

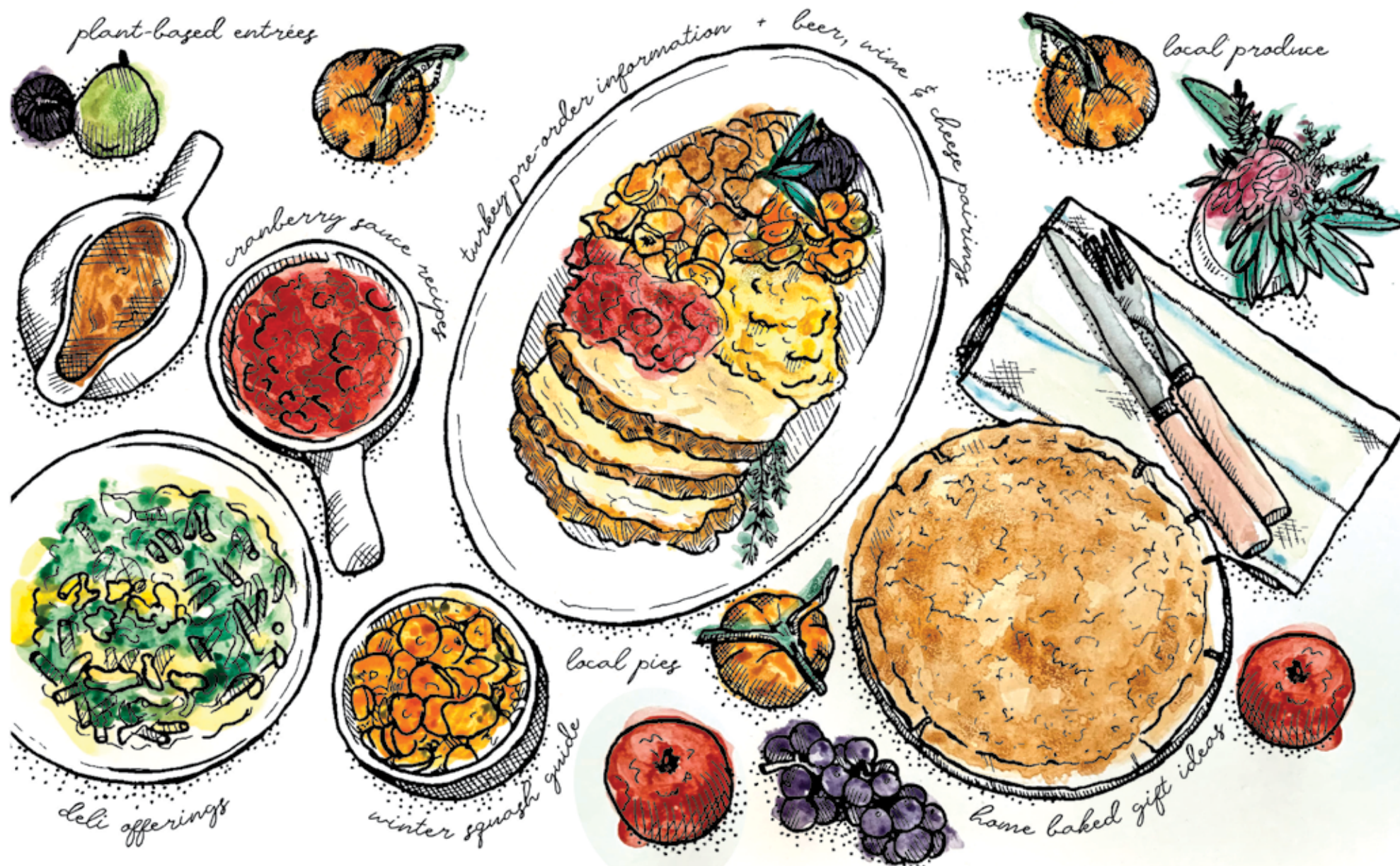
The  
Williamson  
Street  
Grocery  
Cooperative



A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI

# NEWSLETTER

VOLUME 50 • ISSUE 11 • NOV 2024



Thanksgiving Issue

All stores open 7:30 am to 2:30 pm on Thanksgiving Day (Nov. 28)

PRSR STD  
U.S. POSTAGE  
PAID  
MADISON, WI  
PERMIT NO. 1592

**willy street co-op**

1457 E. Washington Ave • Madison, WI • 53703

POSTMASTER: DATED MATERIAL

CHANGE SERVICE REQUESTED



willy street co-op

READER

Editor and Layout: CAITLYN TOMPKINS  
Advertising: CAITLYN TOMPKINS  
Cover Layout: CAITLYN TOMPKINS  
Cover Artwork: HALLIE ZILLMAN  
Sales Flyer Design: CAITLYN TOMPKINS  
Graphics: CAITLYN TOMPKINS  
Sales Flyer Layout: CAITLYN TOMPKINS  
General Email: INFO@WILLYSTREET.COOP  
General Manager Email: A.FIRSZT@WILLYSTREET.COOP  
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 informational purposes only. Before taking action, you should always consult a professional for advice. Articles may be reprinted with permission from the editor.  
Submissions: Ad space reservations due by the 10th of the month before publication; artwork due the 15th of the month before publication.

**1 WILLY EAST**  
1221 Williamson St.  
Madison, WI  
(608) 251-6776  
Open: 7:30am - 9:00pm

**2 WILLY WEST**  
6825 University Ave.  
Middleton, WI  
(608) 284-7800  
Open: 7:30am - 9:00pm

**3 WILLY NORTH**  
2817 N Sherman Ave.  
Madison, WI  
(608) 471-4422  
Open: 7:30am - 9:00pm

**CENTRAL OFFICE**  
1457 East Washington Ave.  
Madison, WI  
(608) 251-0884

IN THIS ISSUE

3	CUSTOMER COMMENTS
5	GM REPORT, BOARD REPORT
6-7	CO-OP CLASS CALENDAR
8	PERFECT PAIRINGS: BEER, WINE & CHEESE
9	THANKSGIVING FLYER: TURKEY, LOCAL PRODUCE & PLANT-BASED ENTRÉES
10	THANKSGIVING FLYER: ESSENTIALS
11	THANKSGIVING FLYER: DELI & PIE OFFERINGS
12-15	CO-OP DEALS
16	NEW PRODUCTS
17	A GUIDE TO WINTER SQUASH
19	WOULD YOU LIKE TO CHIP? YES!
20	OLD THANKSGIVING ADS & ILLUSTRATIONS
22-23	HOME BAKED (AND COOKED) GIFT IDEAS

**SARAH LARSON**

**TATIANA DENNIS**

**GIGI GODWIN**

**ANTHONY HERNANDEZ**

**ASHWINI RAO**

**ISABEL SPOONER-HARVEY**

**IKE ROSS**

**DEBRA SHAPIRO**

**DAN STREIT**

The Board meets 8-10 times a year, meetings are virtual, 6:30 - 8:30pm. Owners are invited to attend during the open session of the BoD meeting. See [www.willystreet.coop/events](http://www.willystreet.coop/events) and select the Board category for details.

**December 4, 2024**  
**January 22, 2025**

**March 26, 2025**  
**April 23, 2025**

**EMAIL: BOARD@WILLYSTREET.COOP**  
**ALL-BOARD@WILLYSTREET.COOP**  
(includes the GM, Executive Assistant, and Board Administrator)

THE WILLY STREET GROCERY CO-OP

MISSION STATEMENT

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

**EIGHT COOPERATIVE PRINCIPLES**

VOLUNTARY OPEN MEMBERSHIP

DEMOCRATIC MEMBER CONTROL

COOPERATION AMONG COOPERATIVES

AUTONOMY AND INDEPENDENCE

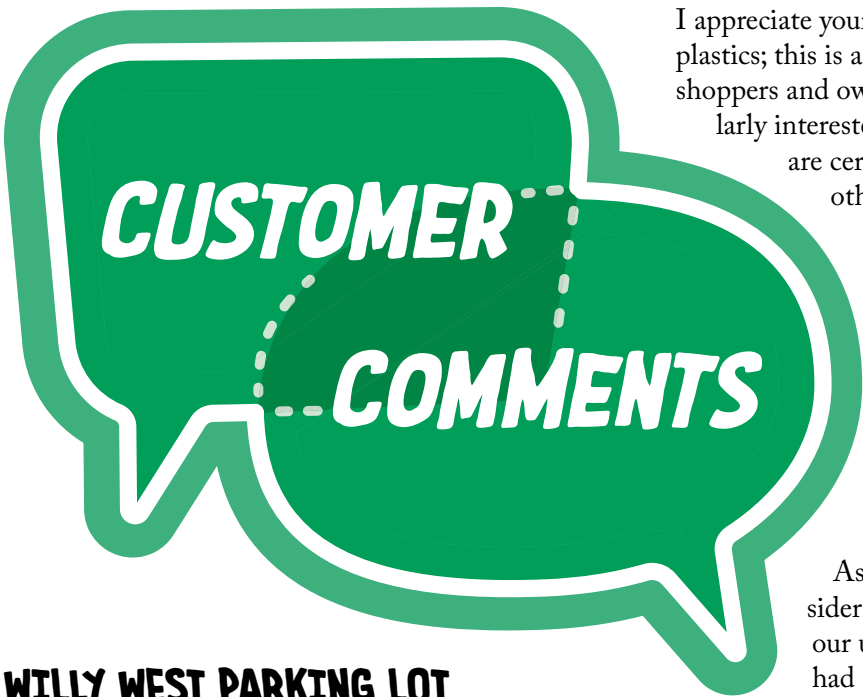
DIVERSITY, EQUITY, AND INCLUSION

MEMBER ECONOMIC PARTICIPATION

CONCERN for the COMMUNITY

EDUCATION TRAINING AND INFORMATION





## WILLY WEST PARKING LOT

**Can the Co-op and other tenants address traffic concerns in parking lot. Perhaps speed bumps, slow signs, "child, elder crossing" and better access in general? Too many accidents and near hits in general. Thanks!**

Thank you for bringing your concerns to our attention regarding traffic safety in our parking lot. We will be forwarding your suggestions regarding speed bumps, slow signs, and designated crossing areas for children and elders to the landlords. They are responsible for making decisions regarding improvements to the parking lot infrastructure. Thank you for taking the time to share your feedback. Best regards, Frantseska Kois, Willy West Store Director

## PLASTIC WASTE

**One of the reasons I like willy st coop is because it helps with source reduction, plastic free living, reducing my exposure to microplastics and overall reducing my plastic waste footprint. However, the coop, like all stores, has a blind spot final frontier situation that remains unsolved: refrigerated and frozen foods. It seems that everything that is available is in single use plastic containers. I am not interested in buying fresh food and preparing it to be frozen. I would like to purchase food that is already frozen or refrigerated in more sustainable packaging. You are doing well with the sauerkraut and mayonnaise stuff that is in glass containers in the fridge over by the eggs. Yogurts, kefirs and fresh milks leave much to be desired. In the frozen and refrigerated sections (meats, pizzas, fruits and vegetables, breads, ice cream, etc), seems like everything is single use plastic, little of which is recyclable (or realistically going to be recycled).**

- **As consumers, how can we use our purchasing power to move toward zero waste if there are no zero waste options?**
- **Is there a way that willy st coop can acquire large amounts of fresh produce, freeze it in a returnable bulk containers locally and sell that stuff in your stores? With container deposit and return?**
- **Are there any refrigerated or frozen food brands that offer recyclable or compostable containers?**
- **Is there a way to have a bulk section for frozen goods, so that we could bring our own containers for frozen goods?**
- **Certain mason jars can be used for freezing goods. Is it possible for willy st coop to make sorbet locally and sell it frozen in mason jar containers?**
- **Am I the only one with this problem?**
- **Is there a concerted coop-wide effort being made to reduce plastic packaging? By shifting which items are sold in your store and how they are packaged?**

Thanks for your questions! I worked with a few of our Category Managers to make sure I got the most informed responses to your questions.

