

willy street co•op

READER

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

VOLUME 52 • ISSUE 5 • MAY 2026



Understanding Food Allergies: Food Safety and Inclusivity

SPECIAL STORE HOURS: 7:30AM - 7:00PM ON MONDAY, MAY 25TH (MEMORIAL DAY).

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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.

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..... **ASHWINI RAO**



..... **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 24, 2026

Sept. 23, 2026

August 26, 2026

October 28, 2026

EMAIL: BOARD@WILLYSTREET.COOP
ALL-BOARD@WILLYSTREET.COOP

(includes the GM, Executive Assistant, and Board Administrator)

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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

4 AUBERGINE
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Madison, WI 53703
(608) 400-9480
Open: Mo, Tu & Th 11:00am - 2pm
Or by appointment

CENTRAL OFFICE
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Madison, WI
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THE WILLY STREET GROCERY CO-OP

MISSION STATEMENT

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

EIGHT COOPERATIVE PRINCIPLES

- VOLUNTARY OPEN MEMBERSHIP
- DEMOCRATIC MEMBER CONTROL
- COOPERATION AMONG COOPERATIVES
- AUTONOMY AND INDEPENDENCE
- DIVERSITY, EQUITY, AND INCLUSION
- MEMBER ECONOMIC PARTICIPATION
- CONCERN for the COMMUNITY
- EDUCATION TRAINING AND INFORMATION



CARROT GREENS

I miss the bushy green leafy tops of the bunched carrots. Is there any chance they will be back or can one purchase just these fresh carrot greens? It appears they are chopped off a few inches above the orange carrot and I've asked at the service desk but the staff person did not know so I am inquiring here.

I checked in with our East Produce Buyer this morning, and they informed me that they have been receiving the product with the tops cut back. My understanding from our conversation is that the quality of the carrots themselves is fine. I think it's likely the tops had been removed by the grower/packer because of concerns with the quality. Unfortunately, there is not much we can do about this! Carrot "greens" by themselves are not a product that is offered by any distributor or grower. I expect that once the distributor has moved through the current inventory of "greenless, green top carrots" we should be able to get back into true "greentop" carrots, with the greens! Thanks for the comment and your support! -Andy Johnston, Produce Category Manager

ORGANIC AT THE CO-OP

I'm a new owner and I'm happy with the coop. I'm just curious if there is a definition for what is called "organic" at the coop? I'm a marketing major and know that term has been destroyed by marketers. So curious if there is some definition the coop uses to procure the things like produce and what organic means.

Great question. An organic product must be produced using agricultural production practices that: foster resource cycling, promote ecological balance, maintain and improve soil and water quality, minimize the use of synthetic materials, and conserve biodiversity. Producers must be certified organic and following all USDA organic regulations. The foods cannot be produced using genetic engineering, ionizing radiation, or sewage sludge. "Organic" is a USDA-regulated term and can only be used in specific ways under certain conditions. You can find more information at www.ams.usda.gov/rules-regulations/organic/labeling. -Brendon Smith, Marketing & Communications Director

CLEAN BATHROOMS

I just want to think the Willy North cleaning staff for doing such a great job. It cannot be easy keeping a fairly large and heavily trafficked environment like Willy North clean, and their work is much appreciated. I am especially grateful for the reliably clean restrooms - thank you!

Thank you for taking the time to share your feedback about our store cleanliness. Our custodial team works really hard to ensure a clean store and I'm sure they will appreciate hearing that their work does not go unnoticed. I will be sure to pass along your kind words! -Jenny Skowronek, Willy North Store Director

BULK COOKING GUIDES

I would love to try some of the quinoa and rice in bulk

area. Unfortunately there are not instructions. Suggestion: have a QR code by each item that the customer could scan for cooking instructions and possible recipes.

Thanks for taking the time to send in your suggestion! I have some good news: we do have those instructions online (www.willystreet.coop/bulk-cooking-guide) and we do have a sign in the aisle, but it seems like we need either more signs or a larger one.

We'll work on that! Thanks for letting us know and have a nice week! -Brendon Smith, Marketing & Communications Director
Editor's note: New signs with QR codes are now up in our Bulk departments and look like this:



BULK COFFEE PRICE

Wondering if you could put the price/oz. on the bulk coffee (Wonderstate). I'm always doing math over there.

Your recent suggestion to add the price/oz onto the bulk Wonderstate signs came at the perfect time. We happen to be in the process of redesigning our bulk coffee signage and are going to add the price/oz to the layout. I agree that having this info is really helpful when comparing items! -Lacey Smith, Logistics Manager

ANDY'S MUSHROOM ARTICLE

Loved the online article on mushrooms by Andy Gricevich. Research based and balanced.

Thanks so much for writing in and letting us know you loved the article on mushrooms by Andy. He is a great contributor to our *Reader*, and I will be sure to pass on the compliment to him. -Caitlyn Tompkins, Marketing Manager

KIDS CARTS AND BASKETS AT WILLY NORTH

Please consider flipping the location of the baskets and child carts/trolleys upon entering the north store. The normal traffic for shoppers is to walk left, which means it would be easier to grab a basket on the left side. When people forget or miss their basket on entering, it causes them to cut across the entrance and bump into others entering/exiting the store when backtracking to grab one. Meanwhile there are few families taking advantage of child carts, and they will be accustomed to looking for those specifically. A small pet peeve to be sure, but one that would improve many shoppers' first 30 seconds in the store.

Thanks for reaching out with your idea regarding the entrance at Willy North. The reason we have the kids carts next to the ice chest is because of the space needed for the carts. If we put them next to the ATM they stick out just enough to be a tripping hazard. Additionally, because the carts would have to be pushed right up against the ATM, putting them there would make accessing the ATM more difficult for anyone in a wheelchair. Having said that, I do agree that having the baskets on the other side of the entrance does make more sense with the flow of customer traffic. I'll see if I can come up with another solution to make that happen. -Jenny Skowronek, Willy North Store Director

COMMONS AT NORTH

This is a PRAISE issue! The front room at Willy North is an exceptional community resource. We often meet with one or two friends, pick up breakfast or lunch from the Co-op deli, and enjoy watching the world go by as we visit. If ever there's an opportunity to enlarge this space, go for it!

Thank you so much for sharing your feedback about our commons space. We are very fortunate to have such big windows to let in the natural light and the fireplace to make it cozy during the cold months. I am so happy to hear that you and your friends enjoy gathering here! -Jenny Skowronek, Willy North Store Director

CITRUS

I just want to commend the Co-op for sourcing OUT-OF-THIS-WORLD citrus. I love the citrus feature in the *Willy Reader* every year and I'm digging the TDE Triple Cross mandarins so much in particular this year (on top of the amazing blood oranges and cara cara as always). Please source them year after year!

Thanks for the positive feedback and I'm glad you're enjoying this season's citrus! Our distributors do a great job of sourcing direct from CA citrus growers, and they have a good grasp on the seasonality of the various citrus items. The quality of individual varieties can change from the beginning to the end of the season, and we try to highlight those items that are really good through our promotional programs and our weekly Produce News email that Owners can subscribe to. And yes, those TDE mandarins have been incredible: one of my favorite citrus items. Enjoy them while you can! -Andy Johnston, Produce Category Manager

PARKING AND CELL PHONES

I would appreciate it if you would ask people to not sit in the parking lot talking on their phones especially the West and East side Willy(as they both have limited parking). Note: This person today was not idling, just sitting and talking.

Thank you for taking the time to share your concern. We understand that parking at our East and West locations can be limited, particularly during peak shopping times. While we do our best to encourage timely turnover of parking spaces, we are not able to monitor or regulate how long customers remain in their parked vehicles. There may be many reasons someone needs to stay in their car for a short period of time. -Frantseska Kois, Willy West Store Director

FIZZEOLGY KIMCHI

I always look forward to shopping at Willy St West, so many great products and helpful staff. I've recently gotten acquainted with Fizeology Great River Kimchi. I've been reading about how fermented foods like that are good for gut health, and I like the taste when I add it to salads. Unfortunately, I've been experiencing empty shelves when I try to buy the product. Is there anything that can be done to satisfy my and other's hunger for this product? Thank you, and keep up the good work!

I reviewed the buying history at Willy West for this product and it appears it has been getting ordered recently. I am sorry you've encountered an empty shelf space. I will check in with the Grocery Manager at West and ask them to have their Buyer order a bit more. Fizeology recently changed how they distribute their products, so that may have played a role in it being out of stock on our shelves. -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

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JUST ENOUGH!

Feel free to purchase just one stalk of celery or broccoli, one bunch of grapes, or one banana.

Produce Staff can cut a cabbage or cauliflower in half for you.

Some restrictions apply.
Feel free to inquire if you have a question!

willy street co-op

Kitchens
Bathrooms
Additions
Whole House
Lower Levels
Porches
Decks

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

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**By: Anya Firszt,
General Manager**

Hello dear Owners,
Hello May! Happy May Day.
Last month, I mentioned that our March weather had been all over the place, and April was no different. I, for one, have seen (and heard) enough hail for a lifetime. Perhaps May will bring a warmer and more gentle forecast.

WHAT DO WE HAVE TO CELEBRATE THIS MONTH?

May offers May Day, Cinco de Mayo, Mother's Day, Asian American and Pacific Islander Heritage Month, and Memorial Day. You can find a little something to help you celebrate these days and all those days in between at the Co-op.

SUSTAINABILITY AWARD AND NOMINATION

Sustainable Middleton Award

Willy West has received a Sustainable Middleton Award. You might think this was for the rooftop solar panels installed in 2025, which produce 165 MWh of electricity annually, offsetting 22% of the store's energy needs. However, Willy West was also recognized as a popular "healthy sustainable food" grocery store, supporting local food systems by buying from local farmers, producers, and service providers. Building on these efforts, the Co-op has added a new fund to the Community Reinvestment Fund, called Rooted in Our Community. This \$20,000 grant giving fund was established to support the local sustainable food system. Additionally, the Co-op offers 450 local brands, representing one-third of our annual sales. Thank you, dear Owners, for making this all possible.

Destination Madison Award (DMA)

Willy Street Co-op has been nominated, along with 11 other Madison-area businesses, for the 2026 DMA Sustainability Excellence Award. This award recognizes

businesses that demonstrate exceptional commitment to sustainable practices, with an eye toward environmental consciousness, social responsibility, and economic viability. In recognition of these efforts, we congratulate all the DMA nominees. The award winners will be announced at the Summer Summit in June. Stay tuned for future updates.

