

willy street co-op

READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 50 • ISSUE 4 • APRIL 2023



NOURISHING & ENRICHING
OUR ENVIRONMENT



AN UPDATE ON
THE CO-OP'S
SUSTAINABILITY

THANK YOU!

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

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

IN THIS ISSUE

Our New Inclusive Trade Program;
Ham & Lamb; Earth Day; and More!

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WILLY STREET CO-OP BOARD OF DIRECTORS

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

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

April 27

June 28

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

WILLY STREET CO-OP MISSION STATEMENT

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

ADVERTISE IN THE READER

**Affordable rates, wide
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Find info here:
[willystreet.coop/
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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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

SUBMISSIONS

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

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

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

GENERAL EMAIL: info@willystreet.coop

GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: l.wermcrantz@willystreet.coop

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

NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

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

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

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

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Customer COMMENTS

Write Us!

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

STORE BAGS

Q: I recently submitted a request that Willy St. re-start accepting grocery bags for re-use. With Willy St.'s income and dedication of principles, it feels unthinkable to me that Willy St. will no longer accept clean grocery bags for reuse. I come to both West and Williamson St. locations. Pre-COVID this was standard practice. I feel both frustrated and miffed that Willy St. bag pile up in my kitchen. I am a dedicated member since the 1970s. Please re-instate the ability for members to bring in clean paper grocery bags for reuse. If Willy Street management has a good reason why it dropped this, and keeps the no-return policy post-COVID Crisis, I would like to hear it. An know whatever the reason. The reason is no good as this needs to be done. Give us a \$.10 less per year refund for the person hours this would entail. After all we pay a lot and I mean quite a bit more money for similar or same, on many items that are available at other venues around Madison. Please do whatever it takes to re-implement: RETURN AND REUSE PAPER GROCERY BAGS. With Appreciation.

A: Thanks for writing back to us about this request. I brought your ideas to Co-op leadership and we discussed your request. We found a solution that we feel helps our local environment and community-at-large.

Starting April 1, we will be accepting paper bag donations at all three locations. These donations will be collected and given to our various local food pantries each week. These organizations desperately need paper bags, and we have a community of Owners that would love these bags to be reused for the collective good. Our donation drop-off location will be near where one can donate items to the food pantry at each store. Have a wonderful day and thanks for writing in! Best, Kristina Kuhaupt, Customer Experience Manager

MISSING THE GRILL

Q: Hello, I would love it if the grill would re-open. Missing the Tofu Cuban Sandwiches! Thanks!

A: We're glad to hear you enjoy the hot sandwiches

from the grill at Willy West! We've received a lot of feedback from customers about wanting to see this come back, unfortunately we haven't had the staffing necessary to keep it open consistently along with our other Deli services we currently run. We do intend to bring it back eventually, but we want to be able to offer it when we know we can keep it open reliably. When we reopen it we will make an announcement and post about it on social media to get the word out so everyone knows. Follow us and stay tuned! In the meantime you can regularly find the following hot sandwiches in our Grab n Go hot merchandiser at West: Bacon egg and cheese breakfast sandwiches, Sausage egg and cheese breakfast sandwiches, Veggie breakfast sandwiches, Vegan breakfast sandwiches, and Breakfast wraps. Thank you, Renee Strobel, Willy West Deli Manager

MORE HOT SANDWICHES

Q: A different kind of hot sandwich. The only kind of hot sandwich you have is Reuben. I am not recommending you discontinue them. Obviously they sell. But I really dislike Reuben sandwiches and suspect some other customers do too. Would you consider switching sometimes?

A: Thank you so much for the feedback. You are right, it has been quite a while since we had another hot sandwich available besides the Reubens that we sell. We sell so many Reubens (just about 200 last week) that I think we almost forgot there's other sandwiches out there. I'll try to work some other options into the rotation. If you have any suggestions please feel free to let me know. Gratefully, Bob Smith, Willy East Deli Manager

CUSTOMER SERVICE

Q: Hey Willy West, I recently was looking for a product and couldn't confirm online if you stocked Agar Agar powder. So I went old school and called into Willy West. First of all the phone was answered by an awesome caring human on the first ring. It sent shivers down my spine and I panicked that I was wasting someone's time and energy for something so silly. Not only was the person kind but they went out into the aisle to search and confirm current

availability and then communicated clearly to me. What the heck? I never caught her name but when I tried to thank her for her time she thanked me for being a co-op member. Thank you rockstars.

A: I wanted to reach out personally and sincerely thank you for the kind words you had in regards to your experience over the phone recently. It is always refreshing and heartening to hear positive feedback on a job well done. And I agree with you... rockstars, indeed! Take care, Jonathan Hopp Front End Manager—West

OWNERSHIP

Q: Can I add my son to my membership?

A: Thank you for reaching out about adding your son to your Owner account! If your son resides at the same residence as you, then yes you can add him! I looked up your account and it looks like you currently have an Individual type that allows one person on it. If your son is under 18 you can add him to your Individual account. If your son is 18 or over you will need to request that your account type be switched to a Household and an equity payment will be due. If your son is under 18 you can reply to this email and I can get him added right away. If your son is 18+, please stop by the Customer Service desk at any of our retail locations to fill out a form and make an equity payment. The minimum equity payment due will be \$13 + \$2 admin fee OR you can pay it all at once by paying \$35 + \$2 admin fee to make your account a paid-in-full Household. Don't hesitate to reach out if you have any questions. Have a great day! -Rosalyn Murphy, Owner Records Administrator

LOCAL BREAD

Q: I'm a frequent shopper at the North side. Every time I come in I'm disappointed on the selection of breads from local bakeries. The shelf always seems to be empty. Has someone been in contact with Stalzey's Bakery? Their bread is simple and is also local. Thanks

A: I'm sorry about the local bread selection when you have been shopping. Batch no longer delivers here because of labor constraints at their bakery. Madison Sourdough has also been in a rough spot as well but told me recently they were getting back to normal. Madison Sourdough tends to deliver in the late morning or early afternoon every day. Clausen's is usually here right away in the morning but doesn't deliver on Sundays. La Campagne just delivers Wednesdays and Troubadour delivers every day except Tuesday, Thursday, and Sunday. Many of these businesses have also felt a financial pinch of overstocking and losing out too much product and have really toned down the amount they deliver to us to mitigate that situation. You can always call us and we can check and hold a loaf for a day that you may be looking for. We just had a meeting last week and our Grocery Category Manager informed me he was reaching out to Stalzy's about retailing their breads but I unfortunately don't have a time frame of if/when that will happen. I will be passing along your request to him to show that there seems to be customer interest. -Nate Groth, Grocery Manager—North



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15% OFF BULK PRODUCTS

for Willy Street Co-op Owners

Includes hundreds of products, coffee, nuts, granolas, dried beans, flour, and more!

Prepackaged loose teas & herbs and bulk water are not included.



Use your reusable shopping bags during Earth Week and you could win one of 10 \$25 Co-op gift cards!

Owners using at least one reusable bag are automatically entered; non-owners can stop by the Customer Service desk to enter. One entry per shopping transaction. No purchase necessary; see Customer Service to enter without making a purchase.

These cookie ingredients cost 40% less...



...than these cookie ingredients

Bulk products = less waste + more savings

See the recipe, product costs, and calculation at www.willystreet.coop/bulk.



GENERAL MANAGER'S REPORT

Earth Day and Our New Inclusive Trade Program

by Anya Firszt, General Manager

Hello April! No doubt this month we can look forward to and celebrate warmer temperatures outdoors, even more daylight hours, snow showers turning to rain showers, and being outside! For all you gardeners, organic and locally grown plant starts will arrive mid-month.

EARTH DAY

We also have Earth Day to celebrate, founded by Gaylord Nelson, Wisconsin State Senator, on April 22, 1970. Nelson was a leading figure in the fight against environmental degradation and social injustice. He is said: "Our goal is not just an environment of clean air and water and scenic beauty. The objective is an environment of decency, quality and mutual respect for all other human beings and all other living creatures."

If you want to read about our sustainability efforts, check out our Sustainable Practices webpage at willystreet.coop/sustainability to learn more about what your Co-op is doing to increase energy efficiency, reduce food waste, reduce climate pollutant emissions, and our commitment to renewable energy.

Here are three small, but important, things you can do to reduce/reuse/recycle:

Subscribe to receive the *Reader* electronically if you like or don't mind reading online; this will help to reduce paper consumption. You sign up at willystreet.coop/emails.

For every reusable shopping bag you use at the register, we contribute 10¢ to the Double Dollars program.

We are once again collecting paper grocery bags at the stores for use at our local food pantry partners.

Here at the Co-op, in celebration of Earth Day, we offer Owners 15% off bulk products (excluding prepackaged loose tea and herbs, and bulk water) during what we call Earth Week: April 17-23. The perfect time to stock up on bulk items!

Owners who shop with a reusable bag will also be automatically entered to win one of ten \$25 gift cards! For those who aren't Owners or who want to enter to win without shopping, show any reusable bag to the staff member at Customer Service and ask for an entry form. No purchase necessary. One entry per person. We will randomly select ten winners in early May.

LAUNCHING OUR INCLUSIVE TRADE PROGRAM

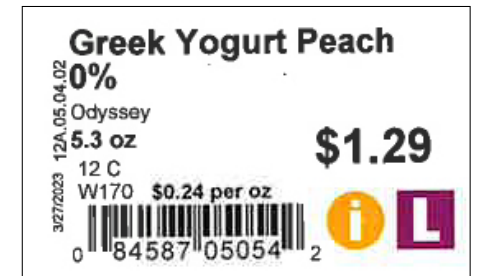
In the next month we will be launching an Inclusive Trade program to highlight products from companies owned, controlled, and operated by individuals from underrepresented groups. A vendor will be considered an Inclusive Trade vendor if it is at least 51% owned, controlled, and operated by a person or persons who belong to one or more of the following groups:

- Women
- Black, Indigenous, and/or Persons of Color
- LGBTQIA+ people
- Veterans
- Persons with disabilities

Inclusive Trade vendors will have an icon added to their products' price tags and will be highlighted in other ways in our stores, on our website, and on social media. We're also adding an icon to tell you if a product is local! We'll use a gold circle with "i" to indicate Inclusive Trade and a purple square with an "L" to indicate local.

We believe that highlighting these vendors will help customers more easily identify products in line with their values, drive more business to these

vendors, and help us make progress toward our diversity, equity, and inclusion goals for Willy Street Co-op's vendors and customers.



P6: COOPERATIVES HELPING COOPERATIVES

Zoe Bayliss Cooperative, the only student-run housing co-op in Madison, is relocating. They reached out to Willy Street Co-op asking if we could cover their moving expenses, which we were delighted to do. It's always an honor for us to help out another co-op. Best to them in their new location.

FY22 PATRONAGE REMINDER

On January 16th, patronage was issued to those Owners receiving one, and if you have not already claimed yours, store credits are available at the registers through June 18, 2023.

Until next month, take care.



BOARD REPORT

Board Operations and Committees

by Carol Weidel, Board Member

HELLO CO-OPERATORS!

I am half-way into my three-year term on the Board and there is still so much for me to learn. I ran for the Board because I was a long-time Owner who supported our Co-op through my purchases, investing in Owner bonds when there were new stores to open, and attending Owner meetings. Although I served on a number of boards, I wanted to learn more about how this well-oiled machine, Willy Street Co-op, operates. First, you must know that Board members don't recommend products to carry, discuss store configuration, or make the final decision to open a new store. Some of those decisions, such as opening a new store, are so important, Owners would be asked to vote on them. (Note: we don't have any impending proposal to open a new store!)

Otherwise, our General Manager Anya Firszt keeps the Board current on new opportunities for the Co-op to engage with the community, remodeling updates, major staff changes, and training opportunities. The professional staff members, collectively, make us successful.

Our local community has so many opportunities in April to make a difference. For April 22, Earth Day, the City of Madison is recruiting volunteers for parks all over the city at www.cityofmadison.com/parks. Volunteers may assist with trash pickup, raking, weeding, and removing sticks. April 4 is election day, and eligible voters will elect a mayor, supreme court judge, and lots more. If you don't vote, you can't complain.

Our Co-op adheres to the Seven Cooperative Principles as adopted by the International Cooperative Alliance. Principle 2 is Democratic Owner Control. Cooperatives are democratic organizations controlled by their Owners, who actively participate in setting their policies and making decisions. Those serving as elected representatives (the Board) are accountable to the Ownership.