I appreciate your interest in reducing single use plastics; this is a common concern from many of our shoppers and owners. It seems that you are particularly interested in frozen goods—it's true there are certainly less options out there than in other categories.

We are unfortunately not able to provide bulk frozen goods, or prepare and package any plastic-free frozen goods at this time; there are a number of barriers and it is simply not cost-effective nor do we have the labor or capacity to support the types of programs suggested.

As an organization we are always considering ways to improve and to reduce our use of single use plastics. We recently had a workgroup evaluate how we're using plastic in each of our departments and there is some positive work coming out of that effort. One notable change we've recently made at our East location is bringing back a fresh bakery case, which allows us to stop wrapping a considerable number of products in plastic (which was a shift we had to make during the height of the pandemic). We'll continue to make changes where we are able to and will forever be on the hunt for more products that come in more sustainable and plastic-free packaging. If you come across anything specific that you don't see in our stores we'd love to hear about it! I hope I was able to answer most if not all of your questions; please let me know if you have others! I'll include some specific product suggestions here too: From our Grocery Category Manager Dean: White Mountain Foods organic Bulgarian yogurt comes in glass jars and is sold at all of our stores. We also have La Ferriere yogurt which comes in reusable terracotta and glass pots. We have several milks in cardboard containers and we carry Crystal Ball Farms whole milk half gallons in glass bottles at all of our stores. I believe the Clover Meadows drinkable yogurt we sell at East is still in glass bottles. From our Health & Wellness Category Manager Sara: The brands currently available to us (through direct vendors and/or distribution) do not offer pure cocoa butter in a glass jar. However, we do carry a wonderful moisturizer from Booda Butter, which is a blend of cocoa butter, shea butter, coconut oil, olive oil, and jojoba oil, and it comes in a metal tin (2.3 oz). If you're interested in trying a blend of moisturizing ingredients, I would highly recommend giving Booda Butter a try! Thank you, Liz Muñoz, Director of Purchasing

## WILLY WEST HOT BAR

**There were zero vegetable options on hot bar or ?. And corn is a grain not a veggie. Also no salad bar and to argument with. I think of the co-op as a health food store and in so many ways it is. I appreciate the wonderful produce selection and wide variety of healthful grocery items. The hot bar often surprises me. I need greens/veggies in my diet. Thanks.**

Thank you for taking the time to write to us about your feedback on the Willy West Deli Hot Bar. We are sorry to hear that you did not find what you were looking for on the day that you stopped in. We have a mixture of steamed vegetables on our hot bar every day as a staple for those looking for fresh veggies. It looks like you stopped in on a Thursday, where we usually have Vegetable Fried Rice, as well as several other dishes that contain vegetables. If you are unable to find something that you are looking for while you're shopping with us please don't hesitate to stop by our Deli counter and ask one of our staff members! We'll be happy to help as much as we can! Thank you, Renee Strobel, Willy West Deli Manager

## READER

**I so enjoy receiving your Reader news. It's full of**

**great information, tips, even fun advertisements! It makes me feel proud to be a member every time I read it. I appreciate the articles, and found Mickey Ellenbecker's recent article fascinating - Appreciating Migratory Workers in Wisconsin. She gave background of history and H-2a visa process that was so insightful, that I would wish for all Wisconsinites to read it!**

Thank you for your kind words about our *Reader*. It's so nice to hear that our writing and designing efforts resonate with the Willy Street Co-op community. And I agree—Micky's September article was thoughtful and informative. I will be sure to pass your message on to her. Have a great day! -Caitlyn Tompkins, Content Specialist

## BULK SPICES

**I love WSC and shop there often. Yesterday I needed some unusual spices in small amounts and visited the bulk section. The choices were much reduced from earlier visits this year. And, as usual, one needs 3 hands to hold the paper funnel inside the tiny plastic bag while pouring my spices in the bag. ! Any chance I could bring my own sturdy plastic funnel? Or use a jar? More important - why the greatly reduced selection**

Thank you for taking the time to share your feedback with us, along with your question. You are always more than welcome to bring in your own container and funnel. Just make sure to use our scale in the bulk aisle to weigh your container so that the cashier knows the tare weight. Regarding our spice selection, in the last two years we actually haven't made any cuts to what we are currently offering. That being said, the new space might make things look a little slimmer, but the amount of space is exactly the same as our previous setup. If there is a spice that you were unable to find that we once had, please let us know. I would be more than happy to look into bringing them in. Please let me know if you have any questions. Thanks! Dave Andrews, Willy West Grocery Manager

## STORE IS COLD

**It is way too cold in the store for comfort when shopping. I feel like I need my winter coat and a pair of socks. I also get concerned about air conditioning as it relates to climate. Please consider adjusting temps even slightly. Thank you.**

I'm sorry you have not been comfortable while shopping in our stores in the summer. Unfortunately, it is very difficult for us to balance staff and customer comfort and the ambient temperature/humidity level limitations of our refrigeration equipment. The temperature in the stores is set based on what our HVAC and refrigeration service technicians have suggested to help maintain optimal functioning of the refrigeration systems and to avoid costly and inconvenient equipment breakdowns. The technicians' guidance is that refrigeration equipment operates best in conditions where the indoor ambient air temperature is around 70 degrees Fahrenheit and the humidity level is around 50%... or as close to that as possible. Even with the store inside temps being set where they are in the summer we still have problems when it is extremely hot and humid outside. High heat and humidity puts a lot of stress on the refrigeration systems and can cause them to run less efficiently or even quit working. This puts temperature critical products at risk of getting too warm, and can also cause significant inconveniences for customers when product that gets too warm needs to be discarded, or entire coolers or freezers need to be emptied for maintenance. I hope this information helps. -Jim Jirous, Facilities Director

**Have a comment or request you would like to share?**

**We would love to hear from you!**



**[www.willystreet.coop/contact-us](http://www.willystreet.coop/contact-us)**



Double Dollars donations  
go twice as far in  
November & December!



Through December 31st, when you use a Double Dollars scan card, the Co-op will match up to \$15,000 and split matched funds between our five food pantry partners:

Goodman Community Center Fritz Food Pantry  
Wil-Mar Neighborhood Center  
The River Food Pantry  
Lussier Community Education Center  
WayForward Resources

Just tell the cashier you'd like to donate!

LOCALLY  
GROWING FOR  
50  
YEARS  
willy street co-op



We're celebrating 50 years of locally growing starting in October, so you'll see these "50" logos a lot over the next 12 months! We'll use them to highlight some extra events, giveaways, and historical information.



WE CAN  
CUT  
CABBAGE

Just want half?  
Ask a Staff Member.  
willy street co-op

CHADS  
DESIGN BUILD  
Renovate  
Your  
Space



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

Call Today!  
608-221-1799  
ChadsDesignBuild.com

The next  
Wellness  
Wednesday  
is November 6th!



OWNERS GET 10% OFF  
Wellness & Bodycare items  
the first Wednesday of every month!

Please come and visit



LA MODA MARIE  
YOUR GLOBAL FASHION

608-709-1220  
www.lamodamarie.com  
1012 Williamson Street,  
Madison, Wisconsin 53703

PERSEVERANCE



INNER FIRE YOGA

Try our welcome special →







BY ANYA FIRSZT,  
GENERAL MANAGER

**H**ello dear Owners,  
Welcome to November, the month when many people turn their thoughts to holiday meal planning, list writing, and gift giving. The Co-op can help you with your traditional and not so traditional grocery ingredients, as well as a few ideas to support your gift-giving needs.

This November, we also have the 2024 general election on November 5, which will determine who will be our next president as well as others who will hold office. Your vote is your voice! Make your vote count.

**UNION CAB ALSO WANTS YOU TO VOTE!**

Speaking of voting, for many years, Union Cab Cooperative of Madison has offered what they call “Democracy In Motion.” As they do for every election day, Union Cab offers free rides to the polls on election day; this month that’s November 5th. Please call them at 608-242-2000 if you need a ride or have any questions.

**FINANCIAL UPDATE**

As I shared at our Annual Meeting, we had an unexpected loss in FY24, and are forecasting a second year of losses in FY25. Some years our Co-op is profitable, like we were in FY22 and FY23 when we shared patronage with Owners, and some years—like this year we have losses. Our current losses are due to our expenses growing faster than our revenues. Wages and benefits for our staff have increased significantly over the past few years as we have made it a priority to keep up with inflation and ensure staff are paid at the top of the Madison Market for their jobs. We’ll share more information in next month’s budget article.

It will take us two years to get our revenues and expenses in alignment and by FY26 we anticipate we will again be profitable. We realize we have some heavy lifting to do in terms of growing sales and managing expenses in order to achieve profitability by FY26.

**UPCOMING CHANGES**

We have been reviewing all of our operations and have determined that our juice production is not financially viable. When we removed the Juice & Coffee Bar counter service at each store, we moved production to Willy West. Since then, the ingredients and labor costs have increased significantly, which required us to increase our prices and shrink the juice bottle size to try to break even. Not surprisingly, as the prices increased, sales of our Co-op juices decreased.

As we reviewed all aspects of our operations we determined that making and bottling our own juices was no longer a viable option. It is with some sadness that I have to report that we will end production of all Willy Street juices as of November 15th of this year. We will continue to make Co-op teas and cold brew. While nothing can replace our juices, we will be sourcing products to replace our in-house products.

**COFFEE WITH THE GENERAL MANAGER**

Join me for a cup of coffee in the Willy North Commons and tell me what you like about our North store and what we can do to improve. I’ll be there Tuesday, November 12 from 11–2 and Saturday, November 16 from 2–5. Can’t make it to one of these sessions? Please email me at [a.firszt@willystreet.coop](mailto:a.firszt@willystreet.coop) or call 608-237-1210 with your concerns and/or comments.

**ANNUAL MEETING QUESTION FOLLOW-UP**

At the Annual Meeting on October 1st, we were asked a couple of questions by Owners that required me to find the correct answer to be shared out later. Here you go:

One question was about meat (plastic) packaging and glove use. The thought was that meat purchased through the meat counter uses paper as a wrapper, so less/no plastic packaging. BUT, gloves are used to select and wrap the product. Is it possible to not use gloves? Using gloves for meat/seafood handling in the service case is a requirement from the health department. We use nitrile or latex gloves, and unfortunately, there’s really no way around it. We do our best to source meat products that have minimal packaging, or at least recyclable packaging (like Bell & Evans), but with the stringent regulations that meat suppliers face, it’s really a challenge.

Another Owner asked how frequently are the bulk bins washed? The standard for all three locations is that once every quarter (3 months) bulk bins are washed. Additionally, if a scoop or gravity bin is looking gritty or grimy (regardless of when it was last cleaned), the team will run it through the dishwashing machine.

**2024 ANNUAL WSC BOARD ELECTIONS**

The 2024 Board Election results were announced at the Special Owner meeting on Wednesday, October 16. Thank you to the six Owners who decided to run for the Board of Directors. Congratulations to our newly elected Board members: Tatiana Dennis, Dan Streit, Deb Shapiro, and Sarah Larson.