REMINDERS

Just one more month to claim your Fiscal Year 2025 patronage refund store credit (if you received one). You have until June 28, 2026, to use it as store credit toward a purchase, redeem it for cash, or donate it to Double Dollars.

If you want to get Co-op notifications by email, please make sure that we have your current email address. You can update it at Customer Service or by emailing ora@willystreet.coop.

MARK YOUR CALENDAR - ALL STORES ARE CLOSING AT 7:00 PM.

- Memorial Day, May 25
- Year-end inventory count, July 3
- Independence Day, July 4

HAVE YOU HEARD?

WORT-FM has canceled this year's annual springtime outdoor music festival, WORTstock. The cancellation is reportedly due to budget cuts because of a "substantial deficit" following the loss of over \$112,000 in federal funding from the Corporation for Public Broadcasting.

IN REMEMBRANCE

We lost two Co-op community members last month: Becky Green and Alan West.

Becky Green was co-founder and Assistant Executive Director of Mentoring Positives, Inc. This nonprofit aims to serve at-risk youth in the Darbo-Worthington Park Neighborhood on Madison's east side and produces and sells Off the Block Salsa and frozen pizza. Throughout her work with Mentoring Positives, Becky's commitment and dedication to young people through mentoring and leadership have made a lasting impression. She will be missed by everyone who knew her.

Alan West was an avid bicyclist and Co-op shopper for as long as I can remember. There were days when I would run into him at all three of our stores. Alan was a kind and gentle soul who made a lasting impact in our community and will be missed by all who came into contact with him. Our deepest condolences to Alan's family and loved ones.

Until next month,

Anya



**By: Dan Streit,
Board Member**

OWNERSHIP MATTERS!

The last time you paid for your groceries at one of the Co-op's three locations, the staff person working at the cash register probably asked, "Are you an Owner?" If you're an Owner, you might have rattled off your Owner number and name without thinking too much about what that number means. If you're not an Owner, did you consider joining the Co-op when the staff person asked?

Willy Street Co-op's Board of Directors acts on behalf of the collective interests of the Co-op's 34,431 Owners. In this role, we want to both help current Owners maximize the value of their investment in the Co-op and encourage more community members to become Owners. But why does ownership matter?

1. Owners pay less for groceries. Owners who shop regularly at the Co-op will save about \$106 per year through Owner sales and discounts. Since you can become an Owner for only \$10 per year, most people will quickly recoup the cost of joining by paying less for their groceries.
2. Earn a return on your investment.

When the Co-op has a profitable year, the Board may authorize a patronage dividend to be paid to Owners. The amount of the dividend is generally based on how much each Owner shopped at the Co-op during the past year and is distributed as store credit. Owners can apply this credit to their bill the next time that they visit the Co-op. When the Co-op wins, Owners win!

3. Invest in your community. Willy Street Co-op is a cornerstone of Dane County's vibrant local food system and its robust local economy. Farmers and food producers in the area rely on the Co-op to sell their products and shoppers love that they can always find healthy, locally-grown food at the Co-op. Additionally, the Co-op sponsors community events and issues grants for projects that make our community stronger. Becoming an Owner of Willy Street Co-op helps the Co-op continue to do this good work.
4. Strengthen the Co-op. The financial investment that Owners make in the Co-op increases Willy Street Co-op's equity. More equity for the Co-op means that Willy Street is better positioned to invest in its stores and equipment, leading to an improved shopping experience for everyone.

Being an Owner of the Co-op is important and is a great financial investment. The Board of Directors is extremely grateful to the Co-op's 34,431 current Owners for the investments that they make in the Co-op. If you are not yet an Owner, please consider stopping by the Customer Service desk and joining the Co-op the next time you're at the store, or visit willystreet.coop/ownership. You will be glad that you did!

Marquette-Atwood Neighborhood Art Walk
Sunday, May 3, 2026 11:00 A.M. to 5:00 P.M.



Come enjoy a spring day!

Jewelry - Ceramics - Watercolor - Textiles - Graphic Art - Oil - Stained Glass - Lino-Cut Prints - Pottery - Illustration - Photography - Ink - Acrylic - Mosaics - 2D & 3D Mixed Media - Mobiles - Woodworking - Wearables - Batik - Sculpture - Greeting Cards

62 Artists at 36 residential locations

Find our Map at www.marquette-atwoodartwalk.com

Memorial Day Hours

Monday, May 25

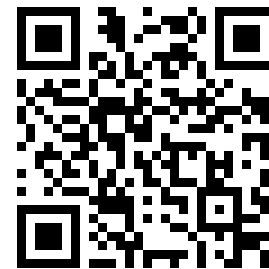
STORES CLOSING EARLY

@7pm



To register for classes and check out our refund policy, scan the QR code or go to:

www.wilystreet.coop/events



and a blueberry clafouti. Recipes contain: dairy, eggs, gluten. Demonstration with limited hands-on opportunities.

COOKING WITH CHEF PAUL: A TRIBUTE TO MARTIN YAN

Location: Willy West Community Room
Thursday, May 21, 5:30pm–7:30pm
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 to honor Martin Yan, a popular Chinese chef and TV personality. Paul will select some of his favorite recipes and adapt them to make in our home kitchens—certainly, fortune cookies will be included. On the menu: golden vegetable balls, steamed egg with meat and seafood, succulent mushroom and cabbage, and tender chicken foo yung. Recipes contain: egg, seafood, and wheat. Demonstration.

COOKING WITH CHEF PAUL: CAST IRON IOI

Location: Aubergine, 1226 Williamson St.
Thursday, May 28, 5:30pm–7:30pm
Ages: 12+; adult supervision required
Your Co-op's Own: Paul Tseng
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Bring your cast iron skillet from home to learn how to season, clean, and maintain it properly—this is one cooking pan you shouldn't be without! On the menu: vegan stir-fried vegetables, tofu with a vegetable medley, blackened fish, and vegan cobbler—all made in cast iron! Recipes contain: fish and wheat. Demonstration and hands-on.

TRADITIONAL TUSCANY

Location: Willy West Community Room
Wednesday, June 10, 5:30pm–7:30pm
Ages: 16+; adult supervision not required
Instructor: Sharon Long
Fee: \$40 for Owners; \$50 for non-owners
Capacity: 8

Sharon recently returned from a cooking course in Lucca, Tuscany, Italy, and she is ready to share her knowledge on two traditional Tuscan dishes: Torta D'erbe Lunigiana (vegetable pie) and Pici All'aglione (hand-rolled noodles with tomato garlic sauce)—both use the same dough. The torte filling will include chard, spring onions, zucchini, and perhaps other seasonal greens. Vegetarian. Recipes contain: milk, eggs, and wheat. Mostly demonstration with limited hands-on opportunities

CULTURAL INFLUENCES OF GUMBO: FRENCH

Location: Willy West Community Room
Thursday, June 11, 5:30pm–7:30pm
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 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: Au Gratin Crab, Pistollettes, Cajun Crepes. Everyone will make a French-inspired seasoning packet to take home. Recipes contain: eggs, wheat, dairy, and shellfish. Demonstration with limited hands-on opportunities.

COOKING WITH CHEF PAUL: POTSTICKERS

Location: Lakeview Library
Thursday, June 11, 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 potstickers from scratch, including the wrappers, fillings, dipping sauce, and how to fry the potstickers to golden brown perfection. Recipes contain: wheat, sesame, and soybeans.

THE THRILL OF THE GRILL: MEDITERRANEAN

Location: Willy East Rain Garden
Tuesday, June 16, 5:30pm–7:30pm
Ages: 12+; adult supervision required
Your Co-op's Own: Mike Tomaloff
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 10

Burgers, brats, and steaks are classic charcoal fare, of course, but there's more to explore in the Co-op Rain Garden where we will roast eggplant over hot coals for babaganoush, perfectly grilled marinated chicken and pieces of lamb sausage, pita bread brushed with olive oil and toasted on the grates, and grilled romaine and veggies, all served with tangy yogurt sauce and ice cold mint tea. Bring a lawn chair! Recipes contain: sesame, wheat, dairy. Demonstration with limited hands-on opportunities.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy West Community Room
Thursday, June 18, 5:30pm–7:30pm
Location: Aubergine, 1226 Williamson St.
Thursday, June 25, 5:30pm–7:30pm
Ages: 12+; adult supervision required
Your Co-op's Own: Paul Tseng
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 8

Chef Paul's own experience cutting himself in the kitchen prompted him to

share his knowledge to help others prevent such accidents. Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices, and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with. Hands-on.

TRADITIONAL LUCCA

Location: Aubergine, 1226 Williamson St.
Tuesday, June 23, 6:00pm–8:00pm
Ages: 16+; adult supervision not required
Instructor: Sharon Long
Fee: \$40 for Owners; \$50 for non-owners
Capacity: 8

Lucca is a town in Tuscany, whose culinary arts were made popular by Stanley Tucci. The widespread use of farro, borlotti beans (cranberry beans), and lacinato (dinosaur kale) is said to have started in Lucca. We will make the Luccan fruit bread, Buccellato, which originated in the 1400s. While that rises, we will prepare and enjoy farro soup that includes borlotti beans and lacinato. Vegetarian. Recipes contain: milk, eggs, and wheat. Mostly demonstration with limited hands-on opportunities.

THE THRILL OF THE GRILL: VEGETARIAN EDITION

Location: Willy East Rain Garden
Tuesday, June 30, 5:30pm–7:30pm
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 in the Co-op Rain Garden for a vegetarian feast all from the grill. Grilled romaine hearts with creamy roasted poblano and avocado dressing, halloumi cheese sliders with cucumber and watermelon relish, and grilled pineapple basted in brown sugar and rum with coconut sorbet for dessert! Vegetarian. Recipes contain: dairy, wheat. Demonstration with limited hands-on opportunities.



GUT HEALTH SERIES: SMOOTH MOVES

Location: Zoom
Wednesday, May 27, 12:00pm–1:00pm
Instructor: Katy Wallace, ND
Fee: Free; registration required

Capacity: 50

Learn how to overcome constipation for yourself or a loved one (kids included) without laxatives or other harsh approaches. Katy Wallace, Naturopathic Doctor of Human Nature, will explain the foods, seasonings, and lifestyle practices that relieve constipation and address underlying digestive imbalances.

