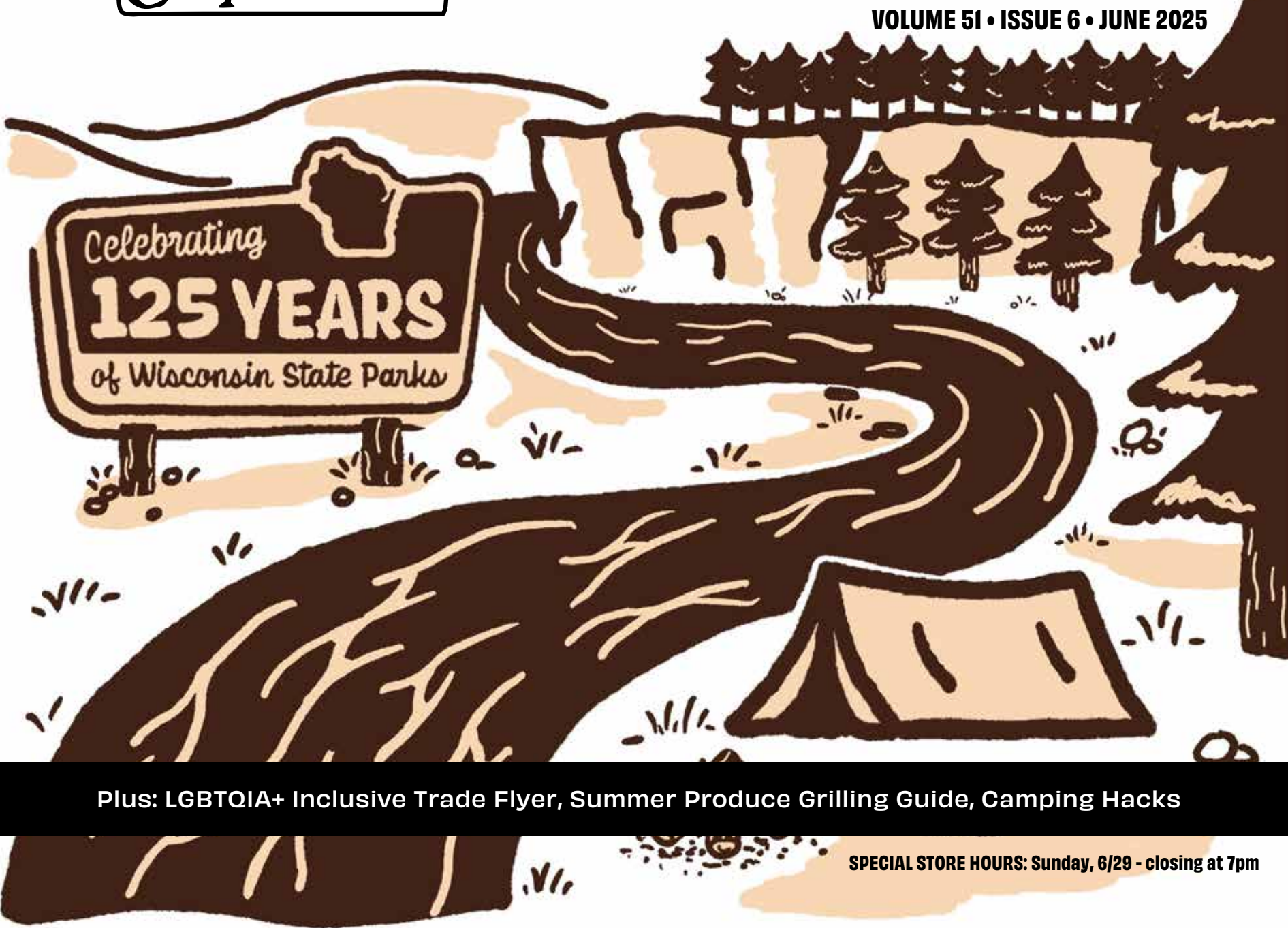




A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI

NEWSLETTER

VOLUME 51 • ISSUE 6 • JUNE 2025



Plus: LGBTQIA+ Inclusive Trade Flyer, Summer Produce Grilling Guide, Camping Hacks

SPECIAL STORE HOURS: Sunday, 6/29 - closing at 7pm

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Editor and Layout: CAITLYN TOMPKINS
Advertising: CAITLYN TOMPKINS
Graphics: JAKE BUJNOWSKI
Cover Art: JAKE BUJNOWSKI
General Email: INFO@WILLYSTREET.COOP
General Manager Email: A.FIRSZT@WILLYSTREET.COOP
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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.

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

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

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

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

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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 and select the Board category for details.

June 25, 2025
July 23, 2025

Sept. 24, 2025
October 22, 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





CANNING CLASS

A group of us in the Madison Foodie Facebook group were talking about how great it would be to have an in-person canning class in town, and someone suggested you folks - and we said of course! So, I'm here to ask if you folks would consider offering a basic canning skills/safety course this summer/fall for home gardeners who want to put up some food for the winter? Just based on our conversation online I think you'd have a lot of interest! The Dane Co Extension and Madison College are *not* offering this so there is a definite vacuum to fill.

Thanks for the suggestion, and great timing! We'll be planning out our summer-early fall classes soon, and we'll add a couple of canning classes to the schedule, likely in August. -Liz Hawley, Education and Outreach Coordinator

DECAF COFFEE

I buy the 5lb decaf french roast coffee. when coop deals puts 5lb bags on sale, the decaf is never included. Is there a reason why?

Thanks for reaching out about the five pound decaf bags. Unfortunately when we are offered promotions, Equal Exchange only offers the discount to select items and decaf is not one of them. The cost to produce decaf is higher than the others because it's processed to remove caffeine and it's generally a slow seller and not marked for large promotions. Please reach out if you have any other questions. -Nate Groth, Willy North Grocery Manager

FACTORY FARMING

I am writing regarding Mickey Ellenbecker's article profiling Marieke Gouda. As clearly shown in the photo accompanying the article, the "cow spa" referenced in the article is a factory farm. The notion that these are "happy and healthy cows" is, at best, naïve and, at worst, gaslighting.

Dairy cows raised on factory farms endure:

- **Intensive Confinement:** Cows are kept in cramped conditions and spend their entire lives in concrete-floored barns.
- **Overproduction & Health Issues:** Modern dairy cows have been bred to produce unnaturally high amounts of milk, leading to frequent cases of mastitis (painful udder infections), lameness, and metabolic disorders.
- **Separation of Calves:** Newborn calves are separated from their mothers within hours of birth to maximize milk production. This practice is distressing for both the calf and the mother.
- **Female Calves:** Like their mothers, female calves are subjected to repeated cycles of artificial insemination, birthing, and milk production until their productivity declines, at which point they are sent to slaughter.
- **Male Calves:** Many male calves are sold to veal farms, where they are confined in small crates, fed an iron-deficient diet to produce pale, tender meat, and slaughtered at a few months old.

In addition, factory farms pose serious threats to human health and the environment.

Thanks for reaching out with your concerns about Marieke Gouda. I understand your concerns surrounding factory farming, however Marieke Gouda is not a factory farm. We reached out to Marieke with your concerns so that we could get a response for you straight from the source. I hope reading through this thoughtful response (below) from Marieke herself will put your mind at ease. In regards to your questions regarding sourcing from factory farms, we do not have an official policy. We're a consumer owned cooperative and we strive to provide a wide-range of options for a large group of people who all have different priorities and needs. You can view our Product Selection Philosophy on our website at www.willystreet.coop/about/. -Liz Muñoz, Director of Purchasing

Dear Customer,

Thank you for sharing your concerns. We appreciate the opportunity to offer more insight into our farm and our animal care practices.

We truly take great pride in the way we care for our cows, and transparency is incredibly important to us.

At Marieke Gouda, we are a family-owned farmstead creamery, not a factory farm.

Every drop of milk in our award-winning cheese comes from cows we raise and care for ourselves.

Our cows are the heart of our farm, and their well-being is central to everything we do.

To address your concerns, this is what we do to make sure our cows and livelihood is well taken care of:

Cow Comfort Comes First:

Our cows live in our "Cow Spa" free-stall barn. This isn't just a catchy phrase; it's a barn designed for their comfort. They can walk around freely, lie down in clean sand-bedded stalls, or visit our automated cow brushes whenever they choose.

Protection from Harsh Weather:

Unfortunately, here in Northwestern Wisconsin, there are few suitable days for our cows to be comfortable outside; extreme weather is common.

Our free-stall barn keeps the cows cool in the summer and warm in the winter. We have ventilation fans, sprinklers, and curtains that adjust to provide shade and airflow.

The cows also need clean fresh water every moment of the day, as they drink a bath tub full of water.

If there is not enough shade outside (like trees) or enough clean, cold fresh drink water... just like us humans, we cannot be in the hot sun or the extreme weather, we go inside too. I agree it is nice to see a cow outside, but is it good for them?

Clean and Comfortable:

We groom and refresh their bedding three times a day and clean their water tanks daily. Our cows always have fresh water, balanced nutrition, and a clean place to lie down.

Veterinary and Nutritional Care:

A professional nutritionist visits weekly to monitor the cows' health and diet, ensuring they get exactly what they need at every stage of life.

Calf Care with Purpose:

When our calves are born, they are carefully monitored and provided with colostrum right away for a healthy start. Separation from their mothers is done to protect both the cow and calf—ensuring individual health care and nutrition. Many of those calves grow up right here on our farm.

We Value Longevity and Quality of Life:

Our cows are not treated as commodities. We invest years and care into each one, and many stay with us for a long, healthy life. We know them by name and by personality.

This is not factory farming. We are committed to ethical, sustainable practices because we love what we do, and we love our cows. That's why we invite anyone who has questions to visit our farm and see for themselves how we operate.

Thank you again for reaching out and caring about where your food comes from. It's people like you who keep the conversation about ethical food sourcing alive, and we are proud to be part of it.

With sincere warm regards,

Marieke Penterman

COOKING CLASS ALLERGENS

I just want to say thank you for including allergens in your cooking class listings. It helps me know if a class is safe for me to attend or not.

I'm glad you have found this recent addition helpful. We hope to see you in a cooking class soon! -Liz Hawley, Education and Outreach Coordinator

BULK DRY SOUP MIX RECIPE

I bought some bulk dry soup mix but I don't have the directions for how to make it. It's marked with the number 2216. Thanks!!!

That looks like the Wild Rice Soup:

1 cup of dried soup, 8 cups of water, cook on stove top for 45-60 mins, yields approx 8 cups of soup.

Here is the link to our website bulk cooking guide: www.willystreet.coop/about/departments/bulk-cooking-guide. Just in case you have other bulk items. -Amanda Ikens, Owner Resources Coordinator

OATLY CREAMER

I'm convinced that Oatly barista blend is the perfect non dairy cream option for the coffee bar. Other creamers are sweet and dark and curdle in your cup. gross.

Thank you for your input. We made a switch to the current option because we are not able to find an organic option of Oatly. We had a span of time where we were not able to find an organic oat option at all, but luckily found one again. Organic is a pretty important thing for many of our customers. As of yet, you are the only one that I have heard negative feedback from for the creamer switch. I will check in with the folks at the stores this week and see if anyone else has received feedback or if anyone has their own feedback about it. -Nicholas OConnor, Prepared Foods & Cheese Category Manager

HOMESTEADING FAIR

Is another homesteading fair planned for this spring?

Thanks for your continued interest in the DIY Homesteading Fair at the Lakeview Library last year, it was quite a successful event! We don't have plans for one this spring as we are putting on other community events. We hope to bring back the DIY Homesteading Fair in 2026. -Kristi Jo McCloskey, Branding & Promotion Specialist

EQUAL EXCHANGE OLIVE OIL

Why did you stop carrying the Equal Exchange olive oil? It tastes better than others! Also, it's Equal Exchange and is grown in Palestine.

