



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

# NEWSLETTER

VOLUME 51 • ISSUE 4 • APRIL 2025

Announcing

The 2025 Community Reinvestment Fund Grant Awards



Plus: Sustainability Report, Local Spring Produce Guide, Gardening Flyer & Staff Picks

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

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IN THIS ISSUE

3	CUSTOMER COMMENTS
5	GM REPORT, BOARD REPORT
6	SUSTAINABILITY REPORT
7	EARTH WEEK AD
8-9	CO-OP CLASS CALENDAR
10-11	LOCAL SPRING PRODUCE GUIDE
12	SPRING DELI MENU
13	NEW PRODUCTS
14-17	CO-OP DEALS FLYER
18	GARDENING FLYER
20-21	STAFF PICKS – THEY'RE BACK!
22	50TH ANNIVERSARY ADS & ILLUSTRATIONS
23	GET SCRAPPY: REDUCE YOUR FOOD WASTE
24	PROBIOTIC BEVERAGES AT YOUR CO-OP
25-27	ANNOUNCING THE 2025 COMMUNITY REINVESTMENT FUND GRANT AWARDS

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 held at the Central Office, 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.

April 23, 2025  
June 25, 2025

July 23, 2025  
Sept. 24, 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







## CIDER AVAILABILITY

I, along with some other regular customers, am a fan of Starcut Cider - specifically their ‘Pulsar’ variety. I shop at the West Coop regularly and have grown frustrated as you stock 4 varieties of Starcut Cider and based on my observation generally only sell one variety. My frustration comes from the fact that while you may restock on Friday[?], by mid-day Saturday EVERY WEEK I can count on ‘Pulsar’ to be completely sold out while all other 3 varieties are fully stocked. Yesterday [Tuesday 6PM] I visited and you were still out of stock from Saturday - meanwhile each other variety continued to be still fully stocked and may not have sold a single 6-pack. Can you adjust your West Location stocking so that you’re not continually out of the one variety that sells and fully stocked on the 3 that don’t sell anywhere near as much? It sure seems like there’s empty shelf space nearby that could be used for overstock - or even better get some in the cooler. If I have to keep taking my weekend business to Woodmans or Total Wine I will ... but I find it frustrating that you continually understock something that you could sell much more of. At some point, despite the convenience, I am going to stop even trying to buy this at Willy Co-op. Thank you for your attention.

I really appreciate you bringing this to our attention. I am very familiar with the disappointment of having the one thing on your list that you’re actually looking forward to buying, continually being out of stock... That said, I totally understand your frustration. I already spoke to our buyer and informed them that they need to be ordering more. I also found an additional area to help provide more volume on the sales floor. The secondary location will be located across from the cheese department on the bottom of the display that is located there. My apologies for the let down of having to run across town in order to fulfill your shopping list. Please don’t hesitate to reach out to me if you notice this continuing to happen. My hope is that this won’t be a problem for you moving forward. Thanks! -Dave Andrews, Willy West Grocery Manager

## BULK VANILLA

I always enjoyed buing vanilla in your bulk area that I always just filled up a bottle that had been pre-weighted. It was excellent vanilla for my baking. I came in last night to find none, and was told you wouldn’t get any. What happened? Why? Please offer again.

I appreciate you taking the time to reach out to us with your question. Unfortunately, we have decided to discontinue the vanilla in our Bulk Liquid section and will no longer have this available for the foreseeable future. The main reason behind this decision was due to limited space and slow sales. Ever since the pandemic, sales in our Bulk aisle have unfortunately remained lower than they once were. With buying habits being different, we have had to make changes in our product selection in order to adapt. Unfortunately, this has led to us no longer offering certain items. We recently made a series of changes in Bulk

to help expand certain sections within the aisle. This expansion was due to very high sales in specific areas and the need for more shelf space to support the demand. We had to make a lot of tough decisions in order to create the space that was needed for this to happen. That being said, a lot of effort went into analyzing sales data to help determine how products were performing. Unfortunately, bulk vanilla was one of the worst sellers at our location, along with the majority of the liquids that we were currently offering in Bulk. This was the reasoning behind why we greatly reduced our selection of Bulk liquids. I apologize that this is no longer available at our location. If you’re looking for another option, the brand that we carried in Bulk is called Singing Dog Vanilla. We still carry their packaged vanilla. Thanks! -Dave Andrews, Willy West Grocery Manager

## BUSKING

I haven’t heard directly, but it’s clear the Co-op isn’t allowing busking anymore in front of the store. That disappoints me because I have heard many wonderful music performances there. I fear not allowing them makes us less community-oriented and takes away joy from my experience.

Thanks for your input for us to consider allowing busking in the way that it was pre-Covid. It will be taken into consideration as we make decisions for the 2025 spring/summer season. We piloted in 2023 our Rain Garden Music Sessions at our East store and continued it again last year with a positive community response. The Co-op pays each artist for their talents each session, which was not able to be done with our previous busking program. If you, or someone you know, would like to be considered for future upcoming 2025 sessions, please send an email to [customer.experience@willystreet.coop](mailto:customer.experience@willystreet.coop), and we would be happy to go over more details. Additionally, we will be participating in Make Music Madison again in 2025. Thanks for reaching out! -Kristina Kuhaupt, Customer Experience Manager

## SALICYLATE ALLERGY

I have recently been identified as having a salicylate allergy. I am curious if you have a list of salicylate free health and beauty care items, like shampoo, hand soap, etc.

Thanks for reaching out about this! Unfortunately, the co-op doesn’t have a list of salicylate free health and beauty care items. In fact, I even had trouble finding resources or lists online that offered a list of specific products that are salicylate free. If you find a great resource, feel free to share it with us so our wellness team can reference it in the future! Thanks again for writing in. -Sophie Patterson, Willy West General Merchandise Manager

## RISHI TEA

Rishi Tea- purchased a month ago, not pleased with product due to packaging. Tea bag packets are huge, the size of the box! This uses much more plastic than should be necessary. Also, packs are made of polylactic acid, plastic. While made from vegetation, this material is not recyclable unless a special process is used. It will contaminate recycling if put in typical stream. It cannot be composted except in special process or take up to 1,000 years. Thus, cannot be realistically done either way!

I’m sorry you were not satisfied with your purchase; you may return the product for a refund—just bring it to the Customer Service desk next time you stop in! I will get your feedback shared with Rishi for them to take into consideration. Please note we do also sell many Rishi teas in a loose-leaf format, you can then portion the tea to your liking in a tea infuser or a different style tea bag—both of which you can find at

all of our stores! Thanks for taking the time to write in! -Liz Muñoz, Director of Purchasing

## LIFESPAN TO HEALTHSPAN ARTICLE

I just want to commend Katy on this article, and say thank you. One of the best articles I’ve ever read on health and quality of life. I typically wouldn’t forward a long article to family, but this one was a must. I appreciate your deep knowledge, and ability to write in a way that is accessible and interesting to a lay person. Thanks, Katy!

Thanks for your message about Katy’s article in the January *Reader*, and I agree—I thought it was really informative and easy to digest. I will be sure to pass along your kind words to Katy! -Caitlyn Tompkins, Content Specialist

## BULK PLUS

An older version of the website allowed me to reference bulk products by the number I had written on the bag for checkout. This feature is a loss to me.

Thanks for your question and I’m sorry for my delay in responding. We just added it back! You can find it under Our Departments and then Bulk, or at <http://willystreet.coop/bulk-PLUs>. Have a nice week! -Brendon Smith, Marketing & Communications Director

## EBT CARD AND DOUBLE DOLLARS

Your policy is that you have to use your EBT card in order to get double dollars. Many of us run out of our monthly allotment before the end of the month. I purchased \$40.00 worth of groceries and use cash because there was nothing left on my EBT card. I feel as did the person at the register as long as you have an EBT card we should be able to get the double dollars. Please consider changing your policy. Thank you, regarding this.

Thanks for reaching out and letting me know of your experience. I am happy to hear that you have been participating in our Double Dollars program! Although what you described could be a positive potential solution, to be compliant with government funding expectations that we must follow, all Double Dollars have to be paired with FoodShare/QUEST forms of payment (EBT). As future conversations about Double Dollars continue to shape the program, we will take your suggestion into consideration. -Kristina Kuhaupt, Customer Experience Manager

## SOURDOUGH BREADS

Some of us are averse to sourdough breads. I’d be grateful if we carried more delicious bread options that are not sourdough. Batch is wonderful, but its a rare treat to find it in stock. I see some new brands have popped up, but they are more sourdough. I appreciate your consideration in this matter!

Thank you for reaching out with your comments and request. It has been very difficult for us to find local bread vendors that are able to provide freshly baked artisan bread for all of our three stores. Batch only delivers to Willy East a few days a week and does not have the capacity to produce more bread for Willy North or Willy West. We have added One Love Bread recently, and they make artisan sourdough breads. We also just added Stalzy’s Deli breads at East. I do not believe all of their breads are sourdough though. They may be expanding their offerings in the near future. If you have any companies you think would work well, please let me know. I will continue to search for some other options that might be a good fit. Thank you for letting us know what you are looking for in our stores! -Dean Kallas, Grocery Category Manager

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)



# GOOD THINGS FOR PLAYING IN THE DIRT



Local and organic plant starts available this spring!








Seeds and seed starting supplies available at all three stores!



## LOCALLY GROWING FOR 50 YEARS

willy street co-op

50





We're celebrating 50 years of locally growing beginning October 2024, 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.

### Martin Glass

2323 Atwood Ave  
608-249-0438

Don't buy replacement windows...

Fix the ones you have.

We fix screens too.



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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

Please come and visit




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Madison , Wisconsin 53703

## PERSEVERANCE



INNER FIRE YOGA

Try our welcome special →







By: Anya Firszt,  
General Manager

**H**ello dear Owners,  
April marks the beginning of the fourth quarter of our fiscal year. This is a busy month when we dive into budget planning for the next fiscal year, and wrap up special projects from the current fiscal year.

Also this month we have a few dates to think about including April Fool's Day and the Spring General Election (both fall on the 1st), Arbor Day, tax day, and Earth Day to name a few.

**EARTH DAY - APRIL 22**

Earth Day is celebrating its 55th anniversary this year. What will you do to support Earth Day this year?

As a reminder, here are three relatively small but mighty things you can do to reduce/reuse/recycle:

1. Subscribe to receive the *Reader* electronically if you like (or don't mind) reading online; this will help to reduce our use of paper. You sign up at [willystreet.coop/emails](http://willystreet.coop/emails).
2. For every reusable shopping bag you use at the register, we contribute 10¢ to the Double Dollars program.
3. We are once again collecting paper grocery bags at the stores for use at our local food pantry partners.

To learn more about what the Co-op has done to contribute to the wellness of the planet by reducing, reusing, and recycling, check out the article on page 6.

At the Co-op, we're celebrating Earth Day for a whole week; from April 21–27. You can save 15% on your bulk purchases, excluding bulk water and coffee. Shopping in our bulk aisle helps reduce waste through minimizing single-use packaging (or eliminating it, if you bring your own sanitized container). Check out the Co-op Deals sales later in the month on page 16, and the eco-friendly Staff Picks on page 20 for ideas about sustainable products.

For your gardening pleasure, seeds

and gardening products are in stock and locally grown, organic seedlings will be available mid-month. For more details, see the Spring Gardening Flyer on page 18 of this issue.

**EARTH FEST**

Earth Fest organizers are the UW Nelson Institute for Environmental Studies and Office of Sustainability. The dates are April 21–29, 2025. Wondering how you can get involved or become more informed, email Earth Fest organizers at [earthfest@nelson.wisc.edu](mailto:earthfest@nelson.wisc.edu).

**OWNER COMMUNITY PERKS**

To help celebrate our 50th Anniversary, we partnered with 44 local businesses who are giving Co-op Owners a perk for shopping or buying at their establishment. This is a year-long opportunity beginning last October. Owners can still get extra discounts at local businesses. For the list of participating businesses, check our website at [willystreet.coop/community-perks](http://willystreet.coop/community-perks).

All you need to do is either present your Co-op Ownership card or verbally share your Owner number to qualify for their extra discount.

**COMMUNITY REINVESTMENT FUND AWARDS**

This month we announce our Community Reinvestment Fund (CRF) grant recipients in an article in this issue of the *Reader*. You can read more about the wonderful projects being funded by our CRF grants on page 25. This year we increased our grant allocation to \$85,000 bringing the total amount awarded since we began this program to \$673,500. Congratulations to this year's CRF recipients.

