

willy street co-op

# READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI • VOLUME 50 • ISSUE 5 • MAY 2023

## HOW TO EAT THE SPRING



CLOSING AT 7:00PM MONDAY, MAY 29 FOR MEMORIAL DAY



### THANK YOU!

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

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

### IN THIS ISSUE

Grilling; The Nutritious Happy Hour; Interview with Madame Chu; and More!

PRSR STD  
 U.S. POSTAGE  
 PAID  
 MADISON, WI  
 PERMIT NO. 1723

willy street co-op

1457 E. Washington Ave • Madison, WI • 53703

POSTMASTER: DATED MATERIAL

CHANGE SERVICE REQUESTED

## 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)

### June 28

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

## WILLY STREET CO-OP MISSION STATEMENT

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

## ADVERTISE IN THE READER

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

willy street co-op

FOLLOW US ON:



willy street co-op

# READER

## PUBLISHED MONTHLY BY WILLY STREET CO-OP

East: 1221 Williamson Street, Madison, WI 53703, 608-251-6776  
West: 6825 University Ave, Middleton, WI 53562, 608-284-7800  
North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422  
Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

**EDITOR & LAYOUT:** Liz Wermcrantz

**ADVERTISING:** Liz Wermcrantz

**COVER DESIGN:** Hallie Zillman

**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](mailto:l.wermcrantz@willystreet.coop) or mailed to Willy Street Co-op's Central Office according to submission requirements.

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

**BUSINESS OFFICE:** 608-251-0884

**FAX:** 608-251-3121

**GENERAL EMAIL:** [info@willystreet.coop](mailto:info@willystreet.coop)

**GENERAL MANAGER:** [a.firszt@willystreet.coop](mailto:a.firszt@willystreet.coop)

**EDITOR:** [l.wermcrantz@willystreet.coop](mailto:l.wermcrantz@willystreet.coop)

**PREORDERS:** EAST: [es.preorders@willystreet.coop](mailto:es.preorders@willystreet.coop); WEST: [ws.preorders@willystreet.coop](mailto:ws.preorders@willystreet.coop);

NORTH: [ns.preorders@willystreet.coop](mailto:ns.preorders@willystreet.coop)

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

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

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

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

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

## IN THIS ISSUE

- 3-4 Customer Comments
- 5 News from the General Manager
- 5 Your Board Report
- 6-8 Community Room Calendar
- 8 It's Grilling Season!
- 9 The Nutritious Happy Hour
- 10 Interview with Madame Chu
- 11-13 Specials Pages
- 16-17 How to Eat the Spring
- 18 Instructor Highlight: Alysa Hartman
- 19-20 Recipes
- 21-23 Staff Picks



# Customer COMMENTS

## Write Us!

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

### EXCEPTIONAL MEAT

**Q: Hello! Just wanted to give kudos to the really nice worker that mans the meat case at Willy East and that the ground beef sold there is exceptional! Not something that I would really notice but my spaghetti sauce has been 10/10 the past few times I've used it!**

A: I want to start off by saying thank you for your comment. I also would like to encourage you to continue to give us feedback, so we as an organization and as a department can continue to provide you and our owners with the best quality and selection of products. I will share my team that you really enjoyed our ground beef, and thank you once again for your feedback. Have a great week!  
-Angelo Vieira, Meat Manager—East

### ROCK STARS

**Q: Hey willy west I recently was looking for a product and couldn't confirm online if you stocked Agar Agar powder. So I went old school and called into Willy West. First of all the phone was answered by an awesome caring human on the first ring. It sent shivers down my spine and I panicked that I was wasting someone's time and energy for something so silly. Not only was the person kind but they went out into the aisle to search and confirm current availability and then communicated clearly to me. What the heck? I never caught her name but when I tried to thank her for her time she thanked me for being a co-op member. Thank you rockstars.**

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

### DOUBLE DOLLARS

**Q: The Double Dollars donation system at Willy Street East is great! Hanging them on the back of the checkout video screens makes the cards easily accessible by both the customer and the checker. The Double Dollars system at West is physically trickier to manage, due to its placement at the lead end of the checkout lanes and its use of coily-type key rings. Please consider changing the West system to match the Willy East style arrangement. Thanks!**

A: I can speak to the Front End manager and see if there is interest in changing the cards but also they aren't necessary to make a Double Dollars donation. You can just say to the cashier how much you'd like to give. Thanks!  
-Eric Wehrheim, Brand Coordinator

### UPC CODES

**Q: How to look up UPC codes for bulk products?**

A: Thanks for your question! There are a few ways to do this currently:

- Type nine zeros then the four-digit PLU into our E-commerce website search bar! Because the E-commerce platform is based on Willy North's product offerings, any bulk item not carried there may not show up. Note: our E-commerce platform is currently not supported on mobile devices.
- Call any of our stores and ask (608-251-6776 for Willy East; 608-284-7800 for Willy West; 608-471-4422 for Willy North.
- Email [info@willystreet.coop](mailto:info@willystreet.coop) and ask. We are researching a new E-commerce platform and I will be asking that this functionality be added to that site. If it can't be added there, then we will work on adding it to our main website. Have a nice weekend!  
-Brendon Smith, Communications Director

### TOFU CUBAN SANDWICH

**Q: Just putting a plea, my favorite sandwich, and Madison is your Tofu Cuban. I really miss it. I call checking if they are making sandwiches all the time and they aren't. Please bring this back sometime—even only some days a week would be great. I miss it, so does my wife, just a different sandwich. Thanks!**

A: Thank you for the suggestion. We have been thinking about adding some different sandwiches to our premade hot sandwich selections and this would be a good one to have available. I'll add it to the list and we will try it out in our Hot Merchandiser really soon. Thanks so much for taking the time to write!  
Gratefully, Bob Smith, Deli Manager—East

### CUSTOMER SERVICE

**Q: Justin at Willy East is great at customer service: he kindly looked into and demystified a wine issue I had long wondered over, and if I remember right, months back, it was Justin who went out of his way to track down a product for me on the spot by calling North and having it reserved (which is nice because I live a good ways away from Madison). He's been very helpful, is friendly, kind, and an excellent listener!**

A: Thank you for taking the time to share your feedback about the service you received from Justin in the grocery department! I've shared your message with Justin and his manager and I'm sure they will also appreciate your kind words.

I hope you continue to have a positive experience at our store and please don't hesitate to reach out if there is something that we can do better as well! Thanks, Kristin Esselstrom, Store Director—East

### TINCTURE SERVICE

**Q: Providing made-to-order tincture service! You have all the herbs for it! 100-proof alcohol and herb in question probably need a bit of research but.... some effects are only obtained when extracted via tincture... Making the service really helpful, even for an up charge for extra work and time and storage/alcohol. Usually it'd be herb recommended ratio to alcohol, stored overnight or 24 hours. Thanks for your time!**

A: Thanks for writing us a customer comment. The idea of offering made-to-order tinctures does sound like a lovely idea. However, it is a complex process for which we do not have the space, the equipment, or the experience/knowledge to offer such a service. We do offer a wide selection of single herbs or blends in tincture form from Herb Pharm and Four Elements, both of which are trusted brands that know how to properly extract herbs. Please take a look at what we have to offer next time you're shopping in our store! Be well, Sara Berg, General Merchandise Category Manager

**Gardening  
Essentials**  
**From Prep to Harvest**  
**Seeds-Mulches- Soils**  
**Planters, Tools & more**  
**Plus Mower & Tool Sharpening**



**ACE Hardware Center**  
1398 Williamson St. 608-257-1630  
[acewilly@tds.net](mailto:acewilly@tds.net)

Madison Credit Union

we're like your  
local food co-op,  
but for banking



 Madison  
Credit  
Union

**BETHKE**  
HEATING & AIR CONDITIONING, INC

**EMERGENCY  
SERVICE 24/7**  
**251.2222**

- Furnaces • Boilers
- Air Conditioners • Humidifiers
- Duct Cleaning • Maintenance Plans • Ductless Mini-Splits



 FINANCING AVAILABLE

Locally Owned. Locally Operated.

**BethkeHeating.com**



## IN-STOCK ITEM SEARCH

**Q: I used to be able to search to see if a certain item is in stock. That link appears to no longer exist. Is there some way that I can search on the computer for an item in the store? I am not well enough to go to the store. I make a shopping list for my son and daughter to shop for me. Thanks.**

A: Thanks for your question! I think you may be referring to our online store that had been in a different place on our website. Our current E-commerce website is at <https://shop.willystreet.coop>. (The site is currently only accessible by desktop and laptop computers, not mobile devices or tablets, unfortunately.) Our E-commerce service runs out of Willy North because it has the largest variety of products, so the products listed there may not be available at Willy West or Willy East. I should also mention that most, but not all, products are on that site—it doesn't have our full selection of prepared foods, flowers, magazines, calendars, etc. Does that help answer your question or not so much? -Brendon Smith, Marketing & Communications Director

## MONKEY MUFFINS

**Q: Hello! Pre-pandemic, the gluten free monkey muffin was one of my all-time favorite treats at the co-op. I haven't seen it these past couple years and still have not gotten over missing it. Is it ever available in any of the stores now? If not, any chance you would consider bringing it back? Also I know you don't**

**have plans to do this, but another comment is that I miss the bulk tea section at Willy East. Maybe try bringing back a few of the more popular teas and herbs to see how it goes, if you don't have space and financial benefits for bringing them all back? Thank you!**

A: Thanks for sending us a customer comment regarding the product requests. I have some good news... our Prepared Foods Category Manager and our Production Kitchen Director have been talking about bringing back the Monkey Muffins MWOOG (made without gluten)! We don't have an exact date yet, but it will be sometime in the near future.

Unfortunately, I cannot say I also have good news about the bulk tea and herbs... We do not have plans to bring those back. Our sales have been really strong for the pre-packaged loose leaf tea and herbs, so we plan on sticking with these.

This is not the only reason why we decided not to bring back bulk tea and herbs:

- Maintaining the bulk tea and herbs was very labor intensive
- We experienced a high amount of loss: spilled product on the counter or floor or the entire jar would be dropped on the floor
- Product left at the register with cashier because it was more expensive than someone expected.

Luckily, almost all of the Rishi teas and the bestselling herbs are available in smaller portions, typically 4 oz, for anyone looking to purchase a smaller amount. Please check out our selection next time you're shopping in our store! Thanks again for sending us a customer comment.

-Sara Berg, General Merchandise Category Manager

## SEAFOOD SELECTION

**Q: Bring back the old seafood vendor, your seafood sucks now! Very disappointed in both the selection as well as the quality for seafood. We used to have the Co-op as our place to go for this and now we come way less often. You are losing money on these sales and associated sales with a stop.**

A: Thank you for your recent customer comment submitted to Willy East. We have operated the seafood counters at both Willy East and Willy West since January of 2021, and have operated the seafood counter at Willy North since the store's opening in the summer of 2016. While we appreciated and partnered well for years with the Seafood Center, it was no longer financially viable for either partner to continue to operate in the same way, and was mutually agreed upon to part ways. Since the transition, we have worked diligently to source seafood of the highest quality and sustainability, and to also make sure we are providing the products that our customers are looking for. Our seafood counters accept special orders should there be anything specific you are looking for on the day of your shopping trip. Please let me know if there is anything else I can help you with, and have a great day. Best, Nick Heitman, Category Manager: Meat, Seafood, Beer, Wine & Spirits

## BLOCKED CAR

**Q: I wish I knew what has hap-**

**pened with my fellow customers care and concern for others. Twice in 2 weeks, my car has been blocked in by cars parked next to me while shopping. The first time, I could not get into the driver's side (and I'm much too old to crawl over the center console and slide in under the steering wheel. Despite the manager placing a call on the intercom, I had to wait over 30 minutes for the owner to return to their car. Today, while I could get into the car on the driver's side, the car next to me parked at such an angle that I could not open my rear door to load groceries. I was able to do so from the passenger side, but that doesn't work so well to unload in my garage next to a pillar. I'm used to tight parking spaces. I drive a smaller vehicle. Everyone who shops at West is used to smaller spaces. I just wish we'd elevate our level of kindness and concern back in the decent zone. Thanks to the staff for their help and concern. May their attitude infect the current shoppers.**

A: Thanks for reaching out and letting us know about your experience in our parking lot. I am glad to hear that our staff handled the situation well! I am sorry you had to wait a very extended period of time to be able to continue your day! I do encourage all who shop us and other establishments to consider their parking habits and recognize appropriate space clearance so others can be about their day with ease. Thanks for writing in. In cooperation, Kristina Kuhaupt, Customer Experience Manager

Don't forget about Mom!

