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willy street co-op  
**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.

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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: 8:00am-9:00pm; West and North: 8:00am-8:00pm, every day

East Juice Bar: 8:00am-4:00pm; West Juice Bar: M-F: 8:00am-2:00pm;

North Juice Bar: 7:30am-7:00pm

Deli: 7:30am-9:00pm

Seafood Center-East and West: 10:00am- 6:00pm.

**WILLY STREET CO-OP  
MISSION STATEMENT**

The Williamson Street Grocery Co-op is an economically and environmentally sustainable, cooperatively owned grocery business that serves the needs of its Owners and employees. We are a cornerstone of a vibrant community in south-central Wisconsin that provides fairly priced goods and services while supporting local and organic suppliers.

**WILLY STREET CO-OP  
BOARD OF DIRECTORS**

**Jeannine Bindl, President**  
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**Stephanie Ricketts**  
**Michael Chronister**  
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**BOARD CONTACT INFO:**  
[board@willystreet.coop](mailto:board@willystreet.coop)  
[all-board@willystreet.coop](mailto:all-board@willystreet.coop)  
(includes the GM, Executive Assistant and Board Administrator)

**BOARD MEETING  
SCHEDULE**

January 22  
March 17  
April 21  
June 17  
July 21 (and Special Owner Meeting)

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.

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THIS MONTH: Virtual Wellness Any Day coupon. See ad on page 7 for details.

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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*. Many more can be found in the commons or in the binder near Customer Service. Thank you!

## INSIDER JARGON

**Q:** When editing the *Reader*, can you watch out for your colleagues using insider jargon? For example, we customer/owners think of the three Co-op locations as the stores, not “the retails.” Thanks!

**A:** Yes! Thank you for pointing that out. I try to be diligent about that when editing, but this one slipped by. Thanks! -Liz Wermcrantz, Editor

## SELF CARE

**Q:** THANK YOU for writing the cover story “Self Care” in the October 2020 issue of the *Reader*. I thoroughly enjoyed reading the article and agreed with most every point that was made! As someone who is a self-proclaimed “health freak” I am always looking for ways to increase my health and happiness. I used to focus solely on food and now am understanding how important so many other areas are in overall health such as social connection, joy, sense of community, time spent outdoors, etc. All of these areas your article covered in an easy to understand yet comprehensive fashion. I have already set aside my issue of *The Reader* to share with others. We’re all here together!

**A:** Yay!!! That makes me so happy to hear. I’m glad it was useful to you. I learned a lot from it too. Andy is a great and thoughtful writer. I’ll pass along your feedback to him. I’m sure it’ll make his day, as it did mine. Take care! -Liz Wermcrantz, Editor

## PRODUCT PLACEMENT

**Q:** I purchase a lot of non dairy yogurt and am legally blind. I know my way around the store well enough, but the new placement caused me to accidentally purchase a number of containers of the dairy Siggis brand rather than the coconut milk version, due to similar packaging. I guess it also explains why I couldn’t find any Forager cashew-gurt today. Can you maybe improve your signage or something to make it more clear where the non dairy section is?

**A:** I am writing in regard to your recent comment about the new placement for non-dairy yogurts at Willy East. Thank you for taking the time to submit your feedback.

I am sorry to hear about you getting the wrong yogurt on your last shopping

trip with us. I’ll review our signage regarding this movement, I know it was a bit last minute. I’ll also check-in with our Communications department about potentially getting some signage for the door itself.

Thank you again for mentioning this! -Patrick Humiston, Grocery Manager—East

## OWNER SALES

**Q:** Can you put a couple of weeks of owner reward flyers on the website? I make a lot of decisions based on what’s on sale. These days, I’m doing all my grocery shopping online with the pick-up option. Because of the delay between shopping and being able to pick up (while I’m writing this, it’s a 7 day delay), I can’t see what’s going to be on sale. That means that I need to place my order, and then go back in, in a few days, and make changes and email those changes to you. It’s not a particularly convenient system for you or for me.

**A:** Thanks for your suggestion! I can certainly understand wanting to plan ahead in your shopping, especially with the pandemic in effect! Given volatility of pricing and supply—particularly of produce items, and especially during COVID—we aren’t able to confirm sale pricing much farther ahead of time than we are already doing. If we are able to make any changes to better settle sale pricing, we will re-examine our process to see if we can give Owners more notice about upcoming sales. Thanks for shopping at the Co-op; take care and be well! -Brendon Smith, Communications Director

## CURBSIDE PICK-UP

**Q:** I really appreciate the option to get curbside pick-up. Is there a way (such as a surcharge) to shorten the time between placing an order and pick-up? Thanks.

**A:** Thanks for your question about wait times for curbside pickups. The time-consuming part of shopping for other people is just that—the shopping! We have a process of selecting the products on a customer’s order and then a second process of auditing those selections for accuracy, adjusting weights, and voiding out-of-stock items from the order. Finally, we package up the order in bags and boxes. All in all, it takes quite some time. Given that, and the variability of orders (we often get orders over \$500, they take a lot of effort!), we only offer a certain number of pickup and delivery “slots” each day. We can only offer as many “slots” as we have staff scheduled to work in our eCommerce operation that day. Added charges, as you suggest, won’t immediately impact that capacity—having more trained staff will!

We are working on hiring more folks into our eCommerce department. Much of our team has been made up of staffers from other departments and sites that were closed down due to the health and safety policies that the Coun-

ty implemented early in the pandemic. As those staffers have been recalled back to their home departments, we’ve been in a position of having to temporarily reduce our capacity. Demand for the service is understandably rising, as well. The convergence of these two points is what you’re experiencing with multiple day wait times between your order and your pickup. Once we have some additional staffers in and trained, we’ll be able to offer more “slots” for you to choose from, and wait times for orders should go down. -Patrick Schroeder, eCommerce Manager

## PRICE OF CAULIFLOWER

**Q:** I am a bit embarrassed to ask, but what explains the price of cauliflower? I purchased one head a couple of months ago and was surprised it cost 14 USD. I forgot to check the price per pound today and was craving for this vegetable: this time it cost 18 USD. I will soon use cauliflower as a unit of measurement to determine how much I am spending. :)

**More seriously, I was wondering why it is so expensive: is it because of poor yields this year? because of Covid? or has this vegetable always been pricey without me realizing it?**

**A:** Thanks for the message! I’m sorry about this! It’s true that organic cauliflower and broccoli both have been pretty spendy recently. Organic cauliflower has been running at \$3.79/lb, and broccoli is even more expensive—\$4.99/lb from California. That \$4.99/lb price actually represents a reduced margin for us, if we were using our regular margin, the broccoli price would be closer to \$5.49/lb, but we believe that’s just too much for our customers to bear.

The biggest reason for these high prices for products coming from California are the wildfires that have ravaged that state, compounded by COVID-19 issues, and also that this tends to be a time of year when these types of crops are in shorter supply as farms transition from summer growing regions to more southerly winter growing regions. Through most of September, we were somewhat insulated from these things since we were able to rely heavily on our local veggie supply, but as that supply winds down, I would anticipate that we’ll see some higher California prices for a bit, until they are able to recover from the issues caused by wildfires.

It’s also true that sometimes the heads of organic cauliflower are quite large. If you’d like, we can always cut one in half for you so that you can quench your organic cauliflower craving without such a high bill.

Thanks so much! -Megan Minnick, Purchasing Director

## COVID PRECAUTIONS

**Q:** It’s been a pleasure to be a coop member for over 15 years. The Co-op has been my main source of groceries, and I’m there several times

a week. I even chose live across the street partly due to its proximity. This is the first time I have been compelled to express an opinion.

**During COVID I have been impressed with the steps taken to ensure customer and employee safety, and general openness in regards to announcing changes, employee infections, etc. I felt the Co-op led the way in safety restriction when the COVID cases first rose in February and March.**

**However, I was at Willy East on Sunday 10/4 around 5pm and there were a number of things I noticed that seemed to have changed.**

**First it seemed many more customers were being allowed in at a time. I don’t know what the limit is, if it had been increased due to Public Health suggestions, but to me it seemed much too crowded, and impossible to maintain six feet of distance at almost any time. Add to the fact, and possibly a bigger problem is that many customers are just ignoring social distancing guidelines, even as announcements are consistently made to maintain six feet of distance. I don’t know what can be done about this... maybe more frequent announcements, more signage, maybe even vocal reminders to customers that are clearly not maintaining six feet distance.**

**Secondly, I was disappointed to see that the bulk section was opened up, (per Public Health Guidelines), since this seems to be an area of high contact.**

**Thirdly, and not so recently, I was disappointed that carts were no longer being disinfected by staff. I understand that this is probably a drain on resources, but as a member it was very much appreciated.**

**Regardless of what the Public Health Guidelines are, cases in Wisconsin have dramatically increased over the past month and are still going up. So it seems odd timing to relax restrictions. Because of this rise in cases I have become more vigilant about social distancing. And personally I didn’t feel safe at the coop on Sunday. I might feel safer about getting deliveries from Whole Foods until there is either stronger restrictions put in place at the coop to ensure customer and employee safety, or until the number of COVID cases in Dane County drop dramatically.**

**Thanks for taking the time to read this.**

**A:** Thanks for sharing all your feedback. All stores are still currently being held to below 25% capacity. Sometimes the stores feel crowded not so much because of the number of people throughout the store, but because many people happen to be in the same area of the store. I can’t say for certain whether that was your experience, but regardless, stores are still limiting capacity strictly. As for making the in-store announcements and signage,



both require us to find that sweet spot between making sure they are timed and spaced properly to be noticed, and that there aren't so many that it's hard to focus on them. The best way to make sure that people know that they are standing too close to you or others, is, as you mentioned, to let them know verbally, and all of us on Co-op staff do our level best to be direct with each other and customers when we notice distance needs to be better kept.

We did open the parts of our bulk department that have dispensers with spouts or gravity levers as Public Health did allow, as this is a section of the store that many of our customers greatly missed. Re-opening the parts of the bulk aisle we felt we were able to open did come with a thorough review of our cleaning procedures and some changes both to the frequency and ways we clean that area and its high-touch points.

We started cleaning the carts back in spring because we were unable to secure an adequate supply of cleaning wipes for customers to use to wipe handles down on their own, and at the time, there wasn't great information about surface transmission of the virus. We knew when we started this practice that it would be enjoyed, but that it also could not last, especially into the cold weather season as most of the cleaning had to be performed outside; even in the summer, the cleaner occasionally created a slipping hazard. Over time, public health officials and the CDC have learned that COVID-19 spreads less commonly through contact with contaminated surfaces, which coincided with our ability to secure a supply of cleaning wipes. This, coupled with the cold weather season making the practice of cleaning carts no longer safe for employees outdoors, made for the right time to change course.