**BOYCOTT POLICY UPDATE**

Last fall and into the winter, we had Owners voice their opinion that we stop selling Sabra Hummus that was only carried at one of our stores. We also heard from Owners that they didn't want this product removed. We followed our Boycott Policy, which required us to collect input from 1% of total Owners, post a comment period, and then determine the outcome, in this case, to pull the product due to low sales. We realized in hindsight that the policy needed to be updated to better provide Owners with a process that can be used to share concerns and information with each other, which has now been done. See the revised Owner Boycott Policy at [willystreet.coop/boycotts](http://willystreet.coop/boycotts).

I'll leave you with this thought from Marty Rubin, "April is the kindest month. April gets you out of your head and out working in the garden."

Warm regards,  
Anya



**FAIRNESS, INCLUSIVITY, AND COMMUNITY**

By: Anthony Hernandez,  
Board Member

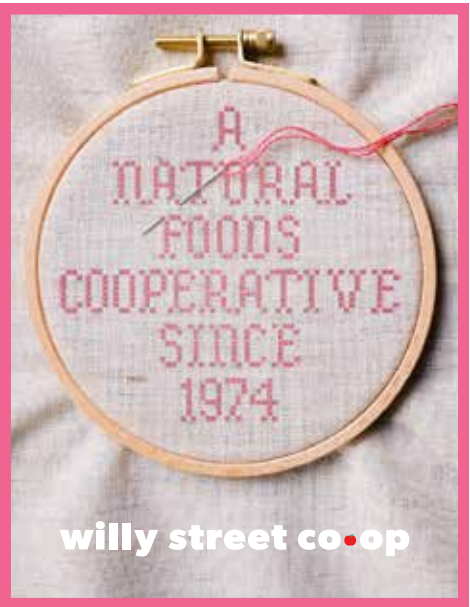
**A**t our most recent annual meeting, I had the privilege of speaking with a few of the visionary leaders who founded Willy Street Co-op. As they shared their stories, I was struck by how the values they built this co-operative on—fairness, inclusivity, and community—have remained strong throughout our history.

From the very beginning, the Co-op was created as a place where people come together to meet shared needs and work toward common goals. That commitment has never wavered. A welcoming and open environment isn't just something we talk about—it's something we live every day. You can see it in our stores, in our partnerships with vendors, and in the ways we give back to the community.

At the heart of everything we do is respect for one another—not as a business strategy, but as a core belief that strengthens our community. In good times and in challenging moments, we stand for fairness, respect, and an unwavering belief in the power of people coming together, no matter

their backgrounds or perspectives.  
Serving on this year's Community Reinvestment Fund Committee reinforced this for me. I witnessed firsthand how the Co-op actively invests in local organizations that are making a difference. The funding we allocate directly supports causes that uplift and strengthen Wisconsin communities, creating lasting impact. This is not new work—it's a long-standing commitment that continues to grow.  
As activist and actor Jesse Williams has suggested, our actions should speak for us. And at Willy Street Co-op, they do. We have a strong record of meaningful engagement, and we will continue showing up—standing with our community, caring for one another, and working toward a more inclusive and hopeful future.

As we move forward together, we know challenges may arise, but our commitment to each other remains unshaken. Love and care are our greatest strengths, and we choose to build a future rooted in inclusion and positivity. Now more than ever, we are guided by the words of Coretta Scott King, "The greatness of a community is most accurately measured by the compassionate actions of its members."



The next

**WELLNESS WEDNESDAY**

is April 2!

**OWNERS GET 10% OFF wellness & bodycare items**

the first Wednesday of every month!

Body Care Accessories  
Body Care Aromatherapy  
Cosmetics & Skincare  
Hair Products  
Oral Care  
Deodorant  
Topical Personal Care  
Skin Care  
Soap & Bath Preparation  
Liquid Bulk  
Pre-Packaged Liquid  
Herbal Formulations  
Digestive Aids  
Protein Powders  
Supplement Containers  
Aloe Vera Juice  
Bee Pollen  
CBD Supplements  
Single Herbs

Flower Essence  
OTC Internal Products  
OTC External Products  
Homeopathic Medicines  
Vitamin Q (CoQ10)  
Chromium Picolinate  
DHEA  
Glucosamine & Chondroitin Supplements  
Electrolyte Powder  
Effervescent Tabs  
Vitamins & Minerals  
Antioxidants  
Amino Acids  
Beauty Aid Products  
Beauty Accessories  
Aromatherapy  
Beauty Aid Products  
Hair Products

**Marquette-Atwood Neighborhood Art Walk**

**Sunday, May 4, 2025 11:00 A.M. to 5:00 P.M.**

Come enjoy a spring day!

Jewelry - Ceramics - Watercolor - Textiles - Graphic Art - Oil - Sculpture - Lino-Cut Prints - Candles - Pottery - Illustration - Photography - Ink - Acrylic - Paper Assemblage - Mixed Media - Mobiles - Painted Furniture - Fiber - Batik - Greeting Cards

60 Artists at 39 residential locations

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





SUSTAINABILITY REPORT

By: Brendon Smith, Director of Marketing & Communications



ENVIRONMENTAL IMPACT METRICS

On the Our Sustainable Practices webpage ([willystreet.coop/sustainability](http://willystreet.coop/sustainability)), we’ve started to track some environmental impact metrics—see below for Fiscal Year 2024 (ending June 30, 2024). We’ll update these each year going forward and work on ways to improve the metrics.

WILLY WEST GETS SOLAR PANELS

We’ve had solar panels on the roof of Willy East for almost a decade, and now we also have solar panels at Willy West—and many more of them! This project was a little trickier than our last one because Willy East is the only building that we own—we lease our other stores, office, and kitchen, as well as Aubergine. We’re appreciative that our landlord at Willy West was open to the installation of the solar array, and now we and our community are reaping the benefits of even more clean solar energy.

In early January of 2023, we reached out to Legacy Solar Co-op (LSC) to discuss a solar panel array installation at Willy West. We had previously partnered with LSC on the solar array at Willy East, and had been pleased with the results. The Sixth Cooperative Principle is “Cooperation Among Cooperatives,” so it was a natural choice to work with LSC.

How does the “co-op” part apply to LSC? They’re also a membership-based organization; in their case, membership supports their mission to build a sustainable legacy that helps protect the earth through the growth of solar energy. Some institutions (like Willy Street Co-op) can’t take advantage of the tax credits available to other organizations that install solar panels. We likely would not have been able to add solar panels on the roof of any of our locations if we had to pay the full cost. That’s where LSC comes in. Legacy Solar Co-op finds projects that need funding and matches them with tax sponsors. Then they raise a portion of the financing through issuing co-op bonds to their members who want to invest in growing solar in Wisconsin—similar to the Owner Bonds we offered when we wanted to expand a store or open a new one. It’s a way to invest in your co-op and in your community. LSC’s Slice-of-Sun Solar Bond program facilitates

community solar projects up front or in the first year of the project’s development.

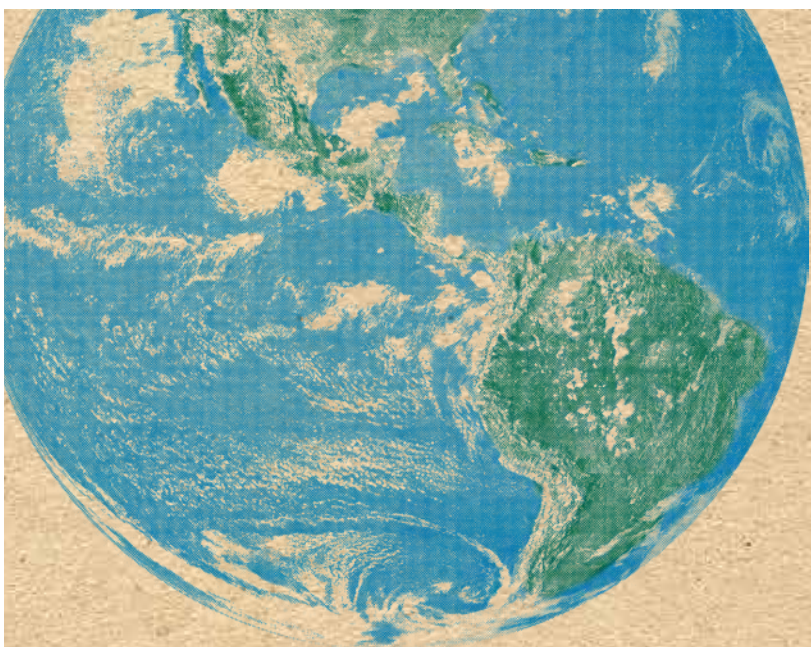
After working out the details with LSC, Full Spectrum Solar helped us to source and install the solar panels. We completed the installation over the last few months and are now generating solar power at Willy West. We expect this to generate about 165,000 kWh/year, or about 22% of that store’s yearly electricity bill.

I asked General Manager Anya Firszt why this project was a priority for our Co-op. “Solar energy is a renewable energy source that is good for the wellness of the planet and aligns with our Strategic Plan,” she said. “Additionally, it will reduce our future energy costs.” The Co-op is also an investor in the O’Brien Solar Fields in Fitchburg, a 20-megawatt array utilizing over 60,000 bifacial solar panels.



FOCUS AREA	AMOUNT	WHY ARE WE TRACKING THIS?
Electricity use	2,859,090 kilowatt hours	Reducing electricity use (including through using LED lights, energy-efficient equipment, etc.) means less energy from coal-fired power plants as well as a lower energy bill.
Natural gas use	53,637 BTUs	Natural gas is mostly methane, a greenhouse gas, and is extracted via drilling and fracking.
Water use; includes Bulk water sales	3,444,483 gallons	More efficient use of water for business uses keeps more fresh water for other uses.
Refrigerant use	365 pounds	Traditional refrigerants harm the Earth’s ozone layer and can contribute to global warming.
Solar power generated at Co-op sites	26,910 kilowatt hours	We want to increase the amount of electricity we get from solar power rather than coal-fired power plants. (This amount does not include energy generated from the O’Brien Solar Fields.)
Local product sales	\$22,086,997	More local food means less transportation for the food, less reliance on Big Food, and more money in our local economy. More information at <a href="http://willystreet.coop/local">willystreet.coop/local</a> .
Certified organic sales in Bulk, Meat & Produce	\$1,631,807	More organic food means fewer pesticides, and better land and water stewardship.
Compost	261,970 pounds	The most sustainable way to divert organic waste from landfills is to turn it into compost and use it to grow food!





APRIL 21-27

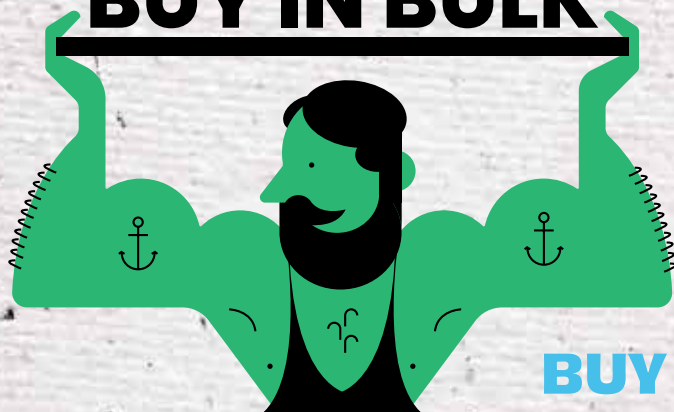
# 15% OFF BULK PRODUCTS for Everyone!

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

*Bulk coffee & water not included.*



## HOW TO BUY IN BULK



1

**Fill a container with as much as you need.**

(Record the empty container's weight if not already known.)

2

**Write the PLU # marked on the bin, using provided supplies.**

(We offer twist ties, markers/pencils, etc.)

**BUY AS MUCH OR AS LITTLE AS YOU NEED!**

**These cookie ingredients cost 40% less...**



**...than these  
cookie ingredients**

**Bulk products = less waste + more savings**

See the recipe, product costs, and calculation at [www.wilystreet.coop/bulk](http://www.wilystreet.coop/bulk).