The Equal Exchange olive oil has been out of stock from their supplier, so we have not been able to get it the past few months. The good news is that it should be coming back soon! I will remind the Grocery Managers to bring it back in. 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

Fourth of July Sale!

WILLY STREET CO-OP

BRATS & ITALIAN SAUSAGE

SAVE \$2.00/LB

\$4.99/LB

Limit 5lbs per customer

6/30-7/6 while supplies last



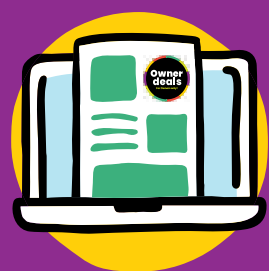
LOCALLY GROWING FOR



YEARS
willy street co-op



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.



SUBSCRIBE TO SAVINGS!

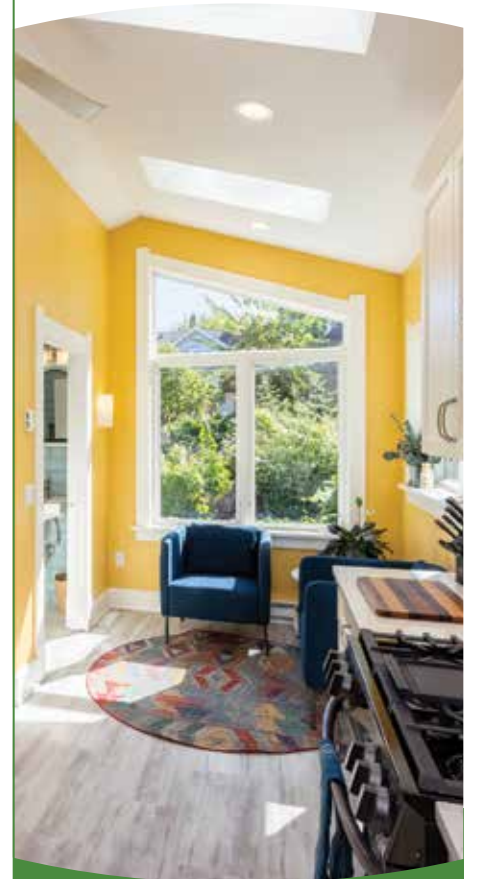
Sign up to get weekly Owner Deals flyers emailed directly to your inbox!

Unsubscribe any time you wish

Sign up at: www.willystreet.coop/emails



Remodeling
Done Well
with Love



Kitchens
Bathrooms
Additions
Whole House
Lower Levels
Porches
Decks

See our commitments to you and your home at chadsdesignbuild.com

608-221-1799

Please come and visit



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www.lamodamarie.com
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madisonwaldorf.org





By: Anya Firszt,
General Manager

Hello folks. For the Co-op, June marks the end of the current fiscal year. It can be a very busy month between wrapping up this year’s special projects and finalizing the FY26 Operating and Capital Budgets; we have a lot going on. Currently, the Co-op is celebrating sales that are higher than budgeted and expenses close to budget, which is a good thing! Look for updates later this summer or early fall on our FY25 financial performance.

June also includes a number of reasons to celebrate along with a holiday or two, from the start of summer and the solstice and the end of school to Pride Month and Juneteenth to Father’s Day, there’s something for nearly everyone. If eating is on the menu, we have whatever you need to make your celebration a hit.

WILLY EAST REFRIGERATION PROJECT

Heads up: after 25 years, it’s time to replace the freezer-door run, produce cases, and egg refrigerated case at our east location. This project is scheduled in the last half of July and requires that the store is closed for five days to get the work done. Wow. In addition to replacing these cases, we are upgrading the current refrigerant with a lower environmental impact/eco-friendly refrigerant. Look for details in next month’s *Reader* or project timeline updates posted on the website. Willy North and Willy West will be open regular hours

during this project. Thanks in advance for your patience while we work on this important upgrade to our east location.

BOARD ELECTIONS

The Board annual elections are not happening until October, so you still have time to think about running for the Board of Directors. We will have three vacant seats that need to be filled in this election cycle. To learn more about the Board elections process, the Board Candidate Packet, related deadlines, and requirements to run, please read the Board Article included in this issue of the *Reader*. You can also review the full document at willystreet.coop/run-for-board or pick one up by the Owner Resources Area in any of the three stores.

NEIGHBORHOOD MUSIC FESTIVALS ON THE NEAR HORIZON

This month, you can enjoy the Marquette Waterfront Festival celebrating its 36th year of bringing live music to the near east side of Madison the weekend of June 14–15 at Yahara Place Park. The following week, June 19–22, is the 2025 Sessions at Garver Feed Mill. A new venue for this event with indoor and outdoor performances—the line up of musicians is sure to delight. Check it out.

Next month, La Fête de Marquette celebrates its 19th year of bringing live music, delicious food, and community spirit to Madison’s east side, July 10–13 at McPike Park. And, the last week of July, don’t miss AtwoodFest, July 26–27, on Atwood Avenue between Monty’s Blue Plate and Tex Tub’s. You’ll find music, food, and crafts. See you out and about!

SPECIAL STORE HOURS

- Sunday, June 29 - closing at 7pm - Year End Inventory
- Friday, July 4 - closing at 7pm - Independence Day
- July dates TBA - Willy East is CLOSED for a refrigeration project

That’s all for now folks!

Until next month,

Anya



RUN FOR A SEAT ON THE BOARD OF DIRECTORS!

By: Gigi Godwin,
Board Member

Hello Co-op Owners! Are you looking for a reason to serve on the Co-op’s Board? Well, I have five!

AS A BOARD MEMBER YOU WILL:

1. **HELP** shape the future of the Co-op by participating in its long-term vision and strategic planning.
2. **ADVOCATE** for fellow Owners by representing their interests and ensuring that the Co-op remains aligned with their values.
3. **CONTRIBUTE** to your community by supporting local, equitable, and sustainable food systems.
4. **LEARN** about Board governance, financial management, and cooperative business practices.
5. **ADVANCE** the 8 Cooperative Principles, including Principle #1: “Voluntary, Open Ownership”; Principle #7: “Concern for the Community”; and Principle #8: “Diversity, Equity, and Inclusion”.

Below you will find a short summary of the information found in the Board Candidate Packet. For the full document please go to: willystreet.coop/run-for-board or pick up a Candidate Packet at the Owner Resources Area in any of the three stores.

Board applications are due by August 28 at 3:00 pm and applicants must fulfill the following requirements:

1. Be a Willy Street Co-op Owner.
2. Attend a Board Information Session with a current Board member OR attend at least one Board meeting in the six months prior to the application deadline.
 - a. Board Information Session: In this hour-long session, the candidate will meet with a Board member, view a brief presentation, and have the opportunity to ask questions about the Board member’s experience. Scheduled information session dates are:
 - Thursday, July 17, 2025 from 5:30pm–6:30pm at the Willy Street Co-op Central Office (1457 E. Washington Ave., Madison).
 - Wednesday, August 20, 2025 from 4:00pm–5:00pm virtual-

ly. (Email BDC@willystreet.coop at least 72 hours beforehand to get an invitation.)

If the scheduled session times are not conducive to your schedule, you may request an alternate date and time. To do so, potential candidates should reach out to request a meeting no later than August 14. To request an information session, please contact BDC@willystreet.coop with three dates and times when you are available.

b. Board meetings: Attend one of the upcoming Board meetings as an Owner. Board Meetings start at 6:30pm and are held at the Willy Street Co-op Central Office (1457 E. Washington Ave., Madison), but can be attended virtually - email BDC@willystreet.coop at least 72 hours beforehand to receive an invitation. Scheduled Board meetings before the August 28 deadline are:

- Wednesday, June 25, 2025
- Wednesday, July 23, 2025

3. Submit the application materials listed below no later than Thursday, August 28, 2025, 3:00pm. These materials will be published in the October *Reader* (our newsletter) and/or in other media we use to promote the election.

- a. Candidate name and valid Owner number. (The Owner number will not be shared publicly.)
- b. A clear, high resolution headshot. (The file size should be at least 1MB for the image to print clearly in our newsletter). Print photos may also be submitted, but we cannot guarantee return of the photo.
- c. A summary statement of up to 50-words about you and/or your interest to run.
- d. Answers to the following questions (up to 450 total word maximum between all three answers. You should have three separate answers rather than one long answer that touches on each question):

- Why do you believe Owners should choose you to represent them? (Please disclose any potential conflicts of interest.)
- Help the Co-op’s Owners get to know you by describing how you have been active in our local community.
- How will you use your skills and experience to further the mission and vision of the Co-op?

e. Optional: A website (blog, Facebook page, etc.).

4. Strongly recommended but not required: Plan to join the virtual Annual Meeting on October 7. Please come prepared, introduce yourself, and to make a brief statement to the Owners at the meeting.

JUNE 4!

WELLNESS

WEDNESDAY

Owners Take
10% OFF
wellness & bodycare items



What You Can Do at the Customer Service Desk

By: Thayer Reed, Customer Service Representative

You may think of our Customer Service desk as focused on signing up new Owners, helping people join the Access program, and answering the telephone, but you can also:

Keep your contact information up-to-date

We like to get in touch with you quickly if, for example, we find your wallet or you inadvertently leave a gallon of milk in the bottom of your shopping cart. Never fear; we do not share or sell your information.

Sign up for e-receipts

Do you want to get your receipts emailed to you? We can make this happen.

Place a pre-order

Is there a product that you really like? Why not save some money by placing a pre-order for a case or, in the case of bulk items, a whole bag. Owners receive 10% off most pre-orders. Inquire about this benefit and we will place your order or connect you with a colleague in the appropriate department.

Buy tickets to local events

We like to support events in your neighborhood. In addition to being where you pick up Festival Perks Passes, each location sells tickets to different concerts and festivals, so ask at the desk to see what is available.

Print a report of the donations you made at the Co-op

We can print a report for you listing the donations you make—CHIP®, Double Dollars, and special fundraising events—during any given timeframe.

Recommend a product

Is there a product you would like the Co-op to carry? We can't get everything that everyone wants, but be assured that all recommendation forms are appreciated and reviewed.

Pick up a coloring page

We love it when our younger shoppers do some coloring while they are in the stores. Kids can take their drawing home, but we like to hang some up to help decorate the Co-op.

Find helpful information brochures

We have community food and resources guides available in English, Spanish, and Hmong as well as Co-op "All About" brochures focused on food labeling, food preservation, dietary supplements, flour, and more.

Thank a Co-op worker

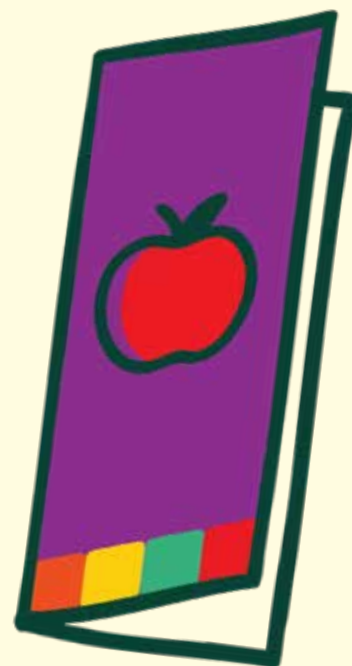
Please take a moment to let us know when a staff member deserves a shout out. We pass along your compliment to our colleague as well as their manager.

Make your day a little bit easier

We can lend you a pen, let you use a bottle opener, sell you a stamp, cut a tag off a new purchase, and many more little acts of assistance provided in the spirit of cooperation at our Co-op.