VOLUNTEER FOR A COMMITTEE

Our Co-op encourages Owner participation in the governance and activities of the Co-op. Your Co-op Board manages the business and af-

fairs of the Co-op, but we need your input to do that. You elect the Directors. Consider running for the Board later this year, after nominations open. In addition, special committees are created to advise the Board. These committees include Owners as well as Board members. When there are openings announced (in the *Reader*, on the website, and on social media), please consider applying.

The Finance Committee assists the Board in providing oversight to the financial operations of the Co-op. The last three years have been a financial roller coaster for many businesses. Throughout those pandemic years, your Co-op continues to be a robust business. We did well enough to make patronage refund store credits available to our Owners, based on their purchases. When the Finance committee needs more members, consider stepping up.

The Policy Committee assists the Board in providing oversight with policy monitoring reports at the Board's direction. Revisions to the policies are sometimes needed.

The Board Development Committee assists the Board in recruiting new

Board members, orienting new directors and community outreach. Have you ever considered running for the Board? Owners can attend a Board meeting. Consider running later this year when nominations are open.

The Community Reinvestment Fund Committee is interested in funding innovative, educational, and/or entrepreneurial endeavors that impact a large group of people, reach out to underserved populations, create jobs or develop skills, foster social engagement, and offer opportunities for diversifying partnerships and collaboration. Applications for the 2023 Community Reinvestment Fund (CRF) cycle are now closed; learn about the local organizations receiving CRF grants on page 18.

Although there are no current openings for an Owner-at-large on any of these committees, if you're interested in hearing about when there are such openings or have questions, please email the Board Development Committee at bdc@willystreet.coop. Tell us which committee or committees you're interested in and we'll let you know when there is a need for an Owners-at-large member.



Community Room Calendar

Visit www.wilystreet.coop/events to register and review COVID-19 Protocols.

Refund Policy: Unless otherwise specified in the description of the event, registration for events that Willy Street Co-op cancels will be refunded in full. Individuals who wish to cancel their registration must email education@wilystreet.coop 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.



COOKING WITH CHEF PAUL: FRIED RICE AND SPRING ROLLS

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

Join Chef Paul to learn how to transform your leftover rice into a new delicious meal! This class will show you step, from rice selection to cooking and ingredient preparation to the final product. A simple yet delicious fried rice bowl will be ready for the dinner table whether vegan or meat or anything in between. To round out the menu, Chef Paul will also teach the envelope-forming technique to make fresh spring rolls—a perfect way to enjoy the fresh produce of the spring season! Ingredients/recipes may be modified based on seasonal availability. Demonstration only.

COOKING WITH CHEF PAUL: MUSHROOM IN OUR HEARTS

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

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

COOKING WITH CHEF PAUL: SIMPLE AND DELICIOUS DINNERS

Location: Willy West Community Room
Thursday, May 18, 6:00pm–8:00pm
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 10

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

COOKING WITH CHEF PAUL: CAST IRON FOR CAMPING

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

Join Chef Paul to learn how to season, clean, and maintain your cast iron skillet—one cooking pan you shouldn't be without! Camping season is coming up, and this is the perfect way to cook right on top of the campfire. On the menu: Seafood Fajitas, Flat Bread Pizza, Frittata, and a Seasonal Fruit Crisp. Ingredients/recipes may be modified based on seasonal availability. Demonstration only.



COOKING TOGETHER: FLAVORS OF BAJA CALIFORNIA

Location: Willy West Community Room
Friday, April 14, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required
Fee: \$10 for kids; \$15 for Owners; \$25 for non-owners
Capacity: 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking

instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will dine on a delicious dinner inspired by the flavors of the Baja California Peninsula—Handmade Flour tortillas, Border Pintos, Edible Cactus, Caesar Salad, Pan de Dátiles, and Pina Smoothie may be explored. Everyone in the class will be an active participant and work together to prepare the meal to share at the end of the class. Hands-on.

COOKING TOGETHER: FLAVORS OF LITHUANIA

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

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will fashion a fantastic feast inspired by the flavors of Lithuania—Cold Beet Soup, Fried Rye Breadsticks, Draniki, Grybai, Cucumbers with Honey, and Lazy Cake may be explored. Everyone in the class will be an active participant and work together to prepare the meal to share at the end of the class. Hands-on.

COOKING TOGETHER: FLAVORS OF VIETNAM

Location: Willy West Community Room
Friday, May 12, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required
Fee: \$10 for kids; \$15 for Owners; \$25 for non-owners
Capacity: 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will turn out a triumphant table inspired by the flavors of Vietnam—Spring Rolls, Sizzling Crepes, Vietnamese Pizza, Bun Cha, Honeycomb Cake, and Peach Tea may be explored. Everyone in the class will be an active participant and will work together to prepare the meal to share at the end of the class. Hands-on.

COOKING TOGETHER: FLAVORS OF RWANDA

Location: Willy West Community Room
Friday, May 26, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for kids and adults required
Fee: \$10 for kids; \$15 for Owners; \$25 for non-owners
Capacity: 16

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor. She offers a multi-age experience that explores flavors from around the globe. Participants in this hands-on class will create a comforting supper inspired by the flavors of Rwanda—Kachumbari, Stewed Red Beans, Stir-Fried Imboga, Mizuzu, Sweet Potato Fries, and Hero Smoothie may be explored. Everyone in the class will be an active participant and work together to prepare the meal to share at the end of the class. Hands-on.

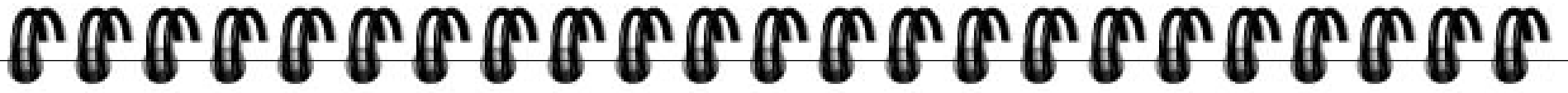


QUICHE WITH A TWIST WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, April 5, 6:00pm–8:30pm
Ages: 18 and older
Instructor: Pierre Ferland
Fee: \$20 for Owners; \$30 for non-owners
Capacity: 10

Join Chef Pâtissier Pierre Ferland in this class to learn how to make quiche from start to finish and everything in between. Learn how to make all the components that make up this classic French dish. We'll start by making the dough and custard filling, then prepare the vegetables and cheeses that will make up the quiche. Finally, we'll assemble all the components and bake it to perfection. Demonstration with limited hands-on opportunities.





LE FRAISIER, THE ULTIMATE STRAWBERRY SHORTCAKE WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, May 17, 6:00pm–8:30pm
Ages: 18 and older
Instructor: Pierre Ferland
Fee: \$20 for Owners; \$30 for non-owners
Capacity: 10

Join Chef Pâtissier Pierre Ferland in this class to learn how to make a Fraisier from start to finish and everything in between. Learn how to make all the components that make up this new classic French Gâteau. We'll start by making a sponge sheet cake and the mousseline cream and assemble all the components that make up the Fraisier. Finally, we'll cut and decorate this new classic Gâteau. Demonstration with limited hands-on opportunities.



KIDS IN THE KITCHEN: SPRINGTIME SWEETS!

Location: Willy West Community Room
Tuesday, April 4, 4:30pm–5:45pm
Instructor: Lily Kilfoy
Ages: 9–12 years old
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily in this hands-on cooking class for kids. Birds are chirping, flowers are blooming, and bees are starting to buzz. Spring has arrived, so let's celebrate by creating springtime sweets—Confetti Cupcakes, Strawberry Fool, and Crossed Buns. In this class, participants will collaborate to make Springtime Sweets. Hands-on.

READ A BOOK & LEARN TO COOK: SCRAMBLED EGGS WITH AVOCADO

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

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making Scrambled Eggs with Avocado together. Read-aloud will include *The Good Egg (The Food Group)* by Jory John and *Avocado Asks: What Am I?* by Momoko Abe. Limit one adult per child.

KIDS IN THE KITCHEN: SPOTLIGHT ON SUSHI!

Location: Willy West Community Room
Tuesday, April 18, 4:30pm–5:45pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 12

Join Chef Lily Kilfoy in this hands-on cooking class for kids. This centuries-old cuisine is becoming more common, but did you know that the word sushi means rice not fish in Japanese? Learn this and much more in this Spotlight on Sushi! Like, how to precisely prepare flavorful fillings, line a bamboo mat with nori, and make your own Maki Roll. In this class, participants will pick up skills as they partake in this Spotlight on Sushi. Hands-on.

READ A BOOK & LEARN TO COOK: MINI CARROT CUPCAKES!

Location: Willy West Community Room
Monday, April 24, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 2-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making Mini Carrot Cupcakes (for Chef Lily's Birthday!) together. Read-aloud will include *Bunny Cakes* by Rosemary Wells and *At the Farmers Market* by Anna W. Bardaus. Limit one adult per child.

KIDS IN THE KITCHEN: FANTABULOUS FLATBREADS!

Location: Willy West Community Room
Tuesday, May 2, 4:30pm–5:45pm
Instructor: Lily Kilfoy
Ages: 9–12 years old
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. Flatbreads are a

favorite food, found in many forms, and fashioned by folks far and wide. Learn this and much more as we focus on three fundamental flavors: Handmade Corn Tortillas, Naan, and Focaccia! We won't forget the fixings, such as avocado, hummus, and marinara. In this class, participants will produce Fantabulous Flatbreads. Hands-on.

KIDS: READ A BOOK & LEARN TO COOK: VEGETABLE FRIED RICE

Location: Willy West Community Room
Monday, May 8, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 2-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making Vegetable Fried Rice together. Read-aloud will include *There's Rice at Home* by Mayowa Precious Agbabiaka and *Little Chef* by Elisabeth Weinberg. Limit one adult per child.

READ A BOOK & LEARN TO COOK: WAFFLES WITH HONEY!

Location: Willy West Community Room
Monday, May 22, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 2-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through storytime, music, movement, and making Waffles with Honey together. Read-aloud will include *A Week with Waffles* by Tom Speicher and *The Honeybee* by Kirsten Hall. Limit one adult per child.



BASIC KOMBUCHA BREWING FOR BEGINNERS

Location: Willy West Community Room
Tuesday, May 9, 6:00pm–7:00pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano

Fee: \$50 for Owners; \$60 for non-owners; [click here to register](#)
Capacity: 16

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

KOMBUCHA II

Location: Willy West Community Room
Tuesday, May 9, 7:15pm–8:15pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano

Fee: \$25 for Owners; \$35 for non-owners; [click here to register](#)
Capacity: 16

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



HORMONE BALANCE, NATURALLY

Location: Zoom
Wednesday, April 19, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

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

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

HEALTH BENEFITS OF PROTEINS

Location: Zoom
Wednesday, May 10, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required



Various proteins have different nutritional qualities. Katy Wallace, Naturopathic Doctor of Human Nature LLC, will discuss their benefits and techniques for helping to improve digestion. She will discuss how proteins can help lower inflammation and the risk of disease, and also discuss the types of animal-farming operations that contribute to a healthy and sustainable planet.

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

INDIVIDUAL NUTRITION CONSULTATIONS

Location: Willy West Community Room
Wednesday, April 26, 1:30pm–4:45pm
Wednesday, May 17, 1:30pm–4:45pm
Location: Zoom
Tuesday, April 11, 1:30pm–4:45pm
Wednesday, May 3, 1:30pm–4:45pm

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

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

MEAT NEWS

Ham & Lamb



by **Nick Heitman,**
Meat & Seafood Category Manager

As we enter the month of April and the weather begins to improve, many of us will begin to plan menus for gatherings of friends and family for the spring holidays. The traditional centerpiece to many of these meals will be a ham, which for many people

signifies the end of the Lenten fast and the arrival of spring. Hogs would typically be slaughtered during the fall months, and the hams would be cured throughout the cold winter months and be ready for the dinner table by April.

At the Co-op, we offer a couple different types of ham in April, but my favorite comes from Willow Creek Farms in Sauk Prairie, Wisconsin. Their purebred Berkshire hogs, known for yielding densely marbled and deeply flavorful pork, are raised with care which shows in the final product. They come boneless or bone-in, and the recipe below works well for either option.