**LET’S MAKE CHEESE CURDS!**

Location: Willy West Community Room  
Tuesday, April 15, 6:00pm–8:30pm  
Ages: 12+; adult supervision required  
Instructor: Linda Conroy  
Fee: \$45 for Owners; \$55 for non-owners  
Capacity: 20  
Join Linda Conroy to learn how to make cheese at home. To demonstrate we will make, press, and sample paneer cheese. Then we will make cheese curds for everyone to take home and enjoy. Recipes will be provided and everyone will take home cheese curds. Recipes include: milk. Demonstration and hands-on.



**WALK ON THE WILD SIDE: SPRING PLANT WALK**

Location: Willy North and Warner Park  
Thursday, May 15, 5:30pm–7:30pm  
Ages: 5+; adult supervision required  
Instructor: Linda Conroy  
Fee: \$28 for Owners; \$38 for non-owners  
Capacity: 25  
Join veteran herbalist Linda Conroy for this fun and engaging plant walk. We will learn to identify wild plants of the season that can be used for food and medicine. You will leave with an appreciation for the abundance of wild food and medicine that grows around us! Dress appropriately for the weather and wear comfortable walking shoes. Meet in the outdoor Commons at Willy North.

**STRESS LESS: BOTANICALS THAT SUPPORT THE NERVOUS SYSTEM**

Location: Willy West Community Room  
Tuesday, June 17, 6:00pm–8:00pm  
Ages: 12+; adult supervision required  
Instructor: Linda Conroy  
Fee: \$50 for Owners; \$60 for non-owners  
Capacity: 20  
Join Linda Conroy to learn to employ herbs that help support restful sleep, relaxation, and reduce stress and anxiety. We will explore the many herbs that impact the nervous system, herbs that act to help the endocrine system adapt to stress, and unique strategies for incorporating them into daily life. Everyone will make a tea blend, an extract, and infused oil to take home. Recipes will be provided. Demonstration with limited hands-on opportunities.



**SPROUTS: NOODLES AND DUMPLINGS**

Location: Aubergine, 1226 Williamson St.

Tuesday, April 8, 4:00pm–5:00pm  
Ages: 5–11 years old; adult supervision not required  
Location: Willy West Community Room  
Tuesday, May 27, 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: 10  
Let’s roll up our sleeves and roll out some noodles! We’re going to make buttery homestyle noodles from scratch, and then help Mr. T grate some cheese for the Co-op’s (not so) secret recipe mac and cheese! Recipes include: milk, eggs, and wheat. Hands-on.

**SPROUTS: COOKIE CLUB**

Location: Willy West Community Room  
Tuesday, April 29, 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: 10  
Snickerdoodles and oatmeal cream sandwich cookies are new for Sprouts Cookie Club, so sign up for this one and maybe you’ll find a new favorite! Recipes include: milk, eggs, and peanuts. Hands-on.

**SPROUTS: RAVIOLI**

Location: Aubergine, 1226 Williamson St.  
Thursday, May 1, 4:00pm–5:00pm  
Ages: 5–11; adult supervision not required  
Location: Willy West Community Room  
Tuesday, May 13, 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  
Everything tastes better when you make it yourself (well, hopefully!), so join Mr. T and the Sprouts to make some raviolis stuffed with four kinds of cheese, a batch of red sauce, and garlic bread, of course! Recipes include: milk, eggs, and wheat. Hands-on.

**SPROUTS: PIZZA PARTY**

Location: Aubergine, 1226 Williamson St.  
Thursday, May 22, 4:00pm–5:00pm  
Ages: 5–11 years old; adult supervision not required  
Location: Willy West Community Room  
Tuesday, June 3, 4:00pm–5:00pm  
Ages: 5–11 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 make the dough and the sauce, form our own personal pizzas, and dress them up with our favorite toppings. Then we’ll make a pitcher of refreshing lemonade while they bake. Recipes include: milk, eggs, and wheat. Hands-on.

**SPROUTS: FRUIT TARTS**

Location: Aubergine, 1226 Williamson St.  
Thursday, June 12, 4:00pm–5:00pm  
Ages: 5–11 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  
Join Mr. T for a lesson on pastry! We will make and roll out tart dough and make little fruit tarts that are filled with

fresh berries, jam, and whipped cream to take home. We’ll make a big tart, too, and taste our handiwork together! Recipes include: milk, eggs, and wheat. Hands-on.



**TIPS FOR GUT DIVERSITY**

Location: Zoom  
Wednesday, April 9, 12:00pm–1:00pm  
Instructor: Katy Wallace, ND  
Fee: Free; registration required  
Capacity: 50  
Scientists claim that bacterial diversity in the gut is important for health and longevity, so what practical things can you do to improve your gut diversity? Join Katy Wallace, ND, of Human Nature, LLC for a presentation on simple things that are shown in research to help improve the health and bacterial diversity of the digestive system.

**NATURAL ALLERGY AND HISTAMINE RELIEF**

Location: Zoom  
Wednesday, May 7, 12:00pm–1:00pm  
Instructor: Katy Wallace, ND  
Fee: Free; registration required  
Capacity: 50  
Learn how low-histamine foods can bring relief from allergic responses. Katy Wallace, Naturopathic Doctor of Human Nature, LLC, presents natural approaches, including natural supplements and foods, that aid the body in naturally lowering histamine levels.

**BONE HEALTH AND NUTRITION**

Location: Zoom  
Wednesday, June 4, 12:00pm–1:00pm  
Instructor: Katy Wallace, ND  
Fee: Free; registration required  
Capacity: 40  
Do you want to do more for bone health than take calcium and do weight-bearing exercises? Join Katy Wallace, ND, of Human Nature, LLC, in discussing three main areas that typically need attention in cases of bone loss: high-mineral diet, nutritional supplementation, and adequate monitoring and adaptation.

*Classes provided by Willy Street Co-op are not designed to and do 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.*



**SELF-CARE YOGA FOR CARETAKERS**

Location: Aubergine, 1226 Williamson St.  
Wednesday, May 14, 10:30am–11:45am  
Ages: 18+  
Instructor: Mourning Dove  
Fee: \$20 for Owners; \$30 for non-owners  
Capacity: 8  
Designed especially for those who care for others. Inner reflection, gentle yoga

with self-nurturing affirmations, kind community, and intentional rest. Yoga mats, props, bolsters, seating options, and herbal tea are provided. Please bring a notebook or journal. Include accessibility needs, accommodation requests, and preferences at registration. Allow yourself to be the priority. You are worth it!

**45-MINUTE INDIVIDUAL NUTRITION CONSULTATIONS**

Location: Aubergine, 1226 Williamson St.  
Wednesday, April 16, 2:15pm–5:30pm  
Wednesday, June 18, 2:15pm–5:30pm  
Location: Willy West Community Room  
Wednesday, May 14, 2:15pm–5:30pm  
Virtual  
Tuesday, April 29, 1:30pm–4:45pm  
Wednesday, May 21, 1:30pm–4:45pm  
Tuesday, June 24, 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.

**MINDFUL MOMENT: LIVE ONLINE CLASS**

Location: Google Meet  
Tuesday, April 29, 5:00pm–6:00pm  
Tuesday, May 27, 5:00pm–6:00pm  
Tuesday, June 24, 5:00pm–6:00pm  
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. 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.



**BAKING WITH CHEF PAUL: LINZER TORTE WITH RASPBERRY SAUCE & POACHED PEAR**

Location: Willy West Community Room  
Thursday, June 5, 6:00pm–8:00pm  
Location: Aubergine, 1226 Williamson St.  
Thursday, June 26, 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 class on this classic Austrian pastry. Linzer dough is rich



and easy to make, and the jam filling can be any berry you like. Paul will show you how to make all of the components from scratch, and you will take home the knowledge of easy baking with confidence! Recipes include: wheat. Demonstration.



**CULTURE AND CUISINE OF LOUISIANA: CRAWFISH**

Location: Willy West Community Room  
Thursday, April 10, 6:00pm–8:00pm  
Ages: 13+, adult supervision required  
Instructor: Steffry Langham  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 12

We will explore the history, culture, and foods that made Louisiana a true melting pot. We will go by ingredients and/or culture, sampling foods that contributed to the main dish of the state, Gumbo. Join Steffry to discuss the traditions and history that make Louisiana what it is today. On the menu: Crawfish Bread, Crawfish Etouffee, and Crawfish Monica. Everyone will make a packet of Etouffee seasoning to take home as well! Laissez les bon temps rouler. Recipes include: milk, eggs, and shellfish. Demonstration with limited hands-on opportunities.

**COOKING WITH CHEF PAUL: SALT-FREE COOKING**

Location: Lakeview Library  
Thursday, April 10, 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 discover different flavor profiles by utilizing herbs, spices, and fresh vegetables in salt-free recipes. Register at <https://www.madisonpubliclibrary.org/events>. Registration will open two weeks prior to the program date on March 27.

**SPRING LUNCHEON**

Location: Willy West Community Room  
Wednesday, April 16, 6:00pm–8:00pm  
Location: Aubergine, 1226 Williamson St.  
Wednesday, May 7, 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 create a spring lunch menu including a bright and refreshing endive salad with citrus fruits and spring onions, crispy zucchini fritters with chutney, a cheesecake dessert made with the sous vide method, and a sparkly fruit shrub mocktail (that would make a great cocktail, too!). Recipes contain: wheat, milk, and eggs. Demonstration with limited hands-on opportunities.

**COOKING WITH CHEF PAUL: CONGEE AND PORRIDGE**

Location: Aubergine, 1226 Williamson St.  
Thursday, April 17, 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  
Are there any differences between these two? Join Chef Paul to learn how to make several different congees

and porridges, including vegan and non-vegetarian recipes, multiple grains, and simple ones. Demonstration.

**COOKING WITH CHEF PAUL: PURLOO AND RISOTTO**

Location: Willy West Community Room  
Thursday, April 24, 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  
Purloo is a Southern flavor and one-pot rice dish using Carolina Gold rice, and it’s different than Italian risotto which uses Arborio rice. The cooking methods and techniques are similar to rice pilaf. Join Chef Paul to learn how to cook these two culturally significant dishes. Recipes include: shellfish. Demonstration.

**ELEMENTS OF GUMBO: CREOLES AND TOMATOES**

Location: Willy West Community Room  
Thursday, May 8, 6:00pm–8:00pm  
Ages: 13+, adult supervision required  
Instructor: Steffry Langham  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 12  
We will explore the history, culture, and foods that made Louisiana a true melting pot. We will go by ingredients and/or culture, sampling foods that contributed to the main dish of the state, Gumbo. Join Steffry to discuss the traditions and history that make Louisiana what it is today. On the menu: Creole Sauce, Creole Scallops, and Tomato Pie. Everyone will make a packet of Creole seasoning to take home as well! Laissez les bon temps rouler. Recipes include: milk, eggs, and shellfish. Demonstration with limited hands-on opportunities.

**SPRINGTIME TAPAS AND SMALL PLATES FOR ENTERTAINING**

Location: Aubergine, 1226 Williamson St.  
Wednesday, May 14, 6:00pm–8:00pm  
Location: Willy West Community Room  
Wednesday, May 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  
Marinated mushrooms and white bean salad, arugula pesto bruschetta, caramelized onion and olive tarts, and roasted cauliflower florets with spicy mayo are all on the menu and ready for your springtime gatherings! Recipes contain: wheat, eggs, nuts, and milk. Demonstration with limited hands-on opportunities.

**VEGAN AND DELICIOUS!**

Location: Willy West Community Room  
Tuesday, May 20, 6:00pm–8:00pm  
Ages: 16+; adult supervision not required  
Instructor: Sharon Long  
Fee: \$40 for Owners; \$50 for non-owners  
Capacity: 8  
In this hands-on class, Sharon, the Serious Cook, will guide participants in preparing colorful veggie stacks using portabello mushrooms, butternut squash, and macadamia nut “cheese.” This recipe is a riff on one by Lauren Montelbano, author of Grounded. Also on the menu is one of the Serious Cook’s favorite vegan and lactose-free desserts—silken tofu-based key lime pie. So delicious! Recipes include: tree nuts, wheat, and soybeans. Demonstration with hands-on opportunities.



**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)

**class Calendar**



**CHEAT SHEETS: RP’s PASTA REPURPOSED**

Location: Willy West Community Room  
Tuesday, May 6, 6:00pm–8:00pm  
Location: Aubergine, 1226 Williamson St.  
Tuesday, June 10, 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  
Fresh pasta isn’t so tough when you have some locally produced help. Broad pappardelle noodles, pillowy ravioli, and spinach and cheese-filled cannelloni all from RP’s fresh pasta sheets. We’ll pair our pastas with freshly made sauces, of course (and no one needs to know that we didn’t roll the dough ourselves). Recipes contain: wheat, eggs, milk. Demonstration with hands-on opportunities.