GUT HEALTH SERIES: OVERCOMING HEARTBURN

Location: Zoom

Tuesday, June 2, 12:00pm–1:00pm

Instructor: Katy Wallace, ND

Fee: Free; registration required

Capacity: 50

Recent news articles have discussed that the majority of reflux and heartburn problems can be overcome through change in diet and lifestyle. This lecture will present food-based ways to address an "over-acidic" stomach and eat (and sleep) in comfort.



SPROUTS: HOMEMADE GIFTS FOR MOM

Location: Aubergine, 1226 Williamson St. Thursday, May 7, 4:00pm–5:30pm

Ages: 5-12 years old; adult supervision not required

Your Co-op's Own: Mike Tomaloff
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner

Capacity: 10

Mom deserves something nice for Mother's Day, and there's not a lot of room left on the fridge for another art project! Instead, we'll make her a nice box of decorated sugar cookies, some salted caramels, and a couple of all-natural fizzy bath bombs. Recipes contain: wheat, dairy. Hands-on.

SPROUTS: HERBS IN THE KITCHEN AND GARDEN

Location: Willy West Community Room Tuesday, May 19, 4:00pm–5:00pm

Ages: 5-12; 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 and the Sprouts to taste and learn about how to use several different herbs including dill, chives, parsley, and basil. Then we'll plant some herb seeds in cups to take home and use in our own kitchens when they grow! Recipes contain: dairy, eggs, tree nuts, soy. Hands-on.

SPROUTS: INDOOR COOKOUT

Location: Willy West Community Room Tuesday, June 9, 4:00pm–5:00pm

Ages: 5-12; 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

It's grilling season, time to make some cooking-out foods, indoors! We'll make two different types of barbecue sauce (enough to take some home, too!) and

we'll try 'em out on some chicken.

On the side? Is it a summer cookout if there's no potato salad? We'd better make some of that, too! Recipes contain: dairy, eggs, soy. Hands-on.

SPROUTS: S'MORE OR LESS

Location: Aubergine, 1226 Williamson St. Thursday, June 18, 4:00pm–5:00pm

Ages: 5-12; adult supervision not required
Well, Mr. T doesn't know how to turn cocoa beans into chocolate, but he definitely knows how to make marshmallows and graham crackers from scratch. Come and help him out and take some homemade marshmallows with you for the next time you're sitting at a campfire. Recipes contain: wheat, dairy. Hands-on.



45-MINUTE INDIVIDUAL NUTRITION CONSULTATIONS

Location: Aubergine, 1226 Williamson St. Wednesday, May 13, 2:15pm–5:30pm

Wednesday, June 3, 1:30pm–4:45pm

Location: Willy West Community Room

Wednesday, May 6, 2:15pm–5:30pm

Tuesday, June 16, 1:30pm–4:45pm

Fee: \$58 for Owners; \$93 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.

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.



COMPOSTING AND CARING FOR YOUR SOIL

Location: Aubergine, 1226 Williamson St. Wednesday, May 20, 5:30pm–7:00pm

Location: Willy West Community Room

Wednesday, May 27, 5:30pm–7:00pm

Ages: 12+; adult supervision required

Instructor: Wendy Porterfield

Fee: \$30 for Owners; \$40 for non-owners

Capacity: 20

The secret to edible gardening success is in the SOIL you're growing in. Come learn how to build and care for your soil year-round in a way that makes your plants thrive. We'll explore ways to turn all kinds of organic materials into beautiful, rich compost and compost tea, as well as how to use these in your garden. You'll also take home a bag of compost for making compost tea.



FORAGING AND USING NETTLES: FOOD, TEA, AND TINCTURES

Location: Aubergine, 1226 Williamson St. Saturday, May 2, 9:30am–11:00am

Ages: 15+; adult supervision required

Instructor: Wendy Porterfield

Fee: \$35 for Owners; \$45 for non-owners

Capacity: 12

"Stinging" nettles are one of the most

nutrient-dense greens around, and they grow all over the Madison area! Learn how to identify, forage, and use nettles in cooking, for tea, and as an herbal tincture (and how to preserve them for later). We'll taste-test these wild spring greens, and each participant will take home a bag of dried nettles.

WILD FOOD/WILD MEDICINE SEASONAL PLANT WALK

Location: Willy North and Warner Park Tuesday, May 12, 6:00pm–8:00pm

Ages: 12+; adult supervision required

Instructor: Linda Conroy

Fee: \$45 for Owners; \$55 for non-owners

Capacity: 20

Join Linda Conroy on this guided plant walk. Learn to slow down, observe closely, and meet the edible and medicinal plants growing in our local landscape. As we move through the terrain, we'll identify seasonal wild plants, exploring their traditional uses. You'll learn basic identification skills, ethical harvesting practices, and important safety considerations. Dress appropriately for the weather and wear comfortable walking shoes. Meet in the outdoor Commons at Willy North. Interactive walk.



The Renewal of the Seasons

THE ART OF JAMES WIDDER

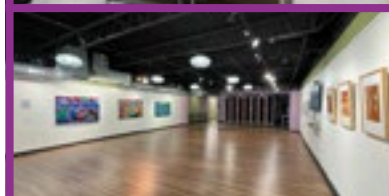
ART EXHIBITION MID-MARCH THROUGH LATE MAY

MMoCA Gallery Night: Friday, May 8th 5-9pm at Aubergine

Light snacks and refreshments will be provided. Live music, full bar available through open doors between Café Coda and Aubergine.

willy street co-op

Aubergine



Need a Place to Host?

The Co-op Community Spaces have you covered!

We've got spaces to host your next get-together, birthday party, book club, meeting, workshop, or any other fun idea you may be envisioning!

Check out both Aubergine and Willy West Community Room features and pricing at: www.willystreet.coop/community-spaces





FOOD ALLERGENS & NAVIGATING SUBSTITUTIONS

By: Kristina Kuhaupt, Customer Experience Manager

Did you know that May is Food Allergy Awareness Month? It is reported that approximately 33 million Americans live with food allergies, and 1 in 13 children have to navigate life-threatening food allergies. This is not a small number, and either you or someone you know may have this condition. If you have a food allergy, or think you might, talk to your doctor on how to properly manage it for you personally. Even if no one in your household has a food allergy, it is extremely important that you know what food you can and can't serve when hosting parties, work events, or guests at your home. Even preparing or serving food containing one or more allergens in the same area as allergen-free food could cause cross-contamination and potentially an allergic reaction episode.

Lily Varilla from Group Health Cooperative has written this month's feature article about food allergens, and she'll cover what they are, risk factors, allergic reactions, and some considerations for those who have one or more food allergies, or who are serving food to someone who does. I'll be focusing on the most common allergens at the Co-op and some substitutions you may want to try.

At your Co-op, any deli or hot bar prepared foods list all allergens on our ingredient stickers. Please be sure to check out those labels before gifting food or consuming it yourself. Additionally, all of our classes list allergens that one could encounter in that particular class. When signing up for a class, we ask if there are any accommodations we can potentially consider if you are interested in joining us. Not all requests can be fulfilled, but if we can make it happen, we will!

We suggest checking with a healthcare practitioner before making changes to your diet or taking supplements.

9 MOST COMMON ALLERGENS ARE:

- Milk:** This is not the same as being lactose intolerant. Being lactose intolerant is when you don't have the proper enzymes to break down lactose. Tends to be common in young children, but even more common in adults; however, milk that is baked in recipes usually does not trigger an allergic reaction. Although not every child outgrows this allergy, there is a possibility of that occurring. Substitutions: rice, oat, hemp, or pea milk, or tree nut milks such as almond, cashew, or coconut. Cheese substitutes: soy- or tree nut-based cheeses, a full replacement with sweet potato, potato, nutritional yeast, or avocado. Butter substitutes: soy, vegetable oil or ground tree nut butters, or full replacements with pumpkin puree, vegetable shortening, avocado, or apple sauce.
- Eggs:** This affects less than 2% of kids under six and is much less common in adults, with most kids growing out of it. Substitutions: If you want to replace egg in meals such as savory breakfast, you can use tofu (soy) or seitan (wheat). For baking, you can mix 1 Tbsp of ground flax seeds with 3 Tbsp of water to substitute for an egg. For baking substitutions, you can use 1/4 cup mashed banana, or 1/4 cup unsweetened apple sauce and 1/2 tsp baking powder instead of an egg.
- Peanut:** This is not the same as a tree nut allergy, due to peanuts being a legume just like soybeans, peas, lentils, and beans. Unfortunately, most peanut allergies are hard to outgrow over time, but treatments to help aid are becoming more widespread. Substitutes: sunflower or soynut butter, or tree nut butters such as almond or cashew butters.
- Soy:** These allergens are part of the legume family, and those allergic to soy have a higher likelihood of developing a peanut allergy as well. Children tend to outgrow this allergy over time.
- Wheat:** This is not the same as Celiac disease. Although it can produce similar outcomes, the root cause of what is happening to one's system is completely different. Substitutions: One can try different types of tree nuts (almond, coconut, cashew, or hazelnut), grains (buckwheat, rice, amaranth, sorghum), or root vegetables (potato, tapioca, arrow root).
- Tree nuts:** This is a very common allergy for both children and adults, reporting walnut, almond, hazelnut, pecan, cashew and pistachio as allergen triggers. Interestingly enough, a person can be allergic to one type of tree nut and be completely fine with another. Seeking a medical professional for testing which specific tree nuts one is allergic too is highly encouraged due to the wide variety of these allergens.
- Shellfish:** This is the most common allergy in both adults and children alike, affecting about 2-3% of people in the U.S. There are two types of shellfish allergies, crustaceans (shrimp, prawns, crab, and lobster) and mollusks (clams, mussels, oysters, scallops, octopus, squid, abalone, and snails).
- Finned fish:** This is not the same as a shellfish allergy. Salmon, tuna, catfish, and cod tend to be the most common triggers.
- Sesame:** This is the ninth-most common allergen, and as of January 1, 2023, sesame must be labeled in plain language on packaged foods in the U.S.

Lastly, did you know your Co-op has hundreds of recipes for free where you can easily search by category and dietary/allergen categories? I recom-

end checking out: www.willystreet.coop/recipes. It is a great way to meal prep and help get a start on what yummy dishes you can make while navigating a serious food allergy.