To our outgoing Board members, Carol Weidel and Nancy Ranum. Thank you both for your years of service on the Board, your leadership, and the many contributions you have made to the Co-op. Best to you both in your future endeavors.

**SPECIAL STORE HOURS**

- November 28 (Thanksgiving Day) closing at 2:30pm.
- December 24 (Christmas Eve) closing at 6pm
- December 25 (Christmas Day) closed
- December 31 (New Year's Eve) regular hours
- January 1 (New Year's Day) closed

Cheers to you and yours,  
Anya



BY IKE ROSS,  
BOARD MEMBER

**T**hank you to all of the members who were able to make it to this year's Annual Meeting held in October at the Willy Street Co-op’s newest community space, Aubergine. As part of the Annual Meeting, and in order to celebrate the Co-op's 50th year, we offered commemorative cups to those in attendance, took a look back in time with historical *Reader* articles, great staff photos, and former Willy Street Co-op T-shirts that were crafted into a lovely quilt. In honor of 50 years, the Co-op is also offering a range of events, discounts, and giveaways, and we encourage members to continue to keep an eye out for them in *Reader* articles and posts in the stores. In addition, we were honored to host some of the founding members and staff who graced us with a wonderful Q&A panel session. If you missed it, you can view it online at [willystreet.coop/2024-annual-meeting](http://willystreet.coop/2024-annual-meeting).

The panel regaled those in attendance with great stories from the early days of the Co-op, detailing the challenges overcome, and looking forward to the challenges ahead for the next 50 years. As a newer member of the board, I gained so much value from hearing about the Co-op's humble roots, its early hurdles, and the suc-

cessful navigation from early days to becoming a foundation in our community.

October was also election month for Board candidates, and we were happy to welcome new candidates and grateful to hear their pitches to the Owners. Thank you to all of those who cast their votes this election cycle, and we are so pleased to announce the newest members to the board, Dan Streit and Debra Shapiro.

Thank you again to all who were able to attend, and thank you to all of the Owners that make Willy Street Co-op possible. It's through your ownership and participation that Willy Street Co-op is able to celebrate 50 successful years in Madison, and it's through you that we are excited to embark on the next 50 years.

**All stores open until 2:30pm on Thanksgiving**  
(Thursday, November 28th)

*Have a Safe & Happy Holiday!*

**willy street co-op**

**UNION CAB WANTS YOU TO VOTE!**

Union Cab offers free rides to the polls on election day; this month that’s November 5th. Please call them at 608-242-2000 if you need a ride or have any questions.

**union cab co-op**  
READY WHEN YOU ARE

**COFFEE WITH THE GENERAL MANAGER**

**Let Anya know what you like about our North store & what we can improve.**

**WILLY NORTH COMMONS**  
**Tuesday, November 12 from 11-2pm**  
**Saturday, November 16 from 2-5pm**





**CHEESE PLEASE: HOME CHEESE-MAKING BASICS**

Location: Aubergine, 1226 Williamson St.  
Tuesday, November 5, 6:00pm–8:00pm  
Location: Willy West Community Room  
Wednesday, November 20, 6:00pm–8:00pm  
Ages: 14+; adult supervision required  
Instructor: Linda Conroy  
Fee: \$50 for Owners; \$60 for non-owners  
Capacity: 20

This introduction heralds the boldness of cheese! Linda will cover the ingredients and procedures necessary for success. This class is interactive: we will make and taste simple cheese styles, cover sourcing milk, and uses for whey. Leave with recipes, samples, and a culture to get started. Whether you continue making cheese or attend to experience the process, cheese will never look the same! Demonstration and hands-on.



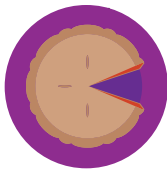
**SPROUTS: COOKIE CLUB**

Location: Willy West Community Room  
Tuesday, November 5, 4:00pm–5:00pm  
Location: Aubergine, 1226 Williamson St.  
Thursday, November 14, 4:00pm–5:00pm  
Ages: 5–8 years old; adult supervision not required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 8

It's getting close to the holidays, and that means cookies! Kids will have fun learning about baking cookies and decorating them, just in time to help with all of that holiday baking. Hands-on.

**SPROUTS: EASY AS PIE**

Location: Willy West Community Room  
Tuesday, November 19, 4:00pm–5:00pm  
Ages: 9–12; adult supervision not required  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10  
Let's bake a pie! Join Mike and the Sprouts in the Co-op Kitchen to bake a pie from start to finish. We'll begin with fresh fruit to make pie filling and a custard pie filling, too. We will make and roll out the dough, and finally we'll assemble and bake a pie, and our own little pies to take home. Hands-on.



“What kid isn't going to be excited about baking a little mini pie just for them? Move over Easy Bake Oven, this is the real deal.”  
-Mike Tomaloff, Co-op Class Instructor

**SPROUTS: DIY GRANOLA BARS**

Location: Aubergine, 1226 Williamson St.  
Thursday, December 5, 4:00pm–5:00pm  
Location: Willy West Community Room  
Tuesday, December 10, 4:00pm–5:00pm  
Ages: 5–8 years old; adult supervision not required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 8  
Granola bars can have anything you want in them when you make them yourself. Co-op Sprouts (with a little help from Mr. T) will create their very own granola bars. What will you put in yours? Dried apricots? Chocolate chips? Craisins? Coconut? Pepitas? The choices are endless! Join us and see how easy these DIY treats can be. Hands-on.

**SPROUTS: HOLIDAY TARTS**

Location: Aubergine, 1226 Williamson St.  
Wednesday, December 18, 4:00pm–5:00pm  
Ages: 9–12 years old; adult supervision not required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10  
We'll have flaky and buttery little tart shells filled with pastry cream, lemon curd, berries, bananas, kiwi, whipped cream, or whatever else we can think of! Join Co-op Sprouts and Mr. T to make kid-sized delightful desserts that are fun to make and enjoy together. Hands-on.



**HOW THE THYROID GLAND WORKS**

Location: Zoom  
Tuesday, November 19, 12:00pm–1:00pm  
Instructor: Katy Wallace, ND  
Fee: Free; registration required  
Capacity: 40  
Are you fatigued, constipated, and have brain fog and wonder if it's your thyroid hormone levels? Come learn about how thyroid hormones, essential to every cell in the body, are produced, and how auto-immunity, stress and inflammation interfere. Katy Wallace, Naturopathic Doctor of Human Nature, will present the roles of minerals and diet in supporting the thyroid gland.

**GUT-BRAIN CONNECTION**

Location: Zoom  
Wednesday, December 11, 12:00pm–1:00pm  
Instructor: Katy Wallace, ND  
Fee: Free; registration required  
Capacity: 40  
The gut-brain connection in the body allows for signals to pass between the digestive and nervous systems. It impacts mood, thinking skills and memory, metabolism and risk for health conditions, for example. Join Katy Wallace, Naturopathic Doctor

of Human Nature, LLC, for tips on how to improve gut health in ways that translate to a healthier gut-brain balance.

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



**MINDFUL MOMENT: GUIDED GROUP MEDITATION**

Location: Aubergine, 1226 Williamson St.  
Tuesday, November 12, 5:00pm–6:20pm  
Tuesday, November 26, 9:30am–10:50am  
Tuesday, December 10, 5:00pm–6:20pm  
Ages: 14+  
Instructor: Sean Phillips  
Fee: \$15 for Owners; \$25 for non-owners  
Capacity: 20  
Welcome to Mindful Moment, a guided group meditation class for both beginners and experienced participants. Sessions start with a brief introduction, followed by guided meditation, and conclude with discussion, and Q&A. Stay for refreshments and a meet and greet. Mindful Moment aims to help individuals realize inner peace and enjoy its benefits, such as enhanced clarity, focus, reduced stress, and better mental and physical well-being.

**45-MINUTE INDIVIDUAL NUTRITION CONSULTATIONS**

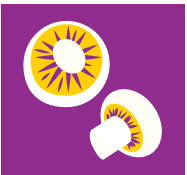
Location: Aubergine, 1226 Williamson Street  
Wednesday, December 4, 1:30pm–4:45pm  
Location: Willy West Community Room  
Wednesday, November 6, 1:30pm–4:45pm  
Location: Zoom  
Wednesday, November 13, 1:30pm–4:45pm  
Wednesday, December 18, 1:30pm–4:45pm  
Fee: \$55 for Owners; \$90 for non-owners  
An individual nutrition consultation is your opportunity to learn how the correct food choices for your body can enhance your well-being. A one-on-one session with Katy Wallace of Human Nature includes a 45-minute consultation regarding your health goals, as well as lifestyle and food choice suggestions geared toward addressing health goals and developing sustainable change. Appointments are confirmed upon payment. Payment is due at the time of scheduling; otherwise, the appointment will be released to other interested parties. Payment is non-refundable and non-transferable unless notice of cancellation or rescheduling is provided seven (7) or more days prior. To register for the next available opening, email [info@humannaturellc.com](mailto:info@humannaturellc.com) or call 608-301-9961.



**MARVELOUS MUSHROOMS**

Location: Aubergine, 1226 Williamson St.  
Thursday, November 7, 6:00pm–8:00pm  
Location: Willy West Community Room  
Tuesday, November 12, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10  
Join Chef Mike to delve into some delicious dishes using mushrooms. This overview of mushroom cookery includes a roasted mushroom roulade with crispy, buttery layers of phyllo dough; oyster mushroom and bay scallop stew with crusty baguette; and rich duxelle with toast points. Demonstration with hands-on opportunities.

“This class is back for a second run after selling out the first time around. If you like mushrooms, you'll love this class! If you don't think you like or grew up with rubbery, canned mushrooms, and don't get what people see in them, then this may be the class for you, too. Let me show you some new tricks for cooking mushrooms that might change your mind!”  
-Mike Tomaloff, Co-op Class Instructor



**COOKING WITH CHEF PAUL: NUTRITIOUS MEALS ON A BUDGET**

Location: Lakeview Library  
Thursday, November 14, 6:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: Free; registration required  
Capacity: 12  
Join Chef Paul to learn how to select and store produce, meal plan to make the most of fresh fruits and vegetables, and how to reduce food waste in your kitchen. Enjoy samples of Paul's tasty and versatile recipes! Register at <https://www.madisonpubliclibrary.org/events>. Registration will open two weeks prior to the program date on October 31.

**COOKING WITH CHEF PAUL: HOLIDAY TURKEY AND SIDES**

Location: Aubergine, 1226 Williamson St.  
Thursday, November 21, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10  
Want to have succulent turkey on the dinner table for Thanksgiving? Join Chef Paul to learn a couple of ways to make that happen! Paul will discuss brine versus dry rub, and wild rice stuffing will complement the meal! Demonstration.

**AUTUMN HARVEST: A BOUNTY OF BRASSICAS**

Location: Willy West Community Room  
Thursday, November 21, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10  
The days are getting shorter, the evening air nips at your ears as the night-



time temperatures drop ever closer to freezing, and the brassicas in the garden are reaching the peak of their flavor. Join Chef Mike to explore the remarkably numerous varieties of this hardy genus, and make some delicious dishes! On the menu: Brussels sprouts slaw with dried cranberries, radishes, toasted pepitas, and a sweet poppy seed dressing; collard greens braised to tender perfection with smoked pork and apples; and rapini sauteed in olive oil with garlic, shallots, and pillowy gnocchi.