**ELEMENTS OF GUMBO: OKRA (VEGAN)**

Location: Aubergine, 1226 Williamson St.  
Thursday, May 29, 6:00pm–8:00pm  
Ages: 13+; adult supervision required  
Instructor: Steffry Langham  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 12  
We will explore the history, culture, and foods that made Louisiana a true melting pot. We will go by ingredients and/or culture, sampling foods that contributed to the main dish of the state, Gumbo. You will learn how important every culture is in the Pelican State and their contributions. We will discuss traditions and history that make Louisiana what it is today. On the menu: Okra Two Ways Po’ Boys, Creole Okra, and Creole Stuffed Eggplant with Okra. Laissez les bon temps rouler. Vegan. Demonstration with limited hands-on opportunities.

**TRADITIONAL PORTUGUESE DISHES**

Location: Aubergine, 1226 Williamson St.  
Wednesday, June 4, 6:00pm–8:00pm  
Location: Willy West Community Room  
Tuesday, June 10, 6:00pm–8:00pm  
Ages: 16+; adult supervision not required  
Instructor: Sharon Long  
Fee: \$40 for Owners; \$50 for non-owners  
Capacity: 8  
Join Sharon to learn about the Portuguese cultural culinary history as you help prepare Caldo Verde, Bolinhos de Bacalhau, and Pasteis de Nata. In other words, kale soup, cod fritters, and egg custard tarts—all traditional Portuguese dishes. Recipes include: milk, eggs, fish, and wheat. Demonstration with hands-on opportunities.

**Meet Sharon Long– A Willy Street Co-op Cooking Instructor**



Sharon has been teaching and assisting with cooking classes for the public for over nine years. Before transi-

tioning to this new career, she spent more than 25 years as a Professor of Environmental Microbiology and Engineering, with teaching being the highlight of her role. Her passion for sharing good food with others comes naturally, influenced by her family heritage. Her grandparents owned and operated a renowned “linen tablecloth and silver” restaurant, Joy Yong, on Harrison Street in Boston.

Sharon’s enthusiasm for teaching cooking stems from the fun and flavorful dishes she created while attending cooking classes as a student. The classes she teaches are inspired by two key experiences in her life. First, her love of ethnic Chinese and Asian cuisines, shaped by the comforting meals of her childhood where a bowl of rice was always present, whether her mom and grandmother were serving stir-fries or spaghetti and meatballs. Second, Sharon enjoys learning about global cuisines, having taken cooking classes during her travels to places like Sardinia, New Orleans, Portugal, Turkey, and Jordan, among others. A pivotal collaboration with Susan Chwae and Joan Peterson from Eat Smart Travel helped launch Sharon’s career in cultural culinary classes. She takes great pleasure in sharing these diverse food experiences with her students.

**See Sharon’s current class offerings on pages 8 and 9 or at [www.willystreet.coop/events](http://www.willystreet.coop/events).**





# Local Spring Produce Guide



By: Andy Johnston,  
Produce Category Manager

It's officially spring at Willy Street Co-op! We are welcoming the change in seasons, and the fresh fruits and vegetables that come with it. Here's an update on what you can expect to see this spring in the produce departments!

## Rhubarb

Tipi Produce in Evansville has been supplying us with rhubarb for as long as I can remember! Steve and the Tipi team typically start making local organic rhubarb deliveries in mid-May.

There's really nothing quite like rhubarb! The leaves contain high concentrations of oxalic acid and are poisonous. The stalks are incredibly tart, and best used in conjunction with some form of sweetener. It's almost like rhubarb doesn't want us to eat it! I'm a big fan of rhubarb pie and rhubarb shortbread bars. There's the classic combination of rhubarb and strawberries for pie and jam. We like to can rhubarb sauce to have on hand for topping pancakes and ice cream. My mother would chop it up, mix it with sugar, and freeze portions to be used for pies and breads throughout the year. All of the sweet-tart rhubarb possibilities make it one of my favorite spring vegetables!

When selecting rhubarb, choose firm, crisp stalks, and store in an airtight container in your refrigerator for up to a week.

## Bunched Chives

I know chives may not be as exciting as the other local spring vegetables, but I absolutely love them! I have four chive patches, and when in season, they're going into everything! For me, spring is all about the chives!

We'll see local organic bunched chives from Harmony Valley Farm in early to mid-May. They're perfect for eggs, pasta, sauces, potatoes, salads, salad dressings, marinades, soups, stir fries, and just about anything. Don't forget the chives!

## Asparagus

I like to think of asparagus as a spring vegetable. As a kid, we'd go out with my dad and pick wild asparagus while listening and looking for sandhill cranes. As a young adult, I worked for an organic farm, and asparagus was one of our big spring crops. Our goal was to get it into the stores the Thursday or Friday before Mother's Day. So, yeah, spring is local asparagus season! We work with a number of growers to supply fresh, local, organic asparagus to the stores, including New Traditions Homestead in Hillsboro, Olden Organics in Ripon, and Tipi Produce in Evansville. Asparagus, like most of the spring vegetables, is incredibly sensitive to weather conditions. Soil temperature is the biggest factor: warm soil stimulates growth!

We often see the first deliveries of local organic asparagus from Tipi Produce in Evansville in late May, along with their rhubarb. As we progress into June, the farms slightly to our north will start production. Similar to ramps, local asparagus season is only 3-4 weeks long. I recommend enjoying your asparagus the day of purchase, but you can store it in your refrigerator for several days. To keep it fresh, give the root ends a trim and store it upright in a container with an inch of water.

## Ramps

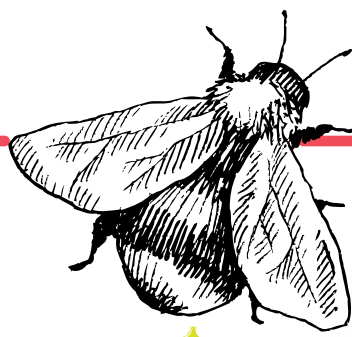
Nothing indicates "it's spring" like local organic ramps from Harmony Valley Farm in Viroqua. They are often one of the first items of the season to arrive at the stores. Once daily temperatures get into the mid-60s and nights are above freezing, the ramps start coming!

Ramps usually start arriving at the Co-op in mid- to late April, and the season is only 3-4 weeks long. They're often referred to as "wild leeks," and have a very unique onion/garlic like flavor, and are extremely pungent once you start working with them! You can use the tender, delicate greens in fresh spring salads, sandwiches, and wraps. They're excellent sautéed or added to soups and stir fries, and make a great pesto on their own, or mixed with a little spinach. Use the bulbs as you would scallions or onions. I love to chop them finely, and do a quick pickle relish that, along with some Dreamfarm Chevre, goes on top of my brat or my wife's grilled portabella: soooo yummy! You can also grill the whole ramp, top to bottom: just give them a rub with your favorite oil and a little salt and pepper for a fun and delicious side!

Check out Harmony Valley Farm's new website at [harmonyvalleyfarm.com](http://harmonyvalleyfarm.com) for more information on ramps, and their sustainable ramp harvesting practices!







## Morel Mushrooms

For years, wild morel mushrooms were a spring staple in the produce departments. There were half a dozen or so foragers that we knew we could rely on to supply us with the elusive spring favorite.

Foragers are now required by the Wisconsin Department of Agriculture, Trade, and Consumer Protection to provide retailers a certificate from an accredited university, college, or mycological society identifying they have completed a mushroom identification course. We reached out to inform foragers prior to the 2024 season, and there wasn't much interest in acquiring the certificate.

Unfortunately, it's unlikely we'll be offering fresh, wild, morel mushrooms this spring. We are looking into sourcing fresh, regional morel mushrooms through a regional vendor. We'll keep you posted!

## Greenhouse Tomatoes

Shady Maple Acres from Belmont, WI has been supplying us with their greenhouse-grown organic tomatoes for at least 15 years. After a long fall and winter of Mexican-grown tomato options, the return of these local, organic greenhouse tomatoes is highly anticipated and welcomed. Shady Maple Acres offers vine-on, slicer, and heirloom options in the larger size varieties, along with SunGold and an heirloom mix in the cherry-type varieties. Arrival of product typically starts in late April or early May, and initially can be limited until the plants get into full production. I am a huge fan of Shady Maple Acres greenhouse tomatoes. They are bursting with that classic homegrown tomato flavor! You won't find a better tasting tomato this spring.



## Red & Green Seedless Grapes

Organic Mexican grapes usually start mid- to late May and carry us into summer before the California crops are ready to ship in late June or early July. If we can have them on the shelf for Memorial Day weekend, we'll be happy! They're sweet, juicy, refreshing, and an easy snack at any time of the day. As soon as we can, we will have them!



## Melons

Spring is the beginning of the Mexican organic melon season. We'll start melon season with organic mini seedless watermelon in March. Organic cantaloupe and honeydew will start arriving in late April, followed by the larger organic seedless watermelon in mid-May. The Memorial Day holiday provides the best opportunity for growers and packers to sell lots of melon before the California season starts and dominates supply for the Fourth of July.



## Stone Fruit

The organic stone fruit season really gets going with California product in June. We may see some early season apricots, cherries, and plums coming out of southern California in late May, but the season really doesn't pick up until the production starts moving north where the climate is better suited for growing tree fruit.

## Berries

Organic strawberries and blueberries from Mexico are the spring favorites. As the season gets into full production in late May, we're hoping to be able to offer some good promotional prices on these products, often the lowest prices of the year on excellent quality organic berries!



### Stay Informed & Inspired

Look for this logo on Facebook or Instagram to find out when the local spring items are in stock

Or sign up for our weekly Produce email, "Word on the Beet," at [willystreet.coop/emails](mailto:willystreet.coop/emails).



& re-up your spring go-to recipes at [willystreet.coop/recipes](http://willystreet.coop/recipes).



Spring  
Fruit  
Season



A round quiche with a golden-brown crust, filled with a yellow egg custard and topped with fresh green asparagus spears.

ASPARAGUS QUICHE

A bowl of creamy, light-colored soup, garnished with sliced green onions and fresh herbs.

VICHYSOISE

# Spring Deli Favorites

A bowl of chicken salad featuring chunks of white meat chicken, diced hard-boiled eggs, and finely chopped green onions, all mixed in a creamy dressing.

TARRAGON CHICKEN SALAD

A white plate filled with a vibrant beet salad, consisting of cubed roasted beets, sliced red bell peppers, and fresh herbs.

MEDITERRANEAN BEET SALAD





**BY: MICKY ELLENBECKER, PURCHASING ASSISTANT**

## TRUVANI ORGANIC PLANT-BASED PROTEIN POWDERS

The Truvani brand was created in order to provide health and food products with clean ingredients and without added fillers and chemicals. They believe in fighting for transparency in the food industry and their products aim to be an example of that. Truvani's organic protein powders are made with pea protein and all the other listed ingredients will be recognizable as "food" rather than something made in a lab. You can find both the Chocolate Protein Powder and Vanilla Protein Powder at all three of our stores. For more information visit: [truvani.com](http://truvani.com).



## WILLY STREET CO-OP VEGAN MADE-WITHOUT-GLUTEN TOFU SCRAMBLE

For those interested in an egg substitute, for price or dietary reasons, they can now find our housemade Tofu Scramble as a new offering on our hot bars. It includes a mix of different vegetables, such as peppers, mushrooms, and onions, a little bit of heat and is well-seasoned to give the tofu a depth of flavor. It is both vegan and made-without-gluten and is available in all three of our Delis from 7:30–11am.



## WILLY STREET CO-OP BUTTERMILK BISCUITS & TURKEY SAUSAGE GRAVY

We've brought the breakfast classic of Biscuits & Gravy to our breakfast hotbar offerings! The Turkey Sausage Gravy recipe was developed at our production kitchen by Zach J. and uses Minnesota-raised Ferndale ground turkey, local flour, and local milk. Our housemade Buttermilk Biscuits are not new per se, but it's been a few years since they've been offered and never on the hot bar before now. So their return to our stores is an important detail since they act as a satisfying vehicle for Turkey Sausage Gravy. You can find this breakfast favorite on our hot bar at all three stores from 7:30–11am.

