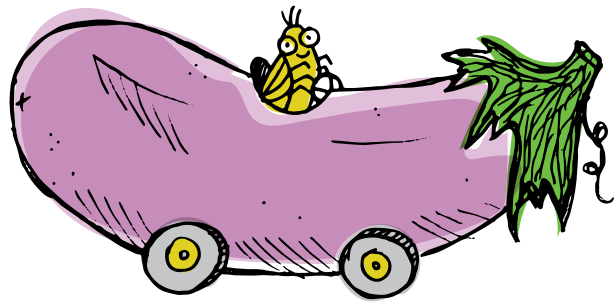




NUTRITIOUS FOODS FOR BUSY KIDS



Little Bug is very hungry. This is what Little Bug eats.



popcorn with butter



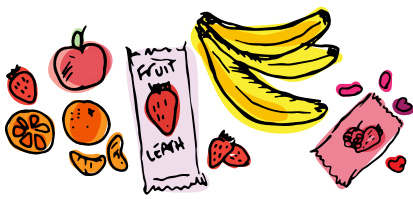
meat sticks and beef jerky



avocados and guacamole



hard boiled eggs



fresh fruits, dried fruits, and all-fruit gummies



tinned fish and crackers

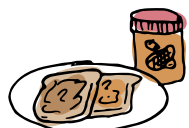


honey



nuts

Little Bug likes to forage for food. This is what Little Bug finds



nut butter toast and sandwiches



hummus and veggies



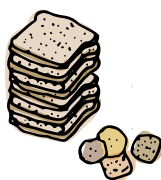
wild grape leaves and fruit



wild black raspberries and mulberries



vegie crisps



whole-grain breads and crackers



wild dandelion greens

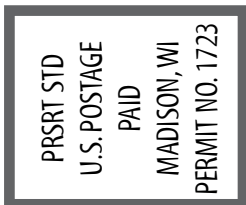
THANK YOU!

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

We are very slowly transitioning to mostly online and e-mailed copies of the *Reader* in order to save paper and to save money on postage. If you can and want to switch to receiving your copy by email, sign up here: willystreet.coop/emails. 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

Strategic Planning; New Products; Jams & Jellies; and More!



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)

BOARD MEETING SCHEDULE

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

September 27
October 25

WILLY STREET CO-OP MISSION STATEMENT

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

ADVERTISE IN THE READER

**Affordable rates, wide
reach, discounts for non-
profits and Owners.
Find info here:
[willystreet.coop/
advertising](http://willystreet.coop/advertising).**

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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

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SALE FLYER DESIGN: Hallie Zillman

GRAPHICS: Hallie Zillman

SALE FLYER LAYOUT: Liz Wermcrantz

PRINTING: Wingra Printing Group

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

BEETNIK JUICE

Q: I see that the Beetnik Juice now has apple juice in it. This juice has always been made with just carrot and beet juice. I can't drink it with apple juice in it and I'm sure all of the people that buy this juice will agree. I also see that the size is much smaller with a high price. Thank you.

A: I received your customer comment about the Beetnik Juice. I'm sorry to report that the Beetnik has, as far as I know, always had apple as an ingredient, but the apple is a small amount and the base of this juice is mostly carrot. Years ago I worked in the East Juice Bar and the recipe is the same then as it is now. It's possible that when we switched to cold press that the apple is coming through with the flavors differently than it had before when we were using a centrifugal juicing method.

As for the price, yes we did increase the price. We were overdue for a price increase actually and it should've been done a while ago. That coupled with the rising costs of food ingredients is costing more than ever to make the product. -Nicholas OConnor, Prepared Foods & Cheese Category Manager

BIODEGRADABLE BAGS

Q: Here's my idea: Why not package the not-so-hot fruit and veg that you sell at a discount in biodegradable bags (the ones you offer customers who would like to bag their produce). I always buy not so hot stuff and end up with all these plastic bags. Because I'm a nut, I cut the tags off each one and recycle them at Target....but does everyone do this? Probably not. They probably end up in the landfill. Thanks.

A: Thanks for reaching out and expressing your ideas! I really appreciate how you properly recycle this packaging and take such initiative.

In regards to using plastic bags on our discounted produce—the bag helps our cashiers identify the products as discounted and allows us to apply the discounted price to the product—in addition, it helps to preserve the freshness of the discounted items. The biodegradable bags were tried out and we found they make the product “sweat” considerably more, and because the discounted items stay in a bag for a bit of time on our shelves, it unfortunately is not a viable option. If bagging options change, we will definitely take this into account as we move forward. In cooperation, Kristina Kuhaupt, Customer Experience Manager

BATHROOMS

Q: Your BATHROOMS!! Yes! Non-gendered, great scent-free soap, hands-free faucets. I am the Mom of an out and proud trans/NB artist and can't wait to tell them about just

another way Willy North ROCKS. God bless you all.

A: Thank you so much for writing in and letting us know how you feel about the new and improved non-gendered bathrooms. We are so excited to have been able to make this upgrade and are pleased that they have been well received. To know that your kiddo will feel welcome and more comfortable in their shoes at our store makes it all worth it. Take the best care and have a fantastic day! Amanda Ikens, Owner Resources Coordinator East and North

DOUBLE DOLLARS

Q: Why is there an added admin fee of .10 for double dollars every time I shop??

A: Thanks for writing in and asking about this line item you see each time you shop. This means that you bring in reusable bags for your groceries, and when the cashier sees those bags, the Co-op donates 10 cents per bag to the Double Dollars Program. You are not charged this amount, we donate that amount; so thank you for both helping out the environment and providing this resource to the community! If you have further questions; feel free to contact me. Have a nice day, Kristina Kuhaupt, Customer Experience Manager

CHILLED WATER

Q: I see that single bottles of water now only available chilled—i.e. no longer stocked in the shelves as single. For those of us who want room temp, we now have bottles condensing while they wait at home on as we carry them. Wish you would reconsider this.

A: Thank you for the feedback. It is appreciated and helpful. Unfortunately I am sorry that we are not able to fulfill this request for you. We moved the single serve from aisle number five due to abysmal sales. Due to our smaller store size we do need to be aggressive with space allocation based on sales. If an item is not justifying the space it holds (sales-wise) we cannot keep it without hurting the Co-op as a whole. Again, I am sorry that this does not work for your situation. Thank you, Jason Zabinski, Grocery Manager—East.

GOOD LECTURES

Q: Thanks for the lectures given by Katy Wallace, ND. They are well researched with lots of good health info and they are fun to listen to. Before Covid they were “live” and went between the 3 WillySt Co-op stores. They went to zoom when Covid hit and are still on zoom.

I moved away from Madison and appreciate it that I can still participate in the lectures from my new home. And better still, if I miss a lecture or I want to listen again I can go to the “Human Nature LLC” website and watch them

as many times as I want to.

I encourage Katy and the Willy St Co-op to keep these lectures online. Thanks Katy. And Thanks Willy St Co-op.

A: I'm happy to hear you're still able to enjoy Katy's lectures! She is a wealth of knowledge and a wonderful resource. I will be sure to share your message with her as well. Take care, Liz Hawley, Education and Outreach Coordinator

EXTRA FLYERS

Q: Please have extra copies of the sale flyers made for store pickup. I only read the rest of The Reader in-store. But I want the flyer to write on and circle specials at home. That's much better than online.

A: We print copies of the sales flyer and place them in our vestibule at the start of each week. We also replenish them as they deplete throughout the week if ever there are no copies of the sales flyer in the vestibule, you can stop at the Customer Service desk and ask the desk clerk for a copy. Thank you for your feedback, I hope you have a wonderful day. -Rob Curtis, Front End Manager—North

FREE-RANGE CHICKEN

Q: Hi Willy Street folks. I was really thrilled to see a potentially “free range” chicken being stocked. Bell and Evans isn't as their chickens are only indoors in a barn. Also, very similar investigations to the one in this article have found that they aren't nearly as humane as they advertise.

Smart Chicken advertises itself as not only humanely raised but organic. Yet, it seems to be neither. It's just one more pretending-to-be-good factory farm making big bucks by doing so. That it is more expensive than Bell and Evans suggests it verse on scamming customers.

True free range chicken like from Jen Ehr in Sun Prairie tastes so much incredibly better than any raise in one of these large concerns. Even semi-free-range like Pecatonica Valley would be better than this.

But I'm going to assume that there's no local suppliers of free range chicken that would meet your needs. So maybe stick to Bell and Evans - a better price point for one fewer lies.

www.cornucopia.org/scorecard/organic-poultry-scorecard/smart-chicken-tecumseh-poultry-tyson/

A: Thank you for your recent email regarding Smart Chicken and Bell & Evans. The reason you have begun to see Smart Chicken on the shelves at the Co-op is due to some supply issues that Bell & Evans has been experiencing. In order to supplement these supply issues and provide our customers with better product availability, we brought in Smart Chicken. Both brands offer USDA certified Organic poultry, as well as all-natural hormone and antibiotic-free poultry products. They both also utilize air-chilling in their processing facilities, which improves quality. While I agree it would be better to partner with a local chicken farmer to supply the Co-op with its poultry, there just doesn't exist a local supplier who can provide us with enough product to fulfill the demands of our three stores. -Nick Heitman, Category Manager: Meat, Seafood, Beer, Wine & Spirits





GENERAL MANAGER'S REPORT

New Equipment; Annual Meeting; Festival Perks Passes; & More

by Anya Firszt, General Manager

HELLO AUGUST—THE SUNDAY OF SUMMER

The start of the traditional school year is just on the horizon... but, before we get too ahead of ourselves, there is still time for summertime fun and eating.

My absolute favorite summer meal, which is mostly from the garden, is pasta with ripe tomatoes, basil, garlic, olive oil, and brie. Yummy deliciousness.

DELI REFRIGERATED CASE INSTALLATION, FINALLY

Last year we planned to replace the deli refrigerated cases in each of our stores; little did we know the lead time for these cases was over 12 months. Finally, we have dates for the cases to be installed; first beginning at Willy West, then shifting to Willy North, and ending with Willy East. We expect installation to be done by the end of August.

Once each store has their new cases, you will be able to find a wide selection of traditional prepared foods and Grab & Go items along with some recently created recipes from our

production kitchen to tempt your tastebuds.

ANNUAL MEETING

Here's a reminder that our annual business meeting moved from July to October. This year the meeting is scheduled for October 5th and it will be virtual. We will share operational highlights from the previous fiscal year, a financial update, Board strategic objectives, and you will have an opportunity to hear from the Owners who are running for the Board of Directors. Stay tuned for details on how to register for the meeting in the coming month.

NEED TO UPDATE YOUR EMAIL?

If you've changed your email address in the last year or if you've never received an email ballot for our Board elections, we may need your new email address! Please stop at the Customer Service desk the next time you are in one of our stores, or email our Owner Records Administrator at ora@willystreet.coop to let us know. Thanks!