“ There are so many great dishes to make from brassicas, not to mention that they are abundant, economical, and easy to use. I am particularly looking forward to the collard greens. Growing up I didn’t know much about collards, but now they regularly appear in my kitchen. They are so delicious, easy to grow, inexpensive to buy, and are loaded with good stuff. ”

-Mike Tomaloff, Co-op Class Instructor

**HATTIE’S POLISH KITCHEN**

Location: Willy West Community Room  
Tuesday, December 3, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10  
Autumn is cabbage season, and Chef Mike invites you to join him for a trip through time, going back 30, 40 years to his Great Aunt Hattie’s kitchen. Our gastronomic time machine will start with hearty cabbage rolls, slow cooked in rich tomato sauce; delicious kapusta: braised cabbage and kraut with mushrooms, brown sugar, vinegar, bacon, and caraway; and finally kapusta used to make bigos, the classic Polish hunter’s stew served with easy-to-make-at-home kluski noodles. Demonstration with hands-on opportunities.

“ These family recipes are top tier comfort foods, and excellent winter warmers! Aunt Hattie’s cabbage rolls in particular are still the stuff of legend back home, and you’re invited to join me to find out why. ”

-Mike Tomaloff, Co-op Class Instructor

**HOLIDAY SOUS VIDE**

Location: Aubergine, 1226 Williamson St.  
Thursday, December 12, 6:00pm–8:00pm  
Location: Willy West Community Room  
Tuesday, December 17, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

The sous vide cooking method is not only a great way to prepare foods with precision, it’s also a great time and money saver during the busy holiday season. Join Chef Mike for recipes and ideas to make your holiday feasts easier and more economical. We’ll explore alternatives to roasts like prime rib that will deliver all the flavor and extravagance, without the high price tag. Also on the menu: perfect mashed potatoes, without the cauldron of boiling water taking up real estate on the range. How about dessert? Individual cremes brulee and cheesecakes poached to perfection in little jars that your guests will love. Demonstration with hands-on opportunities.

“ The sous vide method can make cooking delicious foods so easy it feels like cheating. Don’t be fooled by the French name or the science-y stuff, once you get the hang of it sous vide is super simple and can take a ton of stress out of preparing holiday meals. ”

-Mike Tomaloff, Co-op Class Instructor

**COOKING WITH CHEF PAUL: SHABU-SHABU**

Location: Lakeview Library  
Thursday, December 12, 6:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: Free; registration required  
Capacity: 12  
In cold weather, making stock will warm up our dwellings and hearts. In this class, you will learn how to make stock utilizing trimmings from produce and meat. Once the stock is made, shabu-shabu can be served. It’s a great way to entertain by gathering your friends and family around the hotpot on a cold winter day. Register at <https://www.madisonpubliclibrary.org/events>. Registration will open two weeks prior to the program date on November 28.

**CO-OP CLASS CALENDAR**

**COOKING WITH CHEF PAUL: GUA BAO**

Location: Willy West Community Room  
Thursday, December 19, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10  
Join Chef Paul for a delicious class featuring the classic Taiwanese street food with braised pork belly, pickled greens, cilantro, and peanut powder stuffed in an open-mouth steamed bun. Paul will show you how to make the bun from scratch. Plus you’ll get a lesson on how to make the sweet peanut powder, braise the pork, pickle greens, and more. Demonstration.



Scan the QR code to register for classes and check out our refund policy or go to [www.willystreet.coop/events](http://www.willystreet.coop/events)



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

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

**We can help!**

Visit our website for more information, and give the gift of ownership this holiday.



**willy street co-op**

**Shopping with Kids?**

Kids are free to take a piece of pre-washed fruit from the basket near the Produce Department.



Compliments of the Willy Street Co-op Produce Department



**LOOKING FOR A SPACE TO HOST YOUR NEXT GET-TOGETHER, BIRTHDAY PARTY, BOOK CLUB, MEETING, WORKSHOP OR ANY OTHER FUN IDEA YOU MAY BE ENVISIONING?**

**THE CO-OP COMMUNITY SPACES HAVE YOU COVERED!**

CHECK OUT BOTH AUBERGINE AND WILLY WEST COMMUNITY ROOM FEATURES AND PRICING AT: [WWW.WILLYSTREET.COOP/COMMUNITY-SPACES](http://WWW.WILLYSTREET.COOP/COMMUNITY-SPACES)



**willy street co-op**

**The Co-op seeks Owners-At-Large to serve on the CRF grant committee.**

The Co-op seeks Co-op Owners-At-Large to serve on the CRF grant committee. Committee members must be available from 6–9pm between February 10 and March 3 for two meetings. Several hours of time outside of meetings is required to review applications & documents to discuss in our meetings. Additionally, Committee members are highly encouraged to attend the grant winner reception the week of April 21. Ideal candidates have backgrounds in at least one of the following program focuses: food justice and/or access, creating cooperatives, sustainable agriculture, health and wellbeing, and/or social change.

If you are interested, please fill out this form by Friday, November 15, 2024



**willy street co-op**



**Community Reinvestment Fund**

Since 1992, the Willy Street Co-op has contributed more than \$588,500 to local nonprofits and cooperatives to support developmental and educational projects for our community.



Four Fat Fowl St. Stephen & Les Volets Chardonnay

This triple cream cow’s milk cheese is my absolute favorite to bring to a dinner party, holiday gathering, or just to snack on with some sliced saucisson and crackers. It pairs well with just about anything, but most triple creams go best with an oaky chardonnay. The Les Volets has enough acidity to stand up to the richness of this cheese, and enough nuttiness from the oak barrels to match the earthiness of the bloomed rind.



Carr Valley Danish-Style Fontina & Ovum Ezytgr Pinot Noir

Creamy, smooth fontina cheese pairs well with just about anything. When not being melted on a burger or folded in with pasta for mac and cheese, fontina also makes a great addition to a cheese board. Try pairing it with the Ezytgr Pinot Noir, which has enough bright fruity acidity to go great with the cheese’s velvety texture.



PERFECT PAIRINGS: BEER, WINE + CHEESE

By: Nick Heitman, Beer/Wine/Liquor & Meat Category Manager & Nicholas Oconnor, Prepared Foods & Cheese Category Manager

Uplands Pleasant Ridge Reserve & Giant Jones Belgian-Style Blonde

This Alpine-style cow’s milk cheese, made from the milk of a single herd of Wisconsin-raised grass-fed cows, has a variety of complex flavors that differ slightly year to year. The nutty, caramel and fruit flavors from the cheese go great with an effervescent Belgian beer, and no one does this style of beer better than Giant Jones. This blonde ale is an easy-drinker with a slightly lower ABV than many Belgian styles, so you can have more than one (and you’ll want to) while enjoying this cheese that is the most awarded in US history.



Roelli Dunbarton Blue & New Holland Brewing Dragon’s Milk Bourbon Barrel Stout

Aged cheddar and blue cheeses both have strong flavors, but the Roelli Dunbarton combines the two to make something truly unique. The bold flavor of this cheese requires something substantial to pair with it, and I recommend Dragon’s Milk Bourbon Barrel Stout from New Holland Brewing. The coffee and chocolate notes from the heavily roasted malt in this beer go with the sharp, funky flavors of the cheese. This would make it a great dessert/cheese course for any holiday party.

Hidden Springs Creamery Farmstead Feta & Mount Fishtail Sauvignon Blanc

Fetas are notoriously salty, but the Hidden Springs Creamery version is less salt-forward, which makes it a great choice to add to a cheese board for the holiday season. The crispness of a sauvignon blanc goes great with the almost fluffy texture of this cheese. The Mount Fishtail Sauvignon Blanc also has some white-pepper notes that marries well with the tangy salinity of this sheep’s milk feta.



Uplands Rush Creek Reserve & Antech Emotion Cremant de Limoux Rose

There’s a short window of time each year to grab a wheel (or two) of Rush Creek Reserve, and the holidays are the perfect time to splurge on something special and unique. This cheese, when allowed to temper (or even when warmed slightly in the oven) is close to custard in texture. It is wrapped in spruce bark, which gives it a subtle earthiness. I like to serve it with bubbles, and the Antech Emotion Cremant de Rose is balanced and fruity so as to not overpower the flavors of this special, limited-release cheese.



TURKEY PRE-ORDER DATES: 11/1/24-11/23/24

# Turkeys



Pre-Order & Open Stock:

Ferndale Market  
All Natural Fresh  
**Turkey**  
**\$2.29/LB**  
SIZING: AVAILABLE IN 2 LB  
RANGES, 10-12 LB up to 22-24 LB



Call or stop by  
Customer Service  
to order a turkey  
East: 608-251-6776  
West: 608-284-7800  
North: 608-471-4422



Cannon Falls, MN  
Free-range, antibiotic & hormone-free, naturally processed.



Open Stock Only:

Bell & Evans  
Organic Fresh  
**Turkey**  
**\$6.99/LB**  
SIZING: 10-14 LB



Fredricksburg, PA  
Antibiotic- & hormone-free, fed a  
vegetarian diet of organic grains.

TURKEY ORDER PICK UP DATES: 11/24/24-11/29/24

OPEN STOCK TURKEYS AVAILABLE: 11/24/24

# Plant-Based Entrées

Coop deals. SALE PRICES ARE FOR ALL CUSTOMERS. 10/30/24-12/3/24. SELECTION VARIES BY STORE.

Tofurky  
**Plant-Based Holiday Feast**  
3.5 lb • Save \$9.00  
**\$29.99**

Tofurky  
**Plant-Based Roast**  
26 oz • Save \$4.00  
**\$13.99**

Tofurky  
**Plant-Based Ham-Style Roast**  
19 oz • Save \$4.00  
**\$13.99**

Quorn  
**Meatless Turkey-Style Roast**  
16 oz • Save \$3.50  
**\$7.99**

Field Roast  
**Sage & Garlic Plant-Based Celebration Roast**  
16 oz • Save \$3.00  
**\$7.99**  
Sale prices: 11/13-12/3/24

Field Roast  
**Hazelnut & Cranberry Plant-Based Roast**  
32 oz • Save \$7.00  
**\$18.99**  
Sale prices: 11/13-12/3/24

Gardein  
**Plant-Based Turk'y Roast**  
35.2 oz • Save \$4.50  
**\$14.99**

Gardein  
**Savory Stuffed Turk'y**  
14.1 oz • Save \$2.50  
**\$7.99**

LOCAL ALL PRODUCE ITEMS ON THIS PAGE ARE LOCAL!