## WILLY STREET CO-OP VEGAN MADE-WITHOUT-GLUTEN BISCUITS & VEGAN MADE-WITHOUT-GLUTEN MUSHROOM GRAVY

But wait! There's more Biscuit & Gravy action! You'll also find our new Vegan Made-without-Gluten Biscuits, which were also developed at our production kitchen by Lucielen S. The Vegan Made-without-Gluten Mushroom Gravy is not a new offering for us, but again it's an important mention as it completes the circle of biscuit and gravy comfort. Look for this on our hotbar at all three locations between the hours of 7:30–11am.



## IL PORCELLINO

Il Porcellino Salumi is an artisan meat producer based in Basalt, CO. It was started by chef Bill Miner who taught himself the art of charcuterie. He built his company ethos to reflect his personal beliefs, which includes sourcing sustainably raised animals, hand-made small-batch production, and utilizing old-world techniques to produce products he's proud of. They also embrace new flavor creations for a full and unique experience. You can find the following salami flavors at all three of our stores: Black Truffle, Calabrese, Green Chile Tequila, Orange Fennel, Orange Pistachio, and Rosette de Lyon. In addition, at North you can also find their Spiced Juniper Salami and Diablo Salami. For more information visit: [ilporcellinodenver.com](http://ilporcellinodenver.com).





Kalona  
**Supernatural 5% Cream Top Yogurt**  
24 oz • Save \$1.20

**\$4.29**

Immaculate Baking Company  
**Organic Flaky Biscuits**

16 oz • Save \$2.49

**\$4.50**

Kila  
**Organic Brut Cava**  
25.36 fl oz • Save \$2.00

**\$10.99**

Oatly  
**Oatmilk**  
64 fl oz • Save 50¢

**\$4.49**

R.W. Knudsen  
**Organic Tomato Juice**  
32 fl oz • Save \$1.00

**\$3.99**



Immaculate Baking Company  
**Organic Cinnamon Rolls**

17.5 oz • Save \$4.00

**\$5.99**



Just  
**Plant-Based Eggs**

16 fl oz • Save \$2.50

**\$6.49**

Wyman's  
**Wild Blueberries**  
15 oz • Save \$1.80

**\$3.99**



Bob's Red Mill  
**Whole Grain Buttermilk Pancake & Waffle Mix**

24 oz • Save \$1.50

**\$4.29**

Beyond Meat  
**Plant-Based Breakfast Sausage Links**  
8.3 oz • Save \$2.00

**\$5.49**





APRIL 2–15

Westbrae  
**Organic Beans**  
15 oz • Save \$2.58 on 2

**2 for \$5**



Simply Organic  
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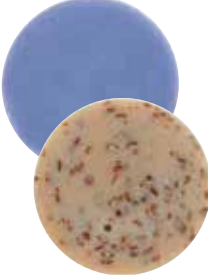
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Community Shares of Wisconsin funds systemic change.



Photo courtesy of River Alliance of Wisconsin

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### HiBAR Shampoo & Conditioner

This shampoo bar has been such a life-saver. I have long, thick hair and even though I only wash and condition my hair once a week, I was going through liquid shampoos SO FAST. I love that there is zero plastic waste with these bars, and one shampoo bar will last me for nearly a year (the conditioners last even longer!) They smell good but not too strong and are very effective without being harsh on my bleached ends.

-Kait, General Merchandise



### Vitruvian Farms Mushrooms



All varieties. Local, fresh, and flavorful. These are easily my favorite mushrooms to cook with. Grown with care and great knowledge. Vitruvian is doing it RIGHT!

-Amanda, Customer Eperience



### Wildbrine Korean Style Kimchi

This product is great for when you want to have something fermented for probiotics and that tangy taste, and kimchi also adds a spicy kick. I like to put it in a stir fry, on eggs, or in spring rolls. WildBrine makes their kimchi gluten free and vegan!

-Zoe, Front End



### Bleu Mont Dairy Cave Aged Bandaged Cheddar



This cheese is the goat! As in the greatest of all time (not to be confused with goat cheese). It has everything; jaw-tingling crystals, tangy and nutty flavor, and perfectly aged to a slightly crumbly texture. It's a great start to any cheese board, and a very unique cheese only made in Wisconsin.

-J.J., Cheese



### Frontier Co-op Bulk Smoked Paprika

The flavor is the best around and you can get the right amount for one recipe or enough to fill your jar. The price is the best part...quality product for a GREAT price. Willy East and Willy North only.

-Steffry, Finance

### Wonderstate Bulk Ethiopia Natural Process



The best coffee I've ever had. Full of fruity flavor, including notes of blueberry. Delivers a nice amount of caffeine without the jitters.

-Eric, Grocery

### Bulk Reverse Osmosis Water

Reverse Osmosis eliminates almost all particulate matter from liquid water, making this machine the ideal source for water used in cooking, drinking, and watering plants. Plus, when using your own container, there is zero plastic waste created!

-Jon, Grocery



### Mike's Mighty Good Spicy Beef Ramen Soup

If this label has convinced you, take it from me and go for it. Mike's Craft Ramen is packed with high quality organic ingredients, distributed with eco-friendly packaging, and is produced with nearly 100% renewable energy. As for taste, Mike's definitely lives up to its packaging. The broth is rich and SO mouthwatering.

-Circe, Grocery



### Skuna Bay Farm-Raised Atlantic Salmon

It's a mild-flavored salmon that takes on whatever spices I put on it. I love the soft yet firm texture that this fish has and it's super easy to bake. I find it difficult to eat less than 8 ounces in a meal.

-Ryan, Meat & Seafood

### Yaya's Skordalia Basil Greek Almond Dip



This locally made dip is bursting with fresh basil flavor. It's completely plant based and yet unimaginably creamy. Think of it as the new sophisticated cousin of hummus that just came back from a Mediterranean vacation. Pairs perfectly with crackers or crudité. East and West only.

-Shannon, Grocery







10



9



15

## African Market Baskets Soe Tray

The African Market Baskets are hand-woven from durable river grass by artisans in Ghana. While all their baskets are sturdy, colorful, and long-lasting, the Soe Trays are small and shallow, which makes them perfect as a fruit bowl or catch-all tray in a kitchen or entryway. Each one is unique and the trays have raised handles for easy use.

-Juliet, General Merchandise

8

## Saffi Foods Bulk Oils & Vinegars

I'm a huge fan of the Saffi Saana's line of bulk products, because they offer Michelin-star quality oils and vinegars in zero-waste packaging that makes premium ingredients more accessible, sustainable, and affordable for home cooks passionate about both flavor and environmental impact.

-George, Grocery

L

## Troubadour Bakery Scratch-Made English Muffins

What I like best about these buttery little muffins is the corn meal! When I wake up in the morning, the first thing I grab is that English muffin. Get it toasted. Spread some of our delicious avocado on it. Sprinkle some everything bagel seasoning. Lay down a piece of ham and top it off with an over easy egg. That initial crunch from the corn meal. Mmmmm!!

-Carmelo, Produce

13

## Yuppie Hill Eggs

These have been my go-to eggs for years! The dark orange yolks are so attractive, and I like that they give credit where credit is due—"our ladies do all the work."

-Austin, Front End

L

## Swiss Chard

Growing up in Taiwan, I never saw such a colorful vegetable. It is so versatile. Can be used for sautéing, especially with mushrooms and garlic or salad with lemon juice, nuts, and cheese will delight any dinner table.

-Paul, Produce

10

## Willy Street Co-op Bacon, Lettuce, Avocado & Tomato Wrap

I think these are a great meal on the go. Always plenty of meat and avocado for me that I can have in the car on a long drive.

-Elias, Finance

L

12

## Willy Street Co-op Curry Mango Chicken Salad

A delish dish that is a quick and easy, protein filled meal. Curry on the go! I have also warmed it before and eaten along with rice and it is actually great that way too.

-Kjerstin, Front End

L

14

## Capri Cheese Moo Bear Muenster

As James Van Der Beek said in that one Kesha music video, "Muenster is like edible lactose gold!" Moo Bear is seriously the 24K version of that. Sometimes all I'll have for lunch is slices of this stuff on crackers and it feels like my serotonin is automatically boosted. Works as a midnight snack or something to serve at your next social event. East and West only.

-Jesse, Front End

9

## FEED Bakery Chocolate Chip Cookies

These cookies are soft, moist, and utterly delicious! I've tried all the cookies under the sun and these are the bee's knees! Definitely don't pass these up!

-Dylan, Produce

11

## Salvatore's Tomato Pies Fat Uncle Tony

The first pizza I ever had at Salvatore's, back at their original location in Sun Prairie, was a Fat Uncle Tony. It was a salty, umami-laden experience, with just the right amount of sauce. It remains the best pizza I've ever had. I can assure you that this will be the best frozen pizza you've ever had—IMHO.

-Max, Communications

L

15



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11



8



12



by Pete Anderson, R.D.

A real Earth Day feast should feature locally produced organic foods, be relatively simple in preparation, contain few animal products, and not come in a lot of packaging. The beauty of this is that you can use cooking styles from anywhere in the world on local foods, so there's no need to restrict the palate. It also doesn't mean you can never eat a banana, but try to develop an appreciation for apples.

Don't carry these guidelines to the absolute limit. Some ingredients, kuzu and agar in the mocha pudding recipe for example, are imported, but I use them nonetheless because they allow me to make a great dessert out of local cider. Many alternative desserts, say, ice cream, would be far more energy intensive to produce. With a little creativity, a diet with low impact on the Earth can be as pleasant an experience as a meal prepared with no other criteria than taste.

### WILD RICE PILAF

1 1/2 cups brown rice  
1/2 cups wild rice  
A pinch of salt per cup of grain  
2 cups water per cup of grain

Wash by immersing in cold water, swirling around with your hand, and pouring all water off through a colander. Repeat about 3 times until water comes off clear. (Optional-Dry roast in the cooking pot on low heat for a few minutes longer than it takes to boil off the remaining water.



## Boardman Water Filtration

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**257-8830**

continued on p. 10

April 1995

continued from p. 6

## CREAMY LEEK SOUP

2 cups dried navy beans  
8 cups water  
1 strip kombu sea vegetable  
3 large leeks  
3 bay leaves  
sweet white miso, soy sauce or salt to taste  
blanched carrots, cut in flowers

Wash and soak beans, preferably overnight. Simmer with bay leaves and kombu one hour or more until very tender. Split leeks lengthwise and wash under running water to remove sand. Roll cut into wedges.

Sauté leeks until soft and translucent. Combine with beans and simmer a few minutes for flavor to cook through. Blend with miso in a blender until a creamy consistency is achieved. Leave half the mixture unblended for texture. Garnish with carrots.

### BLANCHED SALAD

Green leafy vegetables, chopped (Chinese cabbage, cabbage, watercress, mustard greens, collards, kale, spinach, parsley, etc.)  
Carrot, radish, red onion, or other veggie of contrasting color, sliced thin  
Dressing: try balsamic or other vinegar with or without olive oil

Put 2 inches of water in a pot and bring to a boil. Leave flame high. Drop carrot in boiling water, cook for 1 minute. Remove with strainer and rinse under cold running water. Drain in colander. Similarly, boil other hard vegetables each 1 minute, rinse and drain. Finally, boil greens 30 seconds or until they return to a boil, rinse and drain.

Roasting adds a rich, nutty flavor.) Add water and bring to a boil. Reduce to a simmer, cover, and cook 35-45 minutes. DO NOT STIR-this destroys the steam vents that develop and results in a soggy and gloppy rice. When done, allow to sit covered 10 minutes in order to soften any stuck-on grain, then remove into a serving bowl.

## KIMPIRA

Carrots, cut into matchsticks  
Equal volume of onions, cut into half-moons  
1 Tbs. light or dark sesame oil  
Soy sauce  
(Optional—other good combinations include  
onions and parsnips, carrots and turnips,  
carrots and cabbage, and dandelion roots.)

Heat the oil in a frying pan on a medium flame. Add the onions and sauté 3 minutes. Add the carrots and sauté another 3 minutes. Add enough water to half cover the vegetables. Cover and cook about 20 minutes, checking occasionally to avoid running out of water. When tender, sprinkle soy sauce to taste and cook away remaining liquid uncovered. Serve.