FESTIVAL PERKS PASSES

Willy Street Co-op Owners will be able to get half-priced meals and beverages (with or without alcohol) during a three-hour span at one of three community festivals near our store; last month was La Fete, this month is the Middleton Good Neighbor Festival at Fireman's Park, and next month is the Northside Festival at Mallards stadium.

To get your Good Neighbor Festival pass, stop at Willy West starting on Saturday, August 12 at 10am while supplies last. (We will not be distributing Passes for the Good Neighbor Festival at Willy North or Willy East.) These passes are good on Saturday, August 26th, 2:30pm-5:30pm.

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

2023 MADISON MUSIC FESTIVALS

This month, Willy Street Co-op is proud to sponsor another array of festivals in the Madison and Middleton area.

Sessions at McPike Park is first on the music festival docket this month beginning August 11-12 and the final Sessions happening a few days later, on August 16 -17.

The Middleton Good Neighbor Festival is celebrating its Diamond Jubilee (60 years) this year—join in the festivities at Fireman's Park on August 25-27.

On Madison's east side, August 25-26, you can join festival goers at the Orton Park Festival, celebrating its 58th year of outdoor fun and merriment.

And, all summer long the Co-op is sponsoring Forward Madison FC, with their home soccer games being played at Breese Stevens Field.

SPECIAL STORE HOURS

Stores close at 7:00pm Labor Day, Monday, September 4, Labor Day .



BOARD REPORT

Strategic Planning & Double Dollars

by Isabel Spooner-Harvey, Board Member

For many, summer is a time to pause and reflect. The Board has a lot to reflect on this summer after meeting for a couple of Strategic Planning retreats this Spring. We are also looking ahead to Fall, which brings Board elections and the return of the Double Dollars program.

STRATEGIC PLANNING RETREATS

This spring, the Board met at two retreats to winnow out and deeply examine what the Co-op stands for and what is truly unique about it. The Strategic Planning process is an enormous opportunity to build on our strengths while exploring how the Co-op will navigate the diverse and complex challenges of the coming years. It's an exciting time for us and there are several avenues for change and growth that the Board will consider pursuing as they work through the Strategic Planning process.

At the strategic planning retreats, we mapped the competitive landscape, looked at national trends among cooperative grocery outlets and compared

what makes us different from our competitors. We performed a strategic audit of our strengths, weaknesses, opportunities, and threats. Finally, we developed a set of strategic objectives that we hope to gain feedback on from Owners. The draft strategic objectives focus on building future success in areas where we currently excel; continuing to deepen our community ties and look for new ways to prioritize the local in all aspects of our business; improve our digital presence; and position ourselves as the employer of choice with current and future employees who reflect our diverse community.

VIRTUAL LISTENING SESSIONS

Your input is requested for our strategic plan and strategic priorities that will guide us. Please join us during one of two virtual listening sessions. The first is on Sunday, August 20 from 3:00pm to 4:00pm and the second is on Monday, August 28 from 4:00pm to 5:00pm. We will also have a strategic priority input form live on the website in mid-August.

For additional strategic planning information, the feedback form, and for listening session virtual links please visit willystreet.coop/strategic-plan. This is your chance to have your say in how we will guide the Co-op's identity and focus, always with the constant thread of our Ends Policy.

BOARD ELECTIONS & DOUBLE DOLLARS

Fall is just around the corner and with it comes Board elections and the return of the Double Dollars program. If you want to have an even greater voice in steering the Co-op into the future, consider serving on the Board of Directors! Elections are coming up soon and there are four open seats this year. Board members monitor policies that they set as well as oversee GM performance and approve the budget. All Owners who have shopped at the Co-op at least once in the last 12 months can run for the Board. See willystreet.coop/run-for-board for more details.

Starting in late October and running through March, on Tuesdays any shopper using their FoodShare/

QUEST card to purchase groceries will be eligible to receive up to \$20 worth of Double Dollars vouchers. That is up to \$20 in Double Dollars vouchers each Tuesday while the program is running. This is a fantastic program that can really stretch your produce budget. For every \$5 you spend using FoodShare/QUEST on eligible items, the Co-op will give you one \$5 Double Dollar voucher, up to \$20.

The vouchers can be used at any Willy Street Co-op retail location on any day October 2023 through May 2024 (as funds allow the program to continue) to purchase items in our Produce Department; canned and frozen fruit, vegetables, and legumes; seeds and seedlings for growing edible plants. For further details on the Double Dollars program, please visit willystreet.coop/double-dollars.

I hope all Owners will take advantage of these meaningful opportunities to engage with the Co-op. Please reach out to all-board@willystreet.coop if you have any questions about any of the topics in this article.



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.



CSA Q&A

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

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

COOKING WITH CHEF PAUL: SIMPLE AND DELICIOUS DINNERS

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

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

COOKING WITH CHEF PAUL: PLANT-BASED MEALS

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

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

IT'S HARVEST TIME!

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

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

COOKING WITH CHEF PAUL: PESTO & HUMMUS

Location: Willy West Community Room
****NEW DATE** Wednesday, August 30, 6:00pm–8:00pm**
Ages: 12 and older; adult supervision required
Your Co-op's Own Instructor: Paul Tseng
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 10

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

SHRIMP AND PORK WONTONS

Location: Willy West Community Room
Thursday, September 7, 6:00pm–7:30pm
Ages: 12 and older; adult supervision required

Instructor: Monique Lu
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 10

Wonton is a type of dumpling commonly found across regional styles of Chinese cuisine. Join home cook Monique Lu for a demonstration on how to make Sichuanese-style wonton. They are delicate and tender, smothered in flavorful chili oil. It's a wonderful option for a weekday meal—they are quick to make and freezer-friendly! Demonstration with limited hands-on opportunities.

Monique is originally from Taiwan, where Chinese dumplings were part of her food experience growing up.

COOKING WITH CHEF PAUL: PASTA FROM SCRATCH

Location: Willy West Community Room
Thursday, September 14, 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 and roll up your sleeves to learn how to make farfalle and angel hair pasta in this hands-on class; plus Paul will demonstrate a quick tomato sauce to go with the handmade fresh pasta. A green salad with feta will round out the meal. Vegetarian. Ingredients/recipes may be modified based on seasonal availability. Hands-on.

SIX SPICES: VEGETARIAN COOKING WITH LENTILS AND BEANS

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

Join Chef Neeta Saluja, chef and author of *Six Spices: A Simple Concept of Indian Cooking* for this vegetarian class featuring Garbanzo Beans in Tamarind Sauce (Chole), Sprouted Moong Bean Salad, and Puri, a deep fried traditional Indian bread prepared with whole wheat flour. Demonstration with limited hands-on opportunities.

COOKING WITH CHEF PAUL: KIMCHI & KOREAN BBQ

Location: Willy West Community Room
Thursday, September 21, 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

With a great culinary tradition, Korean cuisine is largely based on rice, vegetables, seafood, and meat. Join Chef Paul to learn how to make quick kimchi, Korean BBQ sauce for noodles, rice, protein, and vegetables. Ingredients/recipes may be modified based on seasonal availability. Demonstration only.

INCLUSIVE TRADE AT FEED KITCHENS FEATURING MANGO MAN SALSAS

Location: FEED Kitchens, 1219 N. Sherman Ave, Madison, WI 53704
Sunday, September 24, 1:30pm–3:00pm
Ages: 18 and older
Your Co-op's Own Instructor: Mike Tomaloff
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 8

Join Willy Street Co-op's own Mike Tomaloff for a summertime series of cooking classes featuring the Inclusive Trade vendors of FEED Kitchens. In this class, Mike will feature Mango Man salsas in a variety of recipes. Demonstration with limited hands-on opportunities.

COOKING WITH CHEF PAUL: SCALLION PANCAKES & OXTAIL SOUP

Location: Willy West Community Room
Thursday, September 28, 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 richness of oxtail soup pairs well with a simple flaky scallion pancake. The soup will be seasoned with five different spices plus simple root vegetables. The technique of making scallion pancakes will be shown step by step. Join Chef Paul for this homey meal for any occasion. Ingredients/recipes may be modified based on seasonal availability. Demonstration only.



PATE À CHOUX WITH PIERRE FERLAND

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

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

APPLE PIE THREE WAYS WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, September 27, 6:00pm–8:30pm
Ages: 14 and older; adult supervision required
Instructor: Pierre Ferland
Fee: \$20 for Owners; \$30 for non-owners
Capacity: 10

Join Chef Pâtissier Pierre Ferland in another new pie class to learn how to make apple pie three different ways. We'll start out by making the classic American apple pie, then a classic French apple tart, and finally a rustic apple galette. In this class, we'll make two types of pie dough, prepare the apples, assemble, bake, and finally, taste the results. Demonstration with limited hands-on opportunities.



COOKING TOGETHER: FLAVORS OF SOUTH AFRICA

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

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

COOKING TOGETHER: FLAVORS OF SPAIN

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

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

COOKING TOGETHER: FLAVORS OF POLAND

Location: Willy West Community Room
Friday, September 8, 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 put together a potluck of popular foods from

Poland—Beets, dill, cucumber, mushrooms, Pierogi, Golabki, and more 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 FRANCE

Location: Willy West Community Room
Friday, September 29, 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 make a marvelous meal inspired by the flavors of France—creamy cheeses, fantastic fruits, savory herbs, crusty baguettes, prolific produce and more 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.



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

Location: Willy West Community Room
Monday, August 14, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 2-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

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

KIDS IN THE KITCHEN: FROSTY FAVORITES!

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

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

KIDS IN THE KITCHEN: SUMMER PICNIC!

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

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

READ A BOOK & LEARN TO COOK: HANDMADE CORN TORTILLAS

Location: Willy West Community Room
Monday, August 28, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 2-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

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

KIDS IN THE KITCHEN: AWESOME AFTER SCHOOL SNACKS!

Location: Willy West Community Room
Tuesday, September 5, 4:15pm–5:30pm
Instructor: Lily Kilfoy
Ages: 5–8 years old





Fee: \$10 for Owners; \$20 for non-owners
Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. Summer is winding down and school is in full swing and that means afternoon snacks to keep kids going before supper. Kale chips and dip, pizza bites, trail mixes and more. In this class, participants will create awesome after school snacks. Hands-on.

**READ A BOOK & LEARN TO COOK:
TOMTATO-BASIL SOUP**

Location: Willy West Community Room
Monday, September 11, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 1-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this 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 Tomato-Basil Soup together. Read-aloud will include *I Will Never Not Ever Eat a Tomato* by Lauren Child and *Growing Vegetable Soup* by Wisconsin author Lois Ehlert.

KIDS IN THE KITCHEN: SMOOTHIES AND WRAPS!