# Local Produce



**Organic Cranberries**  
From Ruesch Century Farm in Vesper, WI  
1 pint  
**\$5.49**

**Organic Fresh Herbs-Poultry Mix**  
From Lovefood Farm in Stoughton, WI  
.75 oz  
**\$3.49**

**Organic Shallots**  
From Harmony Valley Farm in Viroqua, WI  
**\$8.99/lb**

**Organic Orange Sweet Potatoes**  
From Wisconsin Growers Co-op in Black River Falls, WI  
**\$2.99/lb**

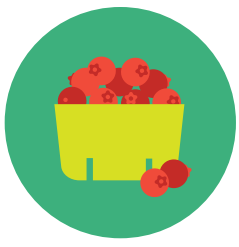
**Organic Red & Gold Beets**  
From Wisconsin  
**\$2.79/lb**

**Organic Carrots**  
From Tipi Produce in Evansville, WI  
**\$2.49/lb**

**Organic Gold & Red Potatoes**  
From Driftless Organics in Soldiers Grove, WI  
3 lb bag  
**\$5.99**

LOCAL SUPPLY IS DEPENDENT ON WEATHER AND HARVEST QUANTITY; WE WILL SUPPLEMENT WITH NON-LOCAL PRODUCE IF NEEDED.  
willystreet.coop





# Essentials



Field Day  
**Organic Savory  
Herb Stuffing Mix**  
10 oz • Save 99c  
**\$3.00**



Field Day  
**Organic Cut  
Green Beans**  
14.5 oz • Save 98c on 2  
**2 for \$3**



Field Day  
**Organic Pure  
Pumpkin**  
15 oz • Save 70c  
**\$2.29**



Field Day  
**Organic All  
Purpose Flour**  
80 oz • Save \$1.00  
**\$5.99**



Field Day  
**Organic Light  
Brown Sugar**  
24 oz • Save \$1.00  
**\$2.99**



Field Day  
**Organic Cane  
Sugar**  
24 oz • Save \$1.00  
**\$2.99**



Field Day  
**Organic  
Vanilla Extract**  
2 fl oz • Save \$1.50  
**\$7.49**

**STRENGTHEN  
NATIVE  
FOODWAYS**

SHOP CO-OP DEALS ON FIELD DAY PRODUCTS—FOR EACH  
PRODUCT SOLD WE'LL DONATE 5¢ TO NATIFS! OCT. 30—DEC. 3



Olivia's  
**Gluten-Free  
Rosemary &  
Sage Stuffing**  
9 oz  
**\$7.49**



Dandies  
**Mini Vanilla  
Marshmallows**  
10 oz  
**\$4.49**



Lars Own  
**Natural Crispy  
Onions**  
4 oz  
**\$4.49**



Full Circle  
**Organic Broth-  
Vegetable,  
Chicken & Low  
Sodium Chicken**  
32 oz  
**\$2.29**



Pacific Foods  
**Organic Cream of  
Mushroom Soup**  
10.5 oz  
**\$3.79**



Imagine Foods  
**Organic  
Gravy**  
13.5 fl oz  
**\$3.99**



Organic Valley  
**Organic  
Unsalted Butter**  
16 oz  
**\$7.99**



La Brea  
**Take & Bake  
French Dinner  
Rolls— 6-pk**  
12 oz  
**\$3.79**



Bob's Red Mill  
**All Purpose  
Gluten-Free  
Baking Flour**  
22 oz  
**\$5.79**



HIC  
**Turkey  
Brining Bag**  
1 ea  
**\$4.99**



Earth Balance  
**Vegan  
Buttery Sticks**  
16 oz  
**\$6.49**



If You Care  
**Kitchen Twine**  
200 ft  
**\$4.99**



Kevin's Natural Foods  
**Mashed  
Cauliflower**  
16 oz  
**\$6.99**



Kevin's Natural Foods  
**Mashed Sweet  
Potato**  
16 oz  
**\$6.99**



California Farms  
**Organic  
Evaporated Milk**  
12 fl oz  
**\$4.29**



Organic Valley  
**Organic Heavy  
Whipping Cream**  
16 fl oz  
**\$5.79**



Natural by Nature  
**Classic  
Whipped Cream**  
7 oz  
**\$5.29**



So Delicious  
**Vegan Coco  
Whip**  
9 oz  
**\$4.99**



Tillamook  
**Vanilla Bean  
Ice Cream**  
48 oz  
**\$7.99**



Willy Street Co-op  
**Classic Pie Crust**  
2 pc  
**\$6.99**

L



**10% Off 6 or More Bottles of Wine + A free wine tote bag!**





Ferndale Boneless Turkey Breast **\$9.99/lb**



Vegan Potato Corn Chowder **\$5.99/lb**



Vegan Green Bean Casserole **\$9.99/lb**



Vegan Mushroom Gravy **\$5.99/lb**



Vegan Stuffing **\$6.99/lb**



Creamy Chicken & Wild Rice Soup **\$5.99/lb**



Turkey Gravy **\$5.99/lb**



Vegan Cranberry Sauce **\$9.99/lb**



Maple Roasted Root Vegetables **\$9.99/lb**



Vegan Garlic Mashed Potatoes **\$6.99/lb**



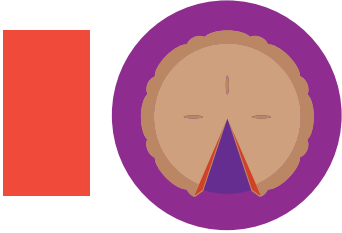
Field Roast Hazelnut Cranberry Roast En Croute **\$9.99/lb**

# Deli



**LOCAL** ALL DELI ITEMS ON THIS PAGE ARE LOCAL!

Thanksgiving Hot Bar available: 11/22-11/28 for \$9.99/lb  
Thanksgiving Grab & Go available: 11/15-11/28.  
Pricing for Grab & Go is as follows:



# Local Pies

**LOCAL** ALL PIES ON THIS PAGE ARE LOCAL!

Our kitchen uses local flour, eggs, butter, cherries, and apples!



Willy Street Co-op 9" Pumpkin Pie **\$19.99**



Willy Street Co-op 6" Mini Pumpkin Pie **\$9.99**



Willy Street Co-op 9" Door County Cherry Pie **\$19.99**



Willy Street Co-op 6" Door County Cherry Pie **\$9.99**



Willy Street Co-op 9" Pecan Pie **\$19.99**



Willy Street Co-op 6" Mini Pecan Pie **\$9.99**



Stella's Bakery 8" Apple Pie with Streusel **\$20.99**



Stella's Bakery 6" Apple Pie with Streusel **\$11.99**



Willy Street Co-op 6" Mini Vegan Made-Without-Gluten Pumpkin Pie **\$10.99**



Willy Street Co-op 6" Mini Vegan Made-Without-Gluten Apple Pie **\$10.99**





Field Day  
**Organic Macaroni & Cheese**  
6 oz • Save 98¢ on 2  
**2 for \$3**

Field Day  
**Laundry Detergent**  
100 fl oz • Save \$3.00  
**\$9.99**



Field Day  
**Free & Clear All-Purpose Cleaner**  
32 fl oz • Save 98¢ on 2  
**2 for \$5**



Field Day  
**Organic Gluten-Free Pasta**  
12 oz • Save 50¢  
**\$2.29**



Field Day  
**Organic Pasta Sauce**  
24 oz • Save 99¢  
**\$3.00**



Field Day  
**Organic Pasta**  
16 oz • Save 98¢ on 2  
**2 for \$3**

Field Day  
**Organic Tomato Paste**  
6 oz • Save 20¢  
**\$1.19**

Field Day  
**Organic Canned Beans**  
Select Varieties  
15 oz • Save 96¢ on 4  
**4 for \$5**



Field Day  
**Organic Extra Virgin Olive Oil**  
16.9 fl oz • Save \$2.00  
**\$8.99**



Field Day  
**Organic Brown Rice**  
32 oz • Save \$1.00  
**\$3.99**



**STRENGTHEN  
NATIVE  
FOODWAYS**



co+op  
deals

SHOP CO+OP DEALS ON  
FIELD DAY PRODUCTS —  
FOR EACH PRODUCT SOLD  
WE'LL DONATE 5¢ TO NATIFS!  
OCTOBER 30 — DECEMBER 3



OCTOBER 30–DECEMBER 3



Field Day  
**Hand Soap**  
12.5 fl oz • Save \$1.00  
**\$4.99**



Field Day  
**Shampoo & Conditioner**  
16 fl oz • Save \$1.00  
**\$4.99**

Field Day  
**Organic Tortilla Chips**  
9 oz • Save 98¢ on 2  
**2 for \$5**



Field Day  
**Organic Granola**  
12 oz • Save \$1.00  
**\$3.99**

Field Day  
**Organic Grade A Maple Syrup**  
12 fl oz • Save \$1.50  
**\$8.49**

Field Day  
**Organic Microwave Popcorn**  
9–10.5 oz • Save 80¢  
**\$2.49**



Field Day  
**Organic Ground Coffee**  
10 oz • Save \$2.00  
**\$6.99**

Field Day  
**Organic Peanut Butter**  
18 oz • Save \$1.00  
**\$3.99**



Field Day  
**Light Skipjack Tuna**  
5 oz • Save 70¢  
**\$1.59**



Field Day  
**Organic Fruit Spread**  
14 oz • Save \$1.00  
**\$3.99**



SHOP CO+OP DEALS ON  
FIELD DAY PRODUCTS —  
FOR EACH PRODUCT SOLD  
WE’LL DONATE 5¢ TO NATIFS!  
OCTOBER 30 — DECEMBER 3

STRENGTHEN  
**NATIVE**  
**FOODWAYS**



Sales on this page valid October 30–December 3, 2024.  
All sales subject to availability. Sales quantities limited.