## BASIC BEANS

Inspect beans for small stones then immerse in cold water, swirl with your hand, and pour off water through a colander. Repeat about 2 times until water comes off clear. For greatest digestibility, soak overnight in cold water, then use fresh water for cooking. Alternatively, add beans to cooking water, bring to a boil, remove from heat, and allow to sit covered for one hour prior to cooking.

Start cooking with about three times as much water as beans. Add more as needed. To cook: bring to a boil, reduce to a simmer, and cook until soft. Beans which foam a lot (such as soy beans and split peas) do better without a lid and should never be pressure cooked. When beans are soft, add salt or soy sauce. Adding salt too soon will keep them tough. Cooking times: 35-45 minutes for split peas and lentils; 90 minutes for black turtle, kidney, limas, and navy beans, two hours for great northern and pinto beans and three hours or more for soy and garbanzos (chickpeas). Flavor options: bay leaves, sorghum or molasses, sweet vegetables, spices.

Generally, cook any strongly flavored or colored vegetable last (as in the case of red cabbage or beets). Put all veggies in a serving bowl, apply dressing to taste, and toss. Serve.

## MOCHA PUDDING

1 qt. apple juice or cider  
2 Tbs. grain coffee  
1/2 cup agar flakes  
2 Tbs. kuzu, dissolved in 1/4 cup cold water  
pinch of salt  
1 tsp. vanilla  
3 Tbs. almond butter

Bring apple juice, grain coffee, salt, and agar to boil in a pan; simmer about 10 minutes until agar dissolves. Add kuzu; stir until clear. Add vanilla. Pour into bowl; allow to cool and set. Refrigeration speeds the process but is not necessary. Blend entire mixture with almond butter in a blender until smooth. Refrigerate until time to eat; serve in individual bowls with a garnish of chopped roasted nuts (optional).

*Pete Anderson is a Registered Dietician offering nutritional counseling throughout the Midwest since 1985. He can be reached in Madison at 608-222-1936.*

## Letters

*continued from p. 3*

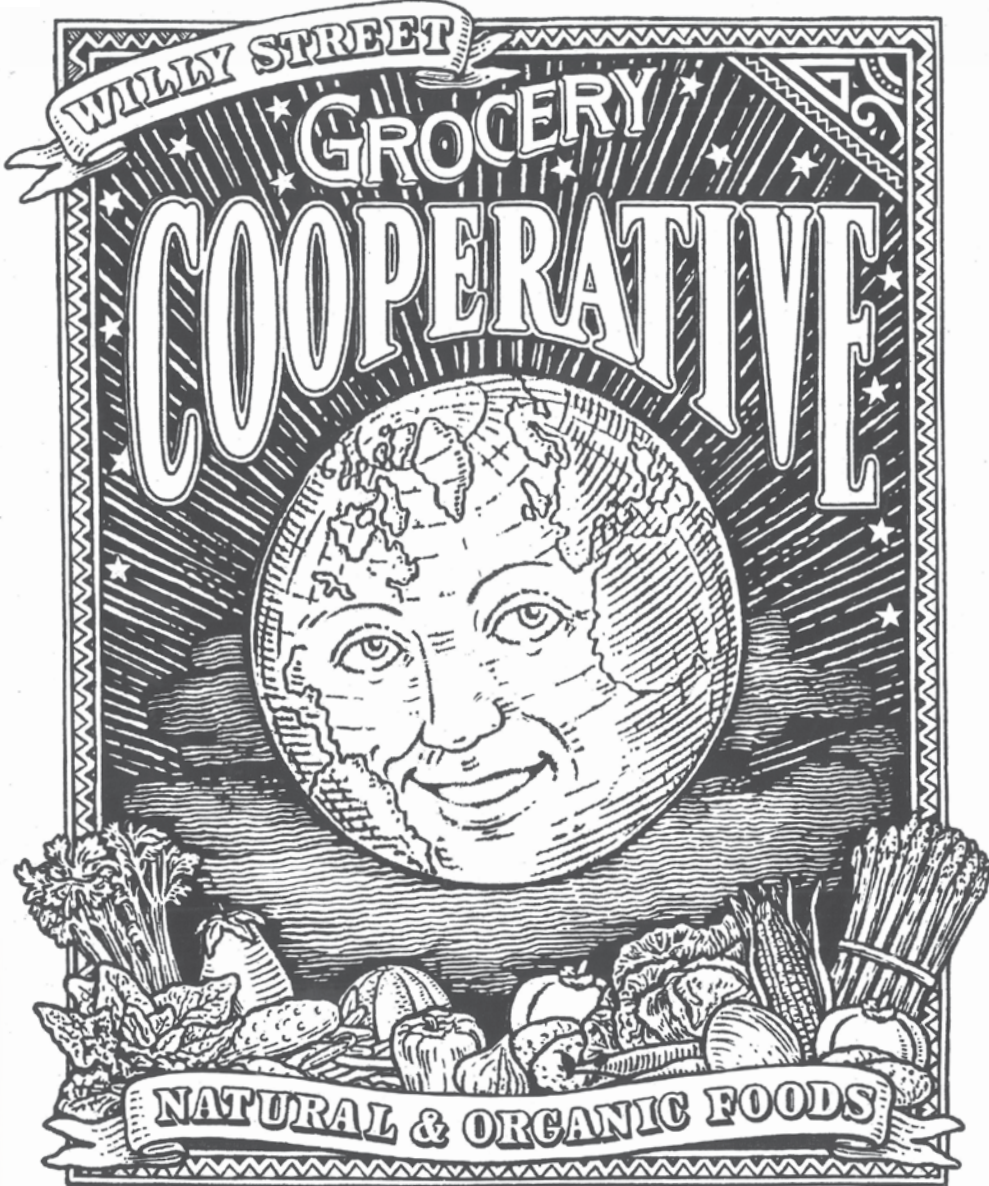
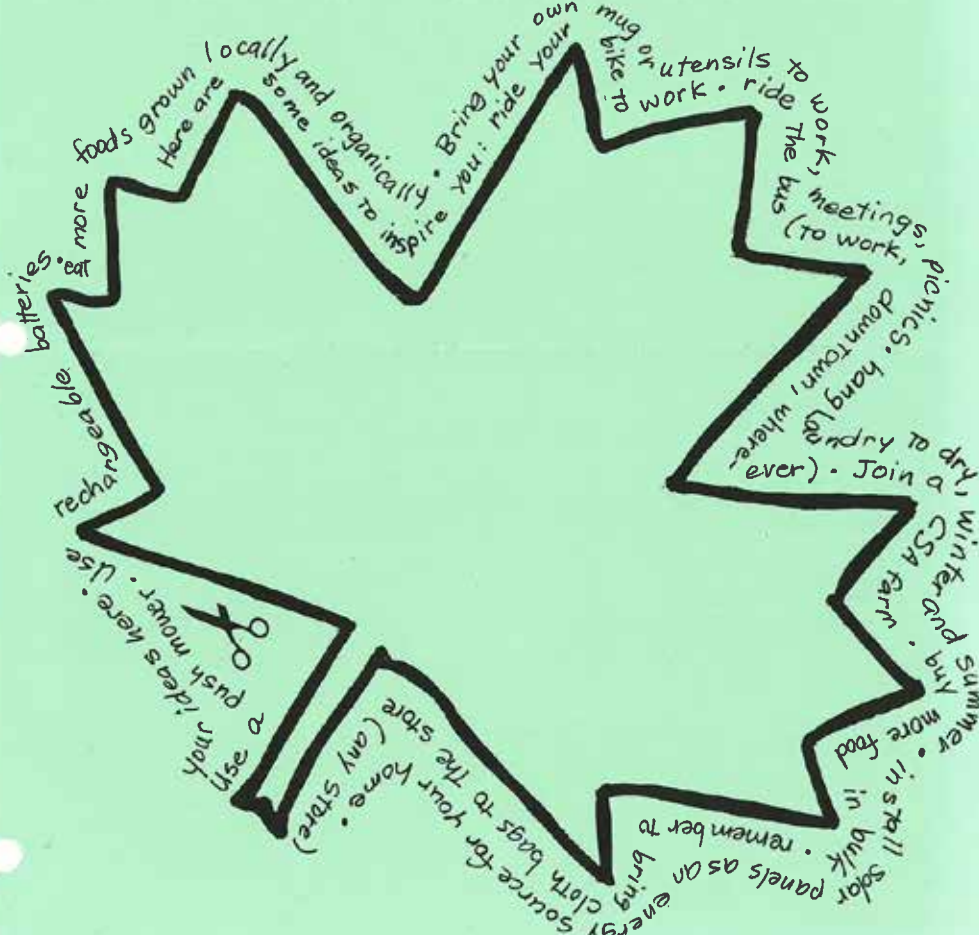
Our concept of the "coupon" will serve to dissolve misconceptions, provide you with facts, and directly aid people who struggle every single day, lacking nutritional meals, warm clothing, and a place to call home. Our project is rather simple, but on that has the potential to make an MPACTT on our community. It is scheduled to run throughout the month of April; keep an eye out for our "coupon" while shopping at the Co-op.

Sincerely,  
Rose Crouppen, Angela Genzler, Megan Landis

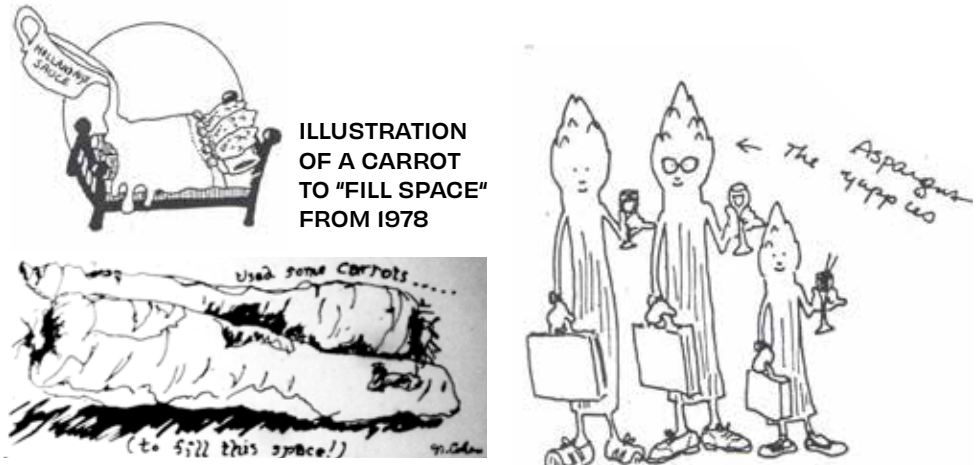
April 22, 1995 marks the 25th anniversary of the first Earth Day in 1970. The organizers of this year's national observance of Earth Day have chosen the slogan *The Time Has Come* to underscore the importance of **action** on the part of everyone who cares about the Earth.

A small change in your daily routine, an improvement in the efficiency of your living space, or your participation in a community environmental project—all these and more will make a difference, especially when added to the **actions** of your neighbors, and your fellow Willy Street Co-op members.

To show the commitment Co-op members have to taking **action** on Earth Day, start by writing on this leaf what you intend to do to make a difference today, this week, or this year. Then cut the leaf out (decorate it if you want to) bring it to the store to put on our 'tree'. (If every Co-op member brought or sent a leaf in, we'd have 3600 leaves on our tree!)



OLD T-SHIRT DESIGN BY SPENCER WALTZ FROM THE MID-'90S







# Get Scrappy

Use vegetable trimmings and leftovers to make delicious meals while reducing food waste.



## Carrot Top and Pepita Spread

Serves 4. Total time: 15 minutes.

1 cup carrot top leaves, packed  
1/2 cup pepitas (raw pumpkin seeds)  
1 large garlic clove  
1/2 teaspoon salt  
1 tablespoon lemon juice  
3 tablespoons extra-virgin olive oil

Pick the leaves from the stems of the carrots, packing the leaves in a cup. Wash and spin dry or pat dry with a clean towel.  
Place the pumpkin seeds in a medium skillet and swirl over medium-high heat until the seeds start to smell toasty and pop. Transfer the seeds to a food processor bowl.  
Add the carrot leaves, garlic clove, and salt and process until minced finely. Scrape and repeat. Add the lemon and olive oil and process until smooth. Transfer to a storage jar and store in the refrigerator up to 4 days.

Use this peppery, savory spread like a pesto on pizza, stir it into cooked rice, or jazz up a simple sandwich.