Below are a couple of the Co-op's popular recipes—free of the top nine allergens!



Vegan Smoky Black Bean & Sweet Potato Salad

Yield: 2 pounds

Preparation

Ingredients

1 pound sweet potatoes, 1/2" dice
 1/2 cup cucumbers, 3/8" dice, seeds removed
 1/2 cup red bell peppers, 3/8" dice
 1/2 cup red onion, 3/8" dice
 3/4 cup sweet corn kernels
 1/2 can of black beans (16oz) drained and rinsed, or 1/2 pound cooked
 1/4 cup chopped cilantro
 scant 1/4 cup vegetable oil
 1 teaspoon coriander
 Salt and pepper to taste

Dressing

1/2 tablespoon minced garlic
 2-4 chipotle peppers in adobo sauce
 2 tablespoon lime juice
 4 tablespoon cider vinegar
 1/4 cup olive oil

In a large bowl, combine the corn kernels with the coriander and just enough oil to coat them, spread on a baking sheet, and roast in a 375° oven until the kernels are just browning on the edges.

Use the same bowl to toss the sweet potatoes with enough oil to coat and some of the salt and pepper, spread on a sheet pan and roast until the potatoes are tender throughout and browned and crispy on the edges.

Allow the corn and potatoes to cool and combine with the cucumbers, peppers, red onion, cilantro and beans.

Make the dressing by combining the garlic, chipotle peppers, lime juice and vinegar with an immersion blender, or in the cup of a table top blender or food processor. When well combined and pureed, gradually drizzle in the olive oil.

Pour this dressing over the salad and mix well, coating all of the ingredients. Season with salt and pepper to taste. Allow the ingredients to meld for an hour or two, but you may serve immediately. Keep the completed salad covered in the refrigerator for up to 6 days. The dressing is great on its own as well on salads or as a marinade.



Marinated Mushroom and White Bean Salad

Preparation

Cut mushrooms in half, if they are large, cut them into quarters, and set them aside.

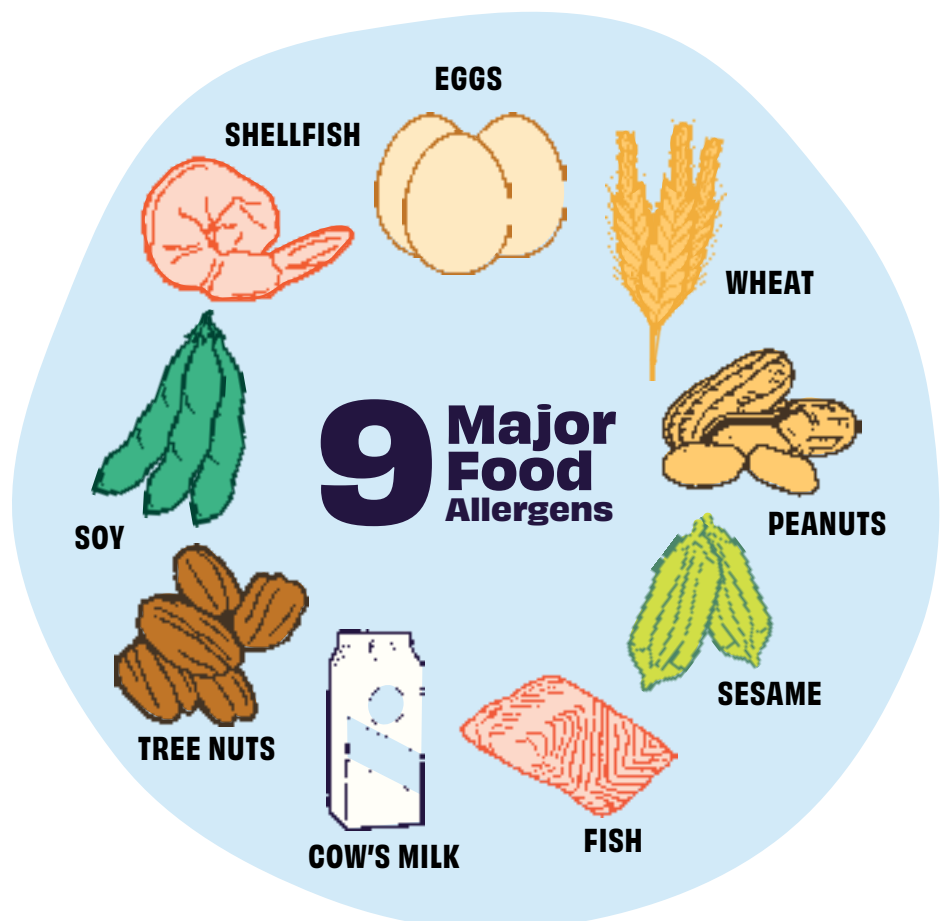
Ingredients

8 ounce whole white button mushrooms
 12 ounce can quartered artichoke hearts
 15 ounce can navy or cannellini beans
 1/2 red onion, sliced thinly
 1 medium carrot, thinly sliced on the diagonal
 1/2 bunch fresh parsley, chopped
 1/4 cup white wine
 1/4 cup white wine vinegar
 1/2 cup olive oil
 1/2 teaspoon ground fennel seeds, crushed
 1/2 teaspoon dried oregano
 1/2 teaspoon ground coriander seed
 1 teaspoon salt
 1 teaspoon black pepper
 1/4 teaspoon red chili flakes (optional)

In a small bowl combine the vinegar, wine, olive oil, fennel, oregano, coriander, and the chili flakes if you choose. Pour this mixture over the mushrooms and toss to coat and allow to marinate for at least 15 minutes, up to a few hours.

While the mushrooms are marinating, drain the beans and combine with the parsley. Drain the mushrooms and reserve the marinade. Heat a non-reactive pan that has a lid over high heat until the pan is very hot and water droplets skitter across the surface. Turn off the heat and add the mushrooms all at once and allow them to sear a bit before stirring them a bit. Turn the heat back on to high and cook the mushrooms for a bit before adding the carrots, cook them briefly, add the onions and then add all of the marinade at once. Turn off the heat as soon as it simmers, remove from the heat and pour over the beans and mix well before seasoning with salt and pepper.

The mushrooms should not give up much of their liquid, and the carrots should still have some tooth. Serve warm or cold, on its own or with spring greens.



AAPI

HERITAGE MONTH



COUNTRY ARCHER
JERKY & SNACK STICKS **i**



BACHAN'S
JAPANESE
BARBECUE SAUCE **i**



MADAME CHU
SOUTHEAST ASIAN
CONDIMENTS **i** **L**



MOTHER IN LAW'S
KOREAN KIMCHI
& GOCHUJANG **i**



RED BOAT
FISH SAUCE **i**

For Asian American and Pacific Islander Heritage month, we're highlighting AAPI-owned Inclusive Trade vendors.



i = Inclusive Trade **L** = Local

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



A WAFFLE BRUNCH BOARD

By: Micky Ellenbecker, Purchasing Assistant

Awaffle brunch board? Yes, please! Who doesn't love brunch, and now with a new spin on it. Even better! It could be your excuse to invite friends and family over for your next creative kitchen masterpiece. I've put together a list of waffle board worthy items for you to consider when making your own masterpiece. I hope to inspire!

Let's start with the main component, which is—of course—waffles. If you have a waffle iron or can borrow one, homemade waffles from scratch are the way to go if you want to pull out all the stops for your guests. You could also opt for the Birch Benders Waffle Mix. If a waffle iron isn't in the cards, French toast or pancakes make for great substitutions. I'll shamelessly plug my Sheet Pan Pancake recipe from a handful of years ago. There is something to be said about the ease of pulling one giant pancake out of the oven that can be cut into squares. Plus, they're delicious and don't have to be distributed in batches.

There are so many delicious choices when it comes to toppings, and the bonus with hosting friends and family is that you get to add more toppings with more people. There are only so many square inches of waffle a person can fill, but why not make it an event with a fun and unique spread that calls for creativity. You might come up with a new favorite!

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Classic Crispy Waffles

Yield: 10–12 large waffles

Preparation

In a large mixing bowl, whisk together the flour, baking powder, baking soda and salt. Make a well in the center of the dry ingredients and add the milk, whisking until just combined. Whisk in the melted butter and vanilla until well combined.

In a separate bowl, beat eggs until light and frothy and then fold the eggs into the batter a few times. The batter should be streaked with the beaten egg. Sprinkle the batter with 2 tablespoons sugar and gently fold it in until very few streaks of egg are showing. The batter should still be slightly lumpy.

Let the batter set in the refrigerator for at least 10 minutes while you preheat the waffle maker to medium-high heat. Generously spray top and bottom of the waffle maker with non-stick cooking spray and cook waffles according to your waffle maker's instructions.

For my waffle maker, I fill it about three-quarters of the way full, spreading it to fill in any gaps. Close the lid gently and cook until the waffles are golden brown and crisp, about 5 minutes. I try not to peek for at least 4 minutes. Keep the cooked waffles in a 200°F warm oven while you make the remaining waffles.

Ingredients

12 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
2 cups whole milk
½ cup butter, melted & slightly cooled
1 teaspoon vanilla
2 large eggs
2 tablespoons sugar

Recipe courtesy of: thebakermama.com

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Classic Sheet Pan Pancakes

Yield: 10–12 pancakes

Preparation

Preheat the oven to 400°F. Grease an 18×13-inch baking sheet. I prefer butter, but a cooking spray will also work.

Whisk together the buttermilk, eggs, melted butter, and sugar. In a separate bowl, mix together the flour, baking powder, baking soda, and salt.

Add the dry ingredients to the wet ingredients, using a spatula to gently fold together and being careful not to overmix.

Transfer the batter to the prepared baking sheet and spread evenly, and add desired toppings. Bake for 15–18 minutes or until golden brown. Let cool for a few minutes, cut into squares and serve with your favorite sides!

Ingredients

2 ½ cups buttermilk (can sub milk)
2 large eggs
6 tablespoons melted butter (can sub canola oil)
¼ cup sugar
3 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon baking soda
½ teaspoon salt
desired toppings of your choice
maple syrup for serving

Recipe adapted from: melskitchencafe.com

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Easy Mixed Berry Compote

Yield: 3 servings

Preparation

Combine the berries and lemon juice in a medium saucepan. Heat over medium-high heat for 3–4 minutes.