THE MAY  
**Wellness Wednesday**  
IS  
**15% OFF**

Willy Street Co-op Owners  
get 15% off bodycare and  
wellness products instead  
of the usual 10% off!  
(Sale for Owners only May 3rd, 2023)

willy street co-op

Local & Organic  
**Plant Starts**  
available for a  
limited time!

From Voss Organics  
and  
West Star Organics!

willy street co-op





## GENERAL MANAGER'S REPORT

# Operational Updates; Inclusive Trade Program; & More

by Anya Firszt, General Manager

### HELLO DEAR OWNERS; HELLO MAY

What does May have in store for you this year? Perhaps digging in the dirt, grilling in the backyard, riding bicycles, and baking (and eating) rhubarb pie are at the top of your list? They are for me!

As for what you can find at the Co-op, at all three of our stores we have locally sourced and organically grown plant starts from West Star Organics and Voss Organics for your garden or perhaps a Mother's Day gift idea (wink, wink). We also have oodles of Purple Cow Organic compost growing mixes and soil enhancing products to help your garden grow even better!

### WELLNESS WEDNESDAY 15% OFF

This month our Wellness Wednesday program offers Owners 15% off your wellness and body care purchases (instead of the usual 10%). Stock up on May 3 and save an additional 5%!

### FESTIVAL SEASON

May is also the kick off month

of the 2023 summer festival season. This month you can celebrate WORT's 47th year of radio broadcasting at WORTstock on Sunday, May 21 from 11:00am-7:00pm at Warner Park on Madison's northside.

The next festival on the 2023 season line up is the Marquette Waterfront Festival celebrating its 34th year of bringing live music to the near east side of Madison. Join in the fun on June 10-11 at Yahara Place Park.

### OPERATIONAL UPDATES

The North bathroom and break room renovation is done, and it looks marvelous! We now have four gender-neutral bathrooms for customer (and staff) use and a remodeled break room for staff. The project team did a stupendous job managing the work while we were open for business; the project was completed on time and on budget. My sincere thanks and appreciation to them for a job well done.

### INCLUSIVE TRADE PROGRAM

As a reminder, the rollout of the

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

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

Look for the new Inclusive Trade icon that will be added to their products' price tags on the shelf: a gold circle with "I" to indicate Inclusive Trade. We are also adding a purple square with an "L" to indicate local to product price tags.

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

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

### FISCAL YEAR UPDATE

We are in the fourth quarter of the current fiscal year and we are seriously focused on wrapping up our planned projects before the end of the year, which is on July 2. Additionally, we have been developing the FY24 operations and capital expenditures budgets over the last couple of months. In mid-May, our Finance Committee will have an opportunity to review the draft budgets and provide input before recommending approval to the Board of Directors at their June meeting. The approved budgets will be printed in a future Reader for your review. Stay tuned.

### SPECIAL STORE HOUR MAY 29

All stores are open until 7:00pm on Monday, May 29 in observance of Memorial Day.

Until next month, get out there and have some fun.



## BOARD REPORT

### Strategic Planning

by Sarah Larson, Board President

### HAPPY SPRING, ALL!

Your Board has been busy making plans to start 2023 strong with an eye towards the future. As a Board, we agreed that strategic planning was a priority for us this year and as such, we voted to hire a strategic planning consultant in January.

It feels appropriate that we are digging into Strategic Planning this spring. Spring is a time of openness and emergence and those settings create space for innovation, creativity and generative thinking. As we embark on this, we know we have a solid foundation to build upon and to help us map a course for the future. It is no small feat that the Willy Street Co-op has been nurtured by the community for almost 50 years.

### RETREAT

A core part of this strategic planning process will take place in early May where our consultant will bring the Board and General Manager team together for a day-long retreat that will encourage big thinking about the future of the Co-op. The outcomes of this retreat will set the stage for the Board and GM team to further distill and articulate three strategic priorities that incorporate broader stakeholder input.

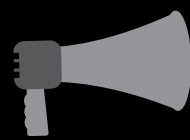
Strategic priorities serve as a screen for decision making and help us both lean into the work that best aligns with our goals and say no to the work that might steer us off course. They will build off of and incorporate our diversity, equity, and inclusion work and also be in support of our mission, vision, and purpose.

### PRIORITIES

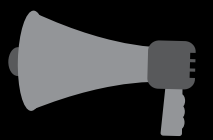
This is important work that includes all of us. These priorities will guide and focus Board and staff work to ensure it is in service of a shared vision for how we want our Co-op to show up in the world to remain competitive, impactful, and relevant. It's where we will decide things like, are new stores part of the plan? And if so, where and under what parameters, and what kind? To ensure a truly shared vision, we will be creating opportunities for you all to participate in this process and share your feedback and thoughts on the future of Willy Street Co-op. We will also be presenting on this work at our 2023 Annual Meeting. Watch for more information to come in the months that follow.

If you have any questions or comments about this process feel free to reach out to me, Sarah Larson, s.larson@willystreet.coop.

# Advertise in the Reader



Reach over 34,000  
Co-op Owners.



Affordable rates, wide reach,  
excellent returns.

Discounts for non-profits, Owners  
and for multiple insertions.

Find info here:

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

Call 608-237-1230 or email  
[readerads@willystreet.coop](mailto:readerads@willystreet.coop) for  
more information or to place your  
reservation.

# willy street co.op



# Community Room Calendar

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

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



## COOKING WITH CHEF PAUL: SIMPLE AND DELICIOUS DINNERS

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

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

## COOKING WITH CHEF PAUL: CAST IRON FOR CAMPING

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

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

## FRENCH CLASSIC—FLAVOR & TECHNIQUE

**Location:** Willy West Community Room  
**Monday, June 12, 6:00pm–8:00pm**  
**Ages:** 16 and older; adult supervision required  
**Instructor:** Elizabeth Crawford  
**Fee:** \$15 for Owners; \$25 for non-owners  
**Capacity:** 10

What makes a meal French? What does 'je ne sais quoi' mean? Join Elizabeth Crawford for a demonstration and to sample a multi-course French meal! On the menu: roasted salmon, tapenade, creamy spinach, salad/classic vinaigrette, cheeses, and a Brittany classic—buckwheat crêpe and salty caramel. A bon appetit.

Elizabeth is a self-taught cook, and she spent the first 10 years on her culinary journey studying cooks and writers in the classic tradition of French history, food, and culture. She published a memoir and cookbook entitled *At the Table: Recipes and Techniques* based on her studies.

## COOKING WITH CHEF PAUL: SUSHI

**Location:** Willy West Community Room  
**Thursday, June 22, 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 foundation of sushi is the rice. Join Chef Paul to learn to prepare well-balanced sushi rice. The basic sushi rolls—maki, nigiri, and chirashi—will be introduced and shared. The essential condiment for sushi rolls, pickled ginger, will also be prepared and tasted. Ingredients/recipes may be modified based on seasonal availability. Demonstration with limited hands-on opportunities.

## INDIAN-STYLE CUISINE INSPIRED CURRIES

**Location:** Willy West Community Room  
**Sunday, June 26, 1:00pm–3:00pm**  
**Ages:** 16 and older; adult supervision required  
**Instructor:** Saswati Bhattacharya  
**Fee:** \$20 for Owners; \$30 for non-owners  
**Capacity:** 10

Join home cook Saswati Bhattacharya for a meal inspired by her childhood. On the menu: Egglicious—an all-time party favorite with boiled eggs and epicurean potatoes in a mild gravy of spices and a hint of onion, garlic, and ginger. She'll also demonstrate how to discover the zest in zucchini using the right combination of Indian spices like turmeric, cumin, and coriander with a dash of shredded coconut to make this green vegetable work for you! Demonstration only.



## LE FRAISIER, THE ULTIMATE STRAWBERRY SHORTCAKE WITH PIERRE FERLAND

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

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

## SPRING CUPCAKE BOUQUET

**Location:** Willy West Community Room  
**Monday, June 5, 6:00pm–8:00pm**  
**Ages:** 16 and older; adult supervision not required  
**Your Co-op's Own Instructor:** Alysa Hartman  
**Fee:** \$40 for Owners; \$50 for non-owners  
**Capacity:** 12

Learn how to decorate summer-themed sugar cookies using a variety of techniques. Alysa will review how to make cutout cookies that don't spread and share a recipe for royal icing. Participants will learn about the different icing consistencies and what they are best for when decorating. Participants will get a chance to practice different icing techniques with some fun summer cookies that they get to take home! Hands-on.

## CHOCOLATE CARAMEL GATEAU BASQUE WITH PIERRE FERLAND

**Location:** Willy West Community Room  
**Wednesday, June 7, 6:00pm–8:30pm**  
**Ages:** 18 and older  
**Instructor:** Pierre Ferland  
**Fee:** \$20 for Owners; \$30 for non-owners  
**Capacity:** 10

Join Chef Pâtissier Pierre Ferland in this class to learn how to make a Chocolate Caramel Gâteau Basque from start to finish and everything in between. Learn how to combine elements from two very different cultures, classic Gâteau Basque and traditional brownies. We'll start by making caramel, brownies, and chocolate Basque dough and assemble all the components to make this new classic pastry. Demonstration with limited hands-on opportunities.



## COOKING TOGETHER: FLAVORS OF VIETNAM

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

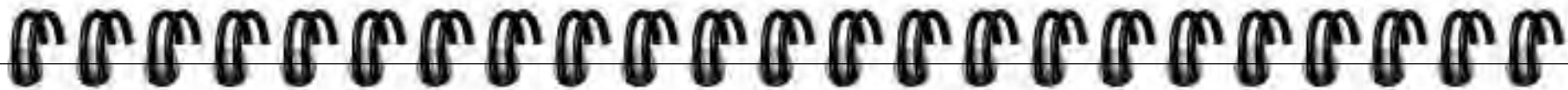
Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined the inspiration with her drive as a community cooking instructor. She offers a hands-on experience that explores flavors from around the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

## COOKING TOGETHER: FLAVORS OF RWANDA

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

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World.





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

### COOKING TOGETHER: FLAVORS OF TURKEY

**Location:** Willy West Community Room  
**Friday, June 9, 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 prepare a prized potluck inspired by the flavors of Turkey—Sebzeler, Cheese Borak, Zucchini Fritters, Pilav, a dessert made from dates, and Pomegranate Limonada 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 GUYANA

**Location:** Willy West Community Room  
**Friday, June 23, 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 melting pot meal inspired by the flavors of Guyana—Gun Oil, Chinese Cakes, Cassava Bread, Curry Cook Up Rice, Sorrel Drink, and Lime Cookies 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.



### KIDS IN THE KITCHEN: FANTABULOUS FLATBREADS!

**Location:** Willy West Community Room  
**Tuesday, May 2, 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. Flatbreads are a favorite food, found in many forms, and fashioned by folks far and wide. Learn this and much more as we focus on three fundamental flavors: Handmade Corn Tortillas, Naan, and Focaccia! We won't forget the fixings, such as avocado, hummus, and marinara. In this class, participants will produce Fantabulous Flatbreads. Hands-on.

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

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

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

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

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

Join Chef Lily Kilfoy in this new, hands-on cooking class for preschool-age children and their caregivers! Friends in this class will learn about food through

storytime, music, movement, and making Waffles with Honey together. Read-aloud will include *A Week with Waffles* by Tom Speicher and *The Honeybee* by Kirsten Hall. Limit one adult per child.

### KIDS IN THE KITCHEN: CELEBRATE CHEESE!

**Location:** Willy West Community Room  
**Tuesday, June 6, 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. Countless citizens in our community are connoisseurs of cheese, even children. Certainly, it's the cherished component of a Poutine crowned with Cheese Curds, Pizza prepared with medal-winning Mozzarella, and Grilled Cheese crafted with Wisconsin's own championship Colby. In this class, participants will cook classics that Celebrate Cheese. Hands-on.

### READ A BOOK & LEARN TO COOK: STRAWBERRY LEMONADE

**Location:** Willy West Community Room  
**Monday, June 12, 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 Strawberry Lemonade together. Read-aloud will include *When Grandma Gives You a Lemon Tree* by Jamie L.B. Deenihan and *The First Strawberries: A Cherokee Story* by Joseph Bruchac. Limit one adult per child.

### KIDS IN THE KITCHEN: MOVIE NIGHT MUNCHIES!

**Location:** Willy West Community Room  
**Tuesday, June 20, 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 Kilfoy in this hands-on cooking class for kids. School's out, and summer's here. So we're staying up late to make Movie Night Munchies! Nosh-worthy Nachos, snackable Soft Pretzels, popular Popcorn, and a secret Concession Stand Confection. In this class, participants will make Movie Night Munchies. Hands-on.