## Veggie Trim Stock

Makes 6 cups. Total time: 1 hour; 10 minutes active.

8 cups veggie trimmings  
8 cups water  
1 bay leaf  
1 teaspoon black peppercorn  
1/2 teaspoon salt  
3 dried mushrooms, optional  
1/4 cup white wine, optional

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

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

Taste the stock; add seasonings as desired.

Use as a base for soup or freeze for future use.

Save onion skins, carrot peels, and other trimmings in the freezer until you have enough to make stock.



## Flexible Bread and Veggie Casserole

Serves 6. Total time: 1 hour; 20 minutes active.

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

Preheat the oven to 400°F. Lightly oil a 2-quart baking dish. In a large sauté pan, heat the olive oil and add the onion, veggies, and carrot and bring to a sizzle over high heat, then reduce the heat to medium. Stir often until the carrot is soft, about 5 minutes. Add the herbs and cubed bread, turn to mix and transfer to the baking dish. In a medium bowl, whisk the eggs with the milk, salt, and pepper, and pour over the bread mixture in the dish. Use the spatula to move the cubes to allow the egg mixture to seep through it all, then press it down to level the top. Cover with the cheese and sprinkle with parsley.

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



Reprinted by permission from [grocery.coop](http://grocery.coop). For more information about reducing food waste, visit [www.grocery.coop/article/want-waste-less-food-start-here](http://www.grocery.coop/article/want-waste-less-food-start-here).

Start here to reduce waste: Not all foods are wasted equally, check out commonly discarded foods and how to save them.



Leftovers: Freeze one or two portions so you don't get tired of eating a dish before it goes bad.



Bread: Keep out what you can use in the next three to five days and freeze the rest.



Potatoes: Boiled and roasted potatoes freeze and reheat very well. Got a potato on the verge? Make soup.



Milk: Instead of buying a half-gallon, buy two quarts. The unopened one will keep longer.



Cheese: Firm cheeses freeze well; shred and freeze a pile for a future pizza.





PROBIOTIC BEVERAGES AT YOUR CO-OP

By: Melissa Reiss, Purchasing Assistant

Over the past few years, the probiotic drink and fermented food category has grown significantly. With increased awareness of gut health and its impact on overall well-being, more people are seeking ways to incorporate beneficial bacteria into their diets.

THE IMPORTANCE OF MICROBES

Bacteria are among the earliest and most dominant life forms on Earth. The human body contains ten times more bacterial cells than human cells. Bacteria are essential for human health, aiding digestion, vitamin production, immune system regulation, and protection against harmful microbes. Maintaining a healthy gut microbiome is believed to be crucial for overall health.

New and exciting probiotic beverages are always showing up at your local Co-op. Be sure to check out seasonal flavors and occasional new arrivals. Let’s explore some of the different types of probiotic beverages you’ll find at the Co-op today.

KOMBUCHA

Kombucha is a fermented tea with a long history, dating back to 221 BC in China. It is also attributed to Eastern Europe, Russia, and Japan. In 2005, GT Dave’s organic kombucha beverages began national distribution, popularizing kombucha in the United States.

Kombucha is made using a SCOBY (Symbiotic Culture Of Bacteria and Yeast). The yeast in the SCOBY consumes sugar during brewing, creating the drink’s signature fizz. Kombucha is naturally dairy-free, gluten-free, and vegan. Some people enjoy the remnants of the mother culture (SCOBY) in each bottle, while others prefer to strain it out.

Willy Street Co-op also stocks local kombucha brewers, including NessAlla, Tapuat from Door County, Wisconsin, and Forage Kombucha. Nessalla offers year-round flavors like Juniper Rose and Peach Blush, along with rotating seasonal options. Forage Kombucha provides flavors like raspberry and ginger in 12 oz cans. Their kombucha is known for being fizzy and typically doesn’t contain the “mother” or SCOBY bits.

OTHER PROBIOTIC BEVERAGES

Kevita’s Sparkling Probiotic Drinks are a type of water kefir, a naturally dairy-free probiotic beverage with a fruit-forward taste. Water kefir grains are a symbiotic relationship between bacteria and yeast. Kevita offers flavors like Lemon Ginger and Pomegranate.

GoodBelly Probiotic Fruit Drinks are vegan and non-effervescent. They contain the *Lactobacillus plantarum* 299v strain and are made with organic fruit juice. These drinks contain low levels of gluten from barley and/or oat flour, with four servings per carton. Find flavors like Mango and Raspberry Blackberry.

Tepache is a fermented beverage which originated in Mexico. Made from the peel and the rind of pineapples, sweetened either with piloncillo or brown sugar, this drink is naturally fizzy and probiotic. Find flavors like Pineapple Spice or Watermelon Jalapeño.

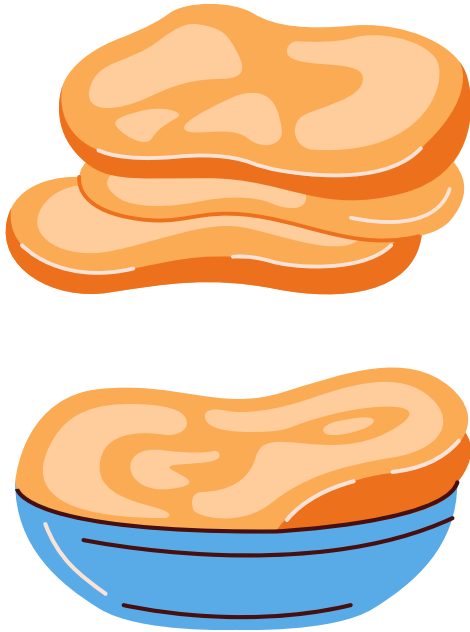
Culture Pop is a probiotic soda made with real organic fruit juice and organic spices. Find flavors like Orange Mango & Lime.

PRE VERSUS PRO

In recent years, we’ve also seen prebiotics bubble onto the market. Where probiotics are the “good bacteria” in our gut that help keep us healthy, prebiotics are the food that they eat. Prebiotics are a special type of fiber that can act as food for healthy bacteria in your gut. Olipop and Poppi are two sodas you’ll find at the Co-op that use prebiotics to support gut health.

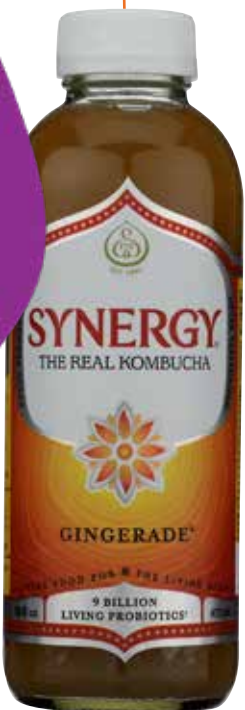
By incorporating probiotic-rich options into your diet, you can support your gut health and enjoy the numerous benefits associated with a thriving microbiome.

Visit your local Co-op store to discover a variety of probiotic-rich foods and beverages and learn more about how they can support your gut health.



Top 5 best-selling kombuchas at Willy Street Co-op

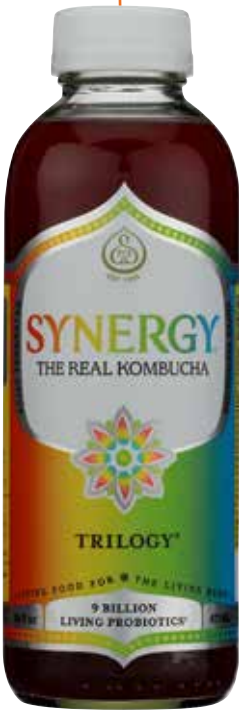
1. GT's Gingerade



2. Kevita Tart Cherry



3. GT's Trilogy



4. GT's Seasonal Kombucha



5. GT's Gingerberry







## ANNOUNCING THE 2025 COMMUNITY REINVESTMENT FUND GRANT AWARDS

By: Liz Hawley, Education and Outreach Coordinator

Since its inception in 1992, Willy Street Co-op's Community Reinvestment Fund (CRF) has contributed \$673,500 to local nonprofits and cooperatives to support developmental and educational projects for our community. The fund is seeded when Owners who have become inactive and have not claimed their equity after three years either abandon or donate their Owner equity to our Co-op for charitable purposes.

Grants from the CRF may be awarded to innovative, educational, and/or entrepreneurial endeavors that impact a large group of people, reach out to underserved populations, create jobs or develop skills, foster social engagement, and offer opportunities for diversifying partnerships and collaboration. Areas of funding include food justice or access, sustainable agriculture, health and well-being, and social change. This fiscal year, the Board allocated \$65,000 for this competitive grant fund, and we received 39 total applications requesting \$212,769 in funding.

We also piloted a new grant fund this year—Rooted In Our Community. This fund is for larger capital purchases and investments that support our local, sustainable food system. The Board allocated \$20,000 for the 2025 grant cycle, and we received four applications totaling \$35,284.

The grant review committee is pleased to share the 20 projects receiving funding this year (17 funded through CRF, and 3 funded through RIOC).

### COMMUNITY REINVESTMENT FUND AWARD RECIPIENTS

#### Bikes for Kids Wisconsin: Empowering People with Bicycles, \$6,750

Bikes for Kids Wisconsin “transforms lives by making bicycle-based transportation accessible to those facing economic and transportation barriers.” Their focus is on bikes as essential



transportation rather than simply recreational. Their new Bike to Work program addresses transportation barriers that prevent individuals from accessing and maintaining employment, and their goal is to provide “50 fully refurbished geared bicycles to working-age individuals, including older teens, adults seeking employment, and newly arrived immigrants and refugees in Dane County.” Not only does this initiative increase job access, it also improves physical and mental health while reducing environmental impact through sustainable transportation.

CRF funding is for bike repair and refurbishment.

#### Courageous Journeys Backpacking: Inaugural Backpacking Trip, \$2,800

Upon retiring from the Air Force in 2018, Courageous Journeys Backpacking's founder discovered a lack of female veteran-focused support groups. Recognizing this gap, she decided to establish her organization, and thus, Courageous Journeys Backpacking was born in 2024. They note that “the Department of Veterans Affairs acknowledges that female veterans are twice as likely as their male counterparts to have PTSD [post traumatic stress disorder]. This is partially due to the additional traumas, such as sexual assault, that female veterans are more likely to

career development needs of women artists. Their mission is to “transform the lives of women, children, and families of color through social action theater, literary, and creative arts. [They] believe that true transformation happens first at the intersection of art and activism, second, when artists of color can make a living from their art and provide for their families, and thirdly when culturally specific gathering spaces are fostered and funded.” Their “Memory Collectors Storytelling Project: Fighting Alzheimer's with Art” utilizes art to fight the rapidly increasing development of cognitive related diseases such as Alzheimer's and dementia. According to The Creator's Cottage, “Studies have shown that cognition is vastly improved when diet is improved, stress management techniques are employed, and the brain is regularly stimulated by learning new skills such as those acquired in the creative arts.” MCSP aims to reduce stress, improve heart health with plant-based foods, and prevent cognitive decline in women of color in safe, culturally competent community space where the women can engage in the creative arts and learn the skills of quilting and writing.

CRF funding is for tech support.

#### DANEnet, Inc: Digital Equity Project, \$2,800

DANEnet's mission is to make technology accessible and affordable through education and services for nonprofits and individuals facing barriers. Additionally, they offer digital skills classes, refurbished laptops, and resources on affordable broadband access to community members through their Digital Equity Project. This year they plan to send a Digital Educator to the Calming Computer Jitters class at Mt. Zion Baptist Church to provide basic digital skills training to 15–25 black elders each month. The Digital Educator tailors lessons to the interests

experience.” Nature-based therapy has been shown to significantly reduce symptoms of PTSD, and Courageous Journeys Backpacking plans to embark on their first guided backpacking trip to foster a sense of belonging and community as well as focus on healing through nature-based activities.

CRF funding is for lodging before and after the trip.

#### The Creator's Cottage: Memory Collectors Storytelling, \$2,000

The Creator's Cottage is a maker space in Madison serving the educational and



and skill levels of the attendees at each session. Topics requested by participants include smartphones, cybersecurity, how to spot a scam, MyChart, photo storage, and video calling to keep in touch with family and friends.

CRF funding is for Digital Educator instruction and handouts.