The other holiday protein that many associate with springtime is lamb. Prior to advances in animal husbandry, “spring” lambs were considered the best for their mild flavor and tender meat. Today, we

do not see such fluctuation in quality based on season.

The lamb we offer at the Co-op comes from Pinn-Oak Ridge Farms in Delavan, Wisconsin. You can find most cuts available at our three locations, including rib and loin chops, ground lamb, and stew meat. We also offer boneless or bone-in legs of lamb, which is a great way to serve a large group.

Honey-Orange Glazed Ham Recipe

1 smoked half or whole ham
 1 packed c. dark brown sugar
 3/4 c. orange juice pulp-free
 1/2 c. honey
 1 tsp. cinnamon
 1 tsp. ground ginger
 1 tsp. ground cloves
 1 tsp. allspice
 1 tsp. nutmeg

Directions: Preheat oven to 300°F. Place ham on a rack in large roasting pan, and place uncovered in preheated oven for 40 minutes to 1 hour depending on size of roast. While the ham is in the oven, place all remaining ingredients in heavy-bottom sauce pan and bring to a simmer over medium heat. Once ham is heated through, remove from oven and coat the ham with a basting brush with the glaze mixture. Place the glazed ham back in the oven and cook for an additional 15-20 minutes. Allow ham to cool before slicing, and pour more of the glaze over the sliced ham before serving.

Pistachio-Crusted Lamb Rib Chops

2 racks of lamb, cut in to individual “lollipop” chops (16 chops)
 1/4 c. dijon mustard
 1 1/2 c. shelled, roasted pistachios
 1/2 c. panko breadcrumbs
 1 tsp. ground rosemary
 1 tsp. ground thyme
 1 tsp. kosher salt
 1 tsp. black pepper

Directions: Combine pistachios, panko, and spices in a food processor and pulse until a coarse texture is achieved. Place pistachio mixture in a mixing bowl. In another mixing

bowl, coat the lamb chops with dijon mustard thoroughly. One at a time, coat the lamb chops with pistachio mixture, making sure the meat is completely covered. Place breaded

chops on sheet tray. Bake chops at 350°F for 20 minutes, fry in cast iron skillet with oil for 3 minutes per side, until golden brown. Serve with dijon mustard for dipping.

GROCERY NEWS

Potter's Crackers Expansion



by **Melissa Reiss,**
Purchasing Assistant

Over the hustle and bustle of the holiday season of 2022, Potter's Crackers was extra busy moving their whole operation across town without skipping a beat in supplying us with the crackers we know and love. A long-time resident of the eastside's

Madison Enterprise Center, they tripled their footprint with an existing 12,000 square foot warehouse just south of the beltline in Fitchburg.

Owners David and Ashley Payne designed the interior themselves, retrofitting it to their needs. It includes a 5,000+ square-foot kitchen, 2,000 square-feet of offices, and another 2,000 square-foot mezzanine with natural light for product photography as well as extra storage space.

Now that they are a little more settled, I took a tour of their new facility. When I got out of my car, I knew I was at the right spot, as I was greeted by the smell of roasting onions.

Inside, I met up with David, who

showed me around. The new space is a drastic improvement to the flow—resembling an horseshoe. There was a lot of criss-crossing in the previous space.

DRY STORAGE

Their new pantry is five times larger, therefore they are able to buy raw ingredients in larger quantities.



Also in this picture, you get a glimpse of one of their biggest investments in the new space—the air. The ducts near the ceiling are part of their air make-up unit, which exchanges the air in the kitchen every thirty minutes. “A building really has to breathe in production,” explains David, “especially when you’re combusting and exhausting.”

Combusting occurs through the ovens, and exhausting through the hoods and the dishwasher. If you don’t replace that air, it can be a health hazard. It also affects the actual production—temperature and air humidity affect flour performance.

Future plans include a rooftop HVAC unit in order to air condition and further control humidity. Flour and other raw ingredients will then



perform the same way regardless of the season. And I'm sure the bakers will too—imagine long, hot days in the old kitchen—baking crackers in the summer without air conditioning!

SANITATION STATION



Inside the kitchen we go. Another big investment sits in their sanitation corner. They purchased a large capacity dishwasher (pictured below) that can wash up to 36 pans every four minutes. Previous to this, they washed everything by hand in sinks, so this is a huge game-changer!

SIR MIX-A-LOT



Smalls.



Biggie.

Here we have their two mixing stations, with mixers named Biggie and Smalls. Generally, Biggie is used for their line of crisps. Smalls is their original Hobart mixer that Nancy and Peter Potter started the company with in 2006. Biggie is the style of mixer that is the way of the future, and they will look at adding another

one at some point. However, they will always keep Smalls around to honor their beginnings, even if it eventually gets replaced in production.

The big improvement with the mixing stations is the addition of water meters hooked up to each one. Notice it on the wall next to Smalls. These meters siphon in water, simultaneously filtering and controlling the temperature. Prior to the meters, they had to manually fill buckets of water, weigh them out, and haul them over to the machine.

LET IT FLOW



From here, their production flow is designed into three lines.

Their final big investment came over recently from Europe. David and Ashley traveled to Germany to order a customized machine that cuts the crackers and places them on trays to be baked. Before the machine, they would cut each tray of crackers by hand, one tray at a time, hundreds and hundreds of times per day. This new machine will handle a 30-foot dough band, cutting and dropping the crackers onto trays. "This machine essentially turns an eight-hour cracker day into a one-hour cracker day at its



The new German machine.

fastest, although it will take a little while to get there," David explains.

The machine arrived in February, and part of the calibration process involved people from the German company coming to Madison to help set up and tweak the machine.



David demonstrates how they hand-cut cracker trays.



Here is one of their existing machines, which they will use for smaller runs.



The ovens.

LET'S COOK

Potter's Crackers started with ovens that fit five trays each. They now have four ovens that fit 40 trays each. Theoretically, every 20 minutes they can crank out 160 trays.

The hardest part of the move was getting these new ovens in place, which David and his team did themselves.



GO PACK

Each container of Potter's Crackers is still weighed, sealed, and packed by hand. That part hasn't changed. Their packing department is split into Zone 1: weighing and sealing bags; and Zone 2: outside the kitchen where they are placed into their trays and finished off with the



label sleeves.

They then sit briefly in the warehouse, ready to be sent off to natural food stores, specialty markets, and food co-ops around the country. They have shipped to all 50 states, but are consistently shipping out to between 30 to 40. They have gained a large following in California and Texas.

However, the majority stay right here in town to be enjoyed by us locals—Willy Street Co-op is one of their top three largest accounts. The Potter's crew is very thankful to all of you loyal customers here in Madison.

Which—speaking of local—another thing that hasn't changed is their dedication to using high-quality and local, when possible, ingredients, as a cracker company that cut their teeth selling at area farmers' markets.

It's clear that the owners and staff of Potter's Crackers are passionate about what they do, while keeping it a local, family-owned business. With their expansion, they are excited to continue to achieve their dream of being a staple in the Wisconsin cracker landscape.



David holding up the blueprint for the new space, which he and wife/co-owner Ashley designed.



GOOD THINGS FOR PLAYING IN THE DIRT



Purple Cow Organics
Potting Soil
 1.5 cu ft • Locally produced
\$20.99/ea

Purple Cow Organics
Activated Compost
 1 cu ft • Locally produced
\$15.99/ea



West Star Organics
GrowMix Bag
 1 cu ft • Local
\$17.99/ea



West Star Organics & Voss Organics
Plant Starts
 3.5" • Local & Organic • Expected mid-April
\$3.99/ea

Tick Key
Tick Key
\$9.99/ea

Down To Earth
Garden Gloves
 Kids, small, medium, large, and XL sizes
\$8.29/ea

Badger
Clear Zinc Sunscreen
 2.9 oz
\$14.99/ea



Nantucket Spider
Bug Repellent
 4 oz
\$9.99/ea

Seed Savers Exchange
Seed Packets
 Organic & Heritage Selection varies by store
\$3.99/ea



Peepers
Polarized Sunglasses
 Styles vary
\$26.99/ea

Big River Organics
Seed Bombs
 8 pack • Local
\$11.99/ea

Down To Earth
Watering Can
 5L
\$17.99/ea



willy street co-op

Prices shown are regular price; good through 4/30/23. Some products on sale during this time; see www.willystreet.coop.

Health & Wellness

co-op deals: April 5-18

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



Alaffia
Body Lotion
All Kinds on Sale!
32 fl oz • Save \$5.50
\$9.49/tx



Nordic Naturals
Ultimate Omega
180 sg • Save \$21
\$48.99/tx

Barleans
Fresh Flax Oil
16 fl oz • Save \$7
\$19.99/tx

Sappo Hill
Glycerine Creme Bar Soap
All Kinds on Sale!
3.5 oz • Save \$1.10
\$1.69/tx

Acure
Shampoo
Ultra Hydrating
8 fl oz • Save \$2.79
\$6.50/tx

If You Care
Household Gloves
All Sizes on Sale!
1 ea • Save 70¢
\$3.29/tx

Lakewood
Organic Pure Aloe Juice
32 fl oz • Save \$3
\$6.99

Flora
Toddler's Probiotic Powder
2.64 oz • Save \$10
\$17.99/tx

Toms of Maine
Rapid Relief Sensitive Toothpaste
4 oz • Save \$2.50
\$6.29/tx

HiBAR
Shampoo or Conditioner Bar
All Kinds on Sale!
2.7-3.2 oz • Save \$5.50
\$7.49/tx



co-op deals: April 19-May 2

Buy One, Get One FREE
The Humble Co. Floss Picks
Mint
50 ct • Save \$3.29 When You Buy Two
Buy One at \$3.29/tx
Get One FREE

MamaP
Bamboo Toothbrush
All Kinds on Sale!
1 ea • Save \$2.20
\$3.79/tx

Buy One, Get One FREE
Bach Rescue Pastilles
All Kinds on Sale!
1.7 oz • Save \$9.29 When You Buy Two
Buy One at \$9.29/tx
Get One FREE

The Seaweed Bath Co.
Body Cream
All Kinds on Sale!
6 fl oz • Save \$4.50
\$9.49/tx

Buy One, Get One FREE
OM Lions Mane Mushroom Powder
3.5 oz • Save \$21.99 When You Buy Two
Buy One at \$21.99/tx
Get One FREE

Sukin
Sensitive Facial Moisturizer
4.23 fl oz • Save \$3.50
\$5.79/tx

Buy One, Get One FREE
Ancient Nutrition Multi Collagen Protein Powder
16 oz • Save \$44.99 When You Buy Two
Buy One at \$44.99/tx
Get One FREE

Stasher
Sandwich Bag
All Colors on Sale!
1 ea • Save \$4
\$8.99/tx



Dr. Bronner's Pure-Castile Soap
All Kinds on Sale!
32 fl oz • Save \$6
\$10.99/tx



MegaFood Blood Builder
60 tab • Save \$11
\$17.99/tx

coop™ deals

co-op deals: April 5-18



Bonne Maman Fruit Preserves

All Kinds On Sale!
13 oz • Save \$1.50

\$4.79

Against The Grain Gluten-Free Original Rolls

12.5 oz • Save \$1.50

\$5.99

Angie's Boom Chicka Pop Sea Salt Popcorn

4.8 oz • Save \$1.29

\$3.00



Alter Eco Organic Fair Trade Chocolate Bars

All Kinds On Sale!
2.65-2.8 oz • Save \$3.98/2

2 for \$5

Better Than Boullion Organic Cooking Bases

Chicken, Vegetable, Mushroom
8 oz • Save \$2

\$5.99

Evolution Fresh Organic Cold-Pressed Orange Juice

59 fl oz • Save \$1.30

\$7.99



Alden's Organic Ice Cream

All Kinds On Sale!
48 oz • Save \$1

\$8.99

Daisy Sour Cream

8 oz • Save 30¢

\$1.49

Kashi Organic Cinnamon Harvest Cereal

16.3 oz • Save \$1

\$4.79



La Riojana Organic Fair Trade Extra Virgin Olive Oil

25.5 fl oz • Save \$3

\$10.99

Bob's Red Mill Organic Flour

All Kinds On Sale!
5 lb • Save \$3

\$7.49

Muir Glen Organic Canned Tomatoes

All Kinds On Sale!
28 oz • Save \$3.98-4.58/2

2 for \$5



Amy's Canned Soup

All Kinds On Sale (excluding chili)
14-14.7 oz • Save \$1.20

\$3.79

Beyond Meat Plant-Based Breakfast Patties

Classic, Spicy
8 oz • Save \$1.50

\$3.99

Mediterranean Organic Olives

All Kinds On Sale!
8.5 oz • Save \$1.80

\$3.99



Rx Bar Protein Bars

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

2 for \$4

Siggi's Non-Dairy Yogurt

All Kinds On Sale!
5.3 oz • Save 30¢

\$1.89

Organic Valley Organic Ultra Pasteurized Half and Half

32 fl oz • Save 80¢

\$4.49



ECOs Dishmate Dish Liquid Soap

All Kinds On Sale!
25 fl oz • Save \$1.50

\$3.29/tx

Rustic Crust Old World Pizza Crust

Classic Sourdough
13 oz • Save \$1.50

\$3.99

Essentia Electrolyte Enhanced Water

50.72 fl oz • Save \$1.98/2

2 for \$4



Que Pasa Tortilla Chips

All Kinds On Sale!
11 oz • Save \$1.50

\$2.99

Woodstock Organic Frozen Vegetables

Sweet Corn, Green Peas, Spinach,
Shelled Edamame, Broccoli Florets
10 oz • Save \$2.58/2

2 for \$5

Rao's Homemade Marinara Pasta Sauce

24 oz • Save \$2.80

\$6.99



The specials on this page are valid April 5-18

All Specials Subject to Availability. Sales Quantities Limited.