### KIDS IN THE KITCHEN: WONTONS AT WIL-MAR!

**Location:** Wil-Mar Neighborhood Center  
**Thursday, June 22, 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! Wontons are well-loved by wise ones around the world—like Willy kids in Wisconsin! We'll make Cream Cheese & Chive Wontons, Wonton Soup, and Chocolate-Marshmallow Wontons that can't be beat. Participants in this class will work together to whip up a World of Wontons at Wil-Mar. Hands-on.

### READ A BOOK & LEARN TO COOK: BROCCOLI HASH BROWNS

**Location:** Willy West Community Room  
**Monday, June 26, 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 Broccoli Hash Browns together. Read-aloud will include *Monsters Don't Eat Broccoli* by Barbara Jean Hicks and *Green Green: A Community Gardening Story* by Marie Lamba. Limit one adult per child.



### BASIC KOMBUCHA BREWING FOR BEGINNERS

**Location:** Willy West Community Room  
**Tuesday, May 9, 6:00pm–7:00pm**  
**Ages: 12 and older; adult supervision required**  
**Instructor:** Vanessa Tortolano  
**Fee: \$50 for Owners; \$60 for non-owners**  
**Capacity: 16**



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

## KOMBUCHA II

**Location:** Willy West Community Room

**Tuesday, May 9, 7:15pm–8:15pm**

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

**Instructor:** Vanessa Tortolano

**Fee: \$25 for Owners; \$35 for non-owners;**

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

## MERITS OF EATING FATS

**Location:** Zoom

**Wednesday, June 7, 12:00pm–1:00pm**

**Instructor:** Katy Wallace

**Fee: Free; registration is required**

Until recently, the benefits of fat in the diet were poorly understood by most. Katy Wallace, Naturopathic Doctor of Human Nature, LLC will present how healthy fats may be key to resolving issues such as weight-loss resistance, cognitive decline, insomnia, and blood sugar swings. Learn what to expect when increasing beneficial fats, how to balance a meal, and how to track your progress.

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, May 17, 1:30pm–4:45pm**

**Wednesday, June 21, 1:30pm–4:45pm**

**Location:** Zoom

**Wednesday, May 3, 1:30pm–4:45pm**

**Tuesday, June 13, 1:30pm–4:45pm**

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

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



## HEALTH BENEFITS OF PROTEINS

**Location:** Zoom

**Wednesday, May 10, 12:00pm–1:00pm**

**Instructor:** Katy Wallace

**Fee: Free; registration is required**

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

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

## MEAT NEWS

### It's Grilling Season!



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

barbeque! Don't hesitate to talk to the meat and seafood staff in our stores if you need help finding a specific item for your grill-out, or for a recommendation on something. When the weather allows, I am usually grilling or smoking something in my back-

**G**rilling season has officially arrived in the midwest. Whether you are looking to spend the holiday weekend smoking some ribs, brisket, or salmon, or grilling brats and hot dogs, the Co-op has you covered for all of the staples for a great backyard

yard. Below are some of my go-to recipes. I am a charcoal enthusiast because of the flavor and heat that it imparts, but these recipes will work just as well on a gas grill!

#### Grilled Whole Spatchcocked Chicken

One whole chicken, 3-4 pounds

2 Tbs. olive oil

Salt and pepper

Directions: In order to grill a whole chicken evenly, and to cut down on the cooking time, I always remove the backbone so that the bird can lay flat on the cooking surface. You can request this to be done by your butcher, or try it at home! Using kitchen shears, cut along either side of the backbone from the cavity to the neck. Once the back is removed (save this for stock!), lay the bird breast-side up on a cutting board, and press firmly on the breast so the breast bone is flat against the cutting board. If desired, you may also remove the wing tips, as they aren't edible and can burn when cooking on high heat. Pat the chicken dry with paper towel, apply a thin coat of olive oil, and season with your favorite spice blend or salt and pepper. Prepare your grill for indirect cooking. For best results, maintain a temperature of 325°F. Place the bird with the legs pointing toward the heat source, as the thigh

takes the longest to cook. Cover, and check the temperature with a meat thermometer every 20 minutes. If desired, baste the chicken with butter, beer, or stock. When the temperature has reached 165°F, remove and allow to rest for 15 minutes. Cut into parts (legs, wings, breast) and enjoy!

#### Dijon-Herb Grilled Boneless Pork Loin

Boneless pork loin roast 2-3 pounds

4 Tbs. dijon mustard

1 tsp. dried thyme

1 tsp. dried rosemary

1 tsp. dried oregano

1 tsp. garlic powder

1 tsp. kosher salt

1 tsp. ground black pepper

Directions: Combine the herbs and mustard in a mixing bowl, and mix until a paste is formed. If more liquid is needed, add a small amount of olive oil. Coat the roast generously with the paste, and refrigerate for at least one hour, or overnight. Prepare grill for indirect cooking at a temperature of 350°F. Grill all sides of the roast on the hot side of the grill for a minute per side, then move to the cooler side. Close the lid and cook for an additional 45 minutes to an hour, or

until the internal temperature reaches 145°F. Allow the roast to rest for 15 minutes before slicing and serving.



## SPECIAL STORE HOURS

**CLOSING AT 7:00PM MONDAY, MAY 29 FOR MEMORIAL DAY**



Willy Street Co-op Reader, May 2023



# The Healthy Happy Hour



by Jess Catherine, Assistant Merchandiser

**T**omato juice, carrot juice, beet juice, red bell pepper juice... What is in your favorite Bloody Mary Tonic? I'm fine with adding the booze or clam juice depending on the festivities, but there are also health benefits in this well-known beverage. And oftentimes, the

simplicity of a simple stalk of celery can balance this cocktail perfectly. The benefits of fresh ingredients give these tonics a powerful kick in flavor and goodness. And if you're going to blend up a Bloody Mary, why not sneak in some omega-3 fatty acids to boost the nutrients?

## THE SECRET INGREDIENT: KALE

This leafy green is an excellent natural source of omega-3 fatty acids, which aids memory and protects your heart and joints. This is a simple kale and tomato beverage that is chock-full of vitamins.

### SIMPLE VEGETABLE MIXER

- 1 Tbs. kale (or to taste)
- 2 tsp. ginger
- 2 tsp. ground black pepper
- 1 tsp. turmeric
- 1 1/2 oz. vodka
- 4 oz. tomato juice
- 1 celery stalk for garnish

Directions: Purée kale using a blender or food processor, then grate ginger into a bowl.

Combine puréed kale, ginger, ground pepper and turmeric in a cocktail shaker filled with ice. Add vodka and tomato juice, and shake.

Strain over glass filled with ice. Garnish with celery.

Serving size: 1 cocktail

## TOMATO FACTS

One cup of tomato juice contains only 41 calories. It is filled with electrolytes, potassium, sodium, vitamin C, and lycopene. Lycopene is a very high antioxidant and helps combat liver toxins. It also has anti-inflammatory properties and stimulates brain growth. Having anti-inflammatory properties, it can help prevent a lot of diseases and damage to your cells. In addition to having anti-inflammatory properties, this antioxidant protects your skin from UV rays. It promotes heart-health, bone-health, and lower cholesterol. The fiber from celery and

tomato pulp are even great for a full body cleanse.

They have so many nutritious qualities and depending on the time of year, they will have a wide variation of flavor. I have put together a quick how-to on choosing the best tomatoes for juicing or the best ones when creating your own bloody mary mix.

I hope you enjoy the recipe and trying out all these different tomatoes.

## WHAT TO LOOK FOR

If you are going to buy tomatoes for juicers, you should certainly look into juicy and flavorful tomato varieties.

As a rule, larger tomatoes have more juice and seeds and less pulp. Small tomatoes, on the other hand, have more pulp.

But this doesn't mean that you shouldn't look into the smaller varieties. These can have lots of juice too.

The difference is that when it comes to smaller varieties, the juice is in the pulp. The pulp of smaller tomatoes is also good for improving the consistency of the juice.

If you try making tomato juice using different tomato varieties, you will see that the juice made from tomatoes with lots of pulp doesn't separate as much.

There are two things you should do for the perfect homemade tomato juice.

### Choose Juicy Tomatoes

No matter what variety of tomatoes you have decided to use for making tomato juice, it is important to choose the juicy ones.

The juiciest tomatoes are the ones that are in season at the moment. In-season tomatoes are naturally ripened and have a well-developed flavor.

Additionally, you should be able to tell if the tomatoes are juicy or not by feeling their weight. If a tomato feels heavy for its size, it probably has a lot of juice which makes it perfect for juicers.

### Use A Combination Of Different Varieties

If you want to make homemade tomato juice that is full of flavor, we recommend using a few different varieties. The more juicy tomato varieties you use the more delicious your healthy drink will come out.

So, if you are heading to the market intending to buy tomatoes for juicers, pick a few different varieties.

Whether you pick large tomatoes with lots of juice and seeds or smaller tomatoes that have more pulp, remember that to end up with a quart of tomato juice you will need 3 pounds of tomatoes.

## 8 BEST TOMATOES FOR JUICERS

There are numerous tomato varieties available at farmers' markets and supermarkets. But not all of them are suitable for juicing. Here are the nine best tomatoes for juicers:

1. **Plum Tomatoes:** Plum tomatoes are a popular tomato variety used for canning and making sauces. But as these tomatoes have more

pulp than they have juice and seeds, they produce delicious tomato juice with body.

These oblong tomatoes have a perfect balance of sweetness and acidity.

There are different varieties of plum tomatoes. One of the most widespread plum tomato variety is Roma.

2. **Beefsteak Tomatoes:** Beefsteak tomatoes are called so because of their large size and meaty texture. This is the tomato variety to go for if you want to drink tomato juice with a classic tomato flavor, without added sweetness or fruity notes. We should note, however, that certain beefsteak tomato varieties can be quite sweet. The color of these tomatoes ranges from pink to bright red.
3. **Kumato Tomatoes:** Kumato tomatoes are for those who like intense tomato flavor. This patented cultivar tomato variety also looks quite different from other tomato varieties due to its color. The color of Kumato tomatoes ranges from green to red and brown. You may even come across purple-looking Kumato tomatoes. Kumato tomatoes can be mild in flavor or they can be rather sweet thanks to the high fructose content.
4. **Early Girl:** Early Girl tomatoes, as the name suggests, produce early and remain in season comparatively long. These are medium-sized tomatoes with a bright color and a sweet concentrated favor. This means that juicing Early Girl tomatoes will produce juice that not only tastes good but also looks appetizing. Early Girl tomatoes that get some hot days tend to taste sweeter as the hot weather sets the sugar in them. Early Girl tomatoes are rather meaty. Thus, juice made from this tomato variety tends to not separate as quickly.
5. **Campari:** Campari tomatoes are known as one of the juiciest tomato varieties. These tomatoes are sweet thanks to their high sugar level. The level of acidity, on the other hand, is low. The color is deep red which is always good for tomatoes for juicing as the result is a good-looking cup of healthy juice. Appearance-wise, these tomatoes are slightly bigger compared to cherry tomatoes and rounder than plum tomatoes.
6. **Brandywine:** Brandywine tomatoes are a well-known heirloom tomato variety. These tomatoes are quite large which makes them good for juicing and a range of other cooking tasks. The flavor is rich and deep. As for the texture, Bran-

dywine tomatoes have the right amount of both pulp and juice. Thus, they make tomato juice of the perfect consistency.

7. **Amos Coli:** Amos Coli tomatoes are quite large and heavy. The texture of these tomatoes is dense and meaty while the flavor is balanced. This makes Amos Coli tomatoes good for juicers. Amos Coli tomatoes bloom later than some other tomato varieties, but once they do, they will continue to appear all throughout the season, providing you with fresh tomato juice for a few months.
8. **Aunt Ruby's German Green:** As you can guess by the name, this is a green tomato variety. Aunt Ruby's German Green tomatoes retain their green color even when they are fully ripe. These tomatoes have a sweet flavor profile with fruity notes.

You can use Aunt Ruby's German Green tomatoes on their own to make juice or add a few of them to the blend for an elaborate flavor.

## HOW TO MAKE TOMATO JUICE USING A JUICER?

If you have purchased a juicer and want to make homemade tomato juice, here are a few simple steps that result in tomato juice full of flavor and vitamins.

Pick your preferred tomato variety and wash the tomatoes to prepare for juicing.

Cut the tomatoes and remove the seeds. This step is optional. Do it only if you want tomato juice with a thicker consistency and more body.