In short, we are here to help! So please let us know, for example, if you need assistance to reach for an item or carry your groceries to your car. And while we are not all multi-linguaged, we always try our very best to ascertain how we can help you—I am enjoying learning some basic American Sign Language to aid in communicating with several of our regular customers.

Let's face it, we all have difficult days and the world can be a tough place to navigate but those of us who work at the Customer Service desks know that—together with you—we can cultivate our Co-op as a distinctive and cheerful place where everyone is welcome.





**BY: MICKY ELLENBECKER,
PURCHASING ASSISTANT**



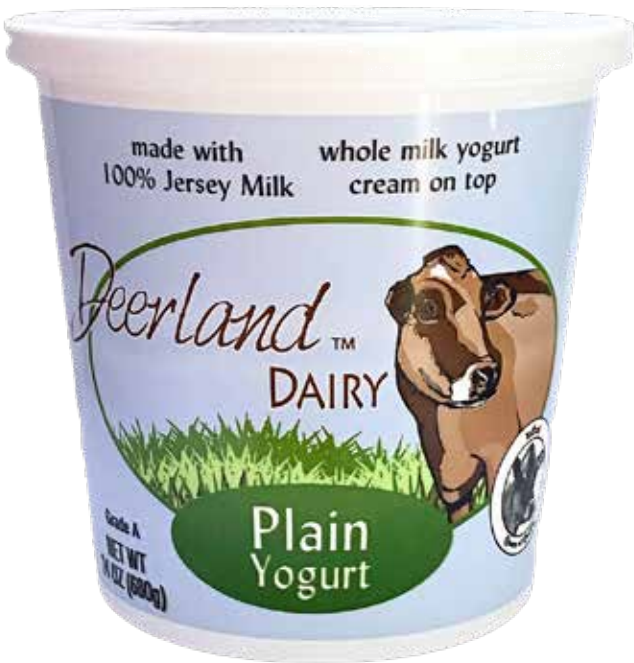
**WATER STREET
MEDITERRANEAN DELI
FOODS**

Originally opening as a Mediterranean restaurant in Eau Claire, Wisconsin in 2009, the Water Street Deli quickly became known for their pita chips and hummus. In 2017, they decided to close their restaurant and focus on producing their pita chips and hummus for a wider audience. We've been getting requests for their products for years, and now that they are available for a much wider distribution throughout the Midwest, we're able to make some of your wildest dreams come true! At Willy West you can find their Original Garlic Hummus, Baba Ghanouj, Original Pita Chips, and Garlic Salt Pita Chips. At Willy North you'll find their Original Garlic, Pine Nut, and Red Pepper Hummus flavors. And Willy East offers the Original Garlic Hummus, Pine Nut Hummus, and Original Pita Chips. Learn more at www.waterstdeli.com.



DEERLAND DAIRY

Deerland Dairy is a small, local family farm located in Freeport, Illinois. The Graybill Family milks a small herd of 100% Jersey cows and produces all their own yogurt, buttermilk, and sour cream at their on-farm facility. Their yogurt is made with pasteurized, non-homogenized milk, which results in the cream rising to create a delicious cream-top layer. A number of staff have already commented on just how truly creamy their yogurt is! At Willy North you can find their Blueberry, Strawberry, and Vanilla Yogurt; at Willy West you can find their Plain, Vanilla, and Blueberry Yogurt; and at Willy East you can find their Plain, Vanilla, Blueberry, and Strawberry Yogurt, plus Buttermilk, Sour Cream, and Plain Sheep's Milk Yogurt. Learn more at www.deerlanddairy.com.



KOOPE FACIAL CARE

Koope focuses on producing high-quality skin cleansers and moisturizers. Their products are manufactured in the UK and follow European standards. This means their products exclude 1,600+ toxic ingredients that are banned in the EU, but many of them are not banned in the US. Their products also exclude fragrances, sulphates, SLS/SLES, parabens, formaldehyde, soaps, silicones, phthalate, and 39 other common sensitizers. Koope donates up to \$1 per product sold to fight against sex trafficking. You can find their Gel Cleanser, Milk Cleanser, Lightweight, Middleweight, and Heavyweight Moisturizers at all three stores. Learn more at www.koope.com.



**WILLY STREET CO-OP
BREAKFAST EMPANADAS**

New hot breakfast offerings include our three house-made breakfast empanadas: Egg & Cheese, Tofu Scramble, or Bacon, Egg & Cheese Empanada. These recipes were developed at our Production Kitchen by Lucielen and are made with local eggs, cheese, and flour, and with our housemade empanada crust! You can find them in our hot merchandisers located in the Deli areas at each of our three stores from 7:30am–10ish am.





HOME CREAMERY: FERMENTED MILK AND FRESH CHEESE

Location: Willy West Community Room
Tuesday, July 22, 6:00pm–8:30pm
Ages: 12+; adult supervision required
Instructor: Linda Conroy
Fee: \$50 for Owners; \$60 for non-owners
Capacity: 20

Join veteran home cheesemaker Linda Conroy for this fun and inspiring class! We will make and sample yogurt, kefir, cultured cream, and cultured butter. After transforming milk into these cultured products, we will learn to transform them into soft, spreadable cheese. Participants will leave with recipes and a culture to get them started at home. Recipes contain: milk. Hands-on.



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: PIZZA PARTY

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.

SPROUTS: TACOS TODAY

Location: Willy West Community Room
Tuesday, July 8, 4:00pm–5:00pm
Location: Aubergine, 1226 Williamson St.
Thursday, September 11, 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

Tacos aren’t just for Tuesday; let’s make tacos today. Impossible veggie crumbles or ground beef seasoned just right for a hard or soft taco, a side of green chili black beans, and refreshing horchata to cool the heat! Recipes contain: dairy and wheat. Vegetarian and made-without-gluten options. Hands-on.



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.

RESISTANT STARCH BENEFITS

Location: Zoom
Wednesday, July 30, 12:00pm–1:00pm
Instructor: Katy Wallace, ND
Fee: Free; registration required
Capacity: 50

Resistant starch has been in the news due to its benefits for the gut biome. It appears to be anti-inflammatory and feeds beneficial species correlated with cognitive and digestive health. Join Katy Wallace, ND of Human Nature, LLC for a discussion of the latest research and how to incorporate resistant starches into your diet.

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.



45-MINUTE INDIVIDUAL NUTRITION CONSULTATIONS

Location: Aubergine, 1226 Williamson St.
Wednesday, June 18, 2:15pm–5:30pm
Location: Willy West Community Room
Wednesday, July 16, 1:30pm–4:45pm
Virtual
Tuesday, June 24, 1:30pm–4:45pm
Tuesday, July 22, 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 or call 608-301-9961.

MINDFUL MOMENT: LIVE ONLINE CLASS

Location: Google Meet
Saturday, June 14, 10:00am–11:00am
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.

SELF-LOVE RELAXATION CIRCLE WITH REIKI

Location: Aubergine, 1226 Williamson St.
Tuesday, July 22, 10:00am–11:00am
Ages: 18+
Instructor: Mourning Dove
Fee: \$20 for Owners; \$30 for non-owners
Capacity: 8

We’ll join in circle to connect and decompress, then lie back in your comfort nest, and receive Reiki and sound healing to nurture your nervous system and remember your worth. PJs welcome! Please include all accessibility needs at registration. Please bring blankets, pillows, and anything else you need to be comfortable.



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. 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.



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.

BEER AND A BITE

Location: Aubergine, 1226 Williamson St.
Wednesday, June 11, 6:00pm–8:00pm
Ages: 21+
Your Co-op’s Own: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Join Chef Mike for creative spring flavors paired with some of Madison’s best brew as we snack and sip our way through the menu. Crisp endive canapes, fresh shrimp ceviche, homemade cheese spread, and zippy quick pickles on a snack board are all great for a gathering and paired with locally crafted pilsners, IPAs, and more delightful local brews. Recipes contain: milk, fish, shellfish, and nuts. Demonstration with limited hands-on opportunities.

CULTURAL INFLUENCES OF GUMBO: CAJUN

Location: Willy West Community Room
Thursday, June 12, 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 explore 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: Creamy Cajun Pasta, Boudin Balls, and Smothered Chicken and Rice. Everyone will make a packet of Cajun seasoning to take home as well! Laissez les bon temps rouler. Recipes include: milk, tree nuts, and wheat. Demonstration with limited hands-on opportunities.

COOKING WITH CHEF PAUL: MOCHI TWO WAYS
Location: Lakeview Library
Thursday, June 12, 6:30pm–7:30pm
Ages: 12+; adult supervision required
Your Co-op’s Own: Paul Tseng
Fee: Free; registration required
Capacity: 12
Join Chef Paul to learn how to make mochi from scratch—soaking, steaming rice, pounding/kneading, stuffing, rolling, and tasting. Discover the power of sweet (sticky) rice stuffed with bean paste, minced pork, or simply on its own with toasted sesame seeds. Register at <https://www.madisonpubliclibrary.org/events>. Registration will open two weeks prior to the program date on May 29.

COOKING WITH CHEF PAUL: COOKING WITHOUT GLUTEN
Location: Lakeview Library
Thursday, July 10, 6:30pm–7:30pm
Ages: 12+; adult supervision required
Your Co-op’s Own: Paul Tseng
Fee: Free; registration required
Capacity: 12
Removing gluten from our cooking is a challenge, but it is doable. Join Chef Paul to learn to make classic dishes—all without gluten. There is always a solution in the kitchen! Recipes include: eggs. Demonstration. Register at <https://www.madisonpubliclibrary.org/spaces/events/calendar>. Registration will open two weeks prior to the program date on June 26.

RICOTTA GNOCCHI WITH ASPARAGUS AND PEAS
Location: Willy West Community Room
Thursday, July 10, 5:30pm–7:30pm
Location: Aubergine, 1226 Williamson St.
Thursday, July 24, 5:30pm–7:30pm
Ages: 10+; adult supervision required
Instructor: Michelle Mau
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 20
Join The Delicouser’s Michelle Mau to learn how to make Ricotta Gnocchi using The Delicouser’s Antica and Signature spice blends! We will explore the basics of how to mix and roll out tender bites of gnocchi and add this to a lovely mix of asparagus and peas. In addition, Michelle will also toss together a quick salad using the Signature Seasoning for a yummy side salad. Recipes contain: eggs, wheat, and dairy. Demonstration with limited hands-on opportunities.

AN EVENING IN SARDINIA
Location: Willy West Community Room
Tuesday, July 15, 5:30pm–7:30pm
Location: Aubergine, 1226 Williamson St.
Tuesday, July 22, 6:00pm–8:00pm
Ages: 16+; adult supervision not required

Instructor: Sharon Long
Fee: \$45 for Owners; \$55 for non-owners
Capacity: 8
Enjoy a snack of Sardinian cheese while Sharon prepares a supper of Fregola Sarda with shrimp and fish. Finish off the meal with a honey ricotta hand pie that you make yourself. Recipes contain: milk, eggs, fish, shellfish, and honey. Demonstration with hands-on opportunities.

CULTURE AND CUISINE OF LOUISIANA: CATFISH
Location: Aubergine, 1226 Williamson St.
Tuesday, July 15, 6:00pm–8:00pm
Ages: 13+, adult supervision required
Instructor: Steffry Langham
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10
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: Blackened Catfish and Cheesy Cajun Grits, Fried Catfish Po’ Boy, and Catfish Courtbouillon. Everyone will make a packet of Blackened Seasoning to take home as well! Laissez les bon temps rouler. Recipes contain: milk, eggs, fish, and wheat. Demonstration with limited hands-on opportunities.