APRIL

co-op deals: April 19-May 2

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Talenti
Gelato & Sorbetto
All Kinds On Sale! (excluding Layers)
16 oz • Save \$1
\$4.99



Biokleen
Free & Clear
Laundry Powder
10 lb • Save \$3.50
\$15.99/tx



Cosmic Bliss
Organic Non-Dairy
Frozen Dessert
All Kinds On Sale! (except Cookie Dough)
14 oz • Save \$2.50
\$5.49



Sambazon
Organic Frozen Acai
Smoothie Packs
4 pc • Save \$1.50
\$5.49



Silk
Almond Milk
All Kinds On Sale!
64 fl oz • Save \$1
\$3.79



C2O
Coconut Water
17.5 fl oz • Save 50¢
\$2.29



Caboo
Bamboo
Bathroom Tissue
12 pk • Save \$2.50
\$9.99



Epic
Pork Rinds
All Kinds On Sale!
2.23-2.5 oz • Save \$1.30
\$2.99



Mary's Gone Crackers
Organic Super
Seed Crackers
All Kinds On Sale!
5.5 oz • Save \$2
\$4.29



Annie's
Organic
Graham Crackers
Honey, Cinnamon
14.4 oz • Save \$2.50
\$4.49



Quorn
Meatless
ChiQin Nuggets
10.6 oz • Save \$1.80
\$4.49



Kettle Brand
Potato Chips
All Kinds On Sale!
5 oz • Save \$1
\$3.29



Forage Kombucha
Kombucha
All Kinds (except Jasmine Rose
and Grapefruit on Sale!)
12 fl oz • Save 58¢/2
2 for \$4/tx



Kevita
Organic
Sparkling Drinks
All Kinds On Sale!
15.2 fl oz • Save 98¢/2
2 for \$5/tx



Amy's
Frozen Pizzas
All Kinds On Sale!
9.1-14 oz • Save \$2.50
\$8.99



Traditional Medicinals
Organic Boxed Teas
All Kinds On Sale!
16 ct • Save \$1.50
\$4.49/tx



Mike's Mighty Good
Ramen Cups
All Kinds On Sale!
1.6-2.4 oz • Save \$1.58/2
2 for \$4



Daiya
Vegan Cheezy Mac
All Kinds On Sale!
10.6 oz • Save \$1.50
\$3.99



Cascadian Farm
Organic Frozen Fruit
All Kinds On Sale!
8-10 oz • Save \$2.50
\$3.99



Nature's Path
Organic
Frozen Waffles
All Kinds On Sale!
7.4 oz • Save \$1
\$2.99



Pacific
Organic Soup
All Kinds On Sale!
32 oz • Save \$1.80
\$3.99



Wildwood
Organic Firm Tofu
14 oz • Save \$1
\$2.79



Organic Quinoa
bulk • Save \$1.10/lb
\$2.39/lb



Westbrae
Organic
Canned Beans
All Kinds On Sale!
15 oz • Save \$2.58/2
2 for \$5



The specials on this page are valid April 19-May 2

All Specials Subject to Availability. Sales Quantities Limited.

EARTH DAY NEWS

Earth Day Starts at Home



by Jess Catherine, Assistant Merchandiser

I tend to make too much food and let it go to waste.

If you want an excuse it would be that I have kids, I work, and I am busy. What I actually do is overestimate how much food we will need. I also spend so much on the fresh ingredients I do buy, but only use part of the vegetable at a time. It's complicated, and it wasn't like this before when I was younger and on my own. But life has many changes, and changing how I am used to seems like a lot to ask, but maybe it doesn't have to be?

I don't want to be wasteful. I want to educate myself and my kids so they are aware of sustainability and the impact it has on everyone's future. It is important to support a lifestyle in which we all benefit from. So that is why Earth Day starts in the home, and I am going to do my small part to cut back on the waste.

HISTORY LESSON

Earth Day started in 1970, back when there was no pollution regulation, and it is now celebrated every year on April 22.

Way back in 1970, it was perfectly legal to dump sewage in the river, or send tons of toxins up in smoke. That year, Senator Gaylord Nelson created Earth Day. By that December, Congress created the Environmental Protection Agency (EPA) and started reining in industrial polluters and protecting our air and water.

Since then, Earth Day has become an annual reminder that we still have work to do, on recycling, cleaning up our toxic industries, as well as not wasting food.

Dried up carrots, moldy nubs of cheese, and stale bread heels pile up in refrigerators across the U.S., and they add up to billions of dollars in food waste. In fact, food scraps are the number one thing that goes to the landfill. According to the EPA, methane gas released from food waste in landfills accounts for 20% of the U.S.'s greenhouse gas emissions.

We waste food at all points in the supply chain, so it's not just your fridge that's causing problems. At harvest, it gets damaged and tossed on the way out of the field. At the processing plant, things spoil or stick

to the machinery and get rinsed down the drain.

Grocery stores have to sort through and discard produce that isn't perfect, although some of that is picked up by foodbanks (a recent study found that food co-ops recycle 74% of food waste compared with a recycling rate of 36% for conventional grocers). Out-of-date packaged goods have to be pitched as well.

Restaurants and food service fill dumpsters with all the food we leave on our plates, combined with things that didn't sell in time.

I am going to work to waste less this year and use more of the food I buy. If you'd like to do the same, here are a dozen tips that can help reduce your waste, and as a bonus, save you money!

12 TIPS TO REDUCE FOOD WASTE

1. Use those radish and carrot greens

Buying radishes or carrots by the bunch? Use the leaves to make pesto, salads, and toss in soup. Think of them as peppery parsley.

MOROCCAN CARROT RADISH SALAD

Shredded salads are incredibly quick and easy when you use the food processor. In this one, the peppery kick of radishes and sweet crunch of carrots are enhanced with the tangy lemon dressing. Sort through the radish leaves, discarding any wilted ones, and chop the good ones to toss with the salad.

- 4 large carrots
- 4 large red radishes
- Radish leaves, chopped, or spinach
- 3 Tbs. fresh lemon juice
- 1 Tbs. honey
- 1/2 tsp. cumin
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 2 Tbs. extra virgin olive oil
- 1/4 c. toasted pumpkin seeds
- 1/4 c. toasted, unsalted peanuts (optional)
- 2 oz. crumbled feta cheese

Directions: Grate the carrots and radishes coarsely. Wash and sort the radish leaves, and chop or julienne. Put them in a bowl. In a small bowl, whisk the lemon juiced, honey, cumin, cinnamon, and salt. Whisk in the olive oil gradually. Pour the dressing over the carrots and toss to mix. Just before serving, add the pumpkin seeds, peanuts, and feta cheese and toss.

2. Savor broccoli and cauliflower stems

Do you discard broccoli and cauliflower stems? Peel the tough skin from the stems and chop the tender cores to use in the dish, or cut in planks to eat with dip.

CREAMY BROCCOLI SOUP USING STEMS AND FLORETS

If you are making other broccoli dishes in which you really only want the florets, save the stems and use them within the week for this. You only need 2 cups of florets to stir in after pureeing, so make up the difference with peeled and chopped stems

in the soup. Alternately, just use a big bunch of broccoli, and use up every bit of it.

- 1 1/2 lb. broccoli, stems peeled, 2 cups florets reserved OR a heavier ratio of stems: 1 1/4 pound stems and 5 oz. broccoli florets
- 1 medium onion, chopped
- 1 1/2 c. vegetable stock or water
- 3 Tbs. white rice
- 1 c. sour cream
- 1/2 c. milk
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 tsp. dried basil
- Croutons

Directions: Peel and chop broccoli stems and onion, reserving the broccoli florets. Put in a big pot, add rice and stock or water. Bring to a boil and reduce to a simmer until vegetables and rice are very tender, about 15 minutes. Reserve 2 cups of broccoli florets, then add the rest of the florets to the soup and simmer for 5 more minutes. Steam or microwave the remaining 2 cups broccoli florets just until crisp tender.

Puree the broccoli mixture in batches to a smooth consistency, adding sour cream and milk as it becomes smooth. Return to pan and gently reheat, whisking in just enough milk to thin to a consistency of your liking. Stir in broccoli florets, salt, pepper and basil. Warm just to serving temperature. Be very careful not to boil.

3. Cook kale stems like you would celery

Do you discard kale and other greens stems? When cooking with kale, you can simply separate the leaves from the stems, chop the stems, and cook the stems first; they will cook a bit like celery. If you juice, save all your greens stems from meals you prepare, including parsley, and add to your juice for a chlorophyll boost.

4. Flavor stock and other dishes with potato peels

Do you peel potatoes? The peels make a flavorful addition to stock, and even thicken it a bit. Consider whether you even need to peel; many soups, potato salads and even mashed potatoes are more nutritious and filling with the skins left on.

5. Enjoy the flavor and nutrition of apple peels

Baking or cooking with apples? Leave the skins on and you will reap the nutrients and fiber they contain, and save time. If you peel, add them to soup stock, for a subtle sweetness.

6. Zest your citrus and freeze for future use

Juicing a lemon or lime or eating an orange? Zest your organically grown citrus first, then you can freeze the potent zest in a freezer bag for adding a hint of citrus to everything from muffins to pastas.



7. Peel overripe bananas and freeze for smoothies or baking

Are those bananas looking a little too brown to put in the lunch box? Peel and freeze them, then add them to smoothies or thaw and puree for banana bread, muffins and cakes.

8. Puree and freeze veggies before they go bad

Do you have veggies going soft in the crisper? Cook and puree carrots, sweet potatoes, greens, cauliflower, and other veggies, then freeze. Stir the purees into pasta sauce, macaroni and cheese, soups, casseroles and meatloaf for an added veggie boost.

9. Save veggie trimmings for soup stock

Cutting up vegetables for a dish? Save and freeze the skins and trimmings from onions, carrots, celery, sweet potato, potato, parsley, spinach, and other mild veggies (peppers, cabbage and broccoli can be too strong) until you have a good amount to make stock.

VEGGIE TRIM STOCK

Whenever you cut up vegetables for a recipe, save onion skins, carrot peels, celery bottoms and tops, potato and sweet potato skins, garlic clove trimmings and skins, tomato trims, mushroom trims, zucchini, or other mild veggies. You can freeze them in zip-top bags until you have enough to make stock. Steer clear of strong veggies like cabbage, broccoli, peppers, fennel and kale, unless you plan to use the stock with those particular flavors. Adding a dry white wine will balance the sweetness of the veggies, but it is fine without, too.

- 8 c. veggie trimmings
- 8 c. water
- 1 bay leaf
- 1 teaspoon black peppercorn
- 1/2 tsp. salt
- 3 dried mushrooms, optional
- 1/4 c. white wine, optional

Directions: Combine the veggies and water, bay leaf, peppercorns and salt and bring to a boil over high heat. Lower the heat immediately (boiling too long makes it bitter) and cover, to simmer very gently. Leave covered so the water will not boil away. Add wine, if desired.