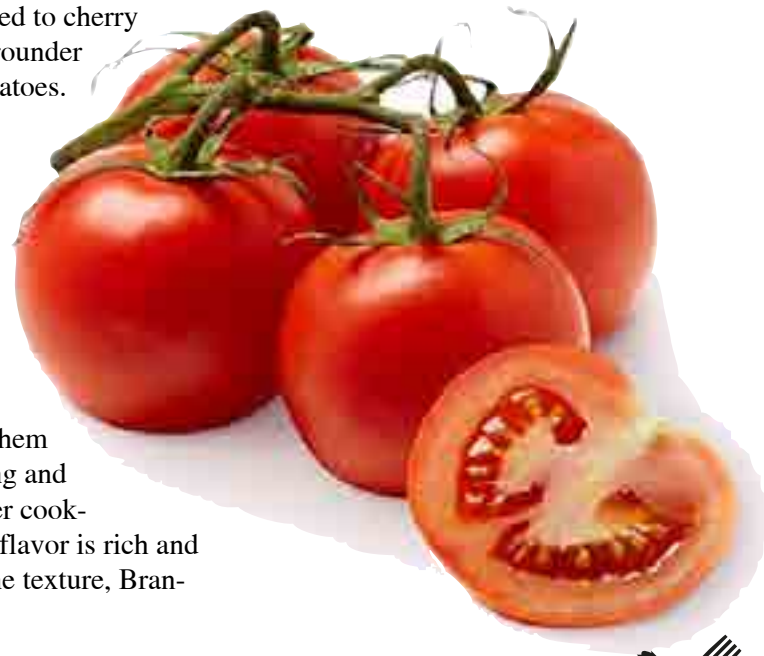
Cut the tomatoes into pieces small enough to fit into the feeding tube of your juicer.

Prepare a few celery stalks. This step is optional too. But we recommend you do as a few celery stalks in the juice will add a savory flavor to it. To prep the stalks, wash them and remove the leaves.

Turn on the juicer and start placing the tomatoes and the celery stalks into the feeding tube.

Let the juice collect in your preferred jar or cup.

To take your homemade tomato juice to the next level add a few drops of tabasco sauce, salt, and pepper to taste. Skip this step if you are drinking tomato juice for its health benefits.



## GROCERY NEWS

# Interview with Madame Chu



by Dean Kallas, Catagory Manager—Grocery

Michael Smith at UW-Madison. He has since retired.”

### How did you get interested in cooking?

“I have been interested in cooking since a very young age. I remembered cooking with my maternal grandmother. She taught me to cook the first dish...Maggie Ramen Noodles. Bring the water to boil, add the noodles then open the seasoning packet. It was gourmet right there for a six-year-old. The next exciting dish was egg fried rice. I remembered at age 10, when school was out for two months in the summer, my parents were working and being the oldest sibling, I had to cook for my brother and sister. Knowing how to cook Maggie Noodles and egg fried rice sure came in handy. In Singapore, we have home economics classes where we learn to sew and cook. I had a very good teacher who taught us baking and cooking. That was also another step into different ways to cook and not just stir-fry.

“At a young age, my grandmother would let me stand next to her as she made complex and time-consuming Peranakan dishes such as Laksa, Tamarind Assam Fish, different versions of Sambal and Nyonya Pickles. Many Peranakan dishes demand patience and time. This was the grandmother who painstakingly wrote down her recipes for my mom to pass down to us.

“My maternal grandmother’s cuisine is Thai- and Malay-based, meaning she uses a lot of lemongrass, galangal, turmeric and, chili padi. My paternal grandmother’s cuisine is Cantonese-based, meaning no chili but lots of vegetables, tofu, plum, and poached chickens. Both grandparents are the reasons for my passion for cooking.”

### Dean: Where did you grow up?

Madame Chu: “I was born and raised in Singapore. It is a tiny island by the peninsula of Malaysia.”

### When did you move to Wisconsin?

“I moved to Wisconsin in 1999. I came here to study Human Factors/ Usability Engineering under Professor



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

“Madame Chu Sambal Nyonya is a deep red chili paste that carries a unique and assertive heat. It is cooked slowly using traditional methods which add a unique caramelized and earthy flavor to the heat of the peppers. Sambal Nyonya complements



eggs, rice, and noodle dishes, or any savory dish that benefits from some added heat.

“The Ginger Garlic is a flavor punch. Every spoonful of this Ginger Garlic Sauce is filled with freshness that stands up on its own as a condiment. It also pairs well with noodles, seafood, chicken, vegetables, and different stir-fry dishes. I love to add them to seasonal vegetables—and of course—tofu or salmon.

“The Satay Peanut Nyonya is like a dense pesto that balances the heat of the peppers and the richness of peanuts. A total of 14 ingredients come together to offer a sweet, hot, and delicious flavor. This pesto goes well with grilled chicken, fish, or tofu. Cook the sauce over the stove with coconut milk for a creamier taste or any broth of choice. The Satay Peanut Nyonya is a good base for many noodle dishes.”

### Who is your biggest influence?

“My maternal grandmother was my biggest influence and my champion who cheered me on.”

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

“I will use my experience to answer this question. I was vending at an event recently in Madison. I was

asked why I think it was necessary to start this business and for people in Madison to buy my products. I was taken aback by the question. The only response I gave was...Madame Chu condiments represent the flavor of Southeast Asia like Singapore, Malaysia, and Indonesia. They are unique and it would cost friends from Madison a lot more money to fly to Southeast Asia just to taste or buy these condiments. It is less expensive to buy for a local producer from that region of countries and a chance to interact with the maker herself. Challenges are many but opportunities are boundless...like getting into the Willy Street Co-op’s family. That alone is a big score, a blessing in my view.”

### What is the best part of your work?

“The best part of my work is meeting old friends and making new friends when we sample the condiments. The best part is knowing people enjoy our cuisine and being

able to share our heritage and culture through food.”

### What are your favorite ingredients to work with and why?

“I love to work with seasonal vegetables. This is because when the vegetable is in season they are absolutely delicious, flavorful, and brilliant in colors. I love to work with tofu because it does not need to be blended. In fact, it is the most adaptable food to cook with.”

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

“We started making the sauces at home and sharing them with friends. When my mom passed on, all I wanted was her cookbooks. I told my siblings they could keep her jade, gold jewelry, and sales of real estate and personal properties. All I wanted was her cookbooks. My husband and I hauled her cookbooks back to Wisconsin. As we were browsing her cookbooks, old brownish papers fell off the pages. They were my grandmother’s handwritten recipes. Some were from my aunts as well. I would interpret the quantity to my husband and he would take the time to prepare the dishes. One of them was her peanut sauce. It was so delicious that we also made a different version of sam-

bal. Some sambal asked for shrimp paste, some asked for fish sauce, while others just fresh ground chili.

“The sum of Madame Chu’s inspiration is authenticity, honor, endearment, and heritage. I loved growing up in Singapore. I love my Peranakan culture. I want to share authentic recipes and continue to preserve my heritage even though I am oceans away from that tiny island...Singapore. I love my grandmothers. I like to honor them through the brand Madame Chu. Madame for my maternal and Chu for my paternal grandmothers.”

### Which of all your creations are you most proud of?

“This is a difficult question. It is like asking me to choose who my favorite child is. I am proud of the three condiments. Each condiment is unique and different. Sambal is spicy, Ginger Garlic is savory, and the Satay Peanut Nyonya is mildly spicy. What I can say is, Ginger Garlic is our best seller.”

### What motivates you to keep creating?

“The love and passion for food motives me to keep creating. I enjoyed sharing and talking about Peranakan culture. I like to recreate food from Singapore that is influenced by Chinese, Malay, Indian, and British cuisine. We live in times where global food access is no longer long-distance traveling in ship containers. We are usually a click away from experimenting with new flavors and cuisine. We have YouTube, TikTok, Reels, and many other platforms such as Food Network, podcasts, etc. Being able to tap into global resources online helps keep me motivated to preserve old time cooking techniques and pass the knowledge to next generations with passion for cooking.”

### Do you have any other hobbies or interests?

“My hobby is to create new recipes and dishes. We participated in SoupOn! with Dane Buy Local, and I love to create and recreate soup recipes. Some of the interesting soups I shared with clients are Herbal Chicken Soup, Kimchi Soup, Tom Yum Soup and Ayam Soto (Spicy Chicken) Soup that is Indonesian-based.

Interests would be to visit as many National Parks and monuments as I am able now. How about hoarding? I love cookbooks and I have not cooked a dish from all my cookbooks collection. My cooking is what I learned from grandma, not from cookbooks. Yet, I love to collect cookbooks.”

### Do you have any new products in development?

“Yes, we have several products in development. There is the Green Sambal which is savory; Green Chili Pickles infused in Wisconsin Maple Syrup; ‘meat’ marinade for tofu or meat; Nyonya Pickles that are sweet and spicy; along with many more. Currently, we are also working on a black garlic sauce recipe.”

## Health & Wellness

### co-op deals: May 3-16

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



**Alba Botanica Sunscreen**  
SPF 50 Sheer Mineral Sunscreen  
3 fl oz • Save \$7  
**\$7.99/tx**



**MegaFood Women Over 55 One Daily Multivitamin**  
90 tab • Save \$19  
**\$33.99/tx**

Alaffia  
**EveryDay Shea Shampoo & Conditioner**  
All Kinds on Sale!  
32 fl oz • Save \$5  
**\$9.99/tx**

evanhealy  
**Wild Carrot Nourishing Eye Balm**  
0.5 oz • Save \$9  
**\$19.99/tx**

Natural Factors  
**Multi Enzyme High Potency**  
60 cap • Save \$14  
**\$17.99/tx**

Garden of Life  
**OG Creamy Protein with Oatmilk**  
Vanilla Cookie & Chocolate Brownie  
860-920 gr • Save \$8  
**\$30.99/tx**

Andalou Naturals  
**Facial Sheet Mask**  
All Kinds on Sale!  
1 ea • Save \$2.10  
**\$3.69/tx**



Aura Cacia  
**Bubble Bath**  
All Kinds on Sale!  
13 fl oz • Save \$4.20  
**\$7.29/tx**



SolaRay  
**Magnesium Glycinate**  
120 cap • Save \$10.50  
**\$13.49/tx**



Nordic Naturals  
**Vitamin D3 + K2 Gummies**  
60 ct • Save \$7  
**\$17.99/tx**



## co-op deals: May 17-30



Kiss My Face  
**Toothpaste**  
All Kinds on Sale!  
4.5 oz • Save \$2.10  
**\$3.69/tx**



Acure  
**Seriously Soothing SPF 30 Day Cream**  
1.7 fl oz • Save \$6.20  
**\$12.79/tx**



Oregon's Wild Harvest  
**Muscle Relax**  
90 cap • Save \$9.20  
**\$12.79/tx**



Floradix  
**Iron + Herbs Liquid Herbal Supplement**  
8.5 fl oz • Save \$17.50  
**\$20.49/tx**

ShiKai  
**Body Lotion**  
All Kinds on Sale!  
8 fl oz • Save \$3.30  
**\$5.99/tx**

The Honey Pot  
**Organic Moisturizing Lubricant**  
2 fl oz • Save \$3.50  
**\$10.49/tx**

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

Wyld CBD  
**CBD Gummies**  
Blackberry, Huckleberry, Lemon & Raspberry  
40 ct • Save \$19  
**\$30.99/tx**



Everyone  
**3-in-1 Soap**  
All Kinds on Sale!  
32 fl oz • Save \$4.30  
**\$7.69/tx**



Organic India  
**Organic Turmeric Formula**  
180 cap • Save \$26  
**\$30.99/tx**

# coop™ deals

co-op deals: May 3-16



**Amy's Burritos**  
Non-Dairy, Cheddar Cheese,  
Black Bean, Southwestern  
5.5-6 oz • Save \$1.29

**\$3.00**



**Chocolove Chocolate Bars**  
All Kinds on Sale!  
2.9-3.2 oz • Save \$1.58/2

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



**A Dozen Cousins Flavored Packaged Beans**  
All Kinds on Sale!  
10 oz • Save \$1

**\$2.99**



**Brown Cow Cream Top Yogurt**  
Plain, Vanilla, Maple  
32 oz • Save 80¢

**\$3.99**



**California Olive Ranch Everyday Extra Virgin Olive Oil**  
25.4 oz • Save \$4.50

**\$12.99**



**Dr. Bronner's Organic Coconut Oil**  
Whole Kernel, White Kernel  
14 oz • Save \$3.50

**\$7.49**



**Hope Organic Hummus**  
All Kinds on Sale!  
8 oz • Save \$1.50

**\$3.49**



**Plant Boss Organic Meatless Crumbles**  
All Kinds on Sale!  
3.17-3.35 oz • Save \$2.80

**\$3.99**

**San-J Organic Tamari Soy Sauce**  
10 fl oz • Save \$1.50

**\$4.29**

**Glutino Gluten-Free English Muffins**  
17.1 oz • Save \$1.30

**\$5.99**

**Organic Valley Organic Sour Cream**  
16 oz • Save 50¢

**\$3.79**

**Mi-Del Ginger Snaps**  
10 oz • Save \$1.20

**\$3.29**

**Made in Nature Organic Dried Mango**  
3 oz • Save \$1.50

**\$4.29**

**HOP WTR Hop Water**  
All Kinds on Sale!  
6 x 12 fl oz • Save \$2

**\$8.49<sup>tx</sup>**

**Noka Fruit & Veggie Purees & Smoothies**  
All Kinds on Sale!  
4.22 oz • Save 98¢-\$1.98/2

**2 for \$4**

**Tucson Tamale Frozen Tamales**  
All Kinds on Sale!  
10-11 oz • Save \$2.30

**\$5.49**

**Brianna's Salad Dressing**  
All Kinds on Sale!  
12 oz • Save \$1

**\$3.29**



**Ben & Jerry's Ice Cream**  
Netflix & Chilled, Cherry Garcia,  
Phish Food, Half Baked, Americone  
Dream, The Tonight Dough  
16 oz • Save \$1

**\$5.49**



**Crofter's Organic Just Fruit Spread**  
All Kinds on Sale!  
10 oz • Save \$2

**\$2.99**



**Garden of Eatin' Tortilla Chips**  
All Kinds on Sale!  
5.5 oz • Save \$1.98-2.98/2

**2 for \$5**



**Go Macro Bars**  
All Kinds on Sale!  
1.8-2.5 oz • Save 70¢

**\$2.79**



**Simple Mills Almond Flour Crackers**  
All Kinds on Sale!  
4.25 oz • Save \$1.80

**\$3.99**



**Bionaturae Organic Tomato Paste**  
7 oz • Save 70¢

**\$2.29**



**Organic Valley Organic Sour Cream**  
16 oz • Save 50¢

**\$3.79**



The specials on this page are valid May 3-16

All Specials Subject to Availability. Sales Quantities Limited.