MORE MARVELOUS MUSHROOMS
Location: Aubergine, 1226 Williamson St.
Wednesday, July 16, 6:00pm–8:00 pm
Location: Willy West Community Room
Tuesday, July 29, 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 and delve into even more delicious dishes using mushrooms. This second session of mushroom cookery includes stuffed mushroom caps, mushroom maftoul, portabella tempura, and a rich and flavorful mushroom consommé. Recipes contain: dairy, wheat, eggs, and shellfish. Demonstration with limited hands-on opportunities.

“The first Marvelous Mushrooms classes were a big hit, so I had to roll out another. I love mushrooms; there’s so much you can do with them, they are always available, and the wild varieties in particular are so incredibly diverse in flavor and form. Not to mention cultivated mushrooms are a sustainable local crop, and wild mushrooms have been foraged for by humans to use as food and medicine since forever. I expect to see some familiar faces in class, but am hoping to see some new fungi fans as well!”

–Mike Tomaloff, Class Instructor

COOKING WITH CHEF PAUL: TEPPANYAKI AT HOME
Location: Aubergine, 1226 Williamson St.
Thursday, July 17, 6:00pm–8:00pm
Location: Willy West Community Room
Thursday, July 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
Teppanyaki is a Japanese culinary technique of cooking on a flat iron griddle, often referred to as hibachi in the United States. Join Chef Paul to learn to re-create this technique at home. How



Scan the QR code to register for classes and check out our refund policy

class Calendar



or go to: www.willystreet.coop/events

to cook without a Japanese teppan? A cast-iron pan will do the trick. On the menu: Beef with Mushrooms & Baby Bok Choi; Sea Scallops with Cream Sauce and Chard; and Salmon with Cilantro, Ginger, Jalapeño, and Garlic. We’ll finish the class with a cast-iron pie to celebrate! Recipes contain: seafood and wheat.

SUMMERY PICNIC SIDES
Location: Aubergine, 1226 Williamson St.
Wednesday, July 23, 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
Don’t know what to bring to that summer picnic? Join Chef Mike for a few new ideas that will please a crowd and save you a place on future guest lists! Recipes include quick summer pickles, caramelized onion tartlets, the Co-op’s traditional potato salad, and a roasted beet salad with chevre. Recipes contain: eggs, dairy, and wheat. Vegetarian. Demonstration with limited hands-on opportunities.

ZUCCHINI ALLA SCAPese AND PANZANELLA SALAD
Location: Aubergine, 1226 Williamson St.
Thursday, August 7, 5:30pm–7:30pm
Location: Willy West Community Room
Thursday, August 14, 5:30pm–7:30pm
Ages: 10+; adult supervision required
Instructor: Michelle Mau
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 20
Calling all zucchinis! Join The Delicouser’s Michelle Mau for a fantastic way to use up some of summer’s bounty by learning how to make a light and refreshing vegan meal perfect for a warm summer evening. Learn to make Stanley Tocchi’s favorite Zucchini all scapese featuring The Delicouser’s Bomba spice blend and Panzanella Salad with the Mezzogiorno spice blend. Recipes contain: wheat. Vegan. Demonstration with limited hands-on opportunities.

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



willy street co•op



**CELEBRATING OUR
LGBTQIA+ VENDORS**

**By: Melissa Reiss,
Purchasing Assistant**

GIANT JONES BEER

Giant Jones Brewing, located on Madison's east side, is an independent and women-owned brewery. They also hold the distinction of being Wisconsin's sole US-



DA-Certified Organic brewery. Specializing in American-style, Belgian, and international ales exceeding 7% ABV, Giant Jones crafts flavorful beers complemented by captivating mythical artwork.

Committed to sustainability, the brewery actively participates in the Artisan Grain Collective, an Upper Midwest network promoting a regenerative grainshed.

This collaborative effort unites farmers, millers, maltsters, bakers, chefs, food manufacturers, brewers, distillers, researchers, and advocates. The brewery intends to increase the use of local grains in its beers by forging relationships with farmers and bolstering the infrastructure needed to supply these grains to consumers. Available at all stores, although beer selections carried at the Co-op vary from time to time.

Read more at www.giantjones.com/giant-jones-411.



**MY SOUL BREW
KOMBUCHA**

My Soul Brew is Wisconsin's first Black woman-owned kombucha brewery, emphasizing inclusivity, wellness, and culture. Committed to ensuring the best quality, this kombucha is brewed in small batches with 100% GMO-free, organic ingredients always, and locally-sourced ingredients whenever possible. Available at all stores. Flavors vary by store.



Read more at www.mysoulbrew.com/pages/about-us.

**EVP (ETES-VOUS
PRETS?!) COFFEE**

Tracy Danner, founder of EVP, was a substance abuse counselor in Anchorage, Alaska. Seeking a less stressful career change



that would still allow her to meaningfully serve her community, she pivoted her focus.

Established in 1997, EVP (short for 'Etes-vous prêts?' which translates to "Are you

ready?" in French) is a local Madison coffee institution. This independent, woman-owned business operates four lively cafes and roasts its beans daily, emphasizing freshness. Available at all stores.

Read more at www.evpcoffee.com/about-evp.html.

**MRS. BEASTER'S
BISKITS**

Mrs. Beaster's Biskits offers preservative- and GMO-free dog treats, including ten grain-free, and three oat-based treat varieties. This Wisconsin family farm uses organic produce grown on-site and pasture-raised meats from local farms, avoiding artificial ingredients and fillers. These natural ingredients make the Biskits suitable for dogs with health issues. Created as a vocational community, their business hires and supports adults of all abilities who collaboratively craft these treats.

Read more at www.mrsbeasters-biskits.com.

DELTA BEER LAB

Delta Beer Lab, a community-focused brewery with a welcoming taproom, aims to "Craft Beer, Crafting Change" by demonstrating that business can be both profitable and beneficial. Since opening in February 2019, guests have donated over \$220,000 to local nonprofits through their partner program. The brewery's Change It Up Tuesdays program, launched in March 2024, partners with different local nonprofits



each week to raise awareness and funds for various community organizations. As a member of "1% for the Planet", Delta Beer Lab

commits 1% of its total revenue to environmental organizations addressing water quality and climate change. Available at all stores. Selection can vary based on what's available.

Read more at www.delta.beer.

NANTUCKET SPIDER

Lifelong friends Nancy Jack, an environmental lawyer, and Jeffrey Busch, a public interest lawyer, created Nantucket Spider, a natural alternative to DEET bug repellents. The idea sparked after Nancy's nylons dissolved from



a chemical repellent, and Jeffrey wished for a natural predator like a spider to control biting insects during buggy summers in Nantucket. Nancy's lake house served as a testing ground for essential oils. They learned that different species of insects are re-

pelled by different essential oils. Thus, their original bug repellent contains a broad spectrum of essential oils in a higher concentration than most other leading brands—high enough to work well, but without an overpowering smell.

Nantucket Spider is committed to ethical and environmentally sustainable business practices to ensure a safe and stable world for future generations. They prioritize high-quality, natural ingredients, offering DEET-free, soy-free, cruelty-free, and vegan products safe for adults, children, and dogs. Available at all stores.

Read more at www.nantucket-spider.com/pages/about-us-1.

PRIDE MONTH

JUNE 2025



GIANT JONES
BEER  



SOUL BREW
KOMBUCHA  



MRS. BEASTER'S BISKITS
DOG TREATS  



NUTS FOR CHEESE
PLANT-BASED
CHEESE 



EVP
COFFEE  



NANTUCKET SPIDER
BUG REPELLENT 



GT'S
KOMBUCHA 



SPOIL YOURSELF
OCULAR SIESTA
EYE PILLOW  



DELTA BEER LAB
BEER  



BIG RIVER ORGANICS
SEED BOMBS  



= Inclusive Trade



= Local



For our full list of LGBTQIA+-owned Inclusive Trade vendors, visit:
www.willystreet.coop/inclusive-trade



SUMMER PRODUCE GRILLING GUIDE

By: Andy Johnston,
Produce Category Manager

The official first day of summer is just around the corner, which means peak grilling season! Between the 4th of July, Labor Day, and your casual weekend gathering of friends and family, most of us will participate in consuming something prepared on a grill! I'm not sure what it is about grilling, but it brings people together. There are different types of grills and styles of grills, methods and techniques for grilling, and in almost every culture around the world, people love to gather around a fire, cook food, and socialize!

Summertime in the Willy Street Co-op produce aisle means access to tons of the best local fresh fruits and vegetables! If you're only using your grill for brats and burgers and other proteins, you are missing out. Fruits and vegetables are great on the grill! Whether you're looking for a quick side, or a fun dessert, grilling produce adds a level of depth and flavor that you just can't get on the stovetop.



EGGPLANT

Eggplant is an excellent vegetable to grill. There's no need to salt and let it sit as the salt pulls the moisture out—the grill does all that for you!

Cut your eggplant into ¾-1 inch rounds, brush both sides with oil, and season with salt and pepper, or your favorite blend of herbs and spices. Grill over medium-high fire for about 4-5 minutes on each side and until you can hear it sizzle. You can prepare a sauce for the steaks, and serve them as the main course, or on their own as a side.

For a smoky baba ghanoush, try roasting whole eggplant on the grill with some woodchips to get that rich, smoky flavor. Use a fork to poke holes in your eggplant, and then roast over medium-high heat for 20-25 minutes (less for smaller varieties), until the skins are wrinkled, slightly charred, and the interior feels soft when pushed with the tongs.

In early-mid August, we'll have local Globe, Listada, and Lilac Bride eggplant from Harmony Valley Farm. Lilac Bride is a staff favorite, and a great option for the grill. The Lilac Bride is a long, slender variety that is ideal for kabobs!

PORTABELLA MUSHROOMS

Looking for an alternative to the meat burger? Portabella mushrooms are the go-to! They hold up well on the grill, and are ideal for sandwiching between a toasted bun. I like to scrape the gills out, and peel the thicker layer of "skin" from the top, but you really don't have to do either. Marinate your portabella for an hour at room temperature, and then place in a foil pack, gillside up, and grill for 8-10 minutes over medium high heat. Use tongs to remove the portabella from the foil pack, and place directly over the flames for a couple of minutes. The foil pack allows the mushroom to cook and retain its juices without getting charred to a crisp over the flames.



Other veggies that are great on the grill include peppers, asparagus, green beans, fennel, potatoes, sweet potatoes, tomatoes, and onions! I strongly recommend investing in a grill basket: it keeps veggies from falling through the grill grates, and works great for doing a mix of vegetables all at the same time. They're fairly inexpensive, and really help expand the scope of what you can easily do on the grill! If you're using wooden skewers, make sure to soak them so they don't start on fire!

APPLES & PEARS

Prepare apples and pears for the grill, similar to stone-fruit: halve, and scoop out the core, brush lightly with oil. Grill cut side down over medium-high heat for 5-6 minutes, then skin side down 5-6 minutes. When it comes to apples and pears, look for smaller size fruit for the grill. You can certainly grill larger apples and pears, it just takes longer and requires more of your attention.

I like basting apples and pears with a little maple syrup a couple of times after the first flip, and adding a dollop of goat cheese to the hollowed out center, and sprinkling crushed, salted candied pecans over the top before serving. A kiss of smoke early in the grilling process takes grilled stone fruit, apples, and pears to the next level!