Set a timer for 45 minutes. At 45 minutes, strain the stock, and discard the veggies (they make great com-



post). Taste the stock, add seasonings as desired.

10. Use up stale bread in flavorful recipes

Do you have bread going stale? Freeze the slices to use later in stuffing, croutons, or recipes like below. Make croutons for salads and soups, or crumbs to toss with pasta or top casseroles. Don't forget about bread pudding and stratas, too.

FLEXIBLE BREAD AND VEGGIE CASSEROLE

This tasty casserole is a template for using up stale bread and veggies that are begging to be freed from your vegetable drawer. Four cups of raw, or 3-4 cups of any leftover cooked veggies will do. If you have some leftover cooked chicken or lunchmeat, chop that up and throw it in there (up to 2 cups will fit) and add another egg to make sure it's all covered. It's also a perfect way to utilize those leftover bits of cheese, the more the merrier!

- 1 Tbs. extra virgin olive oil
- 3 c. chopped onion, 2 medium
- 4 c. cabbage, kale, broccoli, cauliflower, chopped (or 3 to 4 cups cooked veggies)
- 1 large carrot, quartered and sliced
- 2 tsp. dried herbs (thyme, oregano, rosemary)
- 4 c. cubed bread
- 4 large eggs, whisked
- 1 c. milk, cream or buttermilk
- 1/2 tsp. salt
- 1/2 tsp. cracked black pepper
- 2 c. shredded cheese, whatever you have on hand
- 1/4 c. fresh parsley
- Up to 2 c. of shredded, cubed or chopped leftover chicken, ham or other meats plus one additional egg (optional)

Directions: Preheat the oven to 400°F. Lightly oil a 2 quart baking dish. In a large saute pan, heat the olive oil and add the onion, veggies and carrot and bring to a sizzle over high heat, then reduce the heat to medium. Stir often until the carrot is soft, about 5 minutes. Add the herbs and cubed bread, turn to mix and transfer to the baking dish.

In a medium bowl, whisk the egg with the milk, salt and pepper, and pour over the bread mixture in the dish, use the spatula to move the cubes to allow the egg mixture to seep through it all, then press it down to level the top. Cover with the cheese and sprinkle with parsley.

Bake for 30 minutes, until the cheese is well-browned and a paring knife inserted in the center of the pan comes out with no raw eggs on it. Let cool for about 5 minutes before serving.

11. Keep food that needs to be consumed soon front and center

Organize your refrigerator and pantry, and put foods that should be consumed sooner right in front. Switch your storage containers from opaque to clear glass, so that you will see that tasty lasagna from last night, because out of sight is out of mind.

12. Turn your vegetable scraps into fertilizer

Do you have room for a compost pile or a worm bin? Ultimately, transforming your plant waste into fertilizer is better than packing it in the landfill.

If you are already doing your share, or have any favorite recipes with veggie trimmings, please send them my way! Thanks for reading.

TOGETHER WE TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Photo courtesy of Urban Triage

This Earth Day, support Wisconsin nonprofits that work to protect our environment, advocate for sustainability, and support local food and farms.

When you say YES to donate through Community CHIP® at Willy Street Co-op, you support nonprofits that work for social and environmental justice including:

- 1000 Friends of Wisconsin
- Citizens for Safe Water Around Badger
- Clean Wisconsin
- FairShare CSA Coalition
- Friends of Wisconsin State Parks
- Gathering Waters: Wisconsin's Alliance for Land Trusts
- Madison Audubon Society
- Midwest Environmental Advocates
- Physicians for Social Responsibility Wisconsin
- REAP Food Group
- River Alliance of Wisconsin
- Rock River Coalition
- Rooted
- Sierra Club Foundation – Wisconsin Chapter
- Sustain Dane
- Urban Triage
- Wisconsin Conservation Voices
- Wisconsin Wetlands Association

THE BIG SHARE WAS A BIG SUCCESS

Thanks to the generosity of over 3,500 donors like you, The Big Share® raised \$652,000 for Community Shares of Wisconsin and our nearly 70 member nonprofits! Thank you!

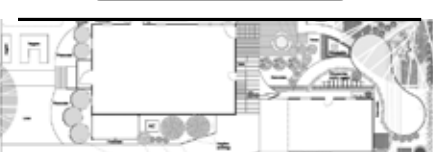
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NOURISHING & ENRICHING OUR ENVIRONMENT

AN UPDATE ON THE CO-OP'S SUSTAINABILITY

By Ben Becker, Newsletter Writer

For Willy Street Co-op, Earth Day is a reminder of our mission to serve people and the community by providing access to quality, local foods, but also to enhance our environment in all our activities. This mandate was enshrined by our Board of Directors in their Ends statement, requiring that our cooperative “nourishes and enriches our community and environment.”

Meeting this goal demands more than just our annual recognition of April 22. Co-op Owners can see many of the ways that we honor this commitment. Visible efforts include our product selection, our rain collection barrels, our energy-efficient closed-door refrigerated cases, and even our electric vehicle charging stations powered by clean, renewable energy. If you look up when you enter our Willy East store, you might even catch a glimpse of our solar panel array.

Many of the ways we protect natural resources are not apparent. Behind closed doors, your Co-op is using low-flow spray valves and air-cooled ice machines. Strategies like these keep our water consumption low. The power of the sun is providing hot water in our HVAC system without anyone taking notice. You may not have realized that Willy Street Co-op also partners with Green Power Tomorrow in order to include wind and solar energy as part of our energy portfolio. Tucked away from the sales floor is a disposal system that diverts thousands of tons of discarded materials away from the landfill through composting and recycling.

Our success in enriching and nourishing our environment requires participation at all levels of the Co-op. It requires a strong commitment from our managers and those who make operational decisions. However, the actions of every employee and customer also determine the impact we have on our planet. One facet is the support our cooperative gives to renewable and regenerative food systems. In other areas, we enrich our planet by upholding principles and policies that avoid unnecessary ecological destruction. For that reason, our operational staff work to abide by a set of guidelines that govern responsible purchasing decisions about the equipment within our stores. Among these guidelines are a mandate to seek out energy-efficient equipment whenever possible, in order to reduce our

reliance on carbon energy. It also steers us away from supporting the creation of toxic chemicals, such as the dangerous carcinogens produced in the manufacturing of chrome. When seeking out new products and vendors, we also follow a Product Selection Philosophy, to seek out partnerships with others who share our values and commitments to both the community and environment.

OUR CLIMATE COMMITMENT

Not only do we work to uphold these principles internally, but we stand up for these values publicly. A notable aspect of this is through our commitment to the Climate Collaborative. On March 17, 2021, the Willy Street Co-op Board of Directors voted to make a commitment to the Climate Collaborative. By making this commitment, we are recognized among a number of forward-thinking organizations along with other cooperatives including National Cooperative Grocers, Durham Co-op Market, and Organic Valley. The climate commitment areas chosen were:

- Energy Efficiency: Increase energy efficiency
- Food Waste: Reduce food waste in the supply chain
- Short-Lived Climate Pollutants: Reduce short-lived climate pollutant emissions

In order to achieve these commitments, we have taken a strategic approach to pursuing sustainability in several areas. Here are a number of ways we have successfully implemented this strategy.

Increased Energy Efficiency and Reduced Carbon Energy

In order to decrease emissions and our carbon footprint, we are continuing to pursue projects and activities that will increase our efficiency and reduce our reliance on fossil fuels.

In recent years, we have seen progress in our emissions goals through the use of renewable energy and offsets. We are continuing to identify new projects and opportunities that will offset our energy use and carbon footprint even more while upgrading our operational infrastructure to use as little energy as possible. The chart at the top of this page outlines recent progress

Electricity			GHG Equivalent	% Gross	
2023	April 2022-March 2023	2858102 kilowatt hours	1236 Metric tons	80.18%	
2022	April 2021- March 2022	2815128 kilowatt hours	1218 Metric tons	80.88%	
Natural Gas			GHG Equivalent	% Gross	
2023	March 2022-Feb 2023	57794 Therms	306 Metric tons	19.84%	
2022	March 2021-Feb 2022	54362 Therms	288 Metric tons	19.12%	
Offsets			GHG Equivalent	Unit	% Gross
2023	April 2022-March 2023	1208455.1 kilowatt hours	856 Metric Tons		55.51%
2022	April 2021- March 2022	1122966.6 kilowatt hours	796 Metric Tons		52.88%

in reducing the Co-op's carbon footprint.

To bring about continued reductions in energy use and to optimize efficiencies, we have worked with our community partners including MG&E, Sustain Dane, and the Ethical and Responsible Business Network at UW-Madison. Upcoming improvements will include more sustainable equipment and refrigeration systems. You will notice more of our cooler cases will be equipped with closed doors to save energy and improve product quality as we continue this work.

Renewable Energy

Your Co-op has worked to incorporate several projects and partnerships in order to maximize the use of renewables within our energy portfolio. You can see the impact of our renewable energy use on the Co-op's carbon footprint in the charts above.

- O'Brien Solar Fields: Through our partnership with MG&E, Willy Street Co-op participated in the opening of the O'Brien Solar Fields in Fitchburg. Through this partnership, your co-op is contracted to receive the local, clean energy produced by a 250 kW section of this 200,000-kilowatt solar field. The combination of the Renewable Energy Rider project and other renewable energy programs offsets over 50% of the energy our cooperative consumes through local, clean, and renewable sources.
- Willy East Solar Array: We con-



tinue to maintain and utilize our rooftop Solar Array at our 1221 Williamson location.

In 2022 we produced 26.13 MWh of solar energy using East's Solar Array. Over their lifetime, these panels have generated 169.74 MWh.

Green Power Tomorrow

In addition to producing solar energy, we also buy wind and solar offsets through Madison Gas and Electric. Each month, we purchase 30030 kWh of this clean renewable energy.

Using the EPA Calculator to measure the impact of using clean renewable energy from the O'Brien Solar Fields, our Willy Street Solar Array, and Green Power Tomorrow, we can estimate the level of carbon emissions avoided through our sustainability projects. By using clean energy sources, we had an equivalent impact of removing 856 tons of carbon from the atmosphere over the last 12 months. That is the equivalent of taking 184 gas powered vehicles off the road. It is the equivalent of 947 pounds of coal burned. To have a similar impact we would need to plant 14,154 trees for a decade, recycle 296 tons of waste, or preserve 1,000 acres of forest.



Co-op staff engaged in a waste audit.

Waste Reduction

Oftentimes nourishing our environment means thinking about what happens to products and packaging after we are finished with them. In 2020 and 2021, our Cooperative worked to overhaul our recycling infrastructure and practices. A major objective of this work was to reduce our recycling mis-sorts. When waste is not properly sorted, it can contaminate recycling loads. Even a small degree of recycling contamina-



tion can result in the entire load being dumped in the landfill. By keeping staff well-trained and empowered to sort waste properly, we avoid unnecessary contributions of greenhouse gasses from landfill emissions.

One way we reduce landfill emissions is to control our food waste (see Jess's article in this month's *Reader* for more information). To provide a rich and diverse product selection, our operations have to think about what happens if food isn't sold or eaten. To that end, composting performs an important role within the Co-op's overall strategy of environmental stewardship. You may have encountered compost buckets in our commons, by which we collect food scraps from customers. These buckets are collected each week by EarthStew, which uses vermicomposting to transform waste into new organic material.

These buckets only make up a small part of our compost collection. For each freshly produced bottle of juice or dish made in our Deli, there is an orange peel or a pile of carrot shavings leftover. These back-of-house food scraps are gathered separately from other waste and diverted into our organic waste receptacles.

We partner with a number of service providers who collect and process these materials using aerobic composting facilities. Among these service providers is Greenbox, who we are proud to support as a small local business. Since partnering with Greenbox, we have diverted approximately 9,000 pounds of organic material locally to compost.

Partnering with EarthStew and Greenbox benefits our Co-op and our environment in multiple ways. Notably, it keeps this organic material out of landfills, where its gradual breakdown through a process of anaerobic digestion would release methane gas. Uncontained methane is a dangerous menace to our atmosphere—a chemical with a global warming potential 30 times that of carbon dioxide. Composting reduces our carbon footprint, but it also is a great way to protect water and reduce consumption of that valuable resource. By collecting organic waste instead of relying on garbage disposals within our sinks, we keep this waste out of the local sewage system.