Location: Willy West Community Room
Tuesday, September 19, 4:15pm–5:30pm
Instructor: Lily Kilfoy
Ages: 9–12 years old
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. Two tasty topics will tantalize your taste buds. Fruits, juices, yogurt, seeds and even veggies will find their way into these smoothies. Tortillas will be used to wrap fantastic fillings. Participants will work in cooperation to create scrumptious smoothies and wonderful wraps. Hands-on.

**READ A BOOK & LEARN TO COOK:
PANCAKES WITH BERRY JAM**

Location: Willy West Community Room
Monday, September 25, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 1-4 years old; adult supervision required
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 10

Join Chef Lily Kilfoy in this 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 Pancakes with Berry Jam

together. Read-aloud will include *Pancakes, Pancakes!* by author Eric Carle and *Jamberry* by author Bruce Degen.

KIDS IN THE KITCHEN: WAFFLES AT WIL-MAR!

Location: Wil-Mar Neighborhood Center
Thursday, September 28, 4:00pm–5:15pm
Instructor: Lily Kilfoy
Ages: 5–8 years old
Fee: \$10 for Owners; \$20 for non-owners
Capacity: 12

Join Chef Lily in this hands-on cooking class for kids at Wil-Mar Neighborhood Center! Waffles are well-loved by wise ones around the world, like, Willy kids in Wisconsin! We'll make Unicorn Waffles as unique as our street, Cinnamon Roll Waffles, and Cheesy Cornbread Waffles that can't be beat. Participants in this class will whip up a World of Waffles at Wil-Mar! Hands-on.



BASIC KOMBUCHA BREWING FOR BEGINNERS

Location: Wil-Mar Neighborhood Center
Wednesday, August 30, 6:00pm–7:00pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano
Fee: \$40 for Owners; \$50 for non-owners
Capacity: 16

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

KOMBUCHA II

Location: Wil-Mar Neighborhood Center
Wednesday, August 30, 7:15pm–8:15pm
Ages: 12 and older; adult supervision required
Instructor: Vanessa Tortolano
Fee: \$25 for Owners; \$35 for non-owners
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-

RUN
for the **willy street co-op**
Board of Directors
See willystreet.coop/run-for-board

Candidates are required to attend a Candidate Orientation Session. Please see the website or Board candidate application for details!



Please see our website or Board candidate application for dates!



Deadline for applications: September 1st at 11:59pm.

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brewing knowledge is recommended. Demonstration with limited hands-on opportunities.



INFUSED OILS AND SALVE-MAKING FOR BODY CARE

Tuesday, September 12, 6:00pm–8:00pm
Your Co-op's Own Instructor: Kirsten Landsverk
Ages: 18 and older
Fee: \$15 for Owners; \$25 for non-owners
Capacity: 10

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



FOOD-BASED CLEANSING

Location: Zoom
Wednesday, August 30, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

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

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

NATURAL ALLERGY AND HISTAMINE RELIEF

Location: Zoom
Wednesday, September 13, 12:00pm–1:00pm
Instructor: Katy Wallace
Fee: Free; registration is required

Learn how low-histamine foods can bring relief from allergic responses. Katy Wallace, Naturopathic Doctor of Human Nature, LLC, presents natural approaches, including natural supplements and foods, that aid the body in naturally lowering histamine levels.

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, August 9, 1:30pm–4:45pm
Wednesday, September 20, 1:30pm–4:45pm
Location: Zoom
Tuesday, August 11, 1:30pm–4:45pm
Wednesday, September 6, 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 45-minute consultation regarding your health goals, as well as lifestyle and food choice suggestions geared toward addressing health goals and developing sustainable change.

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

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GROCERY NEWS

Jams & Jellies Beyond the PB&J



by Micky Ellenbecker, Purchasing Assistant

I'm not a jam or jelly person, I'm just not. Eating jelly on toast has never been my thing because it's just too sweet or too much of the same thing. But I have a new obsession. It's jam and jelly! This new obsession has a very specific application, which involves putting different jams, jellies, and fruit preserves on traditionally savory sandwiches or wraps.

I knew I already liked this combination because I'm a sucker for it whenever I see it on a restaurant menu, but for some reason I never apply this simple yet ingenious twist at home. Probably because I'm not a jelly person, so I never buy jelly! Well, now I buy all the jams willingly and I also find myself trying to brainstorm new or classic sandwich combinations that could be given a jammy flavor boost. Let me share two of my latest concoctions with.

Cottage Bacon, Egg & Fig Jam Wrap

I made this one on a recent camping trip and it involved all sorts of random ingredients all wrapped into a very satisfying breakfast. I chose Divina Chili Fig Spread to give the final flavor boost for my wrap, but Quince & Apple's Black Tea & Fig Preserves also served to be a great fig option for those that wanted to avoid spicy foods. Serves 2.

- 2 slices Willow Creek Cottage Bacon, chopped
- 4 eggs, beaten
- 1 handful Caesar's Sharp Cheddar, shredded
- 1 handful cherry tomatoes, chopped
- A few sprigs of fresh dill
- 1-2 scallions, chopped
- 1 Tbs. Divina Chili Fig Spread or Quince & Apple Figs & Black Tea Preserves
- 2 Gitto's 8-in Flour Tortillas
- butter or oil
- salt and pepper to taste

Directions: Melt butter or oil in a skillet and add the chopped cottage bacon to fry up for a couple minutes, and then add the beaten eggs, salt & pepper. Once the eggs are nearly cooked, turn the heat to low and mix in the shredded cheddar until uniformly combined. Lastly add the dill, tomatoes, and scallions and stir

for another minute until combined. Remove from heat. Once you've applied your desired amount of fig jam to your tortilla, add the egg mixture and enjoy!

Mediterranean Marmalade Dream

This sandwich is a great combination of diverse flavors. You get the bitter from the marmalade and the arugula, the sweet from marmalade and cucumbers, the salty from the feta, kalamatas, and hummus, and the tang from the sourdough. I know not everyone loves arugula. I personally find it to be too dominant of a flavor for a salad, but it's a great option for this sandwich as there are many other flavors to balance it out. I recommend giving it a try, but any other salad-type green will serve as a substitute if you know arugula just isn't your thing. Serves 1.

- 1-2 slices sourdough bread
- 1 Tbs. Quince & Apple Orange Marmalade with Lemon
- 2-3 Tbs. hummus
- 1-2 Tbs. feta crumbles
- 5-6 Kalamata olives, chopped
- 6-8 cucumber slices
- 1 handful arugula

Directions: This one doesn't require any cooking, so it's super fast, but still very satisfying. First, I toast the Sourdough Bread, and my personal favorites are Troubadour Bakery or Madison Sourdough sandwich loaves. I tend to be an open face sandwich kind of human these days, so I just use one slice personally. It gets a little messy, but I'd rather have more toppings and less bread. Then I add the ingredients in the order they appear on the list from top to bottom. That way the small bits of feta and kalamatas stick to the hummus and you have a more cohesive masterpiece.

AND THERE'S MORE!

We offer a lot of your standard fruit jams and jellies, but we also have a number of options that many may not have tried yet, and they lend themselves perfectly to these sorts of applications. Quince & Apple is our local fruit preserve champion of unique flavors. Beyond the Figs & Black Tea and Orange Marmalade with Lemon that I mentioned above, we offer their full line of preserves, which includes Tart Cherry & White Tea, Pear Mostarda, Peach Chamomile, and Shallot Confit with Red Wine, to name a few. We also offer a number of their preserves in small 1.5oz jars, so you can sample them before committing to the full jar. Other brands with unique flavors include Divina, Mitica, and Casa Forcello. I'm planning on trying the Mitica Tomato Jam (found at East & North) once I work through some of my current stash! Some of these special offerings are only stocked in or nearby the Cheese departments at all three stores, so be sure to check there if you don't find what you're looking for in the usual jam and jelly aisle.



PRODUCER NEWS

Interview with Sandra Morris of Ernie's Kick Sauce



by Dean Kallas, Grocery Category Manager

Q: Where did you grow up?

A: "I was born in Libreville, Gabon, but raised in Togo Lomé, West Africa. I moved to the United States when I was a teen."

Q: When did you move to Wisconsin?

A: "When I was 14 years old, I moved to Wisconsin."

Q: How did you get interested in cooking?

A: "My mom's great cuisine got me into cooking. Spicy foods have always been a staple in our kitchen from generation to generation. I like to cook healthy 30-minute meals, like couscous, plantains, yucca cassava root and salads. I don't like to spend hours in the kitchen."

How would you best describe the style of food you make to someone who has not had one of your sauces before?

A: "My Ernie's Kick Sauce is a tongue sizzling, party-in-your-mouth, finger-licking sauce. It's a flavoring sauce that enhances the natural flavor of your meal without overpowering it."

"Kick Sauce is not hot sauce and not salsa. It's the tastebuds-awakening experience you have never had. The beauty of our Kick Sauce stems from its versatility. It can be used on all types of dishes—fish, chicken, beef, or vegetarian. It can also be served as a condiment or dip with an appetizer and as marinade. Kick Sauce takes your ordinary meal to extraordinary."

Q: Who is your biggest influence?

A: "Besides my mother, I liked to watch Guy Fieri from Diners, Drive-Ins, and Dives. He is exciting to watch and make food fun."

Q: As an immigrant, what kinds of challenges have you faced in the U.S.?

A: "Besides the language barrier I had to adapt to a new culture. After 30 years of living in Madison, Wisconsin we were missing the spicy elements of our West African culture and wanted to share our authentic cuisine with consumers. Spicy food has been a staple in our household. We eat peppers every day. It makes you feel alive! More Americans are realizing the benefits of peppers. They are good for your immune system."

Q: What is the best part of your work?

A: "I like introducing my sauce to potential new customers, as well as meeting people. I love selling Kick Sauce every weekend at our local Westside Community Market. My sauce is being shared by people with their families and they are telling their friends about it. That makes me feel good."

Q: What are your favorite ingredients to work with and why?

A: "Pepper, garlic, and onions are my favorites, because they enhance the natural flavor of your meal and make it tastier."

Q: When did you start making your sauces? What was the inspiration behind them?

A: "In 2016, I lived in Chicago, IL and would often commute to Madison to visit my mother. Typically, at the end of my visit, my mother (Ernestine) would cook for me; and make her homemade sauce for me to take with. I would then share the sauce

with my friends and give out samples. I continued giving out samples at gathering events I attended. The positive feedback I received was so invaluable and positive, which indeed ignited my curiosity to further explore the possibilities of offering my mother's amazing sauce to others. I then started doing research on the hot sauce industry; in doing so I learned so much and discovered a renewed passion for being an entrepreneur. I knew we had a winning product because our "Kick Sauce" is enriched with flavors that enhances the natural flavor of your meal without overpowering it, unlike most leading hot sauce brands in the market, which are mostly infused with vinegar and salt. We love making it and people love using it. We would like to thank all our supporters."