I am sorry to hear that your experience gave you pause about the safety of the Co-op and I hope that some of what I explained here has helped. If you were not already aware, we also have an online shopping option at [shop.willystreet.coop](http://shop.willystreet.coop) if that is of any interest to you. We agree that the case-load in Wisconsin is alarming and will continue both to monitor and modify our practices as best as we can in the current moment to maintain safety whenever possible. Take care. -Kirsten Moore, Cooperative Services Director

## MASK POLICY

***Q: I received your email today mentioning the change to face mask policy at the co-op with considerable concern, both for its safety and its legality. Face shields are simply not a substitute for masks; they do not provide meaningful protection to other shoppers compared with an actual face covering. We now know that COVID-19 can linger suspended in the air for many hours; it is not required for a person to spit directly upon you to spread infection, merely to exhale unfiltered air. This is why the current Dane County health order declares that***

***face shields are not an acceptable face covering. There is a narrow exception to the government order for those with a demonstrated medical inability to wear a mask, but no requirement for businesses to go beyond the government order and relax their own rules. What happened to going above and beyond for safety? How will the co-op police medical need, exactly? Making an very public announcement like this is tantamount to having no face mask policy at all, as numerous anti-maskers will simply proclaim nebulous 'medical' issues and refuse to wear masks with no actual justification. What are you going to do when suddenly large numbers of customers refuse to mask up? This new policy makes everyone less safe, especially those of us with actual heightened risks. Up until now I felt the co-op was doing an above average job on COVID protections, but this is a real lowering of the bar, and will almost certainly end poorly, with increased infections, reduced safety, government sanction, or all of the above.***

A: Thank you for sharing your concerns. It is very important to us that as many people as possible wear face coverings when they shop our store. However, we have also always recognized that there are some people who cannot wear face coverings due to medical conditions, intellectual or developmental disabilities, mental health conditions, or other sensory sensitivities that prevent the individual from wearing a face covering. As Public Health Madison and Dane County states in their guidance regarding the matter, the Americans with Disabilities Act requires businesses provide reasonable modification of policy to people with disabilities. Previously, our policy modification for people unable to wear face coverings was to simply allow them to shop the store provided that they abided by social distancing guidelines, or suggest that they use our online shopping services. The changes we are implementing make policy modification stricter; those who are unable to wear a face covering for the reasons cited above will now be required to wear a face shield to shop the store instead of nothing at all. People who are unable to meet either the requirement to wear a face covering, or the requirement to wear a shield may use our online shopping services. Only people who meet the qualification under the Public Health order will be afforded the ability to use a face shield at the Co-op, everyone else is still required to wear a face covering. As part of responding to your comment, we double checked with Public Health Madison and Dane County and re-shared our policy with them. They agree that our policy complies with county emergency orders and appropriate policy modification as per the Madison Department of Civil Rights. We appreciate your concern, and will continue to adapt our policies to meet the current needs of our community. -Kirsten Moore, Cooperative Services Director

## GENERAL MANAGER'S REPORT

### Thank You; Loss Prevention; & More!



by Anya Firszt, General Manager

#### HELLO DECEMBER; HELLO WINTER

December has lots of holidays to celebrate including Hanukkah, Christmas, Kwanzaa, New Year's Eve, and, my favorite, the Winter Solstice when we can celebrate the

return of warmer longer days and shorter nights. I imagine whichever holiday you traditionally celebrate, you have been challenged in ways you never expected and are having to rethink your holiday festivities with an added twist in order to maintain the recommended social distancing. In this issue, we share some ideas for Nifty Gifties that you can find in our stores. If you'd rather limit your shopping inside the store, you can also order Gift Boxes for curbside pick-up at any of our stores, and some can also be shipped. See pages 14-15 for Nifty Gifties and visit [willystreet.coop/boxes](http://willystreet.coop/boxes) to learn more about the Gift Boxes. If you are interested in ordering five or more Boxes, we may be able to accommodate you! Gift Box orders are due by December 8.

#### FINANCIAL UPDATE

Recently, we have shared with you our financial update, which is that last fiscal year and this fiscal year our sales have been under budget and our expenses have been greater than our budget, both due to the pandemic. I don't know one business that is not struggling in some manner because of COVID-19. Buying local never meant as much as it does today.

#### THANK YOU, STAFF

The pandemic has been extremely challenging, and continues to be a challenge for everyone from a mental, physical, and emotional standpoint including our staff. Our staff has done a tremendous job keeping the Co-op open for business for these last nine months during the outbreak. They have navigated countless but necessary operational changes within our organization to provide and maintain a safe place to shop and work due to the coronavirus. We owe them a debt of gratitude, and I want to offer my sincere thanks and appreciation to them for all they do!

#### THANK YOU, CUSTOMERS

I also want to thank all of you who have continued to support the Co-op and for wearing masks and practicing social distancing to help not only you but our staff to stay healthy. Who knew these protocols would become second nature?! Thanks again for looking out for our staff, their health depends on you!

#### SECURITY GUARD NO LONGER NEEDED AT WILLY NORTH

When we opened Willy North in 2016, the store was twice the size of our other two locations and operated by the same number of people, the parking lot was poorly lit, there were many vacancies on the property, and we were seeing higher rates of theft and property damage than we had seen at our other locations. For these reasons, we utilized an outside security service. Since then, we have been able to add more staffing, the outside lighting has improved, there are more tenants in the mall, and the landlord has added security for the entire property. Due to these changes as well as feedback from employees and customers, we have found that we no longer need these outside services to manage security and loss at North.

#### LOSS PREVENTION PRACTICES

As we are making this change we are also taking an opportunity to review our existing loss prevention practices at all of our stores, and will do so with an eye on recognizing and better addressing biases, in particular, systemic racial biases that we are aware exist within our organization and have the continued potential to do harm in our community.

#### HOLIDAY HOURS

December 24: Stores close at 6:00pm  
December 25: Closed  
December 31: Regular hours  
January 1, 2021: Closed

#### GOODBYE 2020; HELLO 2021

As calendar year 2020 comes to a close, may the time you spend with family and friends this holiday season whether in person or virtually be filled with joy and happiness. Whether you make New Year resolutions or not, may the New Year be warm, safe and healthy. Happy New Year.

Until next year, stay healthy.

## HOLIDAY HOURS

DECEMBER 24: STORES CLOSE AT 6:00PM

DECEMBER 25: CLOSED

DECEMBER 31: REGULAR HOURS

JANUARY 1, 2021: CLOSED





## BOARD REPORT

### Competing Priorities in Challenging Times



by Ann Hoyt, Board Member

Last month Willy Street Co-op released our Fiscal Year 2020 (ended 6/28/2020) Annual Report which highlights the challenges we faced, the successes we had, and the financial losses we experienced. Compared to Fiscal Year 2019, when losses

were 0.35% of sales and 42% less than budgeted, Fiscal Year 2020 losses of \$1,149,688 were 1.98% of sales and 91% greater than budgeted. Given the impact of the coronavirus, both on reduced sales and the expenses related to changes in operations, the losses should not be surprising. They are, however, of deep concern to your Board of Directors. As we navigate the ongoing challenges the Board faces not only for the remainder of the 2021 fiscal year and for years to come, it is wise to step back for a moment and ask who is impacted by the decisions we make.

#### RESPONSIBILITIES

The easy answer is that our primary legal responsibility is to our Owners who have invested in the Co-op. For them we must ensure the security of their investment. Beyond that, through the Co-op's bylaws, Owners have directed us to operate on a sound financial basis to "provide for the long-term benefit of the Owners and the community." The bylaws discuss our responsibility to ensure that employees have a humane work environment and participate in decision-making; that we serve the needs of the broader community with particular focus on the underserved; and that we support local businesses. In other words, we are specifically charged to consider the needs of a variety of people who have a stake in the success of our cooperative even if they are not Owners of the business. These are our stakeholders.

#### BALANCING CHALLENGES

This brings us to the challenges we face when balancing our need for financial success against the often-competing needs of the Cooperative's stakeholders. Primary stakeholders in Willy Street Co-op include Owners, customers, employees, suppliers, the community, the government, and the employee Union. All are dependent in some way on our Co-op's continuing financial success. From the FY2020 Annual Report you can see how financial resources were allocated to some of these stakeholders during the fiscal year. In order of magnitude, these stakeholders received the following amounts: suppliers: \$37,666,136 of which \$1,384,688 went to local suppliers; employees: \$15,698,663; the community through donations: \$468,767; governments (i.e. taxes): \$316,000; creditors (including Owner Bond-holders): \$214,004. All of this was supported by sales to customers (primarily Owners) of \$58,48,708. Note that support for the employee Union comes from dues paid directly by employees. Also note that your staff successfully applied for and received a Personal Paycheck Protection (PPP) loan from the Small Business Administration. Paige Wickline, Finance Director, expects "a significant portion of that loan to be forgiven which will reduce the anticipated losses for the current year."

The challenge to the Board and management is to determine how to increase sales to cover losses or which expenditures to cut to achieve at least breakeven. Finding opportunities to cut costs given our Owners' mandate to support our stakeholders is a significant challenge. Fortunately, your Board is aware of the wide variety of Owners' opinions and stakeholders' expectations. We are balancing your needs and wants as best we can and appreciate everyone's input to help guide our decision-making.

# TOGETHER WE CAN TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Photo courtesy of Rooted, photo by Hedi LaMarr Photography

Community Shares of Wisconsin is committed to building the capacity of organizations that are taking bold action during this crisis – whether it's to protect the rights of tenants or access to the ballot, connecting local farms with families who need food, or defending our climate or LGBTQ+ rights – support for Community Shares of Wisconsin will help us work together for a just recovery.

We are proud to partner with Willy St. Co-op through the Community CHIP® program.

When you give to Community Shares of Wisconsin, you join an unstoppable community of social justice champions – 70 nonprofits dedicated to systemic change for a just and equitable society.



communityshares.com

In these times, having the right home for you and your family to stay safer at home is our priority. We are all in this together, we are here and we care. Be well.

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# Homemade Gifts



## HANDMADE DOG TREATS

Disclaimer: I don't have any pets of my own; however, the majority of my colleagues and friends have found a new pup to love and bring home during the COVID-19 pandemic, so handmade dog treats as gifts seemed very fitting.

by Jess Catherine, Purchasing Assistant

After digging into the idea of making dog treats from scratch, I learned very quickly that there are quite a few things dogs shouldn't ingest and that are actually toxic to them. For instance, onions, nutmeg, xylitol, and chocolate, but what I found really interesting was that dogs' most common food allergens could be beef, dairy, wheat, egg, chicken, lamb/mutton, soy, pork, rabbit, and fish, so watch out for your pup having an allergic reaction to those.

Thankfully there are signs for these allergic reactions, so hopefully that will help you fine-tune your own recipes for those furry friends.

I tried really hard to find a simple biscuit recipe that would be hypoallergenic with only a few ingredients. This task was not so easy. Stock, Broth?—whatever you want to call it (I'm still confused at how they are different) are most likely to have onion listed as an ingredient. For humans, yay! For doggies, boo... So, I went ahead and made a pumpkin variation and opted to go with eggs instead of baking powder due to the corn starch, because corn is another one to avoid.



### Oat & Pumpkin Bones

- 5 c. rolled oats regular or quick
- 1 c. canned pumpkin puree
- 2 large eggs
- 1/2 c. applesauce
- 1 tsp. salt

**Directions:** Preheat the oven to 300°F. Lightly grease a couple of baking sheets or line them with parchment. In a food processor, grind the oats into a rough flour and remove a 1/2 c. and set-aside. Add the pumpkin, eggs, applesauce, and salt. Process until the mixture resembles a thick, somewhat coarse cookie dough.