Composting is also a great way for our Owners to reduce their own food waste. The production of compost is really an easy and approachable way that we can all use to care for our planet. Composting greatly reduces the waste stream created at home (consider that 30% of waste that goes to the landfill is made from food scraps and yard waste). Organisms that digest organic waste provide nutrients to the soil and can improve plant growth in our garden or farm field.

Making compost is fairly simple in terms of technical ability. It only requires three essential ingredients. First, you will need browns. These are materials with a high carbon

content such as dead leaves, branches, or twigs. This carbon will provide an energy source for the unseen microbes that will perform the real work of the composting process. Soil microorganisms also have the ability to sequester carbon into the soil itself, removing it from the atmosphere.

Next, you will need your greens. This refers to materials that are rich in nitrogen (a chemical essential to plant growth) such as grass clippings, vegetable waste, fruit scraps, or coffee grounds. You will want to balance out your compost mix so that the greens and browns are roughly equal to each other in volume. Finally, you will want to add water to keep your compost mix moist and well-hydrated.

While these three basic inputs summarize what you will essentially need, the list of compostable materials is inclusive to many household waste items including fruits and vegetables, teabags, eggshells, coffee grounds, shredded newspapers (avoid color pages as the ink may contain toxic metal), yard trimmings and grass clippings, old house plants, hay and straw, leaves, sawdust, woodchips, old rags, dryer lint, hair and fur, and even fireplace ashes. There are some organic materials you will want to exclude, however, in particular animal products such as milk, fat, bones or meat, as these will create unpleasant odors and attract unwanted pests.

If you have access to a yard or outdoor space, you will want to carve out an area for your compost pile. Pick a dry shady spot near a water source. Once your compost space is designated, you might choose to build a bin, basically a three sided enclosure that will allow you to both contain your pile while also accessing it with your rake for turning. If you are willing to make a greater financial investment in your compost project, you might also choose to purchase a compost tumbler.

Once your space or container is set up, go ahead and add the brown and green materials you have collected, being sure to chop or shred the larger pieces. Next, add some water to your dry materials. After your compost pile has had some time to become established, you can add fruit and veggies by burying them below a ten inch layer of material. You may also choose to keep your compost pile covered with a tarp to prevent moisture from escaping. It is very important that as you add to your pile and the composting process progresses that you continue to water it and stir it with a rake or trowel. This is especially important during the summer months when decomposing organisms are more active. Stirring and layering the compost allows the microorganisms within the pile to gain access to oxygen, permitting the aerobic digestion that produces that pleasant smelling nutrient rich result. Without oxygen, the compost will instead engage in anaerobic digestion, releasing gasses and turning your pile into a smelly mess and a potential

breeding ground for pests. If you have ever witnessed a compost pile that included animal products or was improperly maintained, you will know just what a foul and fetid sight it can be.

The amount of time it takes for your compost process to be completed will vary between two months and two years depending on weather and conditions. If your pile is well-maintained, you should end up with a rich substance dark in color with a pleasant earthy or nutty odor known as humus (not to be confused with the garbanzo bean dip).

If you don't have access to a yard or outdoor space, you can still compost inside as well by using a special type of bin. Essentially, you will be following the same process as an outdoor compost but on a

smaller scale. Be careful to ensure that you are properly maintaining your indoor compost so that you avoid attracting pests and rodents, and you should find yourself with a healthy humus in two to five weeks.

Keeping the planet safe is no easy task, and there are still numerous challenges as a result of irresponsible behaviors on the part of governments, corporations, and people in general. While these shortcomings must be acknowledged and addressed, Willy Street Co-op is looking forward to doing even more to safeguard this planet for the generations ahead. We know we can't do it alone, and only through the support and participation of our Owners and community will we nourish and enrich this environment for the sake of tomorrow.



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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CUSTOMER EXPERIENCE REPORT

Announcing the 2023 Community Reinvestment Fund Recipients

by Liz Hawley, Education & Outreach Coordinator

Since its inception in 1992, Willy Street Co-op's Community Reinvestment Fund (CRF) has contributed more than \$555,000 to local nonprofits and cooperatives to support developmental and educational projects for our community. The fund is seeded when Owners who have become inactive and have not claimed their equity after three years either abandon or donate their Owner equity to our Co-op.

Grants from the CRF may be awarded to projects supporting food justice and/or access, creating/developing cooperative businesses, sustainable agriculture, health and well-being, and/or social change. This fiscal year, the Board allocated \$55,000 for this competitive grant fund, an increase of \$20,000 in available funds over last year, and we received 34 total applications requesting \$112,618 in funding. Based on the Co-op's work on diversity, equity, and inclusion, we opened up the grant parameters to allow funding for organizations' operational costs.

The CRF grant review committee is pleased to share the 21 projects receiving funding this year:

BAYVIEW FOUNDATION: TEEN COOKING CLUB \$1,500

Bayview Foundation has a mission "to support its culturally diverse, low-income residents in realizing their aspirations by providing affordable housing, fostering cultural pride, and building community through the arts, education, and recreation." The Teen Cooking Club for Bayview residents focuses on recipes and food choices that are made in collaboration with the youth, and many of them choose to feature foods their families have made for generations. Historically, the Teen Cooking Club was limited in the recipes they were able to make because many of the ingredients that are relevant to their cultures are not always widely available or affordable. Funding is allocated to purchase culturally appropriate ingredients.

FREE BIKES 4 KIDZ: 2023 BIKE GIVEAWAY PROGRAM \$2,000

Each year Free Bikes 4 Kidz gives away approximately 2,000 quality, refurbished bikes and accessories in their pursuit of transportation equity for communities of color and low-income communities in Dane County. They "work to see that every kid gains the health and societal benefits gained from owning a bike." They also note that many of the bike recipients use their bikes as their only form of

transportation, and this low-cost/low-maintenance mode of transportation gets kids to school and allows family members to reach grocery stores, thus increasing food access. Funding will be allocated for bike repair parts.

FRIENDS OF SCHUMACHER FARM PARK: GROWING OUR GARDEN \$750

Schumacher Farm Park is a 40-acre homestead that was gifted to the Dane County Parks Commission in 1978 by Marcella Schumacher Pendall. The grounds include a prairie, woodlands, farmstead, orchard, pollinator garden, and heirloom vegetable garden. The vegetable garden features heirloom varieties of fruits, vegetables, and herbs that were commonly found in gardens in the 1920s and '30s. The produce grown in the gardens is donated to the Waunakee Food Pantry, serving 1,110 households. This summer the Friends of Schumacher Farm Park plan to add three raised garden beds to help with weed control and to make the garden more accessible and easier for volunteers with limited mobility to tend. Additionally, the Friends established partnerships with area schools and community centers to offer hands-on workshops for children and their families to learn about botany, gardening, sustainable agriculture, ecosystems, and more. Funding will be allocated for lumber and tools.

JUSTDANE: PAID TRAINING AT JUST BAKERY \$7,200

JustDane (formerly Madison Urban Ministry) is a social justice and social service organization providing services such as prison reentry programs, services for children impacted by parental incarceration, and prison in-reach programs, among many others. In 2013, JustDane started Just Bakery, a free 12-week educational and vocational training program providing training in baking, food sanitation, and restaurant management for individuals with significant barriers to employment such as homelessness, justice involved, or lack of work history skills. Students also earn 12 college credits and gain automatic acceptance into the Madison College Culinary Program. JustDane notes, "Many Just Bakery applicants often lack the resources and finances to participate in an unpaid training program for 12 weeks." Funding will create paid training opportunities for three students, allowing them to fully commit and get the full value of the training.

LUKE'S CLOSET: SPRING SWEATSHIRTS AT SHOP & EAT \$1,500

Luke's Closet is a volunteer-run organization with a mission to serve and support foster, kinship, and adoptive families in Dane County by providing free, high-quality clothing. They are able to "alleviate the tremendous amount of cost, time, and energy required to find clothes for children when court dates, school, medical, and social services appointments are all demanding a caregiver's energy." This spring Luke's Closet will host a Shop & Eat event where volunteers provide a meal and help families "shop" at Luke's Closet for clothes. Funding is allocated for the purchase of new sweatshirts to be provided to each child at the event.

MADISON AREA FOOD PANTRY GARDENS: ENHANCING QUALITY AND ACCESS TO FRESH FRUITS AND VEGETABLES \$3,000

Madison Area Food Pantry Gardens has grown and donated more than 2 million pounds of produce to the Dane County emergency food system since its inception in 2000. This year they plan to expand their production and distribution of fresh, culturally relevant produce to an additional three outlets, and they also plan to improve their cold storage to allow for more on-farm pickups. Additionally, they plan to expand the area dedicated to fruit production by 50% with additional strawberry beds and a trellis system for grape vines—the two most requested fruits as indicated in the survey results collected from pantry guests at the outlets they serve. This project also aims to reduce the amount of produce damaged in transit by investing in protective packaging, thus increasing the amount of first-choice produce provided to the food pantry outlets. Funding is allocated for garden supplies, produce packaging materials, fuel for deliveries, and signage.

MADISON CHILDREN'S MUSEUM: PAY-WHAT-YOU-CAN CAFE-LITTLE JOHN'S LUNCHBOX \$3,500

Madison Children's Museum (MCM) is embarking on a first-of-its-kind venture in any museum in the United States—a pay-what-you-can cafe model called Little John's Lunchbox. Launched in July 2022 in partnership with Little John's Kitchens & Restaurants, the cafe provides nutritious foods made with fresh ingredients available without

dictating prices. MCM notes, "It is entirely up to the visitor to pay if they can and if so, to determine the right amount for them. We intentionally give visitors agency to decide to pay a little, a lot, or nothing at all. Our goal is to equalize access to food and improve quality of life for everyone from all walks of life. In doing so, we seek to eliminate assumptions about who may be experiencing food insecurity." Funding will cover the expense of 1,400 meals.

MADISON PUBLIC ART PROJECT, INC: RIDING WAVES 2023 \$2,500

The Madison Public Art Project (MPAP) plans to commission the mural artist known as Audifax to create a mural under the Beltline at the Monona Drive ramp. The intention of the project is to destigmatize mental illness, with the waves serving as a metaphor for our collective mental health and the depiction of water will draw connections to our nearby lakes. MPAP says, "Art provides a way to bring neighbors and communities closer together. We can look to public art as a way to address society's challenges, and as a way to spark and ignite change toward a more equitable world." In addition to the mural, Audifax will lead art and mindfulness workshops for at-risk youth at Briarpatch Youth Services. The culmination of these workshops will be the creation of a collaborative piece of art to be installed at the Briarpatch facility. Funding is allocated for a partial contribution to the artistic honoraria for the mural labor fee.

MADISON WORKERS COOPERATIVE: WORKER-OWNER PEER NETWORK \$2,125

Madison Workers Cooperative (MadWorC) is a peer network of worker cooperatives in Madison that supports the development of new worker cooperatives and the continued success of existing worker cooperatives. They are now working to formalize their peer network wherein individual members of worker cooperatives are matched in a mentor/mentee relationship to learn new skills with the outcome of this network being three-fold: it will build stronger and more formal relationships among worker-owners at different cooperatives, worker-owners will gain new skills that allow for job mobility, and cooperative businesses will be strengthened by adding new skills among members. Funding is allocated for staff pay, volunteer stipends (both mentor and mentee), printing, and incentives for participation.



MADISON YOUTH ARTS CENTER: LAUNCHING COMMUNITY YOUTH ARTS EXHIBITS AT MYARTS \$1,000

Madison Youth Arts Center (MY-Arts) is a new organization entering its second year operating a youth arts facility for the Madison and greater Dane County communities. Their newest project will bring rotating art exhibits to the gallery wall space in their facility that will celebrate and support youth artists. Funding is for take-home art supplies and youth advisor honoraria.

MAHOGANY ROOTED IN WELLNESS: MAHOGANY FITNESS FOR ALL \$1,880

Mahogany Rooted in Wellness is a holistic empowerment nonprofit founded in 2021 by four women of color with a mission to help underserved individuals by providing physical, mental, and financial health resources. Their goal is “to create a holistic environment that offers services that are well rounded and meet the needs of individuals and their families to improve the quality of life of those affected by generational inequalities.” Through their Mahogany Fitness for All group exercise program, they aim to engage participants in physical activity and develop healthier habits and routines. Funding is allocated for payment to a group fitness instructor, resistance bands, and gift cards for attendees.