# MAY

## co-op deals: May 17-30

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



### Goodpop Frozen Fruit Pops

All Kinds on Sale!  
4-8 pk • Save \$1.50-\$2

**\$4.49**

coop deals.

### Beyond Meat Plant-Based Brats

14 oz • Save \$2.80

**\$6.99**

coop deals.

### Alden's Organic Ice Cream

All Kinds on Sale!  
48 oz • Save \$1

**\$8.99**

coop deals.



### Madame Chu Sauces

All Kinds on Sale!  
7 oz • Save \$2

**\$10.99**

coop deals.

### Forager Project Cashewgurt

All Kinds on Sale!  
5.3 oz • Save 70¢

**\$1.29**

coop deals.

### Deep Indian Kitchen Potato & Pea Samosas

11 oz • Save \$2

**\$4.99**

coop deals.



### Made Good Organic Granola Bars

All Kinds on Sale!  
6 x .85 oz • Save \$1

**\$3.79**

coop deals.

### Primal Kitchen Spicy Brown Mustard

12 oz • Save \$1.50

**\$3.49**

coop deals.

### Better Life Unscented All-Purpose Cleaner

32 fl oz • Save \$1

**\$4.99/tx**

coop deals.



### Paqui Tortilla Chips

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

**\$3.99**

coop deals.

### Follow Your Heart Original Vegenaise

14 oz • Save \$1

**\$5.29**

coop deals.

### C2O Coconut Water

33.8 fl oz • Save \$1.20

**\$3.79**

coop deals.



### Barbara's Bakery Cheese Puffs

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

**\$2.99**

coop deals.

### Harmless Harvest Organic Raw Coconut Water

16 fl oz • Save \$1

**\$3.99**

coop deals.

### Nature's Path Organic Cold Cereal Eco-Pacs

Heritage Flakes, Whole O's,  
Heritage O's, Flax Plus Cinnamon  
26.4-32 oz • Save \$2

**\$8.99**

coop deals.



### Woodstock Organic Pickles

Bread & Butter, Baby Dill, Whole Dill  
24 oz • Save \$2.30

**\$4.99**

coop deals.

### Field Roast Plant-Based Stadium Hot Dogs

10 oz • Save \$1.80

**\$5.49**

coop deals.

### Sir Kensington's Classic Mayonnaise

12 oz • Save \$2.30

**\$5.49**

coop deals.



### Santa Cruz Organic Lemonade

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

**2 for \$4**

coop deals.

### Ithaca Hummus

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

**\$3.99**

coop deals.

### Boulder Canyon Canyon Cut Potato Chips

All Kinds on Sale!  
5.25-6.5 oz • Save \$1.20

**\$2.79**

coop deals.



### Dandies Vanilla Marshmallows

Regular, Mini  
10 oz • Save \$1.20

**\$3.29/tx**

coop deals.

### Woodstock Hardwood Lump Charcoal

8.8 lb • Save \$1.50

**\$9.99/tx**

coop deals.

### Nixie Organic Sparkling Water

All Kinds on Sale!  
8 x 12 fl oz • Save \$2.50

**\$3.99**

coop deals.



The specials on this page are valid May 17-30

All Specials Subject to Availability. Sales Quantities Limited.



## Your Golden Years Should Feel Golden

Peripheral Neuropathy affects over 20 million people in the United States. Do any of these sound familiar?

- Burning, pain, tingling, weakness, or numbness in extremities
- Sudden, sharp, stabbing, or shocking pain sensations
- Diminished or loss of touch sensation
- Clumsiness or trouble using fine motor skills
- Loss of balance or falling



Jaime Irving, LAC, has a personal history in complex, difficult to understand conditions and knows how devastating it can be if left untreated.

**I know the frustrations and feelings of hopelessness on an intimate level.** I have sat where my patients sit, experiencing pain. It's why I practice the brand of medicine I do and why it is my life's missions to treat complex and seemingly hopeless conditions. *It brings me such incredible pleasure when I am able to say 'I can help!'*

- Jaime Irving, LAC

Want to learn more?

[www.remedyacu.llc](http://www.remedyacu.llc) | [info@remedyacu.llc](mailto:info@remedyacu.llc) | 608-285-9000



The best summer memories happen here.

Campers enjoy all the traditional fun of summer camp while also being immersed in adventures centered around Wisconsin agriculture, cooperatives, and leadership.

Hiking - Swimming - Campfires  
Kayaking - Sports - Arts & Crafts

Open to ages 8-18  
Register today!

715-214-7887 | [camp@wisconsinfarmersunion.com](mailto:camp@wisconsinfarmersunion.com) | 19161 79th Ave., Chippewa Falls, WI

## SPECIAL STORE HOURS

CLOSING AT 7:00PM MONDAY, MAY 29 FOR MEMORIAL DAY



# INNER FIRE YOGA®

Madison's Original  
Hot Yoga Studio Since 2002



East Madison  
1813 East Washington Ave  
608-405-5896

West Madison  
5003 University Ave  
608-661-0167

[www.innerfireyoga.com](http://www.innerfireyoga.com)

## Spend your summer at our sanctuary!

Heartland's camps teach kindness, develop empathy and cultivate compassion toward animals, people and the natural world. Learn more by scanning below!

HEARTLAND  
FARM SANCTUARY



[HeartlandFarmSanctuary.org](http://HeartlandFarmSanctuary.org)



### Pilates on Harrison

Strengthen & Tone Your Body  
715 Harrison Street  
[pilates@pilatesonharrison.com](mailto:pilates@pilatesonharrison.com)  
608.709.1775

#### Daily In-Studio & Online Offerings:

private & duet sessions • group equipment & mat classes  
(live online classes & videos on demand)

## Madison Credit Union

we're like your local food co-op, but for banking



Madison  
Credit  
Union



## Law Office of Nathan Wagner

Business - Family - Bankruptcy  
Probate - Wills

Call  
608-949-6394  
Free Consultation

[nwagner.law](http://nwagner.law)

2810 Crossroads Dr, Suite 4000  
Madison WI 53718

# There is only one Studio Jewelers.

Serving our clients and community with skill and heart is what we have done for more than 40 years. Which may be why we were awarded the 2022 People's Choice Award for Best Jewelry Store in Dane County. So come to the warm, cozy shop on Regent Street, where we've been for 35 years. We'd like to meet you, and we think you'll enjoy the Studio Jewelers difference.



#### 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.*



# Studio Jewelers

1306 Regent Street, Madison, WI 53715 • 608-257-2627 •



# HOW TO EAT THE SPRING

by Andy Gricevich, Newsletter Writer

## WHAT GROWS TOGETHER

Finally.

That's what Wisconsinites exhale with a sigh of relief, when the first warm breezes blow, the sun climbs higher in the sky, and the last remnants of crusty slush and mud finally begin to glow with countless shades of green. For anyone with a connection to local food, late April and May offer additional ecstasies.

But say it's your first year of trying to eat seasonally—or you've decided to finally try signing up for a local farm's Community Supported Agriculture share. You walk into the produce section at your Co-op, or open your first CSA box, and you're met with much that's unfamiliar. How do they expect me to eat stinging nettles? What do I do with these stringy vines labeled "pea shoots?" What on earth is a ramp?

Spring produce is ephemeral by nature. Many of our earliest edibles (like arugula, watercress, rhubarb, and asparagus) are essentially wild, evolved to germinate before trees leaf out and compete for light. Spring plants are often too delicate to ship from far away, so we don't see them on grocery store shelves year-round, like we do peppers and tomatoes. While we're used to the latter, and comfortable working with them in the kitchen, spring produce can be comparatively mystifying.

There's a saying in the food world: "What grows together, goes together—" and it's true. It's hard to go wrong when combining almost any seasonal, local produce item with another. These foods complement each other perfectly.

With the delicacy of the first lettuces, the crisp bite of radishes and salad turnips, the lemony brightness of

sorrel, the sweet heat of spring onions, and the incomparable umami of morel mushrooms, the first produce of the year almost constitutes a regional cuisine in itself. Where the harvest season of late summer and early autumn is one of almost hedonistic abundance, spring produce awakens the body, beginning with the tastebuds, refreshing us and inviting us to welcome back our long-absent companions in the plant and fungal kingdoms. This welcome is best made simply.

## EAT IT RAW

Spring is by far the best time for raw foods. It's an ancestral truth as well as a culinary dogma. We've evolved to eat things in the ways that taste best at a given stage of their growth, and our relation to flavor is biologically linked with our nutritional needs at different times of year. Young raw plants are packed with vitamins, and their tenderness makes them easily digestible—all of which we've traditionally needed after a long winter.

Primarily, when we're talking about raw produce, we're talking salads. Rarely the most celebrated part of a meal, we tend to dress them up in all kinds of ways to make them more appealing. A perfect spring salad, though, is anything but boring. The key is to highlight the diversity of fresh flavors and textures different plants offer. It's a study in contrast and harmony, in which everything gets connected, without being blurred together, by something as simple as a good vinaigrette.

Making this most basic of dressings is easy, and a jar of it lasts for ages in the refrigerator. One part vinegar gets poured into a jar with two parts of the best oil you have around—really good Greek or Palestinian olive oil, local

Wisconsin sunflower or hickory nut oil. Good fats do so much to maximize the enjoyment and digestibility of any food. Add a tiny spoonful of mustard (Dijon is great, but any will do) and a generous pinch of salt, shake well, and you're there.

Let a baby lettuce be your base; its crinkly texture holds everything up. Invite the dark smoothness of overwintered spinach, arugula's peppery bite, a little bitterness from dandelion greens, the light sweetness of pea shoots, and sorrel's sourness to the party. By all means include the alliums; chopped raw chives, ramps, green garlic, or spring onion bulbs take a salad above and beyond. Sliced radishes and baby turnips provide extra crunch and a little kick. If you have edible flowers around, they'll add even more variation of texture, flavor and color. Aside from its simple dressing, such a salad needs almost nothing else—perhaps a handful of toasted sunflower or pumpkin seeds and a little crumbly, briny, fresh local feta cheese, which lends a little magic to almost any spring recipe. These salads are so good that you may not want one for the rest of the year, switching to cooking your greens instead (thoroughly appropriate to a natural, seasonal diet) and enjoying tomatoes and cucumbers raw in their peak summer season.

## FRY IT

Simple sautéing is a great way to include much larger quantities of nutritious greens in your diet than anyone would or could consume raw. Frying greens is also a nutritious part of a balanced spring diet; cooking, while reducing vitamin content to some extent, actually makes minerals more accessible to our bodies. In addition, there are

many greens (like baby kales and turnip and dandelion greens) most people find much more delectable when cooked.

In the South, greens of all kinds are rinsed and drained, then fried in fat—usually bacon grease or lard—often with some onion, then dressed with salt and a little vinegar. A touch of maple syrup makes it even better. The fat makes the greens more digestible, and tames strong flavors. Don't buy the dogma against saturated fats, but good plant-based oils will also make for a delicious dish. Stinging nettle, a culinary treasure with a rich, oceanic flavor, does well with even less—just a brief steaming in the water left from rinsing, then a little salt and fat to finish.