With the oat flour you set aside,

lightly flour a flat surface and roll out dough to one quarter inch thick.

Cut shapes out of dough and place on the prepared baking sheet. Bake for about 40 minutes. The treats are finished when they're lightly browned. Remove from the oven and cool right on the pans. Store in an airtight container.

### Peanut Butter Bones

This seems to be a hit with most dog owners I know—as long as their pups don't have intolerances to any of the ingredients. I found that coconut oil can be a great substitution, as well as squash, sweet potato, and many flour options like oat, chickpea, rice, and almond. And if you are wondering how you can omit the egg? Try replacing with unsweetened applesauce.

- 1 c. pumpkin puree
  - 2 eggs
  - 1/3 c. natural peanut butter, NO xylitol or sugar substitutes
  - 2 c. whole wheat flour all-purpose can be used instead
  - 1/2 tsp. of cinnamon (if using pumpkin pie spice, NO nutmeg; can be toxic to some dogs), optional
- Directions:** Preheat oven to 350°F. Line a large baking sheet with a silicone baking mat or parchment paper. In a large bowl, combine pumpkin, eggs, and peanut butter. Stir until completely combined. Add in flour and cinnamon, stirring just until combined.

Lightly flour a flat surface and roll out dough to one quarter inch, using flour as needed to keep dough from sticking. Cut shapes out of dough and place on prepared baking sheet.

Bake for 20 to 40 minutes, depending on desired level of crunchiness. Remove treats from oven and let cool on a cooling rack. Store in an airtight container.

### How to Store Dog Treats

These dog treats should be stored just like cookies, in an airtight container for up to two weeks, or in the refrigerator for up to one month. They can also be frozen (after cooling) for up to six months.

## SEASONED STOVETOP POPCORN

This was such a great experiment! And I learned how to make the perfect bowl of popped corn kernels. Growing up, my mom would save the leftover bacon grease for our popcorn, and I didn't think there was anything better. However, I have heard wonderful things about clarified butter (ghee) and decided to try it out with two of the flavors below. We

actually sell some flavored ghee that I bet would work wonderfully here, but I started with the most basic flavor.

### How to make Stovetop Popcorn

Add coconut oil to a large pot. Add three kernels to the coconut oil and turn the temperature to medium-high. Cover with a lid and listen for the three kernels to pop. Once popped, carefully remove the lid and remove the kernels with kitchen tongs.

Carefully pour in the rest of your popcorn kernels and cover with a lid. Remove the pot from the heat and allow to sit for 30 seconds. Then put the pot back on the heat and continuously shake the pot back and forth on the heat until there are 1-2 seconds between pops. Carefully pour your popcorn into your large bowl and immediately season with your seasoning. Toss to combine.

### Matcha Green Tea Popcorn

- 1 1/2 Tbs. clarified butter (ghee)
- 1/4 c. popcorn kernels

### Matcha Topping:

- 4 Tbs. clarified butter ghee
- 1 tsp. matcha
- 1 tsp. sugar
- 1 tsp. Maldon\* Salt

**Seasoning directions:** Combine in a large mixing bowl all matcha topping ingredients: 4 Tbs. of clarified butter, sugar, and salt. Sift in matcha and combine until matcha is well incorporated. Set aside. Pour some of the popcorn into the mixing bowl with the matcha topping. Coat the popcorn with the matcha topping and serve immediately for the best flavor.

Notes: Using clarified butter is what keeps the popcorn from getting soggy from the topping so make sure you use that instead of regular butter. Mixing the popcorn with the matcha topping can get VERY messy. I used my bare hands since it was hard to get it to mix using anything else. So just be prepared to get green hands.



### Black Pepper & Parmesan

- 3 Tbs. Ghee or coconut oil
- 1/2 c. popcorn kernels

### Topping:

- 3 Tbs. butter, melted
- 1/4 tsp. garlic powder
- 1/2 tsp. black pepper
- 1/4 c. Parmesan cheese, grated

### Seasoning

**directions:** In a small mixing bowl, combine the melted butter, garlic, salt, and pepper. Drizzle over the popcorn and stir to combine. Sprinkle in the Parmesan cheese, tossing as you go. Enjoy immediately.



### Curry & Coconut Popcorn

- 1/2 c. coconut flakes, divided
- 2 Tbs. coconut oil

Heaping 1/4 c. corn kernels

### Seasoning:

- 2 tsp. raw turbinado sugar
- 1 Tbs. curry powder
- 1/2 tsp. turmeric powder
- 2 tsp. salt

**Seasoning directions:** Add turbinado sugar to a mortar and pestle, and grind until finely ground. You want the texture to be powdery. Add curry powder, turmeric, and salt, and mix to combine. Set aside. Carefully pour your popcorn into your large bowl and immediately season with your seasoning. Toss to combine. Add additional 1/4 c. coconut on top and mix to combine.



## SEA SALT SCRUB

If you are feeling like you want to share the wellness this season, you might want to consider making a salt or sugar scrub for your loved ones. I prefer salt over sugar when exfoliating the body, but I like something much milder for the face.

The benefit of a salt scrub is that it not only helps to exfoliate the skin (leading to smoother, softer and healthier skin), but it also encourages detoxification. By stimulating the lymphatic system, a salt scrub can help our bodies' natural detoxification efforts helping us to eliminate stagnant toxins in our bodies.

### Dead Sea Salt

This is one of the most mineral rich sea salts you can find! Coming from the Dead Sea region in Israel, this sea salt is actually quite different





from traditional oceanic salt and has a higher concentration of trace minerals such as magnesium and potassium. This is my personal preference thanks to its incredible therapeutic benefits absorbed through the skin.

#### Himalayan Sea Salt

This salt has a pinkish hue due to trace amounts of iron found in it and, like Dead Sea salt, is also incredibly beneficial for body detoxification.

#### Epsom Salt

Technically, Epsom salts aren't salt at all! Epsom salt is made up of magnesium sulphate which is famous for its muscle-soothing benefits. Epsom salt is particularly good for people with skin conditions or those tough areas that require extra scrubbing such as knees and elbows.

#### Black Sea Salt

Black lava sea salt is usually found in regions with high volcanic activity. The black color comes from

trace amounts of activated charcoal in the salt which adds a nice smokey flavor (if eating) but also has plenty of benefits for your skin.

#### THE RECIPE

1 c. of sea salt: choose from any of the options listed above (I like Dead Sea salt)

1/4 c. of carrier oil: I prefer jojoba oil but olive oil, avocado oil and almond oil work well too

10-20 drops of essential oil: the list is endless, and for this particular recipe, I used the Amber Perfume Oil.

**Directions:** Mix together sea salt and carrier oil until well combined. Add in essential oils until desired scent reached (10-20 drops) and any optional add-ins. Store in a sealed jar in a cool location until ready for use.

When using: scoop out desired amount and scrub onto clean, damp skin. Wash off completely. Use 2-3 times a week for best results.

## Community Room Class Calendar

Please see class descriptions for fees. Owners enrolled in the Access Discount Program receive a 10% discount. Payment is required at registration; please register by stopping at the Customer Service desk or by calling Willy West at (608) 284-7800 or Willy East at (608) 251-6776. For more information about individual activities and classes, see [willystreet.coop/calendar](http://willystreet.coop/calendar).

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

**Out of an abundance of caution, Willy Street Co-op classes are canceled through the month of December. Watch social media and our website for an announcement when classes resume. Additional precautionary measures will be implemented when we begin to offer classes again.**

**Instead of Wellness Wednesday, we are offering a Wellness Any Day Virtual Coupon!**

**willy street co-op Owners**

**GET 10% OFF**

**Wellness or Bodycare products**

on any one transaction they choose during the month of December.

*No paper coupon needed!*

Discount can only be used one time 12/1/20-12/31/20 per Individual or Household Owner account. Coupon will not work again on an Owner account after being used; please plan your purchases accordingly. Not valid for online orders. No cash value.



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Pre-School age 2-5  
Parent/Child Playgroup age 0-3  
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**HOLIDAY HOURS**

**DECEMBER 24: STORES CLOSE AT 6:00PM**

**DECEMBER 25: CLOSED**

**DECEMBER 31: REGULAR HOURS**

**JANUARY 1, 2021: CLOSED**

## BULK NEWS

# Bulk Updates



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

**Y**ou may have noticed that we are missing some of your favorite products in our Bulk aisles. There are a few reasons for that—primarily national out-of-stocks and shortages. Our primary bulk supplier, Frontier Co-op has been hit hard with this. They source

products all over the world, often from smaller family farms. Depending on the region, these areas may have been hit hard by the virus, which can delay harvesting, processing, packaging and shipping. Our stores have been working to compensate on missing these items by:

- Working with alternative suppliers to fill holes.
- Looking for prepackaged versions of the products you love.
- Working with suppliers to source loose product in smaller packages—like 4 oz. bags of loose leaf tea, for example.

Our Grocery departments have been able to re-open some portions of their Bulk aisles, adding extra sanitiz-

ing of surfaces to their schedules. Our General Merchandise departments—which provide bulk teas and medicinal herbs—are primarily focusing on smaller, prepacked quantities, either packed by our teams or from the supplier. For example, we have 4 oz. bags of loose tea from Rishi Tea, and we're working with Mountain Rose Herbs to source more herbs and teas.

While some parts of our Bulk departments are open, we unfortunately cannot allow used containers to be filled in the stores. Please use a provided container or purchase an empty one. As usual, please don't



hesitate to ask staff to help you find products that you used to be able to find in bulk—our selection is changing daily!

Also, let us know what you think. Are you still interested in purchasing in bulk, or do you feel safer grabbing the prepackaged products?

## CHEESE NEWS

# Shipping Cheese



by **Jeremy Johnson,**  
**Meat & Specialty Category Manager**

**F**or all of us who love cheese, we are lucky. We live in the state that produces some of the best cheese in the country, but not all of our friends and family are so lucky. On the plus side, cheese is one of the best holiday gifts you can give,

despite being a bit unconventional. It is versatile enough to offer something for everyone, easy to find, and delicious to eat. Even though cheese is incredibly delicious, some people will not be able to eat all of it due to dietary restrictions. If someone has a milk allergy, then try giving them goat cheese instead, or possibly an A1-free cheese, like Clearview Dairy's Classic Cheddar.

There are two proteins found in cow's milk A1 and A2. Of the two, A1 protein is harder for humans to digest. A1-free cheese is tested to ensure that there is no A1 protein in the milk, and can be easier for some people with milk allergies to tolerate. Cheese is an easy gift to pick. It's a great opportunity to help your loved ones try something that they will enjoy and have never tried before.

Selecting which cheese to send is probably the hardest part. There are some cheeses that don't ship as well as others. Soft or fresh cheeses are generally too sensitive to ship across large distances without specialized packaging. The firmer the cheese, the better it will ship. A hard cheese like Bleu Mont Banded Cheddar will be perfectly happy traveling across the country to an eagerly awaiting recipient. Semi-soft varieties of cheeses like the rich and buttery Roth Havarti or the wide range of Sartori BellaVitano flavors are also cooperative when it comes to shipping.