Q: Which of all your creations are you most proud of?

A: "I'm mostly proud of being the founder of Ernie's Kick Sauce. Although it was challenging from the beginning I never did give up on my aspirations of being an entrepreneur. When we started this journey, it was scary, but we had the good people of FEED Kitchens helping us. We did not have a vision of the bottle or logo, and now seeing the final product I am very proud. I am so glad that I turned my idea into something tangible. Even though I was scared, I kept pushing on because I knew I had something special, Kick Sauce."



Q: What motivates you to keep creating?

A: "I like solving problems and that is the main motivation for me. I solved the need for flavor in hot sauces industry. Kick Sauce is the new hot sauce."

Q: Do you have any other hobbies or interests?

A: "I like to exercise and write funny stories. I like to go to movies. I like to talk to people about my Kick Sauce."

Q: Do you have any new products in development?

A: "Not right now. We are focusing on expanding our production. In the future, we will likely develop a hotter version for the people who like it scorching hot. Also, thinking about creating a Kick Sauce salad dressing."



PRODUCT NEWS

NEW PRODUCTS AT YOUR CO-OP



by **Melissa Reiss,**
Purchasing Assistant



JAMAICAN BLUE MOUNTAIN COFFEE

Authentic Blue Mountain coffee grown at steep elevations north of Kingston, Jamaica and imported to the Midwest by Milwaukee resident Dave Bent, whose parents emigrated from Jamaica in the 1970s.

The coffee is less acidic, based on the volcanic soil it's grown in. This also lends to a smooth flavor with no bitter aftertaste. With all that and hints of cocoa, you can see why this is a very sought-after style of coffee grown in a special region. Available at all three stores!



EVERETT SMOKED FISH

The fish is sourced from Lake Superior's own oligotrophic natural ecosystem, and smoked by real oak and maple fires—no electric smokers or liquid smoke allowed!

Fully cooked and ready to eat. The oils within smoked fish muscle tissue produce a soft, delicate, moist meat. Available at all three stores!



ENER-C

Flavorful fruit drink mix that is abundant in nutrients that are selected for their great quality and enhanced absorption abilities. Each packet contains Vitamins A, C, E and Zinc for antioxidant and immune support, plus B vitamins and potassium for energy. Tasty and convenient for an on-the-go boost. Available at all three stores.



THE ESSENTIAL BAKING COMPANY

The Essential Baking Company is an artisan bakery providing organic bread, gluten-free bread, pastries, and desserts to grocery stores, cafes, and restaurants. Loaves come partially baked and individually wrapped and you finish baking. Take & Bake in only 12-15 minutes! USDA Certified Organic and Non-GMO Project Verified. No preservatives! Available at all stores; selection varies by site.



SHARAY'S GHANA STYLE BRITTLE

Artisanal brittle crafted with a traditional Ghanaian recipe, using ingredients that are sourced fairly, sustainably, and locally. Made in Wisconsin by Yaw, who migrated to the U.S. with a dream of owning and operating his own business. In July 2020, he introduced Ghana Style Brittle at the Appleton Downtown Farmers Market in Appleton, WI, after placing his own spin on his mother's recipe. Yaw and his brittle business are committed to living according to three key values: Simplicity, Inclusivity and Understanding. All products are wheat-free, gluten-free, dairy-free, and vegan, and—you guessed it—available at all three stores.

willy street co-op

Middleton **GOOD NEIGHBOR** Festival

PERKS PASS

Up to 1,000 Willy Street Co-op Owners will be able to get half-priced meals and beverages during a three-hour span at Middleton Good Neighbor festival.

PERKS PASS
MIDDLETON GOOD NEIGHBOR FESTIVAL
Saturday
Aug. 26th
2:30pm-5:30pm

Perks Pass Distribution starts at 10am on Saturday Aug. 12th at Willy West

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

Northside Festival
(pass valid Saturday, Sept. 23, 2pm-5pm)
Passes at Willy North starting Saturday, Sept. 9 at 10am

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

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Health & Wellness co-op deals: August 2-15

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**Alaffia
EveryDay Shea
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All Kinds on Sale!
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**Moon Valley Organics
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All Kinds on Sale!
4 oz • Save \$3

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

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5 oz • Save \$1.60

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**Everyone
Hand Soap Refill**

Meyer Lemon + Mandarin,
Lavender + Coconut
32 fl oz • Save \$5.10

\$6.39/tx

coop deals.

**Country Life
Coenzyme
B-Complex**

60 vcap • Save \$8.20

\$12.79

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**Barleans
Fresh Flax Oil**

16 fl oz • Save \$7
19.99

\$19.99/tx

coop deals.

co-op deals: August 16-29



**Giovanni
Shampoo**

All Kinds on Sale!
8.5 fl oz • Save \$3.60

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coop deals.



**Sukin
Sensitive
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4.23 fl oz • Save \$3.10

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**Natural Factors
Vitamin D3 2000 IU**

120 sgel • Save \$4.20

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Organic Salad Dressings
All Kinds on Sale!
8 fl oz • Save \$2.89
\$3.99

Caboo
Tree-Free Bathroom Tissue
12 pk • Save \$2
\$10.49/tx

Jolly Llama
Sorbet Squeezeup
All Kinds on Sale!
12 oz • Save \$1.50
\$5.99



C2O
Coconut Water
17.5 fl oz • Save \$1.20
\$1.59

Napa Valley Naturals
Organic Red Wine Vinegar
12.7 fl oz • Save \$2
\$3.99

Simple Mills
Gluten-Free Almond Flour Crackers
All Kinds on Sale!
4.25 oz • Save \$1.80
\$3.99



Lesser Evil
Himalayan Pink Salt Popcorn
All Kinds on Sale!
4.6 oz • Save \$1
\$2.99

Four Sigmatic
Organic Chaga Mushroom Coffee Mix
Cordyceps, Lion's Mane
10 pk • Save \$2
\$8.99

Chobani
Greek Yogurt
All Kinds on Sale!
5.3 oz • Save 34¢
\$1.25



Beyond Meat
Plant-Based Brats
14 oz • Save \$9.79 on 2
Buy One at \$9.79 Get One FREE

Soul Brew
Kombucha
All Kinds on Sale!
12 fl oz • Save \$1.30
\$3.99/tx

Deep Indian Kitchen
Potato & Pea Samosas
11 oz • Save \$2
\$4.99



Go Macro
Bars
All Kinds on Sale!
1.8-2.5 oz • Save \$1.98/2
2 for \$5

Silk
Soy Yogurt
All Kinds on Sale!
5.3 oz • Save 24¢
\$1.75

Noka
Organic Fruit & Veggie Smoothies
All Kinds on Sale!
4.22 oz • Save \$1.58/2
2 for \$4



Frontera
Salsa
All Kinds on Sale!
16 oz • Save \$1.29
\$3.50

Gibson Farms, Inc
Bulk Raw Walnuts Halves and Pieces
Rndm wt • Save 30¢/lb
\$3.99/lb

Nature's Path
Organic Cold Cereal
All Kinds on Sale!
10.6-14 oz • Save \$1.80-\$2
\$3.99



Miyoko's Creamery
Organic Vegan Mozzarella
8 oz • Save \$1.50
\$7.99

Tofurky
Plant-Based Deli Slices
All Kinds on Sale!
5.5 oz • Save \$1.30
\$3.19

Nixie
Organic Sparkling Water
All Kinds on Sale!
8x12 fl oz • Save \$2
\$3.99



The specials on this page are valid August 2-15

All Specials Subject to Availability. Sales Quantities Limited.

AUGUST

co-op deals: August 16-29

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



gimme
Organic Roasted Seaweed Snacks
All Kinds on Sale!
0.35 oz • Save 70¢
\$1.79 **coop deals**

Crofter's
Organic Just Fruit Spread
All Kinds on Sale!
10 oz • Save \$1
\$3.99 **coop deals**

Good Health
Veggie Stix
6.25 oz • Save \$1.30
\$2.99 **coop deals**



Annie's Naturals
Mac and Cheese
Shells and White Cheddar, Classic, Four Cheese, Shells and Real Aged Cheddar
6 oz • Save \$1.29
\$1.50 **coop deals**

Kalona Supernatural
Organic Sour Cream
16 oz • Save 50¢
\$3.49 **coop deals**

Alden's
Organic Sea Salt Ice Cream Sandwiches
16 oz • Save \$2.30
\$6.99 **coop deals**



Birch Benders
Organic Pancake & Waffle Mix
16 oz • Save \$1.80
\$3.99 **coop deals**

Earth Balance
Organic Whipped Buttery Spread
13 oz • Save \$1
\$5.99 **coop deals**

Back To Nature
Crackers
Organic Stone Ground Wheat, Crispy Wheat, Classic Round, Harvest Whole Wheat, Flatbread Multigrain, Flatbread Pink Himalayan Salt
5.5-8.5 oz • Save \$1.29
\$3.50 **coop deals**



Evol
Burritos
All Kinds on Sale!
6 oz • Save \$1
\$2.29 **coop deals**

Biokleen
Free & Clear Laundry Powder
10 lb • Save \$5
\$18.99/tx **coop deals**

Ben & Jerry's
Ice Cream
All Kinds on Sale!
16 oz • Save \$2
\$4.49 **coop deals**



Koyo
Ramen
All Kinds on Sale!
2-2.1 oz • Save 30¢
\$1.19 **coop deals**

Matt's
Cookies
All Kinds on Sale!
10.5 oz • Save \$1.50
\$3.99 **coop deals**

Just
Plant-Based Folded Egg Replacement
8 oz • Save \$1.80
\$3.99 **coop deals**



Grillo
Dill Pickle Spears
32 oz • Save \$2.30
\$5.49 **coop deals**

Imagine Foods
Organic Broth
All Kinds on Sale!
32 fl oz • Save 50¢
\$3.79 **coop deals**

Essentia
Electrolyte-Enhanced Water
50.72 fl oz • Save \$1
\$1.99 **coop deals**



La Croix
Sparkling Water
All Kinds on Sale!
12 pk • Save \$1
\$4.79 **coop deals**

Evolution Fresh
Organic Cold-Pressed Orange Juice
59 fl oz • Save \$1.30
\$7.99 **coop deals**

RJ's
Licorice
All Kinds on Sale!
7.05 oz • Save \$1.30
\$2.99 **coop deals**



Kettle Brand
Potato Chips
All Kinds on Sale!
5 oz • Save \$1
\$2.99 **coop deals**

Natural Sea
White Albacore Tuna
5 oz • Save 60¢
\$3.39 **coop deals**

Que Pasa
Tortilla Chips
All Kinds on Sale!
11 oz • Save \$1
\$3.49 **coop deals**



The specials on this page are valid August 16-29

All Specials Subject to Availability. Sales Quantities Limited.