There's also nothing wrong with blanching and freezing spring greens. Just dunk them for a minute or two in boiling, well-salted water. Drain, plunge into water, and drain again. Squeeze out as much liquid as possible, form into balls, and pack into freezer bags. There's something particularly satisfying about pulling local greens out of the freezer during the winter.

And let's not forget the stir-fry in all its forms. The three keys to a good one are: prepare everything in advance, including any seasoning; make sure the ingredients are as dry as possible; add ingredients in small amounts and stir constantly in an extremely hot wok pan for a short time. Enjoy a hot meal that tastes as fresh as a salad, while unlocking unique flavors. Roasting and grilling, on the other hand, will bring out a sweetness that may be more appealing to any kids you may have in your life. It's all about simple transformations.

## BLEND IT

Act quickly. Throw your intimidat-





ing amount of produce in a blender or food processor with a few other ingredients and pulverize it. A spoonful of vibrant green paste added to a soup, vinaigrette, fresh pasta bowl, egg dish, cut of meat, or pan of roasted vegetables can turn a good meal into a gourmet marvel.

Ramps and green garlic make a stellar base for spring pestos. Blend them with any delectable vegetable oil, add some salt, and add grated hard cheese and pine nuts (or walnuts or sunflower seeds), or don't add anything. Nettles, baby kale, and other greens deepen and darken the flavor, while sorrel and cilantro bring light.

Add vinegar and some dried chilies to any similar concoction, and you have chimichurri, a flavor explosion that brightens any plate. Replace the heat with a few capers, thin with water, and you have an Italian-style salsa verde. ForagerChef's website includes a recipe for a ramp version that, as he says, would make a shoe taste good.

Any of these blends can be frozen. Half-pint jars do fine. Many people fill ice cube trays or parchment-lined rimmed baking sheets and slice the semi-frozen paste into portions before transferring to freezer bags. Whatever method you employ, these condiments are wonderful to have around throughout the year. While you're at it, don't forget to cook that enormous amount of rhubarb down into a sauce you can freeze or can for later use.

## PICKLE IT

Pickling is a wonderful way to preserve and transform many spring treasures. Cover sliced radishes or spring onions in a hot solution of vinegar, water, salt, and sugar, and you'll have a perfect garnish for tacos that will last for months in a jar in the fridge, or—if you can your pickles in a hot water bath—for a year or more in the cabinet. Pickled salad turnips are traditional in Middle Eastern cuisine. Local asparagus, pickled in its prime season, may ruin anything brought in from California for you.

Fermenting in salt brine brings out more depth and complexity of flavor, and is much easier than newcomers might think. It can be done in many kinds of vessels; you don't need a fancy kit to get started. Sandor Katz's *Wild Fermentation* is a classic introduction.

Fermented onions, radishes and turnips will taste (and smell) stronger than vinegar pickles. Garlic scapes (the twisty flower stalks of the plant) ferment beautifully. Lacto-fermented ramp bulbs are a revelation, with lemony notes and glowing purple tones. Ramp greens can be chopped, salted, packed into jars and weighed down without additional water, and the result will be a deeply funky ferment. Mixed half-and-half with sour cream or cream cheese, they make for one of the most astonishing condiments this author has tasted.

The possibilities of fermentation are nearly endless. Katz's recent *Fermentation Journeys* includes recipes for "perpetual brines" like those used in China, in which fresh veggies can be submerged into a jar or crock full of

bacteria-rich liquid that will pickle them within a day or two. They can then be eaten immediately or moved to the fridge for longer storage. These vessels, occasionally refreshed by adding salt and herbs, can welcome a variety of vegetables throughout the changing seasons. Lacto-fermented pickles, for those who become enthusiastic about them, can become a delightful addition to daily meals, and a great way to stretch the season.

## SOUP IT UP

While a good, hearty winter soup or stew requires layering flavors and cooking for a long while to let everything meld, a fine spring soup requires very few ingredients and little time. Heat a decent amount of butter or oil. Throw in a small handful of flour and stir until it turns golden. You could briefly sauté a little onion in the fat first, though you don't need to. Add some stock, stir, and simmer for fifteen minutes. Taste for salt. Toss in a couple of big handfuls of watercress or nettles, and let them cook for another five minutes. Blend, briefly if you like some texture, and longer if you want silky smoothness. Turn off the heat and stir in a little vinegar or lemon juice. Just a little. Fancy it up with a drizzle of oil and/or some black pepper if you want. That won't hurt, but the soup is already perfect, and will make you feel like you've added years to your life.

Just about the only reasonable thing to do with morel mushrooms besides cooking them in butter, sprinkling them with salt, and eating them, is to turn them into a simple cream soup. Fry chopped mushrooms with some larger pieces until golden, add a little flour and brown it, add some dry sherry and stock, let it cook softly for a little while, then add heavy cream and cook for a few more minutes. The mushroom flavor will explode. You can sprinkle chopped chives or ramps on at the end, before you faint with pleasure. Speaking of ramps, use up two or three bunches by slowly sautéing the chopped bulbs with some salt until they turn a shade or two darker. Add stock, or even just water, and simmer for 15 minutes or so to let the flavors blend. Throw in the finely chopped leaves and cook for another few minutes, then do nothing aside from experiencing pure wild leek in all its glory.

## PALETTE AND PALATE

The spring palette is wondrous. Its range may be narrower than the rainbow of high summer, but that constraint is one of its delights. The flavors that go along with all the shades of green, with just a little purple, red, and white thrown in, make for easy composition in which the plants do most of the inventing for you, and your palate can simply enjoy the masterpiece.

Really, this article could have been much shorter: if it's edible raw, just eat it, maybe dipped in a little good oil. If it's better cooked, do it quickly, without much fuss. If it grows together, it will satisfy and enliven. Spring produce, like spring itself, is a gift we can accept with deep yet easy gratitude and a light heart.

# TOGETHER WE TRANSFORM OUR COMMUNITY

## Community Shares of Wisconsin funds systemic change.



Photo courtesy of Women in Transition

May is Mental Health Awareness Month. Help improve the quality of life for people with mental health challenges by saying YES to Community CHIP® at Willy Street Co-op.

Your donation supports the nearly 70 nonprofit members of Community Shares of Wisconsin, including these organizations focused on mental health.

**Chrysalis** promotes mental health recovery in our community by supporting work opportunities that encourage hope, healing, and wellness.

**Disability Rights Wisconsin** uses advocacy, investigation, and education to challenge systems and society to ensure that all people with disabilities enjoy full rights and enhanced quality of life.

**Wisconsin Family Ties** is a parent-run organization that provides support, information, training, and advocacy for families that include children and adolescents with mental, emotional, or behavioral challenges.

**Women in Transition** provides residential services, case management, and social services to adult women with severe, persistent mental illness through a continuum of housing services and support for independent living.

COMMUNITY  
**CHIP**  
COMMUNITY SHARES OF WISCONSIN

COMMUNITY  
**SHARES**  
OF WISCONSIN

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



## CUSTOMER EXPERIENCE REPORT

# Instructor Highlight: Alys Hartman

by Amanda Ikens and Katie O'Connell-Jones, Owner Resource Coordinators

**B**on appétit! We are so excited to bring on new staff instructor Alys Hartman. Her first class is right around the corner on June 5: Spring Cupcake Bouquet. We welcomed Alys to Willy Street Co-op in 2021 as the Director of People and Culture. She brings a wealth of knowledge to our Human Resources and our Customer Experience departments, but little did we know she also has a lot of experience in baking, and has a passion to share her knowledge in the Community Room kitchen. So, let's turn the microphone on and welcome her to the classroom!

### Katie/Amanda: What sparked your interest in baking and decorating?

Alys: "I've been baking all my life with my grandma, so that's always been a passion of mine. I helped my best friend with decorating her son's first birthday cake and was immediately hooked. I continued to bake just for friends and family for several years, and people kept saying I needed to sell my cakes. I researched what it would take to do so under Iowa's cottage bakery industry guidelines and eventually got that set up to be able to do so."

### Do you have a favorite memory of baking and decorating or someone who may have inspired you to want to experiment and learn more?

"I was always baking with my grandma. She taught me everything I know about baking and cooking. She's 87 years old and still an amazing baker and cook."

### Katie/Amanda: What is your background in baking and decorating? Are you self-taught? If so, what was helpful to you on your learning journey?

"I am entirely self-taught. I had a custom cake studio business for over 10 years and specialized in wedding cakes and custom 3D sculpted cakes."

I sought out some great bakers across the country as mentors and learned a lot of techniques through networking with others and a lot of practice. My specialty was taking a lot of little ideas and bringing them to life in a cohesive cake design."

### What motivates or excites you to want to share your skills with Co-op customers?

"I've been in education and corporate training nearly all of my career, so I love teaching. I was one of those people who never thought I



Alys Hartman



was creative, so I love helping others find their own creativity."

### Is it difficult to teach people that have different ages and skill levels?

"I don't think so at all. Everyone starts from a different place based on

their experience, so a good teacher has to be able to meet them wherever they are and help them develop their skills. There are always new things to learn in decorating, so no matter where you are there's something to pass on!"

### Which decorating technique is the most challenging to teach?

"I would describe it as a technique so much as a mindset. Helping people get past the belief that their work has to be perfect or exactly match mine is difficult. Decorating is art—we each have our own vision and perspective. The point isn't to copy my work but to express your own vision. If you had fun doing that, then that's what matters."



### During the pandemic, we saw a lot of baking trends, and people trying new things. Was there anything that you noticed in the baking and decorating world that people dove deeper into?

"Bread baking absolutely blew up during the pandemic, and I wasn't immune to it myself. I've always been more of a sweets baker, but I tried my hand at all kinds of breads during the pandemic. I now have a really great white loaf, some tasty oatmeal bread, and a new artisan Dutch oven bread."

### Are there any trends in baking and decorating right now that interests you?

"I really am getting back into

decorating sugar cookies right now. I've done some in the past, but not nearly as often as I've decorated cakes. I've been looking to do more cookies just for fun because there are so many opportunities to be creative with them."

### What is your favorite item to bake or decorate?

"I really do love designing and decorating wedding cakes, but I don't miss the stress of having to deliver wedding cakes! I enjoy baking pastries of all kinds."

### Are there any similarities that come to mind between working in human resources and your baking and decorating? Or perhaps it is the difference between the two that you enjoy?

"When I had the custom cake studio, working with customers and their families used a lot of the same interpersonal skills that I use in HR. I had to be a great listener in order to hear their ideas and what they are planning in general for their event, be able to synthesize those into a cohesive design, and then be able to effectively communicate that vision to them. I enjoy the fact that baking and decorating is much more of a creative outlet."

We would like to say thank you so much to Alys for taking the time out of her busy schedule to give us an opportunity to get to know her better. It is so interesting to learn more about our very talented staff members and we are excited to see what other baking and decorating classes are in her future. To sign up for classes please go to [willystreet.coop](http://willystreet.coop), and choose the classes and events tab. Here, you will find a full description of scheduled classes and registration information. You can also find video introductions of our other instructors. If you are interested in a class, we recommend that you sign up quickly as some classes fill up fast. See you in the kitchen!



## Marquette-Atwood Neighborhood Art Walk

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

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

**Find our Map at [www.marquette-atwoodartwalk.com](http://www.marquette-atwoodartwalk.com)**

# Recipes

## *Crostini with Ricotta and Pea Shoots*

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

These easy to assemble crostini are topped with ricotta that's packed with early springtime flavors. If ramps aren't available yet, just use spring onions.

8 slices baguette, sliced  
olive oil  
1/2 c. whole milk ricotta  
salt  
black pepper  
1/4 c. ramps, chopped  
1 Tbs. mint leaves, chopped  
1/2 tsp. lemon zest  
1 1/2 c. pea shoots  
1/2 lemon

Directions: Preheat oven to 400°F. Lightly brush both sides of the baguette slices with olive oil and arrange on a baking sheet. Bake 12-15 minutes, flipping partway through the cooking time, until they are golden brown on both sides. Remove from oven and set aside.

In a mixing bowl, combine the ricotta, 1 tablespoon of olive oil, 1/2 teaspoon each of salt and black pepper. Mix until light and fluffy. Fold in the ramps, mint, and lemon zest. Spread the ricotta on the baguette slices. Top each crostini with a little pile of pea shoots, then add a drizzle of olive oil and a squeeze of lemon. Sprinkle lightly with salt and pepper, and enjoy!

## *Splayed Roast Chicken with Caramelized Ramps, Garlic, and Capers*

Adapted from Melissa Clark's recipe in the *New York Times*

Combining a high temperature, salting, a heavy pan, and splayed legs results in an evenly cooked bird, crunchy skin, and perfectly caramelized vegetables.

When ramps are not available, try another vegetable.