## PACKAGING

Once you have selected all of the cheese you want to send, you will want to select what type of packaging you want to use. To ensure optimal quality, some type of insulation lining the inside of the shipping box is a must. This insulation will keep the temperature cool and stable inside the box. While preparing the cheese itself you will want to leave the cheese in its original packaging or, if you're cutting off smaller pieces and keeping some for yourself, wrap it in cheese paper or wax paper. Wrapped this way, the cheese will be able to breathe without drying out. Finally, pack securely so your cheese won't be moving around in the box while in transit.

## SHIPPING CHEESE

Cheese can even be shipped. Imagine how happy your friends and family would be to find a box filled with some of the finest Wisconsin cheeses on their doorstep just in time for the holidays. Sending cheese is not as simple as putting it in a box and sending it out. It's a perishable food, made up of living, breathing organisms, and those organisms need to be taken care of. That being said, most cheeses are not as delicate as you may think and, with some thoughtful packaging, they will survive the shipping process just fine.

## SHIPPING TIMES

Now that you have your cheese securely packaged you have one last thing to take into consideration to make sure your cheese has a safe journey—and that is time. Although hard cheeses are less sensitive to humidity and temperature changes, it's best if your cheeses get to their destination within two days. Check the estimated shipping times to avoid any issues with freshness. It's a good idea to try and ship early in the week to avoid having your cheese stuck at a warehouse over the weekend.

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# Winter Co-op Favorites



**Organic Satsumas**  
Random weight  
**\$2.99/lb**



**Specialty Meat Cuts**  
Hams, Roasts, Ducks, Turkeys and more!  
Pre-order yours at the Meat counter at any of the stores.

## MAKE IT POP!

**Krinke's Baby Red Rice Popcorn**  
16 oz  
**\$1.99/ea**

**Learn how to make Stovetop Popcorn on page 6.**

Make it pop with recipes, like Matcha Green Tea, Black Pepper & Parmesan, or Curry & Coconut Popcorn!

**Sassy Cow Creamery Egg Nog**  
Essentially Local!  
32 fl oz  
**\$3.79/ea**



**Clasen's Bakery Cookie Medley**  
Essentially Local!  
10 oz  
**\$13.99/ea**



**Old Sugar Distillery Brandy**  
Locally Prepared!  
(North & West only)  
750 ml  
**\$49.99/ea +tx**

**Wollersheim Winery Sparkling Grape Juice**  
Locally Prepared!  
25.4 fl oz  
**\$6.99/ea**



**Matr Boomie Gift Wrap**  
Recycled Sari Fabric  
**\$4.99/ea +tx**

**FEED Kitchens Holiday Cookies**  
Locally Prepared!  
**\$11.00/ea**



**Olden Organics Roasting Mix**  
100% Local & Organic  
12 oz  
**\$5.99/ea**



**Pomegranate Gift Wrap**  
**\$6.99/ea +tx**



**Nutcrack Candied Pecans**  
8 oz  
**\$13.99/ea**

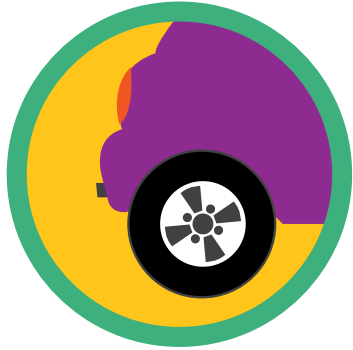
# willy street co-op

All prices shown are regular price and good through 12/31/20. Some products are on sale during this time; view current promotions on [www.willystreet.coop](http://www.willystreet.coop).



# Three Ways to Order & Pick Up Curbside!

[www.wilystreet.coop/curbside](http://www.wilystreet.coop/curbside)



## Pick Up Groceries Curbside!

Order from our online store ([shop.wilystreet.coop](http://shop.wilystreet.coop)) and pick up from any of our three stores (or have your groceries delivered). \*Our online store does not currently support mobile devices.



**Kid's Box**  
\$50



**Self Care Box**  
\$50



**Local Favorites Box**  
\$50



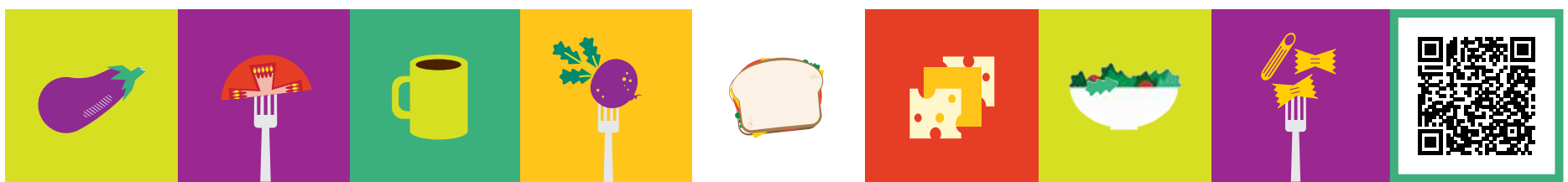
**Cheese Box**  
\$50



**Seasonal Fruit Box**  
\$25

## Pick Up Gift Boxes Curbside!

See [wilystreet.coop/boxes](http://wilystreet.coop/boxes). Order between 11/12 and 12/8 for curbside pick-up at any of our stores, or we can ship any of the first three boxes to you or your loved one.



## Pick Up Lunch or Dinner Curbside!

You can now order select sandwiches, wraps, juices, and take & heat family meals for same-day curbside pick-up. Order through the free ChowNow app or by going to our website.

**willy street co-op**

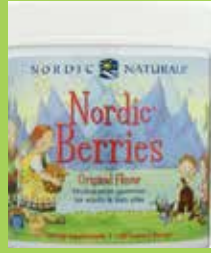
[www.wilystreet.coop/curbside](http://www.wilystreet.coop/curbside)





## Health & Wellness

### co-op deals: December 2-15



Nordic Naturals  
**Nordic Berries**  
120 ct • Save \$6

**\$19.99**/tx  
coop deals.



Dr. Bronner's  
**Castile Bar Soap**  
All Kinds on Sale!  
5 oz • Save \$1.50

**\$2.49**/tx  
coop deals.

Country Life  
**Vitamin D3 5000 IU**

30 vcap • Save \$4

**\$13.99**/tx  
coop deals.

Aura Cacia  
**Essential Oils**

All Sizes on Sale!

at least  
**20% off**  
coop deals.

Jason  
**Fluoride-Free Toothpaste**

Power Smile, Sea Fresh  
6 oz • Save \$1.50

**\$3.19**/tx  
coop deals.

Rainbow Light  
**Vibrance One Multivitamin**

Women's, Men's, Prenatal  
60 tab • Save \$7

**\$14.99**/tx  
coop deals.

Andalou Naturals  
**Shampoos or Conditioners**

All Kinds On Sale!

8.5-11.5 fl oz • Save \$2.30-\$2.50

**\$6.99**/tx  
coop deals.



Natural Vitality  
**Natural Calm Magnesium Drink**

All Kinds On Sale!

8 oz • Save \$3

**\$20.99**/tx  
coop deals.



Mineral Fusion  
**Nail Polish**

All Kinds On Sale!

.33 oz • Save \$4

**\$4.99**/tx  
coop deals.



MegaFood  
**Blood Builder**

60 tab • Save \$7

**\$23.99**/tx  
coop deals.



### co-op deals: December 16-29



New Chapter  
**Bone Strength Take Care**

60 tab • Save \$4

**\$25.99**/tx  
coop deals.



Shire City  
**Fire Cider**

8 fl oz • Save \$2

**\$10.99**/tx  
coop deals.



Herban Cowboy  
**Natural Deodorant**

All Kinds on Sale!

2.8 oz • Save \$1.50

**\$5.79**/tx  
coop deals.



Vega  
**Protein Made Simple**

All Kinds on Sale!

9.1-9.6 oz • Save \$2.50

**\$14.99**/tx  
coop deals.

ShiKai  
**CBD Body Lotion**

.8 oz • Save \$2.30

**\$6.99**/tx  
coop deals.

Full Circle  
**Walnut Scrubber Sponge**

2 pk • Save 50¢

**\$2.99**/tx  
coop deals.

Desert Essence  
**Body Lotion**

All Kinds on Sale!

8 fl oz • Save \$2.50

**\$5.99**/tx  
coop deals.

SmartyPants  
**Gummy Kids Vitamin Complete**

120 pc • Save \$10

**\$17.99**/tx  
coop deals.



Nubian Heritage  
**Bar Soap**

All Kinds on Sale!

5 oz • Save \$1.80

**\$2.99**/tx  
coop deals.



Natural Factors  
**Melatonin 3mg**

90 tab • Save \$3

**\$4.99**/tx  
coop deals.



# coop™ deals

co-op deals: December 2-15



**Greek Gods  
Yogurt**  
All Kinds (Except Honey Blueberry) on Sale!  
24 oz • Save 50¢  
**\$3.49**

**Mi-Del  
Ginger Snaps**  
10 oz • Save \$1.98/2  
**2 for \$6**

**Honest Tea  
Iced Tea**  
All Kinds On Sale!  
16 fl oz • Save \$2.16/4  
**4 for \$5**



**Crofter's  
Just Fruit Spread**  
All Kinds On Sale!  
10 oz • Save \$1.50  
**\$2.99**

**Feel Good Foods  
Gluten-Free  
Dumplings**  
Vegetable, Chicken  
10 oz • Save \$1.80  
**\$4.99**

**Muir Glen  
Organic Canned  
Tomatoes**  
All Kinds (Except Fire Roasted) on Sale!  
14.5 oz • Save 99¢   
**\$1.00**



**Divine  
Organic Fair Trade  
Chocolate Bars**  
All Kinds on Sale!  
3 oz • Save \$2.58/2  
**2 for \$5**/tx

**So Delicious  
Coconut Milk Nog**  
32 fl oz • Save 70¢  
**\$2.29**

**Mary's Gone Crackers  
Super Seed  
Crackers**  
All Kinds On Sale!  
5.5 oz • Save \$3.98/2  
**2 for \$7**



**Cascadian Farm  
Cold Cereal**  
All Kinds On Sale!  
8.6-14.6 oz • Save \$4.98/2  
**2 for \$6**

**Solely  
Organic Fruit Jerky**  
All Kinds On Sale!  
.8 oz • Save 49¢  
**\$1.00**

**Pacific  
Organic Soup**  
All Kinds On Sale!  
32 oz • Save \$2.58/2  
**2 for \$7**



**Annie's  
Macaroni and Cheese**  
Classic, Shells and White Cheddar,  
Four Cheese, Shells and Real Aged Cheddar  
6 oz • Save 99¢-\$1.79  
**\$1.00**

**Sir Kensington's  
Mayo**  
Classic, Chipotle  
10 oz • Save \$1  
**\$4.49**

**Endangered Species  
Chocolate Bars**  
All Kinds on Sale!  
3 oz • Save \$1.58/2  
**2 for \$5**/tx



**Dr. Bronner's  
Organic  
Coconut Oil**  
Whole Kernel, White Kernel  
14 oz • Save \$2.50  
**\$7.99**

**Drew's  
Organic Salsa**  
Mild, Medium  
12 oz • Save \$1.98/2  
**2 for \$7**

**Wholesome Sweeteners  
Organic Brown Sugar**  
Light, Dark  
24 oz • Save \$1.50  
**\$3.99**



**King Arthur Flour  
All-Purpose  
Unbleached Flour**  
80 oz • Save \$2  
**\$4.49**

**Little Secrets  
Chocolate Wafers**  
Milk, Dark, Peanut Butter  
1.4 oz • Save \$1.58/2  
**2 for \$3**

**Rudi's Organic Bakery  
Bread Loaves**  
100% Whole Wheat, Honey Sweet Whole  
Wheat, Country Morning White, Multigrain  
Oat  
22 oz • Save \$1  
**\$3.99**



**Seventh Generation  
Laundry Detergent**  
Free & Clear, Eucalyptus & Lavender  
100 fl oz • Save \$5  
**\$10.99**/tx

**Simple Mills  
Almond Flour  
Crackers**  
All Kinds On Sale!  
4.25 oz • Save \$1  
**\$3.99**

**California Olive Ranch  
Everyday Extra Virgin  
Olive Oil**  
25.4 oz • Save \$3.50  
**\$11.99**



The specials on this page are valid December 2-15

All Specials Subject to Availability. Sales Quantities Limited.