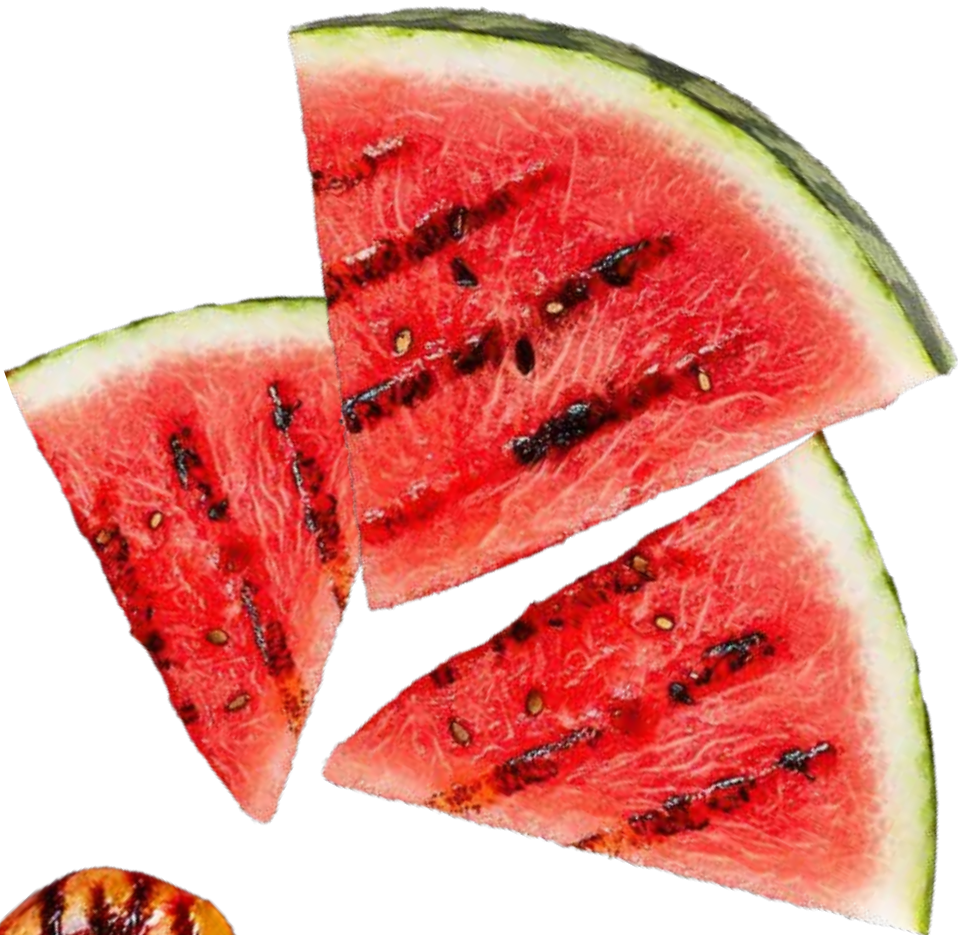


WATERMELON

What? Grilled watermelon! How can that be? For some reason, I have a hard time envisioning grilled watermelon. Maybe because I associate watermelon as something that is cool and refreshing on a warm summer day?

I haven't tried it, but I have heard rumors of grilling watermelon! Apparently, you cut it into wedges ¾-1 inch thick, season liberally with salt, pepper, chili flakes, and lime juice (or just sprinkle with Tajin), and grill over high heat 2-3 minutes per side. You can serve the wedges as they are, or cut into cubes for a grilled watermelon and feta salad.

If you can grill watermelon, I'd think cantaloupe and honeydew (or any melon), would also be good options for the grill. Maybe cube up all three for some grilled melon kabobs? I'm going to have to give this a try!



PEACHES, NECTARINES & PLUMS

Grilling fruit is a great way to add some depth to its flavor! The intense heat caramelizes the sugars, for a rich, savory and sweet flavor only achieved by grilling. Grilled peaches, nectarines, and plums are excellent for summertime desserts: think ice cream and shortcake! They're also incredible as pizza toppings, or as an accompaniment to grilled proteins.

To grill, cut the fruit in half, and scoop out the pit. Lightly brush both sides with a little oil, and grill over medium-high heat, cut side down for about 4 minutes, flip and grill for another 2-4 minutes, and voila!



SWEET CORN

If you're a beginner to grilling, sweet corn is a great place to start! I like to peel all but the innermost husk, give the silks a trim, and grill over medium heat, turning every 1-2 minutes, until you can start to see the outline of the kernels thru the charred husk, and the husk starts to peel back from the tip, about 8-10 minutes.

Corn on the cob is a summer favorite in Wisconsin! It's so easy, and this method of grilling provides perfectly steamed kernels with just a slight char that brings out the sweet, rich, roasted corn flavor. You can remove kernels from the cob and add them to fresh salads, or a homemade salsa!

Local organic sweet corn season from Crossroads Community Farm and New Traditions Homestead will be available starting early to mid-August. Until then, it's Georgia, Florida, or California sweet corn, which is ideal for grilling! It's never as fresh as the local sweet corn, but roasting on the grill carmelizes the sugars in those kernels to get you a delicious ear of corn!





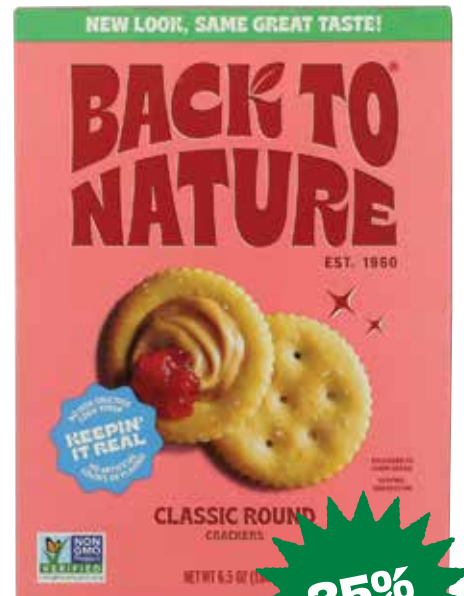
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JUNE 4-17

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2 for \$5



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2 for \$4



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**Organic Peanut
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2 fl oz • Save 98¢ on 2

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Upton's Naturals
Seitan

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Organic Valley
**Organic Ultra-Pas-
teurized Half & Half**

32 fl oz • Save 50¢

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Jonny Pops
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Every Man Jack
Body Wash

16.9 fl oz • Save \$1.30

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Laundry Detergent

100 fl oz • Save \$2.50

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2.65 oz • Save \$4.50

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Dr. Bronner's
**Pure Castile Bar
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5 oz • Save \$1.70

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Country Life
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GT's
**Organic
Kombucha**

16 fl oz • Save 79¢

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All sales subject to availability. Sales quantities limited.



35% OFF!



Tony's Chocolonely
Chocolate Bars
6.35 oz • Save \$1.50

\$4.49

*Sale+
Coupon

save
another
50¢
with a
coupon!

Annie's
**Organic Graham
Crackers**

14.4 oz • Save \$2.70

\$4.29

Dandies
**Vanilla
Marshmallows**

10 oz • Save \$1.29

\$3.50



Calbee
**Harvest Snaps
Snack Crisps**

3.3 oz • Save \$1.58 on 2

2 for \$4



Garden of Eatin'
Tortilla Chips

16 oz • Save \$2.00

\$4.99



4th of July
stock up!

Tate's Bake Shop
Cookies

7 oz • Save \$1.50

\$4.99

Blue Diamond
Nut-Thins

4.25 oz • Save \$1.29

\$3.50

Fishwife
Sardines

4.2 oz • Save \$2.00

\$6.49



Santa Cruz Organic
Lemonade

Select Varieties

32 fl oz • Save \$2.98 on 2

2 for \$5

Beyond Meat
**Plant-Based
Burger Patties**

8 oz • Save \$7.79 on 2

Buy One, Get One

FREE



Outdoor
Eats!



JUNE 18–JULY 1

coop deals
Sales For Everyone!

Alden's Organic
Organic Ice Cream Sandwich
8 pk • Save \$9.29 on 2
Buy One, Get One FREE



Cosmic Bliss
Organic Dairy-Free Frozen Dessert
14 oz • Save \$7.99 on 2
Buy One, Get One FREE



Annie's
Organic Fruit Snacks
7 oz • Save \$8.49 on 2
Buy One, Get One FREE



BO GO



C2O
Coconut Water
17.5 fl oz • Save \$2.99 on 2
Buy One, Get One FREE



Nixie
Organic Sparkling Water
8 pk • Save \$5.99 on 2
Buy One, Get One FREE



Bizzy
Organic Cold Brew Coffee
48 fl oz • Save \$7.29 on 2
Buy One, Get One FREE



Annie's
Mac and Cheese
Select Varieties
6 oz • Save \$1.99
\$1.50

Lily's Sweets
Chocolate Bar
2.8 oz • Save \$1.49
\$3.50

Mad Hippie
Vitamin C Serum
1.02 fl oz • Save \$7.00
\$21.99



Alexia
Crispy Potato Puffs
19 oz • Save \$1.00
\$4.99

R.W. Knudsen
Recharge Drinks
32 fl oz • Save \$1.00
\$2.79

Wyman's
Wild Blueberries
15 oz • Save \$1.80
\$3.99



Equal Exchange
Organic Tea
.85–1.41 oz • Save \$1.99
\$3.50

DrTung's
Tongue Cleaner
1 ea • Save \$1.50
\$5.79

Kerrygold
Irish Butter
8 oz • Save 50¢
\$4.49



ECOS
Hand Soap
17 fl oz • Save \$1.00
\$4.29

Bragg
Organic Raw Apple Cider Vinegar
16 fl oz • Save \$1.50
\$3.49

Ardor
Organic Sparkling Energy Water
12 fl oz • Save \$1.58 on 2
2 for \$5



Noosa
Yogurt
4.5 oz • Save 24¢
\$1.25

Xlear
Spry Gum
100 pc • Save \$1.50
\$6.49

Whole Earth & Sea
Men's Multivitamin & Mineral
60 tab • Save \$21.00
\$24.99



Barlean's
Omega-3 Fish Oil
16 fl oz • Save \$11.00
\$30.99

Natural Factors
N-Acetyl-L-Cysteine 600 mg
60 cap • Save \$5.00
\$10.99

Natural Vitality
Natural Calm
8 oz • Save \$10.00
\$16.99



Sales on this page valid June 18–July 1, 2025.
All sales subject to availability. Sales quantities limited.

SESSIONS

AT GARVER FEED MILL

3241 GARVER GREEN MADISON

THURSDAY JUNE 19

THE BACK FORTY STAGE

3:00 **SLIPJIG**
4:45 **THE RAMBLIN' KIND**
6:45 **CARAVAN**

THE CHICORY STAGE

4:30 **MADTOWN MANNISH BOYS**
6:30 **ARMCHAIR BOOGIE**

8:00 THE ATRIUM

7:30 **JOHANNES WALLMAN
AND PRECARIOUS TOWERS**

9:30 **FRANK BUSCH
AND THE NAMES**

FRIDAY JUNE 20

THE BACK FORTY STAGE

5:00 **MARK CROFT BAND**
6:45 **BEN FERRIS OCTET**

8:15 **MARY MACK
COMEDY SHOWCASE**

THE CHICORY STAGE

5:30 **JANE HOBSON**

7:15 **JOEL PATERSON
ANNIE DOLAN**

THE ATRIUM

9:00 **IRIS DEMENT**

SATURDAY JUNE 21

GARAGE BANDS

12:00 **SAIDEIRA PAGODE**
1:00 **THE APOLOGISTS**
2:00 **THE LOW CZARS**
3:00 **LOS CHECHOS**

THE ATRIUM

FLEA MARKET

MAKE MUSIC MADISON STAGE

GARVER CANVAS GALLERY

5:00 **FAMILY FRIENDLY KARAOKE**
8:00 **DANCE PARTY DJ NICK NICE**

THE BACK FORTY STAGE

12:00 **DAVE LANDAU**
1:00 **NO NAME STRING BAND**
2:30 **JOHNNY CHIMES AND
MOSES PATROU**

4:30 **GORAN IVANOVIC
FAREED HAQUE**

8:00 **MARY MACK COMEDY**
THE CHICORY STAGE

12:00 **TANI DIAKITE AND THE
AFROFUNK ALLSTARS**
1:45 **FAREED HAQUE GROUP**

3:45 **THE PERIODICALS**
5:45 **GRUPO REBULU**

7:45 **PAUL CEBAR**
TOMORROW SOUND

THE ATRIUM

8:00 **THE CASH BOX KINGS**
9:45 **LOS TEXMANIACS**

SUNDAY JUNE 22

THE CHICORY STAGE

12:00 **ART STEVENSON
AND HIGH WATER**

1:45 **CRIS PLATA AND EXTRA HOT**

3:45 **PUPY COSTELLO
AND THE NEW HIRAM KINGS**

5:45 **WACO BROTHERS**

THE ATRIUM

FLEA MARKET

GALLERY GARAGE STAGE

3:00 **MADISONIC! STREET
BAND SHOWCASE**

The Handphibians With Otimo Dance
Forward! Marching Band
Mama Digdowns Brass Band

THE BACK FORTY STAGE

12:00 **MADISON CHORO ENSEMBLE**

1:15 **CHRIS WAGONER
MARY GAINES**

2:45 **THE DRY RIVER GOAT BAND**

4:30 **THE MATCHSELLERS**
(KANSAS CITY/GERMANY)

5:55 **GRAND SESSIONS RAFFLE DRAWING**

6:15 **ROBIN PLUER
AND MRS. FUN**



DANE
ARTS

willy street co-op

mgoe
MADISON
Arts
COMMISSION

TOGETHER WE TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin
funds systemic change.