4 1/2 lb. chicken  
2 tsp. salt  
1/2 tsp. black pepper  
1 bunch ramps  
1 lemon  
1 Tbs. olive oil  
5 cloves garlic, minced  
1 Tbs. capers

Directions: Rub the chicken inside and out with the salt and pepper. Set aside (at room temperature is fine).

Place a large cast iron or other heavy, oven-safe skillet in the oven, and set to 500°F. Allow to sit in the hot oven for 45 minutes.

Cut the ramps crosswise where the leaves and bulbs meet, then rinse both. Tear the leaves into large pieces. Slice any bulbs thicker than a pencil in half lengthwise.

Transfer the chicken, breast-side up, to a large cutting board. Use a knife to slice through the skin that connects the legs to the body. Splay the thighs open, pushing them backwards, until you feel the joint on each side pop. Put half of the lemon inside the chicken. Set the chicken breast-side up in the hot skillet. Press the legs down so they lie flat on the bottom of the skillet. Drizzle the olive oil over the chicken, then roast. After 30 minutes, arrange the ramp bulbs, garlic, and capers around the chicken, and gently toss with the pan juices. Cook 5-15 minutes more, until the chicken is no longer pink, and the ramps are tender.

Remove the skillet from the oven, and toss the ramp leaves in the pan just until wilted. Allow to rest for 5 minutes.

Serve the chicken with the ramps, garlic, capers, and pan juices, and, if you like, the remaining lemon wedges.

## *Springtime Pasta Primavera*

From Chef Bonita from Harmony Valley Farm

A decadent yet simple springtime dish.

1 Tbs. oil  
1 Tbs. butter  
1 bunch ramps, chopped  
1/4 c. carrots, chopped  
1/4 c. black radish, chopped  
1/2 c. mushrooms, chopped  
1/2 c. vegetable broth  
2 Tbs. dry sherry  
1/4 c. heavy cream

2 c. spinach, chopped  
1/2 c. kale, chopped

Directions: In sauté pan, heat oil and butter until the butter is melted. Add the ramps, carrots, black radishes, and mushrooms. Simmer 4-5 minutes until carrots and radishes are softened. In the same pan, add the vegetable broth and sherry. Cook over medium heat for about 10 minutes. Add the heavy cream and simmer to infuse flavors and thicken slightly. Add the spinach and kale, stir to wilt the leaves. Serve hot over cooked pasta of your choice. Penne, elbows, spaghetti, or fettucine can be used successfully.

## *Tofu with Green Garlic, Shallots, and Soy Sauce*

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

With a simple pot of steamed rice, this tofu dish makes a perfect weeknight dinner. The tofu is pan-fried, then tossed in a sauce fragrant with ginger, shallots, chiles, and lots of green garlic.

1/2 c. grapeseed oil  
3/4 lb. firm tofu  
2 Tbs. cornstarch  
salt  
5 Tbs. unsalted butter  
fresh ginger, grated  
2 serrano chiles, chopped  
3 bunch green garlic, chopped  
5 shallots, chopped  
1/4 c. soy sauce  
1 Tbs. brown rice vinegar  
1 Tbs. sugar  
black pepper  
steamed rice

Directions: In a large bowl, toss the tofu with the cornstarch and a large pinch of salt. Line a plate with a few layers of paper towels. In a large, well-seasoned wok or cast iron skillet, heat the oil over medium-high heat. Fry the tofu in oil until golden brown all over, about 3 minutes on each side. (Do this in batches to avoid crowding the pan if needed.) Drain the tofu on the paper towel-lined plate, and set aside. Discard all but 1 tablespoon of oil from the skillet. Return pan to medium heat, and add the butter. When melted, stir in the ginger, chiles, green garlic, shallots, and a pinch of salt. Cook, stirring, until tender, about 10 minutes. Stir in the soy sauce, brown rice vinegar, sugar, and black pepper. Return the tofu to the pan. Cook, stirring, until heated through, 2-4 minutes. Toss to coat in the sauce. Serve hot, over steamed rice.

## *Watercress and Leek Salad*

Adapted from Judy Gorman's *Vegetable Cookbook*

Fresh watercress and strips of leek are tossed together to create a memorable salad.

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

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

## *Asparagus Risotto*

From Willy Street Co-op

5 c. vegetable broth  
1 lb. asparagus, chopped  
1/4 c. sun-dried tomatoes, chopped  
2 Tbs. shallots, chopped  
2 Tbs. olive oil  
1 c. arborio rice  
1 lemon, zested  
1 c. basil  
1/2 c. parmesan cheese, grated  
2 Tbs. watercress  
1/3 c. walnuts

Directions: Heat broth in a saucepan over medium high heat. Bring to a sim-



mer, cover, and reduce heat to low.

Sauté asparagus, sun-dried tomatoes and shallots in olive oil in large, heavy saucepan for 2-3 minutes. Add rice and stir well to coat with oil; sauté for about 1-2 minutes. Add broth to rice, 1/2 cup at a time, stirring until the rice has absorbed the broth. Keep at a simmer and stir fairly constantly until the rice is tender, but still slightly firm, about 20-25 minutes.

Remove from heat and add lemon zest, fresh basil, cheese, watercress, and walnuts and gently fold in to incorporate. Serve warm.

## Rhubarb Tiramisu by Chef Jordan Lichman

Adapted from Harmony Valley Farm

Rhubarb is another delightful and early treat. Welcome spring with a party and have this be your dessert triumph!

2 each of eggs and yolks  
4 oz cream cheese  
2 egg whites  
1 c. sugar  
1 lb. rhubarb, chopped  
1 c. heavy whipping cream  
1 pk lady fingers  
1 c. semi-sweet white wine  
1 tsp. black pepper  
1 tsp. cinnamon

Directions: Combine rhubarb and the first 1/2 c. sugar in non-stick skillet over medium high heat. Cook until the rhubarb is very soft and the syrup has thickened slightly. Turn off heat. In medium bowl, combine remaining 1/2 c. sugar and 2 egg yolks. Beat until smooth, then add cream cheese. Once again, beat until smooth. In second bowl, combine whipping cream and beat until peaks form. Carefully rinse the mixing blades of mixer. In third bowl, beat egg whites to stiff peaks. Fold yolks into the whipped cream. Then fold in the whites. Place the wine into a shallow bowl or plate and dip sets of 8 ladyfingers into it. Then place ladyfingers into the bottom of a small loaf pan. Top with 1/2 of the cream mix, followed by 1/4 of rhubarb mix. Repeat until all ladyfingers are used. Refrigerate for at least 30 min. Sprinkle with cinnamon and black pepper before serving.

## Vibrant Spring Socca with Basil-Arugula Pesto

Adapted from www.food52.com.

Socca is similar to a crepe, and is made with chickpea flour, which imparts a mild, nutty flavor. This recipe makes one giant socca, but it's easy to make small ones instead if you'd prefer.

1 c. chickpea flour  
1 1/4 c. water  
1 1/2 Tbs. + 1/2 c. olive oil  
1 Tbs. fresh parsley, chopped  
1 1/2 tsp. salt  
1 c. basil leaves  
2 c. arugula  
1/2 c. walnuts  
1/4 c. nutritional yeast flakes  
2 cloves garlic  
black pepper  
2 c. sugar snap peas  
1 c. snow peas

Directions: In a medium bowl, whisk together the chickpea flour, 1 cup of water, 1 1/2 tablespoon of olive oil, parsley, and salt. Whisk until the batter is smooth. Set aside, and allow to rest for 30 minutes.

In a blender or food processor, combine the basil, arugula, remaining 1/2 cup of olive oil, remaining 1/4 cup of water, walnuts, nutritional yeast, garlic, and a sprinkle of salt and pepper. Blend until smooth, adding more olive oil or water a bit at a time if needed.

Turn broiler on to high, and place a rack 5 inches below the flame. Lightly grease a cast iron skillet, and place below the broiler for 1-2 minutes, until hot. Carefully remove the skillet and pour in the prepared chickpea batter, swirling the skillet to make an even layer. Place under the broiler and broil for 5-10 minutes, checking every 3 minutes to avoid burning. Remove from broiler when socca is golden brown. Allow to cool for 2-3 minutes, then transfer to a serving dish. Top with pesto, and sugar snap and snow peas. Serve.

You'll likely have extra pesto, which can be frozen for up to 3 months.

## Asparagus Vinaigrette

Adapted from www.orangette.blogspot.com

Serve as is, or garnish with a chopped hard-boiled egg or a squeeze of lemon. Preparing asparagus simply, with its best friend the lemon, allows it to shine.

1 bunch asparagus  
1 1/2 tsp. salt  
2 Tbs. lemon juice  
1 Tbs. white wine vinegar  
1 Tbs. Dijon mustard  
5 Tbs. olive oil  
1/8 tsp. garlic

Directions: Fill a 12-inch skillet with water about an inch deep. Add a teaspoon of the salt and bring to a boil over high heat. Add the asparagus in a single layer and cook until bright green and just tender, about 1 1/2-2 minutes. Drain and run cool water over them to stop the cooking. Lay them out on a layer of paper towels, then place on a serving platter. Set aside. In a small bowl, whisk together the lemon juice, vinegar, mustard and remaining salt. Drizzle in the oil and whisk until emulsified. Whisk in the garlic. Drizzle the vinaigrette over the asparagus, and serve.

## Asparagus, Mushroom and Cheddar Tart

Featured Chef Adapted from www.themessybaker.com.

Store-bought puff pastry forms a buttery and delicious, but super simple, base for this savory tart. Be sure that the pastry is completely thawed before starting the recipe.

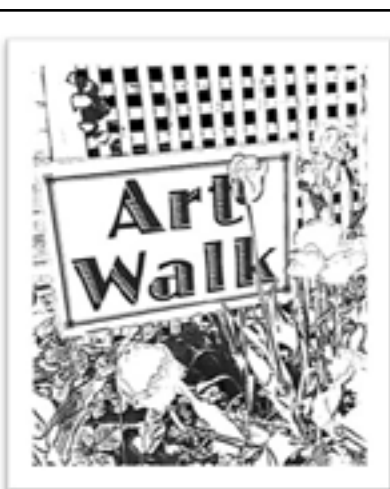
1 puff pastry sheet  
flour  
1/4 lb. crimini mushrooms, chopped  
2 scallions, chopped  
1 Tbs. olive oil  
15 asparagus spears, chopped  
3 oz aged cheddar, shredded  
2 fresh thyme sprigs, chopped  
black pepper

Directions: Preheat oven to 425°F. Line a rimmed baking sheet with parchment.

Gently unroll or unfold the puff pastry, and lightly dust with flour. Very lightly roll across the seams to create an even surface, and gently roll out to about 10 x 12 inches. Use a sharp knife to score a line an inch in from the edges. Prick the pastry with a fork all over inside this border. Transfer to the prepared baking sheet, and bake for 8-10 minutes, until the edge starts to puff up and the pastry is beginning to turn golden.

In a large skillet over medium-high heat, sauté the scallions and mushrooms in the olive oil until tender. Transfer to a dish. Sauté the asparagus in the skillet over medium-high heat, until bright green, but not totally tender. Remove from heat and set aside.

Remove the pastry from the oven and sprinkle with the mushrooms and scallions, staying inside the border. Top with half of the cheese. Sprinkle with the thyme leaves, then arrange the asparagus on top. Sprinkle with the remaining cheese and some black pepper. Lower the oven temperature to 375°F. Return the pan to the oven, and bake an additional 10-15 minutes, until the pastry is deep golden-brown, and the cheese is melted and bubbly. Serve immediately, while hot.



## Marquette-Atwood Neighborhood Art Walk

Sunday, May 7, 2023

11:00 A.M. to 5:00 P.M.

Jenny Blasen  
Gloria Van Dixhorn  
Zach Zitske  
Vicki Berenson  
Rachel Insland  
Mike Kohn Pottery  
Debbie Olin Studio 513  
Hilary Falk - Fovea Works  
Pink House Designs

Laura Meddaugh  
Helen Klebesadel  
Daniel Torres  
Sarah West Whitcomb  
GG of Green Goodies  
Steph Hagens  
Katy Heyning  
Beth Inglis  
Castle Place Designs

Casey T.H. Hulbott  
Samuel Johnson  
Alison (A.E.) Mader  
Hailey McLaughlin  
Leah Evans Textiles  
Mary Fiore  
Three Girls Dyeing  
Helena White  
Reek Havoc

Down To Earth Goods  
Lou Ann Petersen-Noltner  
Ed Noltner  
Christopher X. Burant  
Chuck Bayuk  
Tabletop Studios  
Christopher Murphy  
Eye of MollyFreeSpirit  
Laura Shirley - Hope Art

Find our Map at [www.marquette-atwoodartwalk.com](http://www.marquette-atwoodartwalk.com)





# Staff Picks



### Guayaki Revel Berry Yerba Mate

I have one of these almost every morning and the Revel Berry is my favorite. The amount of caffeine in them is enough to wake me up and sees me through the whole day. I also love the flavor—it's honestly more like juice than tea, so if you're not sure about the tea aspect, give it a try anyway and you won't be disappointed! When they go on sale you can absolutely find me buying a case or two!