Woodstock  
**Organic Frozen Vegetables**

Select Varieties  
10 oz • Save \$1.10

**\$2.69**



Muir Glen  
**Organic Canned Tomatoes**

14.5 oz • Save \$2.98–\$3.58 on 2

**2 for \$4**



Rishi Tea  
**Organic Tea**

15 ct • Save \$2.00

**\$6.79** **L**



Baba's  
**Hummus**

10 oz • Save \$1.29

**\$3.50**



Beyond Meat  
**Beyond Burger Patties**

8 oz • Save \$2.30

**\$5.49**



Califia Farms  
**Pumpkin Spice Almond Creamer**

25.4 fl oz • Save 70¢

**\$4.79**



Rudi's Organic Bakery  
**Organic Bread Loaves**

22 oz • Save \$1.30

**\$4.99**

Back to Nature  
**Crackers**

Select Varieties

5.5–8.5 oz • Save \$1.29

**\$3.50**

Crofter's  
**Organic Just Fruit Spread**

10 oz • Save \$1.00

**\$3.99**



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

5 oz • Save \$1.80

**\$4.99**

Enzymedica  
**Digest Basic**

90 cap • Save \$9.00

**\$12.99**

Maya Kaimal  
**Organic Everyday Dal & Chana**

10 oz • Save \$1.49

**\$3.50**



Tony's Chocolonely  
**Chocolate Bars**

Select Varieties

6.35 oz • Save \$1.49

**\$4.00**

Arrowhead Mills  
**Organic Pancake and Waffle Mix**

22 oz • Save \$2.30

**\$4.99**

Once Again  
**Almond Butter**

16 oz • Save \$3.50

**\$9.49**



Montebello  
**Organic Pasta**

16 oz • Save 70¢–\$1.20

**\$3.79**

Gaia Herbs  
**Oil of Oregano**

60 cap • Save \$11.50

**\$17.99**

Hippeas  
**Chickpea Puffs**

4 oz • Save \$1.00

**\$3.29**



Moon Valley Organics  
**Shampoo Bar**

3.5 oz • Save \$3.00

**\$6.99** **i**

Brown Cow  
**Cream Top Yogurt**

32 oz • Save \$1.00

**\$3.79**

King Arthur  
**Conventional All-Purpose Flour**

5 lb • Save \$2.00

**\$6.49**



Nordic Naturals  
**Vitamin D3 1000 IU Gummies**

60 ct • Save \$4.00

**\$10.99**

Kevita  
**Organic Kombucha**

15.2 fl oz • Save 70¢

**\$2.79**

Alba Botanica  
**Very Emollient Body Lotion**

32 fl oz • Save \$4.00

**\$12.99**





NOVEMBER 13–DECEMBER 3

**coop deals**  
Sales For Everyone!

Alden's  
**Organic Ice Cream**

48 oz • Save \$1.50

**\$8.49**



Wholly Wholesome  
**Gluten-Free 9" Pie Shells**

2 pk • Save \$2.00

**\$5.99**



Wholesome Sweeteners  
**Organic Powdered Sugar**

16 oz • Save \$1.80

**\$3.99**



Cascadian Farm  
**Organic Frozen Vegetables**

16 oz • Save \$1.99

**\$3.50**



Better Than Boullion  
**Organic Cooking Bases**

8 oz • Save \$2.00

**\$5.99**



Vital Farms  
**Large Pasture-Raised Eggs**

1 doz • Save \$2.00

**\$5.99**



Blue Diamond  
**Nut Thins**

4.25 oz • Save \$1.29

**\$3.50**

Bragg  
**Organic Unfiltered Apple Cider Vinegar**

32 fl oz • Save \$2.30

**\$5.49**

Brianna's  
**Salad Dressings and Vinaigrettes**

12 fl oz • Save 99¢

**\$3.50**



ECOS  
**Hand Soap**

17 fl oz • Save 70¢

**\$4.29**



Hylands  
**Calms Forte Sleep Aid**

100 tab • Save \$5.00

**\$8.99**

Chocolove  
**Chocolate Bars**

Select Varieties

2.9–3.2 oz • Save \$2.58 on 2

**2 for \$5**



Immaculate Baking Company  
**Organic Flaky Biscuits**

16 oz • Save \$3.00

**\$3.99**

Nature's Way  
**Sambucus Elderberry Gummies**

60 ct • Save \$7.00

**\$15.99**

The Humble Co.  
**Plant-Based Toothbrush**

2 pk • Save \$1.00

**\$2.79**



Tazo  
**Organic Chai Tea Latte Concentrate**

32 fl oz • Save \$2.30

**\$5.99**

Daiya  
**Plant-Based Frozen Pizzas**

15.7–19.4 oz • Save \$2.50

**\$6.99**

Equal Exchange  
**Organic Fair Trade Tea**

20 ct • Save \$1.49–\$1.99

**\$3.50**



Om  
**Master Blend Organic Mushroom Powder**

3.17 oz • Save \$4.00

**\$17.99**

Stacy's  
**Pita Chips**

7.33 oz • Save 90¢

**\$3.39**

Greek Gods  
**Greek Yogurt**

24 oz • Save \$1.20

**\$3.79**



Miyoko's Creamery  
**Organic Cultured Vegan Butter**

8 oz • Save 30¢

**\$4.99**

Natural Factor  
**Chewable Ginger**

90 ct • Save \$7.00

**\$11.99**

Newman's Own  
**Newman O's Cookies**

13 oz • Save \$1.50

**\$4.99**



Sales on this page valid November 13–December 3, 2024.  
All sales subject to availability. Sales quantities limited.





**BY MELISSA REISS,  
PURCHASING  
ASSISTANT**



## YAYA'S SKORDALIA

This is a new line of plant-based Greek almond dips made in East Troy, Wisconsin. Skordalia is a thick puree in Greek cuisine, traditionally made from a base of potatoes, walnuts, almonds, or liquid-soaked stale bread mixed with garlic, olive oil, and vinegar. When founder Michael Anagnos began making it for his family, he replaced the stale bread with sweet potatoes, which are more flavorful and nutrient-dense. Thus, Yaya's Skordalia was born. Michael named the company after the Greek word for grandmother, as his own YaYa instilled a love for food and cooking for family. Available at all stores, however flavors may vary by location. Learn more at <https://yayasdips.com/>

## MIGHTY SPARK CHICKEN SNACK STICKS

Initially offered at a Minneapolis Farmers Market booth, these chicken snack sticks are hand-crafted using only premium cuts of all-natural chicken that is raised with no antibiotics and no added hormones. This company has a mission to give back; to date they have donated 15 million meals to those in need. Learn more at <https://mightysparkfood.com>.



## FISHWIFE TINNED SEAFOOD CO.

Fishwife is a woman-founded and -led food company aiming to make ethically sourced, premium, and delicious tinned seafood a staple in every cupboard. Founders Becca Millstein and Caroline Goldfarb named their company after a 16th century word which started as a term for the daughters or wives of fishermen who sold fish at the market, before eventually evolving into a gendered insult for women who had a tendency to be brash. Fishwife prides itself on sourcing from healthy fisheries and certified sustainable aquaculture farms. You'll see and taste the quality in all of their products, which range from albacore tuna to sardines and anchovies to smoked salmon. Available at all stores. Learn more at <https://eatfishwife.com>.

Now, from Fishwives to ... Righteous Felons? Yep, Righteous Felon is the name for a new line of beef and turkey sticks and jerky. They have a whole manifesto about their company on their website at <https://www.righteousfelon.com/pages/el-manifesto> as well as full employee profiles, if you'd like a long-winded tale on how this company came to be. The main point is the meat for these creative dried snacks is sourced directly through partnerships with American family farms, which grow animals that are pasture-raised, and free of added growth hormones and antibiotics. Check out their unique offerings, including Street Taco Pork Stick (containing Al Pastor pork and pineapple), a Lemon Pepper Turkey Stick, a Teriyaki Beef Jerky, as well as their "OG" Hickory Beef Jerky.

## WILLY STREET CO-OP EMPANADAS

Our house-made empanadas are back and improved! We offer a chicken empanada (using Bell and Evans chicken) and vegan samosa empanada. Both are made with our own homemade crusts and locally sourced flour and butter (except the vegan samosa doesn't contain butter). Available at all sites.



## NIXIE SODA

New line of sodas from Nixie! Zero sugar, zero calories, and certified organic! Three flavors: Ginger Ale, Root Beer, and Classic Cola. The Cola contains 40 mg caffeine for a little boost. The Root Beer uses real vanilla extract. Yum! Learn more at <https://drinknixie.com>.







# A Guide to Winter Squash

Choosing a winter squash to prepare can be confounding—here are common varieties of squashes you'll love.



## Acorn

Mild, versatile flavor and a tender-firm texture that holds up well when cooked. Hard rind helps squash hold its shape when baked.  
**Best uses:** baked, stuffed, cubed and added to grain salads



## Blue Hubbard

This huge squash is perfect for feeding a crowd! Bright orange flesh has a buttery, nutty flavor and a dry, flaky texture similar to baked potato.  
**Best uses:** baked, mashed and topped with butter, sea salt and black pepper



## Butternut

Vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Rind is edible but squash is usually peeled before use.  
**Best uses:** soups, purees, recipes where smooth texture is highlighted



## Delicata

Rich, sweet, flavorful yellow flesh tastes like a mix of chestnuts, corn and sweet potato. Quick-cooking with a thin, edible skin. Highly seasonal.  
**Best uses:** sautéed until caramelized, broiled, baked



## Heart of Gold/Carnival

This hybrid squash inherits its tender-firm texture from Acorn and its sweet, nutty flavor from Sweet Dumpling, offering the best of both parents.  
**Best uses:** baked, stuffed, broiled with brown sugar



## Kabocha (Green/Red)

Smooth, dense, intensely yellow flesh that is similar in sweetness and texture to sweet potato.  
**Best uses:** curries, soups, battered and fried as Japanese tempura



## Pie Pumpkin

Mildly sweet squash with a rich pumpkin flavor, perfect for pies and baked goods. Different from carving pumpkins, these are bred for sweetness and size.  
**Best uses:** pies, custards, baked goods, curries and stews



## Red Kuri

Vivid orange, mildly sweet and smooth, dense squash with a delicious chestnut-like flavor. Makes a rich and velvety puree.  
**Best uses:** Thai curries, soups, pilafs and gratins, baked goods



## Spaghetti

Pale golden interior is stringy and dense — in a good way! Use a fork to pry apart cooked flesh which resembles spaghetti in texture and mild flavor.  
**Best uses:** baked and separated, then dressed as you would pasta



## Sweet Dumpling

Petite, softball-sized squash with a pale gold, dry starchy flesh that is similar to a potato but which is renowned for its rich, honey-sweet flavor.  
**Best uses:** baked with butter and cinnamon





# TOGETHER WE TRANSFORM OUR COMMUNITY

Your pledge through workplace giving funds systemic change.

Support the local causes you care about most through workplace giving and Community Shares of Wisconsin.

Community Shares of Wisconsin offers you the choice of supporting nearly 70 local nonprofits working on voting rights, healthy food systems, criminal justice reform, housing advocacy, environmental protection, and much more.

A pledge through your workplace giving campaign is urgently needed and greatly appreciated. When you designate to one of our member nonprofits they receive 100% of your gift.

Photo provided by FairShare CSA Coalition, credit: Shine United

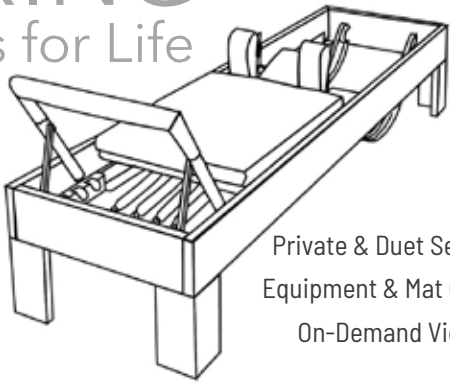
Learn how your workplace can participate:  
[communityshares.com/workplace-giving](https://communityshares.com/workplace-giving)



SPRING  
Pilates for Life

INQUIRE TODAY:

- 608-709-1775
- [springpilates.life](https://springpilates.life)
- [info@springpilates.life](mailto:info@springpilates.life)
- 710 Harrison St. Madison, WI



Private & Duet Sessions  
Equipment & Mat Classes  
On-Demand Videos

Hear about what's new,  
what's done for the  
season, and what  
tastes best in our  
Produce department  
- sign up for our weekly  
Word on the Beet email!



Sign up at [willystreet.coop/emails](https://willystreet.coop/emails)



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**

Savings Emailed!



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

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

# Your community energy company is building a more sustainable future.

CLEAN ENERGY | ENERGY EFFICIENCY | ELECTRIC VEHICLES

Visit [mge2050.com](https://mge2050.com).

80% reduced carbon emissions by 2030  
Net-zero carbon electricity by 2050

Net-Zero  
CARBON ELECTRICITY BY 2050

mGo  
your community energy company

GS3432



WOULD YOU  
LIKE TO CHIP?  
YES!

BY: COMMUNITY SHARES  
OF WISCONSIN



When you say “yes” to the Community CHIP® program, you’re supporting Community Shares of Wisconsin and our nearly 70 local member nonprofits who work on issues like voting rights, healthy food systems, criminal justice reform, housing advocacy, environmental protection, and much more.

To donate, say “yes” when the cashier asks if you want to “CHIP”. You can also “CHIP” when using self-checkout by choosing to round up to the nearest dollar. The co-op collects the money and gives 100% of your donation to Community Shares to distribute equitably among our member nonprofits and to provide training and technical support for those nonprofits. Because the Community CHIP program is a part of Community Shares, all CHIP contributions are tax deductible.

Community CHIP began on October 15, 1971, and is the oldest source of funding for Community Shares of Wisconsin (then known as the Madison Sustaining Fund). The program was nicknamed “The People’s Tax” because it allowed the community to directly support community organizations that were meeting needs not met by existing institutions. Local businesses collected donations in jars near cash registers and Community Shares distributed those funds to local nonprofits based on the consensus of members.

Candace Weber, founding member of Community Shares of Wisconsin, said, “A lot of young people felt very powerless fifty years ago, and found that coming together helped us become more powerful. This is still true. If we come together as a group, a community, we can make meaningful change.”

Willy Street Co-op has participated in the Community CHIP program since 1978 and has been the exclusive home of the Community CHIP program since 2008. The program currently raises over \$300,000 a year from the generosity of thousands of co-op shoppers like you. To date, co-op shoppers have donated over \$4 million to Community Shares of Wisconsin member nonprofits by “chipping.”

