroom Superfood Energy Stick Packet

Getting bored of your caffeine sources? Try this powder for a new experience! These orange packets are chocked full of B vitamins and adaptogens, such as cordyceps and turmeric. Additionally, the citrus/monkfruit flavor is ideal for the adventurous, novelty-seeking type!







JESS

**Gazela Vinho Verde**

Like Pinot Grigio? You'll love Gazela. Light fresh and slightly bubbly wine from Portugal.



MICKY

**Kiwi**

Many people cut a kiwi in half and scoop out the flesh, but did you know you can eat the skin as well? Did I just blow your mind? You can now consider this delicious, on-the-go fruit your new go-to for quick and easy meal and snack packing. No utensils required! The added bonus is you'll also maximize your nutrient load by eating the skin since that's where the fiber and vitamin C are concentrated.



HALLIE

**Wisco Pop Grapefruit Soda**

This is great alone but AMAZING with vodka or tequila, especially on a hot summer evening. Salt the rim first and it's even fancier and more balanced. Too many, though, and you may lose your balance!



TIM

**Everett's Smoked Salmon Bits and Smoked Brown Sugar Trout Fillets**

Everett's might be the best smoked fish we have on offer. They are a great addition to a salad or a fantastic base for a homemade smoked fish spread, but the best way to eat them might be straight out of the package. They are so good. Any of their products are great but in particular the Brown Sugar Trout Fillets or the Salmon Bits are absolutely delectable.



AARON

**Jovial Brown Rice Pasta**

I think this may be my favorite gluten-free pasta of all time. After trying Jovial, I had a hard time going back to the other brands I used to buy!



KATIE

**Siggi's Plain Non-Fat Yogurt**

This is one workhorse of a product. This smooth, tangy, no-sugar-added yogurt is so satisfying to consume. It hits you with some protein without all the other ingredients so many yogurts contain. It's also fabulous to enjoy as a substitute for sour cream in dips and creamy dressings for pasta and salads.



ANDREW

**GT's Trilogy Kombucha**

The raspberry gives it tart sweetness, while the ginger and lemon provide the bite that keeps you coming back. All three are mixed perfectly and complement one another so well that it's easy to see why GT's stuck Synergy on the bottle.



SARA

**Jeni's Ice Cream Brown Butter Almond Brittle Ice Cream**

This is the most delicious ice cream I've ever had! It's made with rich buttercream ice cream and chunks of almond brittle. It's a wonderful mixture of sweet, salty and crunchy deliciousness. However, if buttercream and almond brittle don't sound delicious to you, I would suggest trying my second favorite flavor of Jeni's ice cream—Brambleberry Crisp. This one is made with vanilla ice cream, chunks of oven-toasted, brown sugar oat streusel, and has brambleberry jam swirled throughout. These are my favorite flavors, but there are several other flavors to pick from, give them all a try! Treat Yourself!



PIPER

**Supreme Brie Bites**

Soft and creamy. Just the right size for a quick snack on their own or with bread and jam for a fancy picnic!



**Nantucket Spider Insect Repellent**

Nantucket Spider offers a variety of natural, DEET-free insect repellents made with essential oils. They are effective, smell wonderful and they are safe for humans. There's even one specially for dogs which repels both mosquitoes and ticks!!! Protect yourself and your best friend (your dog) this summer while you're out hiking or camping or rolling around in the grass. If you would prefer not to apply an insect repellent to your skin or clothes, don't worry, Nantucket Spider has that covered too. They have Outdoor Garden Incense Sticks which you can place strategically around your yard to protect you from mosquitoes and flies.



NICO

**Stacey's Organic Tortillas**

Stacey's Tortillas are a staple in my household. Wrap organic black beans, jasmine rice, ripe avocados, Cesar's Queso Quesadilla cheese, and Chip Magnet Cilantro Lime into a tortilla. Bake or grill for five minutes and serve with a dollop of Seven Stars Farm's whole yogurt and drizzle with Cholula sauce.





**Bulk Cherry Vanilla Granola**

I love this product because of the delightful flavor and texture variations, as well as the occasional dried cherry that finds its way into the mix. I'm usually pretty particular about my breakfast foods, but a bowl of this granola with a couple dollops of vanilla yogurt are a fantastic way to start my day.

**MAILLE**



**Willy Street Co-op Beet and Kale Salad**

This is my favorite accompaniment to round out an otherwise carb-y meal. It has a deliciously subtle tang, with notes of Middle Eastern cuisine, but I find it goes with pretty much any dish. Available at East and North only.

**LAURA**



**Willy Street Co-op Vegan Spinach Dip**

I tried this dip at a Co-op sponsored event and to be completely honest, I thought, "well that seems really "spinachy" and won't taste good." I tried it out of curiosity with pita bread squares and, oh, was I so wrong! It is literally the BEST spinach dip of all time. I am not vegan and I would have never known it was vegan by the taste. It is creamier than you would think and even though it looks a touch stringy, it does not taste that way. The hint of dill weed and scallions really shines through. I like it when I am proven wrong with such a yummy option. Give it a try. You won't be disappointed.

**KRISTINA**



**Mount Hagen Instant Coffee**

This is one of the top-rated instant coffees for a reason! It is excellent for backpacking and camping, but I always keep some in my work bag, too. When they say you can dissolve it in cold water for instant iced coffee they mean it, which I think is fabulous for summer. Organic, delicious, and instant, this is a great product!



**KJERSTIN**

**Bountiful Bean's Tasty Tofu**

Truth in advertising! This is such a marvelously tasty treat and very versatile, too. Use Tasty Tofu in sandwiches, tacos, or burritos or eat it straight out of the package! It is a magical sushi roll filling or eat it with cheese and crackers. There are so many great pairings! I love to take this on road trips, a day hike, or even just a picnic, but it is a great staple ingredient for meals at home too. Yum!

**Bonne Maman Raspberry Preserves**

The town that Andros Company—the makers of Bonne Maman—comes from hid and saved Jewish families in WW2. It was called Biars sur Cere, France, which then had about 800 villagers. They put themselves in great danger to conceal these families from Nazi capture.



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Independence Day: Tuesday, July 4**

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**Above:**  
Designer **Whitney Robinson** models her "Turning Leaf" earrings with detachable aquamarine icicle drops. More from the Turning Leaf collection can be seen at right. *Whitney welcomes custom commissions.*



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- Jaime Irving, LAC

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Your \$250 bonus will be deposited into your new Forward Checking account within 90 days after you complete the two easy steps above. Of course, you'll need to keep your accounts in good standing and actively use your new accounts and services (5+ transactions per month). While we truly value our current clients, this special offer is only available to households that have not received a similar bonus (one bonus per household) in the past and don't currently have a checking account with us. Complete these requirements within 90 days of account opening to receive your bonus. **Offer expires on August 31, 2023.**

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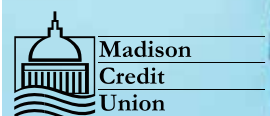
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**SPECIAL STORE HOURS:  
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**Year-end Inventory (Last day of FY23): Sunday, July 2**

**Independence Day: Tuesday, July 4**