**JAMES**



### Hi-ball Vanilla

I know what you're thinking... vanilla-flavored sparkling water energy drink? Sounds weird, right? Wrong. This flavor is the absolute best; think of delicious cream soda without any of the sugar, plus it has natural caffeine and guarana for a boost for your day. It also mixes well. If you're of age, try it with your favorite brandy and add a dash of grenadine for a simple, delicious, and refreshing summer cocktail!



**COLLIN**



### Willy Street Co-op Chicken & Wild Rice Soup

Wild rice!!! Need I say more?

**ALMA**



### Local Arugula

The flavor profile of springtime arugula is delicious. It's nutty, peppery, and just a little bitter. It's a delicate yet hearty green that can be eaten raw or lightly sautéed. I like to use arugula as a salad base topped with blue cheese, toasted nuts, and a balsamic dressing or wilt it into my scrambled eggs. One of my favorite ways to eat arugula is to lay a bed of raw arugula in a bowl and top it with warm pasta and sauce. Yum!

**PHILIP**



### gomacro Sunny Uplift Cherries + Berries Macrobar

I'm not usually the kind of person who goes for a fruity granola bar (I prefer chocolate) but this Cherries + Berries bar is one I come back to time and time again. The tangy cherries deliver both deliciousness and nutrition. Also, this brand comes to us local from Viola, Wisconsin!



**ANGELICA**



### Cesar's Queso Fresco

This cheese completes me! Perfectly salty and crumbly in texture. AMAZING on pretty much anything, but especially perfect on sweet corn or tacos.



**HALLIE**



### Willy Street Co-op Espresso Swirl Brownie

The Espresso Swirl Brownie made by our very own Production Kitchen is so fudgy that I had to double check the ingredients to make sure that it actually was one of the "made without gluten" bakery items. It hits all the texture and taste notes of a conventional brownie! Unlike most conventional brownies though, this is definitely a dark chocolate brownie. The rich dark chocolate is perfectly balanced by the vanilla cheesecake swirl. This is no one note box brownie! The combination of textures and the chocolate with the coffee and the cheesecake is delightful. I also love the fact that it's made with local oat flour, eggs, and dairy!

**HAHNA**



### Vitruvian Sunflower Shoots

This has such a pleasant flavor, whether on their own or atop a salad or a grilled chicken sandwich or an omelet. I also like to eat them one at a time. They have a nice shelf life. At restaurants they will put on, like, five sprouts. At home, I like a big pile because I'm worth it! You're worth it too.



**AMY**



### Rushing Waters 3-Pepper Smoked Atlantic Salmon

This company offers other flavors as well, but I really enjoy this one because it is highly seasoned. It tastes like a special treat as is, but it can be combined to make your favorite spread recipes as well. It is a nice source of healthy fats and protein.



**KRISTINA**

### Usinger's Cooked Italian Chicken Sausage with Sweet Fennel

I use this product chopped up in oven roasted hash dishes. It provides a nice flavor profile to various roasted vegetables. Additionally, it is a local company that has been around since the late 1800's in the downtown area of Milwaukee. It is a staple for that area of our state.



**Madam Chu  
Ginger Garlic Sauce**

I cook. A lot. This sauce is so good that I have four jars in my fridge. I add it to sauces, use it for a really easy stir fry, and marinade meats in it. Every time Josie is in the store to sample she gives me more ideas...and I buy another jar.



**DAN**



**GT's Hibiscus Ginger Kombucha**

I need my booch fizzy and not full of sugar and GT's delivers. Hibiscus Ginger is my new favorite flavor. It delivers nuances of ginger and hibiscus without being overpowering. I enjoy it straight up the best but its not a bad mixer for a great summer cocktail.



**KATIE**



**Ramps**

Taste the fresh beginning of the spring.



**PAUL**



**Capri Cheesery Basil Pesto Feta**

Put it on pasta, bread, crackers, pita, veggies, anything!!!! It melts in your mouth. I love having this on hand to add to dishes or add to your charcuterie board! Get some! Available at East only.

**AMANDA**



**Pretzilla Sausage Buns**

Soft Pretzel Sausage Buns are great for sub sandwiches and, of course, bratwursts. They also make great soft pretzel hot dog buns. Try them toasted! Vegan, kosher, and made in Milwaukee!



**JESS**

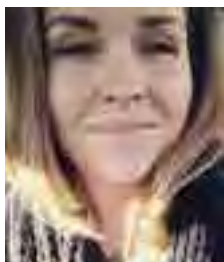


**The Simple Soyman Tofu**

I've been receiving tofu deliveries from The Simple Soyman since my first Natural Foods Grocery job 20 years ago! In fact, they've been making quality products out of Milwaukee since '83! Before it was cool. Their tofu is the perfect firmness. I usually just stir fry it, cubed or cut into triangles, with garlic, tamari, balsamic vinegar, and a pinch of cayenne. Another plus is it's part of our Co-op Basics program.



**LACEY**

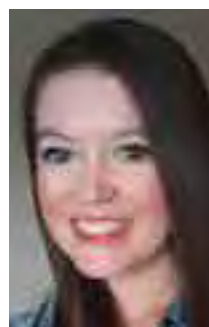


**Field Roast Frankfurters**

This is hands down the best vegan hot dog you will ever have! The texture and flavor are spot on and the flavor combos are limitless. My favorite thing to do is get poppy seed buns, wild relish, and hot peppers and recreate a vegan version of a Chicago style hot dog. You won't regret getting these!

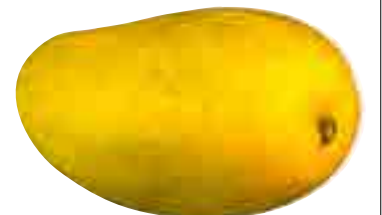


**KATHERINE**



**Ataulfo Mangoes**

I always look forward to the arrival of Ataulfo mangoes each spring! They're smaller than the typical mango and are extra juicy, sweet, and full flavor!



**RACHEL**

 **Tenney Nursery & Parent Center**  
 A Preschool & Community-based Parent Cooperative  
 1321 E. Mifflin St. | director@tnpckids.com | 255-3250  
 www.tnpckids.com  
 Pre-School age 2-5  
 Parent/Child Playgroup age 0-3  
 STATE LICENSED & CITY ACCREDITED

 In these times, having the right home for you and your family to stay safer at home is our priority. We are all in this together, we are here and we care. Be well.  
 Powerful Results. Real People.  
  
 www.LauerRealtyGroup.com | 608.467.3220

**Siren Shrub Co.  
Tart Cherry Sparkling  
Shrub**

As someone who doesn't drink alcohol, I'm always on the look out for an interesting non-alcoholic drink that isn't soda. Siren Shrub Co.'s sparkling shrubs are such a nice non-alcoholic drink option for special occasions! The flavor is complex and pleasant. Not super sweet like sodas or juices. I would compare the taste to kombucha but with more prominent fruit and herb taste. For those who partake, the shrub can be used as a mixer in a cocktail (there are cocktail recipes on their website) but they're amazing on their own. I also love that Siren Shrub Co. a local and woman owned business!

- Hahna, Logistics



**Nubian Heritage  
Goat's Milk and Chai - Soap and Lotion**

This has all good ingredients and the smell is amazing. The soap leaves you clean and not feeling dry and the lotion isn't so thick I feel like I can't get it to soak in. I use this instead of perfume or body spray and I can smell it all day! Scents may vary by store.

- Steffry, Finance



**Hurraw- Sun  
Lip Balm**

I love all of Hurraw's lip balms—but this one takes the cake! Besides the yummy tangerine and vanilla scent (think orange creamsicle) the Sun Lip Balm has SPF 15 from non-nano zinc oxide. Moisturizing, protecting, and so very pleasant to wear. Apply often—and in the wintertime, too!

- Abigail, General Merchandise



**Sun Leaf  
Pure Essential Reed  
Diffusers**

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

- Amy, Front End



**Wyld CBD  
Huckleberry  
Gummies**

These tasty treats certainly take the edge off!

- Angelica, General Merchandise



**Fix  
Tart Cherry Grenadine**

All of their syrups are great and will up your cocktail/mocktail game. But the cherry one is my favorite. Add it to your old fashioned, you will thank me.

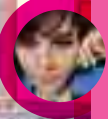
- Amanda, Customer Experience



**Andalou Naturals  
Vitamin C Beauty Balm**

This is an amazing BB cream with vitamin C and SPF 30. It's like 3 products in one. I no longer have to use vitamin C Serum along with a moisturizer with SPF since this product has it all! I apply it after using toner and a serum. It has very light coverage that builds well with products like concealer and blush/ contour/ highlight over it. Plus it smells amazing! The best part is that this product is cruelty-free and vegan!

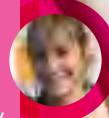
- Shelley, Finance



**Mont Gravet  
Rosé**

Fresh and fruit-forward dry Rosé wine with lovely aromas of raspberry and blackberry and is full body and long on the palate. This Rosé is a wonderful "anytime" wine and a delicious aperitif. It pairs well with a wide variety of foods, as it's refreshing, savory and well-balanced. It will accompany beautifully any salads, fish, BBQ and white meat dishes.

- Jess, Purchasing



**Tony's Chocolonely  
Almond Sea Salt bar**

With dark chocolate (but not too dark), crunchy almonds, and just the right amount of sea salt, Tony's has achieved the trifecta of chocolate bar flavor combos. This chocolate bar is basically the only chocolate I regularly buy now. It not only tastes amazing, but Tony's chocolate is 100% slave free, and their mission is to make all chocolate slave free. I always keep a couple of these bars stashed away at home and at work.

- Mel, Front End



**Greenbush Bakery  
Blueberry Sour  
Cream Cake  
Donuts**

These are the best donuts! Freshly made in Madison & Kosher Certified, they're cakey and crispy, and the blueberry is classic. I think the sour cream also gives them a nice tanginess and texture. One of these with a cold brew is a pretty heavenly breakfast treat.

- Lacey, Logistics



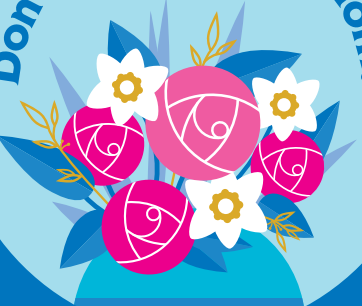
**Wonderstate Coffee  
Ethiopia Natural Process**

Local roaster Wonderstate puts supreme craft into all their coffees and this is the one that got me hooked on them. Light roasts are not for everyone and East African coffees tend to be the brightest of the bunch. However, Wonderstate has worked their magic and found a way to keep your cup smooth & mellow while still letting you taste all the cool flavors that come in a light roast. Give it a try!!!

- Andrew, Grocery



Don't forget about Mom!



MEET YOUR  
NEW NEIGHBOR.

OH WAIT,  
WE'VE  
ALREADY  
MET.

Monona Bank and State Bank of Cross Plains  
**ARE MERGING**



Lake Ridge  
Bank™

GO FAR. GO TOGETHER.

1965 Atwood Avenue, Madison, WI 53704

Member FDIC



Invite the  
Outdoors In!



Porches/Decks  
Sunrooms  
Kitchens  
Whole Home  
Remodels  
Additions  
Bathrooms  
Lower Levels

Call Today!  
608-221-1799  
[ChadsDesignBuild.com](http://ChadsDesignBuild.com)

ATTORNEY  
**PAUL O'FLANAGAN**

Coop member,  
PROGRESSIVE & LOCAL  
LAW FIRM OFFERING:

WILLS, TRUSTS, TAX,  
ESTATE PLANS, PROBATE,  
GUARDIANSHIP & FAMILY  
ASSISTANCE TO FOLKS  
AT REASONABLE COST.  
FREE HOUSE CALLS.

**CALL: 608-630-5068**



**Petinary**

Excellent Pets Deserve  
Excellent Care

1014 Williamson St  
608.255.1239

[www.petinarymadisonwi.com](http://www.petinarymadisonwi.com)

Quality Veterinary Services With A Twist 3882

**Savings Emailed!**



See what's new & tasty in  
produce or what's on  
sale for Owners each week!

[www.willystreet.coop/emails](http://www.willystreet.coop/emails) to sign up  
- you can unsubscribe any time you wish.

**willy street co-op**

**FOLLOW US ON:**



**ADVERTISE IN THE READER**

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