Community Shares knows charitable giving isn’t just for the wealthy. We democratize philanthropy by connecting with as many individual donors as possible, so everyone’s contributions add up to make a big difference in our community.

Candance Weber said, “I feel most powerful when the money I give goes to organizations whose work

I know. I have been, and remain, a firm believer that change happens from the ground up. Local change is going to be substantial and real. My contribution can mean change for my community and my neighbor.”

From the generosity of people like you donating through the Community CHIP program, workplace giving campaigns, and The Big Share® online day of giving, Community Shares of Wisconsin now distributes over \$1 million to our member nonprofits annually.

HERE ARE JUST A FEW EXAMPLES  
OF THE LOCAL NONPROFITS YOU  
SUPPORT WITH YOUR DONATION.

- Wheels for Winners provides bicycles to individuals who perform community service, especially to youth and others who could not normally afford a bicycle. They also promote bicycle safety, support community biking events, and provide repair services and training.
- Wisconsin PATCH, a program of Embolden WI employs young people statewide to provide advice and input on goals, decisions, initiatives, and practices that impact the health of their generation. The program provides youth with the knowledge, skills, and opportunities to thrive into adulthood.
- FairShare CSA Coalition’s food access program, Partner Shares, helps lower-income individuals access community supported agriculture from FairShare farms. The program provides fresh vegetables to the individuals while supporting local farms and increasing food security in our community.

Learn about all of our local member nonprofits at [communityshares.com](http://communityshares.com).

The funds provided by the Community CHIP program are crucial. Thank you for supporting Community Shares of Wisconsin and our member nonprofits through the Community CHIP program!

Double Dollars at the  
Co-op Tuesdays through  
March 4!



Every Tuesday, from October 15 through March 4, 2025, any shopper using their FoodShare/QUEST card to purchase groceries is eligible to receive up to \$20 worth of Double Dollars coupons.

**For every \$5 you spend using FoodShare/QUEST for any FoodShare/QUEST eligible items, the Co-op will give you ONE \$5 Double Dollar Coupon, up to \$20.**

These coupons can help purchase any fresh, frozen, or canned produce; and seeds/seedlings for growing edible plants at any of our stores any day of the week from October through May as funds allow.

For more information visit [www.willystreet.coop/double-dollars](http://www.willystreet.coop/double-dollars). Double Dollars Tuesdays are made possible thanks to a partnership with the City of Madison, Community Action Coalition for South Central Wisconsin, Dane County, Public Health Madison & Dane County, Willy Street Co-op, and other private funders.



Above: Photo provided by Wheels For Winners; Below: Photo provided by Embolden WI



## Naturally Raised Turkeys For Your Thanksgiving Feast

Order now for the best selection, pick up later for your convenience.

Every year, Willy Street Co-op offers the best quality naturally raised turkey for those special Holiday meals. Turkeys will be available on a first come, first serve basis. Only a limited number of fresh turkeys are available, so order early.

It's easy to order a turkey in advance at the Co-op: 1) fill out both sides of the form below. Be sure to indicate what size turkey you need and whether you it fresh or frozen. 2) Bring the completed form and a \$10.00 deposit to the Co-op (no deposit required for turkey breast orders).



### Fresh Turkeys

Halvorson Farms, McFarland, WI

- ✓ Natural feed, free-running
- ✓ No antibiotics or hormones
- ✓ Available for pick up after 12 PM, Monday, November 20
- ✓ Kept refrigerated until pick-up

\$1.99/lb

### Frozen Turkeys

Shelton's, California

- ✓ Natural feed, free-running
- ✓ No antibiotics or hormones
- ✓ Available for pick up after 10 AM, Friday, November 17
- ✓ Kept frozen until pick-up

\$1.79/lb

### Turkey Breast

Welsh Family Farms, Iowa

- ✓ Skinless, boneless, approx. 1.5 lbs.
- ✓ Raised on organic feed
- ✓ No deposit required
- ✓ Available for pick up after 10 AM, Friday, November 17
- ✓ Kept frozen until pick-up

\$4.79/lb

Please fill out both sides!

### Willy Street Co-op Turkey Pre-order Form

Please complete both sides of this form and return to the Co-op with your deposit (if applicable).

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone(day) \_\_\_\_\_

Phone(eve) \_\_\_\_\_

Turkey size \_\_\_\_\_

Would you prefer \_\_\_\_\_

☐ 8-12 lbs.

☐ Fresh (limited quantities)

☐ 13-18 lbs.

☐ Frozen

☐ Half breast—approx. 1.5 lb—frozen only

For office use only:

\$10.00 deposit (whole turkeys)

☐ No deposit (turkey breast)

### Willy Street Co-op Turkey Pre-order Receipt

Please complete both sides of this form and return to the Co-op with your deposit (if applicable).

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone(day) \_\_\_\_\_

Phone(eve) \_\_\_\_\_

Turkey size \_\_\_\_\_

Would you prefer \_\_\_\_\_

☐ 8-12 lbs.

☐ Fresh (limited quantities)

☐ 13-18 lbs.

☐ Frozen

☐ Half breast—approx. 1.5 lb—frozen only

For office use only:

\$10.00 deposit (whole turkeys)

☐ No deposit (turkey breast)

November 1995

13

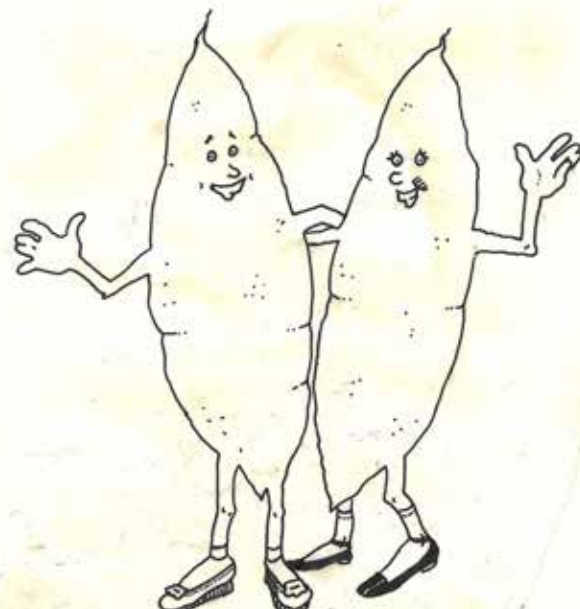
Willy Street Co-op Reader

Preorder  
free-running fowl.

Turkey  
Goose  
Duck  
Chicken



By Thursday Nov. 21st.



Coop "Sweetie" potatoes



Home for  
Thanksgiving



OLD THANKSGIVING EVENTS, ADS,  
ARTICLES & ILLUSTRATIONS

Hark!

Willy St Coop will be  
Selling this season:  
Ducks, Geese, Pheasants  
& both Fresh & Frozen Turkeys  
for the holidays (order fresh  
ones by Mon the 22<sup>nd</sup>)

Willy St Coop

1202 Williamson 251-6776 DAILY 9-8

not to mention  
the usual other  
fixins!

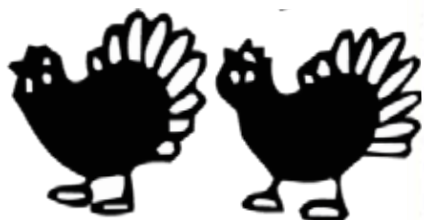
PHASANT

Come to the Willy St Poultry Parade!

Willy St Coop has for the holidays a  
vast array of poultry including local  
fresh turkeys (free running raised  
w/out growth stimulants & antibiotics),  
roasting chickens, pekín muscovy  
ducks, geese, pheasants, whole  
smoked turkeys & ducks.  
Order yours now!  
(last chance to order  
is Sunday the 21<sup>st</sup> by  
closing)

Willy Street Coop

1202 Williamson 251-6776 OPEN DAILY 9-8



free running turkeys





Photo and recipe courtesy of Ruesch Century Farm

# Ruesch’s Cranberry Sauces

Sister Clara’s Cranberry Sauce

Mary’s Cranberry Sauce

INGREDIENTS:

2 pints Ruesch Century Farm organic cranberries  
2 c sugar  
2 c water

DIRECTIONS:

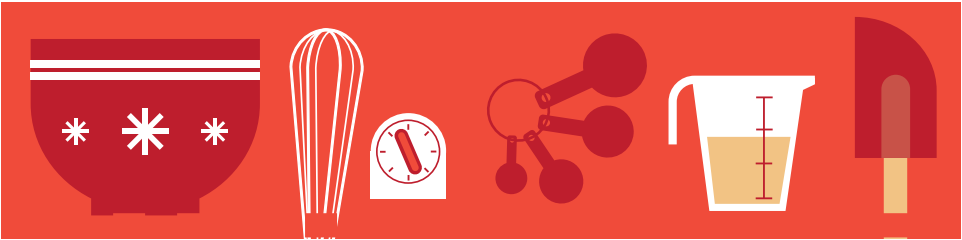
Boil all ingredients together until they reach a gelatinous consistency! Serve in a fancy dish. Recipe can be easily cut in half for a smaller crowd.

INGREDIENTS:

1 lb (4 c) fresh cranberries  
1½ c Sugar  
1 c Water  
1 whole orange, unpeeled, remove seeds and chop fine (thinly slice the orange and remove the white layer on the inside of the peel from each slice first before chopping the orange up)  
½ c Crushed Pineapple, drained  
½ c Chopped walnuts or pecans

DIRECTIONS:

Bring sugar and water to a boil. Add cranberries and oranges. Simmer over medium-high heat, stirring frequently, until the berries pop open. Remove from heat and stir in the pineapple and nuts. Pour into a bowl and cool in refrigerator at least 2-3 hours.



## KNOW YOUR FARMER

Ruesch Century Farm  
Wisconsin Rapids, WI  
Supplying **willy street co-op** since 1998

## Not Just a Custom Shop.



# Studio Jewelers

1306 Regent Street, Madison, WI 53715 • 608-257-2627 • *Skilled. Independent. Woman-owned. Serving the Madison area since 1981.*

## Did You Know:

- ◆ Studio Jewelers exhibits hand-crafted jewelry by an international roster of designers and makers; our in-house designers have pieces for sale here also, so you can see what their work is like.
- ◆ Jewelry repair and restoration is a Studio Jewelers specialty, and we do pearl and bead re-design and restringing, in-house.
- ◆ Our staff estate jewelry specialists can evaluate and advise you on inherited jewelry pieces you may have questions about.
- ◆ We carry fair trade and conflict-free natural gemstones, and have a fully equipped gem laboratory on site.
- ◆ We will gladly check and clean your rings whenever you stop by—and we have off-street parking!

People’s Choice Award Winner  
Best Jewelry Store in Dane County  
2022, 2023, 2024





**T**his holiday season when you find yourself wanting for some good eats and great gifting, look no further than your Co-op. We all have those hard-to-buy-for folks on our list; or maybe your list is long, but your time is short. Regardless, when faced with these situations I often turn to the kitchen. A day of baking and cooking can achieve as much as a whole bunch of trips all over town, and the gifts that come out of the kitchen are gifts that you made just for those special folks, with your hands and your heart.