Photo provided by GSAFE

In June we recognize the freedom to love and the freedom to express one's gender. Community Shares of Wisconsin member nonprofits work every day to create a world with equality and safety for all, including members of our LGBTQ+ community.

When you say YES to donate through Community CHIP® at Willy Street Co-op, you support nonprofits that work for a just, equitable society including:

- Fair Wisconsin Education Fund
- Freedom, Inc.
- GSAFE
- Orgullo Latinx LGBTQ+ of Dane County
- OutReach LGBTQ+ Community Center

SAVE THE DATE: COMMUNITY CHANGE-MAKER AWARDS September 11 at the East Side Club

Community Shares of Wisconsin will celebrate local leaders and organizations who are advancing social and environmental justice in our community.



communityshares.com



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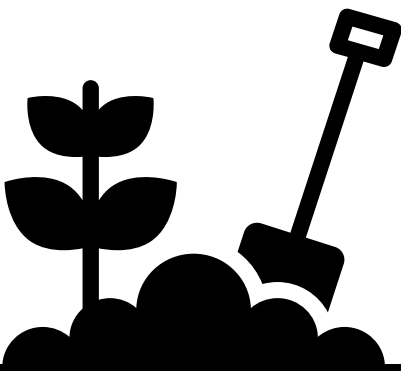
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Certified Birth and Postpartum
Doula**



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Poppins Touch!**

A longtime Co-op member!



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**Know what's below.
Call before you dig.**



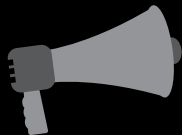
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willy street co-op





Wonderstate Coffee Big Dipper

I was always a fan of the heavily roasted coffee brands until I finally took a chance on Wonderstate. Talk about a delicious cup of coffee. I typically brew my morning cup with a French press. It's a darker roast but the integrity of the bean is still intact, leaving it with this rich almost chocolate-like flavor.

-Francis, Facilities

Willy Street Co-op Vegan Smoky Black Bean and Sweet Potato

This is a great year-round salad made by the Co-op! It has some smokiness and heat from the chipotles in the dressing. It's a colorful side dish that is light enough for picnics in the summer or to go with heartier fare in the winter.

-Ethan, Production Kitchen

Ener-C Tangerine Grapefruit Drink Mix

Deliciously fizzy, this is a staple to always have on hand. For stomach bugs, when you don't want to or can't eat, this tasty electrolyte and vitamin C blast will get you through to real foods and drink again. I also take it on backpacking trips as a zippy pick-me-up along the trail and always have one or two stashed in my bag for on-the-go energy and emergencies.

-Kjerstin, Front End

Nemat Amber Fragrance Oil

I love a good earthy, comforting scent that isn't too strong and stays around for a while. This amber oil has a unique, intoxicating smell that will have you looking for someone to cuddle with and share the delicious scent.

-Phillip, Produce

Pamela's Lemon Shortbread Cookies

These cookies have a crumbly, buttery texture that makes shortbread satisfying, and the lemon balances nicely with the sweetness of the cookie.

-Zoe, Front End

Cedar Grove Cheese Plain Cheese Curds

Possibly my favorite item in the entire store. Who doesn't love cheese curds?

-Jake, Produce

Jeni's Pineapple Upside Down Cake Ice Cream

The acidic and tart pineapple base contrasts really well with the caramel ribbon. The cake crumbs make for a fun texture as well. I like that the pineapple flavor is given center stage rather than the cake itself, as the pineapple was always my favorite part of the cake as a kid!

-Ruby, Front End

Wisco Pop! Cherry and Strawberry Sodas

Wisco Pop! (preferably the Cherry or Strawberry flavor) is the ONLY soda that I enjoy either freshly cracked open or left out. That's right friends, this exquisite choice of beverage exerts deliciousness even when left flat. I won't spoil it for you but I'll leave a hint. Cake in a can.

-Circe, Grocery

Driftless Provisions Summer Sausage

The best tasting summer sausage! Locally produced and no nitrates. The texture is buttery and the seasoning is spot on. Great for snacks, cheese plates, or lunch boxes!

-Kate, Front End

Willy Street Co-op Nashville Hot Tofu Sandwich

Looking for the perfect grab and go lunch? The deli's Nashville Hot Tofu Sandwich is where it's at! A thick slab of Southern Fried Tofu cooked in spices, topped with veg-an mayo, pickles, and our Sumi Salad, this sandwich is the closest thing to perfection and super filling! I work in the Deli and still buy this for lunch every time it is available—it is that good!

-Rachael, Deli





9

10



11



12



13

Harmony Valley Farm Garlic Scapes L

This is my favorite part of the plant! I prefer the more mellow flavor, and find them easier to digest, especially compared to raw garlic. I love to puree them with a little olive oil, and add this to homemade vinaigrette, marinades, and sauces. You can also freeze the puree! They are incredible when pickled and used as a condiment.

-Andy, Purchasing

9

Bachan's The Original Japanese Barbeque Sauce

This sauce is the absolute best! It boasts sweet and salty umami flavors with a silky texture and consistency. It works well in marinades, drizzled over roasted veggies, or as a topping on your favorite Asian dishes.

-Collin, Cheese

10

The Delicouser Aleppo Chili Flakes i L

A sweet, mild heat—delicious on pretty much anything. Particularly good on pizza, pasta, risotto, and mild vegetables like potatoes or green beans.

-Isabel, Grocery

13

Shady Maple Acres L Rainbow Cherry Tomatoes

These locally grown rainbow tomatoes are only available for a short time every summer! They are the most flavorful tomatoes and a real summer highlight. I like to pair them with fresh mozzarella and crackers or sourdough toast but often find myself just eating them on their own.

-Hahna, Production Kitchen

11

Dasselito's L Sweet Heat Hot Pepper Sauce

As the name implies, it is a magical balance of mild jalapeño and sweetness that just seems to go with everything. It's a nice entry-level hot sauce that's more about flavor enhancement than scovilles. Of course, they also have some punchier flavors that are well worth a try. This company is a true local gem.

-Shannon, Grocery

12

Willy Street Co-op Spinach and Feta Brats L

YUM! Easy to prepare, great flavor, local, and good with or without a bun, with eggs, or anytime!

-Ellen, Logistics

13

Woodstock Organic Banana Water

Even as a fan of bananas, I never would have expected to enjoy something called "banana water," but here we are. It is delicious, and the perfect alternative to sugar-packed sports drinks. It's a thirst quencher, and a great pick-me-up on those days you're feeling a little groggy.

-Jake, Communications

14

Pranarōm Sandalwood, Organic Australian Essential Oil

This essential oil is rugged, woody and spicy, but it really shines when it's diluted in a neutral carrier oil such as jojoba— it becomes smooth, rich, warm, and slightly sweet smelling. This plus its anti-inflammatory and astringent properties make it a great beard conditioner, skin moisturizer (when diluted), or personal fragrance.

-Ben, General Merchandise

15

FEED Bakery Turtle Brownie With Pretzel Crust L

A delicious balanced sweet treat with a pretzel finish. For picnics or single serve for you!

-Stephen, Logistics

16

Hu Nut Butter Chocolates

The Hu Chocolates are some of my favorites, but I especially like their nut butter chocolates. From the almond butter to the cashew butter, they're all delicious, and that nut butter helps take the edge off of the bitterness of dark chocolate...making a square or two a nice after meal treat.

-Justin, Produce

17

Uglies Salt & Vinegar Potato Chips

These are the absolute best salt and vinegar chips! They're made with imperfect potatoes that might be thrown away by other companies, and Uglies donates to help children with food insecurity so the only guilt you'll have is from binge eating the entire bag of these delicious chips.