**Eastmorland Community Center: Mobile Pantry Farm-Share, \$6,000**

Eastmorland Community Center (ECC) notes, “In many ways Madison is two separate cities with many residents unable to participate in the local food economy due to location/lack of transportation and income. While standard food pantry fare is available [...], the focus is on low cost and shelf-stability, not necessarily on the nutritional quality or variety of offerings.” To address this issue, the community center plans to expand their food pantry program to include farm shares and snackable vegetables from Lansing Street Veggies. ECC works directly with school staff at Schenk Elementary School and Whitehorse Middle School to survey families regarding food preferences, delivery methods, culturally appropriate foods, and accessibility to kitchen equipment to evaluate the program and plan for program changes.

CRF funding is for farm shares from Lansing Street Veggies.

**Elver Park Neighborhood Center: Summer Meals for Youth in Southwest Madison, \$5,400**

Elver Park Neighborhood Center has served Madison’s southwest side since 2003. In 2023, 90% of the students served qualified as low-income and relied on free or reduced cost breakfast and lunch from their schools during the academic year. Elver Park Neighborhood Center is looking to fill the nutritional gap for the children during the summer months. Last year, in response to requests from youth in the center’s summer camp for more nutritious and appetizing meals, staff served 1,500 freshly prepared lunches throughout the summer. Staff take meal preferences from children and families into account when planning menus, and they aim to introduce children to new, nutritious foods while learning about where the food comes from.

CRF funding is for ingredients for summer lunches.

**Eyes of Hope Stoughton: Hope Grows, \$4,095**

Eyes of Hope Stoughton’s mission is to connect Stoughton’s youth with opportunities that advance their academic, social, and emotional development. They aim “to empower young individuals to become lifelong contributors to the community and the world.” This year, the Hope Grows initiative will engage youth in hands-on gardening at the Lowell Park Community Garden. Their goal is to teach young people where their food comes from, promote healthy eating habits, and instill values of responsibility, teamwork, and leadership.

CRF funding is for program supervision and instruction.

**Focused Interruption, Inc: 2025 Community Development Events, \$3,600**

Focused Interruption, Inc. (FI) is

Madison’s only nonprofit organization dedicated to addressing gun violence and fostering community resilience. FI provides “trauma-informed care, mentorship, and resources that promote recovery, growth, and empowerment for underserved populations disproportionately impacted by violence.” This year they plan to launch a comprehensive community engagement initiative in the Harmony and Meadowlands Apartment Communities. The monthly events will include a community clean-up day, a gratitude dinner, and a science exploration day.



CRF funding is for food and refreshments.

**Friends of Schumacher Farm: Expanded Heirloom Garden, \$3,300**

The Friends of Schumacher Farm provide the programming and events at Schumacher Farm, a Dane County Park in Waunakee, to connect the community with the land and rural history of the area. They provide a free nature exploration program for Vera Court Neighborhood Center, free family passes for events through their partnerships with local food pantries and neighborhood centers, and free field trips for school groups in underserved areas. This year they plan to expand their heirloom garden five-fold, allowing them to grow more produce for the local food pantry, showcase Indigenous planting methods, and expand educational programs in the garden. They anticipate 1,000 children will participate in garden-related activities, and they plan to donate 4,000 pounds of produce grown in the heirloom garden to the Waunakee Food Pantry.

CRF funding is for a new garden fence, rain barrels, kids’ gardening tools, and interpretive signage.

**Kennedy Heights Community Center: Food Equity, \$1,600**

Kennedy Heights Community Center (KHCC) is situated on the north side of Madison. Many residents rely on the community center’s weekly food pantry, and recently, funding cuts have forced KHCC to reallocate funding from other programs to continue providing staple food items at the pantry. Community Center staff is investigating other options to sustain and expand the pantry.

CRF funding is for milk and eggs for the Kennedy Heights Food Pantry.

**LOV, Inc: Mind & Body Wellness for Adults with Disabilities, \$2,500**

Living Our Visions, or LOV Inc., was founded in 2008 by a group of parents

of adults with disabilities as a way to combat isolation and find a way to build an adult life for their children. Their mission is to “unite people with developmental disabilities to engage and build their best lives.” LOV Inc. indicates that individuals with disabilities face barriers that “negatively impact their health and well-being, such as challenges in accessing healthcare and disability benefits, and opportunities for participation in community life.” To address these issues, they plan to launch a series of hands-on classes that will provide participants with month-

ly classes on topics that will include adaptive fitness, mindfulness, adaptive cooking, accessible nature immersion, and art exploration.

CRF funding is for program costs including trainer fees, travel expenses, refreshments, room reservation, and accessibility needs.

**Lussier Community Education Center: Senior Brunch, \$5,460**

Lussier Community Education Center (LCEC) was the product of a group of Wexford Ridge Apartment residents on the far west side of Madison coming together in the 1970s to create a neighborhood center in a vacant apartment. They have long since outgrown that original space, and LCEC now operates out of a facility that provides a variety of services mainly focused on helping restricted-income individuals. Last spring LCEC launched senior programming to fill the unmet need for seniors on the west side of Madison. With no meal sites in the area and seniors self-identified as food-insecure, they plan to launch a weekly senior brunch at the center to address the need for community space and to help seniors combat social isolation.

CRF funding is for lunch ingredients and supplies as well as expertise from local resource providers.

**MadWorC: Expanding Language Justice, \$2,845**

Madison Workers Cooperative (MadWorC) was started in 2009 by worker-owners from several local worker cooperatives who recognized the importance of building relationships and support systems for worker co-operatives in Madison. They recently developed several training programs focused on cooperative governance, finance, conflict, onboarding, and democracy, and now they plan to translate their written materials as well as offer simultaneous interpretation of trainings to support worker-owners most comfortable communicating in Spanish.

“This benefits their cooperatives as worker-owners learn more about how to navigate operating a business together. These are also some of the newest cooperatives in Madison, and worker cooperatives, like all small businesses, struggle in their early years. We want to do everything we can to help these cooperatives thrive,” notes MadWorC.

CRF funding is for program administration, translation and interpretation services, and printing.

**Midwest Linen Revival: Field to Frock Festival, \$3,850**

Midwest Linen Revival (MLR) was founded in 2022 to provide access to locally and sustainably grown flax and processed linen. MLR’s work has “resulted in flax’s inclusion in the UW Emerging Crop program, with test plots around the county, and newly approved resolution by the Wisconsin Farmers Union to support ‘developing regional and regenerative natural fiber textile systems on behalf of producers invested in our bioregional economy.’” Flax is a quickly maturing cop, making it a good candidate to include in rotation following intensive rotational grazing. According to MLR, herbicides are not generally needed and flax needs little water, making it an ideal crop to remediate fields following intensive grazing. MLR is planning their inaugural Field to Frock Festival June 20-22 to grow the excitement for and build community in the emerging flax fiber movement.

CRF funding is for the speakers’ honoraria, promotional posters, signage, stickers, nametags, venue rental, and design services.

**OPEN Foundation: OPEN Career Readiness and Workforce Development Initiative, \$2,000**

The OPEN Foundation was established in 2022 to champion career readiness, wellness, and equity for LGBTQ+ individuals. Their initiative to support LGBTQ+ professionals by hosting a career fair and summit to connect LGBTQ+ job seekers with affirming employers to foster meaningful employment opportunities. This will also combat systemic workplace barriers and foster career growth. They are also planning a “Transform Cohort” to equip participants with leadership and career development skills. Additionally, workshops and mentorship programs will cover topics like resume building, salary negotiation, and workplace inclusion.

CRF funding is for the career fair venue rental.

**REAP Food Group: A Bowl of Soul, \$5,000**

REAP Food Group “has been working for 25 years to build a vibrant, just, and sustainable food system.” Their Farm-2Families program launched in 2020 as an emergency food program for Latinx/Indigenous families in Dane County. The focus has evolved over the past few years to support Latinx/Indigenous families in their postnatal journeys with nutritious foods and ingredients supplied from BIPOC and women-owned local farmers and suppliers. This year, REAP Food Group is building on this program in partnership with Qwantese Winters, a Community Doula and founder of Oasis Maternal Care, to



support single Black mothers in their postpartum period. REAP notes, “For Black people in Dane County, the infant mortality rate is leagues above, and the average life expectancy is leagues lower than rates for every other racial demographic. Nutrition is a modifiable risk factor that must be addressed as part of infant mortality efforts and life expectancy.” REAP and Qwantese have formed a partnership to bring to life their new program called a Bowl of Soul to provide nutritious, culturally relevant meals that promote healing and recovery after birth.

CRF funding is for ingredients, totes, packaging, and labor.

**Sunshine Place: Expanding Access to Community, \$5,000**

Sunshine Place is a resource hub in Sun Prairie providing a central location for community members with limited means to access services for housing, food, and other barriers to household stability. They have seen a steady increase in service requests and a 260% increase in visits to their food pantry since 2020. They also recognize that the pantry is not accessible to many folks for a variety of reasons, and in response, they developed initiatives, including a home delivery program, a summer food program for kids, and in-school food pantries, that have allowed Sunshine Place to meet people where they are. The most recent program involves “Hotel Boxes” which “aims to get food to families and individuals who are homeless, living in a hotel, or have no access to traditional cooking appliances.” These families are also connected with other school and community resources.

CRF funding is for easy to prepare and ready to eat meal and snack items.

**ROOTED IN OUR COMMUNITY AWARD RECIPIENTS**

**Madison Area Food Pantry Gardens: Greenhouse Construction, \$6,800**

The Madison Area Food Pantry Gardens (MAFPG) has been growing and gleaning surplus produce from local farms since 2001. In 2023, they purchased the 15-acre Pope Farm Homestead that is now the home of Forward Garden. Each year they grow 60-80,000 pounds of produce on their network of nine gardens, and they glean another 30-40,000 pounds of surplus produce from neighboring farms, all donated to pantries and emergency food programs. This year they plan to build a greenhouse at Forward Garden that will be an ADA-compliant space that will empower community members of all ages and abilities to volunteer with the organization. The space will allow for four seasons of produce production, increasing their annual yields. They plan to propagate more than 14,000 fruit and vegetable seedlings in the greenhouse for their network of food pantry gardens.

RIOC funding is for poly plastic siding, transplant tables, transplant flats, watering wand, hoses, hose reels, vegetable seeds, and transplants.

**Madison Northside Planning Council: FEED Kitchens Upgrades, \$9,400**

In 2013, Madison Northside Planning Council (NPC) opened FEED Kitchens as a shared kitchen food business incubator. From FEED Kitchens, NPC also operates the FEED Bakery Training Program and Healthy Food for All, a food recovery program. This year, NPC is planning some much needed upgrades to the shared kitchen space. They plan to replace the old cabinets and shelving with rack storage shelves, creating better organization and freeing up other shelf space for the entrepreneurs. They also plan to install six security enclosures to keep cleaning supplies, chemicals, and ingredients that need to be kept separated. They also plan to add three additional stock pot burners, a popular commodity among the entrepreneurs at FEED. They will also add four new utility carts

essential for the entrepreneurs to move their ingredients and finished products around the facility.

RIOC funding is for rack storage, security enclosures, stock pot ranges, and utility carts.

**Rooted: Rooted in the Northside, \$3,800**

Rooted was formed in 2020 by the merger of the Center for Resilient Cities and Community GroundWorks, bringing together their shared expertise in land stewardship, urban agriculture, and community engagement. Rooted supports local farmers, offers inclusive and engaging community events, and provides educational events to connect people with the land, their food, and the farmers who grow it. The Troy Farm Collaborative (TFC) started in 2020 by a couple of farms that wanted to grow on the extra space available at Troy Farm. Over the years they secured funding to invest in farm infrastructure, provide technical assistance, and hire staff to work directly with each farm operation to help them build their capacity. Troy Farm has a shared greenhouse space that the farmers use to grow seedlings for transplant in the spring. One missed watering or forgetting to open the ventilation system could lead to the demise of many of

these young plants. For this reason, Rooted plans to install automated ventilation and watering systems in the greenhouse.

RIOC funding is for electricity.

**Congratulations and Thank You!**

Congratulations to the winners of this year’s grants and thank you to all organizations that applied—you’re all doing important work in our communities! Thank you to this year’s grant review committee; Board members Tatiana Dennis, Anthony Hernandez, and Isabel Spooner-Harvey, Owners-At-Large Carol Cohen, Jack Longert, and Glen Reichelderfer; Customer Experience Manager, Kristina Kuhaupt; and Education and Outreach Coordinator Liz Hawley.

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

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