# DECEMBER

co-op deals: December 16-29



## Que Pasa Tortilla Chips

All Kinds On Sale!  
11 oz • Save \$2.98/2

**2 for \$5**



## Koyo Ramen

All Kinds On Sale!  
2-2.1 oz • Save 29¢

**\$1.00**



## Mom's Best Cold Cereals

All Kinds On Sale!  
15-24 oz • Save 98¢-\$2.58/2

**2 for \$7**



## Alter Eco Dark Chocolate Bars

All Kinds On Sale!  
2.8 oz • Save \$2.58/2

**2 for \$5**<sup>tx</sup>



## Talenti Gelato

All Conventional Flavors (Except  
Layers and Parfait) On Sale!  
16 oz • Save \$1.80

**\$3.99**



## Mediterranean Organic Organic Olives

All Kinds On Sale!  
8.1-8.5 oz • Save \$3.58/2

**2 for \$6**



## Go Macro Bars

All Kinds On Sale!  
1.8-2.5 oz • Save \$1.58/2

**2 for \$4**



## Organic Valley Ultra-Pasteurized Half and Half

16 oz • Save 30¢

**\$1.99**

## Daiya Vegan Frozen Pizzas

All Kinds On Sale!  
15.7-19.4 oz • Save \$1.50

**\$6.99**

## Immaculate Baking Company

### All Natural Pie Crust

15 oz • Save \$1.98/2

**2 for \$6**

## Brianna's Salad Dressing

All Kinds On Sale!  
12 oz • Save \$1.58/2

**2 for \$6**

## Boulder Canyon Potato Chips

All Kinds On Sale!  
5 oz • Save \$1.98/2

**2 for \$4**

## One Degree Organic Sprouted Rolled Oats

24 oz • Save \$1.80

**\$4.99**

## Bob's Red Mill 1 to 1 Gluten-Free Baking Flour

22 oz • Save \$1

**\$3.99**

## Rishi Tea Organic Masala Chai Tea Concentrate

32 oz • Save \$1

**\$4.99**

## Cascadian Farm Organic Frozen Vegetables

Sweet Corn, Broccoli Florets, Sweet Peas,  
Shelled Edamame

10 oz • Save \$1.58-\$1.98/2

**2 for \$4**

## A2 Milk

2%, Whole  
59 oz • Save 50¢

**\$3.49**



## Blue Diamond Nut Thins

Almond, Pecan, Hint of Salt  
4.25 oz • Save \$2.58/2

**2 for \$5**



## Earth Balance Vegan Buttery Sticks and Spreads

Organic Whipped, Soy-Free,  
Spread w/Olive Oil, Sticks

13-16 oz • Save 50¢-80¢

**\$3.99**



## Eden Foods Organic Canned Beans

All Kinds On Sale!  
15 oz • Save \$1.58-\$1.98/2

**2 for \$4**



## Biokleen Oxygen Bleach Plus

2 lb • Save \$1

**\$4.49** /tx



## Evolution Fresh Organic Orange Juice

59 fl oz • Save \$2

**\$6.49**



## R.W. Knudsen Sparkling Fruit Juice

All Conventional Kinds On Sale!  
25.4 fl oz • Save \$2.98/2

**2 for \$5**



## Good Health Veggie Crinkle Chips, Veggie Stix

All Kinds On Sale!  
6.25 oz • Save \$1.98/2

**2 for \$6**



The specials on this page are valid December 16-29  
All Specials Subject to Availability. Sales Quantities Limited.



# NIFTY GIFTIES

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Easy, small gift for anyone on your list. Froth bombs can make baths relaxing and/or fun! Choose from Candy Cane Lane, Home for the Holidays, It's Lit with 50 mg of CBD, and so much more!



## ANDES GIFTS WINTER GEAR

One thing we know for sure; winter is coming. Gear up with fashionable, Fair Trade, and oh-so-cozy alpaca winter wear.



## PUZZLES

It's going to be a long winter. Puzzlers, assemble!



## MAGGIE'S ORGANICS AND TEY ART SOCKS

Say goodbye to cold feet with these warm and cozy socks! And they're Fair Trade to boot. Colors and styles to match any wardrobe.

## CALENDARS & PLANNERS

2021 is a big unknown, but you can keep yourself and your family organized despite it.



## SILK ROAD BAZAAR ORNAMENTS

Choose from famous people or adorable animals! Personalize your holiday tree with all your family favorites. Fair Trade!





**ECO CANDLES, CRAFTED IN THE WOODS, AND KALAMAZOO CANDLE CO. LOCAL AND REGIONAL CANDLES**

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**BEGIN AGAIN BATH TOYS**

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**GOOD LIGHT CHANUKAH CANDLES**

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**Just Half?**

**Most produce sold by the pound can be split or cut in half!**

Feel free to purchase just one stalk of celery or one bunch of grapes.

Produce Staff can cut a cabbage or cauliflower in half for you.

**willy street co-op**

**Give the gift of Co-op Ownership!**

Have a friend or family member you think would benefit from Co-op Ownership?

**We can help!**

Stop by or call customer service, or see our website [willystreet.coop/ownership](http://willystreet.coop/ownership).

**willy street co-op**





**MASKTITE MEDICAL-GRADE DOUBLE-SIDED TAPE**

Tired of your mask fogging up your glasses? Or slipping while you talk? Enter: MaskTite, locally made hypoallergenic, clear adhesive strips that hold your mask to your face. It works for paper or cloth. Comes in a pack of 36.



**GO MAX GO FOODS CANDY BARS**

All Go Max Go products are vegan and GMO-free. Using certified Fair Trade cocoa, sugar, vanilla, and ethically sourced palm oil, they craft a nice line of tasty candy bars. Naturally cholesterol- and trans fat-free, too! Their Buccaneer bar consists of a chocolatey nougat in a rice-milk chocolate coating. Jokerz is a medley of dry-roasted peanuts, buttery-tasting caramel, and nougat enrobed in chocolate. Go Max Go products are at all stores, however flavors may vary by store.



**AVAILABLE AT WILLY EAST**

- Sweet Earth Hickory Sage Meatless Bacon
- Sweet Earth Italian-Style Meatless Pepperoni
- Franklin Farms Vegan Seitan Strips
- Natural Stacks Neuro Fuel
- Honey Pot Herbal Menstrual Pads
- MyKind Kids Cough & Mucus Syrup
- Mrs. Anderson's 9-inch Silicone Loaf Pan
- Pacha Kids Bath Crayons, Warm or Cool Colors

**AVAILABLE AT WILLY WEST**

- Sweet Earth Hickory Sage Meatless Bacon
- Sweet Earth Italian-Style Meatless Pepperoni
- Gardein Plant-Based Beef and Vegetable Soup
- Gardein Plant-Based Sausage Gumbo
- Gardein Plant-Based Chicken and Rice
- Gardein Plant-Based Chicken Noodle
- Primal Kitchen Cocktail Sauce
- Primal Kitchen Tartar Sauce
- Hippeas Jalapeño Chickpea Tortilla Chips
- Hippeas Ranch Chickpea Tortilla Chips
- Hippeas Sea Salt Chickpea Tortilla Chips
- Franklin Farms Vegan Seitan Strips
- Annie's Homegrown Cheddar Cheesy Puffs
- Natural Stacks Neuro Fuel
- Evan Healy Cosmetics
- Honey Pot Herbal Menstrual Pads
- MyKind Kids Cough & Mucus Syrup
- Down to Earth Ceramic Bee Mug
- Mrs. Anderson's 9-inch Silicone Loaf Pan

**AVAILABLE AT WILLY NORTH**

- Sweet Earth Hickory Sage Meatless Bacon
- Sweet Earth Italian-Style Meatless Pepperoni
- Sweet Earth Black Forest Ham Meatless Deli Slices
- Sweet Earth Oven Roasted Turkey Meatless Deli Slices
- Gardein Plant-Based Beef and Vegetable Soup
- Gardein Plant-Based Sausage Gumbo
- Gardein Plant-Based Chicken and Rice
- Gardein Plant-Based Chicken Noodle
- Primal Kitchen Cocktail Sauce
- Primal Kitchen Tartar Sauce
- Franklin Farms Vegan Seitan Strips
- Annie's Homegrown Cheddar Cheesy Puffs
- Natural Stacks Neuro Fuel
- Honey Pot Herbal Menstrual Pads
- MyKind Kids Cough & Mucus Syrup
- Mrs. Anderson's 9-inch Silicone Loaf Pan
- Pacha Kids Bath Crayons, Warm or Cool Colors



**THIS MONTH: Virtual Wellness Any Day coupon. See ad on page 7 page for details.**

**HOLIDAY HOURS**

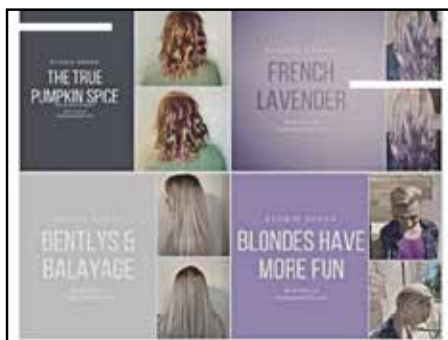
- DECEMBER 24: STORES CLOSE AT 6:00PM**
- DECEMBER 25: CLOSED**
- DECEMBER 31: REGULAR HOURS**
- JANUARY 1, 2021: CLOSED**

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**STORE HOURS**

THURSDAY: 11AM TO 6PM

FRIDAY: 11AM TO 6PM

SATURDAY: 11AM TO 5PM



## COOPERATIVE SERVICES NEWS

# Contributing to Our Communities this Holiday Season via Your Co-op



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

**W**e're midway through the winter holiday season, and as we reflect upon what we have to be grateful for, it's also a time to think about how we contribute to our communities. There are lots of ways to get involved and give back, and some of

those opportunities are right here at the Co-op. Read on to find out how you can volunteer your services or donate to those in need as we wind down 2020.