Bring the mixture to a boil, then reduce the heat slightly and simmer for an additional 2–3 minutes.

Lightly press the berries with a fork or masher to release their juices, avoiding complete mashing.

Add sweetener towards the end, stirring well. Adjust with more lemon juice or sweetener as desired.

Remove from heat. Serve the berry compote immediately or let it cool for later use.

Ingredients

1 ½ cups mixed berries or individual berries (strawberry, blueberry, raspberry, etc.)
1 tablespoon maple syrup or other sweetener (add more or less to taste)
½ lemon, juiced (adjust to taste) or bottled juice for longer storage

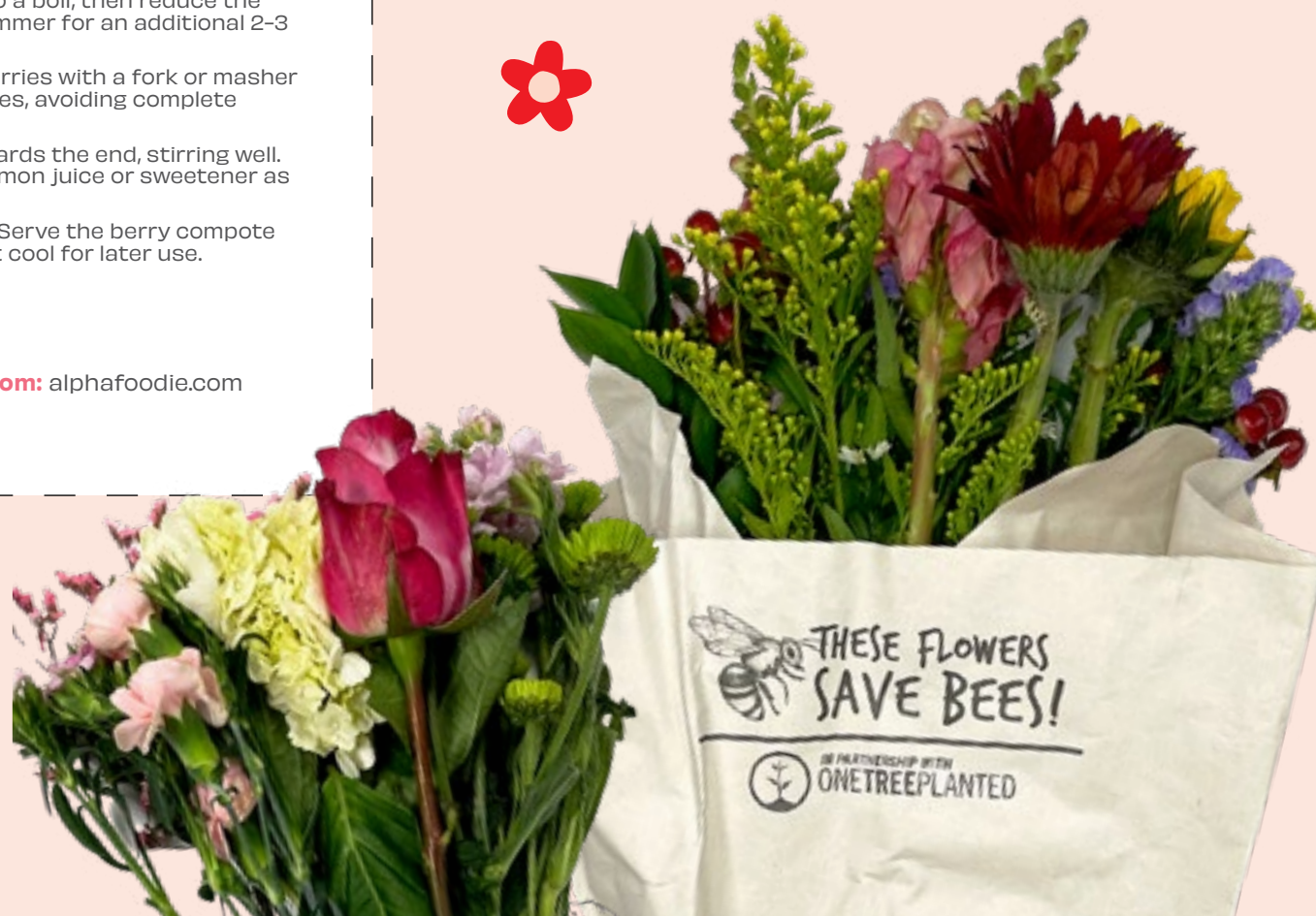
Recipe adapted from: alphafoodie.com

DON'T FORGET THE FLOWERS!

Dozen Roses Bouquet \$9.99
Tulip Bouquet \$9.99
Wildflower Bouquet \$9.99
Bee Grateful Bouquet \$14.99

Bee Thankful Bouquet \$17.99
Bee Sweet Bouquet \$24.99
Mother's Day Bouquet \$17.99
Mother's Day Bouquet \$24.99

while supplies last





KERRYGOLD SALTED BUTTER

I'm going to recommend Kerrygold Salted Butter because why not use special butter for a special occasion. This Irish grass-fed butter has a higher fat content than American styles, giving it a richer flavor and deeper yellow color.



NOCCIOLATA ORGANIC HAZELNUT SPREAD

While Nutella made the classic chocolate hazelnut spread widely known and appreciated by most, Nocciolata uses high quality and organic ingredients for a cleaner premium product. All three stores carry both the dairy and dairy-free options.

EMBARK BOURBON BARREL AGED MAPLE SYRUP

Sure, you could use standard syrup, but adding another unique flavor profile to the spread could really elevate the experience, at least for the adults. Plus you'd be supporting a woman- and locally-owned business from the Driftless area.



GRIND-YOUR-OWN NUT BUTTERS

If you haven't tried the fresh ground nut butters offered in the Bulk department, you're missing out! Unsalted Roasted Peanut Butter, Unsalted Roasted Almond, and Honeynut Peanut Butter are offered at all three stores. Pre-



packaged nut butters don't hold a candle to the freshness factor that grind-your-own offers. (Sorry if you have a peanut allergy!) Plus you don't have the mess of having to stir in oils that have separated.

FRESH BERRIES

Fresh berries are such a classic and satisfying option that it might be blasphemous NOT to include them. Keep it simple with some sliced strawberries or make an easy compote.



CROFTER'S JUST FRUIT SPREADS

Their line of Just Fruit Spreads are just that—no added sugar. And when you've got syrup or other sweeteners, you likely won't need or want the added sugar. I love the Wild Blueberry for this type of application, but we also carry Strawberry, Raspberry, Apricot, and Super Fruit at all three stores.



QUINCE & APPLE TART CHERRY & WHITE TEA

Take it up a notch with the artisan preserves from Quince & Apple. The cherries bring a bold bright flavor, while the tea adds subtle floral undertones.



KALONA SUPERNATURAL ORGANIC HEAVY WHIPPING CREAM

I don't think it's any secret that Kalona produces some exceptional heavy cream. Its fresh flavor makes it stand out among the rest, which is partly due to the fact it's non-homogenized. This also lends itself to the best base for whipped cream, which is ultimately the point I'm trying to make. Let's just go all out, right?



BEELER'S HICKORY SMOKED BACON

No brunch is complete without bacon—at least by my standards. I prefer Beeler's Hickory Smoked Bacon largely because it's nitrite-, nitrate- and preservative-free. Whether you decide to chop it up or leave it as whole strips, bacon would complement either a sweet or savory mountain of waffle toppings (because we are definitely getting to the topple over point).



SPARKLING ROSÉ MIMOSAS

Wash it down with a Sparkling Rosé Mimosa! I am a pulpy O.J. kind of person and would recommend Uncle Matt's Organic Orange Juice with Pulp, but the Pulp Free option is also good for those who can't hang. If you prefer an alcoholic Rose, go with Biancavigna Prosecco Rose. For a non-alcoholic version, Leitz Eins Zwei Zero, Sparkling Rose is the leading favorite among customers.



ROUNDING IT OUT

In addition to all the toppings, the waffle board could use some sides to round it out. Deviled or hard-boiled eggs, sausage links, salami slices, sliced cheeses, kringle slices, Greenbush Old Fashioned Donuts, Abe's Mini Muffins, Cosmic Crisp apple slices, navel orange wedges, Bartlett pear slices, and kiwi are all great additions.





30% OFF!

Aura Cacia
Mineral Bath
2.5 oz • Save \$1.10
\$2.69



Aura Cacia
Lavender Aromatherapy Mist
4 fl oz • Save \$2.00
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Bionaturae
Organic Fruit Spread
Select Varieties
9 oz • Save \$1.20
\$4.29



Fage
Total Greek Yogurt
16 oz • Save \$1.49
\$3.50



make Mom brunch!

Canyon Bakehouse
Gluten-Free Bagels
14 oz • Save \$2.30
\$5.99

Chocolove
Chocolate Bars
2.9–3.2 oz • Save \$1.49
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Bizzy
Organic Cold Brew Coffee
48 fl oz • Save \$1.30
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30% OFF!

Cascadian Farm
Organic Hash Browns
12–16 oz • Save \$1.69
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Evolution Fresh
Organic Cold-Pressed Juice
Select Varieties
15.2 fl oz • Save \$1.00–\$1.30
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Nature's Path
Organic Waffles
7.4 oz • Save \$1.29
\$3.00



30% OFF!

*** HAPPY ***
MOTHER'S DAY

APRIL 29–MAY 19

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Sales For Everyone!