-Katy, Front End

18



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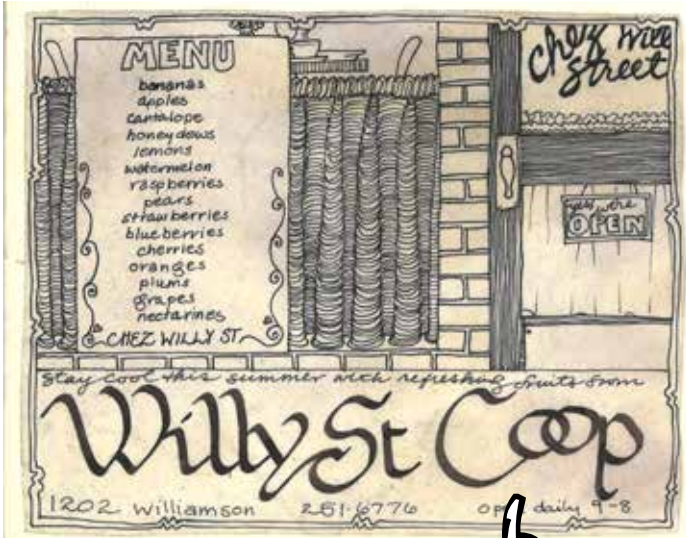
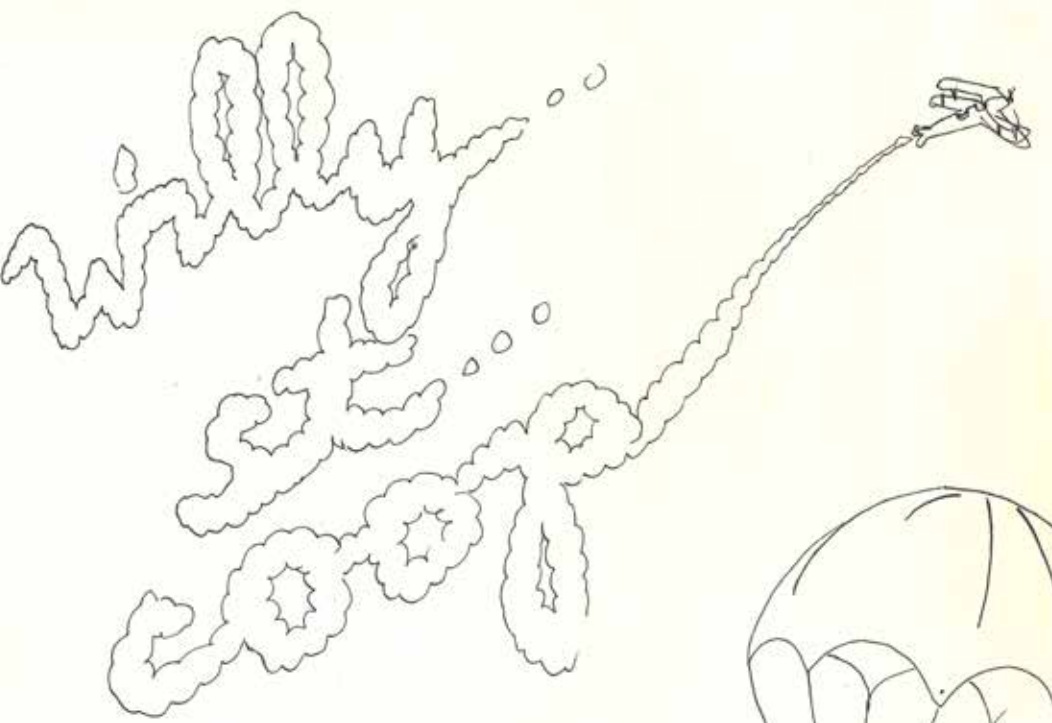
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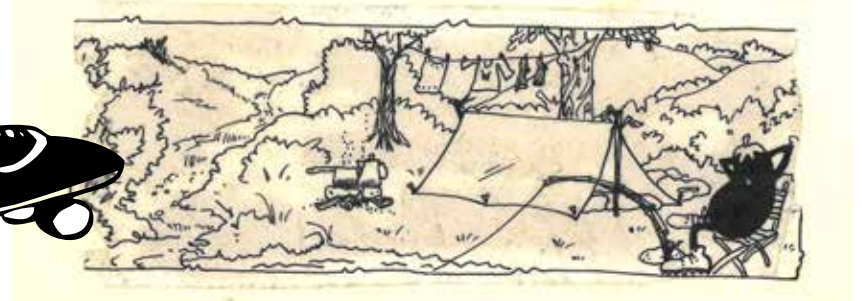
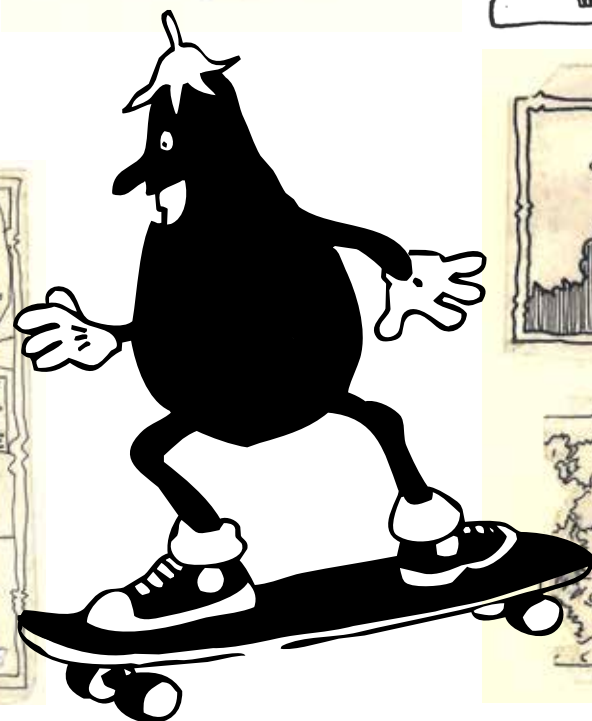
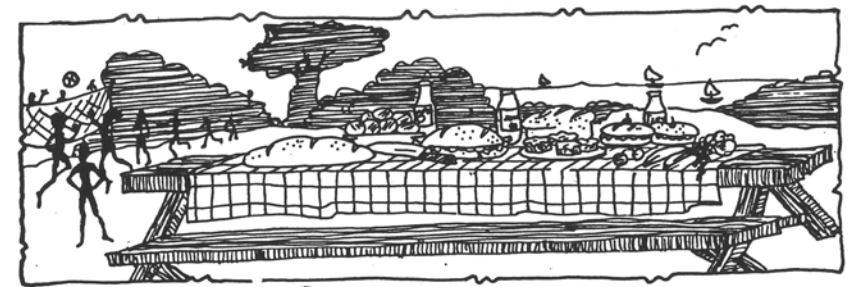
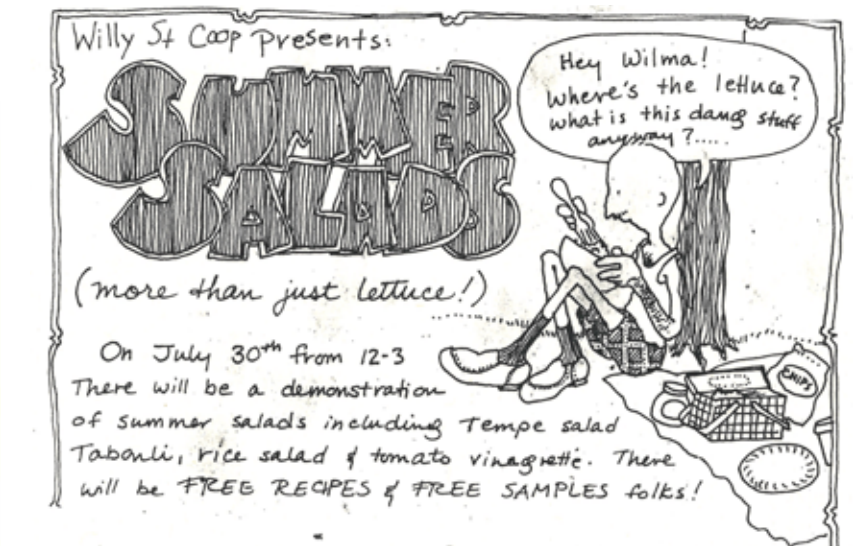
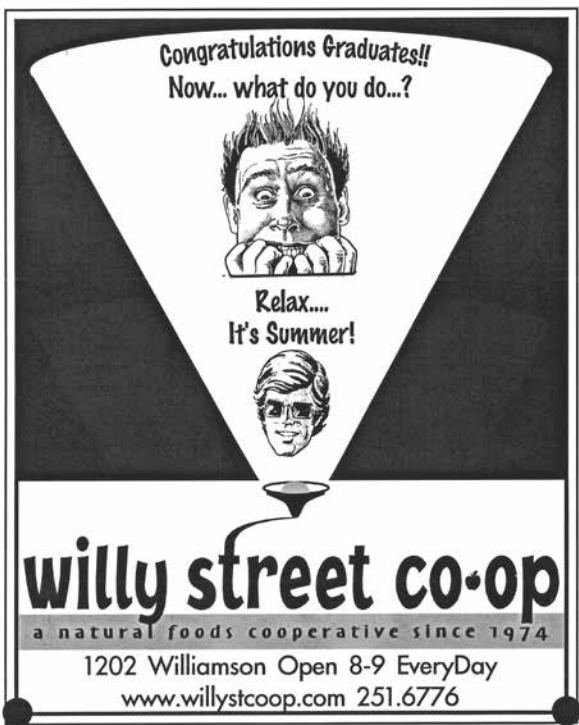
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18



OLD SUMMERTIME ILLUSTRATIONS & ADS



DELICIOUS IDEAS TO

CELEBRATE DAD

By: Dean Kallas, Grocery Category Manager



DRINKS

Made in Germany, the **VILLA WOLF PI-NOT NOIR ROSÉ** is a refreshing and light wine with a fruity flavor and aroma. A stellar choice for the summer solstice!

BELL'S BREWERY TWO HEARTED ALE is a really nice IPA that is brewed in Michigan with 100% Centennial hops. It has notes of pine, grapefruit, and citrus and is an ideal summertime beverage. Excellent for Brewers games, porch sitting, and get-togethers!

NIXIE ORGANIC GINGER LIME SPARKLING WATER is an effervescent flavor explosion. Their products are certified organic with no sugar added. It is not only fantastic on its own, but it also makes a terrific mixer.



GRILLING

ASPARAGUS is a good pick for grilling. Just drizzle a little oil over it, season it, and throw it on the grill. Pro tip: It should only be on the grill for a couple minutes at a high heat so it will get crispy and maintain its texture without getting stringy and mushy.

The **FIELD ROAST STADIUM HOT DOGS** are ideal for grilling. These plant-based hot dogs have a hardwood smoked flavor and are perfect with your favorite condiments!

GRASS-FED BONELESS RIBEYE STEAKS are an exceptional choice for Father's Day! I checked in with our Meat departments and they will have some thicker ones available for your grilling needs.



SIDES

Our Production Kitchen makes some pretty amazing food! Their **LEMON PARMESAN TORTELLONI SALAD** uses RP's Pasta Company tortelloni, which is mixed with roasted red peppers and artichoke hearts. They also make a **PORTABELLA PARMESAN SALAD** with local mushrooms, local cheese, and cavatappi noodles. **L**

Local powerhouse **VITRUVIAN FARMS** makes some really delightful salad mixes that should be available in time for Father's Day. Their Chef's Mix Salad Greens and Lettuce Blend are out of this world!! **L**

The **GOOD HEALTH SEA SALT AVOCADO OIL POTATO CHIPS** are a nice alternative side for a Father's Day meal. Big in flavor and low in sodium, they are a healthier choice for potato chip lovers.



DESSERTS

STRAWBERRIES are in season and this is a perfect time of the year to enjoy them fresh! Some folks like to combine them with rhubarb to make tarts, pies, or jams. They are sweet for making homemade ice cream.

TILLAMOOK VANILLA BEAN ICE CREAM is awesomely creamy on its own, but it also goes well with a good fruit pie. Hot fudge with raspberries and walnuts on top is an awesome combo!

JONNY POPS are organic frozen pops that can help you keep cool on a hot day. Their Rainbow Fruit Stacks are a Co-op favorite and a beautiful choice for June!



SNACKS

The locally made **FORTUNE FAVORS MAGIC BAR** is made in partnership with Mayana Chocolate from Spooner, WI. In addition to their Classic candied pecans, the Magic Bar uses salted pecan caramel, vanilla bean nougat, and a coating of 66% dark chocolate. **L**

G.H. CRETORS CHEESE & CARAMEL MIX POPCORN is handcrafted, small batch popcorn that combines salty and sweet flavors together in each bite.

CHOMPS ORIGINAL BEEF STICKS are made with grass-fed and -finished beef, real ingredients, and no sugar.



GIFTS

ERNIE'S KICK SAUCE was created in Madison by Sandra Morris and her mother, Ernestine. They were inspired by a family recipe brought from Gabon in Central Africa. Choose from Mild or Hot. **i L**

THE DELICIOUSER DEER CAMP SEASONED SALT is locally made with salt (of course), but also, ginger, licorice root, and Szechuan peppercorns. It goes great with meat, seafood, tomatoes, and beans. **i L**

TRIPLE CROWN ORGANIC CLASSIC BBQ SAUCE After 15 years of refining his recipe, Richard Schaaf entered his BBQ sauce at the Minnesota State Fair, where it would go on to win three blue ribbons (1994, 1997, 2001). It also happens to be vegan and gluten-free!

HAPPY FATHER'S DAY!



SALAD KITS

Quick, convenient option for a healthy camping meal or side dish.



CANNED WINE

Cans, unlike bottles, effectively protect wine from light damage. They can be more environmentally friendly than glass, and they're perfect for campgrounds not allowing glass bottles.



SKEWERS

Easy cooking and cleanup. You can cook a variety of meats, vegetables, and even desserts on skewers over a campfire.



BULK SUNRIDGE FARMS ORGANIC SUNNY FRUIT SLICES

Just for fun!



INSTANT COFFEE

Instant coffee dissolves quickly in cold or room-temperature water, eliminating the need for a camp stove or campfire to boil water.