### CONTRIBUTE TO OUR HOLIDAY FUND DRIVE TO SUPPORT DOUBLE DOLLARS AND LOCAL FOOD PANTRIES

Keeping with tradition, we're again matching Double Dollars contributions up to \$10,000 to support our five neighborhood food pantries. Through December 31 contributions are matched 1:1. You can support Double Dollars either by a \$1, \$5, \$10, or \$25 scan card donation at the registers, or by reusing bags so we can save money we would spend on paper bags to support Double Dollars instead. You can also make a donation when you use shop.willystreet.coop by searching "Double Dollars" to find donation options to select from. The match supports Goodman Community Center Fitz Food Pantry, Lussier Community Education Center, Middleton Outreach Ministry, The River Food Pantry and Wil-Mar Neighborhood Center with Co-op gift cards for fresh items in the winter season. Your Double Dollars support is a win-win for those using Double Dollars and those reliant on our food pantries.

Double Dollars is a nutrition incentive program to help those using FoodShare/QUEST purchase fresh or frozen fruits, vegetables and legumes; and seeds and seedlings for growing edible plants. Double Dollars are available from October to May at the Co-op, and from June to November at participating farmers' markets. The Double Dollars Fund has been providing vital program support since April 2017.

The Double Dollars match benefiting our food pantry partners is made possible through abandoned and donated Owner equity. When Owners leave the Co-op, their equity invested belongs to them and they are given the option to have their equity refunded or to donate it to use for charitable purposes such as this match

and the Community Reinvestment Fund grants.

You support local food pantries whenever you support Double Dollars. When people can purchase groceries instead of relying on pantries, pantries can then focus on those who need their resources most. Please consider contributing to the Double Dollars Fund whenever you shop the Co-op by scanning donation cards or bringing in bags to reuse. It makes a difference, and right now the difference is double!

For more information about Double Dollars, please visit [www.willystreet.coop/double-dollars](http://www.willystreet.coop/double-dollars).

### MADISON READING PROJECT BOOK DRIVE NOW THROUGH DECEMBER 15 AT WILLY EAST AND WILLY WEST

Willy East and Willy West are currently collecting new or like-new books for ages 0-18 in designated drop boxes in the foyers for the Madison Reading Project's first annual Community Book Drive through December 15. Having access to high-quality, relevant books that reflect children's unique identities can make the difference for a child learning to read this school year. Madison Reading Project, in partnership with the Empty Stocking Club and other community organizations, will use your donations to provide over 10,000 books to kids that need them most this holiday season. They will accept fiction and nonfiction as well as hardcover or paperback books. "Like-new" means books should be free from rips, tears, damage, stickers or labels, handwritten messages, dust, mold, and discoloration. When deciding what books to donate, please consider appropriate and relevant content, which means: no harmful stereotypes in text or illustrations, no books with religious or religious holiday themes, and newer than 10 years. They are not accepting audio, video, coloring or sticker books, computer equipment or software, encyclopedias, dictionaries, thesauruses, magazines, workbooks or study guides, test preparation guides, textbooks, toys, games, puzzles, artwork, nor puzzle or word game books. More information, including how to make a financial contribution to the book drive, can be found at [www.madisonreadingproject.com/communitybookdrive](http://www.madisonreadingproject.com/communitybookdrive).

### BIG BUNDLE UP CAMPAIGN DECEMBER 19—JANUARY 5 AT WILLY WEST

Middleton Tourism invites the public to take part in the 10th statewide Big Bundle Up—a winter

clothing drive to benefit the community. You may drop off new or gently used winter gear from December 19 through January 5 at the designated drop-box in the foyer at Willy West. Suggested items include hats, mittens, coats, sweaters, and other warm clothing. Items will be delivered to Lake Mills Cleaners & Dyers to clean for free prior to providing the donations to Middleton Outreach Ministry for distribution.

### CLOSING OUT 2020 WE CAN STILL MAKE A DIFFERENCE

As the strange and trying year of 2020 comes to a close, one bit of positivity that is certainly on display here at our Co-op is the continued commitment Owners show to the safety and care of our community and neighbors. Warm wishes to you this holiday season, your contributions to your Co-op are a gift and truly appreciated.

### CO-OP SEEKING OWNERS TO PARTICIPATE IN TWO COMMITTEES

The Co-op is seeking Owners at-large to serve on the Community Reinvestment Fund Grant Committee and the Access Discount Review Committee.



The Community Reinvestment Fund offers project grants to local nonprofits and cooperatives. We are seeking

one Owner to serve a one-year term on this committee. Committee members must be available from 6:00pm-9:00pm between March 15 and April 4 for two virtually held meetings. Time outside of meetings is required to review documents and a reception for the grant winners and committee members may be scheduled the week of May 24 depending on the status of the COVID-19 pandemic. Ideal candidates have backgrounds in at least one of the following program focuses: food justice and/or access, creating cooperatives, sustainable agriculture, health and well being, and/or social change. If you are part of an organization seeking project funding, the 2021 application period will run January 1-February 28. More information about the program can be found at [www.willystreet.coop/crf](http://www.willystreet.coop/crf).



The Access Discount Review Committee seeks one or two Owners enrolled in the Co-op's Access Discount Program and/or with a working background in food accessibility to serve a one-year term. The Access Discount is an Owner benefit for those who demonstrate that they have a financial need. When Owners enroll in the Access Discount Program, they receive 10% off groceries for a year, renewable annually. Assessing the program is important to ensure that our qualifiers align with changes to public and private benefit programs, to review whether everyone in our community feels like they can both shop and join the Co-op, and to make the Access Discount Program a continued resource for preventing food insecurity in our community. The bulk of committee work for the 2021 term will be completed between February and April via virtual meetings. Learn more about the Access Discount Program at [www.willystreet.coop/ownership/access-discount-program](http://www.willystreet.coop/ownership/access-discount-program).

Owners interested in a seat on one or both committees are encouraged to apply by sending an email to [l.hawley@willystreet.coop](mailto:l.hawley@willystreet.coop) no later than December 13. Please include your Owner number, which committee is of interest to you, a personal statement explaining your experience or qualifications, and why you would like to be considered for the committee you are interested in serving.

### ATTORNEY PAUL O'FLANAGAN

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PROGRESSIVE & LOCAL  
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**willy street co-op**



## FINANCE NEWS

# Fiscal Year 2021 Operations and Capital Budgets



by Paige Wickline,  
Finance Director

### BUDGETING DURING A PANDEMIC

We developed our budget in the spring of 2020 when the uncertainty of COVID-19 was still fresh and we were hopeful for winter holidays spent with family and friends. We looked forward to FY21 (a 53-week year running from June 29, 2020 through July 4, 2021) with cautious optimism. Our budget was approved in June 2020 by our Board of Directors.

### FY21 BUDGET FOCUS

Our budget assumptions were based on the knowledge we had of the future at the time and included an estimate of the impact of global and national events on our local co-op. These included COVID-19, an economic downturn, ongoing supply chain challenges, a contentious presidential election and ongoing social unrest.

Due to these events, we framed our strategic budget focus as a balance between financial sustainability and the safety of staff and customers while bringing equity, inclusion, and diversity to the forefront of all that we do.

To accomplish this we included plans to expand and fine-tune our catalog of online shopping options. We also contracted with Step Up: Equity Matters, a local consulting firm, to assist us with becoming a more equitable organization.

Our operating budget shows a loss from operations of \$-410,196 and other income of \$2,548,180, bringing us to net income of \$2,137,984. The other income includes the accounting entry to record the forgiveness of the \$2.5 Million personal paycheck protection (PPP) loan we received in April 2020.

### PPP LOAN

The PPP loan was reported as debt on our FY20 year-end financial statements per generally accepted accounting principles (GAAP). Our FY21 budget reflects 100% of the loan being forgiven and recorded as other income. We plan to file for forgiveness by the end of the calendar year and anticipate we will meet the criteria for most of the loan to be forgiven.

Approved FY21 Operating Budget		
	\$	% of sales
Total Sales	\$61,148,012	100.00%
Cost of Goods	\$39,177,531	64.07%
Gross Margin	\$21,970,481	35.93%
Personnel Costs	\$15,715,039	25.70%
Other Operating Expenses	\$6,665,638	10.90%
Total Operating Expenses	\$22,380,677	36.60%
Income (Loss) from Operations	-\$410,196	-.67%
Other Income (Expenses)	\$2,548,180	4.17%
Net Income (Loss)	\$2,137,984	3.50%

### Total Sales

The FY21 sales projections for our three retail sites and online ordering were based on the assumption that COVID-19 would continue to suppress sales in the

first quarter and then they would slowly increase back to pre-COVID levels, ending the year with 4% sales growth.

### Gross Margin

Gross margin refers to the percent of sales remaining after subtracting the cost of goods sold. Gross margin dollars are the funds used to pay for our operations. Our gross margin of 35.93% is down slightly from the previous year. This reduction is from changes in our sales mix. Shopping habits have changed dramatically since COVID-19, with a greater percentage of our sales coming from grocery sub-departments that have a lower margin.

### Personnel

Personnel expenses include labor hours and benefits. These costs are budgeted to be 25.70% of sales, which is slightly lower than the previous year.

### Capital Budget

The FY20 approved capital budget is \$500,000. These funds were approved to be used to replace any critical/essential equipment that may need to be replaced or is needed to expand online shopping. All optional upgrades have been put on hold until after the pandemic.

Approved FY21 Capital Budget		
Item	\$	Comment
East Store contingency funds	\$125,000	Funds for unanticipated critical equipment replacement.
West Store contingency funds	\$125,000	Funds for unanticipated critical equipment replacement.
North Store contingency funds	\$125,000	Funds for unanticipated critical equipment replacement.
Off Site Kitchen contingency funds	\$125,000	Funds for unanticipated critical equipment replacement.
Total	\$500,000	

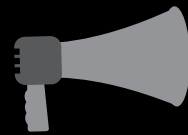
We are in the middle of the second quarter of FY21 and the challenges we face have only increased, as they have for most businesses across the nation. Our current projections show our operating loss to be closer to \$1 Million which will reduce our net income to around \$1.5 Million.

Although our sales are notably below budget at this point—primarily due to our limits on customer capacity for almost half of this year—we are working on ways to provide Owners with more products they want while increasing convenience in getting them.

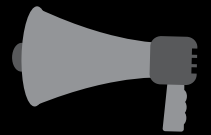
We continue to work closely with our Finance committee and Board of Directors to keep them apprised of our operating results and our updated financial projections.

If you have any questions regarding the FY21 budget, feel free to email me at [p.wickline@willystreet.coop](mailto:p.wickline@willystreet.coop).