**TWO
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Ardor
**Organic Sparkling
Energy Water**

12 fl oz • Save \$1.58 on 2

2 for \$5



Bionaturae
**Organic Durum
Semolina Pasta**

16 oz • Save \$1.98 on 2

2 for \$6



GT's
Organic Kombucha

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2 for \$5 **i**



Green Mountain Gringo
Yellow Tortilla Strips

8 oz • Save \$1.58 on 2

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Fillo's
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**Peanut Butter
Filled Pretzels**

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Organic Valley
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\$5.99 **L**

Siete
Refried Beans

15.5–16 oz • Save \$2.58 on 2

2 for \$4



**40%
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Better With Buckwheat
Buckwheat Crackers

4 oz • Save \$1.80

\$4.99

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2.8 oz • Save \$1.00

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Amy's
Burritos

Select Varieties

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Beyond Meat
Beyond Beef Grounds

16 oz • Save \$3.00

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Booda Organics
**Booda Butter Deodorant
Cream**

2.4 oz • Save \$2.50

\$5.49 **i**

Dr. Bronner's
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Soap Refill**

32 fl oz • Save \$4.00

\$13.49



**30%
OFF!**

Badger
**SPF 50 Adventure
Mineral Sunscreen**

2.9 fl oz • Save \$6.50

\$13.49 **i**

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\$3.99

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\$15.99



**30%
OFF!**



**35%
OFF!**

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Organic Ashwagandha

90 cap • Save \$11.00

\$18.99 **i**

Equal Exchange
Organic Raw Almonds

bulk • Save \$2.00/lb

\$11.99/lb **i**

Grillo's
Dill Pickle Spears

32 oz • Save \$1.80

\$5.99



Organic India
**Organic Whole
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\$12.99

Organic Valley
**Organic Shredded
Cheese**

4–6 oz • Save 50¢–\$1.00

\$4.99 **L**

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**Dr. Formulated
Probiotics Once Daily**

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\$28.99



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Sales on this page valid April 29–May 19, 2026.
All sales and coupons subject to availability. Sales quantities limited.



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\$7.99

Applegate Farms
Organic Beef Hot Dogs
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Santa Cruz
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35% OFF!



Beyond Meat
Plant-Based Brats
14 oz • Save \$2.50
\$7.99

Follow Your Heart
Original Vegenaize
14 fl oz • Save \$1.30
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Boulder Canyon
Potato Chips
5.25–6.5 oz • Save \$2.98 on 2
2 for \$6

30% OFF!

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Lump Hardwood Charcoal
8.8 lb • Save \$3.50
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Alba Botanica
SPF 50 Mineral Sunscreen
3 fl oz • Save \$5.30
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35% OFF!

Alden's
Organic Ice Cream
48 fl oz • Save \$1.50
\$9.49



Bubbies
Sauerkraut
25 fl oz • Save \$1.80
\$7.99 **L**



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Organic Iced Tea
16 fl oz • Save \$1.58 on 2

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Pure Coconut Water
16.9 fl oz • Save \$2.58 on 2

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Organic Smoothies
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Roar
**Organic Electrolyte
Beverage**
18 fl oz • Save \$1.58 on 2

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Peter Rabbit
Organic Baby Food
4–4.4 oz • Save 98¢ on 2

2 for \$4



Nixie
**Organic Sparkling
Water**
8 pk • Save \$1.50

\$4.49

De La Calle
Organic Tepache
12 fl oz • Save 90¢

\$1.59

Deep Indian Kitchen
**Potato & Pea
Samosas**
11 oz • Save \$2.00

\$5.49



Primal Kitchen
Dressings
8 fl oz • Save \$2.80

\$5.99

South of France
Bar Soap
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Equal Exchange
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Bars**
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Badger
Broad Spectrum SPF 40 Baby Mineral Sunscreen
Chamomile & Calendula



SPF 40
Zn ZINC OXIDE
80 MIN
REEF-SAFE
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Badger
Broad Spectrum SPF 40 Kids Mineral Sunscreen
Tangerine & Vanilla



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REEF-SAFE
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Badger
Broad Spectrum SPF 30 Active Mineral Sunscreen
Unscented



SPF 40
Zn ZINC OXIDE
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Badger
Broad Spectrum SPF 40 Sport Mineral Sunscreen
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SPF 50
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80 MIN
REEF-SAFE

Alba Botanica
Broad Spectrum SPF 50 Sheer Mineral Sunscreen
Fragrance-free



SPF 30
BIO-DEGRADABLE FORMULA
Zn ZINC OXIDE
80 MIN
REEF-SAFE

Alba Botanica
Broad Spectrum SPF 30 Sheer Mineral Sunscreen
Fragrance-free



SPF 30
BIO-DEGRADABLE FORMULA
Zn ZINC OXIDE
80 MIN
REEF-SAFE

Alba Botanica
Broad Spectrum SPF 30 Sheer Mineral Sunscreen Spray
Fragrance-free



Alba Botanica
After Sun Gel 98% Aloe



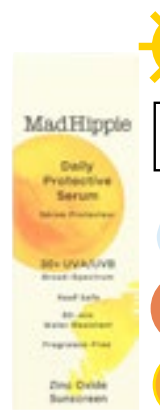
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Mad Hippie
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Fragrance-free



SPF 30
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SPF 50
Zn ZINC OXIDE

The Seaweed Bath Co.
SPF 50 Weightless Face Shield Mineral Sunscreen
Fragrance-free



SPF 50
Zn ZINC OXIDE

The Seaweed Bath Co.
SPF 50 Invisible Mineral Sunscreen
Fragrance-free



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Badger
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ESSENTIAL OILS
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Anti-Bug Shake & Spray



ESSENTIAL OILS
DEET-FREE

Quantum Health
Buzz Away Extreme Insect Repellent
Repels Mosquitoes & Ticks



Pranarom
After Bite Eraser



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Nantucket Spider
Outdoor Garden Incense Sticks
Alternative to citronella candles



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Nantucket Spider
Extra Strength Tick Repellent



Quantum Health
Buzz Away Sting Soothe Bug Bite Relief

BUG



Find SUN + BUG supplies in our Wellness department!



**BY: MELISSA REISS,
PURCHASING ASSISTANT**



**OLDEN ORGANICS
VEGGIE SNACK PACKS**



Perfect for a healthy on-the-go snack! Grab this variety of locally grown carrot sticks, celery, cauliflower florets, and grape tomatoes to fuel whatever adventure you're on. Available at all stores in the Produce section with the other great variety of convenient, locally packaged fruits and vegetables.



**DOWN TO EARTH "VINTAGE"
GLASSES, NEW DESIGNS**

Brand new whimsical designs on this popular Co-op product! They call it a "vintage juice glass," and—with a seven-ounce capacity—they are great for cocktails and mocktails, too! We've carried a few designs of these for years. Add to your collection! Dishwasher safe. Available at all stores.



**WOODSTOCK ORGANIC
FLAVORED BANANA WATER**

Woodstock Organic Banana Water is an innovative, all-natural hydration beverage made from organic Thai heirloom bananas using a proprietary enzymatic process to naturally extract the purest, nutrient-rich water from the pulp. This process yields a clean, refreshing drink that is a potent, natural source of essential electrolytes, including significant levels of potassium and magnesium, vital for muscle function, nerve signaling, and fluid balance. Woodstock Organic Banana Water offers a superior, whole-food alternative to traditional sports drinks and coconut water for comprehensive electrolyte replenishment. Now with three new flavors: strawberry, blueberry, and chocolate! Available at all stores.



**WILD HARVEST ORGANIC
STRING CHEESE**

Grab the protein-rich convenient treat for summertime snacking! Crafted with certified organic part-skim milk, without any artificial colors or flavors. These individually wrapped, portable sticks are ideal for on-the-go snacking. Whether you're packing a lunchbox, heading to the beach, enjoying a picnic, or just need a quick bite from the fridge, keep it chilled and enjoy the pure goodness of organic dairy! Available at all stores.

**RACINE DANISH KRINGLES
SINGLE-SERVE KRINGLE**



Introducing the new single-serving kringle! Now you can fit Wisconsin's Official Pastry in your back pocket for a quick and satisfying treat anytime, anywhere.

This is a single-serving slab of the classic, ring-shaped Danish pastry, ensuring you get that perfect ratio of flaky, buttery layers to sweet, delicious filling in every bite. It's an ideal portion for a moment of indulgence, whether you're enjoying it with your morning coffee for a delightful start to the day or savoring it as a late-afternoon pick-me-up to conquer the 3 PM slump.

Made with care and tradition in Racine, Wisconsin—the heart of kringle production in the United States—this individual portion maintains the high quality and authentic flavor of the full-sized pastry. It offers a convenient way to enjoy a true taste of Wisconsin heritage without the commitment of a whole kringle. Available at all stores.



**FIELD DAY ORGANIC
LEMONADE & ORGANIC
MANGO LEMONADE**

Nothing says summer like a cold, refreshing glass of lemonade! Get ready to quench your thirst with Field Day Organic Lemonade and the more tropical Field Day Organic Mango Lemonade. These delicious drinks are made with certified-organic ingredients, offering a pure, clean taste that is perfect for sunny days, picnics, or simply relaxing on the porch. Available at all stores.





Fly By Jing Original Sichuan Chili Crisp

This sauce is delicious on avocado toast! Intensely flavored with a nice crunch. My favorite ingredient is the fermented soybeans—a nice little umami bomb within this spicy, crispy condiment. Available at Willy North only.

-Abigail, Grocery

Fishwife Albacore Tuna in Spicy Olive Oil

This tuna is the perfect accompaniment with any cheese or jam for spring charcuterie boards. Firm texture, not salty or fishy, and hints of spice that hit you just right. Women-founded, ethically sourced, and stylish packaging! Available at Willy East and North only.

-Josie, Front End

Sakura American Wagyu Picanha Steak

This underrated cut of the Top Sirloin Cap will melt in your mouth! The marbling sets it apart from the others and you can cook it pretty much anyway you'd like. Grill it, broil it, air-fry, pan-fry, chop it up into stew. Salt, pepper, and done. Available at Willy East and West only.

-Ryan, Meat & Seafood

Skuna Bay Farm-Raised Atlantic Salmon

Great flavor and texture. Easy to prepare as a main dish, or in a bowl or salad.

-Ellen, Logistics

Purple Sweet Potatoes

They remind me of when I was kid—I grew up eating them all the time.

-Paul, Produce

Level 5 Vegan Donuts

Level 5 donuts are my absolute favorite donuts in Madison! They are not overly sweet and the texture is perfect.

-Hahna, Production Kitchen

Tula Hats

A good sunhat is a thing of beauty and these hats are just that. Gorgeous styles, great sun protection, and woven with natural palm fibers. I love wearing mine—okay, I have three different ones! And I appreciate knowing that these hats are made through a Fair Trade partnership with the same family for over 30 years.

-Thayer, Front End

Velvet Bees Honey Butter

This is a product that can be enjoyed in so many ways! Spruce up a piece of toast, throw it on a waffle, or even on top of a sweet potato. My favorite way to enjoy it is as part of a charcuterie board. I love it with fresh figs and a salty cracker! Available at Willy East and Willy North only.