MENTORING POSITIVES: EQUIPPING MURIEL’S PLACE \$2,200

Mentoring Positives serves at-risk youth in the Darbo-Worthington Park Neighborhood. Their social enterprise “Off the Block” engages teens in the production and sales of salsas and frozen pizzas, and this year they’re looking to expand into their own commercial kitchen and retail space, called “Muriel’s Place.” The kitchen buildout is complete, and it is nearly fully equipped. The final two necessary pieces of equipment they need to purchase are a Robot Coupe and a microwave oven, which the CRF funding will pay for.

NEIGHBORHOOD HOUSE COMMUNITY CENTER: FRESH FOOD CONNECTION EXPANSION \$4,500

Neighborhood House Community Center is Madison’s oldest community center with a mission to provide high-quality programming and social services that facilitate the growth of a diverse, responsible, and welcoming community. This year they’re looking to expand their Fresh Food Connection to meet the persistent, ever-growing need in the community for consistent access to fresh foods. To do this they’ve partnered with Crossroads Community Farm to provide high-quality fresh produce for more than 200 individuals each week for 20 weeks through the summer. They plan to extend their reach by increas-

ing both the number of people utilizing the in-person pantry and the amount of produce distributed by their delivery program. Funding will go directly toward purchasing locally sourced fresh produce from Crossroads Community Farm.

OIÑ PRODUCTIONS: SUMMER OF LOVE \$3,000

Summer of Love and Community Connections (SoL) offers arts and movement activities for the whole family, and this summer they are planning four workshops in a variety of art forms in parks across Dane County. These free events will include Power Dance, aerial silks, Peruvian percussion, West African drumming, Latin partner dance, street dance, capoeira, Zumba, Kathak dance, painting, and more. SoL intends to build community through the shared experience of dance and increase well-being with the healing power of the arts. Funding will go toward payments to the teaching artists.

PATCH PROGRAM: PATCH YOUTH ADVOCACY LEARNING SERIES CERTIFICATE \$1,920

The PATCH Youth Advocacy Learning Series is a 7-step curriculum that engages youth in advocacy efforts around a health topic that they are passionate about, and now they are piloting an expansion in conjunction with the Madison Metropolitan School District and UW Health. This new partnership offers an opportunity for more youth to become aware of their community’s adolescent health needs, choose an advocacy issue of interest, and begin to identify the people and actions that can lead to positive change. They note that the teens “will gain knowledge, confidence, and skills to advocate for the health and well-being of themselves and their peers into adulthood, will connect with diverse, passionate adult community partners, and will become part of the solution to their generation’s most pressing problems.” Funding is for stipends for the youth.

PIERRE OUTREACH SERVICES SAFE HOME: SPACES \$1,000

Pierre Outreach Services is in the midst of fundraising for their first safe home for Black girls in Madison. Until they’re able to open their doors, they rent spaces in the community to provide counseling and services that are tailored to young girls and their families’ needs. Pierre Outreach Services notes, “The safe house project provides services centered around the social and emotional neglect of a community in dire need of innovative approaches to address family, community, and systemic traumas in Black and underserved communities.” Funding is allocated for space rental.

RAPE CRISIS CENTER: SUPPORT GROUPS FROM LGBTQIA+ SURVIVORS OF SEXUAL ASSAULT \$2,750

In 2022, the Rape Crisis Center

piloted a support group for LGBTQIA+ survivors of sexual assault, and this year they are working to enhance this support group. They note that “engaging in forms of group healing such as support groups is one of the most effective ways to recover from sexual violence,” but they found there has been a gap in services for LGBTQIA+ survivors seeking access to support groups in Dane County. They are working to meet this need in collaboration with OutReach LGBTQ+ Community Center. Funding is allocated for program staff and group facilitators, supplies for participants who engage remotely, and stipends for guest speakers.

ROOTED: ROOTED IN URBAN AGRICULTURE \$2,500

Rooted’s work aims to make land, fresh food, and educational opportunities available to everyone. This year, in partnership with Madison Metropolitan School District (MMSD), Rooted will begin a project in which their staff, Farm to School AmeriCorps members, and MMSD students will grow lettuce and herbs for use in the MMSD school lunch program. Rooted staff notes, “While our current programming provides some students with opportunities to eat garden-fresh, peer-grown produce, not all students have access to gardens. This project aims to narrow some of the inequities that arise from unequal access to youth garden education by providing all MMSD students with peer-grown produce through the school lunch program.” Students will be involved each step of the way, from planting the seeds, to transplanting, tending, and harvesting and all students in the district will have access to the lettuce as part of a school lunch salad. Funding is allocated for staff time, lettuce seeds, and seed-starting equipment and supplies.

SHERMAN AVENUE UNITED METHODIST CHURCH: FRESH FOOD NEIGHBORHOOD PANTRY \$3,375

Sherman Avenue United Methodist Church is in an area identified in the City of Madison’s Food Access Improvement Map. The church partnered with Rooted to provide fresh vegetables from Troy Farm to food-insecure families on Madison’s north side in both their food pantry and prepared community meals. In addition, the church offers instructions on how to prepare the food they distribute. Funding is allocated for produce from Troy Farm.

SOCIAL JUSTICE CENTER: COMMUNITY RESOURCE HUB \$6,000

The Social Justice Center is currently home to 14 member organizations that work on a variety of issues, including tenants’ rights, restorative justice, community organizing, and affordable financial services. Their work has become more heavily focused on connecting community members in crisis with vital resources and services, and now they would like to embrace

their “role as a neighborhood hub for people in need and provide a much-needed missing piece: a go-to place where you can reliably access key resources and essentials while working with advocates who are trained in trauma-informed practices, crisis response, and de-escalation.” Their four objectives for this project include: supporting individuals to realize their self-identified stability goals, building the capacity of their staff to respond to crisis situations, expanding their pantry program, and launching their community support center and resource advocacy program. Funding is for personnel, consultants, space, and supplies/equipment, including a phone charging station.

WISCONSIN COUNCIL OF THE BLIND AND VISUALLY IMPAIRED: SENSORY GARDENS \$800

The Wisconsin Council of the Blind & Visually Impaired plans to transform two garden plots into sensory gardens with touchable and aromatic plants for the entire community to enjoy. They said, “Council clients would connect over the sensory experiences of the garden, reducing social isolation that often accompanies vision loss. The gardens would be tended by people with vision impairment, giving them an outdoor recreational opportunity, with the guidance of master gardeners.” Funding provides for soil and delivery as well as lumber for the raised beds.

CONGRATULATIONS AND THANK YOU!

Congratulations to the winners of this year’s grants and thank you to all organizations that applied—you’re all doing great work in our communities! Thank you to this year’s CRF review committee; Board Directors Anthony Hernandez, Ashwini Rao, and Carol Weidel, Owners-At-Large Carol Cohen, Kirsten Moore, and Glen Reichelderfer; Customer Experience Manager, Kristina Kuhaupt; Owner Resources Coordinator, Katie O’Connell-Jones; and Education and Outreach Coordinator Liz Hawley.

And of course, a special thank you goes out to all of our Owners past and present who make this funding possible.

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Recipes

Spaghetti with Ramps

Adapted from Harmony Valley Farm

Ramps are a delicious wild plant that lends a complex onion-like flavor to dishes. It's native to WI and only available at the beginning of spring. Enjoy this delicious tidbit of nature while you can!

- 1 lb. spaghetti
- 2 bunches ramps
- 1 tsp. finely grated lemon zest
- 1/4 c. extra virgin olive oil
- Parmesan

Directions: Cook pasta in boiling salted water until al dente. Drain, reserving 1 cup of the pasta water. Blanch whole ramps in boiling, salted water for 2-3 seconds. Coarsely chop, and place in the pitcher of a blender with the lemon zest, 1/2 cup of the reserved pasta water, and olive oil. Purée until smooth. Season with salt to taste. Place pasta in pot with ramp puree and toss with Parmesan over moderate heat for 1-2 minutes. Thin sauce with extra pasta water as needed to coat pasta. Serve hot.

Ramp, Bacon & Ricotta Tart

Adapted from eggsonunday.wordpress.com

A delicious springtime tart, perfect for a weekend brunch!

- 1 crust
- 4 slices bacon
- 1 shallot, sliced
- 3 c. spinach, chopped
- 1 1/2 c. ricotta
- 1 egg
- salt and pepper
- 18 ramps, chopped

Directions: Pre-bake your tart crust until lightly golden. Cook bacon until crispy. Remove from pan and set aside. Retain enough of the bacon grease to heartily coat the bottom of your pan. Add shallot and cook until softened. Add the spinach and cook until just wilted. Put the spinach, shallot, ricotta cheese and egg into a food processor and pulse until the spinach is chopped and distributed throughout the mix. Pour into prepared crust. 5.) In the same pan used to cook shallots and wilt spinach, cook the ramps until just wilted (add a little water if necessary). Crumble bacon over the top of the tart, and artfully arrange ramps. Bake in an oven set to 375°F, until the top is lightly golden and the tart is set (30-45 minutes).

Green Garlic Chicken

Adapted from *Cook This Now* by Melissa Clark

This golden, savory chicken cooked in a skillet with fresh herbs is a perfect spring dinner.

- 1 lb. chicken breasts
- 1 Tbs. olive oil
- 1 tsp. coarse salt
- 1/2 tsp. black pepper
- 3 thyme, chopped
- 1 green garlic, chopped
- 3/4 c. dry white wine
- 2 Tbs. unsalted butter

Directions: Place the chicken in a large, shallow bowl. Drizzle with olive oil, sprinkle with salt and pepper, then add the thyme and garlic. Toss to coat the chicken. Cover and refrigerate for at least 3 hours, or up to overnight.

Heat a large, heavy skillet over medium heat. Place the chicken in the skillet

with the herbs and garlic. Cook the chicken undisturbed for 10 minutes. Flip chicken and cover the pan. Continue cooking, undisturbed for 15-20 minutes. Check the breasts for doneness by sticking with a sharp paring knife; the juices should run clear. If not, keep cooking until done. Transfer the chicken breasts to a plate and cover. Remove 2-3 spoonfuls of fat from the skillet. Pour the wine into the skillet, and scrape any browned bits from the bottom of the pan. Simmer, scraping the pan occasionally, until the liquid reduces and the rest of the chicken is completely cooked. Use a slotted spoon to transfer the chicken to the plate with the chicken breasts. Add the butter to the skillet, and whisk constantly until melted and incorporated. Serve the chicken ladled with the sauce, and enjoy.

Lamb and Saffron Rice with Spring Vegetables

Adapted from www.theroamingkitchen.net

This one-pot meal is light and can be served hot or cold, great for spring. The rice is soft and subtly flavored with saffron.

- 2 c. white basmati rice
- 2 pinches saffron threads
- 2 Tbs. hot water
- 2 lamb sausages
- 1 onion
- Pinch salt
- 3 1/2 c. chicken stock
- 1 c. sugar snap peas, chopped
- 1 bunches asparagus, chopped
- 1 c. pea shoots
- 2/3 c. almonds, sliced

Directions: Rinse and drain the rice in cold water several times, until the water runs clear. Drain and set aside. Grind all but one of the saffron threads in a mortar and pestle. Add the hot water and the last thread of saffron, and let infuse for 20 minutes. Heat a Dutch oven or other large pot over a medium flame. Add the lamb sausage and use the back of a wooden spoon to break it up. Sauté until cooked through. Use a slotted spoon to transfer to a bowl and set aside. Add the minced onion and a pinch of salt to the Dutch oven and sauté until translucent. Stir in the drained basmati rice, then pour in the chicken stock. Raise the heat to medium-high and bring to a boil. Lower the heat to medium-low and cover tightly. Cook, undisturbed, until the liquid is absorbed, 17-20 minutes. Let sit with the lid on for 5 minutes.