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# RECIPES

## Squash Curry Soup

**Crafted by Willy Street Co-op**

Prep 20m; Cook 30m; Serves 3

1 Tbs. olive oil  
1/2 c. yellow onions, diced  
salt  
pepper  
1 1/2 lb. butternut squash, cubed  
1 clove garlic, minced  
1 apple, cubed  
1 Tbs. curry powder  
1 tsp. powdered ginger  
1/2 tsp. ground yellow mustard  
1/2 tsp. white pepper  
1/2 tsp. rubbed sage  
1/2 tsp. cinnamon  
Pinch ground nutmeg  
1 tsp. grated fresh ginger, grated  
1 1/2 c. coconut milk  
2 Tbs. frozen apple juice concentrate  
2 1/3 c. water  
2 Tbs. lime juice  
1 scallion

**Directions:** Warm the oil in a heavy soup pot over medium high heat. Sauté onions with a pinch of salt and pepper in the oil until translucent, about 8 minutes. Add the garlic and sauté until aromatic, about a minute longer. Add the butternut squash and apple, then the curry powder, powdered ginger, ground mustard, white pepper, sage, cinnamon, nutmeg, and fresh ginger. Sauté for 1 minute, until fragrant. Stir in the coconut milk and a dash of salt and pepper. Add the apple juice concentrate and water, and bring the soup to a boil, skimming any foam that rises. Reduce to medium, and simmer until vegetables are tender. Remove from heat, and puree soup with immersion blender, or in a blender or food processor. Stir in the lime juice. Taste and adjust seasoning. Serve hot, garnished with scallions.

## Wild Rice Pilaf

**From Willy Street Co-op**

Prep 15m; Cook 30m; Serves 4

1/4 c. olive oil  
1 carrot, chopped  
1/2 onion, chopped  
1 celery stalk, chopped  
1 tsp. ginger, grated  
6 button mushrooms, chopped  
1 tsp. cinnamon  
1 c. wild rice  
1 Tbs. sage  
2 c. vegetable stock  
1 c. dried cranberries  
3 Tbs. balsamic vinegar  
salt  
pepper

**Directions:** Heat the olive oil in an 8-quart pot over medium heat until light smoke begins to rise. Add the carrot, onion, celery, and ginger, and sauté until light brown in color. Add the mushrooms and continue cooking for about 3 more minutes. Stir in the cinnamon, rice, sage, and vegetable stock and bring to a boil. Reduce the heat to low, cover, and cook for about 30 minutes, until rice is soft and slightly chewy. Uncover, and fold in the cranberries and vinegar. Season with salt and pepper to taste.

## Apple-Potato Latkes

**Adapted from [www.cooking.nytimes.com](http://www.cooking.nytimes.com).**

Squeezing as much moisture as possible out of the apple-potato-onion mixture is the key to crispy pancakes.

Prep 30m; Cook 10m; Makes approx. 12

2 apples, shredded  
1 russet potato, shredded  
1 yellow onion, shredded  
2/3 c. all-purpose flour  
3 eggs  
1 tsp. kosher salt  
1 1/4 tsp. baking powder  
1/2 tsp. black pepper  
olive oil

apple sauce

sour cream

**Directions:** Combine the apples, potato, and onion on a large, clean dish towel. Squeeze to release as much liquid as possible. Place the mixture in a large bowl, and add the flour, eggs, salt, baking powder, and black pepper. Stir until the flour is absorbed.

Line a large plate with several layers of paper towels. Pour about 1/4 inch of olive oil into a heavy pan and heat over medium-high heat. When hot (add a drop of batter to the oil and it will sizzle when hot), place heaping tablespoonfuls of the batter into the pan, cooking the latkes in batches, with 3 or 4 in the pan at once. Use a spatula to gently press the batter into disks. Flip the latkes when the edges are crispy and golden, after about 2-3 minutes. Continue to cook on the other side until deeply golden, 2-3 minutes. Transfer the latkes to the paper towel-lined plate, and continue cooking latkes until the batter is gone. Serve with applesauce or sour cream, if you like.

## Breakfast Casserole

**Adapted from [allrecipes.com](http://allrecipes.com)**

Prep 20m; Cook 1hr; Serves 4

1 Tbs. vegetable oil  
4 vegetarian breakfast “sausage” patties or 5 oz. seasoned pork or turkey sausage  
3 Tbs. onion, finely chopped  
2 c. shredded potatoes, drained and pressed (about 2 large potatoes)  
4 tsp. butter, melted  
1/4 lb. mild cheddar cheese, shredded  
1/2 c. small curd cottage cheese  
3 large eggs  
salt and pepper to taste

**Directions:** Preheat oven to 375°F. Lightly butter a 9-inch square baking dish or pie pan. In the prepared baking dish, stir together the shredded potatoes, butter, and salt and pepper to taste. Press the mixture on to the bottom and sides of the baking dish. Bake potato crust in the preheated oven for 25 minutes. While crust is baking heat the oil in a heavy skillet; place breakfast patties and onion in skillet. Cook over medium heat until onion is limp. Drain if needed, crumble the patties, and set mixture aside. In a bowl, beat the eggs with the cheeses. Stir in the sausage-onion mixture, and season to taste with salt and pepper. Pour over the potato mixture. Bake 30 minutes in the preheated oven, or until a toothpick inserted into center of the casserole comes out clean. Let cool for 5 minutes before serving.

## Brussels Sprout and Chorizo Beer Hash

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

Prep 20m; Cook 40m; Serves 4

1 lb. Brussels sprouts  
4 red potatoes  
1 Tbs. olive oil  
3 chorizo sausages  
1 clove garlic, minced  
1 shallot, minced  
salt  
pepper  
1 c. beer  
2 Tbs. butter  
4 eggs

**Directions:** Bring two medium pots of salted water to a boil. Cook the Brussels sprouts in one pot for 5 minutes, then drain. Cook the potatoes in the other pot for 10 minutes, and drain.

Heat the olive oil in a large, deep sauté pan over medium-high heat. Add the chorizo, and cook, stirring, for 5 minutes. Stir in the garlic and shallots and cook for 3 minutes, add salt and pepper to taste. Trim the bottoms of the Brussels sprouts, and slice lengthwise in half. Add to the sauté pan with the chorizo, and cook until beginning to brown, about 7 minutes. The bottom of the pan will begin to develop a crust, this is fine.

Peel the potatoes and cut into 1-inch cubes. Add to the sauté pan, and gently stir to incorporate. Add more salt and pepper to taste. Add the beer, and scrape up the browned bits from the bottom of the pan. Let cook about 5 minutes, until the potatoes begin to brown. If there are still more bits stuck to the pan, add a little more beer to deglaze.

In a medium skillet, melt the butter over medium heat. Add the eggs and cook, stirring frequently, until cooked but still soft. Serve the egg over the hash, while hot.

## Lily's Beef Stew

**From Lily of the Willy West Deli**

Prep 30m; Cook 4h; Serves 8

2 lb. beef chuck roast  
1 Tbs. olive oil



3 onions, chopped  
 5 cloves garlic, minced  
 1 Tbs. thyme  
 1 tsp. rosemary  
 1/2 tsp. crushed red pepper flakes  
 1 bay leaf  
 salt  
 black pepper  
 1 1/2 qt. beef stock  
 1 1/2 Tbs. tomato paste  
 1/4 c. red wine  
 2 carrots, chopped  
 2 celery stalks, chopped  
 5 potatoes, chopped

**Directions:** Preheat oven to 350°F. In a large Dutch oven, combine the chuck roast, olive oil, onion, and garlic. Sprinkle with thyme, rosemary, crushed red pepper, bay leaf, and salt and pepper. In a medium saucepan, bring the beef stock to a gentle simmer over medium heat. Add the tomato paste and red wine, and stir until well combined. Pour the stock mixture into the Dutch oven. Cover and cook in the preheated oven for 3 1/2 hours, then fold in the carrots, celery, and potato. Return to the oven and cook, covered, for another 30 minutes to 1 hour, until the meat is very tender and the vegetables are done. Enjoy!

## Braised Pork with Fuyu Persimmon

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

This dish is almost like a tagine-style stew, and highlights persimmons wonderfully. Serve with some basmati rice to soak up the sauce.

Prep 30m; Cook 2h; Serves 10  
 2 1/2 lb. boneless pork shoulder  
 3/4 tsp. salt  
 1 1/2 Tbs. vegetable oil  
 1 onion, chopped  
 1 green bell pepper, chopped  
 1 celery rib, minced  
 1 clove garlic, minced  
 1 Tbs. cumin  
 2 tsp. coriander  
 1 tsp. turmeric  
 1/8 tsp. cayenne  
 2 c. water  
 14 oz. tomatoes, chopped  
 1 1/2 lb. Fuyu persimmons, chopped  
 1/2 c. scallion, chopped

**Directions:** Place oven rack in lower third of oven and preheat oven to 350°F. Pat pork dry with paper towels, then sprinkle with salt. In a 6-quart Dutch oven or other large, heavy, oven-safe pot, heat the oil over medium-high heat until hot but not smoking. Brown the pork in the pot, about 2 1/2 minutes per side. Transfer to a large bowl as you go. Add more oil if needed between batches.

Pour off all but 1 tablespoon of fat from the pot. Over medium heat, cook the onion, bell pepper, and celery until softened, 3-5 minutes. Stir in the garlic, cumin, coriander, turmeric, and cayenne, and cook, stirring, for 1 minute. Transfer the pork and any accumulated juices from the bowl back into the pot. Add the water and tomatoes, and bring to a simmer over medium heat.

Cover the pot, then transfer to the oven. Braise about 1 hour 45 minutes, until very tender. Add the persimmons to the pork, partially cover the pot, and cook another 10 minutes. Remove from oven, add salt and pepper to taste, and top with the chopped scallions.

## Butternut, Sweet Potato and Red Lentil Stew

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

Prep 20m; Cook 40m; Serves 4  
 1 onion, chopped  
 4 cloves garlic, minced  
 3 c. butternut squash, diced  
 1 sweet potato, chopped  
 4 Tbs. olive oil  
 salt  
 3 c. vegetable broth  
 14 oz. diced tomatoes  
 14 fl. oz. coconut milk  
 1/2 c. red lentils  
 3 Tbs. tomato paste  
 1 1/2 tsp. turmeric  
 1 1/2 tsp. cumin  
 1/2 tsp. chili powder  
 1/4 tsp. cayenne pepper  
 black pepper

3 tsp. apple cider vinegar  
 1 bunch chard, chopped

**Directions:** Heat the olive oil in a large pot over medium heat, and sauté the onion and garlic for 3-5 minutes, until softened. Stir in the squash and sweet potato, and add a pinch of salt. Sauté for 5 minutes. Pour in the broth and stir in the tomatoes, coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, and salt and pepper to taste. Stir to combine, then increase heat and bring to a boil. Reduce heat to medium, stir, and simmer uncovered, stirring occasionally, for 30 minutes, until the squash and sweet potato are tender. Stir in the vinegar and chard. Continue to cook until the chard is wilted. Taste, and adjust seasonings as needed. Enjoy warm.

## Banana Nut Bread

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

This banana bread is more a bread than a cake, and is just barely sweet. You can increase the sugar to 1 cup (or even 1 1/4 cup for a very sweet, dessert banana bread). Use very very ripe bananas.

Prep 15m; Cook 1h; Serves 12  
 1/2 c. almond milk  
 1 1/2 tsp. apple cider vinegar  
 4 bananas  
 3/4 c. sugar  
 3/4 c. coconut oil  
 1 Tbs. vanilla extract  
 dash cinnamon  
 1 tsp. salt  
 1 tsp. baking soda  
 3 c. white whole wheat flour  
 1/2 c. walnuts, chopped

**Directions:** Preheat oven to 350°F. Lightly grease a 1 1/2 pound loaf pan, and set aside. Whisk together the almond milk and apple cider vinegar in a small bowl and set aside. In a large mixing bowl, use an immersion blender to blend the bananas until smooth. Stir in the sugar, coconut oil, vanilla extract, cinnamon, salt, and baking soda. Stir in half of the flour. Whisk in the almond milk and vinegar mixture, then use a rubber spatula to fold in the remaining flour and the chopped walnuts. Stir just until combined, but be careful not to overmix. Pour the batter into the prepared pan. Bake for 50-55 minutes, until a toothpick comes out clean. Allow to cool for 10 minutes in the pan. Invert onto a wire rack and allow to cool completely, then enjoy! This bread will keep, loosely covered at room temperature, for up to three days.