For Black-Owned Business Month, we're highlighting our Black-Owned Inclusive Trade vendors.



Alaffia
Body Care Products



Mina
Authentic Moroccan
Pantry Staples



Ecos
Eco-conscious
Cleaning Products



Soul Brew
Kombucha



Me & The Bees
Lemonade



Just Water
Pure Spring Water



A Dozen Cousins
Authentically
Seasoned Beans



Honey Pot
Feminine
Care Products

More information at willystreet.coop/inclusive-trade ►



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

willy street co•op

Willy Street Co-op's Partnership with Access to Independence:

Working Together to Make Our Stores Accessible for All

by Jim Jirous, Facilities Director

In March 2022, as a part of our Ownership & Community Engagement Diversity, Equity, and Inclusion (DEI) work, and our partnership with Step Up: Equity Matters, we were introduced to Downtown Madison, Inc's Beyond Compliance Taskforce. This gave us the opportunity to learn about the Access to Independence Accessibility Services Program. This program provides consultation and technical assistance to help Madison businesses ensure accessibility and inclusiveness for people with disabilities. This introduction coincided with our interest in determining how to make our stores more accessible.

Jason Beloungy is the Executive Director of Access to Independence and Chair of the Beyond Compliance Taskforce. He started at Access to Independence

in 2010 in a different leadership role, and in 2019 became the Executive Director. Prior, Jason was a Policy Analyst for the National Council on Independent Living (NCIL) in Washington, D.C. and was involved in disability policy, focusing on areas such as healthcare and long-term care.



Jason Beloungy,
Access to Independence Director and Chair of the Beyond Compliance Taskforce

Through discussions with Jason, it was determined that Willy Street Co-op should consider how our store layout and facilities affect accessibility in our stores and what could be done to improve accessibility. With input from other Willy Street Co-op directors and managers, we defined a scope of work that covered both interior and exterior spaces. The main areas that were evaluated included: counters and facilities heights, safety markings and signage, ease of navigation everywhere in the stores, restroom ADA compliance, exterior approaches to the stores, curbs and cutouts in the parking lots, uneven surfaces, and accessible parking signage.

Below you will find Jason's thoughts on our work together, his team's findings and a little bit of information about his organization.

"In September of last year, Access to Independence partnered with Willy Street Co-op to conduct an accessibility evaluation of all three stores. Two members of the Accessibility Services team went on-site to all three locations and reviewed aspects such as parking, paths of travel, restrooms, and functional elements such as service counters and shelving. Following the on-site evaluation, a report was provided to Willy Street Co-op that outlined any identified barriers at the three locations, and recommendations to address those barriers. Some of the barriers were related to compliance with the Americans with Disabilities Act (ADA), and some recommendations were best practices to ensure better access and inclusion for customers with disabilities."

ABOUT ACCESS TO INDEPENDENCE

Access to Independence, Inc. is a non-profit, disability-led and operated Independent Living Center (ILC) that provides resources, services, and advocacy to people of all ages with all types of disabilities in Dane, Columbia, Green, and Dodge counties in south-central Wisconsin. We help people develop the tools and skills to make informed choices for themselves and work to increase the choices available to people with disabilities. Access to Independence began in 1978, and is celebrating 45 years this year.

ABOUT ACCESS TO INDEPENDENCE

Services provided for people with disabilities:

Our services include: information and referral; skills training; peer support; individual advocacy; transition from institutions to the community, as well as assistance to those at risk of entering institutions; transition of youth to post-secondary life; youth services including classes and adaptive gaming; assistive technology demonstrations, loans, acquisition and training; and home modification evaluation. Access to Independence also engages in community-impact activities such as systemic advocacy, education, and collaboration.

ACCESSIBILITY CONSULTATION AND TECHNICAL ASSISTANCE

Access to Independence works with businesses, organizations, and local governments to assist with improving accessibility and inclusion of people with disabilities. Our goal

ACCESSIBILITY CONSULTATION AND TECHNICAL ASSISTANCE

is to ensure an accessibility strategy that is right for each client, and equip our clients with the knowledge and support needed to implement and continue this important work. These services include evaluations and technical support for: websites and digital access; festivals and events, whether internal or in the community; existing buildings and spaces, as well as designs for new buildings and spaces; and training for management and employees to ensure an inclusive and accessible company culture and customer experience.

ACCESSIBILITY CONSULTATION FOR WILLY STREET CO-OP

Access to Independence applauds Willy Street Co-op for not only seeking support to identify barriers to accessibility and inclusion, but to actively use the recommendations to enact changes. One of the Accessibility Services evaluators from Access to Independence noted: "What stood out during the evaluation across all three stores was that there were no barriers preventing access to the fundamental functions of a grocery store. Anyone can get into the stores, buy an item, and get back out. What also stood out was how accessible the restrooms were, overall. All the restrooms were spacious enough to allow access for anyone, and the majority had automatic openers, which greatly increases access and is above and beyond compliance. The ADA is dense, complicated, and intended to be a vaguely worded document with many opportunities for different interpretation. It is reasonable to expect that not everyone involved in running a business is going to be fully knowledgeable about ADA standards, and sometimes all it takes is one person to unknowingly, or unintentionally, create a barrier to access."

ACCESSIBILITY CONSULTATION FOR WILLY STREET CO-OP

This is why it is important for businesses to seek support, and use that knowledge, as Willy Street Co-op has done.

UPCOMING EVENTS

Access to Independence is excited to host its sixth annual Artists Beyond Boundaries event, this October 12. Artists Beyond Boundaries is an art event and fundraiser hosted by Access to Independence, and is designed to celebrate the talents of

artists with disabilities living across the state of Wisconsin. The event begins at 5:30pm at the Goodman Community Center, and will provide an opportunity to explore all of the art submitted for the event. A program announcing this year's finalists will follow, and hors d'oeuvres and desserts will be served. A Call for Art begins June 1st, through August 31. To submit art, or purchase tickets, go to: artistsbeyondboundaries.weebly.com.

WHAT HAS THE CO-OP DONE WITH THESE FINDINGS?

The Accessibility Services team members from Access to Independence toured all three Willy Street Co-op stores in mid-October 2022 and found several items of non-compliance and some items that were beyond compliance issues that they recommended we consider changing.

Some of the non-compliance issues were:

In the parking lots, some of the signs at the accessible parking stalls were installed below the ADA required height of 56". These have been raised to the correct height.

In the restrooms the sharps disposal receptacles were installed above the ADA required height. These were lowered to 48" at Willy East and Willy West and were reinstalled to the correct height at Willy North during the restroom renovation project there.

Also in the restrooms, the coat hooks were installed above the ADA required height. We added coat hooks at Willy East and West between 15" and 48" off the floor and installed 2 sets of hooks in each restroom at Willy North during the renovation project, one above 48" and one at or below 48".

The restroom automatic openers, on the doors equipped with them, were found to return to the closed position outside of the ADA allowable time requirements. The automatic openers at all three stores were adjusted to function as required. The three new restroom doors at Willy North that do not have an automatic opener were confirmed to open within the ADA allowable force requirements after installation during the renovation project.

It is not clear exactly why the items that were found to be out of

compliance were installed incorrectly to begin with but it is possible that an architect, project contractors, or Willy Street staff weren't aware of all the ADA requirements or weren't clear on the requirement specifics at the time these things were originally installed.

Some of the beyond compliance recommendations from the Accessibility Services team were:

In the parking lot at East, the wording on one of the signs for an accessible parking stall was recom-

mended to be changed to use the currently accepted "people with disabilities" or "disabled people" rather than "differently-abled" that was used 10 years ago. This has been corrected.

It was found at all three stores that the shelved items that are higher than 48" above the ground aren't accessible to shoppers who can't reach that high. It was recommended that we merchandise the shelved item vertically instead of horizontally so that they would be in reach for

all shoppers. This is something we will be looking into and it is something that will require a lot of thought and troubleshooting to execute. (NOTE: If you are having problems reaching anything in our stores, please ask one of our staff for assistance!)

The openings between the checkout counters at West and East were found to be not wide enough to be accessible for staff who are wheelchair users. The team recommended that we make sure at least 1 checkout counter

has an opening to the workspace that is at least 32" wide. This is something we will be working on in the coming months at both sites.

FINAL THOUGHTS

Overall, working with Jason and the Access to Independence team has been enlightening and they have been great with helping us to correct compliance issues, to keep moving beyond compliance and to work towards making our stores more accessible to all. For more information on Access to Independence: www.accessstoind.org.

CUSTOMER EXPERIENCE NEWS

Community Spotlight:

5 Questions with Kristin Mathews, Social Justice Center and Willy Pantry Volunteer



by Kristina Kuhaupt, Customer Experience Manager

I initially met Kristin late last year when we decided to donate Willy East extremely perishable items to their accessible food pantry across the street several times each week. This was a new endeavor for us, and I am happy

to report it is going well and those items are now being put to good use. These items donated are in addition to our normal weekly pantry donation rotation throughout the city.

During our Co-op Community Reinvestment Awards Ceremony in April of this year, our recipients got to take a few moments to describe the work their nonprofit does as well as the project receiving grant funding this year. This allowed me to understand how Kristin and so many others at Social Justice Center (SJC) help the community day in and day out. Soon after, Kristin was very kind to show me and several other Co-op staff members around the Social Justice Center, which is steps away from our East store on Williamson Street. It was an enlightening experience for myself personally because although I drive past this organization several times a day, and know they work to improve social equity throughout Madison, I never realized how many member nonprofits are housed under their umbrella that work on different aspects of increasing resources, access, and equality for all Madisonians. I hope this interview allows you to gain more insight into this organization that many Eastsiders pass daily during their commutes.

Q: For most folks who live on the Eastside, the Social Justice Center is a well-known entity. However, for those who might not know about this organization that live throughout Dane County, can you please provide a brief overview on why SJC was created and its mission today?

A: "The Social Justice Center was established in 2000 by four local Madison nonprofits; Tenant Resource Center, Madison Community Cooperative, Wisconsin Community Fund, and Wisconsin Citizen Action Fund. Their goal was to provide office space to social justice organizations and to be an incubator space where smaller start-ups can grow their organizations with affordable rent and access to all of the necessary office amenities.

"Our founding organizations knew the challenges every nonprofit faces. For new organizations, the start-up costs can be overwhelming, especially without a roadmap to follow. By joining together, our founding organizations bought our building on Williamson Street to pool their resources so that more of their time and energy could be put towards achieving their missions.

"Our mission is to provide space for nonprofits to succeed in their pursuit of social justice, where the community can come together in support of the common good. SJC serves as an office building for local nonprofits critical to our community. The SJC facilities also include an art gallery, community meeting spaces, storage for community organizations, and a neighborhood rain garden. Through shared responsibilities and governance, our aim is to create an inspiring and collaborative environment where local nonprofits, activists, artists, and members of the Madison community can access resources, support, and services needed to thrive."