-Rachael, Deli

Natalie's Orange Juice

So simple, and so good. It's just oranges, squeezed to create a bright, sweet, and refreshing beverage. When it's still cold and dreary out, this feels like sunshine in a cup.

-Zoe, Front End

Birch Benders Organic Pancake & Waffle Mix

I love that these only need water. Not that I don't always have oil and eggs on hand, but it is really simple to just mix one part mix to one part water in one bowl and you're ready to griddle.

-Melissa, Purchasing



GIFT & BRUNCH IDEAS FOR MOM!





Everyone Unscented Body Lotion

So many unscented lotions have a really weird smell, but this one is actually unscented. It absorbs quickly, doesn't feel greasy, and leaves my skin feeling nice and hydrated all day.

-Gwyn, Front End



Stacey's Whole Wheat Flour Tortillas

An any day back up plan, paired with Cedar Grove Cheddar, these locally made tortillas make the perfect toaster quesadilla. I'm sure the crispy cheese snack is a cornerstone of my son's childhood.

-Beth, Customer Experience



Bitchin' Sauce Chipotle

Not only having a fun name but this vegan dip doesn't lack in flavor or zest! It has a depth of flavor while adding a decent amount of heat! It also is a bit thinner than other dips which is a benefit at times for a light snack!

-Jake, Produce



Radishes

Although their name suggests they are only kind of cool, I find the Co-op's organic radishes incredibly awesome. Try them in salads or on sandwiches!

-Elsa, Front End



LaCroix Limoncello

Sometimes the average lemon flavored sparkling water just seems a little dull, but this flavor has a strong and almost vanilla like flavor along with just a good staple for cocktails, mocktails, or just to drink on its own.

-Lily, Grocery



Cedar Grove Monterey Jack L

Great mild flavor. My go-to weekend brunch is an omelette with melted Cedar Grove Monterey Jack, plus sliced pickled jalapeños, guacamole, and salsa, plus El Rey chips on the side. Available at Willy East and West only.

-Brendon, Communications

Willy Street Co-op Vegan Tofu Scramble Breakfast Empanada L

As someone who is not vegan, I fully endorse these flavor-packed, protein-rich empanadas! Our hardworking kitchen crew really nailed it on the spices and pastry, and I never walk away disappointed.

-Micky, Purchasing



Laura Chenel Marinated Goat Cheese

These goat cheeses are so creamy and tangy. They are a nice addition to any cheese board, an accent in a dish, or on a sandwich. Pro tip: keep the olive oil as a drizzle or for cooking!

-JJ., Cheese



Madison Sourdough Co. Signature Sandwich Bread L

This is by far my favorite bread to use for sandwiches. It's versatile, nutritionally dense, full of flavor, and baked fresh daily just down the street from the Willy Street Co-op East store. A loaf will generally last for several days unrefrigerated and this bread makes excellent toast as well. (Even if you're not a fan of sourdough, it is exceptionally well-balanced and the sour flavor is rather subtle.)

-Jason, Produce



Theo Orange Dark Chocolate

Theo brand has a variety of chocolate bars, I love all of them but the orange with 70% dark chocolate is the best! It's citric and creamy, and it is also organic and FAIR TRADE!

-Lucielen, Production Kitchen



TOGETHER WE TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Photo provided by Bridge Builders, Inc.

When you say YES to Community CHIP® at Willy Street Co-op your donation supports the 81 member nonprofits of Community Shares of Wisconsin, including these organizations working toward affordable and accessible housing in our community.

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- Bridge Builders, Inc.
- Common Wealth Development
- Fair Housing Center of Greater Madison
- Housing Initiatives
- Legal Action of Wisconsin
- Madison Area Community Land Trust (MACLT)
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- Project Home
- Tenant Resource Center



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Take a piece of pre-washed fruit from the designated basket in Produce for the kids to munch on while you shop.

Compliments of the
Willy Street Co-op
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**Fresh Pickle
Spears**

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SAVE \$1.50

**35%
OFF!**

Willy Street Co-op
**Traditional Deli Salads:
Coleslaw, Potato,
Macaroni**

\$5.99/lb **L**
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Driftless Provisions
**Bratwurst, Italian
Sausage Links**

16 oz
\$4.99 **i L**
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OFF!**



Serving Suggestion



Serving Suggestion

Ferndale Market
**Bratwurst: Turkey and Beer,
Turkey and Wild Rice,
Turkey and Cheddar**

12 oz
\$5.99
SAVE \$2.00



S. Rosen's
Brat & Sausage Rolls

18 oz
\$3.99 **L**
SAVE \$1.50

Willy Street Co-op
Sumi Salad

\$7.99/lb **L**
SAVE \$3.00/LB

Olden Organics
**Organic Guacamole
& Organic Pico de Gallo
Mix & Match**

10-10.5 oz
2 for \$10 or \$5.49/ea **i L**
SAVE \$2.50-\$5.98



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Monday, May 18 - Monday, May 25

L = Local **i** = Inclusive Trade



Understanding Food Allergies: Food Safety and Inclusivity



By: Lily Varilla, GHC Marketing and Communications Coordinator

Every day, millions of people are affected by food allergies, with reactions ranging from mild to severe. This means that many must navigate challenges in finding accessible, safe foods to eat. Regardless of whether you're a parent, a food service professional or someone who enjoys hosting social gatherings, it is essential to understand allergens and practice safety to create inclusive, welcoming environments for all.

WHAT ARE FOOD ALLERGENS?

Food allergens are proteins found in certain foods that trigger an immune response in individuals who are sensitive to them. When someone with a food allergy consumes even a small amount of an allergen, their immune system mistakenly identifies it as harmful and reacts aggressively.

The most common allergens, often

referred to as the “Big 9,” include:

1. Cow's milk
2. Chicken eggs
3. Peanuts
4. Soy
5. Wheat
6. Fish
7. Tree nuts (such as walnuts or pecans)
8. Shellfish (such as shrimp, lobster, or crab)
9. Sesame

Under the Food Allergen Labeling and Consumer Protection Act (FALCPA), these allergens are required to be clearly labeled on foods regulated by the FDA. Products will either include the name of the allergen in the ingredients list or with a “contains” statement after the ingredients list. The USDA

also requires allergen labeling for meat, poultry, and egg products.

RISK FACTORS FOR FOOD ALLERGY

Several factors may increase a person's risk of food allergies, though they may not always be direct indicators.

- **Existing Allergies:** Having other allergies, such as pollen or dust allergies, is considered a higher risk indicator for developing food allergies. This is because allergic conditions often share underlying immune system sensitivities. Individuals with environmental allergies may have an overactive immune response, making them more prone to reacting to certain proteins in foods (Food Allergies: Causes, Common Examples & Cures - Cleveland Clinic).
- **Eczema:** Eczema, a chronic skin condition, is the strongest predictor of food allergies. Children with moderate to severe eczema are at significantly higher risk than those with mild or no eczema. Scientists believe that allergens may enter the body through broken skin, triggering an immune response that misidentifies food proteins as harmful. Both eczema and food allergies have become more common in recent decades, suggesting a strong connection.
- **Genetic Factors:** Genes play a significant role in the development of food allergies. Ongoing studies aim to understand better how inherited traits interact with environmental factors (Food Allergies: Causes, Common Examples & Cures - Cleveland Clinic).

To note, there have been studies that suggest that infants may benefit from early exposure to allergens; however, with any dietary change, you should consult with your physician beforehand.

UNDERSTANDING ALLERGIC REACTIONS

Food allergy reactions happen when our immune systems mistakenly identify a harmless food protein as a threat to the body. The immune system creates IgE antibodies which tell mast cells to release chemicals like histamine, which can cause a range of symptoms:

- **Mild Symptoms:** hives, itching, swelling, and stomach discomfort.
- **Moderate Symptoms:** vomiting, diarrhea, coughing, and wheezing.
- **Severe Symptoms (Anaphylaxis):** difficulty breathing, weak or rapid pulse, and dizziness/fainting.

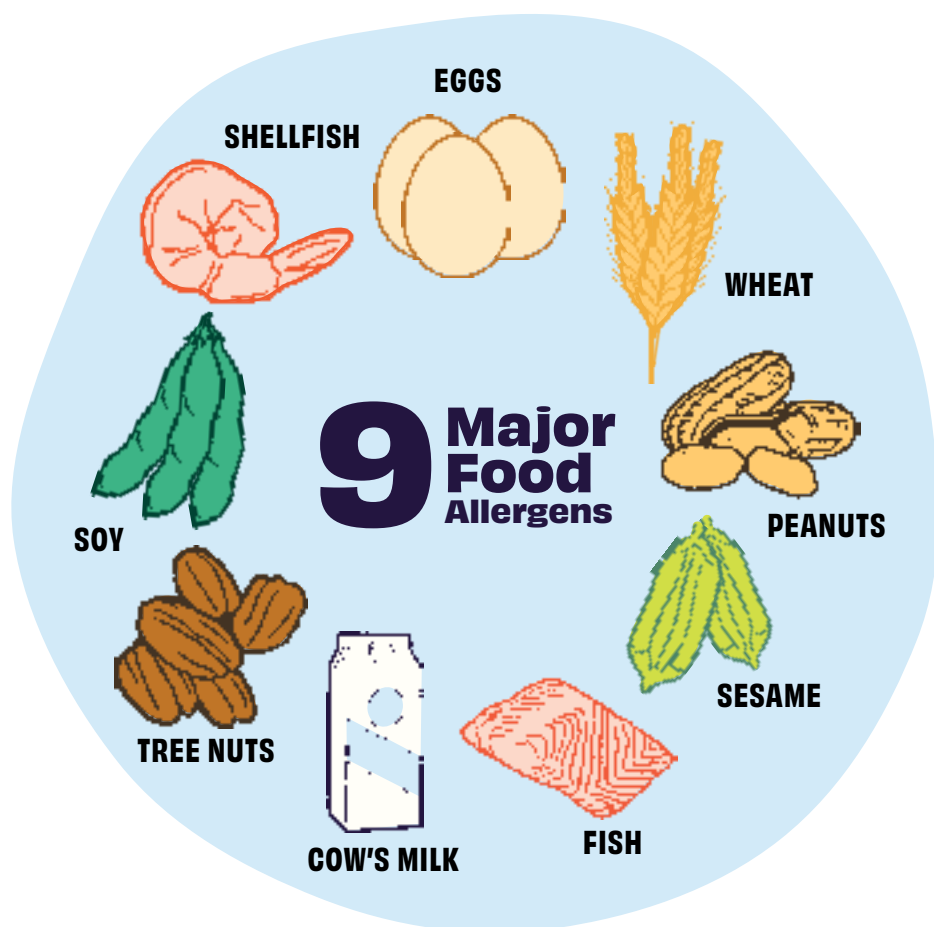
Note: If you or someone near you is experiencing symptoms of Anaphylaxis, call 911 for emergency assistance. Anaphylaxis requires immediate epinephrine treatment (such as an EpiPen) and immediate care. Reactions can escalate quickly!