## Colombian Ajiaco (Chicken and Potato Soup)

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

Prep 30m; Marinate 8h; Cook. 1h; Serves 4  
 2 chicken breasts  
 1 yellow onion, chopped  
 5 cloves garlic, minced  
 1 Tbs. coarse salt  
 2 Tbs. olive oil  
 1 Tbs. black pepper  
 4 c. chicken stock  
 1 1/2 lb. potatoes, chopped  
 1 1/2 c. corn kernels  
 1 bunch green onions, chopped  
 1 bunch cilantro, chopped  
 2 Tbs. dried oregano  
 2 avocados, cut into cubes  
 1/2 c. sour cream  
 2 Tbs. capers  
 1/2 c. chopped cilantro leaves

**Directions:** Place the chicken in a casserole dish, and top with the onion and garlic, then the salt and pepper. Cover and refrigerate for at least 8 hours, and up to 24. In a large Dutch oven or other heavy pot, heat the olive oil over medium-high heat. Add the chicken with the garlic and onion, and brown for about 3 minutes on each side. Add the stock and raise heat to high. Bring to a boil, then lower heat to medium-low and cover. Simmer for 30 minutes, until the chicken is tender. Transfer the chicken to a dish, leaving the liquid. When the chicken is cool enough to handle, remove and discard the skin, and tear the chicken into strips and remove and discard the bones. Set aside.

Set the potatoes in the pot of cooking liquid over medium-high heat. Cover, and cook for 5 minutes. Stir in the corn, then add the bunches of cilantro and green onions, and the oregano. Lower the heat to medium and simmer until the potatoes are cooked through, about 20 minutes. Remove and discard the cilantro and green onions, and return the chicken to the pot and cook until heated through. Serve the soup with avocado, sour cream, chopped cilantro, and capers at the table for garnish.





# Staff Picks



## LAURA

### Prasad Incense

Many wonderful scents to brighten your holidays brought to you by a company in a Maharishi community in a small-town in Southern Iowa. Who knew?

### Nemat Amber Perfume Oil

Normally, I am not a fan of Amber oil, but I can NOT get enough of this stuff! I would say this Amber is more similar to Egyptian Musk (which I am a huge fan of), rather than most other Amber oils I have smelled which, as a former essential oil guru acquaintance once remarked, are too presumptuous. The oil is delicious, and if you are feeling like treating yourself, check out the perfume mist!



### Maya Kaimal Black Lentil & Tomato & Cumin Everyday Dal

This is quickly becoming a favorite cold-weather comfort dish of mine. A long-time fan of dal makhani at Indian restaurants, this is Maya Kaimal's take on that savory North Indian dish and it is delicious, not to mention quick and convenient!



## JESS

### Maple Syrup Tin Candle

Handcrafted in Canada with 100% Natural Soy Wax. Each artisan wick is made of natural wood using good forestry practices. Listen to the crackling sound of a fireplace when the candle is lit.



### Fever Tree Ginger Ale and Ginger Beer

These come in 4-packs and they are just the perfect size for mixers or on their own!



### Mount Hagen Organic Fair Trade Instant Coffee

I love coffee, but I have very little time and so it is really easy for me to throw a scoop in my Klean Kanteen and some creamer and hit the road. The best part is I don't have to worry about not having the essential coffee/creamer at my next stop!



## AMY

### Matr Boomie Gift Wrap

At a generous 22" x 30", this 100% recycled cotton gift wrap is a great value. The designs are gorgeously colorful and unique, and the paper texture is as special as the gift you wrap in it! A cut waaaay above the thin, glossy standard paper! Give that gift from the <3 even more meaning with this India-made craft!

### Sun Leaf Pure Essential Reed Diffusers

I keep one in my bathroom at all times. Long-lasting, not overpowering scents that make sense! A nice alternative to a strong room sprays, candles, or incense.



## BEAN

### Sock-It-To-Me Socks

I honestly own at least seven pairs of these. So fun and always an appreciated gift. I'm sure you already see a pair you need!



## LACEY

### Pacha Soap Co. Soap

These soaps smell so good! And they are so beautiful; it's hard to pick a favorite. Sustainably sourced natural ingredients make them even more special. They would make such a nice gift. Definitely the most delicious smelling package we receive at the Co-op.



## CAITLYN

### Silk Road Bazaar Felt Ornaments

These cute ornaments are hand-felted and hand-stitched by artisans in Nepal. I got a flamingo and a unicorn to put on my tinsel tree last year. Can't wait to add to my collection this year!



## BENJAMIN

### Earthbound Farm Organic Spring Mix

This delicious salad mix makes entertaining a breeze! Dinner party for 12 and you're stressed about the main course? At least you don't have to worry about the salad! It's triple washed, organic, and ready to go! Just throw it in a bowl and place some olive oil and balsamic vinegar on the table and let your guests dress it themselves (how European!).



## ABIGAIL

### KerryGold Salted Butter

Hands down the tastiest butter stocked on the Co-op's shelves. My household wouldn't be what it is without it. Delicious—pairs wonderfully softened with a Batch Bakehouse baguette.



### Willy Street Co-op Hot Toddy Concentrate

I pick up a bottle of the Hot Toddy Concentrate whenever I feel remotely like a sickness is coming on. Whether I actually turn out to be sick or not, it ALWAYS makes me feel better. I mix it with hot water for ultimate coziness. A little bit goes a long way, and it is really nice to share as well.




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**KELSEY**

**FEED Bakery Sugar Cookies**

First of all, I have to say that I have never had something from FEED that I haven't loved. These sugar cookies are just the latest—they're chewy and delicious. I also love the FEED Bakery Training program, which helps un- and under-employed folks on the north side with baker training and job placement. Good food, good organization, what's not to love?



**Kringle Cream**

Stay warm all winter with Kringle Cream, a delicious liqueur with a nutty, warm flavor that is great to sip alone or add to coffee or hot cocoa. Think Rumchata but less sweet, or Bailey's but less strong. Plus it's local! Available at North and West only.



**MAX**

**Red Kuri Squash**

Red Kuri is always one of my favorite winter squash varieties, if not the best! It always delivers in taste, with a smooth, sweet, chestnut-like flavor, and deep hued yellow-ish orange flesh. It's great baked, sauteed, steamed, you name it. Don't forget it pairs really well



with the chestnuts you'll find around the holidays in the Produce department, as well!



**JUSTIN**

**Fuyu Persimmons**

There are fruits and veggies that I have grown to enjoy more and more with each passing year; Fuyu Persimmons are on that list of those fruits. With a warm and rich caramel like flavor and a flesh that can be eaten while still crunchy or jam-like soft, this is one of my favorite fall fruits. Add a little cream cheese on top of a sliced Fuyu topped with pomegranate seeds or bake it into your favorite dessert it has an amazing versatility that I've grown to strongly appreciate.



**JAMES**

**Satsuma Mandarins**

Every winter the Satsuma Mandarin obsession begins again. These mandarins are absolutely amazing in every way. They're tiny and cute, easy to peel, and they're packed full of wonderful citrus flavor! I have at least two almost every morning before work.



**ANGELICA**

**Willy Street Co-op Orange You Glad It's Vegan Cake Slice**

I love everything about this cake. Its bright sweet citrus flavor, its creamy frosting, the fact that it's light enough to still feel good afterwards...everything!



**HALLIE**

**Cedar Roads Smoked Ham Hock**

These are super handy for soups and stews and easy on the pocketbook! I recently used one to make the best red beans and rice I've ever had. Available at East and North only.



**DADDYDEAN**

**Gail Ambrosius Truffle Gift Boxes**

She makes some of the best chocolate candies I have ever consumed!




**THIS MONTH: Virtual Wellness Any Day coupon. See ad on page 7 for details.**

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Through December 31, when you use a Double Dollars scan card the Co-op will match up to \$10,000 and split it between our five food pantry partners: Goodman Community Center, Fritz Food Pantry, Wil-Mar Neighborhood Center, The River Food Pantry, Lussier Community Education Center, and Middleton Outreach Ministry.

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**Nutcrack**

First, a warning. These caramelized pecans are seriously addictive. Second, they makes an awesome gift for just about anyone without a nut allergy. Nutcrack goes great on a cheese board, but unless you get more than one you'll probably finish them before you get your board set up.

**DAN****Uplands Cheese Rush Creek Reserve**

Produced only in the fall, when the cow's diet changes from summer pasture to the winter's dry hay, the milk used for Rush Creek is very rich and produces a cheese that is almost a savory custard. Wrapping it in spruce lends a woody, smoky, and somewhat meaty flavor to this amazing cheese. Warm it up a little in the oven, cut off the top and grab a baguette. And get it while you still can—it's highly seasonal.

**Deer Creek Cheese The Robin**

Colby is boring, right? Nope. A 2019 ACS best in class cheese, this colby is bandage wrapped then dipped in wax. It has a sweet buttery flavor, and can hold its own on your cheese board with the fanciest camembert out there. Pair it with a Cabernet Sauvignon or a good rye whiskey and some apples.

**Madison Sourdough Pepitas Polenta Batard**

The unique combination of pumpkin seeds and cornmeal give this bread a wonderful and hearty texture. It's absolutely delicious pan toasted with some butter and it can take a quotidian breakfast into the realm of gourmet.

**BENJAMIN****Batch Baguettes**

To me, there's almost nothing tastier than a hunk of toasted baguette still warm and smothered in butter. These baguettes are perfect.

**LIZ****Alessi Sesame Breadsticks**

Perfect for snacking. I like to stand them up in a small cup and add them to a charcuterie board. Available at North and West only.

**JESS****Olli Salami**

Excellent choice to complement your antipasto or charcuterie repertoire.

**Willy Street Co-op Olive Bar**

The olive bar is a wonderful way to try a variety of different olives types. My favorites are the minced garlic and Greek mix, but I also love the hot cherry peppers. They are a little sweet and a little hot—perfect to pair with the oily olives. The olive bar is great as a snack, an addition to a salad from the salad bar, or as an appetizer/cheese board addition at your next gathering. West has in-house prepacked olives at the olive bar and in the Cheese department, East has in-house prepacked olives in the Deli service case and Deli grab and go cooler, North has prepacked olives in the Deli. Selections may vary.

**MEGHAN****Quince & Apple Preserves**

These locally made preserves come in a bunch of amazing flavor combos, like fig and black tea. We carry them in full-size jars and mini jars. The mini jars make it easy to sample every flavor to find your favorite.

**KELSEY****Dreamfarm Cranberry Ginger Chevre**

Makes a perfect addition to any cheese platter. It's just the right amount of sweet to pair with anything savory!

**DUSTIN**



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