Q: What is your role at the SJC, and what brought you to this organization?

A: "I started volunteering at the Social Justice Center after I retired in early 2021. I had known that this was a place I wanted to spend my time due to their mission and having met Annie Kraus, the director, during the Tony Robinson memorial celebrations over the years. It was clear to

me from the beginning that SJC stood with members of the community in seeking justice in this and other wrongful acts they faced over the years. I had been involved in helping folks experiencing homelessness and food access issues prior to retirement, and volunteering with the Willy Street Pantry at SJC was a perfect fit for me. I help in getting food donations for the pantry, diapers from the Village Diaper Bank, and other non-essentials to get out to those in need. I promote both the Pantry and SJC on our social media sites and monitor the pantry request page as well.

"Over the past year, we have worked to assist people as they came through the doors at SJC, whether it was seeking assistance from Tenant Resource Center or needing some clothing and personal essentials to make their lives a bit less stressful. With our new Community Resource Hub opening, we are all excited to provide more resources and connections to our neighbors in the Williamson Street neighborhood. The hub will provide a space for folks to meet with their case managers, access computer time, and get help connecting with any other resources they may need. We all pride our space as being judgment-free and welcoming to all, where people place their trust in us and feel safe opening up about their struggles."

Q: There seem to be many entities housed within SJC that provide services to the community. Can you go over each of those, as to bring light to all these available resources?

A: "There are 15 member organizations housed at the Social Justice Center. We have quite a mix, from Tenant Resource Center, to Madison Community Cooperative, Mutual Aid Network to Books to Prisoners. Some of the members are in the building on a daily basis, where others only use the space in the evenings or as needed. The wide variety of nonprofits housed at SJC is part of what makes it so special!

"All of the member organizations are listed and more fully explained at: www.socialjusticecenter.org/our-member-orgs"

Q: The Co-op was excited to partner with you as one of our 2023 Community Reinvestment Grant recipients. Can you tell us a little about your project, and what folks will now find at your organization because of this continued work?

A: "First, we plan to increase staff time for community support and our resource advocacy programming. We hope to hire an additional staff person whose time would be dedicated to this program. Staff duties include co-advocating with existing outside service providers to support our neighbors in crisis, coordinating the community partner schedule (outside organizations placing representatives at SJC to do outreach), training volunteers, and managing the community support space.

"Second, in order to be truly accessible and inclusive, especially for people most impacted by oppression and inequality, we need to be able to resolve conflicts restoratively and provide trauma-informed support to people in crisis. To build these skills, our aim is to have a series of trainings covering four areas: conflict resolution, harm-reduction, communication, and social



issues. Our community space will have public computers and a printer that will require additional IT management from our support staff. We would like to have assistance available for visitors who need to navigate technology for essential tasks like checking email, online banking, or submitting paperwork.

"And finally, the funds will help to provide the proper setting for this community center. Recently, SJC has designated the front part of our building as our community space. This space has traditionally been rented by one of our member organizations and we rely on our members' monthly rental payments to cover our essential expenses. The space is crucial because it will provide



a flexible and comfortable setting to achieve these various outcomes. The space includes small meeting rooms, computer workstations, ample seating, and walls of brochures/other informational literature. In addition, we will be adding an outdoor phone charging station in the near future.”

Q: How did COVID impact the Social Justice Center and how can the community help?

A: “Over the years, especially since the beginning of the COVID-19 pandemic in 2020, assisting community members in crisis find support and connect with vital resources has become a major part of the Social Justice Center’s staff responsibilities and the primary focus of our volunteer program. This change has not been accompanied with a change in our modest organization’s budget, so our staff and board of directors have to prioritize other aspects of our organization first. This means the overall benefit for individuals coming to SJC for urgent assistance has been greatly limited, since the time allotted for “resource advocacy” (helping folks connect with resources and services) is less than the amount of times we encounter people in desperate situations who, through word of mouth recommendations, are looking to SJC for help. This has been one of our most pressing challenges to date.

“The individuals who’ve become regular visitors at SJC could be described as “complex cases” due to past conflict or violations with traditional service providers, barriers to accessing livelihoods and stability, and living with multiple challenges including homelessness, mental

health, and substance-use disorders, and being ‘justice-involved.’ Living with multiple challenges means navigating more bureaucratic systems and keeping track of more information, which are additional challenges of their own. This is the portion of our community that needs the most support in order to have long-term stability. As far as numbers go, since the beginning of the pandemic, we’ve worked with over 100 individuals experiencing homelessness, who could be described as ‘shelter-resistant’ or “provider-avoidant.” Because the social services terminology can be so dehumanizing, we use ‘VIPs’ to refer to these folks because they are facing very intense predicaments and they’ve become important people to the SJC community.

“Our community can help in several ways! First and foremost, we are looking for volunteers to assist in our resource hub. We are implementing specific times during the week when individuals can access our space and have support available to navigate needed resources. Volunteers are instrumental in making this happen and we will provide the needed training to interested parties. Also, providing donations to our Willy Street Co-op outdoor pantry and our essentials pantry is an ongoing, critical need. There are set hours when folks can come and receive help with obtaining essentials or fill out an online request form to fulfill their needs. Volunteers can help with various aspects of the pantry as well. We are implementing volunteer orientations to assess interests of incoming community members and you can fill out an inter-

est form on the SJC website at: www.socialjusticecenter.org/blog-posts/volunteer-2023”

CLOSING THOUGHTS

I want to thank Kristin for taking time out of her busy schedule not only to volunteer at the Social Justice Center but to also explain to our Co-op community of Owners all the wonderful things this organization helps facilitate each and every day; it is greatly appreciated! If you

are interested in volunteering and/or donating to this well-run non-profit, please see the links above that were provided. My hope is that if you have not known about this organization before, you have gained a better understanding of their mission, and how your Co-op partners on your behalf with many organizations like the Social Justice Center to fulfill Principle #7: Concern for the Community. Below is a reminder of all Cooperative Principles.



COMMUNITY CHANGE-MAKER AWARDS

Thursday, September 28, 2023
5pm · Union South and online
RSVP at communityshares.com

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

Mark Denning
Nominated by Wisconsin Conservation Voices
 Winner of the Liesl Blockstein Community Leadership Award

Anamaria Peralta
Nominated by Nuestro Mundo
 Winner of the Sally Sunde Family Advocate Award

Denise Jess
Nominated by Wisconsin Council of the Blind & Visually Impaired
 Winner of the Linda Sundberg Civil Rights Defender Award



**Wisconsin Democracy Campaign,
 League of Women Voters of Wisconsin,
 and Wisconsin Conservation Voices**
 Winners of the CSW Collaboration Award

Julie Andersen
 Winner of the CSW Lifetime Achievement Award

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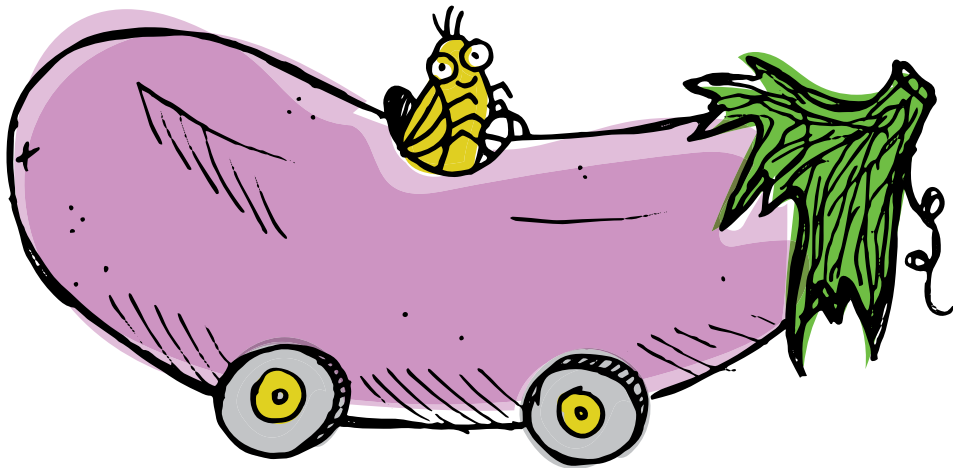
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NUTRITIOUS FOODS FOR BUSY KIDS

by Andy Gricevich



Anyone who's lived or worked with kids knows they can be picky eaters. Combine that with an economy that keeps most adults very busy and a food culture emphasizing the naturally strong appeal of sweets and simple starch, and it's no surprise that it can be challenging to offer snacks and pack lunches with nutritious food kids will actually eat. Many a lunchbox returns with only the chips or cookies missing, accompanied by a still-hungry young person. Many a parent bends over backwards to tailor foods to their kids' particular desires while still getting some nutrients into their bodies, only to find their attempts futile. What's needed are delicious things to eat that make things easy for both kids and adults. As with so many things, most of the likely solutions are simple.

als. You may see recommendations to only serve air-popped corn with little on it, but popcorn made with a high-quality oil meant to take high heat, and dressed with good, preferably grass-fed butter will give the kids beneficial fats as well (or, if you go for nutritional yeast, additional B vitamins).

Whole-grain breads and crackers are readily available these days, and contain more nutrients, as well as carbs that are absorbed more slowly, than products made with white flour. Whole grains also contain some compounds that block mineral absorption when consumed in excess. If available, go for sourdoughs and sprouted grains, since the fermentation and soaking involved in making those turns off those compounds and unlocks more vitamins—as well as, for some people, failing to cause problems for some people with gluten sensitivities.

We've gone way beyond potato chips when it comes to healthier snacks. These days you can get Cheeto-style puffs made from peas, seasoned crackers made from lentils, and chips consisting of corn and an assortment of dried veggies. These treats can often be high in protein, vitamins, minerals, and good fats.

When it comes to sweets, there's always fruit! Whether they're fresh and in season, dried, or in the form of fruit leather or all-fruit gummies, berries, bananas, citrus and more are usually sure to please. The sugar in honey is absorbed more slowly than cane or beet sugar, and it contains numerous beneficial nutrients. Maple syrup is full of minerals and antioxidants, and includes a compound that counteracts the "spike/crash" effect. Either of these sweeteners is great with grass-fed yogurt, granola, or oatmeal (organic is important with oats, which are otherwise often subject to extreme herbicide treatment). Satisfy the sweet tooth with natural sugars!

CARBS TO FATS

One great move is to push snacks and lunches away from carbohydrates

and toward good and delicious fats. Fortunately, it turns out that all fats—unless they're hydrogenated, or have gone rancid—are nutritious, even saturated fats, which kids need more than anyone else. Plus, while the quick sugar rush we get from simple carbs definitely hits pleasure centers in our brain—inherited from the time when sweets were rare and precious calorie sources for our ancestors—fat also has a strong, instinctive appeal.