Watercress and Leek Salad

Adapted from Judy Gorman's *Vegetable Cookbook*

- 2 bunches watercress
- 2 medium leeks, white portions only
- 1 tsp. fresh sage, chopped
- 1 tsp. fresh rosemary, chopped
- salt and pepper to taste
- 2 Tbs. red wine vinegar or rice vinegar
- 1 tsp. Dijon mustard
- 6 Tbs. olive oil
- 1 clove garlic, crushed

Directions: Pull watercress leaves from stems. Rinse leaves well and pat or spin dry. Reserve stems for another use or discard. Tear watercress leaves into small pieces and place in salad bowl. Split leeks lengthwise and then slice into thin half-moons. Rinse well in a bowl of cold water, letting sand settle to the bottom; repeat until very clean and then pat dry. Add to the bowl with the watercress. Sprinkle the herbs, salt and pepper onto the vegetables in bowl and toss well to combine. Refrigerate to chill lightly. At serving time, combine vinegar, mustard, oil and garlic in a small jar. Seal and shake until well blended. Pour over salad, toss again and serve.

Bring a large pot of salted water to a boil. Add the sugar snap peas and asparagus, and cook for 2-3 minutes, until bright green but still crisp. Transfer to an ice bath. When cool enough to handle, remove from ice bath and chop into bite-sized pieces.

Pour the saffron water into the pot of rice. Add the lamb, sugar snap peas, and asparagus, and fold to incorporate. Check the seasoning, and add more salt if needed. Serve hot, topped with pea shoots and chopped almonds.



Marquette-Atwood Neighborhood Art Walk

Sunday, May 7, 2023 11:00 A.M. to 5:00 P.M.

Jenny Blasen	Laura Meddaugh	Casey T.H. Hulbott	Down To Earth Goods
Gloria Van Dixhorn	Helen Klebesadel	Samuel Johnson	Lou Ann Petersen-Noltner
Zach Zitske	Daniel Torres	Alison (A.E.) Mader	Ed Noltner
Vicki Berenson	Sarah West Whitcomb	Hailey McLaughlin	Christopher X. Burant
Rachel Imsland	GG of Green Goodies	Leah Evans Textiles	Chuck Bayuk
Mike Kohn Pottery	Steph Hagens	Mary Fiore	Tabletop Studios
DebbieOlin.Studio513	Katy Heyning	Three Girls Dyeing	Christopher Murphy
Hilary Falk - Fovea Works	Beth Inglis	Helena White	Eye of MollyFreeSpirit
Pink House Designs	Castle Place Designs	Reek Havoc	Laura Shirley - Hope Art

Find our Map at www.marquette-atwoodartwalk.com





Staff Picks



GoMacro Protein Paradise Cashew Caramel Macrobar

It's local (Viola, Wisconsin!), tastes amazing and has 11 grams of protein! It pairs well with my morning coffee. It's a great bar to have on hand when you're on the go.

FRANTJESKA



Carr Valley Glacier Wildfire Blue Cheese

This locally made cheese has a soft, crumbly texture and dots of (not too hot) red pepper are sprinkled throughout the beautiful blue veining. It's super affordable and makes a great addition to salads and sandwiches or can be served on cheese boards with roasted tomatoes, peppers, olives and salami. Each piece is lovingly hand-wrapped by your devoted cheese department staff. Available at Willy West only.

LAURA



Organic Kiwi

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



MICKY



Auricchio Moliterno Cheese

Moliterno is a sheep/goat milk cheese from the town of (you guessed it) Moliterno in southern Italy. Its surface is rubbed with olive oil as the cheese ages, and its flavor is similar to good Spanish Manchego, but with a nice tangy bite. Highly recommended! North and West only.

Hidden Springs Creamery Wischago Cheese

The Wischago is a loving homage by Hidden Springs Creamery to Manchego, Spain's most popular cheese. This cheese is wonderfully firm and flavorful and is pretty swell grated over savory dishes or straight dipped in olive oil. As a very low-moisture cheese, it's also a traveler's best friend.

MATT

Organic Ataulfo Mangos

These are killer mangos. When they're in season, I go on a strict all-Ataulfo diet. They have to be perfectly ripe, borderline wrinkly, with the give of a ripe avocado. Eating them with a squeeze of fresh lime juice and some salt may overload your pleasure centers. And they're packed with vitamins A and C, so your doctor, friends, and health-tracker robots will thank you too.



HiBar Maintain Shampoo and Conditioner Bars

HiBar Shampoo and Conditioner Bars are a lovely way to reduce plastic in your life AND give your hair a treat! The Maintain bars are a perfect balance between cleansing and moisturizing hair, and they smell amazing. I only need to wash my hair once per week when using these bars (saves a lot of water when you have a lot of hair!) and the conditioner makes it soft and smooth. HiBar is based in St. Paul, Minnesota and they have stopped nearly 4 MILLION plastic bottles from ever existing! I Hi-ly recommend HiBar!



KAIT



Chocolate Shoppe Exhausted Parent Ice Cream

LOCAL AND DELISH!!!! I can't even put in to words how much I love this ice cream! It's THE BEST ice cream EVER. Perfect for a quiet moment or an after dinner snack. Let's just leave it at Bourbon Spiked Espresso..... YUM!!!!

El Rey Tostaditas Lemon Nacho Tortilla Chips

LOCAL!!! And DELICIOUS!!!! The amount of seasoning is perfect and they hold up under all the nacho fixings you can put on them!

Mrs Meyer's Basil Hand Soap

This is such a clean ingredient product and it smells so good. The smell is not overpowering and leaves your hands feeling clean and not dried out.

STEFFRY



Wyman's Wild Blueberries

The perfect frozen blueberry: strong flavor and itty bitty so more blueberries per pound. Also purported to have a higher antioxidant concentration than the standard blueberry, due to its smaller size and lower water content. But even if they don't have 2x the antioxidants, they have 2x the flavor.



ALMA

Mountain Valley Spring Water

Bottled in the Ouachita Mountains at the source, this spring water has a wonderful mineral content and is stored in hand-blown glass. Plus, I have to admit, when I'm missing the Arkansas Mountains this makes me feel closer to home.

**Honey Mama's Lavender & Rose Cocoa Truffle Bar**

I feel like a queen bee when I treat myself to one of these beautiful chocolate bars. They are made in Portland, Oregon with seven simple ingredients: raw honey, cocoa powder, coconut meat, unrefined coconut oil, salt, lavender oil, and dried red rose petals. If you're like me and need to work on prioritizing your pleasures, you should start here. They make a great gift as well (just remember to keep refrigerated)!

KRISTI**Willy Street Co-op Ranchero Salad**

Piquant and super fresh-tasting salad! Full of bursting with delicious ingredients. I can't seem to eat it slowly enough to savor.

KJERSTIN**Fever Tree Ginger Ale**

Great ginger flavor and the right amount of fizz! I love the 150 ml can size as I can easily slip it in a lunch bag and it's the perfect portion.

THAYER**Quorn Meatless Patties**

What is a "Quorn," you ask? it is a fermented fungus called Mycoprotein, which is not as bad as it sounds. It's a more sustainable protein source than chicken and it's just a delicious and chicken-y in your mouth. Try an easy Quorn Parmesan: Just put one on top of your pasta and red sauce and broil it for a minute with some mozzarella on top. Fanc-easy! OR, google celebrity Drew Barrymore (E.T., Firestarter) for many more Quorn recipe ideas!

AMY**Milwaukee's Best Petite Dill Pickles**

IDK about you but my mouth starts watering when I start thinking about pickles. These are the perfect little salty crunchers to add to your plate, or just eat as a snack right out of the jar.

Jolly Llama Ice Cream Cones

I ALWAYS have these in my freezer. They're gluten-free. They're vegan. They're amazing. It's the ice cream cone you've always dreamed of and never thought you could have again in your GF DF days. The future is now.

KATHERINE**Rushing Waters Wild Alaskan Salmon Burgers**

These burger patties are made from wild-caught salmon and produced locally in Palmyra, Wisconsin. They are great for a quick week-night dinner option, or even better for an elevated breakfast as the main component in a salmon benedict! A tip: put these straight on the grill or skillet frozen, and they will remain intact when they are finished cooking!

NICK**Bell & Evans Whole Chicken**

These air-chilled, hormone-free birds are every bit as flavorful and tender as any farmers' market chicken you will find. Buying a whole chicken is also the most economical way to feed a large group, or have leftovers for the week! I like to remove the backbone and roast in the oven or indirectly on the grill to expedite the cooking process.

Willow Creek George's Kielbasa

I like grilled brats as much as the next Wisconsinite, but if I had to choose between a brat or this kielbasa on a bun, I choose the kielbasa every time. It is slightly more seasoned than a traditional brat, with lots of garlic and pepper to cut through any toppings you may wish to add. I recommend not par-boiling these before grilling, they will cook fast and crisp up better when placed on the grill raw.

**Willy Street Co-op Juice Bar's Cold Brew**

Our Juice Bars have some potent cold brew if you are looking for that extra spring in your step. They use locally roasted Just Coffee beans too.

CAITLYN**Solely: One Whole Organic Banana with Cacao**

This product line has been featured by other staff members as well. It is a great way to get your fruits in an easy to carry way. However, I have come to LOVE this specific offering. It tastes like a dessert and really gives me energy during that afternoon slump. I purchase it by the full pack and keep it on my desk daily.

KRISTINA**Vitruvian Pea Shoots**

I love this product because I was getting tired of normal lettuce based on texture and it was going bad quickly in my fridge. I tried these pea shoots and it changed the texture of a salad and spiced up the taste. They are similar in texture to microgreens. In addition, it lasted probably twice as long as traditional lettuce in the fridge. It is a great way to change up and/or add to your salad routine.

**Plant Boss Meatless Crumbles**

When I first saw these shelf-stable crumbles, they conjured up traumatic memories of dusty old burger mixes from the dark days of meatless options. However, I was totally impressed with the texture and flavor absorption. These crumbles rival any plant-based protein you can find in the freezer section and they're totally organic. They're also from Frontier, so you know the flavored versions are using the best spices available!

SHANNON**Organic Mini Sweet Peppers**

Vitamin C-infused snackin'. Great on their own or for dipping. I like to pop off the tops and fill them with a mixture of smashed avocado, garlic, and chopped dates.

MOURNING DOVE



Tillamook Ice Cream (all flavors)

I first had this ice cream while visiting my brother in Oregon where he lives an hour away from the creamery. The flavor profiles are all top notch and the texture is one of the smoothest and creamiest I've ever encountered. I believe they add extra cream to get this consistency. Treat yourself; you deserve it.

NATE



Madame Chu Ginger Garlic Sauce

This is a must-have staple in our fridge. I use it all the time. It is perfect to add to vegetables and/or meat. The flavor is great! Madame Chu balanced the flavors of garlic and ginger in this locally made sauce. You can tell that she puts her heart and soul into these sauces. Try all three!

AMANDA



Gaia Holy Basil Leaf

Stress. Inflammation. Their downstream effects are the root of many health issues both physical and mental. Holy Basil, also known as Tulsi, is my general-purpose pick for the human condition due its gentle, well-tolerated support of a healthy stress response. An herbal deep breath, Tulsi will always remain in my personal top five for emotional well-being. One of Gaia's cleanly CO2 extracted, 363mg liquid soft-gel capsule provides an equivalent to 2,650mg of the dry herb.

TIM



Wisco Pop Organic Cherry Soda

It's the vanilla beans and cinnamon for me! This soda is so darn yummy, so much so that Wisco Pop describes it as "complex and pretty much tastes like cherry pie cooling on a breezy windowsill." Wow. Organic and local to boot. Give it a try!

ABIGAIL

Grillo's Dill Pickle Spears

I was so stoked to see that Willy North now carries my favorite pickles—Grillo's!! I already had four jars of various pickles in my fridge, but I couldn't walk past without grabbing these. These are an awesome, traditional, Italian deli-style dill pickle. So crispy, crunchy, and fresh! They are made from a 100-year-old recipe, which is pretty cool. I recommend opening a new container over the sink as the pickle juice likes to spill out a little. I also recommend you use these pickles in a fried pickle recipe.

Rishi Loose Leaf Tea Filters

Of course I love using these with my favorite Rishi teas (cinnamon plum and blueberry rooibos if you were wondering) BUT they are also useful for creating my own bath infusions! I like to put some fresh herbs from my garden, dried herbs, or even green tea in these tea bags, tie up with some twine, and pop it in the bathtub with my epsom salts. It's a great way to take your bath up a notch. Biodegradable too!



Willy Street Co-op Vegan Smokey Black Bean and Sweet Potato Salad

Great mix of tangy and light spiciness, this salad is an excellent side for tacos or any grill-ready food.

ETHAN

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