BULK GRANOLA KITCHEN MILK CHOCOLATE MALT BALLS

Just for fun!



RAMEN

A quick, affordable, and shelf-stable option. Just add hot water!

GALLON CONTAINERS OF BULK WATER

Freeze to make ice packs that turn into drinkable water



DRIED APRICOTS

Lightweight, and nutrient-rich breakfast or snack.

STASHER BAG

Get reusable, sustainable food bags for hiking, backpacking, and camping from Stasher. Replace your camping lunch box with ultralight, leak-free food storage.



RECYCLED ALUMINUM FOIL

Useful tool for various tasks while camping, including cooking, cleaning, and more. It's especially popular for creating foil packets, which are easy to cook over campfires.



NUTRITIONAL YEAST

Easy way to add protein—just sprinkle some on top of any savory meal!



TORTILLAS

Takes up little space, can be used for a lot, won't get squished



GHEE

High smoke point, and doesn't require refrigeration—making it easy to pack and transport.



OVERNIGHT OATS

Easy to make and a no-fuss way to start the day. Throw in whatever fruit or trail mix you brought along for some added flavor and nutrients. Or bring along some Mush cups!



TIERRA FARM ORGANIC TRAIL MIX

Healthy snack that is sweet & salty.



OLDEN ORGANICS PRE-CUT VEGGIES & FRUIT

Ready to eat or roast over the open fire!



NUT BUTTER POUCHES

These pouches are ideal due to their long shelf life, high energy density, and portability.



RISHI TEA FILTERS

Steep coffee grounds in hot water for an easy cup in the morning!

Camping Hacks

Selection may vary by store

Not Just a Custom Shop.



Did You Know:

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

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

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By: Andy Gricevich

HAPPY ANNIVERSARY, PARKS!

This year marks the 125th anniversary of the Wisconsin State Parks system, and we’re here together in this article to celebrate not only the fantastic sites of the State Parks, but also our County and City Park systems. We’re so fortunate in our region to have access to so many incredible outdoor spaces!

If you live in Wisconsin (or are a seasonal traveler from the Chicago suburbs), you may well already have an attachment to some of the places mentioned here. You may have visited the northern extreme of the state, and fallen in love with the parks in the Great Lakes region, like the Apostle Islands, or gone up to any part of the Chequamegon-Nicolet State Forest. Perhaps you’ve visited places like Kohler-Andrae State Park, with its gorgeous dunes along the shore of Lake Michigan, or been to Wyalusing State Park, at the confluence of the Wisconsin and Mississippi Rivers.

Closer to home, you may have ventured to Devil’s Lake, with its incredible scenic hikes along stony bluffs, gigantic rocks to clamber upon, and great swimming when the day is done. Blue Mound State Park also offers incredible views of the surrounding countryside, as well as the glorious rises and falls in the landscape that begin as we enter the Wisconsin Driftless area.



Then there’s Governor Dodge State Park, locally famous especially for its waterfall-fed pond and its clean swimming and fishing lakes. It’s also full of forest, prairie, and wetland areas for all kinds of exploration, as well as dedicated trails for the equestrians among us; for those who aren’t, you’ll notice plenty of traces of horses to step over.

Even closer (Madisonians) you’ll find Donald County Park, with its large springs and pristine streams (adored by waders, trout-fishers, and gatherers of watercress), its lovely and leech-ridden pond, its old apple orchards, and its lofty, rocky summit—glorious on a clear day, and beautifully terrifying in a thunderstorm. Within the city itself, we have a huge number of fantastic parks and conservation areas. One of the gems here is Hoyt Park, located on the near west side of town. Dedicated volunteers (and a couple of rangers, one of whom might just be writing this article) have been working hard to restore Hoyt to an oak savanna environment that sustains a wide diversity of plant and animal life.

THANKS TO OUR PARKS DEPARTMENTS

Wisconsin features 50 state parks, 15 state forests, and 44 state trails. The statewide parks system was formally founded in 1900, and John Nolen (who Madisonians know primarily from the big road that runs along the lake near our Capitol) had a major hand in sketching out the plan for the preservation of our natural spaces for the public. The first official site was Interstate Park, along the St. Croix River. Devil’s Lake was one of the next to follow, and our state has kept the ball rolling ever since—establishing many areas for outdoor exploration, camping, and lots of other opportunities.

This year, our state is organizing a huge number of events to commemorate the anniversary of the Parks system—everything from pulling invasive species to birding outings to canoe

trips, guided wildflower explorations, classes with experts on reptiles, and more loosely structured hikes. You can see what’s coming up at dnr.wisconsin.gov/events. When you CHIP at the Willy Street Co-op registers, a percentage of your donation will go to the Friends of Wisconsin State Parks to help fund these events.

...AND THANKS TO OUR VOLUNTEERS

While the Department of Natural Resources and our local Parks departments are essential for the establishment and maintenance of our parks, Friends groups are also crucial. Though public funding for parks in Wisconsin is very strong, relative to many states, a lot gets done by volunteers, who meet for work days, raise funds, help host events, and educate the public about the history and ecology of our natural spaces. Volunteers have been working hard for decades in the parks (and in other places, like the countless units of the Ice Age Trail) to restore native habitats, build trails, and establish places for us to hike, camp, and experience the natural wonders around us.

In Madison itself, many parks and conservation areas have benefitted from that kind of care, and, all over, we’re seeing a resurgence of owls, fox dens, delicious wild berries, and so much more. There’s an encouraging overall trend at city, county, and state levels toward getting back to traditional methods of ecological preservation and restoration. Those include controlled burning of prairies and spacious woodlands—managed fires that can reduce invasive species and increase soil fertility—as well as bringing sheep and goats onto parklands, where they munch on undesirable shrubs, leaving more room for a diversity of native plants, and a less prickly and tangled environment for park visitors. Statewide, we’re seeing a lot of creativity and knowledge in action from the professionals and volunteers who take care of our Parks systems.

WHY WISCONSINITES LOVE OUR PARKS

There’s so much to exult in here! We live in an incredible landscape, sculpted by glaciers and the dynamics of our inland seas, and it’s easy to find an amazing spot, wherever you are. Even if you don’t have the time to drive hours north to the Superior shore, we have the Baraboo hills nearby (less than an hour out of Madison), which feature not only Devil’s Lake, but countless other state parks and natural areas.

Heading east toward Milwaukee, we have Aztalan State Park, home to some of the oldest-known earthworks built by indigenous people before European settlement. Aztalan was connected with other pre-settlement communities extending down as far as central Mexico, and is a great place to get a sense of that deep history.

In another direction, Ferry Bluff State Natural Area offers glorious views of the Wisconsin River, as well as bald eagle nests and other treasures. You might also pass it if you take a boat from Sauk City all the way down the river—maybe camping on the sandy islands in the middle of the Wisconsin—and hike up to the lofty heights at Wyalusing.

Closer to Madison, you can rent a canoe and/or campsite at Lake Kegonsa State Park, and have a great day on the water and in the woods. Rutabaga Outdoor Adventures in Monona offers both structured explorations on the water, and also boats you can just take out—maybe as far as Lake Farm County Park, a relatively neglected place full of a variety of shorelines, trails, wildlife and plants, as well as great recreational sites for gatherings of all kinds.

GATHER YOUR FOOD

Another great way to connect with any of these spaces is through foraging. So many of us have gotten hooked on life in the outdoors through running around and picking berries (or, speak-

ing of getting hooked, through fishing). If you're out with kids, and they're gathering food from the wild, you'll see that many of them will eat many more plants than they'd ordinarily touch—and that might be the same for you as well!

It's good to know the rules; in the state parks, you can harvest any fruit, nuts, or mushrooms, as well as anything that's considered bothersome (like garlic mustard and watercress). Friends groups and rangers may even be happy for you to gather those problematic plants—as when a ranger encouraged my young son and I to harvest prickly ash leaves and fruits.

The only native citrus family plant in our region, prickly ash is a close relative of Szechuan peppercorn. Because it's extremely thorny and thicket-forming, people don't usually want the plant around. Like Szechuan peppercorn, it also numbs the mouth (and has been employed traditionally to treat toothache). My son and I loved it enough to eat a ton of it, and we had a messy, but happy, drive home.

Generally, we're not allowed to take leafy plant material in the State parks, while County park rules are more variable. The City parks in Madison allow gathering pretty much anything, as long as you're not digging up a plant. Responsible foragers also don't gather anything from park lands for resale, which would amount to taking public property and charging the public for it.

If you're interested in wild food in Wisconsin, there are a lot of resources. Relatively near Madison, What Got Gathered, Eagle Outdoor Skills, Fire and Foraging, and Color in the Outdoors all give foraging walks. Linda Conroy is a local standby and a fabulous teacher, and will give a walk via your Co-op in August! A few hours north, Forager's Harvest is probably the best place in the nation to go for that kind of knowledge.

Probably the best tips—if you want to get started with wild food, but aren't yet ready to take a deep dive—are:

1. If a fruit looks like a raspberry or blackberry (made of all those little balls), you can eat it.
2. If a plant has a square stem, and smells like something you would clearly be fine with eating, it's in the mint family, and you can eat it.
3. If a plant smells strongly like onion or garlic, you can eat it.

The berry tip, in all honesty, is probably the only one most people will need—but it's the tip of an iceberg!

OUTDOOR TIME FOR BETTER LIVING AND LEARNING

Weslie Cymerman runs OWL (Outdoors We Learn). She's been a school-teacher, a wellness & PE teacher, camp counselor, and much more. She's landed on outdoor education as something she finds essential for both kids and adults, and I recently had the opportunity to talk with her about her journey toward making that her central focus.

Cymerman points to the difference between the ways kids behave indoors in classrooms, throwing buckets of pencils in the air, distracted and indif-

ferent, and the same kids grabbing a couple of acorns or leaves and tossing them around outside—and then having much more focused energy throughout the day. She thinks there's at most a marginal increase in labor-time for educators, and with much improved results—in terms of education and child development—when things move outdoors.

That's why Cymerman repeatedly speaks to the Madison School Superintendent's Board about the importance of more outdoor time for kids, whether it involves longer recesses for simply running around and working off energy, or if it includes gardening and eating plants the children helped grow themselves. Cymerman points to how much easier it seems to put kids on a screen than to get them outdoors and supervise them, but she insists that it's worth the little bit of extra effort.

For example, she notes that some of our public school students have been studying birds in their classrooms, but why don't they go out to spend time with the birds directly? That wouldn't be too hard to arrange at most schools, and could be part of science classes, and many other parts of an educational curriculum. Things could go beyond that, though: sunshine and fresh air generally wake our minds up, and can help make a beneficial environment for any form of learning. There's not any necessary contradiction between walking on a log or a balance beam and sitting down outside to work out equations and take notes on history.

SEE YOU OUT THERE!

Our public lands—from school grounds to City, County, and State Parks—offer endless opportunities for recreation, exercise, connection to nature, and overall well-being and enjoyment. Although Cymerman talks specifically about working with kids, her concepts apply to every one of us, and we can all benefit from taking advantage of the outdoor spaces to which we have access.

We're all still those kids! In a human-engineered world which can so often feel overwhelming, time in nature provides so much support for our bodies, minds, and emotions. The State Parks, in particular, give us large and grand outdoor spaces in which we can find space to connect with more natural rhythms, and with the incredible landscapes we have here in Wisconsin. Here's to the 125th anniversary of the Parks!

FOR MORE INFORMATION ABOUT THESE ORGANIZATIONS, GO TO:

- www.dnr.wisconsin.gov/events
- www.dnr.wisconsin.gov/topic/parks/125years
- www.outdoorswelearnmadison.com/
- www.willystreet.coop/event/late-summer-wild-food-wild-medicine-plant-walk/



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