The obvious and first choice for most of us when it comes to holiday food gifts is cookies: iced cutouts, gingerbread people, crinkly molasses cookies, those things made with chocolate and chow mein noodles, snickerdoodles, thumbprints, whatever guides your sleigh. I know that sometime in mid-December, every flat surface in our kitchen will be covered with racks and sheet pans of my wife's buttery sugar cookies, all waiting to be iced and decorated. I also know that the folks who get those cookies will know that they were made just for them by us (ok, mostly her), and even if they weren't so perfectly delicious (they are), even if they were just ok cookies, they'd still be made and shared with

love and care for the people that we are grateful to have in our lives, and that's really what it's all about when it comes to gift-giving, isn't it? You'll find a few cookie recipes here, including one for Ellen's Sugar Cookies.

Of course, there's more to food gifts than cookies, which brings me to canning. Are you a gardener with an abundance of tomatoes? Beets? Peppers? Turn that bounty into holiday cheer by gifting little jars of summer sunshine. Maybe you don't have a green thumb, or enough space to grow a bunch to give away, but you do have a great Co-op that is happy to provide all the produce you could need. Canning is pretty easy, but you have to do it right. Fortunately there's a Co-op class for that, too, not to mention a bevy of free publications from the UW Extension. Whether you're new to food preservation or it's old hat, jars of salsa, jam, or pickles are a great gift. Consider trying out one of the recipes listed here. I recommend "Cowboy Candy" in particular, although you will want to make extra because it won't last long.

Finally I will mention some kitchen gifts that aren't for eating: homemade bodycare products. You can go simple and infuse epsom salts

with essential oils, lavender, and dried flowers and herbs, maybe you'd like to try making a batch of salve with those oils and aromatics, or how about fizzy bath bombs? All of these are fairly easy to make and very economical, and allow you to select any scents you wish. You control what goes in the recipe, so no worries about allergens or unpronounceable components, and all of the ingredients are available at your Co-op. Check out the recipe for bath bombs that accompanies this article!

I hope this has given you some fresh inspiration and new ideas for your holiday (or anytime) gift giving. Of course, there are so many more DIY gift ideas to choose from, but this article can only be so long. Here's a few more homemade gift ideas to inspire you anyway: lavender sugar, popcorn balls, hot cocoa mix, cocktail bitters (the bulk spice section is key to this), herbal sachets, essential oil misting spray, body scrub, bar soaps, candles, barbecue sauce, honey butter, brittle, bark, quickbreads, snack mix, brownies, blondies, cupcakes, salsa, hot sauce...



**INTERESTED IN MORE HOLIDAY-THEMED RECIPES FROM MIKE? SIGN UP FOR ONE OF HIS UPCOMING CLASSES!**

**Holiday Sous Vide:**  
The sous vide method can make cooking delicious foods so easy it feels like cheating. Don't be fooled by the French name or the science-y stuff—once you get the hang of it sous vide is super simple and can take a ton of stress out of preparing holiday meals.

**Sprouts: Easy as Pie**  
Let's bake a pie! Join Mike and the Sprouts in the Co-op Kitchen to bake a pie from start to finish. Hands-on.

**Sprouts: Holiday Tarts**  
We'll have flaky and buttery little tart shells filled with pastry cream, lemon curd, berries, bananas, kiwi, whipped cream, or whatever else we can think of! Join Co-op Sprouts and Mr. T to make kid-sized delightful desserts that are fun to make and enjoy together. Hands-on.

To learn more go to <https://www.willystreet.coop/events/>



Photo courtesy of Mike Tomaloff



Photo courtesy of Ellen Derge



## Ellen's Sugar Cookies

**YIELD:** About 45 2½" cutout cookies

**INGREDIENTS:**

2/3 c butter, softened  
2/3 c sugar  
1 egg  
1 Tbsp plus 2 tsp milk  
Generous ¼ tsp vanilla extract  
2 ¼ c all-purpose flour  
¼ tsp baking soda  
¼ tsp baking powder  
¼ tsp salt

**DIRECTIONS:**

Cream together butter and sugar until pale and fluffy, then add the egg (one at a time if you are extending the recipe). When the egg/s are fully incorporated, add the milk and vanilla. In a separate bowl, thoroughly mix the dry ingredients before adding to the wet ingredients. When well-combined, cover and refrigerate about an hour, or until the dough is set up and can be

handled. On a floured surface, roll to about ¼" thick and use a cookie cutter that has been lightly floured to cut desired shapes. Place 1" apart on a lightly greased cookie sheet, or use parchment paper or a silicon baking mat. Bake at 350°F, 8-10 minutes or until lightly browned. Remove to racks for cooling.

**NOTES:**

-Yield varies with cookie size. Cookies cut out about 2 ½" in size will yield around 45 cookies.  
-Wrapped and sealed dough can be frozen for up to 3 months, refrigerated for up to a week.  
-The dough may be rolled into a cylinder, or any oblong shape and ¼" slices may be cut and-baked.  
-Decorate with icing, sugar or decorative sprinkles, press a walnut or pecan into the center.

## Ellen's Royal Icing

**YIELD:** About 1½ cups

**INGREDIENTS:**

2 c confectioners' sugar  
2 1/2 Tbsp warm water  
1 1/2 Tbsp meringue powder

**DIRECTIONS:**

Beat all ingredients together until peaks form. For a thick icing begin with 1½ tablespoons of water, thin by adding water 1 teaspoon at a time until desired consistency. When adding color, keep in mind that food coloring will add more liquid. If the mixture becomes too thin, you may add confectioners' sugar a little at a time. You may add flavoring to this icing as well, again keeping in mind the liquid will further thin the icing.



Photo courtesy of Ellen Derge

## Cowboy Candy

**YIELD:** 4-6 half pints

**INGREDIENTS:**

3 pounds fresh firm, jalapeño peppers, washed  
2 c cider vinegar  
6 c white granulated sugar  
1/2 tsp turmeric  
1/2 tsp celery seed  
3 tsp granulated garlic  
1 teaspoon ground cayenne pepper  
Jars for canning  
Food handling gloves

**DIRECTIONS:**

Remove stems from peppers and slice 1/4-1/8" thick and set aside. In a large pot, bring cider vinegar, white sugar, and remaining ingredients to a boil. Reduce heat and simmer 5 minutes before raising the heat to boiling again and adding the pepper slices. Bring to a hard boil, then reduce the heat again and simmer for 4 minutes. Transfer the peppers with a slotted spoon into clean and sterile canning jars to within ¼ inch of the rim of the jar. Bring the remaining syrup to a full rolling boil, and boil hard for 6

minutes. Use a ladle to pour the boiling syrup into the jars over the jalapeño slices. Use a skewer, chopstick, etc. to poke to the bottom of the jar a few times to release air bubbles, and adjust the level of the syrup if necessary. Wipe the rims of the jars with a clean, damp paper towel. You must use new lids, tighten rings to finger-tip tightness. Place jars in a canner and cover with water by 2 inches, and bring the water to a full rolling boil, at which point set the timer for 10 minutes for half-pints or 15 minutes for pints. Use canning tongs to transfer the jars to a cooling rack. Leave to cool undisturbed for 24 hours. When fully cooled, remove the rings, wipe jars with a clean, damp sponge or cloth and label.

**NOTES:**

-Save/can the remaining syrup. It has many uses from dressings and marinades, or adding some sweet heat to your favorite dishes.  
-Your cowboy candy will begin to mellow after about two weeks.

## Fizzy Bath Bombs

**YIELD:** 4

**INGREDIENTS:**

1 c baking soda  
1 c (scant) cornstarch  
1/3 c citric acid  
1/2 c epsom salt  
2-3 tsp water  
16-24 drops essential oil/s  
1 1/4 tsp oil (coconut, avocado, olive)  
food coloring (optional)

**DIRECTIONS:**

Combine the dry ingredients very well in a bowl, making sure to get the lumps out of the cornstarch. In a separate bowl combine the liquid ingredients, but only use half the water to begin. Slowly add the liquid into the dry, stirring well. Do not add the liquid too quickly or the mixture may begin to bubble and fizz. When combined, the mixture should hold together when pressed. If it is too powdery, add water, a little at a time,

until it is able to be formed into a stable ball. Press this mixture into a muffin pan, making the pucks about 1" thick. You may line the wells of the pan with parchment or cellophane. Allow to dry about an hour before trying to remove. If they break or crack in removing them, just press them back together and allow to dry until you are able to remove them from the mold intact. Once out, allow them to dry overnight before wrapping.

**NOTES:**


In addition to essential oils, you may consider adding dried herbs and flowers, like sage, calendula, or rose petals. Consider placing some of these herbs and flowers into the muffin pan before pressing in the bath bomb mix to decorate the bath bomb puck.



A SPECIAL OFFER  
FOR NEW CUSTOMERS!

RECEIVE  
\$300

WHEN YOU START BANKING WITH US.



Lake Ridge  
Bank™

JUST FOLLOW THESE TWO EASY STEPS:


1

**OPEN** a Forward Checking account and at least one additional deposit product, like a savings or money market account. Our Forward Checking account makes your banking simple with no minimum daily balance requirement and no monthly maintenance fee.

2

**MOVE** your direct deposit, like a payroll or Social Security deposit to your new checking account to start taking advantage of the many benefits Lake Ridge Bank offers. Our ClickSWITCH® tool makes it easy to move your direct deposit, automatic payments and more!

Your \$300 bonus will be deposited into your new Forward Checking account within 90 days after you complete the two easy steps above. Of course, you'll need to keep your accounts in good standing and actively use your new accounts and services (5+ transactions per month). While we truly value our current clients, this special offer is only available to households that have not received a similar bonus (one bonus per household) in the past and don't currently have a checking account with us. Complete these requirements within 90 days of account opening to receive your bonus. **Offer expires on December 31, 2024.**




IT'S EASY.


JUST SCAN THE QR CODE  
AND USE THE CODE **BANK300**  
TO OPEN YOUR ACCOUNT  
ONLINE TODAY.

If you prefer to open your account in person, stop by any of our convenient locations or call **(608) 223-3000** to talk to a Banking Advisor.


OUR TRUSTED TOOLS MAKE YOUR BANKING EASIER.




35,000 +  
Surcharge-free  
ATM Network




Digital Wallet  
Venmo, Apple Pay,  
PayPal,™ Google Pay,™  
and Samsung Pay®




Text and  
Email Alerts




Mobile Deposit  
Deposit a check using  
your smartphone.



Credit Sense  
Your Credit Score and  
a whole lot more.




Send money by  
text or email to  
friends and family.



MEMBER  
FDIC

6430 Bridge Road, Monona, WI 53713 • [lakeridge.bank](http://lakeridge.bank)



Petinary


Excellent Pets Deserve  
Excellent Care

1014 Williamson St  
608.255.1239  
[www.petinaryclinic.com](http://www.petinaryclinic.com)  
Quality Veterinary Care on Willy St Since 1981

Serving Willy St.  
ACE  
Since 1923


100 years of Service  
**ACE**  
Hardware Center

1398 Williamson St. 257-1630  
[acewilly@tds.net](mailto:acewilly@tds.net)



LAUER REALTY  
GROUP


Not just Realtors® - but your neighbors and friends.  
We know this community and we know real estate.




Powerful Results. Real People.

[www.LauerRealtyGroup.com](http://www.LauerRealtyGroup.com) | 608.444.5725


Thanks for voting us:





Health Food  
Store




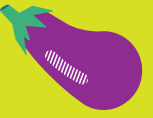


Grocery Store



Grocery Store

[www.willystreet.coop](http://www.willystreet.coop)   Everyone Welcome!

willy  
street  
co-op





willy  
street  
co-op

**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**



Help Save a Tree

Go to [willystreet.coop/emails](http://willystreet.coop/emails) to sign up to get the Reader via email. For every 1,000 Owners who switch from a printed newsletter to the email version, we'll save one tree per month.