Some kids hate sardines. If you're lucky, the kids in your life will love them, and there's no better animal food; tiny fish don't accumulate toxins like the fish who eat them do. They're packed with Omega-3 fatty acids (the kind of fat that makes up a third of our brain!), as well as crucial vitamin D. If you get the ones whose nearly imperceptible bones have been left in, they provide gigantic amounts of calcium—and they're great on a cracker. All you may have to do is provide extra, so people can share, and nobody has to be the only one smelling like fish.

Meat sticks and (especially) beef jerky can keep a belly feeling full, and are fun to gnaw on. They keep well in a lunch box, and offer a lot of essential protein. Grass-fed beef also has the right balance of fats for optimal nutrition, and you can feel good about the often radical ecological benefits of the grazing associated with that kind of meat.

Nuts are every bit the superfood we've been told they are. Full of healthy fats, they're delicious and easy to pack. Most kids love a classic PB&J, and, for those with peanut allergies, there are yummy alternatives available, including cashew, walnut, hazelnut and almond butter. Incidentally, like all plant foods, nuts contain antinutrients—in this case, phytates—which can block the body's ability to absorb calcium and other minerals. It's not a problem when nuts are eaten in moderation—just take a break now and then to let the kids' bodies clean themselves out. If you're providing nuts every day, and have the time, you can soak them overnight and dry or roast them to deactivate phytates. You'll also definitely want to favor organic products, since some nuts—especially almonds—get very heavy herbicide treatments on conventional farms.

Speaking of superfoods, throw in a hard-boiled egg! Eggs are amazing sources of healthy fats, good chole-

sterol, and many critical nutrients that regulate mood, build strong bones, and more. For a perfect egg, put it in cold water, bring to a boil, turn the heat off, cover the pot, and wait seven minutes before draining and covering with cold water. Add a chunk of cheese (again, grass-fed milk will make for better fats), and you have a high-protein, nourishing snack most kids will love.

Avocado is another great and delicious source of good fats. If no-one's around to help cut a whole avocado, some good store-bought or home-made guacamole is an excellent choice. Whole-grain crackers, corn chips, carrot sticks, and other veggies are great for dipping. The same goes for hummus, especially when it's made with a lot of high-quality olive oil. It provides protein and a number of other vitamins, and can also make a great sandwich—try it with pickles, whose acids stimulate digestion and wake up the palate.

KID FORAGERS

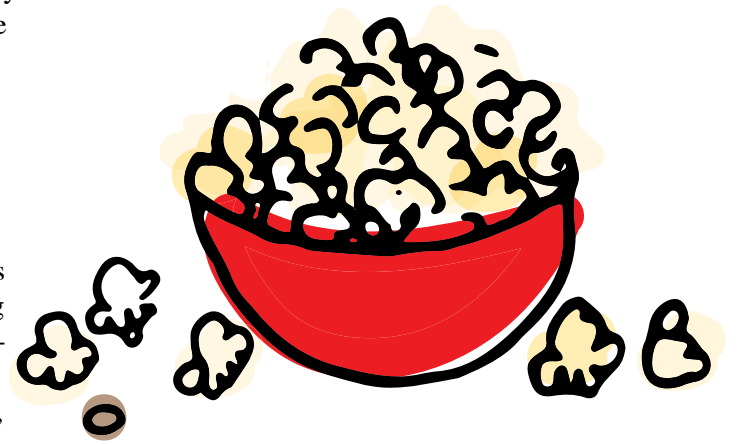
For everyday, easy snacking, nothing beats spending some time outside with the kids and nibbling on wild food. It's amazing how little ones who won't touch a vegetable on their dinner plates can go nuts for leaves once they learn about the edible plants growing (literally) like weeds all around them. Picking summer berries makes memories that last a lifetime—and wild food, in season, provides nutritional benefits that often



BETTER CARBS

Kids, like all of us, love carbohydrates, whether they come in the form of bread, crackers, and chips, or as sugar in cookies and candy. There's nothing fundamentally wrong with carbs; along with fat and protein, they're among the macronutrients we all need. It's just that the simple carbohydrates we find most available in the grocery store break down too quickly in our bodies, causing high-energy spikes and crashing lows, affecting mood and immune function and potentially leading to diabetes and obesity if we make them the center of our diets for too long.

Fortunately, there are plenty of tasty, healthier sources of both grain-based and sweet carbohydrates. Popcorn is a much more nutritious snack than you might think—a whole-grain food full of fiber, vitamins and miner-



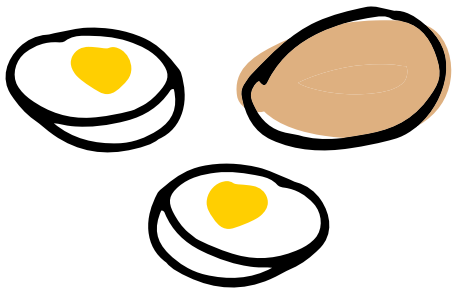
exceed even the best organic produce.

We needn't be intimidated by calling it "foraging." Eating wild is a natural, instinctive part of our heritage, and much of what's "wild" and abundant is here due to human disturbance. There are plenty of edible plants around us that are easy to safely identify, and that kids can come to think of as delicious friends.

Again, berries are a gateway food for many of us, and in our region we have an amazing variety and quantity. Black raspberries and blackberries grow along bike paths and along the edges of prairies and wooded places; be prepared for scratched legs, mosquito bites, and snacks kids will want

in their lunchbox to take to summer camp. Mulberries are everywhere, and have a long season, ripening in waves and falling from the trees. Serviceberry trees don't grow wild here, but they're planted as ornamentals in parks and outside many apartment buildings and shopping malls. Their small, red to deep purple fruits resemble blueberries, and taste something like them, with a pronounced note of almond. Since they don't have many pest issues, it's safe to assume that these plantings haven't been treated with herbicide. Gooseberries grow on bushes, and can often be found in large numbers in sunny spots in the woods, recognizable by their often-intimidating thorns and their small, round fruit with a little "tail" hanging from the bottom. As always, know what you're eating before you eat it.

A great rule of thumb to know for concerned adults is this: if a berry is made up of drupelets—those little round balls that make up a blackberry or raspberry—then it's an edible berry (this doesn't help with serviceberries and gooseberries, but they're easy to learn, and have no dangerous look-alikes). As well as being delicious and fun to collect, all these fruits

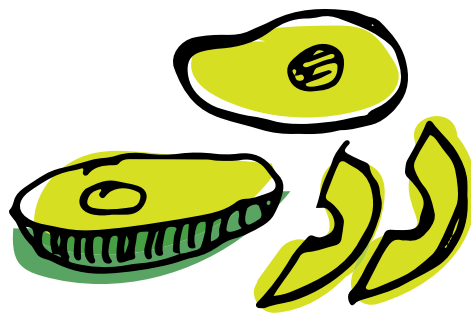


contain compounds (like resveratrol and anthocyanins) that support the immune system and help protect our skin from ultraviolet radiation, just at the time of year we need them. In the

unlikely event that anyone gets tired of just eating them on their own, wild berries make fabulous crisps and pies, additions to yogurt, and (dried) fruit leather and ingredients in trail mix.

You're likely to have many green plants around you that kids can learn to eat as well. For a common nibble everyone loves, try wood sorrel, often called "sour clover." Wood sorrel grows in sidewalk cracks, garden beds, and along any sunny edge habitat. It looks like clover, but has heart-shaped leaves and tiny yellow flowers, and offers a lemony flavor. It can also be made into pestos, or sprinkled onto a salad. Another surefire hit is the tender tendrils at the end of a wild grapevine. Wild grape grows almost everywhere around here. The tendrils boast another pleasantly sour flavor, and the fruit—which looks exactly like a bunch of small purple grapes hanging in familiar clusters—has the deepest grape flavor imaginable (though wild grapes are much less sweet than the grapes from the grocery store, and eating too many can give you an itchy throat).

Dandelions and violets, unless they're intentionally eliminated, grow in almost every yard and park, and are both staggeringly nutritious. Kids love to eat the flowers of both, and the leaves can be added to "yard salads" (though dandelion can be bitter—which is a great way for kids to potentially develop that part of their palate). If you have a garden, you're likely to find lambs' quarters or purslane growing as weeds. Lambs' quarters are essentially wild spinach, and can be eaten raw or cooked in similar ways. Purslane has a crisp, succulent texture and a flavor that ranges from



mild to (again) pleasantly lemony.

You're also likely in the vicinity of wild (or escaped) members of the onion and mint families, which offer two more great wild food rules-of-thumb. If a plant looks like green onions or chives, and smells like them when crushed, it's in the garlic-onion family, and can be eaten (kids who think they don't like the strong flavors of these plants often make exceptions when they find them in the outdoors). If a plant has a distinctly square stem, and smells like a culinary herb (like mint, rosemary or thyme, for example), it's an edible member of the mint family.

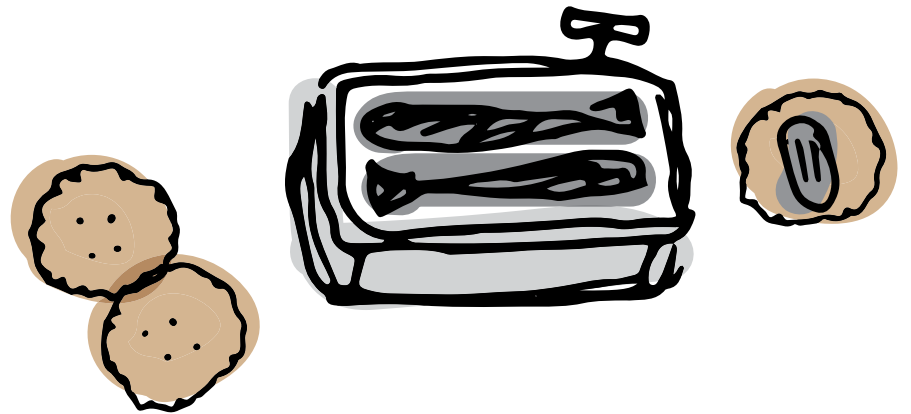
Wild plants, because they haven't been bred for storage, shipment, and consistency, retain the qualities that make them exceptionally healthy food, even when growing in poor soil. Snacking on them gives kids outdoor time and deepens connection with

nature. It can distract them from their appetite for carbs and sugar, and—for those of them inclined to play in the kitchen—can often inspire them to create concoctions of their own.