WHY FOOD ALLERGY AWARENESS MATTERS

Food allergies are not just a personal health issue—they're a public safety concern. According to Mayo Clinic, food allergies affect an estimated 8% of children under age five and up to 4% of adults. While some children outgrow their allergies, many live with them throughout their lives. There is currently no cure for food allergies, which means prevention and preparedness are the best tools we have.

According to the CDC, there was an 18 percent increase in the incidence of food allergy among children under 18 between 1997 and 2007 in the United States (Why Food Allergy is a Priority for NIAID - National Institute of Allergy and Infectious Diseases). Though NIAID researchers have identified several risk factors for developing food allergies, scientists have not found a cause for this rise in food allergy prevalence. Find the latest statistics at the Centers for Disease and Prevention.

Beyond physical risks, food al-



lergies can also add emotional stress. People with allergies can feel anxious about eating outside their homes, attending social events or trusting food labels. On the importance of food allergy awareness, Amanda Hesse, a Registered Dietician at GHC-SCW shares, “With more people willing to build awareness and practice simple habits, we can create a safer and more inclusive environment for individuals living with food allergies. Every step we take to learn more about food allergens can help prevent accidental exposures.”

SAFETY STRATEGIES FOR PEOPLE WITH FOOD ALLERGIES

1. **Check Food Labels Carefully:** Manufacturers often update recipes, so products should not be assumed safe based on prior experience. Look for advisory statements like “may contain” or “processed in a facility that handles” allergens.
2. **Prevent Cross-Contamination:** Cross-contact occurs when allergen proteins transfer from one food to another. To prepare a truly allergen-free dish, use separate, clean utensils, cutting boards, and cooking surfaces. Remember to wash your hands frequently and thoroughly before and after handling food.
3. **Communicate Clearly:** In restaurants or social settings, inform staff or hosts about allergies. Clear communication can prevent accidental exposure. If you’re hosting, ask guests about dietary restrictions in advance and share ingredient lists when possible.
4. **Keep Emergency Medication Accessible:** For people with severe food allergies, it is essential to carry an epinephrine auto-injector (EpiPen). Make sure family and friends know how to use it in case of an emergency.

BARRIERS PEOPLE WITH FOOD ALLERGIES FACE

People living with food allergies must navigate a world that isn’t designed with allergy safety in mind. Understanding the structural and social challenges is a first step toward building a more inclusive and supportive environment.

Limited Food Options

One significant challenge is the lack of safe food options. Restaurants, school cafeterias, and catered events often feature menus that include common allergens such as dairy, nuts, or gluten. Even when allergen-free options exist, they may be limited, bland, or prepared without proper safety measures. At times, individuals may feel excluded from the event or be forced to bring their own food, which can be inconvenient and isolating. It’s helpful when people consider the range of dietary needs, especially when they may differ from their own.

Inconsistent Labeling

While packaged foods in many countries are required to list major allergens, labeling practices can still be confus-

ing. Advisory statements such as “may contain” or “processed in a facility that handles allergens” can vary by manufacturer. With vague labels, shoppers are left to make stressful judgement calls. Inconsistent labels make it difficult for consumers to accurately assess risk and feel confident about their choices.

Social Pressure and Misunderstanding

Food can play a central role in social life, often included in events like family gatherings and workplace outings. Unfortunately, people with allergies can face skepticism or misunderstanding about the seriousness of their dietary restrictions. Comments like “a little won’t hurt” or “just pick it out” can feel dismissive and, at times, put people with allergies in danger. Situations like these can make individuals feel as if they must constantly explain or defend their needs.

Cross-Contamination Risks

Even when allergen-free options are available, cross-contamination remains a significant concern. Shared utensils, cutting boards or fryers can transfer allergen proteins to otherwise safe foods. Especially in busy kitchens or high-traffic setups, there is an increased risk of cross-contamination of food allergens. These small lapses can result in a severe reaction for someone with a severe allergy. Even a trace amount can trigger a reaction.

Lack of Information while Traveling or Dining Out

When dining out, it can be difficult to find restaurant menus that list detailed ingredient information or cross-contamination risks. Some staff members might not be trained in allergy safety and cannot offer honest, accurate tips on the restaurant’s dish and preparation. As a result, many individuals with allergies may have to spend extra time researching restaurants or carrying emergency snacks to ensure they have something safe to eat.

HELPFUL CONSIDERATIONS FOR MORE INCLUSIVE DINING

Prepare Inclusive Menus

When planning your menu, offer a diverse range of dishes including some that are free from common food allergens (nuts, dairy, gluten, shellfish, etc.). When setting dishes out, you can add a simple label that lists ingredients and allergens. You can also assign separate serving utensils for each dish to prevent cross-contamination. In her article on page 8, Kristina Kuhaupt suggests some substitutions that can be made for common allergen ingredients.

Plan Early and Communicate Clearly

Whether you’re planning a small get-together with friends or a large event, ask your guests about any dietary restrictions or preferences. Asking early can help avoid last-minute surprises and ensure each guest feels welcome. If any attendees have known food allergies, you can kindly share information on the basics of food allergies and safe handling tips. At the event, double-check ingredients and recipes before you serve them.

FINAL THOUGHTS

Food allergies are more than an individual concern; they’re a community responsibility. We all play a role in helping to build more inclusive dining experiences! From proactive communication to safe food handling, every person can contribute to increasing community understanding of food allergies.

FURTHER READING ON FOOD ALLERGENS:

- Food Allergy Research & Education: foodallergy.org. Offers resources for newly diagnosed individuals, emergency care plans, and resources for community spaces.
- U.S. Food and Drug Administration (FDA): www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies. Provides official guidance on allergen labeling, food regulations, and safety practices. Includes FAQs and updates on food allergen laws.
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/school-health-conditions/food-allergies/publications.html>. Provides voluntary guidelines, emergency care plans, and toolkits for food allergies in schools and early care programs.
- USDA Food and Nutrition Service: www.fns.usda.gov/fs/food-allergies. Provides resources like fact sheets and tips for child care and school meal programs.
- Kids With Food Allergies (Asthma & Allergy Foundation of America): <https://kidswithfoodallergies.org/>. Features allergy-friendly recipes, educational webinars and community support for families managing food allergies.
- FoodSafety.gov: <https://www.foodsafety.gov/blog/categories/allergies-food-intolerances>. Offers consumer-friendly guidance on avoiding food allergy reactions and understanding labeling requirements.
- Guidelines for Early Food Introduction and Patterns of Food Allergy: <https://publications.aap.org/pediatrics/article/156/5/e2024070516/204636/Guidelines-for-Early-Food-Introduction-and>
- Allergen Inside: allergeninside.com Find allergy friendly products by name, brand, or description.

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Proudly serving over 68,000 members, Group Health Cooperative of South Central Wisconsin (GHC-SCW) is Wisconsin’s first and Dane County’s only member-owned, non-profit health care cooperative, ensuring patients and members are at the top of the leadership chart, giving them a voice in their health care. Services extend across greater Dane County and select areas in South Central Wisconsin, offering insurance coverage and clinical care. To learn more about GHC-SCW, visit ghcscw.com.

Allergy friendly at Willy Street Co-op:

If you’re packing school lunches or navigating food allergies, keep an eye out for “School Friendly” or “School Safe” icons on product packaging. These labels indicate items made in peanut- and tree nut-free facilities, helping make snack and meal planning a little easier. Below, you’ll find a selection of products that feature these icons or are clearly labeled free from common allergens, including the top 9.

Chocolate Chip Made-Good Granola Bars

"Free From Top 9 Allergens" label.



Free2B Sunbutter Cups "Allergy Friendly" label. Available at Willy North.

Hippeas Chickpea Puffs

"Free From Top 9 Allergens" label.



Gingersnap Partake Cookies "Free From Top 9 Allergens" label. Available at Willy North and Willy West.

Drizzilicious Mini Rice Cakes

"Allergen Free" label. Available at Willy North and Willy West.



Nature's Bakery Fig Bars Vegan, Dairy-Free, and Nut-Free labels. Selection varies by store.

Abe's Chocolate Chip Mini Muffins

"School Friendly" label.



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LAB

Surprised you didn't get a print newsletter mailed to you in April?

Any Owner who didn't confirm that they wanted to continue getting our newsletter mailed to them was switched over to our email newsletter (unless we didn't have a working email address for them). If you'd like to get the newsletter mailed to you, please go to willystreet.coop/emails by April 15 and we can get you back on the mailing list.

Prefer to continue receiving the email newsletter?

If you're signed up, you'll stay signed up!

If you'd like to start getting the newsletter via email just go to willystreet.coop/emails and indicate your preference.

Select what co-op news subscriptions you would like to receive. (Required)

Co-op Deals
 Owner Deals
 Newsletter
 Produce News

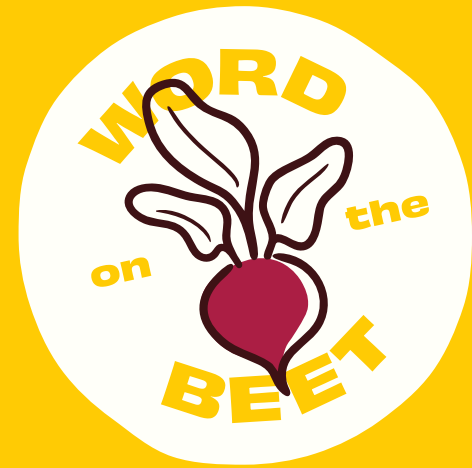
SELECT ALL

How would you like to receive your Newsletter? (Required)

Email (digital version)
 Postal Mail (paper copy) - Available for Willy Street Co-op Owners only.



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What's about to leave
for the season?
What tastes best now?**

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Find info at willystreet.coop/advertising
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Help Save a Tree

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



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