ENGAGEMENT

Whether it's in the store, the yard or the kitchen, getting kids involved in their own food can often be one of the best ways to nudge them toward healthier eating. Make it fun for them to assemble their own snacks and come up with lunch creations of their own. Present simple, delicious ingredients and let them go to town. Eat seasonally and locally, and they'll be more likely to get excited about what's at its best right now ("strawberries are back!"). Have cut-up veggies and easy-to-eat fruits on hand. Most importantly, don't stress too much. A little that's sweet, some good starch, some fats and a little salt will satisfy almost any palate, and, if you switch foods out and pick things that are versatile, the kids won't get bored. Eating can be a joy for everyone!



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



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Staff Picks



ABIGAIL

Stasher Bowls (all sizes)

Stashers products are just the best. Perfect for leftovers, lunches, dog treats, human treats, and more! Now, Stasher has come out with bowl-shaped versions of their leak-free, sustainable, to-go containers. Perfect for camping or freezing soups.



MOURNING DOVE

Baby Bok Choy

The new love in my life? Baby bok choy. That's right, baby. Rinse and place stalks in a pot with a little water and a little tamari. Cover and cook on med-med/hi heat until tender. This is a super easy (and umami-bursting) way to get your greens. Fill the pot, as they will cook down quite a bit.

Bulk Water

I love using our bulk water for drinking and cooking. It tastes great, it's clean, and it's super cheap when you refill your own container.



JESS

Willy Street Co-op Celery Juice

Good for inflammation and J-Lo drinks it.



KATHERINE

Santa Cruz Organic Pure Lemon Juice

I always have one of these in my fridge! It's wonderful to use for cooking or for making big batches of lemonade. Plus, with no added ingredients it's a win-win!



MEL

So Delicious Coco Whip

This tasty topping pairs well with our Willy Street Co-op vegan pumpkin pie. It's delicious and dairy-free!



JAMES

Renard's Cheese 2-Year Sharp White Cheddar

I'm obsessed with this cheese. It is hands-down one of the absolute best cheddars we have here at the Co-op. Aged, very reasonably priced, local, and sharp yet smooth. I love this for grilled cheeses, on eggs in the morning, or mixed in with my pizza blend. It's also a great addition to any charcuterie board! Seriously, just try it, you'll be hooked too!



AMANDA

Wisconsin Meadows Grass-Fed Uncured Beef Hot Dogs

Their member farms are committed to producing high quality, sustainably raised beef for Wisconsin. These hot dogs taste great, and I love them as chili cheese dogs. Also great for camping and roasting over an open fire!!



BENJAMIN

Madison Sourdough Croissant

Light and buttery, this croissant can take any morning to the next level. This flaky and subtly sweet pastry is the perfect complement to a cup of coffee or goes even better with a breakfast of eggs and avocado. Treat yourself to one today!



Earthbound Farm Organic Spring Mix

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



PIPER

De La Calle! Ginger Manzanita Tepache

I just tried this for the first time and it's my new favorite! Wonderful spiced apple cider taste with plenty of ginger and fizz. It has the complexity of a mixed drink without the alcohol. Do yourself a favor and try one!





HALLIE

Baba's Pita Puffs or Whole Wheat Pita Pockets

I really dig the pita puffs! They are snack-size, come in a resealable bag, and they are fluffy and light. I also love the regular whole wheat pitas for making sandwiches. THEY ACTUALLY HAVE A POCKET THAT'S EASY TO FILL!



Wisco Pop! Grapefruit Soda

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

The Incense Match

I love nice smells, but sensory-wise I LOATHE overpowering smells. I really like these incense matches because its not overpowering like a whole stick of incense can be. They are not expensive, so I buy a handful at a time and leave a few in the bathroom and kitchen. They even fit in your pocket and make great little gifts!

Wisconsin Meadows Tenderloins

Small but mighty!!! These amazing tenderloins/ filet mignons are so tasty and tender. Perfect for grilling or pan-searing. One of the best steaks you can buy—you may never go to a steakhouse again!



NANCY

Spindrift Sparkling Water and Real Squeezed Fruit

After a 40-year love affair with classic Coke (140 calories per can!) and plenty of scolding from my doctor and dentist, I reluctantly agreed to look elsewhere for a beverage that would tame my never-satisfied sweet tooth. Diet soda leaves an evil aftertaste in my mouth and I'm highly suspicious of the "natural" synthetic fruit flavoring found in many national sparkling water brands.



Enter Spindrift real fruit-squeezed sparkling water! With 11 flavors ranging in calories from 2-17 per can, each 8-pack lists how many pieces of real fruit were squeezed to make it. Every time I drink one, I am impressed that this product helped me lose and keep off 25 pounds!



MELISSA

Forage Kitchen Kombucha

I prefer my booch to have lots of fizz. These new kombuchas from Forage Kitchen down on State Street here in Madison are certainly fizzy—and they have been filtered, so they won't contain floating blobs which is good for those that don't enjoy the SCOBY bits. I also like that they are 12 ounces rather than 16. Plus, the can makes it easier to bring along to places you can't have glass bottles, like swimming pools, city parks, and some beaches. And why wouldn't you want to enjoy a nice, cold 'booch in any of those locales?



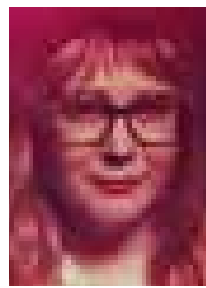
MATT

Organic Red Beets

It's a well-known fact in the food world that beets are delicious, but some of you still choose not to eat them. Come on.....they're good for you. No? If you're a card-carrying beet hater, please try the beet/tahini/goat cheese axis. I've actually converted several stubborn anti-beet types into shameless beet lovers by adding some nice goat cheese and a savory lemon tahini dressing to the roasted red roots they refuse to touch, usually with some quinoa or in a wrap. You'd be amazed at how they sniff skeptically and try a bite, then thank me and apologize for being so pigheaded.

Dr. Bronner's Sal Suds Biodegradable Cleaner

This awesome all-purpose cleaner is non-toxic and biodegradable, has a heavenly aroma of spruce and Siberian fir, and is adorned with a rant of spiritual uplift from the company's founder Emmanuel Bronner (1908-1997), reminding you of the essential unity, goodness, and power of humanity as you're sopping up your household's slop and detritus.



LACEY

Bubbie's Pure Kosher Dill Pickles

I've done the pickle taste test for you, and these are the winner. They're crispy, savory, and addicting. The brine is really good in bloody marys too.



FORREST

Willy Street Co-op Pizza Dough and Willy Street Co-op Pizza Sauce

Almost every week I find an easy, affordable meal to make using these locally produced products. I've found that size of packaged dough and sauce makes two or more pizzas for a lot less than delivery. Best yet, you can clear out the leftovers in your fridge on top of a pizza! (Cooks well on a cookie sheet with oil. Put the cheese on last after 5-8 minutes of cooking time for best results.)



AMY

The Grandpa Soap Co. Pine Tar Shampoo

I love how it smells, it lathers up nicely, and it has Pioneer Power from 1878! Tarnation!



Just Ice Tea Honey Green Tea

Honest Tea was bought out by Coca-Cola and then they decided to discontinue them. The original founders have brought them back as Just Ice Tea. They are committed to Fair Trade practices, organic certification, and using less sugar. Try one of your favorite flavors and you might find them even tastier than before!



LIZ

Wisco Pop! Organic Grapefruit Soda

The most delicious beverage in the world. Sweet but not too sweet. Tangy grapefruit with a hint of lime. Super refreshing and so so good!





Sea Best Breaded Clam Strips

Following directions isn't always my forte, but follow the cooking directions on the box and you'll be pleasantly surprised. The breading gets to a golden brown with delicious flavor, and most of the clam pieces aren't skimpy at all. For the price, you should definitely give these a try! Cocktail sauce or tarter sauce both complement nicely.

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LAURA

Fresh Figs

I pretty much live on fresh figs at this time of year!!! Juicy and filling, great on yogurt with granola or just one after the other after the other after the other....

Tres Latin Foods Pupusas

These stuffed corn tortilla pockets have become my absolute favorite lunch item! You can just pop them on the stove-top for a total of 8 minutes and they can be eaten on-the-go. They are gluten-free and have vegetarian and vegan options available!



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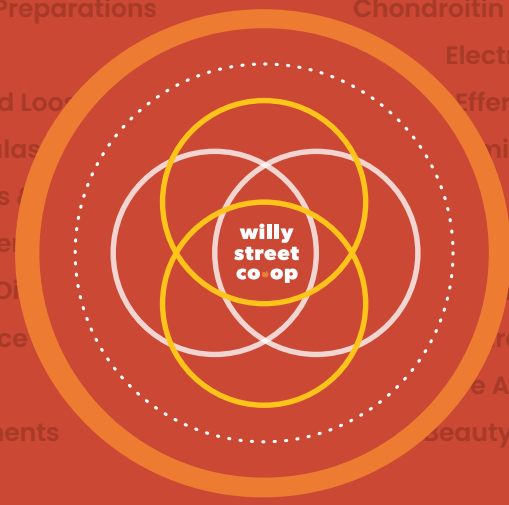
Grown or raised in the state of Wisconsin, or within 150 miles of the Capitol building.



Chart reflects planned availability; unseasonable weather and supply changes could affect availability.

Item Name	Aug	Sept	Oct
Apples		x	x
Arugula		x	x
Baby Bok Choi	x	x	
Beans, Green	x	x	
Beets, Bunched	x	x	x
Blueberries	x		
Bok Choi		x	x
Broccoli	x	x	x
Brussels Sprouts		x	x
Burdock Root	x	x	x
Cabbage	x	x	x
Cantaloupe	x	x	
Carrots, Bulk	x	x	x
Cauliflower	x	x	
Celeriac, Bulk		x	x
Chard, Swiss	x	x	
Collard Greens	x	x	
Corn, Sweet	x	x	
Cucumbers	x	x	
Dandelion Greens	x	x	
Eggplant, Globe	x	x	
Fennel	x	x	x
Garlic	x	x	x
Herbs	x	x	x
Jerusalem Artichokes			x
Kale	x	x	x
Leeks	x	x	x
Lettuce	x	x	
Mustard Greens	x	x	
Onions, Sweet	x	x	x
Parsnips		x	x
Peppers	x	x	
Peppers, Poblano	x	x	
Peppers, Spicy	x	x	
Potatoes, Fingerlings	x	x	x
Potatoes, Purple	x	x	x
Radish, Beauty Heart		x	x
Radish, Daikon		x	x
Radish, Red	x	x	
Rhubarb			
Rutabaga		x	x
Salad Mix	x	x	
Scallions	x	x	
Shallots			x
Spinach	x	x	x
Squash, Summer	x	x	
Tah-tsai			x
Tomatillos	x	x	
Tomatoes, Heirloom	x	x	
Turnips		x	x
Watermelon	x	x	
Squash, Zucchini	x	x	

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

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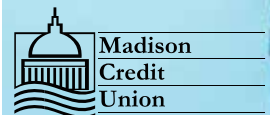
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